

Premier Pulse

News for Premier Health Physicians

VOLUME 8 | ISSUE 12 | DECEMBER 2021



Getting Back to ‘Why’

By Andre Harris, MD, chief medical officer, Atrium Medical Center



Most medical professionals entered into the practice with a specific “why.”

A nurse may say her why was a calling to help patients. A respiratory therapist may have struggled with asthma as a child and was inspired by the field. A physician may have been influenced by an experience that opened her eyes to this noble profession. Most of us had a “why.” COVID-19 has stressed that “why” for several of us. Many medical professionals have been overwhelmed, burned out, or have

left the profession altogether. Those who have stayed are dealing with the stress of rising patient admissions, decreasing staff support, and a pandemic that seems to produce a variant du jour every month.

For Premier Health to succeed, I believe everyone needs to rediscover their “why.” A childhood memory may not be enough to sustain you in 2022. Simon Sinek’s “Start with Why” is a great read that deals with this issue. In his preface, he likely embodies the thoughts of many health care workers. “I had fallen out of love with my work and

found myself in a very dark place. There was nothing wrong with the quality of my work or my job, per se; it was the enjoyment I had for that work that I’d lost.” We know what we do: provide health care. We even know how to perform the task (the pandemic gave us plenty of practice). We need to step back and focus on why.

Our organization’s future is found in the why. I believe that as we reset our “why” for 2022, we can find renewed vigor and focus. We can deliver high-quality, safe, and compassionate care that sets us apart in the region.



Atrium Medical Center Named a High Performing Hospital for Maternity Care



Atrium Medical Center has been recognized as High Performing in Maternity Care (Uncomplicated Pregnancy) by U.S. News & World Report. This is the first time U.S. News has published a list of Best Hospitals for Maternity. “High Performing” is the highest rating U.S. News awards for maternity care.



To be recognized among the Best Hospitals for Maternity, hospitals had to excel on multiple quality metrics that matter to expectant families, including complication rates, C-sections, whether births were scheduled too early in pregnancy, and how successfully each hospital supported breastfeeding. Only one-third of the hospitals evaluated by U.S. News for maternity care earned a high performing rating.

The Family Birth and Natural Beginnings Birth Center at Atrium Medical Center combines the comfort of home with advanced technology and an experienced medical staff. The comprehensive maternity care available features flexible birthing options, including natural births; private birthing suites

that include a jacuzzi; certified nurse midwives; board-certified lactation consultants who provide breastfeeding instruction; childbirth education classes; and an FBI-reviewed security system that tracks every baby’s movement within the hospital.

The evaluation looks at hospital data related only to uncomplicated pregnancies, not high-risk pregnancies. Participating hospitals responded to a survey from the U.S. News health analysis team in spring of 2021, which reflects data from 2019. Participation was voluntary.

Empathy Through a Pandemic

By Percy Mitchell, MD, medical staff president, Atrium Medical Center



As we approach the date when all Premier Health physicians, nurses, staff, and employees will be required to be vaccinated from the horrendous COVID-19 virus, now responsible

for hundreds of thousands of deaths in our country alone, I want to express my gratitude to everyone making the decision to accept the vaccination.

However, we are not free of this menace. We are all aware of losses of family, coworkers, friends, and strangers. Through the hard work of many over an extended period, our numbers are improving.

At the outset, pre-vaccination availability was “all hands on deck.” These hands were physically, mentally, and emotionally exhausted. During this difficult period, fatigue was overwhelming and most of our teams dealt with extreme stress.

As vaccinations became available, we saw some patterns develop in which younger people were dying - most of whom were unvaccinated. This led to a conclusion that these deaths are, for the most part, preventable.

The premise to “do no harm” or to “do our best to promote health” has been sharply challenged when demands are made or questions are asked as to why Ivermectin, for example, was not used in the treatment of a dying relative. These pressures can

lead to a dangerous state of mind now known in some circles as “empathy fatigue.” This fatigue can lead to feelings of anger, uselessness, and burnout.

As a psychiatrist, I understand frustration and anger are energy-expending and unproductive. My office has been utilized by individuals burned out by the pressures of this once-in-a-lifetime pandemic. Not everyone is easily capable of empathy, and many do not see the harm that they do to others by superimposing disinformation into the medical arena until they, themselves, are directly impacted. I often hear, “I had no idea.”

We are doing a good job staying focused on medical data in our quest for safety and health. Thank you all.

Miami Valley Hospital Completes 100th Monarch™ Platform Case

Miami Valley Hospital recently accomplished its 100th Monarch™ Platform case, a milestone for technology used to diagnose and treat lung cancer earlier. Monarch™ Platform is a robotic bronchoscopy that enables pulmonary specialists to navigate and search the delicate, distant branches of the lung and obtain tissue samples from hard-to-reach nodules for biopsy.

