As past chief medical officer and chief operating officer of Scott & White, I’ve seen how our commitment to innovation and patient-centered healthcare is of the highest quality. For us, there is no substitute. That legacy, carried forward magnificently by (now president of the Scott & White Healthcare Foundation) Dr. Alfred B. Knight for the past decade, will continue into the future. We are accountable to our patients and the communities we serve. You can depend on us to care for your families and neighbors. It is why we are here. Our commitment to you is that we will continue to work harder and smarter to meet all your healthcare needs, because of the loyalty you have shown us and because we simply wouldn’t have it any other way.

I look forward to leading one of the nation’s most respected multispecialty practice healthcare systems toward its vision of becoming the most Trusted and the most Valued name in American Healthcare. This is very important to me. It’s not just the health of individuals that matters; it’s also the health of our communities. We’re all related in that sense, because the health of one person affects the lives of so many others.

In future issues, we’ll be sharing with you more ways we’ll fulfill Scott & White’s mission of providing the most personalized, comprehensive, and high-quality healthcare, enhanced by medical education and research. We couldn’t do it without the generous support of our friends, volunteers, donors, and other constituencies who are on our side.

Thank you for extending such a gracious response to me in my new role. And always feel free to contact me with your thoughts.

Robert W. Pryor, MD
President and CEO, Scott & White Healthcare
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ON THE COVER—Nurses at Scott & White focus on meeting each patient’s needs.
Clinical expertise and compassion are at the heart of nursing at Scott & White

The demands and rewards of the nursing profession have never been greater. Nurses today are more skilled than ever before, the better to meet diverse patient needs. What really drives nurses at Scott & White, however, is a strong desire to help people.

Many nurses are drawn to Scott & White because the healthcare system offers opportunities to practice high-quality care in a variety of inpatient and outpatient settings. It also allows nurses to care for a range of patients and gives them opportunities to advance their clinical skills through continuing education. More than 3,000 nurses within the healthcare system—including 300 who will be on staff at the new Children’s Hospital—care for thousands of patients, and make a big difference in each patient’s experience.

A nurse’s touch
When 12-year-old Hunter Mullins arrived at the Children’s Hospital at Scott & White, he was unhappy and scared. Hunter, who lives in Hico, Texas, was transferred from another hospital after an abscess, a sac of inflamed tissue, had been discovered near his liver. Pediatric specialists at Scott & White would drain the abscess, which meant that for several days after the operation Hunter would have a tube jutting out of his abdomen to rid his body of infection. He did not look forward to this.

One of Hunter’s nurses, Felipe Coronel, RN, recognized the boy’s apprehension and began to stop by his room every hour to check on him and cheer him up by talking about the popular gaming platform called Xbox. “I tried to make it less traumatic for him,” Mr. Coronel says.

Hunter’s mother, Misty Scott, remembers how Mr. Coronel’s visits lifted her son’s spirits. “He would come in to carry on a conversation,” she says. “They would start talking about stuff, which got Hunter’s mind off what was going on.”
Patient Andre Zambrano knows he can count on his nurse, Lissanelly Alvarez, RN.
Mr. Coronel also kept Hunter’s parents apprised of Hunter’s care during his hospitalization. After the operation, he continued to look in on Hunter and help to ease his fears and embarrassment about the drainage process. Hunter left the hospital after seven days knowing he had made a friend. “Felipe made our stay there worthwhile,” Mrs. Scott says. “Even if we had a question and he didn’t know the answer, he’d call the doctor to find out.”

What Hunter perhaps did not know at the time was that nurses at Scott & White and at the Children’s Hospital, like Mr. Coronel, have years of training and experience under their belts. Registered nurses make up most of the nursing staff, and a growing number of them have earned advanced nursing degrees.

It’s clear that the practice of nursing involves much more than just delivering medications or checking blood pressure. “It’s important for all nurses to have high-quality clinical skills. They must also have compassion and critical thinking skills,” says Annilyn Donnell, RN, a peri-operative and obstetric nurse, and an associate chief nursing officer at Scott & White Healthcare. Terry Long, RN, MSN, vice president of quality at Scott & White, agrees: “Clinical skills and compassion are what really matter to our patients.” Nurses are sympathetic, too, as they consider the sense of isolation patients feel, being in the unfamiliar setting of a hospital, away from home, separated from their personal belongings and sometimes even from their means of communication. “A caring heart, a smile, and having a human touch are important elements of what it means to be a nurse,” says John Paul Whigan, RN, a medical-surgical, inpatient psychiatry, and wound and ostomy care nurse, and an associate chief nursing officer at Scott & White Healthcare. “It takes a special person to become a nurse, because these qualities can’t be taught.”

“As hospital stays get shorter and shorter and the complexity of the care gets higher and higher, the role of nurses becomes more important.”

—Ellen Hansen, RN

“Someone is always available for our patients. We want them to know we hear their concerns and are focused on keeping them apprised of their care process. It’s so important for all our patients to have a good experience while in our care,” Mrs. Long says.

Ellen Hansen, RN, chief nursing officer at the Children's Hospital at Scott & White, agrees. “There’s a lot more to being a nurse than just taking vital signs, starting an IV, or working with physicians,” she says. “Especially when caring for children, we must anticipate their needs, whether they’re clinical, developmental, or emotional, and make sure they’re met.”

Mrs. Hansen believes communication skills are equally as important as clinical expertise in nursing. “Assessment skills are especially important in pediatrics, because young children cannot always verbalize how they feel,” she says. “If you ask a three-year-old to describe their pain, they may not have the verbal skills to adequately explain how they feel. But you can observe areas they are guarding and what positions seem to cause them discomfort. Because you use all your senses when you assess a patient, you pay attention to what you’re hearing, seeing, smelling, and touching.

Left to right: 2011 Top 25 Nurse Diana Torres, LVN; Ellen Hansen, RN, chief nursing officer at the Children's Hospital at Scott & White; 2010 Top 25 Nurse Karri VanRossun, RN; and 2010 Top 25 Nurse Simon Hernandez, RN.
You put those all together with the knowledge and experience of being a nurse to understand patients’ needs. Nurses throughout the Scott & White Healthcare system are attuned to patients’ emotional needs. Karri VanRossun, RN, OCN, a nurse at the Glenda Tanner Vasicek Cancer Treatment Center, recalls a patient who came in for her first chemotherapy treatment. The woman began to cry, denied that she had cancer, and headed for the door. “I put my arm around her,” Miss VanRossun recalls, “and we walked into the treatment room and sat down. And before I did anything, we talked about what was going on.” Miss VanRossun talked with her patient for about 20 minutes, listened to her fears about such things as losing her hair, and comforted her until she was ready to begin her treatment.

Conduits for patients’ needs
Nurses are champions for their patients’ needs, and very often anticipate what those might be because they know their patients so well. Nurses also keep physicians apprised of their patients’ progress. “Nurses are patient advocates,” says Mrs. Long. “They are the day-to-day caregivers of hospitalized patients, so we must keep the lines of communication open and ‘fluid’ between patients and doctors.”

“Nurses are important conduits between patients and physicians. Being in the hospital 24 hours a day, nurses are able to report important patient information to physicians promptly. This enhances the care provided to patients,” says Stephen Sibbitt, MD, chief medical officer at Scott & White Memorial Hospital. He values the collaboration with the nursing team to help patients, too. “Within Scott & White, we have a great model of dynamic collaboration. Physicians seek nurses’ input and their observations to develop treatment plans.”

