

# Premier Pulse

## News for Premier Health Physicians

VOLUME 6 | ISSUE 3 | MARCH 2019

## Thank You for Being You

By Jennifer Hauler, DO, system chief medical officer, Premier Health



There is a unique and unspoken bond among physicians. Much more than an acknowledgment of years of training and testing, it is a deep understanding of a lifestyle that one

can only fully understand by having walked a day in the life of a doctor.

One of my favorite quotes is based on a Bible verse, Luke 12:48 – to whom much is given, much will be required. It is truly a privilege and an honor to be a physician. It requires intelligence, endurance, persistence, compassion, and grit. No one becomes a physician accidentally. It is an intentional choice that requires years of sacrifice. There is no other profession in which an individual can enter a room with a complete stranger, introduce themselves, and immediately earn the trust of the complete stranger to the extent that the individual will share the most intimate and personal details of their life, including their deepest fears. A doctor is never not a doctor – even if the doctor is on vacation, enjoying a day off, or standing on the sidelines of their child's soccer game.

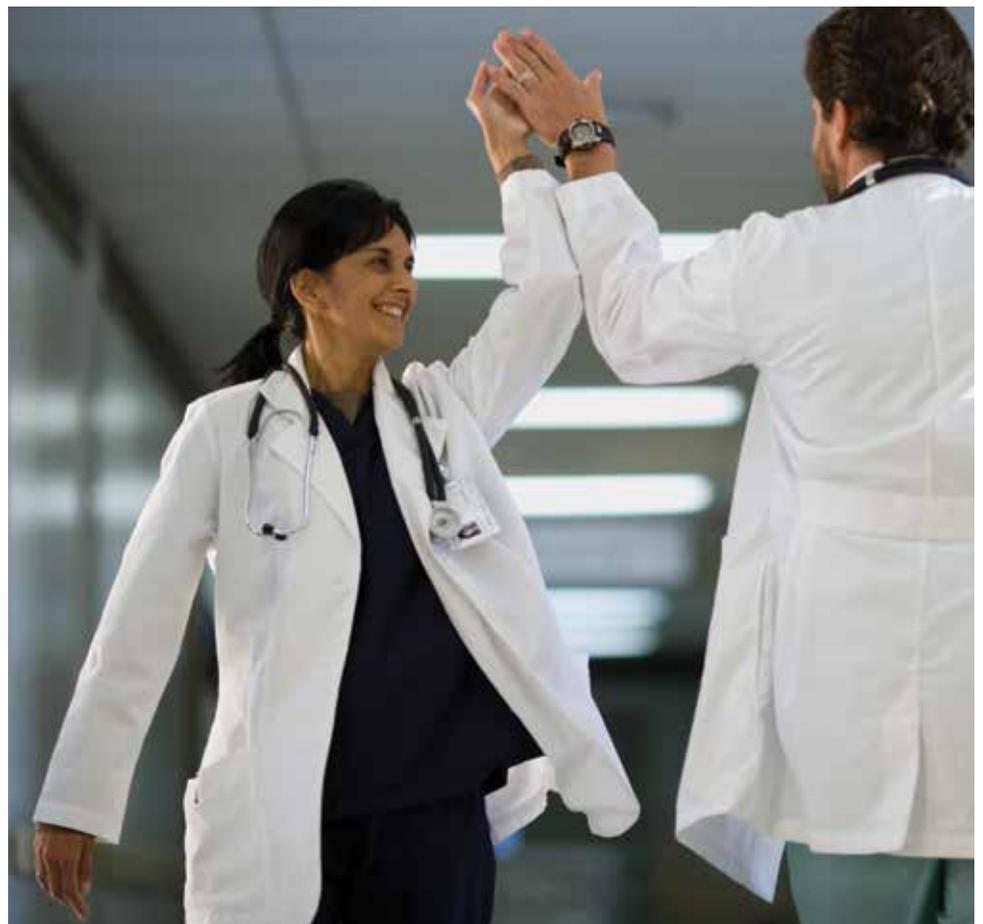
Doctors push themselves in ways that few others would understand. They push themselves physically, mentally, and emotionally. Medicine requires long hours, interrupted sleep, and intense concentration. Patients often need emotional strength. Doctors provide this

even on days when they are not strong. They counsel and provide comfort to a family on the grim prognosis of their family member while swallowing the reality that their own loved one is dying. They spend free time to keep current on the ever-changing world of medicine. They miss anniversaries, birthdays, and Christmas pageants.

