



SpineFirst



Atrium Health



2023 Annual Report

Friends -

As we look back on this past year, I want to take some time to reflect on all the accomplishments our team has achieved. I am thankful to our SpineFirst team and colleagues for continuing to deliver the highest quality spine care possible by keeping exceptional patient care at the core of our practice and values. 2023 was a year of progress, transition, and learning opportunities that have allowed us to continue to grow our platform and our voice.

To highlight a few of our many accomplishments, we were re-awarded the Joint Commission's Advanced Certification for Spine Surgery at Atrium Health Carolinas Medical Center, hosted our second annual Symposium, launched the Second Opinion Clinic, and organized and hosted multiple events aimed at creating a stronger community of health care providers, patients, nurses, and care team.

I am proud to lead this team and watch the growth that we have achieved the last two years. We are grateful to each of our teammates for their hard work, enthusiasm, and dedication that they contribute to SpineFirst. We look forward to all the collaboration between teams and continuing to provide world class care to the SpineFirst community.



Thank you for your partnership,

Paul K. Kim, MD

Executive Medical Director,
SpineFirst

INCLUDED IN THIS ANNUAL REPORT Growth & Community Presence

- ▶ SpineFirst Second Annual Symposium
- ▶ SpineFirst Grand Rounds
- ▶ Park Pick-Up Day

Excellence

- ▶ Advanced (Re)Certification in Spine Surgery
- ▶ Advancing the Science of Care

SpineFirst Highlights

- ▶ 24 Hours of Booty
- ▶ Launch of Second Opinion Clinic
- ▶ SpineFirst at Angel Tree

Branding, Marketing, and Communications

- ▶ Patient Plays Pickleball Pain Free
- ▶ SpineFirst Educational Video Series

Locations





Growth & Community Presence

SPINEFIRST HELD ITS SECOND ANNUAL SYMPOSIUM ON FRIDAY, SEPTEMBER 29TH AT THE NASCAR HALL OF FAME

The event brought together a team of experts from Atrium Health and Carolina NeuroSurgery & Spine Associates, including spine surgeons, physiatrists, sports medicine providers, physical therapists and more! Speakers covered various topics from prevention to post-surgical management, diving deep into topics of interest like the role of physical therapy and chiropractic care. The 154 attendees learned about the role of multidisciplinary partners and critical elements of care coordination to ensure optimal patient outcomes.

We are actively using feedback from the event to make plans for our 2024 symposium – stay tuned for more details!



Special Highlight: Dr. Jerry Petty and Rick Hendrick

While the second annual SpineFirst Symposium was focused on equipping providers with the latest in treatment paradigms, the day culminated with a special session and a conversation between two friends – Dr. Jerry Petty and Rick Hendrick. Dr. Dom Coric facilitated the discussion around the rich and admirable legacies of Mr. Hendrick and Dr. Petty, asking them questions from what their first car was, to why they chose Charlotte to be their home. The conversation highlighted the thoughtfulness each puts into their family and workplace, and each other. Rick Hendrick and Dr. Jerry Petty represent the rich history of excellence in Charlotte that has set the standard for SpineFirst.



SPINEFIRST GRAND ROUNDS

Dr. Dom Coric, leader of the Atrium Health Southeast Region Spine Center of Excellence (COE), led the August 31st MSKI Grand Rounds, held at the Atrium Health Mercy auditorium. Dr. Claude “T” Moorman, President of the Atrium Health Musculoskeletal Institute, introduced Dr. Coric and led everyone in a touching recognition of Dr. Coric’s health battles over the last year. Dr. Coric, a world expert in spinal motion preserving techniques, including cervical total disc replacement and lumbar arthroplasty, shared his experiences conducting



over thirty investigational device trials, with an emphasis on the latest technological advancements in facet joint arthroplasty. Dr. Coric shared the primary endpoints in the trial that led the device to have a superiority claim over standard lumbar fusion surgery.

PARK PICK-UP DAY

In July 2023, the SpineFirst team and families came together to support the Mecklenburg County Park and Recreation department in a park beautification event at Revolution Park in Charlotte, NC. This was an opportunity to exemplify our commitment to community engagement through the dedication of our care teams.





