

LEADING EDGE

 MOUNTAIN HEALTH NETWORK

FALL 2021

ANNUAL REPORT 2019-21



 MOUNTAIN HEALTH
NETWORK

Leading New Beginnings

www.mountainhealthnetwork.org



Why Get the COVID-19 Vaccination?

Daniel D. Snavely, MD

Interventional cardiologist, HIMG & St. Mary's Regional Heart Institute
Clinical Assistant Professor, Marshall University Joan C. Edwards School of Medicine

"I got vaccinated because I want to end this pandemic."

As a board-certified cardiologist with more than 20 years of experience, Dr. Snavely has advised his patients and loved ones to get vaccinated since the COVID-19 vaccine first became available. After recently losing an unvaccinated friend to COVID, Dr. Snavely has increased the urgency of his message so that others do not have to experience the same grief that he is.

"She was here one week and gone the next," he said. "It's affected all of us. I just don't want people to have to go through that."

The COVID-19 vaccine is the best weapon we have against the COVID-19 virus. It's been proven safe and effective at preventing serious illness and death and it helps reduce the spread of the disease. It's free and available at numerous convenient locations for people ages 12 and older.

As Dr. Snavely says, "It's your duty to yourself, your duty to your family and your duty to your fellow citizens to have it done."

A community outreach of



For more information about the COVID-19 vaccination, visit www.mountainhealthnetwork.org



Message from Mountain Health Network CEO

Dr. Kevin W. Yingling

There is no question that much of 2020 and 2021 was extremely difficult, but the physicians and employees of Mountain Health Network remained resilient and were able to reach a number of milestones in quality and excellence, while enhancing technology and services and educating our community. The COVID-19 pandemic does not deter us from continuing to move forward with the mission we have set before us to improve the health and well-being of all we serve.

This edition of *Leading Edge* summarizes those milestones from 2019-2021, while also acknowledging some of the hardships. During this pandemic, we continued to focus on delivering highly-reliable care, while bringing hope to our patients and our staff that we could face any challenge in front of us. Courage and accountability became badges we have worn with pride.

As the pandemic surges and recedes, we will continue to lead health care for our community. We know the people that we serve and we are well-equipped to provide the required care to the nearly one million children and adults we serve in 23 counties across West Virginia, southern Ohio and eastern Kentucky.

We are honored to have been here to care for you and your loved ones throughout this unprecedented time. We look forward to continuing to meet your healthcare needs for many years to come.

Kevin W. Yingling, RPh, MD, FACP
CEO, Mountain Health Network
President, Cabell Huntington Hospital & St. Mary's Medical Center

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ARM YOURSELF. GET THE COVID-19 VACCINATION.

Message from Board Chair



It has been an honor to serve as chair of the boards for Mountain Health Network and Cabell Huntington Hospital for nearly two years. During that time, I have seen firsthand the tireless efforts made by our health care community to improve the well-being of every patient and family we serve. The challenges imposed by the pandemic have only deepened my appreciation of this special organization. Time and again, our staff has risen to address unprecedented challenges and provided compassionate, innovative care to our patients, often while facing challenges of their own, like remote learning or caring for loved ones. We have

seen their hard work in every unit, floor and clinic at both Cabell Huntington Hospital and St. Mary's Medical Center and in testing and vaccination locations around the region. They are truly health care heroes in every sense of the word, and we thank them.

It should be said, however, that Mountain Health could not have weathered this pandemic alone. We can all be immensely proud of the resilience our community has shown. We have banded together during a time of great need. Many have encouraged and supported our team every step of the way. Thank you to those who donated meals, shared hand-drawn pictures and sent thank you cards. Your kindness means more than you know.

Amid the challenges presented by the pandemic, we have persevered and adapted. We have made great strides to integrate Cabell Huntington Hospital and St. Mary's Medical Center into a regional health care destination, continuing to provide high quality care to our patients. One of those highlights includes leveraging each hospital's resources to strengthen the Cardiovascular Center of Excellence at St. Mary's Medical Center and our Pediatric Center of Excellence at Hoops Family Children's Hospital, the latter culminating in a partnership with the Children's Miracle Network.