Medicine can be incredibly isolating. Health care is a team sport, but it is the physician who is ultimately responsible.

Just as a parent constantly carries a sense of responsibility and worry for and about their child, even when the child is an adult living independently, so physicians carry

*Continued on next page.*



# Let's Talk Platelets: Evidence-Based Platelet Transfusions

Platelet transfusions are used frequently in medical practice today. Current literature speaks to fairly specific indications and contraindications, though there remains controversy, particularly for those receiving antiplatelet medications. Platelet transfusions can be associated with significant adverse events or reactions. It is imperative that health care providers understand the most recent literature surrounding platelet transfusions, indications, and contraindications.

Please refer to the electronic version of this newsletter in your email or visit the current issue online at [PremierHealth.com/PremierPulse](http://PremierHealth.com/PremierPulse) to read more about:

- The basics of platelets, such as their processing, composition, volume, standard dose, and specialized components
- Current evidence-based indications and contraindications
- Platelet transfusion for specific patient populations
- The future of platelet products
- Summary comments regarding therapeutic vs. prophylactic platelet transfusions

The extended content available online, provided by Carolyn Burns MD, patient blood management physician consultant, contains an excellent table, along with an outstanding figure for easy view and reference. A list of important current literature is also included.



Dr. Burns is a board-certified pathologist (AP/CP). She served as medical director/chief of pathology for the Jewish Hospital Healthcare system's Department

of Pathology in Louisville, Kentucky, from 1991 to 2011. Her work included medical directorship of surgical pathology, transfusion service, the Patient Blood Management (PBM) program, bloodless medicine and surgery, and tissue services for the five-hospital system. She currently sits on the advisory board and is guest lecturer for the Bellarmine University Clinical Laboratory Science Program, serving as the chair of the medical advisory board

for the American Red Cross Blood Center, River Valley Region.

Dr. Burns is a passionate advocate for patient blood management, has been published in peer-reviewed journals and textbooks, and is often sought as an engaging speaker on diverse transfusion topics. She has worked as an independent PBM physician consultant since 2011. Current interests also include laboratory management and utilization, another venue that promotes quality, safe, patient-centered care.

*You're Invited*

**PREMIER HEALTH PATIENT BLOOD MANAGEMENT COMMITTEE PRESENTS:**

***Platelets & Plasma: The Real Deal***

By Carolyn Burns, MD

**April 3**

Bieser Auditorium  
at Miami Valley Hospital

7 to 8 a.m. / Noon to 1 p.m. / 5 to 6 p.m.

*Continued from front*

## Thank You for Being You

responsibility for their patients. Medicine also provides great joy. It imparts a sense of accomplishment and reward that is unparalleled. Bringing a new life into the world or resuscitating a patient who will return to a full and productive life creates highs that carry physicians through the rough days. There is even a unique sense of

calm and peace that comes from walking with a patient through their entire journey after receiving a terminal diagnosis.

Each year, Doctors' Day comes around on March 30 to provide us with an opportunity to recognize, celebrate, and thank our physicians for the talent and heart that you bring to patients every day. From

one physician to another, thank you for the honor of working for and with you. Interacting with and supporting you is the best part of my job! Premier Health is truly blessed with extraordinary physicians, and I believe that extraordinary physicians come from extraordinary humans. Happy Doctors' Day!!

# Introducing New Chart-Reading Software

Premier Health is pleased to announce the implementation of a new clinical documentation solution to offer you real-time feedback at the point of care. The benefits to you are:

- Reduced documentation time
- Improved documentation accuracy
- Decreased clinical documentation improvement (CDI) retrospective queries
- Increased patient safety with resultant decrease in medical liability risk
- Reduction in payer denials for medical necessity
- Assists in payer performance profile ratings

Epic Note Reader launched to hospitalists and APPs on March 19, 2019. It leverages AI to take a deeper dive into the EMR to ensure accurate reflection of the severity of illness (SOI) and risk of mortality (ROM).

