



# Insider

Spring 2022

## Wellness Starts With Healthy Sleep

*There's nothing better than waking up refreshed after a good night's sleep. It's not only a great way to start the day, but it's also important to boost your body's immune function, fight disease and illness, optimize our performance, and keep our emotions in check.*



**Dr. Katie Sharkey**

The Brown Medicine Insider caught up with nationally renowned sleep expert, Dr. Katie Sharkey, a physician in Brown Medicine's Division of Pulmonary, Critical Care and Sleep Medicine. She is a clinician, researcher and associate professor in the Departments of Medicine and Psychiatry and Human Behavior at the Alpert Medical School of Brown University, and associate dean for Gender Equity at Brown.

**Here is what she has to say:**

**Q: What does it mean to practice good "sleep hygiene"?**

**A:** It's basically a set of habits you can use to optimize sleep quality and keep your sleep on schedule. This includes going to bed and waking up around the same time every day and not spending time in bed when you are not sleeping. In addition, people should aim to avoid common disruptions like bright light at night, and noise and eating or drinking right before bed - especially alcohol and caffeine. I also advise people not to snuggle with their smartphones!

**Q: How much sleep does a person need?**

**A:** On average, adults require 7-8 hours; adolescents between 8-10; school-aged children 9-11 hours; and babies up to 18 hours. One way to tell that you are not getting enough sleep is if you notice that you can sleep in much later on days off than on work or school days. That means your body is trying to make up for insufficient sleep. If you have a late night here and there, you should be able to handle that if your sleep habits are good most of the time.

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## LUNG CANCER SCREENING RESEARCH UNDERWAY

Brown Medicine's Division of Hematology/Oncology physician Dr. Hina Khan is conducting a community-based outreach effort to increase awareness of lung cancer screening and access to care, particularly among African American and Latinx populations in Central Falls, Providence and Pawtucket. The target study population is adults aged 50 to 80 years with a 20 pack-year smoking history who are currently smoking or have quit within the past 15 years. For more information, contact Dr. Khan at (401) 793-7126 or [hina\\_khan@brown.edu](mailto:hina_khan@brown.edu), or listen to her Brown Medicine "Moving The Needle" podcast interview at <https://brownmed.org/news/brown-medicine-moving-the-needle-podcast-lung-cancer-screening-study/>.

## NEWS

### Brown Medicine CMO Participates in National Symposium



Chief Medical Officer Dr. Peter Hollmann participated as an expert in the world's only medical coding conference, held virtually for over 1,200 care management administrative professionals. He explained the history and nuances behind the codes and helped attendees learn about upcoming changes to current procedural terminology (CPT) codes. For more than 50 years, CPT has been the primary medical language used to

communicate across health care. The CPT code set is constantly updated by an Editorial Panel with insight from clinical and industry experts to reflect current clinical practice and the latest innovations to help improve the delivery of care. Dr. Hollmann is a former chair of this Panel, appointed by the AMA Board of Trustees, which is responsible for maintaining and updating the CPT code set. Dr. Hollmann also co-chaired an American Medical Association-convened coalition of 170 state and medical specialty societies to produce evaluation and management office visit and outpatient documentation and coding reforms that took effect in 2021.

### Employees Recognized

**Brown Medicine is pleased to recognize the following employees for their outstanding job performance and contributions to their departments:**

### Managers of the Year (2021)



**Allie Leclerc**  
Practice Manager –  
Internal Medicine



**Judy Lancellotta,**  
Director of Finance

### Employee of the Quarter

(OCTOBER – DECEMBER 2021)



**Mariza Zelaya**  
Pharmacy Technician

# Go Blue!

The Brown Medicine Endoscopy Center held a special ceremonial event for the public to commemorate Colon Cancer Awareness Month. Held outdoors at East Providence City Hall, attendees listened to Dr. Harlan Rich, medical director of the Endoscopy Center, speak about the importance of colorectal cancer screening and receive a proclamation from Mayor Roberto DaSilva. A giant colon (complete with giant polyps) and colon wall were on display, and local martial arts students performed a "kick cancer" demonstration. Participants wore blue clothing and participated in a Blue Light Walk around City Hall as the building was lit up in blue.



East Providence City Hall and Brown Medicine Endoscopy Center "go blue" with the EP Martial Arts Academy and Mayor Bob DaSilva.



A giant inflatable colon was on display at East Providence City Hall during the event.