Excellence



ADVANCED (RE)CERTIFICATION IN SPINE SURGERY

SpineFirst has prioritized having external validation of their patient care and quality outcomes by the Joint Commission, through their Advanced Certification for Spine Surgery (ACSS). A Joint Commission certification validates each facility to ensure consistent communication & collaboration among all health care providers involved in the care of the spine patient from prehospital to hospital to post-discharge follow-up.

In 2021, Atrium Health Carolinas Medical Center became the first facility in the Southeast to achieve this distinction. We then followed this achievement at Atrium Health Cabarrus in April of 2022. ACSS is a two-year certification, as such Atrium Health Carolinas Medical Center received their follow-up site visit July of 2023. After a two-day site visit and rigorous review of our SpineFirst program, Atrium Health Carolinas Medical Center was awarded recertification by the Joint Commission and received the Gold Seal® of approval by demonstrating continuous compliance with its performance standards.

“This recertification emphasizes and celebrates the interdisciplinary collaboration between surgeons and care teams to ensure that we are delivering the highest quality, patient-centered care possible. We are proud of our care team, and those that contributed to this accomplishment, for continuing to provide world class care to the SpineFirst community.”

– Dr. Paul K. Kim, Executive Medical Director of SpineFirst



ADVANCING THE SCIENCE OF CARE



45+ peer reviewed publications last year



3 chapters or textbooks authored by SpineFirst leaders

FIRST CENTER to be (re)certified by the Joint Commission in the Advanced Certification for Spine Surgery

CERVICAL SPINE

Anterior Cervical Discectomy and Fusion in the Ambulatory Surgery Center Versus Inpatient Setting: One-Year Cost-Utility Analysis

Monk, Steve H. MD^{1,2,3}; Hani, Ummei MBBS^{2,3}; Pfortmiller, Deborah PhD, MA^{1,2}; Smith, Mark D. MD^{1,2}; Kim, Paul K. MD^{2,3}; Bohl, Michael A. MD^{2,3}; Coric, Domagoj MD^{2,3}; Adamson, Tim E. MD^{2,3}; Holland, Christopher M. MD, PhD^{2,3}; McGirt, Matthew J. MD⁴

Author Information @

Spine (48) pp 155-163, February 1, 2023. | DOI: 10.1097/BRS.00000000000004500

BUY | SDC

Metrics

Abstract

Study Design.

Retrospective analysis of prospectively collected data.

Objective.

Assess the cost-utility of anterior cervical discectomy and fusion (ACDF) performed in the ambulatory surgery center (ASC) versus inpatient hospital setting for Medicare and privately insured patients at one-year follow-up.



3400+ patients added to our spine registry efforts



SpineFirst Highlights

- ▶ **Dr. Coric launched the Spine Center of Excellence**, bringing together leaders across the Southeast Region of Atrium Health to focus on quality, outcomes, and reduced variation in spine care.
- ▶ **Becky Noe**, Atrium Health Carolinas Medical Center Neurology Service Line Educator, was named the Central Division Educator of the Year.
- ▶ **Atrium Health Mercy**, a facility of Carolinas Medical Center, received approval from Contigo Health to take care of Spine Bundle patients.

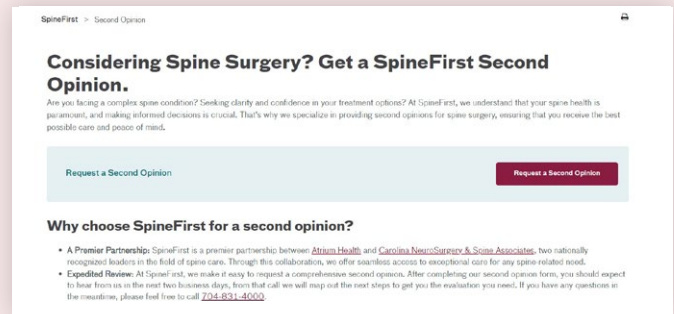
24 HOURS OF BOOTY

- ▶ **In July 2023, the collective SpineFirst team came together to raise over \$42k in support of the fight against cancer with 24 Hours of Booty**, the biking event put on by the 24 Foundation. Sponsored by SpineFirst, the team rode in support of esteemed colleague, Dr. Dom Coric, a neurosurgical luminary and cancer warrior. This event allowed our team to unite to support Dr. Coric and the broader cancer community by cycling, walking, or donating to this impactful cause!