Health insurance companies continue to monitor physician-specific metrics. This information is public to our patients and affects their provider choice. Accurate and robust documentation in the medical record translates to accurate severity of illness that directly drives provider metrics. Overall, this



tool will assist in supporting your clinical practice, advocating for your patients' financial health, and making a positive impact on provider metrics, and will sustain Premier Health's commitment to providing quality care to our patients.

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## Champions of Hope Nominations

Nominations for Champions of Hope – Miami Valley Hospital Foundation's annual celebration of four exceptional individuals who make a difference in the battle against cancer – are being accepted now through April 12 in the following categories:

- **Cancer Survivor:** an individual who has battled cancer, is noted for giving back to others, and has inspired hope and determination in others battling the disease
- **Medical Professional:** a clinician from Miami Valley Hospital who has touched lives and made contributions to the

field over and above their professional responsibilities, for one patient or many

- **Caregiver:** an individual who has made a difference in the lives of cancer patients through self-sacrifice and unwavering optimism and support
- **Person of Inspiration:** an individual who has reached out or advocated for others in the fight against cancer in a meaningful, impactful way – a special person whose example truly inspires others to continue through their own struggles with the disease

Nomination forms are available online at [mvhfoundation.org/nomination-form/](https://mvhfoundation.org/nomination-form/). Your nomination will be shared with your nominee unless you indicate otherwise. This year's event will take place September 19 at the Steam Plant. Proceeds go toward expanding and enhancing programs and services for MVH oncology patients and their families. For additional information, contact Dennis Percy at [djpercy@mvh.org](mailto:djpercy@mvh.org) or call the MVH Foundation office at **(937) 208-2700**.

# Neuroscience Institute Expands

By Jason Merritt, vice president of Premier Physician Network specialty services, service line vice president for neurosciences



In February, Miami Valley Hospital underwent survey review for the Joint Commission's Comprehensive Stroke Center certification. This is the second recertification visit since

the original certification in 2015. The certification requires rigorous adherence to the Joint Commission guidelines, along with continuous growth and improvement. As a Comprehensive Stroke Center, Miami Valley Hospital maintains multiple teams of physicians ready to care for patients at every stage of the stroke process. This includes 24/7 availability of neurointerventional procedures, neurosurgery, and neurocritical care, as well as advanced imaging capabilities, post-hospital care, and stroke

research. The stroke program also relies heavily on the work of EMS and emergency department personnel to serve as initial points of contact. The recertification maintains Miami Valley Hospital's status as the region's only Joint Commission Comprehensive Stroke Center.

In addition to providing quality stroke care at Miami Valley Hospital, Premier Health is utilizing telemedicine to extend the reach of our neuroscience expertise across the region. The TeleStroke network provides 24/7 emergent evaluation and acute intervention for stroke alerts in both the emergency rooms and inpatient settings. The Premier Telestroke network currently serves nine hospitals, including three rural non-Premier facilities. In 2018, the Telestroke network evaluated more than 500 patients via our telestroke platform. Discussions are under way to add more sites to our network.

NEUROne is the nonemergent, inpatient general neurology tele-consultation service at Upper Valley Medical Center, Miami Valley Hospital North, and Miami Valley Hospital South. Since starting in October 2018, about 350 patients with diagnoses such as ischemic stroke, altered mental status, encephalopathy and seizure have been seen through the program. The goal of the NEUROne program is to provide high quality neurology consultations while avoiding unnecessary transfers across Premier Health. In 2019, NEUROne will be adding sites outside of the health system.

The Premier Health Neuroscience Institute continues to lead the region in providing high quality care. The Institute also is leading the development of programs and technology to extend the reach of our services to our regional partners and beyond.



# Coagulation Instrumentation Updates at Atrium, UVMC

## New Coagulation Normal ranges, Heparin Protocol for APTT, and Critical Values

Atrium Medical Center and Upper Valley Medical Center are going live with new coagulation instrumentation as of March 27. Miami Valley Hospital went live on January 30.

Through a large group effort, including collaboration with pharmacy, we have studied the normal ranges for PT, APTT, Fibrinogen, and D-dimer testing. The laboratory has also studied very closely the heparin protocol for APTT.

