

LEADING EDGE

SUMMER 2024

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The Legacy Continues

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for patients with heart
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A CENTURY OF CARING
THE LEGACY CONTINUES

Proud to be among AMERICA'S BEST



Marshall Health Network Hospitals Receive National Recognition

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

America's 100 Best Hospitals

There are thousands of hospitals in the U.S., however, only 2% are recognized as one of America's 100 Best Hospitals. CHH is honored to be the **ONLY HOSPITAL IN WEST VIRGINIA** to be once again named to that list.

Cardiology

SMMC has been recognized as a Five-Star Recipient for Defibrillator Procedures for the fourth year.

Orthopedics

CHH was also recognized among America's 100 Best Hospitals for Orthopedic Surgery for the sixth year and SMMC was named a Five-Star Recipient for Hip Fracture Treatment for the ninth year. CHH and SMMC also again received the Orthopedic Surgery Excellence Award.

These achievements are part of findings released in the *Healthgrades 2024 Report to the Nation*. The new report demonstrates how clinical performance continues to differ dramatically among hospitals and the impact it may have on health outcomes. For a complete list of Marshall Health Network patient care and quality awards, visit www.marshallhealthnetwork.org/about.



Cabell Huntington Hospital
Hoops Family Children's Hospital
Marshall Health
Rivers Health
St. Mary's Medical Center

Advancing Health. Inspiring Hope. Serving You.



Message from

Kevin Yingling, RPh, MD, FACP
Marshall Health Network CEO

Summer is a time of warmth and vitality, and that energy is thriving at Marshall Health Network.

The first occupants of the new Robert and Lena Shell Outpatient Medical Pavilion on the Cabell Huntington Hospital campus have settled in and we're on track for the projected fall completion. Rivers Health is beginning its process of renovating and revitalizing its emergency department. The St. Mary's Center for Education is beginning classroom expansion, thanks to a community investment from Aetna Better Health of West Virginia. And thanks to our partners at the WV Department of Education, Education Alliance, and Cabell and Wayne county schools, we've welcomed the inaugural class of high school students embarking on their educational then professional journey in health care.

We continue our commitment to high quality care and are proud of the tremendous work and dedication of our staff. As a result of their hard work, St. Mary's Medical Center and Cabell Huntington Hospital have once again received numerous national recognitions from leading health care organizations.

Hope is an important part of who we are at Marshall Health Network. We provide highly reliable, compassionate health care; but we also provide hope. This patient-first culture is completely captured in our mission: **Advancing Health. Inspiring Hope. Serving You.**

As we experience the renewal of spirit that each season brings, we at Marshall Health Network renew our commitment to the health and well-being of our community. Thank you for choosing us for your health care needs.

Kevin W. Yingling, RPh, MD

CEO, Marshall Health Network

President, Cabell Huntington Hospital &

St. Mary's Medical Center

Chief Executive Officer Marshall Health Network

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Marshall Health Network: Mission and Vision

We are excited to share Marshall Health Network's Mission and Vision Statements. Our mission statement explains MHN's core objectives and values. Our vision statement is our guiding beacon for our goals.

Our Mission: *Advancing Health. Inspiring Hope. Serving You.*

- Advancing Health. MHN offers access to high-quality care and the latest advances in medicine. We lead research and solutions that improve people's lives.
- Inspiring Hope. We not only provide outstanding health care; we provide hope. Ultimately, our success is measured through the eyes of our patients.
- Serving You. MHN is the place where patients receive highly reliable, caring health care. It recognizes our employees are trusted health care leaders and the greatest asset of our system. Serving You is personal and makes it relatable to each reader, from employees to patients and community members.

Our Vision: *Be the academic health system that delivers access, excellence and compassionate care at every stage of life.*

- MHN is committed to ensuring access to all patients, employees, physicians and community members.
- As an integrated academic health system, the communities we serve can expect MHN's excellence in education, research, medical care and outcomes.
- As our system grows, we can never lose sight of delivering personal, compassionate care that we are uniquely able to provide. Our success is measured through the eyes of our patients.

These statements show who we are, what we do, and our commitment to providing exceptional health care today and for future generations.



Advancing Health.

At Marshall Health Network, we strive to improve technology, enhance research, and provide an even higher standard of patient care. MHN offers access to high-quality care and the latest advances in medicine – all close to home.



CHH Accredited as a Center of Excellence in Minimally Invasive Gynecology and Robotic Surgery

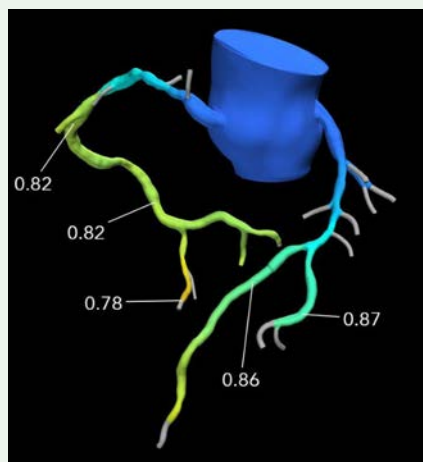
Cabell Huntington Hospital has once again achieved accreditation as a Center of Excellence in Minimally Invasive Gynecology Surgery and a Center of Excellence in Robotic Surgery, recognized for providing the highest quality of care and patient safety by the Surgery Review Corporation (SRC).

Status as an accredited facility means that CHH has met nationally and internationally recognized standards. CHH has received this designation for six years in a row.

Minimally invasive surgery offers numerous patient benefits including:

- Shorter hospital stays
- Less post-operative pain and faster recovery
- Less scarring
- Quicker return to normal activities

The goal of the Center of Excellence program is to improve patient safety and satisfaction, increase access to minimally invasive procedures and provide data-driven results. ■



Your Heart is in Good Hands

Heart disease is the leading cause of death in the U.S. and kills approximately 610,000 people every year. At Marshall Health Network, we know that taking care of your heart is important and we offer two new breakthrough procedures to help keep your heart healthy.

St. Mary's Medical Center offers a proven, non-invasive diagnostic option for people with suspected heart disease – with a little help from Artificial Intelligence (AI).

Incorporating a HeartFlow FFRCT analysis can help more accurately determine if a person with suspected coronary artery disease (CAD) should be treated for heart disease. The technology uses CT images combined with CT-derived fractional flow reserve (FFRCT) to diagnose CAD more effectively. Trained analysts and AI algorithms create an anatomical model of a person's heart that helps physicians visualize the blood flow and detect stenosis or plaque that obstructs the blood flow.

CAD is the most common type of heart disease, affecting nearly half the adult population. CAD develops when the arteries leading to the heart narrow or become blocked, which may lead to a reduction in blood flow to the heart. This can cause chest pain, heart attacks and death.



