

# Teaming *Together* to Make Life Better

Celebrating Our Five Year Anniversary with Michigan Medicine.

## Continuing to Improve the Lives of Those Who Depend on Us

Milestone moments in relationships of any kind provide an opportunity to reflect, express gratitude and affirm what is valued. MidMichigan Health and Michigan Medicine, the health care division of the University of Michigan, recently commemorated the five year anniversary of our partnership. In this publication, we invite you to join us as we look back at the achievements we have made over the years.

Working collaboratively, we have expanded access and enhanced the level of care now provided in the growing 23-county region served by MidMichigan. For example, we have successfully implemented specialty clinics in a variety of areas to serve you better. This includes clinics focusing on advanced heart failure, breast reconstruction, pediatric urology, urogynecology, gynecologic oncology, transplant hepatology, urologic oncology, and the U-M Kidney Transplant Clinic, with more in the works.



We recognize that the care you want for yourself and your family is of the highest quality, delivered with compassion and above all - is all close to home. Through the dedication of our health care providers, employees, volunteers and community supporters, our goal is to meet these standards of care you deserve and expect from our collaboration.

What we are establishing today is strengthening our future for an even better tomorrow. And, together, we continue to keep you - the patient and family - at the center of all that we do.

Thank you for entrusting us to care for you.

*Diane Postler Slattery*

Diane Postler-Slattery, Ph.D., FACHE  
President and CEO  
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Chair, Joint Operating Council  
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## The Lives We've Touched

Over the past five years, the collaboration between MidMichigan Health and Michigan Medicine has helped expand access, quality and the level of care provided for hundreds of patients. The following stories reflect how the growing connections between these two organizations mean our patients are receiving care close to home and timely transferred when medically necessary.

### A Soon-To-Be Grad Got the Care He Needed

In early 2018, 17-year-old Austin Raymond's senior year of high school was in full swing. He was finishing up classes, active with athletic teams and making plans to head to college to study vet medicine. One week in early February, though, Austin started feeling chest pains off and on. On Feb. 9, getting ready to play in his high school hockey game, Austin's pain returned and became more severe. A teammate informed his parents, Pat and Tina, and they immediately took him to MidMichigan Medical Center - Gladwin.



After testing, the ER physician noticed Austin was experiencing a rare cardiac disorder and made arrangements to have him transferred to the University of Michigan that same night. The physician told Raymond's parents that if they had gone home and then scheduled an appointment, it could have taken as much as a couple months to get in for a visit. But he knew that it would be best for Austin to see a specialist right away, and MidMichigan Health's affiliation with the University of Michigan Health System (UMHS) allowed him to set up a special Friday night appointment for Austin.

[Read Austin's story.](#)

## Telemedicine Brings World-Class Care to Emergency Department

Sarah Phelps is a registered nurse case manager for MidMichigan Medical Center - Midland. When she woke up with a headache on Jan. 31, she had no idea she would be treated for a stroke before the day ended, and never suspected she would be examined by world-class experts while in her own Medical Center's Emergency Department.



After Sarah was admitted, the emergency team set up a telemedicine consult with a specialist from the Comprehensive Stroke Program at Michigan Medicine in Ann Arbor. She was eventually transferred to the stroke care unit at Michigan Medicine due to her complex case, but knows the teamwork between the two organizations was essential in providing her timely and appropriate care.

[Read Sarah's story.](#)

## She Gained a 'New Lease on Life' Thanks to Heart Failure Clinic

For decades, Laura Sayers knew there was something wrong with her heart; terrifying, spontaneous pounding could come on anytime, even waking her out of a sound sleep. Ultimately, she was diagnosed with atrial fibrillation and congestive heart failure. While a pacemaker helped, it was only after she began to work with the professionals at the Heart Failure Clinic at MidMichigan Health that she truly felt well again.



Developed in collaboration with Michigan Medicine, the Heart Failure Clinic is based on best practices for treating patients suffering from chronic congestive heart failure. The program is designed to assist patients in monitoring responses to treatment, modifying behaviors, adjusting medications, coordinating care with their cardiologist and primary care provider and facilitating referrals for advanced heart failure treatments.

