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## The Medical Center Welcomes New Physician To Its Staff



**Aspasia Fissikoudi, M.D.** received her medical degree from Aristotle University of Thessaloniki, Greece in 1998 after which she completed her Pediatric Residency at Monmouth Medical Center in Long Branch, N.J. and her Neonatology Fellowship at St. Christopher's Hospital for Children in Philadelphia, Pa. Dr. Fissikoudi is Board Certified by the American Board of Pediatrics. She is located in the Neonatology Department at The Medical Center, 250 Park Street, Bowling Green, KY 42101 and may be reached at (270) 796-4586 or in the Nursery at (270) 796-2413.

**Commonwealth Health Corporation**  
**PROFESSIONAL RELATIONS OFFICE**  
**Scott Stivers, Director**  
**(270) 745-1531**

## The Medical Center Reduces Door To Balloon Time

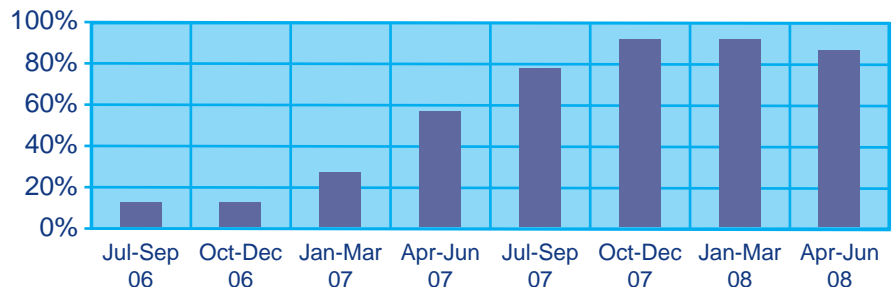
When it comes to a heart attack, "Time is muscle." As an accredited Chest Pain Center, The Medical Center considers Door to Balloon (D2B) time as a key measure for providing heart attack patients with timely, lifesaving treatment. Through process changes over the past two years, The Medical Center has reduced the D2B time to 90 minutes or less in nearly 90% of patients.

Door to Balloon time is the average length of time from the moment a patient enters the doors of The Medical Center with a heart attack to the time the patient is treated in the Cardiac Cath Lab with PCI and circulation is restored to the heart muscle. The use of PCI allows cardiologists to go directly to the sources of an obstruction, thus preserving heart muscle and potentially reducing mortality. Decreasing the D2B time is a primary goal of the Chest Pain Committee, an interdisciplinary team that works to improve the care of patients who enter The Medical Center with complaints of chest pain.

In July 2006, the standard for Door to Balloon time changed from 120 minutes or less to 90 minutes or less. Although the Chest Pain Committee had achieved the 120 minute goal, they knew they had to make big changes to achieve the new 90 minute goal. The team made numerous process changes last year to decrease the D2B time, and they have continued to fine-tune the process.

The graph below demonstrates the dramatic improvement in the percent of patients who are now achieving an average D2B time of less than 90 minutes. The team also rolled out the project to include The Medical Center at Scottsville and The Medical Center at Franklin. Now many of those patients are able to achieve the 90 minute target from the time they arrive in Scottsville or Franklin's ED until they are in the Cath Lab in Bowling Green.

**% Door to Balloon < 90 Minutes**



The Medical Center at Bowling Green received full Cycle II accreditation with PCI from the Accreditation Review Committee of the Society for Chest Pain Centers in May 2007. The Medical Center is the 40th accredited Chest Pain Center in the nation and the only hospital in Southcentral Kentucky accredited with PCI. According to guidelines established by the American College of Cardiologists and the American Heart Association, when done in a timely fashion, PCI is the preferred treatment option for patients suffering from acute myocardial infarction.