

SCOPE

WINTER 2020



Lung cancer treatment at the leading edge of cancer care

St. Mary's Regional Heart Institute provides exercise program for PAD

MHN receives national quality awards

Daniel D. Snavelly, MD
Cardiologist, HIMG





Minimally invasive lobectomy is at the leading edge of cancer care

Lung cancer treatment at the Edwards Comprehensive Cancer Center (ECCC) has advanced dramatically in the past few years, particularly for patients who require surgery.

Previously, lung surgery required an 8- to 10-inch incision. Today, with the addition of thoracic robotic surgery, a minimally invasive approach that requires just three or four dime-sized incisions, patients experience a shorter recovery period with less pain and blood loss, and fewer complications.

“Thoracic robotic surgery utilizes telemanipulation transfer technology as an advanced laparoscopic platform,” said Mark Cooper, MD, PhD, a board-certified, fellowship-trained thoracic surgeon who joined the center four years ago. “It is especially helpful in reducing patient length of stay and post-operative pain while promoting a healthier recovery. It can allow pulmonary lobectomy and accurate localization of small nodules and

limited resection, thus conserving lung tissue.”

Lungs have five lobes, three on the right and two on the left, and a lobectomy removes one of them entirely. The more tissue that can be conserved during this process, or during smaller procedures, the more quickly patients can return to their lives.

Cooper and his team perform pulmonary lobectomy surgeries with the *da Vinci® S HD Surgical System*, and the advancements address a critical need. With lung cancer being the leading cause of cancer death for both men and women in the United States, and with 225,000 Americans diagnosed with lung cancer annually, the need for such improvements to treatment is great. The American Cancer Society estimated 2,010 new cases of lung/bronchus cancer in West Virginia alone for 2019, claiming 1,360 lives.

“The Marshall University Department of Surgery is also involved in the diagnosis and staging evaluation of lung cancer patients,” Cooper said. “This is through new techniques, such as navigational bronchoscopy and biopsy, and also staging of the mediastinum through endobronchial ultrasound. These procedures are outpatient and provide rapid analysis of patient disease.”

Navigational bronchoscopy involves using a bronchoscope — a thin tube with a camera — to reach through the nose or mouth and into the airways of the lungs to examine and diagnose conditions.

“Navigational bronchoscopy may also be used to place fiducial markers near lung cancer areas, which allows better targeting when non-operative patients have radiation therapy,” Cooper said. “We can also offer a complete thoracic screening service to patients who may be heavy smokers or who have a family history of lung cancer.”

Cabell Huntington Hospital among the first in the nation to offer minimally invasive technology to detect and diagnose early stage lung cancer



Members of the Cabell Huntington Hospital Auxiliary presented a check for \$150,000 to purchase a Monarch® robotic bronchoscopy machine.

“I am excited about the promise of this technology to offer more hope for future patients diagnosed with lung cancer.”

Lung cancer is the deadliest form of cancer for both men and women in the United States. Less than half of people with lung cancer survive after being diagnosed, according to the American Lung Association. However, when cancer is detected early, especially before it has had a chance to spread beyond the lungs, the five-year survival rate rises from just 5% percent to 56%.

To assist with earlier and more accurate diagnosis, 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.

Cabell Huntington Hospital is among the first hospitals in the nation and the

only one in the Tri-State to use this new, more precise robotic technology for early detection and diagnosis of lung cancer, including hard-to-reach areas. Physicians pass a robotic bronchoscope through the patient’s mouth and secure it in one of the main branches of the lung. Using a hand-held control, a catheter is passed through the scope into the airways. Tiny cameras allow doctors complete visibility while they biopsy nodules in hard-to-reach spaces without a patient needing invasive surgery.

“Because this technology improves reach, vision and control for bronchoscopy



procedures, it holds the potential to help diagnosis cancer even earlier than before,” said Yousef Shweihat, MD, interventional pulmonologist at Cabell Huntington

Hospital’s Center for Lung Health and St. Mary’s Regional Lung Center and an associate professor in the Department of Internal Medicine at the Joan C. Edwards School of Medicine. “I am excited about the promise of this technology to offer more hope for future patients diagnosed with lung cancer.”

For more information, please call the CHH Center for Lung Health at 304.399.2881.



