

Quality Report Card

Licking Memorial Health Systems



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RESPIRATORY CARE

Lung Cancer Screenings Available for Longtime Smokers

In an effort to detect lung cancer in its earliest stages, Licking Memorial Hospital (LMH) has taken a proactive approach by offering longtime smokers annual screenings using low-dose computed tomography (LDCT) scans. Patients must meet the criteria laid out by the Centers for Medicare and Medicaid Services to qualify for the yearly exams.

Eligibility Criteria:

- Age 55 to 77 years old
- No signs or symptoms of lung cancer
- Tobacco smoking history of at least 30 pack-years (One pack-year is equal to smoking one pack or 20 cigarettes per day for one year.)
- Current smoker or one who has quit smoking within the last 15 years

LMH Radiology has been performing the annual screenings since 2014. That year, 18 patients received the LDCT. As of February 2017, 898 patients are now in the lung screening program. Radiologist Joseph Fondriest, M.D., said, "With the LDCT, we can find the malignancies when they are still small and operable. We can increase the patient's chance of survival by 15 to 20 percent. Detecting the cancer early gives the patient and medical staff more options for treatment."

The scan takes only a minute or two, but in that short amount of time, 800 to 1,000 images of the chest are captured.

Dr. Fondriest can scan through the images taken from several different perspectives and look for tiny nodules in the lungs that may be cancerous. "Since the lung screening exams

began, we have been able to identify and confirm 19 malignancies. These patients had

no symptoms of lung cancer." When malignancies are found, the patients are referred to Licking Memorial

Pulmonology where Asegid Kebede, M.D., and Emilia

Anigbo, M.D. can help create the treatment plan. "The

integrated system here at the Hospital is a true advantage

for our patients. I can personally speak to Dr.

Kebede and Dr. Anigbo as they are reviewing the

results from the scan," Dr. Fondriest said.

Annual screenings mean regular exposure to radiation. Being exposed to small amounts of radiation over a long time can raise the risk of cancer; therefore, the radiologists are using the LDCT to limit the patient's exposure

to radiation. A primary care physician can provide more information about lung cancer screenings.



Patient Story – Linda Rucker



In 2014, Linda Rucker was introduced to the Pulmonary Rehabilitation Program at Licking Memorial Hospital (LMH), to improve her overall strength and reduce her shortness of breath. Linda credits her family physician, Tom Petryk, M.D., for guiding her toward the path of recovery. Soon after, she was referred to Asegid H. Kebede, M.D., of Licking Memorial Pulmonology and Sleep Medicine, to help manage her chronic obstructive pulmonary disease (COPD). Linda made every effort to better her health habits with exercise and diet, but flare ups of her COPD indicated she required further treatment in order to improve her quality of life.

“I was tired all of the time. Regular daily activities were difficult for me, so I did not leave the house very often,” Linda explained. “I lost my breath easily and always had an oxygen tank by my side.” Prior to her COPD diagnosis, she had quit smoking and has been tobacco-free for 10 years; however the disease is common in her family. All of her siblings share the diagnosis, which unfortunately has claimed the lives of both of her sisters. Her brother received a lung transplant nearly eleven years ago and is doing well.

“Dr. Kebede recommended lung volume reduction surgery (LVRS), which removes a large area of damaged lung, allowing the remaining lung tissue to expand when an individual inhales,” she explained. Typically, this surgery is completed only for people with severe COPD or patients with certain types of emphysema. LVRS can provide an increased ability to exercise and may result in fewer symptoms. LVRS also can reduce the number of COPD exacerbations for some people.

Linda underwent extensive testing prior to her surgery to ensure that she was a suitable candidate. She also continued with her pulmonary rehabilitation sessions to physically prepare her for surgery, which was performed at The Ohio State University on November 23, 2016. Determined to recover quickly so as to enjoy her grandchildren, Linda only spent three and a half days in the hospital after surgery. “I actually got up and walked

the day of my surgery. Everyone was amazed,” she said. “I have worked really hard and I will continue to do so.”