Based on these studies and the change in instrument method, new normal and critical ranges are required. New normal and critical value ranges are as follows:

### NEW NORMAL RANGES

PT (Partial Thromboplastin Time) = 11.7-13.9 seconds

APTT (Activated Partial Thromboplastin Time) = 24.5-35.2 seconds

FIBRINOGEN = 208-491 mg/dl

D-DIMER = <0.50 ug/ml FEU cut off. Units different for Atrium Medical Center only.

HEPARIN PROTOCOL FOR APTT (therapeutic range) = 74.0-110.0 seconds

### NEW CRITICAL VALUES

INR > 5.0

APTT (Activated Partial Thromboplastin Time) >60.0 seconds

FIBRINOGEN < 75 mg/dl

HEPARIN PROTOCOL FOR APTT <74.0 or >110.0 seconds

For questions or concerns, please call Catherine Hoesl, MT (ASCP), at **(513) 484-3558**.

## New Name for Outpatient Surgical Services at Miami Valley Hospital North

The Samaritan North Surgery Center will convert from an ambulatory surgery center to a hospital outpatient department of Miami Valley Hospital as of April 1, 2019. Current services and providers will remain the same; in addition, new outpatient services will be added.

At Miami Valley Hospital North, the Samaritan North Surgery Center location will be called Surgery Center A (Main Street entrance), while the surgery center at the inpatient entrance will be referred to as Surgery Center B. New signage within the hospital will reflect these changes.

All medical records from the Samaritan North Surgery Center will be transferred and maintained by Miami Valley Hospital in accordance with applicable law. If you need a copy of your records from visits prior to April 1, 2019, please call **(937) 734-5900**. If you need a copy of your records from visits on or after April 1, 2019, please call **(937) 208-2806**.





## Provider Praise

Premier Health has launched a webpage to publish “Thank You” messages in recognition of National Doctors’ Day. Messages have been submitted by Premier Health employees, as well as many grateful patients, and can be viewed online at [premierhealth.com/ThankADoctor](http://premierhealth.com/ThankADoctor).

Here is a random sampling of appreciation received in recent weeks:

Thank You **Dr. Abboud** for being such a wonderful physician at Upper Valley Medical Center. You are appreciated by so many of us!

**Dr. Bauman**, thanks for all you do to ensure our patients have a great outcome! You are always approachable and will take the time to teach as well.

Thank you, **Dr. Broderick**, for all your help and professionalism during my heart issue. You’re awesome!

**Dr. Burdette** is an exceptionally caring doctor! He was willing to work with my surgeon who was out of state to create a plan for me. His care and compassion toward getting me better was incredible! This was a difficult time for me as I am local, but my surgeon was 8 hours away and Dr. Burdette checked on me regularly and

made sure that I was getting better! I am so appreciative to him for his compassion during a challenging point of my post op recovery! Thank you

**Dr. Davis** – You are a class act! You can try and move your practice to Jamestown, but your patients are going to follow you because of the relationships you have built! You truly care about each and every one of your patients, and you want the very best for them! You take the time to listen and you explain each treatment or medication option and you include your patients in making the decision regarding what is the best option for them personally! This takes a very special doctor to develop the relationships! You are appreciated! Thank you

Thank you for leading our team at Miami Valley South Wound and Hyperbarics. I truly appreciate your dedication to our team and our patients and your kindness and sense of humor. Thank You **Dr. Eilers**!!

**Dr. Guy**, I just want to thank you for being so patient and so kind, leading up to, during and after my laparoscopy. Your caring smile really made me feel comfortable and at ease. Never did I worry about anything, as I knew I was in good hands. Thank you so

much for all the hard work and dedication. Like Allstate Insurance, from day one I knew I was in good hands!

Thank you, **Dr. Henderson**, for always having our backs on night shift!

**Dr. Horne** takes the time to educate his patients. And staff. He will draw pictures and show patients their X-rays to assist them in understanding the needed treatment. He will go out of his way to educate family as well! Thank you for all you do!

I would like to thank **Dr. Jerele** for always being the most compassionate, understanding, and caring physician. She is always so positive to patients and staff. In her field of Orthopedic Trauma Surgery, she has a calming effect that she consistently portrays to the patients. Dr. Jerele is an awesome teacher and mentor for our staff and is always willing to teach and educate. Dr. Jerele makes coming to work fun and enjoyable!!! Thank You for all you do and for being such a great role model for our staff and a compassionate and caring provider!!!

