

# Premier Pulse

News for Premier Health Physicians

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## Practicing Gratitude Promotes Wellness

By Jennifer Hauler, DO, vice president of medical affairs and chief medical officer, Premier Health



The holidays are traditionally a time for gratitude and reflection. It is an opportunity to step back from the busy day-to-day adventures of life to focus on our blessings.

Perhaps some of the true magic associated with the holidays is really a focus on gratitude. Did you know that practicing gratitude is actually good medicine?

A growing body of research demonstrates that practicing gratitude has tremendous benefits for one's physical and mental health. Gratitude lowers blood pressure and cholesterol, improves immune function, and facilitates more efficient sleep. It reduces the lifetime risk of depression, anxiety, and substance abuse disorders. Grateful individuals exercise more, have healthier diets, are less likely to smoke, and are more likely to be compliant in using their medications.

A successful gratitude practice starts with recognizing what you're grateful for, acknowledging it and appreciating it. Gratitude realigns one's attention to focus

on the positive....and it is powerful. It is impossible to be grateful and angry at the same time, it is impossible to be grateful and fearful at the same time. Gratitude is the antidote to anger and frustration. In the chaotic and hectic world of health care, where frustration is plentiful for patients and caregivers alike, it seems like the perfect solution.

So, interested in practicing gratitude, but not sure where to start? Try these options:

1. Create a gratitude journal. Each day write down three things for which you are grateful.

*(continued on page 3)*



# Premier Health Launches Public Service Campaign to Combat Opioid Addiction

Premier Health and its hospital foundations have launched a multi-pronged, collaborative public service campaign to combat opioid addiction, which in recent years has helped make Ohio one of the nation's worst hotspots for overdose deaths.

In addition to driving behavior change, the campaign uses a range of print, television, outdoor, and digital media to raise awareness that opioid addiction affects a broad cross-section of society. One ad, for example, shows a high school quarterback described with a series of adjectives: Envied. Admired. Recruited. Addicted.

The epidemic has hit Southwest Ohio especially hard. Montgomery County's hospital emergency departments saw more than 2,500 overdose patients during the

first half of 2017 – more than in any other Ohio county, according to the county's Community Overdose Action Team. Ohio led the nation in overdose deaths in 2015.

"Opioid addiction has reached crisis levels in many of the communities that we serve," said Mary Boosalis, president and CEO of Premier Health. "We feel this public service campaign is an important component of our nonprofit mission to improve the health of our residents of Southwest Ohio. We want to do our part in driving behavior change through this campaign, and look forward to partnering with other mission-driven organizations to sustain this effort."

Using the tagline "Don't Let a Prescription Turn Into an Addiction," the campaign encourages people who are

grappling with addiction and their loved ones to place a call for help, and links them with the resources that they need to do so.

"This epidemic didn't develop overnight, and it will take years for our region to recover," said Helen Jones-Kelley, executive director of the Alcohol, Drug Addiction and Mental Health Services for Montgomery County. "We appreciate that Premier Health is stepping forward as a community partner to make a difference in tackling this public health imperative, and to be a leader in the collaborative response that it will take to solve this problem."

More information about the campaign is available at [opioidassist.com](http://opioidassist.com).

That new cell phone.  
12 Mega-Pixel camera. 100 Gigs of storage.  
That's worth like several hits alone.  
I can just lift it out of someone's purse,  
or I can search the lockers at the gym.  
No one will ever know. Then I'm set for  
a week. I just need enough for the week,  
then I'm going to quit.

**The world looks different when  
you're addicted to opioids.**



**Don't let a prescription turn into an addiction.**

This message brought to you by Premier Health and its Foundations. To learn more, visit [opioidassist.com](http://opioidassist.com)

My mom's purse.  
Italian design. Crafted from the finest  
leather. I can get a few hits for that.  
Maybe I'll get lucky and she'll have  
some money in it, too. I'll leave the  
window open in her bedroom.  
I'll make it look like we were robbed.  
She'll never know I did it.  
That's what I'll do.

**The world looks different when  
you're addicted to opioids.**



**Don't let a prescription turn into an addiction.**

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To learn more, visit [opioidassist.com](http://opioidassist.com).

