

Meet the Team

Every member of the Center for Transfusion-Free Medicine care team has special training in transfusion-free medicine. They have a dedication to providing the utmost respect for a patient's wishes. This includes meeting with patients prior to their first hospital encounter, and every time they present to the hospital, especially for surgery.

The Center takes a multidisciplinary team approach to transfusion-free medicine and surgery care, incorporating the expertise of world-class and highly skilled surgeons, anesthesiologists, hematologists, nurses and other medical specialists and professional support staff with experience in "bloodless" medical management. Pennsylvania Hospital is most experienced hospital in the region to offer bloodless surgery, bloodless medicine and medical management and alternatives to blood transfusion in a multidisciplinary, academic setting. Here are some of the team members who work with patients to help them make decisions and ensure their needs are met in every phase of their care.

Patricia Locantore-Ford, MD MEDICAL DIRECTOR

With more than 20 years of experience in transfusion-free medicine, Dr. Ford is a leader in her field. In addition to starting Penn Medicine's Center for Bloodless Medicine and Surgery, currently known as the Center for Transfusion-Free Medicine; she is the founder and a past president of the Society for the Advancement of Blood Management. Her dedication to bloodless medicine has led her to develop and promote best practices in blood management and become an educational leader on the topic. She speaks nationally and regularly publishes on the topic to help health care professionals understand emerging bloodless medicine issues.

Dr. Ford is Director of the Clinical Research Unit at Pennsylvania Hospital; Center for Transfusion-Free Medicine and Surgery, Autologous Stem Cell Transplantation, and the Anemia Clinic.

Dr. Ford has also completed the largest number of autologous stem cell transplants in the world. Under her leadership, Penn Medicine's Center for Transfusion-Free Medicine has evolved into a major bloodless center that treats more than 1,300 patients a year.

Dan Wilson VICE PRESIDENT OF OPERATIONS

Daniel R. Wilson is the Vice President of Allied Health and Ambulatory Services. Dan oversees Allied Health and Ambulatory Services and aligns with the CNO on the interdisciplinary care teams and ambulatory care settings. Dan's scope of accountability

includes Physician Practice Alignment, Hospital/Ambulatory Clinical Operations: Pharmacy Services, Cancer Service Line, Cancer Center, Oncology Infusion, Bloodless Medicine, Radiology Services, Radiation Oncology Services, Respiratory, Neurophysiology, Sleep Center, Laboratory Services, Physical, Occupational, Speech Therapies, Information Services and Clinical Engineering. Dan served 21 years on both active duty and as a reservist as a U.S. Army Critical Care/Trauma RN before retiring as a Captain in 2005.

Mary Pat Lynch ADMINISTRATOR

Mary Pat Lynch is the Administrator of the Cancer Service Line at Pennsylvania Hospital. She is an advanced practice oncology nurse with more than 30 years of experience in oncology. She has been an inpatient oncology nurse practitioner and a faculty member and associate director of the oncology nurse practitioner program at the University of Pennsylvania. She is an active member of the Oncology Nursing Society, co-founder of the Delaware Valley Palliative Care Collaborative, and has written and lectured nationally.

Cassandra Upchurch MANAGER AND NURSE NAVIGATOR

Cassandra Upchurch is the Manager and Nurse Navigator of the Center for Transfusion-Free Medicine. She also works with the Autologous Stem Cell Transplant Program, and the Anemia Clinic. She has been a Registered Nurse for 12 years with a background in management, critical care, acute care, home care, managed care, private consulting and

adjunct faculty for several university nursing programs. Cassandra is an active member in the Jehovah's Witness Community.

Chanel Ballard DEPARTMENT SECRETARY

Chanel is the Department Secretary for the Center for Transfusion-Free Medicine. She has a personal interest in transfusion-free medicine and surgery and assists patients who want to make an educated decision about their medical treatments. She has more than 25 years of customer support and client satisfaction experience. Chanel is an active member in the Jehovah's Witness Community.

Nicole Watson COORDINATOR

Nicole is a Coordinator for the Center for Transfusion Free Medicine. She has 22 years of experience as a Licensed Practical Nurse working in the Sub-acute and Long Term Care settings. Nicole is an active member in the Jehovah's Witness Community.

