



## Kalliope Tsirilakis, MD

Director of Pediatric Pulmonology & Asthma  
New York-Presbyterian Queens  
Assistant Professor of Clinical Pediatrics  
and St. Mary's Home Care for Children  
Weill Cornell Medical College

The St. Mary's Home Care team has worked closely with Dr. Kalliope Tsirilakis, a pediatric pulmonologist at New York-Presbyterian Queens and NYP/Weill Cornell for the last five years. There is no stronger supporter and advocate for home care services to help improve the health and quality of life for some of New York's most underserved and sickest children. Dr. Tsirilakis has long championed the use of home care nursing visits as the best way to keep patients out of the ED and the hospital in between specialist visits.

She has an innovative spirit and was willing to "take a chance" on helping our Home Care Telehealth Team roll out a trial focusing on the use of "smart inhalers" to help reduce asthma exacerbations experienced by our shared patients and to help patients learn how to self-manage their asthma through the use of remote patient monitoring (RPM). This was long before COVID, when telehealth RPM was in its infancy.

Dr. Tsirilakis is a trailblazer. When she realized that many of her patients were presenting with challenging social determinant barriers contributing to their chronic conditions, she reached out to St. Mary's Home Care to create a program that would expand the care beyond asthma to include social work supportive counseling visits and nutrition services to further enhance patient care. COVID presented some unique challenges for home care, resulting in patient fears regarding allowing home care providers into the home. Dr. Tsirilakis worked with her patients and with our team to convince patients that home visits would be conducted with utmost safety precautions, resulting in an expedited resumption of home visits.

Dr. Tsirilakis is also a professor at NYP/Weill Cornell, and she loves to teach. This became even more evident to our team when Dr. Tsirilakis agreed to devote what little free time she has to weekly meetings with the St. Mary's Data Analytics team to help us develop metrics and outcome measures to enable studies to be published on our joint work in 2023.

On a more personal note, Dr. Tsirilakis also took the time to support one of our asthma nurses after the death of her son by attending services in person.

Dr. Tsirilakis has made it her mission to support home care for her patients, by conducting peer-to-peer reviews to overturn insurance denials, by teaching patients and staff new ways to deliver care and by making herself available all hours of the day and night to respond to texts and messages from home care staff in the field.

We are honored to work alongside her and the teams at New York-Presbyterian Queens and Weill Cornell that support her.

*Congratulations Dr. Tsirilakis!*