Red, white and dress blues

MEMBERS OF MGH POLICE, SECURITY AND OUTSIDE SERVICES presented the colors before the Aug. 17 Boston Red Sox game at Fenway Park.

“We have had the privilege of presenting our nation's flag at various events, however, presenting the American flag at America's pastime in our nation's oldest ballpark was truly a humbling experience,” says John Petty III, operations supervisor for MGH Police and Security.

“Presenting the colors on the Fenway grass before a near sellout crowd while the national anthem was sung is an honor that we will cherish forever.”

In addition to Petty, the honor guard members were Alan Moulaison, Robert Langhorne, James Harrop, Christopher Beagle, George Ayan and Tara Chipman.

THE MGH DEPARTMENT OF PSYCHIATRY will welcome a new leader Oct. 1. With more than 25 years of academic and clinical experience in psychiatry, Maurizio Fava, MD, has been named the department's new psychiatrist-in-chief. Fava — who currently serves as executive vice chair of MGH Psychiatry and director of the Division of Clinical Research for the MGH Research Institute — will succeed Jerrold F. Rosenbaum, MD, who has led the department since 2000.

“I am truly honored to serve as the new chief of Psychiatry and for the opportunity to lead a department with such outstanding faculty and trainees,” says Fava. “As chief, some of the goals I want to focus on include improving access to mental health treatments, expanding activities with our community partners and strengthening our research efforts — particularly in the areas of basic and translational neuroscience, precision medicine, artificial intelligence and implementation science.”

Internationally recognized as a leading clinician within the field of depression research, Fava founded the MGH Depression Clinical and Research Program in 1990. He served as its director for nearly 25 years, advancing the understanding of depression disorders and improving treatment. In 2007, he established the MGH Psychiatry Clinical Trials Network and Institute to plan and coordinate multicenter clinical studies in psychiatry.

(Continued on page 4)
Critical Drug Shortage
Heparin

**MGH responds to global heparin shortage**

THE MGH HAS ACTIVATED its Hospital Incident Command System to respond to an impending heparin shortage expected to impact hospitals – including the MGH – across the globe.

Heparin is an anticoagulant used to decrease clotting of the blood in patients being treated for blood vessel, heart and lung conditions. It also is used to prevent clotting during heart surgeries, dialysis and blood transfusions. The shortage is due to an outbreak of African swine fever in China, which has reduced China’s pig population by an estimated 40 percent – with 60 percent supplied to the United States. Heparin is derived from pigs and about 80 percent of crude heparin is produced in China.

“We have been monitoring this situation for several weeks,” says Paul Biddinger, MD, director of the Center for Disaster Medicine. “We anticipate that our supply of all heparin-related products will continue to dwindle in the immediate future. Hospital leaders currently are in the process of reviewing all conservation strategies and possible alternative treatments, while also working with manufacturing companies to examine the full extent of shipping delays and cancellations. Because this is a global shortage, we are not sure how long it will last, but we are actively doing all we can to address the situation.”

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EEE: Know the facts

**FOR THE FIRST TIME** in six years, a human case of Eastern equine encephalitis (EEE) was confirmed in Massachusetts earlier this month. The state Department of Public Health reports that the mosquito-borne illness recently was spread to a man in Plymouth County. Infectious disease experts from the MGH say while EEE is rarely transmitted to people, the risk for human infection usually peaks during the months of August and September.

“We’re really not in the clear until those first hard frosts settle in over New England,” says Edward Ryan, MD, director of MGH Global Infectious Diseases. “EEE is a virus that is usually transmitted among mosquitoes and non-human animals such as birds. But when a person is infected, it can be severe.”

Signs of EEE include flu-like symptoms, such as fever, muscle aches and headaches. The virus can cause inflammation of the brain and result in neurologic damage and, sometimes, death. Along with aerial spraying for mosquitoes, Ryan offers the following tips:

- Avoid outdoor activity from dusk until dawn.
- Cover exposed skin whenever possible.
- Wear insect repellent approved by the Centers for Disease Control.
- Remove standing water from yards where mosquitoes might thrive.

