

LEADING EDGE

SPRING 2023

MOUNTAIN HEALTH NETWORK



Marshall University President Brad D. Smith, Marshall Health CEO Beth L. Hammers and Mountain Health Network CEO Dr. Kevin Yingling are pictured Monday, April 24 at the Marshall University Medical Center.

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Family-centered Maternity Care



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Message from Kevin Yingling, RPh, MD, FACP
Mountain Health Network CEO

As Leo Tolstoy once wrote, Spring is the time of plans and projects.

At Mountain Health Network, we have been engaged in many different plans and projects this spring; and in the following articles, you can see just a sample of them as we continue our efforts to provide advanced medicine and compassionate care to all we serve.

We were pleased to announce, along with Marshall Health and Marshall University, a letter of intent to form an integrated academic health system with the Joan C. Edwards School of Medicine. We have a strong history of collaboration with our partners at Marshall and formalizing this relationship will allow us to unify our resources, while harnessing our individual strengths to benefit our patients.

Two recent recognitions have validated our commitment to be a highly reliable health care organization for our community. Cabell Huntington Hospital was named one of America's Top 100 Hospitals by Healthgrades and St. Mary's Regional Heart Institute received the top three-star rating from the Society of Thoracic Surgeons for heart bypass surgery. These acknowledgements by two distinguished organizations come as a result of the tremendous work and dedication of our physicians and staff.

Our specialty care programs are growing throughout the system to meet the needs of the 38 counties we serve across the region. Our Pediatric Center of Excellence at Hoops Family Children's Hospital and our Cardiovascular Center of Excellence at St. Mary's Regional Heart Institute continue to implement innovative programs and treatments. And as you'll read, we have opened a new Mountain Health Balance Center, an excellent example of adapting our services to the needs of our community by combining our knowledge and resources.

We are incredibly encouraged to be able to provide financial support to local organizations and programs in our community that share our dedication to improving our community's health and well-being. In the following pages, we spotlight just a small sample of the 138 area organizations we are supporting so far this fiscal year.

It has been a pleasure working with the Pleasant Valley Hospital community as we integrate PVH into our system. That community told us they were ready for a fresh vision and new direction for health care in the region and so we are pleased to introduce Rivers Health. While the name and branding will change, Rivers Health will continue to have the same friendly, compassionate staff providing care to their friends and neighbors.

As we experience the true renewal of spirit that only Spring can bring, we at Mountain Health Network renew our commitment to the health and well-being of our community. Thank you for choosing us for your health care needs.

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CHH among one of America's 100 Best Hospitals

Cabell Huntington Hospital (CHH), a member of Mountain Health Network, has been named one of America's 100 Best Hospitals for 2023. According to new research released by Healthgrades, this achievement puts CHH in the top 2% of hospitals nationwide for overall clinical performance across the most common conditions and procedures. CHH is the only hospital in West Virginia to be named one of America's 100 Best Hospitals in 2023, and this is the fifth consecutive year the hospital has been among America's 250 Best Hospitals (2019-2023).

"As a member of Mountain Health Network, Cabell Huntington Hospital is committed to improving the well-being of all we serve," stated Kevin Yingling, RPh, MD, FACP, CEO of Mountain Health Network. "This recognition reflects our ongoing commitment to quality, which is more important than ever when considering the pandemic's impact on our health care communities these past few years. We are extremely grateful to our hospital staff members for their dedication to providing highly reliable care to families in our region."

"Being recognized on a national level from Healthgrades speaks volumes about the level of care we offer at Cabell Huntington Hospital," said Hoyt Burdick, MD, chief medical officer of Mountain

Health Network. "Our team has remained committed to the highest standards in patient safety and health care quality. This culture of quality and patient safety is shared by everyone at Cabell Huntington Hospital, and is also demonstrated throughout Mountain Health Network. We are thrilled to be recognized for our collective efforts to provide advanced medicine and compassionate care to those in our Tri-State region."

Healthgrades reports that from 2019-2021, patients treated in hospitals that achieved the top 100 honor, on average, had a 25.5% lower risk of death than if they were treated in hospitals that did not receive the award, as measured across 31 rated conditions and procedures where mortality is the outcome.

"We're proud to recognize Cabell Huntington Hospital as one of America's 100 Best Hospitals for 2023," said Brad Bowman, MD, Chief Medical Officer and Head of Data Science at Healthgrades. "As one of America's 100 Best Hospitals, Cabell Huntington Hospital consistently delivers better-than-expected outcomes for the patients in their community and is setting a high national standard for clinical excellence."

Visit [Healthgrades.com/quality/americas-best-hospitals](https://www.healthgrades.com/quality/americas-best-hospitals) for an in-depth look at Cabell Huntington Hospital's performance profile. Consumers can also visit [Healthgrades.com](https://www.healthgrades.com) for more information on how Healthgrades measures hospital quality.



**Statistics are based on Healthgrades analysis of MedPAR data for years 2019 through 2021 and represent three-year estimates for Medicare patients only.*

Marshall Health, Marshall University, and Mountain Health Network boards approve first step toward clinical integration

Marshall Health, Marshall University and Mountain Health Network governing boards voted this week to authorize signing a letter of intent to form an integrated academic health system with the Joan C. Edwards School of Medicine.

Guided by each of their missions, the newly integrated academic health system will consist of Mountain Health Network's four hospitals: Cabell Huntington Hospital, St. Mary's Medical Center, Hoops Family Children's Hospital and Pleasant Valley Hospital; its ambulatory facilities, medical offices and employed physician practices; and Marshall Health's physician practice and its facilities.

"Hospitals, physicians, and medical schools across the country are realizing the value of more closely aligning and harnessing the strengths of each entity to benefit the patients they serve," stated Mountain Health Network CEO Kevin W. Yingling, RPh, MD, FACP. "The hospitals, physician practice, and medical school have a strong history of collaboration and the time is right to formalize our relationship."

"While our institutions have collaborated for nearly 50 years, this letter of intent marks the beginning of our evolution into a true academic health system," said Beth L. Hammers, MBA, CEO of Marshall Health. "Our commitment to our faculty, students, patients, team members and community will remain at the forefront as we align our missions and speak with one voice to transform healthcare in West Virginia and beyond."

Marshall University President Brad D. Smith said the formation of the integrated academic health system embodies the history the organizations share and presents a significant opportunity for the future.