# PHG's Focus Remains Clinical Transformation, Population Health

By Jerry Clark, MD, president and chief medical officer, Premier Health Group



In light of recent announcements regarding Premier Health's plan to exit the individual (exchange) health insurance product, I would like to clarify how that affects our physician-hospital

organization (PHO), Premier Health Group (PHG).

- The function of PHG remains essentially unchanged.
- PHG continues to be the contracting agent for our PHG provider network of 6,000+ providers that will serve the Premier Health Plan.
- PHG will continue to be Premier Health's chief arm for clinical transformation and population health, using resources of our Evolent Health and Midwest Health Collaborative partners.
- PHG will continue our payer partnership with Humana MA, and will continue to seek new value contracts for the PHG Payer Partner Network's participation
- PHG providers currently caring for more than 30,000 people from the Premier Health Plan MA and Large Group products, our Humana MA payer partnership, and the Premier Employee Plan will continue to benefit from Evolent population health resources (nurse care advisors, pharmacists, social workers, engagement specialists, etc.) in managing high-risk individuals and will continue to benefit from financial incentives (the Quality Reward Program).

Our exit from operating a health insurance plan will allow Premier Health to double-down on what we do best – clinical transformation and the development of a high performance, clinically integrated network of providers.

*(continued from page 1)*

## Practicing Gratitude

2. Create a gratitude jar. As a fun variation on a gratitude journal, keep small pieces of paper near a jar. Write down items for which you are grateful and place them in the jar. Pick a special time (New Year's Eve or another important date) and review the items placed in the jar.
3. Pick a friend or colleague and send a simple "thank you for making my life brighter" text.
4. Stop and smell the roses. Take a walk and notice the beautiful sky, brisk air, and warm sun (if you are fortunate to pick the right day in Ohio). When was the last time that you appreciated the natural beauty surrounding you?
5. Set a reminder on your phone to be thankful. Even if you do nothing more than clear the alarm, it fits a few seconds of gratitude into your day.
6. Search for the opportunity in challenges or the positive in a difficult situation.
7. Do something unexpected for someone. Surprise someone for no reason and brighten their day with a small gift or compliment.
8. Give hope and encouragement to someone in need because your compassion can have an inspiring, even life-changing effect on another person.
9. Be thankful for who you are instead of criticizing yourself, which erodes self-confidence. Your special talents, skills, personality and qualities all make up the unique and special person you are.
10. Smile more often. Pick a day during which you will smile at three random people as you walk by.

During this holiday season, I hope that you are taking a break from the hectic and stressful world of health care to practice gratitude. Here's to the health and happiness of you and all who surround you during this special time of the year! Happy holidays!

# Change in Pediatric Services; Electric Vehicle and Defibrillator Research; and Anniversaries



## Atrium Medical Center

This year, Atrium Medical Center is celebrating two anniversaries. The hospital celebrated its 100th anniversary on March 5. On March 5, 1917, Middletown Hospital opened with 28 beds and seven staff members. December 9 marked another significant anniversary, as Atrium Medical Center celebrated 10 years since the current 328-bed hospital was built on its campus in the City of Middletown's Renaissance District.

Atrium Medical Center, now a Level III Trauma Center serving greater Butler and Warren counties, anchors a medical campus bringing together other health care partners such as Dayton Children's Hospital, Atrium Family YMCA, Cincinnati Eye Institute, Greentree Health Science Academy, and Otterbein Middletown. Atrium has also expanded over the past decade, opening Atrium Health Center Trenton in 2014 on the campus of Edgewood City Schools in Butler County and opening Atrium Health Center Mason in 2015 on Mason-Montgomery Road in Warren County. Atrium has also added new services in the time since the new hospital opened in 2007, including open heart surgery, robotic surgery, natural birth services, and a Senior Emergency Center.