Pictured, from left: Mayor Bob DaSilva, Laura McNamara from the East Providence Area Chamber of Commerce, and Dr. Harlan Rich, Medical Director of Brown Medicine's Endoscopy Center.



East Providence City Hall and Brown Medicine Endoscopy Center "go blue" for Colon Cancer Awareness Month.



## Meet Michael Machost, MHA, LPN

Practice Manager, Division of Pulmonary Medicine

Imagine being an emergency medical technician at a busy hospital. You'd have to be specially trained to handle the equipment, administer medication, and patient critical care.

Now imagine that same hospital job, except this hospital is in the air. On a large airplane. During war.

This is what Michael Machost, Brown Medicine's newest practice manager did for the past nearly 20 years for the Connecticut Air National Guard. He is a highly trained air medical evacuation technician or, as he likes to say, a "flight medic."

"My job was to fly in the back of a plane taking care of military patients as we flew them from base to base," states Machost, who was deployed to Ramstein, Germany in 2005 during the Iraq War for Operation Iraqi Freedom and Operation Enduring Freedom. "Our patients were soldiers but we've carried civilians and defense contractors or anyone who needed care - from pediatrics to geriatrics. We'd provide urgent care for injuries from bombs, IEDs, gun battles to stabilize them during the flight to the hospital. Sometimes our patients experienced traumatic injuries and psychological issues; it was a wide range."

Machost went through LPN and EMT training simultaneously for nine months, in addition to clinical training in a hospital. While others who wanted to be medics went on to another hospital or base for specialty training, he went to flight school to become an "air evac."

"There are things you have to worry about when moving patients in the air. Ears pop and cabin pressure can affect head trauma, gases such as oxygen expand, temperature control is an issue in high altitudes so 'flight burns' or hypothermia can occur, equipment moves within flight, and all sorts of variables must be considered that don't happen in a hospital on the ground," he explains. "We're a hospital in the sky."

Air Evacs also have to serve as the flight attendant in air, often on long flights between bases or in difficult situations. "If emergency egress is needed, we are responsible to get everyone off the aircraft safely and handle logistics, as well as provide care for our patients medically. We could crash behind enemy lines or in a wilderness somewhere, so our training is critical," adds Machost.

Over the years, Machost moved up the ranks of the Air National Guard into a superintendent of nursing services role. Now, as senior master sergeant, he is in charge of a team of medics, overseeing nurses and working alongside the chief nurse to ensure that troops' careers are progressing, and handling daily office tasks. "I'm more of an administrator now and don't touch patients any longer unless I need to. I fell in love with this job," he recalls. He earned his graduate degree in health administration from the University of Massachusetts while being a full-time student, parent/spouse, and employee at a medical practice in Dartmouth.

"Eventually, I impressed [Brown Medicine's Pulmonary Division Director] Dr. Levy enough to get hired. I love the people I work with, and the doctors are wonderful and very responsive. It's a great team," states Machost. "My job is to maintain the daily office operations and ensure the workflow for doctors seeing patients is running smoothly. I also try to bring continuous improvement to the team. It's not me barking orders, it's me listening and getting input so everyone has a voice. Being a goal-setter in the military, I aspire to move up, grow and better myself and everything around me. I like to leave a place better than I found it."



Michael Machost, MHA, LPN

## Mentorship Program

Brown Medicine is pleased to announce the first graduating class of its new "Mentorship Program" comprised of 12 mentors and 12 mentees.

The program was developed and managed by Director of Analytics Brad Cough and Human Resources Business Partner Christine Ellingwood to ease the pathway to career advancement for motivated, talented staff within the Brown Medicine organization.

Mentor Kathleen Haslam, director of corporate compliance, and mentee Tammy Melo, medical secretary, were among the pairs for the program. "I knew that Tammy was wrapping up a Coding class she was taking, and thought it would be a great opportunity to pair her and Kathleen together," said Christine. "I knew that Kathleen would guide Tammy through her exam, and I am so excited to report that it led to Tammy receiving a position in Kathleen's department. This is truly what the mentorship program is all about."

The next class of mentors and mentees will begin the program in April 2022.



