



Licking Memorial Health Systems

Community Connection

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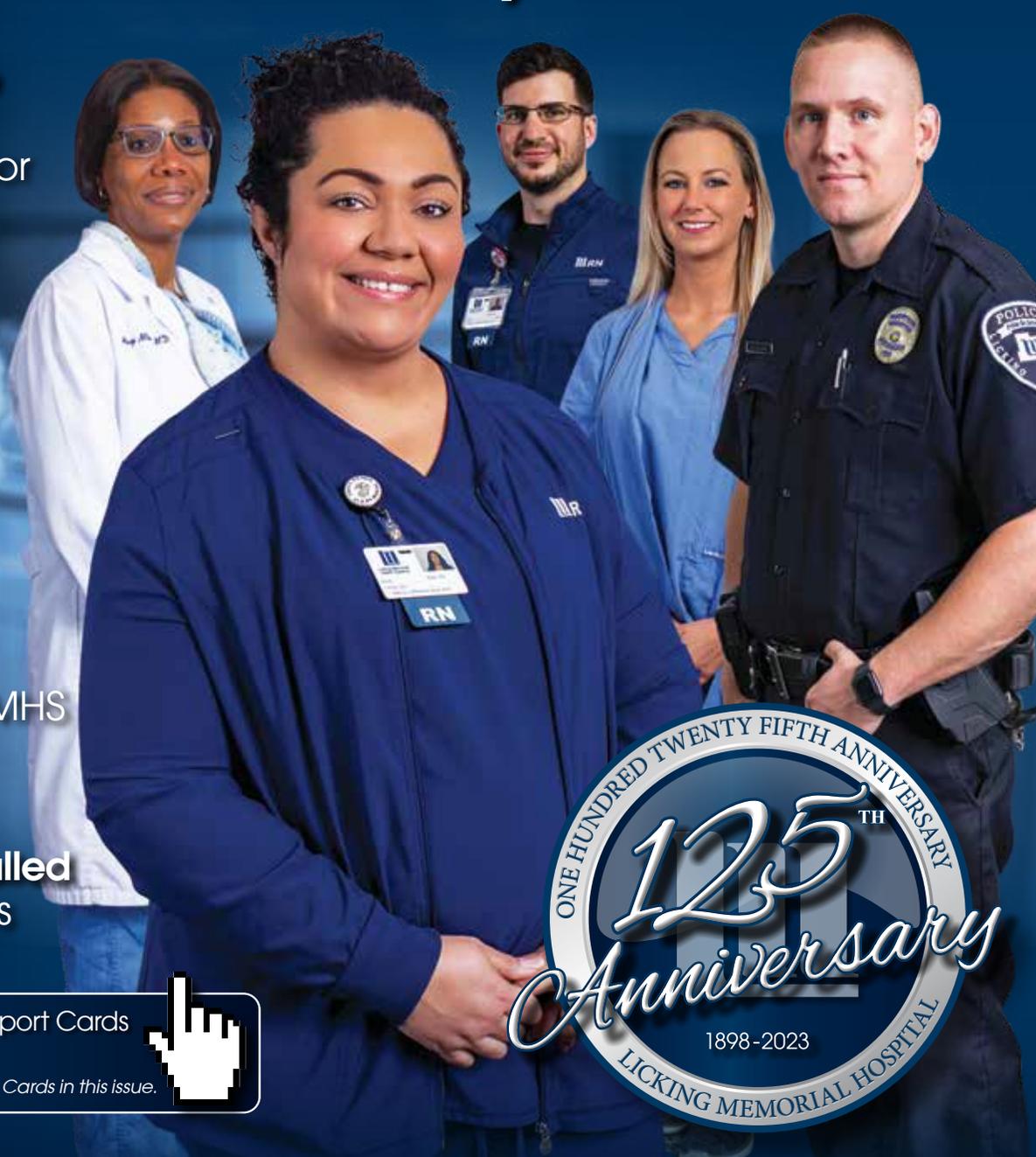
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Measurably Different ... for Your Health!

Caring for the Community

Licking Memorial Health Systems (LMHS) is dedicated to the mission of improving the health of the community, and that commitment extends above and beyond providing quality healthcare. LMHS values service and philanthropy, and supports local organizations that uplift and strengthen the entire community. By sharing resources, including donations, volunteers, and leadership, LMHS enriches the lives of Licking County residents.

LMHS is committed to supporting the following:

- Community arts and culture
- Housing and economic improvement
- Youth education, arts, and sports
- United Way and social service organizations
- Clubs and agencies
- Higher education
- Community service

“As a community hospital and healthcare provider, LMHS employees serve their family members, friends, and neighbors,” explained LMHS President & CEO Rob Montagnese. “Providing top quality care is important, but the value of giving back to our community to create better opportunities and encourage healthy lifestyles is immeasurable. We are proud of the generosity of our leadership and employees, their love for Licking County, and their drive for positive change in our community.”

Each year, LMHS strives to enhance local arts and culture in a number of ways. Donations are made to several organizations for the arts including the Weathervane Playhouse, the Newark Organization for the Creative Arts, the

Newark Granville Symphony Orchestra, the Works, the Licking County Historical Society, and several other museums in the area. LMHS is also an avid supporter for the historic Canal Market District. A member of LMHS leadership serves on the board for the Canal Market District Enterprise Hub and members of our Culinary Services Department often staff a booth during the Farmer’s Market to demonstrate and discuss healthy recipes. The demonstrations typically include food items that can be purchased from vendors at the Market. As part of LMHS’ Fruit and Vegetable Prescription (FVRx) program for children that was initiated to improve food access and increase consumption of healthy fruits and vegetables, LMHS offers tokens to the Farmer’s Market to families that qualify.

To bolster housing and economic improvement, LMHS partners with Habitat for Humanity to build new homes for area residents who qualify. LMHS employees are encouraged to volunteer their time and talents to assist in the building projects throughout the year. In addition, LMHS supports the Licking County Coalition for Housing, which has been working to create a Homelessness Action Plan,

the Downtown Newark Association, and the Special Improvement District (SID). LMHS employees and leaders offer valuable input to the organizations, and work alongside other community leaders to discover new ways to improve housing and attract new businesses to the area. The SID provides assistance in the upkeep and safety of Downtown Newark including projects to beautify the area such as flowers and greens, and light pole replacement and repainting.

With a focus on healthy lifestyles, LMHS is dedicated to offering programs and activities to introduce children to the benefits of exercise, healthy eating, and proper rest. Participation in the Active•Fit program is free for children ages 6 to 12 and assists in developing a lifelong commitment to personal fitness. Throughout the year, LMHS hosts several Active•Fit events including a Junior Chef, Mini-triathlon, Field Day, and Bowling events. LMHS also partners with the Buckeye Valley Family YMCA for the annual Health and Fitness Fest. In addition to sponsored events, donations are made to area schools to enrich arts and sports programs.

Every year, LMHS participates in an employee fundraising campaign for the United Way. As one of the largest employers in the area, LMHS is able to support the United Way mission to advance the common good. A similar campaign offers employees the opportunity to donate to the Food Pantry Network of Licking County. LMHS is one of the largest donors for the organization. In addition, in honor of the anniversary of the first Hospital in Licking County, LMHS employees take part in a birthday celebration offering monetary gifts and winter clothing items that are donated to the Salvation Army and the Center for New Beginnings, a shelter for victims of domestic violence. Numerous other resources, including volunteers, speakers, and leadership support, are also generously donated to the American Red Cross, the Boys & Girls Club of Newark, the Carol Strawn Center, Big Brothers Big Sisters of Licking & Perry Counties, and many more.

Supporting higher education is a top priority for LMHS as well. LMHS has formed partnerships with The Ohio State University – Newark, Central Ohio Technical College (COTC), Denison University, and the Career

and Technology Education Centers of Licking County (C-TEC). Many LMHS professionals offer their expertise in teaching and mentoring students at these organizations, and LMHS offers clinics, workshops, and internships at facilities throughout Licking County. While gaining well-educated employees from the partnerships, LMHS strongly believes that higher education benefits the community by improving health outcomes. People who acquire more education are more likely to learn about healthy behaviors. They also better understand their health needs, follow instructions, advocate for themselves, and communicate effectively with health providers.

The entire LMHS leadership team is very active in the community serving on local not-for-profit and nonprofit boards and in service clubs such as Rotary and Kiwanis. As one of the largest employers in Licking County, the community looks to the LMHS management staff for support and involvement in most, if not all, major initiatives. This community involvement provides the opportunity to collect information regarding the needs of the different organizations, and senior management is very responsive

in providing assistance where needed as the information becomes available. For example, to support the local pet shelters, LMHS recently partnered with the Licking County Humane Society and the Licking County Dog Shelter to increase adoptions in the area. LMHS employees are offered reimbursement for adoption fees at either facility.

While a healthy community includes the quality care provided by the healthcare system, the social and environmental factors available to residents also promote well-being. A healthy community is one in which all residents have access to arts and culture, adequate housing, physical activity, and nutrition. For these reasons, LMHS has created strong partnerships and support for local organizations to assure the continued growth and development of the area. We are proud to work with the United Way and other social service organizations, clubs, and agencies to care for the Licking County community. Together with the community partners, LMHS hopes to reduce health gaps caused by differences in income, education, race and ethnicity, location, and other factors that can affect health.



LMH and LifeLine of Ohio Launch Automated Donor Referral System

In January, Licking Memorial Hospital (LMH) and LifeLine of Ohio, the non-profit organ procurement organization (OPO) serving LMH, collaborated to launch iReferralSM, an automated donor referral software developed by Los Angeles-based medical software company, Transplant Connect. The Centers for Medicare and Medicaid Services (CMS) mandates that every hospital in the United States refer all deaths and imminent deaths to its designated OPO within a certain time frame. iReferral replaces the more labor-intensive manual procedure to allow Hospital staff to better care for patients while meeting reporting requirements and expediting the lifesaving donor and transplant process.

“LMH staff is constantly looking for ways to enhance the high level of care provided to our patients,” said Heather Burkhart, Licking Memorial Health Systems (LMHS) Vice President Acute Care Services. “The automation offered through iReferral expedites the donor referral process allowing our healthcare providers to spend more time with the patient and their family during the most stressful of times while securing positive outcomes for transplant recipients.”

Using diagnostic information reported in LMH’s electronic health record system, Epic, iReferral recognizes clinical triggers, or criteria, that identifies a potential donor and automatically sends the

time-sensitive information directly to LifeLine of Ohio’s donation management system, iTransplantSM. The new software eliminates the need for the manual, phone-based procedure previously used by LMH and significantly reduces the referral process time. Confirmation of receipt by the OPO is immediate and automatically logged into Epic within 20 to 30 seconds. Prior to iReferral, LMH nursing staff could spend 20 to 30 minutes reporting a potential donor to LifeLine of Ohio.

“We are thrilled to partner with Licking Memorial Hospital in this innovative process of streamlining the organ and tissue donation referral process,” said Andrew Mullins, LifeLine of Ohio CEO. “Through this collaboration, more lives will be saved and healed thanks to the generosity of each donor and their family.”

Serving approximately five million residents in Central and Southeastern Ohio, LifeLine of Ohio promotes and coordinates the donation of organs and tissues in 38 Ohio counties, along with Wood and Hancock counties in West Virginia. LMH is the first hospital in LifeLine of Ohio’s service area to implement the automatic referral software. Approximately 50 of the more than 6,000 hospitals in the United States are currently using the technology.

“The new system furthers LMH’s efforts to integrate technology that directly

impacts patient care while also providing the gift of life to the more than 3,100 people across the state who are waiting for organ, tissue, and eye donations,” said Rob Montagnese, LMHS President & CEO.

About LifeLine of Ohio

An independent, non-profit organization, LifeLine of Ohio promotes and coordinates the donation of human organs and tissue for transplantation. LifeLine of Ohio serves 97 hospitals and facilities in 38 counties in Ohio and two in West Virginia and is designated as an OPO through the CMS. To learn more about LifeLine of Ohio and organ, tissue, and eye donation, visit LifeLineofOhio.org.

About Transplant Connect

Founded in 2004 as a socially-conscious medical software company, Transplant Connect is the world’s leading provider of human biologics (organ, tissue, eye, placenta, and other) donation and transplantation software. The company’s award-winning, secure cloud-based iTransplantSM Donation and Transplantation Platform supports nearly 75 percent of all deceased organ donation in the U.S. and is used by more than 12,500 medical professionals at over 100 donation and transplantation agencies all over the world – from across the United States to Canada, India, and Australia. For more information about Transplant Connect, visit TransplantConnect.com.

Lifeline of Ohio Hosts Gift of Life Event at LMH



Lifeline of Ohio hosted the Gift for Life event at Licking Memorial Hospital in December. The event was held to honor the heroes of organ, eye, tissue, and placenta donation during the holiday season. Donor recipient, Victoria Schmalstig, spoke at the event, shared her experience of receiving a kidney, and expressed her gratitude to her donor and their family. Participants enjoyed refreshments while they decorated ornaments in memory and honor of their loved ones. The ornaments were placed on a tree at LMH.

LMH Now Offers Scalp Cooling Treatment for Chemotherapy Patients

Chemotherapy-induced hair loss is widely recognized as the most feared side effect associated with cancer treatment. For many patients, losing their hair can have a profound effect on their self-image and be a constant reminder of their disease. Scalp cooling is a treatment that has been used for decades to reduce hair loss during chemotherapy, and scalp cooling devices have been approved for use in the United States since 2015. Licking Memorial Hospital (LMH) is pleased to offer the Paxman Scalp Cooling System for patients undergoing chemotherapy treatment to prevent hair loss.

Chemotherapy works by targeting all rapidly dividing cells. Because hair cells are the second-fastest dividing cells in the body, many chemotherapy drugs cause hair loss. Vulnerable hair follicles in the growth phase are attacked, resulting in rapid and extensive hair loss approximately two weeks after the start of treatment.

Scalp cooling can alleviate the damage caused to hair follicles through chemotherapy by reducing

the temperature of the scalp by a few degrees before, during, and after chemotherapy treatment. This cooling causes blood vessel vasoconstriction in the scalp, which restricts blood flow and reduces the amount of chemotherapy drugs that reach the hair follicles. Patients should wear their cooling cap at every chemotherapy treatment for best results of hair retention and protection of the hair follicles.

“Cancer treatment can be a scary time for patients who feel like they do not have much control over what is happening to their body,” said Heather Burkhart, Vice President Acute Care Services. “We are delighted to be able to offer the Paxman Scalp Cooling System to help reduce hair loss for patients and empower them to feel a greater sense of control and have a positive attitude toward their treatment.”