The 100th Monarch™ Platform case was completed Thursday, November 18, at Miami Valley Hospital by Murthy Gollamudi, MD, a critical care and pulmonary disease specialist at Pulmonary and Critical Care Consultants, Inc.

Lung cancer is the leading cause of cancer deaths worldwide, in part because it has no symptoms in its early stages. As lung cancer screening increases, the nodules found tend to be smaller and harder to reach, making early-stage diagnosis – and therefore treatment – difficult.

Launched in August 2020, Miami Valley Hospital was the first in Ohio to use the Monarch™ Platform, which integrates the latest advancements in robotics, software, data science, and endoscopy (the use of small cameras and tools to enter the body through its natural openings). Funds for its purchase were raised by the Miami Valley Hospital Foundation.

The Monarch™ Platform utilizes a familiar controller-like interface that physicians use to navigate the flexible robotic endoscope



to the periphery of the lung. Combining traditional endoscopic views into the lung with computer-assisted navigation based on 3-D models of the patient's own lung anatomy, the Monarch™ Platform provides physicians with continuous bronchoscope vision throughout the entire procedure.

Premier Health is a certified member of MD Anderson Cancer Network®, a program of MD Anderson Cancer Center.

Advanced Care with the NeuroInterventional Surgery Team

By Jason Merritt, vice president, Premier Physician Network specialty services and neuroscience service line; and Bryan Ludwig, MD, chair, neuroscience service line, Premier Health



The Premier Health Neuroscience Service Line has been a leader in bringing complex neurological and neurosurgical care to the Miami Valley. The strength of the Premier Health neuroscience service line is the comprehensive nature of the services



provided and the advanced training of the team who manages that care. The NeuroInterventional Surgery (NIS) team is just one example of the advanced care that is offered at Premier Health.

“The advancement of imaging technology and techniques has led to a higher detection rate of Unruptured Intracranial

Aneurysms (UIA),” said Bryan Ludwig, MD, chair of Premier Health’s Neuroscience Service Line.

At one time, surgical clipping of the aneurysm was the only treatment option available. Since then, less invasive treatment options have been found effective in managing UIA. The neurointerventional team provides the latest in cerebral vascular imaging, surgical devices, and endovascular techniques to ensure better outcomes when repairing UIAs. With the high rate of success of endovascular surgery, this method is now more common than open surgery for UIA management due to better outcomes and decreased hospital stays. UIA may require immediate treatment or may be able to be managed with medical management. Factors that require immediate intervention include the size and location of the aneurysm, any expansion of the aneurysm size, and any patient who is presenting neurological

symptoms with the presence of the aneurysm.

The NIS team are all fellowship trained and board-certified. They provide a complete spectrum of minimally invasive services for the diagnosis and treatment of patients with vascular diseases of the brain and spinal cord. The NIS team is supported by a high acuity neuro-intensive care unit, a Joint Commission and the American Heart Association/American Stroke Association Comprehensive Stroke Center, neurosurgeons, and an American College of Surgeons (ACS) Level I Trauma Center designation. In addition to 24/7/365 emergent care, the team also provides routine office hours and consultations.



If you have additional questions regarding Premier Health’s neuroscience services, or would like to refer a patient, please call **(937) 208-4200**.



Emergency Physician Roots for his Kentucky Alma Mater



Brandon Amburgey, DO

What is your clinical specialty?

Emergency medicine

Where did you go to school?

University of Pikeville

Kentucky College of Osteopathic Medicine

What brought you to Premier Health?

I completed my residency at Grandview Medical Center. My family and I were already settled in the area and I loved everything about Miami Valley Emergency Specialists and Premier Health. Choosing to work here was easy.

Why did you choose medicine as a career?

I always felt a higher calling to help others growing up. Science and biology came naturally, so a transition into medicine allowed me to fulfill that calling.

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

My parents always pushed me to do my best. Their mentorship and support kept me inspired through my journey to become a physician.

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

I was involved in high school musical theater and played the lead role in our production of "Give My Regards to Broadway."

Where is your hometown?

I grew up in Pinetop, Kentucky. It's a small rural area in the southeastern part of the state.

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

University of Kentucky basketball

What is the last book you read?

"Salem's Lot" by Stephen King

What is your favorite song in your playlist?

I listen to a very broad playlist. It's hard to pick just one. One day might be rock, the next might be country!

What is your favorite food?

Ice cream

What is your favorite hobby?

Camping and hiking

What is your favorite animal, and why?

I'll give a biased answer and say my dog, Hobbes. He's always there to give you a hug whenever you need it most.

Where is your favorite vacation spot, and why?

Disney. Where else can you be a 36-year-old kid?

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

I'm most thankful for my wife (Hillary) and children (Henry and Rosemary). They are my entire world.

Pick a side

iPhone or Android

iPhone

Early bird or night owl

Neither. I peak at noon.

