

CONNECTION

A newsletter for healthcare providers



#1 Respiratory Hospital for 12th Consecutive Year

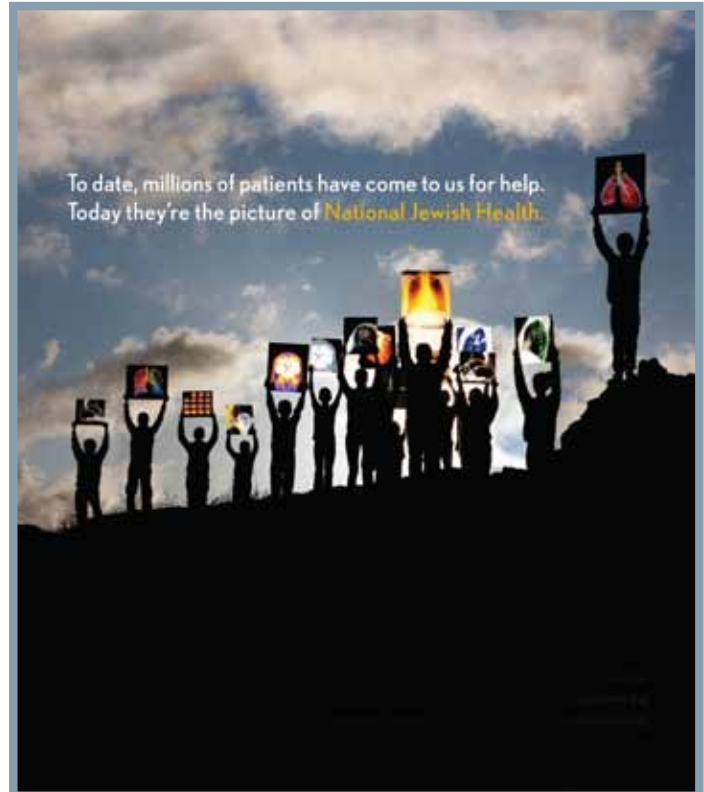
For the 12th year in a row, National Jewish Health® has been named the best respiratory hospital in the nation by *U.S. News & World Report*.

“We are gratified that board-certified pulmonologists around the country continue to recognize National Jewish Health as the best place in the nation for respiratory care,” said Michael Salem, MD, President and CEO of National Jewish Health.

What makes the ranking?

- Board-certified U.S. pulmonologists named National Jewish Health as the best respiratory hospital more often than any other hospital.
- Various care-related factors, such as nursing and patient services.

“As the nation debates health insurance reform, we believe that coordinated care among healthcare professionals, and the practical implementation of preventive and personalized medicine will provide patients with the best, most comprehensive care possible,” said Dr. Salem. “These are already strengths of National Jewish Health, and we are working to improve and expand them.”



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I Can't Breathe – Diagnosing the Root Cause of Dyspnea

Identifying the cause of dyspnea can be complicated. A referral to a general cardiologist or pulmonologist may not address the multifactorial nature of dyspnea—cardiac issues, pulmonary dysfunction, heart-lung interactions and non-cardiac conditions. For optimal medical management you need an exact diagnosis.

Mini-Case Study by Howard Weinberger, MD, FACC, Cardiology Division Head

53-year-old female patient resides in Colorado mountain community.

Chief complaint: dyspnea on exertion and constant chest pressure.

- Could walk only 4 minutes with 3 liters of oxygen
- Significant shortness of breath (SOB) climbing stairs
- Can do house activities for 10-15 minutes due to SOB
- Forced to quit music teacher job

Prior to Coming to NJH

- Non-NJH echo: normal left ventricular size and function, no right-to-left intra-cardiac shunt

At National Jewish Health

- 6 minute walk: O₂ saturation down to 86% at 4 minutes from 95% at rest
- Exercise stress echocardiogram: negative for stress induced myocardial ischemia
- Exercise saline echocardiogram identified significant exercise shunt and desaturation
- Diagnosis: patent foramen ovale (PFO)
- Referred patient out for PFO closure surgery

Post-surgery

The patient felt immediate change on the procedure table, "I could breathe" and the chronic pressure from her lungs was gone. She reported being able to take a breath without tension or pressure. Other reported results:

- 99% saturations at home (in mountains) with oxygen
- 98% saturations without oxygen in first two days after PFO closure
- Increased energy
- Improved outlook
- Able to walk .5 miles twice a day without oxygen
- Used only 1 liter of oxygen at night
- Returned to work

Call National Jewish Health

Our cardiologists and pulmonologists work hand in hand with our immune system and other specialists to assess and address the multitude of variables related to dyspnea.

