

Premier Pulse

News for Premier Health Physicians

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Ready to Serve

By Michael C. Riordan, president and CEO, Premier Health



It's my pleasure and honor to join you in serving Southwest Ohio as Premier Health's president and CEO. I'm grateful that our health system's locally led

board has chosen me for this role, and I'm also grateful to Mary Boosalis for her warm welcome and her openness in introducing me to Premier Health. Thank you, Mary, for your many years of service to the health system and the communities we serve.

I've hit the ground running and ready to serve. I recently took part in my first meeting with the Premier Health board, which includes four physician members, as we work to support ongoing organizational success in achieving our mission. We discussed at length the importance of Premier Health's alignment with our

providers, as well as the importance of considering the implications of any strategic decisions for clinical care. I recognize that our providers are truly the differentiators for us in a competitive health care landscape.

My first few weeks in this role also have been spent getting acquainted with the medical staff structure, as well as family members transferring their medical care from our previous home in South Carolina to Premier Health's providers. I'm also pleased that Marc Belcastro, DO, Premier Health's chief medical officer, will be moving his office to the third floor of the Premier Health Center. This is not symbolic; I look forward to seeking Marc's valued counsel in person on a regular basis.

That said, you can expect me to play a lot of "away games" as CEO and be visible not just out in the community, but across our sites of care. It's also important for you to

know that I'm passionate about diversity and inclusion; through the decades, I'm proud to have been an ally for those who have traditionally been marginalized by society. And I believe that it's tremendously important for all of our employees to feel comfortable bringing their whole selves to work.

I've heard a lot about the grit and determination all of you have shown throughout the pandemic, finding your way through some of the most demanding moments of your careers. Know that you are making a meaningful difference for this organization, and I have a sincere appreciation for that – a feeling that I'm quite sure will only deepen as I continue to get to know you better.

Please know that I have this organization's mission and this community's best interests at heart. I hope our paths cross soon.

New Online Scheduling Tool Offers Convenience

By Mikki Clancy, chief digital officer, Premier Health



In December 2021, Premier Health unveiled a new online scheduling tool to make it even easier for patients to find and make appointments without logins or other barriers. The new tool, called Direct Book, is part of the online “Find a Doctor” program on our website that launched in early 2021.

Mammography and Heart CT Scheduling Made Easy

Using this scheduling tool, patients can now see available appointment dates, times, and locations for all screening mammography (except the mobile mammography coach) and heart CT/cardiac calcium scoring locations. The tool even indicates when a location has available appointments within the next 3, 7, 14, or 30 days.

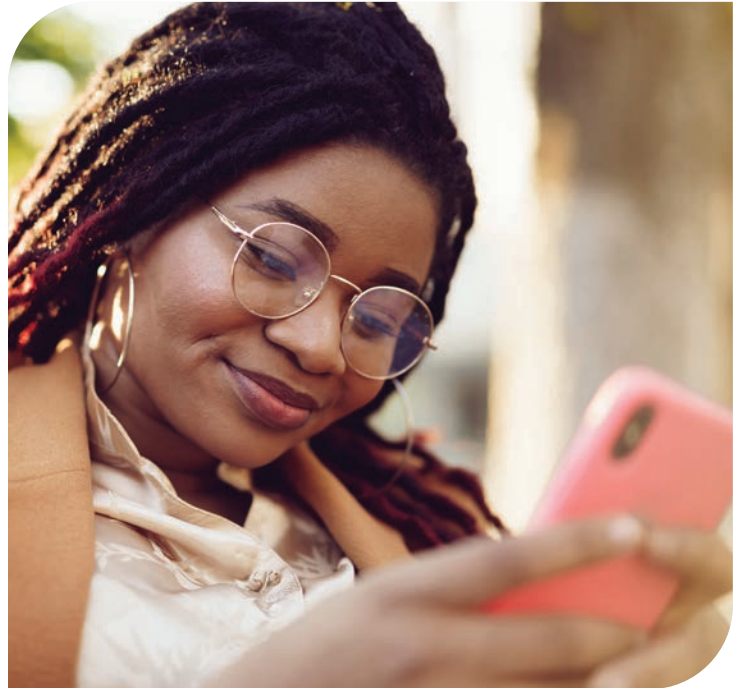
Online scheduling is now a breeze for these preventive imaging tests. A patient simply selects their desired location, answers a few pre-screening questions, then chooses the date and time of their choice. Once a date and time are selected, patient information is entered, and the appointment is confirmed.

