

Community Connection

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

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LMHS Opens New Downtown Building

Amid freezing temperatures and light flurries that were reminiscent of the groundbreaking, Licking Memorial Health Systems (LMHS) debuted its newest building to the public on January 30. More than 100 local dignitaries attended the ribbon cutting reception in the morning, and the evening open house hosted over 250 community members. The grand opening events featured tours of the facility with a variety of LMHS staff present to answer questions and offer information regarding the new facility.

The Gerald K. McClain Building, located at 20 West Locust Street in Downtown Newark, brings health care closer to Downtown and eastern Licking County residents by offering an Urgent Care and a future Licking Memorial Family

Practice location. General Contractor Gerald “Jerry” McClain donated the land to LMHS, a Founder level gift. His company, The Jerry McClain Companies, under the management of Roger McClain, constructed the \$8 million building.

“Jerry’s inspirational leadership and vision are transforming the Downtown area. The renewed gateway to the city has become a reality and we are privileged to be one of the welcoming buildings,” said LMHS President & CEO Rob Montagnese. “His tireless work efforts and selfless generosity make him deserving of so much gratitude. We are appreciative to Jerry for helping us achieve our mission to improve the health of the community,” Rob continued.

Construction began in April 2016 after LMHS hosted a groundbreaking ceremony in February. Situated on over two acres of land at the corner of Fourth and Locust Streets, the two-story 25,500-square-foot building has an all brick exterior, all-slate roof, a cupola and exterior metal work that is pure copper.

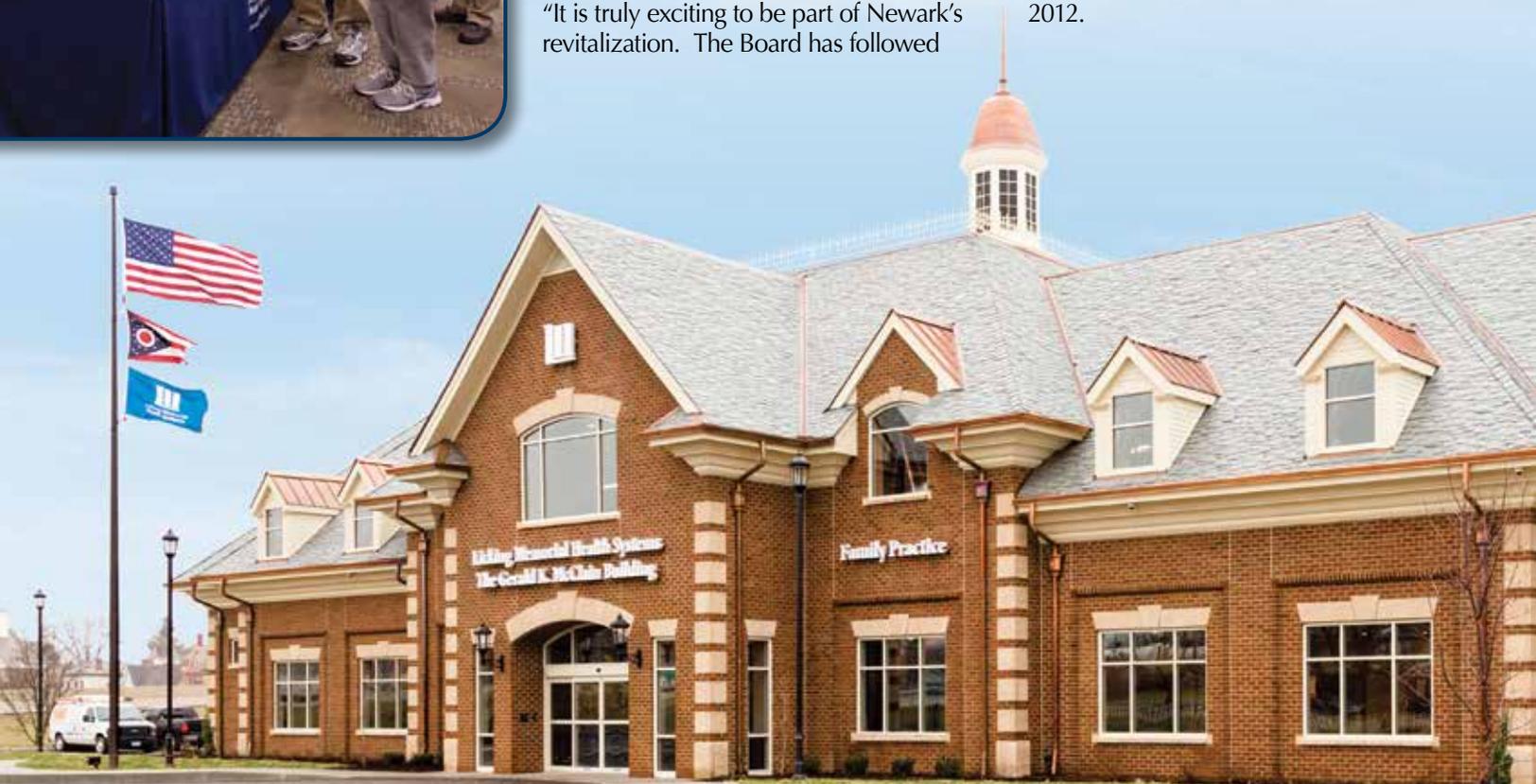
The first floor of the building will include an Urgent Care and a Family Practice office. The second floor has a conference room and available space for expansion.

“It is truly exciting to be part of Newark’s revitalization. The Board has followed

this most recent development with great pride,” commented Pat Jeffries, LMHS Board Chairman. “We appreciate everyone’s support that has allowed us to make this happen and are pleased to have a presence in the Downtown community.”

The Urgent Care at the facility opened for patient care in early February. The location offers eight exam rooms, an X-ray area, and a laboratory with blood draw capabilities. It will be the third Urgent Care operated by LMHS, in addition to locations in Pataskala and Granville, for the convenience of the Licking County community. The future Family Practice also has eight exam rooms and a laboratory. The Urgent Care lobby offers patients a private registration area to ensure seclusion when providing personal information to the LMHS staff.

The Gerald K. McClain Building is the latest of the Health Systems’ expansion projects designed to meet the needs of the community. LMHS opened its first Urgent Care facility at the Pataskala Health Campus in 2009. Because of its success with patients from the western areas of Licking County, the need was recognized for a second Urgent Care facility centrally located in the county, and the Granville location opened its doors to patients in 2012.





Should You Visit the Emergency Department or Urgent Care?

The Emergency Department (ED) at Licking Memorial Hospital (LMH) is open around the clock for patients who have serious or life-threatening injuries and illnesses. LMH also operates three Urgent Care facilities in Pataskala, Granville and Downtown Newark for patients who have minor symptoms, but still need immediate care. Wait times in the ED can be lengthy for patients with minor symptoms since the staff must treat patients according to the severity of their conditions. Therefore, patients with minor symptoms may find shorter wait times, as well as lower costs, at one of the Urgent Care facilities. Please visit www.LMHealth.org for Urgent Care hours of operation.

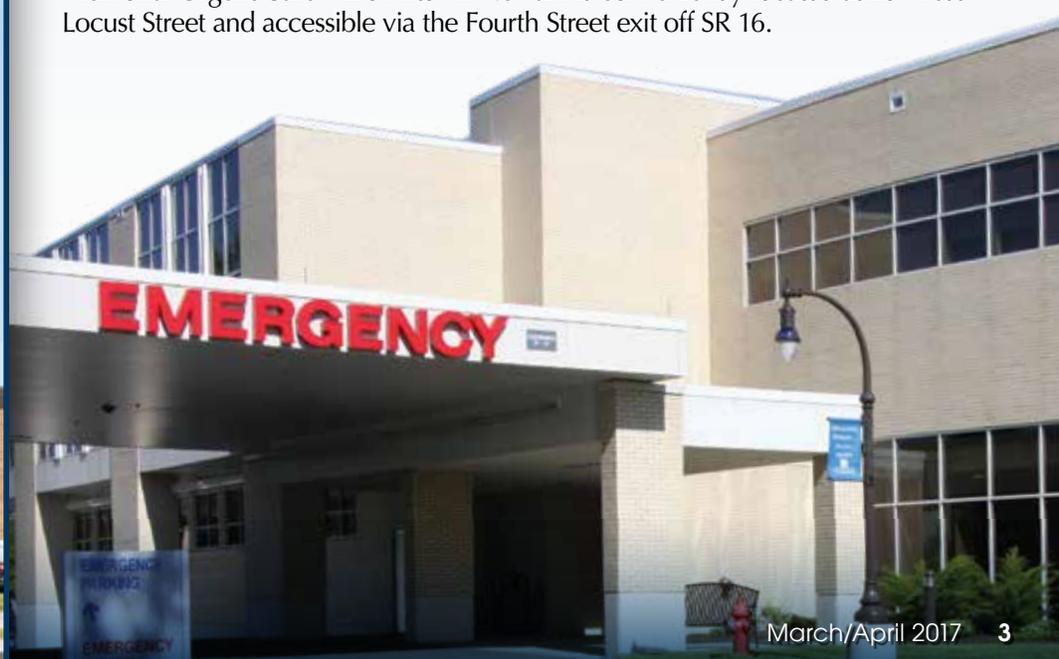
Commonly treated conditions at an LMH Urgent Care facility include:

- Sore throat
- Ear infections
- Colds, flu and coughing
- Minor fever
- Minor allergies
- Sprains
- Minor fractures
- Minor cuts needing stitches
- Minor animal bites
- Insect stings (no allergy)
- Minor burns
- Urinary tract infections
- Nausea (not persistent)
- Diarrhea
- Skin rashes
- Minor eye injuries

Examples of serious or life-threatening conditions that require immediate treatment in an ED include:

- Heavy bleeding
- Difficulty breathing
- Severe head injuries
- Chest pain
- Poisoning
- Drug overdose
- Severe dizziness
- Stroke-like symptoms (facial drooping or one-sided weakness)
- Seizures
- Severe injury or bone fractures with open or noted deformity

Licking Memorial Urgent Care – Pataskala is located at One Healthy Place, off State Route (SR) 16, on the east side of Pataskala. Licking Memorial Urgent Care – Granville is located at 14 Westgate Drive, which is accessible off SR 16 by taking the Thornwood Crossing exit, turning north and making consecutive left turns onto Newark-Granville Road, Cherry Valley Road and Westgate Drive. Licking Memorial Urgent Care – Downtown Newark is conveniently located at 20 West Locust Street and accessible via the Fourth Street exit off SR 16.



