

# Premier Pulse

News for Premier Health Physicians

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## Continuing the Journey to Wellness

By Matthew Reeves, DO, chief medical officer, Atrium Medical Center



I have served as the chief medical officer at Atrium Medical Center for nearly two years. My experience and research have convinced me that we should take a more focused look at physician

burnout. This condition contributes to diminished collaboration, often a posture of defensiveness, and less physician-to-physician communication. With team work impaired, our quality, safety, service, and

patient experience are at risk. In these pages last year, I proposed that physician satisfaction be the fourth aim of all health care systems, or what's known as the quadruple aim. (In 2008, the Institute for Healthcare Improvement proposed the Triple Aim: Experience of care, health of populations, and cost.) Premier Health has invested in its physicians through liaisons, leadership development – both personal and professional—as well as advanced degrees. We are also rolling out many electronic medical record enhancements, as well as seeking your feedback in the current KLAS survey.

I recently reviewed the annual Medscape Survey on Physician Burnout and Depression. My interest was also sparked by Dr. Belcastro's writing in Premier Pulse last month. I hope you had an opportunity to read his very personal and touching article.

Let's first look at the Medscape survey results collected from 15,500 physicians over a four-month period from July to October of 2018. Sixty-one percent of the respondents were men and 39 percent were women. Fifty percent of the women reported being burned out, compared to 39 percent of men. Forty-four percent of all respondents reported being burned out

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# EMS Chart Integration into EPIC

By Candy Skidmore, vice president of emergency and trauma services for Premier Health



Premier Health is partnering with EMS agencies across Southwest Ohio to relay patient information more rapidly between hospitals and first responders, enhancing

emergency care for patients and ensuring quicker handoffs for emergency crews and caregivers at the hospital.

Premier Health is the first health system in the region to roll out the new interface, which allows first responders to directly enter medical information collected out in the field or during transport into a patient's electronic medical record.

"The information first responders gather in the field, and their associated treatment, is a critical piece of information for physicians

in the emergency department," said Randy Marriott, MD, emergency medicine physician and medical director of Premier Health's EMS Center of Excellence. "Having access to that information in near real time will help hospital clinicians improve bedside decision-making and will take our quality care to an even higher level for our patients."

Dozens of agencies across Premier Health's nine-county service area will take part in a 6-month pilot program. The pilot provides an opportunity for both training of first responders and refinements to the interface between the hospital's electronic medical records system, and the agency's documentation system. The first group of EMS agencies in Middletown, Brookville, Monroe, New Jasper, and Tipp City began the week of January 28, with early signs of success. Additional groups will begin interfacing their records as soon as technical requirements are finalized. The interface is available at all Premier Health emergency departments.

In addition to hospital caregivers receiving pre-hospital information, first responders will also receive information regarding the health of the patients whom they transported. Even more importantly, sharing data will help fire departments and EMS agencies provide better response times, improve patient safety and strengthen quality of care in the field. First responders often treat and transport patients without ever knowing the outcome of their efforts. The ability for emergency medical technicians and paramedics to receive feedback on the hospital outcome for their patients will enhance patient care in the field.

Premier Health is partnering with ESO Solutions, a health care data company based in Austin, Texas, to help integrate EMS charts into EPIC, which is Premier Health's electronic medical records system.

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## Journey to Wellness

regardless of employment. Self-employed physicians reported only slightly lower rates at 41 percent. Twenty-six specialties had burnout rates of 33 percent or higher – critical care came in at 44 percent; family medicine and medicine were at 48 percent and 49 percent, respectively; and urology topped the chart at 54 percent. Reasons for burnout were identified as too many bureaucratic tasks (paperwork, charting, etc.), spending too many hours at work, increasing use of EHRs, lack of respect (from peers, staff, patients, and/or administration), and financial compensation. The report also noted that burnout adversely affects physicians' personal lives as well as professional lives. Surprisingly, 64 percent stated they have

not and do not plan to seek help of any kind. Yet 49 percent of physicians who reported burnout rated their symptoms at a 4 or 5 on a 7-point scale, with 7 indicating intent to leave the profession, and an additional 22 percent rating their level of burnout a 6 or 7. While most physicians indicated that they choose positive coping skills to deal with their condition, some admitted to engaging in maladaptive behaviors such as isolating themselves by reducing work hours, changing work environments, or withdrawing from normally enjoyable social activities and hobbies outside of work.

