

QUARTERLY SERVICE LINE UPDATE

First Edition



CENTRA

TABLE OF CONTENTS

BEHAVIORAL HEALTH	1
Addiction Services	
Adult Outpatient Psychiatry & Therapy	
HEART & VASCULAR INSTITUTE	2
Adult Congenital Heart Disease (ACHD) Clinic	
Atrial Fibrillation (Afib) Clinic	
Cardiology	
HEMATOLOGY & ONCOLOGY	3
Centra Hematology Oncology Clinics	
NEUROLOGY	3
General Neurology	
Headache Center	
Outpatient Electroencephalogram (EEG)	
PEDIATRICS	4
Child & Adolescent Inpatient Psychiatry	
Child & Adolescent Outpatient Psychiatry	
PULMONOLOGY	5
Sleep Services	
Virginia Baptist & Southside Community Hospital Sleep Disorder Centers	
CMG Sleep Wellness Center	
IMAGING	6
CT Imaging and MRI Ordering Guidelines	
SURGICAL SERVICES	6
General Surgery	
Urology	
Weight Loss & Bariatric Surgery	
WOMEN'S HEALTH	7
WOUND CARE	7
FUTURE CME OPPORTUNITIES	8

BEHAVIORAL HEALTH

Addiction Services

Services Offered for Patients 18+:

- Medication assisted treatment (MAT) with Suboxone, Vivitrol and Sublocade for opioid use
- Mental health evaluations
- Substance use individual and group therapy
- Care coordination for social needs

How to Refer:

Scheduling new patient appointments, the same or next day. Call or send referral via fax or through the Referral Management System in Cerner for the following locations:

- Centra Medical Group (CMG) Adult Outpatient Addiction Treatment Center ***Telehealth appointments available**
3300 Rivermont Avenue, 4th Floor, Lynchburg, VA 24503
Phone: 434.200.2072 **Fax:** 434.200.4252
- Centra Medical Group (CMG) Adult Addiction at Pathways
- Residential
- Intensive Outpatient Program (IOP)
Barker-Cowling Building: 3300 Rivermont Avenue, Lynchburg, VA 24503
Phone: 434.200.4455 **Fax:** 434.288.1147

To learn more about the Addiction & Recovery Services at Centra, click here: [Addiction and Recovery | Centra Health](#)

Adult Outpatient Psychiatry & Therapy

(*Patients 18-65 years old)

How to Refer:

Depending on the insurance carrier, we can often see patients the same or next day. ***Providers with the same or next day access are currently only credentialed with the following payers. As the credentialing process progresses, they will be able to accept more payers:**

- | | | |
|----------------------------|--------------------------------|------------------|
| • Aetna | • Magellan/Molina | • PCHP |
| • Anthem | • Medicaid-VA | • Sentara/Optima |
| • Cigna | • Medicare & Medicare Railroad | • VA Premier |
| • Humana & Humana Military | • Optum | |

Call or send referral through the Referral Management System in Cerner for the following locations:

- Centra Medical Group (CMG) Piedmont Psychiatric Center - Lynchburg & Farmville ***Telehealth appointments available**
Barker-Cowling Building: 3300 Rivermont Avenue, 3rd Floor, Lynchburg, VA 24503
935 S. Main Street, Farmville, VA 23901
Phone: 434.200.5999 **Fax:** 434.200.1673
- Centra Medical Group (CMG) Adult Intensive Outpatient Program
Barker-Cowling Building: 3300 Rivermont Avenue, 2nd Floor, Lynchburg, VA 24503
Phone: 434.200.5995 **Fax:** 434.200.6048

To learn more about the Intensive Outpatient Program, click here: [CMG Intensive Outpatient Program \(IOP\) | Centra Health](#)

New Procedures / Technology:

Centra Psychiatric & Behavioral Health has the only Transcranial Magnetic Stimulation (TMS) Apollo machine in Virginia. TMS therapy provides patients who have not experienced improvement in depression symptoms from medication with an alternative treatment option. Treatment sessions typically last for about 20 to 30 minutes.