With the expansion of federally qualified health centers, Atrium Medical Center has decided it will no longer offer pediatric services at its Maternal Child Health Center in Middletown as of December 29, 2017. Because of the discontinuation of this service, Children's Medical Center, Inc., will no longer provide pediatric services to Maternal Child Health Center, and will not schedule appointments after December 29. Talena Ullery, nurse practitioner at Maternal Child Health Center, will be transitioning her practice to Centerpoint Health and will be accepting patients at Centerpoint Health's locations in Middletown and Franklin.

All patients who visited Maternal Child Health Center in 2016 and 2017 will be receiving in the mail a letter of notification, a listing of local providers accepting new pediatric primary care patients, and a release of medical records form.

If you have questions about this transition as it relates to your patients, please call Maternal Child Health Center at **(513) 974-5235** to speak to a staff member. Maternal Child Health Center is not closing and will continue to provide prenatal care and Ob/Gyn health care services.

## Good Samaritan Hospital

Good Samaritan Hospital physician Abdul Wase, MD, and former cardiology fellow Thein Aung, MD, were invited to make a poster presentation of their research at the American Heart Association's Scientific Sessions 2017 in Anaheim, California. They researched whether sitting in or standing close to the charging port of a Tesla electric vehicle while charging at 220 Volts would trigger a shock or interfere with implantable defibrillator performance. The findings suggest that electric vehicles might be safe to use for individuals with cardiac defibrillators.

Dr. Wase and the team examined the potential effect of electromagnetic interference from an electric vehicle on 26 men and eight women from Good Samaritan Hospital, average age 69, with implanted cardiac defibrillators of various types. Adjusting the defibrillators to both their least and most sensitive settings, the devices did not sense the electromagnetic signal from the electric vehicle battery when patients sat in the driver's seat, passenger seat, back seat, or at the charging post (where the electromagnetic interference is at its highest).

Dr. Wase is the section chief of cardiac electrophysiology at Dayton Heart and Vascular Hospital at Good Samaritan and a clinical professor of medicine at Wright State University's Boonshoft School of Medicine.

The American Heart Association's Scientific Sessions 2017 is a global exchange of the latest advances in cardiovascular science for researchers and clinicians.



**Miami Valley Hospital**

November 3 was a special day for CareFlight Air and Mobile Services. In 1997, the first Mobile Intensive Care Unit (MICU) “rolled” out and began its legacy of transporting patients. Since that time, the MICU has logged millions of miles throughout the state of Ohio and occasionally surrounding states. To date, the MICU has logged 23,020 transports, or an average of 300 MICU transports each month, and the fleet has grown to six MICU vehicles. In 20 years, the staff has grown from 14 to 80 clinical crew members, including both MICU paramedics and MICU/flight nurses that staff the vehicles.

The staff of the Neuro-Science Department hosted the statewide Coverdell Stroke Meeting on November 2. The goal of the Paul Coverdell National Acute Stroke Program is to develop high-quality stroke systems of care to save lives and prevent premature disability and death. Stroke systems of care improve care and support for patients throughout their health care journey — from the first symptoms of stroke, emergency medical services (EMS) transport, and hospital care to follow-up with outpatient providers. This is the first time this event has been hosted in our region.

**Upper Valley Medical Center**

UVMC again received a score of “A” on the recent report card issued by the Leapfrog Group, a hospital industry safety watchdog. The group twice a year rates hospitals based

on their performance in preventing infections, medical errors, on-site accidents, and methods for keeping patients safe and properly informed. It determines scores using letter grades based on 30

hospital safety criteria. UVMC earned an “A” rating in both spring and fall in 2016 and 2017.

The UVMC Sleep Center has received accreditation from the American Academy of Sleep Medicine (AASM) as the result of a stringent review conducted by the Academy earlier this year. The AASM is the largest professional membership society for physicians, scientists, and other health care providers dedicated to sleep medicine.

The UVMC Foundation’s annual Bill and Ruth McGraw Cancer Awareness Symposium was hosted October 19 at the Crystal Room in Troy. Nearly 200 attendees turned out for the program featuring keynote speaker Samantha Harris, a two-time Emmy-nominated TV host, author, and breast cancer survivor.

Ruth Jenkins, past president/member of the executive committee of the UVMC Foundation Board, was honored as a Woman of Excellence by the YWCA of Piqua/Miami County at the organization’s annual luncheon October 19. This YWCA program recognizes outstanding local women who have demonstrated a high level of achievement and made a significant contribution and impact in their community.