The partnership between nurses and doctors, especially in a hospital, has been a hallmark of medical care. “Nurses and physicians have a very collegial relationship at Scott & White. This increases the overall quality of the care our patients receive,” says Mrs. Long.

Other healthcare specialists, such as radiologists, respiratory therapists, and physical therapists, bring their expertise to patients and often are part of a network of communication that nurses coordinate. Mrs. Hansen says, “Nurses have an important role in coordinating all aspects of care for our patients.”

Ongoing education for nurses
Nurses must keep pace with the rapid technological and treatment advances in medicine. As healthcare becomes more computerized, nurses must know what every number and every blip mean on every monitor in the room, and they must know how to respond when these signals change. “Nursing care is very high tech, and we’re dealing with even more critical...
patients than we were five years ago,” says Mrs. Long. “Our nursing team spends time with patients talking about their medications and procedures to help them feel more prepared to get through the treatment process and recovery.”

Nurses are also specializing in areas of clinical practice, just as physicians have. “If you’re in a cardiac unit, you want a nurse with cardiac competencies,” says Mrs. Hansen. Certification programs manage the professional development of nurses who seek a higher level of education beyond a four-year college program that awards a registered nurse degree. They may choose to pursue a master’s or doctorate degree to become a nurse practitioner or a clinical nurse specialist in a certain medical or surgical field. Many nurses complete internships in medical and surgical care too. It’s an important component of their training, and is something the nursing department looks for when hiring.

“Healthy teams learn together,” says Ms. Donnell. “At Scott & White, informal and formal opportunities to learn are available almost every day, ranging from continuing education classes to medical rounds on the patient floors. It’s one advantage of working at an academic medical center.” Scott & White offers nurses a suite of educational programs to help them improve their skills, learn the latest techniques, and specialize in new competencies. Many advance their skill set through the Clinical Staff Development and Nursing Research Division at Scott & White. Also, a variety of seminars and guest speakers help nurses stay abreast of advances in the profession. An on-site simulation lab provides another way for nurses to learn.

“We always try to benchmark our practices with similar institutions,” says Mr. Whigan. “We have great resources available to us, and that’s important because the practice of nursing continues to evolve.”

Nurses at Scott & White have a vital role in assisting in the education of our future healthcare providers, our patients, and their families. Dr. Sibbitt says, “Our nurses stand as role models to all of our academic medical trainees, including medical residents and interns. Every aspect of healthcare education interfaces with nursing. They are teaching in a very subtle manner the art of caring for patients and families.”

Nurses on staff also educate the next generation of nurses. Student nurses from Temple College and the University of Mary Hardin-Baylor in Belton, Texas, do clinical practicums at Scott & White Memorial Hospital in Temple, and at the Children’s Hospital, fulfilling another part of Scott & White’s educational mission.

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**Congratulations to the 2011 Top 25 Nurses at Scott & White!**

More than 100 nurses throughout the healthcare system were nominated by their peers as candidates for this year’s “Top 25 Nurses at Scott & White” designation. Superior qualities in teamwork, excellence, a patient-centered approach to care, and more were part of the criteria for nomination.

Shirley Buckley  
Stefanie Clarke  
Allison East  
Jarod Fitte  
Rebecca Fowler  
Robert Greaser  
Karen Gupton  
Jennifer Havens  
Melody Hill  
Michelle Hoke  
Michelle Juarez  
Kathleen Kelly  
Dennis Locke  
Barbara McCool  
Nicole Meine-Neilson  
Jetta Norris  
Lora Pajestka  
Tammy Prater  
Carla Robison  
Dennis Sims  
Talitha Thompson  
Deborah Tilly  
Diana Torres  
Terrie Tyson  
Tony Woodard

Go to [http://top25nurses.sw.org](http://top25nurses.sw.org) to read the full nomination for each of these extraordinary nurses.

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“There’s a lot more to being a nurse than just taking vital signs, starting an IV, or working with physicians.”  
—Ellen Hansen, RN
The nursing team must also educate patients, families, and parents about how to care for their loved one after discharge from the hospital.

**Advantages of working in a system of care**

The Scott & White Healthcare system offers opportunities for a spectrum of nursing choices, in both inpatient and outpatient areas of care. For instance, Simon Hernandez, RN, worked as a nurse in the emergency room and the intensive care unit, and then found his calling when he transferred to the Pavilion, Scott & White’s day surgery center on the Temple campus. Mr. Hernandez likes seeing patients through their surgical journey in a single day. “You can see a patient come in from the very beginning of their experience and basically walk them out the door the same day.” Again, this experience also provides an opportunity to learn. “The number one thing about Scott & White is teaching,” Mr. Hernandez says. “You’re constantly learning new things.”

Heather Wesseling, RN, a registered nurse at the intensive care unit at Scott & White Hospital - Round Rock, appreciates building relationships with critically ill patients and their families over a longer term. “I really like getting to develop a rapport and work with a patient who is very ill and be actively involved in helping them turn around and come out of that,” Ms. Wesseling says. She considers it a privilege to provide compassion during “such intimate times of their lives.”

Similarly, Miss VanRossun chose to become an oncology nurse to assist people as they face cancer, particularly during those fearful early stages of chemotherapy. “We try to keep everything upbeat and positive,” she says. “Patients don’t really want to sit in that chair, but we want them to be as comfortable as possible and feel like they’re at home.”

Darwin Harris, RN, is an operating room circulating nurse at Scott & White’s partner hospital, Hillcrest Baptist Medical Center in Waco, Texas. Mr. Harris does not scrub in with the surgical team, but he assists the anesthesiologist with preparing patients for surgery and makes sure the surgeon and surgical team have all the necessary supplies and equipment. Mr. Harris takes pride in helping to make things run smoothly and accurately in a busy operating room. “We communicate really well,” he says. “Two of the big keys in the operating room are communication and teamwork. You have to have them, or you can’t really work here.”

**The future of nursing care**

Opportunities for nurses at Scott & White will increase as the system continues to expand. Mrs. Hansen predicts that the profession will become more challenging. “As hospital stays get shorter and shorter and the complexity of the care gets higher and higher, the role of nurses becomes more important.”

Still, sympathy and compassion are offered when patients need it most. And that carries a world of satisfaction for Scott & White nurses. “This is a very rewarding profession that we’re in,” Mrs. Long says.

Miss VanRossun agrees. When the woman who panicked before her first chemotherapy treatment returned for her second treatment, she told her nurse, “I’m very thankful you were there.”

Dr. Sibbitt also is an assistant professor of internal medicine, the Texas A&M Health Science Center College of Medicine.
Dr. Terry Rascoe (center) with the Woosley family.
Family Medicine has been a nexus of care for generations of families in Central Texas


Family medicine is part of primary care, the first contact a patient may have with the medical system. But instead of caring for a certain subset of the population, as internal medicine physicians do with adults and pediatricians do with children, family medicine doctors do it all. They treat all family members and all body systems. “We take care of a lot of health issues that patients face throughout their lives,” says Terry Rascoe, MD, who is vice chairman of the Scott & White Department of Family Medicine.

Family medicine doctors may deliver babies, look after earaches, manage diabetes, help diagnose cancer, and counsel patients who are considering hospice and end-of-life care. And those are just a few examples of the care they provide. “We’re trained to handle 90 percent of what comes into our offices. And for the other 10 percent, we know who to ask,” says Michael Reis, MD, interim chairman of the Department of Medicine, and associate regional chief medical officer, Central Regional Clinics. He is referring to his colleagues, the hundreds of medical and surgical specialists throughout the Scott & White Healthcare system.

