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MAGAZINE



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Message from the President & CEO



Meet new CEO
Michael Mullins

Greetings! I have the privilege of serving as the President and Chief Executive Officer of the newly-formed Mountain Health Network.

I am honored to bring more than 30 years of experience to the dedicated teams at Cabell Huntington Hospital, St. Mary's Medical Center and Pleasant Valley Hospital, and I believe together we can achieve more than we ever thought possible.

We have a unique opportunity not many systems have. We get to shape the future of health care for the next generation.

As I am getting acquainted with the region, its rich history and the passion of its communities, I am even more honored to serve in this role.

I do not take this responsibility lightly. I have learned about the decades of renowned health care all three hospitals have brought to the Tri-State region, and I am committed to providing quality patient care that is second to none. In its first year the hospitals have earned several awards and recognitions in quality and safety.

I look forward to guiding the new system to be the region's destination for health care. You can be assured that Mountain Health Network will continue to lead the way in providing quality, accessible and affordable health care.

Michael L. Mullins

Michael L. Mullins, FACHE
President & CEO
Mountain Health Network

President &
Chief Executive Officer
Mountain Health Network
Michael L. Mullins

Cabell Huntington Hospital
President & CEO
Kevin N. Fowler

St. Mary's Medical Center
President & CEO
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Mullins selected to lead *Mountain Health Network*

In January, Michael Mullins, FACHE, accepted the position of President and Chief Executive Officer for Mountain Health Network. On March 1, Mullins arrived to assume his duties to oversee the new regional health system that includes Cabell Huntington Hospital, St. Mary's Medical Center and Pleasant Valley Hospital.

Mullins arrives from Ascension Healthcare, a non-profit Catholic health system where he served as Senior Vice President of Ascension Healthcare and CEO/Ministry Market Executive for Via Christi in Kansas, and St. John's Health in Oklahoma. He oversaw 12 hospitals where he was responsible for leading integration processes, structuring clinical integration, enhancing medical staff relationships, guiding financial success and mentoring executives.

"We are pleased to welcome Michael Mullins as the system's permanent CEO," said Kevin Yingling, RPh, MD, chairman, Mountain Health and CHH Board of Trustees. "Mr. Mullins has expertise in leading hospital systems to success through strategic priorities of growth, quality, patient experience and financial performance. Further, I commend the board selection committee, and former Interim System CEO Gary White, for their dedication and commitment to the process."

"Mike's impressive leadership strengths as a communicator, collaborator and mentor will help Mountain Health Network

achieve its vision of creating a regional system that improves quality, access and affordability," said Gary White.

In addition to his leadership roles with Ascension Healthcare, Mullins brings more than 30 years of hospital leadership experience. He served as regional vice president of Quorum Health's Colorado region, and provided leadership

and operations support for 12 hospitals and strategic business arrangements. Additionally, he served in chief executive officer positions for Community Health Systems and Triad Hospitals. He led Gateway Health System in Clarksville, Tennessee; Kosciusko Community Hospital in Warsaw, Indiana; and Unimed Medical Center of St. Joseph's Hospital in Minot, North Dakota.

Mullins is a retired captain of the Medical Service Corps, United States Naval Reserves, where he served for 28 years including Operation Enduring Freedom and Operation Iraqi Freedom. His last assignment was a tour as commanding officer for a

Commissioned Reserve Medical Unit for the Navy. He holds a master's degree in healthcare administration from Trinity University, San Antonio, Texas, and a bachelor's degree in political science from University of Texas at El Paso. He is a Fellow of the American College of Healthcare Executives.

Mike and his wife, Melissa, have two adult sons, Nicholas and Austin.



Kevin Yingling, RPh, MD

Who's Leading The Way

Mountain Health Network announces new leadership team

Michael Mullins, president and chief executive officer, Mountain Health Network, has announced the corporate leadership team for the newly formed system. These new responsibilities became official March 8, 2019.

Mountain Health Network's commitment to continuing to provide our patients and their families with the highest quality and most technologically advanced care means defining and developing the new system," Mullins stated. "It is my pleasure to announce the team members who will

assume responsibilities and join me in leading the new system. Each of them brings a wealth of experience to their roles."

Key system appointments include:

Hoyt J. Burdick, MD, chief clinical officer, is board certified in Internal Medicine, Pulmonary Diseases and Critical Care Medicine. Dr. Burdick has been with Cabell Huntington Hospital for 25 years and currently serves as Senior Vice President and Chief Medical Officer. In this expanded role as Chief Clinical Officer, Dr. Burdick will guide the delivery of clinically integrated services that align



Hoyt J. Burdick



Dennis Lee



Susan Beth Robinson



Paul English Smith



Lisa Chamberlin Stump



Monte Ward

with national best practices in quality and safety.

Dennis Lee, chief information officer, has been the Vice President of Information Systems and Chief Information Officer for Cabell Huntington Hospital since 2011, and has led implementation of CPOE, physician documentation, and a host of other health technology and systems.

Susan Beth Robinson, chief human resources officer, has served as the Vice President of Human Resources (HR) for St. Mary's Medical Center since 1998. She oversees the development and implementation of HR operations, including HR policies, processes and procedures that support HR operations throughout the system. As such, Ms. Robinson leads the overall system HR structure that will allow the system to integrate new members seamlessly and efficiently.

Paul English Smith, vice president and general counsel, has served as in-house legal advisor to the Cabell Huntington Hospital's governing body, management and the Medical and Dental Staff since 1985. Mr. Smith is responsible for directing all legal, insurance, risk management, compliance and related affairs of the healthcare system and its related organizations and subsidiaries.

