

Premier Pulse

News and Information for Premier Health Physicians
and Advanced Practice Providers

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A Mile In Their Shoes

By Andre Harris, MD, chief medical officer, Miami Valley Hospital

Whether walking, running, or standing, the right shoes make a world of difference. Anyone who has ventured into the world of jogging or running can attest that the journey is drastically different based on the shoes worn. Surgeons or nurses on their feet for hours recognize that an uncomfortable fit can get the focus off the patient and onto their discomfort. One of the better analogies for empathy is putting on someone else's shoes.

Empathy is a powerful human trait that enables us to understand and share the feelings of others. It is the ability to put ourselves in someone else's shoes, to perceive their experiences, and to respond with compassion and care. Empathy forms the basis of meaningful connections and relationships, fostering understanding, support, and kindness in our interactions.

When we empathize with someone, we go beyond sympathy or pity. We genuinely try to comprehend their emotions, struggles, and perspectives. Empathy allows us to acknowledge the validity of their feelings and offer a comforting presence. Doing so creates a safe space where individuals feel heard and validated, easing their emotional burdens.

Empathy also plays a vital role in various professions and fields, such as health care, counseling, and leadership. Empathy allows doctors and nurses to connect with patients on a deeper level, instilling trust and promoting holistic healing. Counselors and therapists employ empathy to create a therapeutic environment where individuals feel supported and empowered to navigate their challenges. Influential leaders understand the importance of empathy in inspiring and motivating their teams,

fostering collaboration and productivity.

While empathy comes naturally to some individuals, it is also a skill that can be cultivated and enhanced through conscious effort. Actively listening, seeking to understand without judgment, and validating others' experiences are essential components of empathy. It requires openness, vulnerability, and a willingness to step outside our perspectives.

Empathy is a fundamental aspect of human nature that can transform relationships, communities, and societies. By embracing empathy, we can create a more compassionate and understanding world where everyone feels seen, heard, and valued. Through empathy, we tap into our shared humanity and build bridges of understanding that transcend differences.

Premier Health Taps New COO, Miami Valley Hospital President

Chad Whelan, MD, MHSA, FACP, SFHM, has been appointed as system chief operating officer and president of Miami Valley Hospital, effective August 7, 2023.

Dr. Whelan brings to Premier Health decades of progressive hospital and health care leadership and clinical experience in academic medical centers and prominent health systems across the United States, including Banner Health, Loyola University Health, and the University of Chicago Medicine. He is an innovative physician executive with extensive operations leadership experience across the care continuum in complex systems.

Dr. Whelan has most recently served as a strategic advisor to the University of Arizona Health Sciences, working closely with the president of the University of Arizona and the senior vice president of the Health Sciences Division. He has extensive leadership in partnerships between academics and the health care delivery system. He has served as CEO of Banner-University Medicine Tucson and has overseen Banner Health's academic division and the 1,000 faculty-member Banner University Medical Group. He previously served as

president of Loyola University Medical Center in Maywood, Ill., where he oversaw several significant operational excellence initiatives to enhance performance across the academic medical center continuum.

In this dual role, Dr. Whelan will have full accountability for operations across the health system and will serve as the principal liaison with Premier Health medical leadership and staff. Dr. Whelan, along with the chief clinical officer and chief financial officer, will be responsible for delivering the highest quality health care, strategic leadership, and fiscal health at Premier Health's sites of care.

Dr. Whelan will be relocating to the Miami Valley area from Tucson, Arizona, with his wife, Nicole, whose professional background is in electrical engineering, and their family. They have three children. Outside of work, Dr. Whelan enjoys spending time outdoors, listening to or playing music, and being a dad. Please join us in welcoming him to Premier Health.



23rd Annual African American Wellness Walk: Moving Hearts & Soles

The African American Wellness Walk (AAWW) is returning for its 23rd year! This year's theme is "Moving Hearts & Soles." The walk/run will be a hybrid event, with a virtual and an in-person option. The in-person walk will take place at Island MetroPark (101 East Helena Street, Dayton, OH) on Saturday, Aug. 12, with a program at 7:30 a.m. and then at 8 a.m., the walk will begin.

