

# Premier Pulse

News for Premier Health Physicians

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*“We are all looking forward to seeing family and friends sooner rather than later...”*

## The Second Dose

By Andre Harris, MD, chief medical officer and vice president of operations, Atrium Medical Center



On January 21, I received my second dose of the Moderna COVID-19 vaccine. Like many people, I heard that the second shot could be a jolt to the system. I can

attest that my immune system was in full swing. Because of the second dose jitters, there is hesitancy on receiving the vaccine altogether. I want to encourage and prepare those who are holdouts and preparing second dose recipients.

It is well-established that vaccine recipients can deal with local and systemic side effects. The local would be swelling, redness, or tenderness at the injection site. I noticed

that my deltoid was sore (similar to a good shoulder workout routine). I've seen at least one patient with some lymph node swelling as well. The systemic issues seem to be more frequent with the second dose. Systemically, you can notice fever, fatigue, chills, headache, muscle ache, or joint ache. About 12 to 14 hours after my vaccination, I had chills. I fell asleep on the couch and when I awoke at 2 a.m. to go to bed, I noticed the chills. I took 800mg of Motrin and went to sleep. When I woke up, no chills. I had a slight headache and some fatigue issues. By the 24-hour mark, all of my symptoms were gone.

I offer the following advice to second dosers. First, according to CDC guidelines, you should NOT pre-medicate with analgesics.

There is a question of blunting your immune response. I would tell you that for most people, if/when symptoms begin, medicating with Ibuprofen (maximum of 800 mg every eight hours, if no kidney issues) or Tylenol (no more than two extra strength tabs every six hours) should be sufficient to manage symptoms. Remember that the symptoms are temporary and much better than an admission to the ICU.

We are all looking forward to seeing family and friends sooner rather than later, and this vaccine, combined with a decline in infections, is setting the stage for this to happen.

# My Why

As the COVID-19 vaccine is being distributed to Premier Health employees, here's why our providers are getting the vaccine:

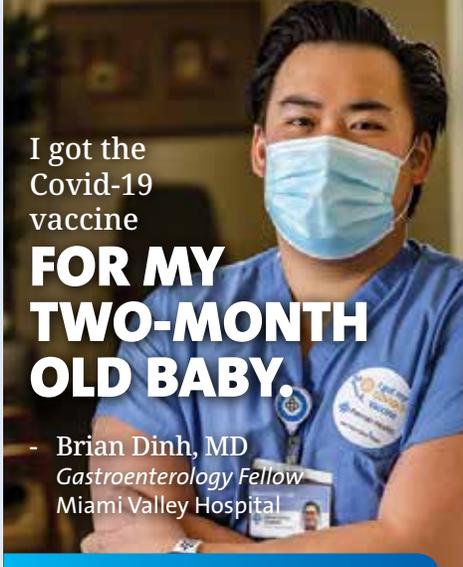


I got the  
Covid-19  
vaccine

**BECAUSE IT'S  
THE BEST TOOL  
TO END COVID.**

- Roberto Colón, MD  
Chief Medical Officer and  
Vice President of Operations  
Miami Valley Hospital

"We've got to stop COVID, and this is the best tool to do it. I know that I'm going to get the full effect within two weeks of getting the second dose of the vaccine. It's comforting to know that I'm going to get protection. But I'm still going to be wearing my mask and I'm going to maintain social distance."

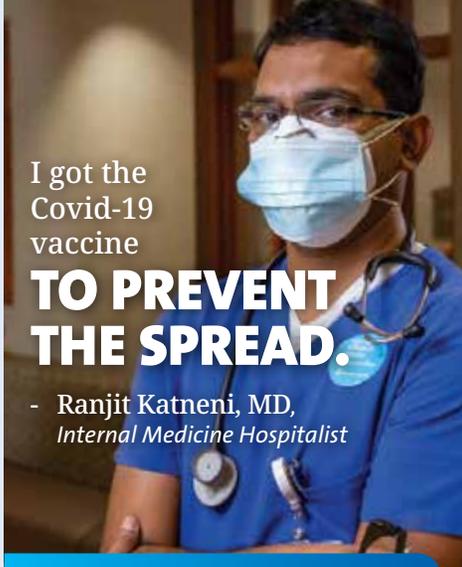


I got the  
Covid-19  
vaccine

**FOR MY  
TWO-MONTH  
OLD BABY.**

- Brian Dinh, MD  
Gastroenterology Fellow  
Miami Valley Hospital

"I'm very excited about the vaccine and I believe we are very fortunate. Getting the second dose gave me a lot of relief. My wife and I have a two-month-old baby. Now I can protect him as well as my patients and family."