Tyron Credle COORDINATOR

Tyron is a coordinator with Center for Transfusion-Free Medicine. He previously worked with the Patient Visitation Group (PVG). Tyron is an active member in the Jehovah's Witness Community.

Joseph Riddick COORDINATOR

Joseph has been a coordinator for 20 years at Pennsylvania Hospital. Joseph is the primary coordinator with the Autologous Stem Cell Transplant program. Joseph is an active member in the Jehovah's Witness Community.



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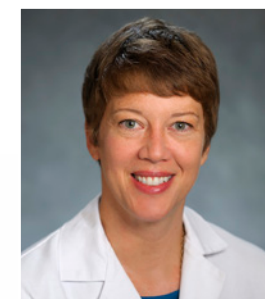
The Center for

Transfusion-Free Medicine

AT PENNSYLVANIA HOSPITAL

5 MINUTES with Pamela Neff, MD

Pamela Neff, MD is board certified in obstetrics and gynecology. She attended the Medical College of Virginia at the Hospital of the University of Pennsylvania. She joined Pennsylvania Hospital in 2012 and is Assistant Professor of OBGYN. She is very involved in resident training leads the curriculum for their FLS (Fundamentals of Laparoscopic Surgery) training, GYN Simulation program, preoperative education and surgical mentoring. She also works with medical students and won several teaching awards. We wanted to find out about her practice style and experience in transfusion-free medicine.



Why do you find teaching important?
I feel that teaching has made me a better doctor and I am grateful every day for my trainees.

How long have you worked with transfusion-free medicine patients?
I have consistently worked with transfusion-free medicine patients for the past 8 years, with opportunities to help them increasing yearly.

Do you find it to be a challenge? If so, how?
I find caring for all patients to be the best kind of challenge – I am always pushing myself to become a more skilled and more caring physician.

How has treating these types of patients changed your practice?
It has opened my mind to the many ways we can help patients who have specific needs, including bloodless patients, and it has increased my knowledge and awareness of transfusion-free options both in and out of the operating room. It has also made me more compassionate and flexible with regard to

allowing patients a larger role in planning their procedures and non-surgical care. All in all, it has truly given a new meaning to "patient-centered" care.

Which types of procedures are you performing on transfusion-free patients?
I perform all of the same procedures I do for non-bloodless patients:

- » Hysterectomy (laparoscopic and open)
- » Removal of fibroids (hysteroscopic and open)
- » Removal of tubes, ovaries, and ovarian cysts (laparoscopic and open)
- » Removal of uterine polyps (in the office and in the OR)
- » Endometrial ablation to reduce bleeding
- » Diagnostic laparoscopy
- » Diagnostic and operative office hysteroscopy
- » Colposcopy and other treatment of abnormal Pap smears
- » Use of IUDs to reduce bleeding
- » Contraception and sterilization
- » Preventative care and counseling

Center for Transfusion Free Medicine *Provides Education* AT LEADING CONFERENCE

The Center for Transfusion-Free Medicine was represented at the Society for the Advancement of Blood Management (SABM) conference by Dr. David Henry, Dr. Ronak Mistry and Cassandra Upchurch, RN. The Annual conference was held in Baltimore, Maryland. SABM is recognized as a key educational resource for patient blood management. SABM is grounded in scientific validation and evidence-based practices, and is focused on promoting the patient's best interest through effective and optimal blood management.

The three speakers presented as faculty covering blood management topics. Dr. Henry and Dr. Mistry presented "Anemia Management and Erythropoietin-Stimulating Agents: Current Data and Guidance" and Ms. Upchurch presented "Peri-operative PBM" and an abstract/poster presentation, "Anemia Clinic Treatment of Antepartum Patients with the Use of Iron Infusions."

Pennsylvania Hospital participated as an affiliate hospital.



Dr. Henry and Dr. Mistry Presenting at the Annual Conference



Cassandra Upchurch, RN Presenting at the Annual Conference

“ I HOPE TO SEE INCREASING AWARENESS AND EDUCATION REGARDING TRANSFUSION-FREE MEDICINE AT PENN AND OTHER INSTITUTIONS.”



