

# Community Connection

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online at [www.LMHealth.org](http://www.LMHealth.org).

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# Patient Monitoring Technology Reduces Code Blue Emergencies at LMH

In pursuit of its mission to improve the health of the community, Licking Memorial Hospital (LMH) continually evaluates new clinical technologies and their potential to positively affect patient outcomes. Among the systems and tools that recently have been adopted, the EarlySense patient monitoring system has played a crucial role in optimizing patient care and safety. Since its implementation in 2016, EarlySense has helped to dramatically reduce the number of code blue emergencies reported at LMH.

A code blue is activated at LMH when a healthcare provider believes the life of an adult patient is in immediate and severe danger. The medical emergency is announced over the public address system so that a team of responders can assist in providing life-saving care. A code blue can be called for a variety of conditions including cardiac or respiratory arrest, heart arrhythmias, or a sudden drop in blood pressure.

Prior to a code blue alert, the decline of a patient's health often is subtle and asymptomatic. However, EarlySense assists in the early detection and prevention of potential adverse events by providing continuous, contact-free monitoring from a device under the mattress. Utilizing a patented sensor and advanced algorithms, EarlySense detects movement in the bed and provides reminders if a patient need to be turned to prevent skin breakdown, delivers vital signs – including cardiac and respiratory activity, and analyzes trends that alert LMH clinical staff of possible patient deterioration so that they can intervene in a timely manner.

“Clinical intervention is best provided proactively, not reactively,” said Vice President Acute Care Services Heather Burkhardt. “EarlySense provides a constant flow of actionable data that our staff can monitor in real time, which allows vital care to begin before a code blue becomes necessary.”

EarlySense is installed on the Medical Surgical and Critical Care units at LMH, and is monitored at central nursing stations and inside and outside patient rooms on screens in the hallways and at bedsides. If EarlySense detects a change in a patient's condition, an alert is sent to the central station and to nurses' wireless Vocera communication badges. No alarms activate in the room so as to not disturb a patient; however, the alert must be canceled on the bedside screen which requires a clinical staff member to observe the patient personally.

“When a nurse is alerted that a patient's vital signs have been trending the wrong way over a period of time, it enables us to initiate the necessary care sooner,” Heather said. “Without EarlySense, it might be difficult for any caregiver to observe that a patient is headed toward a medical emergency. The drastic decrease in the number of code blue events at LMH since we began using this technology is proof of its effectiveness.”

Before the implementation of EarlySense in March 2016, LMH had experienced 31 code blue events in 2015. Only five code blue events occurred through the first three quarters of 2019, which marks an 85-percent reduction in yearly medical emergencies since the technology was

installed. Conditions that have been proactively treated, thanks in part to EarlySense, include sepsis, respiratory depression (low respiratory rate), tachycardia (abnormally fast resting heart rate), bradycardia (abnormally low resting heart rate) and tachypnea (abnormally rapid breathing).

EarlySense also is a crucial component of LMHS' sepsis reduction campaign. Sepsis, the body's overwhelming and life-threatening response to infection, is responsible for more than 250,000 deaths annually nationwide. In 2015, the mortality rate for sepsis at LMH was 27.1 percent – above the statewide average of 19.4 percent. By leveraging the data from EarlySense and a patient's electronic health record, LMH created a visual smart board that constantly monitors for signs of sepsis. Within one year, the number of sepsis-related deaths at LMH declined nearly 70 percent to 8.9 percent. The mortality rate has remained below 9 percent in the years since, and an estimated 177 lives have been saved.

Additionally, EarlySense provides opportunities for employee education. Case reports, which include patient conditions that produced an alert, the staff response, any additional assessments performed, and the patient outcome, can be printed out for review and discussion.

“The reports that EarlySense generates are invaluable to educating our staff,” Heather said. “We are able to view cases that occurred at LMH and discuss how the data informed our care. Demonstrating how EarlySense indicated a patient's condition was in decline and initiated medical interventions is a powerful way to train our staff to be on the lookout for any downward trends in the patients under their care.”

When LMH began using EarlySense in 2016, it was the first hospital in Ohio to utilize the innovative technology. LMH also was at the forefront nationally as one of the first 13 facilities in the United States to adopt EarlySense patient monitoring.



# LMHS Soon to Implement New Electronic Medical Record System

Licking Memorial Health Systems (LMHS) endeavors to implement new technologies and software that optimize efficiency and offer patients the highest quality of care and the most convenient forms of communication. LMHS is pleased to announce an agreement with Epic Systems Corporation to implement a new unified electronic medical record (EMR) system to enable well-informed clinical decision-making for providers and patients. “The system will enhance productivity to serve the community more efficiently by offering convenient digital access to their health information,” said LMHS President & CEO Rob Montagnese. In early 2021, LMHS will launch one seamless EMR to track patient care at Licking Memorial Hospital (LMH), Licking Memorial Urgent Care facilities and Licking Memorial Health Professionals physician practices.

LMHS first employed an EMR in 1985, realizing the importance of having patient information easily accessible electronically for the medical staff. After years of expansion throughout LMHS and advances in technology, a number of different EMR platforms are now in use throughout the organization. While the EMR allows quick access to information and straightforward documentation, those who use the current platforms reported disappointment in the lack of communication between multiple

systems, difficulty finding critical information, and the inability to access information from other facilities.

With the Epic system, all patient records will be stored within one system to provide a better continuum of care. The new software allows for health information access and exchange throughout LMHS and in a nationwide network. “Guaranteeing providers have access to comprehensive, up-to-date patient health data will improve clinical decision-making and allow for the best quality of care. Patients also will have the opportunity to use Epic to schedule appointments, review health information, access test results, securely message providers and pay bills online,” said Vice President Information Systems Sallie Arnett. The software also includes a social care segment offering patients local resources for health care, such as tobacco cessation and transportation.

Having one integrated system allows LMHS staff to attend to patients first. “Epic allows all healthcare providers to view an identical medical record, no matter where the patient is receiving care,” Rob said. “When healthcare providers have access to complete and accurate information, we can deliver quality medical care and make more informed diagnosis sooner, as well as reduce duplicate testing.”



# LMH to Host Boot Camp for New Dads

To prepare expecting fathers for the arrival of their first baby, Licking Memorial Hospital (LMH) is adding Boot Camp for New Dads to the list of free classes available through the First Impressions educational program. Since its inception 30 years ago in Irvine, California, Boot Camp for New Dads has expanded throughout the country to help more than 350,000 men gain confidence in their fathering abilities.

Boot Camp for New Dads is uniquely structured to be led by men who went through the program themselves. The “veteran” dads bring their young children, usually between 3 to 6 months old, to class so that “rookie” fathers in attendance can observe their interactions with the baby when the mother is not present. The veterans demonstrate basic child care – such as burping, changing, swaddling, feeding, and comforting a crying baby – and share what they found to be the most important or challenging aspects of fatherhood that they learned through their own experiences.

“Our First Impressions classes are meant to prepare both parents for the arrival of their child. While a number of men would attend the programs, there was not a lot of content specifically for them,” said Director of Maternity

Services Lynda Hoffman. “The Boot Camp model allows dads-to-be to voice their concerns to men who recently were in the same position and receive valuable instruction and encouragement that comes from firsthand experience. It has been a tremendously successful program throughout the country, and we believe it will positively impact fathers and children in our community.”

Each Boot Camp class lasts three hours and is facilitated by two Master Coaches who received certification from the National Boot Camp Training Center in Denver, Colorado. The first hour features discussion on a variety of topics including becoming a dad, forming a new family, and caring for new moms.

In the second hour, rookies divide into smaller groups to spend a block of time with different veterans. The rotation provides a hands-on opportunity for the expecting dads to become comfortable with an infant as they take turns holding, changing, feeding, and providing other basic care for the babies in attendance while the veterans supervise the interactions.

The class concludes with an hour-long session that allows the veteran dads to offer the rookies advice about any

questions or concerns that have not been addressed to that point. Since no women are present and the discussions do not leave the room, no topic is off-limits. Important information, such as preventing shaken baby syndrome, identifying post-partum depression, car seat safety, introducing a baby to pets, and baby-proofing a home, also is covered in the final hour.

Dads-to-be normally attend Boot Camp within a few months of the birth of their child. Rookies who complete the class are eligible to return as a veteran for future programs.

“Research has shown that men are most interested in and receptive to support, education and positive changes in the months surrounding the birth of their child. Boot Camp for New Dads is held within this timeframe to equip them with basic skills and confidence,” Lynda added. “This father-to-father workshop allows men to receive guidance in a safe, confidential environment to address their concerns and fears. After being surrounded by and connected with fathers who want to help them do their best, men leave the program with the realization that they are capable of rising to the challenges of fatherhood.”

LMH offers Boot Camp for New Dads one Saturday a month, from 9:00 a.m. to 12:00 Noon, and it is held simultaneously with the Mother-baby Basics class so that both parents can attend on the same day if they wish. For the complete schedule of dates or to register for any First Impressions class, visit [www.LMHealth.org](http://www.LMHealth.org) or call (220) 564-3388.



# Nurse Practitioners Providing Care at LMH

Nurse practitioners (NPs) are advanced healthcare providers who work in many different settings, including primary care, surgical services, emergency medicine, and a variety of other specialties. NPs must first become a registered nurse (RN), then receive certification through the American Nurses Credentialing Center or American Academy of Nurse Practitioners after receiving a master’s or doctoral degree. NPs are required to participate in continuing medical education or complete a recertification exam periodically in accordance with national guidelines.

Although an NP’s medical expertise does not match that of a physician, they are a highly valuable addition to a medical team and help physicians with patient care. In general, NPs are authorized to practice greater independence in clinical decision-making. An NP’s specific duties vary based on state law, the policies of the employer, their education, and level of experience. These duties, which often overlap with those of a physician, may include:

- Taking a patient’s medical history
- Conducting physical examinations
- Diagnosing and treating illnesses
- Ordering and interpreting tests
- Offering recommendations for preventative care
- Assisting with surgical procedures
- Prescribing medication
- Delivering babies

At Licking Memorial Health Systems (LMHS), NPs are utilized in many different departments, including Gastroenterology, Heart Center, Emergency, Family Practice, Pediatrics, Hematology/Oncology, Women’s Health, Anesthesia and Outpatient Psychiatric Services. Candy Thorpe, APRN-CNP (left), performs similar duties to a physician in Licking Memorial Gastroenterology. Each patient that is assigned to Candy also is assigned to a physician in case the need for testing or a procedure arises. When visiting patients, she reviews their health history and current symptoms to determine treatment plans or possible testing,

including a colonoscopy, stool study or other examination. She also consults with patients at their initial or follow-up appointments. As an NP, Candy is able to diagnose and treat patients; however, GI procedures or surgeries must be performed by a physician.