We have also developed new resources that bring innovative, coordinated care while improving the patient experience and safety. Partly in response to the pandemic, Mountain TeleHEALTH launched in May 2020. In September 2020, Mountain Health acquired Huntington Internal Medicine Group (HIMG), and in October 2020, Cabell Huntington Hospital and Marshall Health implemented an integrated practice management system. We have also expanded pharmacy services by opening a retail pharmacy at St. Mary's Medical Center, and formed Marshall Pharmacy, Inc. through a joint venture with Marshall

Health. These new resources increase access to care as well as provide a comprehensive way for patients to manage their health.

In August 2021, we welcomed a new President and CEO of Mountain Health, Dr. Kevin Yingling, a true pillar of the community. Dr. Yingling is the right person at the right time to lead our system, and I look forward to our continued growth under his leadership. In the coming years, we will see completion of a new Medical Office Building on the campus of Cabell Huntington Hospital which will bring new treatment options for our patients and additional employment opportunities to our region. We also look forward to expansion of our accountable care organization (ACO) and new advancements in population health management throughout our system.

As I reflect on my past decade of service to the Cabell Huntington Hospital board of directors, I am reminded that the landscape of health care is ever evolving and change is inevitable. We must remain diligent, nimble and patient focused. To continue thriving, we must look for opportunities that will allow us to collaborate and develop new partnerships. It has been an honor to serve alongside my fellow board members and the physicians, nurses and staff dedicated to Mountain Health's vision of creating "a world class health system that delivers compassionate and innovative care enhanced by education, research and technology."

Thank you for embracing our organizations and our employees as we have formed a new health system in the midst of a pandemic. I am confident that the future is bright for Mountain Health Network and health care throughout our region.

Sincerely,

A handwritten signature in black ink that reads "Beth L. Hammers".

Beth L. Hammers, MBA
Chair, Boards of Mountain Health Network and Cabell Huntington Hospital



Our Mission

To improve the well-being of all we serve through understanding, respecting and meeting their health needs.

Our Vision

To create a world-class health system that delivers compassionate and innovative care enhanced by education, research and technology.

Forming a healthcare system |

In 2018, Cabell Huntington Hospital (CHH) completed the final steps of financing and paperwork for the acquisition of St. Mary's Medical Center (SMMC), forming a health care system focused on improving the well-being of everyone served through understanding, respecting and meeting their health needs. The new system was nostalgically named Mountain Health Network (MHN) to capture the heart of its location nestled among the Appalachian Mountains.

Mountain Health Network is a West Virginia-based, not-for-profit, health delivery system comprised of Cabell Huntington Hospital, a 303-bed teaching hospital for Marshall University Schools of Medicine, Pharmacy and Nursing; St. Mary's Medical Center, a 393-bed teaching hospital that operates St. Mary's Schools of Nursing, Respiratory Care and Medical Imaging; Hoops Family Children's Hospital, a 72-bed pediatric specialty hospital within Cabell Huntington Hospital; HIMG, a 60-member multi-specialty physician group; and a management agreement with Pleasant Valley Hospital, a 101 acute-bed hospital. Mountain Health is committed to improving the health and well-being of over one million children and adults in 23 counties in West Virginia, southern Ohio and eastern Kentucky.

Creating a strong leadership team |



Dr. Yingling

At the beginning of its formation, MHN was overseen by Interim CEO Gary White, who was responsible for the operational and strategic planning of the two hospitals as they each began to integrate as a system. In the spring of 2019, Michael Mullins was chosen as the first CEO to lead MHN and in August 2021, a longtime Huntingtonian and health care leader, Kevin Yingling, RPh, MD, FACP, assumed the reigns and now serves as the system CEO and President of Cabell Huntington Hospital and St. Mary's Medical Center.

A leadership team was also formed to support the CEO consisting of leaders from CHH, SMMC and HIMG. Bringing high quality individuals with a wealth of knowledge in their trade to the leadership team began the process of integration, with a focus on team collaboration.

Establishing Centers of Excellence |

To be named a MHN Center of Excellence, a 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. The first Center of Excellence that was established was the Hoops Family Children's Hospital (HFCH) at Cabell Huntington Hospital. After the announcement, all pediatric services and staff on both campuses were transitioned to HFCH.

The Regional Heart Center at St. Mary's Medical Center was selected as the Cardiovascular Center of Excellence. Effective Oct. 8, 2019, all coronary interventional cardiac catheterization services were centralized at St. Mary's Regional Heart Institute. As a result, cardiovascular services in the region were elevated to an even higher level of quality, efficiency and service.

