

Thursday, September 7, 2023
Congratulations to this year's 5280 Top Docs


Denver Health congratulates our 12 physicians who made this year's annual "Top Doctors" issue of 5280 magazine. For 30 years, 5280 has been providing a list of the best doctors in the Denver metro area. 5280 changed how it compiled its list this year — relying on health care research firm **Castle Connolly** — resulting in far fewer Denver Health doctors than the 58 featured in last year's edition.




Denver Health takes pride in providing quality care, and our patients know that the teams that work alongside our physicians are matched with the same heart, dedication and commitment to excellence. From all of us at Denver Health, a huge congratulations to our employed and affiliated physicians who made the Top Docs list (in alphabetical order):

- Kian Behbakht, MD**, gynecologic oncology; **Robert Belknap, MD**, infectious disease; **Daniel Besesen, MD**, endocrinology-diabetes and metabolism; **Sarah Christensen, MD**, internal medicine; **Ivor Douglas, MD**, pulmonary disease; **Monica Federico, MD**, pediatric pulmonology; **David Litoff, MD**, ophthalmology; **Kathy Love-Osborne, MD**, pediatrics; **Philip Mehler, MD, FACP, FAED, CEDES**, internal medicine; **Daniel Searing, MD**, allergy and immunology; **Christian Thurstone, MD**, child and adolescent psychiatry; **Robin Yasui, MD**, geriatric medicine.

Trainings, special events to mark Suicide Prevention Awareness Month



September is Suicide Prevention Awareness Month. Denver Health is dedicated to preventing suicide and making behavioral health treatment more accessible in September, National Suicide Prevention Awareness Month. Colorado Department of Public Health and Environment data shows that suicide prevention efforts helped reduce the state's suicide rate in 2022, including a drop in ages 10-18. Despite the improvement, Colorado consistently ranks in the top 10 for U.S. states with the highest suicide rate.



Septiembre es el mes de la prevención del suicidio. Denver Health se dedica a prevenir el suicidio y hacer más accesible el tratamiento de salud conductual en septiembre, el mes de la prevención del suicidio. Los datos del Departamento de Salud y Medio Ambiente de Colorado muestran que los esfuerzos de prevención del suicidio ayudaron a reducir la tasa de suicidio del estado en 2022, incluyendo una caída en las edades de 10-18 años. A pesar de la mejora, Colorado sigue clasificándose entre los primeros 10 estados de los EE. UU. con la mayor tasa de suicidio.

Click on the flyers in English and Spanish to learn facts about suicide and find information on how we can all help those struggling with suicidal thoughts.

Efforts underway at Denver Health include:

- Quarterly trainings for direct care behavioral health staff on how to assess an individual's risk for suicide. The goal is to roll the training out to different disciplines and settings across Denver Health in the coming years.
- A special program to mark the month at **11 a.m., Wednesday, Sept. 13**, at the Federico F. Peña Southwest Family Health Center. Clinic leadership, behavioral health experts and those with lived experience as suicide survivors will speak at the event. The public is welcome. For those who cannot attend in person, the event will be livestreamed on Denver Health's YouTube page at [this link](#), as well as on Denver Health's [Facebook page](#).
- Lighting up the Denver Health campus in teal and purple (the colors representing suicide prevention awareness) from Sept. 10-16 for Suicide Prevention Awareness Week.
- The [Zero Suicide Pulse](#) website, where you can go to learn how to help prevent suicide and self-harm.
- A [blog with resources](#) to help recognize the warning signs of suicide and how to reach out for help for you or someone you love.

DENVER HEALTH SPOTLIGHT

Recruitment efforts lead to hiring of 129 nurses over 100 days

In May, the Talent Acquisition team set an ambitious goal to hire 100 Registered Nurses (RNs) by mid-August. With the help of the Denver Health Marketing team and dedicated nursing leaders, we exceeded the goal with a final count of 129! This cohort includes 103 inpatient and 26 outpatient RNs. Effective tactics included engaging with schools, conducting virtual presentations, participating in community events, fostering DEIB affinity groups, utilizing online job boards, sourcing candidates from the internet, leveraging employee referrals and running social, video and digital ads.



In addition to ongoing retention efforts, this recruitment boost has helped reduce travel-RN usage across key nursing departments. Join us in celebrating the fact that MICU, 3B Flex, Pre-Op/PACU and Adult Emergency Room now have zero travel nurses. Acute Care units 4B and 8A are expected to be traveler-free in October. While the addition of 129 nurses during a 100-day summer campaign is a huge accomplishment, those gains were offset by the departure of dozens of RNs during the same period. Crucial efforts continue in staffing areas such as Ambulatory Care Services and the Operating Room where recruitment has been especially challenging.

Our efforts to bring support to all other areas of the hospital continue. Join us by referring employees to pursue a career at Denver Health. If you have talent in your network, please use the new [Workday referral process](#) to earn cash!