LAUNCH OF SECOND OPINION CLINIC

- ▶ **The SpineFirst team launched the Second Opinion Clinic in October of 2023.** This resource will allow patients who are facing complex spine conditions, and may be considering treatment options, to receive a second opinion from our SpineFirst spine surgeons. After completing the second opinion form via SpineFirst.com, patients can expect to hear from our care coordination leader within two business days of receiving medical records. Our health care team will then map out the next steps for the patient to receive any necessary evaluation. The Second Opinion Clinic hopes to reduce patient fear and anxiety about their decision to have back or neck surgery, as well as provide an opportunity to ask questions and consider all of their options before making a decision.



SpineFirst > Second Opinion

Considering Spine Surgery? Get a SpineFirst Second Opinion.

Are you facing a complex spine condition? Seeking clarity and confidence in your treatment options? At SpineFirst, we understand that your spine health is paramount, and making informed decisions is crucial. That's why we specialize in providing second opinions for spine surgery, ensuring that you receive the best possible care and peace of mind.

[Request a Second Opinion](#)

Why choose SpineFirst for a second opinion?

- **A Premier Partnership:** SpineFirst is a premier partnership between **Atrium Health** and **Carolina Neurosurgery & Spine Associates**, two nationally recognized leaders in the field of spine care. Through this collaboration, we offer seamless access to exceptional care for any spine-related need.
- **Expedited Review:** At SpineFirst, we make it easy to request a comprehensive second opinion. After completing our second opinion form, you should expect to hear from us in the next two business days, from that call we will map out the next steps to get you the evaluation you need. If you have any questions in the meantime, please feel free to call **704-853-4000**.

SPINEFIRST AT ANGEL TREE WITH SALVATION ARMY

- ▶ **For the second year in a row, SpineFirst donated time and gifts to the Salvation Army through their Angel Tree program.** During the first week of December, SpineFirst members Sarah Bender, Cameron Davis, and Yvette Vega volunteered with the Salvation Army to put together Christmas gift bags for “Angels” that are in need within our community. The Angel Tree program helps provide Christmas gifts to thousands of children nationwide. Once a child or senior adult has been registered and accepted as an “Angel”, their Christmas wish list is shared with donors within the community, who help purchase and organize gifts of new clothing and toys. SpineFirst also adopted and shopped for two angels through the program. Lori White, SpineFirst Care Coordination Leader, led donations from SpineFirst Symposium vendor Timothy Bartkowski. The Angel Tree program aims to show families that despite the challenges they may face, hope marches on, especially during the holiday season.



Branding, Marketing and Communications



ACTIVE PATIENT PLAYS PICKLEBALL PAIN FREE FOLLOWING SPINE SURGERY

Catherine Whitney loves to be active. She enjoys playing pickleball and golf, traveling, spending time at the beach and boating with her family. Following in her parents' footsteps by maintaining her health has always been a priority. That's why her struggle with back, hip and leg pain has been especially challenging. Catherine finally found relief from chronic pain when she consulted SpineFirst in 2021. Her story illustrates how patients can benefit from minimally invasive spine surgery in an outpatient setting.

As a resident of Charlotte, Catherine was familiar with SpineFirst. Its spine surgeons had an excellent reputation throughout the community, making her decision easy. Catherine consulted Dr. Tim Adamson, a neurosurgeon specializing in minimally invasive spine surgery, right away. Adamson scheduled Catherine for a minimally invasive, outpatient spine surgery at Carolina Center for Specialty

Surgery (CCSS) just a few weeks later. CCSS is a joint venture ambulatory surgery center between Atrium Health and Carolina NeuroSurgery & Spine Associates and a foundational facility of their SpineFirst partnership.

Catherine's spine procedure involved two steps: decompression and fusion. The minimally invasive procedure is performed under general anesthesia and takes 90-120 minutes to complete. Adamson and his surgical team use ultrasound-guided muscle blocks to put the muscles to sleep around the surgical site to help control pain. The numbing medications last for three days, allowing the patient to go home the same day of surgery and rest comfortably. Catherine returned to playing pickleball just a few months following surgery. She doesn't have any ongoing pain or discomfort. If she overdoes an activity, she rests her muscles for a day and then is back to normal. "I'm doing great," notes Catherine. "Thankfully, I have the rest of my health intact. So I don't hesitate to do anything, including climbing a ladder, playing sports or doing yard work. I'm not worried like I was before."