This integrated professional collaboration is rare. You and your patients benefit from the tenacity of this multispecialty team of experts who probe for accurate diagnoses and develop the most current, effective, and individualized therapy plans available.

Call 303-270-2670 to refer patients for cardiac services.

Division of Cardiology Faculty

Howard D. Weinberger, MD, FACC Division Head

Specialties: Diastolic Dysfunction, Diastolic Heart Failure, Dyspnea on Exertion, Intracardiac Shunts (PFO), Cardiac Sarcoid, Heart Problems Secondary to Lung Diseases, Echocardiography, Stress Echocardiography

J. Kern Buckner, MD

Specialties: Secondary Pulmonary Hypertension, Heart Problems Secondary to Lung Diseases, Dyspnea in Athletes, Exercise Performance, Intracardiac Shunts (PFO), Cardiac CT and CT Angiography

Brett E. Fenster, MD, FACC

Specialties: Heart Problems Secondary to Lung Disease, Intracardiac Shunts (PFO), Cardiac MRI, Nuclear Cardiology

Andrew M. Freeman, MD

Specialties: Heart Problems Secondary to Lung Diseases, Intracardiac Shunts (PFO), Nuclear Cardiology

Specialized COPD Program Improving Patient Lives

"I was diagnosed with COPD in 2002. After 43 years as a surgeon, I knew that diagnosis was bad and the result of being a long-term smoker. National Jewish has the best reputation for pulmonary care, and I wasn't disappointed after seeing Dr. Make and Dr. Freeman this summer. I was amazed at the time they spent with me, the thoroughness of the examinations and extent of the patient education. I came home with a notebook full of all my diagnostic, treatment and management information. After continuing their treatment plan, I now utilize my oxygen more effectively and physically can do more than I've been able to do in years. It's an excellent program."

Lawrence Hanback, MD, Cortez, Colorado

As a primary care physician, you have access to the region's only full-service COPD program at National Jewish Health. Our program has had the following impact on patient health:

- Patients visiting the emergency room one or more times dropped 52%
- Patients requiring 1 or more hospitalizations decreased 49%
- Patients admitted to the ICU dropped 48%
- 34 out of 102 patients quit smoking

- 60% reported feeling better physically since starting the program
- 57% reported felt better psychologically since starting the program

(Source: NJH COPD Program Patient Surveys 2008)

Our COPD Program focuses on maximizing respiratory health through education, rehabilitation, nutrition and medications.

Clinical benefits to our program:

1. Access to advance therapies and clinical trials that are not available elsewhere.
2. Full service pulmonary rehabilitation program on site.
3. Access to on-site behavioral health services included in the program.
4. Patient education on all aspects of their health condition and ongoing care.
5. Patients return to their primary care provider.

Refer a Patient

Learn how our COPD Program can be a valuable physician resource in effectively managing COPD. Please email us at COPDClinic@njhealth.org.

Imaging for COPD Patients

When you refer patients to our COPD Program, they have access to state-of-the-art imaging equipment and the most experienced thoracic radiologists in the Rocky Mountain area.

- Top thoracic radiologists, many are national and local Top Docs
- Digital chest x-ray (CXR) to show subtle density differences
- CT scanners
 - 64-slice Dual Source – detail as tiny as a grain of salt
 - 128 slice – highest resolution in the fastest time

CT Scans in COPD

CT can clearly delineate the relative extent of emphysema and airway disease in individuals with COPD. These high definition scanners provide greater sensitivity and specificity than CXRs in diagnosing and assessing COPD severity and pathology.