The cooling cap consists of two parts – an inner silicone cap and the outer cover cap. The outer cap attaches to the cooling system that delivers coolant through the inner silicone cap. Throughout the treatment, the coolant

cycles through the cap, extracting heat from the scalp, and returning it to the system to be re-cooled.

Side effects are mild and temporary. Many patients have said that they have experienced an intense feeling described as a tight “ice cream” headache within the first 15 minutes of wearing the cooling cap, and their body quickly adjusts to the temperature change. Other known side effects include chills, dizziness, nausea, an abnormal tingling sensation in the skin, sinus pain, and skin ulceration.

The success rate for scalp cooling is up to 70 percent for some chemotherapy regimens. However, results can vary based on a number of factors including the type of chemotherapy, dosage, duration of infusion, cap fitting, and the body’s ability to metabolize the drug. Clinical data also shows that patients who use scalp cooling have hair regrowth that is faster, stronger, and healthier than those who do not use the treatment. Patients who are interested in receiving scalp cooling treatment can talk with their cancer care team.



LMH Celebrates Milestone Birthday by Donating to Local Organizations



Each year, Licking Memorial Hospital (LMH) observes the date of January 18 to commemorate the establishment of the first Hospital in Newark. During 2023, LMH celebrates 125 years of healthcare in the Licking County community.

“This year marks a special milestone in our organization’s history,” said Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese. “125 years of providing care to our community shows the lasting success of LMH and the trust that residents have in our community hospital. We look forward to providing essential healthcare services to our community for years to come.”

As part of an annual birthday tradition started 19 years ago, LMHS employees generously provided monetary donations and cold weather items, such as new outerwear and blankets, to donate to The Center for New Beginnings and The Salvation Army. For the birthday gift collection, a friendly interdepartmental competition was established. Various departments were organized into teams and competed to determine which group donated the largest amount of cold weather items in pounds and the largest monetary donations.

Total contributions of cold weather items equaled 175.4 pounds, with 112.2 pounds donated by the first-place team, which was comprised of Culinary Services, Environmental Services, Linen Services, and Transportation staff members. Monetary donations totaled \$10,890, and the team comprised of Licking Memorial Health Professionals Anesthesiologists, Hospitalists, Infectious Disease, Laboratory, LMHP Administration, and Pathology staff donated \$1,815 to receive first place.



Innovative Healthcare Technology at LMHS

Licking Memorial Health Systems (LMHS) uses state-of-the-art technology that surpasses the standard for community hospitals to provide excellent healthcare for Licking County residents. LMHS healthcare technology features surgical robotics, advanced patient monitoring systems, cutting-edge imaging, and more to enhance patient outcomes, recovery, and safety.

“LMHS leadership continually evaluates new clinical technologies and their potential to positively affect patient outcomes,” said Rob Montagnese, LMHS President & CEO. “Such medical equipment and systems provide Licking County residents with the best quality care, close to home.”

LMHS implements technology that assists physicians, nurses, and other members of the clinical staff in providing the highest quality of care to patients. The da Vinci Surgical System allows surgeons to perform more complex minimally invasive procedures with precision, flexibility, and control. The system enhances the capabilities of the surgeon’s eyes and hands with robotic-assisted actions and a high-definition, 3D view of the surgical field that allows surgeons to see areas that the naked eye may not see.

The da Vinci Surgical System offers several benefits to the patient, including minimal blood loss; decreased skin, muscle, and tissue damage; reduced risk of infection; and smaller, less visible scars. Post-surgery benefits include a decrease in the patient’s pain, an increase in mobility, a decrease in the usage of pain medication, and shorter hospital stays. Licking Memorial Hospital (LMH) has been using the da Vinci Surgical System to perform hernia repairs, colon resections, gall bladder removal, prostate surgery, and other general surgeries.

Through advanced clinical systems, LMHS can directly improve the care and safety of patients at the bedside. The Hill-Rom Centrella Contact Free Continuous Monitoring system (CFCM) is integrated into the hospital bed and tracks the patient’s heart rate,

breathing, and motion while they are resting. Should any adverse changes to the patient’s vital signs or unexpected movement occur, the nursing staff is alerted for immediate intervention if necessary.

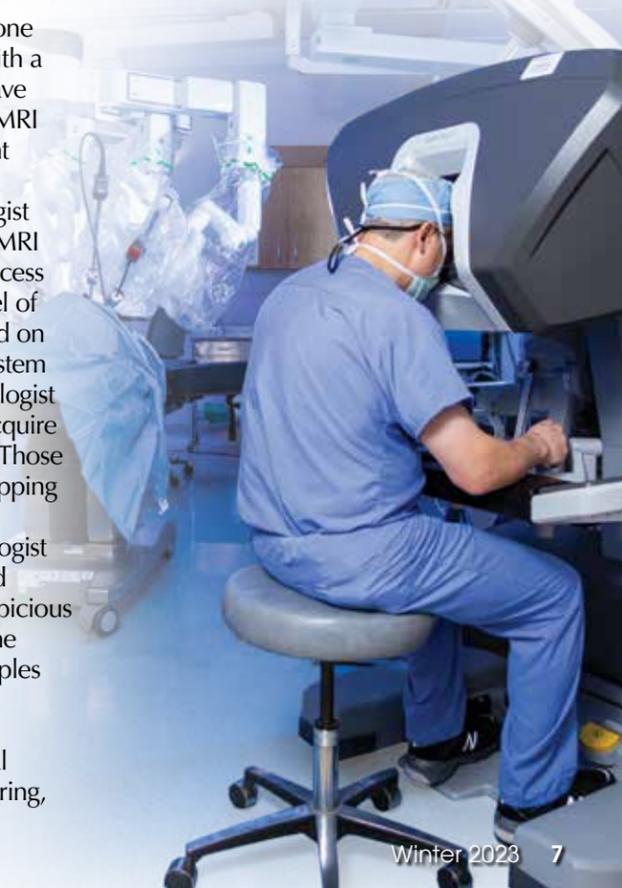
Additionally, the Ocuvera system automatically monitors a high-fall-risk patient’s activity using a 3D camera. It sends a video alert to the nursing staff when the patient tries to get up from the bed or a chair on their own. The prompt notification allows staff to respond quickly to the patient’s needs and reduces the risk of falls to improve safety. The video can only be viewed by the patient’s nurses and can be placed in privacy mode with the video turned off during sensitive moments.

Through state-of-art imaging technology, LMHS clinical staff can yield more accurate results for patients. Combining advances in prostate imaging with traditional Transrectal Ultrasound (TRUS) Guided Prostate Biopsy, the Magnetic Resonance Imaging (MRI) Fusion Prostate Biopsy is an improved method for prostate cancer detection, diagnosis, and monitoring.

A patient who has already undergone a TRUS Guided Prostate Biopsy with a negative result and continues to have a high PSA level is eligible for the MRI Fusion Prostate Biopsy. The patient will have an MRI of the prostate to detect suspicious areas. A radiologist then will mark those areas on the MRI using specialized software in a process known as “mapping.” A 3D model of the mapping is exported to be used on LMH’s ARTEMIS Fusion Biopsy System during the day of surgery. The urologist then uses ultrasound imaging to acquire additional images of the prostate. Those images are fused with the MRI mapping to create a model of the prostate. Using a semi-robotic arm, the urologist navigates the ultrasound probe and biopsy instrument to target the suspicious locations on the map created by the radiologist to acquire multiple samples for further examination.

In addition, to the da Vinci Surgical System, continuous patient monitoring,

and imaging advancements, LMHS has also added technology that increases the likelihood of surviving a cardiac arrest, assists in streamlining communication, and ensures that LMHS staff are highly trained and maintain life-saving certifications. The Lund University Cardiopulmonary Assist System (LUCAS®), a mechanical chest compression-decompression system, offers a safe and more efficient method of providing cardiopulmonary resuscitation (CPR) and is an exceptional life-saving tool available to Emergency Department and inpatient staff. The Rover app is a valuable communication tool used by the LMH Laboratory, Environmental Services, nurses, and others at LMH. Equipped with an iPhone loaded only with the Rover app, staff can receive information about the patient’s needs including physician orders for medications or laboratory samples, food, and room services. The adult patient simulator, Apollo, allows LMHS staff to practice, gain experience, and develop clinical mastery in a wide range of patient care scenarios and assures that they are well-prepared and trained to care for patients in a wide variety of circumstances.



New Safety Technology Installed at LMH Entrances

Workplace violence is a recognized hazard in the healthcare industry. Threats against healthcare workers around the country have increased significantly in the last decade and have intensified since the beginning of the COVID-19 pandemic.

In efforts to increase safety and prevent violence in the workplace, LMHS has installed new technology to be utilized at the Emergency and Main Hospital entrances to protect patients, staff, and visitors. Evolv Express® is the world's first AI-based touchless weapons detection solution that provides non-intrusive and rapid screening to identify dangerous weapons before entering the Hospital.

"The safety and security of our staff, patients, and visitors has always been a top priority in all of our facilities," explains LMHS President & CEO Rob Montagnese. "Over the last few years, we have implemented prevention and response strategies that focus on identifying security risks and training staff to prepare for and respond to aggression. The Evolve Express weapons detection system is another added layer of protection that will ensure everyone who enters our Hospital is safe and protected."

Evolv Express combines advanced sensors, cameras, and artificial intelligence to identify threats while ignoring harmless personal items such as keys, tablets, or cell phones. When a potential threat is detected, real-time alerts show the precise location of the threat. Evolv Express is ten times faster than a standard metal detector for an expedited and non-intrusive experience. The weapons system enables rapid detection, quick resolution, and a safer environment for patients, visitors, and employees.



Behind the Scenes – Cardiac Services

In the United States, cardiovascular diseases, or heart diseases, are the leading cause of death for both men and women. The conditions affect the heart or blood vessels, and include coronary artery disease (CAD), cardiomyopathy, and hypertension. Such diseases can severely reduce or block blood flow and cause a heart attack or heart failure. At Licking Memorial Cardiac Services, a team of highly-skilled cardiac nurses and cardiologists specialize in providing timely, lifesaving care using the latest technology to help those with or at-risk of cardiovascular disease reach optimal heart health.

Licking Memorial Cardiac Services takes great pride in providing excellent cardiovascular services to the community and offers a full spectrum of both inpatient and outpatient diagnostic and treatment services, including:

- Mobile cardiac telemetry/holter monitor
- Cardiac stress testing
- Nuclear stress testing – pharmacologic and exercise
- Electrocardiogram (EKG)
- Tilt table testing
- Transesophageal echocardiogram (TEE)
- Cardioversion
- 2D/3D Echocardiogram

To support patients from the onset of their disease through recovery, Licking Memorial Cardiac Services is also committed to providing access to state-of-the-art treatment options, including coronary angiography, stenting, thrombolysis, biventricular pacing for heart failure, and implantable defibrillators. Last year, Cardiac Services increased access to heart care in Licking County with the addition of coronary computed tomography angiogram (CTA), a non-invasive method for detecting blockages in the coronary arteries. During a CTA procedure, the patient lies on a scanning table as X-rays pass through the body to produce 3D images of the heart. Physicians use images to determine whether plaque or calcium deposits are present in the artery walls. This added diagnostic tool aids cardiologists in the early detection and management of patients with heart disease and allows patients to receive the care they need close to home.

With remote patient monitoring through LifeStream, telehealth options are also available. The service allows cardiac nurses to deliver clinical oversight to heart failure patients without the need for them to leave their home. The monitoring system can

check blood pressure, heart rate, and weight and notify Cardiac Services if intervention is needed. The goal of the program is to catch the warning signs of a cardiac event early and prevent a visit to the Hospital.

Should a cardiac event occur that requires hospitalization, the Licking Memorial Hospital (LMH) Cardiac Rehabilitation Program assists patients with restoring and enhancing both physical and psychological health. The program focuses on complete cardiac patient care including the development of an individualized health and fitness plan.

The Cardiac Rehabilitation Program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation, and has met quality standards required by the Association to ensure the highest level of patient care and starts when the patient is in the Hospital recovering from a heart event. During this time, staff gives support and answers questions, discusses risk factors, provides healthy lifestyle information, introduces a low-level exercise program, and offers basic guidelines so patients feel comfortable returning home.

Two to four weeks after the patient is released from the Hospital, they meet with a Cardiac Rehabilitation nurse to begin developing a plan for recovery. Patients start slowly with a safe exercise program to help them become stronger and attend weekly education classes. Typically, Cardiac Rehabilitation sessions take place three times a week; however, a customized

program is based on the individual's specific needs. During the session, patients exercise using a variety of equipment, are monitored by a nurse or other healthcare professional, and have their heart rate and blood pressure checked. A registered dietitian will also meet with patients during the program to discuss heart-healthy eating and answer any questions.

Following a patient's formal rehabilitation program, they will continue to use the heart-healthy skills they have learned. Their exercise routine can be continued at home, at the gym, or at one of the LMH Wellness Centers located at 1717 West Main Street and at the Career and Technology Education Centers (C-TEC) of Licking County on Price Road in Newark. The Wellness Centers support the initiatives implemented in the previous phases and encourage the continuation of healthy habits. The Cardiac Rehabilitation staff also continues to provide support and monitor success of the customized program as a patient progresses toward a new, healthy lifestyle.

The LMH Heart Failure Clinic also helps patients manage their condition so they can experience a higher quality of life. There is no cure for heart failure; however, many individuals are able to slow the progression of the disease by adopting a healthy lifestyle that includes quitting smoking, maintaining a healthy weight, controlling blood pressure, being physically active, limiting emotional stress, getting adequate sleep, and limiting sodium, alcohol, caffeine, and dietary fat. Partnering with the patient, the Heart Failure Clinic

staff provides education, assessment, monitoring, and advice to patients in order to help them make these lifestyle changes.

The Heart Failure Clinic team consists of experienced cardiac nurses and pharmacists, with a cardiologist providing oversight. They offer patients an array of services and tools to help control their disease. Patients receive a physical assessment, one-on-one education, medication dose adjustments, medication therapy, and may consult a cardiologist when visiting the Clinic. Calendars to record both weight and symptoms, bathroom scales, a sodium tracker chart, and pill boxes are also provided to patients to help them implement the strategies learned while visiting the Clinic. If a heart failure patient is having a problem, it can often be resolved at the LMH Heart Failure Clinic rather than requiring hospitalization.

