

Connections

Your Tri-State Region Connection for Specialized Medicine

Summer 2019



CHH Among Top 10 Percent
of hospitals in United States
Awarded Healthgrades
2019 Outstanding Patient
Experience Award™

Hoops Family Children's Hospital
Named First Center of Excellence





Hoops Family Children's Hospital is System's First Center of Excellence

Mountain Health Network (MHN) has selected Hoops Family Children's Hospital (Hoops) at Cabell Huntington Hospital as its first Center of Excellence (COE).



To be named a MHN COE, the clinical area must be recognized by the medical community, the public and accrediting bodies

as providing the most expert and highest level of compassionate and innovative care.

"Growing key services to a level of national recognition for quality, efficiency and service is a cornerstone of Mountain Health Network," stated Michael Mullins, president and CEO, MHN. "Thank you to the physicians, leadership and staff from both hospitals who have worked together over the past several months to establish the criteria and unanimously select Hoops. Their work has provided the foundation for building a regional system worthy of national recognition." To realize the benefits of a COE, plans are

now underway to fully transition all inpatient pediatric services from St. Mary's Medical Center (SMMC) to Hoops by Aug. 1. Children can still receive outpatient and emergency medical services at SMMC Huntington and Ironton campuses.

The Regional Heart Center at St. Mary's Medical Center has been selected as the next COE. Plans for integrating cardiovascular services and making SMMC the regional destination for cardiac care will be announced in the coming months.

Hoops Family Children's Hospital at Cabell Huntington Hospital Earns Award for Antibiotic Stewardship Education in Newborn Care

Vermont Oxford Network (VON) has awarded the *Center of Excellence in Education and Training for Antibiotic Stewardship in Newborn Care* designation to the Hoops Family Children's Hospital (HFCH) at Cabell Huntington Hospital (CHH), a member of Mountain Health Network, Inc. The Neonatal Intensive Care Unit at HFCH is the first awarded this designation in the state of West Virginia out of more than 180 centers across the nation that participated in this quality improvement initiative.

"We voluntarily participated in this program and, as a result, learned that we have excellent antibiotic stewardship," said Eduardo Pino, MD, medical director, Hoops Family Children's Hospital. "We have a dedicated team of professionals who continually seek the next level in quality care for our littlest patients."

In 2017, HFCH enrolled in *Choosing Antibiotics Wisely*, an international quality improvement collaborative developed by Vermont Oxford Network in partnership with the Centers for Disease Control and Prevention to address the overuse and misuse of antibiotics in newborn care. The award recognizes that at least 85 percent of the multidisciplinary care team

participating in the improvement collaborative completed the educational bundle and submitted an abstract of improvement work to the VON Annual Quality Congress.

Antibiotic misuse and overuse is one of the healthcare community's top concerns. Antibiotic misuse in the perinatal period can alter an infant's microbiome for their entire life and decrease the effectiveness of antibiotics for the whole population.

In the *Choosing Antibiotics Wisely* improvement collaborative, the HFCH team joined more than 180 other teams from newborn nurseries, birth centers and NICUs in 38 states and seven countries to employ proven quality improvement methods to implement processes, procedures, and tools aimed at using antibiotics more responsibly. The goal was to rapidly screen, identify, and treat infants who benefit from antibiotics while decreasing the antibiotic utilization rate for infants who did not need them.

"We are proud to be awarded this designation," said Melanie Akers, director, Hoops Family Children's Hospital. "It signifies that we are the best of the best and that is what our patients and families expect."

Centers participated in a series of live webinars, developed structured improvement programs, audited their local practice outcomes and benchmarked with others. VON's evidence-based approach, audits, and coaching helped teams learn, measure, share and improve antibiotic stewardship together in a collaborative environment.

"Congratulations to the entire team at Hoops Family Children's Hospital at Cabell Huntington Hospital on this impressive accomplishment and for demonstrating sustained commitment to antibiotic stewardship," said Jeffrey Horbar, MD, chief executive and scientific officer of VON.

As a global leader in data-driven quality improvement for newborn care, VON leads multi-center quality improvement collaboratives and provides resources to help interdisciplinary teams improve on the most critical and complex challenges facing newborn caregivers. The *Choosing Antibiotics Wisely* quality improvement collaborative formal activities ran 2016-2018 and teams continue to demonstrate improvement with a new commitment to reaching a 45% reduction in antibiotic use rates by 2022.

