

KAVITA KASAT, MD

ATTENDING NEONATOLOGIST

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EXPERIENCE

Lenox Hill Hospital, New York, New York, 2011-present
Attending Neonatologist
Assistant Professor at Zucker School of Medicine at Hofstra

Cohen Children's Medical Center of New York, New Hyde Park, New York, 2008-2011
Attending Neonatologist
Assistant Professor at Albert Einstein College of Medicine

LEADERSHIP & ACTIVITIES

EDUCATION —

Lehigh University,
Bethlehem, Pennsylvania
1994-1998
B.S. Molecular Biology
magna cum laude

**Mount Sinai School of
Medicine, New York, New
York, 1998-2002**
MD.

TRAINING —

**New York University
School of Medicine, New
York, New York, 2002-2005**
Pediatrics Residency

**New York University
School of Medicine, New
York, New York, 2005-2008**
Neonatology Fellowship

Director of Pediatric Quality & Patient Safety, Lenox Hill Hospital, 2022-present

- Direct, oversee, plan, coordinate, and evaluate a comprehensive Pediatric Quality Improvement Program to improve clinical outcomes, minimize patient harm, and improve processes/operations in collaboration with Department of Pediatrics Chairperson
- Oversee tracking of quality metrics, external reporting, and departmental quality improvement projects
- Creation of the “**Maternal Child Health Quality Council**” in collaboration with nurses and physicians
- Frequent communication and collaboration with multidisciplinary team leaders within the department including nursing, physicians and quality management
- Collaboration with service line leadership, hospital leadership and frontline staff to develop and implement systems to promote safety, high quality of care standards and improve patient satisfaction.
- Oversee incident reporting, root cause analyses, and sentinel event reporting for the department
- Provide guidance and education to team leaders in the development, implementation and evaluation of quality improvement projects using QI tools and charts.
- Evaluate physicians and ACPs within the department using defined quality metrics for OPPE/FPPE.

Pediatric Performance Improvement Coordinating Group (PICG), Meeting Director, Lenox Hill Hospital, 2018-present

- Leader of monthly Pediatric Quality meetings focused on departmental improvement projects
- Leader of monthly Improve North/Case Review meetings
- Conduct PDSA cycles for projects
- Responsible for collecting and reporting data on medication safety, Neonatal Rapid Responses and Codes, Pediatric Rapid Responses, Newborn Screen collection errors, breastfeeding data, ventilator data, central line infection data
- Conduct root cause analyses and case reviews

CERTIFICATION --

- Pediatrics Board Certified
- Neonatology Board Certified
- Institute for Healthcare Improvement (IHI) Basic Certificate in Quality and Safety
- Neonatal Resuscitation Program (NRP) Instructor
- Basic Life Support (BLS) Certified
- Pediatric Advanced Life Support (PALS) Certified
- Certificate in Clinical Pediatric Palliative Care

MEMBERSHIP --

- American Academy of Pediatrics, Fellow
- Section on Neonatal-Perinatal Medicine, Fellow

Director of Pediatric Education, *Lenox Hill Hospital*, 2014-present

- Responsible for organizing monthly Neonatal Journal Clubs and bi-weekly Pediatric Grand Rounds including scheduling, curriculum planning, completing annual regularly schedules series (RSS) application for CME credit, and communicating with speakers.
- Organized the Neonatal Nurse Practitioner Orienteer Curriculum and Neonatal Nursing Lectures.

Neonatal-Perinatal Palliative Care Program, Program Creator and Physician Lead, *Lenox Hill Hospital*, 2023- present

- After performing additional training and educations, developed the **Lenox Hill Hospital Neonatal/Perinatal Palliative Care Program** dedicated to providing comprehensive, multidisciplinary, high-quality palliative care to all newborns with life-limiting conditions ensuring that all babies and their families are treated with dignity and respect, while minimizing both physical and emotional pain.
- Created guidelines and templates for palliative care for both labor and delivery and the NICU

Institute for Healthcare Improvement (IHI) Basic Certificate in Quality and Safety, 2020

Completed online certification program which included the following modules:

- Improvement Capability
- Patient Safety
- Family Centered Care
- Health Care Leadership

Maternal-Child Health Policy and Guidelines Author, *Lenox Hill Hospital*, 2011-present

- Organized, restructured and updated all Neonatal/Pediatric Guidelines on the Northwell Maternal-Child Health Lenox Hill Hospital website.
- Primary author for the following policies, guidelines, checklists and brochures:
 - Post-Resuscitation Monitoring of the Neonate
 - Neonatal Pain & Sedation Guidelines
 - Neonatal Palliative Care & Post-Mortem Guidelines in the NICU
 - Neonatal End of Life Comfort Care on Labor and Delivery
 - Percutaneous Central Venous Catheter (PICC) Procedure and Central Line Maintenance in the NICU
 - Broviac Care Policy - NICU
 - Umbilical Catheter Insertion and Maintenance
 - Notification of Neonatal Services for Labor and Delivery
 - Notification of Neonatal Team for Emergent Issues in WBN and Outside Labor and Delivery
 - Neonatal Rapid Response Team and Neonatal Code 100 Policy
 - Phototherapy – Technical Aspects
 - Postnatal Management of Antenatal Hydronephrosis
 - NICU Pre-Operative Checklist
 - NICU Post-Operative Checklist
 - Lenox Hill Hospital “Neonatal Follow-Up Program” Brochure
 - Lenox Hill Hospital “Preparing for your baby’s discharge from the NICU” Brochure

NICU Empathy Workshop Task Force, Program Creator and Physician Lead, Lenox Hill, 2015-2020

- Led a multidisciplinary task force to develop a program based on the following learning objectives:
 - To deliver medical information to families with better communication and empathy skills.
 - To improve communication skills on how to “break bad news”.
 - To understand how nonverbal communication can impact the interaction between the staff and the family
 - To learn skills to help manage difficult families with compassion and understanding
- Prepared, implemented, and conducted sessions for the Empathy Workshop curriculum
- Performed data collection which demonstrated improvement in parent satisfaction on the “Picker Institute of Europe Parent Experiences of Neonatal Care Surveys” and improvement in “NICU Provider Communication Skills Self-Assessment” Scores.

