“A clear head and kind heart”: Remembering our Roots-The Life and Legacy of William Osler, MD

When I look back over the past 35 years since our pediatric cardiology division began, the technological improvements that have occurred over the past several decades have been truly extraordinary and have resulted in major advances in the science of medicine and improved outcomes for patients. Certain congenital heart defects that previously required surgical procedures can now be corrected with devices in the catheterization laboratory. Cardiac functional support can now be given to the smallest of patients with the Berlin heart and stem cell therapy may be a key to the future of medicine. The introduction of technology, computers, electronic medical records into the examination room that has also occurred over this time period, however, while advantageous in patient data collection and documentation, may be threatening the very humanistic foundation of the practice of medicine, the physician-patient relationship, as physicians find themselves spending more time and eye contact with the computer screen in front of them than the patient in the room.

It is fitting, therefore, on the centennial of the death of Sir William Osler, MD, one the greatest clinicians of all time, to reflect on his principles in the practice of medicine which, while incorporating science to fullest advantage, always remained focused on the practice of medicine as an art and a calling founded in humanism.

William Osler was born in Canada on July 12, 1849 and initially planned to join the clergy but developed an interest in science and medicine and went on to earn his medical degree from McGill University, Montreal in 1872. He subsequently traveled extensively throughout Europe for additional medical training and became impressed with European medical education that included bedside teaching, a system unknown in North America at the time. While in Europe, he also learned the value of microscopy and studied the effects of platelets on coagulation, his initial foray into medical research and renown, earning him a professorship at McGill University when he returned to Canada in 1875. He came to the US when he was offered a position of professor of medicine at the University of Pennsylvania in 1884. His renown in both his scientific achievements and clinical acumen through his publications became such that in 1889, when Johns Hopkins Hospital was completed, Osler was invited to become its 1st Physician-In-Chief and was instrumental in the development of Johns Hopkins School of Medicine in 1893 where he became professor of medicine. Through his influence, Hopkins would become the leading institution for medical learning in the US during his lifetime. Osler was a prodigious writer, his contributions to infectious disease and hematology extensive, documenting his keen observations in case reports and articles and culminating in his textbook mas...
### Nurses’ Notes

**Fun Flu Facts**

- Flu is a contagious respiratory illness caused by viruses that infect the nose, throat and lungs.
- Children younger than 5 years and children with Congenital Heart Disease (CHD) can be particularly vulnerable to flu complications.
- Flu virus spreads through droplets made when someone with flu coughs, sneezes or talks.
- A person can get flu by simply touching something that has flu virus on it and then touching their mouths, eyes, or nose.
- Prevent the spread of germs in general by staying away from people who are sick.
- Practice respiratory etiquette by covering your mouth and nose and washing your hands.
- Dispose of your used tissues right away, catch your sneeze or cough with your elbow close to your face as opposed to sneezing in your hands.
- If you must sneeze into your hands, wash immediately for 20 seconds.
- Avoid touching your eyes, nose and mouth.
- Keep surfaces clean that may be contaminated with flu viruses including cell phones, iPads, and Apple watches.
- Stay home from school or work when sick. Staying home helps prevent other people from getting sick too.

### Staff Highlight

**Martha Henao RDCS Pediatric Cardiology Technologist**

I was born in Colombia, South America. Since I was a little girl, my dream was to work with kids. In Colombia, I obtained a Master’s degree in education and became a teacher. Fast forward 19 years, when I moved to the United States of America. I started my career at Atlantic Health System (AHS) soon after I arrived, with my first job in the food service department as a cashier and dietary office assistant. I am proud to be at AHS for 17 years.

I realized many career opportunities at AHS and realized I missed working with children. I studied and became a Certified Medical Assistant (CMA). My first assignment as a CMA was on the inpatient pediatric floor and later with pediatric cardiology patients. Always wanting to advance my learning and career, I decided to attend Eastwick College and recently became certified as an Ultrasound Cardiovascular tech.

Working with kids is fun and endearing. At their pediatric cardiology appointments, I witness endless energy, honesty, creativity and curiosity. I love working with children from different cultures, ages, and personalities. Helping kids and their families is the most rewarding aspect of my job. I have utmost respect for pediatric cardiologists, nurses, and entire team who embrace children and their families every day. When I’m not at work, I enjoy traveling with my hubby, helping at church, cleaning, reading, listening to music, walking my two dogs, Tito and Apollo. Spending time with my family brings me great joy. I am proud of my two sons, Juan David, age 27, is a teacher and Juan Esteban, age 16, a high school student and soccer player.

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... the secret to the care of the patient is humanism and love of humanity.

A disciple of Osler, Francis Weld Peabody MD, author of *The Care of the Patient*, offered the best summary of Osler’s practice of medicine and key to his success when he gave this advice to a class of Harvard medical students in 1925, as pertinent today as it was decades ago: “... the secret to the care of the patient is in caring for the patient.” Lest we forget.
CHD College Night was a Success

For patients heading off to college with CHD or those already attending college, Patients and their parents attended a group discussion over the summer at our First CHD College Night!


Topics discussed included:
- Connecting with student health services
- Academic accommodations
- Time management
- Making healthy decisions while having fun
- Where to go in an emergency

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Family Connection

Holley Petrie’s essay was the CHD College Scholarship Winner!

Living with Tetralogy of Fallot is always an ongoing thing. Every six months checking your heart to every couple of months needing a Holter to check for heart palpitations. With my heart, there’s always something going on. I’m always going to have to live with these lifelong conditions and cope with it. From a young age, I learned that my heart was going to be my biggest priority in life. I learned that doctor appointments need to come first and I’m always going to have to protect my heart to survive.

