



Munson Healthcare
Physician Partners

Specialty Services for Women and Children



In This Issue

Neonatal Intensive Care – Treating the Region’s Tiniest Patients	A2
Team of 25 Contribute to Successful Delivery of Quadruplets	A4
High-Risk Pregnancies Require Plans and Protocols	A5
Gynecological Cancer Patients can Benefit from Advanced Management	A6

Munson's Neonatal Intensive Care Unit Provides

Munson Medical Center's Neonatal Intensive Care Unit (NICU) offers comprehensive care for newborns requiring advanced medical attention. Designated as a level IIIB unit by the American Academy of Pediatrics' new rating system, the NICU serves as a regional neonatal referral center for northern Michigan, and provides a full spectrum of medical therapies, including unrestricted ventilation, pediatric cardiology support, and developmental assessment.

Munson's NICU features 12 acute intensive care beds, 8 additional bassinets for step-down care, and has a daily census of 14 or 15 babies. Approximately 370 newborns are admitted per year; about 70 of whom are transferred from other hospitals in northern Michigan for advanced care. More than three quarters of babies admitted to the NICU are premature; the remaining are full-term babies who develop problems after birth.

Steven J. St. Charles, MD, Medical Director of Neonatal Intensive Care Services at Munson, said, "We have the staff and capability to stabilize and care for babies down to the limits of gestational viability. However, we generally elect to transfer fragile babies between 23 and 26 weeks gestation to other facilities with more resources."

Munson's NICU is staffed by two neonatologists, St. Charles and David S. Sciamanna, DO, at least one of whom is available for consultation 24 hours a day. Local pediatricians help cover on-call services for the NICU when the neonatologists are not on primary call. An experienced, highly trained nursing staff also provides NICU care around the clock.

Alicia Classens, CNS, joined the NICU seven months ago after spending 4½ years at the NICU in Sparrow Hospital in Lansing. She oversees staff education, parental education, quality, and standards of nursing care.



Alicia Classens, CNS, helps the NICU staff remain focused on quality patient care.

A review of the standards that nurses use in the NICU is under way to ensure the quality measures for patient care are met. For example, Classens said nurses are considering the protocol for minimum stimulation with questions such as, "What kind of nursing interventions can we use that stimulate

"Parents feel like they are more involved in their baby's care, they are better to able to understand milestones their baby needs to accomplish before they go home, and they are more in tune with the staff that is caring for their baby,"

— Alicia Classens, CNS
Munson Neonatal Intensive Care Unit

growth and development?" One conclusion involves clustering care such as diaper changes, feedings, and other actions so babies do not become over-stimulated.

Classens said two sessions of interdisciplinary rounds each week allow each baby's parents an opportunity to meet with the physician, bedside nurse, lactation consultant, medical social worker, utilization management, and the CNS to discuss a baby's care in detail.

"Parents feel like they are more involved in their baby's care, they are better to able to understand milestones their baby needs to accomplish before they go home, and they are more in tune with the staff that is caring for their baby," she said. "We are looking now at how we can expand in this process, possibly involving parents of babies who have had previous stays at the NICU as a focus group."

Specialty Services for Newborns

Specialty care available in Munson's NICU includes:

- **Respiratory therapy** – specially trained respiratory therapists provide state-of-the-art newborn respiratory care, including surfactant replacement therapy and high-frequency oscillatory ventilation.
- **Pediatric ophthalmology** – specialists provide evaluation, management, and treatment, including innovative laser ablation and other therapeutic interventions for retinopathies specific to prematurity.
- **Developmental screening** – a team including a neonatologist, a physical therapist, a developmental specialist, a social worker, and a neonatal nurse provide developmental screening for babies at risk for delay.

Level IIIB Care for Region

Innovative Pediatric Cardiology Consultation

Pediatric cardiology support is provided through an innovative telemedicine platform that allows echocardiographic and other images to be read by specialists at remote locations. St. Charles said, “When we see a newborn we believe may be at risk for congenital structural cardiac disorders, we can perform echocardiography studies here at Munson, and our partners at DeVos Children’s Hospital can view the images real time while the study is being conducted, providing immediate consultation for Munson neonatologists.”