In Licking Memorial Heart Center, Leslie Solomon, APRN-CNP (middle), works directly with the cardiologists on a daily basis. She visits patients in the office for first-time or follow-up appointments and also is able to offer inpatient consults and perform stress tests as needed. In addition, when patients call with questions, Leslie is able to provide assistance. A large part of her role as an NP is communicating with the hospitalists and cardiology staff about patient care plans and helping to make patient care decisions. “Communication and attention to detail with the patients and physicians are extremely important in this role,” Leslie says. “It is important for patients to know the cardiologist always is available for consult when I see a patient. If there is any question about the plan of care, or the patient has an extremely complex medical history, the cardiologist always is involved.”

Jennifer White, APRN-CNP (right), is one of the NPs in the Licking Memorial Hospital Emergency Department (ED) who performs multiple duties. She is able to diagnose and treat patients with emergent or acute symptoms and perform procedures, which follows the typical protocol for an NP in the ED. Jennifer can gather information about a patient including physical symptoms, psychosocial and environmental information. She can assess and determine a patient’s condition by obtaining a patient’s history, identifying risk factors, performing an appropriate physical examination, and ordering or providing preventative or diagnostic procedures. By utilizing Jennifer and other NPs in the ED, LMH can help streamline patient care and treat mild patient cases more efficiently. When needed, the NP will seek guidance and consultation from the emergency physicians for patients with more complicated issues or who become unstable during their visit.

The role of an NP is a tremendous asset to the physicians and the care of patients at LMHS. The advanced skills and clinical decision-making expertise that NPs possess are integral to LMHS’ mission to improve the health of the community.



# LMHS Facility Renovations

Over the past year, Licking Memorial Health Systems (LMHS) has renovated a number of areas within local healthcare facilities. These renovations will help accommodate the increasing number of patients visiting clinicians for appointments, procedures or inpatient stays. Licking Memorial Hospital (LMH) 6-South Inpatient Unit, Licking Memorial Pediatrics – Tamarack and LMH – Tamarack all have received patient-centric updates.

Nine rooms were constructed for the LMH – 6-South Inpatient Unit to increase patient privacy. “Our compliance of ensuring private rooms for patients is in the mid to high 90th percentile; however, patient census increases during the winter months,” said LMHS President & CEO Rob Montagnese. “The new 6-South unit will provide us the ability to place more patients in private rooms, increase their comfort, and decrease traffic among visitors and clinicians entering or exiting each room.”

The 6-South additions, which were completed in December, also include the following:

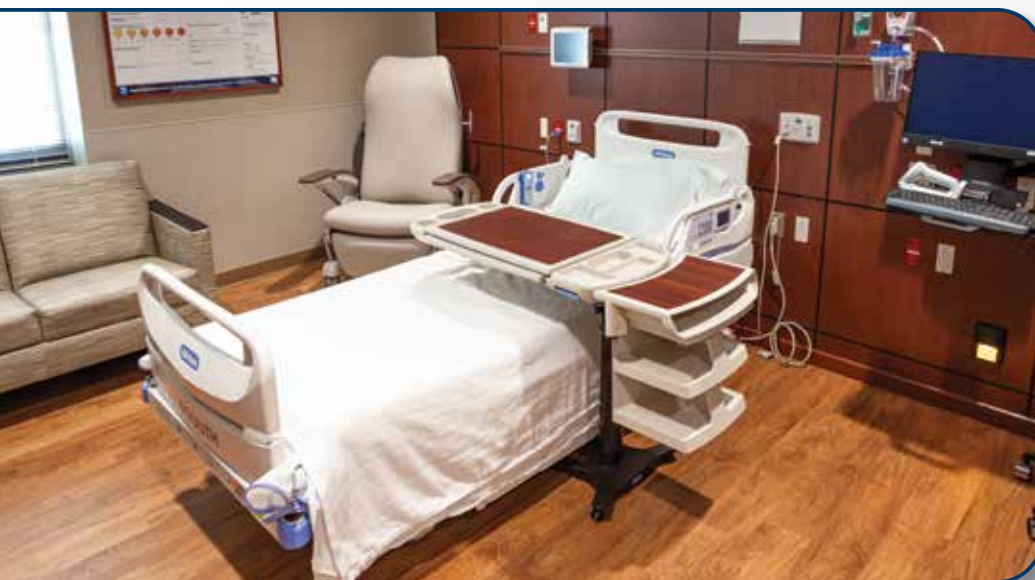
- Larger bathrooms with both a toilet and a sink.
- A revolutionary modular headwall system in each room that makes it easier to add or replace mechanical items that reside behind the walls. The panels can be removed easily, which reduces room closure time for upgrades to the electric, medical gases or data system.
- All ceiling panels in the patient rooms are made from 100 percent waterproof vinyl, which is cleanable for a healthier patient environment and a key component to maintaining a high level of infection control. A 25-year guaranteed life span and also will prevent waste.
- New Centrella™ Hill-Rom bed designed to improve patient safety and satisfaction with fall prevention and pressure injury reduction. The bed has a motion-activated nightlight and illuminated siderails to

safely guide patients to and from the bed, and includes verbal safety prompts that caution caregivers and patients. The beds are located on the LMH Third and Sixth Floors and also will be placed in the Medical/Surgical Unit, 2-North, 2-West and Coronary Care Unit in the near future.

- Increased ergonomic work environment for clinicians.
- Personal electronic devices charging stations for patients and visitors.
- 100 percent LED dimmable lighting and night-lights in each room.
- In-room, clinical supply cabinet and isolation boxes to hold necessities and personal protection equipment for patient care convenience.

Licking Memorial Pediatrics – Tamarack has added eight additional patient exam rooms and procedure room, which will be completed in mid-2020. The rooms will help create additional private areas for the clinicians to care for patients. This location also was refurbished to increase space for staff, in addition to many cosmetic updates, including new paint and vinyl wood-look flooring, throughout the practice.

In April 2019, LMH – Tamarack, located at 2000 Tamarack Road, added two new Gastroenterology procedure rooms and 22 private preoperative and postoperative rooms. The new rooms for Gastroenterology procedures provide a larger, more comfortable space for patients undergoing general endoscopic procedures, such as colonoscopy and esophagogastroduodenoscopy.



# Electric Vehicle Charging Stations Now Available at LMH

Licking Memorial Hospital (LMH) recently installed two ChargePoint electric vehicle (EV) charging stations for the convenience of employees and visitors. Both stations feature dual ports to allow two EVs to charge at the same time, and LMH is offering the service at no cost to users. LMH applied for and received an incentive from AEP Ohio to assist with the purchase of the EV charging stations.



# Project SEARCH Sparks Excitement Among Interns

The 2019-2020 Project SEARCH High School Transition Program started at Licking Memorial Health Systems (LMHS) in August and will continue through end of the school year. Six students have been utilizing the program to learn new skills and gain experience in a collegial environment that advocates for their growth and development into life after graduation. Students also continue to work on employability and functional skills in a classroom setting, but the majority of their time is spent completing three unique rotations in a variety of clinical and technological areas within LMHS. Each rotation offers an intern the opportunity to choose a unique area of LMHS they feel would best suit their interests.

The interns begin the day in the classroom to learn the basics of obtaining employment, including resume and cover letter writing, job search techniques, interviewing abilities, and different forms of presentation. The group also focuses on personal characteristics, such as social and coping skills, needed to be successful in any career field. On completion of the classroom work, the participants report to LMHS managers at the internship sites to complete assigned job tasks. Led by an instructor, job coaches, and LMHS directors and managers, the students receive a combination of classroom instruction, career exploration and on-the-job training. Interns Jackson Whitt and Melanie Arnett have been able to receive first-hand experience of work environments that also coincide with their hobbies and interests.

When attending Licking Valley High School and Ace Digital Academy, Jackson enjoyed his science classes. He was excited when he learned his first internship would be in the Licking Memorial Hospital (LMH) Histology Laboratory, which focuses on studying cells and tissues under a microscope. He has learned to prepare slides, create cultures and has worked on a project counting white blood cells. “It has been wonderful working in the Histology

Lab. I have loved the experience,” Jackson said. “Even though I have to go to another rotation, I am so glad I had the opportunity to do something I really enjoy.” Jackson said he decided to try Project SEARCH because he wanted a way to explore his interests and identify future career opportunities. He knows that each rotation will help him develop various transferable skills that will benefit him in the future.



Melanie, a Newark City Schools student, has dreams of becoming a welder and looked forward to her opportunity in the LMH Maintenance and Engineering Department during the first rotation of

her internship. A customized welding safety helmet was purchased for Melanie to use during her time in the department. She has been able to practice welding and has helped with painting, building rocking chairs and cleaning the chillers. She recently worked alongside LMH staff to build a large leaf blower. Staff members appreciate Melanie’s enthusiasm each day and her willingness to learn new skills and perform different tasks. She already has gained many skills and is excited for the opportunity to learn more in her next two internship rotations. After she graduates from the Project SEARCH program, Melanie would like to earn her welding certification from C-TEC.

The other Project SEARCH interns have received experience in the Emergency Department, Culinary Services, Acute Inpatient Rehabilitation and Environmental Services. “Project SEARCH is helping us learn many new skills,” said intern Ryan Hunter. “We have been able to make new friends and the program has helped us to feel proud of ourselves.” Interns Carly Elson, Travis Jones (pictured) and Andrew Robinson also are appreciative of the program in helping them learn and grow. They appreciate the staff’s kindness and their daily support of each intern within each department.

“LMHS staff and management have been wonderful to our interns – they have created a safe and supportive environment where the interns feel valued and appreciated,” said Project SEARCH instructor Tina Angeletti. “I appreciate the collaboration between LMHS management, staff and agencies, such as Opportunities for Ohioans with Disabilities, Licking County Board of Developmental Disabilities, Greenleaf Job Training Services, and the school districts. Our interns gain a variety of job skills that will help them find competitive and integrated employment either within LMHS or out in the community.” This class of Project SEARCH interns will graduate from the program in May 2020.