I got the  
Covid-19  
vaccine

**TO PREVENT  
THE SPREAD.**

- Ranjit Katneni, MD,  
Internal Medicine Hospitalist

"It felt so good to finally have enough protection so you don't spread the disease. Hopefully this will be over soon. I want to prevent the spread. We see so many patients with COVID-19 every day. I do not want to take the disease from somebody I come in contact with and spread it to someone else."

## Provider Praise

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

**Dr. Weber** is awesome, and the staff held the door open for me. Great experience.

We just love **Dr. Taylor**. She spends time with us and explains things so we can understand, and she makes my daughter feel comfortable.

I just love **Dr. Harju**. He's very friendly, caring, and explains things where you can understand. You can see he really cares about you.

It's a great office. Everyone is fabulous. I love **Dr. Conley**. He is awesome.

**Dr. Lorenz** is the BEST! Happy I found her! Very thorough.

**Dr. Swanson** is wonderful. Very caring and takes time to listen. I am blessed that he is my doctor.

**Dr. Leithold** is an excellent doctor. His diagnoses are 100 percent. He has saved my life many times. Premier Health is lucky to have this doctor.



# CompuNet Introduces Self-ordered COVID-19 PCR and Antigen Testing

CompuNet Clinical Laboratories has introduced COVID-19 PCR and Antigen testing, without the need for a doctor's order, at select locations in Dayton and Cincinnati. Both tests are available to adults and minors (with guardian permission).

Tests without a doctor's order are part of CompuNet's "direct access" service, CompuNet Direct. Individuals purchase tests directly with a credit card and results are sent to the patient. The price for CompuNet Direct's COVID-19 Antigen test is \$60 and the PCR test is \$100.

COVID-19 PCR testing is considered the "gold standard" for accuracy and is recommended for individuals who have COVID symptoms or who believe they have been exposed. COVID PCR testing is highly recommended for those who need travel documentation. Results will be available within the 72-hour required travel window.

COVID-19 antigen testing is typically recommended for an individual who is within five days of having COVID-19 symptoms, and the test provides rapid results within a couple hours.

Patients can order their own COVID-19 testing at the following locations. Appointments are required. When patients arrive at the testing site, they should remain in their car and call the phone number on the sign.

## DAYTON AREA

### Direct Access – no doctor's order needed - PCR and Antigen Testing

- MIAMISBURG: Miami Valley Hospital Austin Blvd. Emergency Center, 300 Austin West Blvd.
  - Monday – Friday, 8 a.m. - 8 p.m.;
  - Saturday and Sunday, 12 p.m. – 5 p.m.
  - Appointment required

### Direct Access – no doctor's order needed - PCR Testing Only

- BEAVERCREEK: CompuNet Beaver Creek Lakeview Patient Service Center, 2400 Lakeview Drive
  - Monday – Friday, 7:45 a.m. - 4:45 p.m. (closed for lunch 12:30 p.m. - 1:30 p.m.)
  - Appointment required
- MIDDLETOWN: Atrium Medical Center Drive-Through Collection Location, One Medical Center Drive
  - 7 Days/Week, 9 a.m. - 5 p.m.
  - Appointment required
- TROY: Upper Valley Medical Center Drive-Through Collection Location, 3130 N. County Road 25A
  - 7 Days/Week, 9 a.m. - 5 p.m.
  - Appointment required

## CINCINNATI AREA

### Direct Access – no doctor's order needed - PCR and Antigen Testing

- WEST CHESTER: CompuNet Patient Service Center, Tylersville Point Center, 7743 Tylersville Road
  - Monday – Friday, 8 a.m. - 5 p.m. (closed for lunch from noon to 1 p.m.)
  - Appointment required
- MONTGOMERY: CompuNet Montgomery Patient Service Center, 11135 Montgomery Road
  - Monday, Wednesday, Thursday, 1 p.m. - 5 p.m.;
  - Tuesday and Friday, 3 p.m. - 5 p.m.
  - Appointment required



**To schedule an appointment:** go to [compunetlab.com](https://compunetlab.com).



Test results are available through CompuNet's online patient portal, My Labs Now. To access or sign up for My Labs Now, go to [compunetlab.com](https://compunetlab.com) or text **MYLABS** to **66349**. Follow the signup link in the text message you receive.