People with heart disease need to follow a treatment plan for the rest of their lives, as complications can arise if the condition is not treated properly. Licking Memorial Heart Center, physicians Eesha Maiodna, M.D., Hassan Rajjoub, M.D., FACC, Fikadu G. Tekleyes, M.D., and nurse practitioners, Angela M. Raake, APRN-CNP and Leslie N. Solomon, APRN-CNP, provide 24-hour care for patients with cardiovascular illnesses. The Heart Center offers a wide range of office-based services to include cardiac disease management such as coronary artery disease, atrial fibrillation, heart failure, and cardiac device therapy. To learn more about and services provided by Licking Memorial Cardiac Services, visit LMHealth.org.



Heart Health Month Patient Spotlight

February was National Heart Health Month. It is well known that physical health, such as diet, exercise, and weight, can affect a person's risk for heart disease. Research shows that a person's psychological health and well-being may also be connected to heart health and a risk of heart disease. Depression, stress, and anxiety can cause poor sleep, a lack of exercise, and unhealthy eating habits, which can indirectly affect the heart in a negative way.

In May 2022, Denise Giles was feeling the effects of stress and anxiety more than she normally did. She is the full-time caregiver for her 35 year-old son, Eric, who has special needs. At times it can be a demanding and stressful job, but Denise does everything she can to ensure that all of his needs are met. At the same time, Denise was concerned for her aging mother who had congestive heart failure and had recently been admitted to Licking Memorial Hospital (LMH) for kidney failure.

One day while visiting her mother at LMH, Denise suddenly became dizzy, achy, and nauseous, and felt pressure on the left side of her chest that radiated to her shoulder. She sat down in the chair next to her mother's bed and waited for the feeling to pass. A nurse walked into the room, noticed that Denise did not look well and asked if she needed help. Denise was unable to get up from the chair and requested assistance. She was transported to the Emergency Department (ED) where the ED staff performed vital checks and blood tests. The results revealed that Denise had experienced a heart attack, and she was admitted to the Hospital.

In the morning, Denise was informed that she would

need to have a cardiac catheterization, or heart cath, performed to determine if she had a blockage in her artery. During a heart cath procedure, a long, narrow tube is inserted through a plastic sheath that is guided through a blood vessel in the arm or leg to the arteries that supply the heart muscle with oxygenated blood using a special X-ray machine. If a narrowed artery is located during the heart cath, a smaller balloon catheter is inserted through the tube and inflated at the narrowed part where a mesh coil, known as a stent, is placed to keep the artery open and increase blood flow to the heart.

"When the doctor told me I would need a heart cath, I thought the procedure would happen later that day and I would have time to call my husband, Joe, and tell him what was happening. He had been diagnosed with COVID-19 and was not able to be with me in the Hospital," explained Denise. "Suddenly, a team of nurses and doctors came into my room to prepare me for the procedure. I was worried that I did not have time to tell my husband, but a nurse assured me that she would call Joe and explain the procedure to him."

Denise's heart cath was performed by Interventional Cardiologist Hassan Rajjoub, M.D., of Licking Memorial Cardiac Services. A blockage was detected and a stent was put in place to open her artery. She immediately began to feel better following the procedure and was referred to Cardiac Rehabilitation after her recovery to improve her cardiovascular health. Denise visited Cardiac Rehabilitation three days a week for six weeks. During her sessions, she would run on the treadmill, ride the stationary bike, and perform arm-strengthening exercises.

"The staff in the cardiac rehab center was so helpful and reassuring," said Denise. "At first, I was concerned about how I would feel when I started exercising and if my heart would be ok, but they helped me to feel at ease and were very encouraging during my therapy. My body felt great after I completed a session."

Denise has regular follow-up appointments with Angela Raake, APRN-CNP, of Licking Memorial Cardiac Services to discuss how she is feeling and medication management. After Denise's heart cath procedure, further evaluation of her bloodwork revealed that she had polycythemia – a high concentration of red blood cells in the blood that causes to blood to be thicker and may increase the risk of heart attack and stroke. Denise now visits Aruna Gowda, M.D., of Licking Memorial Hematology/Oncology and manages her condition with medication.

"I am so grateful to all of the doctors and nurses who have helped me get back on track with my health. I realize that self-care is an important part of reducing stress, and it is OK for me to take time for myself," said Denise.

Denise is considering starting an exercise routine at the LMH Wellness Center, which is available to qualified community members. In order to utilize the Wellness Center, an individual must have a referral from a physician, be medically stable and able to function independently in a class setting. Additionally, community members must meet at least one of the following criteria: be 60 years or older; have a chronic health concern; or have a severe weight problem with a body mass index greater than or equal to 31.1 for men, or greater than or equal to 32.0 for women.

Upon a physician referral, individuals may call the Wellness Center to schedule an appointment. The LMH Wellness Center is located at 1717 West Main Street, and a second location is inside C-TEC at 150 Price Road. For more information about the LMH Wellness Centers, including hours of operation and phone numbers, please visit LMHealth.org.

LMHS Physicians Recognized in Honor of National Doctors' Day

National Doctors' Day is celebrated to acknowledge the contributions of physicians to individuals' lives and communities. As part of the annual observation, Licking Memorial Health Systems (LMHS) honors the Active Medical Staff for their dedicated service and ongoing support of the LMHS mission to improve the health the community. LMHS also encourages patients and community members to recognize physicians for their dedication by donating to Licking Memorial Health Foundation (LMHF) in a physician's honor. Physicians who are recognized through a donation receive an acknowledgment of the gift on the donor's behalf.

To acknowledge the dedicated service provided to her and her husband, Lisa* has honored several LMHS physicians with donations for Doctors' Day, including Garth Bennington, M.D., of Licking Memorial Family Practice – 1717 West Main; Janae Davis, M.D., of Licking Memorial Women's Health – Downtown Newark; Owen Lee, M.D., of Licking Memorial Radiology; D'Anna Mullins, M.D., of Licking Memorial Hematology/Oncology; and William Stallworth, M.D., formerly of Licking Memorial Urology. She is especially thankful for their compassionate care.

"There are so many wonderful, caring physicians at LMHS," said Lisa. "They always go above and beyond what they are required to do to make sure all our needs are met."

Dr. Bennington has been Lisa's family physician for several years, and she is appreciative of his attentiveness and ability to provide clear explanations.

He is also quick to follow-up to ensure all her concerns are addressed. "Dr. Bennington is a compassionate, caring person and I am grateful he is my physician," said Lisa. She has the same praise for Dr. Davis explaining, "She always makes sure I am comfortable and takes the time to listen."

Dr. Mullins, Dr. Lee, and Dr. Stallworth cared for Lisa's husband during his terminal disease. "I am grateful for the compassion they showed him during his illness," she said. "They provided excellent care, kept the treatment moving forward, and followed-up to make sure he was doing well."

Because of her positive experience with the physicians, Lisa welcomes the opportunity to support LMHS. In addition to the Doctors' Day donations, she and her husband also contributed to Licking Memorial Hospital (LMH) as a member of the Community Cornerstone Club – a program that allows supporters to donate monetary gifts, which are used to provide new medical equipment and expanded services at LMH.

The LMH Active Medical Staff includes more than 160 physicians and over 50 consulting physicians who provide their expertise and care to the community. Licking Memorial Health Professionals is a group of more than 100 physicians in 48 various practices. Physician offices are located throughout Licking County, including Granville, Hanover, Heath, Hebron, Johnstown, Newark, and Pataskala.

National Doctors' Day – March 30

All charitable contributions to LMHS and LMHF are tax-deductible to the extent allowed by law. Currently, contributions received for LMHF will be directed toward new and replacement state-of-the-art technology in the Radiology and Laboratory Departments. A nuclear medicine camera, numerous ultrasound units, and X-ray machines will be upgraded, and added to various provider locations, maximizing image quality. To meet the rapidly changing field of laboratory medicine, the newest generation of chemistry instrumentation in our Microbiology and Molecular Lab will be added, providing a broader test menu and faster result turnaround times. This advanced equipment will further enhance patient experience, improve patient outcomes, promote safety, and ensure availability of high-quality healthcare, close to home.

To make a donation honoring a physician, please contact the **LMH Development Office at (220) 564-4102**. You also may visit LMHealth.org and click "Donate."

*Lisa is not the donor's real name. She asked to remain anonymous.



National Colon Cancer Awareness Month

In March, LMHS observes National Colon Cancer Awareness Month by highlighting the importance of colon screenings and colon health through providing information and resources to the community. Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancers in both men and women. The American Cancer Society estimates that there were 106,180 new cases of colon cancer and 44,850 new cases of rectal cancer in 2022. Increased colon cancer screenings and the advancement in treatments for colorectal cancer have contributed to a decrease in deaths from these cancers; however, the disease has been rising among people younger than 50. Therefore, the United States Preventive Services Task Force (USPSTF) recommends that all average-risk individuals begin screening for colorectal cancer at age 45. Regular screenings are critical to detect and remove pre-cancerous polyps, which often are present without symptoms.

When discovered early, colorectal cancer is highly treatable and one of the most curable cancers. Most colorectal cancers can be treated with surgery followed by chemotherapy to decrease the risk of recurrence. There are several colorectal cancer screening methods; however, colonoscopy is considered

the “gold standard” and has several advantages compared to other tests.

Unlike other screenings, a negative finding during a colonoscopy indicates that no further studies are necessary for five to ten years, and if an abnormality is found, a biopsy or complete removal of the polyp can be accomplished during the procedure. Furthermore, most insurance companies, including Medicare, cover the cost of a colonoscopy screening. However, plans may vary, and patients should contact their insurance company to determine coverage of screenings and other types of colonoscopies. In conjunction with Colon Cancer Awareness Month, LMHS will provide a free initial colonoscopy screenings to 10 eligible Licking County residents. Individuals who are uninsured and low-income may be eligible to receive the free screening.

Individuals who have a family history of colorectal cancer or certain risk factors, such as inflammatory bowel disease, should start screening earlier and more frequently. There are often no signs or symptoms of colorectal cancer, which is why regular screening is so important. Many symptoms of colorectal cancer can also be associated with other health conditions. Only a physician can determine the cause. Do not delay seeking treatment if symptoms worsen.

Simple lifestyle changes such as regular exercise and healthier eating can help decrease the risk of colorectal cancer.

Eating plant-based foods such as vegetables, fruits, legumes, and whole grains help maintain a healthy weight and can aid in weight loss. A diet containing fiber-rich

foods such as raspberries, pears, apples, bananas, oranges, cooked artichokes, peas, broccoli, corn, whole grains, and legumes promotes regularity and prevents constipation.

Research shows that regular exercise may reduce the risk of colorectal cancer by improving immune function, reducing inflammation, and moving food more rapidly through the colon. The U.S. Department of Health and Human Services recommends that adults get at least 150 minutes of moderate-intensity exercise each week.

In addition to regular exercise, people who spend long periods sitting, such as those who work desk or driving jobs, would benefit from finding ways to be more active throughout the day. Recent studies have shown a sedentary lifestyle or prolonged periods of sitting may increase the risk of colon cancer. Small steps, such as standing every hour to stretch or take a walk, are beneficial.

Throughout March, LMHS will hold events to increase awareness of colorectal cancer and the importance of preventative screenings, including a Walk with a Doc event on March 18 at the Adena Recreation Center on the Newark Campus of The Ohio State University. David E. Subler, M.D. of Licking Memorial Gastroenterology, will lead the walk and discuss colorectal cancer awareness. Additionally, samples of healthy recipes, educational materials, and blood pressure screenings will be available. In addition, the LMH Main Street Café will feature high-fiber specials during the week of March 20. For additional resources about colorectal cancer prevention, including fitness videos, visit LMHColonHealth.org.

For more resources, visit
LMHColonHealth.org



Saturday, March 18,
at 8:30 a.m.



Radiology Staff Provides Services with Speed and Accuracy

Licking Memorial Health Systems (LMHS) has long partnered with Tri-County Radiologists to offer fast, accurate results for patients in need of X-rays, scans, and other forms of imaging tests. The Licking Memorial Hospital (LMH) Radiology Department, located on the LMH First Floor, provides routine inpatient and outpatient services upon request by a physician. Using such images, the radiologists can detect injuries, monitor how the body is responding to a treatment, and screen for different illnesses, such as breast cancer, colon cancer, or heart disease.

Diagnostic radiologists use a variety of imaging procedures to obtain images of the inside of the body. The highly trained and board-certified physicians play an important role in a patient’s health by acting as an expert consultant and providing assistance in choosing the proper exam and directing radiology technologists in properly performing quality examinations. They interpret and report on the resulting images and when appropriate, additional tests.

Services that the LMH Radiology Department provides include:

- Computed Tomography (CT) Scan
- I.V. and Barium Contrast Studies
- Mobile CT
- Magnetic Resonance Imaging (MRI)
- Positron Emission Tomography (PET)
- Nuclear Medicine

- Interventional: Kyphoplasty
- Vertebroplasty
- Ultrasound
- X-Ray
- Bone Densitometry (DEXA)
- Mammography

Most imaging tests will be ordered by a physician in charge of the care of a patient, and will be scheduled through Centralized Scheduling. Images are viewed on the computer screen within minutes of an imaging test. A radiologist typically views and interprets the results and sends the findings to the physician who ordered the test. The physician then explains the results to the patient. In an emergency, X-ray results can be made available to a physician in minutes.

While a radiologist is typically available for consultation at LMH, occasionally, after hours, testing done in the LMH Emergency Department may be

sent for interpretation to Alta Vista TeleRadiology, an organization in Arizona. The radiologists employed with Alta Vista are also board-certified and highly trained. After receiving results from Alta Vista, an LMH radiologist will view the test results and perform an over-read, a second reading to ensure accuracy. On rare occasions, the LMH radiologist may discover a discrepancy or detect an anomaly that is concerning. In such cases, the patient is contacted as soon as possible and may be scheduled for another test. LMH carefully tracks, monitors, and reports such discrepancies to discuss methods to prevent such happenings.

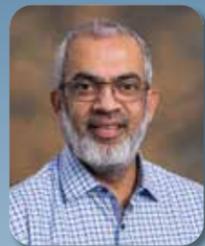
All radiologists contracted by LMHS meet the American College of Radiology (ACR) recommendations and are certified by the American Board of Radiology. LMHS also follows the ACR’s comprehensive program of facility accreditation for MRI, CT, Ultrasound, Mammography, Breast Ultrasound, and Stereotactic Breast Biopsy. Equipment and personnel must meet specific qualifications, and a high level of image quality is required for this accreditation.