This easy scheduling tool does not replace MyChart. Anyone with a Premier Health MyChart account can still use that account to schedule a mammogram or heart CT appointment, as well as other imaging tests ordered by their physician. The same MyChart account can be used to cancel and reschedule appointments, if needed.

Enhanced Provider Scheduling

In addition to launching true online scheduling for screening mammography and heart CT, Premier Health also expanded online scheduling for Premier Physician Network (PPN) providers. Similar to what was launched for preventive imaging tests, this new functionality allows for online provider scheduling by both new and existing patients, with multiple visit types.

As part of this launch, PPN expanded online scheduling availability to most of its providers, providing greater access and convenience for patients.



Changes to Open Scheduling

The launch of Direct Book necessitated some changes to our Epic Open Scheduling and MyChart scheduling capabilities. Currently all new patient scheduling is being routed through Direct Book. This does not affect the ability for your existing patients to schedule with you using MyChart, nor does it affect any MyChart ticket scheduling for tests or referrals you order for your patients.

Premier Health is very proud of the strides we are making to improve our digital “Front Door” and make it easier for patients to interact with us. We look forward to keeping you abreast of our digital efforts throughout the year.

Provider Praise



Premier Health patients submit thousands of comments each year acknowledging physicians across our health system for providing excellent care. Here is a random sampling of appreciation received in recent months.

Dr. Boyd and her staff are friendly, helpful, and understanding. I know I am at a place where people care.

Dr. Garland is extremely considerate. I'm glad to have him as my doctor and friend.

Dr. Gupta was extremely caring and patient with me as this was my first appointment with her!

Dr. Marriott was excellent in explaining everything to me. He was wonderful.

Dr. McHenry has always been great and listens to my concerns.

Dr. Ruff is simply one of the best physicians out there. The staff and experience were exceptional. Thank you all!

Intensifying Our Battle Against Cancer

By Lori Scalise, system director, service line oncology, Premier Health; and James Ouellette, DO, clinical chair of the oncology service line, Premier Health



As we finish yet another year of unprecedented change while fighting cancer and the impact of COVID-19, we are truly hopeful

that new preventive screening programs, diagnostic tools and technology, and access to timely care and innovative treatments will move us closer to winning the battle for a healthier future with our family and friends.

As Southwest Ohio's only certified member of MD Anderson Cancer Network®, a program of MD Anderson Cancer Center, one of the nation's top-ranked cancer centers, Premier Health brings world-renowned cancer care and expertise to our patients. Through our strong physician collaboration, patients benefit from high quality, well-coordinated cancer care close to home and surrounded by family and friends.

During 2021, Premier Health's cancer team focused on these key priorities:

- **Cancer prevention and survivorship** – With the impact of COVID-19, we assisted patients in catching up with cancer prevention screenings for hereditary cancers by increasing access to genetic testing and counseling in our Premier Physician Network primary care and ObGyn offices. Reducing the time from cancer detection to earlier cancer treatment and survivorship is critical to our mission across all cancer types. We will further develop this program in 2022 to include pre-survivorship planning for patients.
- **Expanding access to cancer care** – We have expanded access in our hospital-based infusion departments and recruited additional hematology and oncology specialists to create the new Premier Blood and Cancer Center practice for patients at all Premier Health cancer centers. Our

vision is to create a destination of care close to home that provides a seamless experience for our patients by offering a healing environment, multidisciplinary care team approach, full continuum of cancer care, and supportive services from diagnosis through survivorship.