Decision to Travel to Penn for Surgery was a Breeze for Florida Man

When Eduardo Rivera of Palm Coast, Florida needed surgery for an 8-inch cancerous tumor in his intestines, his choice to come to Pennsylvania Hospital was clear. "I had peace-of-mind knowing they have a strong transfusion-free program," says Rivera. "I had also received an excellent recommendation about bariatric surgeon Dr. David Wernsing and he was willing to do my surgery without blood transfusions."

Pennsylvania Hospital offers a comprehensive range of bloodless medicine and surgery options and is considered the model program by health care professionals throughout the world.

Dr. Wernsing completely removed Rivera's tumor. "Mr. Rivera had a large version of a gastrointestinal stromal tumor (GIST), which is a not-uncommon tumor in my practice," explains Dr. Wernsing. "I am comfortable operating on these types of tumors and respected Mr. Rivera's commitment to not accepting blood products. I was able to perform his surgery safely and with minimal blood loss."

Performing transfusion-free surgery since 1995, Dr. Wernsing specializes in minimally invasive gastrointestinal surgery. He uses a variety of specialized devices to meet the goal of minimizing blood loss. "I was happy to provide my expertise to Mr. Rivera and help him maintain a calm and less-stressful experience through what is otherwise a trying time."

As for Rivera, he went into the surgery feeling comfortable that his wishes would be respected and confident about a positive outcome. "The surgery was a success. I made a quick recovery – I was up and walking the same day of surgery!" recalls Rivera. "I recommend Dr. Wernsing and the Center all of the time. My experience was excellent."



" I AM COMFORTABLE OPERATING ON THESE TYPES OF TUMORS AND RESPECTED MR. RIVERA'S COMMITMENT TO NOT ACCEPTING BLOOD PRODUCTS. "

– DAVID WERNSING, MD

5 MINUTES with Pamela Neff, MD (continued)

What are some of the techniques you are applying in treating patients to minimize blood loss and avoid blood transfusions?

I do minimally invasive surgery whenever possible and employ careful surgical techniques. I use non-surgical management of menstrual bleeding and other gynecologic problems whenever appropriate. I use Cell Salvage (see related article on page 4) intraoperatively on most major surgeries.

Before surgery, we use reoperative optimization of hemoglobin and iron levels and medical management of bleeding preoperatively. Topical hemostatic agents used intraoperatively are also extremely helpful.

What do you see as the future for Transfusion-Free Medicine?

I hope to see increasing awareness and education regarding Transfusion-Free Medicine at Penn and other institutions. I also hope to see increasing use of minimally invasive and non-surgical techniques for all GYN surgery and specifically to reduce menstrual bleeding. I would like to see increasing patient awareness that heavy menstrual bleeding is a problem that can be corrected or mitigated early in reproductive life.

I hope to see increasing respect for patients who have made the decision to receive transfusion-free treatment.

The Importance of Mentoring

"Mentoring is a mutuality that requires more than meeting the right teacher: the teacher must meet the right student."

This quote perfectly sums up the relationship between internal medicine resident Ronak Mistry and Dr. Patricia Ford.

The instant they met, there was a great connection. It was June of 2017 and Dr. Mistry was just starting his residency at Pennsylvania Hospital. He was eager to learn more about a career in hematology/oncology. Dr. Ford recognized his ambition and innovative approach. Over the years, Dr. Ford has provided opportunities for this ambitious resident to develop his knowledge and skills and advance his professional reputation.

Dr. Mistry credits Dr. Ford with many of his successes. "Dr. Ford has been so incredibly supportive in many ways. She has given me the opportunity to present at national and international meetings. With her guidance, I also planned and published my first clinical research project, as well as presented that data at an international conference! She has also always included me to join her on hospital projects and committees. I am certain that her willingness to mentor me will help open many doors when it comes time to applying to fellowship this coming summer and will lead to success in my future career as a hematologist/oncologist," believes Dr. Mistry.

Dr. Ford takes an active approach to mentoring. "I encourage my mentees to ask questions and always be ready to learn something new. I teach them that learning is an ongoing process. And, I tell them take

advantage of every opportunity and run with it," she explains.

Dr. Ford is proud of Dr. Mistry's accomplishments. She gladly fills the role of mentor and believes it's her duty as a physician. "We were all students at one time and learned from those ahead of us in medicine," says Dr. Ford. "Most people have an interest in helping others in their career path. But, it takes a certain type of person to be a good mentor. They have to be willing to share their time and they need to be open to sharing their experiences."

