

HEALTH MATTERS

WINTER 2024



**MAURY REGIONAL
HEALTH**



**MAURY REGIONAL
HEALTH**

Maury Regional Health is a not-for-profit regional health system serving southern Middle Tennessee through our hospitals, clinics, surgery centers, outpatient facilities and physician practice group. We are the largest health system between Nashville, Tennessee, and Huntsville, Alabama, with a medical staff of more than 210 physicians encompassing 35 medical specialties.

To learn more about Maury Regional Health, including our services, locations and care team, visit MauryRegional.com or scan the QR code with your phone camera.



Health Matters

Health Matters is a quarterly magazine published by Maury Regional Health for residents of southern Middle Tennessee. Each edition includes information about an array of health care topics. To access past editions, visit MauryRegional.com/Health-Matters.

Maury Regional Medical Center earns provisional designation as Level IV trauma center

Maury Regional Medical Center (MRMC) has been granted provisional designation as a Level IV Trauma Center by the Tennessee Department of Health after a recent on-site review.

All trauma designations begin with a provisional status for one year. MRMC will submit a report and undergo another site visit after one year and, if approved, the medical center will be granted a three-year designation as a Level IV Trauma Center.

“This designation reaffirms our commitment to providing exceptional emergency care to residents throughout southern Middle Tennessee,” said Maury Regional Health CEO Martin Chaney, MD. “It wouldn’t be possible without the exceptional care being provided by our intensive care and emergency teams.”

Trauma Center designation is designed to identify hospitals that are committed to providing a given level of care for trauma patients. For more information about the state of Tennessee’s trauma care system plan, visit TN.gov.



TABLE OF CONTENTS

Patient Testimonial: Double total knee replacement.....	3
Celebrating 70 years of Maury Regional Health.....	4
Maury Regional Medical Group: Growing to serve our community.....	6
MRMG Mid-South Gastroenterology	
MRMG Neurology	
MRMG OB-GYN	
Choosing your level of care.....	8

Farm manager working *pain-free* following double knee replacement



After years of working labor-intensive jobs, Kenny Neville developed harsh, nagging knee pain that continued to worsen.

Neville, 56, a farm manager in Summertown, Tennessee, decided enough was enough in March of 2023 — it was time to take care of the pain. Fortunately, he knew just who to call: **W. Cason Shirley, MD**, a specialist in orthopedic surgery associated with Mid-Tennessee Bone & Joint Clinic who performs joint replacement procedures at Maury Regional Medical Center.

"It hurt to walk, stand, sit, lay down — it was just nonstop pain," Neville said. "I talked with Dr. Shirley, and we tried some other treatments, but nothing would take the pain away. He suggested knee replacement surgery."



**W. Cason
Shirley, MD**

Preparing for surgery

After consulting with Dr. Shirley, Neville decided his best course of action was to undergo a double total knee replacement. Thanks to his high physical fitness level, he was able to schedule them two weeks apart — a bit unusual for knee replacement patients.

His recovery process then included physical therapy at Maury Regional Health's outpatient therapy location in Columbia, where the physical therapy team helped him gain flexion and strength in his knees.

"The whole surgical staff and physical therapy staff were top-notch," Neville said. "I couldn't have had a better experience."

Part of what made Neville's recovery so successful was his participation in Maury Regional's Total Joint Class. The educational program is designed to answer any questions and to provide resources, including exercises, for the patient to utilize before and after surgery to aid with recovery.

"I knew what to expect during surgery, and it really prepared me for physical therapy and recovery," Neville said.

Utilizing advanced technology

Dr. Shirley is one of three specialists on Maury Regional Health's medical staff who utilize Stryker's Mako System for total and partial knee replacement procedures.

The highly advanced technology uses a CT-based 3D modeling of the patient's bone anatomy to help surgeons create a personalized surgical plan and to identify the implant size, orientation and alignment based on each patient's unique anatomy.



"The Mako System has been a great tool for us to improve our patients' outcomes," Dr. Shirley said. "It gives us the ability to make a customized plan for each patient, which helps get them back to normal function quicker and lasts longer."

Taking the next step

If you're dealing with chronic knee pain that just won't subside, talk with your physician about a knee replacement procedure.

