



Licking Memorial Health Systems

1320 West Main Street
Newark, OH 43055

Please take a few minutes to read this month's report on **Pneumonia Care**. You'll soon discover why

Licking Memorial Hospital is measurably different ... for your health!

Visit us at www.LMHealth.org

A publication of the LMHS Public Relations Department at (740) 348-1572. Please contact the Public Relations Department to receive future mailings.

The articles contained in this publication should not be considered specific medical advice as each individual circumstance is different. Should you need medical advice, consult your physician. Entire publication copyrighted 2008 Licking Memorial Health Systems. All rights reserved.



Quality Report Card Licking Memorial Health Systems

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



Volume 9, Issue 11

November 2008

Health Tips

The following tips can help prevent the spread of illness or speed recovery during flu season:

- Wash your hands often and avoid touching your eyes, nose and mouth.
- Receive a flu vaccine each year.
- Receive a pneumonia vaccine if you are older than 65 years or are in a high risk category.
- Have a "flu season" supply kit prepared at home to prevent unnecessary trips to the store when you are sick. The supply kit should include: a thermometer; Gatorade or Pedialyte; chicken soup with rice or noodles; and adult and /or child-strength Tylenol.
- Keep alcohol-based hand cleaner in your family's cars, purses and book bags. Use before eating, and before or after touching shopping carts, door knobs or other high-touch areas.
- Avoid close contact with people who are sick and keep your distance when you are the one who is sick.
- If you are sick with colds, sore throat or flu, remember to take deep breaths several times each day so you will fully expand your lungs.
- Cover your mouth and nose when coughing or sneezing. If using a tissue, throw the tissue away immediately after use.
- When you begin feeling better after a bout of cold or flu, increase your activity as you are able to tolerate it.
- Stay home when you are ill so as not to expose your classmates, coworkers, friends, family and community.

Pneumonia 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 health care choices.

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

1 National pneumonia treatment guidelines recommend that one dose of an antibiotic be given to pneumonia patients within six hours of arrival at the hospital. This “door-to-antibiotic time” also includes diagnostic testing.

	LMH 2005	LMH 2006	LMH 2007	National ⁽¹⁾
Patients receiving antibiotic dose within 6 hours	96%	97%	96%	93%
	LMH 2005	LMH 2006	LMH 2007	National ⁽²⁾
Median door-to-antibiotic time	171 minutes	170 minutes	162 minutes	174 minutes

2 Best practice in pneumonia care says that a blood culture should be collected before any antibiotics are given to a pneumonia patient to more accurately determine which microorganism is causing the pneumonia.

	LMH 2005	LMH 2006 ⁽³⁾	LMH 2007	National ⁽¹⁾
Patients receiving blood cultures prior to antibiotics	86%	97%	98%	90%

3 Hospitalized patients with a condition that puts them at risk for developing complications from pneumonia and/or influenza (flu) should be screened for vaccines while in the hospital and receive a pneumonia and/or influenza vaccine if appropriate. Licking Memorial Health Professionals (LMHP) office patients who are at high risk for these illnesses also are screened and vaccinated as appropriate.

	LMH 2005	LMH 2006	LMH 2007	National ⁽¹⁾
High-risk pneumonia patients screened for the pneumonia vaccine	81%	93%	95%	78%
Pneumonia patients screened for the influenza vaccine	76%	86%	92%	75%
	LMHP 2005	LMHP 2006	LMHP 2007	National ⁽⁴⁾
Physician office patients over 65 years receiving the pneumonia vaccine	N/A	86%	88%	67%
Physician office patients over 65 years receiving the influenza vaccine	N/A	80%	81%	69%

4 Use of standard orders – in which physicians follow the best practice protocols for treating all patients with a particular diagnosis – indicates that patients are receiving consistent care.

	LMH 2005	LMH 2006	LMH 2007	LMH Goal
Pneumonia patients with pneumonia standard orders used	85%	88%	92%	greater than 90%

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

	LMHS 2005	LMHS 2006	LMHS 2007	National ⁽⁵⁾	LMHS Goal
LMHS employees receiving the influenza vaccine	46%	67%	56%	36%	greater than 75%

Data Footnotes: (1) *Hospitalcompare.hhs.gov* national benchmarks. (2) MIDAS comparative database from fourth quarter 2007 data comparing over 440 organizations. (3) National data collection changed in January 2006 to focus only on patients arriving through the Emergency Department. (4) National average from the Centers for Disease Control and Prevention Behavioral Risk Factor Surveillance. (5) *American Journal of Infection Control* 2004. Centers for Disease Control estimate.

Patient Story – Jackie Reed

As a light breeze gently fluttered through the late summer flowers in her yard, Jackie Reed paused to draw in a deep breath, and she smiled. After a severe case of pneumonia knocked her off her feet last winter, Jackie now has a renewed appreciation for each healthy breath and the hospital staff that nursed her back to health.

Jackie lives in Granville with her husband, Gary. They have a grown son and daughter, five grandchildren and are expecting a sixth grandchild.

