



Fairfield Medical Center

CLINICAL *Connections*

A Publication for Providers & Staff



Spring 2022

SURGICAL INNOVATION

Robotic-Assisted Technology Enhances Patient Care, Provides High-Quality Outcomes

Fairfield Medical Center's ongoing commitment to advanced patient care is evident in the development and launch of the organization's robotic-assisted surgery program. By simultaneously implementing two cutting-edge devices – the da Vinci XI Surgical System and ION Endoluminal System – patients in the region have gained access to minimally invasive technology that has outpaced several large city centers.

"Fairfield Medical Center is one of only three centers in the state to offer peripheral lung biopsy using the robotic-assisted ION Endoluminal System," said cardiothoracic surgeon and robotic program director Tyrone Galbreath, DO. "From investments in equipment to physician recruitment and training, we have deliberately created an integrated robotic surgery program designed to offer an excellent patient experience and high-quality outcomes."



On the cover: Scott Johnson, MD, performs a robotic assisted inguinal hernia repair at FMC.

Below: Tyrone Galbreath, DO, performs robotic bronchoscopy while P. Aryeh Cohen, MD, observes the case.



The da Vinci XI Surgical System

The da Vinci XI has enhanced surgical care across specialties at Fairfield Medical Center, including general and cardiothoracic interventions. With the improved flexibility, fluidity and precision offered by wristed instruments, along with high-definition, three-dimensional views of the surgical field, providers can expect patients to experience fewer complications, less post-operative pain, shorter hospital stays and quicker recovery times, often with minimal cosmetic scarring.

“Minimally invasive surgery using robotic-assisted surgical techniques allows us maintain the fidelity and quality offered by open surgery while conserving healthy tissue and minimizing the burden of healing for our patients,” Dr. Galbreath shared. “To offer this level of personalized care close to home is an added bonus.”

Patients unfamiliar with robotic-assisted surgery may be under the impression that the technology operates with complete autonomy. In most instances, education and reassurance of the surgeon’s constant control over the procedure can allay apprehension.

A CLOSER LOOK: THE DA VINCI XI

The da Vinci XI operates using a three-component system. The **adjustable surgeon console** allows physicians to customize preferences for improved reach and seamless control as they guide the movement of the technology’s arms and instruments, located at the **patient cart**. Throughout the procedure, the **vision cart** transmits a real-time feed of surgeon’s view, allowing OR staff to operate cohesively and anticipate patient care.

The ION Endoluminal System

Historically, small or poorly positioned peripheral lung nodules have been monitored until advanced treatment is indicated. Now, with the ION Endoluminal System, biopsy samples can be taken from suspicious nodules, regardless of size or location, almost immediately after detection. The ability to reach these lesions with accuracy and precision will lead to earlier diagnosis, expedited treatment and improved outcomes for patients facing a lung cancer diagnosis.

“Unlike common diagnostic methods where a biopsy needle passes through the chest wall and pierces the lung, this robotic-assisted technology is performed from within the patient’s airways,” Dr. Galbreath explained. “Not only is the biopsy essentially painless with a reduced risk of complications, but because it’s performed as an outpatient procedure, patients are discharged home the same day.”

Using integrated CT mapping and shape-sensing technology, the ION Endoluminal System allows for increased maneuverability of an ultra-flexible catheter through the twists and turns of the patient’s bronchial tree, permitting access to all 18 segments of the lung. Once three-dimensional navigation confirms the nodule has been reached, the system’s catheter is locked in place to ensure stability and precision while a flexible biopsy needle collects samples of the tissue, further improving diagnostic yield. Patients with a positive result can then return to Fairfield Medical Center for minimally invasive thoracic surgery, facilitating seamless provision of care in a comfortable and familiar environment.

“The goal of our collaborative approach is to diagnose malignancies earlier, provide appropriate treatments sooner and help our patients achieve higher rates of cure and survival,” Dr. Galbreath said. “When you combine innovative technology with the expertise and compassion of experienced teams, the benefit to our patients is exponential.”