Last year's AAWW had more than 2,000 participants, over 600 of whom attended the in-person walk. Together we raised an incredible \$50,000 for Central State and Wilberforce Universities!

This year, we're running it back. As we continue to invest in our local historically black colleges and universities (HBCUs), once again, our goal is to, raise \$50,000 to benefit the students at Central State and Wilberforce Universities.



To sign up: Visit runsignup.com/2023aaww



Premier Health

AFRICAN AMERICAN WELLNESS WALK

..... Moving Hearts & Soles

VIRTUAL WALK:
NOW – AUG. 12

IN-PERSON WALK: SATURDAY, AUG. 12 • 8 A.M.
PROGRAM BEGINS AT 7:30 A.M.

ISLAND PARK • 101 E. HELENA ST., DAYTON, OH



Optimizing Patient Experience

By Kelli Ashbeck, director of surgical services and orthopedics, Premier Health



Efforts are ongoing to optimize the experience for patients needing total hip and knee replacement surgery. Convenience and quick access are key for these patients during their time of pain,

discomfort, or limited mobility. Key highlights include:

- Same-day discharges for total joint procedures. In most cases, patients discharged on the day of their procedure can begin their recovery from the comfort of their homes.
- Advanced robotic-arm assisted knee and hip replacement procedures, using ROSA® Knee and Mako SmartRobotics™.
- Multiple sites of care options for clinic appointments, surgical procedures, and physical therapy. Premier Orthopedics has 10 offices in the region, total joint procedures can be performed at any of Premier Health's hospitals, and there are 18 outpatient physical therapy locations to choose from.
 - New location: Brown Street (Premier Orthopedics and Physical Therapy)

We are also excited to announce two initiatives within the orthopedic service line that further demonstrate that Premier Health serves as a one-stop shop for comprehensive patient services.

- The Running Medicine and Performance Program can help runners of all skill levels overcome injuries and optimize performance. The program offers a wide range of services for a customized treatment plan, including running-specific evaluations, running injury rehabilitation therapies, and strength training for runners. An order can be placed in Epic using "Consult to Premier Ortho – Runners Clinic" to submit a referral.
- The Cartilage Restoration Center at Miami Valley Hospital South can treat all knee cartilage injuries to help prevent further damage that may lead to osteoarthritis and the need for joint replacement surgery. The center offers surgical and non-surgical treatment solutions to reduce pain and restore mobility. To submit a referral, an order can be placed in Epic using "Consult to Premier Ortho – Regenerative Knee Clinic."



Providers or patients interested in additional information about Premier Orthopedics' services can call **(937) 312-1661**.

Premier Health & The Christ Hospital Health Network Cardiovascular Care Partnership



The Christ Hospital Health Network and Premier Health have announced an innovative, collaborative partnership that will enable more patients in the region access to highly specialized cardiovascular care close to home through joint efforts of leading experts at both organizations. The partnership will focus on specialized treatments for complex cardiovascular diseases, providing clinicians, patients, and families with a more seamless experience across the continuity of care. The collaboration between The Christ Hospital Health Network and Premier Health also allows the two health systems to enhance the availability of heart and vascular services within existing facilities while limiting the need for additional building, ensuring responsible stewardship of health care resources. More details about the partnership will be forthcoming

