

LEADINGEDGE

WINTER 2019

MAGAZINE



Mountain Health Network Advanced medicine. Compassionate care.

- MHN's Centers of Excellence
- Rock Steady Boxing at CHH
- SMMC's certified stroke care



Cabell Huntington Hospital | St. Mary's Medical Center

Cabell Huntington Hospital and St. Mary's Medical Center, founding hospitals of Mountain Health Network, have created a health system that brings compassionate care and comprehensive capabilities to you and your family. Now, the combined strength of these two hospitals gives you access to a higher level of care.

Right here. Right now. Every moment of every day.

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.

*Advanced Medicine.
Compassionate Care.*

www.mountainhealthnetwork.org

Message from the President & CEO



The Gift of Gratitude

GratITUDE. As we are firmly in the fall season and calendars are becoming more stretched than usual, I'm reminded to pause and receive the gift of gratitude. Gratitude can be as simple as appreciating what one has, not in terms of possessions, but recognizing what's good.

As we celebrated this year's Breast Cancer Awareness Month and heard survivors' stories, everyone present could feel the gratitude. Watching our community join together in support of breast cancer survivors was an affirmation of goodness.

In this issue of *Leading Edge*, we'll highlight some of the ways our hospitals are combining efforts and resources to make a lasting difference in the lives of our patients, their families and people throughout our region.

We're pleased to showcase the programs and services offered specifically for seniors in our area, as well as our dedicated Centers of Excellence — the Hoops Family Children's Hospital at Cabell Huntington Hospital and the Regional Heart Institute at St. Mary's Medical Center. Both services have been built upon a higher level of quality care and are committed to continuous improvement to conquer disease.

I'm thankful for the outstanding physicians, staff and volunteers who inspire me daily. I appreciate the kind welcome that each individual has extended to me and am encouraged when I see that genuine spirit shared with patients and families.

As you read through the following pages, I hope that the stories of care, compassion and hope remind you of the goodness that surrounds us.

I wish you a happy and safe holiday season that is surrounded by the spirit of gratitude.

Michael L. Mullins, FACHE
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Mountain Health Network

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Leading with *Excellence*

Hoops Family Children's Hospital is Mountain Health Network's first Center of Excellence

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

To be named a MHN Center of Excellence, the clinical area must be recognized by the medical community, the public and accrediting bodies as providing the most expert and highest level of compassionate and innovative care.

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

To realize the benefits of a COE, all pediatric services and staff at CHH and St. Mary's Medical Center have now been combined at Hoops.

The Region's Destination for *Cardiac Care*

St. Mary's Regional Heart Institute named a Center of Excellence

Mountain Health Network (MHN) has selected St. Mary's Regional Heart Institute as a Center of Excellence (COE). All coronary interventional cardiac catheterization services are now centralized at St. Mary's Regional Heart Institute.

"Highly specialized cardiovascular services are greatly needed in the

Tri-State region," said Michael Mullins, MHN president and CEO. "St. Mary's has been a leader for more than 40 years as a nationally recognized cardiovascular program that is supported by an outstanding team. We thank the medical staff, clinical staff and leadership of both St. Mary's and Cabell Huntington Hospital for their collaboration and work to bring this

important COE to fruition. As a result, cardiovascular services in the region will elevate to an even higher level of quality, efficiency and service."

The Cardiovascular Center of Excellence at St. Mary's and new system protocols for acute cardiac emergencies at Cabell Huntington Hospital are further examples of world-class health care made available through MHN.



Revolutionizing Joint Replacement Surgery

CHH first to use Stryker Mako in hip fusion conversion to total hip replacement surgery

“This is the first time my foot has actually hit the ground in over 30 years,” said an enthusiastic Gary Hill. He is the first patient in the Tri-State region to convert a complex hip fusion to total hip replacement using the Mako Robotic-Arm Assisted Surgery System™.

Cabell Huntington Hospital (CHH) is the only hospital in the region to offer robotic-arm assisted total 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.

At the age of 15, Hill was involved in a serious car accident. His pelvis was completely crushed.

“At 16, I had surgery and it didn’t help me,” he said. “Because of the reconstruction, my leg was 8 inches off the ground and I walked with a severe limp.”

Hill said he had several surgeries over the next 30 years with no relief. He consulted with the orthopedic team at CHH and decided to try one more time.

“This eight-hour hip surgery was very complicated and required coordination with four surgeons (Matthew Bullock, DO, Thomas Emmer, MD, Felix Cheung, MD, and Alexander Caughran, MD) as well as the computer science department at Marshall University to make a 3D printed model of Mr. Hill’s hip joint,” said Bullock, orthopedic surgeon and assistant professor in the Department of Orthopaedics

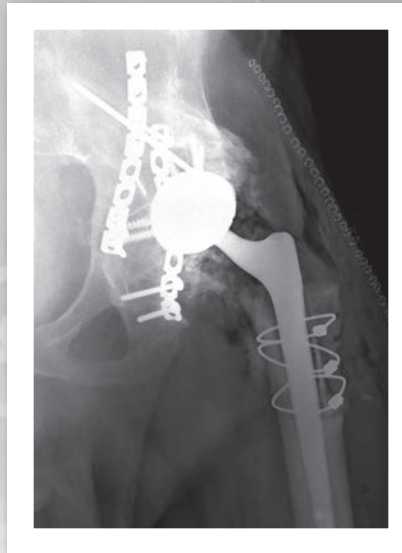


Before

at the Marshall University Joan C. Edwards School of Medicine. “Then we involved our team’s dedicated Stryker Mako representatives to devise several plans to execute the surgery, which was a huge success.”

