

Premier Pulse

News for Our Providers

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*“...compassion can
heal the caregiver
as powerfully as the
patient.”*

—Dr. Marc Belcastro

Does Compassion Pay, Literally?

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



Will patients have better outcomes if providers and other members of their health care team deliver meaningful compassion along with excellent

diagnostic and technical care? Can anyone express compassion, or is it a skill limited to only the gifted? Does compassion also help the caregiver, mitigate provider burnout, and bring joy and purpose back to medicine? There is a significant amount of data to support improved and measurable clinical outcomes when patients feel truly cared for with compassion and empathy. Anyone can speak and demonstrate caring and compassionate words and expressions

during an encounter. And yes, compassion can heal the caregiver as powerfully as the patient.

In the book “Compassionomics: The Revolutionary Scientific Evidence That Caring Makes A Difference,” Drs. Stephen Trzeciak and Anthony Mazzairelli make a compelling case that the answers to all the questions above are “yes.” Dr. Trzeciak is a physician scientist and specializes in critical care medicine. His inspiration for this research sprang from his 12-year-old son asking for help on a homework project. Dr. Anthony Mazzairelli is a physician executive, emergency medicine physician, lawyer, and bioethicist. On a journey to improve patient experience, he was acutely aware of burnout, compassion fatigue, and depersonalization plaguing medicine.

Both believed there was a significant “compassion crisis” in the delivery of health care in the United States. Being scientists, however, they wanted proof and thus embarked on their research journey.

I was first exposed to this work in a TED Talk I discovered in 2018. The link is below. As the COVID-19 pandemic has challenged us to the core and we begin recovery after two years of compassionate care, I invite you to take 15 minutes and listen to the talk. After listening, give yourself some space and time to contemplate the information. Ask if this would be healing for you. Thank you for your commitment to our patients.

https://www.ted.com/talks/stephen_trzeciak_healthcare_s_compassion_crisis_jan_2018

Comprehensive Epilepsy Center of Dayton Offers Highest Level of Care



The Comprehensive Epilepsy Center of Dayton at Miami Valley Hospital has earned a Level 4 accreditation from the National Association of Epilepsy Centers (NAEC), signifying that it offers the highest level of epileptic care available. Part of Premier Health's Clinical Neuroscience Institute, the Comprehensive Epilepsy Center of Dayton at Miami Valley Hospital is the region's only adult Level 4 epilepsy center.

The NAEC, a nonprofit association and the health care industry advocate for high quality epileptic care, has established a standard of care for epilepsy centers across the nation, and awards level 3 and 4 accreditations to centers that meet comprehensive, evidence-based guidelines.

"We are proud to have met all the diagnostic and treatment requirements, including options for complex and advanced surgical treatments, earning us Level 4 accreditation," said Abuhuziefa Abubakr, MD, epileptologist and medical director of the Comprehensive Epilepsy Center of Dayton. "Partnering with our patients and providing them advanced options of care helps our patients live their fullest, most active and independent lives."

The Comprehensive Epilepsy Center of Dayton at Miami Valley Hospital offers a full range of care for patients with epilepsy and other seizure disorders. A multidisciplinary group of fellowship-trained epileptologists, neurologists, functional surgeons, neuroradiologists, neuropsychologists, advanced practice providers, and neuroimaging technologists specializing in electroencephalogram (EEG) are experts at recognizing,



understanding, and controlling seizures to maximize a patient's quality of life.

"Adult patients no longer have to travel to Columbus, Cincinnati, or Cleveland to find the latest treatment options for uncontrolled seizures," said Mike Uhl, president of Miami Valley Hospital. "Our patients have direct access to a variety of diagnostic and treatment options. They also receive the education and information needed to make informed decisions about their care."

A Level 4 center provides more complex forms of intensive neurodiagnostic monitoring, as well as more extensive medical, surgical, neuropsychological, and psychosocial treatment. Level 4 centers also offer complete evaluation for epilepsy surgery, including intracranial electrodes, and a broad range of surgical procedures for epilepsy.