Growing the system |

After MHN was officially formed, the system announced in September of 2020 that SMMC's acquisition of the assets of HIMG was complete. The transaction marked an important milestone for the community as the integrated services offered more access to needed specialties in the area.



Mark Morgan

"From its beginnings 50 years ago, HIMG has grown into a provider of world-class medical services for the Tri-State," said Mark Morgan, Chief Operating Officer of HIMG. "We are proud of this partnership that allows us to provide an even higher level of technology, access and quality medical services to our region."

In early 2021, Three Gables Surgery Center, an ambulatory surgery center managed by SMMC, expanded its outpatient surgery options, including ear, nose and throat, ophthalmology and orthopedics, through a partnership with Marshall Health.

This relationship expedites scheduling patients for elective surgeries across an array of specialties and gives surgeons at Marshall Health additional time in state-of-the-art operating and procedure rooms.



Committing to quality and excellence

Mountain Health Network remains committed to providing the highest quality patient care to all we serve. Both Cabell Huntington Hospital and St. Mary's Medical Center have been nationally recognized for that commitment with numerous awards and recognitions.

Nationally recognized as Best Hospitals

CHH is the only hospital in West Virginia to be named to *America's 250 Best Hospitals* by Healthgrades, the leading online resource for information about physicians and hospitals. The award, which CHH has received three years in a row, recognizes the top 5% of 5,000 hospitals in the nation for clinical excellence.

Healthgrades has also recognized CHH's continued excellence in orthopedics with a number of awards. CHH is the only hospital in West Virginia to be named one of America's 100 Best for Joint Replacement 10 years in a row, receive Healthgrades Joint Replacement Excellence Award™ for 14 years in a row, be among the top 5% in the nation for joint replacement for 11 years in a row and be among the top 10% in the nation for joint replacement for 14 years in a row. Healthgrades also named CHH a five-star recipient for total hip replacement for four years in a row, among the top 5% in the nation for overall orthopedic services and a five-star recipient for spinal fusion surgery.

Several other CHH service lines have been recognized with Healthgrades awards, including:

- Five-Star Recipient for Treatment of Heart Failure
- Healthgrades Critical Care Excellence Award™
- Top 10% in the nation for Critical Care
- Five-Star Recipient for Treatment of Sepsis
- Five-Star Recipient for Treatment of Respiratory Failure
- Five-Star Recipient for Colorectal Surgeries
- Healthgrades 2021 Neurosciences Excellence Award™
- Healthgrades 2021 Cranial Neurosurgery Excellence Award™
- Healthgrades 2021 Stroke Care Excellence Award™
- Among the Top 5% in the nation for Cranial Neurosurgery for 2021
- Among the Top 10% in the nation for Neurosciences in 2021
- Among the Top 10% in the nation for Treatment of Stroke in 2021
- Among the Top 10% in the nation for Cranial Neurosurgery in 2021
- Five-Star Recipient for Cranial Neurosurgery
- Five-Star Recipient for Treatment of Stroke
- Five-Star Recipient for Treatment of Pneumonia
- Five-Star Recipient for Gynecologic Procedures and C-Section Delivery

SMMC and CHH have also been recognized in the annual Best Hospitals rankings for 2021-2022 by *U.S. News & World Report*. SMMC has been recognized as a Best Hospital in the Metro Valley, as well as a High Performing Hospital for Chronic Obstructive Pulmonary Disease (COPD), heart bypass surgery, heart failure, hip replacement, colon cancer surgery, heart attack, kidney failure, pneumonia and stroke. CHH has been recognized as a High Performing Hospital for COPD, knee replacement, hip replacement, kidney failure and stroke.

The annual Best Hospitals rankings and ratings, now in their 32nd year, are designed to assist patients and their doctors in making informed decisions about where to receive care for challenging health conditions and common elective procedures.

Nationally recognized for heart and stroke care

SMMC, a Mountain Health Network Cardiovascular Center of Excellence, has also received national recognition for heart care. SMMC is one of only 212 hospitals nationwide to receive the American College of Cardiology's NCDR Chest Pain – MI Registry Platinum Performance Achievement Award for 2021. This is the fifth consecutive year SMMC has received the award.

