

Premier Pulse

News for Premier Health Physicians

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A Culture of Safety and Innovation

By Roberto Colón, MD, chief medical officer and vice president of operations, Miami Valley Hospital



Nearly 18 months ago, we took on a tremendous challenge: putting together a plan to manage patients during an unforeseen

pandemic. Teams came together to innovate, develop, and continuously improve. Premier Health became the leader in our community during the pandemic. We shared our expertise and guidance with our community to help keep our employees, patients, and families safe. While we have shifted our focus to a different threat, our pursuit of excellence will continue to lead our approach to health care.

As in sports, the path to excellence often involves stressing the importance of the fundamentals. We have been using this same approach in health care, emphasizing the basics at the bedside and in our processes. Our nursing teams, together with our APRNs, have been leading the campaigns to eliminate pressure injuries and falls. Soon you will again see an emphasis on hand hygiene in our clinical areas. While this is something that we get right most of the time, we must get it right ALL OF THE TIME. Sanitizing our hands as we enter AND exit every room will help reduce infections such as MRSA from spreading within our hospitals. Please remember, you must do this even if you are not anticipating contact with the patients. There will be additional emphasis on our hand hygiene observations to help drive better adherence. If someone approaches you

after an observation with feedback about your hand hygiene, please listen and be gracious. Rather than disagree, please thank them for helping keep patients safe. Remember, a true culture of safety also embraces accountability.

We have a duty to ensure we provide a safe and high quality experience for patients under our care. These are responsibilities that guide everything we do in our hospitals. It is our processes and our people that will help patients enjoy a safe journey while we care for them. Health care is ever-changing, and the path to success will require tremendous innovation at every step. Every single member of our organization plays a key role. No one is exempt from this responsibility to help ensure that safety and quality are leading our discussions.

As you go about your day – whether you directly care for patients at the bedside or help support their care from afar – remember the basic principle: Safety starts with me!



Miami Valley Hospital First in Dayton to Offer Adult ECMO Procedure

Miami Valley Hospital is the first in Dayton to offer the adult life-saving therapy extracorporeal membrane oxygenation or ECMO, enabling critically ill heart and lung patients and their families to remain close to home.

With ECMO, blood is pumped outside of the body to a heart-lung machine that removes carbon dioxide and sends oxygen-filled blood back to tissues in the body. Blood flows from the right side of the heart to the membrane oxygenator in the heart-lung machine, and then is rewarmed and sent back to the body.

The ECMO equipment is similar to a heart-lung bypass machine used in open-heart surgery. It pumps and oxygenates a patient's blood outside the body, allowing the heart and lungs to rest and heal.

ECMO does not treat or cure a disease. Instead, it is used in critical care situations in which a patient's heart and lungs need help to heal and other life-support options have not worked. It may be used in care for COVID-19, acute respiratory distress syndrome (ARDS), pulmonary embolism, respiratory failure, cardiogenic shock, severe hypothermia, life-threatening response to infection such as sepsis, and other conditions of the heart and lungs. It may also be used with patients who are



waiting for or recovering from a heart or lung transplant.

Miami Valley Hospital's critically ill patients, as well as transferring patients from other medical facilities in the region, can remain close to home when in need of this higher level of care.

In 1986, Miami Valley Hospital was the first in Ohio to offer ECMO for babies in the NICU, and now extends this complex treatment to adults.



For more information, visit PremierHealth.com/ECMO.

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. Kettel and his staff have always treated me with the utmost respect and kindness. He listens, suggests, and always takes my opinion seriously. Love this practice.

Finding **Dr. Khatri** a year ago was my miracle for 2020!

Dr. Ramirez at Atrium Medical Center was so wonderful. Really made my family and me feel comfortable.

Dr. Ljunggren has been my PCP for many years, and I have recommended him to family and friends. I would recommend him to anyone without hesitation.

Dr. Mullapudi and staff are always very courteous and polite!

Dr. Parilo is a very trusted caregiver

Dr. Sadikov is the best and is very caring.

General Surgeon Volunteers as a Pilot in His Spare Time



Patrick Larreategui, DO

What is your clinical specialty?

General surgery

Where did you go to school?

Michigan State University – College of Osteopathic Medicine

What brought you to Premier Health?

The people of the Miami Valley

Why did you choose medicine as a career?

I was inspired by my father who was a surgeon.