Lisa Chamberlin Stump, chief strategy officer, has served as the Vice President, Strategic Marketing, Planning & Business Development at Cabell Huntington Hospital since 2012. Ms. Stump leads the system strategic planning, corporate branding and campaigns; advertising, social and digital media, physician outreach and community relations activities.

Monte Ward, chief financial officer, joined Cabell Huntington Hospital in 1978 and serves as Chief Financial Officer. In his new role, Mr. Ward is responsible for the financial operations, strategic financial outlook, leadership and performance of the Mountain Health system including its affiliated companies and subsidiaries.

Kevin Yingling, MD, RPh, chairman of the Mountain Health Network Board of Directors stated, "This management team has accomplished a great deal during

the past year. My fellow board members and I believe that this team has the vision to make Mountain Health a world-class health care system." Yingling added, "We are excited about Mountain Health's opportunity to make a meaningful difference in the health of our region and make Huntington a health care destination."

“ My fellow board members and I believe that this team has the vision to make Mountain Health a world-class health care system. ”

CHAIRMAN OF THE MOUNTAIN HEALTH NETWORK BOARD OF DIRECTORS
KEVIN YINGLING, MD, RPh

Personalized Care

Leading the Way in Partial Hip and Knee Replacement



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. "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.

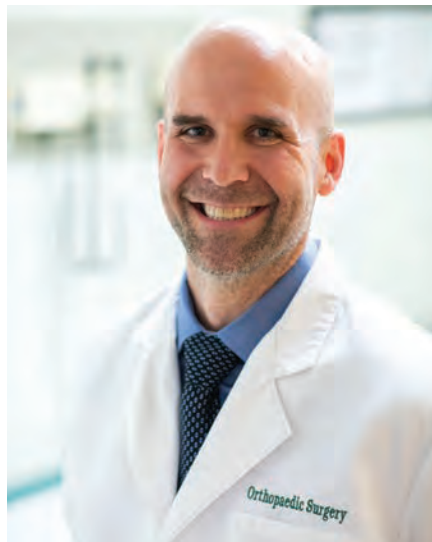
In the operating room, the surgeon follows the personalized

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," Bullock said. "This further demonstrates our commitment to provide the patients of our region with excellent healthcare."

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



Matthew Bullock, DO

Matthew Bullock is an assistant professor in the Department of Orthopaedics at Marshall University Joan C. Edwards School of Medicine.



Expanding the reach of Quality Care

Mountain Health Network and Pleasant Valley Hospital sign Joint Management Services Agreement

To provide patients in Mason, Jackson and surrounding counties with quality health care for years to come, Pleasant Valley Hospital (PVH) and Mountain Health Network have finalized a Management Services Agreement for both the hospital and the nursing and rehabilitation center at PVH.

The agreement was approved by the PVH Board of Directors on Jan. 28, 2019, and by the Mountain Health Board of Directors on March 5, 2019, replacing the previous agreement entered into by PVH and Cabell Huntington Hospital (CHH) in December 2013.

"For the past five years, PVH and CHH have had a positive working relationship that has benefited the residents of Mason, Jackson and surrounding counties," said Michael Mullins, FACHE, president and

CEO of Mountain Health Network. "The combination of shared common goals, dedicated staff and quality patient care has formed a strong foundation for success that we intend to build upon."

"The combination of shared common goals, dedicated staff and quality patient care has formed a strong foundation for success that we intend to build upon."

PRESIDENT AND CEO OF
MOUNTAIN HEALTH NETWORK
MICHAEL MULLINS, FACHE

Established in 1959, Pleasant Valley Hospital is a not-for-profit health care system that provides community-oriented health care for Mason and Jackson counties in West Virginia and the counties of Gallia and Meigs in Ohio. The 201-bed facility includes a 101-bed acute care facility, a 100-bed nursing and rehabilitation center, three medical equipment sites and a full range of rehabilitation services. PVH also operates 13 medical clinics. PVH will continue to retain its name and continue as a full-service, separate hospital in Point Pleasant with its own medical staff and employees.

Heart Health

St. Mary's Regional Heart Institute provides quality care close to home

On Sept. 27, 1979, J.D. Harrah, MD, performed the Tri-State's first open-heart surgery at St. Mary's in the hospital's brand new \$2.35 million heart unit. It was an important moment for the region as it allowed Huntington area patients to stay closer to home for heart surgery, instead of forcing them to travel to Cleveland or Lexington.

Now, 40 years later, St. Mary's Regional Heart Institute continues to provide the most advanced heart care for the Tri-State.

"Heart care has evolved significantly since Dr. Harrah's landmark surgery 40 years ago," said Regina Campbell, RN, MSN, director of St. Mary's Regional Heart Institute. "We're proud to continue to lead the way in the region."

St. Mary's cardiovascular surgeons use both the latest technologies and techniques, including minimally invasive surgeries and procedures.

"Minimally invasive surgeries have truly changed the game since they allow patients to recover much more quickly and reducing hospital length of stay," Campbell said.

Nestor F. Dans, MD, a board-certified cardiovascular and thoracic surgeon, has recently joined the team at St. Mary's Cardiovascular & Thoracic Surgeons. Dr. Dans has more than 20 years of experience in all aspects of



Nestor F. Dans, MD

adult cardiac, thoracic and vascular surgery. He offers a full spectrum of services, including cardiac surgery and aortic surgery with an emphasis on minimally invasive procedures, such as aortic and mitral valve repair and replacement.