# An Update on 3D Mammography

Several changes have occurred over the two years that Premier Health has offered 3D mammography. The Centers for Medicare and Medicaid Services (CMS) began covering this advanced imaging test more than a year ago. Commercial insurance companies followed suit. Now, many insurance companies, including Premier Health Plan, cover charges for 3D mammography.

Premier Health opted not to charge a technical fee for the exam for the past two years to make 3D mammography accessible to as many women as possible. Now that many insurance companies are covering this test, Premier Health is implementing a \$60 technical fee for all 3D screening mammograms (a technical fee was previously charged for diagnostic mammograms). This new charge, which is covered by insurance, went into effect on December 1.

Women will still have a choice regarding whether to have a 3D or traditional 2D mammogram. If they choose 3D mammography, they are encouraged to first check their insurance plan for coverage.

The following questions and answers about 3D mammography are also available on our website at [premierhealth.com/3Dmammo](http://premierhealth.com/3Dmammo):

## What is 3D Mammography?

A 3-dimensional (3D) mammogram (also called tomosynthesis) is an advanced form of mammography that takes multiple images of the breast from several angles to form a 3D image. Viewing multiple images helps the radiologist better visualize fine details within the breast tissue, giving him or her a better opportunity to detect breast cancer at its earliest stage.

All Premier Health mammography locations offer Genius™ 3D MAMMOGRAPHY™.

## What should I expect during a 3D mammogram?

There is very little difference between having a 3D mammogram and a 2D mammogram. Both use the same amount of breast compression, and both require you to hold your breath for a short period of time. The 3D mammogram may take a few extra seconds to complete, and the machine moves over the breast during the exam.



## Is there more radiation with a 3D mammogram?

While there is an increase in radiation dose with 3D mammography compared to traditional 2D mammography, the radiation dose from 3D mammography is still below the limit under the Mammography Quality Standards Act set forth by the Food and Drug Administration.

## What are the benefits of 3D mammography?

Research shows Genius™ 3D MAMMOGRAPHY™ can increase the detection of breast cancer by allowing the radiologist to better see the different structures as well as the location, size, and shape of any abnormal tissue.

Studies also show a reduction in “call backs” for additional images. When a radiologist sees an area in traditional mammography that is questionable, the patient is asked to return for additional imaging. With Genius™ 3D MAMMOGRAPHY™, the physician can see the breast tissue in smaller, thinner sections, reducing the need for call backs.

## Who can have a 3D mammogram?

3D mammography is approved for all women undergoing either a screening or a diagnostic mammogram. Please note there are a few physical conditions that prevent us from using the 3D technology and that will be determined by the technologist upon discussion with you.

## Where can I schedule my 3D mammogram?

All Premier Health mammography locations offer Genius™ 3D MAMMOGRAPHY™.

You can request Genius™ 3D MAMMOGRAPHY™ when you schedule your

mammogram. Call central scheduling toll free at **(855) 887-7364** to schedule your mammogram.

## Is there any additional cost for 3D mammography, and will my insurance cover the additional charge?

The amount you owe depends on the benefits of your insurance plan. Please consult with your insurance company to clarify the coverage provided by your specific policy prior to having your next screening mammogram (CPT code 77063) or diagnostic mammogram (CPT code 77062) so you can make an informed decision at the time of your exam. Our mammography technologists will offer you a choice at the time of your exam.

At this point, whether you receive a 3D screening mammogram or a 3D diagnostic mammogram, you will receive two bills – one from the hospital and one from the radiologists who read your mammogram.

## Updated Screening Mammogram Algorithm

We have heard some confusion regarding the best practice for breast screening, especially when dense breast tissue is found. To help reduce confusion and determine when an annual mammogram should be supplemented with a screening breast MRI, screening breast ultrasound, or a referral to a high risk breast center, the medical imaging team created an updated breast screening algorithm.

This algorithm is available for viewing or download from any Premier Health physician portal. The algorithm can be found under the “Refer a Patient” tab on the Clinical Algorithm page.