CTs are indicated in COPD:

- Evaluate for lung volume reduction surgery or other surgical intervention
- Clarify a confusing CXR
- Discrepancy between clinical symptoms and signs and the CXR
- Clinical dyspnea out of proportion to airflow obstruction on spirometry

Vocal Cord Dysfunction – Diagnosing this very confusing disorder

This disorder can be difficult to diagnose because it mimics asthma. Here are questions to ask your patients when deciding to refer for specialty care.

Questions to ask your patients:

1. Where do you feel your tightness? (have them show you)
2. Do you have more trouble breathing-in than breathing-out?
3. Do you make a breathing-in noise or a breathing-out noise?
4. Do the symptoms come on and resolve rapidly?
5. What triggers your symptoms?
6. Do asthma medications help you?
7. Do you get hoarse or lose your voice?
8. Do you have a “lump-in-my-throat” feeling?
9. Do you feel like you’re choking or suffocating?
10. Do you get numbness or tingling of fingers or toes or around your mouth?
11. Do you feel heartburn?
12. Do you feel postnasal drip?

Keys to Correct Diagnosis

At National Jewish Health, we utilize four key measures to accurately identify VCD:

- Detail patient history
- Pulmonary function testing
- Oxygenation measures
- Laryngoscopy

If you suspect VCD in your patients and do not have access to PFT equipment, please consider referring them to us. We have one of the world’s largest pulmonary function testing laboratories and providers experienced with VCD so that we can successfully diagnose and treat these patients to return to your care.

Please call our Physician Line, 800.652.9555, for more information or to refer a patient.

Rheumatology Care Now Needs a Physician’s Referral

In order to best meet the scheduling and clinical needs of your patients seeking rheumatology services, please complete a referral form for all rheumatology referrals. You may do this in several ways:

1. Call Physician Line at 800.652.6555 and a nurse will complete the intake with you.
2. Visit www.njhealth.org and complete the online referral form.
3. Fax the online referral form to 303.270.2153

National Jewish Health Physician Referral Form
Refer A Patient For An Evaluation at National Jewish Health

After you submit the referral, the patient will be contacted by a Lang Line nurse to complete the medical intake and to direct them to the appropriate clinic for scheduling.
If you have questions or would like to speak with someone live, you can contact the Physician Line by phone at 1-800-NJG-9555 (1-800-652-9555) from 8 am to 4:30 pm Mountain time (10 am to 6:30 pm Eastern time) Monday through Friday.
All information will be submitted through a secure server. [Privacy Policy Statement](#)

*** Required Fields**

Physician Information:

* Physician Name:
Type of Practice:
Address:
City:
* State:
Zip:
* Phone Number:
Fax Number:
E-mail Address:

Patient Information:

* Patient Name:
* Patient Date of Birth:
If Child - Parent or Guardian Name:
Address:
City:
State:
Zip:
Phone Number:

* Diagnosis:

Do You Want Access to the Latest Journal Articles by Our Providers?

We are pleased to make available to you the abstracts and some full-text PDFs of articles authored by our physicians and scientists. Visit www.njhealth.org and search “Faculty Publications” for the current list of free PDFs.

Current topics include:

- Asthma
- Interstitial Lung Disease
- Non-Vesicular Lipid Traffic
- T-Cells

New Exclusive Physician Access Resource Section at njhealth.org

Quick Access — Information, Consultations, Referrals

For your convenience, we've added a "Resources for Referring Providers" section on our Website. Now, you are only a few clicks away from finding information about:

- **Clinical programs** – Program descriptions and contact information are easy to find.
- **Online ordering** – Order forms for cardiology testing, imaging and pulmonary physiology services as well as the Directory of Tests from the Advanced Diagnostic Laboratories.
- **Referral information** – General information, frequently asked questions, and patient referral form.

- **Consultations** – General information, consultation request form and Physician Line contact information to talk with a nurse regarding your consultation needs.

Simply visit www.njhealth.org

- "For Professionals" tab.
- "Refer a Patient" button.
- "Resources for Referring Providers"

Our Physician Line nurses can answer your questions and help facilitate consultations and referrals 800.652.9555.