"The most powerful word in our university's rally cry – We Are Marshall – is the word 'we,'" said Smith. "Education and research are central to the mission of the new academic health system, and this alignment will strengthen the educational experience and opportunities for research and discovery for Marshall University students. Equally important, our centers of excellence in addiction medicine, obesity, gerontology, and rural health will continue to flourish and enhance our abilities to meet the needs of our population. In combination, we will advance our role as a prosperity platform, accelerating



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"The hospitals, physician practice, and medical school have a strong history of collaboration and the time is right to formalize our relationship."

Kevin W. Yingling, RPh, MD, FACP
Mountain Health Network CEO

individual success, innovative ideas and economic impact in the community and greater Appalachian Region."

The formation of an academic health system will drive the delivery of high-quality multidisciplinary care, provide a forum for training the next generation of healthcare providers and advance research opportunities aimed at improving the health and wellness of patients and communities across West Virginia and the bordering states of Kentucky and Ohio.

The letter of intent is the first step in the process that enables the three entities to proceed with the necessary due diligence and governing documents that result in a definitive agreement. All three entities are committed to completing the process by the end of the year. More information will be shared as the process continues.

State health leaders announce collaboration to enhance health care for Logan and southern West Virginia

Mountain Health Network, Marshall Health, and Logan Regional Medical Center (LMRC), a ScionHealth Community Hospital, announced a new collaboration aimed at bringing more opportunities for specialty care to southern West Virginia.

Through a new memorandum of understanding (MOU), the organizations will work to establish a process for identifying and implementing opportunities to enhance health care services for the residents of Logan and surrounding areas.

“Mountain Health and Logan Regional Medical Center have held a longstanding mutual respect and common purpose of providing high-quality medical care for patients, close to home,” stated Kevin Yingling, RPh, MD, FACP, CEO of Mountain Health Network. “We are honored the Logan and ScionHealth teams have chosen Mountain Health and our academic medical center partners, Marshall Health, to provide access to highly-specialized heart, pediatric, and cancer services so patients and families do not need to travel long distances for advanced medical care.”

“Logan Regional has a long history of providing high-quality, compassionate medical care to our friends, families and neighbors in the Logan area,” said David Brash, CEO of LRMC. “We have an exceptional team of physicians and caregivers and a wide scope of quality service lines we’ve established at our hospital. This collaboration makes us part of a network that will improve patients’ access to advanced specialty and sub-specialty care both here in Logan, as well as Mountain Health Network and Marshall Health facilities. It also connects us with an academic partner critical to developing graduate medical education and teaching programs.”

Earlier this year, the Marshall University Joan C. Edwards School of Medicine and Marshall Health, its faculty practice plan, partnered with LRMC, among others, to launch the nation’s first separately accredited rural general surgery residency program. The new five-year program will welcome its first trainees in July 2023. Several Marshall Health specialties, including general surgery and cardiology, have practiced in the Logan area for years.

“Partnerships like this one are how we continue to build the skilled physician workforce West Virginia needs while meeting



(L-R): Rob Jay, CEO of ScionHealth; U.S. Senator Shelley Moore Capito; Dr. Kevin Yingling, CEO of Mountain Health Network; Beth Hammers, CEO of Marshall Health; David Brash, CEO of Logan Regional Medical Center, and Robert Wampler, President, Community Hospitals at ScionHealth at the Jan. 6 announcement celebration.

the health care needs of our communities today,” said Beth L. Hammers, MBA., CEO of Marshall Health. “Rural training programs are one way we know that we can help meet physician shortages happening in so many rural areas. Marshall Health looks forward to working alongside Mountain Health, LRMC and local physicians to bring more specialty care options to patients in southern West Virginia.”

“Regardless of where West Virginians live, they deserve to be able to reach the lifesaving medical services they need and rely on. That’s why I have worked hard to support rural health care services across our state, and today’s announcement is another step in the right direction,” U.S. Senator Shelley Moore Capito said. “It is encouraging to see West Virginia take advantage of the Rural Residency Program – something I have long-supported – to address both the workforce and service availability challenge our communities sometimes face. Today’s announcement means more West Virginians receiving care, more West Virginians providing care, and more teamwork between our medical organizations.”

The entities will also seek to find ways to make available maternal fetal medicine, neuroscience, telehealth services as well as service lines and care opportunities to support the patient population served by Logan. Next steps include implementing workgroups of experts from each entity that will seek to develop programs that advance cardiology, pediatric and oncology services for patients in the Logan area.

The future of

RIVERS HEALTH

Member of MOUNTAIN HEALTH NETWORK

Close. Compassionate. Comprehensive.

Pleasant Valley Hospital (PVH) has always been a close-to-home, convenient choice for high-quality health care from compassionate, friendly staff and physicians. But when PVH joined Cabell Huntington Hospital (CHH) and St. Mary's Medical Center (SMMC) as a member of Mountain Health Network in October 2022, the timing was right for a fresh vision and new direction for the future of health care in the region.



and neighbors. As part of Mountain Health Network, we are able to build for the future by providing more services backed by the resources of Cabell Huntington Hospital and St. Mary's Medical Center. And through Marshall Health's commitment to support our community's health care, we are able to add additional physicians and specialists."

Among the additional providers who have joined are Emad Al Haj Ali, MD, an ear, nose and throat specialist, and

The hospital will now be known as Rivers Health. The new name and branding come after extensive discussions with more than 900 community and staff members.

"Our community spoke and we listened," said Keith Biddle, COO, Rivers Health. "They are excited about the future of health care in our area and the possibilities a new name represents."

The name incorporates the key geographic feature of the area, the two rivers that come together at Point Pleasant — the Ohio and Kanawha. In addition to signaling a new direction, Rivers Health also better represents the community served.



"This hospital is more than just Point Pleasant," Biddle said. "We are proud to serve the people of Mason and Jackson counties in West Virginia and Gallia and Meigs counties in Ohio. Rivers Health better reflects that entire community."

Along with a new name comes new opportunities to improve the health care of the Rivers Health Community through additional services and physician specialists and the revitalization of specific areas, including the emergency department.

"Rivers Health will continue to be the hospital built by the community for the community," Biddle said. "The same friendly, compassionate staff will continue to provide care for their friends

a team from Marshall Health providing gastroenterology services. MHN has also implemented a Tele-ICU program and neurology telemedicine program, allowing physicians from CHH and SMMC to provide patient consultations via telehealth.