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

My surgical trainers, Dr. Harris Mainster and Dr. Robert Boorstein

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

I am a volunteer pilot for Angel Flight, a nonprofit program that provides free air transportation to people in need of medical treatment far from home, and Pilots N Paws, an organization that uses volunteer pilots and plane owners who are willing to assist with animal transportation.

Where is your hometown?

Dayton, Ohio

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

University of Dayton Flyers

What is the last book you read?

“Project Hail Mary” by Andy Weir

What is your favorite song in your playlist?

“Suit and Jacket” by Judah and the Lion

What is your favorite food?

Steak

What is your favorite hobby?

Aviation

What is your favorite animal, and why?

Dogs – they see the best in us

Where is your favorite vacation spot, and why?

Aspen, Colorado – clean air, mountain views, awesome skiing, hiking, and restaurants

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

Good health

Pick a side

iPhone or Android

iPhone

Early bird or night owl

Early bird

Beach bum or mountain hiker?

Mountain hiker

Dress shoes or tennis shoes?

Tennis shoes

Paperback or e-reader?

e-reader

Coffee or tea?

Tea

Cooking or baking?

Cooking

Sweet or salty?

Salty





Premier Health Brings Incision-Free Brain Surgery for Tremor to Region

Miami Valley Hospital has introduced to Southwest Ohio an incision-free brain surgery treatment that significantly reduces tremors of the hands in some people.

The surgery, known as MR-guided focused ultrasound, can benefit patients with either essential tremor or tremor-dominant Parkinson's disease. Essential tremor, a progressive neurological disorder, is characterized by an involuntary and rhythmic shaking of the head, voice, legs, arms, and hands, where it occurs most commonly. The condition has no known cause or cure.

MR-guided focused ultrasound is a technology from INSIGHTEC used for therapeutic purposes. The treatment uses focused sound waves guided by MRI to treat tremor, deep in the brain, with no incisions or permanent implants. It is a single procedure often performed on an outpatient basis with quick recovery and minimal side effects. Many patients experience immediate results, with the potential for reduction or elimination of tremors.

Miami Valley Hospital is 1 of 8 centers in the United States offering Tremor Program Services, partnering with INSIGHTEC to provide patient education and assistance in accessing tremor relief. Currently, Miami Valley Hospital has treated patients from across the country and could potentially treat international patients.



Interested persons can find out if they might be a candidate for incision-free surgery for tremor by calling **(800) 596-5936** or emailing **miamivalleytremor@insightec.com**. Qualified candidates will be referred to a Premier Health neurologist for in-person evaluation. For more information on MR-guided focused ultrasound, visit **PremierHealth.com/tremor**.

Headache Evaluation and Treatment

At the Clinical Neuroscience Institute's (CNSI) Headache Center, we offer broad treatment options for patients suffering from a variety of headache symptoms, including migraines, tension-type, cluster, and post-traumatic headache disorders, in addition to others. Treatments include the use of peripheral nerve blocks, trigger point injections, and Botox therapy.

Outpatient infusion therapy is a vital option for patients requiring more intensive care than home treatments or office visits can provide, and is a helpful tool to keep them out of the emergency room. New outpatient infusion options are available as well that serve as preventive treatment.

Candidates for outpatient infusion therapy include:

- Patients with migraine headaches lasting more than 72 hours and not responding to conventional medications
- Patients suffering from acute migraine attacks for less than 72 hours, but are debilitating, and not responding to conventional home medications
- Patients suffering from headaches due to medication overuse, from medications that can be safely discontinued as an outpatient

CNSI also offers inpatient evaluation and infusion therapy options.

Candidates for this treatment include:

- Patients with disabling chronic migraine
- Patients with medication overuse headache from medications that may not be safely discontinued in the outpatient setting
- Patients with other types of acute or chronic headache who need further diagnostic evaluation and treatment
- Patients who need more intensive therapy than can be provided in the outpatient infusion center

To Refer a Patient

- Premier Health EPIC users should search location/department "Clinical Neuroscience Institute."
- Non-Premier Health EPIC users should call **(937) 208-4200** or use the CNSI referral sheet.



Richard J. Kim, MD



Mark N. Youssef, MD



Marie Chambers,
MSN, APN-BC



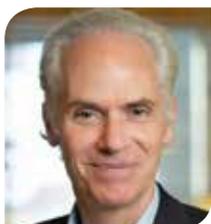
Growth Opportunities for Cardiovascular

By Beth Blank, director of service line strategy, cardiovascular and women's services, Premier Health



Many activities are occurring to support cardiology growth. Robert Bulow, DO, and I are energized to collaborate with our talented team of cardiologists as we continue to develop key strategies to better serve our providers and community.