St. Mary's Cardiovascular and Thoracic Surgeons have the highest rating from the Society of Cardiovascular and Thoracic Surgeons. St. Mary's was recently recognized by Highmark Blue Cross Blue Shield West Virginia with the prestigious Blue Distinction® Centers+ for Cardiac Care designation. St. Mary's is also proud



Designated
BlueDistinction
Center+
Cardiac Care

to be an accredited chest pain center with Primary PCI through the American College of Cardiology.

U.S. News and World Report named St. Mary's a Best Regional Hospital, including a designation of excellence in the treatment of heart failure. St. Mary's is one of only 203 hospitals nationwide to receive the American College of Cardiology's National Cardiovascular Data Registry ACTION Registry Platinum Performance Achievement Award.

"Patient care is our number one priority and these acknowledgements recognize that, as well as our total commitment to the people we serve," Campbell said.

For more information about St. Mary's Regional Heart Institute, visit www.st-marys.org.



St. Mary's Cardiovascular and Thoracic Surgeons Richard Heuer, MD (left), and Nepal Chowdhury, MD (center), have the highest rating from the Society of Cardiovascular and Thoracic Surgeons. Assisting Dr. Heuer and Dr. Chowdhury in the care of heart patients is Andrew Christopher, MD (right), cardiac critical care intensivist.



The staff of St. Mary's Chest Pain Center.

Leading the Way in Heart Care

St. Mary's Medical Center receives achievement award in heart care



St. Mary's Medical Center has received the American Heart Association's *Get With The Guidelines*®-Heart Failure Gold Plus Quality Achievement Award. This is the sixth year in a row St. Mary's has earned this award.

The award recognizes the hospital's commitment to ensuring heart failure patients receive the most appropriate treatment according to nationally recognized, research-based guidelines founded in the latest scientific evidence. The goal is speeding recovery and reducing hospital readmissions for heart failure patients.

St. Mary's earned the award by meeting specific quality achievement measures for the diagnosis and treatment of heart failure patients at a set level for a designated period. These measures include evaluation of the proper use of medications and aggressive risk-reduction therapies. Before discharge, patients should receive education on managing their heart failure and overall health, get a follow-up visit scheduled, as well as other care transition interventions.

"St. Mary's is dedicated to improving the quality of care for our patients with heart failure by implementing the American Heart Association's *Get With the Guidelines*-HF

initiative," said Shari Wiley, RN, MSN, FNP-BC, CHFN, heart failure nurse practitioner. "The tools and resources provided help us track and measure our success in meeting evidence-based clinical guidelines developed to improve patient outcomes."



Shari Wiley, RN, MSN, FNP-BC, CHFN, St. Mary's heart failure nurse practitioner

"We are pleased to recognize St. Mary's for their commitment to heart failure care," said Lee H. Schwamm, MD, national chairperson of the Quality Oversight Committee and Executive Vice Chair of Neurology, Director of Acute Stroke Services, Massachusetts General Hospital, Boston, Massachusetts. "Research has shown that hospitals adhering to clinical measures through the *Get With the Guidelines* quality improvement initiative can often see fewer readmissions and lower mortality rates."

According to the American Heart Association, more than 6.5 million adults in the United States are living with heart failure. Many heart failure patients can lead a full, enjoyable life when their condition is managed with proper medications or devices and with healthy lifestyle changes.

For more information about St. Mary's heart failure program, visit www.st-marys.org.

Leading the Way in Care for the Tri-State

St. Mary's Medical Center named a best regional hospital by U.S. News and World Report



U.S. News and World Report awarded St. Mary's Medical Center with its elite "Best Regional Hospital" Award for 2018/2019.

U.S. News and World Report awarded St. Mary's Medical Center with the elite "Best Regional Hospital" 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.

U.S. News evaluated more than 4,500 hospitals across the nation and surveyed more than 200 metro areas to find 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."



Todd Campbell, president and CEO of SMMC

Hospital leaders at St. Mary's Medical Center say the mission and values of the Pallottine Sisters 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."

The hospital rankings are published yearly. St. Mary's 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](https://health.usnews.com/best-hospitals/area).

Continued Top Success

Cabell Huntington Hospital's commitment to leading the way is recognized with top awards from Healthgrades

Cabell Huntington Hospital (CHH) is the only hospital in West Virginia and the Tri-State region to be named to *America's 250 Best Hospitals* by Healthgrades.

Healthgrades, the leading online resource for information about physicians and hospitals, released the award recipients in early February 2019. These hospitals demonstrate superior clinical outcomes across the majority of common inpatient conditions and procedures and sustained this performance for at least five consecutive years. This award recognizes the top 5 percent of 5,000 hospitals in the nation for clinical excellence.

"I am proud of our entire team's passion and dedication to the highest levels of patient care. This is evident in their performance, commitment and excellence," said Kevin Fowler, president and CEO of CHH. "This award validates our hospital's mission to provide quality outcomes and clinical excellence to those we are privileged to serve. It is another example of why Huntington, West Virginia, is becoming the regional destination for quality health care."

CHH Among 100 Best Hospitals for Joint Replacement Eight Years in a Row

CHH has also been recognized among *America's 100 Best Hospitals* for Joint Replacement for the eighth year in a row. CHH has received this designation for as long as this award has been available to the public. Not only do America's



Kevin Fowler, president and CEO of CHH

Best Hospitals demonstrate superior clinical outcomes and sustained performance, they also prioritize collaboration across the organization.