Bed Transition at Miami Valley Hospital South

In recent decades, Miami Valley Hospital South has experienced tremendous growth in many health services, including orthopedic and spine, oncology, and cardiology services, as well as emergency and trauma care. The Centerville campus has continued to expand in part due to a growing demand for inpatient beds.

To respond to this community need, we will be repurposing beds at Miami Valley Hospital South that are currently used for obstetrics. As a result of this transition, the last day of deliveries on campus will be June 30, 2022, with the obstetrics unit slated to cease operations no later than July 8 to minimize the need for transfers to Miami Valley Hospital in Dayton or

another hospital. We will resume use of these beds in mid-July for medical and/or surgical care.

This change does not affect Premier Physician Network obstetrics offices on the Miami Valley Hospital South campus.

Premier Health remains committed to providing high-quality care for mothers and babies across our region. Miami Valley Hospital's main campus, for example, is home to the region's first high-risk maternity and Level III neonatal intensive care unit in the same facility. It remains a trusted name throughout the region in delivering babies while providing moms and families with peace of mind. We are working hard to ensure

a seamless transition, both for maternity patients who had originally planned to deliver at MVHS and for providers.

We will be guaranteeing positions for all employees in affected positions. Employees will have the opportunity to move into similar roles with the same shifts elsewhere in Premier Health.

We are grateful for the growth that we continue to see across our health system, for the many years of great obstetrics care provided at Miami Valley Hospital South, and for the many teams who are working tirelessly to position our services so that we can continue to fulfill our mission in the best way possible.

Surgeon from Kettering Enjoys Snowboarding, Wakeboarding



Daniel Taylor, MD

What is your clinical specialty?
General Surgery

Where did you go to school?
University of Cincinnati

What brought you to Premier Health?

I worked as an attendant (PCT) in surgery at Miami Valley Hospital in college. I joined Miami County Surgeons when I finished residency in 1999. I joined Upper Valley Professional Corporation (UVPC) in 2007. I became a part of Premier Health when it acquired Upper Valley Medical Center.

Why did you choose medicine as a career?

My dad was a surgeon. It's all I ever wanted to do.

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

John H. Taylor, MD
Wm. Ken Rundell, MD

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

I like to snowboard and wakeboard. It gets tougher every year.

Where is your hometown?

Kettering, Ohio

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

Pittsburgh Steelers, Manchester United, and High Point University women's cross country/track and field teams

What is the last book you read?

"When We Were Young & Brave" by Hazel Gaynor

What is your favorite song in your playlist?

"Beautiful Day" by U2

What is your favorite food?

Almost any dessert

What is your favorite hobby?

Biking and running

What is your favorite animal, and why?

Dog – "Man's best friend"
I also like bears. They look cute and playful but are also fierce and dangerous. I'm not sure what that says about me.

Where is your favorite vacation spot, and why?

Siesta Key, Florida, is a beautiful beach, and Steamboat Springs, Colorado is a great place to snowboard. Each has been the site of many great family vacations.

Describe something for which you are especially thankful:

I was adopted as an infant. I am thankful for the wonderful opportunities, love, and support my parents and family have given me.

Pick a side

iPhone or Android

iPhone

Early bird or night owl?

Early bird

Beach bum or mountain hiker?

Mountains. I like to visit the beach, but I could live in the mountains.

Dress shoes or tennis shoes?

Tennis shoes

Paperback or e-reader?

E-reader

Coffee or tea?

Neither

Cooking or baking?

Eating

Sweet or salty?

Sweet



Premier Health Launches Lung Nodule Evaluation Program

The U.S. Centers for Medicare & Medicaid Services recently expanded its lung cancer screening guidelines to broaden eligibility criteria for lung cancer screening with a low dose CT scan. The minimum age for eligibility is now 50 years old instead of 55, and eligible smoking history has been reduced from 30 pack years to 20 (one pack year is defined as smoking one 20-cigarette pack per day for one year).

