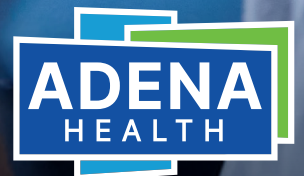


ADENA HEALTH

FOCUS

Volume 3
Issue 2

A commitment to
excellence and
innovation



A commitment to excellence and innovation

James Fleming Jr., MD Spine surgeon and medical director, Adena Orthopedic and Spine Institute

When Adena Orthopedic and Spine Institute opened its doors in 2021, it marked the realization of a vision: to bring together advanced specialty care, an exceptional patient experience, and seamless collaboration under one roof.

Since then, that vision has only grown stronger. Today, Adena Orthopedic and Spine Institute hosts the area's largest team of fellowship-trained experts, offering personalized care and advanced treatments in orthopedic, spine, neurologic, sports medicine, interventional pain, and podiatric specialties. With seven locations throughout south central and southern Ohio, including our 111,000-square-foot orthopedic and spine institute in Chillicothe, access to high-quality trusted care is easily within reach.

Innovation and education are at the core of our commitment to excellence.

We're proud to be the first hospital in Ohio to offer spine surgery using the new TELIGEN™ system. This advanced technology uses a tiny camera to give surgeons a better, clearer view of the spine through a small incision. With this less invasive approach, patients benefit from greater precision, a lower risk of infection, and a faster recovery. Designed to help relieve back or leg pain, this procedure often allows patients to return home in less than 24 hours.

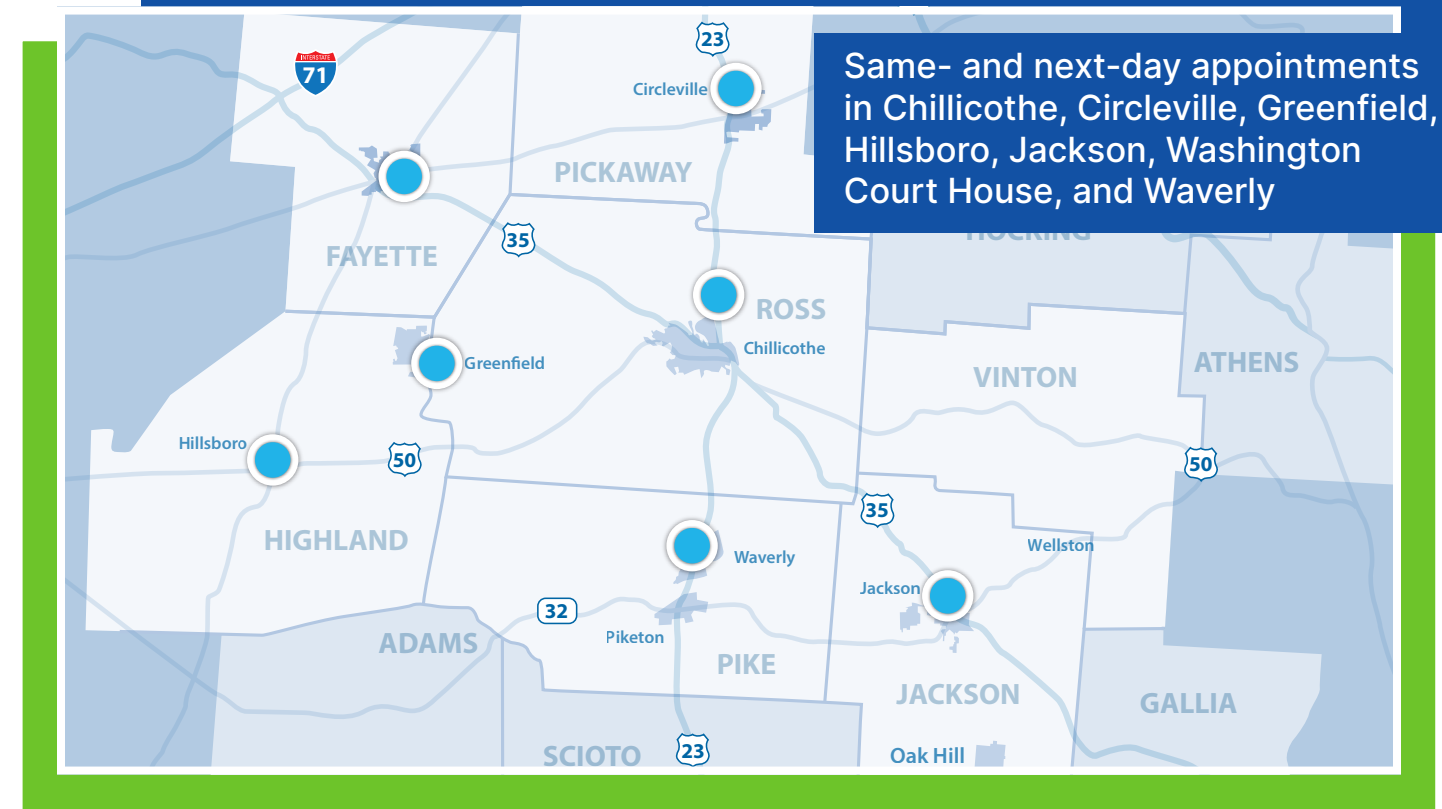
As part of that same commitment to innovation and advancing care, we will be welcoming Adena Health's first-ever fellow to our team this summer. Designed as a community-focused training experience, the fellowship program offers immersive, hands-on learning alongside our orthopedic and sports medicine experts. By investing in the next generation of physicians, we're not only shaping the future of sports medicine, we're also building a program that attracts other doctors who now come here to learn from our team.