- **Access to MD Anderson oncology clinical trials** – We are committed to offering our patients access to oncology clinical trials. Through physician collaboration and leadership, our network membership with MD Anderson Cancer Center, and the help of our foundations and donors, we continue to elevate our comprehensive cancer care and have developed infrastructure to better support, screen, and manage patients on clinical trials. If you are interested in participating

in oncology clinical trials, or referring patients, please reach out to Darinda Reis, oncology clinical trial supervisor, at 937-438-7882 or Amanda Musser, system director of oncology operations, at 937-776-6010.

- **Lung Nodule Evaluation Program** – A system-wide Lung Nodule Evaluation program has been approved and is set to launch in 2022. Premier Health's Oncology Institute and the lung disease team identified as a priority an opportunity to develop a formal Lung Nodule Evaluation Program to support preventive lung cancer screening for earlier diagnosis and cancer growth initiatives. More information on this program will be shared as the services become available.



As the Premier Health Cancer Institute looks forward to the new year ahead, we will continue to focus on improving and expanding our cancer prevention, diagnostic tools, nurse navigator program, innovative treatment options, infusion care sites, and access to clinical trials — all with the goal of improving the survivorship of our patients.

I am grateful for the collective efforts of our cancer care team, including our skilled physicians, nursing staff, nurse navigators, leadership, and others who are committed to walking together with patients and their loved ones during their cancer journey — with much respect, compassion, and hope.

Sincerely,

James Ouellette, DO, FACS
Clinical Service Line Director – Oncology
Certified Physician with
MD Anderson Cancer Network®

Many Small Changes Can Make A Big Difference

By Scott Kanagy, DO, chief medical officer, Upper Valley Medical Center



What if every Premier Health employee committed to do one thing differently every day to improve the patient experience

for those who entrust us with their care? What a difference this would make for those we care for and for Premier Health as a health care organization. I understand many will ask, “What do I do that makes a difference in a patient’s care?” Or think, “I am too busy to change anything I do” or “My one small change will not make any difference.”

But the truth is – each one of us can make a difference, and we have an obligation as a health care system to rise to the challenge of asking ourselves what we can do in our roles to improve the patient experience. No matter what our role is in the hospital, office, or wherever we serve, we all can change one thing we do every day to improve our interactions with patients.

Perhaps you might pause to ask a patient, “What is your greatest concern?” or simply aim to listen more than talk. You could also try slowing down or talking directly to a patient rather than their adult child. Maybe a nonclinical employee takes a moment to reassure a patient that the clinical team is going to give them great care, or a clinical provider acknowledges to a patient that an ancillary service is doing a great job.

Ensuring that we respect the privacy of a patient who is vulnerable is so simple but often overlooked in our busy, high-stress days as health care providers. Providing empathetic care, especially when a patient is at their most vulnerable state, is always the right thing to do.

I wish the only reason to do this was because it was the right thing to do for others. However, as we all know, reimbursement is now tied to this. HCAHPS patient satisfaction scores are tied to reimbursement. No matter how you feel about this, the right thing to do for patients is to strive to treat everyone as we would want our family members

treated. Living by and practicing this simple message makes everything clearer.

We must change our thought process from believing that we are doing our patients a favor by caring for them to realizing that we are privileged they have turned to us for their care. If you really think about it, they have given us a great honor. They entrust their lives to us, and is that not the very reason we all decided to devote our lives to medicine in the first place?

I ask everyone to take the time to read a short Harvard Business Review article online titled “What Putting Patients First Really Looks Like” and ask yourself what one thing could you change every day to improve the patient experience of those you encounter, as well as encourage others to do the same. The article can be found here: <https://hbr.org/2019/05/what-putting-patients-first-really-looks-like>, or you can find it linked in the email version of this newsletter.

It is time for us to truly put our patients’ needs at the center of everything we do.

What is Compassion Fatigue?

By Matthew Kramer, MD, medical staff president, Miami Valley Hospital



Everyone has heard the term burnout, especially if you work in health care, and much has been written about the effects of work overload and

unrelenting fatigue during this seemingly endless cycle of COVID-19 surges. But have you considered the effect of compassion fatigue?

