ADDA Premier Health

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Partnerships with area schools provide multi-level community support.



Premier Health Orthopedics helps patients return to the lives they love.

Cover photo: Bob Wiggins regained his life and his freedom after weight loss surgery. See page 8 for his story.



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Ready to Serve

As the new president and CEO of Premier Health, I am humbled to have been chosen to uphold the health system's mission of improving the health of the communities it serves. With the retirement of Mary Boosalis this spring, I will have large shoes

to fill – and I am grateful for the opportunity and ready for the challenge. As you will read on page 12 of this magazine, we owe Mary great appreciation for her 35 years of leadership and service. She has led Premier Health through industry challenges with courage and expertise. Thank you, Mary.

Every day I learn more about Premier Health's unwavering commitment to the residents of Southwest Ohio. On page 2 you'll find out how our academic partnership with Wright State University supports both health care providers and the local economy, and a new clinic at Wilberforce University provides much-needed health services for students. Our orthopedic teams are relieving patients' pain and restoring their quality of life, and a local postal worker's weight-loss surgery has resulted in a life-changing experience. These stories can be found on pages 4 and 8, respectively.

I've been impressed by Premier Health's dedication to not only ensuring convenient access to care, but also providing high quality care. The new Find a Doctor Tool, explained on page 6, connects you with Premier Physician Network providers and specialists easily and on your time, with real-time online self-scheduling. And on pages 10 and 11, we're proud to share the latest quality designations and certifications for Upper Valley Medical Center (Level III Trauma Center and Primary Stroke Center) and Atrium Medical Center (Top in the Nation Inpatient Rehabilitation).

It is now my role to advance Premier Health's mission and ensure that we fulfill our responsibility to our patients, their families, and our communities. It is my privilege to serve you.

Mike Riordan President and CEO

Enriching the Communities We Serve

Premier Health is constantly seeking out innovative ways to support area communities through collaboration with likeminded partners.

Wright State University and Premier Health

A shared mission to provide quality health care and medical education to the local community is the basis for an academic affiliation between Wright State University and Premier Health. The institutions will continue to collaborate on the training of medical students, physicians, nurses, and other care professionals in Southwest Ohio, as well as partner on academic, clinical, and research initiatives. The affiliation agreement formalizes a longstanding working relationship that elevates the quality, consistency, and cost efficiency of patient care and advances economic development locally. The agreement includes Boonshoft School of Medicine programs and Wright State's nursing and health sciences programs.

Premier Health trains most Boonshoft School of Medicine residents, medical students, and many graduates who work in the region, and employs numerous Wright State nursing graduates. The Nursing Program at Wright State provides scholarship assistance for Premier Health nurses to pursue a bachelor's degree through the university's RN-BSN completion program.

The affiliation agreement allows the two institutions to work together to get further faster by leveraging what has been a successful model.

Wright State President Sue Edwards says that the ongoing collaborative relationship is expected to have a positive impact on the local economy through a commitment to train students from Ohio and out of state to remain local. "As one of the largest employers in the region, Premier Health is providing career opportunities for our students," Edwards says. "Our job is to support them in this mission while providing our students with high-level experiential learning opportunities so that following graduation they are employed and remain in the region."

More information on the affiliation and its benefits and goals can be found at **PremierHealth.com/WSUPremierAffiliation**.

Wilberforce University Student Health Care

A new health clinic has opened for students on the Wilberforce University campus inside the Louis B. Stokes Health Center. The Wilberforce University Premier Health Student Clinic provides health services free to students who show their university ID card. The clinic treats a variety of illnesses and injuries, plus provides various vaccinations, diagnostic, and other services, including mental health services. Students also have 24/7/365 access to virtual care visits from Premier Health Urgent Care providers. Additionally, a more contemporary, updated, student-focused health center was unveiled in September 2021.

"We are very excited about this partnership with Premier Health, which reaffirms our shared commitment to providing first class health care for our students," says Dr. Elfred Anthony Pinkard, president of Wilberforce University. "We are committed to wellness and maintaining a healthy campus community, and this partnership helps us achieve that end."

