

# Premier Pulse

News for Premier Health Physicians

VOLUME 6 | ISSUE 5 | MAY 2019

## We Can Be a “Band of Brothers and Sisters”

By Marc Belcastro, DO, chief medical officer, Premier Health Southern Region



Recently, while rounding at Miami Valley Hospital South with a hospitalist, I met a man named Jim Martin. His military name is “Pee Wee” Martin. He is a 98-year-old veteran of World

War II and the last survivor of the original Band of Brothers.

As a chief medical officer, my hope and mission are that we (physicians) can reclaim and redefine health care in how we relate

to our patients. I have written on patient experience, AIDET tools, and most recently started presentations on the art and science of compassion. I have been rounding with physicians and starting to work on gathering physicians in small groups. While I have no illusions that burnout and frustration can be solved single-handedly, this will not stop me from caring about you and doing my small part.

After listening to Mr. Martin’s stories and pondering the amazing brotherhood that allowed these men to accomplish extraordinary military feats despite the worst possible conditions, I thought of the brotherhood/sisterhood shared by

physicians and the current health care conditions that make the practice of medicine so incredibly difficult. He spoke of the brutal weather, the loss of friends, and those moments of wanting to quit. While the analogy might not entirely fit, physicians share common challenges and rigorous training that create bonds. I was encouraged and believe that if we focus on what we can control and learn to remain resilient through the things we cannot control, we can reclaim and redefine the art of healing through relationships with one another and with our patients.

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# UVMC Patient Flow Project Announced

Upper Valley Medical Center has announced plans to reconfigure and update the hospital main lobby and registration areas to provide greater ease of access and convenient wayfinding for patients and visitors.

The new UVMC Patient Flow Project will include a 6,600-square-foot addition on the south side of the hospital to provide space for the relocation and expansion of the cardiac and pulmonary rehabilitation program and an employee wellness area. The employee wellness area will feature 1,235 square feet for exercise and wellness activities.

Patient access/registration will be reconfigured to optimize customer experience and convenience, as will reception and waiting areas for cardiac diagnostics, medical imaging, and lab. Restructuring of these areas will be designed to enhance patient flow and confidentiality as well as improve staff efficiency

The retail pharmacy and hospital gift shop will be moved near the front entrance for easier access. The coffee bar also will be relocated to lessen congestion and noise in the main lobby area.

First and second floor signage/wayfinding will be enhanced as part of the project, and waiting areas will be improved and refreshed to help provide a comfortable, healing environment for patients and visitors.

“We are extremely excited about launching this project,” said Tom Parker, UVMC president. “It will allow more ease of access, comfort, and convenience for our patients as they enter the hospital, as well as greater efficiencies for our staff. We very much embrace this opportunity to enhance the patient experience at Upper Valley Medical Center.”

The UVMC Patient Flow Project will launch this summer and is projected to be completed by the fourth quarter of 2020.



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## “Band of Brothers and Sisters”

How did my personal journey on patient experience lead to meeting Jim Martin? The “A” of AIDET is “acknowledge,” which became a natural part of every patient interaction. I overheard Mr. Martin’s daughter mention the VA, and I knew he was 98 years old. Without hesitation, I asked him if he was a World War II veteran. He humbly said he was in Normandy. I looked at his daughter and she stated he

was 101st Airborne. I asked him if he was part of the “Band of Brothers.” He said, “Yes, the last survivor.” I have had numerous meaningful encounters, but this was the most memorable, as my father also served in World War II. When Jim “Pee Wee” Martin was 93 years old, he performed a tandem jump over Normandy that can you can watch on YouTube: <https://www.youtube.com/watch?v=jzGOzrT-El4>.

After 30 years in the NICU, dealing with long periods of in-house call and very emotional situations, I believe I have much to offer. Please feel free to contact me if you would like me to accompany you on rounds, if you are interested in this work, or want some mentoring/coaching on resiliency.



