

Premier Pulse

News for Premier Health Physicians

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Please, Have a Seat

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



Do you ever sense that internal dread when you are hurried, and someone invites you to have a seat? Doesn't it take more of our time when we sit down for an

exchange of information? I would guess in some instances the answer is yes. Many physicians and APPs tell me sitting down for patient encounters would take too much time. It might, though studies do not support this claim. Even if the encounter is a bit longer, it often takes more time (often while under stress) to address communications breakdowns that can occur in the absence of front-end conversations. Patients commonly perceive a provider has spent more time at their bedside when a provider sits rather than stands. Sitting at a patient's bedside, in the inpatient setting, is recommended as a best practice but has not been widely adopted. What does the literature say? Plenty, and the following is a small sample.

The study below was a prospective, randomized, controlled study with 120 adult post-operative inpatients admitted for elective spine surgery. The abstract states, "The actual lengths of the interactions were compared to patients' estimations of the time of those interactions. Patients perceived the provider as present at their bedside longer when he sat, even though the actual time the physician spent at the bedside did not change significantly whether he sat or stood. Patients with whom the physician sat reported a more positive interaction and a better understanding of their condition. Simply sitting instead of standing at a patient's bedside can have a significant impact on patient satisfaction, patient compliance, and provider-patient rapport, all of which are known factors in decreased litigation, decreased lengths of stay, decreased costs, and improved clinical outcomes. Any health care provider may have a positive effect on doctor-patient interaction by sitting as opposed to standing during a hospital follow-up visit."

What about hospitalists? The authors of the article below performed a cluster-randomized trial of seated versus standing physician posture during inpatient rounds on a hospitalist service at an academic medical center. The abstract states, "Patients whose physician sat were significantly more likely to rate their physician highly on measures of listening carefully and explaining things in a way that was easy to understand. The average time spent in the patient's room was approximately 12 minutes and was not affected by physician posture. Patients' perception of the time their physician spent in their room was not affected by physician posture. Sitting at the bedside during rounds does not increase the amount of time spent with the patient but may improve patient-physician communication."

I always tried to sit when talking with parents in the NICU. The feedback from families to the staff were almost always around the fact that I sat versus what I said. Why not commit to sit?

Treatment of Unruptured Intracranial Aneurysms

The advancement of imaging technology and techniques has led to a higher detection rate of unruptured intracranial aneurysms (UIA). At one time, surgical clipping of the aneurysm was the only treatment option available. Since then, less invasive treatment options have been found effective in managing UIA. The neurointerventional team at Miami Valley Hospital provides the latest in cerebral vascular imaging, surgical devices, and endovascular techniques to help ensure better outcomes when repairing UIAs. With the high rate of success of endovascular surgery, this method is now more common than open surgery for UIA management due to better outcomes and decreased hospital stays.

Indications for immediate treatment of an UIA should be offered for:

- All large and giant aneurysms
- All posterior circulation aneurysms
- Any aneurysm that is expanding in size
- With rare exceptions, all symptomatic unruptured aneurysms should be treated.

Factors to consider in making treatment recommendations include:

- The size, location and overall appearance of the aneurysm
- Age and general health
- Congenital conditions that increase the risk of a ruptured aneurysm
- Anatomic variations within brain arteries
- Family history/familial aneurysms (two or more first-degree relatives were diagnosed)
- Family history of ruptured aneurysm
- Presence of multiple aneurysms
- Smoking
- Drug and alcohol use

Other important factors to consider for treatment of UIA:

- Patients younger than 60 years of age with aneurysms larger than 5 mm should be offered treatment.
- Large, incidental aneurysm larger than 10 mm should be treated in nearly all patients younger than 70 years of age.

Our team of neurointerventional surgeons are all fellowship trained and board-certified. They provide a complete spectrum of minimally invasive services for the diagnosis and treatment of patients with vascular diseases of the brain and spinal cord. In addition to 24/7/365 emergent care, the team also provides routine office hours and consultations.