Shortly after surgery, Linda started therapy again, every Tuesday and Thursday, and the improvement has been noticeable. She is grateful to have the program as a part of her ongoing care. “The Pulmonary Rehabilitation Program is great and everyone involved with it is super! The difference I have seen in my life is unbelievable.” Linda has been impressed with the quality of equipment and care that is available right here in Licking County. “The family atmosphere that exists between everyone involved in the program is the best part, though. It is a real credit to the great staff that they create such a welcoming and friendly environment,” she remarked. Linda holds the respiratory therapists in high esteem and expressed her gratitude to them. She enjoys exercising under their supervision as it gives her a sense of security and confidence to increase her intensity without fear. The therapists tend to the patients continually throughout each session, checking vitals at arrival and departure and often several times throughout. “I love them, they are so wonderful. In fact, everyone at LMH has always been very courteous and friendly, and the Hospital is an excellent facility,” Linda stated.

Eager to share her confidence in the program and personal results, Linda talks regularly with other patients. She helps them understand what to expect and offers her thoughts and experiences. Aside from the LMH program where she works on three different machines, Linda puts in the work on her own, too. She exercises once or twice a day at home for thirty minutes on a stationary bicycle. Linda also frequents Planet Fitness twice a week where she uses the weight machines. “All these efforts are to strengthen my lungs and it is working,” Linda said. “I have lots of grandchildren and I want to see them grow up. That is a precious reason to keep my COPD under control.”

Linda visits Dr. Kebede at regular intervals and is attentive to her symptoms, carrying a portable device to check her oxygen level. She remains sensitive to diet choices for both herself and her husband. “He is my rock. Having a support person throughout this process is such an important part of recovery,” Linda said.

Pulmonary Rehabilitation at LMH

For patients with acute or chronic respiratory illnesses, the Pulmonary Rehabilitation program at Licking Memorial Hospital (LMH) can make breathing easier. Individuals with conditions such as emphysema or chronic obstructive pulmonary disease (COPD) attend the program twice per week for exercise and education. Pulmonary Rehabilitation also provides an opportunity for camaraderie and friendship among participants while helping them to lead active, productive lives.

Members of the LMH Respiratory Therapy Department, who are respiratory care professionals licensed by the State of Ohio, oversee Pulmonary Rehabilitation and create individualized goals and treatment plans for every patient. Each session typically lasts up to an hour and features an exercise regimen designed to keep the heart and lungs in optimal condition. Participants gradually progress through the closely-monitored exercises to increase endurance and strength while learning to minimize and control shortness of breath.

Pulmonary Rehabilitation at LMH also provides key information that helps participants successfully live with chronic lung diseases. Educational topics covered in the program include:

- Introduction to Pulmonary Rehabilitation
- Breathing training for pulmonary patients
- Exercise for pulmonary patients
- Pulmonary medications and hygiene
- Stress and relaxation techniques for pulmonary patients
- Dietary education with a dietitian
- Healthy choices for managing pulmonary illness

A physician’s order is required to attend the LMH Pulmonary Rehabilitation program. For more information about Pulmonary Rehabilitation services at LMH, please call (220) 564-4189.

Respiratory Care – How do we compare?

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. Tobacco use has been linked to many serious and life-threatening conditions, such as cancer, heart disease, cardiopulmonary disease and diabetes. An estimated 25 percent of Licking County adults smoke.⁽¹⁾ LMHS offers free Quit For Your Health tobacco cessation education, counseling, and nicotine-replacement products. A similar program, Quit for You, Quit for Your Baby, adds incentives to help pregnant women stop using tobacco products. Altogether, 2,319 patients received referrals to LMHS' tobacco cessation programs in 2015.

	LMH 2014	LMH 2015	LMH 2016	LMH Goal
Six-month success rate for patients who completed Quit for Your Health ⁽²⁾	63%	61%*	54%	greater than 25%
*Note: Due to program restructuring, no Quit for Your Health patients were seen in October and November 2014; therefore, no six-month follow-up information was collected in April and May 2015. This figure reflects 10 months' partial-year data for the months that the program was fully operational.				

2. Chronic obstructive pulmonary disease (COPD) is a serious lung condition that includes two life-threatening diagnoses, chronic bronchitis and emphysema. According to the American Lung Association, COPD is the third leading cause of death in the U.S. There is no cure for COPD, but with careful management, patients can enjoy longer and healthier lives. To monitor the quality of COPD patients' care, the Centers for Medicare/Medicaid Services tracks the death rate nationally for patients who died (for any reason, including reasons not related to COPD) within 30 days of a hospital admission.