Additional locations for direct access COVID-19 PCR and Antigen testing are planned to open in the coming weeks.

CompuNet continues to accept provider-ordered COVID-19 testing.

I got the Covid-19 vaccine

**BECAUSE WE NEED HERD IMMUNITY.**

- Tahir Khan, MD  
Hospitalist  
Miami Valley Hospital

"After the first dose, I was a little worried because it is a new vaccine and we do not have a lot of data on it. However, it's been a month and I feel great. I was very comfortable getting the second dose."

Our Care Lives Here

Dr. Stone is always very open to discussing any questions or concerns I have. I feel very comfortable with him. He goes the extra mile to make certain I feel confident about my health before I leave the office.

# New Neuroscience Technologies

By Jason Merritt, vice president, Premier Physician Network specialty services and neuroscience service line



The Premier Health Neuroscience Service Line has long been a leader in advancing new technologies that improve the lives of the patients we serve. This commitment has been demonstrated through our early adoption of telemedicine for stroke patients, endovascular techniques to treat acute stroke patients, laser surgery to treat epilepsy patients, and

numerous clinical trials in partnership with Wright State University. Following this commitment to new technology, Premier Health has joined Insightec's Incisionless Neurosurgery Program and will now treat Essential Tremor and Tremor-dominant Parkinson's disease patients with Focused Ultrasound at Miami Valley Hospital.

Neuravive is an incisionless treatment for essential tremor patients who have not responded to medication. It uses focused soundwaves guided by MRI to treat deep in the brain with no incisions or permanent implants. Essential tremor (ET) is a neurological condition that causes shaking of the hands, head and voice, but it can also cause legs and trunk to shake. Some people even have a feeling of internal tremor. ET is often confused with Parkinson's disease although

it's eight times more common, affecting an estimated 10 million Americans and millions more worldwide. During the Neuravive procedure, ultrasound waves safely pass through the skull without the need for an incision. The ultrasound waves are focused on a small point in the brain (Vim of the thalamus). The temperature at the target rises high enough to create a small ablation or burn, providing a therapeutic effect. The whole procedure is conducted inside an MRI scanner.

This program at Premier Health is under the direction of Daniel Gaudin, MD, Ph.D., division chief of CNSI neurosurgery. The program is scheduled to launch in April 2021.

Premier Health is partnering with Insightec to facilitate convenient evaluation for potential patients and referring providers. If you have a patient who could benefit from this new treatment, please call **1-800-596-5936**; questions for referral can also be sent via email to **miamivalleytremor@insightec.com**. We are excited to launch this new technology and look forward to sharing positive patient stories in the months ahead.

# Surgeon Enjoys Reading, Family Time



**Heather Adkins,  
MD, FACS**

**What is your clinical specialty?**

General surgery

**Where did you go to school?**

University of Florida for undergraduate, University of Cincinnati for medical school, and Indiana University for residency

**What brought you to Premier Health?**

I wanted to return to my hometown. I joined Roosevelt Surgical Associates (RSA) which has since joined the Premier Health team.

**Why did you choose medicine as a career?**

I've known I wanted to be a doctor since I was 5 years old after a neurosurgeon at

Middletown Regional Hospital saved my grandfather's life.

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

Dr. Ongkiko influenced me to become a doctor. The surgeons at Cincinnati Children's led me to a career in surgery after saving my niece's life while in medical school. Drs. Ceppa and Graffis were my mentors in residency, but my partners, Gary Cobb, MD, and Daniel Butler, MD, at RSA have been the greatest mentors for the last five years.

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

I worked at Cincinnati Children's for four years prior to medical school and got my MBA from Xavier University at that time.