Premier Health's cardiovascular service line performed its first extracorporeal membrane oxygenation (ECMO) treatment in May. Vincent Nardy, DO, and his team did an exceptional job getting this program implemented and we are proud to be the first in Dayton to offer this service to our patients.



Miami Valley Hospital South will open its Level II Catheterization Lab in early August. This will serve as an additional access point for EMS squads. Additionally, it provides our southern communities with convenient access to advanced interventional cardiac care and keeps patients close to home.

To further our relationship with public safety, the cardiovascular service line has partnered with the foundation and Emergency and Trauma Institute to provide 150 heart CT screenings to identified high-risk EMS throughout June. EMS will receive a screening at no cost and learn the status of their current heart health.

As COVID-19 restrictions are being lifted, our providers are becoming more active in the community by offering educational events to first responders, members of our local YMCAs, and corporations. We want to ensure we are top of mind when it comes to cardiac care and the services and capabilities offered at Premier Health.

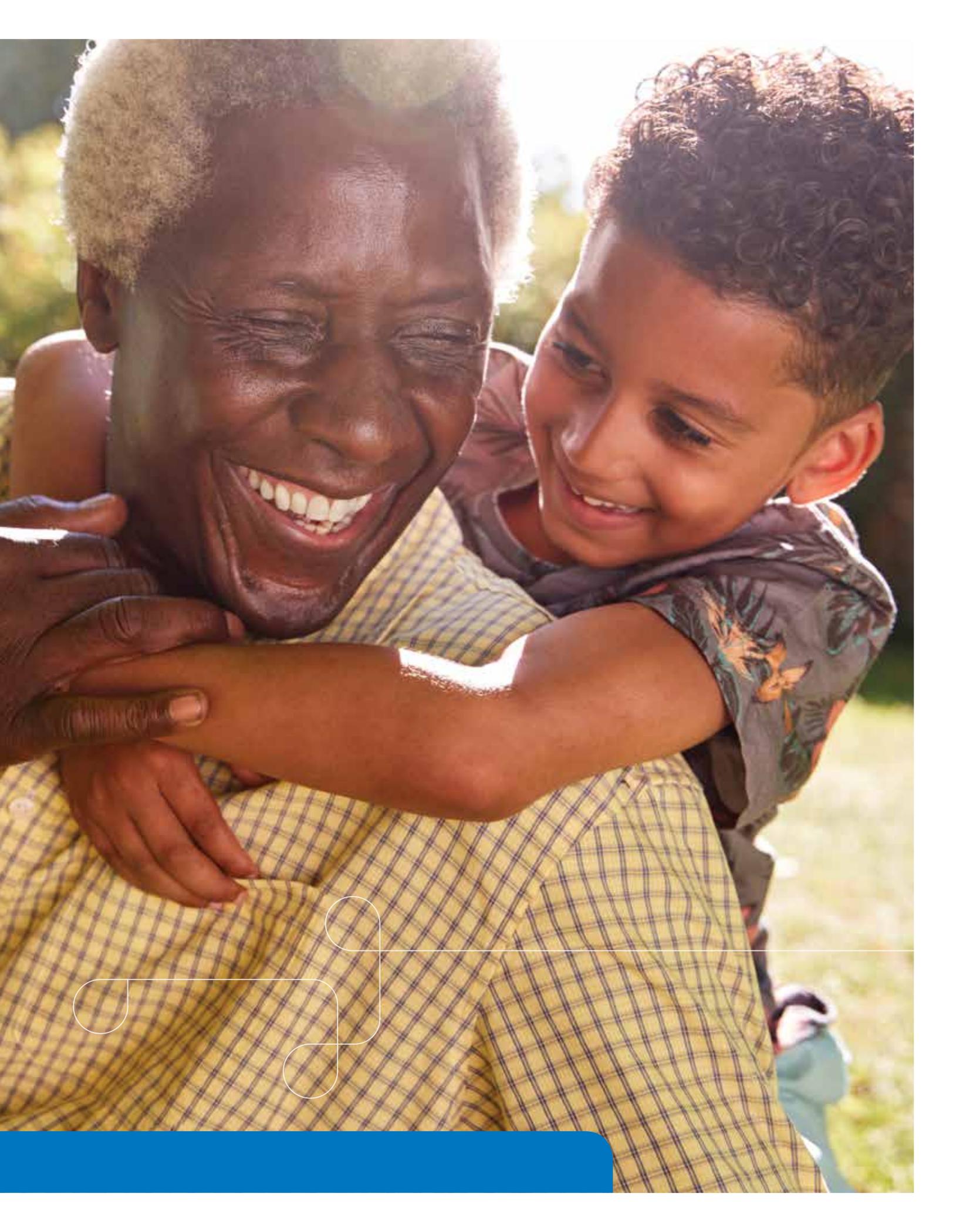
The service line is also working on key recruitment strategies and opportunities to expand our geographic coverage. We want to ensure we are conveniently located to meet the heart care needs of those we serve.