Exceptional Accreditations

The neurointerventional program at Miami Valley Hospital is a 24/7 service supported by a high acuity neuro intensive care unit, a Joint Commission and the American Heart Association/American Stroke Association Comprehensive Stroke Center, neurosurgeons, and an American College of Surgeons Level I Trauma Center designation.



For additional information or to refer new patients, please call toll-free **(844) 277-2894**. EPIC users can refer patients by typing “neurointerventional.”

Esteban Cheng-Ching, MD
Neurointerventional
Surgery Vascular
Neurology



Bryan Ludwig, MD
Neurointerventional
Surgery Vascular
Neurology
Chair, Clinical
Neuroscience Institute



John Terry, MD
Neurointerventional
Surgery
Neurocritical Care
Vascular Neurology
Director, Neuroscience
ICU Medical Co-director,
Comprehensive
Stroke Center





Premier Health Offers Free Back Pain Webinars



When you've had enough of back and neck pain, learn how to get back to your best life at a free webinar with Premier Health Spine specialists.

During these webinars, our physicians will discuss common causes of back and neck pain and give insights into new treatment options to discuss with your physician — both operative and non-operative. You'll also learn practical tips for managing back and neck pain that you can build into your own life.

- **Tuesday, June 8, 6 - 7 p.m. with Daniel Quinones, MD**

Sessions are free but registration is required. Upon registration, a link will be sent to access the webinar.



To register, call CareFinders at **(866) 608-3463** or online at PremierHealth.com/backpain.

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. Allen is the best! He is always compassionate and provides excellent care.

Dr. Otilia is always very kind and wonderful to my family and me.

Dr. Glickfield is the best. He has my total trust when it comes to my health.

Our family loves **Dr. Hester!** He is such a good doctor!

Dr. Ekeh is a life saver. He really does listen to his patients and works hard to make us feel comfortable during our stay.

Dr. Diller has been my doctor for a few years now. He is an excellent doctor and I have a great amount of confidence in his abilities.

Dr. Dixon is easy to talk to and quick to address any concerns, whether they be from lab tests or my questions.

Dr Garland is the best doctor I have experienced in my 51 years.



Changes to COVID Test Collection Locations

CompuNet Clinical Laboratories is revising hours of operation and closing some of its COVID-19 test collection sites, effective Monday, May 17, due to decreased demand for COVID-19 testing. In recent weeks, the laboratory has experienced a drop in the number of patients with orders for COVID-19 testing for a suspected COVID-19 infection.

CompuNet has contacted the few patients who had scheduled COVID-19 testing appointments after May 17 to reschedule their appointments.

Note: All COVID-19 collection locations will be closed on Monday, May 31 for the Memorial Day holiday.

Please be aware of the following changes, effective May 17:

DAYTON AREA LOCATIONS

- BEAVERCREEK
CompuNet Lakeview Patient Service Center
Monday – Friday: 7:45 a.m. - noon
- DAYTON
OnMain COVID-19 Collection Center
Monday – Friday: 9 a.m. - 1 p.m.
- MIAMISBURG
Miami Valley Hospital Austin Emergency Center
Monday – Friday: 9 a.m. - 4 p.m.;
Saturday & Sunday: noon - 4 p.m.
- MIDDLETOWN
Atrium Medical Center Drive-Through Collections
7 Days: 9 a.m. - 5 p.m.
(No change in hours at this location)
CompuNet Middletown Patient Service Center
Closing for COVID-19 collections as of May 17
(This location will remain open for regular lab work on Monday – Friday: 7 a.m. - 12:30 p.m.)
- SPRINGFIELD
CompuNet Springfield Patient Service Center
Monday – Friday: 1 p.m. - 4:50 p.m.

- TROY
Upper Valley Medical Center Drive-Through Collections
7 Days: 1 p.m. - 5:30 p.m.
(No change in hours at this location)
CompuNet Troy Patient Service Center
Closing for COVID-19 collections as of May 17
(No change in hours for regular lab work)
- VANDALIA
Premier Health Urgent Care Drive-Through Collections
7 Days: 9 a.m. - noon
(No change in hours at this location)

CINCINNATI AREA LOCATIONS

- MONTGOMERY
CompuNet Montgomery Patient Service Center
Monday, Wednesday, Thursday: 1 p.m. - 5 p.m.
Tuesday, Friday: 3 p.m - 5 p.m.
(No change in hours at this location)
- WEST CHESTER
CompuNet Tylersville Patient Service Center
Monday – Friday: 8 a.m. - 5 p.m.
(closed noon - 1 p.m. for lunch)
(No change in hours at this location)

For more information about hours of operation and locations, go to compunetlab.com/locations.

