

7 # ISSUE **«**I DECEMBER

2

FROM THE DIRECTOR Dr. Michael Halberthal talks about nursing at Rambam and COVID-19





A GLIMPSE INTO THE WORLD OF SPECIALTY NURSING





COVID-19: WORKING TOGETHER FOR A COMMON GOAL



GLOBAL NURSING



IN MEMORIAM, Reverend Irvin Baxter, Jr. and Rabbi Lord Jonathan Sacks

06



A LIFE DEDICATED TO NURSING



TWENTY FOUR HOURS IN THE LIFE OF A TRAUMA COORDINATOR





UNDER INVESTIGATION Three nurses share their research





A NURSE-PATIENT STORY When the Doctor Becomes the Patient



NURSING FACTS & FIGURES



CHERYL SPENCER NURSING SCHOLARSHIPS



RAMBAM'S NURSING PIONEERS



MEETING THE NEEDS OF YOUNG PEOPLE WITH CANCER



A SALUTE TO RAMBAM'S **DIRECTORS OF NURSING**

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RAMBAM INTERNATIONAL **RELATIONS** Snapshots



DONOR SPOTLIGHT In Memoriam, Paul Amir and Irma Spencer



SPECIAL EVENTS



RAMBAM TETRIS CHALLENGE 2020



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Cover Photo: In her Image - Florence Nightingale



Dear Friends,

2020 is the International Year of the Nurse and Midwife, and this Rambam On Call issue is dedicated to Rambam's exceptional nursing staff. Our nurses are the backbone of everything we do, and their commitment to and compassion for our patients are boundless. Their impact is felt throughout the hospital in a multitude of projects and initiatives. As both a doctor and the General Director, I gladly admit that we would not be so successful without our nursing division, led by Gila Hyams, whose skills, knowledge, and talents have helped to earn global recognition for Rambam. I have profound admiration and appreciation for our nurses.

The nursing profession has changed substantially since the days of Florence Nightingale, and today, among our nurses, you see high levels of expertise and education - including more advanced degrees, and a variety of specialties. We are pleased to present stories about several of these nurses, and tell you about the division and its activities.

We pay tribute to four of Rambam's dearest friends and supporters who recently passed away, and share their legacies - Irma Spencer, Paul Amir, Irvin Baxter, and Rabbi Lord Jonathan Sacks. May their memories be for a blessing.

As COVID-19 has become an integral part of daily life that cannot be ignored, we highlight the complexities of opening Israel's largest COVID-19 treatment facility in the Sammy Ofer Fortified Underground Emergency Hospital. In opening the underground hospital for the first time, we feel like pioneers who have successfully brought to fruition an idea that was conceived many years ago. There have been numerous challenges, but we have proven that it works. As a result, we have received many inquiries from around the world, and as is our tradition, we are proud to share our knowledge and experience.

Our work in this facility requires teamwork and connections between people, and I am grateful to Rambam's dedicated employees, including those who don't have direct patient contact - without them, we would not have succeeded. I am grateful for industry collaborations that result in groundbreaking solutions - especially Elbit Systems, whose communication and monitoring system plays a vital role. And I am grateful

for our partners - International Friends Associations, supporters, and friends, who have put great faith in us and believe in our mission.

Opening the underground hospital and partnering with the IDF-which opened COVID-19 departments at Rambam—has resulted in high-profile visitors, including President Reuven Rivlin, Prime Minister Benjamin Netanyahu, Minister of Defense Benny Gantz, Minister of Health Yuli Edelstein, MK Naftali Bennett, IDF Chief of Staff Lieutenant General Aviv Kochavi, Ministry of Health Director General Professor Hezi Levi, and others.

Rambam has experienced a whirlwind of activity, and I am proud of our accomplishments. There has been a great deal of COVID-19-related research and innovation. Our researchers study the effects of cannabis on severely ill patients, the consequences of social distancing and isolation on dementia patients, and whether oncology patients are high-risk for COVID-19 symptoms and complications - and these are just a few of the more than 1900 research studies that are currently running; more than 25% began this year!

We continue to move forward - in our ongoing development of the campus through continued construction of Helmsley Health Discovery Tower and Eyal Ofer Heart Hospital, refurbishments, and the acquisition of new, state-of-the-art MRI and PET CT machines; by opening new clinics like our women's clinic for victims of sexual violence; through our connections with industry and academia, including collaborations with the Technion and Stanford, whose cooperation has led to the launch of the Rambam Biodesign health sciences entrepreneurship program.

In closing, I will say that no matter what we do, no matter what we achieve, the success belongs to all of us - our employees, our partners, and our friends. Together, we strive to provide the best possible medical care for every patient. Together, we find solutions. Together, we change the world.

I WISH YOU ALL GOOD HEALTH, AND LOOK FORWARD TO BEING ABLE TO MEET AGAIN, IN PERSON.

Best regards,

Michael Halberthal

Milion Halbertine



For Gila Hyams, Rambam's Director of Nursing since 2015, a founder and the Director of its Teaching Center for Trauma, Emergency and Mass Casualty Situations since 1999, and the Trauma Coordinator of Rambam's Trauma Unit, nursing isn't simply a profession – it's who she is. "It's a calling you feel with every fiber of your being," she declares. Gila is also a member of "Barometer", the national committee of hospital and HMO clinical directors.

Gila received a B.A. (R.N.) from The Hebrew University of Jerusalem and Assaf Harofe Medical Center School of Nursing, an M.A. in Nursing from Tel Aviv University, and a diploma of expertise in policy and administration from Israel's Ministry of Health.

She volunteered at Magen David Adom as a teenager, and in the military, she served as an instructor for medics in the military medical school. These experiences ignited Gila's passion for nursing – the profession to which she has dedicated her life.



Becoming a Nurse

After the army, Gila immediately began nursing studies. She wanted to be close to patients around the clock. "I chose nursing because I loved the special connection it allowed me to have with patients 24/7," she recalls. While studying, Gila worked as a nurse in the neonatal intensive care unit in a Tel Aviv hospital, where she was offered the position of head nurse in one of the departments. Instead, she moved to Haifa for personal reasons.

Coming Straight to Rambam

Gila's career at Rambam started in 1991 in the Wagner-Green Pediatric Intensive Care Unit, before transitioning back to trauma care. "Trauma care is in my blood – it's something you love for your whole life. I connect with trauma patients. I can help them and comfort them – I can be there with and for them," she says, adding, "If you don't know how to relate to patients and their families, you can't be a nurse."