Dr. Belcastro is beginning a new journey and inviting any and all who want to join him to come along. His presentations, planned for

MEC and other physician groups, introduce one antidote to this affliction of health care worker burnout. The message takes a new look at compassion – one of Premier Health's core values along with respect, integrity, and excellence. While I don't want to steal his thunder, we both believe that this message is too critical to not utilize every forum of communication. You may begin your journey by watching a 15-minute TED Talk on YouTube titled "How 40 Seconds of Compassion Could Save a Life" by Stephen Trzeciak. From there, feel free to reach out to any of the CMOs for feedback or ideas.

# New Initiative to Prevent and Treat Substance Use Disorders



Several ambitious projects are underway in Dayton to help people across our region recover from dependency on opioids, and eventually other substances as well. Premier Health will be an active partner in these initiatives, including the launch of OneFifteen in conjunction with Verily, one of Google's Alphabet companies. OneFifteen – a reference to the more than 115 people who died every day in 2017 from opioid overdoses in the United States – will begin treating patients this spring.

OneFifteen is a new non-profit ecosystem established in Dayton and dedicated to the full and sustained recovery of people living with opioid addiction. It will deploy a tech-enabled system of care to treat substance abuse disorders through a behavioral health treatment center, rehabilitation housing, and wrap-around services. The system will align with the National Academy of

Medicine concept of a “learning health care system” to hone best practices for addiction treatment by continually improving treatment and outcomes based on operational and clinical data gathered to measure the effectiveness of various interventions while maintaining stringent standards for patient privacy and data security.

Clinical care will be provided by Samaritan Behavioral Health Inc. (SBHI), which has provided behavioral health services to the community for more than 50 years. The OneFifteen campus, located just south of St. Elizabeth Place in the Carillon neighborhood of Dayton, will include sober living, family reunification, multipurpose space, retail, and vocational training. It should be fully built and operational by 2020. The state-of-the-art campus is being designed and developed by Alexandria Real Estate

Equities, Inc. to connect patients with social and other support services that are critical for long-term recovery but fall outside of traditional models of care.

“Addiction is a disease best defeated through a public health mindset,” said Mike Maiberger, Premier Health executive vice president and chief operating officer. “The Dayton community has put a dent in our overdose crisis by adopting this mindset and through collaboration. We are pleased, along with Samaritan Behavioral Health, to be partners in this ambitious initiative, which goes hand in hand with our mission to improve the health of the communities we serve. OneFifteen’s evidence-based approach should, over time, fine-tune local efforts to prevent and treat substance abuse and heal our communities.”



# Breast and Cervical Cancer Project Offers Free Screening and Treatment



Many uninsured and underinsured women forgo potentially life-saving breast and cervical cancer screening simply because they think they can't afford it.

Too many aren't aware of the Breast and Cervical Cancer Project (BCCP), a grant program through the Ohio Department of Health that offers free breast and cervical cancer screenings and treatment for uninsured women in 16 southwestern Ohio counties. Premier Community Health administers the vitally needed screening and diagnostic program, which provided free screenings to 1,300 women in 2018 alone.

BCCP program manager Shari Martin hopes providers can help to get the word out. "Research shows the number one factor that gets people to do their preventive screenings is a recommendation from their physicians," Martin says.

Covered services include mammograms, both screening and diagnostic; Pap tests; breast biopsies; breast ultrasounds; clinical

breast exams; pelvic exams; and surgical consultations. To qualify, women must be low-income and without health care insurance; age 21 and older for Pap tests and clinical breast exams; and age 40 to 65 for screening mammograms. Underinsured women who have high deductibles might be eligible for Premier Community Health's voucher program.

"We know, historically, that a lot of women don't follow through with preventive screening because of a lack of insurance," Martin says. "And that's unfortunate because early detection is always best. Screenings can prevent a cancer from developing or catch it early so it can be treated more effectively."

Women diagnosed with cancer through BCCP are eligible to apply for Medicaid to cover the cost of treatment. "Many women experience a great deal of stress," Martin says. "They have no idea how to pay for services, or how they will survive, or whether they will have to quit working."

