

SPECIAL PEDIATRIC EDITION

LEADING EDGE

WINTER 2021

Little
patients

**BIG
CARE**



Proud to be among

America's Best



Mountain Health Network Hospitals Recognized by Healthgrades

Cabell Huntington Hospital (CHH) and St. Mary's Medical Center (SMMC), members of Mountain Health Network, have once again been recognized by Healthgrades for quality and excellence.

CHH has been recognized as one of America's 100 Best Hospitals for Joint Replacement for the 10th year in a row. CHH is the only hospital in West Virginia and the Tri-State to receive this designation. CHH was also recognized as one of Healthgrades 2021 America's 100 Best Hospitals for Orthopedic Surgery. This marks the third year to receive this distinction. St. Mary's Medical Center was recognized as a Five-Star Recipient for Defibrillator Procedures in Cardiology as well as a Five-Star Recipient for Hip Fracture Treatment six years in a row.

These achievements are part of findings released in the Healthgrades 2021 Report to the Nation. The new report demonstrates how clinical performance continues to differ dramatically between hospitals nationally, regionally and at the local level, and the impact that this variation may have on health outcomes.



Cabell Huntington Hospital
St. Mary's Medical Center

To learn more, go to www.mountainhealthnetwork.org.

Message from the President & CEO

MHN's Pediatric Issue



Welcome to the pediatric edition of *Leading Edge*. This issue is dedicated to the children of our region who don't have to travel to receive care and treatment specific to meet their pediatric needs. Inside this issue you will meet some of our amazing patient stories coupled with the dedicated and highly qualified team members who were part of those journeys.

A little over 11 years ago, the people of our community, hospital leadership and board members recognized the importance of a children's hospital and the part it would play for future generations. Today, while hospital construction is complete, the children's hospital continues to grow through the addition of pediatric physician specialties, advanced technology and treatment options. Most important, however, is the Hoops team's unwavering commitment to provide the best for children.

From heart-warming stories of our tiniest NICU patients' successes to helping patients feel as comfortable as possible, this edition is filled with information that shines a light on Mountain Health Network's first designated Center of Excellence.

I sincerely hope you enjoy this edition and see what makes our children's hospital special every day.

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

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

President
Cabell Huntington Hospital
Kevin N. Fowler

President
St. Mary's Medical Center
Todd Campbell

President
HIMG
Mark Morgan

Executive Editor, Chief Strategy Officer
Mountain Health Network
Lisa Chamberlin Stump

Publisher
Jack Houvouras

Office Manager
Dana Keaton

Layout & Design
Katie Sigler, Phil Stanley,
Suzanna Stephens

Photography
Angela Henderson-Bentley,
Shawn Jordan, Rick Lee,
Phil Stanley

Writers
Shawn Jordan,
Angela Henderson-Bentley,
James E. Casto, Michael Friel,
Jean Hardiman,
Molly McClennen, Katherine Pyles

For a free subscription to
The Leading Edge Magazine,
contact the Strategic Marketing,
Planning & Business Development
Department at 304.526.2260.

View online at
www.mountainhealthnetwork.org

© 2020 by Mountain Health Network
1340 Hal Greer Blvd.
Huntington, WV 25701



HQ Publishing Co.
P.O. Box 384
Huntington, WV 25708
Phone 304-529-6158
www.hqpublishing.com

Clockwise from lower left: Susan Flesher, MD, associate professor of pediatrics and director of the pediatric residency and pediatric hospital medicine fellowship programs at Marshall's School of Medicine; Audra Pritt, MD, associate fellowship director; Patricia Tran, MD, pediatric hospital medicine fellow; Jessica Ford, DO, pediatric hospital medicine fellow.



The Future of Pediatric Hospital Medicine

Children's hospital and school of medicine partner in West Virginia's first pediatric hospital medicine fellowship

When children are faced with a hospital stay, nothing matters more than knowing they're in good hands. At the Hoops Family Children's Hospital and Marshall University Joan C. Edwards School of Medicine, the state's first pediatric hospital medicine fellowship is ensuring that young patients and their families receive leading-edge hospital care both now and in the future.

Pediatric hospitalists take a lead role in caring for pediatric patients in a hospital setting. They collaborate with specialists in all hospital departments, from labor and delivery to the Pediatric Intensive Care Unit (PICU) to the emergency department, and work closely with primary care doctors and other providers to ensure children continue to receive quality care following their hospital stay. The pediatric hospital medicine specialty was established in 2016 to raise the level of care for hospitalized children, as well as address nationwide pediatric workforce shortages. Three of Marshall's faculty members currently hold subspecialty certification in pediatric hospital medicine.

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

will make sure we have the highest quality clinicians in the pediatric medicine specialty."

Marshall's two-year program welcomed its first two fellows in July 2020. Jessica L. Ford, DO, earned her medical degree from the Arizona College of Osteopathic Medicine/Midwestern University in Glendale, Arizona, and completed her pediatric residency at Children's Hospital of Illinois in Peoria, Illinois. Patricia A. Tran, MD, earned her medical degree from Mercer University School of Medicine in Macon, Georgia, and completed her pediatric residency at Mercer University/Navicent Health in Macon. At the completion of their training, the fellows will be eligible to sit for subspecialty certification in Pediatric Hospital Medicine from the American Board of Pediatrics.

"Our relationship with Mountain Health Network and Hoops Family Children's Hospital at Cabell Huntington Hospital makes Marshall an ideal training location for this type of program," Flesher said. "Building on the continued success of our pediatric residency program, the critical care and other pediatric specialists on our faculty will work closely with trainees to provide in-depth education and experiences in procedural seda-

tion, quality improvement science, clinical and translational research, medical education and child advocacy."

Marshall University's pediatric hospital medicine fellowship has been accredited by the Accreditation Council for Graduate Medical Education. ■

“

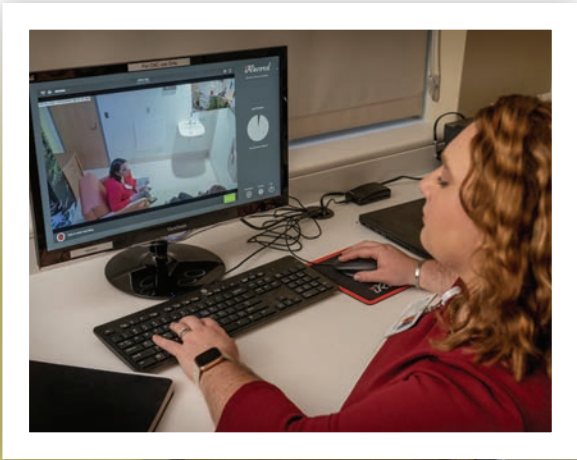
SUSAN L. FLESHER, MD, FAAP

Our relationship with Mountain Health Network and Hoops Family Children's Hospital at Cabell Huntington Hospital makes Marshall an ideal training location for this type of program.