Vaccine and Blood Donations



With the COVID-19 vaccine rollout ongoing nationwide, some donors and patients have questions about vaccination, blood donations, and blood transfusions. American Association of Blood Banks experts have compiled answers to some of the most frequently asked questions.

Can individuals donate blood if they have received the COVID-19 vaccine?

- Yes. The U.S. Food and Drug Administration's (FDA) blood donation eligibility criteria permit individuals to donate blood after they have received a vaccine that is authorized in the United States, including those manufactured by Johnson & Johnson, Moderna, and Pfizer.

Is blood labeled to indicate if it was donated by a vaccinated individual?

- There are no requirements to collect and share information on the donor's vaccination status because vaccines do not pose risks to patients who receive a blood transfusion. Therefore, blood products are never labeled with such information.
- The labeling information for donated blood is limited to information that is relevant to the selection and use of the product, including the ABO group, and other information as required by the FDA.
- Hospitals are not able to inform patients about whether or not a unit of blood was donated by a vaccinated individual.

Do the vaccines affect the blood supply?

- COVID-19 vaccines authorized in the United States present no known risk to the safety of the blood supply or to patients receiving a blood transfusion.
- Vaccines using mRNA do not contain transmissible virus.
- The blood community has been working closely with the FDA since early 2020 to address all questions regarding COVID-19 vaccines and to ensure the highest levels of quality and safety for the nation's blood supply.
- All donors must be well and healthy on the day of donation.

How should health care providers respond if a patient requiring a blood transfusion requests blood from a nonvaccinated person?

- Explain that blood donated by individuals who have received a COVID-19 vaccine is not associated with a risk for COVID-19 infection; the SARS-CoV-2 virus is not transmissible by blood. In addition, all blood donations must meet all safety criteria, without exception.
- Explain that blood donations are always tested for evidence of infectious diseases as part of a rigorous system to protect patients who might need a transfusion.
- Explain that the hospital is not able to meet such a request because the information is not on the label of blood products, nor available to the hospital.
- Explain that every patient has the option to accept or decline transfusion, following the hospital's informed consent policy, processes, and procedures. Legal requirements for informed consent vary from state to state; however, the requirements generally include:
 - An explanation of options and alternatives;
 - An explanation of the material risks and benefits of each option;
 - An opportunity for the patient to ask questions and have them answered by a qualified health care professional; and
 - Documentation of the patient's decision, including any conditions expressed for the consent.

DISCLAIMER: This document is not intended to be relied on for legal advice. For legal questions, please consult with legal counsel familiar with applicable laws and regulations in individual states and localities.

Customized Joint Replacement

By William “BJ” Krech, III, system director, orthopedic and surgery service line strategy and business development, Premier Health



Premier Health's orthopedic service line is committed to patient-centered care through alignment with skilled surgeons, offering welcoming environments with

ease of access, and remaining current with the industry's latest technologies. A great example of this continued commitment is illustrated by the acquisition of two new robotic arm-assisted joint replacement technologies.