During the procedure, the 3D model was used to create a personalized surgical plan and identify the implant size, orientation and alignment for total hip replacement.

In the operating room, the surgeons followed the surgical plan while preparing the hip for the implant. The surgeons guided the robotic arm within the predefined area, and the Mako System helped the surgeon stay within the boundaries that were defined when the personalized preoperative plan was created.



After

“I wasn’t sure what to expect when I came out of surgery, but I was pleasantly surprised that I had minimal pain and was up walking the next day,” said Hill. “I am extremely grateful to Dr. Bullock and the team for their expertise. I feel great.”

“These types of complex revision surgeries are usually reserved for large academic centers, such as Cleveland Clinic and Ohio State,” said Bullock. “Now, patients don’t have to travel to get relief. We can take care of them right here at home. This further demonstrates our commitment to provide the patients of our region with excellent health care.”

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

Breakthrough in Lung Care

Zephyr Valve System® used to treat emphysema

Cabell Huntington Hospital (CHH) is 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.

Emphysema is a severe form of chronic obstructive pulmonary disease (COPD). It causes abnormal, permanent enlargement of the air spaces at the ends of the bronchioles, accompanied by the destruction of their walls. Most emphysema is caused by smoking. The initial symptom of emphysema is shortness of breath (dyspnea). A cough might also be present, as chronic bronchitis often precedes emphysema. As the disease progresses, even a short walk can result in difficulty in breathing.

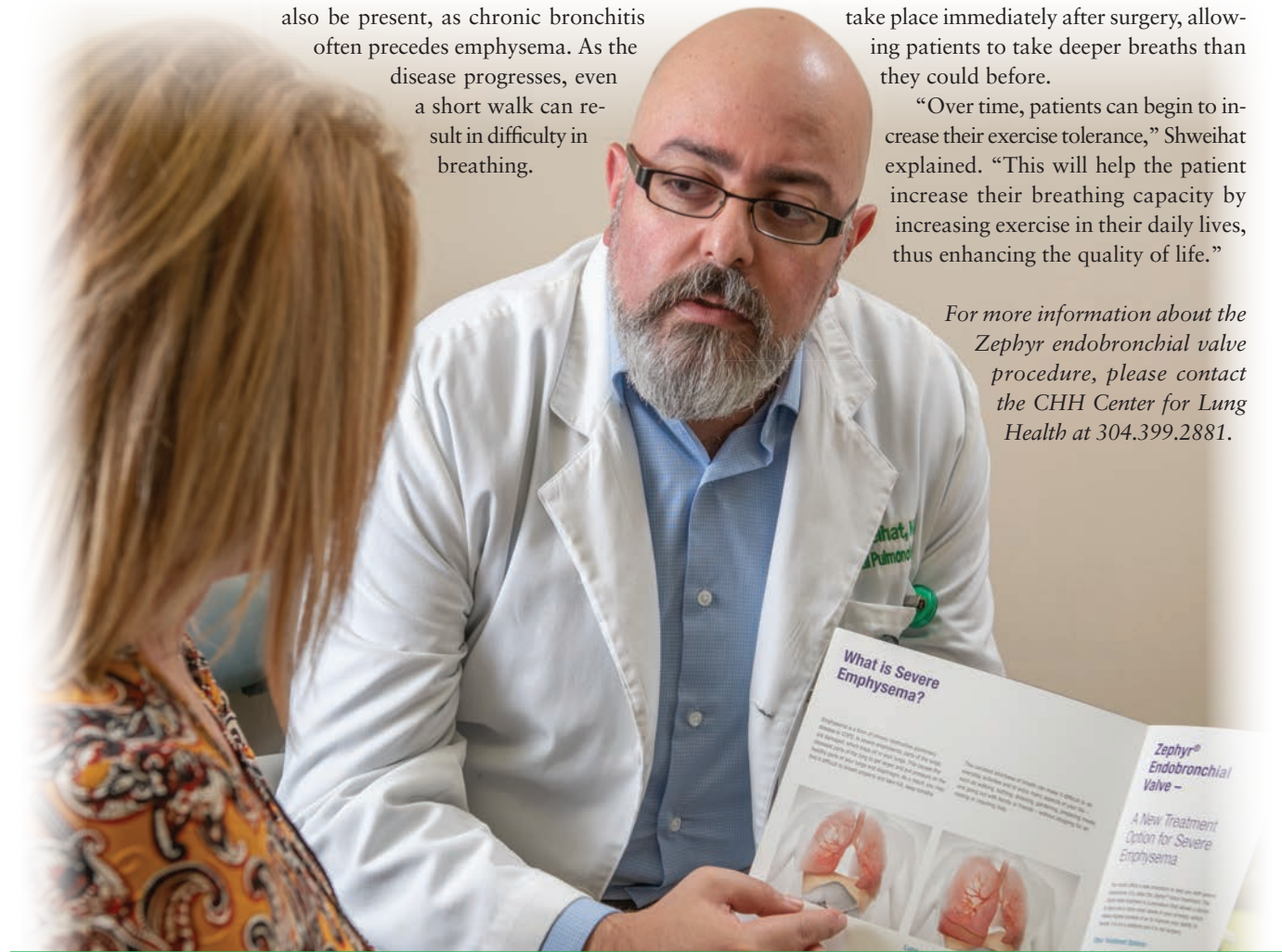
The *Zephyr* endobronchial valve is a minimally invasive endoscopic lung procedure that places tiny valves in the airways of the lungs to allow the healthier parts of the lungs to expand, thereby lifting pressure off the diaphragm and helping emphysema patients breathe more easily.