Gila is the Director of the Teaching Center for Trauma, Emergency and Mass Casualty Situations, alongside Dr. Michael Halberthal, Rambam's General Director and the Center's Chairman, and Dr. Hany Bahouth, Director of Rambam's Trauma Unit and the Center's Medical Director. Gila coordinates the Center's international courses on developing and organizing trauma mass casualty situation systems, and as a representative of Rambam, organizes and leads workshops worldwide to advance development of emergency and trauma systems. She has also coordinated workshops at Rambam in collaboration with NATO.

Management Philosophy

As Director of Nursing, Gila believes it is important to serve as an example – something that members of her team also do. Unsurprisingly, she is the first to jump in when something happens, and is an accessible, handson director who talks to everyone at the same level. "I prefer to be personally involved, and I want to know every detail. I don't believe in maintaining distance." she admits.

Employee wellbeing is key, and Gila reminds her staff to do activities that they enjoy. Even when she first started working, she recognized that employee satisfaction was the basis of everything. "Happy employees produce better work. Ensuring the best possible working conditions is vital."



She considers downtime to be essential, and encourages everyone to disconnect periodically. When Gila—who has three adult sons—needs to unwind, she travels to Sinai, India, or similar destinations. "These journeys enable me to reset my systems and breathe, before jumping back into my work."

The Future of Nursing

Gila notes that nurses accompany patients through every aspect of the medical process. "We see the whole patient as a person. As philosophical as this sounds, it will remain this way." As nursing continues to progress, she believes that nurses will be considerably more involved in innovation, new initiatives, and home care.

"I refer to nurses as beacons of light and I believe that after seeing them in action during the pandemic, people will view them differently. Wherever patient care goes, regardless of technology and other factors, the nurses will be there, and will continue to remain at the heart of medical care."





Genia Bogautov

RNMA Head nurse in Rambam's COVID-19 Intensive Care Unit



Patient:

Dr. Yousif Matanis

MD. Former senior physician (now retired), General Intensive Care Unit

How They Met

Dr. Yousif Matanis was an experienced senior physician in the Intensive Care Unit at Rambam Health Care Campus when Genia Bogautov joined the department in 2003 as a young nurse at the beginning of her career. The two developed a warm relationship, working side-by-side for many years until Genia left the department in 2016 to take a different position as head nurse in the medical intensive care unit.

"Genia and I worked together for a long time in the General Intensive Care Unit, where I was a senior physician in the department and she was a nurse. She learned a lot and really thrived, which enabled her to advance in her profession and become the head nurse in the medical Intensive Care Department. Our connection was based on a great deal of mutual respect and cooperation," explains Dr. Matanis.

Treating a Mentor

Today, Genia is the head nurse in COVID-19 Department A, which was initially located in Rambam's Meyer Building. Shortly after Dr. Matanis was diagnosed with COVID-19, he was admitted to the hospital and brought to Genia's department. When his condition began to deteriorate, however, he was moved to COVID-19 Department C – the COVID-19 Intensive Care Unit.

At that point, the doctor was still conscious. It was difficult for Genia on a personal level to see him that way – not only because of how she knew him, but also because, as a senior ICU physician, she knew that he was aware of what awaited him as well as what could happen. "As soon as I entered the department, even though I was in full PPE, he recognized me immediately. I said his name and he knew it was me," Genia says, adding, "he started to cry, and that's what broke me."

Going Underground

Two days later, Dr. Matanis was intubated and sedated. When Rambam opened its COVID-19 treatment center in the Sammy Ofer Fortified Underground Emergency Hospital, Dr. Matanis was the first patient to be transferred to the new facility.

Genia chose to be one of his caregivers, even though it wasn't easy for her to see him in such grave condition. "Seeing someone you know in such a helpless, critical state, not knowing if he would survive... We needed to do everything for him, and it felt like an invasion of his privacy and his dignity. This was the most challenging aspect for me." During treatment, Genia was the one who updated Dr. Matanis's children regarding their father's condition.

The Road to Recovery

Dr. Matanis realizes that it was challenging for Genia to take care him, given their history. Suddenly, it wasn't just professional – it was also personal. "When I got sick, I went from being a senior physician who gives instructions to being a patient. Everyone was very concerned about me, and I think it wasn't easy for anyone to treat me," he confides.

Genia was with Dr. Matanis when he was extubated, and since his release from the hospital, the two have spoken by phone. It was important to him to express

his thanks for all that she and the other staff members had done for him

Weeks later, he is feeling much better and moving around independently, though he still has a long road ahead. In a voice full of emotion he says, "It's hard for me to put into words my appreciation and gratitude for the care I and my family received during this period. Genia and I have spoken several times, and I'm waiting



Dr. Matanis being transferred to the underground facility, escorted by Dr. Halberthal

for an opportunity to visit her and the others in the COVID-19 department. After leaving the hospital in a stretcher because I was too weak to walk, I want to show her that I'm back on my feet."







TREATING **DIABETES**ACROSS THE CAMPUS





Rachel Shental is one of two NPs in Rambam's Institute of Endocrinology, Diabetes & Metabolism – the other is Milena Levy, who specializes in pediatric diabetes. Rachel is also the hospital's diabetes coordinator. She coordinates all aspects of the relationship between caregivers and patients and their families, and is involved in patient treatment, creating guidelines, and writing protocols. In addition, she manages a team whose members coordinate all diabetes-related data within their respective departments.

Rachel provides consultations throughout the hospital for patients with diabetes. She is involved in diagnoses

and follow-up treatment, and can influence post-release patient care. "During my 12 years working in this specialty, I have gained a great deal of experience — my perceptions are well-respected. The doctors and nurses are very attentive to the consultations that I provide," she explains.

The support that Rachel and the other NPs receive from the hospital and from Director of Nursing Gila Hyams is exceptional. "This profession is very important to Gila. It's important to her that we are involved on all levels, and she places great emphasis on our professional advancement."



SAVING THE LIVESOF PREMATURE BABIES





Fanny Timstut is the only NP in the NICU, a role that maximizes her contribution to caring for patients and their families and enhances the treatment team. She can determine patient treatment, manage medications and provide nutritional instructions, and perform procedures like CPR, intubation, the insertion of central lines, and physical examinations. "I am passionate about neonatal care, and I really wanted to specialize and take on more responsibilities. I wanted to be able to save their lives," she says. She is also involved with staff training and promoting their knowledge, which is incredibly important.

Fanny coordinates the multidisciplinary staff, which allows her to act as a conduit for sharing information between doctors and nurses. "By providing both nursing and medical care, I help to create continuity that positively impacts the lives of our preemies," she states.