CHH has also received recognition from Healthgrades as one of 2019 *America's 100 Best Hospitals* for Orthopedic Surgery. These achievements place CHH's Mary H. Hodges Joint Replacement Center among the Top 100 hospitals out of nearly 4,500 evaluated. In addition, CHH is also celebrating 12 consecutive years as a 5-star (out of five stars) designated facility for knee replacement surgery.

"We are pleased to share our ratings each year to help guide patients to the best care and best outcomes possible," said Ali Oliashirazi, MD, surgical director of the Mary H. Hodges Joint Replacement Center. "The quality of orthopedic procedures and the physicians who perform them can be vastly different, which impacts the results for patients. Healthgrades creates transparency by providing objective data to help patients choose the physician and hospital they can trust. That's why patients travel to Cabell Huntington Hospital from across the nation to receive care delivered by our experienced, nationally-ranked joint replacement team."

"Many consumers believe that hospital quality is standardized, though the reality is that clinical quality and outcomes at hospitals vary widely across the country," said



Brad Bowman, MD, Healthgrades' chief medical officer. "The hospitals that have achieved the Healthgrades *America's 100 Best Hospitals* for Joint Replacement distinction have demonstrated a commitment to exceptional quality of care and can distinguish themselves to consumers seeking care at high-quality facilities."

For a comprehensive list of Healthgrades awards presented to Cabell Huntington Hospital, visit us on the web at www.cabellhuntington.org.

Ali Oliashirazi, MD, is a professor and chair of the Department of Orthopaedic Surgery at the Marshall University Joan C. Edwards School of Medicine.

CHH's Awards of Continued Excellence include:

- **ONLY** hospital in WV to be **America's 100 Best for Joint Replacement 8 consecutive years** (2012-2019)
- **ONLY** hospital in WV to receive **Joint Replacement Excellence Award™ 12 consecutive years** (2008-2019)
- **ONLY** hospital in WV among the **top 5% in the Nation for Joint Replacement 9 consecutive years** (2011-2019)
- **ONLY** hospital in WV Among the **top 10% in the Nation for Joint Replacement 12 consecutive years** (2008-2019)
- **ONLY** hospital in WV and KY to receive the **Orthopedic Surgery Excellence Award** (2018-2019)
- **ONLY** hospital in WV among the **top 10% in the nation for overall orthopedic services** (2018-2019)
- **Five-Star Recipient** for treatment of **Sepsis** (2018-2019)
- **Five-Star Recipient** for treatment of **respiratory failure** (2016-2019)

These achievements are part of findings released in the Healthgrades 2019 Report to the Nation. The new report demonstrates how clinical performance continues to differ dramatically between hospitals nationally, regionally and at the local level, and the impact that this variation may have on health outcomes. For example, from 2014-2016, patients treated at hospitals receiving the America's 100 Best Hospitals for Joint Replacement Award have, on average, 60.2% lower risk of experiencing a complication while in the hospital than if they were treated in hospitals that did not receive the award.*

*For its analysis, Healthgrades evaluated approximately 45 million Medicare inpatient records for nearly 4,500 short-term acute care hospitals nationwide to assess hospital performance in 32 common conditions and procedures, and evaluate outcomes in appendectomy and bariatric surgery using all-payer data provided by 17 states. Healthgrades recognizes a hospital's quality achievements for cohort-specific performance, specialty area performance, and overall clinical quality. Individual procedure or condition cohorts are designated as 5-star (statistically significantly better than expected), 3-star (not statistically different from expected) and 1-star (statistically significantly worse than expected) categories. The complete Healthgrades 2019 Report to the Nation and detailed study methodology can be found at www.healthgrades.com/quality.

Setting the Standard in Orthopaedics

Cabell Huntington Hospital earns Advanced Certification for Total Hip and Knee Replacement

When facing joint replacement surgery, patients and their families want only the best. At Cabell Huntington Hospital (CHH), the joint replacement surgical team leads the region in skill and expertise. CHH has earned The Joint Commission's *Gold Seal of Approval® for Advanced Certification for Total Hip and Total Knee Replacement*, the only hospital in the Tri-State to obtain this designation.

The advanced certification is for Joint Commission-accredited hospitals seeking to elevate the quality, consistency and safety of patient care. CHH underwent a rigorous onsite review. During that visit, The Joint Commission experts evaluated compliance with advanced disease-specific care standards for total hip and total knee replacement requirements, including orthopaedic consultation, and pre-operative, intraoperative and post-surgical orthopaedic surgeon follow-up care.

"Achieving the Advanced Total Hip and Total Knee Replacement Certification recognizes our commitment to provide care in a safe and efficient manner," said Kevin Fowler, president and CEO of CHH. "The advanced certification verifies the coordinated and comprehensive care Cabell

Huntington Hospital provides to patients undergoing a total hip or total knee replacement."

"This advanced certification is the product of phenomenal teamwork among physicians, nurses, technicians and physical and occupational therapists," said Ali Oliashirazi, MD, surgical director of the Mary H. Hodges Joint Replacement Center at CHH. "This collaboration among experts produces the absolute best outcomes every single time."

Established in 2016 and awarded for a two-year period, the advanced certification was developed in response to the growing number of patients undergoing a total hip or total knee replacement surgery, as well as the increased focus on clinical evidence-based patient care as it relates to pain management, quality of life issues, functional limitation in mobility and the return to normal daily activities.

For more information on knee and hip replacements call Marshall Orthopaedics at 304.691.1262. The Mary H. Hodges Joint Replacement Center can be reached at 304.526.2607.