Provider information is just a click away. www.njhealth.org

Medicare Changes to CPAP Coverage

Please be aware of the following change to the local coverage determination (LCD) for Positive Airway Pressure (PAP) Devices for the Treatment of Obstructive Sleep Apnea (OSA):

To continue coverage beyond the first three months of therapy, Medicare now requires that the treating physician must conduct a clinical re-evaluation between the 31st day and the 91st day after initiating therapy and document that the beneficiary is benefiting from PAP therapy.

For PAP devices with initial dates of service on or after November 1, 2008, documentation of clinical benefit is demonstrated by all of the following or coverage of a PAP device and related accessories may be denied as not medically necessary:

1. Face-to-face clinical re-evaluation by the treating physician with documentation that symptoms of OSA are improved.
2. Objective evidence of adherence to use of the PAP device reviewed by the treating physician. Adherence

is defined as use of PAP 4 hours per night on 70% of nights during a consecutive 30-day period anytime during the first three months of initial usage.

Beneficiaries who fail the initial 12 week trial are eligible to re-qualify for a PAP device but must have both of the following:

1. Face-to-face clinical re-evaluation by the treating physician to determine the etiology of the failure to respond to PAP therapy.
2. Repeat sleep test in a facility-based setting (Type I study).

If the physician re-evaluation does not occur until after the 91st day, but the evaluation demonstrates that the patient is benefiting from PAP therapy as defined in criteria 1 and 2 above, continued coverage of the PAP device will start with the re-evaluation date.

Please call our Sleep Center at 303.270.2708 for more information regarding this or other sleep issues.

RESEARCH OPPORTUNITIES

Active Clinical Trials Currently Recruiting

Studies for Adults Only

A Linkage and Association Study in Pulmonary Fibrosis
Adult Asthma Study with Flovent®
Are You a Smoker or Former Smoker?
Are You an Adult with Cystic Fibrosis?
Asthma
Asthma and Response to Steroid Treatment
COPD and Statin
Do You Have Cystic Fibrosis?
Do You Have Inadequately Controlled Asthma?

Studies for Pediatric Patients

Asthma and Response to Steroid Treatment
Does Your Baby Have a Milk or Egg Allergy?
Does Your Child Have an Egg Allergy?

Studies for Adults and Kids

African Americans with Asthma Study
Atopic Dermatitis (Eczema) Study
Do You Have a Peanut Allergy?

Please contact us for more information:

303.398.1911 Adults

303.270.2222 Pediatrics

New Service – Order Laboratory Tests Online

Now you may search the ADx online directory of tests at www.NJLabs.org and order a test quickly and easily on our Web site. We use MD Bridge – a web based test order entry and results delivery system. With just a click you are given test information including:

- What to collect
- How to stabilize and transport the specimen
- Reference range
- CPT Codes
- Methodology
- When to expect results

ADx Laboratories

800.550.6227

ClinRefLabs@njhealth.org

www.njlabs.org

Advanced Diagnostic Laboratories (ADx) provides both general and esoteric testing for clients throughout the world. ADx Laboratories integrate academic, scientific and technical strengths to provide state-of-the-art clinical and research assays in a CAP/CLIA facility. We also provide testing for clinical trials that require complex and superior methods as part of the diagnostic testing protocol and to assist with the diagnosis, treatment and management of simple to the most complex diseases.

- Core Laboratory – general laboratory tests
- Specialized test menu – respiratory disease, immune deficiencies, infectious disease, rheumatology, allergy, complement, and cardiology

Please contact us by phone or Internet; we look forward to the opportunity to serve your laboratory needs.



Allergy & Pulmonary Care Covers Central Colorado Mountains

We've made our services available to patients and referral providers in the Central Mountains. Please call us at the numbers below.

Aspen – Adult Care

Aspen Valley Hospital
888.797.0627

Gary Cott, MD, Pulmonology
Richard Weber, MD, Allergy/Immunology

Basalt – Pediatric Care

Mid Valley Medical Center
New Castle - Pediatric Care
Castle Valley Children's Clinic
800.621.0505

Dan Atkins, MD, Pediatric Allergy/Immunology
Carl White, MD, Pediatric Pulmonology

Edwards – Pediatric Care

Shaw Regional Cancer Center Building
800.621.0505

David Fleischer, MD, Pediatric Allergy/Immunology
Gary Larsen, MD, Pediatric Pulmonology

Please call us at 800.621.0505 to refer a patient.