## CNSI Outpatient Neurosurgery Team Improves Access and Patient Care

Premier Health's Clinical Neuroscience Institute (CNSI) recently created an Outpatient Neurosurgery Clinic that's staffed and led by a team of Advanced Practice Providers (APPs) with oversight from our neurosurgeons. This has not only opened up more time slots for new patients; it has allowed patients to come into the practice without first completing a myriad of medical prerequisites.

"Patients can come to us now, and we will get them the appropriate workup and schedule them for imaging and anything else they need before they see our neurosurgeons. It saves our patients considerable time," said Nancy Hampton-Jones, clinical nurse specialist, neuro-oncology coordinator, and lead for CNSI's Outpatient Neurosurgery Clinic Team.

Because of this team, CNSI has been able to improve their neurosurgery scheduling process. Now, when a referral for neurosurgery comes in, it is reviewed to identify specific imaging, testing, and subspecialty needs, and appointments are then scheduled. Once the team has the imaging and everything else a patient needs, the neurosurgery appointment date will be scheduled within 48 hours. In the past, this process could have taken several weeks.

Another significant goal of the team was to create more consistent and ongoing communication with patients. "We call to let them know that their referral has been received and what steps we are completing. People are a lot more patient when they know what's happening in the process," said Hampton-Jones. Additionally, if a patient calls with a question or concern, they are connected to an APP on the team right away. The team works with CNSI physicians to get answers quickly, and patients have faster access to care.

Hampton-Jones said that a typical day for the APPs in the Outpatient Neurosurgery Clinic might include working with the CNSI physicians to coordinate a patient's follow-up needs, getting imaging approved by insurance companies, or seeing post-op patients. They also ensure that patients are scheduled with a neurosurgeon with the specialized experience to meet the patients' specific needs.

The team is also responsible for scheduling all follow-up visits. "We schedule follow-up visits before the patient ever leaves; otherwise, we would lose time trying to track them down later. If they need a six-week follow up, we get it scheduled for them before they leave," said Hampton-Jones.

"We also spend a lot of our time on care coordination, family education, patient education, and making lots of phone calls," said Hampton-Jones. "By working as a team, we get results faster and make sure patients get what they need. Our team, and our patients, amaze me."





# Sports Medicine Connections Program

By Gary Blake, vice president, service line integration, orthopedics and sports medicine



Earlier this year, Premier Health's orthopedic service line initiated the Sports Medicine Connections Program. This program has four distinct services that are important in meeting the

community's needs. The services include school partnerships, YMCA/recreation center partnerships, Healthy Heroes, and sports performance partnerships. Together, these services are designed to extend the mission of Premier Health and capitalize on our outstanding professionals who deliver care.

## School Partnerships

Premier Health has 37 partnerships with school systems in the three markets we serve. Our school partnership services include providing schools with a licensed athletic trainer to oversee student athletes and work closely with school leadership to assess, prevent, and manage sports-related injuries. All of the athletic trainers report to one of the four medical directors and meet regularly to discuss and introduce best practices.

The school partnership program also supports the region's only two Division I universities, University of Dayton and Wright State University.

## YMCA/Recreation Center Partnerships

Similar to school partnerships, Premier Health invests in six regional YMCA/recreation centers and provides various services. Athletic trainers rotate through the YMCA/recreation centers to develop dialogue and trust with members. They also assess, present, and manage fitness-related issues and, when necessary, refer the member to our nearest sports medicine program. These athletic trainers have become important members of the team, and members appreciate their presence and professionalism.



## Healthy Heroes

The Sports Medicine Connections Program launched the Healthy Heroes service in January with several community fire, EMS, and police stations. The goal of this program is to work closely with tactical athletes and – similar to our partnerships with schools and YMCAs/recreation centers – assess, prevent, and manage fitness-related injuries. They also provide education related to nutrition, safety, and other related topics. To date, the Healthy Heroes program has contracted with 11 entities in the region with very positive feedback.

The Healthy Heroes program was graciously funded by Premier Health's four hospital foundations.