Care from a family medicine physician is rapidly becoming even more important as the nation’s healthcare priorities shift from caring for sick patients to ensuring that patients stay well. Scott & White’s family medicine physicians provide a “medical home” for thousands of patients in Central Texas.

All in the family
Melissa Woosley, of Waco, Texas, considers Dr. Rascoe part of her family. He has cared
for her for more than 20 years. He took care of her parents before that. He now cares for her four daughters, husband, brother, nieces, and nephew. “He knows everything about us,” Mrs. Woosley says. When she calls to tell him that her husband has come down with his yearly bout of the croup, Dr. Rascoe can just e-mail a prescription to the Woosleys’ local pharmacy.

Dr. Rascoe also coordinated her care when she was diagnosed and treated for breast cancer in November 2008. “He would always look up information for me, and really just check in on me.” Mrs. Woosley remembers how Dr. Rascoe and his nursing staff would adjust their own schedules to make sure that when one of her children was sick, she was seen quickly so that Mrs. Woosley wouldn’t be surrounded by sick kids during her chemotherapy treatments. In a kind gesture, he even gave her his home phone number. “He’s gone above and beyond for us,” she says. “He always does.” Dr. Rascoe says it’s all just part of his job.

Caring for a whole array of patients from many backgrounds requires a different skill set than a specialist needs. Family medicine doctors have to know about a wide range of common diseases that affect their patients and the procedures and medications they should employ. “I like to try to figure it out for my patients,” says David Gogulski, MD, a family medicine doctor at Scott & White’s Cedar Park Clinic. He credits the combination of intellectual investigation and rich relationships with patients for his choice of family medicine as a career practice. “I enjoy the pursuit of inquiry and using that knowledge to benefit my patients,” he says.

A system of care for each patient
Scott & White’s Department of Family Medicine is the largest group of doctors in the healthcare system. More than 130 family medicine doctors, along with almost 50 nurse practitioners and physician assistants, see patients in all of the regional clinics. Just as a person chooses a pediatrician or internal medicine specialist to care for certain members of his or her family, an individual may choose a family medicine practitioner at Scott & White to manage the entire family’s healthcare or work in partnership with other specialists, such as internists or pediatricians.

Scott & White’s family medicine physicians also have a unique backup team in the hundreds of medical and surgical specialists who are right there and available. If a family medicine doctor has a question or a patient for whom common treatments don’t work, he or she can often consult with a specialist without even needing a referral. “Our patients don’t necessarily know this, but if they have a primary care doctor at Scott & White, they may also have about 600 specialists helping out,” says Dr. Reis.

Because of Scott & White’s system-wide electronic medical records (EMR) system, specialists can review a patient’s medical history and lab results and make recommendations to a primary care doctor, possibly without even seeing the patient first. (For more on EMR, see the Spring 2011 issue of THE CATALYST.) “And if they want to see my patient, they’ll fit her in right away and have access to all her tests and blood work ahead of time,” Dr. Reis says. This often saves a second or third specialty visit to follow up.

The relationship works both ways. Scott & White’s family medicine doctors often help with post-surgical care and healing. If a patient has a question after surgery but doesn’t want to drive back to the Temple or Round Rock hospital, he or she can visit the family medicine doctors at the local clinic.
“It’s really coordinated and integrated care. We don’t brag about it. We don’t charge for it. Sometimes our patients aren’t necessarily aware that it’s happening,” says Dr. Reis.

**Relationships at work**

Family medicine practice attracts a certain type of person, says Dr. Rascoe. “We like to see how science affects our patients on the human level.” And Dr. Gogulski reinforces this point: “After you get to know your patients, it’s like you pick up the conversation right where you left off every time.”

Some “families” of patients go beyond the genetic kind. For example, when Dr. Reis was the team doctor for the Midway High School football team in Waco, Texas, they asked him to come out before the first game for an introduction to the senior starters. “As I was out there with the players, I realized I’d delivered three of them. I thought, ‘This is so cool. I brought them into the world and now I’m standing next to them as they’re almost adults.’ It’s clear that family medicine doctors want to

> “After you get to know your patients, it’s like you pick up the conversation right where you left off every time.”
> —Dr. David Gogulski
be involved to the highest degree with our patients’ lives,” he says. Developing these intimate, lifelong, and multi-generational relationships between patients and their primary care physicians provides benefits for all.

A bit of insider knowledge can be a vital diagnostic tool for family medicine doctors. For instance, Dr. Rascoe says, if he had seen a patient’s very ill mother a week earlier, he might pay special attention to his patient’s stress level or be more conscious of signs of mental health distress at her child’s visit to him. And if the patient wanted to discuss her mother, that could open up a whole other area of conversation about the genetic component of a condition or preventive care.

Family medicine doctors have a unique perspective on patients’ lives and health status. Because they coordinate care around multiple health concerns of a patient, these doctors must focus on the whole patient rather than on one specific condition. If a patient receives care from a specialist—for example, an endocrinologist treating a diabetic patient—it’s the responsibility of the family medicine doctor to balance diabetes care with any other conditions affecting the patient.

Dr. Rascoe cites an example of a patient who had diabetes and also suffered from depression. “A patient’s depression may be more damaging to them at a point than their diabetes. In fact, their depression can sometimes be making their diabetes worse,” he says. When the depression is under control, the doctor and patient can increase the intensity of diabetes treatment.

Treating a patient or an entire family over decades is continuity of care in the extreme, and it can result in significant cost savings. Family medicine doctors don’t have to ask the same set of standard questions during each visit. They know a patient’s family medical history, often because they treat family members. They don’t have to order extra tests or image a patient to determine what previous surgeries the patient has had, if any.

“You never feel like you have to start over at the beginning, like with some other doctors,” says Mrs. Woosley.

“Let me put it like this,” says Dr. Reis.

“Who does your hair? Do you go to a different person every time? I don’t think so. What’s more important—your hair or your health?”

**Future of family medicine**

In the next few years, the ability of Scott & White family medicine doctors to treat their patients will change dramatically, moving from a passive system to an active one. The newest phase of Scott & White’s EMR system will automatically remind doctors when their patients are due for preventive tests like mammograms or cholesterol checks.

“Right now we can only care for people who call us. But if we know that Mr. Johnson is a diabetic, and if the patient registry tells us that he hasn’t been to the doctor in a year, then we can call him and see what we can do to help,” says Dr. Reis. The new system will allow doctors and nurses to use e-mail to give patients their test results or to answer questions that previously would have required a clinic visit.

Increased patient contact, electronically or in person, will require more staff hours for physicians, who are often already stretched thin. To help meet the challenge, Scott & White is creating a patient-centered model of care called a medical home. This is a team of people who will provide care for patients in the Department of Family Medicine. Members of the team will include the patient’s doctor, the nursing staff, a nurse practitioner or physician assistant, phone clerks, and the business staff, among others.
The team approach will be better for everyone because physicians will have more time to spend with patients while their team works together to meet patients’ needs. “This way, everybody gets to maximize what they do,” says Dr. Rascoe. “This is going to be an even bigger part of healthcare and will be really helpful to doctors and patients.

“At Scott & White we see family medicine as the foundation of healthcare redesign in this country. We’re trying to be the preeminent model of primary care in the country. Other people are watching what we do.” This year, for the first time in decades, more medical students chose to practice in family medicine. “The pendulum seems to be swinging back toward primary care now. I think medical students are beginning to realize the future security of primary care and the growing need,” says Dr. Gogulski.

Programs that help alleviate education debt for family medicine and other primary care doctors may be a factor in increasing that number further. Specialists have traditionally earned more than primary care doctors, largely because of the way payment systems work—that is, by paying for procedures rather than for health outcomes or preventive care.