Beach bum or mountain hiker?

Mountain hiker

Dress shoes or tennis shoes?

Tennis shoes

Paperback or e-reader?

E-reader

Coffee or tea?

Coffee

Cooking or baking?

Baking

Sweet or salty?

Sweet

Premier Health Facilities Earn Adult Transthoracic Echocardiography Accreditation

Three Premier Health facilities have achieved accreditation by the Intersocietal Accreditation Commission (IAC) in Echocardiography in the area of adult transthoracic.

Miami Valley Hospital in Dayton, Miami Valley Hospital South in Centerville, and Premier Cardiovascular Institute in Beavercreek were recently granted a three-year term of accreditation by the IAC.

Echocardiography is used to assess different areas of the heart and can detect heart disease or signs of serious cardiovascular conditions using high-frequency soundwaves.

Heart disease is the leading cause of death in the United States. According to the American Heart Association, more than 2,150 Americans die each day from cardiovascular disease, which amounts to about one every 40 seconds.

Accreditation by the IAC means that Miami Valley Hospital, Miami Valley Hospital South, and Premier Cardiovascular Institute in Beavercreek have undergone an intensive application and review process and are found to be in compliance with the published standards, thus demonstrating a commitment to quality patient care in echocardiography. Comprised of a detailed self-evaluation, followed by a thorough review by a panel of medical experts, the IAC accreditation process enables both the critical operational and technical components of the applicant facility to be assessed, including representative case studies and their corresponding final reports.



Career Fairs; Magnet Recognition; and Offering Help During the Holidays

Atrium Medical Center

The efforts of 10 Middletown firefighters were recognized by Atrium Medical Center after two crews helped deliver babies during emergency calls in the same month. Presenting certificates and stork pins during a ceremony at Middletown Division of Fire headquarters were Rich Morrett, emergency medical services director at Atrium, and Jill Aston, MD, director of Atrium's Level III Emergency Trauma Center and medical director for the Middletown and Monroe fire and EMS departments.

Elizabeth "Lizzy" Gilbert, advanced practice registered nurse and stroke program coordinator at Atrium Medical Center, was recently honored by the West Chester-

praised for investing her time mentoring high school students and providing updated education about stroke to the community and first responders.

Atrium Medical Center Foundation's 23rd Annual Estate and Tax Planning Seminar welcomed more than 400 attendees to the all-day virtual session. Attendees received continuing education credits and learned from experts on topics from charitable giving to bitcoin currency and ethics. Atrium's latest advancements and accolades were shared via "commercials" during the virtual event. This seminar demonstrates Atrium Medical Center Foundation's stewardship and provides attendees a case for supporting the

hospital, foundation, and Premier Health.

The Wound Care Center and Hyperbaric Services at Atrium raised awareness of diabetes-related wounds as part of Diabetes Awareness Month. The Wound Center at Atrium educated the local community about the importance of awareness, early intervention, and specialized care for diabetes-related chronic wounds, like diabetic foot ulcers. Team members also visited area health care providers to offer important information to help at-risk patients living with diabetes.

Students from Middletown, Madison, Monroe, Edgewood, and Butler Tech high schools heard from Atrium professionals as part of a month-long career exploration program organized by the Chamber of Commerce Serving Middletown, Monroe, and Trenton. During the virtual visits, juniors and seniors were exposed to the various clinical and non-clinical career opportunities in a hospital setting.

Miami Valley Hospital Campuses

Tracy Morrison, MSQ, BSN, RN, FELS was named among the top nurses in the nation by the American Nurses Credentialing Center's (ANCC) National Magnet Nurse of the Year Awards®. Morrison, a registered nurse with more than four decades of experience, has worked at Miami Valley Hospital since 1985. Currently



Liberty Chamber Alliance as one of 10 Greater Cincinnati women making southwest Ohio a better place to live, work, and play.

During its Women of Excellence gala, the chamber recognized Lizzy for her efforts co-championing Atrium's Healthy Living program and raising awareness about health care disparities in the community as Atrium's leader for Premier Health's African American Wellness Walk. Lizzy was also



a quality coordinator in the Neonatal Intensive Care Unit (NICU) at Miami Valley Hospital, she was honored Nov. 12 with the Magnet® Transformational Leadership Award at the International Magnet® Conference in Atlanta, Ga. The National Magnet Nurse of the Year Awards® recognize five outstanding clinical nurses in Magnet®-designated organizations who demonstrate outstanding contributions in innovation, consultation, leadership, and professional risk-taking. These awards represent the five components of the Magnet Model: transformational leadership; structural empowerment; exemplary professional practice; new knowledge, innovations, and improvements; and empirical outcomes.