Compassion fatigue, sometimes referred to as Secondary Traumatic Stress (STS), is a condition that almost preferentially strikes at health care workers, first responders, law enforcement officers, at-home caregivers, and others whose work requires constant empathy. It is similar to burnout in its symptoms but is the result of being placed in the position of having to constantly help others, without respite. You want to keep helping, but you're overwhelmed by constant exposure to the trauma of others. This leads to a diminished capacity to empathize with and feel compassion toward others, which can have psychological, emotional, and even physical consequences. The signs of compassion fatigue include:

- Feelings of physical and psychological exhaustion
- Feeling helpless, hopeless, or powerless to change the situation

- Mood swings and other changes such as irritability, anger, sadness, or emotional emptiness
- Detachment and anhedonism, decreased sense of self-worth and accomplishment
- Intrusive thoughts about the suffering of others and anger toward the events or people causing the suffering
- Self-blame, self-doubt, or guilt over inability to help
- A change in your worldview or spirituality
- Physical symptoms that might include sleep and appetite disturbances, nausea and dizziness, palpitations, nonspecific aches and pains, headaches, or disrupted sleep

How prevalent is compassion fatigue? Recent studies using the Pro-QOL (Professional Quality of Life Scale) have shown that up to one-quarter of ambulance crew members, one-third of hospice nurses, and more than three-quarters of Emergency Room staff are at serious risk of compassion fatigue. These could be your friends and colleagues. They could be you!

Addressing compassion fatigue

There is often little that the emotionally exhausted person can do to decrease the suffering of others. But there are things you can do to address compassion fatigue.

Options include:

- Step back and work toward finding a better work-life balance
- Set up a self-care routine – get enough sleep, choose healthful food, exercise, and build on social relationships
- Build self-awareness of how stressful or traumatic information affects you
- Engage in activities that replenish and rejuvenate you, and become involved in a supportive community
- Practice gratitude and being present in the moment
- Understand that suffering and pain are parts of the collective human experience that you do not always have control over
- Focus on what you do have control over, such as your thoughts, feelings, and response to stress
- Seek professional help if you need it

Helping others without replenishing yourself can be overwhelming. Anyone who has flown on an airplane has heard the announcement to “Put on your own oxygen mask before helping others!” We should be willing to give ourselves “permission” for self-care, as well as honor that commitment in others. We are a community, and now, especially in the time of battling COVID-19, we must remember that none of us is alone.



Interventional Cardiologist from Kentucky



Jacob Gibson, DO

What is your clinical specialty?

Interventional Cardiology

Where did you go to school?

University of Kentucky

and University of Pikeville - Kentucky College of Osteopathic Medicine

What brought you to Premier Health?

A chance to practice interventional cardiology in a progressive group setting

Why did you choose medicine as a career?

I loved medicine from an early age. My uncle was a family physician.

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

Too many to list!

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

I am an avid sports fan and love golf.

Where is your hometown?

Pikeville, Kentucky

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

Kentucky Wildcats, Cincinnati Bengals

What is the last book you read?

"Pappyland: A Story of Family, Fine Bourbon, and the Things That Last" by Wright Thompson

What is your favorite song in your playlist?

Anything by Chris Stapleton

What is your favorite food?

A properly prepared steak

What is your favorite hobby?

Golf

What is your favorite animal, and why?

A dog because of their intelligence and companionship

Where is your favorite vacation spot, and why?

Anguilla – beautiful beaches and tropical weather

Describe something for which you are especially thankful:

I am thankful for my wife, Whitney, and my three sons, Jake, Connor, and Graham. They make my life better.

Pick a side

iPhone or Android

iPhone

Early bird or night owl

Early bird

Beach bum or mountain hiker?

Beach bum

Dress shoes or tennis shoes?

Tennis shoes

Paperback or e-reader?

Paperback

Coffee or tea?

Coffee

Cooking or baking?

Cooking

Sweet or salty?

Sweet

Premier Health Honored by Healthy Business Council of Ohio



Premier Health has again received the highest honor granted by the Healthy Business Council of Ohio (HBCO): a 2021 Healthy Worksite Platinum Award.