HELPING PATIENTS **AT THE END** OF THEIR LIVES



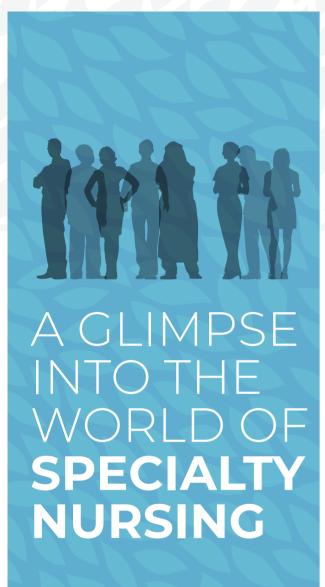


Hedva Sheinman-Yuffe is Rambam's sole palliative care NP, providing consultations for patients, their families, and physicians. Her responsibilities include pain and symptom management, and helping patients and family members with end-of-life issues. "We discuss hospice and whether or not to pursue invasive options. We also talk about providing treatment to reduce suffering and make patients comfortable," she shares. If requested, she arranges meetings with spiritual advisors.

Hedva works closely with a palliative care physician, and sees her role as being not only to provide answers

to each question, but also to know what referrals to make and with whom to consult. When a patient requires a multidisciplinary approach, she ensures that representatives from each discipline are present for the discussion and helps them to reach the best decision for the patient.

"Palliative care has always been close to my heart," she confides. "I find great worth in the connections I have with these patients. Even when a patient dies, with all of the sadness, the feeling that you were involved in such a process and helped to make things easier at the end is very important to me."





KRAMSKY
COVID-19 DEPARTMENT

Age: 40 Years at Rambam: 17

As a COVID-19 nurse, I must always have the latest knowledge. I strive to improve quality of life for patients and their families.



KRIVENKO PSYCHIATRY

Age: 43
Years at Rambam: 15

"When you can't look on the bright side, I will sit with you in the dark."

- Lewis Caroll



ELKIN

DEPARTMENT OF PEDIATRICS A

Age: 33

Years at Rambam: 8

It is important to give these children the support and strength to face the situation, and always strive to smile.



TEMIN

NEONATAL INTENSIVE CARE UNIT

Age: 38

Years at Rambam: 12

Miracles happen in the NICU. Knowing that I can contribute and illuminate people's difficult, dark moments makes me happy!



ISA VASCULAR SURGERY

Age: 49

Years at Rambam:

I accompany patients and their families throughout the surgical process. It excites me to take part in this process.

25



UNGER NURSING ADMINISTRATION

Age: 67

Years at Rambam: 28

I am a partner in building Rambam's nursing vision. As Personnel Coordinator, I guide future nurses and ensure working standards.



ODEH

EMERGENCY MEDICINE

Age: 30 Years at Rambam: 3

I am at the forefront every day, affecting and saving lives, seeing eyes open for the first time or close for the last time.



BRENER

CARDIAC INTENSIVE CARE

Age: 52 Years at Rambam: 26

There is no greater satisfaction than the discharge of a patient.

These moments help me to overcome difficulties and strengthen me.



RAFAELOV ATIAS

Age: 44 Years at Rambam: 20.5

Being a nephrology nurse excites and satisfies me - I feel like I am a playing a significant role.



BARHAD oncology/bone marrow transplant coordinator

Age: 40 Years at Rambam: 15

I act as the bridge between the patient's world with unique needs and treatment that offers a chance for healing.



TURGEMAN

OB-GYN/DELIVERY ROOM

Age: 39 Years at Rambam: 14

To be a midwife is to experience miracles every day. It is a privilege that teaches me something new about life.



RING OPERATING ROOMS

Age: 42 Years at Rambam: 5.5

Operating room nurses are the patient's private "bodyguard", alleviating anxiety and working together as a team to keep them safe.

NURSE

JUST ANOTHER
WORD TO
DESCRIBE A
PERSON STRONG
ENOUGH TO
TOLERATE
EVERYTHING
AND SOFT
ENOUGH TO
UNDERSTAND
EVERYONE

HOURS IN THE LIFE OF A TRAUMA COORDINATOR The Trauma and Emergency Center at Rambam Health Care Campus, under the direction of Dr. Hany Bahouth, is the largest and busiest trauma center in Israel. Its staff includes trauma coordinators Gila Hyams, Director of Nursing and the Director of The Teaching Center for Trauma, Emergency and Mass Casualty Situations (MCS); and Svetlana Revzin; and administrative assistant Yaeli Marom.

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Chen Ben Lulu RN, MA

Trauma Coordinator - Nurse at Rambam since 2000. 11 years as a nurse in the Green-Wagner Department of Emergency Medicine. Three years as Head Nurse in the Emergency Surgery Trauma Section. Nine years as a trauma coordinator. Married with four children.



"As trauma coordinator, I love working with such a talented, diverse, multidisciplinary staff. What distinguishes the trauma coordinator role is that you don't know what the day will look like and how it will end. The work is dynamic, exciting, and unpredictable".

05:00

The alarm clock goes off, and the Ben Lulu family begins its day. Morning tasks are completed - the children are woken up and meals are prepared. Chen leaves her children with her husband, and drives to work.

07:00

Chen arrives at Rambam, ready to start



At the weekly Trauma Quality Committee meeting prepared by Chen and attended by 20 department directors and the hospital's General Director, Chen presents the cases of all injured patients treated in the Rabbi Yechiel Eckstein Shock Trauma Room since the previous meeting. She also presents the cases of patient morbidity and mortality, and leads a discussion about improving the quality of care. At the end of the meeting, participants discuss how to improve at the organizational level.



A warning is received regarding the imminent arrival via helicopter of a patient from the Golan Heights, who suffered a head injury while diving into shallow waters. Chen enters the Shock Trauma Room with the staff, prepares the necessary equipment, and waits for the patient, who arrives ten minutes later. During the doctors' initial assessment, they see that he needs CT. Chen accompanies the patient when he is taken to do the procedure, and then accompanies him directly to the operating room. Chen exits the operating room to update the patient's family.



Chen reviews the cases of all trauma patients hospitalized since the previous day, monitoring treatment, testing, surgeries, and consultations that have not been performed or have not been completed. This is followed by visiting these patients in order to talk to them and their families, and updating the staff regarding their conditions. She also reviews the trauma records.

