

# Health Update

*Caring for Our Communities*

Fall 2012



**New Hospitalists  
Program Raises the Bar  
on Quality Care**

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# Serving Local Health Care Needs

UVMC, along with all of Premier Health Partners, strives to support programs that improve the health status of our residents, improve and/or enhance the quality of life, and contribute to the mission of building a healthier community throughout the region.

In September, UVMC teamed up with the American Heart Association to present the annual **Go Red for Women/North** expo at Edison Community College. More than 300 attended the event to take advantage of free health screenings and a host of other wellness/nutrition/fitness activities to promote women's heart health.

Also in September, UVMC also hosted free prostate screenings for men as part of Prostate Cancer Awareness Month.

More than 500 community members attended UVMC's annual Bill and Ruth McGraw **Cancer Awareness Symposium** held at Tippecanoe High School in October. The program, hosted by the UVMC Foundation, featured an inspirational program by New York Times best-selling author Mitch Albom.

In addition, free counseling about genetic testing for cancer was provided in October as part of annual Breast Cancer Awareness Month.

UVMC offers free blood pressure and glucose screenings at community locations on a monthly basis. For a schedule of screenings sites and/or information about health/wellness events for the community, log on to **UVMC.com**.



*Featured presentations at this year's Go Red for Women/North expo included a panel discussion with UVMC Cardiology medical professionals (from left) Cass Cullis, MD; Susan Hoying, APR,CPN; and William Czajka, MD.*

## Serving Our Communities



Upper Valley Medical Center was pleased to announce recently that we have partnered with three other health-related organizations in Miami County to help improve the health and well being of local residents.

The partnerships represent a total of \$244,000 in community benefit grants which were awarded to Health Partners of Miami County, Hospice of Miami County and the Miami County Dental Clinic. These grants are made possible through the UVMC Community Benefit Fund, which was established as part of UVMC's mission to support local programs that help serve the health needs of the community.

Health Partners of Miami County, the county's only free health care clinic for the uninsured and underinsured residents, will use its grant for mounting overhead and administrative costs. For Hospice of Miami County, the grant money allows for an essential upgrade of an Electronic Medical Record system. And the Dental Clinic will use its grant funding for key operating expenses.

Upper Valley is committed to our responsibility as a good neighbor in the community we serve. These three grant recipient organizations are critical to providing more access to important health care services for our local uninsured, underinsured and underserved population. We are happy to be able to extend community benefits grants to help support them in our shared mission of improving the health of our local residents.

Sincerely,

A handwritten signature in black ink that reads "Thomas R. Parker". The signature is written in a cursive, slightly slanted style.

Thomas R. Parker

President & CEO, Upper Valley Medical Center

# Physician Focus: Why UVMC?...



## **Jon B. Silk Jr., MD**

Jon B. Silk Jr., MD, says he not only likes educating his patients, but also learning from them.

Dr. Silk began practicing family medicine at Hyatt Family Care in Tipp City this past summer. He also serves as co-medical director of UVMC After Hours Care on Stanfield Road in Troy.

Asked to discuss something about himself that people would like to know, Dr. Silk replied, “I have stopped or decreased as many prescriptions as I have started since I began practicing a few months ago. I enjoy both educating my patients and being educated by them on the deeper meaning of their visits, which is to improve the quality of their lives, not just reduce a number on a lab report.”

Dr. Silk said he became a physician because “it seemed to be the best match for my talents. I feel we all have a purpose and are much happier if we follow that path that leads us there.”

A Cleveland native, Dr. Silk graduated summa cum laude from Case Western Reserve University, Cleveland, with a bachelor’s degree in biology and minors in chemistry and medical anthropology. He earned his medical degree from the Wright State University School of Medicine, Dayton.

Now a Troy resident, Dr. Silk said he enjoys working in the community in which he lives. He also has local ties, as his wife, Stephanie (Baker) Silk grew up in Troy. The Silks have an “amazing” son, Max. “We live in Troy and plan on expanding our family, our friends and our spirituality here,” Dr. Silk said.