The partnership reflects the health system's commitment to expand access to care throughout Southwest Ohio, including on local college campuses. The health clinic will connect students with the health care they need, as well as promote physical and mental well-being.

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Partners in Your Community

Scan the QR code with your phone to find out how Premier Health is supporting your community's schools or visit **PremierHealth.com/MySchool**.



PARTNERSHIPS WITH AREA SCHOOLS PROVIDE MULTI-LEVEL COMMUNITY SUPPORT.



Premier Health proudly partners with the following schools to provide on-site athletic training and sports medicine services. The health system also works with many more area schools to provide additional health and wellness services.

Arcanum-Butler Local Schools Beavercreek City School District Bellbrook-Sugarcreek Schools Bishop Fenwick High School Bradford Exempted Village Schools Brookville Local Schools Carlisle Local Schools Centerville City Schools Chaminade Julienne

Catholic High School Covington Exempted Village Schoo Edgewood City Schools Edison State Community College Franklin City Schools Greeneview Local Schools Greenville City Schools Huber Heights City Schools Jefferson Township Local Schools Lebanon City Schools Madison Local Schools Mason City School District Miami East Local Schools Middletown City Schools Milton-Union Exempted

Village School District Monroe Local Schools New Lebanon Local Schools Newton Local Schools Northmont City Schools Piqua City Schools Russia Local School Springboro Community Schools Tipp City Exempted Village Schools Tri County North School District Trotwood-Madison City Schools Troy Christian Schools Troy City Schools University of Dayton Vandalia-Butler City Schools Wilberforce University Wright State University

Juing Their Best Lives

FROM A BALLROOM DANCER TO A YOUNG ATHLETE AND HER FATHER TO AN ACTIVE SENIOR, PREMIER HEALTH ORTHOPEDICS HELPS PATIENTS RETURN TO THE LIVES THEY LOVE.





Urban ballroom dancing keeps Roberta Pitman's feet moving. The retired music teacher from Dayton spends hours each Monday, Friday, and Saturday at the Trotwood YMCA dancing to jazz or rhythm and blues. But the tempo slowed down for Roberta when she began to feel sharp pains and soreness around her knee.

"I didn't think anything of it, but it became constant," says Roberta. "Even when I walked, I found myself limping."

James J. Klosterman, MD, orthopedic surgeon at Premier Orthopedics at Miami Valley Hospital North, says that Roberta's quality of life was diminished by her knee arthritis, "and she was

wanting to get back to an active lifestyle." The best way to get her back on the dance floor was a knee replacement.

After her surgery, Roberta was determined to get back on her feet and start the rehabilitation process. "I did the exercises – all of them," she says. "I went to physical therapy and kept walking to get my strength up."

Roberta is back on the dance floor, encouraging others to not let their aches and pains slow them down. Read her success story at PremierHealth.com/OrthoDancer.

Ella and Joel Phillips

Last fall, Ella suffered a broken clavicle in a traffic collision on her way to a school football game. The vehicle, driven by Ella's father,

Joel Phillips, was hit by another vehicle in an intersection.

The injury was a concern for Ella, a busy student athlete. Her father called Michael Griesser. MD. orthopedic surgeon with Premier Orthopedics in Middletown, who had operated on Joel after he experienced a shattered clavicle following a snowboarding accident a couple years prior. Dr. Griesser performed Ella's surgery shortly after the collision.

"The surgery helped out a lot with the pain," Ella says. "Dr. Griesser and his staff did an amazing job and were very nice throughout my treatment."

"I cannot thank Premier Health enough for the care and services



they provided me and my family," Joel says. "Although I hope I don't ever have to see them again, it would be the first phone call I made."

Ella now participates in track, volleyball, and basketball at school. Read her full story at PremierHealth.com/ OrthoStudentAthlete.

Ned Myers

For 81-year-old Ned Myers, age is just a number. He often hits the slopes at a ski resort in Vail, Colorado.

"I took an early retirement and decided I might just go out to Colorado for a winter," Ned explains. But his time on the slopes came to a screeching halt when he fractured both his tibia

and fibula in a skiing accident. "The doctors in Colorado put three plates in my leg," Ned says. "The main fracture in the tibia never healed."