"Mine went without a hitch thanks to Dr. Shirley and all the folks at Maury Regional," Neville said. "I'm on my feet all day climbing up and down tractors and moving stuff, and there's really no pain. The key, for me, was to stick with what Dr. Shirley and my physical therapists told me to do."

Maury Regional Health has been recognized nationally for its orthopedic services, including earning high-performing hospital status for knee replacement by U.S. News & World Report for 2023-24 and receiving designation as a Blue Distinction Center+ for knee and hip replacement by BlueCross BlueShield.

To find a surgeon or to learn more about joint replacement procedures, visit [MauryRegional.com/Orthopedics](https://www.mauryregional.com/Orthopedics).

Celebrating 70 years

Maury County Hospital opened its 100-bed facility on December 16, 1953. Now, 70 years later, the health system is a health care leader in southern Middle Tennessee.

When it was first built, Maury Regional Medical Center — as it is now known — had 102 beds and encompassed 69,600 square feet.

The hospital was the vision of Dr. Charles D. Walton, a longtime local physician from Mt. Pleasant who was chief of staff at the privately owned King's Daughters' Hospital in Columbia in the late 1940s. He knew the growing community needed more patient beds available, and the newly introduced federal Hill-Burton Act, which provided grant funds for building and maintaining hospitals, was the pathway to building a new, modernized hospital.

Maury County magistrates unanimously voted in April 1951 to move ahead with plans for the hospital, and just over two years later, a dedication ceremony was held in the hospital's lobby after rain forced the event inside.

The hospital started with three

stories, 55 employees and 22 physicians but quickly grew, more than doubling its employee number and adding several more physicians in its first year. Maury Regional Health now has more than 3,000 employees and 200 physicians across southern Middle Tennessee, who serve a quickly growing region of more than a quarter of a million residents.

"Maury Regional Health has evolved to meet the needs of our community since its inception," said CEO Martin Chaney, MD. "I am grateful to the leaders before me whose vision and determination changed the face of health care in our region. We have an exceptional medical staff, skilled nurses and clinicians, and a multi-disciplinary support team dedicated to providing clinically excellent, compassionate care."

Seeing more patients and hiring more staff has also made facility expansion necessary. Over the last

seven decades, several expansions have taken the flagship hospital's capacity from 102 beds to 255.

The first expansions took place in 1959 and 1966, adding the Booker Smiser and Walton wings, but it was in the 1970s when even bigger ideas of what the hospital could be started to blossom.

Ground was broken in 1975 for the first major expansion at the hospital, which was completed two years later. This 79,000-square-foot project included a new emergency room, laboratory, radiology and physical therapy spaces, cafeteria and medical records area, as well as a new nursing floor and coronary care unit, a new parking garage, a new separate power plant building and a new front entrance.

But the campus was far from done growing.





Clinical excellence. Compassionate care. *Always.*

Throughout its 70-year history, Maury Regional Health has been compared to some of the most respected medical centers in the country. In the past 12 months alone, the organization has achieved numerous recognitions for exceptional care, including:

- Leapfrog Hospital Safety Grade 'A'
- Gold Plus Recognition for Target BP™ from the American Heart Association/American Medical Association for efforts to improve blood pressure (BP) control rates
- U.S. News & World Report high-performing hospital in the areas of colon cancer surgery, heart attack treatment and knee replacement (2023-24)
- American Heart Association's Get with the Guidelines® - Resuscitation Gold Quality Achievement Award for treating in-hospital cardiac arrest
- American College of Cardiology's National Cardiovascular Data Registry Chest Pain - MI Registry Gold Performance Achievement Award for providing a higher standard of care for heart attack patients
- BEST for Babies Award from the Tennessee Department of Health/Tennessee Hospital Association
- Top 10% in the nation for medical excellence in major orthopedic surgery, hip fracture care, pneumonia care, spinal fusion and spinal surgery in the 2024 CareChex® Awards by Quantros, Inc.
- The Joint Commission's Gold Seal of Approval® for the following areas: Federally Qualified Health Center practices, Wayne Medical Center, Marshall Medical Center, stroke center, hospital care and home care

To view a comprehensive list of awards and recognitions, visit [MauryRegional.com/Quality](https://www.MauryRegional.com/Quality).

