



UMC, City and EPISD Recognized For Quality, Partnership

The City of El Paso, El Paso Independent School District (EPISD) and University Medical Center (UMC) of El Paso were presented with the inaugural Communities of Excellence Pioneer Level Recognition on Monday, June 24, at the 26th Annual Quality Texas Foundation Conference.

The award recognizes communities that work together to comprehensively improve the quality of life, quality of education, and quality of healthcare for their residents while working together to streamline operations and reduce duplication of effort for their communities.

In Fall 2018, the City of El Paso hosted a Communities of Excellence working group, comprised of 14 organizations across the community. From the working group, the City, EPISD and UMC joined together to share best practices, reinforce civic engagement with a focus on the youth and apply key learnings from the Baldrige Framework.

“This is a tremendous opportunity and honor for our hospital and community. Our journey to provide the highest level of care for the entire El Paso region is made more effective through the Communities of Excellence recognition,” said UMC President and CEO Jacob Cintron. “Quality organizations and communities function best when they collaborate and support each other’s success. It is a process that grows within our hospital and throughout greater El Paso.”

The City and UMC have partnered to formalize a pathway to co-lead process improvement projects utilizing the Lean Six Sigma methodology with a focus on improving the health of the community.



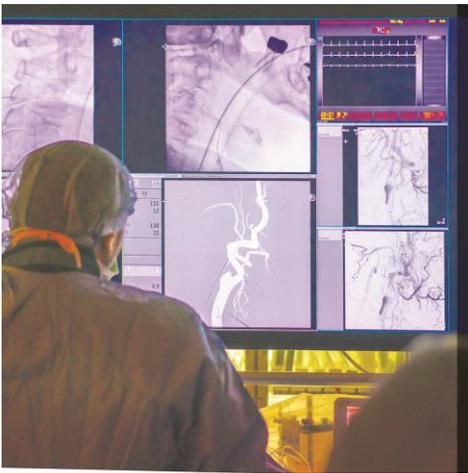
Pictured from left to right: Tommy Gonzalez, El Paso City Manager, Jacob Cintron, UMC President & CEO, Jon Law, UMC Chief Strategic Officer, and Juan Cabrera, El Paso Independent School District Superintendent.

The three entities have identified four key areas of focus, which include quality of life, education, health and economy. The three partners are working together to follow a clear set of values:

- Community
- Respect
- Excellence
- Opportunity

The values, which spell out “CREO” (Spanish for “I believe”), help set the stage to develop shared strategies and action plans to solve the community’s most important challenges.

UMC Recognized For Commitment To Quality Stroke Care



University Medical Center of El Paso (UMC) has received the American Heart Association/American Stroke Association’s Get With The Guidelines® Target: Stroke Honor Roll Elite Plus Gold Plus Quality Achievement Award. The award recognizes the hospital’s commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

As El Paso’s only Level 1 Comprehensive Stroke Center, UMC earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period. These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients.

“UMC is dedicated to improving the quality of care for our stroke patients by implementing the American Heart Association’s Get With The Guidelines-Stroke initiative,” said Jacob Cintron, President & CEO. “The tools and resources provided help us track and measure our success in meeting evidenced-based clinical guidelines developed to improve patient outcomes. Our UMC and partner physicians from Texas Tech, along with our exceptionally talented Neuroscience and Stroke teams, have ensured a level of quality and stroke care that is much higher than what is typical at other hospitals throughout our country.”



TTP El Paso Physician Urges Early Screening for Colorectal Cancer

Colorectal cancer is one of the most common forms of cancer in the United States. In fact, when men and women are combined, colorectal cancer is the second leading cause of cancer-related deaths in the country. Additionally, it is estimated that in 2019, 145,600 new cases of colorectal cancer will be diagnosed in the U.S. For this reason, physicians and health care professionals urge people to be screened early and learn the risk factors associated with this type of cancer.

Increased age is one of the most common risk factors of colorectal cancer, and 91% of colorectal cancer patients are diagnosed after age 50. However, some people are at a higher risk of developing the disease, including those with colorectal cancer in first-degree family members or those diagnosed with inflammatory bowel disease.

Remarkably, only 42% of Latino men and 47.5% of Latino women older than 50 are up to date with screening, compared to 60% of non-Latino white men and women, suggesting a possible disparity in screening. This is a big warning to our Hispanic- majority community along the U.S.-Mexico border.

Recently, the American Cancer Society recommended that adults 45 years and older undergo regular screening, either with a stool test or a colonoscopy, depending on the patient's preference and test availability. This is a change from the ACS' prior guidance, which recommended screenings beginning at age 50 for patients at average risk for cancer. Therefore, it is expected that the average age of patients requiring colon cancer screenings will decrease within next few years.

According to available guidelines, here are a few helpful recommendations for our community:

- Colon cancer screening should start at 45 years old with a stool test, preferably a fecal immunochemical test (FIT), until the age of 50.
- For 50- to 75-year-olds, screening can be continued with a colonoscopy every 10 years or with an annual stool test, based on availability and the patient's preference.
- In high-risk patients with a family history of colon cancer, screening should start at age 40, or 10 years earlier than when the youngest, first-degree family member was diagnosed with colorectal cancer.
- In high-risk patients, such as those with inflammatory bowel disease, screening should be based on a gastroenterologist's decision.
- We highly recommend that people older than 45 years old contact their primary care physician for colorectal cancer screening.

This story was written by Abhizith Deoker, M.D., program director, Internal Medicine Residency Program, assistant professor, Internal Medicine Department, Texas Tech University Health Sciences Center El Paso.



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Children's Miracle Network
El Paso Children's Hospital
Our 2019 Miracle Child Andrea Valdivia will throw the 1st pitch!

EL PASO CHIHUAHUAS VS LAS VEGAS AVIATORS

Friday, July 26th
Game starts at 7:05pm
Southwest University Park

Limited tickets available.
Ticket Prices:
Zone K Section 204 - \$13
Zone L Section 214 - \$15
Zone E Section 121 - \$17
Pre-sale only. No game-day purchases.

Call now to reserve your tickets!
Reserve tickets must be paid by July 12th
521-7229, ext. 80529

www.elpasochildrensfoundation.org

Red Cross Urges Summer Water Safety

Swimming is a great recreational sport that can be enjoyed by people of all ages, especially over the July 4 holiday. But it's important to know how to be safe while you're in the water. The American Red Cross offers these important swimming safety tips you should be aware of before you head out to the pool or beach:

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
 - Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
 - Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
 - Maintain constant supervision.
 - Make sure everyone in your family learns to swim well.
- Enroll in age-appropriate Red Cross water orientation and learn-to-swim courses.
 - If you have a pool, secure it with appropriate barriers.

Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.

About The Pulse:

The Pulse newsletter, is a product of the UMC Public Affairs office and features news briefs and updates from around our campus. It is distributed to our El Paso community. If you have an item that you would like to have considered for The Pulse, email it to [Public Affairs](#).