Once he returned to Ohio, Ned had a consultation with Jennifer Jerele, MD, a board-certified orthopedic surgeon fellowship trained in orthopedic trauma care at Miami Valley Hospital. "His case was pretty complex ... he came to us quite a while after he had his first procedure." Dr. Jerele and Ned decided to remove the plates and screws in Ned's leg and install other medical hardware.

After surgery, Ned was out of his hospital bed and walking with a walker in one day. Now, Ned is back to enjoying the activities





he loves. "Last summer, I thought my skiing days were over. If it weren't for the team at Premier Health, I'm not sure what I would have done."

Read Ned's full story at PremierHealth.com/OrthoSki.



Enjoy a Pain-Free Life

Premier Health Orthopedic Specialists can help get you back in action. Scan the QR code with your phone to find a provider and schedule an appointment or visit **PremierHealth.com**/ **OrthoSpecialists**.

Appointment heduling Made Easy

PREMIER HEALTH'S FIND A DOCTOR TOOL CONNECTS YOU WITH PROVIDERS AND SPECIALISTS ON YOUR TIME.

Your physician or advanced practice provider plays a key role on your personal health care team, but sometimes scheduling an appointment when you need it can be challenging. Premier Health's newly improved Find

a Doctor tool helps you connect with Premier Physician Network providers and specialists on your time. No more making a phone call and trying to match your schedule with a provider's - Find a Doctor shows you each provider's schedule in real time, sometimes offering availability the same day.

"This tool does not eliminate the services we already provide to our patients," says Diane Pleiman, MBA, FACHE, president of Premier Physician Network. "Our goal is to improve the patient experience and make it even simpler for our patients to schedule appointments with their providers or for preventive tests."

Comprehensive Scheduling and Provider Search

Find a Doctor offers real-time online scheduling for nearly all Premier Physician Network providers. Scheduling options include office visits, online visits if the provider offers them, and preventive tests, such as screening mammograms and Heart CT. You'll see the providers' upcoming availability, so you'll know right away what your options are for appointments.

If you don't currently have a provider, Find a Doctor will connect you with the best fit for you and your family. You will find the answers to the most



MIKKI CLANCY, CISA

DIANE PLEIMAN, **MBA, FACHE**

important questions when looking for a provider: Are they accepting new patients? Do they accept your insurance? Are appointments available that meet your schedule? The tool matches you with providers based on your specific needs and displays details such as the provider's chosen language, gender, age groups they treat, and more.

"The new Find a Doctor option offers an enhanced experience for the consumer," says Mikki Clancy, CISA, chief digital officer at Premier Health. The tool provides patients with insight into what each provider offers and also shows their star ratings and reviews. "We have received a lot of wonderful feedback from our patients that this tool has made their experience even easier in finding the right provider," Clancy adds.

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DIAGNOSTIC TESTS require a physician referral and

Schedule an Appointment or Find a Doctor Now

To schedule an appointment or find a new Premier Physician Network provider, scan the QR code with your phone or visit **PremierHealth.com/MyAppointment** to access the new Premier Health Find a Doctor tool.

Need an Imaging Test? YOU Can Schedule It.

Just go to PremierHealth.com/MyImagingTest to

PREVENTIVE TESTS do not require a physician



Weight Loss: BOB'S STORY



ALICE WANG, MD



ANNE KROGER, PA-C

Bob Wiggins is always on the go. The 58-year-old Kettering resident works for the United States Postal Service in West Carrollton and loves to boat and fish with his family at nearby lakes.

"For a while, I was walking 12 to 16 miles a day on my mail routes," says Bob. After being moved to other job assignments, and a few on-the-job injuries, Bob noticed the numbers on the scale beginning to climb.

"I switched from delivering mail to picking it up in two-ton trucks," says Bob. "When I was on the road, I was eating poorly – lots of pop, caffeine, junk food, and fast food. Eating was a way to keep me occupied on the road. At my worst, I ended up weighing 504 pounds," explains Bob.