In addition, the Sleep Disorders Center has reopened and improvements have been made in the emergency room and Regional Health Clinic to enhance workflow and the patient experience. The emergency services physician group employed by SMMC, U.S. Acute Care Solutions, is now providing emergency care in the Rivers Health ER and Radiology, Inc., West Virginia's largest radiology physician group, with more than 50 years of experience, is now providing imaging interpretation and interventional radiology services. Commonwealth/Riverside Anesthesia began providing services in June and work has begun to upgrade the Rivers Health Pharmacy. These additions and improvements allow Rivers Health to continue to provide a full range of services, including surgery, orthopedics, oncology/cancer and cardiology.

"We are very proud of our staff and the care that they have provided our community over the past six decades," Biddle said. "We are excited to announce our new name to signal a new era of health care in our area and our recommitment to being the provider of choice for our community"

To learn more about Rivers Health, visit www.rivershealth.org.

Elizabeth Bosley: Celebrating more than 42 years of nursing service

Elizabeth “Libby” Bosley seemingly always knew she wanted to help people. But after more than four decades of nursing service, Bosley decided it was finally time to take care of herself.



Bosley, DNP, RN, NEA-BC, FACHE, retired from St. Mary's Medical Center (SMMC) in December 2022. In her more than 42 years at SMMC, Bosley served in a number of nursing administration roles, most recently as vice president of patient services and Chief Nursing Officer (CNO).



“This switch changed how everyone delivered care,” Bosley said. “Before, there weren't any outpatient procedures, so it was a huge game changer. You made sure patients got the most efficient care, in addition to the highest quality care.”

The addition of outpatient procedures has also been a big shift in nursing care. “It boggles my mind,” Bosley said. “Like an outpatient hysterectomy. Who would have thought when I started?”

The explosion of technology and electronics has also made a difference in both nursing and hospitals as a whole. Bosley cites the electronic medical record as one major change. “The amount of information people have to document is very different,” she said. “Everything is detailed, and it continues to evolve.”

Bosley is very proud of some of the changes at SMMC especially the development of cardiac services. “Watching St. Mary's build its Regional Heart Institute has been very exciting,” she said. “Open heart surgery had just begun when I started, so to watch our cardiac services grow into a world-class cardiac program has just been amazing. It puts a big smile on my face.”

Even though Bosley is no longer working at SMMC, the medical center will always be a part of her.

“The mission of the Pallottine Sisters was ingrained in me from day one and is now part of who I am,” Bosley said. “I was at St. Mary's for most of my adulthood. It's a huge part of my life and always will be.”

A 1980 graduate of the St. Mary's School of Nursing, Bosley began her career as a nurse in the surgical ICU at SMMC. She then became a critical care educator, followed by a stint as a member of the School of Nursing faculty. Bosley then moved into nursing administration as an assistant director of nursing for critical care, then associate director of nursing and director of nursing before being named CNO in 2007.

“It's always been about the patient,” Bosley said. “They're the center of everything I've worked for. Even in teaching, the patient is always the foundation. My motto is the patient comes first.”

Nursing has gone through many changes in four decades, and Bosley has experienced them all throughout her career. The first big change, in her opinion, came around 1983 when Medicare and private health insurance companies switched from paying by the day to a diagnosis-related group model.

St. Mary's Regional Heart Institute receives top rating

St. Mary's Regional Heart Institute has earned a distinguished three-star rating from The Society of Thoracic Surgeons (STS) for patient care and outcomes in isolated coronary artery bypass grafting (CABG) procedures. The three-star rating, which denotes the highest category of quality, places St. Mary's Medical Center among the elite for heart bypass surgery in the U.S. and Canada.

The STS star rating system is one of the most sophisticated and highly regarded overall measures of quality in health care, rating the benchmarked outcomes of cardiothoracic surgery programs across the U.S. and Canada. The star rating is calculated using a combination of quality measures for specific procedures performed by an STS Adult Cardiac Surgery Database participant.

Approximately 20% of participants receive the three-star rating for isolated CABG surgery. The latest analysis of data for CABG surgery covers a three-year period, from July 2019-June 2022.



"Receiving the top rating from STS is confirmation of our commitment to improving the health and well-being of all we serve," said Melissa Mielcarek, MSHA, MBA, FACHE, executive director, St. Mary's Regional Heart Institute. "St. Mary's has provided high-quality heart care for the patients of our area for more than 43 years and we are proud to receive this honor."

"The Society of Thoracic Surgeons congratulates STS National Database participants who have received three-star ratings," said David M. Shahian, MD, chair of the Task Force on Quality Measurement. "Participation in the Database and public reporting demonstrates a commitment to quality improvement in health care delivery and helps provide patients and their families with meaningful information to help them make informed decisions about health care."

The STS National Database was established in 1989 as an initiative for quality improvement and patient safety among cardiothoracic surgeons. The Database includes four components: the Adult Cardiac Surgery Database (ACSD), the Congenital Heart Surgery Database (CHSD), the General Thoracic Surgery Database (GTSD), and the mechanical circulatory support database (Intermacs). The STS ACSD houses approximately 6.9 million surgical records and gathers information from more



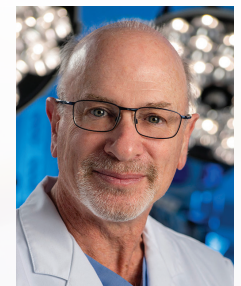
ST. MARY'S CARDIOVASCULAR
AND THORACIC SURGEONS



Nepal C. Chowdhury, MD



Nester Dans, MD



Richard J. Heuer, MD

than 3,800 participating physicians, including surgeons and anesthesiologists from more than 90% of groups that perform heart surgery in the US. STS public reporting online enables STS ACSD participants to voluntarily report to each other and the public their heart surgery scores and star ratings.

St. Mary's Regional Heart Institute was named a Mountain Health Network Center of Excellence in October 2019. To be named an 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. For more information about St. Mary's Regional Heart Institute, visit www.st-marys.org/heart.

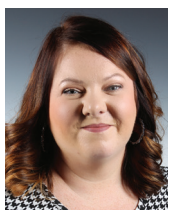


Navigating the surgical process

When a patient is scheduled for surgery, there are a number of tasks that need to be completed, such as lab work, X-rays and other testing. Trying to get everything completed can be stressful and confusing and often results in the patient delaying their surgery.