SMMC and CHH have also received national recognition from the American Heart Association and American Stroke Association for quality cardiovascular care. SMMC received the Get With the Guidelines®-Stroke Gold Plus Quality Achievement Award for the 11th consecutive year, while CHH received the award for the 8th consecutive year. In addition, both hospitals received the Target: Type 2 Diabetes Honor Roll Award, while CHH also received the Target: Stroke Honor Roll Award.

SMMC also received the Get With the Guidelines®-Heart Failure Gold Plus with Honor Roll and Target: Type 2 Diabetes Honor Roll Award and the Get With the Guidelines®-Resuscitation Gold Award.

SMMC was also awarded Comprehensive Stroke Certification by the Healthcare Facilities Accreditation Program (HFAP), a national independent accreditation organization recognized by the Centers for Medicare and Medicaid Services (CMS). Certification confirms that St. Mary's is providing high quality care as determined by an independent, external process of evaluation.



D. Blaine Nease, MD
Bariatric surgeon, Assistant Professor, Department of Surgery
Marshall University Joan C. Edwards School of Medicine

Nationally recognized for surgical weight control

CHH's Center for Surgical Weight Control has been named a Center of Excellence for bariatric surgery by the Clinical Sciences Institute of Optum® for the fifth time. This designation is given to medical practices that combine top-quality clinical care with excellent patient support and better patient outcomes. CHH's Senior Fracture program was also recognized with The Joint Commission's Gold Seal of Approval®, a designation it has maintained since 2015.

Nationally recognized for wound care

SMMC's Wound and Hyperbaric Center and the Center for Wound Healing at CHH both received quality and patient satisfaction awards in wound care from RestorixHealth, a leading wound care management company. SMMC received RestorixHealth's Center of Excellence award and CHH received the Clinical Distinction Award and the Patient Satisfaction Award.

Regionally recognized for better health outcomes

Highmark Blue Cross Blue Shield (BCBS) West Virginia has recognized several service lines at both CHH and SMMC as Blue Distinction Centers. These centers are nationally designated hospitals that show expertise in delivering improved patient safety and better health outcomes, based on objective measures that were developed with input from the medical community. CHH has been recognized as a Blue Distinction Center for Maternity Care, a Blue Distinction Center+ for Spine Surgery and a Blue Distinction Center for Knee and Hip Replacement. SMMC has been recognized as a Blue Distinction Center+ for Cardiac Care, a Blue Distinction Center+ for Spine Surgery and a Blue Distinction Center+ for Knee and Hip Replacement.

Recognized Statewide for commitment to excellence

CHH and SMMC were also recognized on a statewide level by the West Virginia Hospital Association (WVHA), receiving Gold Honors for outstanding work in the Commitment to Excellence Honors Program. CHH and SMMC were recognized for outstanding work in antibiotic stewardship, patient and family engagement, care transitions, Emergency Department Information Exchange, Hospital Improvement Innovation Network, influenza vaccination, opioid stewardship and the WVHA Discharge Data Program.

Forming Strong Partnerships

As emphasized when first forming Mountain Health Network, the focus was on growth and bringing high quality services to the communities we serve. Mountain Health Network supports innovation and partnership to strengthen the health care services available to our community. We are dedicated to seeking new programs and services to aid in the health and wellness of those we serve.

In March 2019, Mountain Health Network entered into a joint venture with Marshall Health and *HealthTrackRx*® to offer clinical and laboratory services to help healthcare providers identify and prevent opioid and controlled substance misuse. The new organization focused on tackling the ongoing opioid epidemic in West Virginia and the surrounding regions providing drug testing services for physicians and hospitals and supporting *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.

In August 2019, MHN entered into a joint venture with DASCO Home Medical Equipment to offer a more streamlined approach to providing home medical equipment to patients in West Virginia and Ohio.



DASCO-Mountain Health Home Medical Equipment, offers patients a smoother transition from hospital stay to home and specializes in respiratory equipment such as home oxygen, non-invasive ventilation, Continuous Positive Airway Pressure (CPAP), Bi-Level Positive Airway Pressure (BiPAP), nebulizers and other similar non-vent equipment and supplies. Walkers, wheelchairs, adjustable beds, rollators, bedside commodes and off-the-shelf orthopedic supplies are also available for delivery.

DASCO-Mountain Health Home Medical Equipment has staff and supplies on hand, eliminating the need to make arrangements that could delay patients' discharges from the hospital, or their immediate use of needed equipment.