Ali Oliashirazi, MD, orthopaedic surgeon, is professor and chair in the Department of Orthopaedics at the Marshall University Joan C. Edwards School of Medicine.



Ali Oliashirazi, MD

ACL *Advancements*

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, drawn from the patient, containing stem cells. 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 involved 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," Lavender said. "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 Fertilized 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.

Chad Lavender, MD, is an assistant professor in the Department of Orthopaedics at the Marshall University Joan C. Edwards School of Medicine.



Chad D. Lavender, MD

Minimally Invasive, Maximum Results

CHH performs most robotic procedures in the region



James Jensen, MD, FACS



Nadim Bou Zgheib, MD, FACOG



Blaine Nease, MD, FACS

Patients are researching their options for surgery more than ever, and the research shows experience matters. Cabell Huntington Hospital (CHH) is home to the *da Vinci Xi[®] Surgical System*, the most advanced robotic surgical system available, and performs more minimally invasive robotic procedures than any other hospital in West Virginia and the region.

“Robotics has revolutionized minimally invasive surgery,” said James Jensen, MD, board-certified urologic oncologist and director of robotic surgery at the Edwards Comprehensive Cancer Center (ECCC). Dr. Jensen has performed over 1,500 robotic kidney, bladder and prostate cancer procedures using the *da Vinci Surgical System*. “I was among the first 20 doctors in the country to adopt

robotic surgery as a full-time practice; and since then, the technology, tools and techniques have only improved.”

Dr. Jensen uses the *da Vinci Surgical System* to perform a wide range of procedures, from radical prostatectomy to urethral reconstruction surgery. The procedures are performed laparoscopically, but with greater precision and better access to hard-to-reach areas than traditional laparoscopy.

Nadim Bou Zgheib, MD, board-certified and fellowship-trained gynecologic oncologist at the ECCC, has performed more than 1,000 surgeries using the *da Vinci Surgical System*.

“With the *da Vinci*, I am able to perform extremely complex procedures through the same small incisions you would find in traditional laparoscopy,” said Dr. Bou Zgheib, who also serves as chairman of CHH Robotics Committee. “The *da Vinci Surgical System* is essentially an interface for laparoscopic surgery, but it’s an interface with tremendous advantages for both surgeons and patients.”

Among the benefits for patients are less pain, less blood loss, less risk of infection and a quicker recovery. For surgeons, it reduces fatigue – especially important during complex surgeries – and provides a more ergonomic environment than a standard operating room.

“It gives us greater precision and control and better visualization of the operating field. Simply put, it enhances our surgical capabilities,” said D. Blaine Nease, MD, board-certified bariatric surgeon at CHH.

Dr. Nease has completed over 500 *da Vinci* procedures. He specializes in surgical weight control procedures including gastric bypass, adjustable gastric band, duodenal switch, Orbera[®] intragastric balloon and sleeve gastrectomy.

“We’re getting people back to their lives,” he said. “The growth of our *da Vinci* program has been a significant milestone in terms of surgical advancement and improved quality of life for our patients.”

The Institute for Minimally Invasive Surgery at CHH is a Center of Excellence in Robotic Surgery and has been recognized as a Center of Excellence for Minimally Invasive Gynecologic Surgery by the Surgery Review Corporation. CHH is the only hospital in West Virginia to achieve these designations.

For more information, call the Institute for Minimally Invasive Surgery at 304.781.4647 or visit www.cabellhuntington.org.

James Jensen, MD, FACS, is professor/chair of the Department of Surgery at the Marshall University Joan C. Edwards School of Medicine.

Nadim Bou Zgheib, MD, FACOG, is an assistant professor in the Department of Gynecology.

D. Blaine Nease, MD, FACS, is an assistant professor in the Department of Surgery.

URGENT CARE VS. ER

What constitutes an emergency medical event



In the midst of a medical event, it can be hard to navigate what constitutes a visit to the emergency room.

Thanks to Cabell Huntington Hospital (CHH) Family Urgent Care Center Medical Director Gary Cremeans, MD, that decision just got clearer.

Cremeans leads the qualified team of two physician assistants, one nurse practitioner and support staff at the urgent care center.

“As the name implies, the emergency room, or ER, is for true emergencies, such as heart attacks, strokes, major traumas, major fractures and serious illnesses,” Cremeans said. “Urgent care is designed to take care of patients who have needs that are not life-threatening, but are important and urgent enough that care should be provided as soon as possible,” Cremeans said.

St. Mary’s Medical Center opened their Urgent Care center July 2014. The 5000-square-foot facility offers weekend and evening hours.

Conditions that can be treated at urgent care include: upper respiratory infections, minor fractures, sprains and strains, minor burns, urinary tract infections, allergies, sinus infections and minor cuts.

Both urgent care facilities offer an on-site lab, X-ray and other physical exams a patient may need.

“We want our patients to have the best outcome possible, and

having strong relationships in the medical community helps us offer that,” Dr. Cremeans said.

Both facilities offer the option for care on the weekends — when a condition may not be severe enough to head to the emergency room and a primary care physician may be unavailable.

Cremeans recommends visiting an emergency room for a true emergency, which include major fractures, major traumas, heart attacks, strokes and other serious illnesses.

“If you have chest pain that you even consider for a second might be pain from a heart problem or a cardiac origin, you should call 911 and go directly to the ER,” Cremeans said. “If you’ve had any kind of major trauma or head injury — anything that we would consider neurological, such as severe headache, numbness, weakness, dizziness or blurred vision.”