## Sports Performance Partnerships

Sports performance is a service that continues to grow in demand. These services are designed to meet specific needs that an athlete or person with an active lifestyle might have, with a goal of helping the individual improve their performance. Specially credentialed athletic trainers assess the individual, discuss their goals, and develop a plan specific to the individual's needs.

Additionally, Premier Health has partnered with Orion Sports Medicine and Enhance U to expand Sports and Human Performance Program services across all of our markets.

# New CMO, NICU News, Awards, and More

## Atrium Medical Center



**Andre Harris, MD**, has joined the Premier Health team as chief medical officer of Atrium Medical Center. Dr. Harris received his Doctorate of Medicine from the Wright State

University School of Medicine in 2002, thereafter completing residency training in obstetrics and gynecology. Dr. Harris started a solo practice in 2006 directly after finishing his residency and has been in private practice since that time. He has been on staff at Miami Valley Hospital since 2006 serving in multiple leadership roles, including chair of the Department of Obstetrics and Gynecology. In 2014, he earned a Certificate in Health Care Management from Wright State University's graduate program. Dr. Harris will serve as a 0.7 FTE chief medical officer of Atrium Medical Center while continuing a part-time private practice at Horizons Women's Healthcare. He will be located at Atrium Medical Center in the executive offices and can be reached at **(513) 974-8752** or [atharris@premierhealth.com](mailto:atharris@premierhealth.com).

For National Donate Life Month, Atrium in conjunction with LifeCenter Organ Donor Network hosted a Donate Life flag raising ceremony, open to the public, to honor those who have given or received a life-saving organ or tissue donation. Two Atrium nurses were honored as living organ donors during the event.

Atrium Medical Center has created a permanent lactation room to give mothers a comfortable place to nurse their child or pump breast milk. The lactation room is open for use by hospital visitors and hospital staff. A grant from the Atrium Medical Center Foundation was awarded earlier this year for the project, and renovation work



on the space was completed in early April. The lactation room is located on the second floor at the top of the curved stairs in the hospital's main lobby.

Marquita Turner has been recognized with the Distinguished Alumni Award as part of Miami Regionals' annual nursing alumni awards program for her unique dual role as Atrium's chief nursing officer and chief operating officer. As CNO, Turner is responsible for delivery of patient care at

the Middletown hospital that in January earned Magnet Recognition from the American Nurses Credentialing Center, joining only 8 percent of U.S. hospitals to hold the four-year designation recognized as professional nursing's highest honor. As COO, equipped with a Master of Business Administration degree from Indiana Wesleyan University, Turner is responsible for quality, safety, performance, efficiency and the overall patient experience.

Michael Uhl, president of Miami Valley Hospital, represented Premier Health as a featured panelist for the Think Regional Southwest Ohio conference presented by the Area Progress Council of Warren County and sponsored by Atrium Medical Center. Uhl spoke about innovations in health care and at Premier Health during the event held at Austin Landing.

## Miami Valley Hospital

Good Samaritan Foundation-Dayton hosted the "Sharing the Spirit of the Good Samaritan" reception at Miami Valley Hospital North. This event was a celebration of the continued legacy of the hospital for donors, elected officials, and community leaders. Unveiling of the donor walls, tours,

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and an exclusive preview of upcoming projects were also offered to the more than 100 people who attended.

The Miami Valley Hospital Foundation Board held a special board meeting and approved funding for two very important projects – \$100,000 in support of a Community Paramedicine project (partnering with Premier Health and the Dayton Fire Department) and \$500,000 to support the addition of seven geriatric focused rooms in the Emergency Department at the Miami Valley Hospital North campus. Both projects will have opportunities for additional donor support.

Miami Valley Hospital welcomed back former NICU patient Rachel Hankins to the Berry Women's Center for a special 13th birthday celebration (*below*). In lieu of birthday presents, Rachel raised funds to purchase and donate six 4moms® mamaRoo® infant seats to the NICU that



saved her life. Excited to hear her story, the 4moms® parent company also donated six of the seats. This reunion garnered a great deal of media coverage.