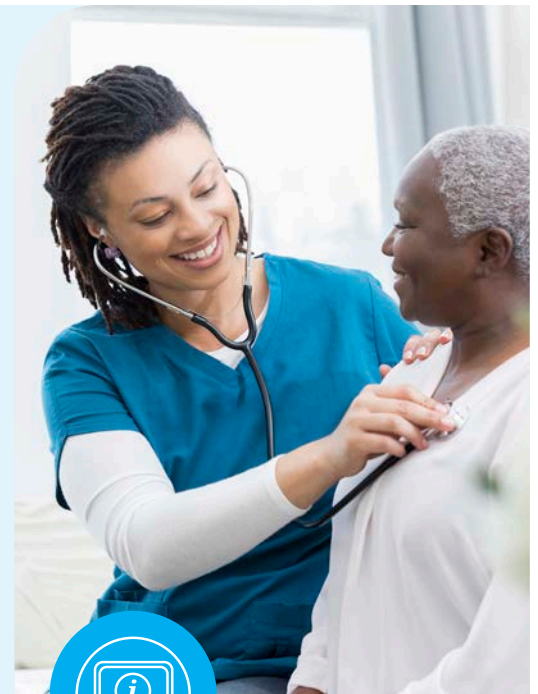


Cardiovascular Patient Care at Home with Fidelity Health Care

By Joni Donoher, senior manager customer service, Fidelity Health Care

Fidelity Health Care has a census of more than 2,300 patients in the community. The most prevalent care need the home health care provider sees is cardiopulmonary disease. Fidelity's goal is to work with the entire care team to develop a home-based program to enhance patients' quality of life and manage their symptoms. We follow a specific care plan to best meet the needs of these patients.

Along with our visiting nurse and therapy team, Fidelity uses remote patient monitoring equipment and telehealth services. We provide an easy-to-use platform for patient communication and engagement. These devices are safe and secure and do not store any protected health information. Our clinicians can track patient vitals and trends to send data to the appropriate provider. We can communicate via video chats and intervene with Bluetooth stethoscopes, pulse oximeters, blood pressure monitors, and scales as needed. This technology allows Fidelity's clinical care team to detect problems early and escalate as needed.



For more information, please visit, www.premierhealth.com/locations/fidelity-health-care



Samaritan Behavioral Health Opens Outpatient Services at Atrium Medical Center

Samaritan Behavioral Health now offers outpatient services to adults, adolescents, and children living in Warren and Butler Counties and surrounding communities.

Services offered include:

- Behavioral health assessments to determine the nature and extent of mental health concerns
- Recommendations regarding mental health services that address presenting problems and symptoms
- Individualized service treatment plan with therapeutic goals developed in collaboration with the patient and family

- Individual, group, and family counseling
- Referral for psychiatric services (if medication may be beneficial)
- Ongoing psychiatric medication management
- Case management or Community Psychiatric Supportive Treatment services to further therapeutic interventions and link patients and families to community resources

- Telehealth, including access to psychiatric services via camera and computer

Treatment is available for ages five and up, including through adulthood. Acceptable insurance providers include Medicaid, Optum, Medical Mutual, and Anthem Blue Cross Blue Shield.

Samaritan Behavioral Health's satellite office is located at 401 Atrium Drive in Middletown. Patients can call **(937) 734-4310** or visit **www.SBHhelp.org** to schedule an appointment.



CompuNet Enhances Toxicology Testing Menu

CompuNet Clinical Laboratories recently made significant updates to its toxicology menu. The enhancements aim to offer a more comprehensive range of tests and provide quicker results for health care professionals and their patients. Effective June 5, 2023, the updated menu will include two important tests as presumptive (screen) testing, previously only available as definitive (confirmation) testing.

One testing update includes presumptive testing for the 6-AM Metabolite (Heroin Metabolite) test. With a 10 ng/ml cutoff, this test is highly sensitive and capable of detecting the presence of heroin in a patient's urine. By including this test in our toxicology menu, CompuNet enables health care providers to obtain faster results, helping them make timely and informed decisions regarding patient care.

The second test that has been updated is the Hydrocodone test. With a cutoff of 100 ng/mL, this test allows for detecting hydrocodone, a commonly prescribed opioid medication. By making this test available as presumptive testing, CompuNet provides health care providers with a valuable tool for initial screening and monitoring of prescribed hydrocodone.