# Cancer Institute Announces New Heated Chemotherapy for Some Abdominal Cancers

By Frank Sawyer, system vice-president, service integration, oncology, Premier Health



One role of the Cancer Institute is to continually explore ways to improve upon our outstanding cancer services across Premier Health. This year we've introduced several new cancer

procedures and technologies to treat and support patients across the region.

Earlier this year, we began offering heated (hyperthermic) intraperitoneal chemotherapy (HIPEC) at Miami Valley Hospital for patients with metastatic cancers that have spread to the peritoneum.

Premier Health is one of only a handful of hospitals across Ohio where HIPEC is performed.

## How it Works

HIPEC is a surgical procedure used for advanced colorectal cancers and primary cancers of the appendix or peritoneum. It involves first performing cytoreduction of visible cancerous tissues from the colon, liver, stomach or peritoneum. Once resection is complete, heated chemotherapy is used to bathe the peritoneum and destroy microscopic or stray cancer cells.

Using catheters attached to a heating machine, heated chemotherapy is circulated into the peritoneal cavity for 90 minutes. The heat and movement of the fluid intensifies the drugs' cancer-fighting abilities. After 90 minutes, we wash out the chemotherapy and close the incisions.

## Positive Outcomes for Select Groups

HIPEC is most effective for cancers confined to the abdomen, including pseudomyxoma peritonei, as well as stage 4 colon cancers

and peritoneal mesothelioma. Patients must be healthy enough to undergo a six- to 10-hour surgery.

HIPEC isn't recommended for cancers that start in the liver, stomach or pancreas, or that have spread to organs beyond the abdominal cavity.

HIPEC can cure pseudomyxoma 95 percent to 97 percent of the time. For stage 4 colon cancers confined to the abdominal cavity, national data show overall survival is 22 months with HIPEC vs. 11 months without HIPEC. The five-year survival rate with HIPEC is 22 percent.

Because the chemo isn't systemic, side effects such as nausea and hair loss tend to be much less severe. HIPEC is typically a one-time treatment.

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## New Catering Menu

In April of this year, we introduced a more healthful catering menu and more healthful retail food choices intended to benefit our employees, physicians, and communities. These changes became effective on May 1, 2017.

The new catering menu offers not only healthier choices that meet Premier Healthy Living's standards for healthful foods, but also more selections, as requested in your feedback.

Previously, menu selections were limited due to priority mainly being given to items that had a low percentage of calories from fat. The new menu focuses on the American Heart Association's guidelines, which limit trans and saturated fats while increasing the variety of items that can be served. This will allow more flexibility when planning meetings and special events.

It is our expectation that any catering that is financed by Premier Health will go through our catering services.

The new catering menu includes selections rich in fruits and vegetables, lean meats and seafood. Fats are used carefully in food preparation, and seasonings focus on spices with limited sodium and sugar. Please share the new menu with your employees.

These changes are part of a broader effort to create a healthier work environment and encourage healthier living. Your understanding is appreciated as we take this important step to maintain our momentum. Contact your location's nutrition services director if you have any questions about the new catering menu.

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# Premier Health First in Ohio to Reach Public Health Milestone With Maternity Care

Premier Health is the first health system in Ohio whose maternity centers have completed all steps of a statewide breastfeeding initiative aimed at reducing the state's high infant mortality rate.

The initiative, Ohio First Steps for Healthy Babies, was launched by the Ohio Department of Health and the Ohio Hospital Association.

Among the hospitals recognized for achieving all steps in promoting, protecting and supporting breastfeeding are Miami Valley Hospital, with an additional site at Miami Valley Hospital South; Good Samaritan Hospital; Atrium Medical Center; and Upper Valley Medical Center. Some of the steps include helping mothers initiate

breastfeeding within half an hour of birth, as well as giving newborns no food or drink other than breast milk unless medically indicated.

"This distinction shows what teamwork and perseverance can accomplish," said Teri Gulker, director of nursing at Good Samaritan Hospital and Upper Valley Medical Center. "This initiative is paying dividends for babies and their mothers throughout the Miami Valley, and we're proud to be a part of it."