New Software Ensures Breast Cancer Patients Receive Quality Care

A unique computer program is helping Licking Memorial Hospital (LMH) staff ensure quick responses and quality care for patients with breast cancer. The Hospital installed new software in November 2015 called Aspen Breast, a program created by MRS Systems, Inc. The program is specifically designed to allow the staff to easily organize medical history, physician input, screening information, and test results and track needed appointments.

The process begins with a patient's first screening. The radiologist dictates the report including all findings from the Digital Breast Tomosynthesis, or 3D mammogram, into the software program. The staff also inputs patient history gathered through a questionnaire. After the exam, Aspen produces a letter with test results for the patient which is sent within days of the screening. The program alerts staff when more testing

or a biopsy is needed. This ensures patients are notified quickly and never lost in the system.

With the software tracking the patient through appointments and treatments, the Hospital can get a better sense of the efficiency of the process from first exam to final treatment. This allows the staff to determine what can be improved. For example, after the software was installed, LMH staff took a closer look at how long it took for a breast cancer patient provided care at the Hospital to receive a biopsy after the first screening. They found it took more than two weeks to schedule the procedure. The staff has been working to cut down that time frame and now is able to schedule needed follow-up tests in under one week.

Using the reports from Aspen, LMH also can ensure quality of care improvements by comparing the data to other hospitals

and healthcare facilities in the nation as well. The software allows LMH staff to directly export information to a national organization that offers quality care measures and input on improving processes and implementing best practices as found through national data. The LMH staff plans to use that input to gain accreditation. This accreditation will assure community members that the Hospital is held to the highest standards of care for patients with breast diseases.

In order to continue to produce reports to meet the national benchmarks and receive accreditation, the Hospital plans to add more patient history to the files. The radiologists are focusing on gynecology history, cancer risk factors and family history. In addition to patient history, the Hospital also expects to track breast cancer patients through treatment, recovery and beyond.

911 Tax Levy on Primary Election Ballot

For the first time, Licking County is asking voters to help fund 911 services on the upcoming May 2 ballot. The Licking County Regional Communications Center (LCRCC) answers calls for 19 Fire Departments, the Licking County Sheriff's Office, and many of the county's police departments including Newark and Utica. In January, the Licking County Commissioners voted to approve a five-year, 1-mil property tax levy to increase funding for the LCRCC. The levy would cost a homeowner \$35 annually per \$100,000 of assessed valuation, according to the Licking County Auditor's office.

"An increase in calls and the need for modern technology to properly handle cell phone calls has put a strain on the budget," Licking County Commissioner Tim Bubb said. "County revenues are declining through the state budget process, and the 911 service is something the County cannot do without." The

LCRCC has been financed primarily by the Licking County general fund, a wireless charge to cell phone customers, and agreements with some of the police departments using the service.

There are currently 21 dispatchers working at the Center who primarily assist callers in need of support from a local fire department. There also are currently 19 dispatchers, who work for the Licking County Sheriff's Office, that handle all law enforcement-related calls and incidents within Licking County excluding the City of Heath and the Villages of Granville and Johnstown. The LCRCC receives approximately 110,000 emergency calls per year. Approximately 75 percent of the 911 calls received are from cell phones with the other 25 percent being landline calls.

"I urge voters to consider supporting the 911 Levy," said Rob Montagnese, Licking Memorial Health Systems President &

CEO. "The health and well-being of our community is at risk. We rely on a quick response from our first responders when we are in danger or injured. Supporting the levy will help maintain our peace of mind knowing the County has the best technology in place to ensure that quick responses continues."

The County did consider other ways to offset the cost of the increase in number of calls; however, the plan was met with resistance. Commissioners proposed charging local fire and police departments \$6 per call, but the smaller departments feared the charge would be a strain on their own budget. Also, a clause in an earlier plan stated townships could not be billed, and there were legal questions whether a per-call charge was allowed. The County Commissioners believe the levy is a better way to fund the center, and that it will bolster the projected 2018 budget of \$3.9 million dollars.

LMH Implements Proactive Patient Monitoring Technology

In a continued effort to optimize patient care and ensure safety and efficiency for patients as well as medical staff, Licking Memorial Hospital (LMH) has implemented new clinical technology.

EarlySense

In 2016, LMH became the first hospital in the state to implement EarlySense. The continuous and contact-free monitoring system is a tool that assists clinicians in early detection of patient deterioration and in identifying and preventing potential adverse events, including Code Blue emergencies, preventable Intensive Care Unit (ICU) transfers, patient falls and pressure ulcers. EarlySense's patented sensor and advanced algorithms monitor and analyze cardiac, respiratory, sleep and motion parameters. LMH is one of only 15 hospitals in the United States to use this innovative technology.

EarlySense's real-time delivery of actionable data and vital sign measurements, as well as valuable trending information, assists the LMH clinical team to identify developing adverse events and intervene in a timely manner, resulting in improved clinical outcomes and shorter hospital stays. Another valuable component of the technology is that it can help reduce patient falls. The previously used "Bed Exit" feature measured pressure changes related to the patient's body weight shifting in bed where EarlySense detects motion – an earlier indicator of patients attempting to exit the bed. The sensitivity on each monitor also can be adjusted based on patient fall risk. "Our goal is to provide clinical intervention proactively versus reactively," commented Heather Burkhart, Assistant Vice President Inpatient Services. "This technology provides us with real-time continuous monitoring that assists our clinical team in providing interventions sooner to our patients."

EarlySense also prompts clinical staff to turn patients, which helps reduce pressure ulcers. The equipment recognizes an inadequate turn and alerts the staff to more properly adjust the

patient. In the time EarlySense has been in use, a noticeable decrease in Hospital acquired pressure ulcers has been recorded.

The system has been implemented on all of the Medical Surgical and Critical Care units. At any sign or trend of patient deterioration, LMH clinical staff receives alerts via the Vocera technology. Alerts must be disabled at the monitor, driving care to the bedside. Since the launch in March 2016, EarlySense already has helped identify episodes of respiratory depression, tachycardia (abnormally fast resting heart rate), sepsis and tachypnea (abnormally rapid breathing), resulting in opportune clinical interventions. The most noticeable process improvement is the decreased number of code blue occurrences since implementation. "Early Sense allows us to provide more timely care, rescuing our patients sooner and in turn, avoiding code blue situations," Heather concluded. "Overall, our nurses have high praise for this technology. EarlySense also has been impressed with our results," she added.

Connex Vital Signs Monitor with Early Warning Score

The Connex Vital Signs Monitor (CVSM) is an advanced, portable touch screen vital sign monitor that provides clinicians with real-time vital sign data as well as Early Warning Scores (EWS) to help them proactively implement clinical interventions when appropriate and improve Electronic Medical Record (EMR) documentation. The CVSM analyzes systolic blood pressure, heart rate, respiratory rate, temperature and staff assesses for level of consciousness (AVPU), and the algorithm within the monitor assigns the patient an EWS – a guide used by clinical staff to quickly determine the severity of a patient's condition. An increased EWS results in an escalated response from the clinicians. EWS actions range from continuing to monitor the patient without any needed actions, to notifying the attending physician and consider calling a Rapid Response.

The CVSM monitors are used to not only collect vital sign data and calculate a EWS, but also is used to document intake and output data directly into the EMR at the patient's bedside. This documentation automatically crosses over to the EMR through barcode technology, giving clinicians immediate access to accurate information to make informed patient care decisions, while also eliminating transcription and human error. "EarlySense and CVSM ultimately work hand-in-hand," Heather explained. "Upon receiving trending information from EarlySense, staff utilizes CVSM to obtain vital signs and a EWS. This data is presented to the physician and provides a complete and accurate picture of the patient's condition to help determine the appropriate course of care," she concluded.

Hercules Patient Repositioning System

The Hercules System improves caregiver safety, increases caregiver efficiency and enhances the patient experience. Patients weighing up to 500 lbs. can be repositioned with the simple push of a button, eliminating the lifting and pulling that can cause back, neck and shoulder injuries for clinical staff. Only one caregiver is required to reposition a patient, who moves with the sheet, reducing the friction that can cause skin shearing and tears. Repositioning can be completed in 10 seconds, providing nearly immediate relief on pressure points and improving patient comfort. This ease of use promotes more frequent and timely repositioning. A smooth and comfortable repositioning protects the patient's dignity by reducing the feelings of helplessness and embarrassment associated with traditional techniques. In one year, Hercules has been an overwhelming success, attributing to a reduction in employee injuries, increased patient and staff satisfaction, and has provided a great amount of efficiency for staff. As of February 2017, all Critical Care and Medical Surgical unit beds have been equipped with Hercules.

LMHS Helps Local Students Learn Skills for Careers After High School

Licking Memorial Health Systems (LMHS) offers local students with disabilities the opportunity to gain real-life work experience through Project SEARCH, a one-year, school-to-work transition program that enables young adults to develop employment skills through training and career exploration. LMHS partners with the Licking County Educational Services Center (LCESC), Licking County Board of Developmental Disabilities (LCBDD), Opportunities for Ohioans with Disabilities (OOD), and Greenleaf to offer the opportunities through Project SEARCH. Nine interns are participating in the program during the 2016-2017 academic year. The students participate in three internships throughout the year to rotate through a variety of clinical and technical areas of the Health Systems.

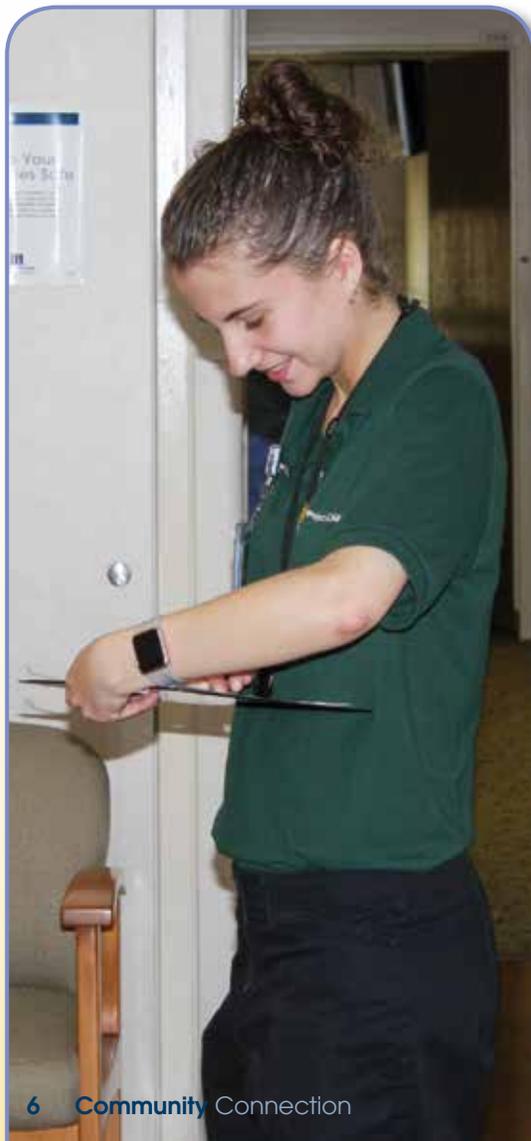


Catherine, a student from Granville High School, spent several months working for Maternal Services. The staff working alongside her says she is a valuable asset to the team because she never stops working, is always looking for new things to learn, and finds ways to create a warm, inviting environment for the patients and their families. She helps prepare for incoming patients by placing reading materials, Hospital information and other items that new mothers may need in patient rooms. Catherine also worked for Health Information where she checked patient forms for accuracy – a responsibility she took very seriously by meticulously examining each document. Catherine says she loves working at the Hospital and plans to pursue a job in health care.