The Healthy Worksite Award recognizes Ohio employers that demonstrate a commitment to employee wellness through comprehensive worksite health promotion

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

“Premier Health is extremely proud to be recognized at the highest level for the fourth consecutive year,” said Melinda Ruff, MD, chair of the Premier Healthy Living Executive Steering Committee. “This past year, in response to the impact and stress COVID-19 has placed and continues to place on staff, well-being programs were refined. In addition, community-focused health initiatives, such as the African American Wellness Walk, continued virtually with impressive participation.”

Annually, Premier Health organizes and presents the African American Wellness Walk (AAWW), an inclusive wellbeing event that encourages healthy habits while educating the community and acknowledging its diverse workforce. The HBCO has asked Premier Health to share details about the AAWW at the 2022 Health Action Council’s symposium and awards ceremony, another honor.

All applications were reviewed and evaluated using objective criteria. Four levels of high achievement were awarded in 2021 — Bronze, Silver, Gold, and Platinum. To celebrate the accomplishments of Ohio worksites and their efforts to pivot and adapt during the pandemic, a Pandemic Response Section was included in this year’s extensive award application. A total of 119 Ohio employers were recognized for healthy worksite practices during 2021, of which 31 received platinum level recognition.

“In addition to celebrating the existing wellbeing efforts of Ohio worksites, this award is designed to support worksites in their efforts to advance their programs and offerings,” explained award chairperson Annie Laurie Cadmus. “Annually, we offer a document that contains aggregate data of the results so worksites can utilize it to benchmark against their peers in the state and provide data to leadership about regional wellbeing trends.”



CompuNet Awarded Funding from Miami Valley Hospital Foundation for Important Lab Addition

In January, CompuNet and the Miami Valley Hospital Laboratory received notification from Jenny Lewis, Premier Health system vice president of philanthropy, that the Miami Valley Hospital Foundation approved funding for the addition of new analyzers for the hospital’s lab. CompuNet submitted a funding request in Fall 2021 for one Haemonetics TEG 6s analyzer and learned that the Foundation generously doubled its funding award, enabling the lab to purchase two TEG 6s analyzers.

Haemonetics TEG Benefits

The addition of a Haemonetics TEG 6s real-time analyzer enhances Miami Valley Hospital’s laboratory goal to provide quality results in a timely manner and

serve the trauma program in addition to neuro and cardiovascular surgery settings. Using the TEG system to monitor a patient’s hemostasis during surgery allows for reduction in blood product usage. The system provides the clinical care team with information to help determine which specific blood products are needed to stop bleeding and accurately identifies the need for re-operations by ruling out a coagulopathic cause of bleeding.

In cardiac surgery, TEG allows a reduction in blood product usage by providing clinicians with information to help determine which blood products are needed to stop bleeding and accurately identifies the need for re-operations

by ruling out a coagulopathic cause of bleeding or clotting.

TEG is more predictive than conventional coagulation tests in anticipating massive transfusion, delivers real-time results for trauma physicians, and guides specific blood products and “high risk” drugs to stop bleeding in trauma patients.

For patients on antiplatelet medications, TEG helps to stratify bleeding risk and reduce time to schedule coronary artery bypass graft surgery and length of stay.

CompuNet appreciates the funding support from the Miami Valley Hospital Foundation that allows us to provide new capabilities to serve our community’s patients.

Premier Health Expands Imaging Services



Premier Health has expanded imaging services to offer digital Positron Emission Tomography (PET)/Computer Tomography (CT) scans at Miami Valley Hospital South. In addition, upgrades have been made to existing PET technology at Atrium Medical Center and Upper Valley Medical Center.

The digital 80 slice PET/CT scanner by United Imaging Healthcare Solutions offers scan times of less than 15 minutes, along with lower radiation doses and improved image clarity.

“We are excited to provide this advanced technology to our entire service area, making it accessible and close to home for our patients,” said Gabe Chiappone, director of ambulatory outpatient

imaging for Premier Health. “The patient experience will be improved with faster scan times and a comfortable setting. The ultra-high resolution along with the ability to detect very small lesions will give our providers another powerful tool to assist in early diagnosis.”