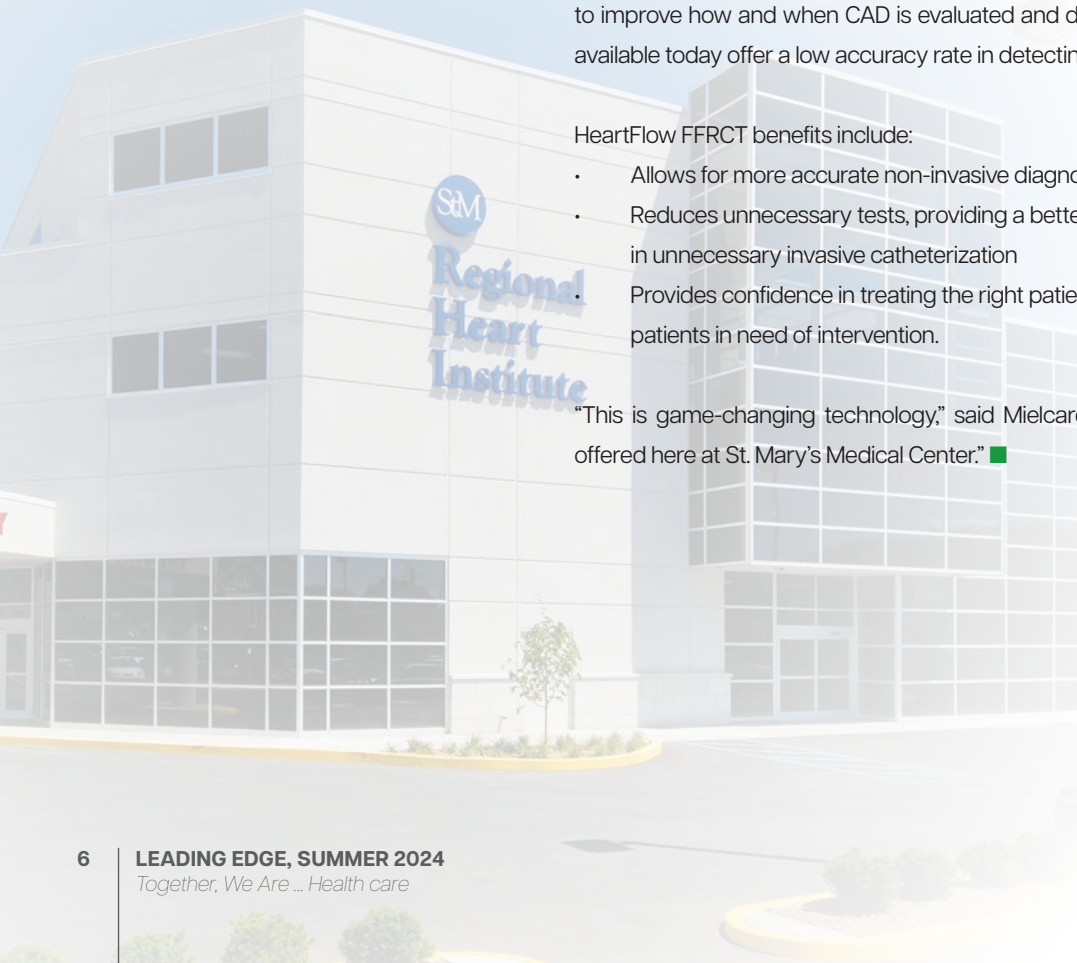
"Identifying exactly where and how an artery is blocked or clogged can help improve a person's treatment plan, including whether or not an intervention is needed," said Melissa Mielcarek, MSHA, MBA, FACHE, Executive Director St. Mary's Regional Heart Institute. "The HeartFlow FFRCT analysis helps us develop the most accurate and appropriate treatment plan available for a patient with coronary artery disease."

Despite CAD being the most common form of heart disease, studies show there is still a need to improve how and when CAD is evaluated and diagnosed. Many of the non-invasive tests available today offer a low accuracy rate in detecting CAD.

HeartFlow FFRCT benefits include:

- Allows for more accurate non-invasive diagnosis
- Reduces unnecessary tests, providing a better patient experience, with a 4x reduction in unnecessary invasive catheterization
- Provides confidence in treating the right patients with enhanced capabilities to identify patients in need of intervention.

"This is game-changing technology," said Mielcarek. "It's beneficial for our patients and is offered here at St. Mary's Medical Center." ■



Marshall Health Network offers a breakthrough minimally invasive treatment for patients with heart valve leakage

The MitraClip™ procedure helps treat individuals suffering from mitral valve regurgitation. The FDA-approved, minimally invasive procedure addresses valve leakage and improves overall cardiac function.



Marshall Health interventional cardiologist and structural heart specialist Salem Badr, M.D., an assistant professor at the Marshall University Joan C. Edwards School of Medicine, performed the first MitraClip procedure at St. Mary's Regional Heart Institute in February followed by the Institute's second MitraClip procedure in March.



"This is a groundbreaking advancement in cardiology," Badr said. "This procedure, for a select group of patients, offers a less invasive alternative to traditional open-heart surgery and allows patients to experience faster recovery times and improved quality of life."

The MitraClip procedure, also known as transcatheter edge-to-edge repair (TEER), utilizes a small device called the MitraClip to effectively stop leaking in the mitral valve. The device is placed on the mitral valve using a minimally invasive approach with a flexible, hollow tube known as a catheter. By grasping and clipping together the leaflets of the mitral valve, the MitraClip reduces regurgitation, allowing the valve to function more effectively and improving overall heart health.

Mitral valve regurgitation occurs when the mitral valve does not close properly, causing blood to flow backward into the heart. This condition can lead to symptoms such as shortness of breath, fatigue and heart palpitations, significantly impacting a patient's quality of life. The MitraClip procedure offers a promising solution for patients who may not be suitable candidates for traditional open-heart surgery.

For more information about the MitraClip procedure, mitral valve replacement or to schedule an appointment, visit marshallhealth.org/mitraclip. ■

“Aquablation uses the power of water delivered with robotic precision to provide long-lasting relief for BPH.”