The Cabell Huntington Hospital Family Urgent Care Center located off the Fifth Street exit of I-64 in Huntington. The center is open seven days a week from 8 a.m. to 11 p.m. and no appointments are necessary. For more information call 304.525.2273 or visit

www.cabellhuntington.org.

St. Mary’s Urgent Care is located at 2815 Fifth Avenue in Huntington. It is open seven days a week from 9 a.m. to 9 p.m. and no appointments are necessary. For more information call 304.399.7182 or visit www.st-marys.org.



Gary Cremeans, MD

Quality Care for *Children*

Hoops Family Children’s 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 for the 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 VON 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% 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 throughout their lifetimes 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 of the 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.



Eduardo Pino, MD, medical director of the Hoops Family Children’s Hospital



Melanie Akers, director of the Hoops Family Children’s Hospital

The Tri-State Goes Red for Women

The Tri-State Goes Red for Women Celebration, sponsored by St. Mary's Regional Heart Institute and the American Heart Association, took place Friday, Feb. 1 at St. Mary's Conference Center.



Dr. Mark Studeny



Sarah Bolyard, West Virginia American Heart Association

(Above) Nearly 300 women across the Tri-State received free health screenings and information about heart disease, the number one killer of both women and men in the US. Jenn Seay of WKEE served as emcee and Mark Studeny, MD, cardiologist at St. Mary's Regional Heart Institute and chair of the Department of Cardiovascular Services at Marshall University Joan C. Edwards School of Medicine, was the guest speaker.

Also speaking at the event was Executive Director of the West Virginia American Heart Association Sarah Bolyard.

The *Go Red* Fashion Show from area businesses, was also a highlight. All proceeds from the event benefitted the American Heart Association.



(Left to Right) Jamilyn Dean, community wellness coordinator at St. Mary's, models her outfit from Macy's with help from her son, Jameson. Emcee Jenn Seay shows off the official *Go Red for Women* dress from Macy's, and is escorted by The Professor from B97.1 in a tuxedo from Skeffington's Formal Wear. St. Mary's Director of Human Resources Chris Mokas is "born to be wild" in an outfit from Black Sheep Harley-Davidson.



The *Go Red* Fashion Show models pose for one final photo. (L-R): Andy Fischer, Jamilyn and Jameson Dean, Dr. Amber Kuhl, Elsa Meade, Jenn Seay, The Professor, Chris Mokas, Tim Black, Susan Nicholas, Dr. Andrea Lauffer, Larry Caines, Regina Campbell, Dr. Mark Studeny, and Angel Schneider.



(Left to Right) Regina Campbell, director of St. Mary's Regional Heart Institute, practices her swing in a golf ensemble from Dick's Sporting Goods. Larry Caines, St. Mary's director of facility operations, steps out in an outfit from Macy's. WSAZ First Look at Four Co-Anchor Susan Nicholas takes to the runway in an outfit from Macy's.



CONCERT FOR A CURE

The Foundation of Cabell Huntington Hospital and St. Mary's Medical Centers' held the inaugural *Concert for a Cure* featuring Creedence Revived and Dear John. The event was held at the Barboursville Park Amphitheater last August.

HARLEM GLOBETROTTER VISITS HOOPS

When the Harlem Globetrotters brought their tour to town in January, one player made a special trip to Hoops Family Children's Hospital. Guard Jet Rivers, who joined the Globetrotters in 2017, spent the day bringing smiles to children at Hoops.



DINING WITH A DOC

The first Tuesday of each month features a physician who shares knowledge and cooking skills. Raj K. Khanna, DMD, MD, board-certified oral and maxillofacial surgeon shows how changing your diet can help your overall health. Check out our website www.cabellhuntington.org and reserve your spot for the next class.



LIGHT IT UP

Kevin Fowler, president and CEO of Cabell Huntington Hospital, joined cancer survivor Paula Paisley to flip the switch to light the Cancer Center pink and kick off Breast Cancer Awareness Month.



BELLA AND BELLA

Last fall, Bella Masters (left) celebrated being five years cancer free. In honor of her courageous cancer-fighting spirit, the hospital's new therapy dog, owned by Dick and Robin Ash, was named Bella.



HUNTINGTON AREA CHAPTER AARP

Juanita Garces, MD, neurosurgeon, St. Mary's Neurosurgery, spoke to the Huntington Area Chapter AARP Oct. 8. The chapter meets the second Monday of each month at St. Mary's Conference Center.

THE TOTAL WOMAN

St. Mary's *The Total Woman* presented "Listen to Your Heart: Heart Disease Symptoms You Can't Ignore" Sept. 26. Attendees learned the importance of paying attention to their heart health and saw demonstrations of hands-only CPR and automated external defibrillators (AEDs).



REAL MEN WEAR PINK

The staff of St. Mary's Breast Center showed their support for Ben Moosavi, MD, medical director, St. Mary's Breast Center on *Real Men Wear Pink Day*, Oct. 10. Dr. Moosavi was a candidate for the American Cancer Society's Real Men Wear Pink of West Virginia campaign.



LADIES IN PINK LUNCHEON

St. Mary's Regional Cancer Center presented its 13th annual Ladies in Pink Luncheon Oct. 16 at Guyan Golf and Country Club. Ben Moosavi, MD, medical director, St. Mary's Breast Center, was the featured speaker. Proceeds from the event supported the St. Mary's Pink Ribbon Fund, which provides breast health services to uninsured and underinsured women in the Tri-State.



UNITED WAY OF THE RIVER CITIES

St. Mary's annual fundraising campaign raised \$65,000 for United Way of the River Cities. SMMC kicked off the employee campaign Nov. 27 with a Christmas theme, including an ugly sweater contest.