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REGIONAL HOSPITALS

& WORLD REPORT
U.S. News

SW WEST VIRGINIA
RECOGNIZED IN 4 TYPES OF CARE
2018-19

St. Mary's Medical Center

SVM
MAIN
ENTRANCE

St. Mary's Medical Center Only Hospital in the Tri-State Named a Best Regional Hospital by U.S. News and World Report

U.S. News and World Report awarded St. Mary's Medical Center (SMMC) with its elite Best Regional Hospitals Award for 2018/2019. The U.S. News Best Hospitals methodologies in most areas of care are based largely or entirely on objective measures such as risk-adjusted survival and readmission rates, volume, patient experience, patient safety and quality of nursing, among other care-related indicators.

Hospital leaders at SMMC say the mission and values of the Pallottine Missionary Sisters, who founded the medical center in 1924, have been a guiding force in achieving this type of excellence.

"We are very proud of our physicians, nurses and staff for providing



outstanding patient care on a daily basis," said St. Mary's Medical Center President and CEO Todd Campbell. "St. Mary's is committed to the best possible outcomes for patients and we are

pleased to receive this recognition from U.S. News and World Report."

U.S. News evaluated more than 4,500 hospitals across the nation and surveyed more than 200 metro areas to come up with data for hospital consumers.

"For nearly 30 years, U.S. News has strived to make hospital quality more transparent to healthcare consumers nationwide," said Ben Harder,

managing editor and chief of health analysis at U.S. News. "By providing the most comprehensive data available, we give patients and their physicians information to support their search for the best care across a range of specialties."

The hospital rankings are published each year and the St. Mary's award is listed in the U.S. News "Best Hospitals 2019" guidebook. For more information on the rankings, visit <https://health.usnews.com/best-hospitals/area>.

Regional Health Summit Completes 3rd Year



The central purpose of the Regional Health Summit, sponsored by Mountain Health Network, is to strengthen strategic efforts across health care, public health and community organizations to improve health, wellness and prevention efforts by enhancing multi-sector collaboration at a regional level. Summit objectives include identification of common challenges and opportunities facing the region, sharing of best practices and innovations that demonstrate success and promise for health improvement, innovation and transformation; and engaging health stakeholders in crafting regional solutions to shared challenges.

A key focus of the Summit is to engage partners as participants in discussion on challenges and opportunities around:

- Enhancing access to care and services;
- Improving outcomes for chronic conditions;
- Integrating services for behavioral health/substance abuse; and
- Using health information technology, data analytics, and telehealth tools to improve population health outcomes.

To accomplish this, from 2017 through 2019, the Regional

Health Summit has brought together health care and public health professionals, nonprofit and academic partners, state governmental officials, and elected officials as key stakeholders representing more than 90 organizations in the Tri-State region of Kentucky, Ohio, and West Virginia. Engaging speakers from the national, state and local partners and experts on community engagement, improving health outcomes, and current health care trends in health care service delivery have been key to the success of each Summit event. The Regional Health Summit is also supported by a Steering Committee of regional stakeholders, representing leaders in health care, public health, business and other sectors, to oversee planning efforts.

Each year, the Summit establishes a strategic focus that is responsive to the current landscape in health care and population health. such as Building Community Networks to Improve Health, Working Across the Region to Create Meaningful Change, Good Health is Good Business, and Shaping Stronger Communities. As we look toward the 2020 Regional Health Summit, we welcome your feedback on topics and presenters. Please email us at regionalhealthsummit@gmail.com.

Mountain Health Network Names Rice, Savory to Leadership Team

Jennifer Rice and Lauren Savory have been named to the leadership team of Mountain Health Network, Inc. (MHN). Rice, now serves as the system compliance officer and will develop, execute and provide overall direction for an integrated health care compliance program in support of the mission and strategic goals of MHN.



Savory

Savory assumed the role of system associate general counsel and is responsible for providing legal and related services for the system.



Rice

Rice received her bachelor's degree from Marshall University and her Doctor of Jurisprudence degree from the West Virginia University College of Law. She is a member of the Health Care Compliance Association.