10:40

Chen visits a patient hospitalized in the Intensive Care Unit. During the visit, she receives a message about an individual with gunshot injuries in the stomach and lower extremities. She goes down to the Shock Trauma Room to prepare the staff and equipment for the patient's arrival. The patient is badly injured and his condition is not stable. He requires a blood transfusion, and is rushed to the operating room.

11:30

Back in the office, Chen writes feedback to the teams in the field who brought the patient injured a day earlier to the Shock Trauma Room and to another hospital in Northern Israel

13:00



Chen attends a senior nursing staff meeting. During the course of the meeting, she receives notification that surgery for her patient from the diving accident is over. She exits the meeting in order to meet with the trauma surgeon and talk to the family face-to-face.

16:30



With her shift over, Chen drives home to spend the afternoon and evening with her family.

21:20

Chen receives a warning that four people injured in an automobile accident are being brought to Rambam. Within minutes, she is driving back to work.

00:30

Chen leaves the hospital once the patients are taken care of, and returns home.

05:00

The alarm clock goes off, signaling the beginning of another new day...

Rambam on call | DECEMBER 2020

Rambam on call | DECEMBER 2020

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FACTS

75% | FEMALE

MALE

YOUNGEST AGE

OLDEST AGE

41.7 | AVERAGE AGE

1,533 Nurses: **1,870** Employees:

1,657 **Government employees**

Private sector employees

63% of nurses have completed an advanced training course in a specific clinical field such as:

- itensive care

Nursing specialties



Nurse care coordinators



NURSING FACTS & FIGURES

1,605 Personnel positions: 1.455

Governmental positions

150

Private sector positions

1,396 (92%!)

OF ALL THE REGISTERED NURSES AT RAMBAM HAVE AN ACADEMIC DEGREE:

67% have a BA

25% have an MA

1 in a PhD program

485 Nurses have undergone professional training in the care of critically ill patients.

455 Nurses Have been trained to treat COVID-19 patients with complex care needs.

251 Nurses have received training in management of acute respiratory failure in intensive care unit patients infected with COVID-19.

300

Nurses have completed courses in GOOD CLINICAL PRACTICE to prepare research staff in the conduct of clinical trials with human participants, and in EVIDENCE-BASED PRACTICE.

Nursing management inspections were carried out from 2018-2020 in various departments.

16,408

Inspections were carried out from 2018-2020 in various departments.

21





ith the opening of an oncology clinic for young people, Rambam recognized the need for a nurse coordinator who could connect with patients on their level, stay up-to-date on the latest data, and identify bottlenecks that made it difficult for patients to receive counseling.

Approximately 10 young people aged 20-44 are diagnosed with cancer in Israel every day. In addition to coping with the disease itself, these patients deal with issues that are rarely addressed by the medical system. To meet their needs, Rambam Health Care Campus—in collaboration with the Halasartan ("Stop Cancer") social media platform and with the support of the Israel Cancer Association—launched Onco Young in 2019, a clinic for young oncology

patients ages 18-45, in order to provide customized treatment and professional advice. The clinic was established by Professor Irit Ben-Aharon, Director of the Oncology Section in the Joseph Fishman Oncology Center, after the Tal Center, an initiative providing support for young people, identified the need for such a service. She is also the clinic's director.

Multidisciplinary in nature, OncoYoung helps patients with everything connected to the emotional distress surrounding the illness, addressing issues like fertility preservation, hormonal effects and early menopause, sexual functioning, and rehabilitation, as well as psychosocial needs like- coping with young parenthood, new relationships, loneliness, and returning to work.



Addressing Patient Issues

Svetlana Nemtsov is one of three staff members at the clinic, and serves as its nurse coordinator, a crucial role with a wide range of responsibilities. She explains that this age group has different characteristics and needs – from a medical standpoint as well as a psychosocial standpoint. In addition to the emotional facets, they also face difficulties in returning to society, being part of a couple, and parenthood.

"In most cases, this is about long-term survival, as they are young and still have a significant part of their lives ahead of them. One example is an emphasis on everything connected to preserving fertility, offering guidance and making these issues a priority," she says, adding, "we think about the day after, providing rationale for fertility counseling."

Coordinating Between Patients and Resources

As nurse coordinator, Svetlana works with patients on both an individual level and a medical system level, coordinating all aspects of patient care and identifying patients' needs, as well as building their treatment plans. "When talking to patients, I stress the importance of starting conversations that can be difficult or uncomfortable, trying to remove the

element of embarrassment. I speak their language, and this is essentially what they need," she notes. She also ensures that patients are aware of all the resources that are available, noting that the clinic cooperates with all of them.

These young patients tend to be tech-savvy, and can easily access digital media and online materials. "I often refer patients to Halasartan's resources, as they feel like they can speak to the young people there. Halasartan also provides mentors who can help patients through the processes they're undergoing and through the cancer experience," she states.

Svetlana is also a nurse in the Baruch Hershkovitz Outpatient Chemotherapy Unit, and as such, she is in a position to help the clinic's patients with their medical issues. "Many times, they turn to me with questions about side effects of this experience. It's easy for them to talk to me in the clinic because they also know me from treatment. It enables me to be very accessible for them," she says.

Svetlana derives great satisfaction from her work. "I had a discussion with a patient who said, 'I don't know who I can talk to about this, and then you ask me the right questions and I feel like I have someone with whom I can share.' I'm glad I can help these young patients deal with these very difficult experiences, and hopefully, make things a little easier for them. This is what makes my job so rewarding."



Ingenuity, mutual respect, flexibility, team work, and professionalism — these key elements factor significantly in a project's success, especially one that involves multiple sectors executing a large, complex task.

The COVID-19 pandemic has forced Rambam Health Care Campus to deal with the challenges of a new, unknown illness and find solutions that address these issues. During the first wave, Rambam opened two COVID-19 departments in the hospital's Meyer Building. However, with the eruption of the second wave and a rapid increase in the number of patients, the decision was taken to open the Sammy Ofer Fortified Underground Emergency Hospital as Israel's largest COVID-19 facility — a difficult decision with far-reaching implications.



the cooperation of all sectors. Each one provided input and worked together to find the optimal solution."

treatment and logistical protocols with

Logistically, the team had to adapt the current technology and processes already in use to meet the needs of the unique COVID-19 treatment requirements. Several of these solutions have been adopted by the Ministry of Health and other Israeli hospitals, establishing Rambam as a leading hospital in the battle against the pandemic.

