

# WHAT'S UP?

FMC PHYSICIAN NEWSLETTER  
MARCH 2011



Flagstaff  
Medical Center

Northern Arizona Healthcare

## Cindy Martin named 2011 Physician of the Year

Cindy Martin, M.D., has been named FMC's 2011 Physician of the Year. She will receive FMC's 18th annual Healing Excellence and Leadership (HEAL) award at a brief ceremony at noon on Thursday, March 31, as part of FMC's celebration of National Doctors' Day. The ceremony will be in the FMC dining room.

Each year, FMC presents the HEAL award to a physician on its active staff who exemplifies the mission, vision and values of FMC by working in partnership with the hospital to provide excellent healthcare services to patients and the community. This year, 27 physicians were nominated for the award by FMC staff, physicians, volunteers and board members.

A selection committee of prior HEAL Award recipients and hospital leaders meets to review nominations and determine the final recipient.

Cindy is board certified in internal medicine, pediatrics and hospice/palliative medicine. She has been on staff at FMC since 2004. She is the medical director of FMC's Palliative Care Program, department chair of FMC's

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Pediatric Department and chair of FMC's Ethics Committee.

In nomination forms, Cindy was recognized for her holistic approach to caring for her patients – ranging in age from infants to the elderly. She was recognized for her calm and compassionate demeanor, the value she places on her patients and her integration of family members into the medical care process.

Additionally, she was recognized for her contributions in establishing FMC's Inpatient Palliative Care Program.

She was also instrumental in developing an Outpatient Palliative Care Program at the Cancer Centers of Northern Arizona. Plans are being made to develop an Outpatient Palliative Care Program for the

*HEAL, continued*

## HEAL, cont.'d

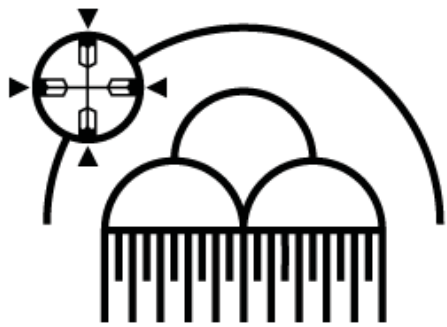
Flagstaff community.

Cindy practices at Flagstaff Family Care Clinic. She and her husband Andrew Martin, M.D., family practice physician, moved to Flagstaff 2004. Cindy earned her medical degree at the University of Texas at Houston in 1996. She worked on the Navajo Reservation from 2000 to 2004.

“It is an extraordinary honor to have been selected to receive this award and be among such a group of esteemed colleagues,” Cindy said. “I am fortunate to be part of such an outstanding group of physicians and caregivers who embrace the same values of caring for the

whole person, from birth to death. I am grateful to my fellow physicians, nurses and hospital management for the support they have given in the development of FMC’s Palliative Care Program.”

Previous HEAL recipients include Andrew Aldridge, M.D.; Tamara Johnson-Baack, M.D.; Alice Berger, M.D.; Jeffrey Christenson, M.D.; Edgar Clark, M.D.; John Durham, M.D.; Theodore Lewis, M.D.; Jerry Mohr, M.D.; John Mouglin, M.D.; Richard Neff, M.D.; Brad Noblett, M.D.; Mark Peterson, D.O.; Stephen Ritland, M.D.; Kenneth Salce, M.D.; Harnath Singh, M.D.; John Steenbarger, M.D.; and Dan Wesche, M.D.



## Making a referral to the Native American Cardiology Program

The Native American Cardiology Program (NACP) provides continuity of care for Native American cardiology patients. Program physicians can treat patients in Flagstaff, and for more minor cases, travel to Chinle, Ft. Defiance, Hopi, Tuba City and Kayenta once a month for clinics.

This is not a primary care service but rather a referral-only cardiology clinic. For FMC patients who need follow-up cardiac care, call Case Manager Marj Delmar at 928 864-7939.

NACP physicians are Dena Wilson, M.D., and Hank Van Dyk, M.D. The NACP office is located on the second floor of FMC’s West Campus. Patients should be referred to NACP or other cardiologists, but not both.

The NACP is a program under Indian Health Services (IHS) that specializes in serving Native American cardiac outpatients. IHS is the broad spectrum of healthcare for Native Americans nationwide. Each patient belongs to a service unit within IHS.

## Exposure increase

Over the last couple of months Patient Safety and Employee Health have been working together to reduce physician and employee exposures to blood borne pathogens.

Lately we have seen an increase in reported events and would like to remind providers to use safety glasses and face shields especially when there is the possibility that blood or other bodily fluids could be splashed in the eyes or mucus membranes.

When handling sharps and needles please take your time and handle these items carefully. It is extremely important that we ensure proper disposal of all sharps and needles for the safety of ourselves, our colleagues, the patients and visitors. In situations where that needle or sharp needs to be handed off to a colleague please do so with extreme care and caution.

If you should become exposed, remember the following:

- Allow the puncture wound to bleed freely for one minute. Be sure to cleanse the area with soap and water.
- If a mucus membrane exposure (eyes) occurs, flush the area well with water.
- Initial testing must be completed within two hours of the reported exposure to ensure the timely initiation of post-exposure prophylaxis.