Above: The da Vinci XI patient cart

Far right: Tyrone Galbreath, DO, collects lung biopsy using CT mapping technology

Patient Case Study – Robotic Thoracic Surgery

By Tyrone Galbreath, DO
Cardiothoracic Surgeon

In December 2021, a 70-year-old active lifelong non-smoker was incidentally discovered on imaging to have a lung nodule. This nodule was further worked up with additional dedicated imaging which supported suspicious features for primary lung cancer. The patient underwent core needle biopsy which verified a diagnosis of adenocarcinoma of the right upper lobe. Subsequently, the patient was referred to cardiothoracic surgery for surgical evaluation and consideration of resection. Continuing to teach aerobics following resection with minimal interruption was important for the patient. Within 3 weeks of her evaluation, she underwent robotic assisted right upper lobe lung resection with mediastinal lymph node dissection. Her postoperative course was uneventful and she was discharged home on postoperative day #2. Her pathology demonstrated complete resection and no disease within her lymph nodes, supporting that no further therapy is indicated. In postoperative follow-up, other than some residual pain, the patient is recovering well and has begun returning to her normal activities of daily living.

This case demonstrates how the addition of robotic thoracic surgery to FMC has significantly elevated the level of care which patients can receive close to home, in an expedited timeframe, and within a local hospital setting. As opposed to traditional resections requiring larger incisions, the patient was able to be discharged home in only two days instead of the standard 5-7 days. She also has more expeditiously returned to her normal activities. A testament to the commitment of Fairfield Medical Center to treating lung cancer is that despite the ongoing COVID-19 pandemic, we were able to provide her with surgical cure in less than three weeks from her initial evaluation.

While the patient of discussion is a lifelong non-smoker with an incidental finding rather than a patient who is regarded as high risk due to tobacco use, diagnosing her at an early stage was a critical step in achieving surgical cure. Early intervention consistently leads to improved outcomes, and although screening guidelines have been in place for over a decade, it is estimated that only 6% of the suggested US population is receiving the recommended screenings. The US Preventative Services Task Force reminds providers that patients from 50-80 years of age with a smoking history greater than 20 pack years, and who continue to smoke or stopped smoking within the past 15 years, should receive annual low-dose screening CT scans.



To learn more about robotic-assisted thoracic surgery, or refer a patient for expedited robotic bronchoscopy, please contact FHP Cardiothoracic Surgery at 740-681-9020.



Surgical Procedures & Benefits

FMC and its affiliated providers have the ability to perform a variety of robotic assisted surgery procedures, including:

- **Thoracic:** lobectomy, lung wedge resection, thoracotomy
- **General:** appendectomy, cholecystectomy and duct exploration, hernia repairs (diaphragmatic, epigastric, femoral, hiatal, inguinal, parastomal, spigelian, umbilical, ventral), Nissen fundoplication, esophageal sphincter device placement and removal

Procedure availability will continue to expand as the program progresses.

Benefits of robotic-assisted surgical approach (compared to traditional surgery):

- Decreased risk of complications
- Less post-operative pain
- Expedited discharge
- Faster recovery
- Minimal scarring

Above: Surgical First Assistants Michelle Green and Linda Grover assist during robotic-assisted surgical procedure

Service Line Spotlight

Outpatient Therapy Services Assists Patient With ACL Reconstruction

At Fairfield Medical Center's Outpatient Therapy Services, provider collaboration is vital to help patients achieve their goals. We strive to keep a patient's entire care team informed about their treatment plan and progression throughout therapy.

Two convenient locations in Lancaster:

- 2384 N. Memorial Drive
- 1143 E. Main St.

Services Offered

- Aquatic therapy*
- Audiology and hearing services*
- AlterG® antigravity treadmill
- Hand and foot orthotics
- Hand therapy
- Industrial rehabilitation
- Lymphedema management
- Neurological rehabilitation
- Occupational therapy
- Physical therapy*
- Speech therapy*
- Sports medicine*
- Spine and orthopedic rehab
- Trigger point dry needling
- Women's Health Therapy: pelvic floor disorders and pre/post pregnancy musculoskeletal dysfunction.
- Vestibular rehabilitation

**also offered for pediatric patients*

Patient Case Study – Outpatient Therapy

*By Stephen Lutz, PT, DPT
Physical Therapist*

Abby, a 16-year-old volleyball player from Lancaster, received physical therapy (PT) at Fairfield Medical Center's Outpatient Therapy Services in August of 2021 following ACL reconstruction at another facility. She was injured in a volleyball game and, following her reconstruction, continued to have unusually high levels of pain and difficulty restoring her range of motion. It was quickly determined that she had a rare infection known as *Serratia marcescens* (gram+) infection.