LEE DAVID SALON

The staff of Lee David Salon presented the St. Mary's Foundation with a check for the St. Mary's Pink Ribbon Fund. The donation was a result of the salon's Breast Cancer Awareness Month raffle.



MARSHALL HALL OF FAME CAFE

Marshall Hall of Fame Café presented the St. Mary's Foundation with a check for the St. Mary's Pink Ribbon Fund. The donation was a result of the café's Pink Out! Oct. 17.

GIRLS NIGHT OUT

St. Mary's *The Total Woman* program presented its annual Girls Night Out Nov. 1 at the Huntington Museum of Art. The theme was "A Night at the Museum." Attendees were able to visit areas of the museum, as well as create a simple art project. Amy Browning, educator, St. Mary's Organizational Development and Learning, was the featured speaker.



INSPIRED TO GIVE BACK

Charlie & Norma Carroll's community involvement benefits Hoops

As strong supporters of Marshall University, Charlie and Norma Carroll fit the classic definition of "unsung heroes." Not only are they community activists and loyal church members, they are also benefactors of Hoops Family Children's Hospital. "Norma is one of the best kept secrets in Huntington," said her husband of 69 years, an admirer ever since they met during the summer of 1949 at a church camp.

Norma, who graduated from Marshall with a degree in accounting, has enjoyed her years as homemaker and avid flower gardener. She used to keep a rather low profile but that all changed recently when the Children's Hospital honored her community service by naming its lobby after her. The designation symbolizes her commitment to the hospital, Huntington, her husband and their son, Mike.

When it comes to community involvement, few Huntingtonians can match Norma's long list of memberships and volunteer service. In addition to supporting the Children's Hospital, she was a volunteer at Cabell Huntington Hospital's pharmacy during the 1970s.

Norma helped start the gift shop at the Huntington Museum of Art and served as co-buyer for several years. She was president, treasurer and auditor of the Huntington Garden Club; treasurer, board member and Golden Life Member of the Woman's Club of Huntington; former member of the selection committee for the Huntington Wall of Fame; a two-term president and 10-year treasurer for the over 400-member Johnson Memorial Methodist Church Women; participated in P.E.O. Sisterhood and many other organizations. In 2013, Norma was named the "Liberal Arts College Alumna of the Year" at Marshall University.



However, nothing is closer to her heart than the Children's Hospital.

"What the staff does for the children makes it truly a place like no other," Norma said. "How wonderful it is to have the Hoops Family Children's Hospital right in our back yard. Some of these children would have no hope of survival without it."

"Seeing those babies as small as your two hands cupped together is truly unbelievable," added Charlie, a longtime career insurance agent and agency owner before his retirement in 2004. "Our gift came after a tour of the Neonatal Intensive Care Unit. The staff is so professional, dedicated, concerned and determined to help these tiny little lives."

"When Norma toured the children's hospital, she was so touched by the care the smallest of babies were receiving — I think she left part of her heart there," said Kristi Arrowood, director of development for the Cabell Huntington Hospital Foundation.

LAUDABLE LEGACY

Darby family extends legacy with donation to Hoops

Fifteen years after his death, Huntington podiatrist, entrepreneur and philanthropist H. Darrel Darby, MD, continues to make an impact. The latest example is a generous donation from his widow, Laura, and their six children for the Neonatal Intensive Care Unit at the Hoops Family Children's Hospital (HFCH).

In 1985, Dr. Darby founded DARCO International. The surgical shoe business produces numerous orthopedic devices, foot and ankle products that are distributed worldwide. The Huntington-based company also has offices in Germany, India and China. Noting that DARCO started with a single product in 1985, H. Darrel Darby II says to see more than 50 employees in four nations today is something they never envisioned. And, the successful company helped fund their latest donation. He credits their mother with encouraging them to get involved in supporting HFCH.

"To the average person it means nothing. But if you have a sick child it means everything having this here," Darby, II says.

Dr. Darby died in 2003 after a long battle with cancer. Throughout his career, he was a staunch supporter of education and designated a portion of his company's sales to fund student scholarships.

Laura Darby also has a significant profile as the founder of Hospice of Huntington, which she started as a senior class project during nursing studies at Marshall University.

Additionally, Laura helped start Ebenezer Medical Outreach for low-income residents and Lily's Place, a nationally recognized facility that cares for infants suffering from neonatal abstinence syndrome.

Despite their many accomplishments, daughter Ann Darby Getty says neither her mother nor father was particularly interested in acclaim.

"Our parents never wanted to be in the limelight or to be the



center of attention. Their way of life was about giving to others, whether they had much or little." Ann said. "Luke 12:48 says, 'To whom much is given, much is required.' That reflects both my mother and father's philosophy in giving back."

Daughter Sandra Darby Smith said the spirit of generosity symbolized by this gift is a quality passed down by her parents and grandparents. "Even when the family had no monetary gifts to share, we saw our parents welcome people into our home for dinner or a cup of tea. Dad even cared for patients in our kitchen a time or two when the need arose," Sandra said.

Sandra said she sees the Hoops facility having a ripple effect that produces numerous benefits for the Tri-State region.

"To have such an outstanding hospital in Huntington may encourage doctors and surgeons to take another look at Huntington as a place to move, work and raise a family. The talents and skill at HFCH benefit the community as a whole and is just one of the many reasons having a stand-out hospital in Huntington is an asset to everyone."

To read this entire story, visit www.chhfoundation.org.