[Read Laura's story.](#)

## Improvements in Clinical Quality

Leaders from MidMichigan Health and Michigan Medicine gather frequently to review best practices and discuss ways in which clinical quality can be improved. Here are just a few of those examples.

### Visit Takes a Closer Look at ICU Process

More than 30 leaders from MidMichigan Health and Michigan Medicine held a two-day gathering in Ann Arbor to discuss intensive care unit (ICU) processes. Attendees toured Michigan Medicine ICU departments and discussion topics focused on emergency medicine, the ICU triage process and remote monitoring.



"This was a very positive trip. Any opportunity we have to discuss best practices with our colleagues at Michigan Medicine is an invaluable asset," said Paul Berg, M.D., president, MidMichigan Physicians Group. "It is the desire of all of us all to bring the best in health care services to our communities. By working collaboratively we are able to strengthen our overall quality and performance measures and most importantly expand and grow our services to our patients."

## **Collaboration Key to Discovering Latest in Innovation, Telemedicine Consultations Increase, New Program Begins**

With the ever changing landscape of health care, innovation is what is fueling the growth of health systems across the country. MidMichigan's partnership with Michigan Medicine is no different and collaboration is key in making innovative ideas come to life.

"Innovation comes from generating ideas and perspectives that have not yet been joined together," said Pankaj Jandwani, M.D., MMM, regional vice president for medical affairs and chief innovation officer, MidMichigan Health. "With productive and ongoing discussion, diligent follow-through and expertise combined, we're able to create the best possible programs for our patients with the best outcomes possible. That's what makes this an exciting partnership for both of our organizations."



In the past year alone, Jandwani, along with leaders from across the MidMichigan Health system, have participated in many initiatives with Michigan Medicine. Areas of focus have included clinical design and innovation, governance and infrastructure, provider efficiency, medical device innovation, digital health technologies, continuing medical education, as well as the exploration of a Concierge Care program.

In the area of telemedicine, MidMichigan celebrated its 10,000th telemedicine visit, with nearly 500 of those completed thanks to our partnership with Michigan Medicine. What's more, we have expanded the stroke telemedicine collaboration to MidMichigan Medical Center - Alpena and also began a high-risk OB /maternal fetal program between Michigan Medicine and the Medical Center in Alpena. This new program gives this very high risk population access to the specialty care they need close to home.

In addition, teleneurology consultations between MidMichigan and Michigan Medicine have seen nearly a five-fold increase in volume in the last fiscal year, with telestroke experiencing a three-fold increase during this same timeframe. The result - on average 1.5 times per day, a Michigan Medicine provider sees a patient at a MidMichigan Health location via telemedicine.

## **Joint Meetings Focus on Clinical Initiatives**

Physicians and leaders from MidMichigan Health and Michigan Medicine met earlier this year to collaborate and discuss clinical care pathways for treating colon and rectal cancer, to review dashboard data, and to discuss current clinical trials, as well as colorectal cancer survivorship care. Other joint cancer initiatives include specialty clinics, weekly multidisciplinary tumor boards and joint cancer conferences.



MidMichigan Health's Quality Team also completed a site visit with Michigan Medicine's Clinical Design and Innovation Team. During the discussion, MidMichigan learned more about Michigan Medicine's clinical design program, goals and shadowed their rounding. They also discovered more about project plans, milestones, updates and workflows.

"Spending time with Michigan Medicine's Clinical Design and Innovation team was a valued experience for all of us," said Mark Kato, performance improvement director, MidMichigan Health. "Learning best practices and what challenges to expect from our partner will help us establish our own processes in Care Variation that will have a positive impact on the patients we serve."



## Advancements in Care

The collaboration between MidMichigan Health and Michigan Medicine continues to result in new programs for the benefit of patients and their families. In fact, several new specialty clinics have been established, including areas focusing on hepatology, urologic oncology, telestroke, teleneurology, pediatric urology and breast reconstruction. These clinics enable our patients to receive subspecialty care closer to home. This saves our patients the time, stress and financial burden of traveling to Ann Arbor for physician visits, testing, imaging needs, therapies and more. In addition, many other partnership projects have launched. Here are just some of those outcomes:

### Breast Reconstruction Clinic Helps Provide Best Possible Outcome

A new [Breast Reconstruction Clinic](#) in Midland allows for immediate breast reconstruction to be performed at the same time as the mastectomy, reducing the patient's length of stay and need for hospital readmission.