# Licking County Drug Disposal Services

There are multiple services in Licking County that help to dispose expired, unused, unwanted or potentially dangerous prescription or over-the-counter medicines safely. By keeping these medications, it may put others at risk for drug abuse, poisoning or overdose. Opioids in particular always should be disposed of safely because of their addictive and deadly properties. It is not proper disposal to throw away medications in the trash can because these drugs may be retrieved from a receptacle to be used or sold. Medications also should not be flushed down the toilet as the drugs can contaminate the water supply. Because of the potential dangers of keeping or improperly disposing these unused, unwanted prescriptions, there are services offered that help to eliminate these dangers in our community.

There are several drop-off locations that can safely dispose medications. Some pharmacies and police stations may not have the capability to accept medications for safe disposal. The list below provides Licking County police stations that accept medications.

Community members who choose to transport medications to these safe-disposal locations should remove all pills from their containers and place in a clear Ziploc bag. Liquids or creams should remain in their packaging with the pharmacy labels removed or covered in black ink. Medications should be taken to these locations during regular business hours. For any questions, please contact the preferred location.

Drug disposal products also are available as an at-home method for disposing medications, and most can be safely thrown away afterward. These options may come in the form of a pouch, bottle or other container to deactivate an unused medication. Listed below are a few products that safely deactivate medications:

- **Deterra Drug Deactivation Pouch** – This pouch uses activated carbon to firmly bond to the drug chemicals rendering medications unusable. Medications, including pills, liquids and patches, can be placed in the environmentally friendly pouch with water, sealed and thrown into the trash.

- **Dispose Rx** – This environmentally friendly product uses a vial that blends water and the Dispose Rx powder with the placed medication to render the medication unusable. This combination creates a safe gel and can be thrown away in the trash.

- **Drug Buster** – Drug Buster uses activated charcoal to quickly break down and deactivate the active chemicals in pills, liquids, controlled substances and transdermal patches. Place the medication in the bottle, invert and shake the bottle twice, and wait 15 minutes to turn the medication into a chemically inactive slurry that can be safely put in the trash.

- **Element MDS** – This product also is a safe option that deactivates solid or liquid medications in a pouch and can be disposed at home.

All of these resources can help to reduce drug use and abuse in Licking County. For any questions regarding the safe disposal of medications, please contact a local police station or pharmacy.

Location	Drop Box	Important Note
Hebron Police Department 934 West Main Street, Hebron	Yes	Only accepts tablets and capsules. Monday through Friday, 9:00 a.m. to 5:00 p.m.
Heath Police Department 1287 Hebron Road, Heath	Yes	Only accepts tablets and capsules. Available 24/7.
Johnstown Police Department 599 South Main Street, Johnstown	Yes	Available 24/7.
Licking County Sheriff's Office 155 East Main Street, Newark	Yes	Monday through Friday, 8:00 a.m. to 4:30 p.m.
Pataskala Police Department 623 West Broad Street, Pataskala	Yes	Only accepts tablets and capsules. Monday through Friday, 7:00 a.m. to 5:00 p.m.

# LMH Hosts Resource Fair for Grandparents Raising Grandchildren

In November, approximately 150 people attended the inaugural Kinship Care – A Resource Fair for Grandparents Raising Grandchildren, hosted by the Licking Memorial Hospital (LMH) Development Council. Licking Memorial Health Systems (LMHS) employees and representatives from a number of local organizations offered information on available community resources to assist grandparents who are the primary caregivers of their grandchildren. The LMHS Information Systems table featured apps and other available resources to assist in tracking and setting controls for children while they are online. Information on Licking Memorial Pediatrics, LMH Dental Clinic for Children and Youth Sports League Scholarships also was available. Licking Memorial Case Management staff performed blood pressure checks.

In addition to information tables, three speakers offered short presentations. Mental Health America of Licking County Executive Director Penny Sittler spoke to participants about finding balance. For grandparents, unexpectedly becoming a primary

caretaker can increase stress levels. High stress levels can manifest into health issues. Penny offered the following stress-reducing suggestions:

- Be realistic – understand that you may have to say no to certain requests in order to avoid being overwhelmed.
- Shed the urge to be a super hero – do not expect perfection of yourself or your grandchild.
- Prioritize – try to accomplish one goal at a time, focusing on the most important items that need to be completed.
- Ask for help.

Penny reminded the attendees to take time to breathe. Taking deep breaths and slowly exhaling has a calming effect and allows a moment to think before speaking or reacting. Finding balance also requires forming healthy living habits, including exercising, following a nutritious diet and obtaining enough sleep. Finally, Penny encouraged the caregivers to take time to participate in activities they enjoy.

Kelly Morrison, APRN-CNP, of Licking Memorial Pediatrics, presented “Sticks and Stones: Recognizing and Preventing Bullying.” Kelly described different types of bullying, including verbal, physical and cyberbullying, and the impact that bullying has on a child’s education,

health and safety. Kelly suggested that caregivers spend at least 15 minutes a day asking children directed questions such as, “What great thing happened to you today?” She strongly recommended limiting screen time and also monitoring online activities to make sure the child is safe from cyberbullying. In addition, Kelly emphasized the importance of modeling behavior, such as being kind and respectful to others, in order to set a good example for children to follow when interacting with others.

The final speaker, Registered Dietitian Annmarie Thacker, M.S., R.D., L.D., C.D.E., discussed nutrition for children. Annmarie shared visual representations of the amount of sugar included in drinks such as soda and juice. She recommended children be offered no more the 8 ounces of juice per day to decrease the daily intake of sugar. Using My Plate, a nutrition guide created by the United States Department of Agriculture, and examples of the different food groups, Annmarie explained how to create a healthy meal. My Plate divides a dinner plate into four sections representing protein, grains, fruits and vegetables. Filling each section and adding a side dairy product creates a meal that offers all the nutrients necessary for a healthy diet.



# Behind the Scenes – Engineering Services

The members of Engineering Services continually strive to ensure all Licking Memorial Health Systems (LMHS) facilities are safe, comfortable and pleasing to the eye for patients, guests and employees. The Engineering staff maintains 37 buildings totaling over 900,000 square feet of space, grounds, parking lots and a fleet of 34 vehicles as well. The group's objective is to oversee all maintenance and construction needed to make sure patients, visitors and staff members have a positive experience both inside and outside LMHS facilities. Under the leadership of Director of Facilities Management Jeff Kovalik, Engineering Services is comprised of several groups including Maintenance, Plant Operations, Biomedical, Grounds and Garage. Each member of the team plays a valuable role in assisting LMHS in accomplishing its mission of improving the health of the community.

The members of Plant Operations are responsible for the main utilities and various large-scale mechanical systems at the main Hospital – including electric, natural gas, potable water supply and piping, heating and cooling (HVAC), the boilers, various medical gases, and vacuum system. The team utilizes an automated Building Automation System (BAS) to remotely monitor and control all sorts of mechanical systems within Licking Memorial Hospital (LMH) and also at several offsite locations including Licking Memorial Medical Campus, located at 1717 West Main Street, Licking Memorial Hospital – Tamarack, located at 2000 Tamarack Road, and the Gerald K. McClain Building, located at 20 West Locust Street, which houses an Urgent Care, Family Practice, Women's Health and Tobacco Cessation office. This technology has become an irreplaceable tool that allows the staff to remotely manage and monitor various systems such as generator fuel levels, HVAC equipment, and medication freezer temperatures.

The main Hospital was built in the mid-1960s with state-of-the-art design and materials for the time. As the infrastructure ages, the Plant Operations team always is focused on keeping the various large mechanical and electrical systems in excellent operating condition which is imperative as these systems age. "The team does an amazing job sustaining the equipment. We have been awarded the National Air Filtration Association's Clean Air Award for our efficiency and good maintenance practices," Plant Operations Manager Dave Evans revealed. Dave also recently managed a complete rebuild and modernization of the first of the Hospital's two main boilers, which will keep it operating efficiently and safely for many more decades into the future.

The Grounds and Garage crew care for the LMHS vehicles and the landscaping at the Hospital and the LMHS buildings on McMillen Drive. A full-time horticulturalist creates plans for the selection, placement and care of the flowers, plants, shrubs and trees on the property. The crew spends time planting in the spring. In the summer months, the two full-time employees are joined by nearly a dozen interns to properly maintain the lawns and vegetation. Summer also is a busy time for events, and team members assist in setting up tents for events at the Hospital and throughout the community. Fall and

winter months require leaf and snow removal. With a fleet of 34 vehicles on the road seemingly non-stop, the Garage staff performs oil changes, brake replacements and various other maintenance tasks to keep them all safe and reliable for daily use.

The Maintenance team consists of carpenters, plumbers, painters, electricians, and a number of other skilled mechanics. The majority of the group works together on maintenance and construction projects within LMH. Five employees are dedicated to the maintenance and care of the 36 off-campus buildings. The group is tasked with dozens of work orders a day from changing light bulbs, plumbing repairs, building desks and updating areas as needed. "Our team has learned to prioritize the workload, and they do an incredible job of taking care of people. Together they can build or fabricate just about anything they need to complete a given task," Maintenance Manager Jeff Delozier said. The team members include a number of employees who have served at LMHS for 20 years or more. "We have a talented group with a great amount of experience among them and we are proud of all they do," said Jeff. The Maintenance team also includes the Biomedical Department which maintains, calibrates and repairs several thousand pieces of medical equipment, and a drafter who

creates signage, maintains a library of electronic building floorplans, and manages the process of dispersing keys to those that need them.

As LMHS continues to expand and update equipment, Engineering Services is tasked with assisting and managing that growth with various construction projects and more. The team goal is to maintain the facilities in a manner that exceeds any required standards, and to be proactive by making sure everything is kept in proper working order. "We strive to ensure a comfortable, well-maintained environment in which clinical staff treat and care for our patients," Jeff Kovalik said. Jeff continually researches and attends trade shows to search for new ways to maintain and update the facilities. "Advances in technology and materials in the last 10 years have really made a positive impact on the maintenance of healthcare buildings. For example, we have installed Ultraviolet Lighting in various systems to kill bacteria in the air and water and we have transitioned to a clean PVC ceiling tile in clinical areas to eliminate a fibrous material that can be dusty when removed or replaced." The LMHS leadership supports Engineering Services by supplying our team members the proper tools and training needed to complete the numerous tasks they face daily.

# National Doctors' Day – March 30

In recognition of Doctors' Day, express your appreciation for your favorite physician by making a donation to the Licking Memorial Health Foundation in his or her honor. Contributions will be utilized for facility improvements at Licking Memorial Hospital. For more information, or to make a donation in a physician's name, please call (220) 564-4102.