## **Meredith Sullivan, MD**

Meredith Sullivan, MD, says she ended up working as a pediatrician for a simple reason – a love of kids.

A native of Findlay, Dr. Sullivan is a graduate of Ohio Northern University, Ada, where she majored in biology, and the Wright State University Medical School, Dayton. She completed an internship and residency at Wright State University Integrated Pediatrics.

Dr. Sullivan joined the staff of The Pediatric Group this summer. She said she heard about the potential position through a recruiter and liked what she encountered when visiting UVMC and Miami County.

She said she particularly enjoys living and working in the local area because “Everyone is very friendly here.”

Dr. Sullivan became a physician because she likes helping others and said her favorite responsibility as a physician is taking care of her young patients. “I have really always wanted to be a doctor, at least as far back as I can remember,” she smiled.

In addition to her position with Upper Valley Pediatrics, Dr. Sullivan serves on the code and education committees at Dayton Children’s Medical Center and is a member of the American Academy of Pediatrics.

When she is not working, Dr. Sullivan enjoys shopping, dining out and traveling.



## **Sergio Vignali, MD**

Sergio Vignali, MD, said he became a doctor “because I have always wanted to try to help people. That should be why people are in this business.”

He said he chose OB/GYN as a specialty because the outcomes are good the majority of the time. “People are happy. You bring new life to the world,” he said.

He likes the extended relationship between a patient and OB/GYN versus some fields where patient contact is limited to a short time frame.

“You can build relationships with the patient. You get to know them, their families, their situation. You are more involved, and possibly can help them better,” he said.

Dr. Vignali had practiced in Florida since 2007 before recently joining Upper Valley Women’s Center. He said he was looking for a practice where there would be more of a family atmosphere, and the smaller setting of UVMC and the surrounding area was attractive.

“I like the Midwest. I think I work better in small settings with small community values,” he said. “This is where people know you, smile at you. I am looking to be more family-oriented.”

*(continued on back page)*



# New Hospitalists Program Raises the Bar on Quality Care

UVMC is more committed than ever before to enhancing the quality of the patient experience and assuring the most positive outcomes possible. Major initiatives have been launched to improve communication with patients and between caregivers. Among the significant advancements this year was the launching of a new, formalized Hospitalists program in July.

The program was established in partnership with Premier Health Partners (PHP) and Cogent HMG, the largest private hospitalist management company in the United States.

“Cogent HMG is an experienced industry leader in the field of Hospitalist management and is recognized for its focus on quality enhancement and performance improvement,” said Jeffrey Petry, MD, who is the regional medical director for PHP/Cogent HMG. Premier partnered with Cogent HMG in March of this year to forge a system approach to Hospitalist Medicine.

The new UVMC Hospitalists program includes internal medicine physicians, family practice physicians, physician assistants and nurse practitioners who are specially trained to care for inpatients in the hospital setting. They manage the care for patients who are admitted to the hospital – whether through the emergency department or by a primary care doctor – and order necessary diagnostic tests and treatment. They also coordinate with various other specialists as well as with the patient’s primary care physician. A key aspect of the Hospitalist role is to communicate findings, treatments and results to all physicians involved.

Among the advantages of the Hospitalists program is the availability of these specialists on-site, round-the-clock to monitor patient progress, adjust medications and review laboratory and other test results throughout the day. And they are available to the patient, family members and other health care providers to answer questions throughout the hospital stay.

**“Their entire focus is on the hospitalized patient;** that is their specialty. They don’t have to rush back to their office to see other patients,” said Dr. Petry. “It is definitely a more efficient model of care.”

Hospitalists free up family doctors to have more time to look after patients in their office. They also work closely with the family doctor to ensure the best care for each patient during their hospital stay, and after their release.

“The new hospitalist program was developed with quality and patient safety as the primary goal,” said Dan Bailey, DPM, chief medical officer for UVMC. This approach includes important quality benchmarks for clinical outcomes to measure effectiveness of care, he said, and it supports UVMC’s core values of respect, integrity, compassion and excellence.