SpineFirst



Atrium Health

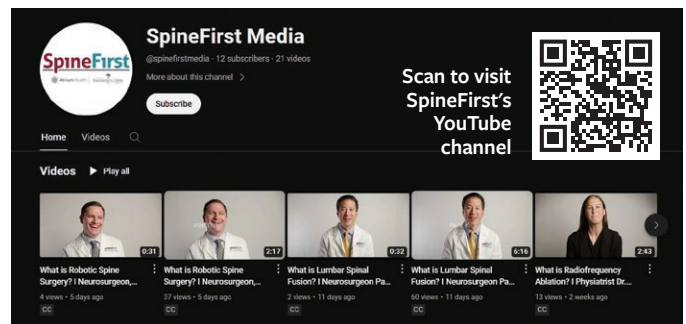


Premier partnership. Exceptional care. Seamless experience.

▶ SPINEFIRST EDUCATIONAL VIDEO SERIES

SpineFirst has officially launched our educational video series! We are grateful to our wonderful marketing team at Atrium Health and Carolina NeuroSurgery & Spine Associates for diligently working to produce, edit, and upload a series of videos that aims to better educate patients about spine health and procedures. Topics include minimally invasive surgery, ambulatory surgery centers, degenerative disc disease, scoliosis, as well as an introduction to SpineFirst, among others!

Full length videos have been uploaded onto the SpineFirst YouTube channel, SpineFirst Media, and shorter, 30-second "teasers" are shared through other forms of social media, such as Facebook, LinkedIn, Instagram, and Twitter. Please be sure to follow us on social media and share the videos – we are proud of our SpineFirst leaders!



Locations

SpineFirst provides complete spine care throughout the greater Charlotte area, including 12 Carolina NeuroSurgery & Spine Associates and Atrium Health Musculoskeletal Institute Sports Medicine locations. We perform surgical procedures at 6 regional facilities.

Call **704-831-4000** to schedule an appointment today.

