



# ON THE INSIDE

## LSU Health Sciences Center at Shreveport

### Ground-breaking Study Draws International Interest

Instructions on prescription labels seem simple, but recently published research conducted by a Terry Davis, Ph.D., Professor, Department of Medicine, revealed that patients are often confused by the directions, a potentially dangerous situation.

The article, "To Err is Truly Human: Literacy and Misunderstanding of Prescription Drug Labels," appeared in *Annals of Internal Medicine*. Lay media across the nation and the BBC have also interviewed her.

Dr. Davis, principal investigator, and her collaborators at Northwestern University in Chicago and Emory University in Atlanta based their findings on results of a survey of nearly 400 patients.

They surveyed low-income adults at clinics in Chicago, Shreveport, and Jackson, Mississippi. All could speak English; none had vision or hearing problems.

Patients were shown five prescription bottles with labels and asked, "How would you take this medicine?"

Researchers found that patients had difficulty interpreting directions and warnings on medicine labels, regardless of how simple the directions were.

"It's important not to just read the information, but understand how to take the medicine," Dr. Davis said.

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The study showed that about half of the patients misread at least one label. Thirty-eight percent of the patients who were considered adequately literate misread at least one label. Among those who read at sixth-grade or lower levels, 62.7 percent misunderstood at least one label.

"The most common mistake was on dosage," Dr. Davis noted.

"We found that the more complex the label, the more difficult it is to understand. For instance, when it said take one twice daily, for seven days, they either missed the 'twice a day' part or the 'seven days' part," said Dr. Davis.

Dr. Davis urged doctors to be more specific in wording

their prescription directions.

"For example, saying 'Take one pill at 8 a.m. and one pill at 8 p.m.' is better than saying 'Take one pill every 12 hours,' which is confusing to a lot of patients," she said.

Dr. Davis is working on writing a grant to develop better labels and test amounts and also working with a national pharmacy chain to improve pharmacy labels, based on study results.

Misreading labels can be dangerous if patients take the wrong doses at the wrong times, she said. ■

### Dr. Giordano Fills New Assistant Dean Position



Tony Giordano, Ph.D.

Tony Giordano, Ph.D., Associate Professor, Department of Pharmacology, Toxicology and Neuroscience, has been appointed Assistant Dean for Research and Business Development to work with faculty throughout the LSU Health Sciences Center at Shreveport. Dr. Giordano will work closely with the Feist-Weiller Cancer Center to advance commercializa-

tion activities and to direct the Experimental Therapeutics Group; assist Annela Nelson, Director of the Office of Sponsored Programs and Technology Transfer, with technology transfer issues in the Office of Sponsored Programs; and direct the Biotechnology Track in the Graduate School.

One his primary functions will be to advise faculty of potential patent opportunities and identify possible companies interested in sponsored research programs.

Dr. Giordano plans to meet with researchers from all disciplines in order to better understand what projects are currently under way and if commercial opportunities are available.

Researchers with questions about intellectual property protection and commercialization are encouraged to contact Dr. Giordano through the Office of Research at 675-7791. ■

### Dr. Kablinger Honored as a Distinguished Alumna

Anita Kablinger, M.D., Associate Professor, Department of Psychiatry and Pharmacology, Toxicology and Neuroscience, was selected as a Distinguished Alumna of the Rosalind Franklin University of Health Sciences/The Chicago Medical School.

She received her M.D. degree from the school in 1993.

During her visit to her alma mater to accept her honor, Dr. Kablinger presented a CME session, "Changes in Medical Education Over the Last 100 Years," to alumni and school administration. ■



Anita Kablinger, M.D.

### Dr. Mayeaux Publishes Article on Evacuee Care

In the aftermath of Hurricanes Katrina and Rita, Edward Mayeaux, Jr., M.D., Professor, Departments of Family Medicine and Obstetrics and Gynecology, experienced firsthand how those storms affected not only the Gulf Coast but also Shreveport as he served as Medical Director for the Red Cross shelter at the Hirsch Coliseum for several weeks after the hurricanes.

From those experiences, Dr. Mayeaux and co-author Phillip Rozeman, M.D., with the Willis-Knighton Health System wrote an article, "Hurricanes Katrina and Rita: Evacuee Healthcare Efforts Remote from Hurricane Affected Areas."

Their article appeared in the December issue of the *Southern Medical Journal*.