A Safe Place

The newly accredited Child Advocacy Center helps children who have experienced abuse or trauma share their stories.

Providing compassionate care in a comfortable setting takes on special significance in one particular area of the Hoops Family Children's Hospital (HFCH) at Cabell Huntington Hospital. It is in the Child Advocacy Center (CAC) where young victims of abuse can share their stories in a safe environment, interacting one-on-one, with highly-trained professionals attuned to the emotional needs of each individual child.



Other observers in the interview process can listen and watch the interview from a remote location lessening the amount of interaction.

As a certified forensic interviewer, Angela Seay builds a rapport with children who are alleged victims of abuse so they grow comfortable sharing their feelings.

“Child Advocacy Centers have been developed as child-friendly, neutral spaces for kids alleged to have experienced abuse,” explained Angela Seay, child advocacy coordinator and one of two certified forensic interviewers in the CAC. “All of the décor is colorful, whimsical and targeted toward creating a more comfortable environment for children.”

Interviews are conducted in a room, that has been softened with a colorful rug and nature-themed screen to hide medical equipment that might scare or distract the child. During interviews, staff build rapport with the child to evaluate his or her stage of development and help them feel more comfortable speaking about traumatic experiences. Children are given the power to decide whether they want to talk or not and make decisions about any possible medical exams.

“Giving the kids an open, safe space to talk while also giving them decision-making power really helps put them at ease,” Seay said.

Children are referred to the center by members of law enforcement, Child Protective Services and medical and mental health professionals who have concerns about possible instances of abuse.

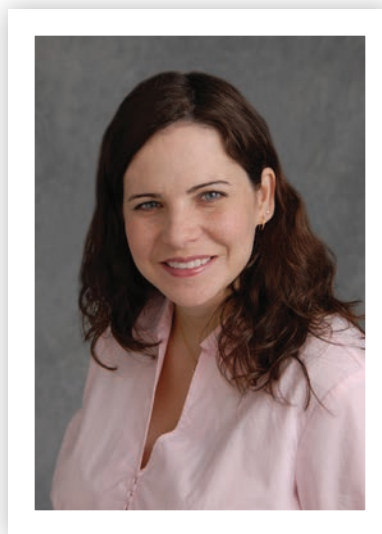
Cases may involve sexual or other forms of physical abuse, child witnesses of crime or children exposed to domestic violence. “We see children in which the alleged abuse rises to the level of law enforcement and/or child protective services involvement,” Seay explained.

The goal is to create an environment where children are willing to share, without retelling their traumatic stories over and over, to healthcare workers, investigators, judges, lawyers, police and others. Often these well-meaning professionals aren’t trained to ask the right questions, or they interview children in settings — such as police stations — that many young people find frightening.

At the CAC, children are never forced to talk. If they aren’t ready to

tell their stories, they are referred to mental health professionals with whom they can build rapport and become more comfortable over time.

Once CAC staff members have interviewed a child, they work with a team that often includes legal, medical and social service representatives to decide upon the best course of action.



Marie Frazier, MD, MSFS, is the medical director for the Child Advocacy Center’s multidisciplinary team.

The goals are to get children the help they need, to hold abusers accountable and to help solve crimes.

The CAC is one of two hospital-based centers in West Virginia that can also perform immediate medical exams to identify signs of abuse or gather DNA evidence. In addition to Seay, the center’s multidisciplinary team includes Medical Director Marie Frazier, MD, MSFS, and Bethany Beckett, forensic interviewer/advocate, as well as doctors and nurses specifically trained to work with young victims of sexual abuse or assault.

“A lot of CACs struggle with the medical component, especially in a more rural state like West Virginia,” Seay said. “We are very fortunate that the medical piece is a foundation of our program.”


Each year, more than 4,000 children in West Virginia are assessed by child advocacy centers because of allegations of abuse, according to the West Virginia Child Advocacy Network. Since opening in 2017, the CAC at HFCH has served more than 600 children of all ages, primarily from Cabell County. The center recently announced plans to begin serving clients from Wayne County, as well.

Representatives from the National Children’s Alliance (NCA) — the national accrediting body for CACs — evaluated HFCH’s center in September. In early November, the site reviewers recommended accreditation which is the highest level of membership with NCA and denotes excellence in service.

“As a team of individuals dedicated to responding to child abuse, we recognize the importance of accreditation from NCA,” said Melanie Akers, director of the Hoops Family Children’s Hospital. “Accreditation not only validates our organization’s proven effective approach to responding to allegations of child abuse, but also provides consistency across the child advocacy center movement as a whole.”

Having a CAC in Cabell County was a dream of Seay’s, who recognized the critical need for such a facility during the 20 years she spent working in the child welfare system in West Virginia. She said the opportunity to coordinate all the individuals involved with child abuse cases and work in tandem ensures the needs and welfare of the child are met.

“Today, we have a strong, multidisciplinary team here in Cabell County working toward ensuring child safety and pursuing justice for the victims of abuse,” Seay said. “Having a CAC within our county is an invaluable asset and one that ensures the ultimate goal is the welfare of children.” ■

 Marie Frazier, MD, MSFS, is an assistant professor in the Department of Pediatrics at the Marshall University Joan C. Edwards School of Medicine.

The Importance of Sleep

The Hoops Family Children’s Hospital offers the only Pediatric Sleep Disorders Center in West Virginia.

Many parents work overtime to make sure their children are healthy. They provide nutritious food, get them involved in sports and other programs to stay active, make sure to stimulate their minds and much more.

But what about sleep? It’s one of the most vital components to healthy living that is often overlooked.

Healthy sleep is important for all children and, in some cases, children struggle with sleeping disorders that can make all of the other pieces of wellness more difficult to accomplish. Fortunately, for families of the Tri-State, there is the Pediatric Sleep Disorders Center at the Hoops Family Children’s Hospital at Cabell Huntington Hospital, the only pediatric center of its kind in the state of West Virginia.

Led by its medical director, Paul Knowles, MD, pediatric neurologist, the center has special equipment designed to help diagnose and treat sleep disorders in children and teens that can lead to other issues, including problems with school, behavior, development, social interactions and even weight abnormalities. Sleep is a time when the body heals and takes care of the cardiovascular system. Lack of it can affect concentration, moods and energy.

The center’s technologists are trained to work specifically with children, and the center is designed to make children feel comfortable and at ease.

The question of how to know when your child has a medical sleep problem is one that staff can help with as well.

“Sleep disorders are more frequent than people realize, but much of it is behavioral — the toddler that won’t go to sleep without being held by mom, or the adolescent that is up until 3 a.m., but sleeps until 1 p.m.,” Dr. Knowles said. Non-behavioral disorders include chronic snoring and sleep apnea, or -lapses in breathing while sleeping. “It

is estimated 7% of children are chronic snorers and sleep apnea is estimated in nearly 3% of children,” Dr. Knowles said. “Loud snorers or children with disrupted sleep should be discussed with a primary care physician to see if they need a sleep evaluation.”

