

ATS Highlights 2022: Critical Care Assembly Early Career Professionals



Lina Miyakawa, MD

Assistant Professor
Division of Pulmonary, Critical Care,
and Sleep Medicine
Icahn School of Medicine at Mount Sinai
Twitter: @LinaMiyakawa
LinkedIn: linamiyakawa

Tell us about yourself.

I am a Pulmonary and Critical Care physician living in New York City. I spent my childhood in Tokyo, Japan and Honolulu, Hawaii. I attended NYU for my undergraduate studies followed by the John A. Burns School of Medicine at University of Hawaii for medical school, Santa Clara Valley Medical Center for Internal Medicine residency, and fellowship training at Mount Sinai Beth Israel. The love of my life is my long haired dachshund, Thumper.

Tell us about your academic work.

My academic work involves clinical research, medical education, and patient safety & quality improvement.

Please describe your academic work.

My passion lies in patient safety and quality improvement. As the Associate Director of the Medical Surgical Intensive Care Unit, my goal is to create an impact and change the medical culture to put the onus on each and every one of us to want to improve the system. As the Director of Quality Improvement for the Division of PCCM at Mount Sinai Beth Israel, I promote a safe environment and culture with complete transparency by understanding the patients' and healthcare workers' needs to better manage expectations on both sides. I was recently appointed as the Associate Director of Patient Safety and Quality for the Institute for Critical Care Medicine at Mount Sinai.

Do you have an inspirational quote?

Growing up, my mother would passionately say, "yareba dekiru!" whenever I wanted to give up. The rough translation, "if you try, you can do it." This phrase has pushed me to persevere through the most difficult times in my life and will help me to achieve my future goals.



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Community Partnership: Mount Sinai Health System (MSHS) Pulmonary & Critical Care with Harlem Run (PCCM x HR)

Significance: The moral imperative for diversity has been placed at the forefront in the wake of a worldwide pandemic, and historic racial unrest. As part of a concerted effort throughout the MSHS to become an anti-racist institution, we* joined our efforts to promote a community outreach initiative. We partnered with a community walking group called HarlemRun to provide common ground and offer time and access.

Aims: The mission of the PCCM x Harlem Run partnership is to bridge the gap between healthcare workers (HCWs) and the community we serve. We envision a partnership that will:

- Facilitate the alignment of community expectations with HCW obligations
- Create venues for perspective sharing and trust-building
- Empower community members in their personal health journeys
- Provide educational healthcare resources to community members

Approach: We sponsored two longitudinal initiatives with Harlem Run. We planned and completed the first season of “Walk Together, Talk Together” in Fall 2021, a small grant program where we join a weekly walking group with community members recruited and led by a Harlem Run coach. Each season consists of 8-10 sessions, and Dr. Mohanraj and I, with other voluntary PCCM faculty and fellows successfully participated in the first season. We spoke to the participants about a wide range of topics from vaccine hesitancy to films and restaurants. We were also able to make two direct referrals for people to see sleep physicians. We also held our first community-based health education series and I was one of three panelists that spoke about COVID-19, a topic that was generated from the community. Future topics will continue to be generated from the community via Harlem Run, or during the “Walk Together, Talk Together” program. Our goal is to continue both initiatives on a quarterly basis.

Preliminary Data: Having just completed our first stage of our two longitudinal initiatives, we are currently surveying participants and will be measuring our impact.

**Leadership collaboration with Dr. Mirna Mohanraj and Amir Figueroa*



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