GET INVOLVED

Sign up for October town halls with CEO, senior leaders

Denver Health employees are encouraged to join **CEO Donna Lynne** and executive leadership for a series of town halls in October to engage in the 2024-26 Strategic Plan. The town halls will offer updates on Denver Health finances, workplace safety and more. These informal meetings are open to all Denver Health employees. Be sure to bring any questions and/or ideas you may have. Employees who choose to attend during their meal period are asked to input the "no lunch" code in API for the day. Webex will be available for all sessions.



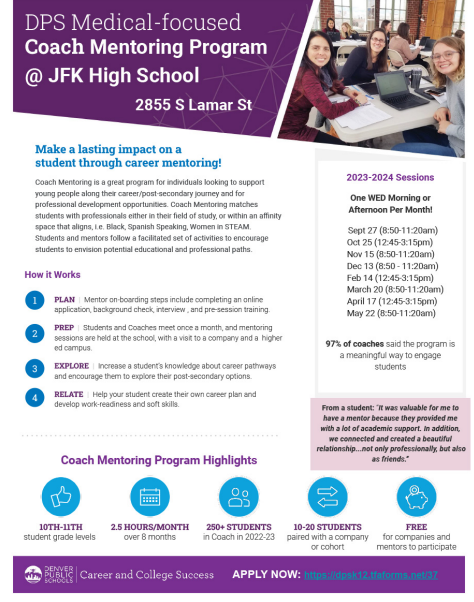
Check your email for calendar invites that went out to all staff. You can also visit [the Pulse](#) to add a session to your calendar.

Town hall schedule

- Wednesday, Oct. 4**
1-2 p.m., virtual only, all staff
- Thursday, Oct. 5**
2:30-3:30 a.m., Pavilion C, Sabin Classroom, all staff (overnight)
Noon-1 p.m., Pavilion C, Osler and Nightingale classrooms, all staff
4:30-5:15 p.m., Pavilion C, Osler and Nightingale classrooms, providers
- Wednesday, Oct. 11**
7:30-8:30 a.m., 601 Broadway, Room 927, all staff
Noon-1 p.m., Pavilion C, Sabin Classroom, all staff
- Thursday, Oct. 12**
7:30-8:30 a.m., virtual only, providers
11 a.m.-noon, Pavilion C, Sabin Classroom, all staff

Volunteer to mentor students interested in health care professions

Denver Public schools is requesting mentors for its coach mentorship program at John F. Kennedy High School, 2855 S. Lamar St. This is a great program for those interested in supporting and mentoring young people interested in health care professions. Students and mentors are matched based on professional interests and affinity in a space that aligns — such as Black, Spanish speaking or women in STEM — giving youth opportunities to see themselves in health care. Click on the flyer to learn more and [apply here](#). Mentors are asked to volunteer for one Wednesday morning or afternoon per month through May. Please submit applications by Sept. 15. Contact program manager Courtney Ward at courtney_ward@dpsk12.org with questions.



Enter to win a free massage from RESTORE

The Denver Health RESTORE Support Center, on the first floor of Pavilion B, will offer Denver Health personnel free 15-minute chair massages with a Zeel massage therapist from **noon-4 p.m. Wednesday, Sept. 13**. [Click here to enter a drawing](#) for your chance to win a massage. Winners will be contacted by phone and email on Monday, Sept. 11 and offered time slots. Names on the sign-up list and the winners will be kept confidential. Email questions to RESTORE@dhha.org.



Join upcoming Walk with a Doc educational opportunities

Walk with a Doc events, which are free and open to everyone, are a great way to spend time with physicians and ask medical questions in a relaxed setting. The next event is set for **8 a.m. Saturday, Sept. 9**, at South Denver Cardiology, 1000 Southpark Drive, in Littleton. Just 30 minutes of walking a day can reduce the risk of heart disease, improve blood pressure and blood sugar, and reduce the risk of osteoporosis, cancer and diabetes. Denver Health family medicine physician **Grace Alfonsi, MD**, is set to host a walk at **8 a.m. Saturday, Sept. 23**, at City Park near Thatcher Memorial Fountain. [Click here for a schedule](#) with upcoming Walk with a Doc events.



Wear orange and blue Friday to support Broncos ahead of season opener

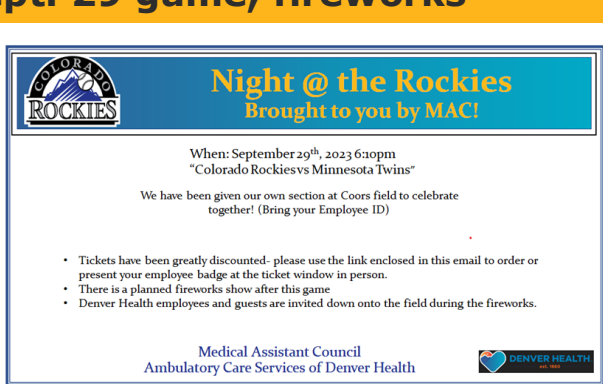
As the Broncos gear up for their season opener on Sunday against the Las Vegas Raiders, support your team members and our home team this Friday by wearing orange and blue! Please ensure that employees dress in accordance with the Denver Health [Personal Appearance/Dress Code](#).