If you have additional ideas or feedback on growth initiatives and how we can continue to differentiate ourselves in the market, please reach out Dr. Bulow or myself.

Dr. Robert Bulow
rebulow@premierhealth.com

Beth Blank
bnblank@premierhealth.com





Dayton Magazine Recognizes Premier Health with Nonprofit of the Year Awards



Dayton Magazine recently released the 2021 Nonprofit of the Year Awards for Greater Dayton.

Emergency Room Care – Miami Valley Hospital
Urgent Care Centers – Premier Health Urgent Care
Hospital Based Outpatient Programs – Premier Health
General Medical Care – Premier Physician Network
Immunizations – Premier Health

This past December, Cincy Magazine announced the 2020 Nonprofit of the Year Awards for Greater Cincinnati. Atrium Medical Center received the Best Emergency Room Care award.

Congratulations to the many team members whose hard work and dedication made these acknowledgments possible.

Critical Value Change for All Factor Activity Assays

CompuNet Clinical Laboratories will be making a change to the critical value threshold for all Factor Activity assays, effective July 7, 2021.

The new critical value for **Factor Activity assays will be <20%**. This will involve a phone call notification to the provider at this threshold. This allows for proactive detection of bleeding issues and other coagulopathies in the patient.

The following tests are affected: **Factor Activity II, V, VII, VIII, IX, X, XI, XII and Chromogenic Factor VIII.**

For any questions, call Catherine Hoesl MT(ASCP), system technical director of hematology, at **(513) 484-3558**.

Premier Health Survivorship Program

Premier Health's cancer care extends beyond diagnosis and treatment to help patients get the support they need for body, mind, and spirit on their cancer journey. Services such as exercise therapy, massage therapy, nutrition support, genetic counseling, social services, and support groups are important to aid emotional, physical, and spiritual healing of all patients – and support for their loved ones. Recent service enhancements for all Premier Health cancer patients, regardless of their treatment location, include virtual and telehealth options.

Now known as the health system's Survivorship Program, we are working on a more succinct referral process in EPIC. In the meantime, referring providers can now access a streamlined referral packet online at PremierHealth.com/healthcare-professionals/physician-connect/patient-care/cancer-care-referral-guide/supportive-care.



 Premier Health

African American Wellness Walk Moves to August

The 2020 African American Wellness Walk (AAWW) received a tremendous turnout, despite the pandemic. The 2021 AAWW is coming in August, and it will be even bigger! Start walking now and watch for more information coming soon.

Help for Your Patients' Shoulder Pain



A painful shoulder can keep your patients from living life on their terms. Help them find relief and get moving again by referring them to the trusted team at Premier Orthopedics. Our skilled shoulder specialists assess, diagnose, and treat shoulder problems and pain caused by:

- Arthritis
- Fracture or injury to muscles, ligaments, or joints
- Labral tears
- Rotator cuff tears

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

- The full continuum of care for simple to complex shoulder issues
- A specialized team with advanced training and extensive experience to diagnose and treat shoulder 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
- Advanced surgical options and full or partial shoulder replacements, including minimally invasive techniques

Experienced Specialists

Premier Orthopedics is one of the largest and highly trained orthopedic and sports medicine groups in Southwest Ohio. Our team includes board-certified and fellowship-trained specialists in complex musculoskeletal challenges.

Convenient Locations

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 in our offices at Miami Valley Hospital South in Centerville, Miami Valley Hospital North in Englewood, and in our Vandalia location.