To help patients better navigate the surgical process, HIMG has opened a perioperative clinic on its campus, located at 5170 U.S. Route 60 East, in Huntington. Perioperative refers to the entire surgical time frame from the period before surgery, the time of the surgery and the period after surgery.

“This clinic was established with the sole purpose of serving our community by assisting surgical patients in navigating the often confusing process of getting ready to have surgery,” said Erica Barringer, DO, director of the HIMG Perioperative Clinic. “Our commitment is to our patients in assessing their clinical history and making sure our surgeons and anesthesiologists have all of the pertinent medical information needed to provide a smooth surgical experience, which, in turn, will help ensure better surgical outcomes.”



At the HIMG Perioperative Clinic, patients can have their pre-surgery visit with Dr. Barringer or Amber Bryant, FNP-C, as well as any required testing at the same location. The clinic also obtains any necessary outside information and recommendations from other specialists, preventing the confusion of dealing with additional providers.



“The patients appreciate the assistance our clinic provides,” Dr. Barringer said. “They love the HIMG facility and being able to get everything needed done under one roof, on one floor. The feedback I have received from anesthesia at St. Mary’s Medical Center and Three Gables Surgery Center is that our efforts in obtaining the needed documentation and work up with physician oversight are helping to ensure that surgeries can proceed safely on time. It’s also helping significantly reduce rescheduling procedures.”

The clinic works closely with Scott Orthopedic Center. “We have received tremendous positive feedback from the staff and surgeons at Scott Orthopedic,” Dr. Barringer said. “Our efforts here are allowing their staff to focus on the surgical aspects of the patient experience, such as education, and the follow-up after surgery.”

Dr. Barringer, who previously worked for 10 years in HIMG Women’s Health, is excited about the opportunities the perioperative clinic provides and the assistance it gives patients.

“We have an outstanding team,” Dr. Barringer said. “We work together with the goal of serving our patients first and foremost by easing some of the fear and frustration that often can be associated with preparing for surgery.”

For more information, speak with your physician or visit www.himgwu.com.

Dr. Karim Boukhemis: Getting you back on your feet

When Karim Boukhemis, MD, tore his ACL as a teenager, the surgery and subsequent healing opened his eyes to the world of orthopedics. Now a board-certified, fellowship-trained orthopedic surgeon with Scott Orthopedic Center, a member of Mountain Health Network, Dr. Boukhemis is able to help others get back on their feet.

Dr. Boukhemis is able to handle all aspects of orthopedic surgery, but he is most passionate about the foot and ankle.

“I handle everything foot and ankle. From ingrown toenail to arthritis, I’m pretty much your guy,” he said. “I’m a one-stop shop, so to speak.”

With more than 10 years of specialized training, Dr. Boukhemis is one of only two fellowship-trained foot and ankle surgeons in West Virginia.

“There aren’t many of us who are fellowship-trained,” he said. “Only about 50 each year. In my class, I was one of only 52.”

Dr. Boukhemis works with his patients to find the best possible solution for them. “We talk about the conservative route and the surgery route,” he said. “I give them all operative and non-operative options and I follow the path they would like to take, with my guidance. It’s a team effort with the patient and me.”

In addition to his work at Scott Orthopedic Center, Dr. Boukhemis also serves as the co-medical director of St. Mary’s Wound and Hyperbaric Center. Another area Dr. Boukhemis is passionate about is limb preservation, a surgical approach designed to prevent amputation.



“With a large diabetes population and a high number of smokers, we are really ground zero when you look at amputation,” Dr. Boukhemis said. “Our options were once more limited and patients had to go to larger cities. But now, they can stay in the area and receive care in Huntington.”

Limb salvage requires a great deal of teamwork among Dr. Boukhemis and other physicians. “It takes a village,” he said. “There’s vascular surgery involved, we get diabetes under control. We do all of these things to improve outcomes.”

Dr. Boukhemis compares his work to that of an investigator. “It’s detective work when a patient comes in, like solving a puzzle,” he said. “Then it’s coming up with a solution. The gratification is almost instant when you get a patient moving again.”

For more information or to schedule an appointment with Dr. Boukhemis, call Scott Orthopedic Center at 304.525.6905.

MOUNTAIN HEALTH NETWORK

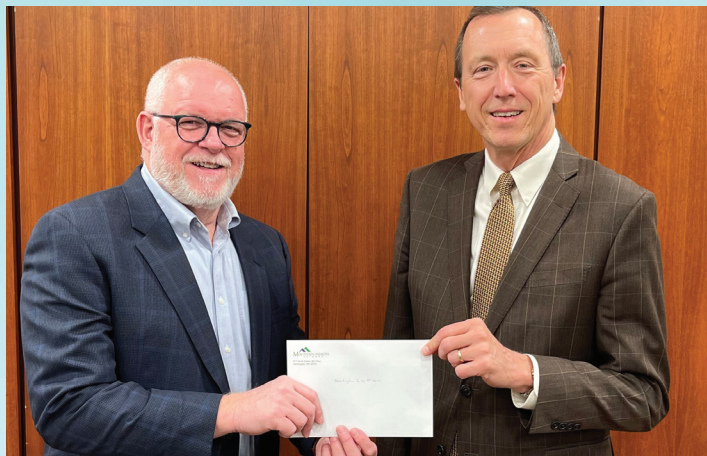
Builds Stronger Communities

Each year, Mountain Health Network (MHN) proudly supports local programs and organizations that share our commitment to the health and well-being of our community.



MHN and its hospitals were honored by the United Way of the River Cities as a Pillar Partner, recognizing the tremendous generosity of our employees in supporting United Way's efforts to improve health, education, financial stability and basic needs in Cabell, Lincoln, Mason and Wayne counties in West Virginia and Lawrence County, Ohio.

(L-R) Angela Coburn, MHN director of accounting; Susan Beth Robinson, MHN Chief Human Resources Officer; George Wright, CHH professional recruiter; and Amy Browning, SMMC human resources generalist.



The Huntington City Mission box lunch program provides more than 2,000 hot meals each week to men, women, and children in the Huntington area.

(L-R): Mitch Webb, director of the Huntington City Mission and Dr. Kevin Yingling, MHN CEO.