“There is no vaccine for EEE and no treatment,” says Ryan. “So it’s vital to minimize the likelihood of getting bitten by a mosquito.”

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Championing change

**PHYSICIANS AT THE MGH** participated in the 12th annual Boston GreenFest and TechExpo, which ran Aug. 16-18. Organized by the Foundation for a Green Future, the event aims to educate and empower people to create a more sustainable, healthier world.

“We engaged with the public, including our patients, talking about the need for increasing environmental awareness within health care,” said Jonathan Slutzman, MD, of Emergency Medicine, who helped staff at the hospital’s information table, pictured at right below. “We discussed how we at the MGH and at Partners have been – and are – improving our environmental footprint. We encouraged the visitors to our table to complete a short survey to learn their views about the intersections between pollution, climate change, human health and health care institutions.”

Joining Slutzman at the event to champion environmental sustainability were fellow physicians Ann-Christine (Tina) Duhaime, MD, of MGH Pediatric Neurosurgery, pictured at left; Kerstin Zanger, MD, of MassGeneral Hospital for Children; Adrienne Allen, MD, from North Shore Medical Center; and Paul Dellaripa, MD, from Brigham and Women’s Hospital.
Back-to-school: Helping kids through the transition

**HEADING BACK TO SCHOOL** is often filled with anxiety for both parents and kids. New teachers, new friends and new academic challenges are only the beginning.

“Parents can help make the back-to-school transition smoother by helping their child set goals, keeping an eye out for signs of stress and being involved in their child's school,” says Ellen Braaten, PhD, co-director of The MGH Clay Center for Young Healthy Minds. Here, Braaten shares tips to prepare children for their return to school.

**GET TO KNOW THE TEACHER**

No one is more important to your child's success in school than a teacher. If your child is in elementary school, make a point to introduce yourself early in the year. If your child is in middle or high school – where there he will have multiple teachers – attend a back-to-school night.

If your child has a learning disability or special need, don't hesitate to contact the teacher and voice your concerns. Keep it short, make your concerns clear and ask for feedback. If your child is on an Individualized Education Program or Section 504 Plan, be sure the plan is being implemented appropriately.

**ENCOURAGE SOCIAL RELATIONSHIPS**

If your child is young, arrange play dates with new or old friends. Plan activities with classmates on the weekends to help your child form bonds. If you are not sure who would be appropriate for a play date, ask your child's teacher for a suggestion based on your child's temperament. Social relationships don't just apply to your child; it's also a good idea for you to form relationships with other parents to get to know your child's peers.

**SET GOALS**

For younger kids, it can be something as simple as “I want to learn to read this year.” For older kids, it could include helping your child choose appropriate after-school and extracurricular activities.

**BE MINDFUL OF EXTRACURRICULAR ACTIVITIES**

The beginning of the school year is a good time to talk about how your child would like to spend his or her free time. It's a good time to try something new – a hobby or sport – and to discuss how much is “too much.” Talk about what worked last year and what didn't, and develop a schedule that is realistic and fun.

**MANAGE STRESS**

Not every child copes well with the transition to a new school year. While it is normal to feel anxious, it's not normal if the anxiety continues beyond the first few weeks. Acknowledge that this is a stressful time. Adjusting to new situations and learning to cope is an ever-changing part of life. Coping with the changes of a new school year is a great opportunity for your child to learn skills needed for later in life. But if your child is having trouble sleeping, has a change in eating habits, seems sad much of the time, is constantly anxious and has lost pleasure in things once enjoyable, seek help. Start by talking to your child's teacher, school psychologist or guidance counselor.

**GET INVOLVED**

If possible, volunteer at your child's school. This can be hard for working parents, but you could volunteer to support your child's teacher after work hours – for example, helping to plan a one-time event like the class Halloween party. Children whose parents are more involved tend to be more successful.