NATIONAL DOCTORS' DAY

MONDAY, MARCH 30, 2020

In celebration of Doctors’ Day 2020, we at Mountain Health Network thank the many dedicated and caring physicians on our Medical & Dental Staff for their commitment to meeting the health care needs of our community. And we encourage everyone to use this week to thank their physicians for the significant contributions they make to the health of our region.

Hoops Family Children's Hospital opens Craniofacial Clinic



Children with both congenital and acquired anomalies of the face and skull do not have to travel to large cities to receive care. The Hoops Family Children's Hospital at Cabell Huntington Hospital (CHH) has created the Hoops Craniofacial Clinic with an experienced team dedicated to evaluating and treating these complex conditions in children and adolescents.

Cleft lip and cleft palate are common birth defects in which the mouth does not form properly during pregnancy. This can include an opening in the lip, the roof of the mouth or both. If left untreated, the child can have difficulty speaking and feeding. Other issues, such as ear infections, hearing loss and dental problems, may also occur.

Through the clinic, experts, such as speech therapists, dentists, neonatologists, pediatric plastic surgeons, otolaryngologists and nurse practitioners, work together as a team in one location to provide needed care without patients traveling to multiple locations.

This clinic will be only one of a few in the entire state. For dates and times of the clinic or for more information, please call 304.691.8910 or visit www.hoopschildrens.org.

Marshall School of Medicine launches West Virginia's first pediatric hospital medicine fellowship

Marshall University Joan C. Edwards School of Medicine now offers the state's first pediatric hospital medicine fellowship.

The new two-year fellowship program focuses on developing physicians who take a lead role in caring for pediatric patients in a hospital setting. The new medical specialty was established in 2016 to raise the level of care for hospitalized children and address growing pediatric workforce shortages across the nation. Three of Marshall's faculty members hold subspecialty certification in pediatric hospital medicine.



"Hospitalists are focused on quality and continuity of care for all hospitalized patients. That role becomes especially important when working with children who may not be able to tell you how they're feeling or what hurts," said Susan L. Flesher, MD, FAAP, pediatrician at the Hoops Family Children's Hospital at Cabell Huntington Hospital and associate professor of pediatrics and director of the pediatric residency and pediatric hospital medicine fellowship programs at Marshall's School of Medicine.

In July 2020, the program will welcome its first two fellows. Jessica L. Ford, DO, earned her medical degree from the Arizona College of Osteopathic Medicine/Midwestern University in Glendale, Ariz. She is currently completing a pediatric residency at Children's Hospital of Illinois in Peoria, Ill.

Patricia A. Tran, MD, earned her medical degree from Mercer University School of Medicine in Macon, Ga. She is currently completing her pediatric residency at Mercer University/Navicent Health in Macon.

At the completion of their training, the fellows will be eligible to sit for subspecialty certification in Pediatric Hospital Medicine from the American Board of Pediatrics.

"Our relationship with Hoops Family Children's Hospital at Cabell Huntington Hospital makes Marshall an ideal training location for this type of program," Flesher said. "Building on the continued success of our pediatric residency program, the critical care and other pediatric specialists on our faculty will work closely with trainees to provide in-depth education and experiences in procedural sedation, quality improvement science, clinical and translational research, medical education and child advocacy."

Pediatric hospital medicine fellowships are not currently accredited, as the process has only recently been established by the Accreditation Council for Graduate Medical Education. Marshall will apply for accreditation in the first available cycle.

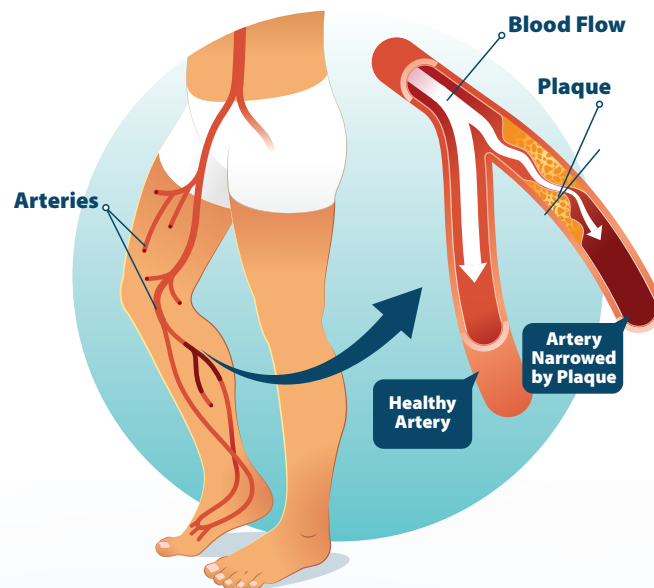
St. Mary's Regional Heart Institute to begin supervised exercise program for treatment of peripheral artery disease

St. Mary's Regional Heart Institute, a Mountain Health Network Center of Excellence, is beginning a supervised exercise program for the treatment of peripheral artery disease (PAD).