"I had gotten so big that the Post Office pulled me out of all postal vehicles. I was not allowed to drive any of them because I couldn't fit behind the steering wheel without my stomach being either on top of it or pressed right up against it."

Finding Support

Bob needed a knee replacement but was told he could not move forward with it due to his weight. Seeking help, he was referred to Premier Weight Loss Solutions.

With locations in Dayton, Englewood, and Liberty Township, the team at Premier Weight Loss Solutions specializes in a number of bariatric surgeries, including the sleeve gastrectomy, Roux-en-Y gastric bypass, and revisional surgeries. Additionally, they offer free monthly virtual weight-loss informational seminars.

"Many times, our services are covered by the patient's insurance based on their comorbidities, or other health issues," says Alice Wang, MD, a fellowship-trained bariatric surgeon at Premier Weight Loss Solutions. "Our patients do not have to be referred by a doctor. There are many times when patients are self-referred."

Taking Control

After taking advantage of the free weight-loss seminars and support groups, and consulting with his bariatric surgeon, Bob decided that having the gastric sleeve procedure at Miami Valley Hospital was his best option.

After his surgery, Bob says he was elated by the results. "It was quite amazing," he remembers. "They got me up as quickly as possible to begin walking the halls. I couldn't believe how big of a difference I felt."

Bob is well on his way to reaching

his ideal weight of 235 pounds. "I've taken everything I've learned and applied it to reaching my goal," says Bob. "I'm doing meal preps, continuing to exercise, and taking weight loss advice."

"Seeing Bob's results is incredible," says Anne Kroger, PA-C, a board-certified physician assistant at Premier Weight Loss Solutions. "He has such a good attitude and is willing to try anything we recommend in helping him in his weight loss journey."

Back on the Road

At 289 pounds, Bob was cleared to move forward with his orthopedic knee surgery. He's also back on the road, driving his twoton mail truck around the Miami Valley. "I'm not going back to the way I was before," says Bob. "I'm eating right and aware of my calorie and protein intake."

"It's extremely gratifying to see patients have the results Bob has experienced," says Dr. Wang. "It's truly a privilege to help someone have an improved quality of life."

Bob credits the team at Premier Weight Loss Solutions with helping him regain his freedom. "I can't give them big enough kudos for being caring, loving, and very attentive and helpful. They've made the process so easy and wonderful for me."



and Bob now, right.



Scan the QR code with your phone to register for a free weight loss surgery information session or visit **PremierHealth.com/WeightLoss**. Call Premier Weight Loss Solutions at (937) 208-5300 to learn more about their available services.



Advanced Care



in **Miami County**

UPPER VALLEY MEDICAL **CENTER PROVIDES CERTIFIED** CARE FOR TRAUMA AND STROKE.



CLAIRE WIRRIG



PRADEESH **GEORGE, DO**



SCOTT KANAGY, DO

Level III Trauma Center Designation

Upper Valley Medical Center's (UVMC) Level III Trauma Center designation was approved by the Ohio Department of Public Safety following a trauma consultative survey in mid-July 2021.

"Having access to a Level III Trauma Center closer to home is important to patients in our community," says Claire Wirrig, UVMC trauma program manager. "If patients have more complex injuries that require higher care, we are closely linked with the region's highest level (Level I) and most experienced trauma center, Miami Valley Hospital, to help care for them."

Fellow Premier Health hospitals Atrium Medical Center and Miami Valley Hospital South also have Level III trauma center designations. Trauma center levels are based on the depth of available resources for treating trauma patients and the quality of care provided. Level III trauma centers provide rapid care for all forms of traumatic injury and offer 24-hour coverage by multiple specialty surgeons.

To prepare for the Level III designation, UVMC operated internally as a trauma center, working continuously to refine processes even more, says Pradeesh George, DO, trauma medical director. "The Level III care extends beyond the initial care in the emergency department to all hospital departments," Dr. George says.

Primary Stroke Center Certification

UVMC's Primary Stroke Center status was awarded by The Joint Commission based on continuous compliance with stringent performance standards.