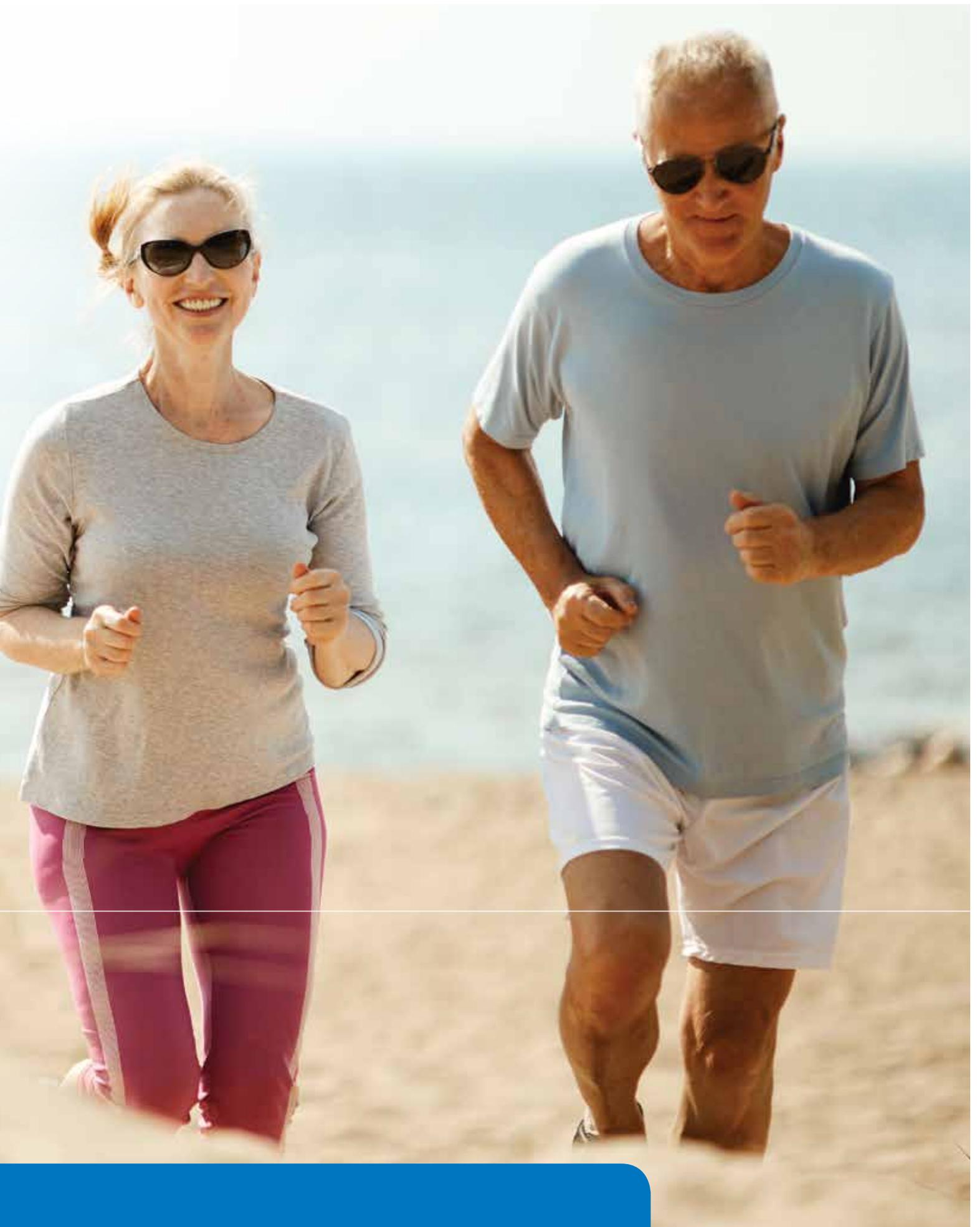
Premier Health orthopedic surgeons are customizing treatments for patients utilizing the Mako SmartRobotics™, offered at Miami Valley Hospital North, and Zimmer Biomet's ROSA® Knee, offered at Atrium Medical Center, Miami Valley Hospital North, and Miami Valley Hospital South. These resources are transforming the way total knee, partial knee, and total hip replacements are performed.

The innovative robotic technology allows surgeons to personalize procedures for patients by providing detailed information on a patient's anatomy for treatment plans specific to the individual. The surgeon can then follow the plan during surgery and make any necessary adjustments while

guiding the robotic arm. Additional benefits include a decrease in post-operative pain and the need for pain medication, resulting in a quicker return to a functional knee range of motion and shorter hospital stays.