December 2020 marked the formation of another key partnership as St. Mary's Medical Center announced an agreement with Humana to expand local access to in-network, quality health care for Humana Medicare Advantage members.

The contract is in effect for Humana Medicare Advantage Health Maintenance Organization (HMO), Preferred Provider Organization (PPO), and Private Fee-for-Service (PFFS) health plans in the greater Huntington Tri-State area. Plan members across the 52-county region SMMC serves now have access to care at SMMC.

"Expanding access to care near where our members live is always a priority for Humana, but especially so as the coronavirus pandemic continues," said Eric Bohannon, Humana's regional Medicare president in West Virginia. "We are pleased to work with the team at St. Mary's Medical Center, which has a distinguished history of serving the community for nearly 100 years."

Enhancing Technology and Services

As Mountain Health Network strives to provide the level of care that has proven to be the gold standard, receiving the highest awards and recognition from accrediting organizations across the United States. Improving technology and maintaining high quality innovation elevate us to an even higher standard for patient care.

Outperforming in robotics

Patients are researching their options for surgery more than ever, and the research shows experience matters. Both Cabell Huntington Hospital (CHH) and St. Mary's Medical Center (SMMC) are home to the *da Vinci Xi™ Surgical System*; the most advanced robotic surgical system available. The experienced teams at both facilities use this technology to provide minimally invasive surgeries in gynecology, urology, lung cancer, lung disease and general surgery.

The Institute for Minimally Invasive Surgery at Cabell Huntington Hospital 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.

Using technology to promote calm

The Center for Diagnostic Imaging (CDI) estimates that during an MRI, four out of 10 patients express concern. An MRI Imaging scanner uses magnetism and radio waves to produce remarkably clear pictures of the inside of the head, spine or other body parts. Tests can be lengthy and require the patient remain still to capture the clearest quality images.



To help ease anxiety and promote calm while receiving an MRI, patients can use the state-of-the-art Cinemavision MRI-compatible entertainment system to watch a movie or listen to their favorite music. The Cinemavision system delivers sharp, realistic audio-video entertainment. Patients can bring their favorite DVD or CD or choose from a variety of options in Radiology.

COVID-19 TIMELINE





Enhancing Technology and Services continued

Excelling in innovative minimally invasive procedures

A new innovative procedure, developed by Chad Lavender, MD, orthopedic surgeon with Marshall Health and CHH, and assistant professor in the Department of Orthopaedic Surgery at Marshall University Joan C. Edwards School of Medicine, offers relief for patients with a torn anterior cruciate ligament (ACL), who, in some cases, functionally recover in as little as 6-9 weeks compared to 10 months.

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

Dr. Lavender has successfully completed more than 100 procedures, and patients have received the same benefits of standard ACL reconstructions with shorter recovery.

Offering the latest technology in joint replacement

CHH is the only hospital in the region to offer robotic-arm assisted total hip and total and partial 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.

Prior to the joint replacement, a CT scan is performed to create a 3D modeling of the patient's bone anatomy, which is then uploaded into the Mako System. The surgeon uses the pre-defined plan to resurface the diseased portion of the joint while helping to spare the healthy bone and soft tissues surrounding the joint.



Dr. Bullock

"This technology offers patients the most accurate outcomes," said Matthew Bullock, DO, orthopedic surgeon with Marshall Health and CHH and associate professor in the Department of Orthopaedic Surgery at Marshall University Joan C. Edwards School of Medicine. "This further demonstrates our commitment to provide the patients of our region with excellent health care."

St. Mary's Joint Replacement Center offers the Zimmer Biomet's ROSA® Knee System, a robotically-assisted surgical system designed to help perform total knee replacement surgery.

The ROSA Knee System brings together robotic technology with industry-leading knee implants to help surgeons personalize surgical procedures for their patients. It includes features to assist surgeons in assessing the state of a patient's knee in order to facilitate implant positioning during surgery. Data provided by the system enables surgeons to use computer software to control and move surgical instruments, allowing for greater precision and flexibility during procedures. ROSA's advanced technology and capabilities reduce surgical time, increase efficiency and ensure accuracy.



