

9.06.19

MGH HOTLINE

A PUBLICATION FOR EMPLOYEES AND STAFF OF THE MASSACHUSETTS GENERAL HOSPITAL

Making preparedness a priority



BIDDINGER

IN RECOGNITION OF September as National Preparedness Month, Paul Biddinger, MD, director of the Center for Disaster Medicine, shares helpful tips on how to be prepared for any emergency at both work and home.

HOW CAN I PREPARE FOR EMERGENCIES AT HOME?

Building a plan is a great first step. Make sure you and your family discuss shelter plans, evacuation routes and create a household

communication plan. Also, have an emergency supply kit ready. Make sure you have enough water, food and medications for yourself, family members and pets for at least three days. Consider other items you may need to keep in your kit such as flashlights and battery-powered radios. Be sure to update the kit and review your emergency plan on a regular basis.

HOW CAN I STAY INFORMED IN THE EVENT AN EMERGENCY IS IMPACTING THE MGH?

Make sure you are signed up to receive notifications from the Employee Alert System (EAS). Keep your information up to date in PeopleSoft and make sure your cell phone number is listed in the Partners Phone Directory. You may choose to make your cell phone number confidential, so it is not displayed in the directory.

✓ 12 WAYS TO PREPARE

Sign up for Alerts and Warnings	Make a Plan	Save for a Rainy Day	Practice Emergency Drills	Test Family Communication Plan	Safeguard Documents
Plan with Neighbors	Make Your Home Safer	Know Evacuation Routes	Assemble or Update Supplies	Get Involved in Your Community	Document and Insure Property

WHAT IS MY ROLE DURING AN EMERGENCY AT THE MGH?

Every department has an individual emergency plan. Talk with your supervisor about your specific plan before an event happens. During an emergency, report to your supervisor for instructions and stay on-site until you are directed to leave. If you are off-site, wait for instructions. If you are asked to come to the hospital, remember that your MGH ID badge serves as a disaster pass and may be needed to enter the hospital.

WHERE CAN I FIND MORE INFORMATION?

Ready.gov is a great resource with a customizable emergency kit checklist, plan templates – including the one above – and other information. Also, visit the Emergency Preparedness page on Apollo, the MGH intranet. ■



MGH staff deployed to aid hurricane relief efforts

AS HURRICANE DORIAN continues its path of destruction, MGH staff have already been deployed to help with relief efforts. The Metro-Boston Disaster Medical Assistance Team (DMAT MA-1), which is part of the federal National Disaster Medical System (NDMS), has deployed to the Carolinas to use their expertise in clinical care and disaster response.

Eleven MGH staff members are part of the DMAT team. They are, from left, David Mather, Center for Disaster Medicine; Ellen Blanch, RN, SICU; Karen Ryle, RPh, Outpatient Pharmacy; Allison Curtis, RN, Burns Department; Jarone Lee, MD, Emergency Medicine; Jacky Nally, RN, Center for Disaster Medicine; Lisa Anahory, RN, Emergency Medicine; Karon Konner, MSW, Social Service; Craig Nally, PA, Emergency Medicine; Monica Staples, RN, Emergency Medicine; and Mike Marra, Police and Security.

The MGH Global Health Office of Global Disaster Response is preparing to deploy a response team to the Bahamas, and several MGH staff members who are part of the NDMS Trauma and Critical Care Team East are also on call.

Psst... see inside!

HubWeek

2019 Festival

OCTOBER 1 - 3 BOSTON'S SEAPORT

HubWeek 2019 Festival

OCTOBER 1 - 3 BOSTON'S SEAPORT
75 NORTHERN AVE. BOSTON, MA

HubWeek marks its fifth anniversary
Oct. 1-3 with the theme of *The Pursuit*.

A first-of-its-kind innovation festival, HubWeek was co-founded as a civic collaboration of Harvard University, MGH, MIT and *The Boston Globe*. The festival will celebrate and showcase the city's most creative and inventive changemakers at the intersection of art, science and technology.

HubWeek 2019 will feature MGH leaders tackling challenging health and policy issues, and inspiring audiences with their vision for the future.

