



practice notes



**NORTH MISSISSIPPI
MEDICAL CENTER**

January 2021

A monthly
newsletter for
physicians, nurse practitioners,
physician assistants & other
health care professionals

NMMC Offers COVID-19 Rehabilitation Services

While much of the focus has been on acute diagnosis and treatment, it has become more apparent that many survivors of COVID-19 – especially those who required prolonged hospital stays – have lasting weaknesses affecting their daily lives. North Mississippi Medical Center's Outpatient Rehabilitation Center now offers therapy for individuals who have recovered from COVID-19 but continue to experience symptoms.

NMMC's COVID-19 Rehabilitation Team includes speech, physical and occupational therapists who work together, along with the referring provider, to improve quality of life for patients who continue to experience repercussions from this virus.

Common issues include Post-Intensive Care Syndrome, decreased endurance/fatigue, generalized weakness, cognitive issues ("COVID Brain Fog"), decreased ability to perform everyday activities such as work or hobbies, decreased independence with self-care activities such as bathing and dressing, coordination, muscle

aches/pain, shortness of breath with activity, weak or hoarse voice from prolonged intubation and overall weakness, swallowing and breath support.

For more information, call (662) 377-7215 or 1-800-THE DESK (1-800-843-3375). Physician referral is required.

Cardiovascular Services Nationally Recognized

NMMC has made the 2021 Fortune/IBM Watson Health 50 Top Cardiovascular Hospitals list, naming the top-performing U.S. hospitals for inpatient cardiovascular services.

This year's study included 980 U.S. hospitals with cardiovascular services. Based on comparisons between the study winners and a peer group of similar hospitals in the study, the winners delivered better outcomes while operating more efficiently and at a lower cost. Extrapolating the results of this year's study, if all Medicare inpatients received the same level of care as those treated in the award-winning facilities more than 7,000 additional lives and over \$1.6 billion

could be saved annually, and more than 5,000 additional bypass and angioplasty patients could be complication-free. The list of the top cardiovascular hospitals was published by Fortune.

"The IBM Watson Health Top 50 award reflects the hard work and dedication of NMMC's cardiovascular team," said T.J. Adams, NMMC vice president for Cardiovascular and Surgical Services. "The award illustrates the dedication of our staff and providers in providing the best cardiovascular care in the region. Patients do not have to travel to big cities and out of state for the best cardiovascular care; the best cardiovascular care is located here at North Mississippi Medical Center."

For more information, visit <https://www.ibm.com/watson-health/services/100-top-hospitals>.

NMMC Gilmore-Amory Awarded "A" Grade

NMMC Gilmore-Amory was awarded an 'A' in the fall 2020 Leapfrog Hospital Safety Grade, a national distinction recognizing the

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hospital's achievements protecting patients from harm and providing safer health care. The Leapfrog Group is an independent national watchdog organization committed to health care quality and safety. The Safety Grade assigns an 'A', 'B', 'C', 'D' or 'F' grade to all general hospitals across the country and is updated every six months. It is based on a hospital's performance in preventing medical errors, injuries, accidents, infections and other harms to patients in their care.

"We are pleased to be recognized for the hard work our staff does every day," said Jamie Rodgers, administrator of NMMC Gilmore-Amory. "This recognition is a testament to our leaders and the cooperation and skills of our staff. I could not be prouder of the NMMC Gilmore-Amory team."

Dr. Kurbanov Joins NMMC Gilmore-Amory Medical Staff

NMMC Gilmore-Amory and Amory Surgery Clinic welcome new general surgeon Almaz Kurbanov, M.D.



Dr. Kurbanov joins Dr. Hoat Hoang at Amory Surgery Clinic. Dr. Kurbanov performs general, laparoscopic and robotic procedures at NMMC Gilmore-Amory. He also performs upper and lower endoscopy screening and diagnostic procedures. For an appointment, call (662) 256-3333 or 1-800-THE DESK (1-800-843-3375).

Dr. Kurbanov earned his medical degree from Uludag University in Bursa, Turkey. He completed a general surgery residency at Penn State University S. Milton Hershey Medical Center in Hershey, Pennsylvania. He is currently board eligible in general surgery. Dr. Kurbanov is fluent in several languages, including Turkumen, English, Turkish and Russian.

Dr. Lucas McElwain Receives National Certification

Lucas McElwain, M.D., palliative care physician at NMMC, recently earned a certification as a hospice medical director.



Physicians who earn their Hospice Medical Director Certification have met rigorous standards for experience, knowledge and skills in hospice medicine, passed an examination and agreed to a code of professional conduct.

He is only the fourth physician in Mississippi with this designation, and the only one north of Jackson.

Dr. McElwain joined NMMC in 2016 and serves as medical director for NMMC inpatient and home hospice. He is board certified in internal medicine, geriatrics, hospice and palliative medicine.

Dr. McCarty Achieves Certification in Lifestyle Medicine

Richmond McCarty, D.O., physician at Sallito Medical Clinic, was recently named a Diplomate of the American College of Lifestyle Medicine.



He is the first North Mississippi Health Services physician to achieve this certification.

Lifestyle medicine is the use of a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection as a way to treat and reverse chronic disease.

"So much of the chronic disease that we treat as family physicians is caused by lifestyle choices," Dr.