The Department of Family Medicine recently announced the appointment of an endowed research chair, Thomas Miller, PhD. Dr. Miller will serve as the E. Rhodes and Leona B. Carpenter Centennial Chair in Regional Health Services. One of his tasks will be to research the processes of creating better systems of primary care over the coming years. “Dr. Miller’s experience in both healthcare economics and research will enable us to study what works best for patients so we can share our successes as a guide for the rest of the nation,” says Dr. Reis.

“I think there is a shift occurring in the way our country is thinking about healthcare. We’re recognizing the importance of primary care in keeping people healthy. My goal is for the Scott & White Department of Family Medicine to develop a practice that provides the kind of care all family physicians dream about for their patients, with a focus on relationship, responsiveness, and quality,” says Dr. Reis.

Melissa Woosley and Dr. Rascoe often communicate by e-mail when she has a quick question or needs a prescription refill. She is now cancer-free and still seeing Dr. Rascoe along with her daughters. “We say, ‘There’s God and there’s Rascoe.’ We don’t know what we’ll do when he retires,” she says.

Dr. Gogulski also is an assistant professor of family and community medicine, the Texas A&M Health Science Center College of Medicine.

Dr. Rascoe also is an assistant professor of family and community medicine, the Texas A&M Health Science Center College of Medicine.

Dr. Reis also is an associate professor of family and community medicine, the Texas A&M Health Science Center College of Medicine.
The New Children’s Hospital at Scott & White Opens This Fall!
It’s getting close! The much-anticipated opening of the new Children’s Hospital at Scott & White is scheduled for this fall. Our teams of pediatric experts are excited about delivering care to young patients at the area’s only acute care pediatric hospital between Dallas and Austin.
It was literally a lump in the throat, after Terri Jenner’s father’s death that began her family’s journey of understanding and managing the thyroid disease they had inherited. It’s called multiple endocrine neoplasia (MEN), an extremely rare condition that causes thyroid cancer if it isn’t diagnosed and treated early. When Mrs. Jenner learned she was pregnant, she and her husband, Army Specialist Thomas Jenner, Jr., were concerned that their child might carry the gene that signals MEN. When baby Elizabeth arrived, she was tested at Scott & White. The test turned up positive for MEN Type 2A.

Terry Lairmore, MD, a surgical oncologist at Scott & White, is one of the world’s foremost authorities on the genetic disorder. He participated in the initial groundwork to identify the MEN gene two decades ago while he was at Washington University in St. Louis, Missouri. Dr. Lairmore collaborated with Bill Bryant, MD, a pediatric endocrinologist at Scott & White, and Danny Little, MD, chief of the Section of Pediatric Surgery, on Elizabeth’s care. After surgery to remove her thyroid and an overnight stay in the hospital—which included a basket of toys to play with and fun with child life specialists—Elizabeth was ready to go home. “We’re grateful Scott & White knew about this disease and could help our daughter,” says Mrs. Jenner. Elizabeth now takes thyroid medication daily to replace the gland’s function.

“Children who inherit the gene have a 100 percent chance of developing cancer,” says Dr. Lairmore. “MEN is a great example of a genetic disease in which we can change that course, with early testing for changes in a child’s DNA and intervention to prevent cancer from developing and spreading to the lymph nodes.”

Endocrinology fellow Cortney Y. Lee, MD, also played a key role in Elizabeth’s recovery, by drawing the shy little girl out of her shell and bringing a sparkle to her eyes. “We all think Elizabeth is a real sweetheart,” says Dr. Lairmore. “She’s a brave little girl.”
After a serious automobile accident in early 2010, 13-year-old Dustin Strelsky of Rockdale, Texas, is not just alive, he’s thriving. He had sustained massive injuries that included neck and spine trauma, a crushed abdomen, and a fractured mandible that required the integrated emergency, surgical, and rehabilitative expertise of Scott & White Healthcare.

“Dustin’s injuries were pretty catastrophic,” says Dr. Little, who coordinated Dustin’s care, which required five surgeries. Immediately after the accident, trauma surgeons performed exploratory bowel and partial intestinal surgery to control life-threatening bleeding. Next, orthopedic surgeons led by spine surgeon Mark D. Rahm, MD, fused the part of Dustin’s spine that supports his neck to help stabilize him.

After Dustin’s vital signs improved, Dr. Little led a pediatric surgery team to finish the bowel surgery. The following week, Chief of the Division of Dentistry and oral and maxillofacial surgeon Lance Read, DDS, repaired Dustin’s jaw. Finally, two weeks after the traumatic accident, Dr. Rahm and Chief of Pediatric Neurosurgery Theodore J. Spinks, MD, fused most of Dustin’s lower spine. The team repaired significant damage to Dustin’s young body during the almost two-month stay at Scott & White’s Temple hospital, but he remains paralyzed below the waist.

Although Dustin is now in a wheelchair, his spirit is indomitable, says his mother, Jennifer Strelsky, who along with her daughter, Katlynn Brooke, also was injured in the accident. “We were very blessed to be close enough to Scott & White to be able to get the kids there,” says Mrs. Strelsky. “Dustin is playing tennis again. He is very active, very independent, and he’s always happy.”

“Dustin’s case illustrates the advantages of Scott & White’s approach to integrated care,” says Dr. Little. “He has been quite an inspiration to us all. Taking care of a patient like Dustin helps us to provide better care for other children. When you see someone with that kind of spirit in spite of the limitations he now has, you feel more energized to care for others.”
When you combine women from different communities and a focus on a single goal, things can really get done. The Visionaries, formerly known as the Women’s Philanthropic Initiative, are a dedicated group of women who believe in the good work at Scott & White Healthcare. They are a shining example of what it means to be enthusiastic and proactive. The Visionaries have launched their legacy of philanthropy at Scott & White with a rallying cry and several successful fundraising events to support the new Children’s Hospital at Scott & White, opening in fall 2011.

“Childhood health is near and dear to all of us,” says Karen Lairmore, president of the Visionaries and wife of surgical oncologist Terry Lairmore, MD. “As a parent, it’s affirming to know we can seek specialty pediatric care close by if we need it. As I meet youngsters who have benefited from the great pediatric care here, and watch the progress on the new children’s hospital, I realize it’s hard to walk out of there and not be a changed person.”
Several successful events

Mrs. Lairmore and a team of more than 75 women from communities within the Scott & White Healthcare service area in Central Texas have raised awareness of the new Children’s Hospital at Scott & White. At seven events and counting, they’ve also raised $300,000 through ticket sales and beautifully wrapped gift boxes for purchase of child-sized equipment and other items to help support the new facility’s development.

It’s the knit of neighbors and the connection among communities in Central Texas that have driven the dedication and success of this amazing group. They’ve banded together to plan and host events that have included the Children’s Hospital at Scott & White kick-off event, Many Stars One Vision, at the home of Sharon Powell, PhD, and her husband, Rick. Other events have included the Stars of Salado at the Chapel at Caliber Oak, the holiday-themed Christmas Under the Stars in Killeen, and the Stars Are Out Tonight at Cheeves Bros. Steak House to honor retired war veterans. Other successful events were the spectacular One Enchanted Evening at James and Kim Fikes’ home, and the Glass Slipper Social, a children’s theater event held at Vive Les Arts in Killeen.