I am very fortunate to work with one of the best groups of surgeons in Premier. **Drs. Laura Peterson, Kamran Jafree, John Matsuura, and Murtuza Habeeb** are

consistently the most caring and hard working surgeons I have ever worked with. They do what is best for the patient and treat their staff like family. I wanted to personally thank them for everything they do. They are the best and appreciated by all!

Thank you for all you do **Dr. Ludwig**, your positivity going down the hall every morning is so great. Love having you in clinic you truly rock keep up the good work. This world needs more docs like yourself

I have been seeing **Dr. McCoy** for the last couple of weeks due to back/hip issues. I want to Thank Dr. McCoy for being so patient, kind, and caring to not only me but to his other patients. His #1 priority is about the wellbeing of his patients and to help them physically. Thank you, Dr. McCoy, for the care you have been giving me, you have my most High Respect not only as a physician, but as a person who truly cares about their patients.

**Dr. O'Donnell** has been my physician for a while because he is an awesome doctor. He listens to what you say and always gets down to the problem to solve it. He is very friendly and professional. Whenever I visit, especially if I'm having some issues, I know I'm going to get excellent care. I appreciate being able to let him know I'm grateful for the level of care that I am given. Happy National Doctors' Day Dr. O'Donnell!

**Dr. Perry**, thank you so much for always being there for this special group of patients. You do an excellent job! These patients would not make it without you! You make a difference!

**Dr. Schatzel**, thank you for being the kind of doctor that gives their patients 100% of yourself. You always listen and include your patients (I am one of them) in the decision making of our care. You always give all options and full explanations of plan of care. You always give your full attention. These are the things that patients expect from their doctors. I come across some of your patients since I also work here at Miami Valley Hospital North, and they have nothing but amazing things to say about you. So once again, "Thank You" for everything you do for us.

**Dr. Takahashi** is not only a high caliber anesthesiologist but a FINE human being as well. When Dr. T is working, you can count on the Pre/Post and PACU units running smoothly and calmly. In addition, he is approachable, accessible and shares his knowledge with the staff. Thank you !!

Seldom do physicians take the time to teach employees such as techs and PCAs; even RNs. **Dr. Wise** is one of those very approachable doctors who will also give instruction and answer questions in a sincere and tactful manner. Even on top of all of his duties he still has time for Star Wars and Star Trek trivia! Dr. Wise, you're very appreciated for your client care and the care you show toward your peers at Atrium.

**Dr. Wourms** is a very caring doctor. He always takes time with his patients. I have come in late in the afternoon for an appointment and even though he had a very busy day, he always took the time to ask how my family and I are doing. I have seen him walking the halls late at the hospital visiting his patients. He always has a kind word of encouragement. Thank you, Dr. Wourms!

**Dr. Yacoub** is truly one of the best physicians I have ever had the privilege to work alongside. He gives his patients only the best care imaginable. I have lost count of the amount of times he has been able to save someone that most would think could not be saved. It is apparent to those who know him just how much he cares for his patients. His patients also adore him and most when they have to come to the hospital will request him to resume their care because they also only want the best caring for them.

I am grateful for **Dr. Zeidan's** patience and expertise as well as her upbeat, positive attitude at all times. My health has definitely improved since I've been a patient. She has the personality I wish all doctors had which makes it a whole lot easier to visit my physician. Happy National Doctors' Day!



# Premier Health Announces Membership Match Program for Gem City Market

Premier Health recently announced the creation of a Membership Match program for surrounding neighbors of the Gem City Market, as well as Premier Health employees. This contribution will provide \$50 vouchers (half of the cost of a membership) for 800 families – a total gift of \$40,000.

This latest gift is in addition to a five-year, \$400,000 commitment that the health system made to the Gem City Market in late 2017.

Eligible participants must live in select ZIP codes – 45402, 45405, 45406, 45416, 45417 and 45426 – and/or be a Premier Health employee. Applications can be found at [www.gemcitymarket.com](http://www.gemcitymarket.com).