New Appointments



Eric R. Aaserude, M.D.,
joined Licking Memorial
Emergency Medicine



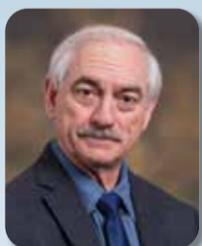
Ejaz Ahmad, M.D.,
joined Licking Memorial
Pathology



Sadie A. Deckard, PA-C,
joined Licking Memorial
Orthopedic Surgery



Gloria M. Galloway, M.D.,
joined Licking Memorial
Neurology



Dwight J. Goddard, M.D.,
joined Licking Memorial
Family Practice – North Newark



Robert L. Graves, APRN-CNP,
joined Licking Memorial Emergency
Medicine



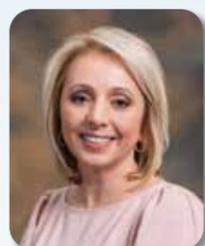
Thomas M. Grogan, M.D.,
joined Licking Memorial
Anesthesiology



Sarah E. Karling, APRN-CNP,
joined Licking Memorial
Women's Health – Pataskala



Eesha Maiodna, M.D.,
joined the Licking Memorial
Heart Center



Megan E. Miller, D.O.,
joined Licking Memorial
Family Practice – Heath

Physician Spotlight – Shelley A. Gittens, M.D.



Shelley A. Gittens, M.D., received her Medical Degree from Wright State University School of Medicine in Dayton, Ohio. She also has a Bachelor of Arts degree from Hunter College in New York, New York.

She completed a pediatric residency at the University of Connecticut Health Center in Farmington, Connecticut. Dr. Gittens is board certified in pediatrics and certified in Pediatric Advanced Life Support and Neonatal Resuscitation. She is a member of the American Medical Association and the

American Academy of Pediatrics. Dr. Gittens was appointed to the Licking Memorial Hospital (LMH) Medical Staff in the Pediatrics Department in August 2000.

Dr. Gittens resides in New Albany with her husband, Richard. They have three

children, Dellon, Richelle, and James. Dr. Gittens served as a Captain in the Ohio National Guard from 2014 to 2020. In her spare time, she enjoys cooking, traveling, and making arts and crafts with her family.

Question: What is RSV?

Answer: Respiratory syncytial virus (RSV) is the most common respiratory viral illness of childhood. Virtually all children will have been exposed to the virus by two years of age, and many may be reinfected during their lifetime. The virus typically causes common cold symptoms such as runny nose, sneezing, nasal congestion, sore throat, and coughing. However, in vulnerable individuals, RSV can progress to bronchiolitis, inflammation of the passages and small airways of the lungs, and pneumonia, the infection of the lung tissues. Such cases may lead to hospitalization. Approximately 30 to 40 percent of previously healthy infants hospitalized with bronchiolitis are at an increased risk for recurrent wheezing or asthma in later childhood.

Most people infected with RSV will recover within two weeks; however, symptoms can continue for three weeks or more, and tend to wax and wane during the infection. Individuals at most risk are infants under 6 months of age, older adults, people with compromised immune systems, and chronic heart or lung disease. Similar to other seasonal respiratory viruses, cases of RSV typically increase during the fall and winter months. However, the COVID-19 pandemic has impacted normal transmission patterns of RSV, leading recently to more unusual, “out of season” exposures and infections. Given its similarities in symptoms and co-circulation with other viral infections, the only way to determine if someone has an RSV

infection is through clinical laboratory testing.

The Ohio Department of Health has been tracking cases of RSV due to a rise in the number of cases nationwide. The Centers for Disease Control and Prevention (CDC) issued a health advisory in November because of the early, elevated trend. Annually, in the United States, RSV leads to about 58,000 hospitalizations, with 100 to 500 deaths among children younger than 5 years old, and 177,000 hospitalizations with 14,000 deaths among adults aged 65 years or older.

Diagnosing RSV

RSV is diagnosed by a healthcare provider based on symptoms present and physical exam findings. The provider may test oxygenation with a pulse oximeter, perform confirmatory laboratory tests for RSV by swabbing nasal mucus, or order a chest X-ray. Testing for RSV is rarely necessary as the results do not change the treatment plan, which is generally supportive. However, if the child potentially requires hospitalization because of the development of bronchiolitis with worsening symptoms such as low oxygen levels or difficulty breathing, then testing is performed to determine the need for isolation measures.

Symptoms of RSV are similar to other commonly known viruses such as rhinovirus, influenza, parainfluenza, or coronavirus, and may include runny nose, coughing, sneezing, fever, decreased appetite, decreased activity, wheezing, or other noticeable signs of respiratory distress. Increased drooling and fever may also be present. Those infected with RSV may display

Ask a Doc – Respiratory Syncytial Virus (RSV) with Shelley A. Gittens, M.D.

symptoms within 3 to 5 days of becoming infected, and are contagious for 3 to 8 days after exposure to the virus. Some infants and people who are immunocompromised can be contagious for as many as 4 weeks after infection, even if they are asymptomatic.

Once infected, the virus multiplies in the upper respiratory tract (nasopharynx) which produces the common symptoms of nasal congestion, cough, and severe runny nose. If the virus progresses and spreads to the lower respiratory tract, or lungs, parents may notice wheezing, rapid breathing, difficulty breathing which could include belly breathing, nasal flaring, grunting, tugging between the ribs or lower neck, head bobbing with breathing, a paleness, or the lips appear blue. For infants under 6 months of age, the mucus obstructing the nasal passage and airways places them at risk for developing dehydration and respiratory distress or apnea.

Management

Since the virus is a self-limiting illness for most infected, the mainstay of treatment is generally supportive care and anticipatory guidance regarding deterioration or worsening of the illness. Keeping the nasal passage clear is paramount and can be accomplished by using a nasal aspirator or suction device to gently clear mucus from the nose. Suctioning before feeding is helpful since babies can eat better if they can breathe better. If secretions are thick, saline nose drops may allow for easier breathing and thus feeding. Also placing a cool mist humidifier in the child's room assists in breaking up mucus.

Maintain hydration by allowing the child to consume plenty of clear liquids, such as water, pedialyte, or popsicles. If nursing, small frequent feedings may be required. Continue to breastfeed for 5 minutes at a time. For a fever, administer Tylenol, or

Motrin for children 6 months or older. Do not offer aspirin to children under 16 years old. Over-the-counter cold and cough medications have no proven benefit, may cause serious adverse effects, and are therefore not recommended for children under 4 years of age. Antibiotics also typically have no benefit against a virus, and are not suggested as a prescription for RSV. However, a physician may prescribe an antibiotic if evidence of a coexisting bacterial infection, such as an ear infection, is detected.

Call a pediatrician or seek medical attention immediately if the child exhibits signs of cyanosis, such as the lips or fingernails appear blue, increased respiratory rate, or signs of difficult breathing including nasal flaring, grunting, chest retractions. Additional symptoms includes poor feeding, and decreased urine output (no wet diapers in 12 hours) which can be a sign of dehydration, and lethargy or fatigue. Also, seek medical attention if the caregiver is unable to provide comfort care for the child during the illness. If hospitalization is required, treatment typically requires frequent nasal suctioning, provision of oxygen, and possible respiratory support to assist patients with breathing, and maintenance of hydration with intravenous (IV) fluids. Only 1 to 2 percent of infants require hospitalization, and most hospital stays are 2 to 3 days.

Prevention

Preventing the spread of RSV is vital and begins by educating parents about RSV. The most important practice that can significantly reduce the spread of RSV is handwashing. Good hand hygiene includes frequently washing hands with soap and water for 20 seconds. RSV can live on unwashed hands for 30 minutes or more. Frequent cleaning of countertops, tables, toys, and door knobs can also eliminate live viruses which can

exist on these surfaces for up to 24 hours. Follow the suggestions below as well.

- Cover coughs and sneezes
- Avoid close contact with others who are ill
- Avoid touching the face, eyes, nose, and mouth with unwashed hands
- Limiting day care attendance has been recommended but this is often hard for some families
- Avoid secondhand smoke – smoking increases the risk of contracting RSV and many other lung ailments

Immunoprophylaxis with Synagis is a monoclonal antibody that may be prescribed for high-risk infants who meet the criteria including being born prematurely, having chronic lung disease or congenital heart defects, or an immunocompromised, weakened immune system. Synagis is administered by injection monthly at the start of the RSV season in the fall for the prevention of serious lower respiratory tract diseases such as bronchiolitis or pneumonia. The antibody is not a cure and does not improve symptoms in a patient infected with the virus, nor does it prevent infection; however, the recipient is less likely to be hospitalized.

In conclusion, RSV is one of the most common diseases of childhood. Although essentially incurable, most infected with the virus experience only common cold symptoms. In vulnerable individuals, the disease can progress to bronchiolitis or pneumonia resulting in hospitalization thus increasing chances of significant morbidity and mortality. However, with proper supportive care and prophylaxis with Synagis in the high-risk population, the impact of the disease can be lessened. With steady advances in medicine, scientists are working on vaccines and medications for the treatment of RSV in the future.



Quality Reporting to the Community

Patient Story and Benchmarks for Patient Safety

Patient Story – Kari Richards

overwhelmed by the number of people working to get her registered and trying to determine a diagnosis.

The staff transferred Kari to the Intensive Care Unit (ICU) for immediate treatment and care. Her nurse, Jordan Long, B.S.N., offered comfort by specifically bringing Kari purple Popsicles to enjoy. She seemed to recover some of her strength, and was moved out of the ICU to a standard patient room. However, Kari once again began experiencing breathing trouble. She felt as though she could never breathe in enough air. Despite the advice of the physicians, Kari refused intubation, the process of inserting a tube into a person's airway to assist in delivering air to the lungs. As her health continued to rapidly decline, Kari had no other choice and was intubated on December 21.

Soon after, Kari became comatose. She remained in the coma through February. During that time, her kidneys failed and her care team believed she might have to undergo a double lung transplant to survive. LMH staff implemented a number of patient safety protocols to properly care for Kari including dialysis every two days to remove fluids from her body. To encourage her recovery, Kari's family members, including her son, Jaiden, and daughter, Kailey, were allowed to visit her as often as possible.

"I believe I am a walking miracle. Many who were hospitalized during the same time did not survive," Kari shared. "Bassam Kret, M.D., the ICU physician, never gave up on me. He kept caring for me through the worst of the disease, and offering treatments until the day I was able to leave LMH."

As Kari's body began to positively respond to treatment, her kidneys began functioning again, and her lungs healed enough to avoid the need for transplant.

Kari did experience setbacks, including a wound on her face that would not heal properly. After time, the wound did heal, and she overcame the worst of the symptoms.

Kari remembers nothing from the end of December through February 2022, when she woke from the coma. "Right before coming out of the coma, I saw my dad who had passed away in 2017. That is another reason I believe my recovery is a miracle. I knew when I saw him that I was going to survive."

Regaining some strength, Kari and Jarred were able to celebrate Valentine's Day and their wedding anniversary on February 21. The couple has been married for 15 years. As she continued to recover, Kari developed relationships with a number of her caretakers. "I enjoyed spa nights with Leah Benvie, the point of care technician. She would file and paint my nails, and wash my hair. I felt pampered. Zach Derugen, B.S.N., was very knowledgeable about the tracheostomy and assisted in suctioning the tube when needed. Tammy Lavery, the ICU nurse, also took very good care of me. There were so many kindhearted people, I wish I could name them all."

In addition to treatments for COVID-19, Kari was offered rehabilitation services in her room at LMH. Matt Mathias assisted Kari to build strength and movement before she was transferred to another facility for more strenuous rehabilitation. When Kari left the ICU, the staff created posters of encouragement and lined the hallways to cheer for her and show their support for her continuing recovery efforts. She finally returned to her home in Fallsburg in March. Even fully recovered, Kari still experiences the side effects of the disease. She sometimes struggles to breathe when walking; however, her family continues to support her and offer assistance when needed.

During the final months of 2021, Licking County experienced a surge of COVID-19 infections, setting records for the highest number of new cases and hospitalizations since the start of the pandemic in March 2020. Kari Richards and her husband, Jarred, were among those diagnosed with the disease in November. The couple visited the Urgent Care although neither felt their symptoms were severe. Jarred quickly recovered during his mandatory quarantine time; however, Kari's health deteriorated.

With no energy or appetite, Kari spent most of her day in bed. She messaged family members to ask for advice to battle the symptoms. Taking an over-the-counter cough suppressant had no affect, nor did utilizing cough drops. At Jarred's urging, Kari attempted to leave the bedroom and sit on the couch. After stopping several times due to feeling lightheaded and dizzy, Kari gave up, and asked for assistance to return to the bed. The weakness left her unable to stand or even get dressed.

Kari's daughter owns a pulse oximeter, a small device placed on a fingertip to estimate the oxygen saturation of the blood. Ideal readings are typically 95 percent or higher. Kari's reading was only at 40 percent. On December 2, 2021, Jarred made the decision to drive Kari to the Licking Memorial Hospital (LMH) Emergency Department. During the drive, a deer hit the side of Jarred's truck which left Jarred struggling to try to get the door open when they arrived at LMH. The staff brought a wheelchair to assist in transporting Kari inside. She was having difficulty breathing and felt

Pressure Injury Prevention Committee

Pressure injuries, also known as bed sores or pressure ulcers, are a significant health issue for patients who have medical issues that limit their ability to change positions, such as being confined to a bed or sitting in a chair for long periods of time. Pressure injuries can have a great impact on a patient's life and their provider's ability to administer appropriate care. Each year, more than 2.5 million people in the United States develop pressure ulcers. These skin lesions bring pain, associated risk for serious infection, and increased stress on healthcare resources.

A pressure injury develops when a weighted force cuts off blood supply to the skin for a prolonged period of time. The lack of blood flow can cause the tissue to break down and form a sore. Common areas for a pressure injuries to occur are bony parts of the body, such as the tailbone, buttocks, shoulder blades, hips, ankles, heels, and spine. Early symptoms of a pressure injury include unusual changes in skin color or texture, pus-like drainage, an area of skin that feels unusually warm to the touch, and increased tenderness. Pressure injuries that go untreated can result in more serious health conditions, such as infection or sepsis. Patients who are in the hospital or a nursing home should

alert their healthcare team as soon as possible if they develop symptoms of a pressure ulcer.

The Pressure Injury Prevention Committee at Licking Memorial Hospital (LMH) is a quality improvement peer review committee that is led by the Risk Management Department and consists of nurse managers, wound nurses, Wound Clinic management personnel, and the Process Improvement Department. The Committee meets monthly to review cases and identify trends to improve patient safety and outcomes for wound management at the Hospital.

A wound nurse will visit and assess a patient who has had a prolonged stay at LMH or has received a low Braden Scale score. The Braden Scale is a tool used to identify patients who are at risk for pressure wounds. A low Braden score indicates a higher risk for developing a pressure ulcer. If a wound is identified, the nurse will document the wound in the patient's electronic medical record (EMR) and implement appropriate interventions to treat the wound or keep it from progressing.