The Seasons of Elegance Fashion Show and Luncheon, under the sartorial eye of Betty Thrasher, was also held this past spring. It attracted hundreds of women in the area, who channeled a passion for fashion into a worthy cause that benefits children. Mrs. Thrasher was instrumental in launching the Visionaries, and she has always felt a close connection to Scott & White. “How wonderful it is for families with sick children to be close to home and avoid the expenses of traveling to a larger city to care for their child. It’s very exciting to have the new Children’s Hospital at Scott & White in Temple. It’s unique because most freestanding children’s hospitals are in major cities. So it wasn’t hard to get on board to support Scott & White’s effort, especially since this is a great place to raise children.”

Giving back to their own

“Temple is a community with a big heart and great plans for the future. Because Scott & White saved my life, I can’t thank them enough. But giving back to them makes me feel part of this community,” says Mrs. Thrasher. “If you’re interested in progress, it’s important to give.”

As the Visionaries continue their good work, they’ll also be thinking about selecting another priority program or service to support at Scott & White in the future. For now, they’re focused on the futures of the most vulnerable among us, our children. And that will include access to a pediatric hospital just for them.

For more information on becoming a member of the Visionaries or to obtain a schedule of upcoming events, please call 800-293-4483.
To better serve the growing Central Texas region, the Scott & White Healthcare system is expanding! We are now offering more locations and convenient access to our specialty programs and services for children and adults.

“IT’S AN EXCITING TIME FOR SCOTT & WHITE AS WE FIND NEW WAYS TO MEET THE NEEDS OF THE COMMUNITIES WE SERVE. WE LOOK FORWARD TO HELPING PATIENTS AND FAMILIES FIND THE KIND OF CARE THEY NEED NEARBY.”

—ROBERT W. PRYOR, MD
This fall, Central Texans will call a state-of-the-art children’s hospital their own when the new Children’s Hospital at Scott & White opens. The 64-bed hospital includes 48 private rooms, 16 pediatric ICU beds, and a complete suite of child-focused support services. A pediatric Emergency Department will be available as well. A family-centered care approach, pediatric experts, and a child-friendly environment will mean the world to parents, who will be able to find the right care for their child right here. (Please go to page 16 to learn more about the opening of the Children’s Hospital at Scott & White.)

Construction of the new Bone and Joint Institute is scheduled to begin this fall, and will be located on the Temple, Texas, campus southeast of the Pavilion in the existing canopy/parking area. It will be the largest multidisciplinary orthopedics practice in Central Texas and will offer convenient access to medical, surgical, and rehabilitative expertise. The institute includes experts in the fields of joint replacement, spine, foot and ankle, hand and wrist, pediatric orthopedics, orthopedic cancer, sports medicine, and orthopedic trauma. The team also includes specialists in physical medicine and rehabilitation, podiatry, physical and occupational therapy, and rheumatology. The Bone and Joint Institute is scheduled for completion in fall 2012.
WILLIAMSON COUNTY

Scott & White Hospital - Round Rock

Construction began in 2010 on a 58,000-square-foot expansion to Scott & White Hospital - Round Rock. Twenty-six new hospital beds in the intensive care unit and general medical/surgical floors have been added, as well as four new operating rooms, an endoscopy suite, and eight new emergency room beds. Future plans include adding another patient bed tower and a medical office building.

“We’d always intended to expand three to four years after our initial opening, and the demand for Scott & White medical services in Williamson County has been right on track with that plan to add facilities,” says Ernie Bovio, CEO of Scott & White Healthcare - Round Rock region. “Our rapid growth and success is due in part to the success of our primary care physicians throughout Williamson County—one of the fastest-growing regions in the state—which is driving more patients than expected to our specialty clinic and hospital,” he says. “Having additional capacity in the operating rooms, ICU, and emergency room will allow us to better accommodate the needs of our patients.”

Scott & White Hospital - Taylor

In fall 2010, Scott & White Healthcare acquired Johns Community Hospital, a 25-bed acute care hospital located in Eastern Williamson County. Scott & White Hospital - Taylor is a critical access hospital focused on serving the acute care and skilled nursing care needs of Taylor and the surrounding communities. Scott & White Hospital - Taylor will offer professional services including a 24-hour Emergency Department, and outpatient, diagnostic, and surgical services. Construction has begun on two new phases at the Taylor hospital. The Women’s Center, offering digital mammography and bone density scans, and the Sleep Study Institute are both projected to open in fall 2011.

Scott & White is committed to providing Taylor and the surrounding communities with the best and most accessible healthcare while keeping patients connected to a network of specialists who are part of one of the nation’s largest multispecialty group practice systems.

MCLENNAN COUNTY

Scott & White Cancer Institute at Hillcrest

A new cancer center will open in 2012 on the Hillcrest Baptist Medical Center campus. Scott & White is a partner with the medical center in caring for the people of Waco, Texas. The new Hillcrest facility will include complete diagnostic and treatment services, as well as a medical office building space.

“The physicians and staff at Hillcrest have been providing superb cancer care for decades. This is an ideal time to enhance oncology services for the Waco community,” says Dr. Pryor. “Our combined expertise will help many patients have easier and expert access to cancer screening programs, diagnostic exams, and treatment protocols much closer to home. It’s so important for patients to feel as much at ease as possible when they’re faced with a difficult diagnosis like cancer. Having these services be convenient is really important for families.”

A multidisciplinary team approach from physicians, nurses, social workers, psychologists, technologists, and more will be available. Sophisticated diagnostic and treatment technology also includes image-guided radiation and digital mammography. Private chemotherapy areas are designed for patient comfort. Genetic counseling, initial screening, follow-up care, and support groups will be offered as well. Patients also will have access to clinical research trials.
WASHINGTON COUNTY

Scott & White Hospital - Brenham
In 2010, Scott & White Healthcare began a partnership with Trinity Medical Center, a 60-bed acute care hospital. The new Scott & White Hospital - Brenham retains its strong community commitment, backed by the substantial resources of the regional Scott & White Healthcare system. More physicians are being recruited to support the community’s growing needs.

“Our partnership is based on deep mutual respect and a desire to expand the array of healthcare services already offered,” says Dr. Pryor.

Designated a Level III Trauma Center, the hospital also has a beautiful, home-like birth center, a 24-hour emergency room, surgery services, and an intensive care unit (ICU). Other resources include a wellness center, a diabetes education center, diagnostic testing, and a growing Scott & White Clinic that includes primary care and cardiology services.

In addition, the Scott & White Healthcare Imaging Center opened in June 2011, making bone density testing and digital mammography available for the first time in Washington County. This new facility was funded through the generous support of the Scott & White Healthcare Foundation at Brenham.

LLANO COUNTY

Scott & White Healthcare - Llano
The Lake of the Hills Regional Medical Center planned for residents of the Hill Country begins construction later this year. Groundbreaking on a 60,000-square-foot clinic facility this fall will anchor the medical campus, to be built on more than 100 acres near the intersection of US 281 and TX 71 south of Marble Falls, Texas.

Scott & White Healthcare had already acquired the 30-bed Llano Memorial Healthcare System and its outpatient clinics, and welcomed the primary care physicians of a Hoerster Clinic to its staff. “The addition of the Hoerster Clinics continues Scott & White’s model of caring for communities with a strong presence in primary care. We now need to recruit specialists to support our primary care physicians by expanding the services offered locally to the people in the Lake of the Hills region,” says Rob Watson, MD, Scott & White Healthcare system assistant chief medical officer.

As future needs grow, the medical campus will also include a diagnostic center and a 60-bed hospital that features an after-hours urgent care center. Patients who need inpatient care will be treated at Scott & White hospitals in Llano, Round Rock, and Temple until construction of the new hospital is complete.