The Gem City Market is scheduled to open in 2020 on Salem Avenue just across the Great Miami River from Downtown. The grocery store's opening comes at a crucial time for Dayton: A 2018 report from the Food Research and Action Center ranked Dayton in the bottom quartile (26th worst

out of 120 cities) for “food hardship” among families with children, with one of five families reporting trouble obtaining enough healthful food. “Food hardship” means that, at some point during the year, the household had limited access to an adequate supply of food due to a lack of resources.



# Change

By Michael Gelbart, MD, medical staff president, Upper Valley Medical Center



Most of us prefer our routine. The comfort of the familiar. The ease of doing what we have always done. But change is inevitable, and those who are able to embrace change and

envision its potential set themselves up for greater success and greater happiness.

Medicine and the health care delivery system in which we practice has changed greatly since my days at medical school. The science fiction of a digital age with electronic medical records, electronic billing, and artificial intelligence in medicine is a present-day reality. New payment models, quality metrics, and ever-increasing documentation requirements are a part of our lives. Insurance companies play an even greater role in deciding the care of our patients. Administration is under pressure to succeed in the atmosphere of shrinking margins and decreased reimbursement. It sounds grim, and burnout among physicians is at an all-time high. The suicide rate among medical professionals has, in fact, surpassed that of our military veterans! Yet, we are still physicians. We entered this profession as a noble calling, and we must find a way to navigate these seas of change while caring for both our patients and ourselves. The first step is to admit to ourselves that we cannot stop change. It is coming whether we like it or not. That is not to say that we are helpless in the face of change. By taking an active role, we can both prepare ourselves for change and help to mold change and its impact on our lives.

As a radiologist at Upper Valley Medical Center, change is very real. UVMC has been the only “game in town” in the north Dayton market during my career at UVMC. We have been fortunate to have little outside competition. But, change is upon us. We can lament the change and do nothing, simply waiting to see how new competition impacts our practices, our patients, and this community. Alternatively, we can band together as physicians and work together to maintain our position in Troy. We can work hard to recruit new primary care physicians, the backbone of any healthy organization. We can expand specialty and surgical services through innovation (new procedures or services) and strategic investment (increased specialty presence, whether by recruiting new specialties to the area or by educating our communities about what high level services we offer locally). We can work toward new efficiencies.

Change has also hit very close to home for me with Premier Health’s new imaging integration plan. It is not what I had ever planned for and not what I wanted. But, guess what? ...The change will be good. I have already met some fantastic radiologists from Miami Valley Hospital (RPI) as we have initiated integration. I have worked “side by side” (digitally, anyway) with them over recent weeks. I see the potential in having more partners with more expertise and the ability to expand services to meet our competition head on. I’ve been blessed to have the partners and team with whom I have worked at UVMC and Atrium Medical Center for the past decade. I look forward to facing “change” with our new expanded team.

*“There were people who went to sleep last night, poor and rich and white and black, but they will never wake again.*

*And those dead folks would give anything at all for just five minutes of this weather or ten minutes of plowing.*

*So you watch yourself about complaining.*

*What you’re supposed to do when you don’t like a thing is change it. If you can’t change it, change the way you think about it.”*

*- Maya Angelou*

# Free Seminars, Donations, Media Coverage, and More



*Pictured from left: Rachel Fadden, HEAL coordinator at Atrium Medical Center; Dr. Gregory Siewny, Atrium Medical Center Foundation Board Physician Committee chair; Pastor Lamar Ferrell, Berachah Church; and Tina Gregory, associate chief nursing officer at Atrium Medical Center.*

## **Atrium Medical Center**

Jill Aston, MD, medical director of Atrium's Emergency Trauma Center, was featured on several Cincinnati TV news broadcasts as part of Premier Health's announcement of a partnership with EMS agencies across Southwest Ohio to relay patient information more rapidly between hospitals and first responders. Dr. Aston described how the information that first responders gather in the field is critical to decisions made by physicians in the emergency department. EMS agencies in Middletown, Brookville, Monroe, New Jasper, and Tipp City are piloting the program 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.

A free seminar to educate the community about the connection between atrial fibrillation (AFib) and stroke drew more than 60 attendees to the hospital. Presenters Sandeep Gupta, MD, FACC, Premier Health electrophysiologist; and Elizabeth Gilbert, MSN, APRN, AGCNS-BC, an advanced practice registered nurse who has specialized in stroke care, discussed topics such as options for managing AFib-related stroke risk.