“This is truly a breakthrough to help patients improve their quality of life and breathe easier,” said Yousef Shweihat, MD, interventional pulmonologist at CHH’s Center for Lung Health and associate professor in the Department of Internal Medicine at the Joan C. Edwards School of Medicine.

The effects of the *Zephyr* endobronchial valve take place immediately after surgery, allowing patients to take deeper breaths than they could before.

“Over time, patients can begin to increase their exercise tolerance,” Shweihat explained. “This will help the patient increase their breathing capacity by increasing exercise in their daily lives, thus enhancing the quality of life.”

For more information about the *Zephyr* endobronchial valve procedure, please contact the CHH Center for Lung Health at 304.399.2881.





Silver LINING

Caring for the region's seniors goes far beyond meeting their medical needs

At Cabell Huntington Hospital and St. Mary's Medical Center, caring for the Tri-State's senior population goes far beyond meeting their medical needs. It also involves caring for the body, mind and soul. That's why the two hospitals have joined forces to ensure that every senior citizen in the community lives life to the fullest.

"Our mission is to help seniors live well as they age," said Regina Campbell, RN, MSN, interim system chief nursing officer and vice president of Quality for Mountain Health Network. "We want seniors to stay well, stay in their homes and continue doing the things they love."

That's why you'll find monthly support group meetings about a wide range of health concerns — from Alzheimer's to Parkinson's to loss and grief. That's why exercise programs and educational events take place specifically for seniors and why each fall, an annual celebration of seniors called SeniorFest takes place at Cabell Huntington Hospital — a day filled with entertainment, giveaways, free screenings and educational opportunities.

The efforts by the two hospitals to maximize the health and well-being of seniors is illustrated in the following pages and is further proof that our community's oldest citizens are some of its most cherished.

A HARVEST of Good Health

Area seniors celebrated at annual SeniorFest event



SeniorFest attendees had a chance to speak one on one with physicians and specialists like interventional pain management physician and anesthesiologist Joseph M. DeLapa, MD, MHA.



Games, giveaways, food and fun are highlights of the annual event.



Seniors took part in free health screenings and other educational opportunities.

Hundreds of area seniors reaped the benefits of a healthy harvest at this year's SeniorFest, held Oct. 5 at Cabell Huntington Hospital (CHH). SeniorFest, an annual celebration of seniors, is a day filled with fun, food, education and friendship, said Regina Campbell, RN, MSN, interim system chief nursing officer and vice president of Quality for Mountain Health Network. Most importantly, she said, it's a day dedicated to seniors.

"SeniorFest is an opportunity to connect with the senior community," she said. "It's a chance for seniors to connect not just with clinicians, but also with each other. It's a day all about them."

This year's day featured free health screenings, educational opportunities, a barbershop quartet, a magician and a balloon artist, as well as giveaways and games.

"The theme for this year's event reflected what SeniorFest is all about, which is to celebrate seniors being well and staying well and doing the things they love," Campbell said. "It's not about getting seniors to the hospital. It's about giving seniors the tools they need to age well and live independently."

With the seventh annual SeniorFest in the books, the harvest of health continues as seniors share the things they learned and experienced at the event.

"It's great seeing seniors so enthusiastic about their health," Campbell said.



FIGHTING Parkinson's

Rock Steady Boxing is delivering a one-two punch in the fight against Parkinson's disease.



Rock Steady coaches guide participants through moves that improve motor skills and balance.



The Rock Steady program includes boxing-inspired strength training and balance exercises.

Advances in the management and treatment of Parkinson's disease, a progressive nervous system disorder that affects movement, are improving the quality of life for many Tri-State residents, and Huntington's two hospitals are proud to lead the way. That's why you'll find Parkinson's patients at the Huntington YMCA's Phil Cline Center every Monday and Wednesday, lacing up the gloves to box and work the body bag or speed bag.

It's all part of an innovative program called Rock Steady Boxing that gives people with Parkinson's disease hope by improving their motor skills through a noncontact,

boxing-based fitness curriculum. The program has been a game-changer — and, for some, a life-changer.

Rock Steady Boxing coaches guide participants through activities like stretching, bicycling, running, jumping rope, balancing and noncontact boxing. Boxing gloves and other equipment are provided.



Rock Steady Boxing recently celebrated its one-year anniversary at Huntington's YMCA. The

free program is open to anyone diagnosed with Parkinson's disease. For more information or to register for Rock Steady Boxing, please call 304.526.2695.

You're **not** alone

Support groups help seniors navigate health concerns

When you're facing a serious illness, it helps to know you're not alone. Support groups at Cabell Huntington Hospital (CHH) and St. Mary's Medical Center (SMMC) are designed to help patients and caregivers better manage health issues like cancer, Parkinson's disease, Alzheimer's and stroke.

The groups are not only educational, but also relational, said Chuck Romine, a former member of the West Virginia House of Delegates, who is active in the CHH support group for Parkinson's disease.