PAD, commonly described as clogged arteries in the legs, increases the risk of heart attack, stroke, amputation and death. Approximately 8 to 12 million adults in the United States are affected by PAD.

The most common symptoms include:

- Leg muscle pain that occurs with walking and is relieved with rest
- Foot or toe pain at rest that may disturb sleep
- Skin ulcers or wounds that won't heal or are slow to heal
- Shiny skin with loss of hair on feet and toes



"The idea of this program is to address the disease before it reaches the point of needing surgical intervention," said Daniel D. Snavelly, MD, interventional cardiologist with St. Mary's Regional Heart Institute and HIMG and medical director of St. Mary's Cardiac Rehabilitation. "If we can help someone early enough, they'll have a much better outcome."

Participants in the PAD exercise program will alternate between periods of exercise and rest on a treadmill with a goal of 30 minutes of exercise. Each patient will be monitored by experienced nurses, exercise physiologists, a registered dietitian and a counselor to provide supervised exercise training and lifestyle modification education. The program, which is offered through St. Mary's Cardiac Rehabilitation, is covered by most insurance providers.

Supervised exercise training can reduce PAD symptoms, increase functional capacity and walking distance, reduce risk factors and prevent progression of the disease. To participate, a patient must have a face-to-face consultation with their physician resulting in a referral.

"It's very important for the patient to meet with their physician so they can determine together if this program is the best treatment for them," Snavelly said.

For more information about the St. Mary's PAD program, call 304.526.1253.



Mountain Health Network hospitals earn Blue Distinction® designations for quality and cost-efficiency in knee and hip replacement surgeries



Designated
BlueDistinction®
Center+
Knee and Hip Replacement

Highmark Blue Cross Blue Shield West Virginia has selected Cabell Huntington Hospital (CHH) as a Blue Distinction Center for Knee and Hip Replacement and St. Mary's Medical Center (SMMC) as a Blue Distinction Center+ for Knee and Hip Replacement. Both designations are part of the Blue Distinction Specialty Care program.

Blue Distinction Centers® are nationally designated health care facilities that show a commitment to delivering high-quality patient safety and better health outcomes based on objective measures that were developed with input from the medical community and leading accreditation and quality organizations.

Facilities designated as Blue Distinction Centers for Knee and Hip Replacement demonstrate expertise in total knee and total hip replacement surgeries, resulting in fewer patient complications and readmissions. Designated facilities include hospitals (with and without an onsite Intensive Care Unit) and Ambulatory Surgery Centers (ASC). All designated facilities must maintain national accreditation and ASCs are also required to have an advanced orthopedic

certification. In addition to meeting these quality thresholds, hospitals designated as Blue Distinction Centers+ are on average 20 percent more cost-efficient per episode of care compared to other facilities.

Knee and hip replacement procedures remain some of the most commonly performed elective surgical procedures in the U.S., according to a 2018 study released by the American Academy of Orthopedic Surgeons. In 2014, there were 370,770 total hip replacements and 680,150 total knee replacements.

"The selection criteria for knee and hip replacements set by the Blue Distinction Specialty Care program are quite robust. So we are proud to be recognized for meeting those criteria," said Hoyt Burdick, MD, chief clinical officer for Mountain Health Network. "Quality is key for us and so we truly appreciate Highmark Blue Cross Blue Shield West Virginia acknowledging our hard work. This designation confirms our commitment to outstanding orthopedic care for our community."

"The Blue Distinction program gives Highmark Blue Cross Blue Shield West

Virginia members the ability to choose their providers based upon reliable quality and safety information," said Dr. Charles DeShazer, Senior Vice President and Chief Medical Officer, Highmark Health Plan. It also provides a pathway for exceptional providers to demonstrate their value, and delivers the kind of transparency necessary for members to make informed value-driven healthcare decisions. We congratulate our Blue Distinction Specialty Care providers on their accomplishment and thank our members for choosing Highmark BCBS West Virginia."