For the past three years, Rice has served as the corporate compliance officer for St. Mary's Medical Center (SMMC), and added the position of privacy officer at SMMC earlier this year.

Prior to joining SMMC, Rice worked as a medical malpractice and regulatory practice paralegal at Nelson, Mullins, Riley & Scarborough LLP in Huntington. She also worked at Bailey & Glasser LLP in Charleston as a plaintiff products liability practice paralegal.

Savory received her bachelor's degree from Marshall University. She attended Regent University School of Law and Columbus School of Law at The Catholic University of America where she received her Doctor of Jurisprudence degree. She is a member of the West Virginia and Maryland bar associations.

For the past two years, Savory has served as the director of corporate compliance for Cabell Huntington Hospital (CHH). Before joining CHH, she practiced law at Nelson, Mullins, Riley & Scarborough LLP where she specialized in medical malpractice defense and healthcare law.

Prior to her work at the firm, she served as legislative correspondent for former-Congresswoman Shelley Moore Capito and as legislative assistant for the U.S. House Committee on Ways and Means.

Cabell Huntington Hospital Among Top 10 Percent of Hospitals in United States Awarded for Outstanding Patient Experience Award™

Cabell Huntington Hospital (CHH) has achieved the *Healthgrades 2019 Outstanding Patient Experience Award™*. This distinction recognizes CHH among the top 10 percent of hospitals nationwide for patient experience.



“Our dedicated team strives not only to provide outstanding clinical quality but also treat our patients the way we would want our families treated,” said Kevin Fowler, president and CEO of CHH. “We are honored to receive this recognition from one of the leading resources about physicians and hospitals.”

Healthgrades evaluated 3,449 hospitals that submitted patient experience surveys to the Centers for Medicare and Medicaid Services (CMS), covering admissions from

January 2017 through December 2017, to identify hospital performance. Of those hospitals evaluated, 434 hospitals outperformed their peers — based on their patients’ responses — to achieve this distinction.

Healthgrades evaluated hospital performance by applying a scoring methodology to nine patient experience measures, using data collected from a 32-question experience survey from the hospital’s own patients. The survey questions focused on patients’ perspectives of their care in the hospital. The topics of these questions ranged from cleanliness and noise levels in patient rooms to physician and nurse communication. The measures also include whether a patient would recommend the hospital to friends or family.

“These awards are driven directly by patients’ feedback, giving them a voice in helping to improve the hospital experience while also helping other consumers make more informed healthcare decisions,” said Brad Bowman, MD, Chief Medical Officer, Healthgrades.

“We’re proud to recognize the hospitals around the country that receive the Outstanding Patient Experience Award for their commitment to providing exceptional patient experiences and always striving to put the patient first.”

Cabell Huntington Hospital is also the only hospital in West Virginia and the Tri-State region to be named to *America’s 250 Best Hospitals* and holds several other designations from Healthgrades. For a complete list of awards, visit www.cabellhuntington.org.

Physicians Named Surgeons of Excellence at Cabell Huntington

Cabell Huntington Hospital (CHH) has received the Center of Excellence in Minimally Invasive Gynecology and Robotic Surgery by Surgery Review Corporation (SRC) for the second year in a row. In addition, three more surgeons have achieved Surgeon of Excellence designations by SRC. CHH is the only hospital in West Virginia to receive this designation.

SRC develops and administers best-in-class accreditation programs for surgeons, hospitals and freestanding outpatient facilities throughout the world. The goal of the SRC is to improve patient safety and satisfaction, increase access to minimally invasive procedures and provide data-driven results.

Surgeons of Excellence in Minimally Invasive Gynecology and Robotic Surgery have served as the primary surgeon in more than 150 minimally invasive procedures and have performed at least 30 procedures annually. To attain this designation, the physicians underwent a rigorous review of all aspects of their practice by a panel of independent reviewers.

Physicians achieving Surgeon of Excellence in Minimally Invasive Gynecology are Paul S. Lee, MD, obstetrician and gynecologist (OB/GYN) at



Nadim Bou Zgheib, MD



Paul S. Lee, MD



Andrea Kellar, MD



Brian Bower, MD



Yolanda Campbell, MD



Brenda Mitchell, MD



Amanda Pauley, MD



Blaine Nease, MD



Paul Bown, MD



James Jensen, MD

CHH’s Women’s Health and Andrea Kellar, MD, OB/GYN.