That real-time access allows all the specialists involved to determine the best management strategy for the baby. Munson neonatologists consult with their partners on about 150 studies each year. St. Charles said, “This cardiac evaluation service is critical to our ability to provide a high level of care for our vulnerable newborns.”

Compassionate Care for Babies and Families

This high-technology NICU environment can seem noisy and stressful to parents with fragile babies, and Munson’s NICU staff are committed to reassuring families and making them as comfortable as possible. St. Charles said, “We are sensitive to the needs of new families and embrace a family-centered approach to care. We welcome parents to visit their babies at any time and provide opportunities for sibling visits as well.”

Future Directions

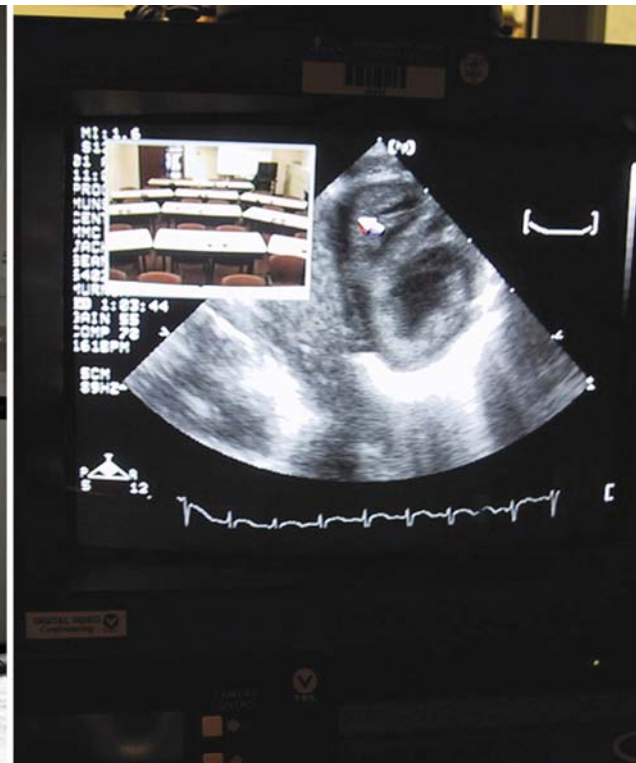
Munson’s neonatology services have evolved and grown over the past five years. Recent renovations have increased capacity allowing for

“This cardiac evaluation service is critical to our ability to provide a high level of care for our vulnerable newborns.”

— Steven J. St. Charles, MD
Munson Neonatal Intensive
Care Services Director

a greater number of patients and an increase in high-level newborn services. St. Charles expects growth to continue as Munson’s Women and Children’s Services become more recognized and the demand for high level neonatal care continues to expand.

For more information on Munson Medical Center’s Neonatal Intensive Care Unit, please call (231) 935-5792.



Munson echo technician Jim Ondrajka performs a telemed echocardiogram in the NICU. The monitor (pictured at right) shows the echocardiogram which is transmitted to DeVos Children’s Hospital where pediatric cardiologists can view real-time echos and consult with physicians at Munson.

Team of 25 Contribute to Successful Delivery of Munson's First Quadruplets

Quadruplet births are rare phenomena, but last September, when Kristin Godwin delivered her four babies at Munson Medical Center, a well-rehearsed team was ready to safely manage the delivery and birth.

Although this was the first-ever set of quadruplets to be delivered at Munson, Munson physicians have managed a number of triplet deliveries. Because Munson serves as a regional referral center for northern Michigan, the physicians and staff have considerable experience in managing high-order multiple births, including triplets, as well as other higher-risk pregnancies.

As soon as the quadruplet pregnancy was detected – by ultrasound at about four weeks – Munson obstetrician/gynecologist Timothy P. Madion, MD, began to work on a management strategy for a safe pregnancy and delivery and to assemble a team of multidisciplinary experts – obstetricians, neonatologists, pediatricians, nurses, anesthesiologists, and respiratory therapists – to care for mother and babies. An additional valued member of the team was Russell Jelsema, MD, a perinatologist from DeVos Children's Hospital who consults regularly with the Munson staff on high-risk pregnancies.

Madion said, "Our goal was to support our patient in every way possible to enable her to reach a minimum of 28 weeks gestation, at which time we were confident we could safely deliver and care for the babies."