Dr. Yael Shachor-Meyouhas, one of Rambam's Deputy Directors, is a pediatric infectious diseases specialist responsible

for emergency preparedness. She notes that the project's success was dependent on full cooperation and open communication between all sectors. "The medical teams have faced a constantly evolving set of challenges, requiring them to work in conjunction with the logistics team to find new solutions to provide the best possible treatments while maintaining the team's safety. These solutions have negative pressure rooms, mobile supply lines, and more," she points out.

Dr. Yael Shachor- Meyouhas during the planning stages with the nursing administration

Meeting Challenges

"Once the decision was made, employees from all sectors were eager to help and do whatever they could," explains Nissim Haim, Rambam's Deputy Director and Chief Operating Officer (COO). "This type of emergency—which is on a different scale when compared to any other that Rambam and the rest of the world have faced during the past century—afforded us an opportunity to be creative and to apply all of our acquired knowledge. It also emphasized the importance of the logistical and administrative aspects of each component," he added.

As the underground hospital was originally designed to provide safety for those within by protecting against outside threats, the operation and treatment paradigm had to change. "From a treatment standpoint, activities are far more complicated in the underground facility. For example, under normal conditions, nurses draw blood and then send it to the lab using an automated system; in the COVID-19 departments, the process is completely different and involves many team members," says Gila Hyams, Director of Nursing. "We had to establish new

Nissim Haim, Rambam's Deputy Director and Chief Operating Officer (COO) in his office, under the watchful eve of Yoda and other sculptures created by his wife As difficult as our work was and still is, I am honored to work alongside my colleagues, dedicated professionals who see their work

A Strong Work Ethic

Another layer of Rambam's COVID-19 response has been the nursing staff, which, starting in the initial planning stages, played a vital role in preparing to operate the hospital's coronavirus departments. "Our dedicated nurses were there from the beginning. We are always on the front lines, and as such, we were consulted during every step of the process," states Gila.

"I remember one Friday night prior to the opening of the first COVID-19 department. We were all working around the clock, and everyone gathered together. It was incredibly

moving to see people so eager to do whatever was needed," recalls Dr. Shachor-Meyouhas.

Nissim, Gila and Dr. Shachor-Meyouhas—who lead three of the many sectors involved in the project—agree that it was the collaboration, the mutual respect and the fact that every single employee at Rambam rallied that enabled the hospital to complete the task for the people of Northern Israel. "As difficult as our work was and still is, I am honored to work alongside my colleagues, dedicated professionals who see their work as a calling," shares Nissim.





Hagar Cohen Saban Deputy Director of Nursing

Willingness of Medical Professionals and Family Caregivers of the Elderly with Dementia to use the "Patient-Centered" Approach

Background: The "patient-centered" approach is a treatment philosophy which recognizes that everyone has their own history, personality, values, and individual preferences that must be considered during treatment. The focus is on the patient instead of the disease. Implementation has been associated with positive patient outcomes like reduction in the number of falls, fewer hospitalizations, and greater patient satisfaction.

Objectives: To examine factors related to the willingness of the hospital's multidisciplinary staff and family members to implement this approach.

Population: The study includes 269 multidisciplinary medical personnel and 100 family members of elderly dementia sufferers hospitalized at the same time in the internal medicine, surgery, or orthopedic departments.

Preliminary Findings: One of the findings of the accumulated data's statistical analysis is that feelings of self-efficacy among staff and family members is crucial in predicting willingness to carry out this approach.



Dr. Cochav Ben-Harosh Program Director

Psychobiological Risk Factors for Insomnia and Poor Mood of Hospital Nurses in Israel

Background: The prevalence of adult insomnia ranges between 10%-15%, and is more common in women. Among female hospital nurses, it is between 30%-60%. The same is true for poor moods and depression—almost five times higher for these nurses than the general population.

Objectives: To compare prevalence and severity of insomnia and poor moods among shift-working female nurses with those working daytime hours; to evaluate the contribution of psychobiological risk factors; to examine interrelationships between insomnia and worsening moods.

Main Findings: Shift-working nurses experience more insomnia and poor moods; shifts contribute to insomnia, but not to worsening moods.

Import and Implications: Understanding the effects of insomnia and mood among shiftworking female nurses can lead to interventions that improve health and quality of life, improving the care they provide. Findings support addressing early and circumstantial factors that increase the risks associated with psychological characteristics, biological factors, and shift work.



Gleb Sacharov
Thrombosis Coagulation Coordinator

Circadian Misalignment in Daily Endothelial Function Patterns: Are "Night Owls" and Shift Workers Predisposed to Cardiovascular Diseases?

Background: Endothelial cells play a role in cardiovascular disease (CVD), functioning variably throughout the day. Studies indicate an increased CVD risk among shift workers and evening chronotypes (night owls). This is explained by biological clock disruption and sleep deficiency.

Objectives: To examine the effects of biological clock types and rotating shift work on endothelial cell function.

Rationale and Hypotheses: Circadian rhythm and biological clock misalignments are associated with high CVD risk. Since endothelial cells operate at a certain circadian rhythm, lifestyles not adapted to the biological clock are associated with endothelial dysfunction.

Method: The study compares endothelial function markers and circadian misalignment levels in shiftworking nurses and daytime workers. 60 shift-working nurses (study group), and 60 daytime workers (control group) will be recruited.



THE **CHERYL SPENCER**SCHOLARSHIP LEGACY

Since 1974, a ceremony has been held at Rambam every year during Chanukah to present the Cheryl Spencer Memorial Scholarships for Academic Studies in Nursing to the year's recipients. Irma and Aaron Spencer's generosity has created a legacy that impacts generations of nurses and has changed the landscape of nursing at Rambam. Aaron, Cheryl's father, had this to say:

"The week that Irma and I were sitting Shiva, we were discussing our memorialization of Cheryl when the doorbell rang. It was the rabbi of our temple, and he told us of a recent visit of nurses from Rambam to Boston. Irma and I were unwilling to accept the idea that his visit was a coincidence. Investing in the education of Rambam's nurses could not have been a wiser decision."



A SALUTE TO RAMBAM'S **DIRECTORS OF NURSING**



ELSA YELLIN

FIRST HEAD NURSE 1948 - 1956

Elsa became Rambam's first head nurse following the establishment of the State of Israel, and founded the hospital's Nursing School. She focused on the centrality of the individual and the compassion of caregivers.



MAZAL UBEZKI THIRD HEAD NURSE 1980 - 1983

Mazal was very professional, and excelled in her extensive knowledge in the fields of nursing. During her brief tenure, Mazal began to make changes to the nursing division's infrastructure.