In the years since, the main hospital's west wing has expanded to six stories and houses nationally accredited programs in heart care, stroke services, orthopedics, critical care, childbirth services and others. The campus also added the Medical Office Building in 1988 and followed with the Maury Regional Pavilion in 2003, in addition to parking and other facility upgrades.

"As our community grew, and we became more of a regional referral center with more patients, we expanded and improved our patient care and support areas, recruited more physician specialists and added more office spaces," said former CEO Bill Walter, who served in the role for 34 years. "With a strong organizational team, a strong, insightful and supportive Board of Trustees and a supportive Maury County Commission, we were able to provide excellent medical care for the present and a foundation for the future."

Not only has Maury Regional Medical Center grown over the last 70 years, but

the health system has also expanded to provide health care services to more individuals in southern Middle Tennessee.

In 1995, the hospital acquired Lewisburg Community Hospital (renamed Marshall Medical Center) and established a management agreement with Wayne Medical Center. The next year, it purchased Lewis Health Center in Hohenwald.

The health system didn't wait long to announce another facility — in September of 1997, construction began on a primary care practice in Spring Hill to accommodate that rapidly growing population.

“ We look forward to the decades ahead as we continue to evolve to meet the changing needs of our community.

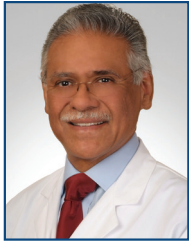
MARTIN CHANEY, MD
CHIEF EXECUTIVE OFFICER

The organization now has Maury Regional Medical Group practice locations throughout southern Middle Tennessee where providers had more than 304,000 patient encounters in the last fiscal year alone.

And, beginning in 2024, Maury Regional Health looks to take its next steps toward the future, with a new multimillion-dollar facility improvement plan in motion to enhance patient care and experience.

"As more patients continue to choose Maury Regional Health for their care, the organization is recruiting physicians to support growing service lines, offering additional services and expanding our facilities to meet the changing needs of our community," Dr. Chaney said.

While Maury Regional Health has constantly grown to provide more to its communities over the last 70 years, its focus has remained on providing clinical excellence and compassionate care to every patient that walks through its doors.



Amit A. Choksi, MD



Dayaker R. Mallipeddi, MD



Robert W. McClure, MD



Srikar S. Reddy, MD



Timothy Dickey, FNP

Gastroenterology practice joins medical group

In January 2024, Maury Regional Medical Group (MRMG) welcomed Mid-South Gastroenterology to its group of more than 20 physician practices.

The gastroenterology practice — consisting of **Amit A. Choksi, MD; Dayaker R. Mallipeddi, MD; Robert W. McClure, MD; Srikar S. Reddy, MD; and Timothy Dickey, FNP** — has been a long-time staple in the southern Middle Tennessee medical community, serving patients for more than 35 years.

"With this transition, patients can trust they'll continue to receive the same great care from these fantastic providers while also benefiting from Maury Regional Health's electronic health record and patient portal, ensuring patients receive a continuum of care across the health system," said MRMG President Nathan Miller.

In addition to providing services at MRMG Mid-South Gastroenterology, the specialists also see patients at Maury Regional Mid-South Endoscopy Center in Columbia as well as Marshall Medical Center and Wayne Medical Center. A physician's order is required.

MRMG Mid-South Gastroenterology remains in suite 501 of the Maury Regional Medical Office Building at 1222 Trotwood Avenue in Columbia.

For a complete list of available services, visit **MauryRegional.com/Gastroenterology**. To make an appointment, call 931.388.8302.

Maury Regional Medical Group opens neurology practice

Last fall, Maury Regional Medical Group (MRMG) opened a neurology practice with the addition of **Chaohua Yan, MD**, a board-certified neurology specialist.