How to Refer:

Scheduling new patient appointments, usually within one week. Call or send referral through the Referral Management System in Cerner for the following location: ****When referring, please note “TMS” on referral***

- Centra Medical Group (CMG) Piedmont Psychiatric Center - Lynchburg
3300 Rivermont Avenue, 3rd Floor, Lynchburg, VA 24503
Phone: 434.200.5999 **Fax:** 434.200.1673

HEART & VASCULAR INSTITUTE

Adult Congenital Heart Disease (ACHD) Clinic:

Referral Criteria:

The ACHD clinic offers comprehensive care to patients over the age of 16 who are ready to transition to adult cardiology care with complex anatomy and physiology, who may have undergone multiple procedures and surgeries.

New Providers / Capabilities:

Vasutakarn 'Eve' Chonthammakun, MD, PhD has joined the Centra Heart & Vascular Institute team specializing in adult congenital heart disease, connective tissue disorders and cardio-obstetric patients.

Click here to learn more about more about [Vasutakarn 'Eve' Chongthammakun, MD, PhD | Centra Health](#)

How to Refer:

Scheduling new patient appointments within one week. Call or send referral via fax or through the Referral Management System in Cerner for the following location: ****When referring, please note “ACHD Clinic” on referral***

- Centra Heart & Vascular Institute - Lynchburg
2410 Atherholt Road, Lynchburg, VA 24501
Phone: 434.200.5252 **Fax:** 434.200.2871

Atrial Fibrillation (Afib) Clinic

Referral Criteria:

- New diagnosis of atrial fibrillation noted in the ER, primary care, urgent care or other specialty practices by evidence of EKG findings.
- New atrial fibrillation noted on ambulatory monitors and interrogations of implantable cardiac devices such as loop recorders, pacemakers or defibrillators.

How to Refer:

Scheduling new patient appointments within the same week. Call or send referral via fax or through the Referral Management System in Cerner for the following location: ****When referring, please note “Afib Clinic” on referral***

- Centra Heart & Vascular Institute - Lynchburg
2410 Atherholt Road, Lynchburg, VA 24501
Phone: 434.200.5252, option 3, ask for the EP Afib clinic scheduler **Fax:** 434.200.2496

Click here to learn more about the clinic: [Atrial Fibrillation | Centra Health](#)

Cardiology

New Procedures / Technology:

Centra Heart & Vascular Team performed its first Aurora Extravascular Implantable Cardioverter Defibrillator (EV-ICD) implant at Lynchburg General Hospital in March. The case performed by Dr. Jose Silva, Dr. Houman Tavaf and Dr. Chinmaya Mareddy was the first extraction of transvenous ICD followed by implantation of the new EV-ICD in Virginia.

CME Opportunity:

Dr. Firas Kaddaha from the Centra Heart & Vascular Institute – Farmville: Diagnosing and treatment of heart palpitations.

Click here to access [CME Online Activities](#)

HEMATOLOGY & ONCOLOGY

Centra Hematology Oncology Clinics:

New Centra Medical Group (CMG) Hematology/Oncology practice opened April 1st with locations in both Lynchburg and Farmville.

Click here to learn more about [Cancer Care](#)

- Centra Alan B. Pearson Regional Cancer Center - Lynchburg
1701 Thomson Drive, 2nd Floor, Lynchburg, VA 24501
Phone: 434.200.5925 **Fax:** 434.485.7840
- Centra Southside Hematology Oncology Clinic - Farmville
800 Oak Street, Farmville, VA 23901
Phone: 434.315.2690 **Fax:** 434.315.2697

Centra welcomes the new Hematology Oncology Clinic providers.

Click here to learn more about the new [Centra Hematology Oncology Providers](#)

An oncology nurse navigator is a registered nurse with cancer experience and specialized training. They are specially trained as Oncology Certified Nurses (OCN), which gives them expert knowledge of cancer care.