The use of low dose CT scans increases the likelihood of detecting spots of cancer or other abnormalities. Most lung nodules, or abnormal spots on the lung, are harmless; however, a small number of cases (less than 5 percent) can be lung cancer. While these abnormalities might not be cancer, their size and shape could merit continued monitoring.

In response to a growing community need for lung cancer detection and prevention, Premier Health has created a Lung Nodule Evaluation Program to efficiently identify patients with lung nodules and determine whether they need follow-up treatment. The program has been designed to track patients who are at risk of developing lung cancer through coordinated evaluation, risk stratification, monitoring, and comprehensive follow-up care.

Premier Health's new Lung Nodule Evaluation Program features an advanced practice nurse (APRN) whose role is to help streamline the referral process, as well as coordinate a highly collaborative approach to patient care and monitoring among the pulmonology, medical oncology, and diagnostic imaging teams to improve the time between lung cancer diagnosis and treatment. Identifying lung nodules can enhance early detection of lung cancer or pre-cancerous tissue, which can lead to better treatment results.

With this program, Premier Health is taking an extra step to have our imaging experts check for lung nodules in imaging studies performed anywhere in our health system. If our physicians find a nodule, our Lung Nodule Evaluation Program will follow up with recommendations. When our physicians find a lung nodule, patients will most likely follow one of three paths:

- **If the lung nodule is small and thought to be harmless:** A follow-up CT scan might be scheduled to make sure the nodule doesn't grow, or the patient and their primary care physician (PCP) might be sent a letter suggesting no further action is needed. If an infection or inflammation is causing the nodule, a doctor might prescribe medicine to treat it.
- **If it is believed the nodule has a small risk of developing cancer:** The patient and their PCP could be sent a letter with follow-up recommendations, which can include regular follow-up appointments for CT scans in three, six, 12, and 18 months to monitor whether the nodule is growing. The Lung Nodule Evaluation Program's coordinator will contact the patient when it's time to make an appointment.
- **If the nodule is thought to likely be cancerous:** The patient will be assisted with scheduling a visit to see a pulmonologist, who might recommend additional imaging, such as a PET scan; having a bronchoscopy study; or taking a tissue sample (biopsy). In the event of a cancer diagnosis, the APRN with the Lung Nodule Evaluation Program will connect the patient with a lung cancer nurse navigator as well as Premier Health lung cancer specialists.

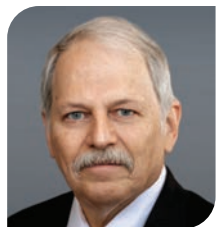


For more information on our Lung Nodule Evaluation Program, please call (937) 208-9050.



Am I Getting Through?

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



A surgeon explains the plan for gall bladder surgery to the patient and is later told by the family that the patient “doesn’t know what is

going on.” A nurse speaks to the patient about the daily care plan, and the same afternoon, the patient asks, “Why won’t anyone listen to me?” A patient doesn’t keep his post-discharge appointment. Have these scenarios happened to you? They bring up an important question: How effectively do we communicate? Are providers, nurses, allied health personnel, and hospital staff in every field communicating well with patients?

Effective communication is vital in patient care. Numerous studies have demonstrated that communication is a key driver in patient satisfaction scores, and ineffective communication is actually a risk factor that threatens patient safety and health. Missed appointments, poor medication compliance, confusion about the care plan, and mistrust of staff are some issues directly related to poor patient-to-provider communication. So, how can we better connect with our patients to increase our chances of being understood? Here I offer six easy ways to ‘get down’ with your patients:

SIT DOWN. Placing yourself at eye level with the patient has myriad advantages. It eliminates hierarchy and dominance issues, facilitates eye contact, and lessens distance so you are more clearly heard. Sitting also allows you to maintain relaxed body language, which builds rapport and empathy. A large portion of communication is nonverbal!