Other common symptoms of pediatric sleep disorders, aside from excessive snoring and lapses in breathing include gasping for air, bed wetting in children older than six, multiple nightmares per night that wake them up, difficulty staying asleep, hyperactivity, unusual behavior during sleep, extreme drowsiness during the day, a decline

in academic performance and sleepwalking.

At the Pediatric Sleep Disorders Center, children can be evaluated in different ways. They can have an overnight sleep study or polysomnogram (PSG). The center also offers overnight Continuous Positive Airway Pressure (CPAP) studies. Treatment may include a machine to help a child who has obstructive sleep apnea breathe more easily during sleep. The machine increases air pressure in the throat to make sure the airway doesn’t collapse when breathing.

Daytime nap studies or mean sleep latency tests (MSLT) are also offered and the center’s pediatric experts help with



PAUL KNOWLES, MD

Sleep is important and, unfortunately, undervalued in our culture.

Paul D. Knowles, MD, has more than 30 years experience in pediatric neurology and is medical director at the Pediatric Sleep Disorders Center at the Hoops Family Children's Hospital.



maintenance of wakefulness (MWT) as well. Children who need to be evaluated at the center can do so as an outpatient procedure.

“If there is concern for sleep apnea or some process disturbing sleep, we frequently do a sleep study,” Dr. Knowles said. “These on-site evaluations are very helpful and most children sleep fairly well through them. Sleep apnea is frequently worse during rapid eye movement (REM) sleep and most of your REM sleep is in the early morning hours, so parents may just report snoring or sleep disruption, but not pauses.

“In addition, some brief pauses may not be significant, so occasionally a parent will report pauses in breathing and the sleep study shows everything is normal,” Dr. Knowles explained. “Somebody who just turned over in bed and took an extra large breath may have a more prolonged pause before the next breath, and that can be normal.”

There are risks involved with letting a disorder go untreated, however.

“Sleep is important and, unfortunately, undervalued in

our culture,” Dr. Knowles said. “Untreated sleep apnea can cause significant cardiovascular problems, so it absolutely needs to be addressed. Narcolepsy clearly impairs daytime functioning and school/work performance, which can be markedly improved with appropriate therapy.”

The program has seen a number of success stories, such as an early teen with Down's Syndrome who has improved dramatically on her CPAP and is sleeping much better.

“I have a patient who, as a teenager, was diagnosed with narcolepsy who successfully completed college and earned her nursing degree. She now works in the community and does well with medication,” Dr. Knowles said. ■

For more information about the Pediatric Sleep Disorders Center, visit www.hoopschildrens.org/services/sleep-medicine/.



Paul D. Knowles, MD, is an assistant professor in the Department of Neurology at the Marshall University Joan C. Edwards School of Medicine.

Providing an Entertaining Calm

High-tech goggles and miniature MRI help support comfort during an MRI.

Though having a magnetic resonance imaging (MRI) test is painless, it requires the patient to lie still in a confined, noisy space for 30 minutes or more, an idea that can provoke anxiety in many adults. For children, having an MRI can be terrifying, sometimes even requiring sedation to help them remain calm and still long enough to obtain clear images. But thanks to the use of a Cinemavision MRI-compatible entertainment system and a miniature MRI teaching machine, children at Hoops Family Children's Hospital (HFCH) who require an MRI can now confront the procedure with tools to help them feel less anxious.

Any MRI that is performed on adults can also be performed on children. But the HFCH staff make sure the unique needs of children are met.

"We try very hard to make the pediatric experience individualized to the needs of children because that is who we are as a children's hospital," said Melanie Akers, director of HFCH at Cabell Huntington Hospital. "Kids are not just little adults. We need to do different things to prepare and distract children so that we can get a good quality test."

Before having an MRI, children learn what to expect from the procedure by watching a doll or action figure have a make-believe MRI on a miniature machine. The machine is designed to scale, with loud noises and a bed that moves in and out of the tube, just like a real MRI machine.

"Activities like this normalize the hospital setting for children, so we can provide education and distractions which enable us to provide them with appropriate treatment," Akers said. "The mini-MRI machine is just one example. We do things like this all throughout the hospital for children."

Stephanie Cape, child life specialist at HFCH, said activities like these are essential to making medical procedures less frightening for children.

"Seeing the miniature machine desensitizes children to it, so that when they see the actual machine, it is not as scary. The miniature machine makes all the same noises, with the knocking and alarm bells, so we can practice and talk about the reasons for the different sounds. With these tools we are able to make it a better experience for the child," Cape said.

When it comes to the actual procedure, a donation of Cinemavision MRI-compatible goggles from Radiology Inc., of West Virginia gives children something pleasant on which to focus. Because MRIs use a strong magnet, patients cannot bring anything containing metal with them into the tube. This means electronics like cell phones and tablets cannot be used as a distraction during the procedure. The Cinemavision goggles are designed to be used inside the MRI machine, allowing patients to watch a favorite DVD or listen to music. Children can choose from an assortment of DVDs at the hospital, or they are welcome to bring their favorite from home.

Cape said she has seen how simply being able to watch a movie can turn a potentially frightening experience into something that is actually enjoyable.

"They have the goggles and a headset, and we tell them they get to have their own little movie theater," Cape said. "There is ear protection and a headset over that, which drowns out the noise from the machine. When they are going into the tube it makes it less claustrophobic because their eyes are covered and their ears are covered. Watching a video also helps them understand how long they will be in the tube. Children don't have a good sense of time, so telling them the procedure will last 30-40 minutes does not mean a lot to them. But if you tell them it will last less than two TV episodes, they understand that. Or if you say, 'you won't be able to finish watching the entire movie before the test is over,' that is a lot less daunting than telling them they have to stay still for 40 minutes."

Cape said the use of the goggles has helped children as young as four have a successful MRI without the use of sedation. The goggles help eliminate the need to repeat the procedure because the patient could not stay still enough to obtain clear images.

"Thanks to the use of these tools, we are able to give children a better understanding of what to expect and ways to cope," Cape said. "We have found that children can have these procedures more comfortably." ■

Sabrina Bennett, RN, shows off the miniature magnetic resonance imaging (MRI) teaching machine used to educate children and put them at ease about their upcoming MRI procedure.



Pediatric Organ Donation

Vinnie's Story



Vinnie never saw a stranger. He would talk to someone in line at the grocery store like he'd known them for years," said Elizabeth Brown when reflecting on her son.

That caring attitude was displayed when, at age 10, Vinnie heard a commercial on the radio about organ donation. "His immediate reaction," said his mother, "was, 'I want to do that!'" The little boy asked only a few questions before making the decision to become an organ donor. Little did anyone know that Vinnie's choice would be helping others sooner than they imagined.

Vinnie and two of his brothers were staying with his grandparents and were playing near a creek bed behind their home.

There had been a large amount of rain in the days prior, and as the boys were playing, an old tree broke off at the bottom and fell on Vinnie.