"I discovered the Parkinson's support group several years ago, and I still look forward to the third Tuesday of each month," said Romine, who was diagnosed with Parkinson's in 2008. "There's always an excellent educational program related to Parkinson's treatment. But probably as valuable as the educational component is that sometimes we'll have close to 40 people at our meetings. Every patient is affected by Parkinson's differently, and sharing ideas and experiences with other Parkinson's patients is helpful."

Retired teacher Gloria Urian said that when her mother was diagnosed with Alzheimer's disease 13



Gloria Urian is active in the CHH Alzheimer's support group.

years ago, she began searching for advice and information that would support her family along the difficult journey. Urian found that and more through the CHH Alzheimer's support group.

"The support and wisdom were invaluable to me," Urian said. "Receiving encouragement from people who had been walking the journey longer than we had, and then being able to help those who weren't as far along as we were — it helped us know that we weren't alone."

Though her mother passed away in early 2019, Urian continues to attend meetings, hoping to pay forward the support she received as an Alzheimer's caregiver.

"It's a hard journey, and no one has all the answers," she said. "But it's invaluable having support from people who've walked the same path you're walking and who understand what you're going through."

For more information on support groups, call the SMMC Wellness Hotline at 304.526.6670 or the CHH Senior Services Department at 304.526.2695.



Chuck Romine, former member of the West Virginia House of Delegates, is active in the CHH Parkinson's support group.

EMPOWERING *Seniors*

Local AARP chapter helps seniors take charge of their future

When the Huntington Area Chapter AARP meets each month at the St. Mary's Conference Center, the topics are vast and varied. But the goal is the same: to empower seniors to choose how they live as they age.

"We all have decisions to make as we age, from medicines and insurance changes to where and how we are going to live," said Melanie Kerstetter, assistant at the St. Mary's Medical Center Foundation and Marketing Department and vice president of AARP's Huntington chapter. "Our goal is to empower seniors to make those decisions on their own and take charge of their future."

AARP meets the second Monday of every month at 6 p.m. Snacks are served and a program is provided on a topic relevant to seniors. Past events have covered subjects ranging from local history to wound care to physical activity, along with special programs that have included bingo nights, holiday dinners and other celebrations.

"For many people, it's a time to catch up with their friends and enjoy a night out away from home," Kerstetter said. "We always have a good time."

Kerstetter, who helps plan the events with Jane Cleghon, chapter president, said the meetings are open to everyone 50 and older. Joining the local AARP chapter costs just \$5 a year.

"The meetings are fun, but they're also important," Kerstetter said. "They're a way to give seniors the tools they need to make decisions about their health, both now and in the future. Our hope is for seniors in our area to feel empowered and in control of their lives."

For more information about the Huntington Area Chapter AARP, please call Jane Cleghon, chapter president, at 304.526.1023 or Melanie Kerstetter, vice president, at 304.526.8180.



AARP meetings are both educational and fun.



Special programs on topics relevant to seniors help empower local seniors in their health.



Let's get PHYSICAL

Free exercise classes for seniors promote wellness and independence

Regular exercise is vital in maintaining health and independence, and free exercise programs at Cabell Huntington Hospital (CHH) and St. Mary's Medical Center (SMMC) are helping seniors throughout the Tri-State stay active and well.

At CHH, a free program called SeniorWise is designed for people 50 and older who want to maintain their quality of life as they age. SeniorWise members can participate in free exercise classes at the Huntington YMCA's Phil Cline Center and Lewis Memorial Baptist Church.

"It's never too late to benefit from regular physical activity," said Regina Campbell, RN, MSN, interim system chief nursing officer and vice president of Quality for Mountain Health Network. "Regular exercise reduces your risk of falling and keeps your bones healthy and strong."

Jamilyn Dean, MS, ATC, employee/community wellness



Exercise classes help seniors stay physically and mentally active and well.

coordinator at SMMC, teaches a class called Seniors in Motion on Tuesday and Thursday from 10 to 11 a.m. in the Wellness Center at the St. Mary's Regional Heart Institute. The exercise class helps seniors work on increasing muscle strength, flexibility, balance, core strength and stability. But it goes beyond exercise, Dean said.

"There's a social component to Seniors in Motion that has been neat to see," she said. "A lot of our participants have become friends. They'll get together outside of class, and they'll call to check on each other if someone has missed a couple of sessions or if they know someone has had a procedure recently."

For details on exercise classes and other senior services, please call the SMMC Wellness Hotline at 304.526.6670 or the Senior Services Department at CHH at 304.526.2695.



Senior Focus Friday

Huntington's Kitchen serves up special programs for seniors

On the third Friday of every month, Huntington's Kitchen serves up something special just for seniors. The community food center teams up with Cabell Huntington Hospital's Senior Services Department to host Senior Focus Friday, a free educational program that covers subjects ranging from serious health concerns like breast cancer to senior lifestyle topics like estate planning. The hour-long event starts at noon, and it's a "package deal for wellness," said Regina Campbell, RN, MSN, interim system chief nursing officer and vice president of Quality for Mountain Health Network.

"At every Senior Focus Friday, you get to hear from an expert on the topic, watch a cooking demonstration

with a healthy meal you can make at home, participate in a health screening and learn tips for staying active," Campbell said. "It's a well-rounded approach to the topics that matter to seniors."

The process for determining the topics is simple.