The authors provide an overview and analysis of the emergency response to the storms from the perspective of physicians who cared for thousands of evacuees forced to flee to shelters. It highlights the rapid and effective responses of the Shreveport-Bossier medical community to the twin disasters.

Drs. Mayeaux and Rozeman emphasized several points in the article for other professionals to utilize in future disasters.

First, the effective management of evacuee healthcare efforts depends on a thorough understanding of the capacity and networks available within established community health systems, pharmacies, medical clinics, and medical support services. Coordinating existing systems is much more effective than creating completely new ones.

Secondly, volunteers must be used wisely and effectively. In a large scale disaster and evacuation, capacity for service, especially healthcare, should be captured and utilized.

Finally, effective communication is essential to managing disaster recovery—especially evacuee healthcare efforts. Existing daily communication sources can be overwhelmed as a result of a disaster, and emergency backup plans must be in place before a disaster occurs. ■

### E.A. Conway Recognizes Employee Years of Service

Employees of E.A. Conway Medical Center who achieved employment milestones beginning with five years of service were congratulated and presented with service pins during Employee Service Years Award Ceremonies held November 30 in Monroe.

Ninety employees with 5, 10, and 15 years of service were recognized during an afternoon awards ceremony and reception held at the hospital. Later in the evening, 36 employees with 20, 25, 30 years of service at Conway were honored at a dinner held in their honor. ■

### Study Provides New Understanding of Fibromyalgia

Work by researchers at LSU Health Sciences Center at Shreveport could lead to better understanding of the underlying cause of fibromyalgia.

Findings of a recent study by Patrick Wood, M.D., Assistant Professor, Department of Family Medicine, and James Patterson, M.D., and Michael Glabus, Ph.D., both Associate Professors, Department of Psychiatry, was published recently in the *Journal of Pain*.

Entitled "Reduced Presynaptic Dopamine Activity in Fibromyalgia Syndrome Demonstrated With Positron Emission Tomography: A Pilot Study," the project focused on six women with fibromyalgia and a control group of eight women.

Each underwent Positron Emission Tomography scans to assess their dopamine function. Each of the women with the disease showed a reduction in uptake in several areas of the brain. Dopamine has been shown to play a role in pain relief.

Fibromyalgia syndrome (FMS) is a complex disorder believed to affect as many as 10-million Americans. The cardinal feature of the disorder is chronic widespread pain, said Dr. Wood. In addition to the core symptoms of pain, fatigue, and sleep disturbances, patients are commonly afflicted with a variety of other associated symptoms.

"One of the reasons fibromyalgia is considered so controversial is because we simply don't know the cause," said Dr. Wood. "Our treatment of the symptoms are sort of a 'shot in the dark' because we don't really understand what it is we are treating."

However, he said based on the study results, there may be reason to look closer at brain dopamine activity. "We may begin to treat the source of the disorder, and not just its symptoms," Dr. Wood said.

In light of the small initial sample size, Dr. Wood and the National Fibromyalgia Association (NFA) are urging further studies to determine to what extent the lack of dopamine might be associated with the pain and other symptoms that characterize fibromyalgia. ■

### Blood Drives Scheduled

In 2006, the LSU Health Sciences Center at Shreveport once again ranked among top collection sites for LifeShare Blood Center with employees and students donating 775 units during 13 drives.

LifeShare officials expressed gratitude for the donations, adding LSUHSC-S donors are instrumental in helping maintain the area's blood supply.

Employees and students who have donated blood in the past are encouraged to consider making donations again (and again) in 2007 during the series of blood drives scheduled on the Shreveport campus.

All drives are planned on Thursdays from 10 a.m. until 4 p.m. in the Biomedical Research Institute atrium.

Blood-drive dates are January 25, February 15, March 22, April 19, May 17, June 14, July 19, August 16, September 13, October 18, November 15, and December 13.



Current and past issues of "On the Inside" can be viewed on the LSUHSC-S web site at <http://www.sh.lsuhscc.edu/our.html>



## Psychiatry Resident Presents Research Paper

Sachin Phansalkar, M.D., a fourth-year resident in the Department of Psychiatry, recently presented a paper describing a unique LSUHSC-S program at the annual meeting of the Association of Academic Psychiatry (AAP) in San Francisco.

Dr. Phansalkar's presentation reviewed the "Psychopharmacology Research Rotation for Psychiatry Residents," which provides research exposure and preliminary training in the process of clinical research.