Among advantages of this digital PET/CT scan is the ability to detect diseases before symptoms and signs arise. The scan also can be an alternative to a biopsy and other exploratory surgeries used to determine how far a cancer has spread and can differentiate between non-cancerous and cancerous tumors.

In addition to its use in the detection of cancers and extent of cancers, this technology also has been found

effective for diagnosing early stages of certain neurological conditions such as Alzheimer’s disease, epilepsy, and mental conditions.

A PET scan detects changes in cellular function – specifically, how cells utilize nutrients such as sugar and oxygen. Since these functional changes take place before physical change occurs, PET can provide information that enables a physician to make an early diagnosis. A CT takes cross-sectional images of the body. These are combined with the information from the PET scan to provide more anatomic details of the metabolic changes in the body.

Can I look at Mom's Chart?

By Marc Belcastro, DO, system chief medical officer, Premier Health



As physicians and Advanced Practice Providers, we want to be there for our family and friends, and they desire us to walk with them through the stressful times

of a hospitalization. They often plead with us to “take a look” to make sure everything looks OK or help explain test results. What parent does not want their son or daughter to understand all aspects of their care in order to provide comfort and assurance and explain this sea of information?

Is verbal permission sufficient to open a patient's chart if you are not part of their treatment team or acting as a health care provider for them in another setting? It certainly “feels” like this should be fine. After all, we are professionals, and we understand medicine and health care privacy. However, it is not only not OK; it is a violation of the Health Insurance Portability and Accountability Act (HIPAA) that can carry significant financial consequences for both the individual provider as well as the hospital.

Then how can we obtain information to support our family and friends when asked? We can go to our local Health Information Management Office (formerly called Medical Records) and request a release of information form. This form must be signed by the patient after the information is filled in specifying us as having permission to open the medical record. This form can be given to the patient's nurse or the health unit coordinator. After discharge, it will be

scanned into the patient's electronic chart. The most important part of this process is to remember that the form is only good for 30 days and must be renewed after that time.

If you ever have questions or need guidance, feel free to reach out to me or your local chief medical officer. We are happy to help you. We understand and want to keep you safe. We experience these same requests from family and friends.



Health Systems Collaborate to Offer Nationally Recognized Cancer Care

Wilson Health is pleased to announce its decision to begin offering nationally recognized cancer care services in Shelby County and surrounding communities by collaborating with Premier Health, whose cancer care centers are accredited by the Commission on Cancer.

“Collaboration is key when treating cancer,” said Mark Klosterman, FACHE, CMPE, president and CEO of Wilson Health. “Through this collaborative partnership, Wilson Health will offer our community nationally recognized cancer care services close to home. We are excited to work side-by-side with Premier Health oncology experts for the benefit of Shelby County patients.”

Over the past year, Wilson Health performed community needs assessments and feasibility studies to determine the best course of action when it comes to offering cancer care services locally.

“The market research was very telling. The residents in our community don't want to travel far for cancer treatment services, and they expect our high-quality care they've come

to know and trust. We listened and are very excited to make our vision become a reality,” said Klosterman. “This service line model is unique in that it is built around collaboration to provide optimum cancer treatment for each and every patient locally. This will allow medical providers to be successful by leveraging the expertise and research available through Premier Health.”

The collaboration includes planning for a hospital-based chemotherapy infusion center on Wilson Health's main campus that will be staffed by Premier Health physicians and clinical staff.

Premier Health is Southwest Ohio's only certified member of MD Anderson Cancer Network®, a program of MD Anderson Cancer Center, one of the nation's leading cancer centers.

“Through this innovative arrangement – a first for Premier Health – we are pleased to collaborate with Wilson Health to offer quality cancer care close to home for the residents of Shelby County,” said James Ouellette, DO, chair of the Premier Health Cancer Institute.

Ohio National Guard Assistance; Community Support; and Providers in the Media

Atrium Medical Center

Twenty Ohio National Guard members deployed to Atrium Medical Center on Jan. 24 to help with non-clinical duties. Gov. Mike DeWine announced in December the deployment of the Ohio National Guard to hospitals throughout the state to assist with critical staffing challenges worsened by the COVID-19 pandemic. In addition, 10 Ohio National Guard paramedics were deployed to help in Atrium's Emergency Department and Cardiovascular Intensive Care Unit. Atrium hosted a lunch for the Guard and presented the unit with a banner signed by employees, along with Atrium-branded gifts.