After diagnosis, the BCCP pairs each patient with a cancer navigator who connects them with providers, social workers, financial counselors, and other community and educational resources and helps coordinate their follow-up tests and treatment.

"Sometimes the scariest part is the unknown, and we try to fill in the blanks for them so they aren't left wondering," Martin says. "We can't take away the diagnosis, but we can reduce the anxiety."

The BCCP staff stays with patients every step of the way. "We check on them regularly to make sure there aren't any glitches, because we don't want treatment to stop," Martin says.

Patients often simply need someone to listen to them or help them to work through their questions. "We love the women we serve, and we try to be responsive to whatever their need is," Martin says. "And they are so grateful."

Providers with questions about the BCCP can call **866-838-8973**.

# Mary Boosalis Named to Modern Healthcare's Top 25 Women Leaders List



Premier Health is proud to announce that its president and CEO, Mary Boosalis, has been recognized by Modern Healthcare as one of its 2019 Top 25 Women Leaders.

This highly selective award program, which recognizes female health care executives from across the country every two years, acknowledges executives who are influencing policy and care delivery models nationwide.

Mary has held numerous leadership roles at Premier Health since joining Miami Valley Hospital in 1986. She became the first woman to lead Premier Health upon being named president and CEO in 2017. Under

her leadership, the percentage of Premier Health vice presidents who are women increased to 60 percent in 2018 from 52 percent just a few years earlier.

"Unfortunately, the gender gap plagues health care just as much as it does other industries," said Aurora Aguilar, editor for Modern Healthcare. "Women CEOs comprise an estimated 30 percent (at most) of the overall C-suite. But the executives named to this year's Top 25 Women Leaders list exemplify how diversity results in success, both clinically and financially."

Mary is a member of the Ohio Hospital Association, Midwest Health Collaborative, and the Greater Dayton Area Hospital Association. She currently serves as the chair-elect of the University of Dayton Board of Trustees, and as a member of the Dayton Development Coalition Board,

the Dayton Business Committee, the City Manager Advisory Council, and the board of Hub Group, Inc. She is a past member of the Sinclair Community College Board and the Life Connection Board and is a past chair of the Dayton area's American Heart Association Board. She has been named to the Top 10 Women list by the Dayton Daily News and has been recognized as an Ohio Most Powerful and Influential Woman by the Ohio Diversity Council. The Dayton YWCA has also recognized her as a Woman of Influence, and she was honored as an inaugural member of the Dayton Business Hall of Fame.

The full list of Modern Healthcare's 2019 Top 25 Women Leaders can be viewed here: [modernhealthcare.com/community/top-25-women/2019/](https://modernhealthcare.com/community/top-25-women/2019/).

## Premier Health Expands Employment Opportunities to Teens

Premier Health is now inviting local teens to fill positions at various facilities and keep up with the ever-growing workforce demands in health care. This is the first time that job opportunities will be marketed to high school students; most open positions traditionally have been filled by individuals over the age of 18.

Various jobs have been identified within areas such as environmental, nutrition, and linen services that can be filled by high school students. Applicants are required to be at least 16 years old and must be attending a vocational or high school.

Some students may have the unique opportunity to become a patient care technician (PCT). Students interested in becoming a PCT must qualify by meeting certain standards, including enrollment or completion of a State Tested Nurses

Assistant (STNA) course. In return, high school students will have an opportunity to enjoy competitive pay in an area that provides flexible scheduling to accommodate their busy school life.

While Premier Health is opening the opportunity to all area students, it hopes to attract students who foresee a future in the health care industry. Students can learn more about employment at Premier Health or apply online by going to [premierhealth.com/highschooljobs](https://premierhealth.com/highschooljobs).



# Premier Health Hospitals Recognized as Top Performers in U.S.



Miami Valley Hospital and Atrium Medical Center have been recognized by Healthgrades® as being among the best hospitals in the country.



Miami Valley Hospital has received a fourth consecutive America's 100 Best Hospitals Award™ from Healthgrades – once again placing the hospital in

Dayton in the top 2 percent of hospitals in the country. Prior to 2016, the hospital ranked in the top 250 U.S. hospitals for two years.