**Your gift to Licking Memorial Health Foundation is a special way to honor your physician. An acknowledgment of your gift will be sent to the physician on your behalf.**

Name

Address

City  State

Zip  Phone number

Enclosed is my gift of

In honor of

Comments

**Please send notification of this gift to:**

Name

Address

City

State  Zip

Please make checks payable and mail this form to **Licking Memorial Health Foundation**, 1320 West Main Street, Newark, Ohio 43055-9931. Credit/debit card gifts are accepted by phone at (220) 564-4102. (Gifts are tax-deductible to the extent allowed by law.)

# Corporate Breakfast Focuses on the Dangers of Vaping

Licking Memorial Hospital (LMH) Development Council hosted a Corporate Breakfast in the LMH Café in early December. More than 100 community leaders attended the event to learn more about the dangers of vaping. Licking Memorial Pediatric Hospitalist John P. Lazar, M.D., and Rajive Tandon, M.D., of Licking Memorial Pulmonology, presented information, facts and concerns about the respiratory health risk of vaping, then answered questions from attendees.

During vaping, a battery-powered device, known as an e-cigarette heats a liquid into a vapor that can be inhaled. The vapor may contain nicotine – the same addictive drug found in tobacco – and other chemicals. E-cigarettes also can be used with marijuana, hash oil or other substances. Dr. Lazar explained that medical research on vaping continues and there are still unknowns about the overall health effects; however, the most concerning trend is the increase in e-cigarette use among youth and young adults. Since 2017, the prevalence of vaping has doubled. The early results from the National Tobacco Youth Survey indicated e-cigarette use among high school students increased to 27.5 percent this year from 11.7 percent in 2017. Dr. Lazar also shared that e-cigarette

liquid is poisonous if absorbed into the body through contact with eyes or skin, or accidentally or deliberately swallowed. The Centers for Disease Control and Prevention (CDC) reports that approximately 50 percent of e-cigarette-related calls to poison control centers nationally are for children younger than 5 years old.

Recently, there has been an outbreak of serious lung illnesses associated with e-cigarette use. E-cigarette or vaping associated lung injury (EVALI) has impacted over 2,000 nationwide and caused 39 deaths. Dr. Tandon shared a new report from the CDC that offered evidence that vitamin E acetate is being used as an additive or thickener in some vaping products and is a potential toxin of concern. In addition to the inhalation of toxins, the nicotine in e-cigarettes poses a risk to teens whose brains are still developing. The part of the brain responsible for decision making and impulse control is not yet fully developed during adolescence. Teens who vape put themselves at risk for nicotine addiction, mood disorders and permanent lowering of impulse control. Nicotine also changes the way that brain synapses are formed, which can harm the parts of the brain that control attention and learning.

Youth and young adults cite a variety of reasons for using e-cigarettes, including use by a friend or family member, the taste of the flavored oils and the belief that e-cigarettes are less harmful than other tobacco products. When surveyed, many young users did not realize nicotine was present in an e-cigarette. Dr. Lazar showed examples of how the marketing appeals to a young audience, including fruit and sweet-flavored liquids which are branded to look similar to favorite breakfast cereals or desserts. The Secretary of Health and Human Services has suggested a ban on most flavored e-cigarettes. As research continues, Dr. Lazar and Dr. Tandon both suggested talking with and educating young people about the potential health risks. A tobacco cessation program is recommended for those addicted to nicotine. Licking Memorial Health Systems' (LMHS) free Quit for Your Health program offers the support of Certified Tobacco Treatment Specialists. The counselors utilize evidence-based techniques to assist in developing a plan to become tobacco-free.

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

# Physician Spotlight

**Brandon J. Chandos, M.D.**, of Licking Memorial Neurology, received his medical degree from Texas Tech University Health Sciences Center School of Medicine in Lubbock, Texas. He completed his residency in internal medicine and neurology at the University of Washington in Seattle, Washington. He has participated in clinical trials and research for multiple sclerosis, dementia, stroke, epilepsy and carotid stents. Dr. Chandos is board certified in neurology and sleep medicine.



## Ask a Doc – Migraines with Brandon J. Chandos, M.D.

**Question:** How can I avoid a migraine when it is cold outside?

**Answer:** Medical researchers continue to study the source of migraines – severe throbbing pain or pulsing sensation in the head often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. The cause of migraines is not fully understood; however, environmental factors, including cold temperatures, barometric pressure and high winds, have been identified as triggers. Exposure to the cold or a sudden drop in air pressure is unavoidable in the winter, but being prepared for weather changes can decrease the chance of a migraine.

Barometric pressure – also called atmospheric pressure – refers to the pressure in the air or the amount of force applied to the body from the air. Barometric pressure fluctuates as the seasons change and during storms, including snowstorms. The sinuses in the head are in essence air-filled pockets. Usually, the sinuses are at equilibrium with the atmospheric pressure. When the air pressure changes, it can abruptly create a difference in pressure in the head and the outside air triggering a migraine. Even small decreases in barometric pressure can induce migraines. High winds are reported to have similar effects on people who suffer from migraines.

Other common weather-related triggers in winter include the change in temperature. Some migraine sufferers are sensitive to heat and cold. The blood vessels in the body constrict when it is cold outside, which may lead to pain, stress and headaches. Another possible trigger is cold, dry air. The lack of moisture may lead to dehydration which can induce migraine. Indoor heating

also may diminish the moisture in the air inside.

Often a person who is prone to migraines will experience warning symptoms one or two days before the attack. During this time, the person may notice subtle changes including irritability or other mood changes such as depression, food cravings, neck stiffness, increased thirst or frequent yawning. Some also may experience symptoms of the nervous system called aura. Aura typically are visual disturbances such as seeing shapes, bright spots or flashes, or even vision loss, but also may include tingling sensations in an arm or leg, weakness or numbness in the face, hearing noises or music, and uncontrollable jerking or other movements. Recognizing the warning symptoms can assist in preventing a severe migraine.

In order to better understand the effect of weather, keep a migraine diary. For at least three months, note each migraine occurrence and circumstances surrounding the episode and include the following information:

- Date and time when the migraine began and ended
- The exact location of the pain – the entire head or if the pain shifts from side to side
- Changes in the weather
- Description of the pain – pounding or throbbing
- Identify the intensity of the pain on a scale of 1 to 10
- Identify any physical activity, such as running outside, that occurred before the migraine
- Note the presence of any unusual symptoms before the pain began

During the winter, those who suffer from migraines can manage symptoms by limiting exposure to the cold. Wearing a hat and scarf to protect the face and head will keep the frigid air from stressing the body. It is essential to maintain a consistent sleep schedule as regular, good quality sleep can help prevent migraines. Inside a house or at the office, try to avoid drafts because cold air on the face can trigger symptoms. At home, use weather strips or other methods to stop cold air from coming through windows and doors. It is important to consume a healthy diet and also avoid skipping meals – hunger can be a strong migraine trigger. To avoid dehydration, drink plenty of water and consider using a humidifier. Finally, exercise can assist in migraine prevention. Research has shown that regular, moderate aerobic exercise may reduce the severity, duration, and number of migraines and also help control stress.

If prevention is unsuccessful, over-the-counter pain-relieving medications can be used to stop the symptoms. Medications used to relieve migraine pain work best when taken at the first sign of an oncoming migraine. If migraines are affecting a person's quality of life, seek medical advice. A physician or neurologist may suggest an MRI or CT scan to rule out other causes for the pain.





# Quality Reporting to the Community

## Patient Story and Benchmarks for Patient Safety

### Patient Story – John Coen

and their family members about correct dosing and signs and symptoms of complications. “At first, I was upset and worried about having to take medication, but the Medication Therapy Clinic staff explained why I needed it,” said John. “They were very helpful because the information can be difficult to understand.” John visited the clinic frequently until the PT/INR was properly regulated. Now, the visits are scheduled every 4 to 5 weeks in order to ensure the proper blood clotting rate.

The Medication Therapy Clinic is a service directed by a physician and staffed by clinical pharmacists and registered nurses with specific knowledge of anticoagulation therapy. Blood testing and other laboratory studies generally are performed on-site in the Clinic. Regular communication with the patient’s primary care physician occurs throughout the patient’s care. “The nurse greets us when we arrive at the Clinic, discusses my current state of health and notes any changes, including my diet,” John explained. The pharmacist then visits with John and reviews all the information to decide if adjustments are needed in the dosage. John also is required to regularly meet with his primary care physician, Nina Hourmouzis, M.D., of Licking Memorial Internal Medicine, for follow-up care.

For patient safety, the Medication Therapy Clinic staff coordinates with other Licking Memorial Health Systems (LMHS) providers when procedures or other types of testing are required. Since John is at risk for colon cancer, he recently was scheduled for a colonoscopy and had to stop taking Coumadin for five days to lower the risk of bleeding during the procedure. The Clinic staff made adjustments to John’s

dosage to prepare him for the colonoscopy. “I was concerned about how much of my medication I was supposed to take, and the Clinic staff made sure I was on the right dose,” John said. “Everyone at LMHS has always been very attentive and caring.” A week after the gastroenterologist removed several small polyps, John returned to the Medication Therapy Clinic to check his blood clotting levels and readjust his dose of Coumadin.

John has been a barber for 49 years, and continues to work part-time at a shop in Heath located on Route 79. His wife, Ruth, was a registered nurse and retired from LMHS in 2005. She continues to volunteer at Licking Memorial Hospital. The couple has been married for 54 years and have two daughters. Polly Prouty is a teacher in Johnstown, and Deborah Savage is a Regional Vice President for AVI Food Systems, Inc. John and Ruth enjoy spending time with their daughters and their granddaughter, Alyssa Savage.

Several years ago, John Coen learned he had atrial fibrillation (AFib), which occurs when the top two chambers of the heart, known as the atria, quiver or flutter instead of fully contracting which produces a rapid, out-of-sync heartbeat. During a routine checkup, John’s primary care physician detected an irregular heartbeat and ordered an electrocardiogram (EKG) to determine if John had AFib. The condition is not always easy to detect because many patients, including John, experience no symptoms.

The irregular heartbeat caused by AFib can lead to blood collecting in the heart and forming a clot that may travel to the brain, cut off the oxygen and blood supply, and cause a stroke. To prevent blood clots from forming, John was prescribed Coumadin (warfarin) – an anticoagulant, or blood thinner, that requires careful monitoring for patient safety. The most common side effect of Coumadin is bleeding in tissues or organs. 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 should change. The testing is vital and must be accomplished at recommended intervals in order to keep the PT/INR result in the safest range for the medical condition.