Middletown Division of Fire presented a \$1,600 donation to Atrium to help women who are uninsured or otherwise cannot afford the cost of mammograms. For several years, Middletown Fire's Local 336 has supported this effort through the sale of "Fighting for a Cure" breast cancer awareness apparel. Sale proceeds benefit the Middletown Area Federation of Women's Club Endowment for women's health. The endowment, part of Atrium Medical Center Foundation, makes it easier for busy women to get their annual mammogram screening with Atrium's mobile mammography coach that travels to businesses, public venues, and events throughout Southwest Ohio.

Atrium's Level III Trauma Center recently honored five members of the Monroe Fire Department for going above and beyond to help a patient. The firefighters/paramedics were the first recipients of Premier Health Challenge Coins that are part of a new recognition program by our EMS Center of Excellence. Atrium recognized these EMS partners for the vital role they have in stabilizing some of our most critical patients before they arrive at our hospital.

Keith Bricking, MD, and Roberto Colón, MD, shared with the community the latest information about the Omicron variant, COVID-19 boosters, and the impact the current COVID-19 surge has had on our region and at Atrium. Their virtual update

received local media coverage and was also shared with residents of Otterbein Lebanon SeniorLife Community via the campus internal television system.

Miami Valley Hospital Campuses

Approximately 80 members of the Ohio National Guard were deployed to Miami Valley Hospital and the OnMain COVID-19 testing site to assist in non-clinical operations, i.e., environmental services, food service, and patient transport.



The Premier Health Flyin' to the Hoop Basketball Invitational was held Jan. 14 – 17 at Trent Arena in Kettering. Physicians and athletic trainers from Miami Valley Hospital North and Miami Valley Hospital South were available throughout the tournament to provide athletic training services to athletes. Premier Health had booth space in the lobby of the arena promoting the Premier Health brand and services. Mary Garman, chief operating



officer of Miami Valley Hospital North, participated in the River Valley Credit Union scholarship presentation awarded during halftime of one of the games.

New campus banners were installed at all Miami Valley Hospital campuses promoting services and awards.

Throughout the month of January, now Chief Executive Officer Emeritus Mary Boosalis rounded with staff across the Miami Valley Hospital campuses.



Members from the National Greek Orthodox Ladies Philoptochos Society, Inc. presented the Miami Valley Hospital Foundation with a \$15,000 donation. Funds from this gift will support Promise to Hope, a comprehensive program that provides care and assistance to addicted mothers and their babies through medication-assisted treatment and withdrawal treatment during the fetal period. Promise to Hope also assists mothers from the initial identification of addiction to several months post-partum – with a goal of keeping mother and child together in a stable home environment. To date, the program has supported nearly 700 families.

The Breast Cancer Fund of Ohio granted \$2,500 in support of the Breast Cancer Patient Assistance Fund at Good Samaritan Foundation – Dayton. This donation will support breast cancer patients in paying for living expenses such as rent, utilities, or medication. The Breast Cancer Fund of Ohio provides critical services to women

and men in need, including transportation to treatment; co-pays for prescriptions and doctor visits; and emergency assistance to pay for housing, utilities, and food.

Cox Media Group and WHIO-TV donated television advertisements to the Miami Valley Hospital Foundation through mid-January to highlight the importance of our health care workers. Through collaboration with the Premier Health system marketing team, the commercial directed viewers to a donation website where they could give to one or more of our foundations. The commercial also included a text-to-give option for immediate contributions.

Miami Valley Hospital campuses continue to get employee support from community partners. Lock 27 Brewing in Dayton and Centerville donated \$10 restaurant gift cards to first responders and emergency personnel at Miami Valley Hospital as a thank you for their hard work amid the COVID-19 pandemic. Donations from customers and the brewery totaled more

than \$5,100. Lock 27 and its customers donated 516 gift cards to 12 health care and emergency agencies.