"The Breast Reconstruction Clinic is another exciting milestone in our partnership with Michigan Medicine," said Joan Herbert, Pharm.D., director of oncology services at MidMichigan Health. "In addition to seeing patients, physicians from the University of Michigan are now performing surgery side-by-side with Kelly Wirsing, M.D., the medical director of the Breast Health Program at the Center for Women's Health, located on the campus of MidMichigan Medical Center - Midland, to provide the best possible outcome for each patient. We're thrilled to be able to better serve our patients with this specialty clinic, and to continue to collaborate with Michigan Medicine to expand the services we offer."



Left to right: Plastic and Reconstructive Surgeons Paul Cederna, M.D., and Adeyiza Momoh, M.D., of Michigan Medicine, and Breast and General Surgeon Kelly Wirsing, M.D., medical director, Breast Health Program at the Center for Women's Health, located on the campus of MidMichigan Medical Center - Midland.

[Find out:](#) How can MidMichigan's Breast Health Program help?

### Bone Health Clinic Provides Hope for Those with Bone Fragility

Michigan Medicine assisted with the development of MidMichigan's new [Bone Health Clinic](#). The fracture prevention clinic screens, counsels, treats and monitors osteopenia and osteoporosis-related fragility fractures. The clinic is based on best practices for treating patients at risk for secondary fractures caused by weakening of the bone due to osteoporosis, osteopenia or other bone disorders. The program is designed to assist patients in monitoring response to treatment, modifying behaviors, adjusting medications, coordinating care with their primary care providers and facilitating referrals.



Judith Seeburger is just one of the many patients who has utilized the new clinic. When a bone density test showed she had decreased bone density, she knew she needed to find help or risk breaking a bone. Now, she wants others to know that there are options to help prevent bone fractures.

[Read Judith's story.](#)

## New Technology Improves Accuracy of Prostate Biopsies

A new technology that dramatically increases the accuracy of prostate cancer biopsies is now available at MidMichigan Health. The UroNav Fusion Biopsy System blends Magnetic Resonance Images (MRI) with real-time ultrasound images to produce an accurate, clear map of the prostate. The unique technology has been used by physicians at Michigan Medicine the past two years.



"Our partners at Michigan Medicine were instrumental in establishing prostate MRI and the UroNav System here in Midland," said Radiologist Lindsay Zeeb, M.D. "They were a tremendous help at optimizing the prostate MRI images so that they are at the highest quality."

The process starts with the MRI. Dr. Zeeb said new and better MRI techniques, developed only in the last couple of years, led to the use of MRI for detecting areas of concern. "Previously, we didn't have a great way of finding prostate cancer with imaging," she said. Dr. Zeeb reviews and interprets the images and if a suspicious lesion or area of concern is noted, a biopsy may be the next step. MRI is also reassuring for patients if it is negative or benign.

"It's a game changer," said Urologist Karla Witzke, D.O., of MidMichigan Physicians Group. "It's going to change how we monitor men's health. It's pivotal for active surveillance. With the UroNav, along with PSA, we can monitor patients who have low-grade cancer and make better treatment decisions." She said the UroNav system works best for men who have had other biopsies that were negative but who have continued to have an elevated PSA.

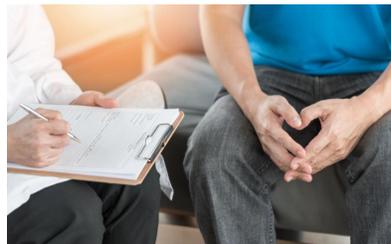
Dr. Witzke said the UroNav system also helps find areas of concern that are located outside of the view of a traditional ultrasound. "Before, using a standard template, we were imaging the backside of the prostate," Dr. Witzke said. "This technology shows the total prostate in detail. When we have a better idea of what it looks like before surgery, we can do better pre-surgery planning."