SLOW DOWN. Using a relaxed tone of voice with slow and distinct speech facilitates the patient’s understanding of what is said. Your clear, unhurried message builds trust and allows nervous or frightened patients to focus on the message.

tone it down. Patients want to be heard. Active listening with open-ended

questions, adequate time for responses, and your careful attention help patients feel like they are valued partners in their own care and indicate respect for their situation. Remember, what you consider routine might be a life-threatening experience for them!

LAY IT DOWN. Delivering clear, factual information in layman’s terms is key to patients’ understanding. If you must use complex words/phrases, take time to explain them. Stop often to summarize and, if appropriate, involve friends and family to be sure everyone is clear on the care plan.

WRITE IT DOWN. In the event of confusion, simple diagrams and clear, simple written explanations can be the best adjunct for understanding. These aids are especially helpful for family members who were not present at the initial conversation.

DOUBLE IT DOWN. When concluding, ask for a read-back of understanding and, if you have to, reiterate points that were not clear. Double down on the information, and double down on your empathy. One simple phrase – such as “Is there is anything else I can do for you right now?” – can make all the difference. Try it and see!



Premier Health Aims to be Industry Leader in Treatment of Heartburn and Reflux

By William “BJ” Krech, III, system director, orthopedic and surgery service line strategy and business development, and Michelle DeGroat, MD, physician executive, surgery service line



According to a 2020 study conducted by Cedars-Sinai Center for Outcomes Research and Education (CS-CORE) in Los Angeles, in collaboration with the Division of

Gastroenterology and Hepatology at Michigan Medicine in Ann Arbor, Michigan, more than 44 percent of Americans suffer from heartburn and reflux symptoms (Delshad, Almario, Chey, & Spiegel, 2020). In the study, 71,812 participants were surveyed, and 32,878 (44.1 percent) reported having gastroesophageal reflux disease symptoms (also known as GERD) at some point in the past. Additionally, 23,039 (30.9 percent, or approximately one-third) reported having GERD symptoms in the past week.

Our community in the greater Dayton area is no less affected. Given the significant effect of GERD on quality of life and the need to address the ongoing demand for treatment, we have launched the Premier Heartburn & Reflux Institute. In collaboration with radiology

and gastroenterology, as well as primary and other specialty care, we are building a program that includes physicians from across the system.

With a centralized phone number, patients can easily access the program to begin treatment with a comprehensive evaluation by our expert care team. Program Coordinator Kelli Schumacher, APRN, will help patients navigate the process while working to identify the best reflux treatment solutions. After specific types of diagnostic testing, symptom management and treatment plans will be created with the patient.

The program is still in its infancy; however, we will be marketing these services to the community in coming months as we establish ourselves as an industry leader in reflux treatments and care for GERD.

For any questions on the program or its development, please contact us at the email addresses listed below. We welcome input and engagement from our surgeons and physicians.

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Michelle DeGroat, MD, FACS
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References:

Delshad, S. D., Almario, C. V., Chey, W. D., & Spiegel, B. (2020). Prevalence of Gastroesophageal Reflux Disease and Proton Pump Inhibitor-Refractory Symptoms. *Gastroenterology*, 158(5), 1250–1261.e2. <https://doi.org/10.1053/j.gastro.2019.12.014>



Urinalysis Reflex to Culture Standardization

CompuNet Clinical Laboratories has standardized the criteria for urinalysis reflex to culture testing. The intent of this initiative was to standardize the reflex to culture criteria to match evidence-based medicine, with a goal of decreasing unnecessary urine cultures. Please see below for details.

Any questions can be directed to Catherine Hoesl, system technical director for hematology, coagulation and urinalysis, at cchoesl@compunetlab.com.