Dr. Neginhal

"Getting a precise knee implant fit is the key to a successful knee replacement surgery," said Vivek Neginhal, MD, orthopedic surgeon with Scott Orthopedic Center and medical director of St. Mary's Regional Joint Replacement Center. "ROSA Knee uses data collected before and during surgery to share any details related to a patient's unique anatomy that may affect the implant fit. By using this data, I'm able to plan for and carry out a personalized surgery plan based upon a patient's individual needs."

Leading the way in lung health

CHH was the first hospital in the state of West Virginia to offer treatment for emphysema with the Zephyr Valve System®, a minimally invasive therapy for better lung function and exercise tolerance without the need for surgery.

The Zephyr endobronchial valve is a minimally invasive endoscopic lung procedure that places tiny valves in the airways of the lungs to allow the healthier parts of the lungs to expand, thereby lifting pressure off the diaphragm and helping emphysema patients breathe more easily.

To assist with earlier and more accurate diagnosis of lung cancer, the Monarch® robotic bronchoscopy machine allows physicians to easily and precisely move through the lung and its bronchi and view sections of the lung that once were nearly impossible to reach and obtain a tissue sample for biopsy.

CHH is among the first hospitals in the nation and the only one in the region to use this new, more precise robotic technology for early detection and diagnosis of lung cancer, including hard-to-reach areas.

The Edwards Comprehensive Cancer Center (ECCC) offers a Lung Cancer Screening Clinic the third Monday of each month from 8 a.m. to noon. Eligible patients can schedule screenings without a physician referral.

"Screening for lung cancer with low-dose CT scans can identify cancerous cells earlier and reduce lung cancer deaths by up to 20 percent or more," said Molly Brumfield, RN, BSN, MBA, OCN, manager of medical and surgical programs at the ECCC. "We developed this clinic to allow a time for qualifying individuals to be screened without an initial physician referral."

To qualify, patients must be 55 to 72 years old and be either an active smoker or a former smoker who has quit smoking within the past 15 years. SMMC also offers these lung cancer screenings without a physician referral.



Yousef Shweihat, MD
Director of Interventional Pulmonology & Lung Nodule/Cancer,
Professor of Medicine, Marshall University
Joan C. Edwards School of Medicine

Reaching patients through technology

Mountain teleHEALTH virtual visit service allows users to tap an app on a smartphone, tablet or computer to connect, within minutes, with a medical provider. Healthcare professionals evaluate, diagnose and treat patients at a distance using telecommunications technology. Patients participate in a video chat, similar to Facetime or Skype, to talk to a healthcare provider about their symptoms.

Through *Mountain teleHEALTH*, pediatric (ages 2 and up) and adult patients can meet with a doctor to receive treatment for non-life-threatening illnesses and conveniently have prescriptions called in to a pharmacy of the patient's choice.

St. Mary's Pain Relief Specialists integrated Abbott's NeuroSphere™ Virtual Clinic into the treatment model for patients currently receiving neuromodulation therapy for chronic pain or movement disorders. Recently approved by the U.S. Food and Drug Administration, the first-of-its-kind remote patient care system allows patients to communicate with physicians and specialists to ensure proper settings and functionality and prescribe new treatment settings remotely as needed.

Advancing technology for kidney care

St. Mary's Cardiovascular and Thoracic Surgeons offer the *WavelinQ™ 4F EndoAVF System*, a minimally invasive option for patients with End Stage Renal Disease (ESRD) requiring hemodialysis.

Patients with ESRD require hemodialysis to filter their body's blood. The most effective way to provide the treatment is through the creation of an arteriovenous fistula (AVF), a connection between an artery and a vein. The *WavelinQ* system creates the connection by inserting two thin devices into the artery and the vein through small needle punctures in the forearm. Magnets align the devices to make the connection between the vein and the artery and then the devices are removed.

The benefits of *WavelinQ* include:

- Faster healing of the patient's arm with no stitches and little to no scarring
- Lower risk of infection and complications
- Less blood loss
- Lesser need for wound care following the procedure
- Two additional AVF location options



Gary Cremeans, MD
Associate Professor of Family & Community Health
Marshall University Joan C. Edwards School of Medicine



Advancing technology for kidney care cont.



Dr. Morabito

Rocco A. Morabito Jr., MD, FACS, a urologist with St. Mary's Urology, is the first physician in the Tri-State region to perform a successful retroperitoneal robotic-assisted partial nephrectomy to treat renal cell cancer.