The healthy Godwin quadruplets as they look today. From left: Reilly, Quinn, Madelyn, and Cassidy.

"We all hoped our patient could deliver at Munson, where she would be close to home, friends, and family, and where she would be able to visit her babies, who would remain in the NICU until they were ready to go home," Madion noted.



Quinn Godwin, also known as "Baby C," as she looked a few hours after she and her sisters were delivered.

Godwin's care team maintained close communication throughout her pregnancy. They discussed her case regularly at Munson's twice-monthly high-risk pregnancy conference, open to obstetricians, pediatricians, the clinical nurse specialists, the maternity manager, the genetic counselor, and others. Madion said, "We discuss all kinds of high-risk pregnancies at this meeting, but this quadruplet pregnancy was always a highlight."

As it turned out, Godwin went into labor at precisely 28 weeks, and additional staff, eventually numbering about 25, came into the hospital to assist. Just before the delivery, the team reviewed the plan they all knew by heart. They knew which pediatrician would assume care of which baby. The nursing staff had already conducted a mock delivery and considered details as small as where each warmer would be placed.

The extensive planning paid off, and the quadruplets were delivered without complications. They stayed in Munson's NICU for about two months before they were discharged to home.

Madion considers that a number of factors, including the experience and commitment of the care team and close communication among team members contributes to Munson's ability to provide top-notch care for high-risk pregnancies.

He said, "Five years ago we could not have managed a quadruplet birth here at Munson, but, our team has evolved to the point that we knew we could provide a safe delivery and good outcome for mother and babies. Although I do not expect another quadruplet birth, given their rarity, I am confident that we are well prepared to offer care for high-risk pregnancies."

For more information on Munson Medical Center's Neonatal Intensive Care Unit, please call (231) 935-6250.

High-Risk Pregnancies Require Plans and Protocols

For more than 10 years, Russel D. Jelsema, MD, a Maternal Fetal Medicine specialist from West Michigan Obstetrics & Gynecologists, P.C., in Grand Rapids, has traveled to northern Michigan to provide specialty care to women with high-risk pregnancies.

Jelsema, through his affiliation with Spectrum Health, holds perinatology clinics two days a month at Munson Medical Center in Traverse City and one day a month at Mercy Hospital Cadillac. During those clinics, he sees patients from throughout the region, including Cheboygan, Sault Ste. Marie, Grayling, and Alpena.

“One of our goals is to provide local care for patients who can’t travel to Grand Rapids,” said Jelsema.

Traverse City and Cadillac clinics offer genetic counseling, risk assessment, screening for chromosomal abnormalities and birth defects, as well as patient care for those with high-risk pregnancies. High-risk patients include women with severe hypertension or multiple fetuses. Jelsema offers consultations for women considering pregnancy who have had previous difficult pregnancies or who have had children born with birth defects. In Traverse City, Jennifer Carmody, MS, assists by providing genetic counseling.

While patient care is a focus, Jelsema believes that his most significant contribution has been in helping implement best practices that reduce patient risk.

“We have enhanced patient care protocols which have allowed for improved outcomes,” Jelsema said. “I believe that we’ve made some great improvements behind the scenes. Where I’ve made the most impact is in helping develop a plan of care that prevents problems from arising. To me, it’s my mission work.”

Jelsema also leads discussion of cases at Perinatal Morbidity/Mortality sessions, which are attended by physicians and nursing staff. These sessions allow for frank discussion of patient outcomes, identification of opportunities to improve care, and how to manage or prevent complications.

Jelsema has high regard for the obstetricians and staff in the region. “You have great people up here – you are really blessed.”

Advantages of Community-Based Maternity Care

Delivering in a hospital close to a patient’s home has many practical benefits, including the safety of reduced travel time. Jelsema said his goal is to have delivery in the patient’s local hospital whenever possible.

Board-certified and board-eligible obstetrician/gynecologists and pediatricians provide a broad range of expertise at the Mercy hospitals in Cadillac and Grayling. Both Munson Healthcare hospitals employ highly skilled nursing staff trained in maternal-fetal monitoring, neonatal resuscitation, perinatal education, and lactation support.