Abby was initially placed on oral antibiotics. These had little effect, so she was admitted to Fairfield Medical Center, where her knee was scoped and irrigated; she also had a midline catheter placed to administer IV antibiotics. Despite these efforts, her pain, lack of range of motion and infection persisted. A short time later, she was admitted to Nationwide Children's Hospital, where the decision was made to remove her ACL graft, as it was suspected to be harboring the bulk of the bacteria. The primary goal at this point was to save her limb.

The surgery went well and Abby was cleared to return to PT about 6 weeks later. She was lacking 30 degrees of knee extension, could hardly bend her knee and struggled to walk with crutches. During this time, the team at FMC Outpatient Therapy Services was actively collaborating with her medical and physical therapy teams in Columbus, her athletic trainer at Fisher Catholic High School, and Dynasplint, which is a bracing company aimed at restoring joint range of motion, as well as with Abby and her parents, to establish a game plan.

At times, there were concerns about whether the infection would cause her body to shut down, or if she was going to lose her leg. Over the next few weeks Abby began to turn a corner as she gradually restored her range of motion, quality of gait and begin a very high-level of physical therapy.

Three months after her ACL was removed, Abby is now able to run, jump and squat more than her own body weight. Her work ethic and determination are unrivaled and have been crucial in beating her infection and disability. She is pain-free and has been able to begin sport-specific training with a knee brace that helps accommodate for her lack of innate knee stability. She aspires to return to her sport and play at the collegiate level.



Above: Steve Lutz, PT and Thad Bowersock, PTA oversee Abby during her physical therapy appointment.



Fairfield Medical Center's Outpatient Therapy Services cares for all ages, accepts all insurances and offers telehealth appointments. To make a referral, call 740-687-8602.

Genetic Counseling and Risk Assessment Now Available at FMC

FHP Hematology-Oncology and FHP Radiation Oncology are now offering genetic counseling and risk assessment to cancer patients at risk for familial or hereditary cancer syndromes. This new service will enhance care and improve advocacy by:

- Connecting patients with education on genetic links to cancer
- Providing personalized information based on the patients' own genetic makeup
- Empowering patients to make informed decisions about genetic testing, cancer screening and cancer prevention

In order to accomplish this goal, Fairfield Medical Center has teamed up with Integrated Genetics to provide individualized, comprehensive genetic services while keeping care close to home.

Our process is designed to provide seamless counseling for patients and maintain open communication with their established healthcare team. Patients visiting the FHP Hematology-Oncology and FHP Radiation Oncology offices will be offered an in-office screening and, if the results are positive, FMC's oncology nurse navigators will guide patients through the consultation and testing process with Integrated Genetics.



"As a cancer program, we want to ensure that our patients at risk for familial or hereditary cancer syndromes are being properly screened, identified, educated and provided the opportunity to access comprehensive genetics services, without having to leave their own community," said Sarah Jones, women's health nurse navigator. "Personally, I feel it is imperative for all providers to equip their patients with the tools necessary to make informed decisions about their healthcare; specifically, surrounding their own personal cancer screening and cancer prevention needs."



If you have any questions about genetic counseling, or if you would like to make a referral, call 740-687-2727.

River Valley Campus Offers Emergency, Outpatient Services

FMC's River Valley Campus is designed to provide convenient outpatient care on the west side of Lancaster along the Route 33 corridor. It hosts a 12-bed emergency department open 24/7 that is equipped with a trauma bay and observation beds for patients needing an overnight stay. While this emergency department is able to care for most emergencies, please refer patients directly to the main ED on the FMC campus if you suspect a DVT, if they need a blood transfusion or if they are greater than 20 weeks pregnant.

In addition to emergency care, the River Valley Campus also offers therapy services, aquatic therapy, cardiac rehab and full service imaging including CT, MRI and mammography. It is also home to the FHP Orthopedics and Physical Medicine & Rehabilitation office and a fitness center operated in partnership with the YMCA that is open to the public.