Max, a student from Licking Heights High School, assisted in the Engineering Department. Max loves working with his hands, especially performing maintenance on Hospital vehicles including oil changes and internal and external cleaning. His skills trainer says Max learned a great deal about recognizing and using tools from his father and now is using his knowledge to assist the

LMHS staff wherever he can. In addition to working in the garage with the vehicles, Max helped construct furniture for the Hospital. He undertook a massive project putting together furniture pieces for patient rooms and painting desks. He also gained experience in Culinary Services. Max's co-workers say his enthusiasm is infectious, and they are grateful for his assistance. Max plans to get a job working on cars when he completes the Project SEARCH program.

In addition to Hospital support, the students work with a team that includes their family, Intervention Specialists from LCESC, job coaches from Greenleaf, Vocational Rehabilitation Counselors from OOD, plus Service Coordinators and Employment Specialists from LCBDD. The goal is to ensure all nine interns have the skills they need to get and maintain entry level jobs in the community.



Project | SEARCH

Parks, Paths & Trails Beneficial to County's Health

More than half of Licking County residents live within one mile of a bike trail and over 90 percent live within five miles of a Licking Park District (LPD) park. Positively influencing the community's health, economy, culture and environment, the Licking Park District is a key component in making Licking County a destination for families to both live and play.

On May 2, the Licking Park District Levy is up for renewal. The LPD has been an excellent steward of the original five-year levy. The Park District has revived programs and services and completed a majority of the projects laid out in the five-year plan on time and within budget. Renewal of the levy will allow the LPD to continue to improve and maintain miles of community bike trails and pathways, park shelters and equipment; provide educational programs and special events; and help to protect and preserve the local habitats and greenspace that add significantly to property value.

Several years ago, a significant decrease in government funding resulted in financial difficulties for the Licking Park District. Concerned that the budget cuts would hinder the LPD's ability to provide recreational and educational

opportunities for local families, a group of community leaders organized Friends for the Parks, Paths & Trails, chaired by LMHS President & CEO Rob Montagnese. This faction, now chaired by Bill MacDonald, Executive Dean of the Regional Campuses, The Ohio State University at Newark, once again has assembled to direct its efforts toward a successful levy campaign. "Licking Memorial Health Systems (LMHS) strongly urges Licking County residents to support the Licking Park District levy renewal," Rob said. "The Health Systems' mission is to improve the health of the community, and the Park District promotes healthy outdoor activities and exercise for our communities' families. We commend the Park District for persevering through a difficult financial situation and accomplishing numerous beneficial projects since the levy passed. We urge voters to support the levy renewal in May, so that the LPD may continue to enhance the quality of life for everyone in Licking County."

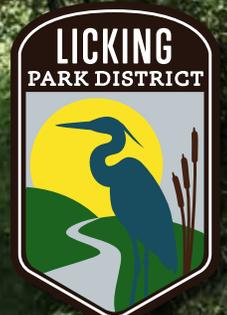
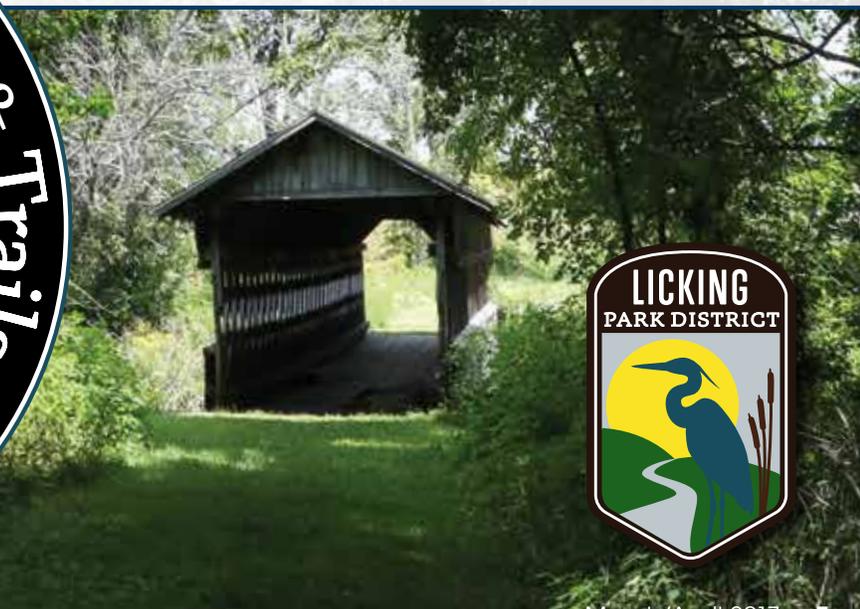
The Licking Park District is the only countywide agency preserving open space and providing outdoor recreation services to the citizens of Licking County. The Park District is responsible for the care and upkeep of more than 1,600 acres of open space park land and reserves, as well as 45 miles of hiking, horseback riding trails and bike paths.
The Licking Park District

maintains thirteen facilities around Licking County that are open to the community.

Continuing to develop partnerships to leverage assets, multiple initiatives are part of LPD ongoing efforts. In 2017, the Park District will offer a number of programs, including the Backyards Series, Speaker Series, Homeschool Happenings, Citizen Science and Paint the Parks. Monthly Hikes, Paddlesports and the Nature Barn at Infirmary Mound Park also will continue this year.

"Licking Park District plays an important role in Licking County's culture. The Park District has made it possible for families to enjoy a day of safe bicycling, take nature walks, or experience a 1840s encampment," said Eschol Curl, LMHS Board Member and committee member of Friends for the Parks, Paths & Trails. "A vote in favor of the Parks renewal levy is an investment in the community, ultimately leading to business growth and new jobs for our residents."

The Licking Park District is requesting a renewal of the 0.25 mill levy from voters on the May 2 ballot. The levy would cost owners of a \$100,000 home only \$7.65 per year. For more information about the Licking Park District or the levy ballot, please call (614) 542-7376.



The Heart Truth: A Red Dress Event

Licking Memorial Health Systems (LMHS) presented The Heart Truth: A Red Dress Event on Thursday, January 26. LMHS' annual Red Dress Event encourages women to make heart-healthy lifestyle changes in cooperation with the American Heart Association's (AHA) Go Red for Women Day, which was celebrated nationally on Friday, February 3. The red dress has become a national symbol to increase awareness that heart disease is the number one cause of death for women.

The event guest speaker, Pattye Whisman, M.D., a Licking Memorial Family Practice physician, shared her personal experiences about lifestyle changes. Dr. Whisman said her husband's death prompted her to consider the consequences of her own unhealthy eating and poor exercise habits. She was overweight and taking medication for high blood pressure. Encouraged by a friend who enjoyed running, Dr. Whisman decided to begin walking

to improve her fitness. In her first attempt to start exercising, she set a timer and walked around her kitchen for five minutes. Despite joint replacements and back surgery, Dr. Whisman said she slowly increased the time and distance of her walking sessions. Now, she enjoys participating in organized 5K and 10K walks for charity. Dr. Whisman encouraged the guests to remember the things that are important to them when they feel like giving up. Her motivation to keep walking comes from her desire to live independently and to participate in activities that she could not do in the past, such as scuba diving and traveling.

LMHS Culinary Services staff provided heart-healthy snacks for the guests along with the recipes for several of the items offered. Free blood pressure testing and massages also were offered to guests. Each attendee received an electronic pedometer and a Red Dress lapel pin to wear on Go Red for Women Day.



Community Education – Dining with Diabetes



Annmarie Thacker, M.S., R.D., L.D., C.D.E.



Shari L. Gallup, M.S.

Date: Tuesday, April 4
Thursday, April 13
Thursday, April 20
Tuesday, April 25

Location: LMH First Floor Conference Rooms

Time: 6:00 – 8:00 p.m.

Speakers: Annmarie Thacker, M.S., R.D., L.D., C.D.E.
Shari L. Gallup, M.S.

Making smart meal choices is important for diabetes management, but healthy eating can be challenging. Dining with Diabetes is a four-part cooking school program offering healthy alternatives in food preparation for individuals with diabetes and their families. The program, led by Registered Dietitian Annmarie Thacker, M.S., R.D., L.D., C.D.E., and Shari L. Gallup, M.S., will include healthy meal demonstrations, taste-testing, and discussions about carbohydrates, fats and vitamins. In addition, a three-course meal will be served at each session.

Dining with Diabetes is presented by Licking Memorial Health Systems in partnership with The Ohio State University Extension and the Licking County Senior Levy. Advanced registration is required to attend the four-part program. Please call (740) 670-5315 to register. The cost, which is due at the time of registration, is \$10 for senior citizens (age 60 and over) and \$20 for all other participants. Space is limited – please register by Monday, March 27.



Community Education – Total Hip Replacement



Andrew J. Terlecky, D.O.

Date: Thursday, March 30

Location: LMH First Floor Conference Rooms

Time: 6:00 – 8:00 p.m.

Speakers: Andrew J. Terlecky, D.O.

Joint disease can be both painful and disabling and may result in a decrease of physical mobility. Conservative treatment measures – such as medication, change in activity and the use of mobility aids – are helpful, but often prove inadequate as joint disease progresses.

Replacing the diseased hip joint through a surgical procedure known as total hip replacement offers the best method for reclaiming an active life. The number of total hip replacements performed in the United States increases every year and ongoing improvements in surgical technique continue to increase the effectiveness of this surgery.