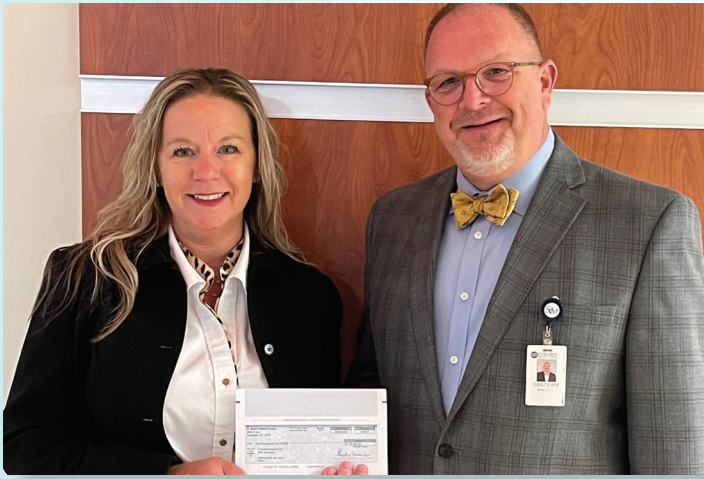
Big Brothers Big Sisters of the Tri-State (BBBSTS) serves nine counties in West Virginia, Kentucky and Ohio, helping children realize their potential and build their futures.

(L-R) Alex Gawthrop, Somerville and Company and BBBSTS board president; Stephanie Hurley Collier, BBBSTS executive director; and Dave Campbell, MHN executive director of health care innovation.



MHN is proud to support the construction efforts for the Huntington Children's Museum, which will be located in the former Shoney's building in Huntington's West End.

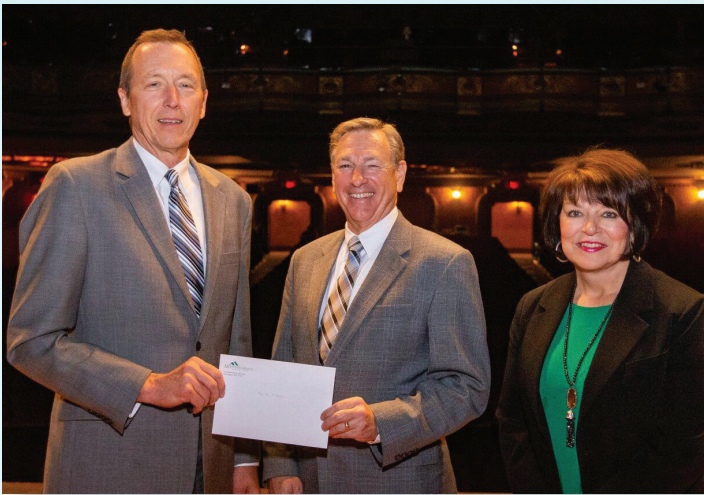
(L-R): Melanie Akers, director of Hoops Family Children's Hospital; Tosha Pelfrey, president of the museum board of directors; and Dr. Yingling.



MHN and SMMC are pleased to present a Critical Incident Stress Management training for first responders in May through SMMC Spiritual Care and Mission Integration. (L-R) Angie Swearingen, SMMC COO; Rev. Greg Creasy, SMMC director of Spiritual Care and Mission Integration.



The Marshall Artists Series (MAS) positively impacts the overall well-being of our community by providing excellent opportunities to embrace art, music and entertainment. Top Row (L-R): Rachel Pennington, MAS Graduate Asst.; Tim Riffe, MAS Student Asst.; Samuel Collins, MAS Graduate Asst.; Angela Jones, MAS director of marketing and external affairs; and Nicole Carey, MAS Student Asst. Bottom Row (L-R): Dr. Kevin Yingling, MHN CEO; and MAS Board Member Dr. Peter Chirico, chief of the department of radiology at CHH and professor and chair of radiology at the Marshall University Joan C. Edwards School of Medicine. Photo courtesy of The Herald-Dispatch.



The Keith-Albee Performing Arts Center has been an icon in the Huntington community for nearly a century, playing an important role in the community's quality of life by providing access to the arts. (L-R): Dr. Yingling; Bob Plymale, Keith-Albee board president; and Terry Deppner Hardin, Keith-Albee director of development. Photo courtesy of The Herald-Dispatch.



Heritage Farm Museum and Village, a Smithsonian-affiliated facility, is developing a new exhibit, "A History of Heritage," which will highlight the story of the rural farm in Wayne County, West Virginia. (L-R): Audy Perry, Heritage Farm executive director; Dave Campbell; Judge Dan O'Hanlon, MHN & CHH board member; and Dr. Yingling

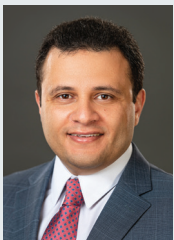


For more information about our community giving program, visit <https://mountainhealthnetwork.org/connect/community-outreach/>.

Early detection the key to treatment of structural heart disease

One of the newest subspecialties within cardiology is structural heart. As the leader in heart care for the region for more than 44 years, St. Mary's Regional Heart Institute has developed a robust program to both diagnose and treat structural heart disease.

Structural heart disease refers to any condition that affects the normal structure of the heart. Some of the most common conditions include: congenital heart defects, or structural heart anomalies present at birth; heart valve disease; cardiomyopathies, or diseases of the heart muscle; heart wall abnormalities; and patent foramen ovale (PFO), a small opening in the wall between the two upper chambers of the heart that does not close after birth.



"Structural heart diseases are common. More common than people realize," said Salem Badr, MD, structural heart program director at Marshall Health. "They can affect people of all ages."

The symptoms of structural heart disease can vary depending on the type and severity of the

condition, but some common symptoms include:

- Chest pain or pressure
- Shortness of breath
- Fatigue
- Swelling of the legs, ankles, or stomach
- Rapid or irregular heartbeats

"Early detection is important, as early detection and treatment of structural heart disease can reduce the risk of complications and improve outcomes," said Dr. Badr, who leads the Structural Heart Program at St. Mary's Regional Heart Institute.

The treatment options for structural heart disease depend on the specific condition, its severity and the goals of care. Common treatments include medications, lifestyle changes, minimally invasive catheter-based procedures, and open heart surgery. In severe cases of heart failure, a heart transplant may be necessary.

"It's important to work closely with your health care provider to determine the best treatment approach for your specific needs," Dr. Badr said. "In some cases, a combination of treatments may be necessary to achieve the best outcomes."