"It requires a carefully coordinated, dedicated effort to ensure that the stroke program performance standards are met and maintained," says Scott Kanagy, DO, UVMC chief medical officer. "The stroke program also relies heavily on the work of local Emergency Medical Services personnel and emergency department physicians to serve as the first point of contact."

UVMC continually communicates with the Comprehensive Stroke Center at Miami Valley Hospital and connects quickly through telemedicine known as TeleStroke. Joint Commission stroke standards, which are based on years of stroke research by the American Heart/American Stroke Association, are strictly followed.

All Premier Health hospitals are recognized by The Joint Commission and the American Heart Association/ American Stroke Association for excellence in patient stroke care and outcomes.

Need Care Fast?

To find the estimated current wait time at the emergency facility nearest you or to let us know you're on your way, scan the QR code with your phone or visit PremierHealth.com/EmergencyWait.



An Emphasis on Quality and Outcomes



Inpatient Rehabilitation at Atrium Medical Center has placed 43rd out of 1,083 rehabilitation units, ranking it among the top in the nation by U.S. News & World Report.

"That is a prestigious award for the rehab unit to receive," says Ingrid Waggoner, MBA, BSN, CRRN, RN, director of rehabilitation services & sports medicine at Atrium Medical Center. "It sets our rehab department apart." Individualized care and an emphasis on quality and outcomes are among the reasons behind the 2021 ranking, she says.

High Quality Care

This was the first time that the hospital's rehabilitation services data was submitted for consideration. Ranking high on the list is a "big deal," says Stephen Duritsch, MD, the physician in charge of the program who has 30 years' experience in rehab. "We are doing a very good job at a community hospital, which is what people want. They don't have to go traveling across the state or the country to a center of excellence. You can get it close to home," he says.

Available through physician referrals,

inpatient rehabilitation services include stroke, traumatic brain injury, and neurological care, among others. Atrium's unit was ranked for its discharge-to-home percentage of 73%, compared to the national average of 65%. "Our therapy and nursing staff are committed to working with patients and families to ensure that they

are receiving the quality of care that will get them back home," says Waggoner.

The 20-bed unit is located within the hospital, so all services that might be needed are readily available. "That is a great advantage to our program," Waggoner says. The unit serves approximately 440 patients each year.

Outpatient Services

Atrium's neurologically based outpatient rehabilitation program offers the same disciplines of therapy that patients may receive during an inpatient stay. Services are available in several locations, including orthopedic and sports medicine in Lebanon, Atrium YMCA in Middletown, Franklin, Trenton,

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ATRIUM MEDICAL CENTER'S INPATIENT REHABILITATION RANKS AMONG THE TOP IN THE NATION.



INGRID WAGGONER. MBA, BSN, CRRN, RN

and Mason. Therapist certifications include concussion, pelvic floor, and orthopedics. Most outpatient services need a physician referral.

"We have found that when people have the need for therapy, they want to stay close to where they work or live. Atrium Rehabilitation Services has worked hard to fulfill our organization's mission for efficient, high-quality care within our community," Waggoner said.



STEPHEN DURITSCH, MD

Recovering from Illness or Injury?

Go to PremierHealth. com/MyRehab to find the provider and location that's best for you.



Easy Access to **Physical Therapy**

Direct Access: Premier Health offers direct access for outpatient physical therapy, providing evaluation and treatment by a physical therapist without the need for a physician referral. Find out how at **PremierHealth.com/DirectPT**. To find a location and make an appointment, visit PremierHealth.com/ PTAppointment.

Self-Scheduling: If your physician orders an initial evaluation for physical or occupational therapy, you now can self-schedule it via Premier Health MyChart. Go to PremierHealth.com/ScheduleMyChart to sign in or sign up for an account.





Mary Boosalis

THIS SPRING, PREMIER HEALTH MARKS THE END OF AN ERA AS MARY BOOSALIS RETIRES AFTER **35 YEARS OF SERVICE TO THE** HEALTH SYSTEM.