EPIC CODE	LAB TEST	CURRENT CRITERIA	NEW CRITERIA
Urinalysis, Reflex to Culture	Urine chemical analysis (dipstick) and microscopy with reflex to culture	Leukocyte Esterase: Positive Nitrite: Positive WBC: > 5/hpf Child < 2 years old	WBC > 10 cells/hpf or Child < 2 years old
LAB1190: ED UA, with Reflex to Culture	Urine chemical analysis (dipstick) with reflex to culture	Leukocyte Esterase: Positive Nitrite: Positive Child < 2 years old	Leukocyte Esterase: Positive or Child < 2 years old

References:

1. CAP Today online, November 2020. Fewer Urine Cultures—series of changes add up.
2. Infection Control and Hospital Epidemiology, January 2020. Sustained decrease in urine culture utilization after implementing a reflex urine culture intervention: A multicenter quasi-experimental study.
3. CLN, Clinical Laboratory News, September 2021. Urine Reflex Testing: Why and How?



Pap and HPV Combined Reports

In response to many client requests, CompuNet is pleased to announce that for test orders placed as of April 11, 2022, a patient's Papanicolaou (Pap) test report now also includes the patient's human papillomavirus (HPV) result.

Here is an overview of how Pap and HPV results will report, based on how a patient receives test results:

Clients with EMR/HER Interface

1. The patient's HPV result will be reported first, separate from the Pap.
2. When the Pap result is released, the report will include the HPV result embedded as an addendum.
3. If there is an HPV reflex result, the HPV result will be reported separately following the original Pap report. An addendum Pap report that includes the embedded HPV result will also be sent.

If a patient has the Atlas Portal, the process is the same as above, and their results will either autoprnt or be printed by their office.

Clients without EMR/HER Interface

1. The patient's HPV result report will be autofaxed first.
2. When the Pap result is released, the report will also include the HPV result, and the report will be autofaxed.
3. If there is an HPV reflex result, the HPV result will be autofaxed separately following the original Pap report. An addendum Pap report that includes the embedded HPV result will also be autofaxed.

Provider Praise



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

Dr. Beth Berrettoni was outstanding! She listened, explained thoroughly, and recommended an appropriate approach to manage my concern. I highly recommend her and appreciate her.

As a new patient of **Dr. Paul Krebs**, I was impressed with how well he and his staff were prepared for my annual wellness checkup. They were very friendly and efficient and answered all my questions and addressed my concerns.

Dr. Joshua Ordway's nurse **Jeremy** is terrific. Returns call promptly and efficiently. He is a great asset to the

practice. All the people there, like the doctor himself, have excellent people skills, which makes the experience as pleasant as a doctor visit can be.

Dr. Steven Robbe is a stellar physician and counselor and most of all, a good man!

Dr. Michael Ruff is professional, courteous, listens, asks pertinent questions, and truly cares about his patients. **Ashley** is the same. Both do a great job. I am extremely happy with my health care providers.

Dr. Mahalakshmi Sadhu is outstanding! Best physician I have ever had!

Dr. Jennifer Smail and **Chris Cordell, NP**, are the best at what they do. I'm grateful to have them for my doctor and PA.

This place is one of the best places concerning the employees, and on top of that the best treatment from **Dr. Sanford Wolfe** and his nurse, **Kevin Baker, FNP**.

2021 Premier Health Cancer Annual Report



Premier Health's Cancer Institute publishes a Cancer Annual Report each year as a resource that offers useful information about Premier Health's cancer-fighting activities.

Our Cancer Annual Report provides:

- An overview of the comprehensive cancer services available at all Premier Health locations
- Statistical review of the types and incidence of various cancers diagnosed and treated during the previous calendar year at all Premier Health hospitals, also available by hospital
- Articles about patients battling cancer and the physicians who treat them

We invite you to review the full report online at PremierHealth.com/cancerAR.



National Cancer Survivors Day Celebration

In honor of National Cancer Survivors Day on Sunday, June 5, Miami Valley Hospital South is hosting a free presentation and discussion titled "Understanding Cancer Fatigue and Overcoming it Through Exercise." The event will run from 11 a.m. to 3 p.m. with presentation times at Noon and 1:30 p.m. Attendance is open to anyone; no advanced registration is required.