He was transported to an urgent care facility in Floyd County near the grandparents' home and then to Pikeville Medical Center where he was flown by helicopter to Hoops Family Children's Hospital at Cabell Huntington Hospital.

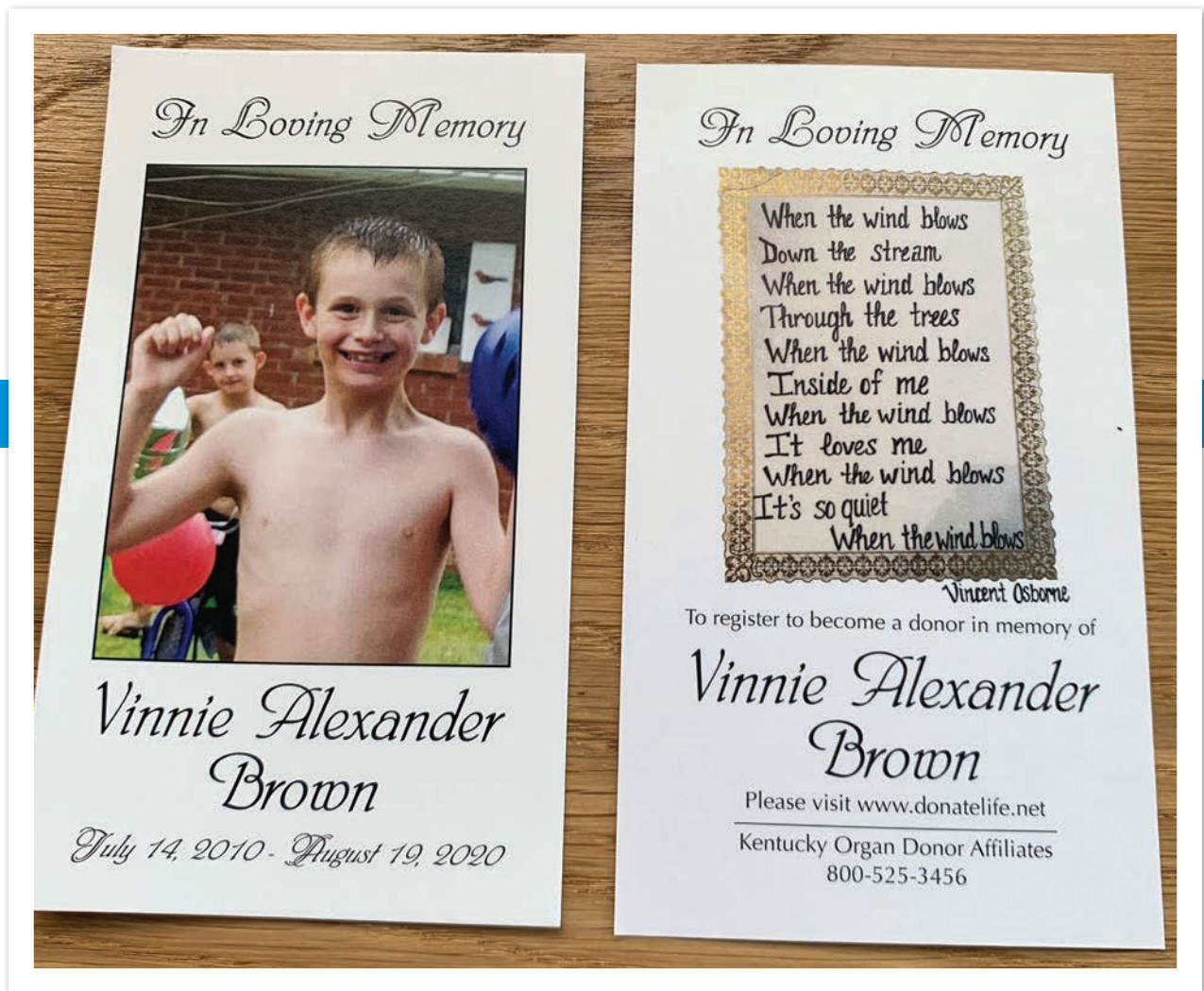
"The doctors and nurses did everything they could, but his brain stem was herniated and his brain was saturated," his mother explained.

Remembering her son's request, Brown spoke with the nurses about organ donation. They contacted Kentucky Organ Donor Affiliates (KODA) who sent a representative to consult with the family. KODA organizes organ, eye and tissue donation throughout the Tri-State.

"It wasn't an easy decision," Brown said. "But it was what he wanted and I knew there were children waiting on life saving organs."

According to KODA, 22 people die every day waiting on organ donations and every 10 minutes someone is added to the national list.

As Vinnie was being transported to surgery, staff at Hoops Family Children's Hospital lined the hallways for an Honor Walk, a way to honor the patient and the family for their decision to donate.



“It was very touching to see the staff stop what they were doing to pay tribute to my son,” said Brown. “We know Vinnie’s donation has already saved three children’s lives.”

Just days before the accident, Vinnie wrote a poem. “The entire poem was about the wind and how it was part of the beauty of life,” his mother reflected. “He left behind a gentle reminder of how precious life really is.”

When asked what she wanted others to know



ELIZABETH BROWN, VINNIE’S MOTHER

While losing Vinnie was tough, I can’t imagine being the mother on the other side praying for a donor. Learn about the process and convey your decision to become an organ donor. Each donor can save up to eight lives.

about organ donation, Brown said, “I want people to educate themselves. While losing Vinnie was tough, I can’t imagine being the mother on the other side praying for a donor. Learn about the process and convey your decision to become an organ donor. Each donor can save up to eight lives.” ■

If you’d like to learn more about organ donation, or to register to be a donor, visit www.donatelife.net.

Making Play a Part of the Stay

Providing a sense of calm to children and parents in a hospital setting is the life's work of this compassionate Child Life Specialist.

Playing with pediatric patients in an effort to help relieve the stress of a hospital stay is just part of the job for Stephanie Cape, certified child life specialist.



If I can help bring calm, make the machines fade away and help make a child feel comfortable in a not-so-comfortable environment, then I'm doing my job," said Stephanie Cape, a certified child life specialist at Hoops Family Children's Hospital (HFCH) at Cabell Huntington Hospital.

Child life specialists such as Cape are trained professionals with expertise in helping children and their families understand and cope with a child's illness or injury and related medical treatment. They provide emotional support for families, and encourage optimum development of children facing challenges related to their health. This includes teaching children about and preparing them for medical tests and procedures, like going to the operating room.

With her strong background in child development and psychology, Cape promotes effective coping through play, preparation, education and self-expression activities.

Cape grew up in West Bloomfield, Michigan, and went to Michigan State University, where she earned a bachelor's degree in community service with a focus on youth and family. She then completed a child life internship at St. Alexius Medical Center in Hoffman Estates, Illinois.