The Blue Distinction Specialty Care program has helped patients find quality care in the areas of bariatric surgery, cancer care, cardiac care, cellular immunotherapy, fertility care, gene therapy, knee and hip replacements, maternity care, spine surgery, substance use treatment and recovery and transplants. Research for many of these programs show that, compared to other providers, those designated as Blue Distinction Centers demonstrate better quality and improved outcomes for patients.

For more information about the program and for a complete listing of designated facilities, visit www.bcbs.com/bluedistinction.

Spine surgery programs earn Blue Distinction+ designations for quality and cost-efficiency



Designated
BlueDistinction®
Center+
Spine Surgery

Highmark Blue Cross Blue Shield West Virginia has selected both Cabell Huntington Hospital (CHH) and St. Mary's Medical Center (SMMC), members of Mountain Health Network, as a Blue Distinction Center+ for Spine Surgery as part of the Blue Distinction Specialty Care program.

Blue Distinction Centers® are nationally designated health care facilities that show a commitment to delivering high-quality patient safety and better health outcomes based on objective measures that were developed with input from the medical community and leading accreditation and quality organizations.

Spinal surgeries are among the most common and expensive elective surgeries in the U.S., according to the government-based Agency for Healthcare Research and Quality (AHRQ), which creates a significant opportunity to improve quality and value within the health care system. For example, there were more than 463,000 spinal fusion operations in the U.S. in 2014, and hospital costs for a fusion procedure average \$28,900, according to AHRQ.

Facilities designated as Blue Distinction Centers for Spine Surgery demonstrate expertise in cervical and lumbar fusion cervical laminectomy and lumbar

laminectomy/discectomy procedures, resulting in fewer patient complications and readmissions compared to other facilities. Designated facilities include hospitals (with and without an onsite Intensive Care Unit) and Ambulatory Surgery Centers (ASC). All designated facilities must maintain national accreditation. In addition to meeting these quality thresholds, hospitals designated as Blue Distinction Centers+ are on average 20 percent more cost-efficient in an episode of care compared to other facilities.



"Only those facilities that first meet nationally established, objective quality measures are even considered for designation as a Blue Distinction Center+, so we are proud to be

acknowledged," said Hoyt Burdick, MD, chief clinical officer for Mountain Health Network. "We are committed to providing quality health care to our community and these designations for both Cabell and St. Mary's are proof of that commitment."

The Blue Distinction Specialty Care program has helped patients find quality care in the areas of bariatric surgery, cancer care, cardiac care, cellular immunotherapy, fertility care, gene therapy, knee and hip replacements, maternity care, spine surgery, substance use treatment and recovery and transplants. Research for many of these programs show that, compared to other providers, those designated as Blue Distinction Centers demonstrate better quality and improved outcomes for patients.

For more information about the program and for a complete listing of designated facilities, visit www.bcbs.com/bluedistinction.



Cabell Huntington Hospital | St. Mary's Medical Center



CHH is the only hospital in West Virginia to be recognized among the 250 Best Hospitals in America for the second year

Cabell Huntington Hospital (CHH) is the only hospital in West Virginia to be named to *America's 250 Best Hospitals™* by Healthgrades for the second year.

Healthgrades, the leading online resource for information about physicians and hospitals, released the recipients this week of the *America's 250 Best Hospitals Awards*, which represent the top hospitals in the nation. These hospitals demonstrate superior clinical outcomes across the majority of common inpatient conditions and procedures and have sustained this performance for at least five consecutive years. This award recognizes the **top 5% 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 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 has also been recognized as one of Healthgrades 2020 *America's 100 Best Hospitals for Orthopedic Surgery* for the second year in a row and among *America's 100 Best Hospitals for Joint Replacement* for the ninth year in a row, along with 11 other awards.

According to the Healthgrades criteria, *America's Best Hospitals* demonstrate superior clinical outcomes and sustained performance, as well as prioritize collaboration across the organization.

For a complete listing of Healthgrades awards presented to Cabell Huntington Hospital, visit us online at www.cabellhuntington.org.



Huntington's Kitchen unanimously accepted into prestigious Teaching Kitchen Collaborative

Huntington's Kitchen, the outreach community food center of Cabell Huntington Hospital (CHH) and home of Marshall University's Department of Dietetics, was unanimously accepted into the prestigious Teaching Kitchen Collaborative (TKC). TKC is a dynamic, action-oriented network of thought-leading organizations with existing and/or planned teaching kitchens that are capable of shaping next-generation strategy and collaborative research on best practices for integrative lifestyle transformation.