More than 300 people visited Atrium Medical Center's sports medicine and physical therapy office at Countryside YMCA in Lebanon during Healthy Family Day on

Feb. 9. Countryside and Atrium partner on the event, which offers free fitness classes and a health fair. Those who passed through Atrium's space received information from Premier Health physicians and Fidelity Health Care and learned about services offered at Atrium, including cardiac and cancer care. Visitors also received health screenings from the Premier Physician Network office in Lebanon, and the mobile mammography coach was on site for appointments.

A \$7,000 donation from Berachah Church will benefit the hospital's Help Endure a Loss (HEAL) program. Proceeds from the Middletown church's 2018 Master's Mission golf tournament were donated to HEAL,

which helps families dealing with the loss of a child.

Following a record-setting year for participation and fundraising, a date has been set for this year's Butler/Warren County Heart Walk. The walk will be held on Saturday, Sept. 28. Premier Health and Atrium Medical Center host the walk and are signature sponsors. The Butler/Warren County Heart Walk is held in partnership with the American Heart Association's Greater Cincinnati chapter and Atrium Family YMCA.

Two physicians have joined Liberty Family Medicine, a Premier Physician Network office located in Atrium's footprint. Heather Markwell, MD, and Faisal Khatri, MD, have joined Aleda Johnson, MD, in practicing at the new building on Cincinnati-Dayton Road in Liberty Twp. that opened late last year. Liberty Family Medicine, a primary care practice, relocated to the newly constructed building from existing leased space, also in the township, as part of plans to expand services in the growing Butler County community.

#### **Miami Valley Hospital**

Miami Valley Hospital has been named an Antimicrobial Stewardship Center of Excellence by the Infectious Diseases Society of America (IDSA). The hospital in Dayton is one of the first health care facilities in the country to earn the recognition. The IDSA developed the Antimicrobial Stewardship Centers of Excellence program to promote excellence in antimicrobial use and combat antimicrobial resistance by recognizing health care facilities that maintain highly effective antimicrobial stewardship programs. Criteria for designation include having interventions in place to effectively optimize antimicrobial use; providing on-going education to medical staff; effective use of electronic health records and/or clinical decision support systems to



report on overall antibiotic use and trends; having in place an annual action plan for antimicrobial stewardship; and more.

The first Resident and Fellows Wall of Excellence luncheon took place. Twelve residents/fellows were recognized; this will be an annual event that takes place in the month of February.

One goal of Miami Valley Hospital is to increase breastfeeding rates in the Dayton community. Miami Valley Hospital currently has five dedicated employee lactation rooms. In response to requests from employees for additional lactation rooms, three designated lactation rooms have been added at the Miami Valley Hospital main campus. These spaces allow working mothers to pump breastmilk more easily and efficiently without the concern of leaving their unit or workspace for extended periods of time.

February marked the beginning of several fundraising events by the Miami Valley Hospital Foundation. Nomination forms for this year's Champions of Hope ceremony, honoring four exceptional individuals in the fight against cancer, are now available online at [mvhfoundation.org/nomination-form/](http://mvhfoundation.org/nomination-form/). Also available online are applications for scholarships for dependent children of Premier Health employees for post-high school education. Applications (due by 11:59 a.m. March 29) can be found here: [mvhfoundation.org/mvh-employees/mueller-youth-scholarships/](http://mvhfoundation.org/mvh-employees/mueller-youth-scholarships/). Mueller Youth Scholarships have traditionally been associated with employee giving campaigns through the Premier Health hospital foundations. Planning for this year's overall employee giving campaign, which takes place this spring, is in progress.

#### **Upper Valley Medical Center**

The Miami County media in February featured UVMC's announcement about Steve Staley of Piqua being named UVMC Board of Directors chairman for 2019/2020. Steve joined the board in 2012 after serving on the adjunct community finance committee for more than a decade and has held a variety of leadership positions on the board. Active in the community all his life, he has served on boards of the Miami County YMCA, Piqua Area United Way, Piqua Community Foundation, and Piqua Public Library and has been involved with the Piqua Rotary Club and Piqua American Legion

baseball team. Steve is a past recipient of the Piqua Chamber of Commerce Order of George Award and the Piqua Salvation Army Others Award.



