



# PHYSICIAN NEWS

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AMITA Health Communications  
2601 Navistar Drive  
Lisle, IL 60532

AMITA Health *Physician News* is published  
by the AMITA Health Communications  
Department for physicians at all AMITA  
Health hospitals and facilities. We welcome  
your questions and comments on *AMITA  
Health Physician News* articles. **Please email  
us at [communications@amitahealth.org](mailto:communications@amitahealth.org)**

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In sickness and in health®

## Diamond Headache Unit: Leading the Way in Treatment

A clinic at AMITA Health Saint Joseph Hospital Chicago is leading the way in treatment for those suffering from chronic headache pain.

Established in Chicago in 1972, the Diamond Headache Clinic was the first comprehensive private headache clinic in the world to offer specialized care for those with chronic headache pain. As a continuation of this care, in 1981, the Diamond Headache Unit was founded, becoming the nation's first dedicated inpatient unit for headache treatment.



**Patient Maddie Goetz receives acupuncture as part of her migraine treatment.**



Today the 43-bed inpatient unit, located at AMITA Health Saint Joseph Hospital Chicago, offers a comprehensive, interdisciplinary approach to headache diagnosis, treatment and management by a multidisciplinary team of physicians, nurses, psychologists, pharmacists, dietitians, physical therapists, recreational therapists and counselors. Led by Merle Diamond, M.D., managing director, the Diamond Headache

treatment team is internationally recognized for its specialized expertise in the care and treatment of severe and chronic headache disorders. The unit's patient-centered treatments range from individualized drug therapy, physical therapy and psychological intervention to alternative therapies, such as massage therapy and acupuncture, to non-drug therapies including biofeedback training. The inpatient unit offers lighting and temperature controls to maximize the patient experience. The patient's family is encouraged to be part of the patient's treatment program.

"The Diamond Headache Unit is a state-of-the-art facility designed to treat patients who have been battling chronic headaches and migraines for a period of time," said Mark Greco, P.T., D.P.T., clinical program manager. "Our care team takes an individualized approach to each patient, integrating multiple disciplines to maximize the patient's headache care to support his or her return to function."

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# A Note from the Chief Clinical Officer

Dear Medical Staff,

Welcome to the November issue of AMITA Health Physician News. This e-newsletter is designed to share information that is relevant to you as a physician within AMITA Health and support the management of your practice and patient care. Also of note, this newsletter is now delivered to our entire physician group, including our legacy Presence Health physicians.

In this issue, we feature the Diamond Headache Unit, located at AMITA Health Saint Joseph Hospital Chicago. This unit was the first in the U.S. to offer complete inpatient care for chronic headache patients and I think you'll find its offerings and innovations to be of interest. Also of note is the article "Fall Risk in the Elderly: A Focus on 'Z Drugs,'" which was contributed by members of the nursing and pharmacy teams at AMITA Health Saint Joseph Hospital Elgin. We welcome these types of submissions, as we all can benefit from the experiences of others across our large system. If you have content that you would like to share with your medical colleagues through this e-newsletter, please do not hesitate to reach out to the editorial team at [communications@amitahealth.org](mailto:communications@amitahealth.org). We also would like to know more about the types of information you want to receive via this publication. We will use that valuable feedback in the selection of content that is directed to you in the future.

Also, a quick reminder: If you received the AMITA Health 2018 Physician Engagement Survey, sent to your email by [surveys@advisory.com](mailto:surveys@advisory.com), and you have not yet completed it, please do so — your input is critical to shaping the physician experience here at AMITA Health.

Thank you for all that you do for our patients, their families and our healing ministries. If you have any questions, please feel free to contact me directly at 224-273-2348 or [Stuart.Marcus@amitahealth.org](mailto:Stuart.Marcus@amitahealth.org).

I hope you enjoy this issue.

**Stuart Marcus, M.D.**

Executive Vice President/Chief Clinical Officer



**Stuart Marcus, M.D.**

## Headache continued from page 1

At the unit, patients gain control over their headache condition, learn to manage their symptoms and improve their quality of life. "When a patient has a high degree of disability from a disorder, the reality is that it begins to affect everything in the patient's life, including relationships and work. For this reason, our focus goes beyond treating the headache — we treat the whole patient," said Diamond.

Psychological support is an important component of treatment. Said Diamond, "Migraine is often comorbid with anxiety, depression and bipolar illness, so incorporating psychology services into the treatment is key for some of our patients' long-term recovery."

The Diamond Headache Unit physicians and care team

work closely with the patient's primary care physician to ensure that, when the patient leaves the unit, the physician has the information he or she needs to continue the patient's care. "We make sure the patient's primary care physician has all of the information he or she needs, including about the care that was provided on the unit and the plan of care, so the physician and patient can work together to maintain the patient's post-discharge treatment program," said Greco.

"If you have difficulty to manage headache patients, we are here to help," said Diamond. Patient referrals can be made by contacting the Diamond Headache Clinic main intake line at 1-800-HEADACHE (1-800-432-3224) or at 773-388-6390. For more information about the inpatient unit, visit: [diamondheadache.com/inpatient/](http://diamondheadache.com/inpatient/).