The added clarity provided by the UroNav allows the provider to pinpoint the spot at which to take a biopsy. This precision helps eliminate the need for multiple random biopsies. With a conventional biopsy, the needle often passes through tumor-free areas of the prostate potentially missing the tumor entirely. "This technology also helps us better identify those cancers that are more likely to grow quickly and spread to other parts of the body," continued Dr. Zeeb.

[Learn more:](#) What is prostate cancer?

## Collaborative Survivorship Program Helps Prostate Patients Transition

To provide patients with strategies to optimize their overall health and wellness, now and in the future, a Prostate Cancer Survivorship Program has been established to ease the transition that follows the completion of active cancer treatment.



The program's mission is to provide excellent clinical care to patients while fostering research that will lead to further advances in care for cancer survivors. A key element in survivorship is developing an individualized treatment summary and plan of care, which provides information on the treatment patients receive and how to manage health care in the future.

Daniela Wittmann, Ph.D., L.M.S.W., clinical assistant professor of urology at Michigan Medicine, worked with MidMichigan Health to establish the program. "The partnership between U-M and MidMichigan offers a unique opportunity to develop best practices in prostate cancer survivorship in Michigan," Wittmann said. "Through the use of telemedicine, we ensure optimal patient care, and by sharing resources, we strive toward cost effectiveness and efficiency. Providers from both health systems have tirelessly worked to make all the necessary links for this program successful, and we look forward to continuing collaboration and learning in order to enhance care in prostate cancer survivorship in Michigan."

[View details:](#) What's happens during a 'survivorship' visit?

## Monthly Outreach Transplant Specialty Clinic Saves Patients Time

The Kidney Transplant Team from Michigan Medicine now comes to the campus of MidMichigan Medical Center - Midland to meet with patients awaiting a kidney transplant or those interested in learning about kidney donation. A monthly [Outreach Transplant Specialty Clinic](#) in Midland is fully staffed with a dedicated team of University of Michigan transplant experts, saving patients many trips to Ann Arbor during their transplant journey. Patients may receive their transplant evaluation, the majority of their pre-transplant medical care as well as some of their post-transplant care at the outreach clinic. Patients may still have to travel to Ann Arbor while waiting for donor organs and again for their operation.



## Looking Ahead: A Bright Future Ahead

With a continued goal to expand access, enhance quality and provide patients an even higher level of care, MidMichigan Health and Michigan Medicine have a bright future ahead.

Currently, the implementation of additional specialty clinics is in progress. These include the introduction of pediatric orthopedics and orthopedics oncology at the the new MidMichigan Health Park - Bay facility, pediatric pulmonology at MidMichigan Medical Center - Mt. Pleasant, a movement disorders clinic at MidMichigan Medical Center - Midland, as well as a pediatric epilepsy telemedicine program at MidMichigan Medical Center - Alpena.



"Our collaboration efforts are continuous and with a strong energy behind all of them," said Diane Postler-Slattery, Ph.D., FACHE, president and CEO, MidMichigan Health, and chair of the Joint Operating Council for MidMichigan Health and Michigan Medicine. "Together, we are committed to improve the health of our communities through clinical integration, partnerships and population health-focused strategies. We have been successful in what we have achieved in just five years and we've only scratched the surface of what we can do together."

## About MidMichigan Health

MidMichigan Health is a non-profit health system, headquartered in Midland, Michigan, affiliated with Michigan Medicine, the health care division of the University of Michigan. MidMichigan Health covers a 23-county region with medical centers in Midland, Alpena, Alma, Clare, Gladwin, Mt. Pleasant and West Branch. In addition to its Medical Centers, MidMichigan Health also offers both home health care and physician services, and has a strong commitment to medical education. MidMichigan Physicians Group provides urgent care and medical offices in more than 30 specialties and subspecialties including cardiology, hematology/oncology, orthopedics, vascular surgery, family medicine and more. The MidMichigan Health Foundation supports patients and families served by MidMichigan Health by raising funds for equipment, services and programs. Currently, MidMichigan has more than 7,800 employees, volunteers and physicians and provided \$90 million in community benefits in fiscal year 2017. [www.midmichigan.org](http://www.midmichigan.org)

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