Hanna Leads New Gastroenterology Section



Phillip D. Hanna, MD
Head, Section of
Gastroenterology
Associate Professor

Please join us in welcoming Dr. Phillip D. Hanna as the Head of our new Gastroenterology Section of the Department of Medicine. He served the southern Denver community for many years and now brings a wealth of experience and professional reputation to his new post.

Dr. Hanna's special interests include: acute and chronic viral hepatitis

(B, C), chronic liver diseases, colon cancer screening, gastroesophageal reflux disease, hepatobiliary disorders, inflammatory bowel disease, motility disease, and peptic ulcer disease.

The Gastroenterology Program at National Jewish Health partners Dr. Hanna and Lurette Morton, MD, with other specialty areas at our institution to treat secondary GI symptoms of many chronic diseases. The program is also concerned with the importance of colon cancer screening to ensure that this preventable disease is detected early. Our services include:

- Upper endoscopy
- Biopsy
- Imaging - CT, Ultrasound, MRI, Nuclear medicine studies
- 24-hour esophageal pH testing
- Colonoscopy
- Flexible sigmoidoscopy
- Dilatations
- Colon cancer screening

You may refer patients to and request a consultation from Dr. Hanna or Dr. Morton through our Physician Line at 800.652.9555.

New Faculty

Allergy, Immunology and Rheumatology

Tho Truong, MD

Cardiology

Andrew Freeman, MD

Critical Care

Kenneth E. Lyn-Kew, MD

Vilpin Malik, MD

Katherine Vandervest, MD

Environment and Occupational Health Sciences

Stella Hines, MD, MPH

Gastroenterology

Philip D. Hanna, MD

Hospitalist at Rose

Rodabe N. Amaria, MD

Carrie M. Austin, MD

Eamon M. Berge, MD

Mohammad Sarraf, MD

National Jewish Health South Denver

Jennifer S. Wink, MD, Pulmonary Medicine

Ahmad Rashid, MD, Pulmonary Medicine

Psychosocial Medicine

Shannon Christian, PhD

Michael R. Greher, PhD

Natalie Walders, PhD

Pulmonary Medicine Main Campus

Mari Nakamura, MD, PhD

Amy Olson, MD

Amen Sergew, MD

Jennifer Taylor-Cousar, MD

National Jewish Health in ICU at Swedish Medical Center

The critical care physicians staffing the Swedish ICU come from the National Jewish Health main campus and from National Jewish Health South Denver. National Jewish Health South Denver physicians and Swedish Medical Center have enjoyed a productive relationship for many years.

“Data have shown that having an intensivist-driven ICU provides a higher level of care for patients with fewer complications and lower costs,” said Stephen Frankel, MD, Head of Critical Care and Hospital Medicine for National Jewish Health.

Since 2006, National Jewish Health intensivists have been providing care in the ICU at HealthOne Rose Medical Center.



Stephen Frankel, MD, Head of Critical Care and Hospital Medicine for National Jewish Health and Michael Schwartz, MD, Critical Care and Pulmonologist.

Save the Date: February 3-6, 2010

32nd Annual National Jewish Health Pulmonary & Allergy Update

Please be sure to join us February 3-6, 2010, in Keystone, Colorado for the 32nd Annual National Jewish Health Pulmonary & Allergy Update. This meeting will provide continuing medical education on Pulmonary, Asthma, Allergy and Immunology Topics. Visit www.njhealth.org/ProEd for more information or to register for the event.

CME Credits Still Available

You may still obtain up to **2.0 AMA PRA Category 1 Credits™** online at www.cmelogix.org for the following Pulmonary and Allergy presentations from the 31st Annual National Jewish Health Pulmonary and Allergy Update, February 2009.