A More Inclusive Future: Transgender Health, Culture and Policy

Oct. 2, 5:30 – 7 p.m.

An estimated 1.1 million people in the United States identify as transgender or non-binary and face significant health risks and barriers to quality care. Join us for a compelling discussion with Boston experts in transgender health, culture and policy.



Robert Goldstein, MD, PhD | Moderator
he/him/his
Medical director, MGH Transgender Health Program



Dallas Ducar, MSN, PMHNP-BC
she/her/ella
Psychiatric nurse practitioner,
MGH Transgender Health Program



Mason Dunn
he/him or they/them
Director of Advocacy, Keshet



Jeremi Carswell, MD
she/her/hers
Director, Boston Children's Hospital
Gender Management Service (GeMS)

Bodies in Space: The Next Generation of Exploration

Oct. 2, 9:30 – 10:30 a.m.

For more than 50 years, Boston scientists and engineers have been at the forefront of space exploration. Join us for a thought-provoking discussion with scientists from MGH, Harvard and MIT.



Jonny Kim, MD
NASA astronaut and former U.S. Navy SEAL
and MGH resident physician



Ariel Ekblaw
Founder & director, MIT Media Lab
Space Exploration Initiative



Michael Johnson
Harvard University Center for Astrophysics &
Smithsonian, Event Horizon Telescope team



Carl Zimmer | Moderator
Award-winning science writer
The New York Times columnist, author

ATTEND

Visit www.HubWeek.org for tickets
and a full HubWeek schedule.

20% Discount Code: MGH-HW-19



Photos courtesy of NASA



HubWeek Open Doors

This year, HubWeek has moved beyond a single fall festival to offer programs throughout the year. HubWeek Open Doors – presented by BNY Mellon – is a free, monthly series that allows audiences to experience the innovation that is happening in and around Boston neighborhoods.

The series has highlighted the North Station area, East Boston, Dudley Square, Union Square in Somerville and Kendall Square in Cambridge.

Programs have included panel discussions on big data and building a culturally conscious innovation economy, speed mentoring sessions, a tour of MIT, nano, and a meditation and mindfulness session led by **Darshan Mehta, MD, MPH**, medical director of the MGH Benson-Henry Institute for Mind Body Medicine.

The Shoe



This year, HubWeek will feature Playground of Empathy's "Walk in my Shoes Closet," an immersive, multimedia pop-up experience that invites visitors to see and engage with the world through the perspective of a different gender. Also known as "The Shoe," each 30-minute experience draws on a different real-person narrative. The Shoe is designed in collaboration with The Interdisciplinary Affective Science Lab at Northeastern University. It aims to expand vocabulary and gender awareness, and promote socially empathic communities. Visit www.playgroundofempathy.com/gender for more information.

Advance registration is required.

Additional 2019 HubWeek Highlights

Fifty speakers throughout three days with dozens of interactive experiences – that's HubWeek 2019. Attendees will have the opportunity to drive a car powered by a hydrogen fuel cell, dance at a silent disco, wander amid art installations, or play an interactive game to find a cure for a deadly disease.

2019 speakers include:

- J. Stuart Ablon, PhD, director of Think:Kids, and Leslie O'Brien, MSW, LICSW, Aspire Works program manager, will offer a glimpse of the future from their respective fields.
- Chris Burkard, a photographer and filmmaker, will premiere his documentary *Under an Arctic Sky*, which follows surfers who travel to a remote corner of Iceland to find perfect waves.
- Kristine McDivitt Tompkins, former Patagonia CEO and co-founder and president of Tompkins Conservation, who helped to establish 11 national parks in Argentina and Chile.

RESEARCH ROUNDUP

Lab on a chip could solve the mysteries of non-alcoholic fatty liver disease

Non-alcoholic fatty liver disease (NAFLD) – the accumulation of liver fat in people who drink little or no alcohol – affects 30-40 percent of adults in the United States, and there are no known treatments. Over time, the accumulation of fat can cause chronic liver problems such as cirrhosis and liver cancer.

MGH researchers have developed a “lab on a chip” that can model different severity levels of NAFLD using one sample of tissue. The chip will help researchers learn more about the causes of the disease and test new treatments.