– Justyn Blankenship, D.O.
Urologist at Marshall Health

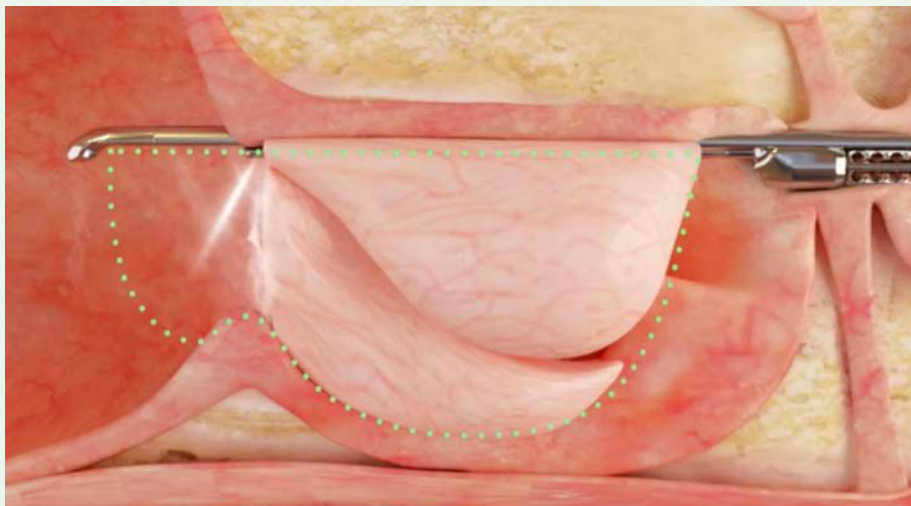


Marshall Health offers aquablation therapy

Justyn Blankenship, D.O., a urologist at Marshall Health, offers Aquablation therapy, the newest surgical treatment available for men with benign prostatic hyperplasia (BPH), or the common condition known as an enlarged prostate.

Unlike traditional surgical methods, Aquablation is a minimally invasive outpatient procedure performed at Cabell Huntington Hospital that allows for reduced pain, shorter recovery times and improved overall patient outcomes.

“Aquablation uses the power of water delivered with robotic precision to provide long-lasting relief for BPH,” said Blankenship, who also serves as an assistant professor of urology at the Marshall University Joan C. Edwards School of Medicine. “This minimally invasive technique provides patients with a new way to treat the most common reason men visit the urologist: an enlarged prostate.”



Aquablation therapy combines real-time, multi-dimensional imaging, automated robotics and heat-free waterjet ablation that enables urologists to precisely target and remove prostate tissue while preserving surrounding healthy structures, minimizing the risk of complications. With this technology, surgeons create a personalized treatment plan tailored to each patient. Once the map is complete, the robotically controlled waterjet removes the damaged prostate tissue, avoiding critical structures to preserve sexual function and continence.

BPH, or an enlarged prostate, is a condition in which the prostate has grown larger than normal size. One in two men ages 51 to 60 have BPH, and the incidence increases every decade of life. If left untreated, BPH can cause significant health problems, including irreversible bladder or kidney damage, bladder stones and incontinence. ■

2nd Annual *da Vinci* Robotic Mobile Lab

MHN hosted the 2nd annual *da Vinci* Robotic Mobile Lab for more than 50 surgeons, residents and medical students at the Marshall University Joan C. Edwards School of Medicine who are committed to learning more about the innovative capabilities of robotic, minimally invasive



medicine. Together, these skilled clinicians participated in simulator competitions, which recreated real-life surgery scenarios all aimed at improving patient outcomes.

The benefits of *da Vinci* surgery include decreased length of stay, decreased post operative complications, decreased operative time and decreased surgical site infections. ■

MHN Balance Center helps patients with dizziness and balance/mobility

The Marshall Health Network Balance Center was created when the balance centers at Cabell Huntington Hospital and St. Mary's Medical Center were combined. The new location offers patients the latest equipment in a larger space, easier access and parking and more therapists with specialized training in balance issues.

The MHN Balance Center uses the latest tools and techniques 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 evaluates 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. ■

“The objective of this study is to investigate whether the combined use of CADe and Endocuff increases adenoma detection rates and to determine if there is a specific group of patients who would benefit from this integrated strategy.”

– Wesam Frandah, M.D.

board-certified gastroenterologist
at Marshall Health

New clinical trial aims to improve polyp detection during colorectal cancer screenings

A new clinical trial underway at Marshall University uses advanced medical device technology coupled with Computer-Aided Detection (CADe) systems, a form of artificial intelligence (AI), to reduce the risk of missed polyps, or lesions, during colonoscopy procedures.

Gastroenterologists at the Marshall University Joan C. Edwards School of Medicine are investigating the combined use of Endocuff, a device attached to a colonoscope—the long, flexible tube with a small camera at the end used during a colonoscopy—and a CADe system that leverages AI to enhance accuracy in identifying abnormalities. Both devices have individually shown promise in improving colon lesion detection and patient safety during colonoscopies, but this is the first study that combines the use of both tools in a single trial in the United States.



“The objective of this study is to investigate whether the combined use of CADe and Endocuff increases adenoma detection rates and to determine if there is a specific group of patients who would benefit from this integrated strategy,” said Wesam Frandah, M.D., a board-certified gastroenterologist at Marshall Health, associate professor of medicine at the Joan C. Edwards School of Medicine and lead researcher on the study.

The randomized controlled trial, registered under NCT06116864, aims to improve adenoma and polyp detection rates. Colorectal cancer is the second-leading cause of cancer-related deaths in adults in the United States. Early detection through colorectal cancer screenings is essential for timely intervention and improved patient outcomes.



Marshall is now recruiting patients for the multi-year study. For more information about the study or to refer a patient, please call Marshall Internal Medicine. ■

Marshall University ALS Clinic named first ALS Association Recognized Treatment Center in West Virginia

The Marshall University Amyotrophic Lateral Sclerosis (ALS) Clinic, jointly operated by Marshall Health Network and Marshall University, has been named the first ALS Association Recognized Treatment Center in West Virginia.

ALS, commonly known as Lou Gehrig's disease, is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord, leading to muscle weakness, paralysis, and ultimately, respiratory failure. The multidisciplinary clinic, established in 2018, is one of only 100 treatment centers recognized by the ALS Association in the United States. It provides comprehensive care to ALS patients including medical management, rehabilitation and supportive services.



"ALS patients who receive services from multidisciplinary care models like ours have shown improved quality of life and life expectancy," said Jared Hollinger, M.D., Marshall Health neurologist, assistant professor at the Joan C. Edwards School of Medicine, and medical director of Marshall's ALS Clinic.

As an ALS Association Recognized Treatment Center, the Marshall University ALS Clinic serves as a regional hub for ALS care, offering specialized services, clinical trials and access to FDA approved treatments. Additionally, the center will provide educational resources and support programs to empower patients, caregivers and health care professionals in the fight against ALS.

The Marshall University ALS Clinic is now co-located with Marshall Neurology on the fourth floor of the new Robert and Lena Shell Outpatient Medical Pavilion on the Cabell Huntington Hospital campus.

For more information, please visit marshallhealth.org/als or call 304-696-3246. ■

"ALS patients who receive services from multidisciplinary care models like ours have shown improved quality of life and life expectancy."

– Jared Hollinger, M.D.