Across the country, we are seeing a rise in less invasive procedures performed in same-day outpatient settings. The robotic arm-assisted procedures help prepare Premier Health for future industry trends in orthopedics. The combination of excellent surgeons, advancements in technology, and enhanced surgical experience positions our health system as a market leader in orthopedics today and into the future.





Atrium Medical Center Receives High Honors from Healogics



The Wound Care Center and Hyperbaric Services at Atrium Medical Center received the distinguished Center of the Year award from Healogics®, the nation's largest provider of advanced wound care services. This achievement recognizes only six centers across the country for exemplifying quality patient care and clinical outcomes.

Additionally, the Wound Care Center at Atrium received the Robert A. Warriner III, MD, Clinical Excellence Award from Healogics®. As a Center of Excellence, Atrium's wound center achieved patient satisfaction rates higher than 92 percent and a healing rate of at least 91 percent in less than 30 median days to heal, for a minimum of two consecutive years, according to Healogics.

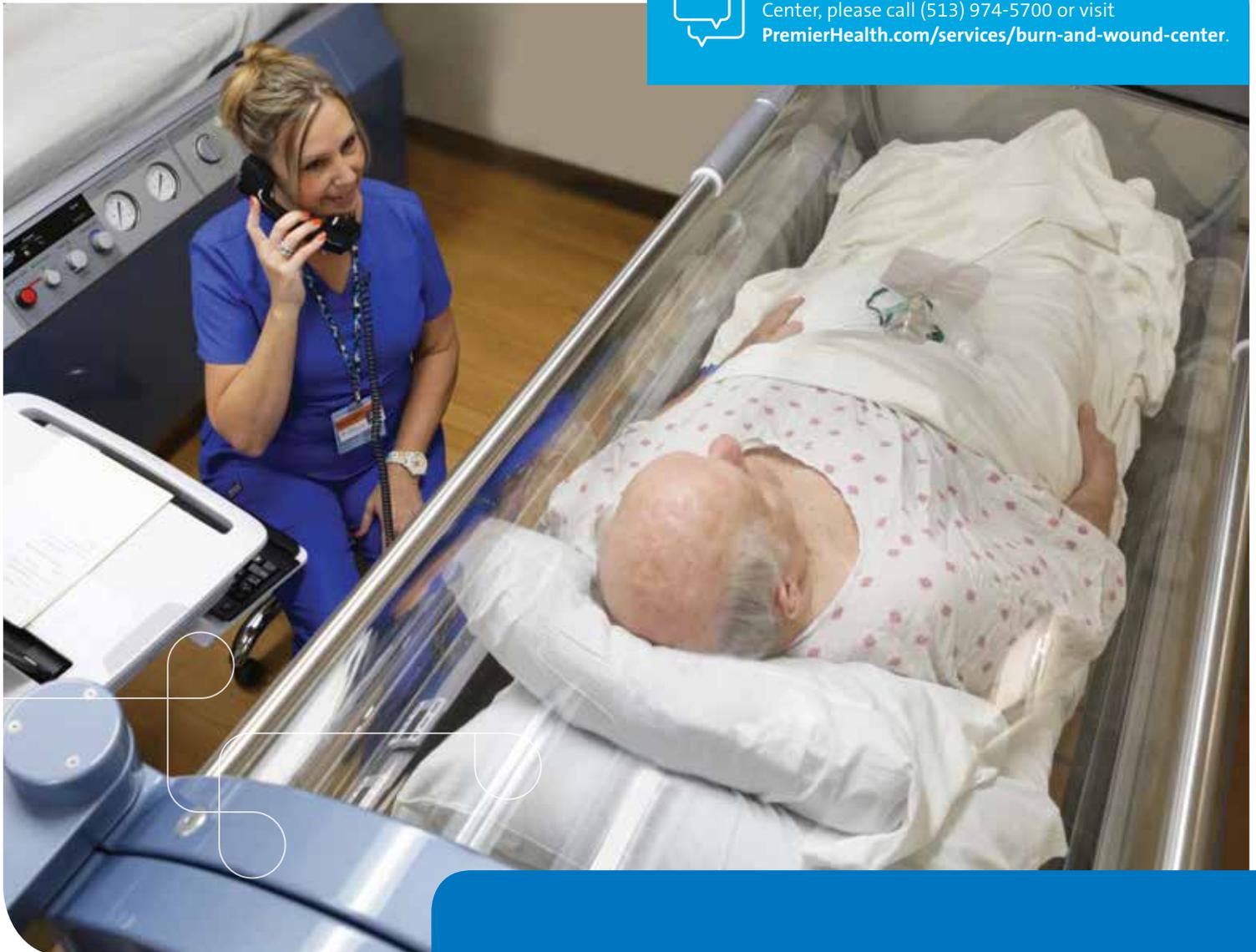
The Wound Care Center at Atrium also received Healogics' Robert A. Warriner III, MD, Clinical Excellence Award in 2019. Additionally, the center received the Distinguished Center of the Year Award from