Join Andrew J. Terlecky, D.O., of Licking Memorial Orthopedic Surgery, as he discusses the latest surgical options available on Thursday, March 30, at 6:00 p.m., in the Licking Memorial Hospital First Floor Conference Rooms. The education program is free; however, space is limited and registration is required. To register, please visit www.LMHealth.org or call (220) 564-2527.



Local Seniors Enjoy Inaugural Active•Senior

Hundreds of local seniors participated in the inaugural Licking Memorial Health Systems (LMHS) Active•Senior Game Show in mid-February at the Midland Theatre in Downtown Newark. Modeled after the televised game show, *The Price is Right*, LMHS CEO & President Rob Montagnese served as host and guided participants through a variety of exciting games.

Selected participants were called up on stage to Contestant's Row where they guessed the prices of various healthcare-related items, including a patient gown and admission kit, surgical masks, vital signs machine, baby bassinet and others. The individual with the answer closest to the actual cost of the items advanced to play games such as Plinko, Money Grab, Chuck-a-Luck, Hole-in-One, Race Game and Operation. Winners earned prizes including Target, Dick's Sporting Goods, Wilson's Garden Center and Home Depot gift cards, as well as two rounds of golf and a cart at Denison Golf Club at Granville, and up to \$75 in Canal Market District tokens. Informative descriptions of various procedures and pieces of equipment were provided throughout the show.

"*The Price is Right's* format was very adaptable to our mission of educating the community about health, wellness, and the cost of healthcare, while also involving numerous participants in a fun experience," Rob commented. "We are eager to offer information regarding physical fitness, a healthy diet, personal wellness and the importance of social interaction, specifically for the senior population in Licking County."

Winners of each round earned a chance to spin the big wheel for the opportunity to gain entry into the Showcase Showdown. The two featured prize packages were "An Evening on the Town" – which included dinner for two at Park Place Bistro, a Midland event and one-night stay at the DoubleTree by Hilton Hotel, and "Healthy Living" – comprised

of a week of groceries for one from Giant Eagle, a one-year membership to the Licking County Family YMCA and a massage at Bellezza Salon & Day Spa. At the conclusion of the event, all attendees received tokens worth \$10 for the Canal Market District farmers market which will reopen in May.

Upcoming program events include the Active•Senior Dance on Thursday, April 20, and the Active•Senior BBQ and Auction on Thursday, June 15, both to be held at the Bryn Du Mansion. Limited space is available for the Active•Senior Dance and registration is required. Please call the Public Relations Events line at (220) 564-1560 to reserve your space by Monday, April 17. The Active•Senior BBQ and Auction event will be by invitation only for those Active•Senior participants who have achieved at least eight goals in each of the four required program categories.

Interested participants, age 60 and older, may register online at www.LMHSActiveSenior.org, and create a custom username and password. Registration on the website allows participants to document their progress on an ongoing basis for an opportunity to win great prizes. Participants also may track their progress in an Active•Senior booklet, and then transfer the information to the www.LMHSActiveSenior.org website prior to the end of each program year in April. Booklets are available at Licking Memorial Hospital, Licking Memorial physician offices and other select community locations.





Active•Senior Dance

Licking Memorial Health Systems presents the **Active•Senior Dance**, part of the **Active•Senior** program, to be held on **Thursday, April 20**, from **7:00 to 9:00 p.m.**, at the **Bryn Du Field House**, 537 Jones Road NE in Granville.

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

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



Community Members Honor LMHS Physicians for National Doctors' Day

National Doctors' Day provides the opportunity to honor physicians throughout the U.S. each year who guide and treat patients to positively impact their health. During the month of March, Licking Memorial Health Systems (LMHS) celebrates the Medical Staff and their dedicated service. Patients from the community also are invited to recognize physicians by giving a donation to Licking Memorial Health Foundation (LMHF) in their physician's honor.

C. Franklin Gibson showed his appreciation for the service James W. DeSapri, D.O., of Licking Memorial Family Practice, provides to him by making an honorary donation in his name for Doctors' Day. Franklin, who has been a patient of Dr. DeSapri since 2006, describes his physician as a genuine and comforting individual. "He covers all the bases for me with my issues and is always interested and concerned with what I have to say. He is someone who really cares and that means a lot to me." Franklin is especially thankful that Dr. DeSapri makes time to give full explanations to any questions he may have about his health care. "When I leave, I feel comfortable with what we have discussed. He also keeps me on track with my prescriptions and necessary blood tests." Franklin noted that the staff also is especially helpful, spending time with him without rushing and often calling back with answers to his questions. "As far as I am concerned, he is my best friend. I feel very good

about Dr. DeSapri as a person and as a physician. He deserves recognition."

Gifts also were received recognizing many other physicians in honor of Doctors' Day. Physicians who receive donations in their name receive an acknowledgement of the gift on the donor's behalf. Dr. DeSapri expressed his gratitude for the donation provided by Franklin, "It is an honor to be recognized, and to know that this donation will contribute to technological advancement within the Health Systems," he said. "I appreciate Franklin's donation to LMHS, which helps us to continue expanding the services we offer to our local community."

Dr. DeSapri completed his residency at Doctors Hospital of Columbus, Ohio, and received his medical degree from the Ohio University College of Osteopathic Medicine in Athens, Ohio. A Columbus native, he earned a Bachelor of Arts degree in Spanish and Natural Sciences from Xavier University in Cincinnati. He is board-certified in family practice. Dr. DeSapri's Licking Memorial Family Practice office is located at Moundbuilders' Doctors' Park Building 5, 1272 West Main, in Newark. He can be reached at (220) 564-1788.

The LMH Medical Staff includes approximately 174 physicians and 50 consulting physicians who provide their expertise and care to the community. Contributions to LMHF continue to benefit physicians, guests, and the entire Health Systems with technological advances for the Hospital. Throughout the year, those who wish to make a donation in honor of their physician may contact the LMH Development Office at (220) 564-4102.

New Appointments



Emilia N.U. Anigbo, M.D.,
joined Licking Memorial
Pulmonology and Sleep
Medicine.



Teresa M. Blanchard, C.N.P.,
joined Licking Memorial
Pediatrics - Tamarack.

National Doctors' Day – March 30

In recognition of Doctors' Day, express your appreciation for your favorite physician by making a donation to Licking Memorial Health Foundation in his or her honor. Contributions will be designated for technological advances at Licking Memorial Hospital and assist us with our mission to improve the health of the community. 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 acknowledgement of your gift will be sent to the physician on your behalf.

Name

Address

City

State

Zip

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.



Laura A. Higgins, M.D.,
joined Licking Memorial
Emergency Medicine.



Melissa A. Lenko, D.O.,
joined Licking Memorial
Women's Health – Pataskala.



Candy A. Thorpe, C.N.P.,
joined Licking Memorial
Gastroenterology.

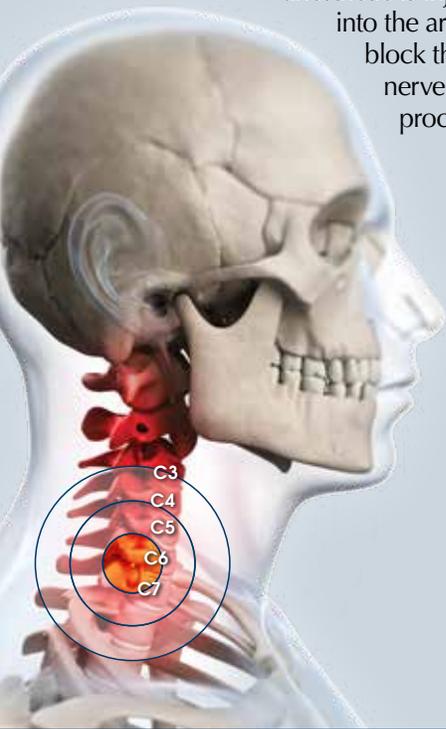


Donald L. West Jr., M.D.,
joined Licking Memorial
Emergency Medicine.

Anesthesia Procedure Used Successfully to Help Patient with PTSD

In September, the Licking Memorial Hospital (LMH) Anesthesiology Department helped a patient suffering from Post-Traumatic Stress Disorder (PTSD) by performing a procedure typically used to treat recurring pain. KW Tim Park, M.D., M.B.A., administered a stellate ganglion block to relieve the patient from the symptoms of PTSD. It was the first time the procedure has been used for the purpose of treating PTSD at LMH.

The stellate ganglion is a collection of sympathetic nerves in the neck. A local anesthetic is injected into the area to block those nerves. The procedure



typically is used to reduce pain and swelling, and improve mobility. However, it was discovered, somewhat accidentally, that the right-sided stellate ganglion block is highly effective in treatment of PTSD. Researchers believe, following the block, biochemical changes ensue in the brain accounting for the benefits of the block for patients with PTSD. The changes last up to three months, and the patient can receive another block if symptoms recur.

A growing number of people are being diagnosed with the disorder. Although PTSD first was recognized among veterans of combat, victims of any type of violence, such as domestic violence or a robbery, can suffer from the effects. In the United States, it is estimated about 6.8 percent of adults, or about one in 15, have been diagnosed with PTSD. For veterans, over 30 percent have symptoms of the disorder. The nerve blocking technique offers new hope for treatment especially for those who have found therapy and other treatments only partially effective.

To start the process, a primary care physician or psychiatrist/psychologist first identifies a patient with PTSD as a good candidate for the stellate ganglion block, then makes a referral to the Anesthesiology Department. The anesthesiologist then evaluates the patient to rule out any physical limitations or issues to performing the block. Using ultrasound guidance, the right-sided

stellate ganglion is identified and a small amount of a local anesthetic is injected around the ganglion. Following the block, the patient is observed for an hour to ensure that the ganglion has been blocked and there are no unwanted side effects. Afterward, the patient's own psychiatrist/psychologist will follow up with the patient to gauge any changes in the PTSD symptoms.

The physician caring for the first patient with PTSD to receive a right-sided stellate ganglion block at LMH reported to Dr. Park that there was significant improvement in reduction of the psychological effects of the disorder. In addition to the block, Dr. Park also suggested using two other anesthetic developments to help with the patient's symptoms. Dr. Park says ketamine and nitrous oxide, anesthetic agents that help a patient relax, used in small doses can be useful in the treatment of some forms of depression. LMH now offers these treatments for patients.

With these treatments available, LMH has the potential to benefit many people suffering from post-traumatic stress, and Dr. Park is hopeful research will continue into the use of right-sided stellate ganglion block. Other psychological disorders based on changes in the same area of the brain, such as obsessive-compulsive disorder, also may benefit from the procedure.