After his diagnosis, John was referred to the Licking Memorial Hospital (LMH) Medication Therapy Clinic. The Clinic works with the patient to create a treatment plan, and teaches the patient

# 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 1,213,614 doses of medication in 2018.

	LMH 2016	LMH 2017	LMH 2018	National <sup>(1)</sup>
Medication errors per 1,000 doses	0.010%	0.013%	0.014%	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 reflect how many infections occurred during 1,000 patient days compared to the national benchmarks.

	LMH 2016	LMH 2017	LMH 2018	National <sup>(2)</sup>
Urinary tract infection rate for ICU patients with urinary catheters, per 1,000 days of usage	2.0	1.0	0.0	0.6
Urinary tract infection rate for patients outside of ICU with urinary catheters, per 1,000 days of usage	1.6	1.8	0.5	0.48
Bloodstream infection rate for patients inside of ICU with central venous catheters, per 1,000 days of usage	0.0	1.7	0.0	1.1
Bloodstream infection rate for patients outside of ICU with central venous catheters, per 1,000 days of usage	0.0	0.0	0.0	0.18

\*Throughout a period of 1,000 patient days, one bloodstream infection was recorded in LMH’s ICU among patients with central venous catheters.

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 2016	LMH 2017	LMH 2018	Goal
Inpatient falls, per 1,000 patient days	2.5	2.4	2.9	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. In extraordinarily rare cases, a localized infection can lead to sepsis, which is a systemic, life-threatening condition. Lower rates are preferable.

	LMH 2016	LMH 2017	LMH 2018	National <sup>(3)</sup>
Inpatient mortality	1.17%	1.20%	1.34%	2.22%
Sepsis mortality rate, per 1,000 patients	8.7%	8.9%	10.3%	State <sup>(5)</sup> 14.9%

5. LMHS recognizes the importance of keeping our staff healthy and lessening the likelihood that they will infect our patients with influenza while under their care. LMHS is committed to encouraging and providing free, easily accessible flu vaccines to all employees.

	LMHS 2016	LMHS 2017	LMHS 2018	LMHS Goal	National <sup>(4)</sup>
LMHS employees receiving the seasonal influenza vaccine	94%	94%	95%	greater than 80%	64.3%

Patient Safety – How do we compare? (continued on page 16)



**6.** Warfarin (trade name 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.

	LMHP 2016	LMHP 2017	LMHP 2018	LMHP Goal
LMHP patients on warfarin having a current PT/INR within recommended guidelines	92%	93%	94%	greater than 90%

**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 2016	LMHP 2017	LMHP 2018	LMHP Goal
LMHP patients on Metformin with a renal function test within last year	94%	92%	93%	greater than 90%

**Data Footnotes:** (1) *To Err Is Human – Building a Safer Health System*, National Academy Press, Washington D.C., 2000. (2) *CDC National Healthcare Safety Network pooled median (ICU only) from January 2006-December 2007*, issued November 2008. (3) *Comparative Data from the Midas Comparative Database*. (4) *Centers for Disease Control and Prevention (CDC), Interim Results: Seasonal Influenza Vaccination Coverage Among Health-Care Personnel*, *MMWR April 2, 2010 / 59(12): 357-362*. (5) *OHA*

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## LMH Earns Seventh Consecutive Grade “A”

The Leapfrog Group has recognized Licking Memorial Hospital (LMH) as one of the safest hospitals in the United States with a seventh consecutive “A” grade. LMH is included on a list of 858 hospitals nationwide and 43 throughout Ohio to receive an “A” grade in the Fall 2019 release of the newest Leapfrog Hospital Safety Grade report.

The Leapfrog Group is an independent national nonprofit group that compares hospitals’ safety performance. The Leapfrog Hospital Safety Grades provide the most complete picture of patient safety in the U.S. Twice per year, more than 2,600 nationwide hospitals – including over 150 in Ohio – are assigned letter grades of A, B, C, D or F based on adopted patient safety practices. Developed under the guidance of a Blue Ribbon National Expert Panel, the Leapfrog Hospital Safety Grade uses 28 measures of publicly available hospital safety data, such as infection prevention activities, serious patient falls, and the percentage of patients who developed blood clots. It is calculated by top patient safety experts, peer reviewed, fully transparent and free to the public. Earning an “A” grade shows that LMH has exhibited excellence in the national database of patient safety measures and ranks among the safest hospitals in the United States.

“The Leapfrog Hospital Safety Grade award embodies our dedication to the health and safety of Licking County residents,” Licking Memorial Health Systems President & CEO Rob Montagnese said. “We maintain high expectations for our employees to give the best care and strive to improve the health of the community.”

### About The Leapfrog Group

Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care. The flagship Leapfrog Hospital Survey collects and transparently reports hospital performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog’s other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents, and infections. For more information about the Hospital Safety Score, please log on to [www.HospitalSafetyScore.org](http://www.HospitalSafetyScore.org).



## Importance of Vaccination

Parents dedicate a great deal of time and resources toward protecting the health and safety of their children. This may include researching the safest car seats, ensuring proper nutrition, or purchasing safety equipment for sports and other activities. Vaccination is another crucial step in keeping children safe. Experts agree that vaccination is the most effective way to protect children from a variety of serious and potentially fatal diseases.

Vaccines not only are important to the health of an individual, but also to the health of the community. Recent concerns among parents and adults have led to a decrease in the use of vaccinations, which puts the community at risk of spreading certain diseases. However, vaccinations are essential to prevent the contraction and spread of these debilitating diseases.

Because of the success of vaccination over the past several decades, many people have not witnessed the devastating effects of preventable diseases. Yet, the viruses and bacteria that cause these diseases still exist, and children in the United States and elsewhere remain vulnerable. Experts agree that decreased rates of vaccination could lead to an increase in many diseases – even those that have not been encountered in large numbers for many decades. Hepatitis A, diphtheria, tetanus and pertussis are all vaccine-

preventable diseases that are contagious and dangerous.

Hepatitis A is a viral liver disease that is transferred easily through consuming water and food contaminated with feces particles from an infected person. It also can be spread through direct contact with an infected person. According to the World Health Organization (WHO), hepatitis A is one of the most frequent causes of foodborne infection and can withstand food production-processes intended to destroy any lingering disease or virus. This disease can cause symptoms, such as fatigue, low appetite, stomach pain, nausea, and jaundice, that usually resolve within 2 months of infection; however, more severe effects include liver failure in those over the age of 50. The Centers for Disease Control and Prevention (CDC) report that cases of hepatitis A declined 95 percent from 1995 to 2011 because of the introduction of the vaccine in 1995. However, cases have risen 140 percent from 2011 to 2017 due to vaccine hesitancy and the spread of the virus among non-immune people. Those who receive the vaccination can prevent themselves from contracting hepatitis A and prevent

spreading to those who may be at a higher risk of complications.

Diphtheria, tetanus and pertussis also are vaccine-preventable diseases. All three diseases were common in the United States until the introduction of the Tdap vaccination, which can prevent all three diseases. The vaccine has drastically decreased cases of these diseases; however, the CDC reports that pertussis is the only vaccine-preventable disease that has continued to rise in the United States. Because of vaccine hesitancy, cases and outbreaks of pertussis have increased over the past decade. Pertussis, also known as whooping cough, is another highly contagious disease that is easily prevented with the vaccine. Without the vaccine, the disease causes cold-like symptoms and develops over time into severe coughing, vomiting, exhaustion and breathing issues. The disease is especially dangerous in infants and young children as it can cause complications that may result in death.

Vaccines are vitally important to the health of the community. WHO predicts that vaccine hesitancy has the potential to reverse progress made on eliminating vaccine-preventable diseases. Therefore, it is important to educate others regarding the benefits of vaccination and the importance to the health of the community.



# Quality Reporting to the Community

## Patient Story and Benchmarks for Heart Care

### Patient Story – Dan Omlor

be transported to Riverside Hospital in Columbus right away for the operation.

With all the information and images from Dr. Rajjoub, the surgeon at Riverside felt that the bypass surgery should be performed immediately. “I do not want to imagine what would have happened if Dr. Rajjoub or the surgeon had waited. It was too close,” Joan said. “The surgeon said even though it was late in the day, he felt waiting until the next day would be risky for Dan.” Dan has little recollection of the day of his surgery, but he does remember Dr. Rajjoub’s calming demeanor which set his mind at ease. “I believe Dr. Rajjoub and the surgeon at Riverside have a very good working relationship. The communication was outstanding, and both physicians were so reassuring. You can tell they both enjoy their profession and caring for people,” Dan said.

When Dan returned to his own house, members of Licking Memorial Home Care began in-home care. For six weeks, therapists worked with Dan, assisting him in everyday tasks and building his strength. Dan always has been active and rarely felt ill, so it was difficult to rely on others for assistance. “The therapists that visited Dan were very good. They knew when he needed a little push to work harder, and when to encourage him not to push too far,” Joan commented.

When Dan was strong enough, he began visiting the Cardiac Pulmonary Rehabilitation Clinic at LMH. “The staff in the Clinic are very knowledgeable. They make the exercise fun. They track my progress during my activities and constantly check the data to make sure I am not overexerting myself,” Dan said. “They increase my activity a little at a time and I am feeling great.” Dan cannot lift objects weighing more than

20 pounds and has to be careful not to perform movements that might pull the muscles in his chest. He is temporarily prohibited from participating in his favorite sports – golf and fishing – but plans to continue following orders from the staff at the Rehabilitation Clinic and Dr. Rajjoub to build his endurance and strength so he can golf with his friends when the weather warms again.

Dan also looks forward to spending more time with his family. During his recovery, his daughters, Jodi and Beth, assisted in his care. Jodi lives in Newark, and Beth lives in Dover, Delaware, with her husband and children, Evan and Katie. “My wife and daughters were good nurses. I really appreciated them caring for me, and my grandchildren were the best medicine,” Dan shared. He and Joan have been married for 52 years. He grew up in Mount Vernon, Ohio, and moved to Newark in 1970 to take a job with State Farm. He retired from State Farm 17 years ago, and has enjoyed traveling and working around his house. Joan is a volunteer at LMH.

Dan’s family is grateful to see his ornery side return as he grows ever stronger. They are convinced that Dr. Rajjoub saved Dan’s life by quickly recognizing the signs of a blockage, and making the decision to send him for surgery. Dan is grateful to be able to share his story, and has valuable advice for anyone experiencing chest discomfort. “Listen to your body. Do not wait,” Dan declared. “Also, be sure to see a physician regularly for check-ups.”