National Cancer Survivors Day takes place on the first Sunday in June each year.



National Cancer Survivors Day Celebration

"Understanding Cancer Fatigue and Overcoming it Through Exercise"

Sunday, June 5, 2022

Miami Valley Hospital South Conference Rooms
2400 Miami Valley Dr, Centerville, OH 45459

Presentation times: Noon and 1:30 p.m.

No registration required



Treatment of Unruptured Aneurysms

Subarachnoid hemorrhage is a type of hemorrhagic (bleeding) stroke caused by the rupture of a brain aneurysm. Preventive treatment has come a long way as imaging technology and other advances have led to a higher detection rate of unruptured intracranial aneurysms (UIAs). In the past, surgical clipping of an aneurysm was the only treatment option available. With medical advances, however, less invasive treatment options have been found to be effective in managing UIAs.

Although many aneurysms never cause health problems or rupture, it's important to take any symptoms seriously; bleeding from a ruptured aneurysm can cause a dangerous stroke that could be disabling or life-threatening. Patient complaints of double vision, headaches, pain behind their eyes, or partial facial paralysis can lead a doctor to test for a brain aneurysm. Sometimes aneurysms are discovered when doctors are running tests for another condition.

Patients with a confirmed or suspected aneurysm can be referred to Premier Health's Clinical Neuroscience Institute (CNSI) for

further evaluation. CNSI is a comprehensive, multidisciplinary neuroscience program that provides total neurological care for patients and their families in Southwest Ohio. CNSI's multidisciplinary neuroscience team offers comprehensive diagnosis, treatment, and care for numerous neurological conditions, including epilepsy, Parkinson's disease and other movement disorders, Alzheimer's disease, stroke, brain and spine tumors, headache, and brain aneurysms, through several specialty and subspecialty departments such as our Brain Mapping Center, Stroke Center, and Headache Center.

Procedures to treat brain aneurysms, such as coil embolization and other endovascular treatment techniques, are very effective and have a low complication rate when performed by our experienced team.

At Miami Valley Hospital, preventive endovascular surgery options have been safely used as a treatment for UIAs for more than a decade. Our neurointerventional team provides the latest in cerebral vascular imaging, as well as endovascular surgical techniques and devices to ensure better

outcomes when repairing UIAs. With our high rate of success of endovascular surgery, this method is now more common than open surgery for UIA management due to better outcomes and shorter hospital stays.

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



Get More Information

For more information about the diagnosis and treatment of a condition through the Clinical Neuroscience Institute, or for a referral to one of our providers, call **(844) 277-2894**.

Activities at Local High Schools; Charitable Giving; and Stroke Awareness



Atrium Medical Center

Atrium Medical Center performed its first CardioMEMS™ procedure on May 4. **Himad Khattak, MD**, implanted the CardioMEMS HF System, which allows remote monitoring with a tiny, wireless device permanently placed in a patient's pulmonary artery for earlier intervention of worsening heart failure. The system detects fluid buildup before physical symptoms occur and electronically alerts Atrium's heart failure team. This provides better data for making medication adjustments and lifestyle recommendations. The implanted device is designed for lifetime use and does not need a battery or replacement parts.

As part of continuing recruitment efforts, Atrium took part in career fairs at Lebanon and Middletown high schools. Information about volunteer and entry-level jobs was shared at Lebanon's GapQuest event for seniors not planning to attend college immediately after graduating. Bukari Miles, Atrium's human resources director, spoke with juniors and seniors at Middletown High School about career opportunities in health care.

Atrium and Premier Health employees, physicians, and their friends and family members picked up litter along roads near the hospital as part of Earth Day events in Middletown. Premier Health's new CEO and president, Mike Riordan, was among the nearly 50 people participating.

Atrium was well represented at the Preble County Business Expo. Information about Atrium's orthopedics, cardiac, and women's services, as well as trauma and stroke programs, was shared with the nearly 1,000 attendees during the two-day event. Premier Community Health also provided free health screenings, vaccines, and lifestyle counseling at the event.