St. Mary's Regional Heart Institute offers the latest treatments for structural heart disease, including the WATCHMAN™ device, which allows patients with AFib to stop taking blood thinners; transcatheter aortic valve replacement (TAVR), a minimally invasive heart procedure to replace a thickened aortic valve that can't fully open; Atrial Septal Defect (ASD) and Patent Foramen Ovale (PFO) closures; and MitraClip™, a minimally invasive procedure to repair a leaky heart valve.

"Advances in technology are improving outcomes," Dr. Badr said. "These advances have greatly improved the treatment options available for structural heart disease, including minimally invasive procedures that can be done without open heart surgery."

To aid in the early detection of structural heart disease, St. Mary's Regional Heart Institute opened the St. Mary's Structural Heart Clinic. Physicians can refer their patients to the clinic, or patients can call the clinic themselves to make an appointment. The Structural Heart Clinic Team is Jennifer Short, APRN, FNP-BC, structural heart nurse practitioner; Kimila Jones, RN, BSN, structural heart coordinator; and Barry Adkins, PCS, patient care specialist.

"Early intervention, before the progression of the disease is too severe, is important to the treatment of structural heart disease," Short said. "Structural heart disease can have a mortality rate higher than most cancers. That's why it's critical to seek medical attention when experiencing symptoms."

"Overall, it's important for people to be aware of the risks and symptoms of structural heart disease and to seek prompt medical attention if they suspect they may be affected," Dr. Badr said. "By working closely with a health care provider, people with structural heart disease can receive the care they need to manage their condition and improve their quality of life."

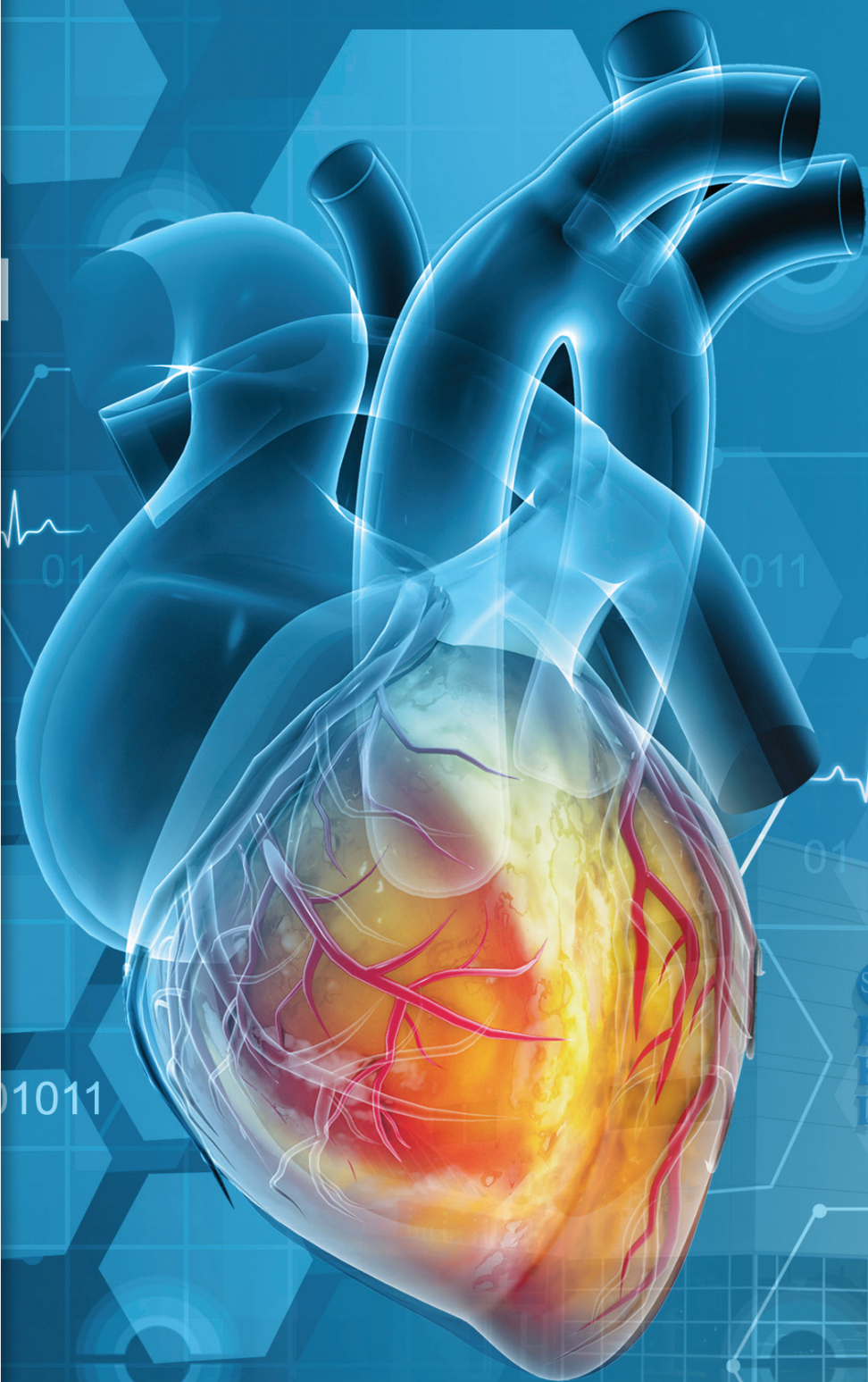
For more information, or to schedule an appointment, contact the St. Mary's Structural Heart Clinic at 304.526.1645. To learn more about St. Mary's Regional Heart Institute, visit www.st-marys.org/heart. Dr. Badr is also accepting appointments and referrals at Marshall Cardiology, an outpatient department of Cabell Huntington Hospital, located at the Erma Ora Byrd Center at 1249 15th Street in Huntington. For more information, please call 304.691.8500.



Salem Badr, MD, assistant professor at the Marshall University Joan C. Edwards School of Medicine.

“Advances in technology are improving outcomes. These advances have greatly improved the treatment options available for structural heart disease, including minimally invasive procedures that can be done without open heart surgery.”

– Salem Badr, MD, structural heart program director at Marshall Health and assistant professor at the Marshall University Joan C. Edwards School of Medicine.



SM
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“I can’t imagine a better experience
for expanding your family.”

– Dave Traube



Dave and Jenna Traube welcomed their son, Max Joseph Traube, into the world on December 4, 2022, at Cabell Huntington Hospital.

Little Miracles: Maternity Center provides constant care for Traube family’s new addition

Max Joseph Traube was born December 4, 2022, at Cabell Huntington Hospital (CHH). His parents, Dave and Jenna, say he came into this world as seven pounds and three ounces of “pure miracle,” and they have their local hospital to thank for that.