This spirit of service and education extends beyond our facilities. Our team also goes beyond the walls of our hospitals and clinics to care for the community. From supporting local races like The Buck Fifty and the Chillicothe Half Marathon, to providing care at events like the Sand in the Streets volleyball tournament and the Gus Macker basketball tournament, to delivering athletic training services on the sidelines for our local high schools, our team is truly committed to keeping our community strong, healthy, and moving forward.

While we're proud of how far we've come, we're even more focused on the road ahead. We remain dedicated to advancing care, improving access, and empowering our patients to stay active and healthy. We do what we love, so they can too.

I encourage you to read more about our services and team of expert providers by visiting Adena.org/AOSI.

Dr. James Fleming, Jr.



Certifications

Advanced Total Hip and
Total Knee Replacement

1 of 8
in Ohio

1 of 42
in Ohio

Advanced Primary
Stroke Center

Advanced Spine Surgery

1 of 2
in Ohio

1 of 6
in Ohio

Shoulder Replacement



Same-day joint
replacement for faster
recovery

A walk-in Express Clinic
for orthopedic injuries, no
appointment needed



An expanded podiatry
team for foot and
ankle care

Make this summer safer

Why you should teach your kids water safety now

Summer is just around the corner—and that means pool parties, and beach trips. But before the fun begins, there's one essential step every parent needs to take: teaching kids how to stay safe around water.

Pediatrician Cassie Rice, DO, urges parents to remember that water safety isn't optional—it's one of the most important lessons you can give your child.

"Start early and make swimming a priority," Dr. Rice says. "The American Academy of Pediatrics recommends starting swim lessons as young as three or four. The earlier children learn, the safer they'll be when summer fun starts."

And with warmer weather fast approaching, the time to act is now. Pools, lakes, and beaches can be wonderful places to create family memories, but only if you're prepared. Dr. Rice emphasizes that constant adult supervision is a must anytime kids are near water.

"If I'm not within arm's reach of the water, I'm not doing my job as a parent," she says. "You should never be distracted, no phones, no multitasking, just eyes on your kids, every second."

Another lifesaving tip? Always assign a "water watcher", a designated adult whose only job is to keep an eye on the kids in and around water.

"Drowning is fast and silent. Most people think there will be splashing and yelling, but often, there isn't even a sound," Dr. Rice warns.

The American Red Cross reports that children can drown in just a few inches of water if they're unable to lift their heads, which makes vigilance critical. Warning signs that a child is in trouble can be subtle: struggling to keep their head up, bobbing, floating face down, or slipping underwater without a noise.

So as you plan for those long summer days, make water safety part of the conversation now. Taking steps, such as enrolling in swim lessons, setting family water safety rules, and staying alert, could save a life.

Adena Pediatrics is here to support your child's health, safety, and growth from their first splash to their first swim meet. **Visit Adena.org/pediatrics or call 740-779-4300 to learn more and schedule an appointment today.**

How Adena is rewriting the safety playbook

At Adena Health, we've set a powerful goal: zero preventable harm.

When it comes to the safety of our patients and staff, "good enough" is never enough.

In 2024, the organization officially launched its journey to become a high reliability organization, a proven model that puts safety and accountability at the heart of every decision. This initiative is being guided in part by the proven framework from Press Ganey, a leading partner to health care providers focused on improving the experiences of those receiving care, those seeking care, and those providing care.

Why does this matter? Because high reliability isn't just a buzzword. It's a mindset that has transformed industries where mistakes are not an option, such as aviation, nuclear energy, and transportation. If pilots never skip a checklist, no matter how many times they've flown, why should we in health care treat safety any differently?

For nearly 20 years, Press Ganey has been working with leading hospitals and health systems across the country to implement high reliability practices, guiding them through a multi-year transformation that embeds safety and accountability into their culture. Thousands of organizations, like Adena, have undertaken this rigorous journey with a proven model, positioning them among the most trusted and elite health care providers in the nation.

Adena was not required to take this path; we chose it. Because when our patients, families, and employees are safe — we all thrive.