A partial nephrectomy consists of removing a portion of the kidney while preserving the majority of it in order to mitigate the future need for dialysis. The retroperitoneal approach refers to the area behind the peritoneum, the layer that lines the abdominal wall and covers most of the organs in the abdomen.

The minimally invasive retroperitoneal approach is ideal for tumors that are located on the back side of the kidney. This approach is especially beneficial to patients with significant abdominal adhesions, which can make the transabdominal approach challenging.

Minimally invasive surgery leads to an overall decrease in surgical blood loss and hospital stay while preserving equivalent oncological results compared to open surgery. The surgery was performed using the *da Vinci[®] Xi[™] Surgical System*, which can be used across a spectrum of minimally invasive surgical procedures. Dr. Morabito Jr. has been using the *da Vinci* surgical system since 2011 to perform prostatectomies, radical nephrectomies, partial nephrectomies, pyeloplasties, ureteral surgery and bladder surgery.

Advancing heart care

St. Mary's Regional Heart Institute offers a treatment option for patients with advanced coronary artery disease, or severe build-up of calcified plaque within the walls of the coronary arteries.

Shockwave Medical's intravascular lithotripsy (IVL) is a novel application of lithotripsy, an approach that uses sonic pressure waves to safely break up kidney stones. Through this new technology, lithotripsy is now available to treat problematic calcium in the coronary arteries that can reduce blood flow in the heart.

Physicians often use stents to open an artery, but calcium makes the artery rigid and more difficult to reopen with conventional treatments. Those treatments include balloons, which attempt to crack the calcium when inflated to high pressure, and atherectomies, which drill through the calcium to open the artery. The new IVL technology allows physicians to fracture the problematic calcium using sonic pressure waves. This allows the artery to be safely expanded and blood flow restored with the placement of a stent without unnecessary complications.

SMMC was the first hospital in West Virginia to offer this new treatment.



Increasing Community Awareness

Providing excellent care that promotes lifelong good health is a common value shared by the Mountain Health Network hospitals, which have a long tradition of caring for the needs of the communities they serve. We continually assess how we can serve our communities and, as part of our mission, are dedicated to ongoing education regarding health and well-being and providing a number of outreach activities on a regular basis.

1. Hoops Family Children's Hospital and WVU Medicine Children's joined together to raise funds for the children and families who seek care at their respective hospitals. Hoops Family Children's Hospital will benefit from Children's Miracle Network Hospitals® fundraising under the umbrella of WVU Medicine. A ribbon cutting ceremony was held to commemorate the joint venture on April 28, 2021.

2. The "All Aboard! Artisans Express" was held in 2019 and was a continuation of a project that saw many decorated sculptures around town. Members of the Foundation Board and Cabell Huntington Hospital Auxiliary helped with the auction and gala that took place in October.

3. For 20 years, the Women's Philanthropy has come together to raise funds and honor women who have made a positive impact on the community. The Christie Kinsey Focus Award, the Kitty Hage Lifetime Achievement Award and the Abigail McNeely Youth Service Award are presented to honor those who exemplify the heart, strength and compassion of women. The event raises more than \$25,000 each year for women and children's medical services.

4. In October 2019, Cabell Huntington Hospital invited adults age 50 and older to harvest the benefits of good health during the 7th Annual SeniorFest. This event included a full schedule of screenings, educational events and fun activities.

5. Lights, horns and sirens flooded the streets in front of Cabell Huntington Hospital and St. Mary's Medical Center as city workers and first responders conducted a salute to healthcare workers during the height of the pandemic in May 2020.

6. Cabell Huntington Hospital and St. Mary's Medical Center lit up the streets of downtown Huntington during the annual Christmas parade in December of 2019. The parade was canceled in 2020 due to COVID-19.

7. The Regional Health Summit, held in 2019, was created to share new or existing health programs and initiatives with healthcare leaders across the Tri-State. The Summit brought together healthcare organizations, healthcare providers, community partners, researchers, and policy makers from KY, OH and WV to create opportunities for collaboration to address healthcare needs across the region.

Increasing Community Awareness

8. Each year, the St. Mary's Medical Center Foundation presents a gala to raise funds for a community healthcare initiative. The 16th annual gala, on May 18, 2019, was themed "A Night at Studio 54" and featured music from Las Vegas tribute band, Bee Gees Gold and DJ Charlie Brown Superstar. Proceeds from the gala benefited the St. Mary's Center for Education, which houses the Schools of Nursing, Medical Imaging and Respiratory Care.