Healogics in 2018. In 2017, Atrium's Wound Care Center was named the nationwide top-performing Center of the Year.

Atrium's Wound Care Center is a member of the Healogics network of more than 600 Wound Care Centers and provides access to benchmarking data and proven experience treating approximately 2.5 million chronic wounds. Atrium's Wound Care Center offers highly specialized wound care to patients suffering from diabetic ulcers, pressure ulcers, infections, and other chronic wounds which have not healed in a reasonable amount of time. Leading-edge treatments at the center include negative pressure wound therapy, total contact casting, bio-engineered tissues, biosynthetic dressings and growth factor therapies. Atrium's Wound Care Center also offers hyperbaric oxygen therapy, which works by surrounding the patient with 100 percent oxygen to help promote the healing of the wound.



For more information on Atrium's Wound Care Center, please call (513) 974-5700 or visit PremierHealth.com/services/burn-and-wound-center.



Surgical Oncologist Inspired by Her Mother



Selyne Samuel, MD

What is your clinical specialty?

Breast surgical oncology

Where did you go to school?

Indiana University School of Medicine

What brought you to Premier Health?

Moved back to the Midwest

Why did you choose medicine as a career?

When I was a teenager, my mother gave me five career options and I really loved being in the hospital.

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

My mother

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

I can do 30 push-ups in 30 seconds

Where is your hometown?

Lagos, Nigeria

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

University of Georgia Bulldogs - they seem to always choke in championship games

What is the last book you read?

"The Alphabet Book"

What is your favorite song in your playlist?

Owo Ni Koko

What is your favorite food?

Rice, rice, and more rice

What is your favorite hobby?

Cooking, eating, lifting weights, and spending time with my family

Where is your favorite vacation spot, and why?

Nigeria – so laid back, peaceful, and I'm with my extended family

Describe something (a thing, person, place, experience, etc.) for which you are especially thankful:

I thank God for all He has done for me, even when I failed to realize He was in control of my life and the path I should take.

Pick a side

iPhone or Android

iPhone all the way.

Early bird or night owl

Used to be a night owl in medical school and residency, now an early bird

Beach bum or mountain hiker?

Beach bum

Dress shoes or tennis shoes?

Forever dress shoes

Paperback or e-reader?

Paperback

Coffee or tea?

Both

Cooking or baking?

Cooking

Sweet or salty?

Sweet



Honoring Physicians; ICU Build Out; and New Providers



Atrium Medical Center

Two physicians received awards honoring their work and career achievements in a ceremony April 12 at Atrium. Kevin Strait, MD, was the recipient of the Dr. Jerry Hammond Physician Excellence Award for Outstanding Patient Care, and Malcolm Steiner, MD, received the Dr. William D. Langworthy Physician Excellence Award for Outstanding Patient Care in a Specialty Field. The honorees were presented with commemorative posters acknowledging their awards and highlighting their achievements. Remarks were delivered by Keith Bricking, MD, president of Atrium, and Greg Siewny, MD, chair of the Physician Liaison Committee and chair of the Board of Trustees of the Atrium Medical Center Foundation.

Atrium and Premier Health employees and their family members volunteered for Earth Day in Middletown and picked up trash along city roadways next to the hospital. More than 50 Atrium volunteers filled nearly 60 bags with trash during the event.