After more than 40 years of service, emergency department physician **Norm Schneiderman, MD**, (*pictured above at right*), retired from Miami Valley Hospital.

Miami Valley Hospital's labor and delivery department is experiencing a baby boom (*photo below*), and the story was the center of a media frenzy. Eleven nurses are all slated to deliver within the next four months. This story was covered by all three local television stations and the Dayton Daily News, went viral on social media, and was picked up by Good Morning America's website.

In recognition of Earth Month, the Ohio Hospital Association has named Miami Valley Hospital as the recipient of the 2019 Melvin Creeley Environmental Leadership Award. Melvin Creeley Environmental Leadership Award honorees are recognized for promoting sound environmental practices through environmental stewardship and exemplifying the best practices for other hospitals to follow. Miami Valley Hospital received this recognition as a result of an aggressive approach to improving the hospital's environmental stewardship. Some of the advances made include: green roofs, pharmaceutical waste management, environmentally friendly cleaning chemicals, changes and adjustments in facilities utilities management, less water





and energy used, solvents used in labs converted to re-use and not disposed as hazardous waste, and grinding kitchen food waste through a pulper for food scrap collection and compost.

April marked National Donate Life Month. Once again, Miami Valley Hospital hosted the Celebration of Life Organ/Donor recognition for the system. All donors, recipients, and donor families were invited to attend the remembrance in the Interfaith Chapel. Afterward, everyone was invited to the main campus for the unveiling of the digital Wall of Heroes display.

The Miami Valley Hospital Physician Wellness Committee hosted its second annual Wellness Run/Walk on Saturday, April 13, at Island Metro Park in Dayton. Orthopedic resident Ryan Davis, MD, won the 5K race, and Shane Smith, MD, of Miami Valley Hospital's Radiology Department won the 10K race. Dr. Smith (*pictured below at right*) finished in just under 44 minutes. "My personal goal for this race was to beat my time from last year, and I barely did," he said. "In my opinion, the best way to compete in a solo sport like running is to measure your performance against your prior efforts."



Dr. Smith said it's great to see people turn out for such a worthwhile, well-run event, and that he hopes to still be participating when he retires in 25 years or so. "Our field can be such a stressful one and requires balance in life. I believe exercise is a key component to relieving stress as well as enabling providers to have a long career," he said. "As we become more reliant on technology and consequently more isolated from our colleagues, events that bring us together as a medical staff are more necessary than ever – especially ones that allow us to gather around the cause of personal health and focus on our own well-being."



### Upper Valley Medical Center

**Jennifer Clune, MD**, was honored with the 2019 I SEE YOU CARE Award on May 6, presented by Advanced ICU Care, a leading



national provider of high-acuity telemedicine services. Dr. Clune, who specializes in pulmonology and critical care medicine, practices at Upper Valley Medical Center and Miami Valley

Hospital and is with Pulmonary and Critical Care Consultants, Inc. Dr. Clune was selected among nominees from almost 90 advanced ICU Care partner hospitals and their employees across the United States. Established in 2016, the award honors advanced ICU care tele-ICU partners for their efforts in caring for patients, collaborating across geography, and leveraging telehealth to make a profound difference with respect to quality, safety and access for the surrounding community.

The Wound Care Center and Hyperbaric Services at Upper Valley Medical Center has been recognized with a national award for clinical excellence. The Robert A. Warriner III, MD, Center of Excellence award was presented by Healogics, the nation's largest wound care management company. The award recognizes outstanding clinical outcomes for at least two consecutive years, including patient satisfaction higher than 92 percent, and a wound healing rate of at least 91 percent in less than 30 median days. The Wound Care Center and Hyperbaric Services at UVMC opened

in 2015 to take a leading role in battling a growing health care crisis. The center has provided more than 1,485 patients specialized treatment, often preventing amputations and helping patients return to active lives.