Celebrating Thelma McCurdy 90th Birthday

Licking Memorial Health Systems (LMHS) recently celebrated a milestone birthday for a long-time volunteer. Thelma McCurdy turned 90 years old on February 20, 2017, and was surprised with a cake and sparkling punch to celebrate the occasion. LMHS President & CEO Rob Montagnese visited Thelma in the Volunteer Department to bring flowers and thank her for her service to the Health Systems.



Physician Spotlight

Kevin J. Finley, M.D., received his Doctor of Medicine degree at the Wright State University School of Medicine in Dayton, Ohio. He completed his family practice residency at Barberton Citizens Hospital in Barberton, Ohio. Prior to joining Licking Memorial Health Systems (LMHS), Dr. Finley was in the U.S. Air Force for four years, serving as the Chief Physician of the Red Team in Primary Care at Wright-Patterson Air Force Base Hospital. He is board certified in family practice medicine.

Dr. Finley first provided patient care at Licking Memorial Health Systems in 2004 as a family practice physician in Granville and also worked part-time in Licking Memorial Emergency Medicine. In July 2010, he transferred to full-time coverage in the Emergency Department.

Dr. Finley resides in Newark with his wife, Barbra, and their five children – Austin, Mackenna, Zander, Keagan and Nash.



Ask a Doc – Allergic Conjunctivitis with Kevin J. Finley, M.D.

Question: What is causing my eyes to swell and look pink?

Answer: Many people associate swollen, pink or reddish eyes with a contagious infection caused by bacteria or a virus, and fear “pink eye” will cause damage to vision. However, during allergy season, inflamed eyes are more likely caused by an allergic reaction, not a bacteria or virus. The condition is known as allergic conjunctivitis, and during this time of year, it most likely can be attributed to pollen released by trees, blooming plants and grass.

Simply put, an allergy means the immune system is overreacting to something to which it has become sensitive, such as pollen. The body tries to defend itself against a perceived threat. For the eye, the overreaction to an allergen can cause conjunctivitis, the inflammation of the conjunctiva. The conjunctiva is a thin, transparent membrane covering the white part of the eyeball and the inside of the eyelids. Typical symptoms of allergic conjunctivitis include:

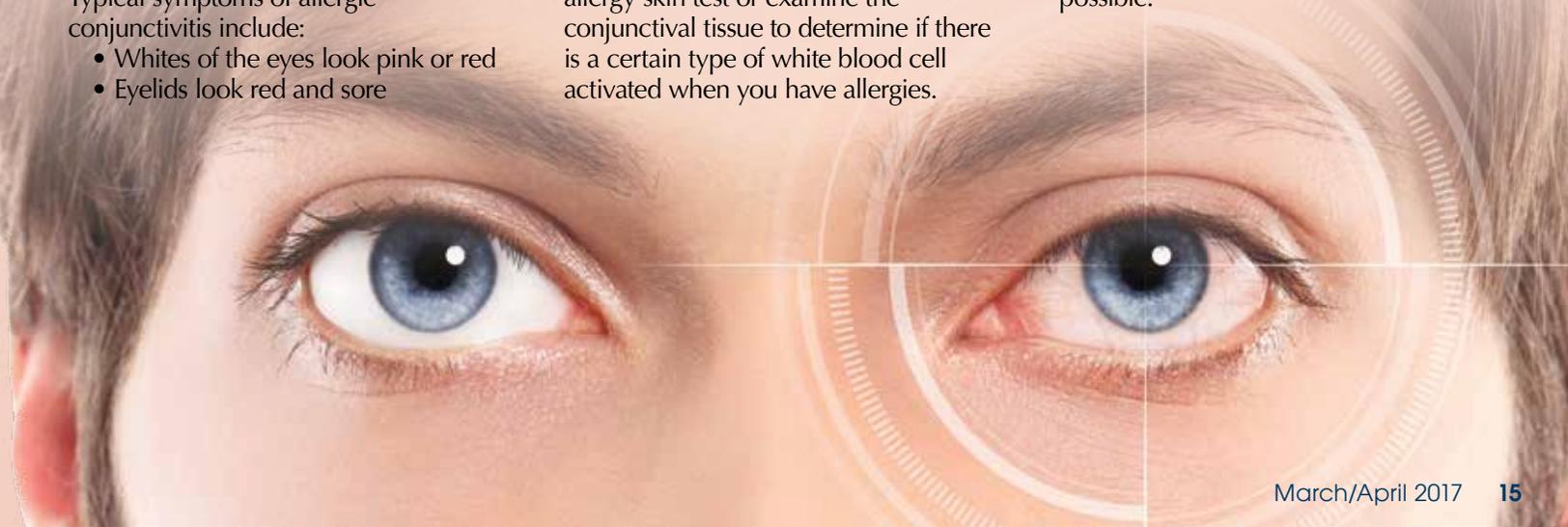
- Whites of the eyes look pink or red
- Eyelids look red and sore

- Itching
- Watery
- Gritty feeling
- Burning feeling
- Swollen eyelids

In addition to pollen, household dust, mold spores, animal dander and chemical scents can cause an allergic reaction in the eyes.

It is sometimes difficult to tell the difference between allergic and infective conjunctivitis – an infection of the conjunctiva caused by a virus or bacteria. Generally, both eyes will be affected if it is an allergic reaction. There usually is a sticky discharge associated with infection. Also, the symptoms will occur at roughly the same time each year depending on what pollen or mold is present, and last a few weeks. To determine if it is allergic conjunctivitis, a physician might need to perform an allergy skin test or examine the conjunctival tissue to determine if there is a certain type of white blood cell activated when you have allergies.

Treating allergic conjunctivitis can be done at home by using an over-the-counter allergy medicine or eye drops. Applying a cool compress to your eyes also can help reduce the inflammation. The best strategy is to minimize your exposure to allergens. Keep windows closed when the pollen count is high or use an indoor air purifier. Also, do not rub your eyes. The symptoms should last no more than a week. For more persistent symptoms, a physician can prescribe medication. The most effective drops contain antihistamines with mast cell stabilizing properties. Nasal steroids also may be prescribed. Recurrent sufferers should start treatment two weeks prior to their usual seasonal symptoms. Allergic conjunctivitis is not usually painful, does not make eyes sensitive to light, or cause vision problems. If you are experiencing eye pain or your vision is reduced, see your primary care physician as soon as possible.



Quality Reporting to the Community

Patient Story and Benchmarks for Cancer Care

Patient Story – Barb Crider



As she was transported through Licking Memorial Hospital (LMH), Barb Crider sensed the inquisitive gaze from the Hospital technician who was pushing her wheelchair. “You look familiar. Do I know you?” the technician asked. Barb responded, “Did you go to school at Garfield Elementary in Heath? I taught kindergarten, first grade and Title 1 reading there for 35 years.”

Even though they had not seen each other for decades, there was an undeniable recognition between the two. “This actually happens pretty often,” Barb said. “Someone will be staring at me with a quizzical look, and I know they’re trying to pinpoint how they know me. I usually recognize them, too, even though they’re adults now. Their little faces don’t change – their bodies just get bigger.”

In 2016, Barb had the opportunity to reconnect with a few of her former students who now are employed at LMH. She was flattered that they remembered her, and very proud that she had played a role in the education that led them to their healthcare careers – especially now that they were working to help her beat breast cancer.

Barb’s cancer journey began mid-year. “I knew that I was at increased risk for breast cancer because my mother had it,” Barb said, “so I was diligent about receiving a screening mammogram regularly. My family physician, Kevin Graham, M.D., (of Licking Memorial Family Practice – Granville) was very good about reminding me that it was time to get the mammogram. It was very routine for me, and I was used to the results coming back

negative. This time, I received a letter shortly afterward in August that the mammogram needed to be repeated. I just assumed that I had moved a little during the screening or something like that.”

Barb returned to LMH’s Women’s Imaging Center for a follow-up mammogram, which confirmed the presence of a mass in each breast. On August 31, Radiologist Joseph Fondriest, M.D., performed biopsies on both of Barb’s breasts.

Barb and her late husband, Mike, had six children. Even though the children all live nearby and she babysits daily for two of her nine grandchildren and step-grandchildren, she had not told her family about the biopsies. She simply mentioned to her daughter-in-law that she would not be able to babysit on that particular day. Barb said, “Evidently, that was enough to make her suspicious, and she used the ‘granny tracker’ app on my phone. While I was in the waiting room before the biopsies, she called me and asked, ‘What are you doing at Licking Memorial Hospital?’”

Later, Dr. Graham discussed the biopsy report with Barb – it was both good and bad. The bad news was that both masses were malignant. The good news was that the cancers had been detected early, giving Barb favorable treatment options. Dr. Graham explained that although there were several facilities within driving distance that could provide the comprehensive medical care she needed, he recommended LMH. Barb recalled, “He said he thought LMH would take really good care of me, and he was absolutely right.”

She met with General Surgeon Victor F. Ferrini, M.D., and Hematologist/

Oncologist D’Anna Mullins, M.D. Barb’s case was discussed further at LMH’s multidisciplinary Tumor Board. Newark Radiation Oncology staff members recommended that Barb could have radiation therapy safely to both breasts without overlap, and she was deemed an excellent candidate for lumpectomy instead of more extensive surgery, such as radical mastectomy. Barb also consulted with a dear friend who had opted for a lumpectomy in the past to treat breast cancer. The friend affirmed that the lumpectomy to conserve as much breast tissue as possible had been the right course of action for her. “My mother’s breast cancer had been diagnosed when she was 69 years old, and it struck me that I also was being diagnosed at the age of 69. However, my mother did not have the treatment options that are available today,” Barb said.

Confident that she was making a well-informed decision, Barb chose to have a lumpectomy on both breasts to remove only the tumors and a small margin of surrounding breast tissue. Dr. Ferrini cautioned her that it may be necessary to remove a larger amount of tissue, depending upon the findings during surgery, but he was optimistic that the cancer had not spread very much. He ordered a magnetic resonance imaging (MRI) scan to check for any additional tumors. Then, on the morning of October 4, Barb arrived at LMH for her outpatient surgery.

“Everyone at the Hospital was really professional, highly skilled, and compassionate. From the moment I walked through the front doors, I felt that I was in good hands,” Barb remarked. “Everyone was so kind and did everything they could to support my family and me.”

Cancer Care – How do we compare?