Neonatal Resuscitation Program (NRP) Training, Head Coordinator, Megacode Instructor, Lenox Hill Hospital, 2011-2020

- Team leader for meetings to discuss the implementation of a training program for all neonatal staff to become educated in the NRP guidelines.
- Organized the structure and calendar for megacodes for over 200 staff members.
- Ongoing education conducted through mock codes for Maternal Child Health team.

Team STEPPS Program, Instructor, Lenox Hill Hospital, 2011-2012

- Taught staff members the key features of Team STEPPS (Strategies and Tools to Enhance Performance and Patient Safety) via a lecture format. Implemented
- Team STEPPS into the daily NICU routine.

Neonatal Central Line Associated Blood Stream Infection Committee at Cohen Children’s Medical Center and Lenox Hill Hospital, Member & Team Leader, 2008-2012

- Revised the system-wide central line policy in the neonatal intensive care unit with the goal of reducing central line infections.
- Taught fellows, nurse practitioners and nurses best practices when inserting central lines and changing dressings.
- Performed root cause analyses when identifying central line infections.

GRANTS

Alicia’s Angels Grant Recipient, *Individual Awardee*, 2022

- Awarded \$2000 from this nonprofit organization to further personal education in Neonatal Palliative Care with plan to formalize program at Lenox Hill Hospital.

Ikaria Advancing Newborn Medicine Grant Program for Fellows, *Research Advisor*, 2010

- Functioned as a mentor for a fellow who received a \$10,000 grant for research entitled “Anti-Inflammatory Therapy for Bronchopulmonary Dysplasia.”

AWARDS, HONORS & PRESENTATIONS

- **“Friend of Nursing Award,”** *Recipient of 8th Annual Award during Nurse’s Week, Lenox Hill Hospital, 5/2021.* Sole recipient of this award at Lenox Hill Hospital for 2021, based on nomination by NICU nurses.
- **“Maternal-Child Health Retreat Communication Workshop,”** *Invited Guest Speaker and Scenario Organizer, Lenox Hill Hospital, 3/2019*
- **“Impact of New Evidence-Based Sepsis Guidelines on Breastfeeding Rates,”** *Poster Presentation, AAP National Conference, 10/2018*
- **“Improving Parent Communication: Neonatal Intensive Care Unit Empathy Workshop,”** *Poster Presentation, AAP National Conference, 10/2018*
- **“Neonatal Resuscitation Program (NRP) Updates,”** *Invited Grand Rounds Speaker, Pediatric Grand Rounds, Lenox Hill Hospital, 11/30/2017*
- **“Neonatal Resuscitation Program (NRP) Updates,”** *Invited Grand Rounds Speaker, Obstetrics and Gynecology Grand Rounds, Lenox Hill Hospital, 2/8/2017*
- **“Neonatal Resuscitation Program (NRP) Update 2012: Changes for the Obstetrician,”** *Invited Grand Rounds Speaker, Obstetrics and Gynecology Grand Rounds, Lenox Hill Hospital, 5/30/2012*
- **Best Poster,** *New York Perinatal Society 30th Annual Scientific Meeting, 4/2007*
- **Excellence in Critical Care,** *NYU School of Medicine, 5/2005*
- **Phi Beta Kappa,** *Lehigh University, 1997*
- **Asa Packer Scholarship,** *Lehigh University, full tuition merit and need-based scholarship*

PUBLICATIONS

Kasat K, Ahn S, Smith S, Zoullas S, Ellington M. “Impact of Early-Onset Sepsis Guidelines on Breastfeeding.” *J Perinatol* 2021; 41, 2499–2504.

Ellington M, **Kasat K,** Williams K, et. al. “Improving Antibiotic Stewardship Among Asymptomatic Newborns Using the Early Onset Sepsis Risk Calculator.” *Pediatric Quality & Safety* 2021; 6(5), e459.

Kasat K, Stoffels G, Ellington M. “Improving communication with parents: The Neonatal Intensive Care Unit Empathy Workshop.” *J Perinatol* 2020; 40, 1423–1432.

Kasat K, Patel H, Predtechenska O, Vancurova I, Davidson D. “Anti-inflammatory actions of endogenous and exogenous interleukin-10 versus glucocorticoids on macrophage function of the newly born.” *J Perinatol* 2014; 34(5):380-5.

Kasat K, Hendricks-Muñoz K, Mally P. “Neonatal Red Blood Cell Transfusions: Searching for Better Guidelines.” *Blood Transfus* 2011; 9:86-94.

Kasat K, Go V, Pogo B. “Effects of Pyrethroid Insecticides and Estrogen on Wnt 10b Protooncogene Expression.” *Environment International* 2002; 28: 429-432.