Consulting with Perinatologist Dr. Jelsema

Physicians should write a short introduction letter regarding their patient’s needs and attach the patient’s prenatal record. Fax letter and records to the numbers listed below.

At Munson Medical Center

Dr. Jelsema visits Munson on the second and fourth Wednesday of every month. To schedule appointments for emergent patients, call **(616) 774-7035**. For non-emergent patient appointments, call **(231) 935-2812**. Fax patient information to **(231) 935-7903**, attention Perinatology Clinic.

At Mercy Hospital Cadillac

Dr. Jelsema is in Cadillac the first Friday of every month. For appointments, call **(616) 774-7035**. Fax patient information to **(231) 876-7425**, attention Family Birth Center.

“For women with normal to moderate-risk pregnancies, delivery in the communities where they live confers a number of advantages,” said Vincent E. Schultz, MD, Chair of the Department of Obstetrics at Mercy Hospital Grayling. “First, they can enjoy the support of family and friends. Also, we are able to offer personalized maternity care. Our nurses spend a lot of time with patients doing proactive labor management. Finally, traveling significant distances while in labor is not necessarily the safest and most practical choice.”

William M. Long, MD, Chief of Obstetrics and Gynecology at Mercy Hospital Cadillac, added, “Some mothers with normal-risk pregnancies elect to deliver at out-of-community hospitals because of a misperception that they will not have access to adequate pain management at their local hospitals. Our anesthesiologists offer an excellent alternative in which an analgesic agent is injected into the intrathecal space. This procedure provides significant pain relief while allowing mothers to walk and change position, which often facilitates labor.”

Patients from the Cadillac and Grayling areas who are expected to deliver extremely premature babies (generally less than 35 weeks gestation) and other higher-risk patients can receive prenatal care in their own communities and plan to deliver at other facilities, including Munson Medical Center, which offers more specialized resources for fragile newborns and mothers with special medical needs.

For more information on Maternity/OB services at Munson Medical Center, please call **(231) 935-5500**.

For more information on Mercy Hospital Cadillac’s Family Birth Center, please call **(231) 876-7820**.

For more information on Mercy Hospital Grayling’s Maternal and Newborn Center, please call **(989) 348-0415**.

Gynecological Cancer Patients can Benefit from Advanced Management

David P. Michelin, MD, a gynecologic oncologist at Munson Medical Center, offers expert management for complex gynecologic malignancies, including advanced ovarian, endometrial, vulvar, and cervical cancers.

He is the only gynecologic oncologist practicing in northern Michigan, and offers a full range of therapeutic services including sophisticated risk stratification, aggressive management strategies, investigational medications, innovative radiotherapy techniques, and expert surgery.



David P. Michelin, MD (at right), works closely with OBGYN and other referring physicians to improve outcomes for their patients.

Clinical Trials

Michelin is a member of the Gynecologic Oncology Group (GOG), the clinical trials arm of the National Institutes of Health charged with developing trials to address the prevention and treatment of gynecologic malignancies. He can offer patients who have not responded to or cannot tolerate standard chemotherapy regimens the opportunity to participate in investigational protocols and receive new medications that may benefit them. For example, results of a GOG clinical trial in ovarian cancer published in January 2006 demonstrates improved survival by 15.5 months when compared to standard therapy. Michelin offers the intraperitoneal therapy used in the trial.

Currently, seven studies are available for various gynecologic cancers. Michelin said, “We offer access to a promising Phase III trial for advanced ovarian cancer, which incorporates angiogenesis inhibitors with standard chemotherapy. We also have trials open for advanced cancer of the cervix, endometrium, and ovary.

For advanced endometrial cancer there are two studies: one involving a hormonal treatment commonly used in advanced breast cancer, and the other comparing two different chemotherapy regimens.”

Management Strategies

Counseling and managing women at elevated risk for familial ovarian cancer is a significant aspect of Michelin’s practice. He works closely with a genetics counselor, who may recommend genetic testing for selected patients. If a woman proves to be a carrier of the genes that would put her at elevated risk, Michelin may recommend heightened surveillance and more aggressive management when fertility is important, and risk reduction surgery when it is not. Michelin said risk reduction surgery may be performed laparoscopically, with a much shorter recovery for the patient as compared with traditional open oophorectomy.