To celebrate National Popcorn Day on Jan. 19, Double Good donated popcorn to units across Miami Valley Hospital. This gift was provided as a thank you to our health care heroes. Double Good has donated more than 9,000 bags of popcorn to our Premier Health hospital sites.

Sinclair Community College's Culinary Arts program donated hundreds of boxed lunches to Miami Valley Hospital Foundation and Good Samaritan Foundation – Dayton. These donated lunches were provided to nursing staff at Miami Valley Hospital, Miami Valley Hospital North, and Miami Valley Hospital South. The college's culinary students also provided handwritten notes of appreciation to our frontline workers. More boxed lunch donations from Sinclair are scheduled for February.

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Upper Valley Medical Center

In preparation for UVMC's Special Care Nursery renovation project, the Special Care Nursery has been temporarily relocated, and the Ohio Department of Health did a site inspection of the temporary nursery space on Jan. 3. ODH determined that all necessary requirements are met, and the renovation project could proceed.



Cardiologist **Ristenka Prnarova, DO**, of the Premier Cardiovascular Institute Troy office joined UVMC Chief Medical Officer **Scott Kanagy, DO**, for a drive time interview with WPTW Radio on Jan. 31. The primary focus was heart health with February being National Heart



Month. Dr. Kanagy also gave an update on the status of COVID-19 at the hospital.



Media coverage in January included two advice columns contributed by UVMC professionals:

“Seasonal Mental Health Challenges” with advice from psychiatrist **Mark Casdorff, DO**; and “Fitness in the New Year” with tips from Jenny Jones, PT, manager of the UVMC Center for Sports Medicine.

The Village of Covington announced in January that the UVMC Parent Board donated \$450,000 from its UVMC Community Benefit Fund toward the Village of Covington Schoolhouse Park project. Construction of the park, to be centrally located in the community, will begin in the spring.

UVMC was a sponsor of the 2022 Piqua Arts Council Kickoff held at the Piqua Plaza on Jan. 13. UVMC also was set to be presenting sponsor of the Piqua Chamber of Commerce Annual Dinner scheduled for Jan. 20, but the event was postponed due to COVID-19; a new date has yet to be set for that event.

Communications went out in January to announce that UVMC employees receive two months of free access to Lincoln Community Center in Troy in recognition of the longstanding partnership between our organizations.

In other staff-focused activities, the UVMC Cardiopulmonary Services team was recognized with Department of the Quarter honors for the winter quarter. This recognition highlights outstanding quality service and educates fellow teams about the scope of work performed by the recipient department.

Premier Physician Network

Premier Health Spine is a streamlined referral process for patients with back and neck pain. Help patients find the right care quickly with Premier Health Spine, a referral center where patients are placed with appropriate specialists throughout PPN, including orthopedic surgeons, neurosurgeons, pain management, and physical medicine and rehabilitation. If a referred patient requires additional imaging or therapy, the Premier Health Spine team will coordinate to get it completed. It's faster and easier than ever to refer to Premier Health Spine. Just search location/department “Premier Health Spine” in Epic. Or fax the referral to **(937) 341-8991**.

Providers need providers, too. Now is a great time to make a plan for better health, with the help of your Premier Physician Network (PPN) provider and an annual preventive physical and wellness visit. This visit is an opportunity to receive a head-to-toe exam from your provider, update your medical history, screen for health problems, and create a plan for better health going forward. Schedule an appointment with your PPN provider today. You can schedule with your MyChart account, or you can call your provider's office. If you don't have a provider yet, you can call **(855) PREMIER (773-6437)**, or go to **PremierHealth.com** to schedule directly with a new PPN primary care provider online.



At their annual awards banquet on Feb. 15, the Vandalia-Butler Chamber of Commerce honored **Joseph Allen, MD**, with

their Ambassador of the Year award. Dr. Allen was recognized for his work at the University of Dayton Arena testing clinic, caring for patients at Premier Health Family Care of Vandalia, providing countless news interviews, advising schools, and much more. According to his nomination: “Dr. Allen has helped guide our community through this pandemic, and he continues to guide us.”