The Pressure Injury Prevention Committee will review identified wounds and disseminate the information to the

unit managers so they may investigate medical record documentation. Based on information from the investigation, the committee will discuss methods of patient assessment and identify ways that can help staff to better recognize, report, and treat patient wounds, such as establishing clear protocols and effective preventive measures.

The Committee may also suggest providing education for clinical staff so they are aware of the expectations for assessing pressure injuries. It is important for staff to be able to identify patients who are at high risk for pressure injuries through physical assessment or Braden Scale score, and implement the appropriate interventions to prevent wound progression.

The LMH Information Systems Department is working with the Pressure Injury Prevention Committee to improve the accessibility within Epic for nurses to document wounds in a patient's EMR. Proper documentation in the EMR is an important communication tool for physicians and clinical staff to share pertinent medical information and improve patient care coordination, diagnostics, and outcomes for wound care.

Walk with a Doc

In December, Licking Memorial Health Systems hosted a Walk with a Doc event at Wildwood Park in Granville. Bradley R. Lawson, M.D., of Licking Memorial Otolaryngology, lead a discussion about chronic sinusitis. During the January event at the West Licking County Family YMCA, Brian T. Klima, M.D., of Licking Memorial Pediatrics – Pataskala, shared information about cold and flu season. Matthew P. Arrowsmith, M.D., of Licking Memorial Outpatient Psychiatric Services, informed participants about Post-traumatic Stress Disorder (PTSD) during the February event at the Licking County Family YMCA.

The monthly program offers community members an opportunity to ask general health questions related to a physician's specialty during a 40-minute walk at various locations in Licking County. For more information on upcoming Walk with a Doc events, visit LMHealth.org/Calendar.



Patient Safety – 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 to benchmark measures. Then, we publish the information so you can draw your own conclusions regarding your healthcare choices.

1. The Institute of Medicine published a report in 2000 that highlighted the stunning effects of medication errors. The report set forth a national agenda for reducing errors and improving patient safety by designing a safer health system. Although the medication error rate at Licking Memorial Hospital (LMH) is significantly better than the national benchmark, we make continuous efforts to improve the process. LMH dispensed 907,707 doses of medication in 2021.

	LMH 2019	LMH 2020	LMH 2021	National ⁽¹⁾
Medication errors per 1,000 doses	0.014%	0.010%	0.012%	0.310%

2. 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, catheter, or central venous line. The following data reflects the number of infections per every 1,000 patient days compared to the national benchmarks.

	LMH 2019	LMH 2020	LMH 2021	National ⁽²⁾
Central line associated bloodstream infections (ICU)	0.88	0.0	0.0	0.98
Catheter associated urinary tract infection (ICU)	0.79	0.60	0.0	0.79
Surgical site infections – colon surgery	0.0	0.0	0.0	0.85
Surgical site infections – abdominal hysterectomy	0.0	0.0	0.0	0.99
Methicillin-resistant staphylococcus aureus (MRSA) bacteremia	0.0	1.09	1.13	1.09
Clostridium difficile (C. Diff)	0.70	0.90	0.54	0.50

3. LMH conducts a comprehensive assessment to determine if a patient is at risk for a fall at admission and during the Hospital stay. Personal alarms and bed sensors help alert staff to a potential fall.

	LMH 2019	LMH 2020	LMH 2021	Goal
Inpatient falls, per 1,000 patient days	3.8	3.9	3.6	less than 3.0

4. Acute care mortality refers to patients who pass away while admitted as inpatients in the hospital. While mortality within the hospital is not uncommon, it can be a valuable indicator in determining how effectively the hospital manages crisis situations as well as its ability to rescue the patient in an emergency. Other factors, such as nurse staffing levels, staff knowledge and experience, and early recognition of patient deterioration all can have an impact on inpatient mortality. Sepsis is a body's overwhelming and life-threatening response to an initial infection of microbes that can be bacterial, viral, or fungal. It can be difficult to diagnose. LMHS has safety measures in place to detect early signs of sepsis. Lower rates are preferable.

	LMH 2019	LMH 2020	LMH 2021	National ⁽³⁾
Inpatient mortality	1.24%	1.67%*	2.18%*	2.22%**
Sepsis mortality rate, per 1,000 patients	9.3%	11.3%*	10.9%*	14.9%

**Deaths definitively or potentially related to COVID-19 have been excluded.
**The benchmark is set to the 2019 report which was prior to the COVID-19 pandemic for accurate comparison.*

5. During the annual influenza (flu) season, keeping the LMHS employees healthy by providing flu vaccinations can, in turn, protect patients from potential influenza infections. LMHS is committed to encouraging and providing free, easily accessible flu vaccines to all employees.

	LMHS 2019	LMHS 2020	LMHS 2021	LMHS Goal	National ⁽⁵⁾
LMHS employees receiving the seasonal influenza vaccine	95%	94%	85%	greater than 80%	75.9%

6. Warfarin (also known as Coumadin) is a blood thinner, which also is called an anticoagulant. It is used to help prevent and treat blood clots. The most common side effect of warfarin is bleeding in any tissue or organ. It is important for patients to have a prothrombin time (PT) and International Normalized Ratio (INR) blood test regularly to help the physician determine the blood clotting rate and whether the dosage of warfarin should change. The testing is very important and must be accomplished at recommended intervals in order to keep the PT/INR result in the best and safest range for the medical condition. Licking Memorial Health Professionals (LMHP) has adopted this recommendation as a safety measure. Note: Patients who visit the Licking Memorial Medication Therapy Clinic are not included as LMHP patients.

	LMHP 2019	LMHP 2020	LMHP 2021	LMHP Goal
LMHP patients on warfarin having a current PT/INR within recommended guidelines	97%	N/A*	97%	greater than 90%

**An insufficient amount of data was available for comparison.*

7. Metformin (trade name Glucophage) is a medication that is used in the treatment of diabetes mellitus and polycystic ovarian disease. It is an effective medication for treatment of both of these unrelated disease processes, but must be used cautiously in patients with compromised renal (kidney) function. It is recommended to monitor renal function prior to initiation of therapy and at least annually thereafter. LMHP has adopted this recommendation as a safety measure.

	LMHP 2019	LMHP 2020	LMHP 2021	LMHP Goal
LMHP patients on Metformin with a renal function test within last year	93%	89%	92%	greater than 90%



Preventing and Treating Chronic Wounds

When an injury to the skin occurs through cuts, scrapes, scratches, or punctures, the body works to repair the wound. While most minor wounds heal quickly within a few days or weeks, in some instances a wound may not heal properly or become infected, which can result in a chronic wound. The most common types of chronic wounds are venous ulcers, diabetic foot ulcers, pressure ulcers, infectious wounds, ischemic wounds, and surgical wounds.

Common risk factors for chronic wounds include:

- Diabetes
- High cholesterol
- Severe burns
- Cancer
- Vascular disease
- Heart disease
- High blood pressure
- Sedentary lifestyle

The following actions can help reduce the risk of infection and ensure that wounds heal as quickly and safely as possible:

- Perform hand hygiene before treating the wound
- Clean the wound and surrounding area thoroughly
- Remove any dead or inflamed tissue to help the wound heal properly
- Apply ointment to the wound to keep it moist
- Use dressing material that is appropriate for the wound, such as gauze, transparent films, hydrogel, or a non-breathable, self-adhesive bandage
- Maintain physical activity or movement to enable blood circulation and promote healing

It is important to have an ample quantity of wound care supplies available to make sure wounds are treated properly and in a timely manner. Individuals who suspect that they are experiencing complications from their wound should consult their physician about the best method of treatment.



Quality Reporting to the Community

Patient Story and Benchmarks for Heart Care

Patient Story – Craig Burdick

all suffered heart attacks,” Craig revealed. “Heredity is a major risk factor for heart disease.”

Gina, a district nurse for Granville Exempted Village Schools, felt the symptoms were serious enough to warrant a visit to the Hospital, but Craig decided he just needed to rest. The next morning, Craig woke early to make an hour and a half drive to a facility in Caldwell. While getting ready to leave, Craig felt as though he needed to vomit and quickly made his way to a bathroom. He also felt faint, and sat on the floor for a few minutes until he regained some of his strength. Crawling to the couch in his living room, Craig found his cellphone and called Gina, who was upstairs asleep. Gina immediately called 911. The emergency medical technicians (EMTs) arrived quickly, and used a portable electrocardiograph (EKG) machine to test Craig’s heart rhythm.

“I was right in the middle of experiencing a heart attack. At that point it felt as though an elephant was sitting on my chest, but the pain was actually radiating from my armpit,” Craig shared. “The EMTs gave me nitroglycerin and some pain medication to relieve the symptoms.” While being transported to Licking Memorial Hospital (LMH), Craig overheard the medics relaying his test results and current status to staff members at LMH over their radios. When the squad arrived, Craig was rushed to the catheterization laboratory to have a stent placed in an artery that was 99 percent blocked. In just 48 minutes from the time his wife called 911, the stent was placed, and the artery was re-opened.

LMH has established a team of specialists, including Cardiologist Hassan Rajjoub, M.D., who are ready at a moment’s notice to respond when a patient is experiencing a cardiac event. From the EKG, the EMTs knew Craig was experiencing a ST-elevation myocardial infarction (STEMI), a heart attack caused by a blockage of a

heart artery. A STEMI is more serious and has a greater risk of serious complications and death than other cardiac events. The heart muscle becomes damaged within minutes and could stop functioning all together unless the artery can be reopened. For this reason, every minute from the onset of a heart attack is absolutely critical.

“Dr. Rajjoub and his team were amazing. They move together as though they were a well-oiled machine. I was up and walking the halls soon after the surgery, and I went home two days later,” Craig said. “It was also comforting to see a good friend of mine, Chaplain Cheryl Simpson, waiting in the Emergency Department for my arrival.”

As part of his treatment, Craig was referred to the Cardiac Rehabilitation Program. The program focuses on restoring and enhancing both the physical and psychological health of the patients. The specially trained staff work to develop an individualized health and fitness plan and provide healthy lifestyle information. “I have been following the protocol they designed for me, and I have lost weight and feel so much better. My goal was to be ready to referee when football season began, and the staff supported me wholeheartedly, pushing me when I needed it. They were phenomenal,” Craig expressed.

While he now has to take medication, Craig feels his life is back to normal. He continues to provide spiritual services to the residents of the care facilities and serve as the Chaplain for the Licking County Prosecutor’s Office. He is grateful to be able to spend time with Gina, and their children, Austin, Scott, Caden, and Maria. “Maria is only eight-years-old. She is our miracle baby, born years after we thought we were done having children,” Craig said. “It is important for me to stay healthy for her, and our boys.”

While vacationing and visiting family members in Central Ohio, Craig Burdick made the decision to leave his home in Pennsylvania and stay in the area. He met Gina, and the two were soon married. The couple settled in Heath, and Craig began serving as the pastor of a local church. He also became a football referee. After 13 years as a church pastor, Craig felt called to take on a new challenge, and accepted a position to provide pastoral services with a healthcare organization that operates a number of care facilities in the area.

As a local football referee, it is important for Craig to stay physically active and in good condition. However, after taking the position with the healthcare organization, Craig had made minor changes in his routine that had a detrimental affect on his healthy habits. He spent more time driving than he had in the past, and often chose to stop for fast food for meals while visiting the 17 different care facility locations. Less activity and unhealthy food choices led to weight gain, and eventually Craig faced a frightening health crisis.

In June 2022, Craig was visiting the care facilities when he began to feel overheated and unwell. At first, he thought the buildings were overly warm inside, and that he would feel better with some rest. After returning home, Craig noticed tingling in his arm, but rationalized that the sensation was a side effect of a shoulder surgery that he underwent in the past. None of the symptoms he was experiencing caused him concern or to consider a more serious cause, such as a cardiac event.

“I guess with a family history of heart disease, I should have been more aware of the symptoms. My father and three uncles

How Sleep Impacts Heart Health

Sleep is critical to maintaining good, overall health. It provides time for the body to repair cells, tissue, and blood vessels, strengthens the immune system, improves mood, and increases energy and brain function. The Centers for Disease Control and Prevention states that most adults need at least 7 hours of sleep each night. Studies show that sleep deprivation can negatively affect heart health by contributing to high blood pressure and increasing the risk of heart disease, heart attacks, diabetes, and stroke.

Recently, the American Heart Association added sleep to its heart health checklist, a list of 8 key measures for improving and maintaining cardiovascular health: diet, exercise, tobacco use, weight, cholesterol, blood sugar levels, blood pressure, and now sleep. The effects of getting more quality sleep can help benefit a person’s heart health.

During sleep, the stimulation of the nervous system is reduced, and heart-rate, breathing, and blood pressure drop to levels below those that occur when a person is awake. When an individual experiences sleep disruptions, their blood pressure and heart rate will remain higher for longer periods of time. High blood pressure is the leading risk for heart disease and stroke.

Sleep also affects the hormones that control hunger, the body’s response to insulin, and a person’s metabolism. Sleep deprivation can cause

people to crave foods that are higher in added sugar, fats, and sodium. Excessive intake of these types of food can lead to health conditions such as obesity, diabetes, and high blood pressure, which increase the risk of cardiovascular disease.

A lack of sleep can decrease motivation for exercise because a person is already feeling tired. Studies show that regular physical activity can help to improve sleep quality and reduce pre-sleep anxiety. Exercising in the afternoon or early evening is most helpful for promoting sleep; however, workouts completed just before bedtime can increase stress hormones and worsen sleep issues.

Conditions such as sleep disorders can also harm a person’s heart health. Sleep apnea is a sleep disorder that occurs when the airway is repeatedly blocked during sleep, causing the individual to stop breathing for a short amount of time. This decreases the amount of oxygen that the body receives while sleeping, and in response, blood vessels constrict and heart rate and blood pressure increase. Sleep apnea is associated with a number of serious health complications, including coronary

heart disease, heart failure, irregular heartbeat, and stroke.

Insomnia – the inability to fall asleep, stay asleep, or both – is the most common sleep disorder in the United States. Over the past decade, insomnia has been linked to high blood pressure, heart disease, and heart failure. The sleep disorder is also the number one symptom of people who have heart failure. Certain medications, such as beta blockers, can also contribute to insomnia, as well as health anxieties. Individuals who suffer from insomnia may experience symptoms such as daytime sleepiness, fatigue, and problems with concentration or memory.

People who are having trouble sleeping should visit their healthcare professional if symptoms of poor sleep last for more than a couple weeks. Sleep issues may be a result of an underlying health condition or a sleep disorder. A patient may be asked to participate in a sleep study that will monitor their eye movement, pulse, breathing rate, body movements, snoring, and blood oxygen levels. Results of the study will help determine the appropriate course of action for better sleep.