UVMC was recognized recently as part of the Door to Needle Challenge (*pictured above*), a new program that involves each Premier Health TeleStroke Network site and each quarter recognizes the lowest tPA (tissue plasminogen activator) time for a stroke patient. UVMC won for the first quarter of 2019 with a time of 24 minutes. The national goal for tPA door to needle is less than 60 minutes. Team members involved received a certificate from the American Heart Association.

More than 300 runners and walkers turned out for the UVMC 5K Run to Fight Hunger held on the hospital campus May 4. Mark Casdorff, DO, physician chair for the event, welcomed participants prior to the start and presented awards to winners in various age categories at the end of the race. The event included a wellness fair with UVMC departments, physician practices, and community partners participating. Proceeds from the event will benefit food pantries/soup kitchens in Miami County.





## Provider Praise

Earlier this year, Premier Health launched a webpage to publish “Thank You” messages in recognition of National Doctors’ Day. More than 700 messages were 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:

**Dr. Jeff (Adam)**, you are, by far, the best doctor I have ever worked with! Not only are you amazing at what you do, but you are a genuinely kind person. You made my transition from family medicine to ENT (and to a brand new office!!) so smooth and easy. I am grateful that I have you to look up to! I appreciate all you have done for me more than you’ll ever know! Thank you from the bottom of my heart!

Thanks **Dr. Mike (Barrow)** for taking such good care of my family and I. You always take time to listen and truly care about our health and well-being..you are the best!

Thank you, **Dr. Bachman**, for simply being THE BEST! You are so caring and compassionate, and always take the time to explain any and all questions. Couldn’t ask for a better OB to deliver my first baby!

I have worked with **Dr. Chad** for a few years now, and she never ceases to amaze with her compassion. Dr. Chad is one of the most compassionate people I have ever met. She gives her patients only the best care and always does what is best for the patient. She

is an amazing person and truly one of the best physicians there is. There is no one else I would want taking care of me or my family. I feel truly blessed to be able to work beside someone so amazing.

Thanks **Dr. Ditzel** and staff!! Cancer is still at bay. Three years now and still getting undetectable!

Thank you everything you do for our patients, **Dr. Emile!** You are an amazing physician and it is such a pleasure working for you!

**Dr. Joe (Garland)**, I wanted to let you know how much I appreciate you as my doctor. You always listen and explain. I know when I come to see you that, whatever is going on, you are going to direct me in the right direction to get it taken care of. I truly appreciate all you do!

**Dr. (Amit) Goyal** is a very intelligent and sharp doc. He treats more than one family member. We are confident in his knowledge and intellect. Recently, Dr. Goyal helped me to track down an issue I’d been struggling with for several years. I would like to thank him for NOT dismissing me like other docs and helping me to receive treatment. Big Thanks!

Thank you, **Dr. Harlan**, for all your kindness and caring that you have shown to me over the years and during difficult times. You are always aware of when some of your staff is hurting and you are always there for us!!!!!! You are awesome.



Thank you, **Dr. Herbert**, for being an amazing doctor!

My husband and I want to thank **Dr. Imbody** from the bottom of our hearts. He is an amazing physician – warm, caring, and always ready to make his patients laugh with his wonderfully kind sense of humor. Dr. Imbody safely delivered our second baby, and I can't express how relieved I was to see him walk through the door to my hospital room on that day. I knew that I would be receiving the very best care. He listens, and he truly connects with his patients from the heart. Thank you so much, Dr. Imbody!

Thank you, **Dr. Jones**, for being a compassionate and understanding caregiver. Of the few times our daughter has been sick, we have been able to get same-day appointments and as a parent, that is so reassuring. We couldn't ask for a better pediatrician for our daughter!

I want to thank **Dr. Kaufman** for being an amazing doctor. She always will listen to you, spend time with you, gives great suggestions about my health, and addresses every issue that I have at that time. Very friendly and makes me feel amazing by saying "You will be OK." I went through cancer, and her encouragement got me through a lot of hard days. Thank you for everything you do. YOU ARE AN AMAZING DOCTOR.