Managing Eating Behaviors Using Psychotherapy

Mental health is important to overall health, and our psychology can also play a significant role in weight management. Individuals struggling with emotional, compulsive or binge eating may benefit from individual therapy to examine and reframe their relationship with food.

While there are several factors that may influence eating patterns – including societal, cultural and family dynamics – behavioral modification and mindfulness remain key to adopting a healthy lifestyle. Unfortunately, as evidenced by regression, it is also one of the most difficult aspects to maintain. If a patient expresses a readiness to change eating patterns, or disappointment regarding a setback, it is important to meet the conversation with compassion and understanding.

“Patients are more open to receiving care when they feel respected and supported,” explained psychologist and certified bariatric counselor Kimberly Kohli, PhD. “By emphasizing that we’re on their team and here to offer support, patients can feel empowered or encouraged to continue meeting the challenge of overcoming a psychological hurdle.”



FMC's Bariatric Services Program works collaboratively with mental health professionals to ensure patient success through psychological support and resources. To learn more, call 740-475-0442.

Awareness and Identifying Hunger

Mindfulness is a powerful tool for improving eating habits. For example, patients can practice awareness by determining whether they are experiencing physical or emotional hunger using a series of comparisons:

Physical hunger

- Comes on gradually
- Does not need to be immediately satisfied
- Several different foods sound appetizing
- No sense of shame or embarrassment after eating

Emotional hunger

- Comes on suddenly
- Intense urge to satisfy immediately
- Craving for a specific kind of food
- Does not resolve with a full stomach
- Triggers feeling of guilt, shame or powerlessness

Patient Case Study – Vascular Surgery, Dialysis Access

*By James Pan, MD, RPVI,
FHP Vascular Surgeon*



A 72-year-old male CKD patient receives concurrent care between Fairfield Medical Center's cardiovascular services and Kidney Care Center in Zanesville. Recent illness and hospitalization at a nearby facility contributed to malfunction of the patient's previously created arteriovenous fistula, limiting his ability to receive dialysis treatments. As an acute solution, a hemodialysis catheter was placed for temporary use by the care team.

Following an approximate three-week hospitalization, Kidney Care Center in Zanesville contacted FMC dialysis access coordinator Jim Wahl, RN, for assistance. With an established relationship and relevant history, including images from past interventions, the patient was accommodated quickly, and vascular surgeon James Pan, MD, RPVI, and the FMC Dialysis Access Team identified a treatment plan to preserve the patient's existing access.

The patient underwent a fistulogram with thrombectomy, successfully correcting the thrombosed access. Additionally, to maintain adequate blood flow and prevent future complications, Dr. Pan performed an angioplasty and stent placement, effectively restoring function following several weeks of occlusion. Since the intervention, the patient and his dialysis providers have reported no issues with the access. Fairfield Medical Center's Dialysis Access Program continues to serve as a vital resource, coordinating seamless care for patients affected by kidney disease.



To reach our Dialysis Access Coordinators or learn more about our extensive ESRD dialysis access services, please call 740-689-4425.

Community Heart Watch Saving Lives with Training, AED Access

When a victim suffers cardiac arrest, their chance of survival decreases by 10% for every minute care is delayed. Positive outcomes are most likely when chest compressions are initiated immediately and an AED is used within several minutes of collapse. With an average EMS response of 7-8 minutes, bystander intervention is essential to improving out-of-hospital survival rates.

In 2012, Community Heart Watch (CHW) was formed by Fairfield Medical Center, regional first responders, business leaders and schools in Fairfield, Hocking and Perry Counties. Since its inception, CHW has focused on training residents, students and employees to respond appropriately to cardiac emergencies. The committee is also passionate about AED accessibility and has placed more than 300 lifesaving devices in the community. Recent CHW initiatives include:

- **PulsePoint AED App:** More than 600 AEDs have been registered in this innovative app, which can be used by the public and dispatchers to locate the nearest AED in the event of an emergency. To learn more about the PulsePoint AED app, visit pulsepoint.org.
- **Mobile AED Program:** Rural areas in southern Perry County are challenged with long EMS response times of up to 30 minutes or more. To combat this, CHW has equipped sheriff cruisers with AEDs and provided training to law enforcement officers, who often arrive on-scene before volunteer paramedic and firefighter services.
- **Mobile CPR-Training Unit:** CHW has purchased a trailer that area EMS and healthcare providers can take to various community events to provide free hands-only CPR and AED training. This creative approach reaches individuals who wouldn't typically seek out training or may otherwise be unaware of lifesaving interventions.
- **Heart Safe Parks:** This spring, we are expanding community education and training by placing AEDs in various parks and athletic fields for more immediate access. Parks participating in the program's kick-off include Lancaster Parks and Rec, Buckeye Lake State Park and Alt Park in Baltimore.