Atrium sponsored and representatives attended the first ever virtual Annual Meeting of the Chamber of Commerce Serving Middletown, Monroe and Trenton. During the meeting, the chamber introduced its next workforce initiative,

Skills2Careers, a technological approach to solving talent pipeline challenges. The hospital continues to work closely with the chamber to meet its workforce needs.

Ed Bastien, manager of spiritual care at Atrium, was the featured speaker at the Middletown Faith Alliance 6th Annual Breakfast. Ed shared the efforts of Atrium caregivers during the pandemic to help patients communicate with family and see familiar smiling faces.

Richard L. Davis, II, MD, shared non-surgical and surgical treatment options for knee and hip pain during a free virtual event. Dr. Davis discussed the advantages of Atrium's robotic-arm assisted joint replacement using ROSA® Knee. The technology allows surgeons to create a customized plan based on a patient's unique anatomy for a more predictable, precise surgery.

Managing back and neck pain was the topic of a free virtual seminar that featured F. Tony Rastegar, MD. During the webinar, Dr. Rastegar discussed common causes of back and neck pain and gave insights into new treatment options, both operative and non-operative.



Miami Valley Hospital Campuses

Staff from the Miami Valley Hospital and Good Samaritan-Dayton foundations continued to coordinate and distribute meal deliveries from Sinclair Community College/Aramark. From mid-January to mid-April, their extraordinary donation totaled approximately 6,300 meals delivered across the three Miami Valley Hospital campuses.

Staff from both foundations were involved in processing applications for scholarships available to the children of employees for post-high school education. The scholarships are made possible by donations to the annual employee giving campaign.

All four Premier Health foundations have contributed funding for the Premier Health Families First Assistance Program, which will provide virtual live tutoring sessions and/or mobile internet hot spots with educational resources for K-12 students. The assistance is available to Premier Health employees' children. Applications will be reviewed on a first-come, first-served basis. If approved, tutoring sessions and internet hot spots will be provided for free to the employee, with the hospital foundations covering 100 percent of the costs.

The Good Samaritan-Dayton Foundation received two grant awards for the Mothers Empowered program, a \$6,500 grant from the Mathile Family Foundation, and a \$5,000 grant from Nordstrom Cares. Through Mothers Empowered, moms and



babies have access to an innovative group program that provides prenatal care and parenting education.

Work continues on the 10-bed ICU build out at Miami Valley Hospital South. Six beds are scheduled to open July 28 with space created for future use of an additional four beds.

Major media attention regarding COVID-19 continues. An area of focus was



the 100,000th vaccination administered at the University of Dayton Arena vaccine clinic on April 12. All three TV stations and the Dayton Daily News covered the event. The communications team also worked with the communications team at UD to host a media availability event for the launch of vaccinating its students.

April was Minority Health month and the partnership between Premier Health and Gem City Medical Dental Pharmaceutical Society was a major focus for the communications team. The partnership and a vaccine equity public service announcement received coverage from all three TV stations, the Dayton Weekly News, the Dayton Daily News, the Centerville Dispatch, Franklin Chronicle and Springboro Star Press newspapers.

Digital PSA ads were distributed, and they have been picked up broadly across the region on social media platforms. General media efforts also focused on Minority Health Month with physicians. MiLinda Zabramba, MD, medical director for the Miami Valley Hospital North hospitalist group, was interviewed by Fox 45 in the Morning and WDTN-TV (Channel 2) about diabetes and was the subject matter

expert for a Premier Health podcast titled "How African Americans Can Lower Their High Diabetes Risk." Andre Harris, MD, chief medical officer, Atrium Medical Center, was interviewed by the Centerville Dispatch about the Gem City Medical Dental Pharmaceutical Society partnership.

Marquita Turner, chief operating officer, Miami Valley Hospital South, attended the Springboro City Council meeting on April 15. She had an opportunity to share her background and vision before the council and community members in attendance. She also gave a brief update on new services Miami Valley Hospital South offers.