Premier Health's CareFlight Air and Mobile Services took part in 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. In the Atrium market, the Drive Smart program was presented at Fenwick High School.

In other community relations activities, Atrium sponsored the Middletown NAACP's annual scholarship banquet, with Atrium's chief medical officer, **Andre Harris, MD**, attending the event. LifeCenter Organ Donor Network shared its Wall of Life exhibit at Atrium for National Donate Life Month.

In staff-focused activities, Atrium volunteers were treated by hospital administration to a night at the movies as part of National Volunteer Week. Additionally, **Anuj Goyal, MD**, and the Miami Valley Association of Physicians of Indian Origin delivered doughnuts to Atrium nurses to celebrate Nurses Week.

Miami Valley Hospital Campuses



Miami Valley Hospital South has earned the U.S. Environmental Protection Agency's (EPA) ENERGY STAR® certification. The campus' ENERGY

STAR® score is 94, which means it is more energy efficient than 94 percent of similar properties nationwide.

Premier Health's CareFlight Air and Mobile Services took part in 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. In the Miami Valley Hospital market, the Drive Smart program was presented at Franklin High School.

National Volunteer Week celebrations were held across the three Miami Valley Hospital campuses.

As part of the Premier Health Employee Giving Campaign, representatives from Miami Valley Hospital Foundation and Good Samaritan Foundation-Dayton distributed donated Double Good popcorn and Bubbl'R water to staff at Miami Valley Hospital and Miami Valley Hospital North to raise awareness about the campaign. To date, more than 14,000 bags of Double Good popcorn have been donated to Miami Valley Hospital campuses, and seven pallets of Bubbl'R have been donated by Heidelberg Distributors.

The four hospital foundations hosted their quarterly board retreat at NCR Country Club. This retreat focused on the possibility of an upcoming capital campaign for the hospital foundations. AJ Casey, from AJCasey Companies, was the presenter. She educated the group on the purpose of a feasibility study and board member responsibilities during a campaign.

Work continues on finalizing the employee garden at Miami Valley Hospital North. This garden, funded by Good Samaritan

Foundation-Dayton, will give campus employees a space to relax and enjoy nature while dealing with the everyday challenges associated with health care. The celebration opening event is scheduled for May 17. Employees will be able to enjoy the new garden beginning at 11 a.m. An official community ribbon cutting ceremony will take place from 4:30 to 6 p.m.

Good Samaritan Foundation-Dayton applied for a \$25,000 Wallace Foundation grant for the children's area at the Samaritan Clinic for Women and Families at St. Vincent DePaul Dayton's Gateway shelter. To date, \$180,000 has been raised for this project.



Representatives from the Norma J. Ross Memorial Foundation and Bob Ross Auto Group delivered personal protective equipment (PPE) to Miami Valley Hospital Foundation and Good Samaritan Foundation-Dayton on April 19. This gift of PPE will be used by the oncology teams at Miami Valley Hospital, Miami Valley Hospital North, and Miami Valley Hospital South.

Representatives from Premier Health met with the University of Dayton's athletic department leadership team for their annual partnership meeting. The meeting allowed Premier Health leadership to meet face-to-face for the first time in two years and to meet the new women's basketball coach, native Daytonian Tamika Williams-Jeter.

Randy Marriott, MD, participated in a Community Blood Center event at the Centerville Police Department. This event was about the impact that the Blood Emergency Readiness Corp (BERC) has on community and hospital emergency care.

Adam Golas, MD, presented at the Springboro Speaker Series on weight loss and weight loss surgery as an option for patients.

Miami Valley Hospital President Mike Uhl and Premier Health President and CEO Mike Riordan hosted a meet-and-greet event in the hospital's physician's lounge to provide an opportunity for physicians to meet Premier Health's new president and CEO, share ideas, and engage with colleagues.