Community Heart Watch in Action – Patient Success Stories

In 2013, Lancaster City Schools became the first district in Ohio to become certified as Heart Safe through Community Heart Watch. Since then, staff members have had to put their training into action on more than one occasion. In 2017, community member Darlene Winland collapsed from sudden cardiac arrest while watching a volleyball tournament in the Lancaster High School gymnasium. Her life was saved when several Lancaster City Schools staff members, along with two nurses, assisted with CPR and used an AED that had been donated to the school several years prior by CHW.



Then last spring, a similar situation occurred when several staff members performed CPR and used an AED on 18-year-old student Hayden Voris, who suddenly collapsed during a culinary class at the district's Stanbery Career Center. A staff member performed CPR on Hayden while another ran for the nearest AED, which was located just down the hall. The EKG report recorded by the AED revealed that an undiagnosed arrhythmia was the cause of Hayden's SCA. The staff members who assisted Hayden during his SCA were presented with Great Save awards by CHW.

Right: FMC and LCS staff members with student Hayden Voris (center).
Left: Darlene Winland and her husband LaVerne.



To learn more about Community Heart Watch, contact community outreach coordinator Teri Watson at teri.watson@fmchealth.org.



Far From Home: Teamwork Saves Life of STEMI Patient

When Dale Richardson, 57, began experiencing chest discomfort on his way home from vacation, he never dreamed that he was having a heart attack – or that he would spend the next two weeks in Fairfield Medical Center’s ICU. His heart stopped beating shortly after Hocking County EMS crews delivered him through the doors of FMC’s Emergency Department. For the next 30 minutes, FMC’s emergency team performed CPR and administered cardiac life support, delivering shock after shock to Dale’s lifeless body. It wasn’t until the 14th shock that Dale’s heart began to beat once more, buying time for the team to rush him to the cath lab and place a stent. “Every single person on our team was determined to save Dale’s life that day,” recalled Fairfield Healthcare Professionals interventional cardiologist Andrew Stiff, MD.

Dale’s cardiac arrest was caused by complete blockage of the right coronary artery, and his condition remained fragile following his stent procedure. Concerned that Dale may never regain normal brain function, FMC’s care team prepared Dale’s family for the worst. However, as the days passed, Dale began to show signs of improvement, including normal brain activity. Twelve days after his heart attack, he took his first steps and two weeks later, he was discharged from FMC to his home in Bucyrus.

Recently, Dale and his partner, Merri, returned to FMC to thank the caregivers who saved his life. “I can’t give them enough praise for the work they do,” he said. “The doctors and nurses at FMC were absolutely phenomenal. They were so good to me – and they were kind to my family. I can’t say enough about Fairfield Medical Center. We were blessed all the way around.”



Pictured: Brittney Meadows RT (R), Kristen Faherty RT (R), Dr. Andrew Stiff, Merri, Dale, Lindsey Miller, RN & Des Belcher, RN, STEMI Coordinator



Patient Experience

The following comments were submitted by FMC patients and compiled through Press Ganey.



Brian Higgins, DO & Brian Buck, PA-C, FHP Orthopedics and Physical Medicine & Rehabilitation

"Dr. Higgins and Brian Buck are excellent and have taken care of me for a number of years – they have kept me going and care deeply about me as a patient."



Timothy Custer, MD, FHP General Surgery

"Dr. Custer and his staff are very professional, kind and personable, all of which I truly appreciate. The office seems like a 'well-oiled machine.' FMC is lucky to have such a fine team of professionals."



Jonathan Forquer, DO, FHP Cardiology

"This was my first visit with Dr. Forquer. My husband goes to him and we love him. I felt so much better after I talked to him about my concerns. He is very thorough. I have already recommended him to several people."