**Where is your hometown?**

Middletown, Ohio

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

University of Florida Gators, Indianapolis Colts and the Cincinnati Reds

**What is the last book you read?**

"My Dear Hamilton: A Novel of Eliza Schuyler" by Laura Kaye and Stephanie Dray

**What is your favorite song in your playlist?**

Anything by Chris Stapleton

**What is your favorite food?**

Mexican food

**What is your favorite hobby?**

Watching college football with friends

**What is your favorite animal, and why?**

My Labrador Retriever

**Where is your favorite vacation spot, and why?**

Anywhere that is warm with a beach

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

Thankful for my husband and two beautiful children

## Pick a side

**iPhone or Android**

iPhone

**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?**

Neither, takeout

**Sweet or salty?**

Sweet



# Premier Health Hospitals Recognized for Higher Quality and Cost-Efficiency in Maternity Care



Anthem Blue Cross and Blue Shield in Ohio has recognized Upper Valley Medical Center and Atrium Medical Center with a Blue Distinction® Centers+ (BDC+) for Maternity Care designation, as part of the Blue Distinction Specialty Care program. Miami Valley Hospital's maternity centers were awarded with a Blue Distinction® Center for Maternity Care designation as part of the program. In addition, Miami Valley Hospital also earned a Blue Distinction Centers+ for Bariatric Surgery designation.

Blue Distinction Centers are nationally designated health care facilities that show a commitment to delivering high quality patient safety and better health outcomes, based on objective measures that were developed with input from the medical community and leading accreditation and quality organizations.

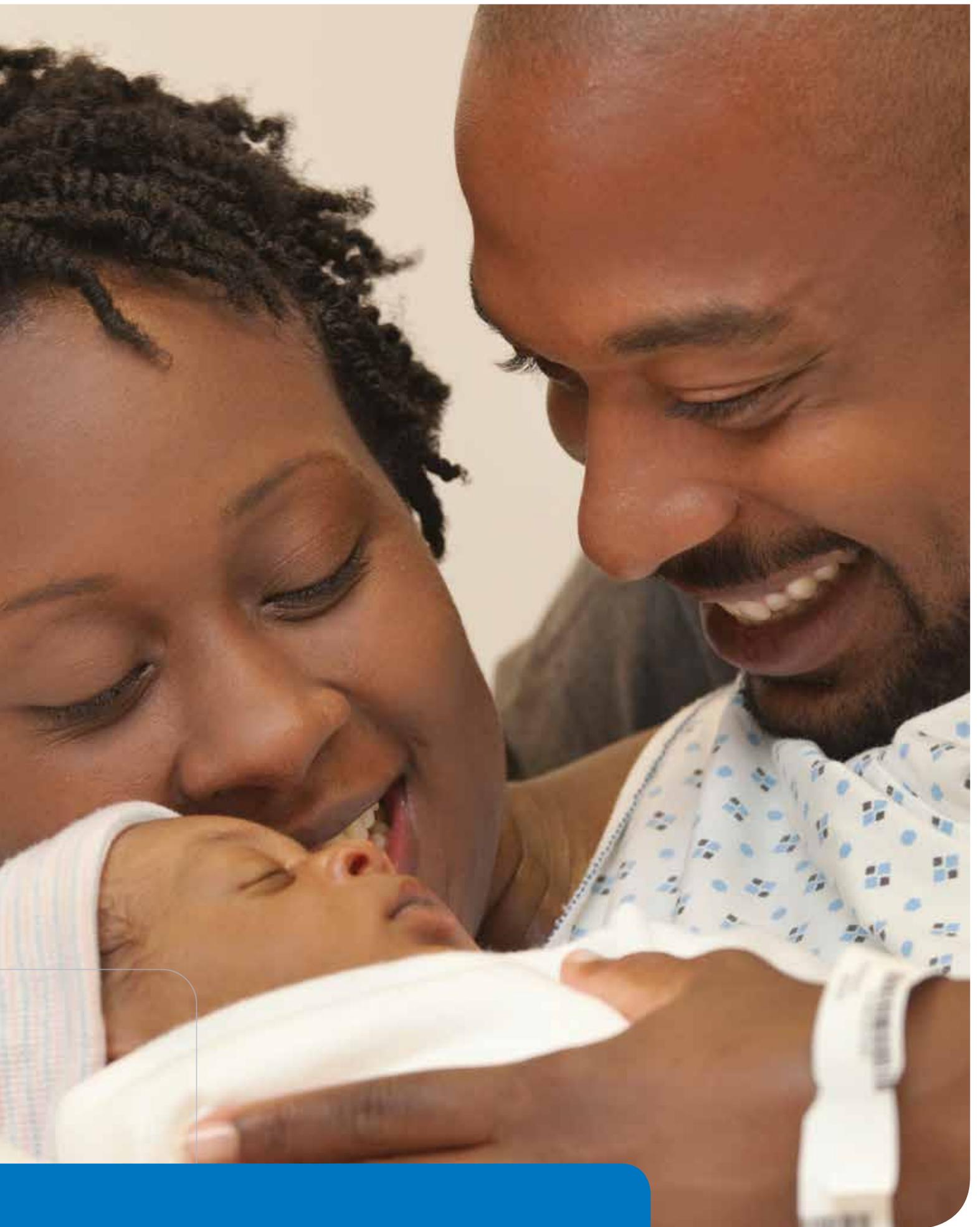
In 2020, the Blue Distinction Centers for Maternity Care program was expanded beyond traditional outcome measures to include assessments of internal quality improvement, data collection and dissemination, and internal protocols that better address clinical quality and equity issues in maternity care. New in the evaluation cycle, facilities must collect race and ethnicity data, have a maternal quality improvement program, commence drills and simulations for adverse events, and have dedicated protocols and procedures for the management of hypertension and hemorrhage. In addition, they must meet clinical outcome metrics at a higher standard than required previously. Facilities eligible for the Blue Distinction Centers for Maternity care show statistically significant differences in key clinical outcomes compared to their peers.