Click here to learn more about [Centra's Oncology Nurse Navigators](#)

NEUROLOGY

General Neurology

Updated Location:

April 8th, 2024, the CMG Neurology practice at 2811 Linkhorne Drive, Suite A, moved to a new and expanded location at 2818 Linkhorne Drive, Lynchburg, VA 24503. The following providers are practicing at the new location:

- Peggy Bettin, MD
- Kevin Brenzy, MD
- William Watson, MD
- Carl Hoegerl, MD
- Melissa Ramsdell, NP
- Sarah Waddell, NP

Headache Center

Protocol to start and direct treatment prior to referring to center:

Trialing Patients On:

- Magnesium oxide (400-600mg daily)
- Riboflavin (300-400mg) daily and at least one preventative medication if not medically contraindicated (ex: Propranolol, Topiramate, Amitriptyline or Venlafaxine)

Trialing Abortive Medication:

- Triptans
- Ubrelyv
- Nurtec

How to Refer:

Call 434.200.3600 or send referral via fax at 434.200.3714 or through the Referral Management System in Cerner.

***When referring, please note "Headache Center" on referral**

Neurointerventional Surgery

The neurointerventional surgery team at Centra Medical Group (CMG) Neurology evaluates and treats various conditions including:

- Benign Facial Lesions ***adults**
- Brain Aneurysms
- Brain Arteriovenous Malformation (AVM)
- Carotid Stenosis
- Dural Arteriovenous Fistulas (dAVFs)
- Idiopathic Intracranial Hypertension (IIH)
- Percutaneous Spine Intervention
- Pulsatile Tinnitus
- Stroke ***to be reviewed by provider**
- Sacroplasty
- Subdural Hematoma
- Venous Thrombectomy
- Vertebroplasty

How to Refer:

Call or send referral via fax or through the Referral Management System in Cerner for the following location:

- Centra Medical Group (CMG) Neurology Center - Lynchburg
2025 Tate Springs Road, Lynchburg, VA 24501
Phone: 434.200.3600 **Fax:** 434.200.3714

Outpatient Electroencephalogram (EEG)

Referral Criteria (for Patients Aged 18+):

- Unexplained syncope
- New onset seizure
- Fluctuant / rapidly worsening cognitive decline

How to Refer:

Call or send referral via fax or through the Referral Management System in Cerner ****urgent follow up to provider when warranted within 24 hours. *When referring to Centra Southside Community Hospital EEG lab, please note "EEG to be completed at Southside EEG lab"***

- Centra Southside Community Hospital ****Last Wednesday of every month***
800 Oak Street, Farmville, VA 23901
- CMG Neurology Center - Lynchburg
2025 Tate Springs Road, Lynchburg, VA 24501
Phone: 434.200.3600 **Fax:** 434.200.3714

CME Opportunity:

The Centra Neurointerventional Team offers grand rounds twice a month with a series discussing the Advancements in Neurovascular Care.

Click here to access [CME Online Activities](#)

PEDIATRICS

Child & Adolescent Inpatient Psychiatry

Admission Criteria:

- Ages 5-17 and must meet one of the following four criteria:
 - Immediate serious risk of harm to self
 - Serious potential of harm of others
 - Symptoms of psychosis
 - Change in psychiatric symptoms

Exclusionary Criteria:

- Medically complicated
- Primary diagnosis is substance abuse disorder
- Unable to complete activities of daily living (ADLs)
- Developmental disability or cognitive conditions or eating disorder (exception if they can participate in a group)
- In custody of criminal justice system and/or juvenile detention
- Non-verbal

How to Refer:

Immediate availability for child and adolescent inpatient psychiatry unit. Call to speak with the intake nurse.

- Centra Virginia Baptist Hospital
3300 Rivermont Avenue, KRISE6 Unit, Lynchburg, VA 24503
Phone: 434.200.4444 **Fax:** 434.200.5295

Child & Adolescent Outpatient Psychiatry

Referral Criteria:

Services for ages 5+ with a broad range of mental health needs such as psychiatry.

How to Refer:

Depending on the insurance carrier, we can often see patients the same or next day. Call or send a referral via fax or through the Referral Management System in Cerner.

- Centra Medical Group (CMG) Piedmont Psychiatric Center - Lynchburg ***Telehealth appointments available**
Barker-Cowling Building: 3300 Rivermont Avenue, 3rd Floor, Lynchburg, VA 24503
Phone: 434.200.5999 **Fax:** 434.200.1673

PULMONOLOGY

On April 1st, 2024, Lynchburg Pulmonary Associates joined the Centra system, and five physicians and five advanced practice providers joined our team through this transition. Lynchburg Pulmonary Associates is now known as CMG Pulmonology - Lynchburg and LPA (Lynchburg Pulmonary Associates) Sleep Wellness Center is now the CMG Sleep Wellness Center.