The 6-AM Metabolite and Hydrocodone tests can now be ordered a la carte, allowing health care professionals to select the specific tests they require for their patients. Additionally, these tests are included in select drug monitoring panels, providing a comprehensive approach to toxicology testing.

CompuNet is dedicated to staying at the forefront of laboratory medicine. With these testing updates to the toxicology menu, the laboratory empowers health care professionals with valuable tools for making informed decisions about patient care. Providers now have more access to cutting-edge testing solutions and more opportunities to deliver their patients the highest standard of care.



See our expansive test menu of more than 2,000 tests at www.compunetlab.com.



Taking the Pulse of Premier Health's Brand

As Premier Health continues to navigate the health care industry's challenges and an ever-changing landscape, it's important to understand the evolution of perspectives and preferences to establish brand differentiation and leadership. We have been conducting brand research using a variety of methods with internal and external stakeholders to gain additional insights and identify key opportunities to optimize our brand, building recognition and loyalty within our communities.

You are an important part of this conversation, and we invite you to complete the following brand survey. The survey is short, with seven questions. The survey only takes five to 10 minutes, and is a great way for you to provide valuable input into the state of the Premier Health brand.

The survey will be open until Friday, August 11. We value your insight.



Scan the QR code to take the survey.



Provider Praise

Premier Health patients submit thousands of comments each year acknowledging providers across our health system for delivering excellent care. Here is a random sampling of appreciation received in recent months.

Joseph See, MD: The staff, nurses, and Dr. See made me so much more comfortable than when I first walked in. I feel like I found the best doctor and staff that I needed to help me get better. Thank you all so much.

Andrew Toller, PA: Everyone was very professional and courteous.

Kirk Tucker, MD, is an excellent addition to an already great practice.

Frank Vonmaluski, MD: The staff is always very courteous and thoughtful. Dr. Vonmaluski asks questions and allows you to explain your concerns in detail.

Spencer Wolf, MD, is caring, compassionate, professional, and knowledgeable. I have recommended him to others who totally agree with me. He listens, he is honest in his appraisal, and he definitely wants what is best for his patients. He is down-to-earth, and he respects my opinion even if he disagrees. Best doctor ever!

Family Physician A Fan of Feline Serenity



Hasan Chadhry, MD

What is your clinical specialty?

Family Medicine

Where did you go to school?

- High School:
Beavercreek High School

- Medical School: CMH Lahore Medical College
- Residency: Wright State University Family Medicine Residency
- Masters in Health Administration: The University of Cincinnati

What brought you to Premier Health?

I worked with Premier through residency and felt very supported and comfortable staying within the network.

Why did you choose medicine as a career?

The thought of healing people through science and medicine sparked my interest early in life.

Who are the people who influenced and/or mentored you?

My own family doctor growing up, as well as my sister, who is also a family doctor!

What is one thing most people don't know about you?

I have a master's in health administration from the University of Cincinnati.

Where is your hometown?

Dayton, Ohio

What, if any, sports team(s) do you cheer for?

Bengals, Buckeyes, Cavaliers

What is the last book you read?

"The Things They Carried" by Tim O'Brien

What is your favorite song in your playlist?

"Sugar, Sugar" by The Archies

What is your favorite food?

Anything homemade!

What is your favorite hobby?

Watching movies with my wife.

What is your favorite animal, and why?

Cats, because most are chill – looking at getting one soon.

Where is your favorite vacation spot, and why?

So far, it has been Kashmir! Beautiful mountain lands.

Describe something (a thing, person, place, experience, etc.) for which you are especially thankful:

My wife and family for always being there for me!

Pick a side

iPhone or Android?

Android

Early bird or night owl?

Night owl

Beach bum or mountain hiker?

Beach bum

Dress shoes or tennis shoes?

Tennis shoes

Paperback or e-reader?

Paperback

Coffee or tea?

Coffee

Cooking or baking?

Baking

Sweet or salty?