Additionally, Atrium Medical Center earned the America's 250 Best Hospitals Award™ from Healthgrades for a fifth consecutive year, meaning that the

Middletown hospital continues to rank in the top 5 percent of hospitals in the nation.

“Our employees take great pride in setting the bar high for what it means to deliver quality health care to patients in Southwest Ohio,” said Mary Boosalis, president and CEO of Premier Health. “We remain committed to taking our care to an even higher level through transforming how we

provide health care and improving access to our physicians and services throughout the region.”

Healthgrades, an extensive online resource for information about physicians and hospitals, evaluates hospital quality based on clinical outcomes, adjusting for risk factors such as age, gender, and medical condition. For this year's awards, the organization analyzed Medicare Provider Analysis and Review data from the Centers for Medicare and Medicaid Services for the years 2015 through 2017 – which amounts to more than 45 million Medicare medical claims records from nearly 4,500 hospitals nationwide.

## Celebrating Our Hospitalists

The first **NATIONAL HOSPITALIST DAY** will be observed on **THURSDAY, MARCH 7**.

*Thanks for all you do!*



# Premier Health Earns Healthy Worksite Gold Award

Premier Health has been recognized as the only Dayton-area health care employer to earn the Healthy Business Council of Ohio's gold award for the organization's healthy worksite practices. This award acknowledges Premier Health's commitment to employee wellness through comprehensive worksite health promotion and wellness programs.

The Healthy Business Council of Ohio honored 73 Ohio employers throughout the state with gold-, silver-, and bronze-

level awards. Applicants were scored on the extent to which their wellness programs facilitate and encourage employee health, enhance productivity and ensure a healthy work environment.

"Premier Health has created a workplace culture where employee health and safety are valued, supported, and promoted through workplace programs, policies, benefits, and environmental supports," stated Melinda Ruff, MD, chair of Premier Health's employee wellness committee.

"Empowering employees with tools to live healthier lives aligns with our mission to build healthier communities."

The wide-ranging approach, which includes initiatives such as no deep-fried food or sugary beverages offered through nutrition services and Well-Being Warriors who act as employee ambassadors for healthy living physical challenges, establishes an environment in which healthy choices are encouraged and rewarded.

## Sports Services Expanded at Local Schools

Premier Health is partnering with two local companies as part of an ongoing effort to expand sports and human performance program offerings at several local schools. The agreements with Orion Sports Medicine and Enhance U Sports Performance Academy will result in several enhancements at 22 local school districts that have agreements with Premier Health. These partnerships will give school districts greater access to sports performance programs, including the opportunity to hire a strength and conditioning specialist to work with entire sports teams.

"These agreements are consistent with Premier Health's goal to provide a high-quality experience to athletes and other active individuals who take part in our sports performance programs," said Gary Blake, Premier Health's vice president of service integration for orthopedics and sports medicine. "They will allow us to provide a more robust offering of services to our school partners."

Premier Health treats more student athletes than any other health system in Ohio through partnerships with more than 40 school districts and the Dayton region's only two Division I universities, the University of Dayton, and Wright State University.



# Cardiologist Grew Up in New York, Enjoys Scuba Diving



**Gary J. Fishbein, MD**, sees patients at Premier Cardiovascular Institute.

**What is your clinical specialty?**

Interventional cardiology, with an interest in treatment of

advanced peripheral artery disease

**Where did you go to school?**

University of Rochester for undergraduate  
Hahnemann University Hospital  
(now Drexel University College of Medicine)  
for medical school

**What brought you to Premier Health?**

I have been practicing at Good Samaritan Hospital (closed in July 2018) and Miami Valley Hospital since 1993, when I joined my “old group,” The Dayton Heart Center.

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

I always had an interest in science, but also found that I was good at interacting with people. Medicine was a way to apply science to helping others.

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

Dr. Bertron M. Groves, Dr. Douglas Morrison, Dr. Robert Ginsburg (University of Colorado), Dr. John B. Simpson, Dr. C. David Joffe

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

I enjoy scuba diving.

**Where is your hometown?**

I was born in the Bronx, but grew up in Spring Valley, New York.

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

The New York Yankees, New York Giants, and OSU Buckeyes

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

David McCullough's “John Adams”

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

I don't have a playlist. I just let my collection of albums play randomly.