She spent three months in Mexico as a Red Cross volunteer, picking up the basics of Spanish. "I don't need to use it very often, but when I do, it's really neat to speak to children in their own language."

Cape worked in Indianapolis for three years and then, in 2015, followed her sister and brother-in-law to Huntington, joining the staff at HFCH. "I love Huntington. It's unlike anywhere I've lived," Cape said.

"The sense of community here has to be experienced to be believed."

"There's no such thing as a typical day for me," Cape explained. "Every day is completely different. It begins

“

STEPHANIE CAPE,
CERTIFIED CHILD LIFE SPECIALIST

**If I can help bring
calm, make the
machines fade away
and help make a child
feel comfortable in a
not-so-comfortable
environment, then
I'm doing my job.**

when I meet with the nurses on duty who update me on procedures that are scheduled, children who are having a difficult time coping and which patients might need a little extra help accomplishing certain goals in order to go home. From there, I develop my plan for the day because each child's needs are different."

Cape takes a great deal of time to get to know each of her many patients. By doing that, she often makes them forget that they are in a hospital or that they're sick.

"A huge part of my job is gaining rapport with the children," she said. "I

do that by playing with them. We play with their toys, engage in board and video games or maybe work together on an art project. Yes, it's play but with a very serious purpose — to take their young minds off where they are and what's going on."

Because a child's well-being depends on the support of the family, Cape also provides information, support and guidance to parents, siblings and other family members.

"By getting a child to a place of calm, it allows the parents to relax," Cape said. "Then I spend time with the parents and caregivers so they can learn how to help provide calm when I'm not around."

Over the course of a year, Cape works with more than 3,000 young patients at HFCH.

"I love my job, but there are days that are difficult," she explained. "When a child's situation isn't expected to improve, that's never an easy thing to handle. In the moment, I'm very good at staying focused and doing what I need to do. But then I have to deal with my own feelings and it's not easy."

Cape said she manages her challenges through exercise, eating well and surrounding herself with a loving support system.

"It's important to have someone you can talk to, who can understand that this is something that is difficult," she said. "I get close to my patients and many of them treat me like I'm part of their family. Good and bad days, there is no place I'd rather be than in this position, at this hospital, doing what I do." ■

If you would like more information about the Hoops Family Children's Hospital at Cabell Huntington Hospital, visit www.hoopschildrens.org.

Pediatric oncologists Joshua Hess, MD, (left) and Paul Finch, MD, specialize in diagnosing and treating children and teens with cancer.



Pediatric Oncologists

The team approach in treating patients with cancer

It started with a stomach ache. Luke Colegrove, a senior at Fairland High School in Proctorville, Ohio, took medication and thought his ache would soon go away. But when the pain intensified, he was taken to the Emergency Room at Cabell Huntington Hospital where a blood draw changed his life. Luke was diagnosed with high risk acute lymphoblastic leukemia (ALL).

In ALL, the bone marrow makes too many lymphocytes, a type of white blood cell that helps fight infection. These lymphocyte cancer cells, also called blasts, do not fight infection well and crowd out other kinds of blood cells forming in the bone marrow, causing shortages of red blood cells (that carry oxygen) and platelets (that help blood clot when needed). Luke began receiving treatment immediately in the pediatric oncology program at the Edwards Comprehensive Cancer Center (ECCC).

“From the time we arrived at the hospital and received the diagnosis, I felt very confident that I would be in good hands,” said Colegrove. “I had a personal connection with everyone I interacted with and that helped me remain positive.”

Board Certified Pediatric Oncologist Paul Finch, MD, and fellowship-trained Pediatric Oncologist Joshua Hess, MD, specialize in diagnosing, treating and managing the care of children and teens with cancer, diseases of the blood cells and bleeding disorders.

“Our team understands the special needs of children with cancer,” said Hess, assistant professor in the Departments

of Pediatrics and Oncology at the Marshall University Joan C. Edwards School of Medicine. “We also understand the importance of involving the patient’s family and following a patient-centered care model.”

Colegrove met with the physician team and a certified pediatric oncology nurse to develop a treatment plan specific to his needs.

“Dr. Hess and Dr. Finch have both been very supportive and have explained everything so that we clearly understand what is going on. Right now I am in the delayed intensification phase of treatment,” said Colegrove. “This phase is the last before the maintenance phase and lasts about eight weeks. I couldn’t have gotten through all of this if it wasn’t for my family, friends and the confidence of the doctors and nurses.”

The pediatric oncology program is housed on the second floor of the ECCC and features its own waiting area, treatment and recovery rooms and five exam rooms, with separate treatment areas for children and adolescents. The unit features child-size furniture, toys, games, movies and books, as well as computers and computer games,

to offer much-needed distraction for the children and their family members during treatment and recovery. ■

For more information about pediatric oncology, visit www.edwardsccc.org.



High school senior Luke Colegrove is being successfully treated for high risk acute lymphoblastic leukemia at HFCH.



Joshua Hess, MD, is an assistant professor in the Departments of Pediatrics and Oncology at the Marshall University Joan C. Edwards School of Medicine.

Snoezelen® Multi-Sensory Room

Highlights Pediatric Rehabilitation Center

For children with developmental disabilities and delays, attending therapy sessions can cause anxiety. The Pediatric Rehabilitation Center at Cabell Huntington Hospital (CHH) helps ease anxiety using the region’s only multi-sensory room, dedicated to ensuring a calming and relaxing area.

Executive Director of Rehabilitation Services Shawn Bastin, MPT, MBA, said the pediatric program has emerged as a regional leader in therapy techniques for children who are on the autism spectrum.

“Unlike an adult with an ankle

sprain that will heal in six weeks, for a lot of these kids therapy is a part of who they are,” he said. “Our therapists know that. They have advanced training in caring for children with rehabilitation needs, which often means understanding their psychological and emotional needs as well.”

The Pediatric Rehabilitation Center features convenient parking, private therapy rooms for one-on-one treatment and a Snoezelen® multi-sensory room, providing children with a safe place to relax when they feel overwhelmed during therapy.

“We have a unique unit here at Cabell Huntington Hospital,” said Misty Chandler, MOTR/L, occupational therapist at CHH. “We are one of only two facilities in the area that provide all three disciplines — speech, occupational and physical therapy and we are the only one that has a Snoezelen® Multi-Sensory room.”

The term Snoezelen was coined from the contraction of the Dutch verbs “snuffelen” (to seek and explore) and “doezelen” (to relax). Snoezelen multi-sensory environments are relaxing spaces that help reduce agitation and anxiety, but also engage and delight the user, stimulate reactions and encourage communication. Using low light and introducing visuals, music, sounds, smells and textures, the room is a place of calm.

“We see a lot of children with developmental disabilities and several who fall into the autism spectrum who may become anxious when they begin therapy,” Chandler said.

“The Snoezelen room offers a place where they can watch bubbles dance in a cylinder or play with fiber optic strings that change color. These help calm the children and allow them to build trust in their therapist.”