The study was led by Beyza Butoglu, PhD, and O. Berk Usta, PhD, from the Center for Engineering in Medicine.

Diabetes treatment goals flatline despite new drugs and efforts to extend care

Diabetes is the seventh leading cause of death in the United States, but the rate of individuals

achieving treatment targets for the disease has not improved since 2005.

An MGH research team used data from Centers for Disease Control to analyze diabetes care from diagnosis and prevention to achievement of treatment targets. They found less than 25 percent of Americans achieved their treatment targets by controlling their blood sugar, blood pressure and not smoking tobacco.

The results demonstrate the need to develop new strategies for improving care and reducing barriers to treatment such as a lack of health insurance and the high cost of drugs, the researchers say.

The study was led by Pooyan Kazemian, PhD, of the Medical Practice Evaluation Center, and Deborah Wexler, MD, MSc, of the Diabetes Unit.

Imaging tool provides a look at cell functioning in cystic fibrosis patients

A groundbreaking new imaging tool developed by MGH researchers has made it possible – for the first time – to observe differences in the nasal passages of patients with cystic fibrosis (CF)

at a cellular level.

The imaging tool, a catheter 2mm in size, uses a technology called optical coherence tomography to show images at a resolution of 1 micrometer – a 50th the size of a single human hair – and can be administered to patients without sedation.

A hallmark symptom of CF is the inability to effectively process mucus through the body. Using this tool, researchers found that the mucus of CF patients was dehydrated, causing it to move more slowly and impacting the speed of the cilia – the brushlike structures on airway cells that transport mucus.

The team also found that the mucus of CF patients contained more inflammatory cells and discovered patches of airway that had been completely eroded. The tool can be used to learn more about how CF affects the airway cells and to gauge the effectiveness of new treatments.

Guillermo Tearney, MD, PhD, investigator in the Wellman Center for Photomedicine, co-led the study.

Packing a lunch that packs a punch

HARSHMAN

AS THE SCHOOL YEAR BEGINS,

Stephanie Harshman, PhD, RD, LD, research fellow in the Neuroendocrine Division and clinical dietitian at MassGeneral Hospital for Children, offers simple back-to-school snack hacks.

WHAT SHOULD PARENTS KEEP IN MIND WHEN PACKING A SCHOOL LUNCH?

Lunches should provide a nutritional balance that covers the major food

groups; grains, protein, fruits and vegetables. Most importantly, parents should avoid prepackaged foods like yogurt tubes and some granola bars that may be easy to pack but are low in fiber and high in added sugars. Though many deli meats tend to be high in saturated fat and salt, there are some more lean and low sodium options that can be used.

Parents should be creative in their lunch preparation to add excitement to the lunch box – for example, use cookie cutters to slice fruits, vegetables and sandwiches into fun shapes. Also, creating a lunch packing station where kids can help provides a learning opportunity and allows them to feel good about their healthy choices.

CAN A PARENT PACK THE SAME LUNCH FOR CHILDREN OF DIFFERENT AGES?

The general nutrition requirements are the same for children older than 1 year and for adults. Meals, including lunches, should focus on a variety of fruits and vegetables. At least one half of all grains should be whole grain and solid fats, added sugars and salt should be minimized.

WHAT IS THE BEST DRINK OPTION?

Most kids don't need anything other than water. The exciting advertisements and marketing around sports drinks, natural fruit juices, and energy drinks make them a desired, yet unhealthy choice for kids as they are often packed with added sugars. Parents can instead add sliced citrus fruit, frozen berries – they act as flavorful ice cubes – or cucumber to water to add flavor and limit sugar. Let your child choose their fruit or vegetable addition to get them excited about their healthy drink.

MANY ADOLESCENTS ARE HEADING TO THE FIELD AFTER CLASS. WHAT SNACKS SHOULD THEY FUEL UP ON BEFOREHAND?

Fiber, proteins and carbohydrates are key. They will keep kids satisfied and provide that extra energy boost. Cheese sticks, apple slices and dried cranberries are quick, healthy snacks that can sustain young athletes until dinner. Processed foods should be avoided. ■