Blaine Nease, MD, FACS, bariatric surgeon and assistant professor in the Department of Surgery at the Marshall University Joan C. Edwards School of Medicine has been recognized as a Surgeon of Excellence in Robotic Surgery.

A total of 10 physicians at CHH currently hold the Surgeon of Excellence designation. Minimally invasive surgery offers numerous

patient benefits, including:

- Shorter hospital stay
- Less post-operative pain and faster recovery
- Less risk of infection
- Decreased blood loss
- Less scarring
- Quicker return to normal activities

For more information on minimally invasive procedures at Cabell Huntington Hospital, please call 304.781.IMIS (4647).

St. Mary's among nation's top performing hospitals for treatment of heart attack patients

American College of Cardiology NCDR Chest Pain – MI Registry Platinum Performance Award recognizes high standards of patient care

St. Mary's Medical Center has received the American College of Cardiology's NCDR Chest Pain – MI Registry Platinum Performance Achievement Award for 2019. St. Mary's is one of only 225 of 5,000 hospitals nationwide to receive the honor.

The award recognizes St. Mary's commitment and success in implementing a higher standard of care for heart attack patients. It also signifies that St. Mary's has reached an aggressive goal of treating these patients to standard levels of care as outlined by the American College of Cardiology/American Heart Association clinical guidelines and recommendations.

To receive the Chest Pain – MI Registry Platinum Performance Achievement Award, St. Mary's has demonstrated sustained achievement in the Chest Pain – MI Registry for eight consecutive quarters and has performed at the top level of standards for specific performance measures. Full participation in the registry engages hospitals in a robust quality improvement process using data to drive improvements in adherence to guideline recommendations and overall quality of care provided to heart attack patients.

"Our patients are our top priority," said Regina Campbell, RN, MSN, director of St. Mary's Regional Heart Institute. "We are honored to receive this award, which recognizes our commitment."

"As a Platinum Performance Award recipient, St. Mary's is an established leader in setting the national standard for improving quality of care in patients with acute myocardial infarction," said Michael C. Kontos, MD, FACC, chair of the NCDR Chest Pain – MI Registry Steering Subcommittee, Virginia Commonwealth University Medical Center. "By meeting the award requirements set forth in the registry, St. Mary's has demonstrated a commitment to providing reliable, comprehensive treatment for heart attack patients based on current clinical guideline recommendations."

The Center for Disease Control estimates that over 700,000 Americans suffer a heart attack each year. A heart attack occurs when a blood clot in a coronary artery partially or completely blocks blood flow to the heart muscle. Treatment guidelines include administering aspirin upon arrival and discharge, timely restoration



of blood flow to the blocked artery, smoking cessation counseling and cardiac rehabilitation, among others.

Chest Pain – MI Registry empowers health care provider teams to consistently treat heart attack patients according to the most current, science-based guidelines and establishes a national standard for understanding and improving the quality, safety and outcomes of care provided for patients with coronary artery disease, specifically high-risk heart attack patients.





Lavender Develops Innovative Minimally Invasive ACL Reconstruction Procedure

A new innovative procedure, developed by Chad Lavender, MD, orthopedic surgeon at Cabell Huntington Hospital, offers patients with a torn anterior cruciate ligament (ACL), in some cases, healing in as little as 10 weeks compared to 10 months.



Dr. Lavender's published procedure, called *The Fertilized ACL*, uses bone marrow containing stem cells, drawn from the patient. This is concentrated and combined with Allosync Pure (a bone grafting solution) to create biologic filler. He also uses the patient's own bone reaming from the tunnels to add to this biologic filler.

The ACL is one of four major knee ligaments that aid in stability. An ACL tear is most often a sports-related injury, but can also occur during rough play, motor vehicle collisions, falls and work-related injuries. Traditionally, surgery for ACL injuries involves reconstructing or repairing the ACL using a graft to replace the ligament. The most common grafts are autografts using a part of

the body, such as the tendon of the kneecap or the hamstring tendons. Small tunnels are then drilled in the bone above the knee and another in the bone below it. Screws are then placed in the tunnels to anchor the graft in place. Alternatively small buttons may be used along the edge of the bone to secure the graft in place.