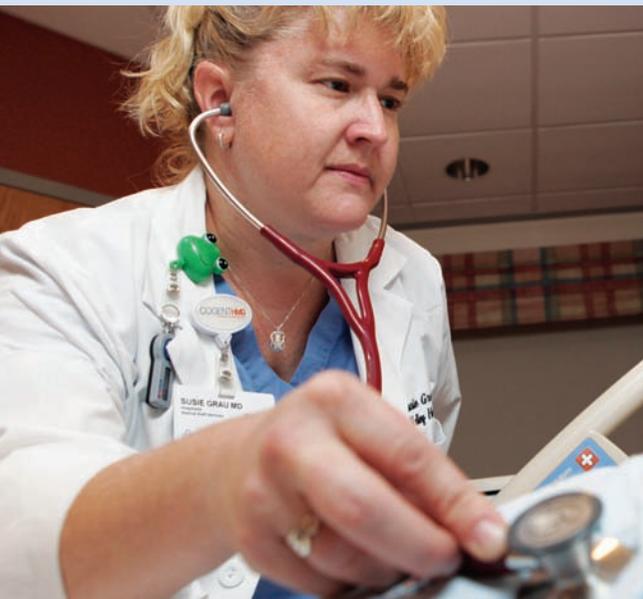
The development of the hospitalist program enlisted much input and collaboration with UVMC nursing and case management as well as administration, medical staff leaders and PHP/Cogent HMG, Dr. Bailey noted.

“It has involved a great deal of effort and commitment from dedicated medical professionals and caregivers,” he said. “Their success in developing this new program allows us to build on a foundation of more cohesiveness, better communication and greater efficiencies in caring for our patients.”

## About Hospitalists

The name “Hospitalist” for physicians who provide care only in a hospital setting was introduced in the mid-1990s in response to growing primary care shortages. Hospitalists are one of the fastest-growing specialties in the United States. In 1997, the number of hospitalists in North America was estimated at 1,000. By 2010, the number had grown to more than 30,000.

Hospitalists are concerned with the patient’s overall health, not just the condition that led to hospitalization. They get the proper specialists involved and work to properly hand off care to the primary care physician or next caregiver when the patient leaves the hospital.



“The new Hospitalist program was developed with quality and patient safety as the primary goal,” said Dan Bailey, DPM, chief medical officer for UVMC.

### Key Duties of Hospitalists:

- Ongoing communication with the primary care physician
- Daily in-room visits
- Ordering and monitoring necessary tests
- Coordinating care with other medical specialists
- Communication with family members
- Coordination with the family physician and/or other specialists to provide follow-up care once the patient leaves the hospital



# New Technology Makes Big Difference In Patient Comfort

A small piece of equipment for use in endoscopic procedures at UVMC is making a huge difference in the comfort of patients.

The **CO2 efficient endoscopic insufflator is now available** at Upper Valley Medical Center and Hyatt Surgery Center for use in endoscopies of the colon or stomach. The equipment uses CO2, which is lighter than air, instead of the previously used compressed air to inflate the study area

such as the colon so the physician can see the condition inside.

Susan Weeks, RN, manager of the Hyatt Surgery Center, said the CO2 is absorbed harmlessly into the patient's system. When air rather than the CO2 is used, the excess air has to be expelled.

"The CO2 is absorbed up to 150 times faster by the body so you feel better, you have no bloating, minimal gas," said Jane Campbell, RN, of the UVMC surgery staff.

While a laxative preparation is still required for a colonoscopy, the endoscopic insufflation with CO2 makes the day of procedure more comfortable.

"We have had patients who had procedures prior to and then with CO2 and they reported a much better experience," Campbell added. "If you are putting off your colonoscopy, now is the time to go ahead."

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“We are very pleased to be the first facility in the area to use CO2 to achieve maximum patient comfort for colonoscopy,” said gastroenterologist Faye D. Abboud, MD.