**What is your favorite food?**

New York-style pastrami

**What is your favorite hobby?**

Exercising, when I get the opportunity

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

Dogs. I have had four of them. Right now, she's a 5-month-old puppy that is all love and licks.

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

Maui. Because it's far away, the weather is always good, and it gives me the chance to do things with my wife that I don't get to do when in town (like scuba!).

**Describe something for which you are especially thankful:**

Easy. My wife. We have been together since high school. She brings balance to my life.

## Pick a side

**iPhone or Android?**

iPhone

**Early bird or night owl?**

Early bird

**Beach bum or mountain hiker?**

Both

**Dress shoes or tennis shoes?**

Tennis shoes

**Paperback or e-reader?**

E-reader. I can get more books to take on vacation without overloading the luggage.

**Coffee or tea?**

Coffee

**Cooking or baking?**

Cooking

**Sweet or salty?**

Salty





# New Lab Test Notification

## High Sensitivity Troponin T (5th Generation) Testing and Reporting

Effective April 24, 2019, CompuNet Clinical Laboratories is switching to a new troponin test, High Sensitivity Troponin T (5th generation) assay, and will discontinue the current Troponin T (4th generation) assay. This assay is the most recent generation (5th generation) Troponin T testing available and has been employed in Europe, Canada, and Asia since 2009.

Troponin T (TnT) is a component of the contractile apparatus of the striated musculature. Although the function of TnT is the same in all striated muscles, the cardiac isoform of TnT originating exclusively from the myocardium (cardiac TnT, molecular weight 39.7 kDa) clearly differs from skeletal muscle TnT. As a result of its high tissue specificity, cardiac troponin T (cTnT) is a cardio specific, highly sensitive marker for myocardial damage. High Sensitivity Troponin T increases rapidly and can be detected within one hour after AMI and may persist up to two weeks thereafter; thus, conversion to High Sensitivity Troponin T offers the advantages of reduced time to diagnosis with high negative predictive value and expedited decision making which improves emergency department length of stay and throughput. Patients who present with symptoms suggestive of acute coronary syndrome should have high sensitivity Troponin T testing interpreted in conjunction with clinical presentation, signs and symptoms, risk stratification with HEART score, ECG testing, imaging, etc. Baseline and serial troponin elevation for significant delta will assist the clinician in differentiating between acute or chronic myocardial injury.

For questions about the new Troponin T test, please contact Tywauna Wilson, CompuNet chemistry director, at **(937) 297-8243**.



### IFCC DEFINITION OF HIGH SENSITIVITY:

- Troponin test that can measure cardiac troponin above the limit of detection in  $\geq 50$  percent of healthy subjects
- Troponin test that can measure the 99th percentile URL with an analytical imprecision  $\leq 10$  percent

### COMPARED TO THE CURRENT TESTING PLATFORM, THE HS TROPONIN (5TH GEN) OFFERS:

- Reporting in whole numbers (ng/L rather than ng/mL)
- Sex-specific cutoff points (14 ng/L for females and 22 ng/L for males)
- Assay Range: 6-10,000 ng/L

# MLK Programs, Awards, and Foundation Updates

## Atrium Medical Center

Atrium Medical Center's annual Martin Luther King Jr. Day program focused on local youth. In partnership with 3R Development, Atrium held activities open to the public and hospital employees, including musical and dance performances by area students, a display of artwork created by local students, and a youth oratorical competition.

Atrium and Madison Local Schools signed a naming rights contract to name the athletic field house and surrounding sporting areas the Atrium Medical Center Sports Complex. Atrium will donate \$300,000 to Madison Local Schools sports programs as well as supply the school with an athletic trainer for the next 15 years.

Atrium participated in a regional emergency preparedness drill, practicing its response to evacuate patients to other Cincinnati hospitals. Atrium successfully evacuated all 147 patients that day, including finding a receiving hospital and securing transportation. Atrium was only able to transfer to southern hospitals, which ruled out other Premier Health facilities, as part of the simulation drill with the Health

Collaborative of Greater Cincinnati. Atrium completed the drill in 77 minutes – 13 minutes less than the 90 minutes allowed.