“We offer a full range of services dedicated specifically to children,” said Bastine. “Physical, occupational and speech therapy may be offered to treat temporary issues, such as recovering





from serious illness or injury, as well as long-term care such as congenital disabilities, developmental delays and congenital conditions.”

The staff treats children with:

- Autism spectrum disorders
- Cerebral palsy or apraxia
- Chromosomal abnormalities
- Developmental delays
- Down syndrome
- Facial anomalies, cleft lip/palate
- Head and brain injuries
- Hypertonia (increased muscle tone)
- Hypotonia (decreased muscle tone)

- Muscular dystrophy
- Neurological disorders
- Orthopedic conditions
- Prematurity
- Speech/language delays
- Spina bifida
- Torticollis (twisted neck)

Therapeutic plans of care are created individually, based on thorough evaluation and evidence-based practice. Rehabilitation specialists work closely with parents and communicate with caregivers, school professionals and other healthcare

providers, as appropriate, to ensure that therapeutic activities carry over into daily life. Children are treated by the Rehabilitation Services staff on an inpatient and outpatient basis by appointment with physician referral. ■

The Pediatric Rehabilitation Center is in the Fairfield Building next to the hospital. If you would like more information about Pediatric Rehabilitation Services at Cabell Huntington Hospital, please call 304.399.6511.



Eight-year-old RaeLee Sweat (right) celebrates Christmas with her two younger sisters, Avery (6) and Everly (1).

The Smallest Patients

The Neonatal Intensive Care Unit at Cabell Huntington Hospital cares for sick and preterm infants.

Jeremy and Ginger Sweat desperately wanted a child. They tried to add to their family for 15 years with no success. Then, after consulting with her physician, making some health changes and adding supplements to her diet, Ginger found out she was pregnant.

“We were told that we would never have children,” she explained. “We would not accept that and it paid off.”

The night Ginger went into labor, she was at work. “I

truly thought I was just having Braxton Hicks contractions (false labor pains) and kept ignoring it. But my coworker insisted I go to the hospital. So I called my husband to come and get me, just to be safe.”

The couple went to the Emergency Room at Cabell Huntington Hospital and was taken to the triage area near Labor and Delivery. Ginger was 40% dilated. The baby was coming. She was only 22 weeks gestation.

“I was able to keep from delivering for two days,” she said. “But she was coming and there was nothing that could be done.”

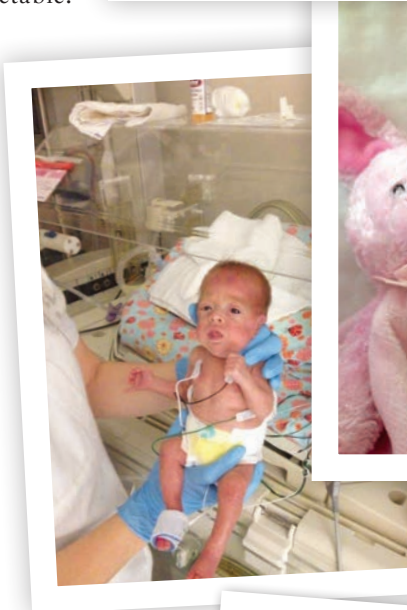
The couple met with a neonatologist who told them the outlook was not good. The baby was not fully developed and if born at that time would have a poor quality of life.

“We were basically told that if our daughter lived, she would be a vegetable. But I said that no matter what, I would be whatever my daughter needed me to be. If I needed to care for her for the rest of her life, I’d do it,” said Ginger. “The doctor said he had never seen such determination and devotion so he agreed to move forward.”

In a typical birth, a baby is born head first. This was not the case for the Sweats. Their baby began her journey into the world feet first or breech. And that wasn’t the only issue.

“As she was being born, my cervix closed around her neck,” Sweat explained. “There was no way or time to do a cesarean section, so they had to cut me in four places to remove her.” But during the procedure, Sweat’s leg dropped to the side and the baby suffered a cut on her neck.

“Everyone was so worried and crying and scared, but I knew I had a great team of nurses and doctors who would take care of her,” she said. And at that moment, Sweat saw a tiny eye open and



heard a faint little squeaky cry before her daughter was quickly taken to the Neonatal Intensive Care Unit (NICU) at the Hoops Family Children’s Hospital (HFCH).

The couple named their daughter RaeLee after several of their family members as a symbol of unity and strength. Baby RaeLee spent 116 days in the NICU experiencing many ups and downs.

“She had several complications such as renal failure and retinopathy of prematurity. She was quite the fighter,” she said.

Today, RaeLee is eight years old and has two younger siblings — Avery, 6 and Everly, 1. She only has a few developmental issues, and continues to grow and blossom into a beautiful young lady.

“She loves to read and is a fun-loving little girl,” Sweat said. “She is small for her size. People think she is the middle child, but she is the oldest.”

And Sweat hasn’t forgotten the excellent care she received in the NICU at HFCH. She has become a member of the Family Advisory Council and spends a lot of time providing support to other Moms who are going through scenarios like hers.

“It is important to me to be there for families who are scared, worried and don’t know if their child is going to make it,” she said. “I was there. I absolutely know what that feels like and can relate and assure them by sharing RaeLee’s story.” ■

If you would like more information about the NICU, visit www.hoopschildrens.org.



Hoops Family Children’s Hospital Children’s Classic Golf Tournament



(Above) The Hoops Family Children’s Hospital Children’s Classic golf tournament raised over \$132,000 to aid the hospital’s mission to provide care in a child-friendly environment. (Right) Fairland High School seniors Luke Colegrove and Jessie Lewis, who have both been patients at Hoops, hit the first tee shots to kick off the tournament.



Celebrating its 10th year, the Hoops Family Children’s Hospital Children’s Classic golf tournament has become a hallmark event in the Tri-State, raising more than \$1 million since its inception.

“The golf tournament was created to help raise money to build the children’s hospital,” said Bradley Burck, vice president of the Cabell Huntington Hospital and St. Mary’s Medical Center foundations. “Through this fundraising initiative, we’ve done construction and renovation, as well as purchase critical equipment and supplies, along with establishing the blanket

fund that provides a blanket for each child admitted into the Hoops Family Children’s Hospital.”

This year, the tournament, held at Sugarwood Golf Club in Lavalette, raised just over \$132,000. Luke

Colegrove and Jesse Lewis, both Fairland High School seniors, hit the first tee shots to kick off the tournament. Both have been patients at Hoops.

“This tournament continues to fuel the hospital’s mission to provide care in a child-friendly environment,” Burck said. “Toys, activities and blankets for all patients are possible because of the continued support of this event.” ■



Local companies sponsor blankets that are gifted to the patients of Hoops Family Children’s Hospital.

If you would like more information about the Children’s Classic golf tournament, contact the Foundation at 304.526.6314.