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

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

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Percentage of cancers correctly identified by the mammogram	96.5%	95.0%	91.4%	78%⁽¹⁾
Percentage of patients without cancer correctly identified by the mammogram	99.7%	99.4%	99.2%	90%⁽²⁾

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

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Cancer detection rate with positive interpretations (per 1,000 screening mammograms)	3.3	5.6	7.3	2 to 10⁽³⁾

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

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Number of chemotherapy medication errors negatively impacting patients	0	0	0	0

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

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Cancer Registry patients with annual follow-up	94%	93%	93%	greater than 80%

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

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Newly diagnosed and/or treated patients in clinical trials	9%	8%	11%	greater than 2%

Cancer Care – How do we compare? (continued to page 18)



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

During surgery, Dr. Ferrini was able to excise the tumors while conserving most of Barb’s breast tissue. The cancer on one side was limited to a duct and had not invaded deeper into the surrounding breast tissue (stage 0), while the cancer on the other side was slightly larger and had spread a minimal amount (stage 1). In both cases, the malignancies had been detected at an early stage. By evening, Barb was able to return home with one of her children along to keep her company. Her family rallied around her, bringing her food and checking on her often. Within a few days, she had recovered enough that she was able to resume the babysitting duties that she loves.

Dr. Mullins told Barb that her type of breast cancer is driven by the estrogen in her body and ordered a tumor-specific test to help decide whether chemotherapy would be beneficial. Based on those test results, Dr. Mullins did not recommend chemotherapy, and Barb was able to proceed with

radiation therapy five days each week for six weeks. After the radiation, she would take an oral medication to block estrogen effects in her body for five years.

During the course of radiation treatments, Barb reported that she was tolerating the therapy at Newark Radiation Oncology quite well. She said, “It takes me longer to drive there and park the car than to have the treatment. Dr. Maier (Adam C. Maier, D.O.) used a CT scan to create a 3D map of my body to plan my treatment. The staff places marks on my skin to allow them to line up the equipment within millimeter precision before delivering the radiation each time. It is painless, and I am at the office for only 15 minutes or so. Then I am free to do other things throughout the day. I am so grateful to be able to have a normal life and enjoy my grandchildren.” Barb has revived her role as educator, although the focus has shifted away from elementary school basics. Today,

she teaches the importance of screening mammography to detect breast cancer as early as possible. “It absolutely saved my life,” she declared. “A routine mammogram caught my breast cancer before I had any symptoms, early enough that there was something we could do about it. I’m feeling good, and am confident that everything’s going to be okay. I want to tell every woman to remember to get your screening mammogram. It saves lives.”

Mammography procedures are available in the Women’s Imaging Center on LMH’s first floor, and also at Licking Memorial Women’s Health, located at 15 Messimer Drive in Newark. Appointments can be scheduled through a physician’s office, or by calling LMH Central Scheduling at (220) 564-4722 with a physician’s order.

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

	LMHP 2013	LMHP 2014	LMHP 2015	LMHP Goal
LMHP active patient population that received screening tests for:				
Cervical cancer (female patients, age 21 to 65)	83%	83%	81%	75%
	LMHP 2013	LMHP 2014	LMHP 2015	National⁽⁴⁾
Breast cancer (female patients, age 40 to 75)	84%	83%	83%	68%
	LMHP 2013	LMHP 2014	LMHP 2015	National⁽⁴⁾
Colorectal cancer (all patients, age 50-75)	65%	64%	64%	61%

Data Footnotes:

(1) Kolb TM, Lichy J, Newhouse JH. Comparison of the performance of screening mammography, physical examination, and breast ultrasound and evaluation of factors that influence them: an analysis of 27,825 patient evaluations. *Radiology*. 225(1):165-75, 2002. Oestreicher N, Lehman CD, Seger DJ, Buist DS, White E. The incremental contribution of clinical breast examination to invasive cancer detection in a mammography screening program. *AJR Am J Roentgenol*. 184(2):428-32, 2005.

(2) Bassett LW, Hendrick RE, Bassford TI, et al. *Quality determinants of mammography: Clinical practice guidelines, No. 13*. Agency for Health Care Policy and Research Publication No. 95-0632. Rockville, MD: Agency for Health Care Policy and Research, Public Health Services, US Department of Human Services, 1994.

(3) D’Orsi CJ, Bassett LW, Berg WA, et al. *BI-RADS: Mammography, 4th Edition in: D’Orsi CJ, Mendelson EB, Ikeda DM, et al: Breast Imaging Reporting and Data System: ACR BI-RADS – Breast Imaging Atlas*, Reston, VA, American College of Radiology, 2003.

(4) Percentages are compiled by averaging Commercial, Medicare and Medicaid data as reported in “The State of Health Care Quality 2014,” Healthcare Effectiveness Data and Information Set, “Measures of Care.”

Skin Cancer Is Highly Treatable When Detected Early

The recently released Community Health Assessment by the Licking County Health Department shows that melanoma, a type of skin cancer, remains one of the most diagnosed malignancies in Licking County. Fortunately, melanoma and other skin cancers are highly treatable when detected in the early stages – but the outcomes may be more somber for individuals who delay diagnosis and medical treatment.

“Ultraviolet (UV) radiation contributes to the development of most skin cancers,” stated Thomas J. Hagele, M.D., of Licking Memorial Dermatology. “UV radiation exposure can occur naturally from sunlight or artificially from the type of lights that are found in tanning beds.”

Skin cancer occurs when the skin cells’ DNA is damaged, frequently by UV radiation, and the cells begin multiplying uncontrollably to form tumors. Although all skin cancers have the potential to be deadly if left untreated, melanoma is particularly dangerous because it spreads easily and resists some forms of treatment.

Dr. Hagele said, “Patients can play an active role in preventing some skin cancer. We advise our patients that whenever they are outdoors, they should wear broad spectrum sunscreen with an SPF of at least 30, or wear a wide-brimmed hat, along with sun protective clothing.”

He continued, “It is vitally important to avoid indoor tanning beds. Many individuals believe that occasional use of tanning beds is harmless, especially to prepare for a vacation or special event. However, even infrequent tanning bed use increases the risk of developing skin cancer in the future. There is no safe amount of tanning, whether it occurs naturally or artificially. Any tan indicates the skin has sustained UV radiation damage.”

Those at risk of skin cancer include individuals with:

- A history of extensive exposure to sunlight (without sunscreen)
- Any exposure to indoor tanning beds
- Fair skin
- Blue or gray eyes
- Blond or red hair
- Many moles (more than 50)
- A family history of skin cancer
- A history of radiation treatment for any type of cancer
- A weakened immune system

Symptoms of skin cancer may include:

- A mole or skin lesion that has changed size, shape or color
- A mole that has a diameter greater than 1/4-inch
- A mole that bleeds
- A mole with an irregular shape

Treatment for skin cancer depends upon the type of cancer and extent of the malignancy. If detected early, it may be possible to treat the cancer successfully

by removing only a small amount of tissue. Skin cancers that have spread often require a larger excision area, along with the possibility of chemotherapy and radiation therapy. Individuals who have any of the symptoms of skin cancer are urged to consult their family physician or dermatologist for evaluation.



Moles that are larger than this 1/4-inch dot should be evaluated by a physician for the possibility of skin cancer.

Licking Memorial Dermatology Offices

Licking Memorial Dermatology providers are located in several offices, including:

Heath

Bethany Wyles, M.D.
687 Hopewell Drive, Building 2
(220) 564-1755

Newark

Thomas Hagele, M.D.
120 McMillen Drive
(220) 564-7955

Kathleen Rogers, M.D.
1272 West Main Street, Building 2
(220) 564-1760

Pataskala

Laurie Schaeffer, D.O.
One Healthy Place
(220) 564-1930
or (740) 964-3330

Health Tips – Who Should Receive HPV Vaccine?

The U.S. Centers for Disease Control and Prevention (CDC) estimates that 14 million Americans become infected with sexually transmitted human papillomavirus (HPV) each year. There are more than 100 types of HPV infections, and at least 13 of them have been linked to various malignancies that include cancer of the cervix, vagina, vulva, anus, penis and upper throat. Fortunately, vaccines are available to prevent the spread of most cancer-causing HPV infections. HPV vaccines are effective in preventing HPV infections, but cannot treat pre-existing infections. Therefore, it is important to receive the vaccine before an individual’s first sexual encounter when the infection possibly could be transmitted. The CDC recommends the following vaccination guidelines:

- At the age of 11 or 12 years, boys and girls should receive two-doses of HPV vaccine at least six months apart. (The vaccine can be administered to children as young as 9 years.)
- A three-dose course of HPV vaccine is recommended for those over the age of 14 years.
- Teenage boys and girls who did not receive an HPV vaccine at a younger age are recommended to become vaccinated as soon as possible.
- Many young men and women who were previously unvaccinated may receive the HPV vaccine up to the age of 26.

Quality Reporting to the Community

Patient Story and Benchmarks for Maternity Care

Patient Story – Erin Keller



Erin Keller was no stranger to Maternity Services at Licking Memorial Hospital (LMH) when she chose LMH for the delivery of her son, Benjamin, on June 10, 2016. She delivered her other three children – all of whom had been born after their due date – at the Hospital as well. For the birth of her oldest son, James – who is now 6 – Erin’s labor was induced at 41 weeks. However, she and her husband, Rob, wanted labor to occur naturally with subsequent pregnancies, which happened for both her middle children. Having no health issues, Erin carried Benjamin for 42 weeks – 16 days past her due date.

When labor failed to begin naturally, the Kellers went to LMH with the plan to have Erin’s water broken which they hoped would initiate labor. Janae Davis, M.D., of Licking Memorial Women’s Health, examined Erin and found she was dilated to 4 centimeters. Dr. Davis then broke Erin’s water, and within 40 minutes, the labor process had begun. The delivery went without incident, and Benjamin was born healthy, weighing 9 pounds, 14 ounces.

When making plans for the birth of their children, Erin and Rob never considered driving from their house in Thornville to a Columbus hospital because they had developed great relationships with LMH staff at Licking Memorial Women’s Health and felt that the doctors were both competent and compassionate. “I do not understand why anyone

would drive to Columbus. Licking Memorial Hospital is close to home, and the staff really cares about the families. For our latest birth, our nurse, Andrea, stayed with us even after her shift was over to finish up in the assistance of the delivery. It is little things like this that make us so happy with our experiences,” Erin said.

Both Erin and Rob thought the Hospital staff was exceptional. “They gave us the time we needed to bond with our new baby, while making sure our other children, James, Kathryn and David, also felt welcomed. When Benjamin had his first bath, another nurse, Sara, encouraged the older children to come close so they could watch,” Erin said.