In February, many of Jackie's friends and neighbors were suffering from typical Ohio winter illnesses. "There were a lot of people with the flu around Granville," she remembered. "My husband had bronchitis and flu over the weekend. I took care of him, and then I caught it, too. During that week I went down so fast."

Jackie's family physician prescribed an antibiotic for bronchitis, but her condition continued to decline. "I felt so bad," she explained. At just 59 years of age, Jackie was barely able to get out of bed by herself. "Gary called our daughter who is a nurse. She drove here to look at me and saw how sick I was. She asked me if I thought I was up to riding in an ambulance. I was in my pajamas, but I felt so bad I did not care."

At the Emergency Department of Licking Memorial Hospital (LMH), Jackie had a puzzling mixture of symptoms. Although she was obviously very ill, she had no fever and was dehydrated. "I kept asking people for water. I was so thirsty; I felt that I had to have some water." The Emergency Department physicians determined that Jackie's bronchitis had developed into pneumonia, and that she also had type-2 diabetes. After stabilizing Jackie's vital signs, Randy Jones, M.D., of Licking Memorial Emergency Medicine, admitted her to the intensive care unit. She was transferred to the general patient floor as her condition improved and then was able to return home just four days after her arrival at LMH.

Dr. Jones said multiple diagnoses for patients can be challenging, but are not uncommon. "A patient may overlook the symptoms of a developing condition, such as diabetes. But additional health problems can quickly overwhelm the body, sending the patient to



Jackie Reed enjoys gardening at her Granville home.

the Emergency Department. As physicians, we are trained to analyze these complicating factors."

Jackie and Gary were impressed with the training and compassion of every person involved in her care. Jackie said, "Starting with the emergency squad, then in the Emergency Department, the ICU and the patient floor – everyone was as nice as they could be. I had so many people helping me, and

they were all very good at what they do. There were even nurses who came by my room after they were done working to bring me information they thought might help me."

Jackie tells her friends one amusing anecdote to illustrate how caring the LMH staff was. "During my first night in the intensive care unit they brought a dinner plate, and there were mixed vegetables on it," she recalled. "I said (half-jokingly) to my nurse that I really hate peas. I was not expecting her to do anything, but she took my plate and removed each and every pea for me!"

"This experience was a real eye-opener for us," Jackie said. "We have told everyone how good my care was at Licking Memorial. We had watched the new Pavilion being built, but I had not been a patient in a hospital since my children were born. It was such a good experience."

Jackie is feeling much better after recovering from her pneumonia. By taking oral medications and following a healthy eating plan, she is also keeping her blood sugar levels under control. She realizes another hospital visit is in her near future, but she is eagerly looking forward to this one. It is to welcome that sixth grandchild to the family.

Precautions to Take During Flu Pandemic



Jeanne Emmons

A pandemic is described as a new infectious disease which can be easily spread and infects humans at a rapid pace causing serious illness and death. Previous influenza (flu) pandemics within the United States have occurred in 1918, 1957 and 1968. Experts say that a flu pandemic will occur again.

However, it is important to remember that a flu pandemic is not the same as the seasonal flu many Americans experience each year.

Healthy habits such as a good diet, frequent hand-washing and getting enough sleep can help keep the flu at bay. Other health-conscious suggestions include: cover the nose and mouth with a tissue when sneezing, avoid touching eyes, mouth and nose and stay away from those who are sick to decrease the spread of germs. Experts also recommend keeping a minimum of one-week's supply of non-perishable foods, medication and bottled water in each household to take precaution against a possible pandemic in the future.

“Public service announcements have been played on television recently throughout Ohio warning people about a possible flu pandemic,” said Licking Memorial Hospital (LMH) Infection Control Manager Jeanne Emmons. “It is important to understand this information is not meant to scare anyone, but rather to prepare them for the next flu pandemic, whenever that may be.” The most recent threat for a pandemic was the H5N1 virus, commonly known as the bird flu, and many people assume it will cause the next outbreak; however, experts warn that any virus could cause a pandemic.

2008 LICKING MEMORIAL HOSPITAL FLU CLINIC

Have you received your flu shot this season? The 2008 LMH Flu Clinic has an ample supply of vaccine. Licking County residents 18 years of age and older are invited to attend the clinic.

Parents of children needing flu vaccines should contact their pediatrician.

When

8:00 a.m. to 4:00 p.m.
Tuesdays and Wednesdays –
beginning October 7
through November 26.

Where

Located near Entrance B,
across from Kitchen
Collection, at the Indian
Mound Mall in Heath.

Cost

\$30, or present Medicare,
Medicaid or Licking
Memorial Health Plan card.

For More Information

Call (740) 348-7091 for a
recorded message about the
Licking Memorial Hospital
Flu Clinic.



Licking Memorial Hospital

1320 West Main Street • Newark, OH 43055
(740) 348-4000 • www.LMHealth.org
Check out our Quality Report Cards online.