The Miami Valley Hospital Foundation received a generous grant in late October from the Maxon Foundation, U.S. Bank, N.A., Trustee, to acquire new electroencephalogram (EEG) software. The NeuroWorks 9.0 Electroencephalogram Natus® Brain Headbox platform includes processes for collecting, monitoring, trending, and managing data (electrical activity of the brain). It is used for routine EEG testing, ambulatory EEG, long-term monitoring, intensive care unit monitoring, and research studies. This lifesaving technology will enhance the hospital's ability to provide emergent, neurological evaluation and treatment at a time when every minute can dramatically improve patient outcomes.

The Good Samaritan-Dayton Foundation launched a social media campaign and year-end appeal mailing to raise funds for the Samaritan Clinic for Women and Families. The mailing is targeted to community members, donors, and physicians to raise the remaining \$40,000 needed to reach the \$200,000 goal. Located inside St. Vincent de Paul's Gateway Shelter, the new Samaritan Clinic for Women and Families is expected to serve more than 1,200 homeless



women and children annually. The Good Samaritan-Dayton Foundation also provided holiday cheer for the Miami Valley Hospital North campus employees in November and December, including an afternoon of horse and carriage rides around the hospital grounds, a holiday tree lighting ceremony, a special cookie baking contest, and gift wrapping for employees' packages provided by hospital leadership and foundation staff.



Mary McCarthy, MD, affectionately known as the "First Lady of Trauma," officially retired from Miami Valley Hospital after 30 years of service.



The Kiwanis Club of Northmont installed a "Blessing Box" near the Miami Valley Hospital North campus walking path and entrance to Grossnickle Park. The "Blessing Box" contains toiletries, non-perishable food items, and winter hats and gloves for community members to take as needed. Donations can also be made directly to the box or inside the hospital at the information desk.

Donations from the community for Miami Valley Hospital staff continued in November, including contributions from Western Governors University, which donated individual boxes with snacks

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SYSTEM NEWS (continued)

and other amenities for overnight staff who worked the time change weekend; Grunder Landscaping Company President and CEO Marty Grunder donated a supply of Nothing Bundt Cakes during Thanksgiving week at Miami Valley Hospital South; and Illinois-based popcorn manufacturer Double Good donated bags of popcorn for employees at each Premier Health hospital site.

Upper Valley Medical Center

Upper Valley Medical Center received a top score in patient safety from the Leapfrog Group, a national patient safety watchdog organization, which awarded the hospital an "A" grade in its fall 2021 safety report. Letter grades are used to rate hospitals' performance in keeping patients safe from preventable harm and medical errors. Scores are determined using hospital safety criteria from a survey conducted by the Leapfrog Group or reported to the Centers for Medicare and Medicaid Services, as well as other data sources.

The UVMC Foundation and administration hosted an open house on Nov. 17 for

donors who supported the Cardiac and Pulmonary Rehab addition. At the event, it was revealed that the center has been named after Ruth Jenkins who started the original cardiac rehab program in 1985. Ruth is an RN who retired from UVMC after more than 50 years in nursing. Ruth continues to be involved with the foundation as well as many other programs and services in the community.

A check presentation was held at UVMC on Nov. 23 to provide support to organizations that help with food insufficiency in Miami County. The UVMC Medical Staff provided funding to First Place Food Pantry and Meals On Wheels in lieu of hosting an annual holiday party. Funding was also provided via the UVMC Board of Directors Community Benefit Fund to St. Patrick's Soup Kitchen in Troy; Bethany Center in Piqua; Needy Basket in Tipp City; and New Path/Miami County. In addition, UVMC conducted its annual employee food drive on the hospital campus in November. Nonperishable food items collected during the drive were distributed to local food pantries/soup kitchens prior to Thanksgiving.

Tracy Schneider, RN, diabetes educator, joined Scott Kanagy, DO, MBA, UVMC's chief medical officer, for the hospital's monthly Troy and Piqua radio morning show interviews on Nov. 8. They discussed Diabetes Awareness Month topics, and Dr. Kanagy gave an update on COVID-19 at the hospital.

Premier Physician Network

Premier Physician Network now offers your 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, who fully embrace our shared mission to improve the health of the communities we serve.

The Clinical Neuroscience Institute offers the latest treatments for unruptured intracranial aneurysms. The advancement of imaging technology and techniques has led to higher detection rates and less invasive treatment options for unruptured intracranial aneurysms (UIA). CNSI's neurointerventional team provides the latest in cerebral vascular imaging, surgical devices, and endovascular techniques to ensure better outcomes when repairing UIAs.



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.

Very glad to have **Dr. Krebs** as my physician!

Dr. Zulu is very attentive. Their staff and office are friendly and uplifting.

Dr. Kettle spends a lot of time listening to my concerns.

Dr. Schulz and his staff are great!

Dr. Trevino and his team are top notch!

Dr. Hodges is the most caring, helpful, and informative physician.

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