"What is left is empty space surrounding the graft in the tunnels," said Lavender, assistant professor in the department of Orthopedic Surgery at the Marshall University Joan C. Edwards School of Medicine. "Because of the possibility of movement of the graft, rerupture can occur after reconstruction. What I developed fills that space and serves to strengthen the graft, enhancing graft to bone healing and offering less pain and possibly faster recovery."

The bone marrow mixture fills the cavity in the bone. An internal brace is then added to provide strength to the graft. The entire procedure is conducted arthroscopically so there is less pain and minimal scarring.

"The biologic composite graft enhances healing so we can advance



our rehabilitation protocols," Lavender said. "We are seeing early positive radiographic results." Lavender has successfully completed more than 30 of these ACL procedures and patients have received the same benefits of standard ACL reconstructions with shorter recovery.

Lavender is accepting new patients and referrals at Marshall Health-Teays Valley located at 300 Corporate Center Drive in Scott Depot and the Marshall Sports Medicine Institute located at 2211 Third Avenue in Huntington. For more information or to schedule an appointment, please call 304.691.6710.



GET BACK INTO THE SWING

Relief from enlarged prostate symptoms without ongoing medication or major surgery

UROLIFT®

A minimally invasive, non-surgical procedure to relieve the symptoms of Benign Prostatic Hyperplasia (BPH), a common condition where the prostate enlarges as men age, is available at Cabell Huntington Hospital (CHH) and St. Mary's Medical Center (SMMC).

Nearly 70% of men 50 years and older have BPH symptoms. While BPH is a benign condition and unrelated to prostate cancer, it can greatly affect a man's quality of life. As the prostate enlarges, it presses on and blocks the urethra, causing bothersome urinary symptoms such as:

- Frequent need to urinate
- Weak or slow urinary stream
- A sense that you cannot completely empty your bladder
- Difficulty or delay in starting urination
- Urgent feeling of needing to urinate
- A urinary stream that stops and starts

Stephen Woolums, MD, medical director of the kidney stone program at Cabell Huntington Hospital and a board-certified urologist at Huntington Internal Medicine Group, offers patients relief of BPH using the UroLift System®.



"We are committed to providing patients with the highest quality and most effective options to address their urologic needs. This procedure is quick and

patients see immediate results," said Dr. Woolums, who has over 200 successful BPH procedures. "It takes less than 10 minutes, using a very light anesthesia."

During the procedure, implants are inserted through the urethra and into the prostate to lift or hold the enlarged prostate tissue out of the way. This opens the urethra while leaving the prostate intact.



"The alternative to the UroLift System is surgery that cuts or ablates (burns) prostate tissue, which increases recovery time and side effects," said Amjad

Alwaal, MD, board-certified urologist and assistant professor in the Department of Urology at Marshall University Joan C. Edwards School of Medicine. "With UroLift, there is no cutting, heating or removal of the prostate and patients return home with immediate results.

The benefits of the UroLift System include:

- Minimally invasive
- Faster recovery
- Significant improvement of quality of life



"The testimonials we have heard from patients further reinforce the quality outcomes of this procedure," said Rocco Morabito Jr., MD, a board-certified urologist at St. Mary's Urology.

"From lessening bathroom visits to improving intimate relationships, it is gratifying to be a part of the success."

Drs. Woolums and Morabito, Jr., hold a Center of Excellence (COE) Designation by the UroLift Corporation. Urologists in the UroLift COE program have achieved a higher level of training with the UroLift System and demonstrate a commitment to exemplary care for men suffering from symptoms associated with BPH.

For more information, please visit www.cabellhuntington.org or www.st-marys.org.



Joint Venture Will Focus on Clinical Solutions and Services, Including a New Laboratory, to Lead Opioid Solutions for West Virginia

Mountain Health Network (MHN) has entered into a joint venture with Marshall Health and HealthTrackRx® to offer clinical and laboratory services to monitor controlled substance misuse. The joint venture will create a new organization focused on tackling the ongoing opioid epidemic in West Virginia and the surrounding regions.