The presentation also described the importance and advantages of this residency training experience that allows residents to become more familiar with the scientific literature and promotes a life-long sense of inquiry in physicians.

Dr. Phansalkar's project mentor Anita Kablinger, M.D., Associate Professor, Department of Psychiatry and Residency Program Director, was co-author. ■

## Grant To Fund Parkinson's Education

Rhonda D. Feldt, RN, has been awarded a \$7,000 grant to develop and implement an educational program for patients recently diagnosed with Parkinson's disease (PD).

Ms. Feldt works closely with Richard Zweig, M.D., Professor, Department of Neurology, a recognized expert in the area of Parkinson's Disease.

PEOPLE-PD (Providing Educational Opportunities for Positive Living and Empowerment for individuals with PD) is an educational program providing Parkinson Disease patients, families, caregivers, and healthcare professionals the latest information for the Parkinson's population at the local and state level.

The program encourages those with Parkinson's to continue to have a positive attitude when it comes to their future and their life with the disease. This is the only program of its kind available in Louisiana.

The program provides basic and up-to-date PD information, available educational resources and treatment options for patients, families, and caregivers.

PEOPLE-PD will enhance current community programs and meet many unmet needs of our newly diagnosed individuals with PD and is in line with LSUHSC-Shreveport's mission of being a patient-oriented institution that is committed to the creating, dissemination and acquisition of knowledge through teaching, research, and service.

The grant from Boehringer Ingelheim will enable the LSUHSC-S Neurology Department to present a quality program that would provide direction, offer factual information, improve the quality of life and help the individual with PD to achieve optimal health, minimize the problems associated with PD, and provide an opportunity to learn about effective treatments, medications, and resources.

For more information about the PEOPLE-PD program, contact Ms. Feldt at (318) 675-6142. ■

## Holiday Schedule

The LSU System has approved the following as official 2007 holidays for LSU Health Sciences Center at Shreveport, including E.A. Conway.

New Year's	Jan. 1 (Mon), Jan. 2 (Tues)
Martin Luther King, Jr.	Jan. 15 (Mon)
Mardi Gras	Feb. 19 (Mon)
Easter	April 6 (Fri), April 9 (Mon)
Memorial Day	May 28 (Mon)
Independence Day	July 4 (Wed)
Labor Day	Sept. 3 (Mon)
Columbus Day	Oct. 8 (Mon)
Thanksgiving	Nov. 22 (Thurs), Nov. 23 (Fri)
Christmas	Dec. 24 (Mon), Dec. 25 (Tues)
New Year's Day	Dec. 31 (Mon)

## E.A. Conway Employee of the Month



Sandra Turner

Sandra Turner was E. A. Conway Medical Center's Employee of the Month for December.

Ms. Turner, Director of Social Services, has been with that department for five years.

She received her Bachelor of Science degree in psychology and her Master's Degree in Social Work from LSU.

She is also licensed as

Clinical Social Worker in Louisiana and Mississippi. Ms. Turner serves as a member of the Academy of Clinical Social Workers, the National Association of Social Workers and Society for Social Work Leadership in HealthCare. ■

## Partners In Wellness Receives Grant From Lawsuit Proceeds



Jonathan Glass, M.D., (pictured fourth from left), Professor, Department of Medicine and Director of the Feist-Weiller Cancer Center, accepts a \$50,000 check for the Partners in Wellness program from Kris Wartelle (third from left) of the Louisiana Attorney General's Office. Also on hand for the presentation were (left to right) Jerry McLarty, Ph.D. Professor, Department of Medicine; Jennifer Green, Partners In Wellness; and Jerry Perlman, Louisiana Attorney General's Office. The grant was provided from funds received by the State of Louisiana from the settlement of a class action lawsuit against a drug manufacturer involving the cancer-fighting drug Taxol. Partners in Wellness will use the money to further its mission of early cancer detection and disease prevention by providing screenings, free of charge, for people who can not normally afford to pay for annual checks due to low income, no health insurance or inadequate coverage. The program conducts screenings for a number of cancers, high cholesterol, hypertension and diabetes.

## LSUHS Foundation Hosts Faculty Holiday Gathering



(l to r) Li-Ru Zhao, M.D., Assistant Professor, and Stephen Jaffe, M.D., Professor, both of the Department of Neurology; and Adrian Dunn, Ph.D., Boyd Professor, Department of Pharmacology, Toxicology and Neuroscience enjoy the holiday gathering

In appreciation for the support of the LSUHSC-S faculty, the LSU Health Sciences Foundation hosted its annual Faculty Holiday Reception December 11.