"At Adena Health, our mission is clear: we put safety first, every time. We empower every employee — whether they provide direct care or not — to speak up when something doesn't seem right. And above all, we work to prevent harm before it happens."

Veronica Heitsch, MD, vice president of quality and safety



Investing in the future of cancer care

Saving lives with advanced radiation therapy

At Adena Health, we believe our patients deserve the very best—today and for years to come. That's why we've made a bold investment in the future of cancer care with the installation of a second state-of-the-art linear accelerator, bringing faster, safer, and more precise radiation treatments right here to our community.

A linear accelerator is a machine that delivers high-energy radiation beams with pinpoint accuracy to target and destroy cancer cells. It allows for customized treatment plans that focus on tumors while minimizing exposure to surrounding healthy tissue.

"Radiation therapy is advancing rapidly, giving us powerful tools to target and destroy tumors while protecting healthy tissue," says Gregory Thompson, MD, radiation oncologist. "By upgrading our equipment, we are not only improving care today, but also ensuring we are ready to offer the next generation of treatments as they emerge."

Adena is one of the first providers in southern Ohio to offer three of the most advanced radiation therapy techniques. This gives patients access to cancer treatments that were once only available in major metropolitan areas.

Here's how these groundbreaking tools are transforming cancer care:

1. Deep inspiration breath hold – protecting the heart while treating cancer

For patients with left-sided breast cancer, radiation therapy has always carried some risk to the heart. But now, using deep inspiration breath hold, patients hold their breath for just 15–20 seconds, temporarily moving the heart away from the chest wall. This allows radiation to precisely target cancer cells while sparing the heart and dramatically reducing the risk of future heart disease.

2. Respiratory gated radiotherapy – treating tumors that move

Tumors in areas like the lungs, chest, or abdomen often shift as patients breathe, making them difficult to target. With respiratory gated radiotherapy, advanced software tracks each breath, timing radiation delivery to match natural movement. This means higher accuracy, fewer side effects, and often better outcomes.

3. Surface-guided radiotherapy – precision, every time

Using sophisticated surface-tracking technology, surface-guided radiotherapy continuously monitors patients during treatment, ensuring pinpoint accuracy throughout every session. This method boosts safety and consistency across treatments for patients with lung, breast, head, and neck cancers.

To learn more about Adena Cancer Center, our expert providers, and the full range of cancer diagnosis and treatment services close to home, visit Adena.org/cancer or call at 740-542-3030.

Inspiring acts of care

Behind every healing touch, every moment of compassion, and every life saved, there are extraordinary caregivers who go above and beyond. These inspiring individuals have made a profound impact through their dedication, expertise, and unwavering commitment to patient care.



Tracey Pullins Hughes
Wound care hyperbaric technologist
Adena Regional Medical Center

Tracey learned that a patient, who regularly visited the beautician, had been unable to do so due to recent scalp surgery and daily hyperbaric treatments. With an upcoming appointment with her surgeon, Tracey went above and beyond by bringing in salon tools to wash and dry the patient's hair, helping her feel refreshed and beautiful. By listening to the patient's needs, Tracey provided not just physical care, but emotional support, leaving the patient deeply grateful.



Brent Ewing
Physical therapist assistant
Adena Health Center – Waverly

Brent exemplifies Adena's core value of compassion. When he noticed that a patient was hesitant about their therapy, he didn't rush through the moment. Instead, he took the time to genuinely listen to their concerns and offer reassurance. His calm, empathetic approach put the patient at ease, giving them the confidence to move forward with their treatment.



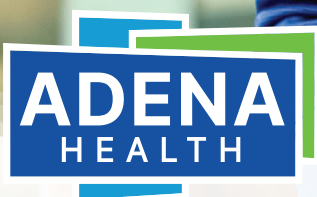
Jill Eippert, MD, Jennifer Carter, RN and Chado Rogers, RN
Emergency department
Adena Greenfield Medical Center

These caregivers at Adena Greenfield Medical Center received recognition for their life-saving efforts in the emergency department after providing critical care to a newborn in distress. The family, flight crew, and Nationwide Children's Hospital all came forward to commend the staff for their swift, decisive actions and expert care. As the infant's condition worsened, these dedicated caregivers acted quickly, ensuring a smooth, expedited transfer to a higher level of care. The flight crew and Nationwide Children's Hospital later shared that without the timely intervention of the Greenfield Emergency Department team, the outcome could have been devastating.



Amanda helps patients take their next step.

AMANDA ASHWORTH
Nurse navigator



As a child, Amanda watched her grandfather care for a neighbor who had suffered a traumatic injury. Now, as a nurse navigator at Adena Orthopedic and Spine Institute, she shows that same kindness as she guides patients through joint replacement surgery, helping them heal and reach their goals for mobility. Amanda has mobility goals of her own — to visit all 63 national parks with her husband and two boys. Amanda is one of the many faces of our caregivers in the community we call home.

See Amanda's story and more at Adena.org/Faces.