About 61 percent of mothers exclusively breastfed their infants in the days following delivery at Premier Health hospitals in 2016, significantly above the state average rate of 52 percent at hospital discharge.

"Breast milk benefits babies with its mix of nutrients, protein and fat," said Marc Belcastro, DO, chief medical officer at Miami Valley Hospital. "It's easily digestible, and its anti-infective properties help newborns fend off infection."

Asthma, allergies, respiratory illness and ear infections also occur less frequently in breastfed babies, Belcastro said. And research suggests that breastfeeding lowers the risk of Sudden Infant Death Syndrome, Type 2 diabetes, obesity and other medical conditions.

The benefits don't end there. Breastfeeding also boosts the health of mothers, helping them lose pregnancy weight more quickly while reducing their risk of breast and ovarian cancer.

Premier Health's hospitals also have removed free infant formula samples and formula company-branded diaper bags from their facilities. The hospitals have been recognized as "bag-free" facilities by First Steps for Healthy Babies in partnership with the Ohio Breastfeeding Alliance and the Ohio Lactation Consultant Association.

"First Steps is proud to recognize the commitment of Premier Health for the great work to support and promote breastfeeding," said Ryan Everett, director of population health for the Ohio Hospital Association. "Through active participation in programs like First Steps, Ohio hospitals are engaging patients and the community as partners to improve the health and wellness of moms and babies across the state."

In recognition of the importance of these programs, Premier Health offers lactation consultants and other resources to assist mothers one-on-one or through breastfeeding classes.

For more information about Premier Health's services, visit [premierhealth.com/maternity](http://premierhealth.com/maternity), [premierhealth.com/breastfeeding](http://premierhealth.com/breastfeeding) or call 937-208-BABY to register for classes. For more information about Ohio First Steps for Healthy Babies, visit [ohiohospitals.org/ohiofirststeps](http://ohiohospitals.org/ohiofirststeps).





# Premier Health Breaks Ground for New Emergency Center in Miamisburg

A groundbreaking ceremony was held on December 18 in recognition of Premier Health's new freestanding emergency center in Miamisburg. Miami Valley Hospital Austin Boulevard Emergency Center will provide fully equipped, full-service, 24-hour emergency care with easy access from I-75.

"We are looking forward to serving Miamisburg and surrounding communities with high quality emergency care and access to the region's only Level I trauma center at Miami Valley Hospital," said Mary Boosalis, president and CEO, Premier Health. "The optimal health of those in our community is at the center of everything we do, and we remain committed to providing access to emergency and preventive care to patients when they need it, where they need it."

"The same experienced emergency team that staffs all Miami Valley Hospital emergency departments will be supported at the new emergency center with advanced



equipment and an integrated connection to all specialty services provided within the Premier Health system," said Darin Pangalangan, MD, chair of the Premier Health Emergency Trauma Institute. The new emergency center will provide a rapid access point for those times when every minute counts.

Miami Valley Hospital Austin Boulevard Emergency Center will have 11 emergency beds and two trauma bays. The emergency center will be staffed by board-certified

emergency medicine physicians from Miami Valley Hospital, and will link to Premier Health's TeleStroke Network to connect stroke specialists via computer to providers at the point of care. Imaging technology will include CT scans and X-ray. Lab services will also be provided, as well as CareFlight Air and Mobile Services to transport patients who need hospitalization.

The new emergency center is expected to open to the community in September 2018.

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## Premier Physician Network Launches Market-Wide Urgent Care Rollout

Premier Physician Network (PPN) has begun construction on four urgent care sites as part of an overall strategy to bring new access points to Southwest Ohio during 2018.

Premier Health Urgent Care offices will open in Englewood, Miamisburg, Springboro, and Vandalia by spring 2018. The sites will serve patients who need care when their primary care physician is not available and a trip to the emergency department is not necessarily needed.

The urgent care sites are the latest way in which Premier Health is leading the local industry in providing patients with convenient access to care. Other recent service enhancements include the rollout of

E-visits and virtual care appointments with physicians.