Dr. Yan provides diagnostic and therapeutic services for conditions related to the nervous system for patients 15 years and older, including:

- Acute or chronic headaches and migraines
- Cerebral vascular disease
- Seizure or epilepsy
- Neurodegenerative diseases, such as dementia or progressive supranuclear palsy
- Neuroimmunological disorders, such as multiple sclerosis, neuromyelitis optica, paraneoplastic syndrome, stiff person syndrome, Lambert-Eaton syndrome and myositis
- Movement disorders, including Parkinson's disease, Huntington's disease and essential tremor
- Motor neuron disorders, such as amyotrophic lateral sclerosis (ALS)
- Neuromuscular disorders, such as myasthenia gravis, peripheral neuropathy and myopathy
- Traumatic injury to nerve system
- Degenerative spinal stenosis
- Neurological diagnostic tests: EEG, NCS/EMG, EPs
- Botox injections for cervical dystonia, blepharospasm, migraine, limb spasticity, hyperhidrosis and sialorrhea

MRMG Neurology is located in the Maury Regional Medical Plaza at 854 W. James Campbell Blvd., Suite 203, in Columbia. MRMG Neurology operates on a referral basis and requires a physician's order. To learn more, call 931.490.7348.





PHOTO BY MAURY ALLIANCE

We deliver!

MRMG OB-GYN opens new, state-of-the-art location

Maury Regional Medical Group (MRMG) opened its new obstetrics and gynecology practice on September 5. MRMG OB-GYN is now located on the entire fourth floor of the Maury Regional Medical Office Building and features a modern design as well as additional services.



“The state-of-the-art space perfectly complements the exceptional care we offer to women at all phases of their lives,” said Maury Regional Health CEO Martin Chaney, MD. “It’s a beautiful practice and the additional square footage will allow us to grow while continuing to focus on providing compassionate, quality care to our community.”

The practice doubled in size after moving to the fourth floor of the medical office building from the sixth, now with more than 12,000 square feet of space. Each physician has a dedicated pod of exam rooms for their patients, and the number of

rooms in the new space increased from 15 to 26. Additional features include a larger waiting area, two ultrasound rooms (up from only one) and two prenatal non-stress test rooms, which are new to the practice.

“Moving to the fourth floor has given us a chance to expand our services with a much larger space,” said MRMG President Nathan Miller. “In addition to expanding our physical space, we have continued to recruit physicians as more women choose Maury Regional Health for their care. In fact, a record 185 babies were delivered at Maury Regional in August.”

MRMG OB-GYN now has eight specialists who provide a range of services for women, including pregnancy and childbirth, gynecology, minimally invasive surgeries and general well-woman care. The care team includes **Nicole Falls, MD; Liane Gozmao, MD; Taylor Masters, MD; Michael Pelletier, MD; Andres Rodriguez, MD; Brittany Legg, FNP-BC; Leslie McBroom, FNP-BC; and Jill McDonald, FNP-BC.**

To schedule an appointment, visit [MauryRegional.com/OB-GYN](https://www.MauryRegional.com/OB-GYN) or call 931.490.1295.



MAURY REGIONAL HEALTH

1224 Trotwood Avenue
Columbia, TN 38401

NON-PROFIT ORG
US POSTAGE
PAID
NASHVILLE TN
PERMIT 1

CHOOSING YOUR **LEVEL OF CARE**



Primary Care

Schedule a visit with your primary care provider for most health care needs.

- Cold, flu, strep and other illnesses
- Wellness visits and physicals
- Chronic disease management
- Annual flu shots and other vaccines
- Medication refills
- Specialist referrals



Urgent Care

When your doctor is unavailable, urgent care centers provide treatment without delay.

- Cold, flu, strep and other illnesses
- Fever or sore throat
- Migraine or earache
- Cuts that need stitches
- Urinary tract infection
- Vomiting or diarrhea



Emergency Room

Serious or life-threatening conditions should be treated in an emergency room.

- Chest pain
- Difficulty breathing
- Overdose
- Sudden confusion or trouble speaking
- Deep cuts or lacerations
- Broken bones
- Severe pain
- Severe allergic reaction
- Loss of consciousness or unresponsiveness
- Head injury
- Poisoning
- Trauma

As temperatures drop and cases of respiratory illnesses rise, it's important to know there are a number of options to choose from when it comes to your health. Learn more at [MauryRegional.com/CareLevels](https://www.MauryRegional.com/CareLevels).

IF YOU ARE EXPERIENCING A MEDICAL EMERGENCY, **CALL 911.**