Sweet



CareFlight Anniversary, Foundation Scholarships, HEAL Program

Atrium Medical Center

Atrium Medical Center, in partnership with LifeCenter Organ Donor Network, hosted the Wall of Life in June. The traveling exhibit displays dozens of stories about organ, eye, and tissue donation and transplantation, along with facts and resources to help potential donors make informed decisions.

Middletown City Schools invited community leaders, including Atrium community relations and Premier Health's Learning Institute, to a partner breakfast sharing information about the expansion of its Passport to Tomorrow program to junior high students. Atrium has partnered with the school district by providing speakers and supplies for classroom learning and events, hosting tours of the hospital for both students and educators and offering job shadowing opportunities.

The Help Endure A Loss (HEAL) Program hosted its annual Walk to Remember. About 200 people attended to honor their children and to help raise funds to benefit the program's endowment campaign. The HEAL Program serves as a source of care and support for bereaved families in several ways without cost or obligation.



Save the date of Saturday, Sept. 9, for the American Heart Association's Butler/Warren County Heart Walk presented by Atrium Medical Center. The walk will take place along Atrium's Turner Trail and will also feature a health expo. Atrium is recruiting teams to fundraise and participate in the event. The website to register a team is www.Heart.org/ButlerWarrenCountyWalk.

In other community relations news: Atrium's mobile mammography coach participated in the Warren County Community Health Fair in Lebanon; the hospital sponsored and representatives

attended the Warren County Foundation Community Service Awards and the annual golf outing of the Chamber of Commerce Serving Middletown, Monroe and Trenton; Atrium was the host site for free mental health first aid training open to the community; the hospital was recognized by Miami University Regionals during a special networking luncheon highlighting the university's Work+ Program partners; several Atrium employees presented during the Ohio Association of Emergency Medical Services' five-day conference, which was held at Atrium; hospital employees were treated to ice cream thanks to Arlington Pointe; and a Community Blood Center blood drive at Atrium collected 55 donations to meet 153 percent of its goal.

Miami Valley Hospital

Miami Valley Hospital North hospitalists have new office space next to the waiting area in Progressive Care Unit 2. The move allows the physicians to be closer to where they provide care.

Miami Valley Hospital Foundation hosted a ribbon-cutting ceremony and open house for the new Dr. Mukul S. Chandra

Continued on next page.





Cardiovascular and Pulmonary Disease Prevention and Rehabilitation Center at Miami Valley Hospital South. The \$500,000 project offers patients a larger workout area, additional exercise equipment, new technology, updated locker rooms, convenient handicap accessibility, and space for future growth and innovation.

Miami Valley Hospital Foundation and Good Samaritan Foundation-Dayton recently accepted nursing and employee scholarship applications to benefit employees in furthering their education. Employee and nursing scholarships for the upcoming academic school year will be awarded by foundations in the coming weeks.

Good Samaritan Foundation-Dayton received a \$5,000 grant from the Dayton Foundation to update Samaritan Behavioral Health's (SBHI) Screening, Brief Intervention and Referral to Treatment (SBIRT) database platform. The grant will help SBHI replace its outdated database that can no longer be supported. The Samaritan Behavioral Health's SBIRT program serves more than 5,000 students

annually in five local school districts by screening students for hearing or vision problems, depression, and drug and alcohol abuse.

In recognition of the 40th anniversary of CareFlight, Miami Valley Hospital hosted "media ride-a-longs" with our media partners, including WHIO-TV, WDTN-TV, WKEF/FOX 45, Dayton Daily News, Journal News, Spectrum News Ohio and WCPO-TV (Cincinnati). All media partners produced extensive coverage celebrating the anniversary.

Orthopedic surgeon Jennifer Jerele, MD, and Neurosurgeon Michael Verdon, MD, participated in the Aileron Student Leadership Summit in Tipp City. The summit provides an opportunity for select students from Northmont, Chaminade Julianne, and Brookville High School to learn leadership skills, meet college representatives, and speak with careerists about how to prepare for their future career goals.