LMH takes great pride in providing excellent cardiovascular services to the community, specializing in providing timely lifesaving techniques and the latest technology for patients with the risk of cardiovascular disease. The Cardiovascular team provides a full



The warning signs of a possible cardiac event were present for months, but Dan Omlor kept making excuses. He could not walk far without shortness of breath, and he breathed heavily when he climbed stairs. There were episodes of lightheadedness, and pressure and tightness in Dan’s chest, but he told his family it was nothing of concern because he was just out of shape. Dan had experienced heart trouble in the past that required placing a stent in his heart to open a blocked vessel, but he had not seen a specialist for some time. After his physician had moved from the area, Dan had not attempted to find another cardiologist for follow-up care.

When Dan mentioned his symptoms to a group of friends, they highly recommended that he visit cardiologist Hassan Rajjoub, M.D., at Licking Memorial Hospital (LMH). “Everyone I talked with had glowing reviews about Dr. Rajjoub,” said Dan. “He is well respected and appreciated throughout the community. Everything I heard was positive.” Dan scheduled a consultation with Dr. Rajjoub on June 25.

During the visit, Dan and Dr. Rajjoub discussed his prior procedure and background. When Dan discussed his current issues, Dr. Rajjoub scheduled a heart catheterization right away. “He was very pleasant and kind. He made me feel so comfortable, and I believe he saved my life.” explained Dan. On June 27, Dan returned to LMH to receive the heart catheterization. After a short time, Dr. Rajjoub sought out Dan’s wife, Joan, and daughter, Jodi, in the waiting room to explain that Dan would not be going home. The heart catheterization revealed Dan had a blockage that required bypass surgery. He needed to

# 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 an attack. An electrocardiogram (EKG) measures the electrical activity of the heart and can determine if a heart attack is occurring.

	LMH 2016	LMH 2017	LMH 2018	National Average <sup>(1)</sup>
Median time from arrival to completion of EKG	1 minute	2 minutes	2 minutes	8 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 2016	LMH 2017	LMH 2018	National Goal <sup>(2)</sup>
Mean time from arrival until balloon angioplasty performed	55 minutes	54 minutes	55 minutes	90 minutes
Time to balloon within 90 minutes	100%	97%	100%	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 2016	LMH 2017	LMH 2018	National Goal <sup>(2)</sup>
Medical contact to reperfusion	75 minutes	76 minutes	78 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 2016	LMHP 2017	LMHP 2018	LMHP Goal <sup>(3)</sup>
LMHP CAD patients with aspirin and/or antithrombotic prescribed	93%	94%	94%	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 2016	LMHP 2017	LMHP 2018	LMHP Goal <sup>(3)</sup>
LMHP CAD patients with LDL less than or equal to 100 mg/dl	65%	63%	67%	Greater than 50%

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



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spectrum of diagnostic and treatment services performed by experienced cardiac nurses and cardiologists in a serene environment. The LMH Cardiac Imaging Lab has received the Mission: Lifeline® Gold Receiving Quality Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer severe heart attacks, and is nationally accredited by the Intersocietal Commission for the Accreditation of Echocardiography Laboratories in echocardiography and adult stress echocardiography. The Cardiac Rehabilitation Program focuses on complete cardiac patient care, including the development of an individualized health and fitness plan, and is designed to restore and enhance both the physical and psychological health of patients. The 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.

## Know the Symptoms of AFib

Atrial fibrillation (AFib) is an irregular, rapid heart rate caused by disorganized electrical signals that force the heart's two upper chambers, known as the atrium, to squeeze rapidly. A typical heart rate is 60 to 100 beats per minute, but AFib may cause the rate to increase to 100 to 175 beats per minute. Due to the irregular heart rate, blood may gather in the atrium and form clots, which could cause a stroke if blood flow to the brain is blocked. Strokes are a major risk for AFib patients and eventually may cause further heart complications; therefore, it is vital to know the symptoms of AFib, including:

- Dizziness
- Palpitations, which are sensations of a rapid, uncomfortable, irregular heartbeat
- Weakness
- Reduced ability to exercise
- Chest pain
- Fatigue
- Shortness of breath
- Lightheadedness

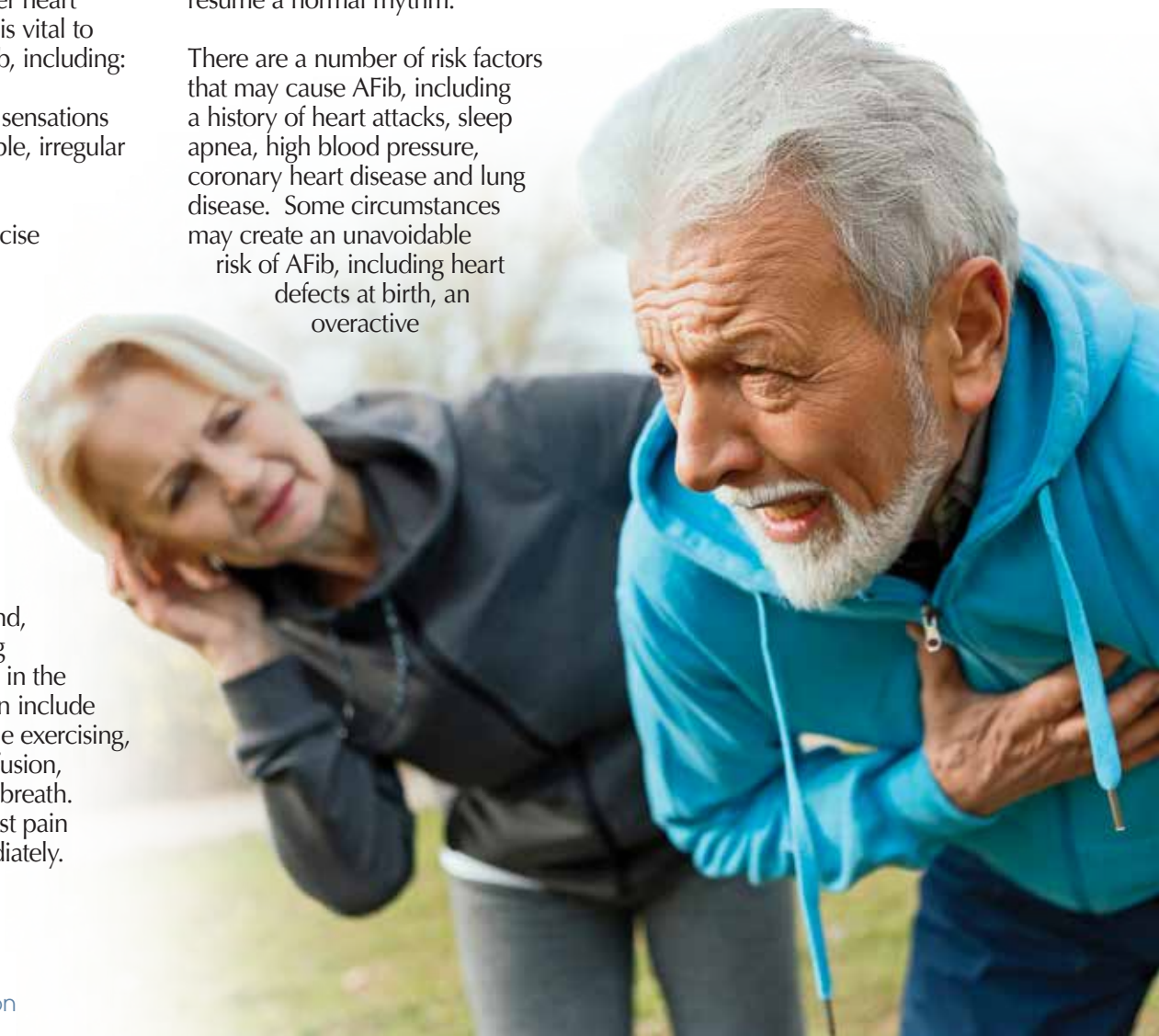
AFib is not always easy to detect. Some patients may not experience symptoms of the condition, and only discover the irregular heartbeat during a routine checkup. On the other hand, some patients report feeling the heart flutter or a thump in the chest. Other symptoms can include general fatigue, fatigue while exercising, weakness, faintness or confusion, dizziness, and shortness of breath. If you are experiencing chest pain or pressure, call 911 immediately.

An echocardiogram or electrocardiogram may be performed to diagnose an irregular heartbeat. There are many treatment options for AFib that aim to control or slow down the heart rate. Certain heart rate medicines can be used to slow the heartbeat. Another option, chemical cardioversion, uses medicine to slow the electrical signals from the brain to the heart. If medications are ineffective, a physician may utilize electrical cardioversion to give the heart an electrical shock to resume a normal rhythm.

There are a number of risk factors that may cause AFib, including a history of heart attacks, sleep apnea, high blood pressure, coronary heart disease and lung disease. Some circumstances may create an unavoidable risk of AFib, including heart defects at birth, an overactive

thyroid gland, metabolic imbalance and family history. Those older in age also may be at risk for AFib.

Although AFib may be unavoidable, eating a heart-healthy diet that includes fish, nuts, berries, seeds, oats, legumes and vegetables may help to lower the risks. Other preventative measures include increasing exercise, avoiding smoking, limiting caffeine and alcohol, and reducing stress.



## Health Tips – Sleep Apnea and AFib

Sleep apnea not only disrupts sleep patterns, but also can stress the heart. Sleep apnea occurs when a person's breathing is interrupted repeatedly for 10 or more seconds during sleep. On average, these episodes occur at least five times per hour and possibly hundreds of times every night. The most common form of the condition is obstructive sleep apnea, which is a result of an issue in the upper airway. Enlarged or swollen tissues relax during sleep and block the passage of air leading to gasping or loud snoring.

Sleep apnea causes low oxygen levels that leave the brain vulnerable to stroke. When breathing stops, the body asserts strong efforts to open the airway and resume the airflow. As the body struggles to breathe, the nervous system releases surges of stress hormones that elevate blood pressure levels and lead to heart rate fluctuations. Over time, untreated sleep conditions may lead to systemic heart problems with uncontrolled high blood pressure (hypertension) and a heart arrhythmia condition called

atrial fibrillation (AFib). Hypertension and AFib also are two well-known risk factors for stroke and create a major concern for the heart.

A stroke is a medical emergency that requires prompt treatment in order to minimize brain and heart damage. Therefore, sleep apnea could lead to severe complications if a stroke occurs because it may be several hours before a victim is aware of the issue. Talk to a primary physician about a sleep study for a proper diagnosis of a sleep disorder.



Aundrea Parker, M.S., R.D., L.D.