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PROF. HANNA ADMI FIFTH HEAD NURSE 1997 - 2015

Hanna expanded nurses' authority, developed a nursing clinical ladder, established new roles like nursing coordinators and nursing specialists, pushed for the academicization of the profession, and developed nursing research.



ROSA HARAN

SECOND HEAD NURSE 1958 - 1980

Faced with the daunting task of transforming the traditional British/European nursing philosophy into a modern approach. Rosa worked tirelessly to ensure the professionalism of nursing while maintaining a spirit of compassion.





Under Miriam's leadership, revolutionary changes were made to the nursing administration structure and activities, whereby nurses participated in and were integral to medical practice, thus raising the status of nurses and their work

1983 - 1997



GILA HYAMS SIXTH HEAD NURSE 2015 - PRESENT

Gila helped to advance the hospital's rigorous JCI (the recognized global leader in health care accreditation) accreditation process with honors. She is leading nursing with a vision, focusing on placing both patients and caregivers up front, and is collaborating in a program to upgrade work processes, with measurable results.

GLOBAL NURSING

Decades of Friendship



Rambam Health Care Campus and Homerton Hospital

in the East London, England neighborhood of Hackney

have a long tradition of medical exchanges – more

than 25 years, to be exact. The two hospitals have

been twinned since 1968 and the exchanges began

in the 1980s, enabling the staff from both institutions

to share knowledge and experience and forge cordial

working relationships. These exchanges also provide

unique opportunities for the staff members and people

of Homerton to gain a better understanding of Israel

The most recent exchange occurred in October 2019, when a delegation of six nurses from Rambam-led by

Khalil Namora, the Head Nurse in the Department of

Internal Medicine B-traveled to Homerton. During the

trip, they spent time in various hospital departments

and attended a risk management conference, visited

the city hall to meet with the mayor's spokesperson,

and spent time with representatives from the local

Jewish community, including Martin Sugarman, a well-

Noted one of the Israeli participants, "Before my trip

to Homerton, I wondered about the longstanding

friendship between our two hospitals. On the day I

arrived, I found the answer. A reality in which people

from different worlds connect with one another and



In 2006, a Norwegian couple contacted Rambam nurse

During their stay in Haifa, the Norwegians spend four days each week in various departments at Rambam, rotating between different specialties. The fifth day is spent at the University of Haifa. In addition, the nurses are taken on organized sightseeing trips around Israel, allowing them to see other parts of the country during their stay, including places like the Golan Heights and the Dead Sea.

While the initial delegations included only 4-6 nurses, today's delegations arrive in groups of 10-15 nurses; approximately 150 Norwegian nurses have done the program so far. Rambam looks forward to bringing more of these delegations once the situation permits!

that traveled to Homerton

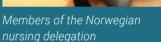
and meet Israelis.

known community activist.

share the desire for a higher truth."







From the Land of the

Midnight Sun



Nancy Menashe with a proposal to send delegations of Norwegian nurses to Rambam for training. The first group arrived in 2007, and staved for five weeks. Two years later, the initiative evolved into a joint project with the University of Haifa, and the length of time the nurses spent in Israel was extended to a full semester. Until the COVID-19 pandemic brought such activities to a standstill, these delegations from Norway would arrive twice a year-at the beginning of the fall and spring semesters—and stay for approximately 12-13



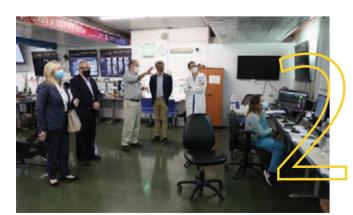
SNAPSHOTS - VIP

JUNE - DECEMBER 2020

Rambam's innovative activities during the COVID-19 pandemic—especially the opening of the Sammy Ofer Fortified Underground Emergency Hospital for use as a dedicated coronavirus treatment center—have generated a great deal of interest in Israel and abroad. In recent months, as a result of these activities, the hospital has hosted a steady stream of VIP visitors. These individuals, primarily government and military officials, came to tour Rambam's state-of-the-art COVID-19 command center and treatment facilities, and receive updates from General Director Dr. Michael Halberthal and the hospital administration. Several of them also participated in the ceremony that marked the inauguration of IDF-run COVID-19 departments, established alongside Rambam's COVID-19 departments.

These guests have included President Reuven Rivlin, Prime Minister Benjamin Netanyahu, Minister of Foreign Affairs Gabi Ashkenazi, Minister of Defense Benny Gantz, Minister of Health Yuli Edelstein, MK Naftali Bennett, Ministry of Health Director General Professor Hezi Levi, IDF Chief of Staff Lieutenant General Aviv Kochavi, IDF Deputy Chief of Staff General Eyal Zamir, and the IDF's Chief Medical Officer, Brigadier General Professor Elon Glassberg.

During this time, Rambam has also hosted delegations from the Embassies of Nepal and Sweden in Israel, with each delegation led by their respective ambassadors – H.E. Ms. Anjan Shakya, Ambassador of Nepal; and H.E. Mr. Erik Jörgen Carl Ullenh, Ambassador of Sweden.



Dr. Michael Halberthal and Dr. Michal Mekel, Deputy Director, with Mr. Erik Jörgen Carl Ullenh, Ambassador of Sweden and other delegation members

SNAPSHOTS VIP VISITS



L-R Chief Medical Officer Brigadier General
Professor Elon Glassberg, Prime Minister
Benjamin Netanyahu, Dr. Michael Halberthal, and Prof. Hezi Levi
in the COVID-19 Command Center



L-R Hagit Avneri, Dr. Esty Golan, Ms. Anjan Shakya, Ambassador of Nepal; and Dr. Avi Weissman, Rambam Deputy Director, with members of the Nepalese delegation.



President Reuven Rivlin speaks to Rambam employees on the public address system during his visit



Minister of Defense Benny Gantz at the inauguration ceremony



Participants sing "Hatikvah", Israel's national anthem, during the inauguration ceremony



Minister of Foreign Affairs Gabi Ashkenazi speaks with Dr. Halberthal in the underground facility (prior to opening)



L-R Brigadier General Professor Glassberg, IDF Chief of Staff Lieutenant General Aviv Kochavi, Dr. Halberthal in the COVID-19 Command Center



SNAPSHOTS

JUNE - DECEMBER 2020

ceremony was held at Rambam to honor A ceremony was nero at Ramba... teachers Liat Chen, Tali Amar, Meital Azran and Sima Shauli, who raised funds and donated toys to the Gift Room in Ruth Rappaport Children's Hospital. Participants included Dr. Esty Golan, Managing Director of International Relations and Chief of Strategic Development; Dr. Daniella Magen, Director of the Pediatric Division in Ruth Rappaport Children's Hospital; Laura Pinto, Secretary, Pediatric Nephrology Institute, Ruth Rappaport Children's Hospital; Inbar Shahaf, Head of Market Development and Donor Relations; and Hagit Avneri, Head of Foundations.

riend and supporter Rachel Jonas visited Rambam in late November. She met with Dr. Michael Halberthal, Professor Rafi Bevar, and Dr. Estv Golan. visited Rambam's COVID-19 Command Center, and suited up in PPE to tour the Sammy

Ofer Fortified Underground Emergency Hospital escorted by Dr. Halberthal and Dr. Golan-in order to see Rambam's COVID-19 activities firsthand.