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Colorectal cancer is the second leading cause of cancer deaths among American men and women, and is probably the easiest to prevent through screening such as colonoscopy, Dr. Abboud noted.

Most colon cancers develop as small polyps, which are benign small growths in the colon that cause no symptoms. “Our goal is to prevent colon cancer from ever starting by removing these polyps early,” Dr. Abboud said.

**All males and females over age 50 should be evaluated and screened for colon cancer** (all African Americans over age 45). A screening colonoscopy every 10 years is the most effective method of screening. Patients with a history of colon polyps, colon cancer, or colon cancer in a family member should undergo more frequent screening.

To learn more about colonoscopy using the CO2 Efficient Endoscopic Insufflator, feel free to contact **(937) 440-9292**.

## Combining Quality, Safety and Comfort

When Denny Kremer’s doctor told him about new equipment available for use during a colonoscopy, he was more than willing to give it a try.

Kremer, a Troy resident, last had a preventive care colonoscopy 10 years ago at a facility located near where he was living at the time. It was not the most pleasant of experiences. “I had considerable discomfort after the procedure 10 years ago with much trapped air for a few hours after,” he recalled.

At his pre-procedure appointment at UVMC’s Hyatt Center in Tipp City earlier this year, his gastroenterologist, Faye Abboud, MD, told him about the availability of a new piece of equipment called an endoscopic insufflator. He said the equipment uses CO2 instead of compressed air to expand the colon and promotes more comfort for the patient.

Kremer opted for the new equipment – and is glad he did.

“I had virtually no discomfort this time at Hyatt Center. I felt great from the moment I came out of anesthesia in the recovery area,” Kremer said. “I was told to take it easy and not exert myself the rest of the day, but felt like I could have gone right out and mowed the lawn.”

Kremer, who works as a project engineer, said he would encourage anyone hesitant about having a colonoscopy to push aside concerns, especially now with the availability of the new equipment.

“I think this step in preventive care is a good investment in one’s health and peace of mind. We have a big family with lots of grandchildren and I want to be around to enjoy them and to be a part of their lives,” he said.



## Caring for Our Communities With Advanced Cardiology Care



Cass Cullis, MD



William Czajka, MD



Aaron Kaibas, DO

Cardiologists

**Cass Cullis, MD**  
**William Czajka, MD**  
**Aaron Kaibas, DO**

Now accepting new patients at:  
**Upper Valley Cardiology**  
3006 N. County Road 25A, Troy, Ohio  
**(937) 335-3518**

This experienced Cardiology team, along with Nurse Practitioner Susan Hoying, APRN, CPN; Physician Assistant DeAnn Osterman; PA-C, and their support staffs, are pleased to be part of Upper Valley Professional Corporation, owned by Upper Valley Medical Center and supported by the full resources of the UVMC system.



**Upper Valley  
Professional Corporation**  
Premier Health Partners

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### *(Physician Focus... continued from page 2)*

The doctor said he also likes other services being located close to the hospital, and the lack of “craziness” found in large cities such as Miami.

Dr. Vignali is experienced at laparoscopic surgeries and plans to expand more into the robotic surgery area. “I like to strive for excellence,” he said. “I always want things to be better for the patient.”

Dr. Vignali received his medical degree from the Universidad Central De Venezuela, Luis Razetti School of

Medicine in Caracas, Venezuela. He completed a residency in general surgery at Hospital Miguel Perez Carreno in Caracas and a residency in OB/GYN at Bethesda North Hospital, Cincinnati.

In his free time, Dr. Vignali said he enjoys spending time with his 11-year-old daughter and likes playing tennis, biking and hiking among other outdoor activities. He is currently working on obtaining a private pilot’s license.



## Want to eat healthier on the run?

For a “Facts on Fast Food” nutritional guide complete with dietary content and lots of healthful hints, **Call CareFinders at 1-866-608-3463**, or email us at [UVMC.com](mailto:UVMC.com).