Only those health care facilities that first meet Blue Distinction's nationally established, objective quality measures will be considered for designation as a Blue Distinction Center+.



For more information about the program and for a complete listing of the designated providers, visit [bcbs.com/bluedistinction](https://bcbs.com/bluedistinction).





# Premier Health First in Dayton to Offer Fast Breast MRI



Women with dense breasts or those at a higher risk for breast cancer can now choose Fast Breast MRI at Premier Health as a second step (following a mammogram) for breast cancer screening. This new option, which takes 10 minutes or less, is an alternative to a traditional full breast MRI, which typically takes an hour. Premier Health is the first in Dayton to offer this self-pay alternative at four locations.

Fast Breast MRI may increase the accuracy of breast cancer screening in women with dense breasts. For women with dense breasts, the sensitivity of mammography decreases from 84 percent to 25 to 50 percent, which can lead to a later breast cancer diagnosis. A later cancer diagnosis can lead to increased tumor size and a worse prognosis. Women with other elevated breast cancer risk factors may also benefit from Fast Breast MRI, including those who cannot tolerate a traditional full breast MRI due to the exam's length.

Fast Breast MRI is a new exam and currently not covered by insurance, including Medicare and Medicaid. The self-pay cost is \$400 and a physician's order is required. The exam is available at Atrium Medical Center, Miami Valley Hospital, Miami Valley Hospital North, and Upper Valley Medical Center.

Learn more about this new diagnostic option by visiting [PremierHealth.com/FastBreastMRI](https://PremierHealth.com/FastBreastMRI)



# Healthgrades: Miami Valley Hospital Ranks Among “America’s 100 Best”

Premier Health’s Miami Valley Hospital has been recognized by Healthgrades® as one of the nation’s 100 best hospitals for a sixth straight year.

The distinction places the hospital among the top 2 percent of 4,500 hospitals analyzed in the nation for demonstrating clinical excellence across a broad spectrum of care. It includes Miami Valley Hospital North in Englewood and Miami Valley Hospital South in Centerville.

Miami Valley Hospital was the only recipient of the award in the Dayton area.

Patients at “America’s 100 Best Hospitals” are more likely to have a successful treatment without major complications. The award is based solely on the hospital’s clinical quality outcomes for the years 2017 through 2019, according to Healthgrades.

Miami Valley Hospital is the region’s largest hospital, with 970 licensed beds. It is home

to region’s most experienced Level I trauma center, as well as the region’s only Burn Center, a Level III Neonatal Intensive Care Unit, high-risk obstetrics, and is a part of the MD Anderson Cancer Network®. Miami Valley Hospital also offers air-medical transport and mobile intensive care ground services to patients through CareFlight, a program that serves more than 450 agencies in 17 counties with four helicopters and five MICU ambulances. The hospital is recognized by the American Nurse Credentialing Center for achieving nursing’s highest honor, Magnet® Recognition.

From 2017 through 2019, if all hospitals nationwide had performed similarly to those achieving the Healthgrades America’s 100 Best Hospitals Award, 172,298 lives could potentially have been saved.