CAROLINA NEUROSURGERY & SPINE ASSOCIATES LOCATIONS

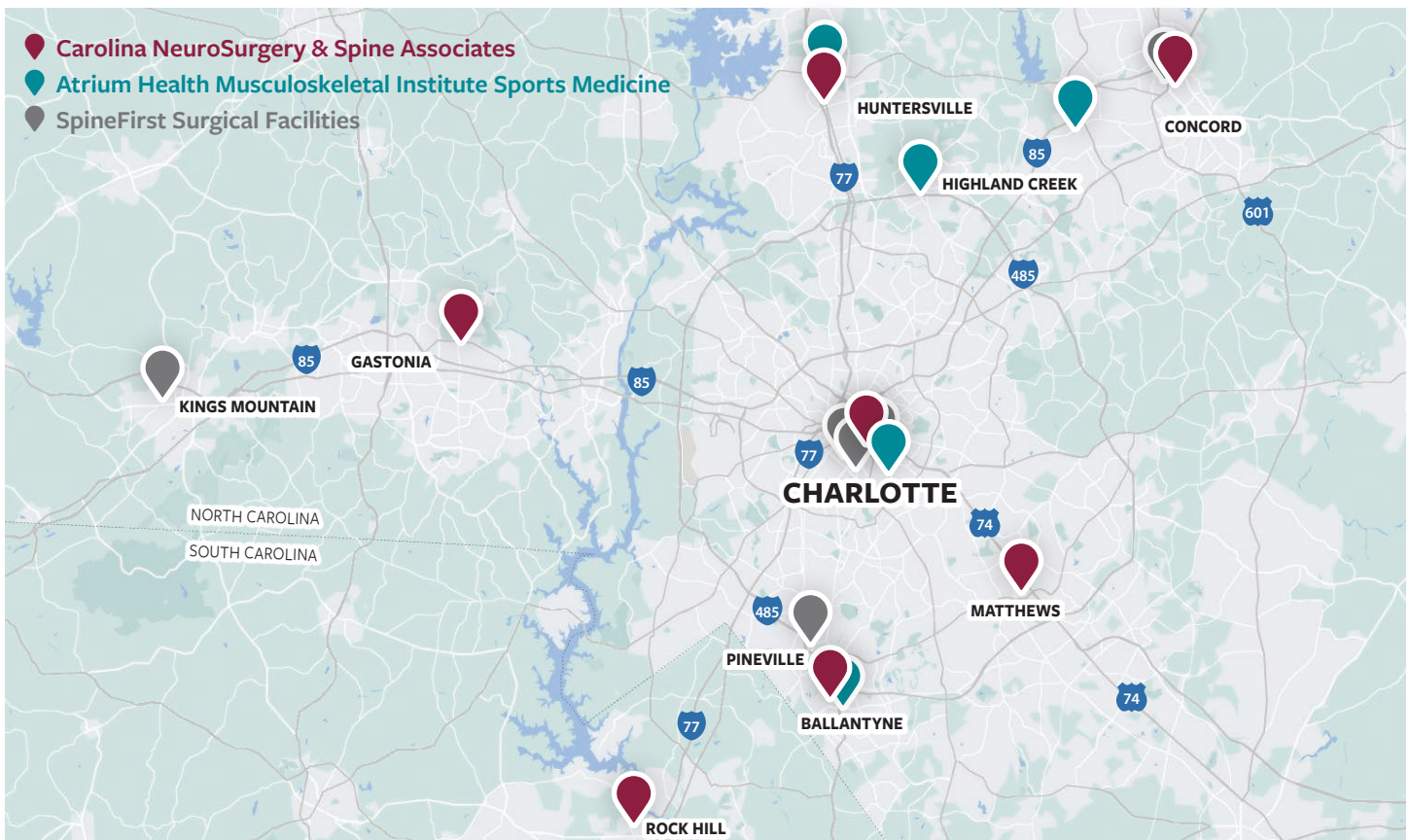
- ▶ **Ballantyne**
14135 Ballantyne Corp. Pl., #100
Charlotte, NC 28277
- ▶ **Charlotte**
225 Baldwin Ave.
Charlotte, NC 28204
- ▶ **Concord**
110 Lake Concord Rd. NE
Concord, NC 28025
- ▶ **Gastonia**
811 Cox Rd.
Gastonia, NC 28054
- ▶ **Huntersville/Lake Norman**
10314 Hamptons Park Dr.
Huntersville, NC 28078
- ▶ **Matthews**
1401 Matthews Twp. Pkwy., #300
Matthews, NC 28105
- ▶ **Rock Hill**
937 Riverwalk Pkwy., #101
Rock Hill, SC 29730

ATRIUM HEALTH MUSCULOSKELETAL INSTITUTE SPORTS MEDICINE LOCATIONS

- ▶ **Ballantyne**
14214 Ballantyne Lake Rd., #150
Charlotte, NC 28277
- ▶ **Charlotte**
5735 Prosperity Crossing Dr., #2100
Charlotte, NC 28269
- ▶ **Charlotte**
3030 Randolph Rd., #105-B
Charlotte, NC 28211
- ▶ **Concord**
5651 Poplar Tent Rd., #102
Concord, NC 28027
- ▶ **Huntersville**
9726 Sam Furr Rd.
Huntersville, NC 28078

SPINEFIRST SURGICAL FACILITIES

- ▶ **Atrium Health Cabarrus**
920 Church St. N
Concord, NC 28025
- ▶ **Atrium Health Carolinas Medical Center**
1000 Blythe Blvd.
Charlotte, NC 28203
- ▶ **Atrium Health Kings Mountain**
706 W. Kings St.
Kings Mountain, NC 28086
- ▶ **Atrium Health Mercy**
2001 Vail Ave.
Charlotte, NC 28207
- ▶ **Atrium Health Pineville**
10628 Park Rd.
Charlotte, NC 28210
- ▶ **Carolina Center for Specialty Surgery**
1822 Brunswick Ave.
Charlotte, NC 28207



We want to hear from you! Please reach out to our SpineFirst team with questions, comments, or feedback by emailing us at SpineFirst@AtriumHealth.org