	LMH 2014	LMH 2015	LMH 2016	National ⁽³⁾
Mortality rate of COPD patients within 30 days of hospital admission	NA	7.1%	7.9%	8.0%

3. Protecting patients from hospital-acquired infections is a primary patient safety goal. LMH has many ongoing programs and safety mechanisms in place to help prevent patient infections. In accordance with the Centers for Disease Control and Prevention (CDC) recommendations, LMH monitors patients who are at high risk for infections, including those using invasive devices, such as ventilators (breathing machines). The following data reflect the number of respiratory infections associated with ventilator use, per every 1,000 patient days.

	LMH 2014	LMH 2015	LMH 2016	National ⁽⁵⁾
Pneumonia infection rate of Intensive Care Unit patients on ventilators per 1,000 patient days	0.0	0.0	0.0	1.1

4. Some pneumonia patients who are hospitalized require treatment with a ventilator to assist their breathing. Although the ventilator can be life-saving, it carries the risk of serious complications, such as infections, stomach ulcers, blood clots and extended dependency on the ventilator. To help prevent complications, LMH staff members follow a best-practices protocol for patients on ventilators. Known as the "ventilator bundle," these five steps are carefully documented to ensure each patient receives the best possible care.

	LMH 2014	LMH 2015	LMH 2016	LMH Goal
Head of bed elevated to 30 degrees	100%	100%	100%	greater than 90%
Oral care	99.3%	98.2%	99.8%	greater than 90%
Daily test to reduce sedation	99.1%	99.6%	99.5%	greater than 90%
Stomach ulcer prevention	99.7%	98.7%	99.3%	greater than 90%
Blood clot prevention	99.4%	99.0%	100%	greater than 90%

5. 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. Licking Memorial Pulmonology assesses all asthma patients during their office visits to ensure that they are being treated with the correct long-acting corticosteroid.

	LMHP Pulmonology 2014	LMHP Pulmonology 2015	LMHP Pulmonology 2016	National ⁽⁴⁾
Asthma patients assessed for appropriate inhaled corticosteroid	99%	92%	95%	93%

Respiratory Care – How do we compare? (continued on back page)



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6. Licking Memorial Health Professionals (LMHP) office patients who are at high risk for these illnesses also are screened and vaccinated as appropriate. LMHP physicians strongly encourage patients over the age of 65 years to receive a one-time dose of pneumonia vaccine and an annual influenza vaccine during each “flu season,” which runs from October to March.

	LMHP 2014	LMHP 2015	LMHP 2016	National ⁽¹⁾
Physician office patients over 65 years receiving the pneumonia vaccine	87%	84%	81%	71%
	LMHP 2013-2014	LMHP 2014-2015	LMHP 2015-2016	National ⁽¹⁾
Physician office patients over 65 years receiving the influenza vaccine	82%	82%	80%	71%

7. LMHS is committed to providing and encouraging free, easily accessible vaccines to all employees. In order to provide the safest care to our community, LMHS recognizes the importance of keeping the staff healthy.

	LMHS 2014	LMHS 2015	LMHS 2016	LMH Goal	National ⁽³⁾
LMHS employees receiving the influenza vaccine	81%	94%	94%	86%	greater than 90%

Data Footnotes:

- (1) Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2013].
- (2) Tobacco-free status is self-reported by patients in a six-month follow-up after completing the Quit for Your Health program.
- (3) HospitalCompare.hhs.gov national benchmarks
- (4) National Committee for Quality Assurance, “The State of Health Care Quality 2013.”
- (5) National Healthcare Safety Network Report, Data Summary for 2012, Devices-associated Module (Medical-Surgical ICU <15 beds)

Health Tips – Avoid Secondhand Smoke

Secondhand smoke – exhaled smoke and the smoke that comes directly from the burning tobacco product – contains toxic chemicals that can cause health problems for the lungs. It can cause asthma and is a known risk factor for lung cancer.

Follow these tips to avoid secondhand smoke:

- Post a polite sign or sticker on your front door explaining smoking is not allowed.
- Remove all ashtrays from your home.
- Inform babysitters or other caregivers smoking in the house is not allowed.
- Do not allow smoking inside your vehicle, even with the windows down.
- Only visit restaurants and other businesses that enforce no-smoking policies.
- Choose smoke-free care facilities for children and aging loved ones.



Please take a few minutes to read this month’s report on **Respiratory Care**. You’ll soon discover why Licking Memorial Health Systems is measurably different ... for your health!

The Quality Report Card is a publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (220) 564-1572 to receive future mailings.

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