With three children at home, and the new baby with her at the Hospital, Erin appreciated the responsibility-free care for a few days. She enjoyed being pampered by the massage therapist and having the nurses on hand to help when needed. Even though she had breastfed her other three children, Erin was grateful for the availability of a Lactation Consultant. She enjoyed learning more about skin-to-skin care and having the baby in the room at all times. The nurses were considerate, checking on her to see if she needed pain medication, water, or help with the baby, but trying not to interrupt time with the family. “The nurses and staff do their best to make sure you and the baby are safe,” noted Erin. “It was very comforting.”

The Kellers liked the fact that the private post-partum rooms are spacious enough to accommodate family and friends with plenty of seating. They also enjoyed the convenience of providing secure passcodes for special visitors to enter the post-partum unit. Also, special badges provided to the siblings that

read, ‘I’m the big brother/sister,’ made their older children’s visit special.

Since the births of her other three children, Erin said there have been some notable improvements with the mother-baby suites at the Hospital. Now, the newborns are bathed right in the room instead of being taken away to the nursery. Other routine procedures such as recording the baby’s weight and measurements also are performed in the rooms, allowing the parents to keep close watch on their baby.

Rob said he was grateful for the staff, too. They provided him a bed to stay in the room with his wife and newborn son. He especially enjoyed a chef-prepared dinner of pork chops and steak that he shared with his wife the night before the couple took Benjamin home. “It is such a nice touch that the Hospital provides a special dinner to celebrate this memorable event. It was nice to have a chance to relax before taking the baby home to join his brothers and sister.”

The Kellers also were impressed that the staff called a few days later to check on Erin and Benjamin. The follow-up call is part of the high standards the Hospital has set for quality care. LMH earned the Baby-Friendly designation in 2016 through Baby-Friendly USA, Inc. – the gold standard in care, which encourages and recognizes hospitals and birthing centers that offer an optimal level of care for breastfeeding mothers and their babies. The criteria are challenging, designed to set the standards for the best possible breastfeeding support for mother and infant in the maternity setting. LMH is the first community hospital in Central Ohio and one of only ten hospitals in the state to earn the designation.

Maternity Care – How do we compare?

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

1. According to the American Academy of Pediatrics, small-for-gestational-age infants are those who are born weighing less than the 10th percentile for their given gestational age. At term, this weight is 2,500 grams (5 pounds, 8 ounces). Many factors contribute to low birth weight, including lack of prenatal care, a mother's poor nutritional status before and during pregnancy, and drug, tobacco or alcohol use during pregnancy. Low birth-weight infants are at increased risk for health problems. Adequate prenatal care and healthy practices can significantly reduce the incidence of low birth-weight deliveries. In 2016, there were 1,103 babies delivered at Licking Memorial Hospital (LMH) – 64 of those babies weighed less than 2,500 grams.

	LMH 2014	LMH 2015	LMH 2016	National ⁽¹⁾
Low birth-weight infants	4.4%	6.0%	6.5%	8.0%

2. Smoking during pregnancy is an important modifiable risk factor associated with adverse pregnancy outcomes.⁽²⁾ It is associated with 5 percent of infant deaths, 10 percent of pre-term births, and 30 percent of small-for-gestational-age infants.⁽³⁾ Because pregnancy smoking rates in Licking County are higher than the national rate, Licking Memorial Women's Health providers have increased their efforts to assess patients' active smoking during pregnancy at each office visit, counsel patients to quit smoking, and refer each pregnant smoker to LMH's free "Quit for You, Quit for Your Baby" tobacco cessation program.

	LMH 2014	LMH 2015	LMH 2016	National ⁽³⁾
Patients who reported smoking during pregnancy	19%	20%	21%	8.4%

3. Exclusive breastfeeding is recommended as the optimal nutrition for infants for the first six months of life, with continued breastfeeding after the introduction of solid foods for the first year or longer, if desired. The American Academy of Pediatrics (AAP), American Congress of Obstetricians and Gynecologists (ACOG), World Health Organization and other healthcare organizations support this recommendation recognizing the significant lifelong health benefits of breastfeeding for both mother and child. The AAP recommends breastfeeding should be initiated within one hour of the infant's birth and recommends against routine supplementation of newborn infants with formula or glucose water unless medically indicated. LMH provides prenatal education as well as support and assistance during the postpartum period to help mothers achieve their goals for successful breastfeeding.

	LMH 2014	LMH 2015	LMH 2016	LMH goal ⁽⁴⁾
Breastfeeding rate upon discharge	55%	59%	73.8%	greater than 55%
Breastfed infants receiving exclusive breast milk prior to discharge	78%	76%	78%	LMH goal greater than 57%

4. Cesarean section deliveries (C-sections) should be performed only when necessary. Lower percentages demonstrate success in avoiding unnecessary surgeries and the risks associated with surgery.

	LMH 2014	LMH 2015	LMH 2016	National ⁽⁵⁾
Maternity patients who had a C-section	23%	24%	28%	32%
First-time C-sections	11%	12%	15%	25.8%

5. Elective deliveries are scheduled in advance rather than occurring naturally, either through induction or C-section. Studies have shown that elective inductions performed before 39 weeks' gestation have higher rates of newborn complications, higher C-section rates, and longer hospital lengths-of-stay for mothers. LMH has chosen to follow the ACOG's stricter recommendations, and will perform elective inductions only after 41 weeks' gestation.

	LMH 2014	LMH 2015	LMH 2016	National ⁽⁶⁾
Elective deliveries performed before 39 weeks	0%	0%	0%	2%

Maternity Care – How do we compare? (continued to page 22)



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6. Group B streptococci (GBS), which emerged in the U.S. in the 1970s, is an infection that is associated with illness and death among newborns. Most neonatal GBS infections can be prevented through screenings and, if needed, by giving an antibiotic to the mother before delivery.

	LMH 2014	LMH 2015	LMH 2016*	LMH Goal
Mothers with GBS receiving antibiotic within 4 hours prior to delivery	96%	99%	100%	100%
Number of newborns testing positive with GBS	0	0	0	0

*Beginning 2016, mothers who delivered within four hours of arrival at LMH are excluded from this measure.

7. Gestational diabetes (GDM) is one of the most common clinical issues during pregnancy. The prevalence of GDM ranges from 2 to 5 percent of all pregnancies in the U.S., and all expectant patients should be screened between 24 and 28 weeks' gestation. Licking Memorial Health Professionals (LMHP) obstetricians screen pregnant patients for GDM by 29 weeks.

	LMHP 2014	LMHP 2015	LMHP 2016	LMH Goal
LMHP pregnant patients screened for GDM by 29 weeks	96%	95%	96%	greater than 90%

Data Footnotes:

- (1) Preliminary data for 2013. *National Vital Statistics Reports*, 63(2). Hyattsville, MD: National Center for Health Statistics. Available at http://www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63_02.pdf.
- (2) Heffner, L.J, Sherman, CB, Speizer, FE, Weiss, ST. *Clinical and Environmental Predictors of Preterm Labor. Obstetrics and Gynecology* 1993; 81:750.
- (3) Sally C. Curtin, M.A., and T. J., Mathews, M.S., "Smoking Prevalance and Cessation Before and During Pregnancy: Data From the Birth Certificate, 2014," U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Health Statistics.
- (4) *Breastfeeding Report Card, United States / 2013, National Center for Chronic Disease Prevention and Health Promotion.* Available at www.cdc.gov/breastfeeding/pdf/2013BreastfeedingReportCard.pdf.
- (5) *National Vital Statistics Reports, Volume 66, Number 1, January 5, 2017.* Available at www.cdc.gov/nchs/data/nvsr/nvsr66/nvsr66_01.pdf.
- (6) *HospitalCompare.hhs.gov Comparative Database.*



Health Tips – Travel During Pregnancy

Travel generally is regarded as safe for expectant women who are experiencing uncomplicated pregnancies. However, the pregnant woman's increasing size and other body changes may present unique challenges during travel. Here are some tips to help plan a safe trip during this special time:

- Try to plan travel during the second trimester of pregnancy (18 to 24 weeks). In most cases, morning sickness will have abated, and pregnant women often feel more energetic at this time.
- Pay particular attention to food and water safety during international travel. In undeveloped nations, drink only bottled or canned beverages, and ensure that all meat, poultry and seafood are well-cooked.
- Check the Center for Disease Control and Prevention (CDC) website for updated travel advisories. In early 2017, the CDC cautioned pregnant women about traveling to certain warm-weather areas in the U.S. and abroad due to outbreaks of Zika virus that can affect an unborn baby's development.

Automobile travel

- Always keep the airbags turned on and wear a seat belt. The straps of the seat belt should be worn above and below the tummy.
- Take a break at least every two hours for a quick walk and restroom visit. The breaks will promote blood circulation and reduce bladder pressure.

Air travel

- Check with the airline regarding its policy for pregnant fliers. Some airlines restrict air travel during the third trimester.
- Wear the safety belt (under the tummy) whenever seated throughout the flight.
- Take short walks occasionally to promote blood circulation and stretch the leg and back muscles.
- If possible, choose an aisle seat for easier mobility.

At sea

- Try to avoid cruises during the first trimester of pregnancy because the ship's wave motion may exacerbate morning sickness symptoms.
- Before booking, check with the cruise line to ensure that qualified medical staff will be available onboard and at every port-of-call.
- Check with a physician regarding the safety of motion sickness medications during pregnancy.

The Unborn Baby Depends on **Mother** for **Healthy Nutrition and Exercise**

From the moment of conception to the time of birth, an unborn baby has only one source of nutrition to provide the building blocks for growth and development that can have an impact through adulthood. Under normal circumstances, the expectant mother's body provides every nutrient that the baby needs, but unfortunately, the adverse effects are possible if the mother has nutritional deficits or consumes harmful substances. With proper prenatal care, obstetrician/gynecologists can monitor an expectant mother's health and fetal development for the baby's best start in life.

Alene K. Yeater, M.D., of Licking Memorial Women's Health, carefully assesses each new patient's health status at the beginning of pregnancy. Dr. Yeater explained, "We screen the expectant moms for areas of concern, such as tobacco smoking, drug and alcohol abuse, in addition to healthy nutrition and exercise. Most of the patients indicate that they understand their health and lifestyle affect the baby's well-being, but they may not realize just how strongly their choices make an impact. Helping an expectant mother improve her own health early in the pregnancy also increases the baby's opportunity for good lifelong health, as well."