Donya Hageman, P.T.A., C-PT, CFNS



Debra Larabee, R.N., B.S.N.

## Community Education – Healthier for Life Workshop

**Date:** Wednesdays, February 12, 19, 26, and March 4

**Speakers:** Aundrea Parker, M.S., R.D., L.D.  
Donya Hageman, P.T.A., C-PT, CFNS  
Debra Larabee, R.N., B.S.N.

**Location:** LMH First Floor Conference Rooms  
**Time:** 6:00 to 8:00 p.m.

Weight loss organizations often promise significant results to participants who adhere to their plans or purchase their services. Yet, 33 percent of American adults remain overweight, and the numbers continue to climb. Diets and weight loss services frequently fail, leaving participants feeling discouraged, deprived and still struggling to lose weight.

Dietitian Aundrea Parker, M.S., R.D., L.D.; ACE Certified Personal Trainer and Physical Therapy Assistant Donya Hageman, P.T.A., C-PT, CFNS; and Patient Educator Debra Larabee, R.N., B.S.N., invite you to discover a different way to view weight loss. Sustained weight loss often is the result of positive change focused on health, not pounds – a personalized lifestyle instead of a weight loss plan. Through this unique event, attendees will learn to successfully confront common stumbling blocks to exercise and menu planning, grocery shopping, motivation, unwanted eating behaviors, recipe modification and more. Participants who complete the program will acquire practical guidelines for beginning a new, healthier lifestyle.

Healthier for Life is a four-part program and will be held on four consecutive weeks, **Wednesdays, February 12, 19 and 26, and March 4**, from 6:00 to 8:00 p.m., in the Licking Memorial Hospital First Floor Conference Rooms, located at 1320 West Main Street in Newark. Participants should plan to attend all four sessions. A meal will be provided for all participants. The program is free; however, space is limited and registration is required. To register, please call (220) 564-1560.



# Donors Recognized for Contributions to Licking Memorial Health Foundation

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

## Founder Level

Founders are altruistic individuals, businesses and organizations who have made outstanding gifts to improve the health of the community. Founders' generosity meets or exceeds the \$100,000 level of giving.

### Rob and Lauren Montagnese

LMHS President & CEO Rob Montagnese (right) and his wife, Lauren, recently became the newest Founder Level donors. The couple received a glass recognition piece in honor of their continued generosity to LMHF.

Lauren received her Bachelor of Arts degree in biology from Wittenberg University. She has a passion for fitness and is a certified Zumba instructor. Lauren has volunteered periodically as a Zumba instructor at local schools since 2010 and began serving as a volunteer Zumba instructor for LMHS employees in 2019. She also is a member of the Zumba Instructor Network and the Licking County Family YMCA.

Lauren serves as a member of the Southwest Licking (SWL) Schools Education Foundation Board and has assisted the Licking County Foundation as a grant reviewer since 2014. Previously, she was a member of the Licking County Board of Developmental Disabilities and the SWL for Kids leadership team, which coordinated activities to pass levies and bond issues to build new facilities in the school district. Lauren also co-chaired fundraising efforts to purchase door barricades for all five SWL academic buildings. During the past two years, she helped raise funds for the National Eating Disorder Awareness walk in Columbus.

When not volunteering in the community or leading a Zumba class, Lauren enjoys attending cycling, general strength and Orange Theory fitness classes. She also enjoys birdwatching, scrapbooking and creating movies and slideshows of her kids' activities.

Rob joined LMHS on a full-time basis in 1993, and served as Controller and Accounting Manager, Senior Vice President Financial Services, and Executive Vice President before attaining his current position in 2006. Under his leadership, LMH expanded with the new John & Mary Alford Pavilion surgery and emergency care addition, three community off-campus

Urgent Care facilities, the North Newark physician practice location, the Licking Memorial Medical Campus on West Main Street in Newark, the Gerald K. McClain Building in Downtown Newark and the acquisition of the Licking Memorial Hospital – Tamarack location.

Rob holds a Bachelor of Arts degree in business administration with a concentration in accounting from Wittenberg University and a Master of Healthcare Administration from The Ohio State University. He is a very active volunteer in the Licking County community, serving on a number of boards, typically in a leadership role. Rob also is actively involved with coaching many sports teams in the Southwest Licking area.

In 2014, Rob was a top 10 national finalist for the Modern Healthcare Community Leadership Award. He received the Bravo Award for Community Service from the Newark Rotary Club, and was named on Becker's Nonprofit Hospital & Health System CEOs to Know list in 2015, 2016 and 2017. Also in 2016, Rob was named Executive of the Year through the Columbus CEO HealthCare Achievement Awards, and was added to the Licking Valley Hall of Pride, a special recognition for outstanding graduates of Licking Valley High School who have contributed to the civic, cultural, religious, and economic vitality of the community, at the local, state or national level. In 2017, Rob was named as a Columbus Business First C-Suite Honoree.

Rob and Lauren live in Licking County. They have one daughter, Ashley, and two sons, Robby and Brady.



## The William Schaffner Society

Created in memory of William Schaffner, who dedicated his life to assure the availability of quality healthcare services to our community, the William Schaffner Society is comprised of community members and Licking Memorial Health Systems (LMHS) employees who have pledged a minimum of \$10,000 to LMHF over a period of 10 years. William Schaffner was the first Chairman of the Licking County Hospital Commission in 1961 and was instrumental in the passage of the county bond issue that financed the current location of LMH.

### Tynisha Strickland, R.N.

Tynisha Strickland, R.N., accepted a glass recognition piece from LMHS President & CEO Rob Montagnese (right) and LMH Board Chair Joyce Malainy, Ed.D. (left), in honor of her commitment to the William Schaffner Society. She joined LMH in 2002 and currently serves as a staff nurse in the intensive care unit.

Tynisha graduated from Newark High School and received her associate degree in nursing from Central Ohio Technical College. She is pursuing her Bachelor of Science in Nursing at Ohio University. Tynisha is an active member of the American Association of Critical Care Nurses and an American Heart Association Advanced Cardiac Life Support Instructor. Tynisha resides in Columbus with her parents and two dogs – Precious, a 12-year-old Labrador, and Duke, a 6-year-old Boxer mix.



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.

## 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 recently received.

### Benefactor

Cindy and Thaddeus Webster

### Capital Improvement Fund

TWIGS 6

### Caduceus Society

Michael Sniderman, M.D. & Samantha Gendelman, M.D.  
Patty Whisman, M.D.

### Community Cornerstone Club

Fred Ernest  
Reed and Mel Fraley  
Pam and Dave Froelich  
John and Elaine Gard  
Carmen and Jeffery James  
Eleanor L. Johnston  
Diane Paetz  
James Riley  
Lynne Dolan Rotruck  
Gary and Diane Ryan  
Barb and John Weaver  
Rev. Eva Marie & Mr. Jeff Wolfe

### Cradle Roll

In honor of Knox Alan Henry  
By: Licking Memorial Health Systems

In honor of Luke Allen Richard

By: Licking Memorial Health Systems

In honor of Cecilia Ruby Sanderson

By: Licking Memorial Health Systems

In honor of Rhett Colson Smith

By: Licking Memorial Health Systems

In honor of Shawn Reece Smith, III

By: Licking Memorial Health Systems

### Founder

Robert & Lauren Montagnese

### General

Anonymous

Anonymous

### Grant

Licking County Foundation

### Honorary

In honor of Brian Merritt

By: Women of St. Francis de Sales

In honor of Jeffrey Smith

By: Mark and Cindy Kneller

In honor of Kristen Stare

By: Chung Hee Koo, M.D.

### Memorial

In memory of Diane Ford Stow Ayres

By: Veronica and Mark Patton

In memory of Joe Bending

By: Donna Brooks

Walter C. Gemmill

Veronica Patton

Paul and Ardis Reed

Joanne and Bob Teuscher

Cindy and Thaddeus Webster

In memory of Kathryn "Dolly" Kauffman

By: Licking Memorial Hospital Medical Staff

In memory of Joseph Koch

By: Gloria Cornell

Sharon Sheeran

Paul and Jo Ann Thayer

In memory of T. Thomas Mills, M.D.

By: Robert and Lauren Montagnese

In memory of Ruth B. Torrey

By: Veronica Patton

# Donations Benefit Young Patients and Visitors at LMH

Two local service organizations recently donated plush toys and blankets to help comfort young children who are patients or visitors at Licking Memorial Hospital (LMH). Licking Memorial Health Systems President & CEO Rob Montagnese accepted the donations from the Heath chapter of LaSertoma International (top photo), Trent White (middle photo) and the Newark Moose Lodge 499 (bottom photo).

LaSertoma members Jeff and Debbie Belt, John and Patricia Rickett, and Marie Labuda (standing, second from left to right), and Joyce Murphy (seated) presented 44 Finley Foxes and 40 handmade fleece fringe blankets to Rob (standing far left). The Utica Stingers assisted by creating six of the blankets, and the Heath United Methodist Men's and Women's group provided a monetary donation to help purchase the plush foxes.

Rob also accepted an annual donation from Trent White that featured 960 plush animals. Trent began making toy donations to LMH in 2003 when he was only 5 years old. Over the past 16 years, he has contributed nearly 8,200 toys to benefit pediatric patients at LMH.



Finally, LMH received two dozen Tommy Moose plush toys from the Newark Moose Lodge. Since 2002, Moose International has distributed more than 120,000 toys to U.S. organizations that provide the gifts to children who are dealing with trauma or stress. Rob (middle) received the donation from Lodge 499 Governor Jeff Unternaher (right) and Past Governor Jim Bonham (left).

# Supporter Spotlight – First Federal Savings

Relationships are important to First Federal Savings. The organization encourages employees to build rapport with customers in order to provide quality service and a more personal experience. First Federal Savings' leaders are proud of the bank's reputation and are dedicated to giving back to the community in numerous ways, including support for other organizations that share similar values. Since 1993, First Federal Savings has generously participated in a number of giving opportunities provided by Licking Memorial Health Foundation (LMHF) – the not-for-profit organization responsible for conducting resource development and fundraising activities for the benefit and support of Licking Memorial Health Systems (LMHS). LMHF strives to enhance and promote meaningful community relations to meet local needs and better serve the community. First Federal now is part of LMHF's Platinum Circle which is reserved for business and corporate donors who contribute \$25,000 or more.