“I don’t know how many times we’ve looked at each other since having Max and said how fortunate we are to live here,” Dave Traube said. “The level of health care we have received for both of our children has been excellent. We’ve felt cared for, we’ve felt seen when we had concerns, and we feel our kids are set up to be healthy and happy humans because of the way their lives started at Cabell Huntington Hospital.”



Bridget Bishop, RN



THE MATERNITY CENTER at Cabell Huntington Hospital

The Traube family is one of many who have benefitted from the specialized training and special touches offered by The Maternity Center at Cabell Huntington Hospital. Nearly 2,500 babies are delivered at CHH each year with a personalized, family-focused approach aimed at providing the best care possible for mom and baby.

“I was so grateful for my nurse, Bridget, and the entire care team, especially those who stayed beyond their actual shifts to check on us and make sure we had everything we needed,” Jenna Traube said. “Max was taking a long time to get in the correct position for delivery, but because our nurses were skilled in ‘Spinning Babies’ training, they were able to guide my body into different positions that would allow me to shift the baby naturally into a more gentle labor. His delivery was pretty uneventful, and we were very thankful for that.”

The Traubes had a different experience with their first born son, Leo. At 27 weeks, Jenna suffered a placental abruption with Leo, which meant she was considered a high-risk pregnancy when carrying Max. The Traube family said they felt reassured knowing emergency care was only steps away for both of their sons’ deliveries.

“One of the advantages of delivering at Cabell Huntington is having the Neonatal Intensive Care Unit (NICU) onsite,” Jenna said. “When Max first arrived, they were concerned with his breathing pattern. They took him to the NICU for assessment, and knowing he was just going upstairs, that was a comfort to me. We chose Cabell Huntington for that reason. It would be worrying to me to be at a hospital that didn’t have a dedicated NICU within its hospital. It only took 15 minutes, and they brought him back and said he was fine. I’ll always remember him being placed in my arms and how it felt to finally be with him.”



That special time is called “The Golden Hour,” the 60 minutes following birth is considered a crucial bonding time for mother and child. The Maternity Center team encourages The Golden Hour for all patients, which provides uninterrupted time for mom and baby to have skin-to-skin contact.

“When birth happens, your adrenaline is out of control,” Jenna said. “I wasn’t aware that Cabell Huntington practiced The Golden Hour, so when they told us they were going to leave Max with us for an entire hour, we were so happy to get that time with just us. It was really nice to bond as a family and allow myself time to calm down and enjoy this beautiful, healthy baby we’d waited nine months to meet.”

If the Traubes decide to continue growing their family, they said they would not go anywhere other than The Maternity Center at Cabell Huntington Hospital.

“I can’t imagine a better experience for expanding your family,” Dave said. “It’s crazy to go in there without a baby, and come out with one, especially that very first time. Thankfully, we’ve had two wonderful, healthy children, and we really credit our health care teams who never waned in providing constant care. We are just so grateful that we had access to this high level of maternity services right here in Huntington.”

Building resilience through play and creativity

For more than 10 years, the Child Life Department at Hoops Family Children's Hospital (HFCH) has worked alongside clinical staff to create a positive experience for young patients and their families. It's no secret that being sick can be a challenge for children and family alike. That's why the department's certified child life specialists and board-certified music therapist work together to develop services focused on a child's development and well-being.

“That’s why we work to help minimize the potential stress of treatment and maximize the fun and play of being a kid.”

– Stephanie Cape
HFCH certified child life specialist

who had been labeled non-verbal and struggled to eat - until music therapy was introduced.

“Our speech therapist had been consulted because the patient wouldn't eat, and staff had tried everything to get her to eat. So I was sent in, and she and I instantly bonded,” Cazad said. “Through music therapy, I was able to get her to speak with me and sing with me. She had been labeled as needing maximum assistance because she was unable to move, but

“Scared kids grow up to be scared adults, and empowered kids grow up to be empowered adults,” said Stephanie Cape, HFCH certified child life specialist. “That’s why we work to help minimize the potential stress of treatment and maximize the fun and play of being a kid.”

Through play, education and self-expression activities, the Child Life Department works alongside the medical care team to provide the best care possible for patients. Abbi Watts, HFCH child life coordinator, said many people think the job is all fun and games.

“Child life specialists are somewhat of a newer concept in the medical community,” Watts said. “Most people probably think we have an easy job because they see us playing with toys and games, or playing music. They may not realize the strategy and planning that go into each patient’s care plan. But we always say, when we are doing our job correctly, it absolutely looks like we are just playing and having fun.”

Carleigh Cazad, board-certified music therapist, is bringing an additional approach to the Child Life Department through evidence-based use of music interventions.

“Most kids respond to play, but the ones who don't, usually respond to music,” Cazad said. “Music therapy gives us more than one way to reach a child and help them. There's just something about music.”

Cazad shared a telling example of the power of music through her experiences with an 18-year-old patient on the autism spectrum

by the end of our time together, she was eating, drinking and standing up - all of the things she needed to do to get back on her feet and back to her regular routine. Everyone said she's like my poster child for music therapy because so many improvements happened with this patient once music was introduced into her care plan.”

Music therapy isn't the only new addition to the Child Life Department. Through the new Child Life Internship Program, the department has access to dedicated students like Jennifer Yuhnke who will learn all they can to become certified child life specialists.



Music therapy team members: (L-R): Abbi Watts, Carleigh Cazad, Stephanie Cape and Jennifer Yuhnke

Roland, a pediatric patient at Hoops Family Children's Hospital, is one of many patients to benefit from the services offered by the Child Life Department.



recovering are important life skills that will benefit them forever,” Cape added.

Currently, the Child Life Department serves all inpatient pediatric patients and those receiving care in the emergency, radiology and surgery departments. When looking to the future, the Child Life team said they hope to continue expanding services to better serve the needs of children across the hospital.

“We do the best we can to meet every need,” Watts said. “We would love to grow our program so we can have designated staff for our outpatient units, and we’d love to add other specialties like art and dance so we can incorporate that creative side into our therapies. There’s just so much possibility when it comes to a child’s life, and we are excited to be one small part of their recovery.”

For more information about the HFCH Child Life Department, visit www.hoopschildrens.org.