**FOCUS ON THE POSITIVE**

If your child has a tendency to dwell on the negative aspects of a new school-year transition, help to point out the positives. Discuss the benefits of the school, the teacher or the classroom. Keep your emotions in check. It's normal for you to feel anxious too, but you don't want those feelings to rub off on your child. Stay calm, and be confident.

**STICK TO A ROUTINE**

Kids do better when they know what to expect. If you have a routine that worked last year, continue it. If something needs to change, such as after-school care or a carpool, give your child as much advance warning as possible. It also helps to establish a homework routine. Figure out a time and place to do homework, such as before dinner in the dining room, and stick to it.

**Blood Donor Center goes digital**

**A NEW ONLINE** MGH Blood Donor Center portal is now live.

“This portal was designed specifically for donors to make giving blood as easy and efficient as possible – for visits to both the Blood Donor Center in the Gray/Jackson Building or at one of the bloodmobiles,” says Kim Cronin, manager of MGH Blood Donor Services. “You can make your appointments and check your donor profile in a few clicks from a mobile device or desktop computer.”

Key features of the new software are online appointment scheduling, eligibility dates, access to health history vitals, and records of past and future appointments. Other highlights include email reminders for appointments, donation experience surveys and a customizable interface to adjust settings and notifications.

Visit blooddonor.massgeneral.org to create an account. Users will need a unique Donor ID number. Call 617-724-9699 or email MGHBloodDonorCenter@Partners.org for more information or to receive a Donor ID.
Flashback Friday
MGH Bowling League celebrates 70 years

 flashback friday is an installment highlighting stories from MGH history. MGH Hotline spent some spare time in the hospital archives to highlight the 70-year history of the MGH Bowling League.

“The soft ball enthusiasts of the M.G.H. are now planning a Winter of bowling ending with a dinner and the awarding of a Championship Cup” read the September 1949 edition of The World of MGH, an employee newsletter publication and precursor to MGH Hotline. Seventy years later, MGH employees continue to hit the alley in hopes of hoisting the coveted Championship Cup.

Final Score, MGH Bowling League

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Gutters and Glory: Above, a scorecard published in 1950 marks the end of the first season of the MGH Bowling League. Center, the front page of The World of MGH announces the planning committee for the MGH Bowling League in 1949. Far right, The Mighty Plumbers exchange fighting words with the “highly over-rated” Bulb Twisters in a 1952 edition of The World of MGH.

— New chief
(Continued from page 1)

“There has never been a more exciting time for psychiatry and neuroscience, as we are on the brink of developing completely new therapies and new approaches to the treatment of psychiatric illnesses,” says Fava. “With almost 40,000 suicides in our country each year, we need to find more effective treatments for depression, which represents a major risk factor for suicide. I am very passionate about doing this.”

Born in Valdagno, Italy, Fava earned his medical degree from the University of Padua School of Medicine in Italy and completed his residency in endocrinology at the university’s Istituto di Semeiotica Medica before coming to the MGH to begin a residency in psychiatry. He served as chief resident in the Clinical Psychopharmacology Unit and joined the psychiatry staff in 1988.

Rosenbaum will continue to maintain a presence within the department, leading the MGH Center for Anxiety and Traumatic Stress Disorders as well co-chairing philanthropic efforts.

“There is not a day I don’t think about this and it is with enormous confidence and gratitude that I turn the department over to him,” Rosenbaum says.

Sunscren dispensers made in the shade
With one month of summer remaining, MGH Dermatology unveiled the newest outpost aimed at getting people to cover up – with sunscreen – on Boston’s City Hall Plaza Aug. 22. The MGH, Brigham Health and the city of Boston are collaborating with the national nonprofit group IMPACT Melanoma to support 35 of these sunscreen dispensers around the Hub. The sun safety station near City Hall features four dispensers and will remain open for public use through early October.

“Sunscreen dispensers like these can help us safely enjoy our public spaces and outdoor events throughout the summer and into early fall,” says David Fisher, MD, PhD, chief of MGH Dermatology, pictured at right.