The City of Middletown's series of Heroin Summit meetings reconvened at Atrium for the 15th session. City government, police and fire, community, and hospital leaders met January 28 to discuss ongoing efforts to tackle the heroin and opioid crisis. Heroin overdoses in the city have declined in the past year, and leaders think that's for a variety of reasons, including efforts such as the Middletown Heroin Response Team, which works with Atrium's Emergency Trauma Center to identify overdose patients who visit the emergency department for follow up, if the patient is willing to be contacted.

Atrium will participate in a new workforce development program with several Warren County high schools through United Way of Warren County. The program engages students in Lebanon, Kings, Franklin, Waynesville, and Little Miami school districts to explore potential career pathways at the hospital. The students will take tours of Atrium and hear from hospital

leaders in some of the most in-demand job areas.



**Cameron McGregor**, vice president of business development for Atrium and Upper Valley Medical Center, was inducted as a new board member to the Chamber of

Commerce Serving Middletown, Monroe, and Trenton during the group's annual meeting. The chamber also recognized Tammy Laine, vice president of business development for Miami Valley Hospital, at the event for her service on its board of directors from 2014 to 2018.

## Miami Valley Hospital

Emergency and trauma center physicians recognized exceptional staff members from Miami Valley Hospital, Miami Valley Hospital South, Miami Valley Hospital North, Austin Boulevard Emergency Center, and the Jamestown Emergency Center at the annual



(left to right): David Brown, MS, LPCC, social worker counselor, MVH Staff Excellence Award; Andrea Stayner, RN, BSN, nurse manager, Austin ED Award of Excellence; Stephanie Searcey, HUC technician, unit coordinator, MVHN Award of Excellence; Paige Hartley, ED/HUC technician, MVH Humanitarian Award; Jennifer Slye, social worker, MVH Staff Excellence Award; Carol Seabold, RN, Jamestown ED Award of Excellence; Ray Martinez, RN, MVHS Award of Excellence; and Dana Webb, RN, MVH Nursing Excellence Award.

Jana Matthews Awards of Excellence in January. Jana Matthews was a dedicated MVH volunteer, and the first volunteer in the emergency and trauma center. In Jana's honor, staff members of the emergency and trauma center are recognized each year for their outstanding service. These awards are made possible through an endowment established by Jana's husband, Jack.

Miami Valley Hospital South received approval to open a Level 1 cardiac catheterization lab. The goal is to be ready to open in March. On January 14, Miami Valley Hospital North opened its diagnostic cardiac catheterization lab. It will operate Monday through Friday from 7 a.m. to 5:30 p.m.

Becker's Hospital Review named Miami Valley Hospital on its latest list of 100 Hospitals and Health Systems with Great Orthopedic Programs. Miami Valley Hospital is the only Dayton-area hospital to be acknowledged. Hospitals featured on Becker's list of great orthopedic programs have earned recognition for quality of care and patient satisfaction for orthopedic and spine surgery.

The Premier Health Organ Donation Council and Miami Valley Hospital Foundation unveiled the new digital Wall of Heroes display in the southeast addition tower. The Wall of Heroes recognizes patients across Premier Health who gave the ultimate gift of life through organ, eye, and/or tissue donation. Historically, the display only recognized heroes for one year; the new electronic format allows for interactive review of all heroes, as well as different aspects of donation. Additional donations by Life Connection of Ohio, Community Tissue Services, and Lions Eye Bank of West Central Ohio helped make this enhancement possible.

Several new and existing programs benefiting patients and the greater community began in January thanks to donor contributions to the Miami Valley

Hospital Foundation. New programs include a non-pharmacological, enhanced cold therapy system of pain control for post-operative spine and orthopedic patients, and an ultraviolet sterilization system for improved disinfection of patient rooms. Existing programs that received continued funding include the sepsis program manager position and the National Surgical Quality Improvement Program; and Palliative Care coverage (provided by Innovative Care Solutions) has been extended to weekends. Funded programs include Healthy Heroes, which offers strength and endurance training to assist firefighters and EMS personnel. Funds also went toward the creation of a spiritual care director for Premier Health. This position will coordinate and increase awareness of chaplain services at Premier Health hospitals and help ensure that spiritual care is available to support patients, families, staff, and the community.

Miami Valley Hospital South received renewed Acute Stroke Ready Hospital Certification from the American Heart Association/American Stroke Association.