**Dr. Leibold** is always great to work with in the emergency department. He always does a great job caring for patients at all the Premier Health emergency locations I have worked with him at. Thank you, Dr. Leibold, for all you do!

**Dr. Morales** has been my champion for years. I don't want to get too personal about the issues I was having, but they were significant. When I first met him, he immediately put me at ease and offered the surgery I had desperately needed for several years. Years and years later, he detected an

issue that required an additional surgery and another specialist. Again, his calm demeanor and caring personality made such a difference for me in taming the anxiety I was experiencing while facing a potentially life-threatening diagnosis.

I am actually a patient at Franklin Family Medicine. I live in Lebanon, but it is worth the drive to their office to have a physician I enjoy and trust so much. He is always pleasant and helpful. His staff is always so kind and courteous. He truly cares and you can tell. I was referred by a coworker and have referred several people myself. I have no question **Dr. Ordway** is doing the best for me and my family. He also is wonderful with my "not as compliant" family member in finding ways to keep him healthy that he will actually follow. #blessing

Thank you, **Dr. Parilo**, for everything that you have done over the years! I remember being so nervous coming in for a follow-up after falling off of my diet. I remember you telling me that life happens and being so compassionate. Thank you for the awesome care you have given me for the past several years!

A big thank you to **Dr. Ebba Rajab** for helping to be a leader in regulatory readiness within the anesthesia surgical areas. Dr. Ebba Rajab is super engaged when we perform spot audits in his area and is proud to show his compliance for patient safety.

**Dr. Roelle** was my general surgeon who went through my breast cancer journey with me. She was so much more than just a surgeon; she was so compassionate, tender, sensitive, understanding, knowledgeable, supportive and the supreme health care giver who also provided further colleagues through my treatment that were excellent as well. She is who I measure all providers through. Some may come close but none have met her equal and I, my life, will always be indebted to her! Thank you Dr. Roelle from the bottom of my heart! Miss you!

**Dr. Sawyers** is a joy to work with. Not only is he a great radiologist, but he has a sense of humor that we all love. He gets the work done and keeps us smiling. Patients also enjoy Dr. Sawyers, and he always makes sure they are comfortable with instructions and understand everything they need to for exams. Thanks to Dr. Sawyers for being the light in our day and our patients' day.

I want to thank **Dr. Thurman** for the excellent care he gave me on my recent surgery. Before the surgery, he explained everything he was going to do and made sure I understood it. After surgery he came to my hospital room twice in one day to check on me. He was very caring.

From all of us on the Renal Unit, we would like to extend our thanks to YOU, **Dr. Ugwu**, for your kindness and support of our patients and our team. We truly appreciate and enjoy working with you!!

Thank you, **Dr. Waite**, for consistently being responsive to my calls/texts. I appreciate your commitment to patients/families and our Social Work/ICM team. Thank you for your willingness to share your expertise on complex cases, and being willing to offer direction when requested. I am grateful and appreciate you!

**Dr. Weber**, thank you for all you do for your patients. You are always willing to help them in whatever they need. You are a great mentor to all the students and they appreciate your knowledge and patience.

Thanks, **Dr. Zabramba**, for the great job you do at Miami Valley Hospital North. I appreciate your approachability and partnership in caring for our patients. I can tell you love doing what you do. It's been quite a ride since opening as a new hospital. I'm glad to know we have good and reliable hospitalists here to take care of our patients.





## Honoring Premier Health's Nursing Team

Premier Health celebrated the nursing team in all roles and settings by incorporating the celebrations for all special recognition days into National Nurses Week, May 6-12. This encompasses Certified Nurses Day, March 19; National Nursing Assistants Week, June 13-20; Health Unit Coordinators Day, August 23; Medical Assistants Recognition Day, October 23; and National Nurse Practitioner Week, November 10-16.

The theme of this year's annual Nursing Recognition Awards Banquet on May 1 – Triple Crown Excellence – is an outstanding analogy for the drive, determination, and success that our Premier Health nursing teams have exhibited over the past year.