The new laboratory will be located at 256 3rd Avenue in Huntington. It will provide drug testing services for physicians and hospitals and support HealthTrackRx's GuideMed® clinical solution. GuideMed enables physicians and hospitals to provide new resources for safe prescribing and monitoring medication use in people being treated with opioids and other controlled substances. The program has been used by more than 30,000 people and initial results have shown improved patient compliance and medication use. MHN is committed to providing services that both support safe medication prescribing and help identify patients at risk of substance misuse for referral to further treatment.

"We are eager to bring these services to our region and believe they will be vital in providing support to those recovering from substance use disorder," stated Michael Mullins, president and CEO, Mountain Health Network. The *GuideMed* program will provide a framework to assist in return-to-work programs and assure employers in hiring recovery patients. It also will assist physicians with safely prescribing and monitoring medications for those requiring treatment for pain management."

The *GuideMed* program and its patent-pending technology can help providers meet new legislative requirements for prescribing opioids. It provides customized patient reports to physicians, compiles data on risk and compliance and allows for centralization of patient education and testing. The service will allow physicians to delegate the monitoring activities and reporting requirements to the joint venture, to help relieve the burden on them and their staff.

"Research and preliminary data from our program show that comprehensive monitoring yields greater success for our patients to achieve long-term recovery—that's the most important part," said Beth L. Hammers, chief executive officer of Marshall Health. "This new service is a means to that end, taking the burden of continuous monitoring off the physicians and their staff while still allowing them to chart progress and make adjustments throughout the process."

"*GuideMed* originated from the goal of supporting physicians in monitoring their patients and properly prescribing pain medications. Our objective is to provide a turnkey program that helps ensure safe prescribing, while also supporting improved pain treatment outcomes," said Dr. Doug Brenner, president and CEO of HealthTrackRx.

Annual Survivors' Day Celebration!

Over 300 people attended the annual Edwards Comprehensive Cancer Center Cancer Survivors' Day celebration on June 2 at the Erma Ora Byrd Center. Current ECCC patients, survivors and their loved ones enjoyed games, food and fellowship.



 **Edwards
Comprehensive
Cancer Center**
at Cabell Huntington Hospital

STANDING OUT IN OUR FIELD

Standing Out in Our Field is a major fundraiser for the Marshall University Joan C. Edwards School of Medicine. This year's event raised more than \$100,000 for medical student scholarships



Cabell Huntington Hospital Offers Total and Partial Hip and Knee Replacement with the Mako System

Cabell Huntington Hospital (CHH) is the only hospital in the region to offer robotic-arm assisted total and partial hip and knee replacement with Stryker's *Mako System*. This highly advanced robotic technology transforms the way joint replacement surgery is performed, providing surgeons with enhanced accuracy.



"The *Mako System* allows us to provide each patient with a personalized surgical experience based on their specific diagnosis,"

said Matthew Bullock, DO, orthopedic surgeon and assistant professor in the Department of Orthopaedics at Marshall University Joan C. Edwards School of Medicine. "Using a virtual

3D model, we can create each patient's surgical plan before entering the operating room. During surgery, we can validate that plan and make any necessary adjustments while guiding the robotic arm."

A CT scan of the diseased hip or knee joint is taken and uploaded into the *Mako System* software and a 3D model of the patient's hip or knee is created. This 3D model is used to create a personalized surgical plan and identify the implant size, orientation and alignment for total hip or knee replacement.

In the operating room, the surgeon follows the personalized surgical plan while preparing the bone for the implant. The surgeon guides the robotic arm within the pre-defined

area and the *Mako System* helps the surgeon stay within the planned boundaries that were defined when the personalized pre-operative plan was created.

During partial hip and knee replacement, a CT scan and 3D modeling of the patient's bone anatomy is uploaded into the *Mako System*. The surgeon uses the pre-defined plan to resurface the diseased portion of the knee while helping to spare the healthy bone and ligaments surrounding the knee joint.

"This technology offers patients the most accurate outcomes," said Bullock. "This further demonstrates our commitment to provide the patients of our region with excellent health care."

For more information on minimally invasive procedures at Cabell Huntington Hospital, please call 304.781.IMIS (4647).