Upper Valley Medical Center

The UVMC Trauma team recognized two Troy firefighter medics with an Excellence in Trauma Care Award on April 19.

Pradeesh George, DO, trauma medical director; **April Anderson, MD**, Emergency Department medical director; and Claire Wirrig, trauma program manager, presented the award in recognition of outstanding teamwork with the hospital trauma team as well as exceptional



Continued on next page



on-site care of a trauma patient related to a serious accident last fall. The award was covered in the local media and on social media.

Jigar Patel, MD, stroke program medical director, and **Ashley Heitbrink**, stroke program manager at UVMC, joined UVMC Chief Medical Officer **Scott Kanagy, DO**, in Miami County radio interviews April 25 focused on topics related to Stroke Awareness Month in May. They shared valuable information about strokes and the importance of UVMC's Primary Stroke Center status.



Two free menopause seminars were hosted at the Miami County YMCAs in April, featuring program presenters **Ruth Claros, MD**, and **Augustina Addison, MD**, both OB/Gyn practitioners with Premier Women's Center practice in Piqua/Troy.



UVMC and AdCare (SpringMeade) partnered to make Premier Health the presenting sponsor of the biennial Taste

of Tipp and Business Expo held April 7 at The Avenue in Tipp City and attended by more than 500 community members. UVMC participated in the annual Edison State Community College Employee Wellness Day held April 14 at the college. Our presence included advance practice nurses providing blood pressure readings, heart/stroke education and counseling, and diabetes/nutrition education and counseling, as well as UVMC Cancer Care's giant inflatable colon and cancer education, and general wellness and marketing handouts.

In other community activities, UVMC was a sponsor of: the Child Care Choices Storybook 5k Run/Walk held April 2 at Kyle Park in Tipp City, the Tipp City Arts Council Gallery Grand Opening held April 2 at Tipp Center in Tipp City, and the Piqua Arts Council's annual Dancing with the Piqua Stars event held April 23 in Piqua and attended by more than 250 community members.

The UVMC Hospital Incident Command System (HICS) team participated in a West Central Ohio Medical Response Surge Exercise conducted April 20. This exercise focused on response actions including regional information sharing and response mobilization for a large community-wide surge incident based in downtown Troy.

Premier Physician Network

The month of May is stroke awareness month, and Premier Health and Clinical Neuroscience Institute (CNSI) offer the latest treatments for unruptured intracranial aneurysms. The advancement of imaging technology and techniques has led to higher detection rates and less invasive treatment options for unruptured intracranial aneurysms (UIA). CNSI's neurointerventional team provides patients who have confirmed or suspected aneurysms with the latest in cerebral vascular imaging, surgical devices, and endovascular techniques to ensure better outcomes when repairing UIAs. For additional information or to refer new patients, please call toll free **(844) 277-2894**. Epic users can refer patients by searching "neurointerventional."

In a post on the Premier Health Now blog, "Mini-Stroke At 25: What To Learn From Hailey Bieber," CNSI vascular neurologist Steve Arkin, MD, explains what causes mini-strokes like the one suffered by 25-year-old Hailey Bieber, wife of entertainer Justin Bieber, earlier this year. He also discusses what to do if you have symptoms. Read Dr. Arkin's complete thoughts and more on the Premier Health Now blog at premierhealth.com/your-health/premier-health-now.

May is the perfect time to schedule kids' summer appointments with their PPN providers. As the school year is wrapping up, summer months will soon fill up with vacations and sports practices. Don't wait to schedule summer appointments. Avoid the end-of-season rush and schedule your kids' annual wellness visits, sports physicals, and required vaccines before they head back to school. Summer will be over before you know it.



CORRECTION: The April issue of Premier Pulse featured an incorrect physician headshot with the Service Line Update article titled "Women's Services Puts Focus on Community Partnerships, Continuity of Care." William Andrew, MD, system provider leader, women's services, was listed as an author of the article; however, the corresponding headshot was not his. We apologize for the error and any confusion it might have caused.

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