#### Upper Valley Medical Center



The Upper Valley Medical Center Foundation welcomed a new president and board chair in January. **Duanna Osting** was named president, succeeding Kathleen

Scarborough, who retired last year. Duanna, a Miami County native and graduate of Wright State University, has served as chief development officer for Daybreak Dayton for the past 10 years. Craig Bundschuh of Covington is the new UVMC Foundation board chair, succeeding Michael Gutmann of Piqua. Craig has been associated with

the foundation for more than 20 years. He retired from the UVMC Board of Directors in December after serving on that board for 20 years, most recently as chair in 2017 and 2018.

UVMC in January led the Premier Health system in quality review scorecard success by meeting or exceeding quality and safety goals in seven of the eight domains in December and five of the eight domains for year-end 2018. In addition, UVMC ended 2018 at top decile for readmissions with an index score of 8.0 – a significant improvement over a year-end index score of 1.17 in 2017.

A winter Appreciation Day with pizza for all staff was hosted Jan. 11 to thank employees for their hard work and especially their extra effort in handling the extremely high census days at the hospital in early January. In other staff appreciation, the Emergency Department was recognized with Department of the Quarter honors at UVMC for the winter quarter.

UVMC hosted a Martin Luther King Jr. Day program in the hospital cafeteria conference rooms on Jan. 21 that was open to the community and attended by approximately 90 individuals. The event featured guest speaker John Scott II, senior pastor at True Vine Church in Piqua, who presented an inspiring message centered around the Premier Health MLK theme of Passing the Torch: The Dream Continues. Pastor Scott challenged attendees to make the dream of peace and brotherhood a reality in society today with genuine compassion toward all, regardless of differences in race, gender, age, or socioeconomic status.



# Premier Health Offers Free AFib Seminars



In recognition of National Heart Month, Premier Health is offering free educational seminars on the connection between AFib and stroke. Our speakers are Premier Health electrophysiologists and advanced practice registered nurses who specialize in stroke care.

At each seminar, guests will learn:

- How AFib can lead to stroke
- Tips on being stroke smart
- What to do at the first sign of stroke
- Advanced medical options that can reduce AFib-related stroke risk

Programs begin with check-in and refreshments at 5:30 p.m.

Presentations start at 6 p.m., with a Q&A session to follow. There are two remaining sessions; Kevin D. Kravitz, MD, and Shelly Reynolds, MS, APRN, are scheduled to speak at both:

- **Tuesday, March 5**, Celebrations II, 7615 Poe Avenue in Vandalia
- **Tuesday, March 12**, Upper Valley Medical Center, physician office building, conference rooms 1-3, lower level (parking lot C)

Seating is limited and reservations are required. Please call CareFinders at **(866) 608-3463** or register online at **[premierhealth.com/AFibSeminar](http://premierhealth.com/AFibSeminar)**.

## SAVE THE DATE

# UVMC 5K Run/Walk to End Hunger



Upper Valley Medical Center is hosting its first-ever 5K Run/Walk to End Hunger on campus Saturday, May 4, at 9 a.m. The event will feature a free one-mile fun run for children beginning at 8:30 a.m., as well as a free community wellness fair that will be open to the public from 8 to 11 a.m.

Proceeds will benefit the Bethany Center Food Pantry in Piqua; Needy Basket of Southern Miami County in Tipp City; New Path Outreach in Miami County; and St. Patrick's Soup Kitchen/Hobart Community Kitchen in Troy.

Early registration is available through April 6. The \$20 registration fee includes a shirt, door prize entry, post-run snacks, and beverages. Registration after April 6 is \$25, and a shirt is not guaranteed. For more information and to register, visit **[speedy-feet.com/races.php](http://speedy-feet.com/races.php)**. No pets are allowed; however, strollers, wagons, and wheelchairs are welcome.

Door prize winners will be announced, and an award ceremony will take place following the race. Awards will be for: overall winner; top three male and female finishers; the winner of each age category; the oldest participant; the largest team; and the winner pushing a stroller.

Premier Health employees are eligible for 50 Healthy Living points with proof of participation.

**Editorial Board:** Dr. Marc Belcastro, Dr. Jennifer Hauler, Dr. Scott Kanagy, Dr. Matthew Reeves

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