HIMG joins St. Mary's Medical Center

Huntington Internal Medicine Group (HIMG) became an outpatient facility and member of Mountain Health Network (MHN) on Sept. 1.

“This transaction marks an important milestone for our community and Mountain Health Network’s continued journey of achieving beneficial clinical integration,” said Michael Mullins, FACHE, president and CEO of MHN. “We are pleased to continue that tremendous work of HIMG’s founders and build on our shared history of working together to meet the health needs of the residents of our region.”

“We are working to integrate our services to better serve our patients,” said Todd Campbell, president of SMMC. “St.

Mary’s and HIMG have a long-standing history of working together and we are looking forward to continuing that relationship as part of the same healthcare delivery system.”

HIMG will maintain its name and HIMG physicians will continue to provide services at their current location on Route 60 in Huntington.

“From its beginnings 50 years ago, HIMG has grown into a provider of world-class medical services for the Tri-State,” said Mark Morgan, president and COO of HIMG. “We are already seeing how our new partnership is allowing us to provide an even higher level of technology, access and quality medical services to our region.” ■

Cabell Huntington Hospital Earns Optum's Center of Excellence Designation

Cabell Huntington Hospital's (CHH) Center for Surgical Weight Control has been named a *Center of Excellence* (COE) for bariatric surgery by the Clinical Sciences Institute of Optum®. CHH has received this award five times.

A COE designation is given to medical practices that combine top-quality clinical care with excellent patient support and better patient outcomes. Optum Centers of Excellence are reviewed annually and provide access to clinically superior, cost-effective healthcare-based criteria, such as fewer patient complications and readmissions.

According to the Centers for Disease Control and Prevention (CDC), more than 33% of U.S. adults 20 years and older are obese and about 6% are extremely obese. With obesity comes a higher risk for heart disease, high blood pressure, diabetes, sleep apnea, digestive diseases, orthopedic disorders and an increased risk of death from some cancers. Obesity is the second leading cause of preventable death in the United States. ■

Bariatric surgery is an effective solution to reduce the long-term health effects of obesity. To learn more about weight loss and bariatric surgery options at Cabell Huntington Hospital, please call 304.399.4118.



OPTUM™
Center of Excellence

Those who belong to the Optum COE program perform more successful bariatric procedures than many other facilities nearby and are able to provide:

- 15% lower mortality rate compared to non-COE providers
- 16% lower inpatient hospital readmissions
- 12% lower reoperation rate for bariatric procedures

Healthgrades Recognizes Cabell Huntington Hospital as 5-Star Recipient for C-Section Delivery

Cabell Huntington Hospital (CHH) is a 5-star recipient for C-Section Delivery as recognized by Healthgrades, the leading resource connecting consumers, physicians and health systems. This 5-star rating indicates that Cabell Huntington Hospital clinical outcomes for C-Section Delivery are statistically significantly better than expected.

“Our teams are dedicated to the safety and quality of those we serve,” said Kevin Fowler, president of CHH. “This honor only further demonstrates the compassion they provide every day.”

“Hospital quality should be top of mind for consumers when they evaluate and compare hospital performance,” said Brad Bowman, MD, chief medical officer, Healthgrades. “Women who select a hospital with

a 5-star rating can feel confident in their choice knowing that these organizations are committed to providing exceptional care to their patients.”

Healthgrades analyzed all-payer state data for 16 states for years 2016 through 2018. Healthgrades found that there is a significant variation in hospital quality between those that have received 5-stars and those that have not. For example, from 2016 through 2018, women having a C-Section Delivery in hospitals rated 5-stars have, on average, a 59% lower risk of experiencing a complication while in the hospital than if they were treated by hospitals rated 1-star.



View Healthgrades hospital quality awards and methodologies at www.healthgrades.com/quality/hospital-ratings-awards. ■

Mountain Health Network Hospitals Receive Get With The Guidelines® Quality Achievement Awards

Cabell Huntington Hospital (CHH) and St. Mary's Medical Center (SMMC) have received the Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award from the American Heart Association (AHA) and American Stroke Association (ASA).

CHH received the award for the seventh consecutive year and St. Mary's received the award for the 10th consecutive year.

Get With The Guidelines is the AHA/ASA's hospital-based quality improvement program that provides hospitals with tools and resources to increase adherence to the latest research-based guidelines. Developed with the goal of saving lives and hastening recovery, *Get With The Guidelines* has touched the lives of more than six million patients since 2001.

"Our team is committed to pursuing best practices in stroke care," said Justin Nolte, MD, medical director of Neurology at Cabell Huntington Hospital and associate professor in the Department of Neuroscience at Marshall University's Joan C. Edwards School of Medicine. "We are pleased to be recognized for our dedication and achievements in stroke care through the American Stroke Association and American Heart Association."

"The main goals for our stroke team are to save lives and help patients recover quickly," said Christy Franklin, MS, RN, CNRN, director, St. Mary's Regional Neuroscience Center. "It's extremely gratifying to be recognized by the American Stroke Association and the American Heart Association for our dedication to achieving those goals."

CHH and SMMC earned the awards by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period. These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. Before discharge, patients should also receive education on managing their health;

get a follow-up visit scheduled, as well as other care transition interventions.

CHH additionally received the associations' Target: Stroke® Elite award, while SMMC received the Target: Stroke® Honor Roll and Target: Heart Failure® Honor Roll awards. To qualify for these recognitions, hospitals

must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke. Both hospitals also received the Target: Type 2 Diabetes Honor Roll award, which recognizes the hospitals met quality measures developed with more than 90% of compliance for 12 consecutive months for the "Overall Diabetes Cardiovascular Initiative Composite Score."

"Education and a commitment to excellence have helped us to again gain this prestigious recognition," said Mitzi Beckett, BSN, SCRNP, stroke program coordinator at CHH. "It also helps us raise the bar and continue to focus on

the best for our patients."

"We are pleased to recognize Cabell Huntington Hospital and St. Mary's Medical Center for their commitment to stroke care," said Lee H. Schwamm, MD, national chairperson of the Quality Oversight Committee and executive vice chair of Neurology, director of Acute Stroke Services, Massachusetts General Hospital, Boston, Massachusetts. "Research has shown that hospitals adhering to clinical measures through the *Get With The Guidelines* quality improvement initiative can often see fewer readmissions and lower mortality rates."

According to the American Heart Association/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. ■



U.S. News & World Report Recognizes Mountain Health Hospitals in Annual Rankings



Cabell Huntington Hospital (CHH) and St. Mary's Medical Center (SMMC), members of Mountain Health Network (MHN), have been recognized in the annual Best Hospitals rankings for 2020-21 by *U.S. News & World Report*.

CHH has been recognized as a High Performing Hospital for chronic obstructive pulmonary disease (COPD) and knee replacement. SMMC has been recognized as a Best Hospital in the Metro Valley, as well as a High Performing Hospital for abdominal aortic aneurysm repair, COPD, heart bypass surgery, heart failure and hip replacement.