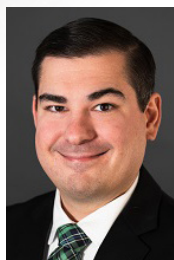
Neurologist at Marshall Health

Marshall rural psychiatry residency earns accreditation

Access to mental health resources is important in rural Appalachia. To help address this, a new collaborative, rural psychiatry residency between the Marshall University Joan C. Edwards School of Medicine and Rivers Health in Point Pleasant, West Virginia, earned initial accreditation from the Accreditation Council for Graduate Medical Education (ACGME).

The new rural psychiatry program is sponsored by the Marshall Community Health Consortium, which is composed of the School of Medicine, Marshall Health, Cabell Huntington Hospital and Valley Health Systems, in collaboration with Holzer Health System, Logan Regional Medical Center, Rivers Health and St. Mary's Medical Center.

ACGME approved the four-year training program for four trainees per year with a full complement of 16 total residents once the program has been fully implemented. The residency welcomed its first cohort of residents in July 2024.



Suzanne Holroyd, M.D., professor and chair of the Department of Psychiatry at the Joan C. Edwards School of Medicine, is director of the new rural residency program and Brady E. Kullen, D.O., assistant professor, will serve as associate program director.

"West Virginia and the Appalachian region have a significant lack of psychiatrists and other mental health providers," Holroyd said. "We are excited that our rural psychiatry training program will bring psychiatric care to areas that are currently underserved."

The Marshall program is the third separately accredited rural track program designation in general psychiatry in the nation. The Joan C. Edwards School of Medicine and the Consortium now host a combined 28 residency and fellowship programs, including a general psychiatry residency and fellowship programs in child and adolescent and geriatric psychiatry.

To learn more about the rural psychiatry residency, visit jcesom.marshall.edu/rural-psychiatry. ■

CHH offers lactation support through comprehensive team of breastfeeding specialists

More than 35 nurses from The Maternity Center's Mother/Baby Unit (MBU) and Labor and Delivery Unit (L&D), as well as nurses from the Neonatal Intensive Care Unit (NICU) and Neonatal Therapeutic Unit (NTU) at Hoops Family Children's Hospital have earned specialized credentials in lactation support to better care for nursing mothers.



"The Maternity Center's comprehensive team of lactation specialists offers one-on-one support and services for breastfeeding success," said Melanie Akers, DNP, MSN, RN, NEA-BC, Vice President of Women and Children's Services at Marshall Health Network. "Through this certification process, these nurses have enhanced their knowledge, skills and competencies to provide breastfeeding counseling and management support to families who are thinking about breastfeeding or who have questions or problems during the course of breastfeeding/lactation."

To learn more about breastfeeding support offered at Cabell Huntington Hospital, visit www.cabellhuntington.org/maternity. ■

"The Maternity Center's comprehensive team of lactation specialists offers one-on-one support and services for breastfeeding success."

– **Melanie Akers, DNP, MSN, RN, NEA-BC**
Vice President of Women and Children's Services at Marshall Health Network



Inspiring Hope.

Inspiring hope goes beyond providing outstanding health care; it's also looking to the future with optimism and determination. It's about empowering patients to see beyond an illness or injury, supporting them in their journey towards recovery, and offering innovative and accessible treatments and therapies to pave the way for a brighter tomorrow.

WSAZ Meteorologist credits doctor's quick thinking to I.D. serious heart issue

By Lacie Pierson, manager and reporter at The Herald-Dispatch

On paper, Brandon Butcher was the picture of health. The 47-year-old meteorologist exercised six days a week. He paid attention to what he ate, and his vital signs at his regular check-ups with his primary care physician were always good. He and his wife, Mary, are active parents to four children – one in college and three at home. That is why Butcher did not think much of a deep shoulder pain he experienced when he woke up on Oct. 6, 2023.



Brandon Butcher and his brother

By the time he was on camera that morning, Butcher said the pain had moved closer to the left side of his chest, but it still did not feel like anything of grave concern. “I just thought it was weird and annoying,” he said. “I was always one of those people that, if I go for a run and it’s hard at the end, I’ll just push through it because otherwise I won’t get better – no pain no gain.”

Only when he began to have trouble breathing did he realize he may need help. “I’m not having some good health right now,” Butcher said live on the air.

The morning anchor had walked away from his desk, so Butcher was alone in the room. “I noticed my body started to get flush, and my left side started getting weak,” he says. “I didn’t know what to do.” He stepped off camera and managed to walk out of the studio and down the hall to his producers. He indicated he was in distress – all while delivering the forecast by microphone.



Butcher ended up at Cabell Huntington Hospital and, later, St. Mary’s Medical Center where he received most of his care. His doctors, Andrew Vaughan, M.D., a Marshall Health cardiologist, and Nepal Chowdhury, M.D., a cardiothoracic surgeon at St. Mary’s Medical Center, ran CT scans and a stress test on Butcher, but neither showed significant issues with his heart.

Dr. Chowdhury performed a cardiac catheterization, more commonly referred to as a heart cath, to see what was going on inside of his heart the day after he initially went to the hospital. The test showed three of the arteries in his heart had 70% blockages, and one had another 50% blockage. Chowdhury performed the quadruple bypass four days after Butcher initially walked off the air in distress.

Butcher did not understand how this could have happened. His father had an ascending aortic aneurysm, but he otherwise had no indication that he was at-risk for a cardiovascular event.

“Based on all my lifestyle indicators and vitals up to that point, I should not be in any risk category,” he said.

Because he mentioned the family history of an ascending aortic aneurysm, Dr. Vaughan recommended additional testing while he was in recovery from surgery. That is how Butcher learned he had an abnormally high level of lipoprotein(a), which Butcher said made his cholesterol “extra sticky,” causing it to build up in his heart valves more easily.

“I just thought it was weird and annoying. I was always one of those people that, if I go for a run and it’s hard at the end, I’ll just push through it because otherwise I won’t get better – no pain, no gain.”

– **Brandon Butcher**
WSAZ Meteorologist



Butcher started on a statin medication to lower cholesterol, but his body did not tolerate it well. At a follow-up appointment after being discharged from the hospital, Dr. Vaughan reviewed Butcher's options to lower his cholesterol more aggressively without using statins.

Butcher went back to work in December, and he is back to regular exercise, although his diet is leaner than it was before. He and his care team, which includes Brittany Messer, PharmD, a clinical pharmacist, are focused on his long-term recovery and making sure he is on top of taking care of himself and his medications.

More than anything, Butcher wants other people to know how easy it is to get their lipoprotein(a) levels tested. "It's a simple blood test," Butcher said. "I don't know why people don't get it all the time."

According to the American Heart Association, about one in five people have abnormally elevated lipoprotein(a). It is undetectable without a specific screening laboratory blood test. Even people who regularly exercise and have healthy eating habits can unknowingly have elevated lipoprotein(a) levels.