Jason André, MD, FHP Vascular Surgery

"Dr. Andre was so caring and showed a lot of empathy for my concerns. When I spoke with him, he listened and explained answers clearly. It was very refreshing to feel heard. He was nice and I appreciate how well he delivered the information to me."



Angeline Stergiou, MD, FHP Psychiatry & Health Psychology

"Excellent provider, I will never leave this provider. She is awesome. She takes the time to listen. She helps me figure out the way to work things out. Her education and life experience is excellent for my mental illness."



Irving Rosenberg, MD, FHP Rheumatology

"An incredible doctor and practice. Very knowledgeable and professional, but kind, caring and compassionate. I am always treated with kindness and respect."



Andrew Stiff, MD, FHP Cardiology

"Dr. Stiff is an outstanding cardiologist. Definitely one of the best. He is very professional, thorough and understanding with a great bedside manner."

FMC welcomes the following providers:



Alexander Hattoum, MD

FHP Cardiology
2405 N. Columbus St., Suite 200, Lancaster
740-689-4480

Fellowship/Electrophysiology: Dartmouth Hitchcock Medical Center
Fellowship/Cardiovascular Disease: University at Buffalo Medical Center
Residency/Internal Medicine: West Virginia University
Medical School: University of Pittsburgh School of Medicine



Isabel Manzanillo-DeVore, DO

FHP Gastroenterology
1500 E. Main St., Lancaster
740-687-9182

Fellowship/Gastroenterology and Hepatology: St John Providence Detroit
Residency/Internal Medicine: Doctors Hospital Columbus
Medical School: Ohio University Heritage College of Osteopathic Medicine

NOW OPEN

New Observation Unit Opens at FMC Main Campus

Fairfield Medical Center's newly constructed Medical Observation Unit, located at the Main Campus, 401 N. Ewing St., in Lancaster, opened in January. This 15-bed unit will streamline short-stay observation for patients of all ages, decreasing length of stay, improving flow and output. For more information, call the Medical Observation Unit at ext. 740-687-6640.



Clinical Connections is designed to share information about Fairfield Medical Center's medical staff, services and capabilities with healthcare providers in southeastern Ohio. If there is anything you would like to learn more about, or if you would like to be removed from our mailing list, please call 740-687-6929.



Fairfield Medical Center

401 N. Ewing St., Lancaster, OH 43130
740-687-8000
fmchealth.org



Located in Lancaster, OH, we are a nonprofit organization that provides full-service, general acute health services.



We serve more than 250,000 residents in Fairfield, Pickaway, Perry, Hocking and Athens counties.



In addition to our Main and River Valley campuses, we have more than a dozen satellite locations specializing in primary care, specialty care, urgent care, lab and imaging services.



Fairfield Healthcare Professionals (FHP) is a multispecialty medical group of more than 90 providers owned and operated by Fairfield Medical Center.



Fairfield Community Health Partner (FCHP) is FMC's Medicare ACO. Our focus is to bring healthcare providers together voluntarily to give coordinated high-quality care to their Medicare patients. To learn more, contact ACO Manager, Brittany Parfitt, MSN, RN at 740-689-4428.



401 N. Ewing St.
Lancaster, OH 43130-3371
fmchealth.org

Helping Patients Afford Prescription Medications

Annually it is estimated that about 7.5 million Americans don't fill their prescription due to an inability to pay. Some individuals even cut doses in half or skip a dose to prolong their prescription and reduce costs – decisions that can negatively impact their health and increase hospital admissions.

The Fairfield Medical Center Foundation ScriptAssist program helps eligible patients navigate patient assistance programs available through drug companies. ScriptAssist is an advocate to find the appropriate programs, handle all of the paperwork, and take care of patient refills and re-enrollments. In 2021, ScriptAssist helped more than 1,200 patients save over \$4 million toward prescription drug costs.

To be eligible, household income level must be at the federal poverty guidelines determined by each patient assistance program through the drug companies. Patients must be uninsured, underinsured or on Medicare.

Providers may fax a referral to 740-689-4884 or call the ScriptAssist coordinator directly at 740-687-8860 to schedule an appointment.