Innovative Radiation Oncology

Michelin and his colleague, MMC radiation oncologist David Heimburger, MD, offer high-dose rate brachytherapy for patients with invasive cervical or endometrial cancer. “The traditional low-dose rate brachytherapy approach required the patient to be in the hospital and immobile with the radiation source in place for 48-72 hours,” Michelin said. “Now, we can offer 3-5 high dose treatments of about 15 minutes each. This is a major breakthrough for patients.”

Expert Surgical Management

Michelin offers advanced surgical techniques including radical tumor debulking for advanced ovarian or endometrial cancer, and radical hysterectomy for cervical cancer, which, if properly performed, may allow the patient to avoid chemotherapy and radiation.

Michelin noted, “It is important that women with complex gynecologic malignancies be offered care by a specialist in gynecologic oncology. Numerous studies have demonstrated that women with advanced gynecologic cancers have significantly better outcomes when a gynecologic oncologist is involved in their care.”

Dr. Michelin is available for consultation at (231) 935-0971.

Physician Opportunities

Physician Opportunities with Munson Healthcare and Affiliates

A nationally-recognized system of six hospitals with more than 447 physicians, Munson Healthcare and its affiliated hospitals form a nonprofit system offering services to people from 24 counties.

If you have a colleague interested in relocating to northern Michigan, contact David McGreaham, MD, Munson Medical Center VPMA, at **(231) 935-6156** or **dmcgreaham@mhc.net**.

Visit **munsonhealthcare.org** for more information on opportunities at Munson Healthcare, or contact Deborah Glicker at **(231) 935-5890** or Joan Alt at **(231) 935-5889**.

Additional Opportunities in Northern Michigan

Primary and specialty care opportunities at Alpena Regional Medical Center include: Cardiology, Dermatology, Emergency Medicine, Otolaryngology, Gastroenterology, Med/Peds, Orthopaedics, Psychiatry, and Sleep Medicine. For more information, visit **agh.org** or contact Diane Sims at **(989) 356-7540**.

For information on primary and specialty care opportunities at Otsego Memorial Hospital in Gaylord, visit **otsegomemorialhospital.org** or contact Skip Kasprzak at **(989) 731-7707**.

For information on primary and specialty care opportunities at War Memorial Hospital in Sault Ste. Marie including Cardiology, visit **warmemorialhospital.org** or contact Henry Oklat at **(906) 635-7899**.

Specialty	Affiliate	Location
Dermatology	Munson Medical Center	Traverse City
Endocrinology	Munson Medical Center	Traverse City
Family Practice	Kalkaska Memorial Health Center	Kalkaska
Gastroenterology	Munson Medical Center	Traverse City
Gastroenterology	Munson Medical Center	Traverse City
Hospitalist	Mercy Hospital Grayling	Grayling
Hospitalist	Mercy Hospital Cadillac	Cadillac
Infectious Disease	Mercy Hospital Cadillac	Cadillac
Internal Medicine	Mercy Hospital Cadillac	Cadillac
Internal Medicine	Munson Medical Center	Traverse City
Orthopaedic Surgery	Mercy Hospital Cadillac	Cadillac
Orthopaedic Surgery	Mercy Hospital Grayling	Grayling
Orthopaedic Surgery	Munson Medical Center	Traverse City
Otolaryngology	Munson Medical Center	Traverse City
Pediatrics	Munson Medical Center	Traverse City
Psychiatry - Adult	Munson Medical Center	Traverse City
Rheumatology	Mercy Hospital Cadillac	Cadillac
Rheumatology	Munson Medical Center	Traverse City

Munson Medical Center CME

Munson Medical Center provides a wide variety of CME opportunities, including several program series that are available via the REMEC TeleHealth Network, MMC's interactive video conferencing system.

For more information on CME opportunities offered through Munson Medical Center, visit **munsonhealthcare.org** or contact Sandy Somers, RN, at **(231) 935-6546** or **ssomers@mhc.net**.

Munson Healthcare

Munson Medical Center
 Munson Home Health
 North Flight
 Paul Oliver Memorial Hospital

Affiliated Hospitals

Kalkaska Memorial Health Center
 Mercy Hospital Cadillac
 Mercy Hospital Grayling
 West Shore Medical Center