Mentorship Program pair  
Kathleen Haslam (left) and Tammy Melo (right)

**Q: What are circadian rhythms?**

**A:** Circadian rhythms are the 24-hour cycles produced by your body's internal biological clock. With regards to sleep, this clock helps control your daily schedule for sleep and waking, and it's regulated by the daily light-dark cycle. Most people know if they are a morning person or night owl by when they fall asleep and wake up naturally without an alarm clock. If circadian rhythms are disrupted, for example, due to jet lag or shift work, shutting out daylight when you need to sleep and shifting your mealtimes can help you readjust.

**Q: What is melatonin and should someone take these supplements?**

**A:** The human body naturally produces melatonin. It's secreted by the brain's pineal gland in response to darkness and is linked to the regulation of circadian rhythms. Melatonin can be used as a sleep aid, especially for situations that involve circadian disruption like jet lag and shift work. Speak with your healthcare provider before using melatonin because it must be taken at the right time to be beneficial.

**Q: What's the best way to overcome insomnia?**

**A:** There are many causes of sleep difficulties. From stress and anxiety to pain and illness, the reasons are varied but it is helpful to determine what is causing the sleeplessness. Insomnia can even occur as a side effect of some medications. While the contributing factors are identified and managed, engaging in a specific short-term therapy called cognitive and behavioral therapy for insomnia (CBT-I) can get people back on track. And, of course, practicing good sleep hygiene is a good way to prevent insomnia.

**Q: Are naps OK?**

**A:** When a child gets cranky, we put them down for a nap. But as we age, adults who get cranky seem to forget the benefits of napping! The National Sleep Foundation estimates about one-third of adults in the U.S. get a daily nap. Short naps (20-30 minutes or shorter "power" naps) can help improve your energy, refresh your brain's alertness, and restore emotional balance and good mood. Daytime naps should not be so long as to interfere with getting a good night's sleep. Listen to your body and nap if you can, or simply close your eyes to meditate and breathe deeply. If you are excessively sleepy during the day, you may have a sleep disorder such as narcolepsy or sleep apnea. Whenever you notice a change in your sleep, wake up tired after a long night's sleep, or experience daytime alertness difficulties, it's time to speak with your doctor.

**Q: Do you have any tips for making the bedroom better for sleep?**

**A:** Your bedroom should be very relaxing and a welcome, quiet oasis. Get rid of all electronics, use light-blocking materials for window shades, and find ways to keep the temperature cool for the most restful sleep possible. If you have difficulties with coughing or nasal congestion at night, it might be time for new pillows and a mattress cover. Bedding can accumulate allergens and exacerbate breathing issues at night.

## Pasta Primavera

In Italian, Primavera means Spring. Pasta Primavera is a quick dish that puts most of Spring's bounty of vibrant and colorful produce to work. Trade in traditional pasta for the gluten-free alternative. Want to add some protein to your meal? Serve with grilled shrimp or chicken on the side. With this versatile dish the options are endless.

Prep Time: 10 minutes  
Cook time: 15 minutes  
Servings: 4

**INGREDIENTS**

- Salt to taste
- 12 ounces fusilli pasta
- 4 cups broccoli florets
- 3 carrots, thinly sliced
- 1 red bell pepper, cut into thin strips
- 1 cup frozen peas
- 4 tablespoons cold unsalted butter
- 2 cloves garlic, minced
- 1 cup low-sodium vegetable or chicken broth
- Freshly ground pepper
- ½ cup grated parmesan cheese, plus more for topping
- 2 tablespoons chopped fresh parsley or basil
- Juice of ½ lemon

**INSTRUCTIONS**

- Bring a large pot of salted water to boil. Add the pasta and cook as the label directs, adding broccoli, carrots, bell pepper and peas during the last 3 minutes of cooking. Reserve 1 cup cooking water, then drain the pasta and vegetables and return to the pot.
- Meanwhile, make the sauce: Heat 2 tablespoons butter in a large skillet over medium-high heat. Add the garlic and cook, stirring until it begins to soften, about 1 minute. Add vegetable broth, ½ teaspoon salt, and pepper to taste; bring to a simmer and cook until slightly reduced, about 3 minutes. Whisk in the remaining 2 tablespoons butter until melted and the sauce has thickened, about 1 more minute.
- Pour the sauce over the pasta and vegetables and add the cheese, parsley and lemon juice. Cook over low heat, stirring until the cheese melts, about 1 minute, adding enough of the reserved pasta water to loosen the sauce. Season with salt and pepper and top with more cheese.

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/pasta-primavera-recipe2-2121167>

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