## Help Your Patients with Knee Pain Find Relief at Premier Orthopedics



Keep your patients moving and help them find relief by referring them for comprehensive knee care from Premier Orthopedics.

No matter how or why their knees hurt, at Premier Orthopedics your patients can count on:

- The full continuum of care for simple to complex knee issues
- A specialized team with advanced training and experience to diagnose and treat knee problems caused by injury, overuse, or disease
- A personalized, comprehensive treatment plan to help them achieve their desired activity level
- Non-invasive, conservative treatments, including injections, physical therapy, and medications
- Surgical procedures to repair acute injuries, including ACL and meniscus tears
- Advanced cartilage restoration treatments to restore knee function, reduce pain, and delay joint replacement
- Total joint replacements, including robotic arm-assisted joint replacements and minimally invasive techniques

With 13 offices in Southwest Ohio, your patients will find a Premier Orthopedics location close to where they live or work. We even offer walk-in clinics at several of our offices. Please visit our website [premierhealth.com/premier-orthopedics](http://premierhealth.com/premier-orthopedics) for hours of operation and locations.

### To refer a patient

search Premier Orthopedics in the EPIC order search box.

Non-EPIC offices can fax referrals.



Please visit our website [premierhealth.com/premier-orthopedics](http://premierhealth.com/premier-orthopedics) for office location fax numbers.

# New Leadership, Award Recipient, and COVID-19 Update

## Atrium Medical Center



Atrium Medical Center welcomed experienced leader **Kim Hensley** as its new Chief Operating Officer and Chief Nursing Officer. Prior to joining Atrium, Kim was Vice President of Hospital Operations for Miami Valley Hospital. She replaces **Marquita Turner**, who now serves as Chief



Operating Officer at Miami Valley Hospital South.

Atrium's rollout of COVID-19 vaccines as part of Ohio's Phase 1B garnered excellent media coverage in the Cincinnati market. All four Cincinnati television stations, the Cincinnati Enquirer, and local newspapers carried stories about Atrium's hard

work to vaccinate the public. Each also featured interviews with Anuj Goyal, MD, a pulmonary critical care physician at Atrium.

Two influential Middletown leaders – the city's health commissioner and the school district's superintendent – participated in Premier Health's panel discussion for Dr. Martin Luther King Jr. Day. Panelists on the forum, which was streamed for all Premier Health employees to view, provided a clear picture of how their organizations are building upon King's dream and the challenges the community faces. A recording of this event was later shown to local community organizations, including Middletown Rotary and Middletown Kiwanis.

Atrium donated unclaimed winter coats collected during its Share the Warmth drive to the Oaks Community Church in Middletown. The church will distribute the cold weather gear to those who utilize its food pantry service.



Community organizations and local businesses continue to support the efforts of Atrium's caregivers and staff. Friends of the Frontline, a community of Butler and Warren County residents united to support frontline workers during the pandemic, recently donated meals and drinks to Atrium employees. In addition, the Laundry Spot of Middletown teamed up with Atrium Medical Center Foundation to provide free wash-and-fold laundry service to 25 lucky Atrium employees. The Mason Deerfield Rotary Club and Chick-fil-A also supported Atrium's evening frontline staff with a meal in partnership with Atrium Medical Center Foundation.

## Miami Valley Hospital Campuses

On Jan. 25, the Centerville City Council presented a proclamation to Joann Ringer, recognizing her for the significant contributions she made in her 13 years at Miami Valley Hospital South. Also, Jan. 26 was declared Joann Ringer Day in the City of Centerville.

The Ohio Hospital Association named Miami Valley Hospital as the recipient of the 2020 Melvin Creeley Environmental Leadership Award. The award recognizes the hospital's commitment to improving the environmental health of local communities while reducing costs and providing quality care to patients. Melvin Creeley Environmental Leadership Award



honorees are recognized for promoting sound environmental practices through environmental stewardship and exemplifying best practices for other hospitals to follow.

In recognition of their support of the division, the Miami Valley Hospital Department of Public Safety named Mike Uhl, president; Jennifer Hauler, DO, chief operating officer; and Robert Bowman, vice president of operations, as honorary members of our campus police department. Chief David Wolford, system director of the department, and members

of his staff presented a special shadowbox to each that included a division badge and department patches.

