



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Please take a few minutes to read this month's report on **Respiratory Care**.

You'll soon discover why Licking Memorial Hospital is measurably different ... for your health!

Visit us at www.LMHealth.org.

The Quality Report Card is a publication of the LMHS Public Relations Department.

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Quality Report Card

Licking Memorial Health Systems

(740) 348-4000 (phone) • www.LMHealth.org



Volume 13, Issue 5

May 2012

Health Tips – 10 Tips to Travel Safely with Asthma

Patients with asthma can safely travel if they plan ahead and closely monitor their conditions. Here are some tips to help asthma patients enjoy their summer vacations, without running into a medical emergency:

- Visit your physician before departure to ensure your asthma is well controlled.
- Ensure that your influenza, pneumonia and whooping cough immunizations are up to date.
- Make a list of your “triggers” and research your destination to customize your travel plans to avoid the triggers.
- If smoke and pet dander are among your triggers, reserve a smoke-free and pet-free hotel room.
- If you are staying with friends or family, ask ahead of your visit if there are indoor pets in their home. If you are allergic to any of their pets, arrange to stay elsewhere. The extra expense will be minimal compared to an emergency room visit.
- Pack an adequate supply of controller and rescue medications. (Ask your insurance company if early refills are covered for travel purposes.)
- Pack your asthma action plan, peak flow meter, and spacer.
- Pack hand sanitizer, and use it often to prevent infection with a respiratory illness.
- Let your travel companions know your condition, and what should be done in case you need help during an attack.
- Research your destination to know the closest medical facility in case you have an emergency. Also pack your local physician's contact information.

Respiratory Care – How do we compare?

Check out our Quality Report Cards online at www.LMHealth.org.

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your healthcare choices.

1 In addition to causing cancer and many respiratory problems, tobacco smoking has been shown to increase the risk of complications for patients who have other serious illnesses. Licking Memorial Hospital (LMH) counsels inpatients who smoke, to quit smoking and refers them to Quit for Your Health, LMH’s free tobacco cessation program. As part of the Hospital’s internal referral process, LMH’s Respiratory Department staff spoke about smoking cessation with more than 2,529 patients who smoked in 2011.

	LMH 2009	LMH 2010	LMH 2011	National ⁽¹⁾
Smoking cessation education provided to:				
AMI patients	100%	100%	100%	100%
Pneumonia patients	99%	100%	100%	98%
Heart failure patients	100%	100%	100%	99%
				LMH Goal greater than 90%
Stroke patients	100%	100%	100%	

2 Smokers who receive advice from their physicians to quit smoking are more likely to give up smoking than those who do not, according to the National Committee for Quality Assurance (NCQA). Licking Memorial Pulmonology assesses the smoking status of all Pulmonology patients during office visits and counsels those who are actively smoking to quit. The patients are offered referral to Quit for Your Health.

	LMHP Pulmonology 2009	LMHP Pulmonology 2010	LMHP Pulmonology 2011	National ⁽²⁾
Smoking cessation advised for Licking Memorial Pulmonology patients who smoke	99%	99%	100%	74%

3 Asthma is a condition in which swelling or inflammation can cause narrowing of the breathing tubes, making it difficult to breathe and sometimes resulting in a medical emergency. By using the correct medications such as inhaled corticosteroids, asthma can be controlled. Use of these medications can reduce asthma-related emergency room visits, hospital admissions, and missed work/school days. LMHP Pulmonology assesses all asthma patients during their office visits to ensure that they are being treated with the correct long-acting corticosteroid.

	LMHP Pulmonology 2009	LMHP Pulmonology 2010	LMHP Pulmonology 2011	National ⁽²⁾
Asthma patients assessed for appropriate inhaled corticosteroid	100%	100%	100%	93%

4 Protecting patients from hospital-acquired infections is a primary patient safety goal. LMH has an ongoing program to prevent and treat infections in patients. Per the Centers for Disease Control and Prevention (CDC) recommendations, LMH tracks high-risk patients, including those with an increased risk of infection due to the presence of an invasive device, such as a ventilator. The following data reflects how many infections occurred during 1,000 patient days compared to the national benchmarks.

	LMH 2009	LMH 2010	LMH 2011	National ⁽³⁾
Pneumonia infection rate of ICU patients on ventilators	1.3	1.4	1.5*	1.2

* The rates above reflect one patient infection per calendar year.