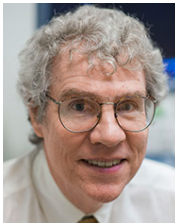
"I got lucky that I avoided a heart attack and still got my bypass, but I don't want doctors to pick up people at bypass," Butcher said. "There are so many people that can avoid what I had happen to me."

To learn more about Marshall Cardiology and its services, visit marshallhealth.org/cardiology. For more information on the St. Mary's Regional Heart Institute, visit www.st-marys.org/heart. ■

Marshall Health Network IVF pregnancy rates exceed national average

Cabell Huntington Hospital's (CHH) Center for Advanced Reproductive Medicine, a member of Marshall Health Network, exceeded the national average for in vitro fertilization (IVF) pregnancy rates in 2023, as reported by the Centers for Disease Control and Prevention and the American Society of Reproductive Medicine.

In 2023, the Center's success rates for patients younger than 35 years of age were 75% compared to national success rates of 51.1% for patients of the same age group. The Center has either exceeded or matched national average success rates every year since its inception in 2004.



"Because we are a smaller program in a smaller city, we are able to devote a greater amount of time and attention to each case, which is reflected in our higher success rates," said William Burns, MD, FACOG. "We are extremely proud of our pregnancy rates, and we want to make sure those in our region and across West Virginia dealing with infertility are aware of the high-quality care available to them in Huntington."

Under the direction of Burns, the techniques used at the IVF laboratory have become increasingly advanced over the years.

"One strategy that has become integral to our success is embryo cryopreservation, which is often referred to as freezing," said Burns. "This allows the transfer of fewer embryos at one time thus reducing the chance of a multiple pregnancy, such as twins or triplets, which we know can increase the risks for the mother and babies."

In addition to the IVF program, the Center also offers and encourages several simpler treatments for infertility – some of which are not commonly available nationally – for both men and women. It also offers fertility preservation for those facing circumstances that may affect their ability to conceive at a later time, such as cancer treatment. ■

Breathe Easy: Zephyr Valve Improves Patients' Quality of Life

For more than 60 years, Wanda Weddington struggled to breathe – at first because of asthma and then because of chronic obstructive pulmonary disease (COPD). But after her Zephyr Valve procedure at the Cabell Huntington Hospital (CHH) Center for Lung Health, she is back to doing the things she loves most.

"It was instant. I could breathe so much better. Now, I can garden again, stay active with my grandchildren, travel – all the things I love," Weddington said.



The Zephyr Valve treatment is a minimally invasive procedure for people with severe COPD/emphysema. Designed to fit in the airways of the lung, Zephyr Valves are tiny, one-way valves that allow trapped air to be exhaled from the lungs and prevent more air from becoming trapped there. The valves are placed during a bronchoscopy procedure with no incisions or cutting required.



Dr. Yousef Shweihat, Marshall Health pulmonologist at the CHH Center for Lung Health and professor at the Marshall University Joan C. Edwards School of Medicine, was the first to offer the Zephyr Valve in West Virginia and has performed more procedures than anyone in the state. Dr. Shweihat said this new procedure is an alternative to the traditional, more invasive lung volume reduction surgery.

"Patients with COPD and emphysema who struggle to catch their breath or who have reduced lung function are candidates for the Zephyr Valve procedure," Dr. Shweihat said. "In Wanda's case, we believed we could greatly improve her quality of life through this treatment."

For Wanda, the improvement to her quality of life became evident when spending time with her grandchildren, Jayden and Danica.



"It was divine intervention. I highly recommend this procedure to anyone because I truly believe it saved me. It feels like I have my life back."

– Wanda Weddington
Patient of Dr. Shweihat

"Before the Zephyr Valve, I would dread going to big stores or even to Jayden's baseball and football games because it would just exhaust me, and eventually I quit going," Weddington said. "Now, I can walk longer, and I can even walk up the bleachers at the games. When I went shopping with Danica, she could not believe how I was able to make my way around that store without stopping or asking to leave. It just felt so amazing to be able to spend that time with her without worrying about whether or not I'd be able to catch my breath."

There was a time when Weddington considered a lung transplant, but she said learning about the Zephyr Valve procedure happened at the perfect time.

"It was divine intervention," Weddington said. "I highly recommend this procedure to anyone because I truly believe it saved me. It feels like I have my life back."

Patients with COPD/emphysema can learn more by calling the Center for Lung Health at 304.399.2881 or by emailing lunghealth@chhi.org. ■

Marshall University auto-accepts Cabell County Seniors

Students in Cabell County high schools who graduate with a GPA of 2.5 or higher will now be automatically accepted at Marshall University, no application or fee required, President Brad Smith announced.

Marshall is partnering with Cabell County Schools through a program called “the Cabell Commitment” to remove potential barriers of applying to college, according to Smith. The auto-acceptance offer currently extends to qualifying seniors at Huntington and Cabell Midland high schools, as well as those at the Cabell County Career and Technology Center.

Marshall Health Network, Cabell and Wayne Schools announce inaugural class of MedEx Program

Family members of twenty-two students joined education leaders from Cabell and Wayne County Schools and Marshall Health Network as they announced the inaugural class selection of the region's first Medical Explorers (MedEx) program.

The MedEx program is a two-year education and health care program that will introduce high school students to Marshall Health and give them first-hand, on-the-job experience



in health care careers. This Marshall Health Network program, which is a partnership with both school systems, the Education Alliance and the West Virginia Department of Education, also serves as a direct pathway to a possible health care career after graduation.



Kevin Yingling, CEO of Marshall Health Network, said students receive hands-on experience where they are mentored by staff while in real care situations.

“We are thrilled to collaborate with our partners in introducing students to health care careers,” Yingling said. “It reminds

me of a saying ‘From smart minds, comes brilliant products.’

The program begins at the start of the 2024-2025 school year. Students will participate in a classroom health science learning at the school and then transition to the hospital, working alongside Marshall Health Network employees. The program is modeled after a manufacturing program that originated at Toyota Motor Manufacturing. It was developed locally via a collaborative effort with partners from across the educational spectrum.

“The future is bright in our state and there are so many health care career opportunities. Today’s Signing Day spotlights how the MedEx program will enable Cabell and Wayne County students to develop the professional and technical skills they need to be successful,” said Dr. Amelia Courts, President and CEO of The Education Alliance. “We are grateful to Marshall Health Network and all of our partners for their commitment to equipping our students for a bright future.”

The program is open to rising sophomores and juniors. ■

Harlem Globetrotters pay visit to Hoops Family Children's Hospital

More than a dozen children were wide-eyed and amazed when two tall guys with basketballs stopped by to make their hospital stay a little more enjoyable.



Although the Harlem Globetrotters were unknown to some, players Lucius "Too Tall" Winston and Randy "Crash" McClure changed all of that when they performed classic ball tricks, passed out branded wristbands, signed autographs and laughed along with pediatric patients during their visit in March.