Throughout January, the Miami Valley Hospital Foundation and Good Samaritan Foundation-Dayton continued to receive many generous financial contributions and food donations in support of frontline health care workers. Many of the gifts focused on the respite rooms, which provide a much-needed break for critical care staff who have a very difficult time leaving their units for a meal or break. As patient acuity remains high, these rooms

continue to provide a much-needed space for caregivers to relax for a short time. In addition to using donor gifts to outfit and stock these rooms, staff from both foundations have also coordinated lunch donations from many area businesses. One major contribution came from Sinclair Community College and ARAMARK that provided 150 lunches once a week at each MVH campus.

In addition to coordinating numerous food donations at each campus, foundation

*Continued on next page*



## SYSTEM NEWS

(continued)

staff have continued to process many restricted and unrestricted gifts which will have an impact on the planning and execution of 2021 initiatives. Among recent donations received is a notable grant from the DP&L Foundation, which provided \$30,000 for COVID-19 testing equipment. The gift will be divided between the four Premier Health foundations.

Thanks to donor gifts to the Good Samaritan Foundation-Dayton, construction began this month on the Employee Garden at Miami Valley Hospital North. When completed, the garden will include patio tables and chairs, seat walls, and the beautiful bronze artwork Jesus and the Children that was displayed at Good Samaritan Hospital in the Aull Courtyard. Donor support has played an integral role in the creation and construction of these inspiring and peaceful outdoor areas. The Employee Garden represents the third component of the overall Trail of The Good Samaritan, which includes four gardens and a walking path. A ribbon-cutting event for the Aull Garden and

walking path will take place later this spring, with the opening of the Employee Garden scheduled for this fall.

### Upper Valley Medical Center



**Scott Kanagy, DO**, chief medical officer at Upper Valley Medical Center, was interviewed by Troy WTJN 107.1 and Piqua

WPTW 98.1 radio stations in January for a monthly health care update which included advancements in telemedicine and the COVID-19 vaccine rollout at UVMC. Dr. Kanagy also participated in a Jan. 14 Miami County Public Health news conference about the COVID-19 vaccine distribution plan for Miami County.



**Kevin Harlan**, president of Upper Valley Medical Center, provided a state of local health care and COVID-19 update

to Miami County commissioners at their meeting on Jan. 21. He presented a similar program at the Jan. 26 Troy Rotary Club meeting and is providing periodic updates to city leaders and other elected officials. Also, at Troy Rotary meetings in January, Dr. Kanagy presented a program on the COVID-19 vaccine, and Travis Grasley, director of cardiopulmonary and sleep services, provided a program on cardiopulmonary services at UVMC.

In other community relations activities, UVMC was a sponsor of the Piqua Arts Council Kickoff Celebration held virtually on Jan. 19 and was the lead sponsor of the Piqua Chamber of Commerce 75th Anniversary Celebration held virtually on Jan. 21.

UVMC employees were provided with an update on progress of the Employee Wellness Center, which will occupy space adjacent to the cardiac and pulmonary rehab addition that was completed last year. Scheduled to open in the spring, the 1,235-square-foot center will offer an exercise facility and wellness/fitness activities for hospital staff.

## Premier Health and Wayne HealthCare Expand Telehealth Partnership



Premier Health and Wayne HealthCare are expanding their telehealth partnership to include TeleIntensivist coverage, a telehealth program that provides access to intensivists through video consultation. An intensivist is a board-certified physician who provides special care for critically ill patients and has advanced training and experience in treating their complex health needs.

Premier Health's network of intensivists (critical care telemedicine specialists) will work with on-site physicians and advanced practice providers at Wayne HealthCare to help remotely manage critically ill patients in the ICU using a telehealth cart with audio and visual connectivity. Providers will be able to review real-time bedside monitors and clinical data. Their experience and guidance, provided remotely, will allow for the successful treatment of patients that previously would have been transferred elsewhere.

Telemedicine services are available 24 hours a day, seven days a week. The TeleIntensivist program complements other telemedicine services currently provided by Premier Health, including:

- TeleStroke: board-certified neurologists work virtually with the staff at Wayne HealthCare to ensure rapid evaluation and treatment after a stroke to maximize rehabilitation and recovery for patients;
- TeleEEG: board-certified neurologists diagnose and monitor seizures and other brain disorders.

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 Premier Health