More than 100 faculty members attended. Delicious cuisine and door prizes were provided compliments of numerous local businesses.

To view more photographs and a listing of local businesses who contributed to the 2006 Faculty Holiday Reception, visit the Foundation's web site at [www.lsuhsfoundation.org](http://www.lsuhsfoundation.org)

The staff of the Foundation, would like to thank Campus Federal Credit Union for its role as the principal sponsor of the faculty holiday reception. ■

## Medical Library Offers New Current Awareness Tool

Physicians and clinical researchers at LSU Health Sciences Center at Shreveport now have access to *Faculty of 1000 Medicine*, a new literature evaluation and awareness tool similar to *Faculty of 1000 Biology* and made available through the Medical Library.

Research articles are chosen by a panel of experts consisting of nearly 2,500 leading international researchers and clinicians.

*Faculty of 1000 Medicine* systematically highlights and reviews the most pertinent papers in many specialty areas. Key features include e-mail alerts on subject areas of interest, the ability to see the "top 10" papers in a subject area, and the ability to e-mail a list of papers to a colleague.

*Faculty of 1000 Medicine* can be reached through the Medical Library's database menu, at <http://lib.sh.lsuhs.edu/databases/>. ■

## PA Program Receives Grant

Physician Assistant students in the School of Allied Health Professions, LSUHSC-S, no longer will have to pay to take an off-campus basic life support course, thanks to a grant of \$10,300 from The Physician Assistant Foundation.

The funds will enable the Physician Assistant program to purchase the equipment needed to teach Basic Life Support skills. The Physician Assistant Foundation, the philanthropic arm of the American Academy of Physician Assistants (AAPA), and Chevron funded the grant.

The LSUHSC-S Physician Assistant program is one of three Louisiana recipients of grants from the National Physician Assistant Foundation. The PA Foundation made the award to recognize that the PA program at LSUHSC-S, the first in Louisiana, is dedicated to educating students from the State of Louisiana with the goal of these students returning to their home communities to provide healthcare in their field. ■

## Pharmacology Student Wins Toxicology Society Honors

Bo Jiang, School of Graduate Studies student in the Department of Pharmacology, Toxicology and Neuroscience, won the best platform presentation award at the recent South Central Chapter-Society of Toxicology conference held at University of Louisiana - Monroe.

Mr. Jiang is pursuing a Doctor of Philosophy degree under the guidance of his major professor Tammy Dugas, Ph.D., Assistant Professor, Department of Pharmacology, Toxicology and Neuroscience.

His presentation focused on his research on the toxicity of antiretroviral drugs on the cardiovascular system.

Mr. Jiang was also name recently as a finalist for the Carl Smith Mechanisms Award, one of the Society of Toxicology's most highly-coveted graduate student awards. The winner will be announced in March at the annual meeting of the Society of Toxicology in Charlotte, North Carolina. ■

## New Faculty

Tannaz Armaghany, M.D., Assistant Professor, Medicine  
 Lisa Hodge, M.D. Professor, Pediatrics  
 Katherine Oliver, Instructor, Orthopaedics  
 Leonard Robinson, Jr., Instructor, Orthopaedics  
 Karen Simpson, M.D., Instructor, Pathology

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## Human Resources Corner



David Fuqua  
HRM Director

Happy New Year. We have made some changes in Human Resources to better serve all of our employees in 2007.

Our new Manager of Benefits is Kiaa Prelow, and we have added one additional person to the Benefits' staff, Krystal Moody.

These changes help our Benefits Section to

better serve you. We try to be available at all times to answer your questions and assist with benefits changes. Employees working shifts between 5 p.m. and 7:30 a.m. who need assistance from the Benefits staff may send an e-mail or call the day before and we will arrange a convenient time to meet.

Our Open Enrollment period will be here sooner than you think so give some thought to changes you might want to make in your benefits plans.

Watch for an "E-announcement" on our website for the dates of the upcoming Benefits Fair and April Open Enrollment.

Our goal is provide options, solutions, and service for the university and the employees in a prompt, courteous, and efficient manner. Please let us know if there is anything we can do to improve our service to you. Contact Human Resource Management at 675-5610 if we can help you in any way.

All of us in Human Resources wish all of you a very prosperous year.