Over the years, Dr. Ford has mentored students, residents and nurses who are also advanced providers. "All day long you're sharing patient experiences, you're taking that as an opportunity to educate people and mentor them," explains Dr. Ford. "My mentoring in medicine is general and then it focuses on my specialties – bone marrow transplant, anemia and patient blood management – taking care of the patient who declines blood transfusion and cancers."

And while the benefits to the mentee are obvious, Dr. Ford believes mentors gain from the relationship as well. "There's always a positive outcome for the mentor – for me, it really allows me to continue to learn and to rethink how I approach patients," she says. "It's very satisfying to help someone reach their goals and advance in their career."

New Short callout coming to congratulate on the accomplishments

KEY ITEMS LEARNED WORKING WITH DR. FORD



Anemia and iron deficiency are widespread, but underdiagnosed problems with major health implications. Early identification and treatment are important.



It is important to stay intellectually curious and to ask questions. If there is something that you don't quite understand, look into it – it may even lead to another research study!



It is essential to always be realistic with patients and to have appropriate discussions about goals of care throughout one's life, especially when ill.



Many of the transfusion-free medicine (TFM) patients we take care of have low hemoglobin values by conventional metrics and in patients that accept blood products, we would transfuse. However, TFM patients illustrate that people are able to live with lower values, sometimes without symptoms, therefore challenging the idea that we need to transfuse non-TFM patients based on an arbitrary cut-off. Furthermore, working with TFM patients helped me understand alternatives to blood products and to consider using these interventions in all patients, not just TFM patients.



Byron Fairy, Perfusion Team leader

Advancing Transfusion-Free Medicine for Over Two Decades: SPOTLIGHT ON THE CELL SAVER

Pennsylvania Hospital's Center for Transfusion-Free Medicine has been at the forefront of bloodless medicine and surgery for more than two decades. Byron Fairy and John Haddle have been with the program since its beginnings. Byron Fairy is a clinical technician and Perfusion Team leader and John Haddle is Director of Perfusion. Over the years, they have been a vital part of the Center's innovation, patient-focused approach and evidenced-based care.

The Center uses a variety of techniques and technology to prepare patients for surgery, minimize blood loss during surgery and lessen blood draws post-surgery. An important piece of equipment in the surgical process is the Cell Saver Autologous Blood Recovery System. The Cell Saver is a cost-effective, portable piece of equipment that facilitates reuse of a patient's red blood cells.

How it Works

Shed blood is suctioned to a sterile reservoir. As it is collected, the blood is anticoagulated and filtered. After a sufficient amount of blood has been collected, it is pumped into a centrifuge bowl, where it is packed to a higher Hematocrit and washed. Wastes are collected in a separate bag. The end product is washed, packed, autologous red cells. These cells are then pumped to a reinfusion bag where it is filtered one last time and given back to the patient.

Benefits

The Cell Saver removes the risk of disease transmission or transfusion reaction because it's a patient's own blood product. "What is significant about the Cell Saver is the quality of the end product," explains Haddle. "With the Cell Saver, the patient receives his or her own red blood cells, which have been filtered, washed and have a high Hematocrit."

Because the patient does not have to wait for a blood cross match, a patient's blood is quickly ready for reinfusion.

Filters Customized to Surgery and Patients

There are a variety of filters depending on the patient and type of surgery. "We use different filters for all types of surgery to filter a patient's blood," says Fairy. "We have a filter that used during the salvage of autologous bloods in caesarean sections appears to be able to eliminate amniocytic and fetal particulate.

We have filters that we use during spine, vascular, orthopedics, open Heart and all other type of surgery."

While each surgery is different, every patient with transfusion-free requirements at Pennsylvania Hospital receives the same attention to make sure their needs are met.

If you would like to make an appointment or learn more about the Center for Transfusion-Free Medicine, PLEASE CALL 215.829.6504.



" WITH THE CELL SAVER, THE PATIENT RECEIVES HIS OR HER OWN RED BLOOD CELLS, WHICH HAVE BEEN FILTERED, WASHED AND HAVE A HIGH HEMATOCRIT. "

– JOHN HADDLE, DIRECTOR OF PERFUSION