Heart 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 to benchmark measures. Then, we publish the information so you can draw your own conclusions regarding your healthcare choices.

1. The first step in heart attack treatment is to confirm that the patient is truly experiencing the symptoms of a heart attack. An electrocardiogram (EKG) measures the electrical activity of the heart and is one diagnostic tool used to determine if a heart attack is occurring.

	LMH 2019	LMH 2020	LMH 2021	National Average ⁽¹⁾
Median time from arrival to completion of EKG	3 minutes	3 minutes	3 minutes	7 minutes

2. In patients having a heart attack, emergency angioplasty restores blood flow to the heart muscle by re-opening blocked or clogged arteries. This is completed by inserting a catheter into the artery that feeds the heart, inflating a balloon, and placing a stent inside the artery to keep it open. This procedure can help reduce damage to the heart muscle, and has the best results when performed within 90 minutes after arriving in the Emergency Department (ED). Licking Memorial Hospital (LMH) began performing this procedure in 2008.

	LMH 2019	LMH 2020	LMH 2021	National Goal ⁽²⁾
Mean time from arrival until balloon angioplasty performed	55 minutes	58 minutes	65 minutes	90 minutes
Time to balloon within 90 minutes	99%	98%	98%	95%

3. Emergency Medical Services (EMS) are often the first to evaluate and treat patients experiencing heart attack symptoms. EMS acquires a baseline EKG to wirelessly transmit to the LMH ED physician for interpretation and early identification, so that the Catheterization Lab team can be alerted quickly. Medical contact to reperfusion refers to the time it takes in minutes from the first medical contact by EMS with a patient experiencing heart attack symptoms, to the opening of the artery to allow blood flow back to the heart muscle.

	LMH 2019	LMH 2020	LMH 2021	National Goal ⁽²⁾
Medical contact to reperfusion	75 minutes	78 minutes	82 minutes	Less than 90 minutes

4. Licking Memorial Health Professionals (LMHP) physicians also monitor the usage of antiplatelet drugs, such as aspirin or an antithrombotic drug, in patients with coronary artery disease (CAD). The usage of these medications lowers the risk of myocardial infarction (MI) or death in patients with CAD.

	LMHP 2019	LMHP 2020	LMHP 2021	LMHP Goal ⁽³⁾
LMHP CAD patients with aspirin and/or antithrombotic prescribed	93%	93%	90%	Greater than 85%

5. LMHP physicians monitor the cholesterol levels, specifically the LDL (bad cholesterol) levels of their patients with diagnoses of CAD. Elevated LDL cholesterol level is a risk factor for MI, but is reversible through medication, diet, and exercise.

	LMHP 2019	LMHP 2020	LMHP 2021	LMHP Goal ⁽³⁾
LMHP CAD patients with LDL less than or equal to 100 mg/dl	78%	84%	61%	Greater than 50%

6. When performing certain heart procedures, such as a catheterization, a cardiologist may choose to access the heart through the radial artery, located in the wrist, or the femoral artery, located in the upper thigh. A growing body of evidence supports adoption of transradial artery access to improve acute coronary syndrome–related outcomes, to improve healthcare quality, and to reduce cost. Accessing the radial artery requires advanced skill; however, radial access offers quicker recovery time by eliminating the need for the patient to remain flat on their back in bed for several hours after the procedure. Also, the risk of bleeding is decreased. Although radial access is routinely utilized, it may not be an option for some patients due to a risk of spasms or the size of the artery. LMHS’ cardiologists possess the advanced skills needed for the procedure and have been offering the safer alternative to patients.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Heart catheterization procedures	593	550	556	
Percentage of radial access	89%	91%	88%	83%

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

Tips to Improve Sleep Hygiene

Sleep not only restores the body and improves energy levels, it is also vital to cardiovascular health. Adults who sleep less than 7 hours each night are more likely to be at risk for heart disease, heart attack, and stroke. Many people have trouble falling asleep or are unable to get the quality sleep they need. The following tips can help individuals improve their sleep hygiene:

Adopt a regular sleep schedule.
Go to bed at the same time each night and wake up at the same time each morning every day of the week.

Turn off electronic devices an hour before bed.
Televisions, computers, and smartphones emit a blue light, which is inhibitive to the body’s sleep cycle. Individuals can use the “do not disturb” function on their smartphone to block notifications during sleep. Charging electronic devices away from the bedside or in another room can also help decrease distractions.

Get enough physical activity during the day.
Moderate to vigorous exercise each day can help alleviate daytime sleepiness and reduce the time it takes for a person to fall asleep at night. Individuals should refrain from exercising two hours before bedtime.

Avoid eating or drinking a few hours before bedtime.
Heavy foods, alcohol, and caffeine can disrupt a person’s quality of sleep.

Optimize the sleep environment. The bedroom should be cool, dark, and quiet. Using white noise or a sound machine that plays rainfall or ocean waves can also be helpful for falling and staying asleep.



Data Footnotes: (1) Hospitalcompare.hhs.gov national benchmarks. (2) American Heart Association website (3) Benchmark indicates LMHP Goal.



Quality Reporting to the Community

Patient Story and Benchmarks for Cancer Care

Patient Story – Billie Hoy

prescribed immunotherapy, which is the use of medicines to target specific proteins in the immune system. This process assists the body in recognizing and fighting cancer cells more effectively. The medications can be administered intravenously; however, the staff at the Licking Memorial Oncology Clinic were concerned about the condition of Billie's veins. They suggested she have a port placed in her chest to simplify the process. A port is a small, implantable reservoir with a thin silicone tube that attaches to a vein. Utilizing the vein-access device allows the chemotherapy medications to be delivered directly into the port rather than a vein, eliminating the need for needle injections every treatment.

"Every three weeks, I would visit the Clinic for my treatment. The staff were so kind to me, and I cannot say enough good things about them," Billie shared. "Jean Moyer, the Physician Center Clerk, always greeted me by name and made me feel welcome. The process took about an hour, and during that time, they would continually check on me, and ask if I wanted something to eat or drink. I felt so comfortable, and I considered them all friends."

After healing from the surgery, Billie returned to work. She was concerned that her work hours might interfere with scheduling the immunotherapy treatments. "The Oncology staff was so efficient and willing to consider my scheduling needs. They were able to rearrange and organize my visits no matter what I had going on at the time."

Billie's family surrounded her and provided support and comfort during her treatments as well. Her three children, Staci, Richard, and Matt, attended her first appointment at the Oncology Clinic. "As we were heading to LMH, I told my children that they would really like

D'Anna N. Mullins, M.D., and they did. They were impressed by the depth of her concern for me and her confidence in the treatment plan," Billie said.

In April 2021, Billie received her last immunotherapy treatment for melanoma and was declared cancer free. She felt compelled to do something for the team of providers who displayed friendship and kindness toward her, so she brought a cheesecake to the appointment. To her surprise, the staff was eager to celebrate with her and had also brought a cake for the special occasion.

In November 2022, Billie was once again informed she had cancer. A lump was discovered in the opposite breast from the one that had been affected in 1995. Fortunately, the tumor was discovered while in the early stages. Billie was scheduled for a lumpectomy. The surgeons removed the lump and several lymph nodes to determine if the cancer had spread. The biopsies on the lymph nodes detected no signs of cancer.

Her healthcare team determined that no chemotherapy or radiation would be needed. To reduce the risk that the cancer would return, Billie was prescribed hormone therapy. Hormone therapy for breast cancer is a treatment to battle estrogen receptor-positive or progesterone receptor-positive cancers that are sensitive to hormones. The medication blocks the hormones from attaching to receptors on cancer cells or by decreasing the body's production of hormones in order to prevent cancer cells from growing.

Billie is fully recovered from the surgery and has again returned to work. She does not plan to slow down anytime soon, and looks forward to spending more time with her children, six grandchildren, and five great-grandchildren, who live in Licking County.

Since moving to Licking County as an 11-year-old, Billie Hoy has turned to Licking Memorial Health Systems (LMHS) to meet her health and medical needs. Her father moved the family from West Virginia for employment reasons, and retired from Rockwell International in 1989. Her mother obtained a position at Licking Memorial Hospital (LMH) in the kitchen and also retired in 1989. Billie has spent most of her life in banking and currently holds a position with PNC Bank.

Unlike her parents, Billie has no plans of retiring; rather, she hopes to continue working and serving the Licking County community. While Billie did enjoy staying home to care for her three children, she found spending time away from work to heal from surgery more challenging. "The time at home about drove me crazy," Billie commented. "I enjoy my work, and I want to stay as active as possible."

Billie has survived cancer three times. Her first diagnosis was breast cancer in 1995 which required removal of the cancerous tissue and breast reconstruction. She remained cancer free until early 2020. While visiting her primary care physician, Katrina M. Timson, M.D., Billie asked about a spot on her leg. Dr. Timson suggested a biopsy of the tissue and laboratory results confirmed Billie had developed melanoma. Melanoma occurs when the pigment-producing cells that give color to the skin become cancerous. Billie's treatment began with surgery to remove the cancerous tissue and several lymph nodes in her groin after it was discovered that the cancer cells had spread.

In addition to the surgery, to ensure all cancer cells were destroyed, Billie was

Clinical Trials Offered for LMH Patients

Clinical trials are research studies performed on people that are aimed at evaluating a medical, surgical, or behavioral intervention. They are the primary way that researchers find out if a new treatment is safe and effective or has less harmful side effects than the current treatment. Clinical trials provide access to potential treatments that are still being studied, giving options to patients who may otherwise face limited choices.

There are several different types of clinical trials:

- Quality of life – trials that research new ways to minimize the side effects of cancer and treatments
- Prevention – trials that explore ways to reduce the risk of developing cancer, including lifestyle changes, medicines, or vaccines
- Screening – experiments that test new ways to detect cancer
- Genetics – trials that study inherited family genes that might affect a person's risk for cancer
- Treatment – studies that test new therapies, surgeries, drugs, and wellness treatments

Licking Memorial Hospital (LMH) offers clinical trials to new and existing cancer patients who may be eligible for certain studies. Clinical Trial A212102 is a current screening study that collects blood samples from various populations of cancer and non-cancer patients.

The collected samples are added to a biobank, which will help to develop a blood test that will determine genetic markers in people who have a higher risk of getting cancer. LMH was recently recognized for having the highest accrual in the nation for this clinical trial.

Clinical research nurses play an important role in the clinical trial process. They serve as liaisons between researchers and patient volunteers and advocate for the safety and well-being of their patients throughout the research process. Clinical research nurses attend tumor board and pathology reviews and meet with care teams to study labs, test results, and adverse events. They ensure that all staff and patients are following all protocols of the trial.

Clinical trials are available for all stages of cancer. The National Cancer Institute (NCI) Community Oncology Research Program (NCORP) is a national network that brings cancer clinical trials and care delivery studies to people in their own communities. Licking Memorial Oncology receives packets from NCORP containing clinical trial information, which clinical trial nurses review and compare with oncology patients who are treated at LMH. Each trial has specific requirements for each study, and criteria, such as a patient's age, stage of cancer, medication, physician notes, and pathology, must all be considered in

order to determine a patient's eligibility. Once the oncology nurse finds a patient who may be qualified for a clinical trial, their information is recommended to an oncologist at LMH for trial.

Once a patient is accepted into a trial, a baseline visit is scheduled where the patient receives a health assessment to establish a starting point to compare the patient's progress throughout the study. The patient is then assigned to a treatment or control group. The procedures of the clinical trial will be explained and subsequent visits will be scheduled that will last throughout the trial. During each visit, the research team will monitor the patient's health and collect information to measure the impact of the treatment. All patients who participate in clinical trials at LMH will receive high quality, care.

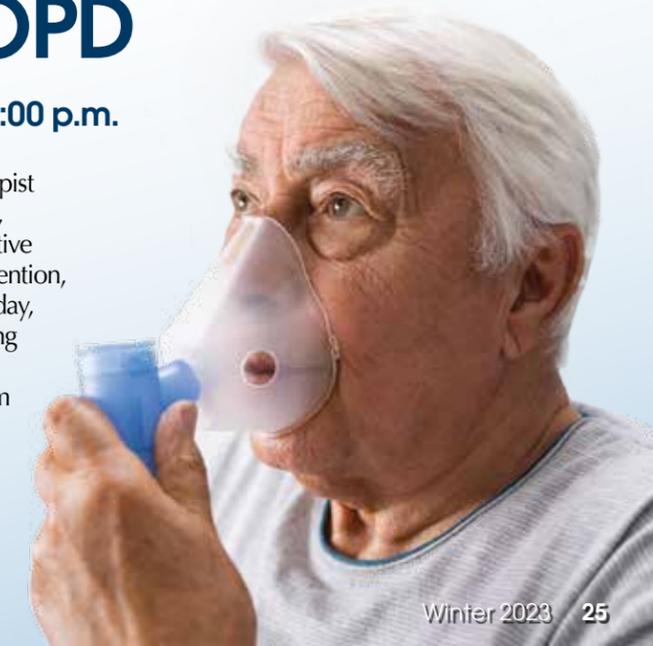
Major medical breakthroughs could not happen without the participation of clinical trial patients. The information learned in clinical trial studies help physicians and researchers discover how a disease affects the body and help to develop or improve ways to diagnose and treat it. Individuals who are interested in learning more about clinical trials can discuss options with their physician. The NCI also provides an online search tool for cancer clinical trials at [cancer.gov/about-cancer/treatment/clinical-trials](https://www.cancer.gov/about-cancer/treatment/clinical-trials).

Community Education: COPD

Tuesday, April 4 • LMH First Floor Conference Rooms • 6:00 p.m.

Chronic Obstructive Pulmonary Disease, also known as COPD, refers to a group of conditions that obstruct airflow and cause breathing difficulties. COPD includes emphysema, chronic bronchitis, and in some cases, asthma. According to the Centers for Disease Control and Prevention, almost 15.7 million Americans report a diagnosis of COPD. Additionally, more than 50 percent of people with poor lung function may also have undiagnosed COPD. Early detection and treatment can often alter the course and progression of this potentially debilitating disease.

Join Registered Respiratory Therapist Kenneth Justice, R.R.T., RRT-NPS, RRT-ACCS, AE-C, for an informative discussion on the diagnosis, prevention, and treatment of COPD on Tuesday, April 4, at 6:00 p.m., in the Licking Memorial Hospital First Floor Conference Rooms. The program is free; however, registration is required. To register, please call (220) 564-1560.