Both players made sure each child at Hoops Family Children's Hospital at Cabell Huntington Hospital felt special. "Finding a way outside of basketball to give inspiration and bring joy is one of our favorite parts of being a Globetrotter," said Crash. "Watching a child's face light up with a smile while they dribble or spin the ball on one finger is what makes it all worth it."

For 98 years, the Harlem Globetrotters have been called "Ambassadors of Goodwill," where they visit schools and hospitals around the country, bringing smiles and laughter everywhere they go. For player "Too Tall," this is what it's all about. ■

SMMC Center for Excellence Receives \$900K for Expanded Education Wing

A special ceremony was held at CFE to announce a \$900,000 community investment from Aetna Better Health of West Virginia to build an additional education wing at the CFE.



With this new funding, the CFE will expand the existing 58,000 square-foot space by an additional 7,000 square feet, which will house two large classrooms, as well as added laboratory and simulation learning spaces for students and instructors.

Abby Nutter, a senior nursing student from Chesapeake, Ohio, was also named the first recipient of the Aetna Better Health of WV endowed scholarship valued at \$1,000. ■

MHN Inaugural Stigma Symposium

The Maternity Center at Cabell Huntington Hospital, a member of Marshall Health Network, hosted the inaugural Stigma Symposium in May, which addressed issues of stigma in health care and reviewed strategic approaches to inclusivity and fairness when providing care.



Approximately 225 attendees heard from experts on the topics of nurse burnout, social determinants of health and the importance of language when addressing patients and families.

Presenters included Dr. Sydnee McElroy with her presentation, "Huntington's Unhoused Population & Barriers to Medical Care"; Dr. Lyn O'Connell with her presentation, "Trauma Informed Care"; Dr. Jennifer Mills-Price with her presentation, "Burnout, Self-Care and Healthy Connections"; Dr. Shelvy Campbell and Nina Wallace with their presentation, "Diversity & Inclusion: Becoming an Ally"; and Julie Neal with her presentation, "Language Matters and Situational Awareness." ■



Sydnee McElroy, M.D.



Lyn O'Connell, M.D.



Jennifer Mills Price, PsyD



Shelvy L. Campbell-Monroe, PhD



Nina Wallace

Celebrating Life and Honoring the Gift of Organ Donation

National Donate Life Month, held each April, is dedicated to encouraging individuals to register as organ, eye and tissue donors and to celebrate those who saved lives through the gift of donation.

According to the Kentucky Organ Donor Affiliates (KODA), every 8 minutes, someone is added to the national transplant waiting list. On average, 16 people die every day while waiting for a transplant. Just one donor can save up to eight lives.



On April 1, Cabell Huntington Hospital kicked off the month with a special ceremony, commemorating the more than 100,000 people waiting for a life-saving transplant. Special guest, Alejandro Arreola, a heart recipient, spoke about his experience being an organ donor.

In 2011, Arreola was told he was “pretty much a walking dead man” due to heart complications. In April 2014, Arreola received his new heart. Ten years later, Arreola says he’s had the privilege of seeing his daughters grow up thanks to his donor.

Each hospital held events throughout the month, including flag raising ceremonies and Blue and Green Day. St. Mary’s Medical Center held a virtual 5K and Tree of Life Ceremony. Cabell Huntington Hospital had selfie stations and a bake sale to raise awareness. Rivers Health asked the community to join them in a walk around their campus to honor Donate Life Month. ■

A Century of Caring: The Legacy Continues



For 100 years, St. Mary’s Medical Center has upheld the mission of the Pallottine Sisters.

A hospital never sleeps. The demanding business of caring for the sick and the injured goes on 24 hours a day, seven days a week at St. Mary’s Medical Center.

But every morning, the medical center’s public address system crackles to life and starts each day with a prayer: “Good morning and welcome to St. Mary’s Medical Center. May we pause for a few moments of prayer and reflection as we begin our day together. God, thank you for the gift of this day and for all the gifts that we will share with each other. May the gifts of healing, of hospitality and hope be in this place. We ask for your peace for all our patients and family. Through your love may the joy of life be given to all who come here. Amen.”



It's been that way for nearly 100 years, since the Pallottine Missionary Sisters provided the foundation for what is today the largest tertiary-care hospital in our Tri-State region and Cabell County's largest private employer.

Today, St. Mary's Medical Center has evolved from its humble beginnings into a health care giant, now a member of the Marshall Health Network, which serves patients drawn, not just from Huntington and the area immediately around it, but from 20 counties in three states. And certainly, much has changed over the medical center's long history.

But one thing has not changed. St. Mary's remains, in the words of a morning prayer, a place "of healing, of hospitality and of hope."

Please join us throughout 2024 for a year-long centennial celebration with special events and activities to celebrate a century of the St. Mary's legacy.

To learn more about the rich history of the Pallottine Sisters and upcoming events, visit www.st-marys.org/centennial. ■

Serving You.

At Marshall Health Network, we are dedicated to serving you with highly reliable and compassionate care. At MHN, success is measured not by numbers or statistics, but through the eyes of those we have the privilege to care for.

CHH named one of America's 100 Best Hospitals for 2024

Cabell Huntington Hospital is one of America's 100 Best Hospitals for 2024. CHH is the only hospital in West Virginia and its surrounding region to be named a Top 100 Hospital in the U.S.

According to new research released by Healthgrades, this achievement puts CHH in the top 2% of hospitals nationwide for overall clinical performance. This is the second consecutive year the hospital has been among America's 100 Best Hospitals and the sixth consecutive year the hospital has been among America's 250 Best Hospitals (2019-2024).



"Cabell Huntington Hospital continues to demonstrate its commitment to advancing health and inspiring hope for those we serve in our region," said Kevin Yingling, RPh, MD, FACP, CEO of Marshall Health Network. "For two years in a row, we've been named among the top 100 hospitals in the country. These rankings provide patients and their care team with a data-driven resource to compare performance in outcomes, patient satisfaction and other significant metrics that matter to them. We are truly thankful for our employees and physicians who made this possible." ■

Revolutionizing Patient Care: The Rise of Virtual Nursing

In a world where health care is constantly evolving, Marshall Health Network (MHN) has taken a bold step forward with the introduction of virtual nursing—an innovative approach that is transforming patient care.

MHN began utilizing virtual care in 2021 with a focus on high-risk fall patients. The success in this area led to the expansion of virtual nursing and telemedicine services within MHN's Cabell Huntington Hospital (CHH), St. Mary's Medical Center (SMMC) and Rivers Health (RH).

"Virtual nursing is an innovative nursing platform that utilizes experienced nurses to partner

"Cabell Huntington Hospital continues to demonstrate its commitment to advancing health and inspiring hope for those we serve in our region."