CHILDREN'S CLASSIC GOLF TOURNAMENT

The Cabell Huntington Hospital Foundation is presented with a check for \$118,000.00 for the Hoops Family Children's Hospital (HFCH) at the Children's Classic Golf Tournament at Sugarwood Golf Club in Lavalette.

From left: Kevin Fowler Cabell Huntington Hospital President and CEO; Melanie Akers, RN, director of the HFCH; Bradley Burck VP CHH Foundation; Eduardo Pino, MD, medical director of the HFCH; Velma Workman CHH Foundation Outreach Coordinator; and David, Dr. Frank and Madison Shuler.



TRI-STATE STARS

Patterned after *America's Got Talent*, the second annual Tri-State Stars competition is a fundraiser for Recovery Point and the Neonatal Therapeutic Unit at Cabell Huntington Hospital. This year's winner of the People's Choice Award and \$1,000 was Kirsten Irvin.

HONORING A LEGACY OF SERVICE

Bushee, Echols and Vega added to St. Mary's Wall of Fame

St. Mary's Medical Center added three new names to the St. Mary's Wall of Fame during the annual Wall of Fame Luncheon in December.

Joining the Wall of Fame were: Sister Diane Bushee, the late William J. Echols, MD, and the late Elmer Teofilo Vega, MD.

"These three individuals have done so much not only for St. Mary's, but also for the health of the entire Tri-State area," said David Sheils, president of St. Mary's Medical Center Foundation. "We are honored to add them to our Wall of Fame."

Sister Diane Bushee has served more than 62 years as a Pallottine Missionary Sister and almost 60 years at St. Mary's Medical Center. Serving in a number of leadership roles at St. Mary's over the years, Sister Diane is currently the vice president for Mission Integration — the voice of the ethical and religious directives for Catholic Health Care Services.

Dr. Echols, one of the founders of HIMG, provided



Sister Diane Bushee (second from right) and her fellow Pallottine Missionary Sisters pose with her Wall of Fame plaque.



The family of the late William J. Echols, MD, poses with his Wall of Fame plaque.



The family of the late Elmer Teofilo Vega, MD, poses with his Wall of Fame plaque.

many firsts for cardiology in Huntington. He started the cardiac rehabilitation programs at the Huntington YMCA, St. Mary's Hospital and Cabell Huntington Hospital. Dr. Echols also developed the echocardiology, vascular duplex studies and nuclear cardiology programs at HIMG and St. Mary's, and he was very active with the Marshall University Joan C. Edwards School of Medicine.

Dr. Vega helped establish the first anesthesia group in Huntington and was a pioneer of St. Mary's open-heart surgery program. Known for his calming influence in the operating room, Dr. Vega served as the chief of anesthesia at St. Mary's for 25 years and was instrumental in founding MUJCESOM.

The St. Mary's Wall of Fame recognizes individuals who have been instrumental in carrying out St. Mary's mission by providing the highest quality of care and service to the community. For more information, visit www.st-marysfoundation.org.

A LIFETIME OF LOVE

Burlingame shares her love of nursing with others through legacy gift

Dorcas Hodges Burlingame graduated from St. Mary's School of Nursing in 1962, but her relationship with St. Mary's dates back to the first day of her life, when she was born at the hospital.

"I love St. Mary's," Burlingame said. "It has always been important to our family."

So when Burlingame decided to be a nurse, St. Mary's School of Nursing was exactly where she wanted to be. "I was so very happy to be a nurse and felt we got a first-rate education at St. Mary's."

Burlingame's love of nursing, which she first developed at the nursing school, continues today, even in retirement. "I still love the smell and excitement of a hospital and want to go to work when I walk into one," she said.

Burlingame and her late husband, John, both blessed with high-quality educations, decided to help others attain one as well through their legacy gift to the St. Mary's Center for Education for establishing the Dorcas Hodges Burlingame Scholarship.

"We educated all of our children, and we now wish to make it



Dorcas Hodges Burlingame (left center) poses with Sister Mary Grace Barile, Sister Joanne Obrochta and Sister Diane Bushee at a recent St. Mary's Foundation Gala.

easier for a person who might not be able to attain an education otherwise," Burlingame said.

The Burlingame Scholarship is awarded each year to a full-time nursing student who has demonstrated financial need and who meets the academic requirements of the West Virginia PROMISE Scholarship.

"I hope our gift will encourage others to give back," Burlingame said, "especially those who receive the benefits."

For more information about giving to the St. Mary's Center for Education or the St. Mary's Medical Center Foundation, visit www.st-marysfoundation.org or call 304.526.8180.

Dorcas Hodges Burlingame, a 1962 graduate of St. Mary's School of Nursing, is sharing her love of nursing with others through a legacy gift to the St. Mary's Medical Center Foundation.





Specialized Care that's Just the Right Size

The pediatric experts at the Hoops Family Children's Hospital are ready to provide the right care, right here, for those you love most.

The Hoops Family Children's Hospital is supported by Marshall University Joan C. Edwards School of Medicine with over 60 pediatricians and pediatric sub-specialists including:

- Adolescent GYN
- Allergy/Immunology
- Anesthesia
- Cardiology
- ENT
- Gastroenterology
- General surgery
- Hospitalists
- Neurology
- Orthopedics
- Ophthalmology
- Pediatric Intensivists
- Pediatric Hematology/Oncology
- Plastic surgery
- Psychiatry
- Pulmonary



1340 Hal Greer Boulevard
 Huntington, West Virginia 25701
www.hoopschildrens.org
304.399.4667 (HOOP)