"Premier Health Urgent Care introduces a new generation of urgent care with design and technology aimed at giving patients the care they need with the convenience their lifestyle demands," said Mike Maiberger, executive vice president and chief operating officer at Premier Health. "Everything from the feel of the waiting room to the ability to register online redefines how urgent care has been delivered in the past."

Patients will be able to register for an appointment online and wait in the comfort of their homes until they need to leave for their appointment. Walk-in appointments will also be available through convenient

registration at self-check-in kiosks. Individuals who check in on-site may leave to run errands while they wait for their appointment time, and be alerted through mobile devices when their appointment is nearing so they don't lose their spot in line.

The first four urgent cares will be located at 1130 S. Main St. in Englewood; 8 Prestige Plaza in Miamisburg; 752 N. Main St. in Springboro; and 6700 Commerce Center Dr. in Vandalia. The locations will operate Monday through Sunday from 10 a.m. to 10 p.m. Each Premier Health Urgent Care will be staffed by local, certified advanced practice providers.

For more information on Premier Health Urgent Care, visit [premierphysiciannet.com](http://premierphysiciannet.com).

# Telehealth Rapidly Becoming Standard of Care



The Jetsons debuted in 1962 and while we do not have flying cars, health care is rapidly adopting one of the Jetsons' futuristic phenomena: telehealth. Elroy, the Jetsons' 6-year-old son, can be seen completing his doctor visit via video. But did you know that Premier Health provides multiple telehealth services to more than 4,500 patients annually?

As defined by the American Telemedicine Association (ATA), telehealth is the use of medical information exchanged from one site to another via electronic communications to improve patient clinical health status. In addition, telehealth is one of the fastest growing segments of health care and is rapidly becoming a standard component of the care delivery model, with health systems such as Kaiser Permanente in California performing more than 50 percent (or 59 million) patient transactions online in 2016. Telehealth is not a single solution but part of the care delivery model, providing a platform where many solutions can be accessed.

Premier Health began offering telehealth services in 2012 using a team-based approach with clinicians, operations, reimbursement/billing, legal/compliance, marketing/communications, and IT. The health system projects more than 4,000 visits in 2017. Current offerings include Premier Virtual Care, a video visit urgent care service; Epic MyChart E-Visits through primary care; tele-stroke and tele-social work video consults; behavioral health video visits; tele-neurology; E-ICU; Pulsara; and remote patient monitoring.

So why should Premier Health continue to operate like the Jetsons? We do not have flying cars, our houses do not float in the sky, and I have yet to find a device to clean my entire house. As part of the 2018-2020 strategic plan, Premier Health will continue to undergo Clinical Transformation with a strong focus on consumerism and innovation. Just as E-commerce has not replaced the traditional retail store, it certainly has disrupted the traditional model.

Premier Health thinks of telehealth as demand- and supply-driven. Demand focuses on the consumer's desire for convenient access to care, cost transparency and enhanced communication with digital devices – all at a lower cost. Meanwhile, a supply-driven approach leverages technology to succeed in the future state of value-based payments, physician shortages, and with an aging patient population with chronic conditions.

The initial feedback has been overwhelmingly positive with responses such as "I am so thankful for this service!" and "I've been telling everyone I know about this service! It was a wonderful experience and I would do it again."

If you have questions, comments, or ideas, please contact Chris Stuchul, Premier Health's director of clinical innovation, at [clstuchul@premierhealth.com](mailto:clstuchul@premierhealth.com).

# Timely Respiratory Care Improves Outcomes, Heads Off Invasive Options

As technology continues to improve in the field of respiratory medicine, so have the opportunities to minimize the impact of cardiopulmonary disorders in patients' lives. New and improved tools have allowed pulmonologists at Premier Health's respiratory care facilities to play a vital role in delivering timely and accurate care that is often less invasive and delivers better outcomes.

"We are fully capable to offer pulmonary function testing with pretty fast turnaround time," said Jennifer Clune, MD, medical director for respiratory care at Miami Valley Hospital and Upper Valley Medical Center. "When patients get referred to us for a study, their primary care physician could have a result in their hand possibly on the same day, which was not always historically the case."