BRAZOS COUNTY

Scott & White Healthcare - College Station
The Scott & White Healthcare system broke ground in March 2011 on a new hospital in College Station, located on 98 acres near the corner of Texas Highway 6 and Rock Prairie Road. The 143-bed acute care facility will also have an adjacent 100,000-square-foot medical office building for convenient patient care. Both facilities have a projected opening date of 2013.

“Scott & White has a strong, 25-year history in the Brazos Valley with multiple outpatient facilities. The success and continued growth of these facilities have driven the need for an inpatient facility modeled after the Scott & White model of care,” says Jason Jennings, chief executive officer of Scott & White Healthcare’s College Station region.

The new hospital will house a Level III trauma center, full cardiology services, and neurosurgery capabilities, as well as interoperative robotic capabilities. Also on-site will be a neonatal intensive care unit (NICU) and a 25,000-square-foot comprehensive cancer treatment center.

You can help us reach out to more patients! Learn more about ways to donate to priority programs and services by logging on to www.foundation.sw.org.

For a complete list of outpatient clinics in the Scott & White Healthcare system, please visit www.sw.org.
I have devoted my entire adult life to banking, except for time served in the United States Air Force during the Korean War. I started at the bottom and through hard work in all areas of banking achieved a very successful career. For more than 40 years I served as president, chief executive officer, director, chairman of the board and shareholder of several banks. Through these many years of experience, I have learned a lot. I enjoy giving back through my board and committee service to Scott & White. I always preach at the bank that we have nothing to sell but service. That is one of the things that translates easily to Scott & White because that is exactly what we do here. We provide an important service, and as long as we do a fine job at providing excellent healthcare, people will continue to come back to us.

“During my career, I was the founder of Texas Regional Bancshares and its subsidiary Texas State Bank. Texas Regional Bancshares became a publicly traded company in 1994. Over a 25-year period, the bank grew to $7 billion in assets, with 73 locations around the state of Texas. In 2006 we negotiated a cash sale of the bank to Banco Bilbao Vizcaya Argentaria, S.A., based in Madrid, Spain. I currently serve on the board of directors of Compass Bancshares and BBVA Compass Bank. I also serve on the Risk Committee.

“Joe Kilgore, former congressman for this district and business partner, invited me to serve on the Scott & White board almost 28 years ago. Observing the growth and expansion from one main campus in Temple, adding building after building, gaining the Texas A&M medical school affiliation, and being able to provide healthcare all over the state has been a great source of satisfaction for me. I’m proud to refer people to Scott & White, and do so frequently.”

Lending a hand
Mr. Roney provides service while on the board of trustees as chairman of both the Risk Committee and the Staff Compensation Committee. Mr. and Mrs. Roney have endowed the Glen E. and Rita K. Roney Endowed Chair in Surgery, currently held by W. Roy Smythe, MD, chairman of the Department of Surgery at Scott & White Healthcare. After successful major surgeries at Scott & White, they believe the surgical department is an extremely important service provided by this healthcare organization.

“My banking experience enables me to assist with required financial decisions necessary to provide continual growth of Scott & White. In banking, I am known for looking for ways to make things work and trying to find solutions. That is also what we practice here in this healthcare organization. As Scott & White continues to build, grow, and expand, the new children's hospital will be an important resource for families of this state. The generosity of so many people by their support for Scott & White has been moving—and has positively changed the face of healthcare in Central Texas.”

Though his work keeps him extremely busy, Mr. Roney has managed to remain very active in the South Texas community. His vision, leadership, and support of initiatives at numerous associations and institutions have had a tremendous impact on the lives of the citizens of South Texas and throughout the state. Among the organizations that Mr. Roney currently serves are the board of governors for Vision: The Endowment Fund for the Boys & Girls Clubs of McAllen, the University of Texas Chancellor’s Council Executive Committee, and the Council of South Texas Economic Progress (COSTEP). He is a founding member of the Vannie E. Cook Jr. Cancer Foundation in McAllen.

Mr. Roney’s numerous past involvements include his appointment to the Texas Water Development Board, where he chaired its Finance Committee and also served as chairman of its Texas Water Resources Finance Authority. He served on the Water Development Board for 14 years, first being appointed to the position by Governor Dolph Brisco and then twice
Board Member Spotlight

Glen E. Roney
Scott & White Healthcare Foundation
Board of Trustees
Scott & White Healthcare
Board of Trustees
Chairman, Risk Committee
Chairman, Staff Compensation Committee

reappointed by Governors Mark White and William Clements. He was president and director of McAllen Affordable Homes, co-chairman of the Texas A&M University Health Science Center Steering Committee for the Rio Grande Valley, and a member of the Texas Bankers Association Government Relations Council.

Mr. Roney was a founding member of the South Texas Community College board of trustees and served for 12 years. He was appointed to this position by Governor Ann Richards. Mr. Roney has also previously served as a board member of the South Texas Higher Education Authority, McAllen Economic Development Corporation, McAllen International Trade Zone, McAllen International Museum, Texas Department of Banking Commissioner’s Council, the Governor’s Business Council, the Rio Grande Children’s Home Foundation, and the Rio Grande Valley Council of Boy Scouts of America.

Mr. Roney has been the recipient of several awards throughout his career. In 2008 he received the distinguished honor of being inducted into the Texas Business Hall of Fame. Other awards include the 2007 Boy Scouts of America Silver Beaver Award, the Anti-Defamation League’s 2003 Torch of Liberty Award for the Southwest Region, the McAllen Chamber of Commerce 2001 Outstanding Man of the Year, the Masonic Community Builders Award, the Hidalgo Chamber of Commerce Border Texan of the Year, the Boy Scouts of America Distinguished Citizen Award, the South Texas Symphony Association Cultural Leader of the Year, the Upper Valley Division of the American Heart Association Heart of Gold Award, and he was a University of Texas-Pan American Founder’s Day honoree. The Boys & Girls Clubs of McAllen honored Mr. and Mrs. Roney by naming its newest flagship center “The Glen E. & Rita K. Roney Center” in appreciation of Mr. and Mrs. Roney and their involvement with the Boys & Girls Clubs.

“My wife, Rita K., and I have three grown children, four grandsons, and a new great-grandson. We enjoy supporting our area youth and have happily funded the building of a home located at the Sunny Glen Children’s Home in San Benito, Texas. The Children’s Home is a special organization that cares for abandoned and orphaned children. Rita K. and I built this home for the children in memory of Rita K.’s mother, Geanell Robertson. The home is called ‘Geanell’s XOXO House.’ In 2011, we also provided funding for the complete renovation of the bathrooms at the McAllen Salvation Army Center.

“We enjoy spending time on our ranch located near Medina, Texas. While at the ranch we take pleasure in the company of friends, the beauty of roaming wildlife, and the peacefulness of fishing in the river. It is a wonderful place to reflect on life and God’s blessings. We cherish the quiet moments.

“It is both an honor and a pleasure to serve with the professionals who manage Scott & White on a daily basis and the outstanding business leaders from around the state who serve on the board.”
BRAIN TRUST

A nationwide center of excellence, the Scott & White Neuroscience Institute unlocks the mysteries of and treats diseases of the central nervous system.
Actually, the brain never rests—while we sleep, the brain’s neurons are busy firing, shuttling us from one sleep stage to the next and getting us ready to take on the next day. It’s that same tenacity that drives the experts at the Scott & White Neuroscience Institute, who offer comprehensive and coordinated patient care and conduct leading-edge research in an educational environment.