"You must be invited to be a part of this group and then you must go through an application process to be accepted," said Andrew Vaughan, MD, MBA, cardiologist at CHH and assistant

professor in the Department of Cardiology at the Joan C. Edwards School of Medicine. "This is a great honor that places Huntington's Kitchen in a network with prestigious teaching kitchens around the world."

Some of those respected teaching kitchens include the Culinary Institute of America in New York, Princeton University in New Jersey, Barilla and Barilla Center for Food & Nutrition in Italy and the Cleveland Clinic in Ohio.

"Being a part of this network will allow us, as a medical community, to learn and share best practices with some of the leading organizations dedicated to culinary literacy and integrative lifestyle transformation," Vaughan said. "We will enhance our knowledge of providing medical students with a deeper understanding of how food is used to shape health."

TKC members benefit from virtual work groups, member-only sharing platforms



"We will enhance our knowledge of providing medical students with a deeper understanding of how food is used to shape health."

and serve as catalysts of enhanced personal and public health across medical, corporate, school and community settings.

Dr. Kelli Williams, chair of Marshall's dietetics department, said the TKC partnership will provide exciting opportunities for students to gain insights and experiences related to community nutrition.

"The Department of Dietetics welcomes the opportunity to be part of this collaborative. It provides us unique opportunities to explore best practices in community-based kitchens and engage in research activities to strengthen the impact of community nutrition programs throughout the country," Williams said. "We hope to work with the university's School of Medicine, Mountain Health

Network, and the Collaborative to explore innovations and ideas for growth and development of Huntington's Kitchen. It is a wonderful opportunity and privilege to be recognized for our collaborative efforts and work related to community nutrition."

"We are excited to be a part of this network," said Marty Emerson, manager of Huntington's Kitchen. "Our mission is to help prevent and reduce diet-related disease through education and healthy cooking. This will support our mission and give us resources and best practices to share with the community."

For more information about Huntington's Kitchen, please call 304.522.0887. For a full list of TKC members, visit www.tkcollaborative.org.

WELCOME NEW PHYSICIANS



Shawndra Barker, MD – Family Medicine

Medical School: Marshall University Joan C. Edwards School of Medicine

Residency: Marshall University Joan C. Edwards School of Medicine

For more information or to schedule an appointment, please call 304.691.1100.

 Assistant Professor, Department of Family Medicine at the Marshall University Joan C. Edwards School of Medicine

Rebecca Barnett, DO – Pediatrics

Medical School: West Virginia School of Osteopathic Medicine (Lewisburg, W.Va.)

Residency: University of Arizona (Tucson, Ariz.)

Fellowship: University of Rochester (Rochester, N.Y.)

For more information or to schedule an appointment, please call 304.526.2124.

 Assistant Professor, Department of Pediatrics at the Marshall University Joan C. Edwards School of Medicine



Balaji Govindaswami, MD – Neonatology

Medical School: College of Medicine, University of Lagos (Idi-Araba, Nigeria)

Residency: University of Kentucky (Lexington, Ky.)

Fellowship: University of California, San Diego (La Jolla, Calif.)

Fellowship: University of California, San Diego - Extracorporeal Membrane Oxygenation (ECMO) (La Jolla, Calif.)

For more information or to schedule an appointment, please call 304.526.2124.

 Professor, Department of Pediatrics at the Marshall University Joan C. Edwards School of Medicine. Chair, Pediatric Preventative and Addiction Medicine; Chief, Division of Neonatology; Director, Neonatal Intensive Care

Pamela Stallo, MD – Pediatrics (Teays Valley)

Medical School: Marshall University Joan C. Edwards School of Medicine (Huntington, W.Va.)

Residency: West Virginia University at Charleston Area Medical Center (Charleston, W.Va.)

For more information or to schedule an appointment, please call 304.691.8870.

 Assistant Professor, Department of Pediatrics at the Marshall University Joan C. Edwards School of Medicine



Parnell retires as vice president of support services at St. Mary's; Sheils named interim vice president



Tim Parnell, vice president of support services, retired from St. Mary's Medical Center, effective Jan. 3, 2020, after 15 years of service.

Parnell oversaw numerous construction projects during his tenure at St. Mary's, including the creation of St. Mary's Fifth Avenue Campus, which houses St. Mary's Center for Education and St. Mary's Urgent Care, and St. Mary's Medical Center Campus Ironton.