PERKS & DISCOUNTS

Get discounted Rockies tickets for Sept. 29 game, fireworks

The Medical Assistant Council of Ambulatory Care Services at Denver has partnered with the Colorado Rockies to provide employees with discounted tickets to the **6:10 p.m. Friday, Sept. 29**, game against the Minnesota Twins. The council, which started the activity for medical assistants ahead of Medical Assistants Recognition Week (Oct. 16-20), has opened it to all Denver Health employees and their families. A fireworks show is planned after the game, and Denver Health employees (with their ID badges) will be invited onto the field during the fireworks. [Click here to buy discounted tickets](#). **If the link doesn't work, copy and paste this URL into your browser:** [https://am.ticketmaster.com/corockies/promotional-page?id=MTQ1NQ==_&!LhI-ubG4xQ1kPgwyKz9Y6k8Lnb90IEP15fLUT-xFysOeA7-Jelsm9iS8NqIf-uXp7FJTxE6bR0I9jrm72PhtstPv54nleDMs\\$](https://am.ticketmaster.com/corockies/promotional-page?id=MTQ1NQ==_&!LhI-ubG4xQ1kPgwyKz9Y6k8Lnb90IEP15fLUT-xFysOeA7-Jelsm9iS8NqIf-uXp7FJTxE6bR0I9jrm72PhtstPv54nleDMs$)



Denver Health in the media

Flu, COVID-19 and RSV expected to circulate again this year
Sept. 6, Fox31
 Flu season is just around the corner and there's been an increase in COVID-19 cases recently. **Dr. Heather Young**, general internal director of infection prevention and infectious diseases at Denver Health, shares tips to help keep yourself safe.

Denver Health nurses gain big efficiencies redesigning Epic EHR workflow
Sept. 5, Healthcare IT News
 By reducing the number of flowsheets and their content, they've made documentation more than 10 minutes faster. Across two years, the number of best practice alerts for nursing was reduced by 86%. "Our advice includes engaging nurses with varying levels of experience and a wide range of specialties," said **Amy Fielding, RN-BC**, at Denver Health. "It was critical to have end users identify documentation pain points within the EHR. This helped the participants have a sense of ownership in the process and ensured that bedside nurses were heard by IT."

Study identifies THC dose likely to be toxic to children
Sept. 5, Healio
 The spread of cannabis legalization, unintentional pediatric cannabis ingestions have become "unfortunately common," one of the researchers said. "As a group of toxicologists, we have seen a wide range of effects in young children from mildly sleepy to seizing with respiratory failure," **Lesley C. Pepin, MD**, a researcher at Rocky Mountain Poison and Drug Safety at the Denver Health, told Healio.

'BEAT Meth' Provides Hope for Patients With Methamphetamine Use Disorder
Sept. 1, Colorado Clinical and Translational Sciences Institute
Scott Simpson, MD, MPH, is an emergency psychiatrist at Denver Health Medical Center and an associate professor of psychiatry in the University of Colorado School of Medicine. Several years ago, he and his colleagues were working with the Denver Police Department to expand the use of suboxone treatment for individuals with opioid use disorder.

Denver Health officials: Words matter when discussing substance use
Aug. 31, Denver Gazette
 health care workers with the Center for Addiction Medicine on Thursday to showcase Denver Health's new mobile methadone dispensary —believed to be the first of its kind in Colorado — and to discuss using less stigmatizing language. "There are small changes that can take the blame away from individuals and that matters," said **Dr. Hannan Braun**, a Denver Health addiction medicine physician.

National awareness and recognitions

Sept. 10 is National Suicide Prevention Day. Sept. 13 is National Celiac Disease Awareness Day and World Sepsis Day. Sept. 10-16 is National Suicide Prevention Week and National Folic Acid Awareness Week.

Is there a department that you'd like us to recognize during a special week or month? Let us know in an [Employee Outreach Request form](#) and we'll spotlight them in the 411.

September	October
Sept. 8: Wear orange and blue to support Broncos	Sept. 23: Walk with a Doc at City Park
Sept. 9: Walk with a Doc at South Denver Cardiology	Sept. 20: Pain education class (in person)
Sept. 11: Free English acquisition courses start	Sept. 29: Discounted tickets to Rockies vs. Twins
Sept. 13: Suicide Prevention Awareness Month event	Sept. 30: Survey on lactation rooms closes
Sept. 13: Food Truck Wednesdays kickoff	Oct. 4: CEO town hall
Sept. 13: Pain education class (virtual)	Oct. 5: CEO town halls
Sept. 13: Free massages from RESTORE	Oct. 8: Komen More Than Pink Walk
Sept. 20: Pain education class (in person)	Oct. 11: CEO town halls
Sept. 23: Denver Century Ride	Oct. 12: CEO town halls

CLICK HERE FOR A PDF VERSION OF THIS NEWSLETTER.

SUBMIT A REQUEST TO THE WEEKLY 411

Submit content for consideration in the Weekly 411 through the employee outreach request form here. Accuracy and quality matter, so please provide all material as early as possible. Your submission should detail who, what, when, where, why and how, with correct spelling and explanation of acronyms. We encourage you to include photos and any links or attachments that may help to communicate your message. Content received after noon on Tuesday will be considered for the following week's edition.