"We plan the programs by listening to seniors and finding out what they have questions about," Campbell said.

Huntington's Kitchen is located at 911 Third Ave. To register or learn more, call 304.526.2695 or email seniors@chhi.org.

Senior Focus Friday is a free monthly event all about wellness.



Painting the Town Pink

The Tri-State comes together for breast cancer awareness



Cabell Huntington Hospital and St. Mary's Medical Center were bathed in pink light in observance of Breast Cancer Awareness Month.

The region was bathed in a rosy glow this October as the Tri-State came together for National Breast Cancer Awareness Month.

On Sept. 30, an event called Paint the Town Pink brought together local businesses, community leaders, Cabell Huntington Hospital (CHH) and St. Mary's Medical Center (SMMC) to honor those with breast cancer, celebrate survivors, recognize progress and raise awareness. At 7:30 p.m., breast

cancer survivors flipped a giant light switch, illuminating both hospitals, Pullman Square and multiple downtown businesses in pink light.

"Cancer is something that has affected each of us in some way, whether it is ourself, a friend or relative," said MacKenzie Morley, executive director of Downtown Huntington Partners and business owner. "We are striving to bring awareness to the disease and celebrate the successes thus far. Joining

together for this event really proved that together we are stronger and we can do great things — including painting our town pink."

Paint the Town Pink kicked off a month of special events, activities, health screenings and educational programs all intended to raise awareness, promote early detection and recognize those affected by breast cancer.

"One in eight women will be diagnosed with breast cancer," said Marsha



Held at Guyan Golf & Country Club, St. Mary's Medical Center's annual Ladies in Pink Luncheon benefits the St. Mary's Pink Ribbon Fund, which covers mammograms, breast ultrasounds and other screenings for uninsured and underinsured individuals in the Tri-State.



At Paint the Town Pink, local businesses and individuals gathered to honor those affected by breast cancer. Breast cancer survivor Laura Adkins (right) helped flip a light switch that illuminated the city of Huntington with pink light.

Dillow, RN, MSN, CBCN, director of Edwards Comprehensive Cancer Center (ECCC) Breast Oncology and the Breast Health Center at CHH. "Everyone knows someone who has breast cancer. October is dedicated to those patients and their families. It's a time to honor all those affected."

Throughout the month, Cabell Huntington and St. Mary's provided free clinical breast exams and discounted mammograms, hosted luncheons honoring survivors and community outreach events and held conferences for health care providers.

"The fight against breast cancer is a team effort," Dillow said. "When we

work together as a team, we're able to provide the very best to our patients and to our community."

That means staying up to date on advancements in genetic testing, mammography technology and breast cancer research. It means raising awareness about lesser-known topics, including breast cancer in men and inherited gene mutations beyond the more widely known BRCA1 and BRCA2 genes. Most importantly, said St. Mary's Breast Center Clinical Manager Anne Hammack, RN, BSN, it means working together to ensure that those at risk for developing breast cancer are screened appropriately, with annual

mammograms beginning at age 40 or earlier for those with a family history. Those with a family history of breast cancer should have mammograms starting 10 years younger than the age their family member was diagnosed.

"It's important to educate the community on the importance of mammograms," Hammack said. "Sometimes women are so busy taking care of everybody else that they don't take the time to take care of themselves. But the earlier you detect breast cancer, the more options for treatment you have. A mammogram only takes a few minutes out of your day. Take that time to take care of yourself."

Only the Best

U.S. News & World Report names St. Mary's among best hospitals in West Virginia



St. Mary's Medical Center has been recognized as a Best Hospital for 2019-20 by *U.S. News & World Report*. This is the second consecutive year St. Mary's has received this award.

The annual Best Hospitals rankings and ratings, now in their 30th year, are designed to assist patients and their doctors in making informed decisions about where to receive care for challenging health conditions or for common elective procedures.

St. Mary's was also recognized as a High Performing Hospital in four specific procedures and conditions: chronic obstructive pulmonary disease (COPD), heart bypass surgery, heart failure and hip replacement.

"We are pleased to once again be recognized by *U.S. News & World Report* for excellence in patient care," said Todd Campbell, St. Mary's president. "Our physicians, nurses and staff work tirelessly to achieve the best possible outcomes for our patients, and I am proud that that hard work has been acknowledged on a national level."

For the 2019-20 rankings and ratings, *U.S. News* evaluated more than 4,500 medical centers nationwide in 25 specialties, procedures and conditions. In the 16 specialty areas, 165 hospitals were ranked in at least one specialty. In rankings by state and metro area, *U.S. News* recognized hospitals as high performing across multiple areas of care.

"For 30 years, *U.S. News* has strived to make hospital quality more transparent to health care consumers nationwide," said Ben Harder, managing editor and chief of health analysis at *U.S. News*. "By providing the most comprehensive data available on nearly every hospital across the United



Todd Campbell, St. Mary's Medical Center president

States, we give patients, families and physicians information to support their search for the best care across a range of procedures, conditions and specialties."

The *U.S. News* Best Hospitals methodologies in most areas of care are based largely on objective measures, such as risk-adjusted survival and discharge-to-home rates, volume and quality of nursing, among other care-related indicators.

More information about the 2019-20 rankings and ratings is available at health.usnews.com. The rankings are published in the *U.S. News* "Best Hospitals 2020" guidebook, which was released in mid-September.