McCarty said. "Integrating lifestyle medicine into my daily practice is one of the more important steps that I as a primary care physician can take in order to improve both the overall quality as well as their long-term health of my patients' lives. One of the greatest values of lifestyle medicine is that it focuses more specifically on the underlying cause of chronic disease vs just treating the symptoms or end result of the disease itself."

Neonatologist Joins NMMC Medical Staff

NMMC Women's Hospital welcomes neonatologist Silpa Peravali, M.D., to the medical staff of its Neonatal Intensive Care Unit.



She joins Drs. Ginger Pole and Preeti Singh at Pediatrix Medical Group.

Dr. Peravali earned her medical degree in 2007 at Rangaraya Medical College in India. She completed a pediatric residency at New York Methodist Hospital in Brooklyn in 2013 and a fellowship in neonatology at the University of Tennessee Health Science Center in Memphis in 2019. She comes to Tupelo from Le Bonheur Children's Hospital in Memphis.

Dr. Peravali is board certified in neonatology and is a member of the American Academy of Pediatrics.

For more information, call (662) 377-4905 or 1-800-THE DESK (1-800-843-3375).

NMMC to Offer Free Diabetes Prevention Program

NMMC is kicking off a free year-long Diabetes Prevention Program for individuals who struggle with obesity, have or have had gestational diabetes, are pre-disposed to diabetes through family history, are pre-diabetic or type 2 diabetic. Sessions will be offered virtually via Webex at 5 p.m.

on scheduled Tuesdays throughout the year.

Registration is not necessary, and drop-ins are welcome. A question and answer session will be held at 5 p.m. Tuesday, Jan. 5. Sessions will meet weekly for several months and then become less frequent as the year progresses. A class schedule, links to each session and handouts are available at www.nmhs.net/diabetes-prevention.

For more information, email diabetesprevention@nmhs.net or call (662) 377-5787 or 1-800-THE DESK (1-800-843-3375).

Premier Inc. Recognizes Hamilton and Iuka Hospitals for High-Value Healthcare

North Mississippi Medical Center-Hamilton has received the 2020 QUEST® Award for High-Value Healthcare from Premier Inc., a leading healthcare improvement company, for providing outstanding patient care. The hospital was a winner among non-academic medical centers of 175 beds or less. NMMC-Iuka was named a finalist for the award, achieving top overall performance in four of the five areas measured.

North Mississippi Medical Center-Hamilton achieved top overall performance in all five areas measured in Premier's QUEST 2020 collaborative, including affordability, effective care and coordination, prevention and treatment for leading causes of mortality, person and family experience, and patient safety.

Campbell, FNP-C Joins Pulmonary Consultants

Nurse practitioner Justin Campbell, FNP-C, recently joined Pulmonary Consultants.

Campbell joins pulmonologists Drs. Will Edmonson,



Kevin Harbour, Robert McEachern, Paul Perry, David Reed, Robert Stewart, Jaime Ungo and David Witty, and nine other nurse practitioners at the clinic, which is located at 860 S. Madison. For appointment information, call (662) 377-7150 or 1-800-THE DESK (1-800-843-3375).

Campbell is a 2003 graduate of Mantachie High School. In 2011, he changed careers and earned an associate degree in nursing from Itawamba Community College in Fulton. He joined the NMMC staff as a registered nurse in the Surgical Intensive Care Unit that year. He transferred to NMMC's Electrophysiology Laboratory in 2014 and earned a bachelor's degree in nursing from Mississippi University for Women in Columbus in 2015. In May, he completed his master's degree in nursing and family nurse practitioner training at the University of Alabama at Birmingham.

IRB Approves, Renews Studies

The NMHS Institutional Review Board (IRB) currently oversees more than 80 biomedical and behavioral studies. The IRB meets monthly and the following studies were approved and renewed at the November meeting.

New Study

Study: *The "RADIANCE II" Pivotal Study – A Study of the ReCor Medical Paradise System in Stage II Hypertension (CLN 0841)*

Investigators: Barry Bertolet, M.D. (PI); Cardiology Associates

Summary: The purpose of this study is to determine if the Paradise Renal Denervation System can lower high blood pressure in subjects who are known to have hypertension.

Study Renewals

Study: *ILLUMENATE BTK – Prospective, Randomized, Multicenter Study to Evaluate Treatment of Subjects with Occlusive Disease with a Novel Paclitaxel-Coated*

Angioplasty Balloon in Below-The-Knee (BTK) Arteries

Investigators: Barry Bertolet, M.D. (PI); Dane Ballard, M.D.; Joseph Stinson, M.D.; Chris Bell, ACNP; Lee Ferguson, ACNP; Katie McDuffie, FNP

Summary: The purpose of this study is to determine if the treatment of narrowed lower leg blood vessels with this investigational drug coated balloon is safe and beneficial. Enrollment is open.

Study: *SPYRAL-HTN-ON MED (IDE #: G150036) (Sponsor – Medtronic)*

Investigators: Barry Bertolet, M.D. (PI); Joseph Adams, M.D.; Dane Ballard, M.D.; Benjamin Blossom, M.D.; Roger Williams, M.D.; Chris Bell, ACNP; Lee Ferguson, ACNP; Katie McDuffie, CNP

Summary: The purpose of this study is to determine if renal denervation decreases blood pressure and is safe with up to three anti-hypertensive medications. Enrollment is open.



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Continuing Medical Education

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