After 10 years working as a critical care nurse, Mary put her health care career on a different path, earning a master's degree in Health Services Administration with high honors. She joined Premier Health as a post-graduate management fellow at Miami Valley Hospital in 1986. Mary's ability and leadership quickly set her apart: she was named chief operating officer of Miami Valley Hospital in 1998; president and CEO of the hospital in 2006; executive vice president and chief operating officer of Premier Health in 2011; and president and CEO of the health system from 2017 to 2022 – the first female CEO in its history

Mary's career has been marked by partnerships, successfully navigating unprecedented challenges, and a strong orientation toward physician and clinical quality to advance Premier Health's mission of building healthier communities. She made significant strides in the advancement of women in executive leadership roles and her passion for diversity, inclusion, and equity has never wavered.

The portfolio of Mary's collaborative work is far too great to list in its entirety, but highlights include Miami Valley Hospital's Heart and Vascular Tower; the strategic vision and development of the Miami Valley Hospital South campus, which opened in 2007 as one of the nation's first free-standing emergency departments; the launch of the Premier Health-Wright State University Neurosciences Research Institute; and Premier Health's joining

MD Anderson Physician Network, bringing nationally recognized cancer care close to home for local residents.

The decision to close the former Good Samaritan Hospital was the most difficult of Mary's career, and a major part of the decision centered on the redevelopment of the former hospital site. Those efforts continue today through Phoenix Next and partnerships with the City of Dayton and CityWide. The project remains a key focus for Premier Health and further enhances a long tradition of partnering with community organizations, such as Gem City Market, the Hope Center, and Homefull.

During the COVID-19 pandemic, Mary's leadership and experience were critical. She led the health system and the region through challenges that included obtaining personal protective equipment, testing supplies, and vaccine distribution, and most importantly, supporting front line and behind-thescenes staff. And together with the University of Dayton, Premier Health opened one of the first drive-through testing sites in Ohio.

In 2019, Mary led Premier Health's community response to two tragedies: a tornado outbreak and the mass shooting in the Oregon District – a few days after which Mary and other leaders hosted the first visit by a sitting U.S. president in Miami Valley Hospital's 130-year history.

We are forever grateful for Mary's courage, service, and remarkable leadership in historic times.

Notable News

Premier Health is improving the health of the communities we serve with certified and designated services and nationally recognized care.



Miami Valley Hospital, Upper Valley Medical Center Receive Stroke Quality Award Miami Valley Hospital and Upper Valley Medical Center have received the American Heart Association and American Stroke Association's 2021 Get With The Guidelines® – Stroke Gold Plus Quality Achievement Award. The award recognizes the hospitals' commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, researched guidelines based on the latest scientific evidence from the American Heart Association. PremierHealth.com/QualityStrokeCare





The Wound Care Center and Hyperbaric Services at Atrium Medical Center received the Distinguished Center of the Year award from Healogics[®] announced in 2021 for 2020. More than 600 wound care centers had the opportunity to qualify for the award, and only one center received the honor. PremierHealth.com/CenterOfYear

Atrium Medical Center Recognized for Maternity Care

Atrium Medical Center has been recognized as High Performing in Maternity Care (Uncomplicated Pregnancy) by U.S. News & World Report, 2021-22. 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. PremierHealth.com/AtriumMaternity

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US ONLINE

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@PremierHealthOH

Miami Valley Hospital Rankings: 8th in Ohio and Among America's 100 Best

Miami Valley Hospital ranked eighth among all Ohio hospitals in U.S. News and World Report's 2021-22 rankings. The hospital had the best performance among all hospitals in the Dayton region. Miami Valley Hospital also has been recognized by Healthgrades® as one of the nation's 100 best hospitals in 2021 for a sixth straight year. Both of these distinctions include Miami Valley Hospital



Produced by Premier Health Marketing and Communications Department Premier Health Center, 110 N. Main St., 11th Floor, Dayton OH 45402



PO Box 4236 Dayton, OH 45401

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WINTER 2022 IN THIS ISSUE

ENRICHING THE COMMUNITIES WE SERVE AREA SCHOOL PARTNERSHIPS



LIVING THEIR BEST LIVES THANKS TO PREMIER HEALTH ORTHOPEDICS



AN EMPHASIS ON QUALITY AND OUTCOMES ATRIUM MEDICAL CENTER REHABILITATION