Quality Stroke Care

St. Mary's awarded national comprehensive stroke certification



Christy Franklin, MS, RN, CNRN, director of St. Mary's Regional Neuroscience Center

St. Mary's Medical Center has been 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.

"We're proud to achieve this prestigious certification," said Christy Franklin, MS, RN, CNRN, director of St. Mary's Regional Neuroscience Center. "Earning HFAP certification

is a significant achievement that recognizes our commitment to providing outstanding care to our patients and our community. In fact, quality is consistently the priority focus in our strategic plans and goals."

"St. Mary's clearly demonstrates a commitment to quality and patient safety," said Gary R. Ley, MHA, FACHE, board chair of the Accreditation Association for Hospitals/Health Systems (AAHHS) Board of Directors for HFAP. "We base our decision on the findings of an extensive and thorough on-site review of the stroke center against recognized national standards for patient safety, quality improvement and environmental safety. St. Mary's has earned the distinction of Comprehensive Stroke Center certification through its performance in successfully meeting those standards."

According to the American Heart Association/American Stroke Association, stroke is the fifth leading cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds, someone dies of a stroke every four minutes and nearly 800,000 people suffer a new or recurrent stroke each year.



Leading the Region in Joint Replacement

Cabell Huntington Hospital among 100 Best Hospitals
for Joint Replacement nine years in a row

Cabell Huntington Hospital (CHH) has been recognized by Healthgrades as one of America's 100 Best Hospitals for Joint Replacement for the ninth year in a row. CHH has received this designation for as long as the award has been available to the public.

CHH has also been recognized as one of Healthgrades 2020 America's 100 Best Hospitals for Orthopedic Surgery for the second year. These achievements place CHH's Mary H. Hodges Joint Replacement Center among the top 100 hospitals out of nearly 4,500 evaluated nationwide. In addition, CHH is also celebrating 13 consecutive years as a 5-star (out of five stars) designated facility for knee replacement surgery.

CHH's awards of continued excellence in orthopedics include:

- ONLY hospital in WV to be America's 100 Best for Joint Replacement nine years in a row (2012-2020)
- ONLY hospital in WV to receive Joint Replacement Excellence Award™ 13 years in a row (2008-2020)
- ONLY hospital in WV among the Top 5% in the nation for Joint Replacement 10 years in a row (2011-2020)
- ONLY hospital in WV among the Top 10% in the nation for Joint Replacement 13 years in a row (2008-2020)
- Recipient of the Orthopedic Surgery Excellence Award three years in a row (2018-2020)
- ONLY hospital in WV among the Top 10% in the nation for Overall Orthopedic services three years in a row (2018-2020)
- Five-Star Recipient for Total Hip Replacement three years in a row (2018-2020)

- Five-Star Recipient for Total Knee Replacement 13 years in a row (2008-2020)



Ali Oliashirazi, MD, surgical director of the Mary H. Hodges Joint Replacement Center

These achievements are part of findings released in the Healthgrades 2020 Report to the Nation. The 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 63% lower risk of experiencing a complication while in the hospital than

if they were treated in hospitals that did not receive the award.*

"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 at CHH and professor and chair of the Department of Orthopaedic Surgery at the Marshall University Joan C. Edwards School of Medicine. "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 CHH from across the nation to receive care delivered by our experienced, nationally rated 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."

CHH also received 12 other awards from Healthgrades for quality and safety practices. A complete list of these awards can be viewed at www.cabellhuntington.org.

*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 2020 Report to the Nation and detailed study methodology can be found at www.healthgrades.com/quality.



TRICK OR TREAT FOR HOOPS

Each year, departments all over Cabell Huntington Hospital put their creative juices to the test to thrill little trick-or-treaters from the Hoops Family Children's Hospital. Young patients are offered costumes and are given the opportunity to collect goodies from staff.



BULL RIDER VISITS HOOPS

Bryan Titman, Professional Bull Rider Rodeo bull rider with the Pendleton Whiskey Velocity Tour, visited children at the Hoops Family Children's Hospital to bring a little cheer and paint pumpkins.



HOOPS REUNION CELEBRATION

The Hoops Family Children's Hospital formally announced its designation as a Center of Excellence by Mountain Health Network with a reunion celebration on Aug. 10. Games, puppet shows, Batman, magicians and a variety of staff were on hand to celebrate with the community.



ARTISANS EXPRESS

Artisans from across the region designed tugboats now on display around Huntington. The boats were auctioned off during the Artisans Express Gala on June 15, raising \$150,000 for the Hoops Family Children's Hospital. Members of the Cabell Huntington Hospital Auxiliary attended the gala and Kevin Fowler, president of CHH, served as the master of ceremonies.



FOR THE KIDS

Gift from Drs. Omayma and Joseph Touma benefits children at Hoops Family Children's Hospital

Drs. Joseph and Omayma Touma know about quality health care and the importance of receiving that care close to home. Their commitment to the Hoops Family Children's Hospital (HFCH), Marshall University and the Huntington community is widely known — and something we should all strive to achieve. Joseph is a retired physician with 43 years of experience treating and performing surgeries for diseases of the ear, nose and throat. His wife, Omayma, is a retired pediatrician and former director of the Cabell Huntington Health Department. The Toumas are originally from Damascus, Syria, but fell in love with the Huntington area during their first visit.