First Federal Savings has served Licking County for 85 years. Everett D. Reese established the savings and loan business in 1934. At the time, federal regulations prohibited community banks from providing mortgage loans. Reese acquired a mutual thrift charter to provide savings and mortgage loans to the residents of Licking County. He served as President of First Federal until 1960 and continued as a Board Chair until 1978. Today, his granddaughter, Sarah Wallace, serves as the Board Chair, and his great-granddaughter, Sally Wallace Heckman, serves as Executive Vice President. "We pride ourselves on being fair and flexible offering honest and reliable financial services. Our services have expanded, but the idea that banking is a relational business has not changed in our long history," said President and CEO of First Federal Savings Paul Thompson.

Supporting the community is a priority for First Federal. The bank offers a portion of its yearly income to charitable organizations and community

sponsorships, including LMHF. "We believe in keeping dollars where they are needed," Thompson said. "Licking Memorial Hospital (LMH) is a stellar operation offering quality, affordable health care. We are fortunate to be able to receive excellent care close to home, and we are dedicated to making sure LMH remains a top-notch, independent organization." Thompson serves on the LMH Board of Directors and is glad to support LMHS' mission to improve the health of the community. "We are fortunate to have the support of such generous businesses," LMHS President & CEO Rob Montagnese said. "The leaders of First Federal have been invaluable to LMHS and share in our goal of creating a healthy community." Rob serves as a trustee at First Federal.



FirstFedOhio.com

# Development Spotlight – Kurt Harden

**Kurt Harden**, President & CEO of MedBen, joined the Licking Memorial Hospital (LMH) Development Council Community Relations Committee in 2019 at the invitation of John Gard, Education & Membership Committee Chair. During his experience on the Development Council, Kurt has enjoyed learning more about Licking Memorial Health Systems (LMHS) and seeing the extensive effort involved in its mission to improve the health of the community.

As a lifelong resident of Licking County, Kurt has seen the benefits of having an independent community hospital. "Licking County is blessed to have a successful health system," Kurt says. "I am impressed by the amount of emphasis that LMHS places on the importance of maintaining a strong, independent community hospital for residents. In doing so, LMHS has created a health resource for the community

and a meaningful connection with community members."

Kurt shares an important connection with LMH as both he and his five children were born at the Hospital. He graduated from Newark High School and received a bachelor's degree from Bowling Green State University. He has served at MedBen in Newark since 1991. Kurt also is involved in the American Heart Association Heart Chase and Newark City Schools Board of Education, and enjoys reading and spending time with family.

The LMH Development Council was established in 1987 and falls under the auspices of Licking Memorial Health Foundation (LMHF). Its purpose is to increase charitable giving to LMH and to enhance and promote meaningful community relations for the Hospital. Although the Hospital is financially

sound, it is not immune to today's financial challenges that include government cutbacks in Medicare reimbursements, revenue shortfalls, and the continuing cost of charity care. To remain financially sound and stay competitive in this environment, LMH continuously pursues ways to improve quality and enhance productivity to serve the community more effectively.



## Walk with A Doc

Melissa Lenko, D.O., of Licking Memorial Women's Health – Pataskala, led the November Walk with a Doc event at the Licking County Family YMCA – Western Branch (top). Dr. Lenko discussed pelvic organ prolapse during 40-minute walk on the indoor track. In December, Donald Fairbanks, M.D., of Licking Memorial Family Practice – North Newark, provided information to help participants understand addiction as they walked on the Evans Foundation Bike Path in Johnstown (bottom).

The monthly Walk with a Doc events are an opportunity for community members to learn from a member of the Licking Memorial Hospital Active Medical Staff during a casual walk at scenic locations throughout Licking County. Details regarding upcoming dates, locations and featured physicians are available on the back page of [Community Connection](#).



walk with a DOC

## Retiree Spotlight – Rich Clark

**Rich Clark** firmly believes that spiritual wellbeing is part of a person's overall health. Spiritual care is as important to health care as emotional and physical treatments, especially in a clinical setting. He served as a United Methodist minister for a number of years after earning a Master of Divinity from Garrett-Evangelical Theological Seminary at Northwestern University in Evanston, Illinois. Rich decided to further his education and earned certification as supervisor of Clinical Pastoral Education from the Association for Clinical Pastoral Education. To achieve this accreditation, he became a resident in Pastoral Care at Indiana University Medical Center in Indianapolis and also at Augustana Lutheran Hospital in Chicago, Illinois. After completing his training, he began working as a chaplain at a hospital in Kalamazoo, Michigan, and teaching theology students, clergy and those in additional religious professions the skills of pastoral care.

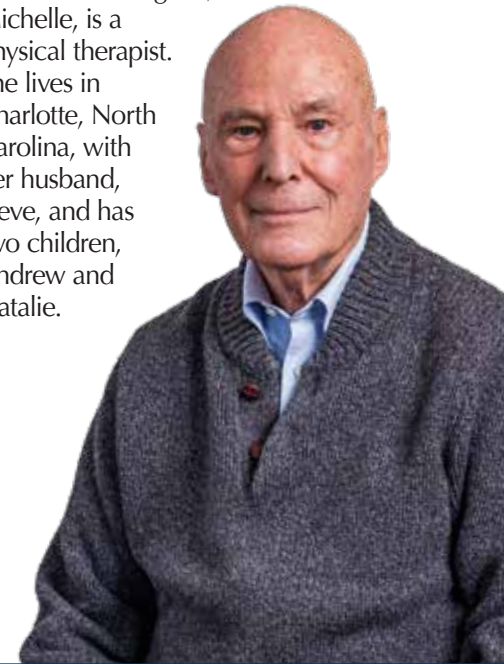
While on vacation in Nantucket, Massachusetts, Rich was approached by then CEO of Licking Memorial Hospital (LMH), Charles Pierson. "I heard he had been looking for me, and he found me in a cranberry bog," Rich remembered.

Chuck wanted to institute pastoral care at LMH for patients and staff members, and offered Rich a position to create and provide that service. Having grown up in Conneaut, Ohio, Rich was grateful for the opportunity to move closer to his parents. In 1975, he became the first Chaplain at LMH and served 20 years before retiring in 1995. "It was a privilege to work closely with all LMH staff members, especially the nursing staff, social services and the medical staff. Providing pastoral care to persons during critical life experiences was the highlight of my work," Rich said.

One of Rich's fondest memories is of the students he mentored. He established three-month internships for theology students, offering them hands-on experience in hospital ministry, including grief support. In a clinical environment, patients are faced with difficult decisions. Rich also was part of a team at LMH that provided education to community members about living wills and durable power of attorney.

When not ministering to the patients of LMH, Rich enjoyed traveling and being outdoors. He took his family on many camping trips through the eastern part

of the United States. After he retired, he and his wife, Judy, traveled in a small recreational vehicle to sites across the country. The couple has visited all 50 states. They also enjoy world travel, visiting parts of Canada and countries in Europe and Central America. He and Judy especially enjoy spending time with their family. Their daughter, Laurie, is a Chaplain with Ohio Health, lives in Grandview Heights with her husband, Greg, and has two children, Micah and Luke. Their daughter, Michelle, is a physical therapist. She lives in Charlotte, North Carolina, with her husband, Steve, and has two children, Andrew and Natalie.



## Volunteer Spotlight – Gary Morton

**Gary Morton** began his volunteer experience in 2018 serving at Licking Memorial Hospital (LMH) and LMH – Tamarack, located at 2000 Tamarack Road. He also has volunteered in other areas, including the LMH Main Lobby Front Desk, Hematology/Oncology and mailroom. Gary has had multiple family members visit LMH as patients and their experiences piqued his interest in becoming a volunteer. "Through all of my experiences at LMH, I have enjoyed being in the presence of the friendly and compassionate staff," Gary says. "I wanted to become a part of this environment and I decided to volunteer after my retirement."

A highlight of his experience is his interaction with Hospital visitors. He cherishes greeting new and familiar people who come into LMH. "It has been a lot of fun to be a volunteer."

"I continually enjoy spending my time here twice a week and always look forward to each opportunity," Gary says.

Gary was born in Dover, Ohio, and moved to Newark when he was 14 years old. He worked at Owens Corning for 39 years as an electrician. His hobbies include camping, fishing and hiking. He also is a member of the Calvary Chapel in Newark and enjoys spending time with Nancy, his wife of 45 years, and their two sons.



122 Years  
of Caring

LMH  
Birthday  
Celebration





## Licking Memorial Health Systems

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# Community Events

### Walk with a Doc

Saturday, February 22, 9:00 a.m.  
Licking County Family YMCA, 470 West Church Street, Newark  
Rachel Terlecky, D.O., of Licking Memorial Emergency Services, will discuss heart health.

Saturday, March 7, 9:00 a.m.  
The Dawes Arboretum, Lake Connector Trail  
Robert Mueller, M.D., of Licking Memorial Orthopedic Surgery, will discuss rotator cuff tears.

Walk with a Doc events are free of charge; however, registration is required. Each walk lasts approximately 40 minutes. Healthy snacks and blood pressure screenings will be provided. To register, please call LMHS Public Relations at (220) 564-1560.

### First Impressions – Maternal Child Classes

- Childbirth Education Classes
- Mother-baby Basics Class
- Breastfeeding Class
- Friends and Family Infant CPR
- Stork Tour
- Boot Camp for New Dads
- Sibling Preparation Class

For more information or to register, call (220) 564-3388 or visit [www.LMHealth.org](http://www.LMHealth.org).

### Community Blood Pressure Screenings

Second and fourth Thursdays of each month, 1:00 to 3:00 p.m.  
No charge. Open to the public.  
Licking Memorial Wellness Center at C-TEC  
150 Price Road in Newark

No appointment required. Call (740) 364-2720 for more details.

### Diabetes Self-Management (a four-class series)

Every Wednesday, 12:00 Noon to 2:00 p.m.  
Licking Memorial Diabetes Learning Center  
1865 Tamarack Road in Newark

Registration and physician referral are required. To register, please call (220) 564-4722. For information on course fees, call (220) 564-4915. Fees vary depending on insurance coverage.

### Ask the Doc

Second and fourth Saturdays of each month, 9:00 to 10:00 a.m.  
No charge. Open to the public.  
Shepherd Hill, 200 Messimer Drive in Newark

A provider will answer questions about chemical dependency and treatment options. Call (220) 564-4878 for more information.

For more information about any LMHS event, please call (220) 564-1560 or visit [www.LMHealth.org](http://www.LMHealth.org).

Please take a few minutes to read this issue of **Community Connection**. You'll once again see why Licking Memorial Health Systems is measurably different ... for your health! **Visit us at [www.LMHealth.org](http://www.LMHealth.org)**.

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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