— Kevin Yingling, RPh, MD, FACP
CEO of Marshall Health Network



with direct patient care staff to remotely deliver individualized quality patient care in real time,” said Dr. Andy Mullins, vice president of nursing and patient services at MHN’s SMMC. “This means that patients receive attentive and personalized care from nurses who may not be physically present but are always available through advanced technology.”

Through its Virtual Integrated Care Department, MHN leverages privacy-protected mobile audio and video technology to virtually monitor and communicate with patients. This setup ensures continuous face-to-face interaction through video conferencing, which is crucial for understanding patient concerns and assisting with their care. The virtual nurses support patients exhibiting cardiac symptoms, cognitive impairment, and those at high-risk for falls. They assist direct patient care staff with tasks such as admissions, discharges, medication education and care coordination.

Currently, virtual nursing is being used for medical-surgical, neurology, orthopedic, cardiac telemetry patients and cardiac stepdown patients at St. Mary’s Medical Center. Across town, Cabell Huntington Hospital began with a pilot virtual nurse who completed admission histories for patients admitted through the Emergency Department. Now, they are utilizing virtual nurses for joint, back and spine and bariatric surgical patients, and have recently partnered with Rivers Health and Logan Regional Medical Center to offer a virtual burn unit.

Having access to the expert burn nurses allows for real-time communication and assessment of injuries to determine the necessity of transfer to Cabell Huntington Hospital for burn care in collaboration with the physician specialist, according to Maria Summers, vice president of nursing and patient services at CHH.

"The virtual platform provides visualization of the patient's injury," Summers said. "The burn specialist can determine the level of care required, make recommendations and serve as a consultant for the plan of care if a transfer is not warranted. The expert nurses can then help guide the nurse at Rivers and Logan on special instructions for burn care for those patients that do not require transfer."

Benefits of Virtual Nursing

When Cabell Huntington Hospital started integrating virtual care by observing high-risk fall patients through a mobile camera cart in the patient rooms, the hospital reduced patient fall rates by 35% in the first year of implementation, according to Dr. Andrea Criss, Director of Medical/Surgical Nursing at CHH.

"Not only have we reduced our patient fall rates, but virtual nursing has been proven to enhance nursing workflow, improve communication and support the nursing workforce in meeting patient care needs," Dr. Criss said. "Patients benefit from increased engagement and experience, as they have more opportunities to ask detailed questions about their care plans."

Registered nurses Shannon Collins and Jennifer Brewer are both virtual nurses at SMMC who communicate information and educate patients daily. Both agree one of the main benefits of virtual nursing is that they can spend more time with patients developing rapport so that they feel comfortable asking questions about their treatment plan.

"Heart failure is one of the diagnoses that have really high readmission rates because if patients don't do the things that they need to do, like weighing themselves, taking their medications and following a low-sodium diet, then they put on a lot of water weight. They become very symptomatic and then they end up back in the ER and end up being readmitted," Collins said. "I think it's easier for them to take responsibility because they have a better understanding of what it is they actually need to do."

Impact on Patient Experience

The introduction of virtual nursing has had a positive impact on patient experience. Patients appreciate the uninterrupted time with nurses to discuss their care plans and medication regimens. Staff also benefit from the assistance virtual nurses provide in ensuring patient education and addressing concerns.

Lauren Morgan, RN, a Virtual Integrated Care Coordinator at CHH, said it's been exciting to see how patients and their families have positively responded to the new program.

"Not only have we reduced our patient fall rates, but virtual nursing has been proven to enhance nursing workflow, improve communication and support the nursing workforce in meeting patient care needs, patients benefit from increased engagement and experience, as they have more opportunities to ask detailed questions about their care plans."

– Andrea Criss, DNP

Director of Medical/Surgical Nursing at CHH



"We can help reduce the workload for the bedside nurse and allow them to be more present for direct patient care needs. Through our virtual care model, we are also able to involve family members using our platform even if they are unable to be present in the patient's room. This helps to ensure a more successful transition home for the patient as well as alleviate any concerns their families may have. Virtual nursing allows us to put a greater emphasis on the overall patient experience."

Virtual nursing will never be a replacement for bedside nursing or other types of care; rather, it is designed to be a more effective way of communicating with patients. Some patients still choose to opt out of virtual nursing, but those who participate have given positive feedback. Even elderly patients have been receptive to this innovative approach.

"It's been nice! It was neat, I like it," said Ivan Lester, a patient at St. Mary's recovering from heart surgery, who has received virtual care. "I think it's a pretty good system. With all the electronics and the way the world is going today, it's going to turn into stuff like this anyway. ... It's nothing like what I grew up in."

It seems that patients can appreciate the virtual model because they have uninterrupted time to ask questions regarding the education and plan of care for transition home. They maintain the ability to reconnect with the virtual nurse to answer additional questions. And the impact of this is already in full effect as seen in the increased patient perspective survey scores through the Consumer Assessment of Health care Providers and Systems (HCAHPS).

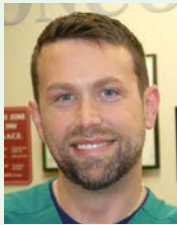
"At St. Mary's, the patient perspective survey scores have increased in four areas after implementation of virtual nursing when compared to 2023," said Dr. Mullins. "Care transitions have increased 4.7%, communication about medication has increased 6.4%, communication with nurses increased by 3.2%, and discharge information scored higher by 6.6%." ■

The Team Behind the Technology

Currently, SMMC has a team of six virtual nurses, with plans to expand to eight. These nurses work within the facility at a centralized location and bring a wealth of knowledge and experience to this new role.

At CHH, the inpatient team is still growing, with two virtual nurses and plans to hire a third. The current team members are local and bring a range of specialties to the table.

Virtual nursing represents a significant step forward in health care, addressing current and future staffing challenges while offering a sustainable career path for experienced nurses. It's a model that not only supports the bedside team but also enhances patient care and satisfaction.



CHH Nurse Manager Tyler Keyser, RN, said it's a good feeling to work for an organization that is on the forefront of technological advancements in patient care.

"I love the hybrid care model that virtual nursing provides us. We are enhancing the quality care we already provide our community by leveraging technology to meet our patient and family's needs. I can't wait to see how we will continue to grow for our patients, their families and as added support for our amazing bedside teams."

Looking ahead, the program aims to incorporate virtual rounding, discharge follow-up to decrease readmissions, and medication confirmation using in-room audio and video technology. This expansion is expected to further enhance patient care and support nursing staff.

The future of virtual nursing at MHN is bright, promising improved workflows, better patient outcomes and a more efficient health care system. As technology continues to advance, MHN's commitment to innovative patient care positions them at the forefront of modern medicine. ■

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– **Tyler Keyser, RN**
CHH Nurse Manager

Robert and Lena Shell Medical Pavilion



First phase of new CHH's Outpatient Medical Pavilion complete

The first phase of construction is complete on the new Robert and Lena Shell Outpatient Medical Pavilion on Cabell Huntington Hospital's main campus. The third and fourth floors are now accessible to patients, which house neurophysiology and neurology services.