The Scott & White Neuroscience Institute was created in 2007 and consists of four specialties that focus exclusively on the neurological system: neurology, neurosurgery, neuropsychology, and psychiatry.

In 2010 the Scott & White Neuroscience Institute was named a Neuroscience Center of Excellence by healthcare consulting firm NeuStrategy. To achieve that distinction, the Scott & White neuroscience team demonstrated a multidisciplinary approach to care, a breadth and depth of medical and surgical expertise, and leading-edge (basic and translational) research. In other words, the Neuroscience Institute embodies a best-of-class approach to unraveling the mysteries of neurological disease.

Our mood, memory, and movement. Our intellect, emotions, and reactions. The brain and spinal cord are quite literally the nerve center of our entire being, controlling our activities from cognitive function to the coordinated actions we take each day. From eating to breathing, from sunup to sundown.

A system of excellence for each individual
The core of the Neuroscience Institute is its four integrated and complementary specialties. The integrated approach to care is designed to provide coordinated neurological services to deliver high-quality results and create a positive patient experience and outcome. Gerhard Friehs, MD, chairman of the Department of Neurosurgery, says, “If a neurologist believes his patient needs to consult with a neurosurgeon, all he has to do is pick up a patient’s chart, knock on my door, and say, ‘I have Mr. Smith here, and I would like to discuss what we should do to best help him.’”

Neurological conditions may be assessed and diagnosed by one specialty and treated by another specialty area. The patient has the comfort of knowing that his or her care is being managed by a team.

“The patient who comes to our Neuroscience Institute is followed through by one physician who becomes the team leader based on what disease he or she has,” Dr. Friehs says. Every physician, specialist, nurse, social worker, and therapist involved
in that patient’s care becomes part of a team. “Each person on that particular team is an expert on that disorder,” says Jacqueline Phillips-Sabol, PhD, director of the Division of Neuropsychology.

Neurosurgery
As a component of the Texas A&M University Health Science Center College of Medicine, the Department of Neurosurgery is a unique academic neurosurgical practice in Central Texas.

In addition to treatment of brain tumors and spinal disorders, often addressed by minimally invasive procedures (see the Summer 2010 issue of THE CATALYST), neurosurgery provides surgical support to a variety of other conditions, such as traumatic brain injury and movement disorders. One of the most common patient complaints is chronic pain. In fact, the number of neurosurgery patients has almost quadrupled in the past four years, most of them seeking to eradicate pain. Dr. Friehs says neurosurgeons are often called upon to ease chronic pain disorders, including back pain and headaches, because such problems are debilitating and oftentimes resistant to traditional treatment regimens. “Eighty percent of the population will experience significant headaches or back pain—or both—at some point in their lives,” he says. Besides surgery to repair damaged spinal disks, surgical options to treat pain now include such innovations as a “pain pump,” a hockey puck–sized device implanted by a neurosurgeon during a minimally invasive procedure, that releases pain medication directly into the spinal fluid.

Neurology
The neuroscience community continues to study the nature of neurologic diseases to glean insights about their cures. Disorders such as Parkinson’s disease (a movement disorder characterized by tremors) and epilepsy (a seizure disorder) remain medical challenges, although medications and treatment can help control their symptoms.

The Plummer Movement Disorders Center (PMDC) is staffed by fellowship-trained movement disorder specialists certified by the National Parkinson Foundation. Elmyra Encarnacion, MD, director of the PMDC, has been actively involved in an awareness campaign to educate the community and primary care providers about Parkinson’s and other movement disorders. As a result, she has seen an increase in the number of newly diagnosed patient referrals. “The earlier in the disease process we meet the patient, the earlier we can educate them about the disease which leads to better coping skills,” she says. “It results in better treatment response.” Dr. Encarnacion has also helped to create a support system for Parkinson’s patients in Central Texas.

Neuropsychology
Scott & White is the only Central Texas hospital with its own Division of Neuropsychology. Dr. Phillips-Sabol explains: “Neuropsychologists evaluate the relationship between the brain and

{Patients at the Neuroscience Institute are} followed through by one physician who becomes the team leader based on what disease {they have}.”

—Gerhard Friehs, MD
behavior.” Neuropsychologists administer tasks to patients that evaluate all areas of cognitive ability, including language, problem solving, attention, and memory.

“The testing that we do tells us if areas of the brain are functioning the way they should be,” says Dr. Phillips-Sabol. For example, a patient may be asked to name a pictured item. This task helps to determine if the brain is processing visual information and able to use brain language areas to name the item. Tests that are dependent upon particular brain areas and brain functions are administered over several hours to help physicians diagnose many types of neurological disorders, including Alzheimer’s disease or other dementias. Also, similar to functional neuroimaging, but using different techniques, neuropsychologists may assist neurosurgeons during neurosurgery involving particular brain regions by mapping brain language areas so that the surgeon can avoid these areas during surgery.

**Psychiatry**

Brian Kirkpatrick, MD, is the new chairman of the Department of Psychiatry and Behavioral Science, which has joined the Neuroscience Institute. Psychiatric problems interact with medical problems, and many conditions are treated by both psychiatrists and either neurologists or neurosurgeons. For instance, dementia not only causes difficulties with memory but frequently leads to serious depression, difficulties sleeping, and other serious behavioral problems. Depression, a common complication of neurological conditions, is a serious medical disorder that impacts a patient’s risk of diabetes and cardiovascular disease.

At the same time that psychological approaches have developed into powerful treatments for neuropsychiatric problems, our understanding of the biological basis of many mental and behavioral disorders has grown exponentially. Genes that increase the risk of depression, schizophrenia, and other disorders have been identified, and the “anatomy” of psychiatric symptoms in the brain has begun to be clarified.

**Patient service, patient satisfaction**

Adult and pediatric patients across Texas and as far away as Arkansas, Oklahoma, New Mexico, and even Mexico travel to Scott & White to seek treatment from the team of experts at the Neuroscience Institute.

The center of the Neuroscience Institute is based at Scott & White Memorial Hospital in Temple, but the institute is expanding its support across the entire Scott & White system. This will allow patients to be seen by a neurological specialist near home while knowing that if more advanced services are required, they can seamlessly transfer care to Temple.

Neurologists, neurosurgeons, and psychiatrists are currently available at or being hired to support Scott & White facilities in College Station, Killeen, Round Rock, and Waco.

In addition, the Neuroscience Institute providers work with other Scott & White institutes and centers to coordinate care across specialty areas such as the Cancer Institute for coordination of brain tumor care, the Bone and Joint Institute for coordination of spine care, and hospital trauma by staffing Scott & White’s Level 1 Trauma Center.

**World-class team**

In 2007, Dr. Friehs joined the Scott & White Neuroscience Institute to begin...
work with Richard Lenehan, MD, chairman of the Department of Neurology and a longtime Scott & White physician. The team was joined by Dr. Kirkpatrick, and a deep bench of specialists, physician assistants, nurses, and technicians.

When the new Children’s Hospital at Scott & White opens this fall, the full scope of Neuroscience Institute services will be provided to pediatric patients.

Today the Neurosciences Institute has more than 32 providers and is in the process of recruiting 10 more best-of-class providers to the team.

**Innovation**

The clinical needs of the patient set the direction for Neuroscience Institute innovation, research, and the focus of our growing team of investigators.

“In addition to offering the most comprehensive range of neurologic, neurosurgical, and psychiatric specialists in Central Texas, Scott & White has state-of-the-art neuroimaging technology,” says Dr. Lenehan. “There’s nothing we cannot do or cannot make happen that is currently considered modern neuroscience,” says Dr. Friehs.