Easy to Refer

EPIC offices can search Premier Orthopedics in the order search box. Non-EPIC offices can fax referrals to:

Beavercreek/Centerville
(937) 312-1701

Dayton/Huber Heights
(937) 208-4007

**Englewood/Tipp City/
Vandalia**
(937) 832-2986

Middletown/Monroe
(513) 424-3599

Oakwood/Springboro
(937) 312-1701

Troy
(937) 339-1213

Awards; Go Red for Women; and New Fitness Center



Atrium Medical Center

Atrium Medical Center was selected by Cincy Magazine as a 2020 Greater Cincinnati Nonprofit of the Year award winner in the Emergency Room Care category, honoring the many nonprofit organizations that make an impact in Greater Cincinnati. Kim Hensley, chief operating officer and chief nursing officer, Atrium Medical Center, presented a plaque to the Emergency Department staff acknowledging their efforts.

Atrium President Keith Bricking, MD, was the guest speaker at the May monthly business luncheon of the Chamber of Commerce Serving Middletown, Monroe, and Trenton. Dr. Bricking's presentation, "The Current Landscape of Health Care," touched on Premier Health's partnership with Butler County RTA to offer free rides to COVID-19 vaccination clinics; COVID success stories; efforts toward vaccine equity; changes to health care since COVID; future digital strategies in health care; and growth of the Premier Physician Network in the area.

Nearly 100 people visited Atrium Medical Center's sports medicine and physical therapy office at Countryside YMCA in Lebanon during the annual Healthy Family Day event. Countryside and Atrium

partner on the event, which offers free fitness classes and a health fair for visitors. Those who passed through Atrium's space at the venue received information about the hospital's services. The Mobile Mammography coach was also on-site for appointments.

Atrium's CenteringPregnancy® program was highlighted during a presentation to the Middletown Kiwanis Club. Danielle Hunter, a certified community health

worker at Atrium Maternal Health Clinic, shared information about the prenatal support program that started in 2017 at the clinic located on Atrium's campus. CenteringPregnancy® is grant-funded and meant to help reduce infant mortality rates in the area.

Nearly 150 golfers enjoyed a day at Wildwood Golf Club in Middletown to support the annual James A. Combs Golf Tournament. The event raises more than \$20,000 that benefits both the Atrium Medical Center Foundation's Dr. E. Ronald Oches Endowment for Children and the James A. Combs and O.K. Klafter Nursing scholarships, sponsored by the Kiwanis Club of Middletown.

Atrium's Trauma Outreach team joined CareFlight to present an important safety message to students at Franklin and Middletown high schools prior to the spring celebration season. A mock crash reinforced the message of safe driving to students. The Trauma Outreach team also organized a kick-off event for Click It or Ticket as part of Warren County Safe Communities Coalition.





campaign to cover the costs of renovating the existing building, purchasing new equipment and technology, and to allow for future expansion of the rehab program. In addition to providing more room, the facility will be much more convenient for patients than the existing space in the Weber Building on the main campus.

A new clinic serving the community's most vulnerable homeless population has opened thanks to more than \$114,000 in contributions. Good Samaritan Foundation - Dayton and Samaritan Health Center have partnered to build a clinic inside St. Vincent de Paul Gateway Shelter for Women and Families. As part of the

The Good Samaritan Foundation-Dayton also received two grants for the Community Paramedicine Program: a \$10,000 award from the CareSource Foundation, as well as a separate grant from the SC Ministry Foundation. Funded initially by the Good Samaritan Foundation, the program is a partnership between Premier Health and the City of Dayton Fire Department that provides personalized support for patients in need of in-home care, but do not qualify for existing home health programs.

The marketing/communications team spent a great deal of time pitching to the media Nurses Week stories. The targeted



Miami Valley Hospital Campuses

Miami Valley Hospital employees participated in a special photoshoot to document heartfelt messages honoring the late Mukul Chandra, MD, FACC. These images will become part of a larger video project that will air during the Go Red for Women virtual event in June.