Cancer 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 to benchmark measures. Then, we publish the information so you can draw your own conclusions regarding your healthcare choices.

1. Statistics are collected for all screening mammograms to assess the accuracy of the testing. Some parameters that are determined include the probability that any individual case of breast cancer will be identified by the mammogram and the probability of the mammogram correctly identifying patients who do not have cancer.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Percentage of cancers correctly identified by the mammogram	98.5%	100%	95%	78%⁽¹⁾
Percentage of patients without cancer correctly identified by the mammogram	98.7%	98.4%	92%	90%⁽²⁾

2. Screening mammograms are conducted to detect breast cancer before the patient has any noticeable symptoms. Breast cancer is most easily and effectively treated when it is diagnosed in its early stages. Although the results from most screening mammograms are negative, meaning no cancer was detected, for patients who are found to have breast cancer, the screening mammogram may have been life-saving technology. Licking Memorial Hospital (LMH) tracks the number of screening mammograms that have positive interpretations, meaning that the tests detected cancer that may have remained unnoticed until it was more advanced.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Cancer detection rate with positive interpretations (per 1,000 screening mammograms)	6	6	9	2 to 10⁽³⁾

3. Wait time is defined as the number of days between the completion of the first procedure and the second scheduled procedure. The amount of time between testing and the procedure is significant to enabling physicians to more quickly identify and diagnose breast cancer and begin patient treatment.

	LMH 2019	LMH 2020	LMH 2021	National ⁽⁴⁾
Wait times:				
Screening to diagnostic mammogram	4.8 days	4.4 days	5.9 days*	6.5 days
Diagnostic mammogram to needle/core biopsy	5.1 days	5.2 days	10.2 days*	5.1 days
Biopsy to initial breast cancer surgery	20.3 days	18.4 days	24.2 days*	24 days

**Increased wait times due to Epic implementation. Preliminary 2022 data demonstrates a return to prior year averages.*

4. Chemotherapy drugs are toxic and could be dangerous if not prepared correctly. Therefore, LMH follows a rigorous five-step safety procedure to prevent chemotherapy errors.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Number of chemotherapy medication errors negatively impacting patients	0	0	0	0

5. When a person is either diagnosed with or treated for cancer, the person is entered into the Cancer Registry. It then is the responsibility of the accredited organization to follow up with the person for the rest of his/her life on an annual basis to encourage appropriate care. Cancer Registry staff also may contact the primary care physician to ensure the health of the patient.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Cancer Registry patients with annual follow-up	94%	94%	95%	greater than 80%

6. Clinical research ensures that patient care approaches the highest possible level of quality. There is no minimum requirement for how many patients are placed in cancer-related clinical trials in a community hospital cancer program; however, to provide maximum service, LMH offers access to national clinical trials to patients as a member of the Columbus Community Clinical Oncology Program.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Newly diagnosed and/or treated patients in clinical trials	8%	12%	8%	greater than 2%

7. In an effort to prevent and promote early detection and treatment of cancer, the physician offices of Licking Memorial Health Professionals (LMHP) measure and track results of cancer screening tests for breast cancer, cervical cancer, and colorectal cancer for all active patients. Active patient population is defined as patients seen within the last three years.

	LMHP 2019	LMHP 2020	LMHP 2021	LMHP Goal
LMHP active patient population that received screening tests for:				
Cervical cancer (female patients, age 21 to 65)	73%	73%*	62%*	75%
Breast cancer (female patients, age 50 to 75)	78%	73%*	69%*	National⁽⁵⁾ 69%
Colorectal cancer (all patients, age 50-75)	67%	67%*	57%*	National⁽⁵⁾ 66%

**Due to COVID-19 restrictions throughout 2020 and 2021, some patients were unable to obtain regular testing or attend in-person appointments.*

8. Hereditary cancers, such as breast cancer, are caused in part by gene mutations passed from parents to children, and generally begin to develop in a person at a younger age. Through genetic testing, researchers can determine if someone carries a specific mutation that puts them and their family members at an increased risk and need for early screenings. LMH offers genetic testing to newly diagnosed patients with breast cancer who meet certain qualifications in order to equip them with the knowledge to make the best choices for themselves and their families.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Breast cancer diagnoses that met criteria and received genetic testing	*	61%	74%	90%

**LMH began tracking the number of breast cancer diagnosis that met and received genetic testing in 2020.*

Data Footnotes:

- (1) Kolb TM, Lichy J, Newhouse JH. Comparison of the performance of screening mammography, physical examination, and breast ultrasound and evaluation of factors that influence them: an analysis of 27,825 patient evaluations. *Radiology*. 225(1):165-75, 2002. Oestreicher N, Lehman CD, Seger DJ, Buist DS, White E. The incremental contribution of clinical breast examination to invasive cancer detection in a mammography screening program. *AJR Am J Roentgenol*. 184(2):428-32, 2005.
- (2) Bassett LW, Hendrick RE, Bassford TI, et al, Quality determinants of mammography: Clinical practice guidelines, No. 13. Agency for Health Care Policy and Research Publication No. 95-0632. Rockville, MD: Agency for Health Care Policy and Research, Public Health Services, U.S. Department of Human Services, 1994.
- (3) D’Orsi CJ, Bassett LW, Berg WA, et al, BI-RADS: Mammography, 5th Edition in: D’Orsi CJ, Mendelson EB, Ikeda DM, et al: *Breast Imaging Reporting and Data System: ACR BI-RADS – Breast Imaging Atlas*, Reston, VA, American College of Radiology, 2013.
- (4) National Quality Measures for Breast Centers (NQMBC) www.nqmbc.org database.
- (5) Percentages are compiled by averaging Commercial, Medicare and Medicaid data as reported in “The State of Health Care Quality Report,” 2017 Screening Rates.



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

Genetic Testing for Cancer Risk

Knowing family medical history can help people identify whether they may have a greater risk of having inherited medical conditions, such as heart disease, diabetes, and certain types of cancers. Licking Memorial Health Systems offers a hereditary cancer screening tool for patients to determine if they may be eligible for genetic testing for certain cancers.

Prior to their appointment, patients who visit Licking Memorial Oncology, Women’s Health, Urology, and some Family Practice offices will receive a questionnaire about family history of cancers, including colon, uterine, breast, ovarian, prostate, and melanoma. The form is accessible through

LMHS’ patient portal, MyChart, and may be completed at home, allowing extra time for patients to consult family members about their medical history and provide more accurate information.

Individuals who answer yes to any of the questions may receive free genetic education from a board certified genetic counselor. The counselor will help the patient determine if they and their family are at risk for a gene mutation that can cause cancer, and if genetic testing is appropriate.

Once a patient has received counseling, they may choose to receive genetic

testing, in which a blood or saliva sample is collected. The sample is sent to a laboratory that specializes in genetic testing to detect biomarkers that provide information about certain cancers. If the test is positive, patients can discuss next steps with their genetic counselor and physician.

It is important to note that genetic testing is a tool that can help to evaluate a person’s cancer risk. It does not diagnose cancer and is not a substitute for regular cancer screenings. Individuals who have questions about genetic testing and their risk for cancer should consult their physician.

Licking Memorial Health Foundation Recognizes New Donors

Contributions to Licking Memorial Health Foundation (LMHF) assist Licking Memorial Hospital (LMH) in providing excellent, quality healthcare for the community with state-of-the-art technologies and facilities. Several donors were recently recognized for pledging their financial support.

The Caduceus Society

The Caduceus Society was created in 1990 by the LMH Development Council to give special recognition to Licking Memorial Honorary and Active Medical Staff who support Licking Memorial Health Systems' (LMHS) mission to improve the health of the community by pledging a minimum of \$10,000 over a period of 10 years. This group of physician leaders continues the tradition of healthcare excellence by providing funds for the latest medical technology.

Crystal and Christopher Meyer, M.D.

LMHS President & CEO Rob Montagnese (right) and LMH Board Chair Jacqueline Parrill, Ed.D. (left), presented a glass recognition piece to Crystal and Christopher Meyer, M.D., as new members of the Caduceus Society. Dr. Meyer joined Licking Memorial Surgical Services in November 2021.

Dr. Meyer earned his medical degree from The Ohio State University College of Medicine. He completed a general surgery residency at the University of Cincinnati Medical Center in Cincinnati. He is board certified in general surgery.

Crystal Meyer is a retired registered nurse. She earned her nursing degree

from Central Ohio Technical College and received her RN certification in Inpatient Obstetrics and Case Management. Crystal worked in the Labor and Delivery Departments at St. Ann's Hospital, Good Samaritan Hospital in Cincinnati, and Miami Valley Hospital in Dayton.

Dr. Meyer and Crystal both enjoy outdoor activities including camping, hiking, biking, kayaking, and fishing. The couple lives in Granville with their adopted 4-year-old daughter named Olivia, who they met while serving as a volunteer host family for the organization, Safe Families

for Children. They also have five grown children and seven grandchildren.



Benefactor Level

Benefactors are altruistic individuals, businesses, and organizations that have made outstanding gifts to improve the health of the community. Benefactors' generosity meets or exceeds the \$50,000 level of giving.

Jane Scott, M.D.

LMHS President & CEO Rob Montagnese and Vice President Development & Public Relations Veronica Patton welcomed Jane Scott, M.D., as the newest Benefactor level supporter with her donation to LMHF. Dr. Scott has a history of generous giving and is a previous member of the Caduceus Society and the John Alford Fellowship. She served Licking Memorial Health Systems for 30 years in the Emergency Department and retired in 2021.

Dr. Scott joined the Active Medical Staff of Licking Memorial Hospital (LMH) in April 1991. She received her Doctor of Medicine Degree from the University of Cincinnati College of Medicine in

Cincinnati, and completed a residency in emergency medicine at the University of Florida Hospital in Jacksonville, Florida. Dr. Scott is a member of the American Medical Association and a fellow of the American College of Emergency Physicians and the American Academy of Emergency Medicine. She is also a member of Licking County Land Trust, Licking County Medical Society, and the Ohio State Alumni Club.

Dr. Scott resides in Granville with her husband, Richard. They have twin sons, Ted and James, a daughter-in-law, one granddaughter, and are expecting a second grandchild soon. Dr. Scott enjoys listening to music, gardening, reading,

socializing, cooking, and family travel. She hopes to participate in a medical mission trip in the future.



LMHS is proud to acknowledge those who make significant contributions to support its mission to improve the health of the community. Charitable contributions to LMHF are tax-deductible to the extent allowed by law. Contributions are used for capital expansion, renovation projects, or equipment needs. Contributions are not used for operating expenses, salaries, or other day-to-day expenditures.

The John Alford Fellowship

The John Alford Fellowship was created in 1996 by the LMH Development Council to memorialize the extraordinary commitment of the Hospital's long-time friend and supporter, John W. Alford. By joining the Alford Fellowship with a commitment of \$25,000 or more over a 10-year period, a donor affirms John W. Alford's belief in the need for quality healthcare at the local level.

Brenda L. Kutan

Brenda Kutan accepted a glass recognition piece from LMHS President & CEO Rob Montagnese and Vice President Development & Public Relations Veronica Patton in honor of her commitment to the John Alford Fellowship. A lifelong resident of Licking County, Brenda is a graduate of Lakewood High School and the Ohio School of Banking at Ohio University in Athens.

Brenda worked at Park National Bank in various departments and positions prior to serving as the Executive Assistant to the Chairman and President. She

also served as Secretary to the Board of Directors for Park National Bank and Park National Corporation. Brenda retired from Park National Bank after more than 44 years of service. She continues to assist with all personal matters for Mr. William McConnell, former Chairman and CEO of Park National Bank.

In her spare time, Brenda enjoys traveling, going to the theater, antique shopping, and most importantly, spending time with family and friends.



Donors

Undesignated contributions to Licking Memorial Health Foundation benefit new technology at Licking Memorial Hospital. This section highlights our donors and their very generous gifts, which were received recently.

Capital Improvement Fund

TWIGS 6

Community Cornerstone Club

- Ron Alford
- Edward Cobb
- David & Vivian Dernberger
- Rich & Pam Gray
- Jay & Cheri Hottinger
- Nicole & Anthony Judd
- Daniel & Joan Omlor
- Mary Lynne Rotruck
- SleepCare, Incorporated

General

- Anonymous
- Epic Systems Corporation
- Fidelity Charitable Fund
- Walt & Angie Greenfield
- Mrs. Patsy Jones
- Deborah Young

Grants

Licking County Foundation

Memorial

- In memory of Anthony Montagnese
By: Jeanine Baker
Mike & Pat Massaro
Stephen & Susan Schlicher
Joan Tilford
- In memory of Jack Parmer
By: Thomas & Debra Lenzo
- In memory of Jackie Parmer
By: Thomas & Debra Lenzo
- In memory of Joe Ruby
By: G.E.E.C. Staff
- In memory of Richard Simon, M.D.
By: Steve & Liz Fender
John Jump
Jim & Penelope King
Karen Lake
Licking Memorial Medical Staff

- Dave & Jill Litle
- Deborah McPeck
- Gregory Mountz
- Richard E. Posey
- Dave & Tickie Shull
- Tony & Dottie Skufca
- Kristen Tscholl
- Jim Wieliczko

- In memory of John Van den Heuvel
By: Linda Zoundas
- In memory of Gene Wolford
By: Martha Wilson
- In memory of Scooter Wolford
By: Martha Wilson
- In memory of Beth Yocum
By: Monday Talks
TWIGS 8

Paving Our Future

Beverly Mellars-Craney

Corporate Breakfast Highlights 2022 and Looks Ahead to 2023

In February, the Licking Memorial Hospital (LMH) Development Council hosted a Corporate Breakfast for community leaders in the Main Street Café at LMH. President & CEO Rob Montagnese reviewed the achievements, activities, and technological implementation at Licking Memorial Health Systems (LMHS) in 2022. He also discussed future projects and growth expected in 2023 and beyond.

In support of community wellness, Rob highlighted many of the Annual Community Projects. In 2022, LMHS donated 150 electrocardiogram (EKG) machines to area emergency medical squads, and numerous automated external defibrillators (AEDs) to law enforcement agencies, schools, and youth sports programs. In addition, 32 heat stress trackers were donated to area schools to protect young athletes from heat injuries. LMHS also supported the John and Mary Alford Center for Science and Technology, Boys & Girls Club of Newark, the Newark Historic Arcade Project, and construction of pickleball courts. Registered nurses from LMHS continue to provide wellness services at clinics established at Washington Square Plaza, Harbor Community Center, and St. Vincent Haven.