That timeliness can be absolutely crucial when it comes to the detection and treatment of lung cancer, and Dr. Clune also stresses its usefulness in determining why a patient might be short of breath when standard chest X-rays or pulmonary function tests don't provide a complete answer.

Primary care physicians also play an important role in the referral process when abnormalities are first detected.

The decision to utilize Premier Health's respiratory services can provide patients and their families with clear answers and allow specialists to quickly prepare and coordinate a course of treatment.

"We play a big role in the early portion of lung cancer diagnosis and should really see a patient before they are referred to an oncologist or thoracic surgeon," said Dr. Clune. "We can review the CT scan and decide if a biopsy is necessary or whether the nodule can simply be watched and followed."

Premier Health's respiratory specialists also help determine a patient's course of treatment beyond an initial diagnosis. Not only are they able to assist in the early detection of cancer, but electromagnetic navigation now gives them the ability to provide crucial guidance for a patient's course of treatment.

"In the past, patients would just get CT scans every few months to see where things were at, but now we've got the opportunity to perform biopsy and resect lesions when they are much smaller," said Thomas Yunger, MD, medical director for respiratory care at Good Samaritan Hospital. "We're able to help on the therapeutic side now as well.

With the same navigation bronchoscopy, we can place digital markers around the tumor for the radiation oncologist to allow them to precisely localize the radiation field. So they're hitting tumor and less healthy tissue."

Technology has also evolved to offer improved treatment options for lung cancer patients who would have previously required a referral to different treatment facilities. For example, patients with larger endobronchial lesions can now receive stenting or cryotherapy treatments directly at Premier Health facilities. Pleurx catheters may also be installed on an outpatient basis to allow the patient to drain excess pleural fluid at home so they don't have to keep returning to the hospital for a needle aspiration.

In addition to cancer detection and treatment, the respiratory care offices at Miami Valley Hospital, Good Samaritan Hospital, Upper Valley Medical Center, and Atrium Medical Center offer a number of innovative resources for the treatment of additional disorders such as asthma, COPD, cystic fibrosis, cardiac disorders, and pneumonia. In each case, the decision to refer patients to a pulmonologist as soon as possible can have a significant impact on future outcomes.



# Mom's Studies Inspired Middle School Interest in Medicine



**Matthew Bauer, DO**, specializes in infectious disease at Atrium Medical Center.

### What brought you to Premier Health?

I did my residency in internal medicine

associated with Premier Health and enjoyed the experience. I am happy to be reconnecting with the same hospital system.

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

Honestly, internal medicine gave me the most career options since I was not sure which specialty I wanted to pursue.

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

I have so many influential persons in my life who have directed me to medicine. I want to especially thank my mother who worked so hard when I was in middle school at getting her LPN. Quizzing and helping her for upcoming exams gave me a particular interest in medicine.

### How do you describe your bedside manner?

I hope my patients and colleagues find me comforting, empathetic, and informative.



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

I'm from England and have lived in seven U.S. states.

### How do you want to be remembered?

As a friend and colleague.

### What is the last book you read?

*Hillbilly Elegy* by J.D. Vance

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

I like new and old school. My old school fave is Billy Joel - We didn't start the fire.

### iPhone or Android?

iPhone!

### Early bird or night owl?

Night owl

### Beach bum or mountain hiker?

Beach bum!!!

### Dress shoes or tennis shoes?

Dress shoes - work. Flip flops - the rest!

## Our New Physicians

New physicians routinely join the medical staff at each of the Premier Health hospitals. Are you interested in knowing who joined the medical staff at each facility?

You can find the lists in the Physician Portal.

**Atrium Medical Center** go to [atriummedcenter.org/ournewphysicians](http://atriummedcenter.org/ournewphysicians)

**Good Samaritan Hospital** go to [goodsamdayton.org/ournewphysicians](http://goodsamdayton.org/ournewphysicians)

**Miami Valley Hospital** go to [miamivalleyhospital.org/ournewphysicians](http://miamivalleyhospital.org/ournewphysicians)

**Upper Valley Medical Center** go to [uvmc.com/ournewphysicians](http://uvmc.com/ournewphysicians)

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