Continued on next page



Premier Health's CareFlight Air and Mobile Services has once again launched its Drive Smart program at high schools across the Dayton region. For more than 20 years, CareFlight has offered Drive Smart, a nationally recognized mock crash program that gives high school students a real-life look at the consequences of poor choices before getting behind the wheel of a car. Twenty student actors were involved in the mock crash.

Upper Valley Medical Center

Scott Kanagy, DO, MBA, chief medical officer, Upper Valley Medical Center, and April Anderson, MD, medical director of the UVMC Emergency Department, were interviewed by Troy WTJN 107.1 and Piqua WPTW 98.1 radio stations on April 12 to provide information about the ED as well as a monthly health care update on the status of the COVID-19 pandemic.



Rafay Atiq, MD, was named Best Psychiatrist in the Dayton Magazine 2021 List of Best Doctors in the Dayton area in April. Winners

were nominated and selected by Dayton Magazine readers. Dr. Atiq is medical director of Adult Psychiatry at the hospital and practices with Upper Valley Outpatient Behavioral Health on the UVMC campus.

The addition of Premier Health Spine providers at UVMC was announced in

April. Daniel Quinones, MD, orthopedic spine surgeon, and Ian White, MD, neurosurgery spine surgeon, are now seeing patients in the UVMC Physician Office Building.

UVMC leaders attended the Troy State of the City Luncheon hosted by the Troy Chamber of Commerce on April 15 at Hobart Arena. In addition, UVMC President Kevin Harlan had community outreach meetings with Robin Oda, mayor of Troy, on April 4, and Tim Eggleston, city manager of Tipp City, on April 23. Participation in these meetings is intended to keep the channels of communication open between UVMC leadership, elected officials, and community leaders in Miami County.

UVMC leaders joined Ohio's Hospice of Miami County leaders for a hard hats tour of the new Hospice House facility under construction on the UVMC campus. Administrative staff and home hospice providers are now operating in the building, and patient care wings are slated to open later this year.

A 12-week Delay the Disease™ wellness program for Parkinson's disease patients was launched at UVMC in April. Delay the Disease™ is an evidence-based fitness program designed to empower those living with Parkinson's disease by improving physical function and helping to delay symptom progression. Sessions are taught by physical therapists certified in the Delay the Disease™ program.

Premier Physician Network

Premier Health and Premier Physician Network's (PPN) new WellnessWorks program will soon bring local employers more health care services and solutions. The WellnessWorks program is being led by team members from Premier Community Health, PPN, and Fidelity Health Care, along with additional resources from our partner SPC Health. The goal of this new program is to make Premier Health the provider of choice in our communities by linking our services and providers with local employers. The program features corporate health consultants who will be in our communities working with employers and serving as our brand ambassadors. This initiative also features a Patient Access Center, with care coordinators available 24 hours/day, seven days/week, to assist patients, providers, employers, employees, and payers. Click here to learn more about this exciting program.

Since January 2021, 15 new providers have joined the Premier Physician Network Team. Please welcome our new PPN physicians: Fares Alqara, MD, joining Premier OBGyn Laborists-MVH; Elizabeth Barrett, DO, joining Premier Health Primary Care Beavercreek; Selyne Samuel, MD, joining Premier Surgical Oncology; Jon Silk, DO, joining Premier Health Family Care Vandalia; and Ian White, MD, joining Clinical Neuroscience Institute-MVH. PPN is also pleased to announce several new APPs: Melissa Benham, CNP, joining Springboro Family Medicine; Jenni Bolton, CNP, joining Beavercreek Family Medicine; Eryn Bryant, CNP, joining Premier Cardiovascular Institute; Allison Camp, PA-C, with Premier Gastroenterology Specialists; Maxwell Couch, PA-C, joining Comprehensive Burn and Wound Specialists; Kenton Dickison, PA-C, joining Premier Cardiovascular Institute-Greenville; Sharon Fritz, PA, joining Premier ENT Associates-MVH; Megan Plummer, AG-ACNP, joining Premier Vascular Surgeons; Carrie Pohlman, CNP, joining Monroe Medical Center; and Desiree Vance, CNP, joining Family Physicians of Englewood.