5 A ventilator is a breathing machine that may be used in hospitals for very sick patients who may not be able to breathe on their own. The use of a ventilator can be life-saving, but also can have serious side effects, such as infections, stomach ulcers, blood clots, and dependency on the ventilator itself. To help reduce the potential for these side effects, LMH uses a “ventilator bundle” when caring for patients using a ventilator. This bundle includes several treatments used together, such as providing special medications, providing good mouth care, making sure the patient’s body is positioned correctly, and aggressively “weaning” the patient off the ventilator.

	LMH 2009	LMH 2010	LMH 2011	Goal
Complete ventilator bundle used for patients on ventilators	95%	96%	99%	greater than 90%

Data footnotes: (1) Hospitalcompare.hhs.gov national benchmarks. (2) National Committee for Quality Assurance, “The State of Health Care Quality 2011.” (3) National Healthcare Safety Network Report, Data Summary for 2010, Device-associated Module (Medical-Surgical ICU<15 beds).

Patient Story – Jesse Buchanan

Jesse Buchanan of Heath is known to joke around a lot. However, for several months in 2011, the merriment stopped as 80-year-old Jesse faced one serious health crisis after another. “I feel like I lost that whole summer,” he recalled. “I can joke about it now, because laughing is better than crying, but I was one sick man.”

Jesse first noticed some fatigue, shortness of breath and a racing pulse while trimming the lawn with a walk-behind mower last spring. The symptoms subsided with a brief rest period each time, so he disregarded them as a minor inconvenience. Besides, Nancy, his wife of 61 years, was scheduled to have knee replacement surgery, and he was focusing on preparations for her post-surgical home care.

Shortly after Nancy returned home from surgery, Jesse became ill and was diagnosed with pneumonia. Just a couple of weeks after treatment, he told Nancy he was feeling unwell again. “I was so cold, even though it was 85 degrees outside,” he explained.

“Our daughter, Cheryl is an anesthesiologist in Florida, so I called her for advice,” Nancy said. “She told me to check Jesse’s temperature, which I did. It was 99 degrees, but I checked again five minutes later, and it had already spiked to 102 degrees. Cheryl told me to call 9-1-1 to get Jesse to the hospital as quickly as possible.”

At Licking Memorial Hospital (LMH), Jesse was once again diagnosed with pneumonia, along with fungal pneumonia and interstitial lung disease, and was admitted to the Intensive Care Unit. Pulmonologist Eric R. Pacht, M.D., told Jesse that both pneumonia conditions could be cured with aggressive antibiotic therapy, but any scarring caused by the interstitial lung disease would be irreversible.

Interstitial lung disease is a group of illnesses that cause scarring in the tissue between the lungs’ small air sacs. As a result, the lungs are not able to deliver oxygen to the blood stream efficiently. The underlying cause of interstitial lung disease is unknown in most cases.

“Dr. Pacht asked me what my goals were – as far as my health was concerned,” Jesse recalled. “I told him that I wanted to be able to do three things: to be able to run the sweeper to help my wife, to be able to play golf again, and to be able to cut the grass by myself. Dr. Pacht told me that although the scarring in my lungs will not get better, I can prevent it from getting worse if I keep my body in good shape. He encouraged me to exercise so that I could reach my goals.”

Jesse started attending Pulmonary Rehabilitation at LMH two days a week. “I have built my way up to 30 minutes on the treadmill at 2 mph. I also work out on the NuStep exercise machine, the recumbent bike and the arm ergometer.



Respiratory Therapist Rita Allen, R.C.P., C.R.T., monitors Jesse Buchanan as he uses the NuStep machine.

Even though I have a treadmill at home, I look forward to my sessions in Rehab because they have such nice machines, and I am breathing 100 percent oxygen the whole time. It is also reassuring to have someone to watch over me while I am exercising. Before I do anything, the respiratory therapists check my blood pressure and blood oxygen level. Sometimes I go at it too vigorously, and then I get short of breath. When that happens, they have me rest and do some ‘pursed-lip’ breathing – breathing in through my nose and out through my mouth with my lips pursed. It is 100 percent better to exercise in Rehab than alone at home,” he attested.