Premier Health recently welcomed state legislators to tour our hospitals. Each met with hospital leadership to hear

updates from the health system and sites. Additionally, they toured facilities and met with staff, which allowed them to see and hear firsthand about the clinical excellence and compassionate care available to their constituents. State Representative Phil Plummer visited Miami Valley Hospital North, and State Representative Tom Young visited Miami Valley Hospital South.

Upper Valley Medical Center

The UVMC Foundation annual Golf Classic was hosted on June 12 at the Troy Country Club. Proceeds from this year's fundraiser will go toward the new UVMC Women's Imaging Center currently in the planning stages.

UVMC is a title sponsor of Troy Main Street's 2023 Sculptures on the Square exhibit, which will run throughout the summer in downtown Troy. A kickoff was held in Troy on June 16 to introduce the sculptures and featured art activities for all ages on the Courthouse Square.

The UVMC Trauma team recognized two Troy first responders in June for

Continued on next page.



SYSTEM NEWS (continued)

exceptional care of a trauma patient from a Troy house fire last spring. The commendation included a presentation of an Excellence in Trauma Care certificate, a challenge coin, and a recognition pin for their outstanding actions above and beyond normal duties to assist the UVMC Trauma Team.

UVMC hosted a cookout with activities, games, and prizes for the UVMC family on June 21 to celebrate the hospital's 25th anniversary. Upper Valley Medical Center opened in the summer of 1998.

The UVMC Pharmacy was recognized with Department of the Quarter honors for the summer quarter. This employee recognition program is designed to highlight outstanding quality and service, as well as to educate fellow teams about the scope of work performed by the recipient department.

In other community engagement in June, UVMC donated a wheelchair to Troy-Hayner Cultural Center for visitors who may need assistance when visiting the center; and UVMC presented a program on summer safety/wellness at the Tipp City Senior Citizens Center.



Premier Physician Network

Welcome to the eight APPs who joined PPN in June: (L-R) Heather Davis, CNP; Sarah Waits, CNP; Samantha Sandusky, CNP; Olivia Roberts, PA; Chloe Callison, PA-C; John Taylor, CNP; Lauren Morris, CNP; and Michael Gilles, CNS.

The Dayton Daily News recently reported on the death of Olympic



sprinter Tori Bowie from complications of childbirth, and they turned to an expert for information about maternal death rates among Black women in our communities and in the United States, which are statistically twice as high as those of white women. They interviewed obstetrician-gynecologist Yangshu Linda Pan, MD, with Lifestages Centers for Women about eclampsia and the crucial need for access, as well as continuity of prenatal care for women of color to sustain a healthy pregnancy.



To read the *Dayton Daily News* article, **scan this QR code**



Readers of our local communities' news are frequently voting for PPN physicians, APPs, teams, and practices as their favorites. Recently both Miami County and Butler County Readers' Choice awards recognized us. Congratulations to:

- Scott Albright, MD, Premier Orthopedics, voted Best Orthopedic Doctor of Butler County.

- Rhonda Washington, MD, Center for Women's Health & Wellness, voted Best OB/GYN of Butler County.
- The Pediatric Group was voted Best Pediatric Provider in Miami County. Congratulations to the Pediatric Group staff and providers -- Becky Blackton, CNP; Shelsea Johnson, MD; Lindsey Jones, CNP; Meredith Prenger, MD; Tammy Taylor, DO; and Paul Weber, MD.
- Premier Health Urgent Care Piqua and Premier Health Urgent Care Troy were voted Best Urgent Cares in Miami County. Congratulations to our providers who work in these Urgent Cares: Brent Darner, PA-C; Rachel Lawrence, FNP; Jeff Penny, NP-C; and Max Pulfer, FNP-C, APRN-CNP.



To read the Premier Health blog covered by Dr. Pan, **scan this QR code**



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