Teachers at the ceremony honoring

their donation

L-R Dr. Michael Halberthal, Dr. Esty Golan, Professor Rafi Bevar, and Rachel Jonas in the COVID-19 Command Center

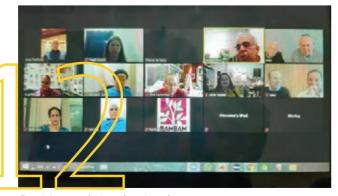
T o mark International Breast Cancer Awareness Month, Rambam illuminated the campus's Stone Building in pink—an annual tradition carried out around the world-in conjunction with a national conference on breast cancer awareness, sponsored by the Mariam Foundation, Rambam Health Care Campus, and Rambam Knowledge Center.



The illuminated Stone Building

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↑ n online ceremony was held to sign an agreement A between the Picciotto family's "Zchor L'Avraham" Foundation" and Rambam, celebrating their generous donation towards the refurbishment of the Picciotto Family Gynecologic Oncology Unit. Participants included Abigail Englman, Foundation Representative; Dr. Esty Golan; Dr. Michael Halberthal; Professor Zeev Weiner, Director, Division of Gynecology and Obstetrics; Dr. Amnon Amit, Director of the refurbished unit; Ariye Berkoviz, Director, Department of Engineering; Galit Alon, Managing Director, Friends of Rambam: Hagit Avneri: and Inbar Shahaf.



Participants during the virtual ceremony

he annual Stanford Medicine-Rambam Health Care Campus Symposium was held virtually, focusing on "Disaster Preparedness and Lessons Learned from the First Wave of the COVID-19

Pandemic". Speakers included Dr. Michael Halberthal: Professor Rafi Beyar, President, International Friends Associations; Gila Hyams, Director of Nursing; Dr. Eyal Fruchter, Director, Division of Mental Health; Dr. Hany Bahouth, Director, Trauma & Emergency General Surgery; Dr. Itay Shavit, Director, Pediatric Emergency Department; Dr. Khetam Hussein, Director, Infection Control Service; and Dr. Oren Caspi, Director, Advanced Heart Failure Center, Department of Cardiology.



Dr. Reuven Ishai, center, runs with other social activists and colleagues



Panelists, including Gila Hvams (bottom right). during the virtual symposium

r. Reuven Ishai, a senior physician in the Department of Otolaryngology-Head & Neck Surgery, recently ran 166 km during the course of one night to

raise awareness of dizziness and loss of balance issues, and start collecting donations for the establishment of a dedicated treatment center. He was joined throughout the race by other social activists and runners from awareness groups related to these issues as well as fellow Rambam physicians.

Dear Friends,

A gainst the backdrop of the COVID-19 pandemic, it has been an exceptional year at Rambam, where achievements and challenges have gone hand-inhand. Support from friends in Israel and around the world has enabled us to stand strong as we provide innovative solutions for our coronavirus patients and the dedicated teams that treat them in the Sammy Ofer Fortified Underground Emergency Hospital – the largest COVID-19 facility in Israel. It has been heartwarming and humbling to see our extended community come together in these unprecedented times!

Through it all, our regular activities have continued. Construction of Helmsley Health Discovery Tower and the Eyal Ofer Heart Hospital is ongoing, and we are grateful for the generosity of those who share and believe in our vision. More than anything, we look forward to a time when we will be able to meet again in person - rekindling friendships and celebrating Rambam.





SPOTLIGHT \\





PAUL AMIR Z"L

P aul Amir, a longtime friend and supporter of Rambam Health Care Campus, passed away on July 14, 2020, at the age of 89. Paul is survived by his beloved wife Herta, their two married daughters, Orna and Michal, and six grandchildren.

Born in Slovakia, Paul survived the Holocaust and immigrated to Palestine in 1946, landing in Haifa. With the outbreak of Israel's War of Independence, he was part of a group primarily from the Haifa region, sent to settle Kibbutz Yechiam, located in the Galilee. Paul lived there until 1960, when he moved to the United States and became a real estate developer in California. There he married Herta, and together, they raised their daughters and founded Amir Development Company, a real estate company. A passionate art enthusiast, Paul was active at various art museums in the Los Angeles area. Herta and Paul also established

an international foundation that helps support educational and cultural institutions worldwide including in Israel, and particularly in Haifa, which held a special place in Paul's heart.

Paul and Herta's legacy can be found throughout Rambam in facilities such as the Herta and Paul Amir Pediatric Cardiology Institute, the Herta and Paul Amir Neurosurgical Intensive Care Unit, and the Movement Disorders Institute.

In 2014, Rambam Health Care Campus was proud and honored to bestow the Rambam Award upon Paul and Herta, in recognition of their extraordinary contributions to the arts and education, and of their leadership in the Los Angeles Jewish community, and with gratitude for their support of Rambam.

IRMA SPENCER Z"L

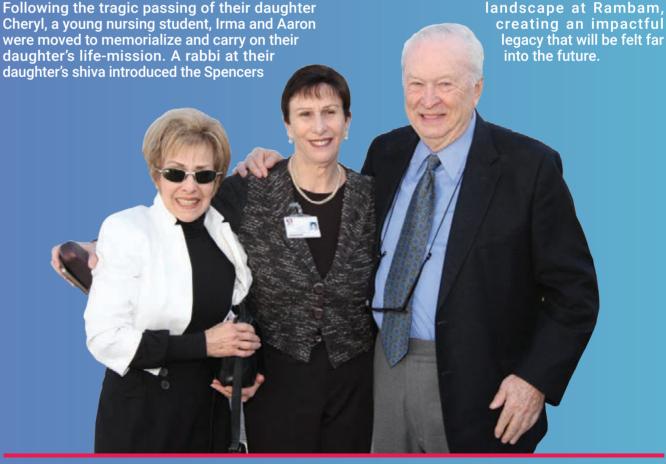
rma Spencer, a cherished friend of Rambam Health Care Campus, passed away on January 16, 2020. Irma is survived by her beloved husband Aaron, their son Mark, and four grandchildren.