Jesse’s family could tell that he was feeling better when the jokes began to return. He good-naturedly teased the respiratory therapists about demanding too much exertion, but in reality, he was pushing himself to the limit. “It is nice to have him back to his old ways,” Nancy said.

Jesse said, “Dr. Pacht told me that I was going to have to start taking things slower, but I have always been one to need to do things ‘right now.’ Just a few months ago, I was weak as a pup, and my son had to help me in the front door of my home. Now, I have a lot of my strength back. I played nine holes of golf the other day!”

In February 2012, Jesse discovered that he had yet another respiratory condition. “Dr. Pacht sent me to the Sleep Lab at LMH for a sleep study,” Jesse said. “The results showed that I had sleep apnea, and I had stopped breathing 55 times during the first hour I was asleep. Now I am sleeping with a continuous positive air pressure (CPAP) machine, and it is working out well for me. Dr. Pacht is the greatest – he is such a knowledgeable doctor!”

Close family relationships have also played an important role in Jesse’s recovery. While Nancy and Jesse were both recuperating, their sons, Jeff and Matt, spent many hours by their hospital beds and taking care of details around their home. Cheryl also flew home from Florida every weekend for several weeks to lend her support. “My family was there for me every step of the way,” Jesse said. “This all would have been a lot tougher without them.”

Jesse still attends Pulmonary Rehabilitation sessions on Tuesdays and Thursdays. “I always receive great care – everybody is great. I have been recommending LMH to everybody. I tell them, ‘If you have a problem, go to LMH and they will take care of you.’”

The LMH CardioPulmonary Rehabilitation Center is located on the Hospital’s first floor, near the Cardiology Department. It is staffed by certified Respiratory Therapists who work with patients with acute or chronic respiratory illnesses to improve their health and quality of life. For more information about Pulmonary Rehabilitation services at LMH, call (740) 348-4189.

BiPAP Technology Improves Patients' Breathing

Technology that Licking Memorial Hospital (LMH) has been using to successfully treat patients with respiratory failure prevents many inpatients from needing invasive ventilator therapy. The non-invasive bi-level positive airway pressure (BiPAP) machine eliminates most of the risks associated with ventilators, such as pneumonia and other infections.

“BiPAP technology has tremendous advantages for patients who are having difficulty breathing,” explained Pulmonologist Eric R. Pacht, M.D. “It gives the physician another tool to customize the best treatment plan for each individual case.”

Through a respiratory mask, the BiPAP machine delivers air under two varying levels of pressure – higher pressure when the patient inhales, and lower pressure when the patient exhales. BiPAPs are useful in treating patients with respiratory failure, chronic obstructive pulmonary disease (COPD), pneumonia and heart failure.

Dr. Pacht said, “The BiPAP is especially therapeutic for patients who cannot clear enough carbon dioxide from their lungs, and they usually show marked improvement in their blood gas levels after using it. The BiPAP



Respiratory Therapist Ken Justice, C.R.T., adjusts the settings of a BiPAP machine to deliver optimal levels of pressurized air.

takes over much of the effort of breathing. Our aim is to improve the patient's respiratory muscle strength and to allow the lungs to rest and heal. The patient can be weaned from the BiPAP when pulmonary medications begin to take effect.”

In contrast to the dual pressure levels of the BiPAP, the continuous positive airway pressure (CPAP) machine that is commonly used to treat sleep apnea emits a steady flow of pressurized air, regardless of whether the patient is inhaling or exhaling. In some cases, the BiPAP machine is used to replace the CPAP machine for treatment of sleep apnea.

“If patients find it uncomfortable to exhale against the pressure of a CPAP machine, they may not use it every night as they sleep. They may be more compliant if they find the BiPAP machine is more comfortable for them. Both machines are excellent therapies, but only if the patients use them consistently.” Dr. Pacht stated.

BiPAP machines at LMH are calibrated by licensed respiratory therapists under the direction of a physician. The Respiratory Therapy Department provides care for patients of all ages, 24 hours a day.

DID YOU KNOW... LICKING MEMORIAL HEALTH SYSTEMS INVESTS MORE THAN \$30 MILLION EACH YEAR TO IMPROVE THE HEALTH OF THE COMMUNITY?

Among other contributions, the Health Systems offers the Quit for Your Health Tobacco Cessation program to members of the Licking County community. This program provides counseling and resources to ensure a tobacco-free lifestyle.



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