At the beginning stages of the HFCH, the Toumas were approached by then CHH Foundation vice president CHH COO David Graley and then CHH president and CEO Brent Marsteller about becoming one of the first to get on board with a generous gift. They understood what having a state-of-the-art facility would mean to our region's children, not only today but also for generations to come.

"Having a children's hospital in Huntington not only has improved children's care, but it also has a positive impact on the [Joan C. Edwards] School of Medicine, [its] residency [and] fellowship [programs] and the economy in general," Joseph Touma said.

The Pediatric Intensive Care Unit (PICU) at HFCH is dedicated to the Toumas. The unit, a 10-bed facility, is one of only three in the state of West



Dr. B. Joseph Touma, Dr. Joseph B. Touma and Dr. Omayma Touma

Virginia. For the Toumas, seeing the plaque with their names outside of the PICU is seeing their life goals realized. "The best way to spend our money and yet still have it was to invest in the children's hospital and the PICU,"

Omayma said. We are forever grateful for the generous investments the Toumas have made to the HFCH PICU and their leadership in making the dream of a children's hospital become a reality.

At the Hoops Family Children's Hospital, every gift makes a positive impact on the care we provide and the lives of the patients we serve. Your gift may be used to sustain important treatment, services, technology, facilities or projects that help the hospital meet the needs of the Tri-State community. Gifts of any size from individuals, families, community groups, businesses, corporations and foundations are welcome and appreciated. To donate, visit chhfoundation.org/donate or call 304.526.6314.

HEART WALK RAISES AWARENESS

The American Heart Association Huntington Heart Walk, sponsored by St. Mary's Regional Heart Institute, had its best attendance ever at the 2019 event April 13 at Ritter Park. More than 600 people participated in the annual walk, which raises awareness of heart disease, the No. 1 cause of death in the Tri-State. Funds raised by the walkers benefited the American Heart Association.



HEALTH PROFESSIONS ACADEMY GROUP

Sixty-seven area high school students participated in the St. Mary's Health Professions Academy June 4-5 at the St. Mary's Center for Education. The academy provides selected high school students from the Tri-State a firsthand, behind-the-scenes look at health care by shadowing registered nurses, respiratory therapists and medical imaging faculty.



HUNTINGTON DAY WITH THE REDS

Greater Huntington Walks sponsored Huntington Day at Great American Ball Park in Cincinnati Aug. 11. City of Huntington Mayor Steve Williams threw out the first pitch to Greater Huntington Walks Chair Andy Fischer, and GHW members participated in a pre-game parade prior to the Reds game.

DONATE LIFE

St. Mary's was recognized with a Platinum Award at the 2019 Donate Life West Virginia Hospital Challenge Awards Luncheon Oct. 10 for promoting enrollment in the West Virginia organ donor registry. From left: Trish Sacconi of Kentucky Organ Donor Affiliates (KODA), Rev. Greg Creasy, director of spiritual care and mission at St. Mary's, Jennifer Scagnelli, telemetry nurse specialist at St. Mary's, and April Holley, ICU nurse specialist at St. Mary's.

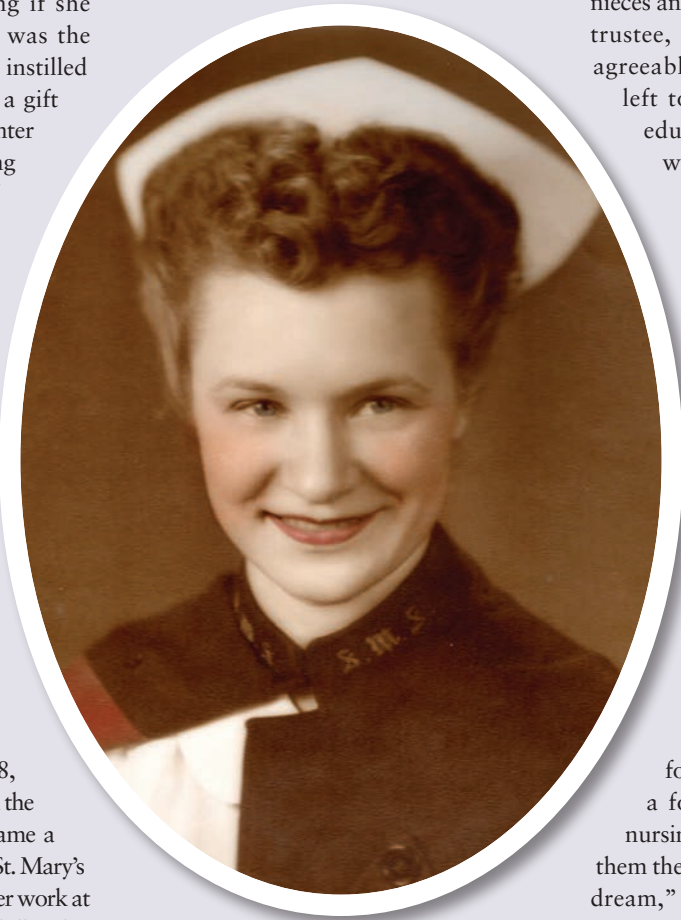


CHAMPIONING EDUCATION

Klug family starts scholarship at St. Mary's School of Nursing

"A girl can do anything if she gets her education." That was the belief Coletta "Kitty" Klug instilled in her nieces. And through a gift to the St. Mary's Medical Center Foundation, she's continuing to help future generations of women and men believe it as well.