How to Refer (**Patients 16+ years old*):

Call or send referral via fax or through the Referral Management System in Cerner for the following location:

- Centra Pulmonology- Lynchburg
2011 Tate Springs Road, Lynchburg, VA 24501
Phone: 434.947.3963 **Fax:** 434.947.5935

Sleep Services

Virginia Baptist & Southside Community Hospital Sleep Disorder Centers (*Patients 6+ years old)

Appointments Offered:

- Diagnostic sleep studies (in lab or home studies): Testing for patients with suspected underlying sleep disorder (sleep apnea, movement disorder, narcolepsy and other disorders of sleep).
- Therapeutic: Evaluation of several types of pressures to treat obstructive and central sleep apnea.
- Mask Fitting: Patient's struggling with mask comfort or compliance.
- PAP Nap Appointments: Patients' struggling with compliance with therapy due to pressure intolerance.

How to Refer:

****Patients do not have to see a sleep physician for the Virginia Baptist and Southside Community sleep center locations***

Scheduling new patient appointments within two weeks depending on insurance requirements. When referring, please send clinical note with documented sleep concerns and Epworth Sleepiness Score and patient medical history. Call or send referral via fax or through the Referral Management System in Cerner for the following locations:

- Centra Virginia Baptist Hospital ****All types of sleep studies offered at this location***
3300 Rivermont Avenue, Lynchburg, VA 24503
Phone: 434.200.4628 **Fax:** 434.200.4400
- Centra Southside Community Hospital ****Home tests and mask fittings offered at this location***
800 Oak Street, Farmville, VA 23901
Phone: 434.315.2407 **Fax:** 434.315.2408

CMG Sleep Wellness Center (*Patients 7+ years old)

How to Refer:

****If provider would like the patient to see a sleep specialist BEFORE they have a sleep study, please refer to this location***
Call or send referral via fax or through the Referral Management System in Cerner for the following location:

- CMG Sleep Wellness Center ****Home tests ONLY and no titration services offered at this location***
2512 Langhorne Road, Lynchburg, VA 24501
Phone: 434.528-2194 **Fax:** 434.528.2196

IMAGING

Centra Central Virginia Imaging is equipped with state-of-the-art diagnostic equipment and professional staff to provide multiple imaging tests and services. Click the link below to learn more about CT Imaging & MRI ordering guidelines.

[CT Imaging Guidelines](#)

[MRI Ordering Guidelines](#)

How to Refer:

Call or send referral via fax for the following location:

- Centra Central Virginia Imaging
113 Nationwide Drive, Lynchburg, VA 24502
Phone: 434.237.4004 **Fax:** 434.237.1594

SURGICAL SERVICES

General Surgery

New Procedures / Technology:

da Vinci XI Robot — New da Vinci XI robotic surgical system has been installed at Centra Southside Community Hospital to provide a diverse range of minimally invasive procedures. To read more about the new robotic capabilities, click here: [Centra Elevates Surgical Program at Southside Community Hospital with New Robotic System | Centra Health](#)

How to Refer:

Call or send referral via fax or through the referral management system in Cerner for the following locations:

- Centra Medical Group (CMG) Southside Surgery Center ***Benselvan Chandrakaladharan, MD - General Surgery**
800 Oak Street, Farmville, VA 23901
Phone: 434.315.2998 **Fax:** 434.315.2945
- Centra Medical Group (CMG) Southside Women's Center
***Graham Nelsen, MD - Gynecological Surgery**
800 Oak Street, Farmville, VA 23901
Phone: 434.315.2950 **Fax:** 434.315.2959

Weight Loss & Bariatric Surgery

CME Opportunity:

Dr. Michael Jones, a member of Centra Medical Group's Weight Loss and Bariatric Surgery Team: How to start the weight loss conversation with patients in addition to the medical management of weight loss.