Later this year, the former "Reach Out" building at 25 E. Foraker Street will be named in honor of Mukul S. Chandra, MD, FACC. The renovated space will be used by the Cardio and Pulmonary Rehabilitation department. The Miami Valley Hospital Foundation has begun a fundraising

community support for this project, a very generous donation came from Jeff and Connie Sawdey in appreciation of the care received by Jeff's brother, Michael, at Samaritan Health Center. The new clinic will be known as the Michael Sawdey Samaritan Clinic for Women and Families. Constructing clinics inside homeless shelters is the single most impactful way to increase access to health care for homeless women and children. Five Rivers Health Centers will operate the clinic, which is staffed by Samaritan Health Center providers, including a pediatrician, physician, and a women's health specialist.

pitch was to feature Christie Gray, MS, APRN, CNS, NEA-BC, chief nursing officer, Miami Valley Hospital. Christie talked with several media outlets about leading a team of nurses during a pandemic while going through her personal battle with cancer. Later in the month, this team shifted its efforts to push media awareness for Stroke Awareness Month. This outreach featured a patient from Jeffersonville who received great care at the Jamestown Emergency Department and Miami Valley Hospital.

Continued on next page



Upper Valley Medical Center

In May, Upper Valley Medical Center was named a recipient of Healthgrades' Patient Safety Excellence Award™ and Outstanding Patient Experience Award™. This is the fifth consecutive year for the Patient Safety Excellence Award,™ which ranks UVMC among the top 10 percent of hospitals in the nation for patient safety and is based on inpatient data from the Medicare Provider Analysis and Review database and software from the Agency for Healthcare Research and Quality. The Outstanding Patient Experience Award is based on data collected from surveys of the hospital's patients and places UVMC in the top 15 percent of hospitals in the nation for patient experience.



Paul Weber, MD, pediatrician with the Pediatric Group in Miami County, joined **Scott Kanagy, DO, MBA**, chief medical officer of Upper Valley Medical Center, on Troy Power 107.1 Radio and Piqua WPTW Radio morning show interviews May 24 to discuss UVMC's Level II



Special Care Nursery, neonatal video conferencing, and other capabilities of the UVMC maternity unit in caring for newborns.

April Anderson, MD, medical director of the Upper Valley Medical Center Emergency Department, was featured in a personality profile in the Miami County media in May. Dr. Anderson was named medical director when Miami Valley Emergency Specialists became the ED physician provider group for UVMC in late 2020.

Upper Valley Medical Center underwent a three-year Ohio Department of Health review of radiation generating equipment in the hospital on May 18. The inspection was successful with no findings or recommendations.

Upper Valley Medical Center signed on for a series of e-blasts with the Piqua Chamber of Commerce that will be sent to all chamber members and affiliates. The first e-blast was published May 4 featuring the Premier Women's Center including Augustina Addison, MD; Katherine Bachman, MD; Larry Holland, DO; Terence Young, MD; and their team of certified nurse practitioners.

Upper Valley Medical Center's new Employee Fitness Center was unveiled June 1 with an introductory soft opening for staff. The center, on the west side of the cardiopulmonary rehab facility, is now open daily from 5:30 a.m. to 10 p.m. The UVMC Foundation provided funding for the workout equipment. Celebration open house events are being planned for the summer.

As part of ongoing disaster/emergency preparedness training, the hospital's Emergency Management Team participated in a code yellow hazmat external drill on the morning of May 14. The drill included EMS/fire responders from throughout Miami County.

Premier Physician Network

Premier Physician Network is offering patients an additional colon cancer screening option. Although colonoscopy is the best option when it comes to colon cancer screening, many patients avoid getting one. Patients looking for an alternative, less invasive test that can be performed at home may want to discuss a Fecal Immunochemical Test (FIT) with their provider. It detects hidden blood in the stool, which can be an early sign of colon cancer. The launch of this important initiative was financially supported by Premier Health's hospital foundations.

PPN was recently recognized for its exceptional work and care. PPN won Dayton Magazine's 2021 Greater Dayton Nonprofit of the Year Award in the Best General Medical Care category. Holly Walsh, PPN human resource director, and MiLinda Zabramba, MD, Miami Valley Hospital North medical director, were both named to the 2021 Dayton Business Journal's 40 Under 40 Winners. Marc Belcastro II, who leads Premier Health's primary care provider and advanced practitioner recruiting efforts, also was selected as a Forty Under 40 honoree. Charissa Newton, CNM, won Cincy Magazine's 2021 Family Choice Award for the Best Doula Midwife in the Family Health category. Additionally, six members of our PPN team were named to Premier Health's Wall of Excellence: Anita Hammon, Anthony Hudson, Tiffany McElrath, Melanie Miller, Toni Reed, and Kyle W. Smith.

Congratulations to our PPN winners, and to each member of our PPN team whose commitment to excellence has contributed to this worthy recognition.