“I chose to pursue the child life field because I love supporting children to foster those abilities for coping, stress relief and being more resilient later in life,” Yuhnke said. “There’s so much they can apply from their hospital experience as far as their coping mechanisms, the way they deal with stress and the way they build resiliency – all of these life skills learned while healing or



Mountain Health Balance Center: *Getting you back to a balanced life*

There are any number of reasons why dizziness or balance issues occur—a neurological condition, a musculoskeletal issue, or even an inner ear problem. Figuring out the root of the imbalance often takes a certain amount of detective work, ruling out conditions until the real cause is left.

The experienced team at the Mountain Health Balance Center not only does the investigative work to find the problem, but also devises a plan to solve it.



“When they come to us, they’re just not feeling right,” said Mary Alice Pullen, PT, DPT, Cert. MDT, a physical therapist at the Mountain Health Balance Center. “People may not understand the significance of what they’re feeling, but they

know something’s not right. We go through the evaluation, rule out things and then we are left with what we address.”

The Balance Center uses a number of tools to identify the cause of a patient’s dizziness or instability. One of those tools is the Bertec Balance Advantage™ System, a cutting-edge immersive virtual reality system that tests the strength of a patient’s balance systems. The Bertec simulates real-life activities and then presents balance challenges during those activities. In addition to assessment, the system can also be used for treatment.

“Often when patients come to us, their whole world has been turned upside down.” Pullen said. “It means so much to them that we take the time to listen, to accurately identify the problem and to treat the problem.”

MOUNTAIN HEALTH NETWORK
BALANCE CENTER

Phil Simpson, MS, OTR/L, a registered, licensed occupational therapist with the Mountain Health Balance Center, said it's extremely important to accurately identify and treat a balance problem. "If the issue goes untreated, it can lead to other problems, including fractures and concussions from falls. Plus, dizziness can cause nausea, which may make someone not want to move. That can lead to quitting regular activities and being much less active."

Simpson and Pullen say that people having episodes of feeling like the room is spinning or abrupt changes in balance, such as falling or staggering, should definitely talk to their primary care provider about a referral to the Balance Center.

For patients with one of the most common causes of vertigo called benign paroxysmal positional vertigo (BPPV), the calcium carbonate crystals in the inner ear are out of place. A simple head and body turn can get the crystals back into proper alignment. For others, the treatment is a matter of certain movements to retrain the brain to better respond. But Pullen stresses each patient's treatment is different and personalized for them. "We never fit the patient to the program," she said. "We always fit the program to the patient."

The type of therapy the Balance Center performs is vestibular rehabilitation, one of the most effective forms of physical rehabilitation and the gold standard for treating patients with dizziness and balance issues. "It's a shame to not seek help when the issue can be treated effectively," said Simpson, who holds a certificate in vestibular rehabilitation from Emory University. "We can really get people back to living."

The Mountain Health Balance Center, which is located inside St. Mary's Outpatient Rehabilitation Services, 2841 Fifth Ave., in Huntington, was created when the Cabell Huntington Hospital and St. Mary's Medical Center balance centers combined. Together, Simpson and Pullen have more than 26 years of experience in balance therapy.

"I'm excited about this new balance center," Simpson said. "It's one centralized place with the most current technology and the most up-to-date knowledge. It allows us to provide the best care for the people of the region."

For more information on how to receive a referral from your physician to the Balance Center, call St. Mary's Outpatient Rehabilitation Services at 304.526.1333.



Balance Center team: Deborah Wilson, Phil Simpson, Caleb Rhodes, Bill Webb, manager; Mary Alice Pullen, Beth Jackson.





Dr. Burdick appointed to American Hospital Association national committee

Hoyt Burdick, MD, chief medical officer for Mountain Health Network (MHN), has been appointed as a member of the national Committee on Clinical Leadership (CCL) by the Board of Trustees of the American Hospital Association (AHA).

The CCL serves a critical role for the AHA as it is charged with providing clinical input to the AHA advocacy and public policy process and serving as a clinical resource on policy issues.

“I am humbled by this incredible opportunity to learn and serve with such a distinguished group of clinical leaders across the nation,” Dr. Burdick said. “I look forward to working with the committee to not only help shape policy on a national scale, but also to share what I learn here at home to help improve the health and well-being of the people we serve.”

Dr. Burdick’s two-year term on the CCL began Jan. 1, 2023 and runs through Dec. 31, 2025.

“I am extremely pleased that Dr. Burdick has been recognized by the AHA for his clinical knowledge and commitment to advancing policy with this key appointment,” said Kevin Yingling, RPh, MD, FACP, CEO of MHN. “Dr. Burdick has provided invaluable leadership for Mountain Health’s quality and safety efforts, and I know his expertise will advance the committee’s work.”

For more information about the AHA, visit www.aha.org.

Dr. Wehner named to 2023 WV Executive Health Care Hall of Fame

Paulette Wehner, MD, Marshall Health cardiologist and professor and vice dean of graduate medical education at the Joan C. Edwards School of Medicine, was one of 10 individuals named to the 2023 West Virginia Executive Health Care Hall of Fame. Dr. Wehner has led the School of Medicine in the tremendous growth of its residency and fellowship programs since her appointment as vice dean in 2016.



To read more about Dr. Wehner and the Hall of Fame, visit www.wvexecutive.com/paulette-wehner/.

Cabell Huntington Hospital named one of America’s Best Employers by State



Member of **MOUNTAIN HEALTH NETWORK**

Cabell Huntington Hospital, a member of Mountain Health Network, has been named to the Forbes list of America’s Best Employers by State for 2022. This list was produced by Forbes in partnership with Statista Inc., the world-leading statistics portal and industry ranking provider.

“Those who work at Cabell Huntington Hospital have always known that this is a highly reliable health care organization where they are proud to work, but it is encouraging to be recognized nationally for our commitment to our employees,” said Kevin Yingling, RPh, MD, FACP, CEO of Mountain Health Network.

The Best Employers by State list, which ranks employees in 50 states and D.C., was compiled through an anonymous survey of approximately 70,000 Americans working for companies with more than 500 employees. Across 25 industry sectors, more than 1,380 employer brands were ranked among the top employers. Brands were able to be recognized in more than one state.

The evaluation was based on direct and indirect recommendations from employees who were asked to rate their willingness to recommend their own employers to friends and family. Employees were also asked to evaluate other employers in their respective industry.

To view the entire list, visit www.forbes.com/lists/best-employers-by-state.

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