9. Huntington's Kitchen held Junior Chef Academy day camps for children to learn how to cook healthy meals at home. The academy was canceled in 2020 due to COVID-19 restrictions, but reopened to the public in May 2021.

10. The St. Mary's Medical Center and Cabell Huntington Hospital Foundations held Concert for a Cure to raise funds for cancer awareness in 2019. The event showcased cover bands and paid tribute to cancer survivors across the region. The event was canceled in 2020 and 2021 due to COVID-19.

11. The *Go Red for Women* Celebration and Fashion Show, sponsored by St. Mary's Regional Heart Institute and the American Heart Association, was held Friday, Feb. 7, 2020. The annual event features speakers sharing information about women and heart disease, shopping and a fashion show featuring local celebrities, SMMC employees and heart survivors. SMMC also offered free health screenings. *Go Red for Women* is a social initiative designed by the American Heart Association to empower women to take charge of their heart health. Cardiovascular disease is the number one killer of women, claiming the lives of nearly 350,000 women every year.

12. The American Heart Association Huntington Heart Walk raises funds and awareness for the American Heart Association, the largest voluntary health organization working to prevent, treat and defeat heart disease, stroke and other cardiovascular diseases. The event went virtual in 2020 and 2021, due to COVID-19.

13. Businesses were asked to decorate their store fronts or buildings with pink lights, breast cancer awareness banners or be creative with other ways to support breast cancer awareness in October 2019. A *Paint the Town Pink* ceremonial lighting took place in Pullman Square and was simulcast on Facebook live from St. Mary's and Cabell Huntington as the town went pink for Breast Cancer Awareness Month.





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2019-2021 MHN Enterprise Statistics

2.7M

Outpatient visits

150K

Observations and acute admissions

67K

Surgeries

325K

Emergency Room visits

119K

Virtual Visits

6.2K

Employees

936

Physicians and advanced practitioners (2021)

1,879

Registered Nurses

\$2.2B

Operating revenue (2019-2020)

\$52M

Operating income (2019-2020)

\$4.9M

Charity care (2019-2020)

\$55.5M

Support for Medical Education (2019-2020)

50K

Community COVID testing

247

Residents and Fellows

\$2M

Community benefit (2019-2020)

Education and Training

Marshall University Joan C. Edwards School of Medicine

- Addiction Medicine Fellowship
- Cardiology Fellowship
- Child & Adolescent Psychiatry Fellowship
- Endocrinology Fellowship
- Family Medicine Residency
- Gastroenterology Fellowship
- General Practice Residency - Dental
- Geriatric Medicine Fellowship
- Geriatric Psychiatry Fellowship
- Hematology-Oncology Fellowship
- Internal Medicine Residency
- Interventional Cardiology Fellowship
- Neonatal-Perinatal Medicine Fellowship
- Nephrology Fellowship
- Neurology Residency

- Nurse Practitioner Fellowship
- Obstetrics/Gynecology Residency
- Orthopedic Surgery Residency
- Pediatric Hospital Medicine Fellowship
- Pediatrics Residency
- Pharmacy Residency
- Psychiatry Residency
- Pulmonary Critical Care Fellowship
- Sports Medicine Fellowship
- Surgery Residency

St. Mary's Medical Centers

- St. Mary's School of Medical Imaging
- St. Mary's School of Nursing
- St. Mary's School of Respiratory Care
- SMMC Clinical Pastoral Education Center

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|--|---------------------|
| Cabell Huntington Hospital | 304.526.2000 |
| Emergency Department..... | 304.526.2200 |
| Edwards Comprehensive Cancer Center | 304.399.6500 |
| Hoops Family Children's Hospital..... | 304.399.1623 |
| | |
| St. Mary's Medical Center | 304.526.1234 |
| Cancer Center | 304.526.1349 |
| Emergency Department..... | 304.526.1111 |
| Heart Institute | 304.526.6029 |
| | |
| Ironton Campus – 1408 Campbell Drive, Ironton, OH | |
| Main Number | 740.533.9710 |
| Emergency Department..... | 740.533.9719 |
| | |
| HIMG | 304.528.4600 |
| NowCare | 304.399.2273 |