The UVMC Cardiopulmonary Rehabilitation program was highlighted in the Miami Valley Sunday News heart month publication in February with

a feature on program participant Dean Fairchild of Covington. Dean is a heart transplant recipient who has expressed great appreciation for care provided through the years in the UVMC Emergency Department and Cardiac Rehab program. Also featured in the publication was a donation from the Hearts to Hats Group from the First United Methodist Church of Troy. The local group donated hand-made red caps for newborns to be given to patients in the maternity department at UVMC throughout Heart Month.

The Miami County Progress Edition published by the Miami Valley Today newspaper in February featured coverage of UVMC's expanded heart capabilities, the PT/OT expansion at Outpatient Care Center North in Piqua, the SpringMeade rehab bed expansion, and Premier Health's system-wide Magnet® nursing recognition.

UVMC hosted a Delay the Disease™ community seminar for Parkinson's disease Feb. 25 in the UVMC Physician Office Building. Guest speakers were David Zid, BA, ACE, APG, and Jackie Russell, RN, BSN, CNOR, who are co-founders of Delay the Disease™ – a life-changing, evidence-based fitness and mobility program that originated in Columbus, Ohio, and is offered at UVMC. The free seminar focused on topics of importance to care partners of those living with Parkinson's disease.

In other community outreach activities, UVMC leaders participated as judges and presenters at the Upper Miami Valley Science Day events held at Tiptecanoe, Anna, and Greenville high schools in February and was a sponsor of the Troy Main Street Taste of Troy Trivia Night held Feb. 22.

# Premier Health Launches Barbershop Partnership

Premier Health has partnered with three barbershops in Montgomery County to increase awareness of chronic health conditions and promote healthy lifestyle choices within the African-American community.

This new program will offer free health screenings and health fairs at Serenity Salon, Deez Cuttz Barbershop, and Man Up Barber Shop on select Saturdays from March 16 through October 26. Voluntary health screenings will feature free blood pressure, height, and weight measurements, along with a body mass index calculation and fingerstick test for A1c. The health fairs will be even larger events that also offer total cholesterol, HDL, and blood glucose screenings. Additionally, events in September and October will have a limited number of free flu shots available.

Participants in the program expressed early on that they were interested in not just opening the doors of their shops for health screenings, but in being active participants in the initiative. So the program was designed to include four weeks of training to equip the barbers to identify potential health concerns in their clients, educate them about healthy choices, and encourage them to seek health care.

Antoine Walker of Deez Cuttz Barbershop in Trotwood explained how barbers develop strong bonds with their clients and are often seen as unofficial doctors, psychologists, or confidantes.

“Clients trust our judgment, and they value our opinion more than anybody else,” Walker said. “They trust us with their first haircut for their child; they trust us with their first haircut getting married; when it comes to them going to prom. So if Premier Health comes in with us, they’re basically going to trust our judgment when it comes to having you there. It’s almost like we’re co-signing what you’re doing.”



## Miami Valley Hospital Wellness 5K/10K Run and Walk

Registration is still open for the Miami Valley Hospital Wellness Run/Walk hosted by the Miami Valley Hospital Physician Wellness Committee. It will begin at 10 a.m. Saturday, April 13, at Island Metro Park, 101 E. Helena St., in Dayton. Proceeds benefit the Miami Valley Hospital Wellness Fund.

The event will also feature a pre-event yoga session at 9 a.m., followed by a free 1-mile “Fun Run” for children at 9:30 a.m. Leashed pets are welcome.

Participants can register online at [RunSignUp.com](https://RunSignUp.com) by entering Miami Valley Hospital in the “Find a race” search field; the cost is \$30. Registration closes at 11:59 p.m. April 11.

Participants can earn Premier Healthy Living points – 50 points for the 5K or 100 points for the 10K.

For more information, contact Kelsey Skidmore at (937) 208-4808 or [kaskidmore@premierhealth.com](mailto:kaskidmore@premierhealth.com) or Dana Mackert at (937) 208-4548 or [dlmackert@premierhealth.com](mailto:dlmackert@premierhealth.com).

MIAMI VALLEY HOSPITAL  
PROVIDER WELLNESS

5K 10K  
RUN/WALK

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