1. **Is Treatment for Food Allergies on the Horizon?** Specific Oral Tolerance Induction and Sublingual Immunotherapy to Foods – Dan Atkins, MD
2. **COPD, Lung Cancer and Smoking in Women** – Ronald Balkissoon, MD
3. **Asthma in Women** – Esther Langmack, MD
4. **Refractory Asthma** – Rohit Katial, MD
5. **What is the Role of Chronic Infection in Asthma? Asthma is an Infectious Disease** – Richard Martin, MD
6. **Epidemiology of Asthma: Newly Recognized Risk Factors** – Harold Nelson, MD
7. **Obesity and Asthma: Epidemiologic, Clinical, and Mechanistic Considerations** – E. Rand Sutherland, MD, MPH
8. **Dyspnea: Putting it All Together** – E. Rand Sutherland, MD, MPH

Featured Faculty Speakers



Dan Atkins, MD



Ronald Balkissoon, MD



Esther Langmack, MD



Rohit Katial, MD



Richard Martin, MD



Harold Nelson, MD



E. Rand Sutherland, MD

Professional Education Opportunities for You and Your Staff

The Office of Professional Education at National Jewish Health offers innovative and interactive CME & Nursing CE learning opportunities through a variety of channels including online courses and live events.

Featured CME & CE Online Courses



CMELogix.org is our online portal for continuing medical education that provides accredited CME & CE offerings on respiratory and immune system diseases. Get CME & CE on your schedule with curriculum developed by our world-renowned faculty. After you have completed your evaluation, simply print your certificate—there's no more waiting for it to arrive in the mail!

Insomnia: Recognition & Intervention

(Also certified for ACPE)

Participating Faculty: Teofilo Lee-Chiong, Jr., MD, Amy Robinson Ikelheimer, PhD and Wilfred Pigeon, PhD

The National Asthma Educator's Certification Review Course

(Also certified for CRCE and ACPE)

Participating Faculty: Allidah Hicks, MS, RN, AE-C and Ann Mullen, RN, MSN, CNS, AE-C

Atopic Dermatitis – The Itch That Rashes: Soak and Seal Skin Care

Participating Faculty: Noreen Nicol, FNP, MS, RN

Rethinking Difficult Asthma

Participating Faculty: Richard Martin, MD

Airway Clearance Devices – Why Use Them?

(Also certified for CRCE)

Participating Faculty: Brad Harman, RRT and Leslie Schamaun, RRT

Regaining Control of Severe Asthma – Case Simulations

Participating Faculty: Harold Nelson, MD and Stan Szeffler, MD

The Asthma Connection Volumes 1 & 2

(Also certified for CRCE and AANP contact hours)

Participating Faculty: Ann Mullen, RN, MSN, CNS, AE-C, Allidah Hicks, MS, RN, AE-C and Stanley Szeffler, MD

31st Annual National Jewish Health

Pulmonary and Allergy Update – Highlights Newsletter

Featuring: Richard Martin, MD and Harold Nelson, MD

Featured CME & CE Live Events



Register today to secure your spot at the premium events listed below. Courses held in the Molly Blank Conference Center, National Jewish Health Campus, Denver, CO unless otherwise noted.

32nd Annual National Jewish Health Pulmonary & Allergy Update

Continuing Medical Education on Pulmonary, Asthma, Allergy and Immunology Topics

Featuring: Erwin Gelfand, MD, Richard Martin, MD and Harold Nelson, MD

February 3-6, 2010

Chronic Cough

April 24, 2010

Featuring: Ron Balkissoon, MD, and Esther Langmack, MD

The Denver TB Course

(The longest running TB course in the U.S.)

April 14–17, 2010

Featuring: Michael Iseman, MD and Charles Daley, MD

Visit www.CMELogix.org for a complete list of our online professional education offerings.

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A newsletter for healthcare providers

Patient Scheduling	303.398.1355 800.621.0505
Physician Line (consultations, referrals, resources)	800.652.9555
Rehabilitation (direct referrals)	303.398.1490
Sleep Center	303.270.2708
Clinical Studies	303.270.2222
ADx Laboratories www.njlabs.org	800.550.6227
Professional Education www.CMELogix.org	303.398.1000 800.844.2305

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