Rob shared a number of comparison statistics to demonstrate the care taken to avoid readmissions for chronic illnesses, pneumonia, and heart attacks, as well as avoiding medication errors and infections from central-line and catheter insertions. According to these measures, LMH ranks below the national rates for such occurrences and generally below other state and local hospitals. LMH staff members perform particularly well in avoiding unplanned returns to the operating room. LMH also offers care at a lower cost than other state and local healthcare organizations.

In 2022, numerous initiatives to bolster patient and visitor safety were completed. LMH implemented the

use of Ocuvera, an automated video monitoring system. The cameras reduce the risk of falls and allow nurses to respond more quickly to the patient's needs. Every patient room was equipped with the Hill Rom Centrella Bed Monitoring System that offers continuous, contact-free monitoring and assists with early detection of patient deterioration preventing adverse events. In addition to inpatient safety, LMHS upgraded the iRecord Forensic Interview Equipment for Kids' Place, the Licking County Child Advocacy Center. The recording technology reduces the number of times a child must be interviewed. To increase personal safety at LMH, a touchless weapons detection system, Evolv Express, was installed at the Emergency and Main Hospital entrances. Evolv Express combines advanced sensors, cameras, and artificial intelligence to identify threats while ignoring harmless personal items such as keys, tablets, or cell phones.

Looking ahead, Rob discussed several new initiatives including replacing the laboratory and radiology equipment and opening a school-based health center. LMHS is working with Licking Heights to open the first center to serve students of the district, their families, and district staff. Primary care services including well-child care, sick visits, sports physicals, and developmental and mental health screenings will be available. The center will also have an on-site laboratory and space for a mental health provider.

Rob also disclosed that LMHS has purchased 100 acres of land in Jersey Township approximately five miles south of the Intel site. The area was chosen because of the proximity to the Intel project and the relative distance from the Pataskala Health Campus. While no specific plans have been released, LMHS hopes to build and operate an

Urgent Care facility or a location for new physician practices. The possibility for significant hospital operations in the area in the next 15 to 20 years are likely depending on how the population evolves in that part of the county.

After his review, Rob presented The Robert H. McCaughey Honorary Ambassador Award, an honor bestowed on those who demonstrate a high level of commitment to Licking Memorial Health Systems through their actions, exceptional service, and loyalty to the organization. Jim Mitchell received the award this year. Jim has been part of the LMH Development Council since 2008 serving on the Annual Support and Executive Committees. He is also a Golf Gala supporter and Community Cornerstone Club Member. Several of Jim's family members surprised him during the award presentation offering their support.

Corporate Breakfasts are sponsored by the LMH Development Council to inform community leaders about LMHS' new technology and services. The Development Council was established in 1987 to increase charitable giving to the Hospital and to promote positive community relations. Approximately 75 distinguished members of the community volunteer their time to serve on the Development Council.



Development Spotlight

Dan Hunt joined the Licking Memorial Hospital (LMH) Development Council Education & Membership Committee in Fall 2022. He was born in Columbus and moved to Newark with his family at a young age. He graduated from Newark City Schools, received an associate degree from Central Ohio Technical College, and bachelor's and master's degrees in business from Ohio University in Athens. Dan recently retired from Park National Bank (PNB) after 42 years of service.

He made many connections through his work at PNB and became involved in numerous community organizations, such as The Salvation Army. While serving on The Salvation Army Advisory Board, he became friends with Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese, who also serves on the Board. Dan was also familiar with LMHS due to his professional relationship between his workplace and LMHS. Soon after his retirement, Dan was asked to join the Development Council and was enthusiastic about the opportunity.

"I have known Rob for a long time and worked with LMHS for even longer during my time at PNB, and it was an easy decision to join the Development Council," Dan said. "My experience during these past few months has been phenomenal, and they have provided numerous educational opportunities to learn not only about LMHS, but also overall health and well-being. LMHS has an excellent culture, and I am grateful to be a part of it."

Dan has also been impressed with the amount of healthcare specialties that LMHS has added, noting Orthopedic Surgery, Vascular Surgery, and others. He is relieved that he and his family do not have to travel to Columbus or other large cities to receive care.

"It is amazing to have a community hospital that emphasizes bringing healthcare specialties to Licking County. Almost everything we need is right here," Dan said. "All of the different physician practices provide so many great healthcare services that do not require

much travel, which is an incredible asset to have in our community."

Dan has resided in Newark for 60 years and has two children and three grandchildren. He also serves the community as a part of 13 different non-profit organizations for housing low-income senior citizens, in addition to the Senior Levy Board for Licking County, and Beacon 360 Management. He is also a member of Shiloh Missionary Baptist Church in Newark.



Volunteer Spotlight

Denny Stewart has always been known as a fun, lighthearted person, and he is glad that he can use his personality as a Licking Memorial Hospital (LMH) volunteer during the cold winter months to help make patients and guests feel better. Denny began his volunteer experience in 2014 after retiring and needed an activity to occupy his time during the winter. In the spring, summer, and fall, he works at Virtues Golf Club.

"During the warmer seasons, I spend a lot of time mowing lawns and taking care of the grounds at the golf course, and it is a lot of work that I do on my own. I enjoy the transition to volunteering during the winter months because I spend more time with people and can try to make them smile," says Denny. "People are typically more low-energy during winter, so I always try to be upbeat and pleasant during my volunteer

shifts to put patients and guests at ease while they are at the Hospital."

Denny is especially fond of the Meet & Greet volunteer position at LMH. Volunteers in this position sit in the LMH Main Lobby and help to direct patients to their desired location or provide a happy greeting to those entering the building. He also enjoys the many other volunteer positions and happily reflects upon his volunteer experience.

"I would recommend volunteering at LMH for anyone who may be unsure of their life after retirement. My time here has been gratifying, and I have so many memories with not only patients and visitors, but also the volunteers and employees. Although I am only here during winter, I look forward to coming back each year and interacting with everyone," said Denny.

Denny was born and raised in Coshocton County. He has previously worked at Longaberger and Denison University, in coal mines and lottery machine repair, and served in the Ohio National Guard for 10 years. His favorite activities include golfing and fishing with his six grandchildren.



Retiree Spotlight

Judy Schmitt is a lifelong Licking County resident who has been serving the patients of Licking Memorial Hospital (LMH) as a registered nurse for 36 years. Judy knew she wanted to be a nurse at an early age. She began working as a candy striper at the Hospital when she was 15 years old. She was President of the Future Nurses Club at Newark High School and also served as a member of the Licking County Medical Careers Club throughout high school.

After graduating from high school, Judy earned her associate degree in nursing from Central Ohio Technical College in 1981. She worked for four years at Arlington Care Center and had two sons, Chris and Michael. Judy began her career at LMH in 1986 in the Maternal Child Department working mainly in the Nursery and Postpartum units and sometimes in Labor & Delivery.

Working with mothers and newborns had been a long-time dream for Judy.

“There were so many emotions involved in watching the miracle of birth and helping a new family begin their journey,” Judy said.

“There were difficult days in Maternal Child as well. We had to gauge our thoughts and beliefs accordingly and work together as a team to make the best outcome for everyone involved. One day in particular stands out during that point in my career. We had 17 babies born in 19 hours – that was a crazy day!”

In 1997, Judy desired to advance her nursing career and broaden her knowledge and education. She returned to school and earned her Bachelor of Science in Nursing degree from Franklin University in 1999. She transferred to Home Healthcare to utilize her expanded scope of nursing.

“During this time period, nurses needed to think outside of the box if they wanted to grow and advance in their careers, and going into Home Healthcare was definitely outside of the box,” Judy explained. “Home healthcare requires nurses to be independent and self-sufficient. Because we were often in a patient’s home by ourselves at any time of the day or night, we did not always have the luxury of calling for assistance if something was needed. We were trained to complete multiple skills in the home, including full health assessments, IVs, wound care, ostomies, total parenteral nutrition, diabetes education, and medication management.”

As a home healthcare nurse, Judy faced many challenges in patient’s homes, such as unruly animals, unsanitary homes, unsafe environments, and inhospitable family members. She was required to adapt her care to the patient’s needs and

situations. The COVID-19 pandemic was extremely challenging for Judy and her home healthcare co-workers. She remembers many times having to don and doff personal protective equipment in driveways, parking lots, and garages in all different types of weather.

“Working as a home healthcare nurse has made me very grateful for what I have. I have always tried to live by the motto that you treat everyone equally and as if they were your own family,” Judy said. “Do not judge anyone by their surroundings or circumstances. If you have more than you need, share it. Give everyone the benefit of the doubt.”

Judy is very grateful to have worked for LMH for the majority of her career. She misses the relationships that she formed with her patients and their families and has many fond memories during her 23 years in Home Healthcare. She is thankful she was able to work for an employer that is passionate about serving the community.

Judy and her husband, Steve, who is retired from Owens Corning, live in Marne. Their son, Chris, his wife, Melissa, and their two children live in Cleveland. Their son, Michael, his wife, Emily, and their four children live in Granville. Judy treasures the time spent with family and friends. She and Steve have been blessed to visit all 50 states and hope to travel more in retirement. Judy is very involved in her church, Newark Central Christian, and hopes to continue her involvement with community outreach.



In February, Licking Memorial Health Systems (LMHS) presented the Active•Senior Bingo event at the Licking County Aging Program’s Heritage Hall on East Main Street. LMHS President & CEO Rob Montagnese called the numbers for the nearly 190 participants in attendance. Lucky winners received prizes such as \$50 and \$100 gift cards to area businesses including Target, Kohl’s, Dick’s Sporting Goods, AMC Theaters, Darden Restaurants, Kroger, and more.

Active•Senior Bingo is held annually and participation counts toward the Active•Senior program goals. Members of the Active•Senior program are encouraged to earn points by completing a variety of goals in each of four categories: Physical, Nutritional, Mental, and Social. By earning points, participants are encouraged to stay physically fit and maintain a healthy diet through completing health-related goals.

The program was designed, reviewed, and approved by medical staff, physical therapists, and dietitians to ensure a well-balanced program. However, individuals should discuss their personal exercise and nutrition goals with their physician. Interested participants, age 60 and older, may register online at LMHSActiveSenior.org with email address and create a custom password. Registration on the website allows participants to document their progress on an ongoing basis for an opportunity to win great prizes.

Participants also may track their progress in an Active•Senior booklet, then contact the Licking Memorial Public Relations Department at (220) 546-1560 to ensure that goals are recorded in the Active•Senior database prior to the end of each program year in April. Booklets are available upon request.



PetSmart Donates Stuffed Animals to LMH

During the holiday season, Licking Memorial Hospital (LMH) received a generous donation of more than 230 stuffed animals from the PetSmart store in Heath. PetSmart shoppers had the opportunity to purchase the stuffed animals and donate them back to the store. The plush toys were then donated to LMH for distribution to pediatric patients.



Active•Fit Period 1 Prize Winners

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 1. Participants in the Youth Wellness Program who completed their fitness goals between September 1 and December 31 were entered into a special drawing. Winners received their prizes from LMHS as special recognition for their achievements.

Nintendo Switch & Fitness Software

Nadalie Friesner, Utica Elementary
Lilah Gardner, Watkins Intermediate
Surrinity Marcum-Natividad, Watkins Intermediate

Bicycle & Helmet

Jonathan McNamara, Pataskala Elementary
Elizabeth Whalen, Liberty Christian Academy
Jackson Willis, Watkins Intermediate

Athletic Shoes

Jayden Ridenbaugh, Licking Valley Elementary
Gabby Ware, Licking Valley Elementary

iPad & Fitness Software

Madison Amilcar, Watkins Intermediate
Amanda Dunbar, Newton Elementary
Bentley White, Watkins Intermediate
Leah Whitehead, Utica Elementary

\$100 Dick's Sporting Goods Gift Card

Jaden Becker, Pataskala Elementary
Quinn Bell, Watkins Intermediate
Isha Bhandari, Watkins Intermediate
Hezekiah Campbell, Pataskala Elementary
Jenna Harris, Watkins Intermediate
Jake Martin, Watkins Intermediate
Kennady Massie, Watkins Intermediate
Emerie Rowley, Utica Elementary
Presley Thompson, Liberty Christian Academy
Owen Wilkin, Utica Elementary

\$50 Dick's Sporting Goods Gift Card

Nathan Gingerich, Watkins Intermediate
Hank Haines, Watkins Intermediate
Colton Hannan, Watkins Intermediate
Patrick Hartwell, Liberty Christian Academy
Sean Hartwell, Liberty Christian Academy
Bridgette Koontz, Utica Elementary
Jackson Maynard, Watkins Intermediate
Ashley Riffle, Utica Elementary
Jadon Rivera, Watkins Intermediate
Khloe Roberts, Watkins Intermediate

The Active•Fit program has registered over 10,500 participants who select health-related goals and track their progress at ActiveFit.org. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 2 for 2022-2023 began January 1 and continues through April 30. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit ActiveFit.org.

Health & Fitness Fest

Saturday, April 8
12:00 Noon – 3:00 p.m.
Licking County Family YMCA Mitchell Center
470 West Church Street, Newark

Health Screenings • Bubble Soccer • Zumba
Gymnastics • Free Throw Shooting
Healthy Snacks • Inflatables • Obstacle Course
Face Painting & Balloons • and More!

Take the Health & Fitness Fest challenge! Complete a total of 8 activities and health screenings at the event to be entered in a drawing for great fitness prizes.

Active•Fit
YOUTH WELLNESS EVENT

Participation at this event will count toward your Active•Fit program goals. Visit ActiveFit.org for details.



DENISON

For additional information, please contact
Licking Memorial Public Relations at (220) 564-1560.

The Health & Fitness Fest is FREE and open to all youth in the community.

Wood Samaritans Donate Handcrafted Toys to Hospital

The Wood Samaritans Group of Centenary United Methodist Church generously donated a series of handcrafted wood toys to Licking Memorial Hospital in December. Licking Memorial Health Systems President & CEO Rob Montagnese accepted the donation of toys which were distributed for pediatric patients to enjoy.



Active•Senior Dance

Licking Memorial Health Systems presents the **Active•Senior Dance**, part of the **Active•Senior** program, to be held on **Thursday, April 13**, from **6:00 to 8:00 p.m.**, at the **Bryn Du Field House**, 537 Jones Road NE in Granville.

Guests, ages 60 and up, are invited to attend this free, fun event, which will feature upbeat music from the 40s, 50s, 60s, 70s, and 80s, optional dance instruction, and prizes for the best dance participants. Suggested dance attire is semi-formal, and dance partners are not required to attend. Beverages and hors d'oeuvres will be provided.



Registration is required and space is limited to the first 180 guests. To register for the event, please call LMHS Public Relations at (220) 564-1560.



Licking Memorial Health Systems

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A publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (220) 564-1561 to receive future mailings.

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