Having this heart condition has shaped a whole different life for me than I would have ever thought of. There are some things in life that I am being restricted to. I am restricted from sports, anything contacting the chest area, and from drinking, when that age comes around. I learned to say “no” to all of that at a very young age. Most teens my age are preparing to have this big drinking bash on the strip in Vegas when turning twenty-one, while I am preparing for a full life. I take my life very seriously because I learned that I have only one life to live. Every time I go under the knife for surgery (and I have had three open-heart surgeries) I wonder if this is it. I always trust the doctors and the surgeons with my full life and I know I’m going to wake up, but that question always comes to mind. If this is my life, I’m going to live it as freely and happily as I can. I think the best thing that comes out of me from all my surgeries is not my heart but that my personality grows stronger as my heart does. Each time I open my eyes for the first time I feel so much happier to be alive. Almost like a restart button.

My personality inspires so many of my peers and everyone I meet, which baffles me. I cannot describe my personality in a hundred words in this essay. But, I can tell you that my personality has helped me overcome so many obstacles in life.

This is because my heart is so big and golden and has shown me a different side of life. Through all the chaos of surgeries, I have made a goal to make other people happy because it makes me stronger and happier. Having a heart condition and Goldenhar Syndrome, inspires me to want to help people by sharing all I have received from my experiences. From this condition, I have become braver too. At eleven-years-old, I walked into the operating room to have my third open heart surgery. Everyone was so impressed by my strength, bravery, and courage. I carry these traits with honor every day. I’m more anxious to take a history test than open heart surgery. I have learned, experienced, and have seen things from a different point of view from having this condition.

Right now, I am nineteen-years-old and have experienced so much. I know as of right now that I need another heart surgery, to put in an adult conduit, and then when I am ready to have children, I am going to have a high-risk pregnancy. Most kids my age don’t have to worry about any of that. But, I do! I already have my life planned out. I know that I need to have a good paying job to pay for all my future medical surgeries and tests. I know that I can’t go spending money like crazy. From an early age, I have learned how to budget and save money. I know I cannot move out-of-state until my last heart surgery is over which is scheduled during college break in December.

I am currently attending Montclair State University and will join their five-year accelerated elementary education program to get my Master of Education degree. After I graduate, I will live in New Jersey for a couple of years and get a job. With enough money saved, I will move to a flat in New York city or maybe move to Florida. My medical condition has shaped how I will live for the rest of my life. It has not limited my dreams and hopes for the future.

Did you know?

- You have 600 muscles in your body.
- Muscles do everything from pumping blood throughout the body to helping you lift your heavy back pack.
- Muscles show how strong you are and let you kick a soccer ball into the goal!
- Muscles are made up of elastic type tissues like a rubber band.
- Your heart is muscle. It does its job without you having to think about it.
- The heart muscle pumps out blood at such pressure that it would be able to raise blood up to the fourth floor of a building.
- The major types of muscles in the body are smooth muscle, cardiac muscle, and skeletal muscle.
- Muscles are made up of elastic type tissues like a rubber band.
- When make a muscle in you are flexing your Biceps.
- Tendons connects bones and muscles together.
Social Work Corner  Cathy Cerutti, LCSW

Understanding your health insurance and navigating insurance terms can be complicated especially when your child needs care. Our team is here to help you navigate the process by insuring you have proper information needed to prepare for your visit with pediatric cardiology.

Understanding your Health Insurance Plan:

- Prior to your appointment, call your health insurance company to check if a referral is required to see a pediatric cardiologist.
- It is important to obtain a referral prior to appointment. Referral must be current. Remember to take down name and telephone number of person you spoke with.
- Coming to your appointment without a current referral may result in the following changes:
  - Self pay if your chose or rescheduling of your appointment.
  - To insure a hassle-free appointment, always arrive to your scheduled appointment with proper ID, insurance card, referral and form of payment.

Read your health benefits plan for more information located on their website or by calling them directly.

Common terms to know:

- **Deductible amount** - The amount you must pay for covered benefits during the plan year before your insurance company begins making payments for covered benefits. In most cases, the deductible amount must be met before coinsurance applies.
- **Co-insurance** - The portion of the maximum amount you must pay for covered benefits during the plan year. Coinsurance typically does not apply until after you meet the deductible.
- **Co-pay amount** - The amount you are required to pay directly to a provider for in-network covered benefits at the time of service. Copays will apply when receiving services from your physician.
- **Patient responsibility** - The amount you are responsible to pay. This includes deductibles, coinsurance, copayments

Attention High School Seniors!

Apply for the CHD Coalition Scholarship. Two scholarships will be awarded to eligible high school students in 2020.

- High school senior who will be continuing education in an accredited college, technical, vocational or trade school;
- Resident of NJ or Metro NY area;
- Have a congenital heart defect or acquired heart disease;
- Complete CHD application and submit early April 2020
- To find out more and obtain 2020 scholarship application go to: http://chdcoalition.org/programs/scholarship

CHD Walk a Great Success!

The Congenital Heart Defect Coalition Walk took place on Sunday, September 29, 2019 at Darlington Park in Mahwah, NJ. The CHD Awareness Walk continues to be a wonderful and fulfilled day of crafts, games, and music to honor our heart warriors. Nearly 1 in 100 babies are born with CHD. Money raised for research supports groundbreaking and innovative research to improve and extend the lives of children born with Congenital Heart Defects.