The new five-story pavilion is located adjacent to the hospital's parking garage with a convenient, covered drop-off area and walkway directly from the parking garage.

Patients and visitors can access the medical pavilion by parking in the campus parking garage and taking an elevator to the second level where a climate-controlled walkway connects to the elevators for the medical pavilion.

The remaining floors will house pulmonary rehabilitation, physical therapy, endoscopy, gastroenterology, laboratory, mammography and imaging services once construction is complete, targeted for this fall. ■



Grow your career with Marshall Health Network

Health care professions are incredibly rewarding and in-demand careers. But the cost of higher education can often be an obstacle for students wishing to pursue jobs in the health care field.

To help students fulfill their career dreams, Marshall Health Network launched a tuition assistance award program called ASPIRE, to assist students pay for nursing, respiratory care, laboratory technology, surgical technologist or medical imaging programs.

As of May 2024, 173 students including current employees, are either receiving assistance or have completed their programs and are now fulfilling their work commitments.

In addition to the ASPIRE program, MHN also provides employees with opportunities for Patient Care Assistant / Patient Care Specialist internal certification through Mountwest Community and Technical College. This program is free of charge for employees and to date has graduated 114 students.

To learn more about these opportunities, visit www.marshallhealthnetwork.org/careers. ■

Health care access at your fingertips

Did you know that you can now see a provider from the comfort of your home? With virtual visits, you can connect with your trusted Marshall Health Network provider from your computer, tablet, or smartphone, making it easier than ever to prioritize your health.

Benefits of virtual visits:

- Care at home: Receive expert medical care without the need for travel or wait times.
- Private and Secure: Your telehealth appointments are conducted through a secure platform, ensuring your privacy.
- Easy To Use: Virtual visits are user-friendly and convenient, requiring only a strong internet connection and a compatible device.

Example conditions which may qualify for Tele-NOW care include:

- | | |
|----------------|--------------------------|
| • Acne | • Insect/tick bites |
| • Allergies | • Nausea |
| • Body aches | • Pink eye |
| • Bronchitis | • Respiratory infections |
| • Cough | • Skin rash/ hives |
| • Diarrhea | • Sinus congestion |
| • Fever | • Sore throat |
| • Flu symptoms | • Urinary problems |
| • Headache | • Vomiting |



Simply call our Telehealth Call Center at 304-781-8353 (304-781-TELE) to schedule a virtual appointment with one of our providers. We're available 8 a.m. to 8 p.m., seven days per week. ■

Marshall Health offers weight management support

A new group at Marshall Health, a member of Marshall Health Network, provides support to individuals working to manage their weight and maintain a healthy lifestyle.

The Weight Management Skills and Support Group meets on the last Wednesday of every month from 5 to 6 p.m. at the Erma Ora Byrd Clinical Center, 1249 15th Street (Third Floor) in Huntington.

The group is led by Internal Medicine Nurse Practitioner Jackie Sheppard, APRN, NP-C and Clinical Psychologist Kyle Tackett, Psy.D., in coordination with Bisher Mustafa, M.D., a board-certified weight management specialist at Marshall Internal Medicine and interim chair of medicine at the Marshall University Joan C. Edwards School of Medicine.

This group provides educational and emotional support for individuals on their weight management journey. Attending regular meetings will provide strategies for incorporating nutrition and physical activity into daily life and offer the motivation to address the challenges of losing weight and keeping it off.

Throughout the year, participants will hear from guest presenters from cardiology, dietetics, endocrinology, gastroenterology, pharmacy and psychology. Topics will address heart health concerns, diabetes in relation to weight loss, mental health, diet and nutrition, as well as gastrointestinal (GI) disorders that benefit from weight management. This monthly support group is open to patients, family, friends and community members. ■

Marshall Health Network supports about your total well-being

We care about the communities we serve. After all, we live and work here too. As part of our commitment, MHN is pleased to provide a variety of events and screenings for the community each month.

From blood pressure and blood sugar screenings to heart, lung and kidney health, to mental health resources and spiritual care – we're here to support your total well-being.

Find out what's happening each month by visiting www.marshallhealthnetwork.org/community. ■

Community Events



More than 300 attendees participated in the annual Heart Walk held April 20, 2024, at Ritter Park.



Marshall Health Network employees and their families helped fundraise for the annual Relay for Life event held May 3, 2024, at Ritter Park.



Marshall Health Network is proud to sponsor the Huntington YMCA's Steady in Motion program, which helps Parkinson's patients reduce symptoms through boxing and exercise.

Community Events



In recognition of Donate Life Month, St. Mary's Medical Center and the Kentucky Organ Donor Associates (KODA) celebrated National Living Donor Day and celebrated St. Mary's Pulmonary RN, Cortney Anderson, who donated a kidney to a stranger. (L-R): Leigh Allen, Susie Durham, Trish Dockus, Cortney Anderson, Andy Mullins and Anastasia Elwood



In March 2024, Rivers Health partnered with Facing Hunger Foodbank to host a mobile food distribution Thursday. Rivers Health employees distributed enough food to provide 14,625 meals to more than 130 cars.



Marshall Health Network employees Tabatha Dingess and Becky Watts hosted a telehealth information table at the annual Cancer Survivors Day celebration held June 2, 2024, at Huntington Mall.

Community Events



Thousands of community members attended the St. Mary's Centennial Carnival celebrating 100 years of the St. Mary's Legacy on June 1, 2024, at the St. Mary's Center for Education.



Marshall Health Network provided valuable health and wellness information to more than 350 attendees during the annual CCCSO Senior Picnic held May 31, 2024, at Barbourville Park.



The Women's Philanthropy Society hosted its 24th annual fundraiser for Cabell Huntington Hospital, which honored three local ladies who have made a positive impact on the community. Nearly 300 women across the Tri-State attended the luncheon at Guyan Golf and Country Club on Saturday, March 2, 2024. (L-R): Vickie Smith presents the 2024 Christie Kinsey Focus Award to Margaret Mary Layne.





Toni O. Pacioles, MD
Oncology & Hematology

Associate Professor
Marshall University Joan C.
Edwards School of Medicine

One Team. One Purpose.

When your goal is beating cancer,
you need a strong team.

One that's united in purpose.

Marshall Health Network has joined our people, our expertise, our technology, and our vast knowledge to form a regional cancer institute, offering:

- More specialists and subspecialists.
- Greater access to breakthrough research and clinical trials.
- Combined resources that are focused solely on helping you beat cancer.

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Cancer Institute

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edwardscancerinstitute.org