Irma was born in 1932 in Roxbury, Massachusetts. A graduate of the Massachusetts College of Art, she was an accomplished pianist, a talented artist, and an interior designer. Irma made weekly visits to Boston Children's Hospital to spend time with the young patients, and in 1975, she helped to establish the Boston Children's Hospital Women's League, where she was one of its best fundraisers. Irma, along with her husband, was also a member of the Board of Directors of American Friends of Rambam.

to two visiting nurses from Rambam, and that chance meeting led to the establishment of one of the most important scholarship programs in the field of nursing in Israel.

For more than 40 years, Cheryl Spencer Nursing Scholarships have been awarded to distinguished Rambam nurses to support their graduate studies. The Spencers further commemorated their daughter with the establishment of the Cheryl Spencer Auditorium and the Spencer Center for Nursing and Medical Training. Another generous gift from the Spencers enabled the establishment of the Cheryl Spencer Pediatric Emergency Department in Ruth Rappaport Children's Hospital.

Irma and Aaron's generosity has changed the





SPECIAL EVENTS

R ambam friends and supporters in Israel and around the world gathered together online to raise their glasses for a festive virtual Rosh Hashanah toast. The event was hosted by Rambam General Director Dr. Michael Halberthal, and participants also heard from **Professor Rafi** Beyar, President of International Friends Associations, as well as the heads of Rambam's Friends Associations and select donors. During the course of the event. several videos were shown – a special Rosh Hashanah edition of "Rambam News", which highlighted the events of the previous year, and the story of Ariel Grabois, one of Rambam's first COVID-19 patients.

A special event was held at a sailing club close to Rambam to mark the end of International Nurses Week. The event was dedicated to the hospital's nurses and to their empowerment, and participants included employees from nursing staffs throughout the hospital. It was held in memory of **Cheryl Spencer**, a young American nursing student whose passing resulted in an extraordinary relationship between her parents, **Irma** and **Aaron Spencer** and Rambam, leading to the establishment of Rambam's **Cheryl Spencer** Nursing Scholarships and the Spencer Center for Nursing and Medical Training.



Dr. Esty Golan, Gila Hyams, and Dr. Michael Halberthal with nurses at the event



Celebrating Rosh Hashanah virtually



D ue to the pandemic, most Israeli children have been learning remotely for months, posing a problem for families who don't have enough-or any-computers at home. In light of this issue, high-tech company Plus500. longtime friends and supporters, donated more than 20 computers to members of the cleaning staff in the Sammy Over Fortified Underground Emergency Hospital's COVID-19 facility. In a small ceremony held at Rambam, each employee received a computer, a screen, a keyboard, a mouse, and a camera. Those in attendance included Dr. Esty Golan; Nissim Haim, Rambam Deputy Director; Amir Ben-Yosef, Head of the Operations Division; and Rotem Cohen, Operations Manager, Department of Emergency Medicine, Director, Planning and Infrastructure.

L-R Nissim Haim, Amir Ben-Yosef, Esty Golan, and Rotem Cohen present computer equipment to one of the employees

SAYING GOODBYE

RABBI LORD JONATHAN SACKS



Rambam Health Care Campus mourns the loss of 2015 Rambam Award recipient Rabbi Lord Jonathan Sacks Z"L, who passed away on November 7, 2020. He is survived by his wife Elaine, three children, and several grandchildren.

Born in London in 1945, Rabbi Sacks earned an Honors Degree in Philosophy at Gonville & Caius College in Cambridge. The desire for a deeper exploration of faith and religion led Rabbi Sacks to New York to meet the Lubavitcher Rabbi.

After serving as the rabbi for two major London synagogues, Rabbi Sacks became the Chief Rabbi of the United Hebrew Congregations of the Commonwealth in 1991, a position he held until September 1, 2013. In 2005, Rabbi Sacks was knighted by Her Majesty Queen Elizabeth and subsequently made a Life Peer, taking his seat in the House of Lords in October 2009.

Through his extensive teachings, writings, public speaking and media appearances, Rabbi Sacks continued to engage a broad audience on issues of Jewish philosophy and ethics. As an educator, Rabbi Sacks held professorial positions at universities in the UK, Israel, and the United States. He was given 16 honorary degrees, including a Doctor of Divinity by the Archbishop of Canterbury. Rabbi Sacks also received many awards, such as the Jerusalem Prize and numerous literary awards, including two National Jewish Book Awards.

Rabbi Sacks was a global religious leader, philosopher, author, and, most importantly, a moral voice for our time who embodied meaningful and ethical Judaism.

REVEREND IRVIN BAXTER, JR.

astor Irvin Baxter, Jr. was an enthusiastic supporter of Rambam Health Care Campus. His support led to Rambam's nickname, among Evangelical circles, as the Armageddon Hospital. His efforts helped to support the equipping of the Sammy Ofer Fortified Underground Emergency Hospital. His vision was to ensure Rambam's readiness during wartime situations. Reverend Baxter passed away on November 3, 2020.

Seventy-five years young, Reverend Baxter was a committed lover and supporter of Israel and Rambam. A United Pentecostal Church minister, radio and television host, evangelist, author, and biblical scholar, he strongly believed in the important role Rambam would play in Israel.

Everyone at Rambam sends their condolences to his wife of 55 years, Judith Ann Baxter, his daughters,



Reverend Baxter, his daughter Jana, and wife Judy being recognized for their generosity, with Dr. Esty Golan, Deborah Hemstreet, Christian Friends of Rambam Representative, and Abigail Zohar, Visit and Delegation Coordinator

Karla Denise Sistrunk, Kara Michelle McPeak, and Jana Gayle Robbins – who have all visited Rambam in the past. May Reverend Baxter's name be remembered as a righteous gentile, and may his memory be honored through the life-saving use of the Sammy Ofer Fortified Underground Emergency Hospital.

CREATING THE FUTURE OF MEDICINE

Support Rambam HCC now to ensure our ongoing ability to meet the needs of the people of Northern Israel.









CONSTRUCTION:

Eyal Ofer Heart Hospital Helmsley Health Discovery Tower

MAINTENANCE AND ONGOING SUPPORT:

Sammy Ofer Fortified Underground Emergency Hospital

COVID-19 Treatment

EQUIPMENT ACQUISITION:

PET-CT Scanner
MRI Scanner



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