"We truly appreciate Tim's contributions to both St. Mary's and the health and well-being of the community we serve," said Todd Campbell, president of St. Mary's Medical Center. "We wish him well in retirement."

"Being a part of the St. Mary's family and witnessing the tremendous growth during these past 15 years has been an incredible experience for me," Parnell said. "I am forever grateful for the opportunity to have worked with such an extremely talented team and have the opportunity to share in the health ministry established by the Pallottine Missionary Sisters. I have every confidence that Mountain Health Network will thrive and advance its mission in meeting the needs of those we serve. I look forward to carrying my St. Mary's experiences with me as I start my next chapter."



David Sheils, FACHE, has been named the interim vice president of support services. Sheils has worked at St. Mary's for nearly 25 years, beginning as an administrative resident. For the past 14 years, he has served as the president of the St. Mary's Medical Center Foundation. Before his work with the Foundation, Sheils served as vice president of facilities and support services for more than nine years.

"David has been a proven leader at St. Mary's for many years," Campbell said. "His love for the organization and his dedication to our mission are invaluable assets to us and I look forward to working with him in his new role."

"St. Mary's is a special place for me and I am excited about this new opportunity to help shape the medical center's future growth as we continue to follow the great example set by the Pallottine Sisters," Sheils said. "I am honored to play a role in making Huntington a regional health care destination as we work together with our colleagues at Cabell Huntington Hospital as part of Mountain Health Network."

Sheils received his master's degree in hospital and health administration from Xavier University in Cincinnati and his bachelor's degree in health care business administration from Marshall University. He is a Fellow of the American College of Healthcare Executives (FACHE) and a Certified Fundraising Executive (CFRE). He is active with a number of community organizations, including Hospice of Huntington and the Highlawn Alliance.

Malayil named president of WVSIPP board

Rudy Malayil, MD, a pain management specialist with St. Mary's Pain Relief Specialists, has been named president of the board of the West Virginia Society of Interventional Pain Physicians (WVSIPP). He will serve a two-year term.



Malayil received his medical degree from Kasturba Medical College in Manipal, India. He completed his internship in general surgery at Cornell Medical Center, his residency in physical medicine and rehabilitation at New York University and his fellowship in pain medicine at Beth Israel Medical Center — all located in New York City.

With St. Mary's since January 2015, Malayil is a member of the American Society of Interventional Pain Physicians and the North American Neuromodulation Society. He serves on the executive board of the American Society of Pain and Neuroscience and the West Virginia Medical Cannabis Advisory Board.

WVSIPP, a sanctioned branch of the American Society of Interventional Pain Physicians (ASIPP), is dedicated to providing cutting-edge education, information and support to physicians and clinicians treating patients with pain. Its mission is to promote the development and practice of safe, high quality, cost-effective interventional pain management techniques for the diagnosis and treatment of pain and related disorders and to ensure patient access to these interventions.

For more information about Malayil and St. Mary's Pain Relief Specialists, visit www.st-marys.org.



Cabell Huntington Hospital | St. Mary's Medical Center

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Project JUMP Physician Update



program implementation. They include:

- Improved patient experience – seamless and integrated patient access workflows across all sites of care
- Improved care coordination – improved communications and access to information throughout the patient care process
- Improved user experience – single EHR with access to common data and patient information across all sites of care

- Enabled future care and reimbursement models – better integrated data analytics to support our population health strategy
- Enhanced organizational efficiencies – integrated workflows to reduce manual and repetitive processes.

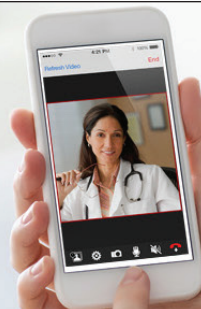
Our organizational leaders understand the importance and impact of a new electronic medical record system. Cabell Huntington Hospital and Marshall Health have developed the Project JUMP Guiding Principles for the Cerner

With the go-live date of Oct. 1, the goal is to deliver successful implementation across both organizations that will reflect the Project JUMP Guiding Principles. More details regarding training dates will be published soon.

You don't have to leave home to get the care you need.



Download the Mountain teleHEALTH App on your smartphone or tablet for access to non-emergency healthcare or go to mountaintealth.com to set up your account.



If you have questions, please call 304.526.2074.