This includes our broadened integration of Advanced Practice Nurses to bring care to patients close to home, Fidelity Health Care's five-star rating from Home Health Compare, and of course achieving Magnet Designation as a health care system.

At the banquet, 58 talented individuals were recognized with awards in the categories of Clinical Practice, Education, Leadership, Preceptorship, Partner In Practice, Novice of the Year, Cameos of Caring, Performance Improvement/Research, and Lifetime Achievement. **Gretzel King, MD**, a physician at Upper Valley Medical Center, was one. Her nomination for a Partner In Practice award said, in part, "Dr. King has been helpful in

assisting patients to the restroom, helps patients with their meals and always helps the nursing staff if there is ever a need. We are lucky to work with such a great physician."

Please join us in thanking our Premier Health nursing team for their dedication and partnership!



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## Emergency Room Virtual Care Now Offered at Miami Valley Hospital North

Premier Health is pleased to announce the implementation of a new virtual care option for patients with low-acuity needs that present to the Emergency Department at Miami Valley Hospital North. Patients that present with an appropriate chief complaint that fits within our virtual visit triage criteria will be given an option to see a remote certified, experienced, Premier Health emergency provider.

Virtual Care is a private and secure videoconferencing system that allows

patients to see and speak with a provider and interact in real time. The virtual provider has access to the patient's Epic medical record and can order prescriptions as necessary. If, for any reason during a virtual visit, the virtual provider determines an in-person examination needs to take place, they will transition to an on-site provider.

Premier Health's Emergency and Trauma Institute is committed to providing the same high-quality level of care as with any

emergency room visit. This new care delivery option allows us to expedite treatment for patients with low-acuity needs. We will continue to provide the same visit documentation and recommend that the patient seek follow-up care with a primary care physician.

For more information about the program, please contact Alex Pohlman, director of telehealth, at **(937) 499-5315** or **aspohlman@premierhealth.com**.

# New High Sensitivity Troponin Test Goes Live

As of May 22, Premier Health and CompuNet Clinical Laboratories have switched to a new troponin test, the High Sensitivity Troponin T (5th Generation) assay, and will discontinue the current Troponin T (4th generation) assay. This new assay is the most recent generation available and has been employed in Europe, Canada, and Asia since 2009.

A brief ROCHE webinar with detailed information can be viewed online here:

[https://roche.webex.com/roche/lsr.](https://roche.webex.com/roche/lsr.php?RCID=0f8b11c9bf89eef8846d46caaa346346)

[php?RCID=0f8b11c9bf89eef8846d46caaa346346](https://roche.webex.com/roche/lsr.php?RCID=0f8b11c9bf89eef8846d46caaa346346)

A multidisciplinary steering committee comprised of emergency medicine, cardiology, hospital medicine, laboratory, and quality personnel has met to develop educational materials, criteria for reporting, and algorithms.

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

## When ordering the High Sensitivity Troponin T test

- Unit of Measure: The new platform reporting will be in whole numbers (ng/L rather than ng/mL).
- There are now gender-specific cutoff points: 14 ng/L for females and 22 ng/L for males.
  - Normal result: Female  $\leq 14$  ng/L; Male  $\leq 22$  ng/L
  - Abnormal result: Female  $> 14$  ng/L; Male  $> 22$  ng/L
  - Critical result: Female and Male:  $\geq 100$  ng/L
- Assay Range: 6 – 10,000 ng/L
- Specimen Collection: Lithium Heparin Plasma ONLY

## CompuNet Clinical Laboratories Opens New Patient Service Center

CompuNet Clinical Laboratories opened its newest Patient Service Center on May 1. The facility, located within the Premier Health Liberty Family building in Liberty Township, will provide laboratory collection services for patients on a walk-in basis – no appointments needed.

CompuNet accepts nearly all insurance plans, as well as self-pay patients. Other services available at the Liberty Patient Service Center include: direct access patient-ordered lab testing, biometric collections, and drug screens.