Click here to access [CME Online Activities](#)

Urology

Information needed prior to referring to urology for the following conditions:

- **BPH:** include any imaging, bladder scan results, micro urinalysis and cultures.
- **Elevated PSA:** include the last 3 years of PSA levels if available.
- **Epididymitis/Incontinence/Urinary Symptoms (Dysuria, Frequency or Nocturia):** include any micro urinalysis and any cultures done.
- **Erectile Dysfunction (ED):** include list of any erectile dysfunction (ED) medications trialed.
- **Hematuria:** order a micro urinalysis (no dip + tests) to check for legit blood in the urine. Include any CT scans, ultrasound reports and any urine culture tests.
- **Kidney Stones:** include all imaging reports, kidney functions, micro urinalysis and any urine cultures.
- **Renal Cyst:** include any imaging such as renal ultrasound or CT scan.
- **Renal Mass:** include imaging report and current kidney function test (BUN/Creatinine)
- **Testicular Mass/Hydrocele/Varicocele/Testicular Pain:** include testicular ultrasound, urine cultures and micro urinalysis.
- **Urinary tract infections (UTI):** order culture to make sure patient is being treated with appropriate antibiotic. Include all urine cultures, any micro urinalysis and any imaging such as renal ultrasound or CT scan report.
- **Vasectomy Consults:** include the latest office note and insurance information.

Exclusionary Conditions:

- Elevated or low testosterone
- Peyronie's Disease
- Infertility

How to Refer:

Call or send referral via fax or through the referral management system in Cerner for the following location:

****All imaging done outside of Centra will need to be loaded into PACs system or a report and disc will need to be sent prior to appointment being scheduled***

- Centra Medical Group (CMG) Urology
2542 Langhorne Road, Lynchburg, VA 24501
Phone: 434.200.5297 **Fax:** 434.200.5371

WOMEN'S HEALTH

New Providers / Capabilities:

- Graham Nelsen, MD, OB/GYN offering minimally invasive gynecological surgeries via da Vinci XI robotic surgical system within Centra Southside Community Hospital.
- M. Semiha Uray, MD, OB/GYN offering queer (LGBTQ+) affirming care.

How to Refer:

Call or send referral via fax or through the referral management system in Cerner for the following location:

- Centra Medical Group (CMG) Southside Women's Center
800 Oak Street, Farmville, VA 23901
Phone: 434.315.2950 **Fax:** 434.315.2959

WOUND CARE

New Providers / Capabilities:

Sabrina Leicht, PA-C has joined the Centra Medical Group (CMG) Southside Surgery Center specializing in wound care.

Wound Care Services Provided:

****Patients will initially be evaluated by the general surgeon then seen by Sabrina Leicht, PA-C in conjunction with the wound care ostomy nurse***

Evaluating and treating acute, chronic and non-healing wounds caused by a variety of conditions:

- Pressure ulcers
- Skin graft wounds
- Diabetic wounds
- Ischemic ulcers caused by PAD
- Venous ulcers caused by PVD
- Neuropathic ulcers
- Soft tissue infections/wounds
- Surgical wounds/dehiscence
- Osteomyelitis
- Traumatic wounds such as lacerations or animal bites
- Ostomy care and education

How to Refer:

Scheduling new patient appointments within two weeks. Call or send referral via fax or the Referral Management Tool in Cerner for the following location: ****Please note, "Wound Care" on the referral***

- Centra Medical Group (CMG) Southside Surgery Center
800 Oak Street, Farmville, VA 23901
Phone: 434.315.2998 **Fax:** 434.315.2945

FUTURE CME OPPORTUNITIES:

Thursday, July 11th at 12:30 p.m.

Dr. Bikram Bal from Centra Medical Group's Southside Gastrointestinal Center will be discussing colonoscopy screening guidelines and alternate methods of colon cancer screening. Click [here](#) to register.

Wednesday, August 7th at 12 p.m.

Dr. Michael Lilly from Centra Medical Group's Surgical Services Team will be discussing Endoscopic Retrograde Cholangiopancreatography Procedures (ERCP). Click [here](#) to register.

Wednesday, September 25th at 12 p.m.

Dr. Corey Passman from Centra Medical Group's Urology Team will be discussing Prostate-Specific Antigen Screening (PSA) guidelines. Click [here](#) to register.