Klug was working in the office of Fostoria Glass in Moundsville, West Virginia, when her sister, a 1943 graduate of the St. Mary's School of Nursing (SON), encouraged Klug to enter the Cadet Nursing Corps, a federal program designed to alleviate the nursing shortage in the U.S. during World War II. So, Klug came to Huntington and enrolled at the St. Mary's SON. But by the time of her graduation in 1948, the war had ended, along with the corps program. So Klug became a nurse and clinical instructor at St. Mary's Hospital. In 1951, she began her work at VA hospitals in Huntington; Chillicothe, Ohio; Cincinnati; and Buffalo, New York. It was working with veterans that piqued her interest in psychiatric medicine, and she eventually earned bachelor's, master's and doctorate degrees in the field. Klug became a professor of psychiatric nursing at the State University of New York at Buffalo, where her doctoral dissertation, "Constructive-Destructive Self," addressing issues of stress reduction, relationships and mental health for young adults, was published as a textbook. In 1992, after more than 30 years, she retired from full-time teaching and her duties as a department chair, but remained a mentor, adviser and part-time



Coletta "Kitty" Klug

instructor for several years. Klug also took her message into the schools and was instrumental in establishing one of the first suicide prevention hotlines in western New York. Klug died July 15, 2018.

"Aunt Kitty was a Renaissance woman," said Margaret Roberts, Klug's niece. "She was smart, talented, pretty, ambitious and successful, but she always looked back to her home in West Virginia."

Klug never married, so when she died, her heirs were her 18 surviving

nieces and nephews. Roberts was her trustee, but the entire family was agreeable to using the money she left to do something regarding education, since they knew it was so important to her.

"I didn't even have to ask them. The whole family started saying, 'We need to do something,'" Roberts said.

That something is the Coletta Klug Scholarship, which is awarded each semester to a student of the St. Mary's School of Nursing. Roberts chose the St. Mary's SON because of her aunt's connection to the school, but also because it offers two-year nursing degrees.

"Some people can't afford to jump immediately into a four-year bachelor's degree nursing program, so this still gives them the opportunity to pursue their dream," Roberts said. "It's a huge asset to the state."

Earlier this year, the SON awarded the first ever Klug Scholarship, which meant the world to Roberts and her family, knowing their aunt's legacy of championing education continues.

"There are many nurses in the family," Roberts said. "She was an inspiration to us, and now she continues to inspire even more students in her beloved West Virginia and beyond."

For more information about giving to the Coletta Klug Scholarship or to the St. Mary's Foundation, call 304.526.8180.

GROOVY GALA



SMMC'S 16TH ANNUAL GALA — The St. Mary's Medical Center Foundation hosted its 16th annual gala May 18, 2019, at the Marshall Rec Center in Huntington. The theme for the gala was "A Night at Studio 54," with entertainment provided by DJ Charlie Brown Superstar and Bee Gees Gold, a Las Vegas tribute band. Proceeds from the gala benefited the St. Mary's Center for Education, which houses the Schools of Nursing, Medical Imaging and Respiratory Care.



SAVE THE DATE
The St. Mary's Foundation Gala

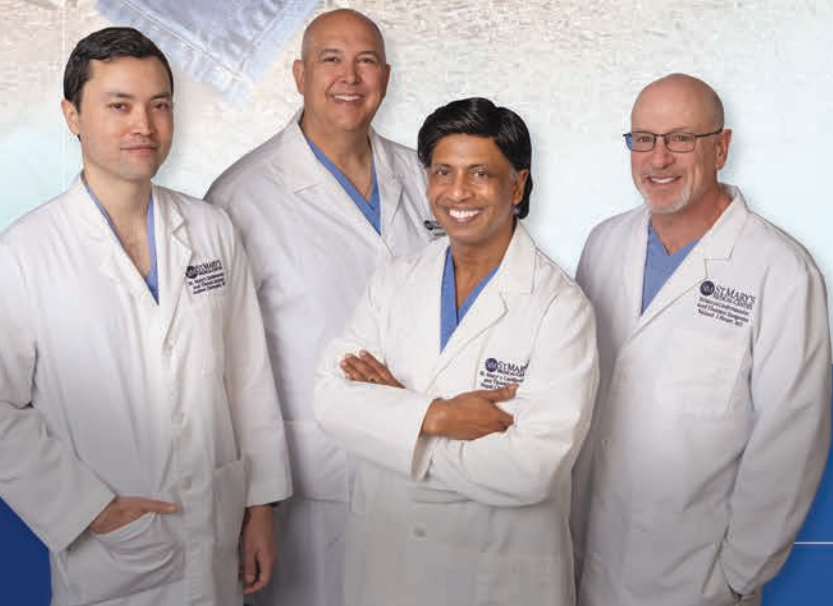
Saturday, May 16
Marshall Recreation Center
For more information, call 304.526.6314

S&M Cardiovascular CENTER OF EXCELLENCE

MOUNTAIN HEALTH NETWORK



St. Mary's Regional Heart Institute has been the Tri-State's leader in heart care for more than 40 years. We're proud to be designated as a Mountain Health **Cardiovascular Center of Excellence**. You can't create something this powerful without thinking about future generations. Built on a legacy of experience and trust, St. Mary's has The Hands of Experience® in advanced cardiac care.



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(L to R) Andrew Christopher, MD; Nestor Dans, MD;
Nepal Chowdhury, MD; and Richard Heuer, MD