The annual Best Hospitals rankings and ratings, now in their 31st 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.

"Mountain Health Network is committed to the best possible outcomes for our patients and we appreciate *U.S. News & World Report* for recognizing that commitment," said Hoyt Burdick, MD, chief clinical officer, MHN. "We are extremely proud of our physicians and staff for the hard work they do each and every day to improve the health and well-being of our community."

For the 2020-21 rankings and ratings, *U.S. News* evaluated more than 4,500 medical centers nationwide in 16

specialties, 10 procedures and conditions. In the 16 specialty areas, 134 hospitals were ranked in at least one specialty. In rankings by state and metro area, *U.S. News* recognized best regional hospitals based on high performing rankings across multiple areas of care.

"For more than 30 years, *U.S. News & World Report* has been helping patients, along with the help of their physicians, identify the Best Hospitals in an array of specialties, procedures and conditions," said Ben Harder, managing editor and chief of health analysis at U.S. News. "The hospitals that rise to the top of our rankings and ratings have deep medical expertise, and each has built a track record of delivering good outcomes for patients."

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.

Best Hospitals was produced by *U.S. News* with RTI International, a leading research organization based in Research Triangle Park, North Carolina. The rankings are published in the *Best Hospitals 2021* guidebook, released Oct. 6. For more information about the 2020-21 rankings and ratings, visit <https://health.usnews.com/health-care/best-hospitals/articles/faq-how-and-why-we-rank-and-rate-hospitals>. ■

St. Mary's Honored With Resuscitation Recognition Award

St. Mary's Medical Center (SMMC) has received the Get With The Guidelines®-Resuscitation Gold Award for implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer cardiac arrests in the hospital.

More than 200,000 adults and children have an in-hospital cardiac arrest each year, according to the American Heart Association. The Get With The Guidelines-Resuscitation program was developed with the goal to save lives of those who experience in-hospital cardiac arrests through consistently following the most up-to-date research-based guidelines for treatment. Guidelines include following protocols for patient safety, medical emergency team response, effective and timely resuscitation (CPR) and post-resuscitation care.

SMMC received the award for meeting specific measures in treating adult in-hospital cardiac arrest patients. To qualify for the awards, hospitals must comply with the quality measures for two or more consecutive years.

St. Mary's Regional Heart Institute was named a Center of Excellence by Mountain Health Network.

"St. Mary's is dedicated to helping our patients have the best possible outcome and implementing the American Heart Association's Get With The Guidelines-Resuscitation program will help us accomplish this by making it easier for our teams to put proven knowledge and guidelines to work on a daily basis," said Samantha Ash, RN, MSN, NEA-BC, CSSGB, director of Critical Care Services at St. Mary's.

"We are pleased to recognize St. Mary's for their commitment in following these guidelines," said Lee H. Schwamm, M.D., national chairperson of the Quality Oversight Committee and Executive Vice Chair of Neurology, director of Acute Stroke Services, Massachusetts General Hospital, Boston, Massachusetts. "Shortening the time to effective resuscitation and maximizing post-resuscitation care is critical to patient survival." ■

St. Mary's Among Nation's Top Performing Hospitals for Treatment of Heart Attack Patients

St. Mary's Medical Center has received the American College of Cardiology's NCDR Chest Pain — MI Registry Platinum Performance Achievement Award for 2020. St. Mary's is one of only 140 hospitals nationwide to receive the honor. This is the fourth consecutive year St. Mary's has received the award.

The award recognizes St. Mary's commitment and success in implementing a higher standard of care for heart attack patients and signifies that St. Mary's has reached an aggressive goal of treating these patients to standard levels of care as outlined by the American College of Cardiology/American Heart Association clinical guidelines and recommendations.

To receive the Chest Pain — MI Registry Platinum Performance Achievement Award, St. Mary's demonstrated sustained achievement in the Chest Pain — MI Registry two consecutive years (2018 and 2019), and performed at the highest level for specific performance measures. Full participation in the registry engages hospitals in a robust quality improvement process using data to drive improvements in adherence to guideline recommendations and overall quality of care provided to heart attack patients.

"St. Mary's is committed to the health and well-being of our community," said Kelli Klaiber, BSN, RN, interim

director, St. Mary's Regional Heart Institute. "We are pleased to receive this award that recognizes that commitment."

St. Mary's Regional Heart Institute was named a Center of Excellence by Mountain Health Network.

"As a Platinum Performance Award recipient, St. Mary's has established itself as a leader in setting the national standard for improving quality of care in patients with acute myocardial infarction," said Michael C. Kontos, MD, FACC, chair of the NCDR Chest Pain — MI Registry Steering Subcommittee, Virginia Commonwealth University Medical Center. "By meeting the award requirements set forth in the registry, St. Mary's has demonstrated a commitment to providing reliable, comprehensive treatment for heart attack patients based on current clinical guideline recommendations."

The Centers for Disease Control (CDC) estimates that almost 700,000 Americans suffer a heart attack each year. A heart attack occurs when a blood clot in a coronary artery partially or completely blocks blood flow to the heart muscle. Treatment guidelines include administering aspirin upon arrival and discharge, timely restoration of blood flow to the blocked artery, smoking cessation counseling and cardiac rehabilitation, among others. ■

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



Cabell Huntington Hospital Blood Bank Earns AABB Accreditation

The Cabell Huntington Hospital (CHH) blood bank has earned AABB accreditation for transfusion services.

AABB (formerly known as the American Association of Blood Banks) follows an intensive on-site assessment by specially trained AABB assessors and establishes that the level of technical and administrative performance within the facility meets or exceeds AABB standards.

"This process is a voluntary assessment of the quality and safety of collecting, processing, testing, distributing and administering blood and blood products," said Krista Denning, MD, medical director for the CHH Laboratory and

associate professor and interim chair of the Department of Pathology at Marshall University Joan C. Edwards School of Medicine. "Earning AABB accreditation demonstrates a level of excellence and professional and technical expertise that contributes to quality performance and patient safety."

The AABB is dedicated to the advancement of science and the practice of transfusion medicine and related biological therapies. The accreditation program assesses the quality and operational systems in place within a facility.

The basis for assessment is compliance with AABB standards, Code of Federal Regulations and other federal guidance documents. ■



The Pediatric Experts You Trust

When your child needs help, you do everything you can to give them what they need.

When your child needs medical care, you trust the experts specially trained to meet their needs.

We are the pediatric team at Hoops Family Children's Hospital. With a full range of pediatric specialists, we provide big care to your little ones, treating each child like they were our own.



*Right-sized care,
right here at home.*

304.399.4667 (HOOP) • www.hoopschildrens.org



Joshua Hess, MD
Assistant Professor, Department of
Oncology, Marshall University Joan C.
Edwards School of Medicine.



Paul Finch, MD
Assistant Professor, Chief, Department of
Oncology, Marshall University Joan C.
Edwards School of Medicine.

www.mountainhealthnetwork.org