Jennifer Robinson, PhD, is director of the Functional Neuroimaging Center. A neuroimaging specialist, Dr. Robinson focuses on functional MRI (fMRI), an imaging process that can map the brain’s activity centers. The test is similar to an MRI except that a computer screen is
Like everyone, Lynn Owens, age 70, has good days and bad days. The former instructor and coach tries hard not to let the fact that she has Parkinson’s disease interfere with her everyday life. Parkinson’s disease is a progressive brain disease characterized by shaking, stiffness, slowness, and poor balance. The symptoms are related to a chemical imbalance in the brain caused by the death of cells that produce dopamine, which plays an important role in movement and many other brain functions. At the present time there is no known cause or cure for the disease.

Coach Owens spent 32 years in the teaching profession, 29 of them at Travis Middle School in Temple, Texas. During her 32-year career, she coached volleyball and track, taught private swimming lessons for 25 years, and became a Division I Southwest Conference Basketball Official. On a good day Coach Owens can break 90 on the golf course, and she loves to play once or twice a week, weather permitting. On her bad days, though, she has problems with balance, her voice becomes weak, and her tremors become noticeable.

She was diagnosed with Parkinson’s disease in 2004, after consulting with a neurologist because of concerns about balance and lack of movement in her left arm. In 2007 she was placed under the care of Dr. Elmyra Encarnacion at the Plummer Movement Disorders Center at Scott & White. She found a team of caregivers who have worked diligently with her to understand what she could do to improve her mobility and to stay independent as long as possible. “Dr. Encarnacion has done so much in pulling the Parkinson’s community together by creating a support system,” says Coach Owens. “She has such a positive attitude and a high energy level that rubs off on all of us.”

Dr. Encarnacion says that her central nervous system will continue to deteriorate, so she heeds Dr. Encarnacion’s recommendations—and they include medications and physical, occupational, and speech therapy at the Plummer Movement Disorders Center. Coach Owens says, “I’m amazed at the enthusiasm Dr. E has in treating those of us with Parkinson’s, because we know there is no cure. Yet she continues to see each of her patients, knowing our conditions will get worse.”

Coach Owens is now the chair of the Central Texas Parkinson’s Alliance Board. This group is composed of representatives from the Plummer Movement Disorders Center and representatives from the various Parkinson’s disease support groups in Central Texas. The main purpose of the board is to function as a bridge between the Parkinson’s community and the Plummer Movement Disorders Center.

In April, Coach Owens helped organize a benefit golf tournament for Parkinson’s disease. The funds raised from the tournament will be used to benefit the Parkinson’s community directly, through wellness programs, lectures, and transportation.

Coach Owens hopes her charitable work will bear fruit for the next generation of Parkinson’s patients. “I want to do whatever I can do right now, even though I may not see a cure in my lifetime. I want to bring awareness to our community and help benefit those newly diagnosed with this debilitating disease.”
deliver a patient-centered team approach,” Dr. Encarnacion says.

When a Parkinson’s patient receives a deep brain stimulator, the process brings together neurology, neurosurgery, neuropsychology, and neuroimaging. Such collaboration and continuity of care are the foundation of the Neuroscience Institute. As Dr. Robinson puts it, the institute “tackles diseases at a whole-system level.” Dr. Phillips-Sabol says, “The team approach to treating patients is one of the greatest assets for the benefit of the patient being treated through the Neuroscience Institute.”

Neurosurgeons at the Neuroscience Institute also provide leading-edge neurosurgery techniques for some disorders. They were among the first providers in the country to apply techniques, such as minimally invasive neurosurgery, for use with appropriate disorders, such as certain types of brain tumors.

The next frontier—research
Integration between clinical care and research, as well as integration across the Neuroscience Institute clinical services are critical to the mission of the Neuroscience Institute from its inception in 2007 and continuing today.

Members of the Neuroscience Institute collaborate on research. For example, fMRI is a tool that has the potential to advance our knowledge regarding all neurologic conditions. “We can do research on attention-deficit/hyperactivity disorder, Parkinson’s, epilepsy, and obsessive-compulsive disorder. The list would be endless,” says Dr. Robinson.

Currently, Dr. Robinson is conducting research into how the stress hormone cortisol affects the brains of patients with post-traumatic stress disorder and depression. She is also involved in a project that looks at schizophrenia and how it correlates with brain inflammation, and she is studying how brain networks reorganize following epilepsy surgery, comparing fMRI scans taken before and six months after surgery.

Dr. Robinson and Dr. Encarnacion are researching how Parkinson’s disease affects patients over time by using the fMRI to compare images of newly diagnosed patients to those of patients with advanced Parkinson’s. “That’s a perfect example of one of the collaborations that we have,” Dr. Robinson says.

The Plummer Movement Disorders Center also is conducting a clinical trial sponsored by the Michael J. Fox Foundation. The study, now in Phase II, is testing a supplement, which has the potential to slow, stop, or reverse the disease process in Parkinson’s patients. Scott & White is one of the few sites in the United States involved in the study, Dr. Encarnacion says.

Dr. Encarnacion also is an assistant professor of neurology, the Texas A&M Health Science Center College of Medicine.

Dr. Friehs also is an assistant professor of neurosurgery, the Texas A&M Health Science Center College of Medicine.

Dr. Kirkpatrick also is a professor of psychiatry, the Texas A&M Health Science Center College of Medicine.

Dr. Lenehan also is an associate professor of neurology, the Texas A&M Health Science Center College of Medicine.

Dr. Phillips-Sabol also is an assistant professor of surgery, the Texas A&M Health Science Center College of Medicine.

Dr. Robinson also is an assistant professor of neurosurgery and psychiatry and behavioral science, the Texas A&M Health Science Center College of Medicine.

To meet all of our doctors, please go to www.neuroscience.sw.org.
A real dynamic energy can be felt throughout the entire Scott & White Healthcare system these days. We’re on the brink of opening the new Children’s Hospital at Scott & White, and extending healthcare services to more areas in Central Texas than at any other time in our history.

It’s the essence of community that’s on our minds. The way communities work together, and the many forms they take. At Scott & White, communities of caregivers in many medical and surgical specialties work together to help patients. Throughout the neighborhoods of Central Texas, communities are bound by shared goals. The Visionaries are a great example of what it means to be a community—people coming together with a belief in something of value and a willingness to work together to achieve the goals that benefit everyone.

As we enter this exciting new phase, our minds are focused and our hearts are full. We’re working hard to raise the level of healthcare excellence even further, and are touched by the many people who support our effort. We look forward to working together, and with each of you, to make our communities stronger than ever.

ALFRED B. KNIGHT, MD
President, Scott & White Healthcare Foundation

NANCY BIRDWELL
Chief Executive Officer, Scott & White Healthcare Foundation
Chief Development Officer, Scott & White Healthcare
A catalyst produces a chemical reaction and ignites a response. *THE CATALYST*, the magazine published by the Scott & White Healthcare Foundation, seeks to be a catalyst for people to become more involved—in their own health and in the health status of their communities. Our goal is to inform and empower you to make healthcare decisions to benefit you and your family.

Each issue will highlight the people at Scott & White who are making a real difference. Catalysts are physicians who assemble treatment plans to better patients’ lives. They’re donors who share our mission of advancing healthcare for individuals near and far. They’re scientists unraveling the nature of disease, volunteers who bring smiles to patients young and old, and board members who believe in the profound difference that Scott & White makes in the Central Texas region. These people and many more are making great things happen!

We hope you enjoy reading *THE CATALYST*. We invite you to send us feedback at catalyst@swmail.sw.org.