Hours of operation are 8 a.m. to 5 p.m. Monday through Thursday and 8 a.m. to 4 p.m. on Friday. The center is closed for lunch from noon to 1 p.m. Visit [compunetlab.com](http://compunetlab.com) for more information or contact Client Services at **(937) 297-8260**.

# Maternity Centers Earn Recertification in Statewide Breastfeeding Initiative

All of Premier Health's maternity facilities – Atrium Medical Center, Miami Valley Hospital, Miami Valley Hospital South and Upper Valley Medical Center – have achieved re-certification through Ohio First Steps for Healthy Babies, a voluntary statewide breastfeeding initiative launched by the Ohio Department of Health and Ohio Hospital Association to reduce the state's high infant mortality rate.

In 2017, Premier Health became the first health care system in Ohio whose maternity centers implemented all Ten Steps to Successful Breastfeeding, as defined by the World Health Organization and Baby-Friendly USA, to promote, protect, and support breastfeeding.

Each facility's five-star certification (one star awarded for every two steps achieved) is good for three years.

The 10 steps promoted by the initiative include informing all pregnant women about the benefits and management of breastfeeding, showing mothers how to breastfeed, and allowing mothers and infants to remain together 24 hours a day.

About 61 percent of mothers exclusively breastfed their infants in the days following delivery at Premier Health hospitals in 2016, significantly above the state average rate of 52 percent at hospital discharge.





# Premier Health Expands Healthy Heroes Program for First Responders

Premier Health is expanding the reach of its free comprehensive wellness and fitness program that supports the effectiveness, efficiency, and durability of first responders. The Healthy Heroes program helps prepare first responders for the physical readiness of the job and fight risk factors associated with sudden cardiac arrest.

Healthy Heroes programs are currently being implemented in Huber Heights, Clayton, Troy, Moraine, Vandalia, Brookville

and Beavercreek Fire Departments. The Centerville Police Department recently joined the program as well.

As part of the program, a certified athletic trainer credentialed as a certified tactical strength and conditioning facilitator conducts weekly injury evaluation clinics at the participating fire stations. Working one-on-one with firefighters, the athletic trainer provides preventive consultations and education, clinical diagnosis, therapeutic

intervention, rehabilitation of injuries, and referral for medical conditions as needed.

The expanded reach of this free program for first responders has been made possible through the support of Premier Health's hospital foundations: Miami Valley Hospital Foundation, Good Samaritan Foundation - Dayton, Atrium Medical Center Foundation, and Upper Valley Medical Center Foundation.

## One Participant's Story

After three decades of work in the fire service, Mike Muhl's body was showing wear and tear.

As the Huber Heights fire division battalion chief thought about options, he had a couple of goals in mind. "I was looking to prolong my career, and I was looking for a way to get myself healthy again," he said.

With an "extremely arthritic knee" and the effects of other injuries piled up over time, Muhl turned to Premier Health and the Healthy Heroes program for first responders around two years ago. He visited the program at Miami Valley Hospital North two to three times a week and, within a couple of months, lost weight and regained his mobility. Due to intervention, he has been able to continue work and delay knee replacement without sacrificing mobility and quality of life.

When Premier Health expanded the Healthy Heroes program earlier this year by taking it into the work environment of

first responders, Muhl had laid the groundwork with fellow firefighters. "I had already prepared them on how the program could benefit firefighters overall. When it was time to start, everyone was well-schooled in it," he said.

Muhl said the program is well thought out, as it approaches health and wellness in a holistic manner. "They are addressing firefighters as athletes, realizing what we do is similar to athletes, with intense work within a short duration of time," he said.

Last fall, Muhl immediately turned to Premier Health orthopedics after his leg was crushed in training. Prompt care and treatment helped him return to work more quickly than anticipated, he said. "It is fantastic. The athletic trainers and doctors can identify a problem and deal with it. I firmly believe this program is key to me being able to continue in my work," he said.

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