

**Grand Rounds**  
**Thursday, November 1, 2007, 12:00 Noon - 1:00 p.m.**  
**Clinic Auditorium**

**Robert Berger, MD**  
Professor of Medicine  
Director of Medical Informatics

**Update on Clinical Computing at UNC**

**FYI**

- In recognition of World Aids Day, the UNC Center for AIDS Research and the UNC Institute for Global Health and Infectious Disease present the 9th Annual HIV/AIDS Symposium on Fri., Nov. 30, 9:30 a.m. - 3:00 p.m., in Room 136 Tate-Turner-Kuralt Bldg., School of Public Health. A number of talks will be given, including, "Pre-exposure Prophylaxis to Prevent HIV Transmission - Can It Work?" (Ward Cates, MD), and "Artherosclerosis Risk in People Living with HIV," (Michele Floris-Moore, MD). Registration is free, but is first come, first served. Visit the Center for Aids Research website [here](#) to register, or call Ben at 6-7199.
- Reminder: Applications for NIH loan repayment awards of up to \$35,000 annually are due Sat., Dec. 1, 2007. Application and program information can be found [here](#). Health professionals engaged in biomedical and behavioral research in one of five Loan Repayment Program (LRP) areas who devote an average of 20 hours per week or more to research funded by a non-profit organization, university, or government entity can qualify. Applicants must also possess a doctoral-level degree and be U.S. citizens or permanent residents. For assistance call the Helpline at 866-849-4047 or send email inquiries to [lrp@nih.gov](mailto:lrp@nih.gov).

**MESSAGES FROM THE CHAIR**

- In a recent newsletter, I discussed the importance of early discharge planning and writing discharge orders by 9:00 a.m. when possible. I was delighted to hear that we have made a significant improvement, increasing the percentage of patients with discharge orders by 9:00 a.m. from about 4% to nearly 10%. I would like to thank you all for your attention to this important issue. With continued work, I believe we can further improve in this area, making it possible for our patients to get into the hospital earlier in the day.
- I would also like to extend a special thanks to everyone for their cooperation in the recent launch of the electronic "Green Sheet." I have received glowing feedback regarding our department's professionalism and positive attitude in this regard, and am proud that everyone is doing what they can to help implement this important advancement in patient safety.

## FROM THE CHAIR'S OFFICE

As physicians, we all understand the importance of proper nutrition. Getting the proper nutrients and maintaining a healthy weight has enormous benefits for our patients (and for ourselves), both in the prevention of disease and in the improvement of general overall health. But getting our patients (and in some cases ourselves) to eat more healthfully can be a challenge. First of all, it can be difficult to find the time to educate our patients and to encourage them to make positive changes – we often have much ground to cover in a limited amount of time, and we see some patients relatively infrequently. Eating habits can be very difficult to change and improving one's diet requires focus and commitment.

Last week's Department of Medicine Grand Rounds speaker, Dr. Timothy Harlan of Tulane University, also known nationally as "Dr. Gourmet," provided some valuable information and advice regarding this issue. In his lecture, "The Mediterranean Diet = The American Diet," Dr. Harlan talked about some ways in which we can encourage our patients to eat healthfully, while providing them with concrete advice and guidance so that they can follow through with their nutrition goals. The lecture not only contextualized the challenges physicians face in providing this information, but gave some attention to the challenges and temptations all Americans face in a culture flooded with high-fat snack foods and prepared meals. Dr. Harlan then outlined the benefits of a "Mediterranean" diet, a diet high in the consumption of fish products, low in red meat, and rounded out by plenty of fruits and vegetables. Interestingly, Dr. Harlan also pointed out that this "Mediterranean"-style diet can be achieved with plenty of "American" recipes already familiar to many of our patients.

Dr. Harlan also provided a few quick tips to give our patients to help guide them towards better choices. These seven tips (including cutting out soda consumption, taking one's lunch to work, and exercising) are simple and can be followed by those patients who do not have the time or desire to sort through comprehensive diet information. Dr. Harlan's "Dr. Gourmet" website, found [here](#), is also a very valuable tool, and provides a wealth of patient-oriented dietary information that one can apply in a practical manner. I think that you will find this an exceptional resource that is very patient friendly. Dr. Harlan's full Grand Rounds presentation, which we have posted [online](#), is an excellent summary of his comments.

Questions or submissions, contact [sarah\\_perry@med.unc.edu](mailto:sarah_perry@med.unc.edu).