"It is often quipped that a woman is 'eating for two' during pregnancy," Dr. Yeater said. "There is some truth in that statement; however, it does not mean that an expectant mom should eat twice as much food as normal. Rather, it means that her food intake now directly affects two lives. Eating mindfully to consume the healthiest diet possible is more important than ever at this time."

Special nutritional needs during pregnancy

To ensure a healthy birth weight, an expectant mother needs to eat a well-balanced, healthy diet. It is recommended that the mother consume an additional 350 calories a day during the second trimester of pregnancy and an additional 450 calories during the third trimester. An increase in the following vitamins and minerals also will ensure a strong start for the baby.

Folic acid

With the exception of folic acid (also called folate), expectant mothers usually can get all the nutrients they need from a well-balanced, healthy diet. An increased amount of folic acid is critical to the baby's brain and spinal development, but it is difficult to derive the recommended amounts through regular food. For this reason, many physicians advise their pregnant patients to take a daily prenatal vitamin that contains folic acid. Natural sources of folic acid include dark green leafy vegetables, asparagus, lentils, broccoli, edamame, sunflower seeds, cantaloupe and peanuts.

Calcium

Calcium is an essential nutrient for a baby to develop blood-clotting abilities and a normal heart rhythm, in addition to helping build strong bones, teeth, muscles and nerves. Pregnant mothers also can reduce the risk of hypertension and preeclampsia by including an adequate amount of calcium in their diets. Three cups of dairy products or other calcium-rich foods – such as milk, eggs, yogurt, cheese, tofu, almonds, cabbage and salmon – will ensure an adequate daily amount of calcium for most women.

Iron

During pregnancy, the amount of blood in a woman's body increases, so an expectant mother needs extra iron. Iron is essential in creating hemoglobin – the protein in red blood cells that carries oxygen to other cells and it helps prevent anemia. A daily intake of 27 milligrams is recommended. Red meat, poultry and fish are some of the best sources of iron. Mothers also can get iron from green leafy vegetables and whole grains.

Protein

It is especially critical in the second and third trimester to consume enough protein. The amino acids in protein are used to build cells in the expectant mother's and the baby's body. Protein also positively affects the growth of the brain. Consuming two to three servings a day of fish, chicken, lean beef, or legumes such as split peas or red kidney beans, should provide the recommended daily amount of protein.

What to limit or avoid

There are foods that can cause harm to a developing baby. Expectant mothers should ensure all meats are thoroughly cooked to avoid exposure to harmful bacteria such as salmonella and toxoplasmosis. Eliminate tobacco smoke, alcohol consumption and drug use. As a precaution, the American Congress of Obstetricians and Gynecologists advises pregnant women to limit their caffeine intake to less than 200 milligrams per day, which is about one 11-ounce cup of coffee – this helps ensure a healthy birth weight. In addition, expectant mothers should be mindful of the amount of sugar they are consuming to avoid unnecessary weight gain.

Exercise

Finally, weight management is vital to lowering adverse risks on infants. Dr. Yeater says ideally, a pregnant woman should gain between 25 to 35 pounds overall. Expectant mothers can continue or even begin an exercise regime to maintain healthy weight. Walking, swimming, yoga and using a stationary bicycle are all safe ways for pregnant women to exercise. The activity will help reduce back pain, strengthen the heart and blood vessels, and improve stamina to help with delivery. Pregnant women should talk with their physicians before starting an exercise program.



Donors Recognized for Contributions to Licking Memorial Health Foundation

New donors recently were recognized for their generous contributions to Licking Memorial Health Foundation (LMHF). The contributions assist Licking Memorial Hospital (LMH) in providing excellent, quality health care for the community with state-of-the-art technology and facilities.

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.



The Kovalik Family

LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) presented Jeff Kovalik with a glass recognition piece in honor of his family's commitment to The William Schaffner Society. As the Director of Engineering at LMHS, Jeff oversees the maintenance of 32 buildings within the Health Systems. He also manages the Plant Operations and Maintenance Department staff members, and designs and oversees all building and remodeling projects. Jeff joined LMHS in 2007 as the Facilities Manager, and was promoted to Director in 2008. He is a graduate of Reynoldsburg High School and earned his associate degree in Mechanical Engineering from Columbus State Community College. Jeff and his wife, Tiffany, reside in Pataskala with their daughter, Allison.

The Whetstone Family

LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) recognized Trisha Whetstone, Esq., C.H.C., for her family's commitment to The William Schaffner Society. Trisha joined LMHS in 2016 as Director of Legal Services and is responsible for contract review, HIPAA privacy and security compliance, policy and procedure drafting and review, and fraud, waste and abuse monitoring. She received her Juris Doctor degree from Capital University in Columbus after earning a Bachelor of Science from Texas A&M International University in her native Laredo, Texas. Trisha is a member of the Ohio State Bar Association, the Licking County Bar Association, and the Health Care Compliance Association. She is a Board Member for the Center for Balanced Living, the Ohio Lawyers Assistance Program, and the Fairfield County ADAMH Board. She also is a volunteer with the Ohio Association of County Behavioral Health Authorities and the Fairfield County ADAMH Board. Trisha and her husband, Stephen, who also is an attorney, reside in Pickerington and recently welcomed their first child, Elena Blanca.



LMHS is proud to acknowledge those who make significant contributions to support the Health Systems' 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.

Caduceus Society

Drs. Paul and Anne Mathew

Capital Improvement Fund

TWIGS Executive Board

TWIGS 6

TWIGS 8

Community Cornerstone Club

Lowell and Barbara Anstine

Patricia C. Bates-Woods

Eddie and Carolyn Cline

Mr. and Mrs. David B. Wills

Jon and Marcia Downes

Dr. and Mrs. Joseph E. Fondriest

Reed and Mel Fraley

Mr. James Francis

Beverly Geiger

Joseph Hickman Family

Jim Hyslop

Mike and Pat Massaro

Jim and Nancy Mitchell

Brian and Jenny Morehead

Calvin K. Prine

Susan Reid

Frank and Dusty Stare

Benjamin and Jonelle Streby

Jennifer and Dick Utreis

Denny and Carol Wheeler

Ms. Martha Wilson

Cradle Roll

In honor of Kohen Shane Dennison

By: Licking Memorial Health Systems

In honor of Roman Hancock

By: Licking Memorial Health Systems

In honor of Billie Reid Salyer

By: Licking Memorial Health Systems

In honor of Carly Rose Sanderson

By: Licking Memorial Health Systems

In honor of Dexter Shaffer

By: Licking Memorial Health Systems

In honor of Carter Alvin Todd

By: Licking Memorial Health Systems

Doctors' Day

In honor of Craig Cairns, M.D.

By: Jean and Joe Fondriest

General

Ms. Kathleen Baker

Ms. R. Dawn Brown

Mr. Alan B. Conant

David and Pamela Froelich

Timothy R. Gatens, M.D.

Ms. Helen Henry

Judge Michael Higgins

Mr. Richard Hurps

Ms. Lori Hutchison

Ms. Karla King

Veronica Link

Robert and Patricia McGaughy

Sheila and Ron Miller

Robert Montagnese

Red Oak Pub

Howard Siegrist

Ms. Kelly Welch

Mr. Daniel Williams

Ms. Kimberly Williams

Ms. Mary Wills

Grants

Ohio Network of Children's

Advocacy Centers

Honorary

In honor of Rob Montagnese

By: Craig Cairns, M.D.

In honor of Newark Radiation

Oncology Patient

By: Bruce Merwin, M.D.

In honor of Licking Memorial Hospital

Accounting Department

By: Steven Zima

In honor of Nancy Wright

By: Robert H. Wright, D.D.S.

John Alford Fellowship

In loving memory of Mary F. Klink

By: Jane & Rick Scott

Memorial

In memory of Marion LoCurto

By: LMH Friends

In memory of Jerry & Markey Keinath

By: Steve and Laura Keinath

In memory of Joyce E. Meckley on

her 85th birthday

By: David W. Meckley

In memory of Bruce K. Ryan

By: Gary and Diane Ryan

Paving Our Future

Friends of Marion LoCurto

Paddy Kutz

Ms. Melissa O'Donnell

Ms. Martha Wilson

William Schaffner Society

In memory of Donald and Marilyn Atkinson

By: James Atkinson and Julie Quinta

James and Nancy Bradley

Commemorate a New Baby with the LMH Cradle Roll Program

You are invited to celebrate and commemorate the arrival of a new baby through a gift to the Cradle Roll Program at Licking Memorial Hospital.

Three levels of giving are available:

Cradle Roll Bronze (\$25 to \$149)

Cradle Roll Silver (\$150 to \$249) – Babies honored at the Silver level will receive a beautiful, handcrafted step-up stool (choice of two finishes).

Cradle Roll Gold (\$250 or more) – Babies honored at the Gold level will receive a striking, handcrafted child-size rocker (choice of two finishes).

A gift of any amount will receive:

- A receipt for your contribution
- A letter of acknowledgement to the honoree's family
- The names of the baby and the donor placed in the Cradle Roll log in the Main Lobby of the Hospital
- Your gift listed in Licking Memorial Health Systems' *Community Connection* magazine and Annual Report

Handcrafted step-up stool
(Shown with natural cherry finish)



Handcrafted child-size rocker
(Shown with natural maple finish)



For more information, or to make a donation, please call (220) 564-4102. To print a donation form, visit www.LMHealth.org. Gifts are tax-deductible to the extent allowed by law.

Corporate Breakfast



Community leaders who attended the Licking Memorial Hospital (LMH) Development Council's Corporate Breakfast in February heard from LMHS President & CEO Rob Montagnese as he outlined the growth and development that took place in 2016. Attendees learned about educational programs and events over the past year, as well as upcoming opportunities for 2017. Among those listed were Community Education classes, the Red Dress Event, Active•Fit and Active•Senior programs, health-related summer camps for children, Hospital & Healthcare Week, the Cancer Survivor Picnic, and the annual Golf Gala.

As services and programs at Licking Memorial Health Systems (LMHS) expanded in 2016, patients continued to rely on LMHS for care. During the presentation, Rob shared a variety of statistics and quality measures which compared the Health Systems to other hospitals and medical centers in Ohio, alongside national averages. "We compare ourselves to other facilities because we strive to provide outstanding care and complete transparency in how we report our progress," said Rob. "I am proud to see LMHS perform as well or better than other fine institutions in the majority of these categories." Rob went on to explain that any areas identified through this process that need improvement will receive immediate focus in order to continue providing high quality care.

Another area of pride mentioned during the presentation was the consistent effort of the Health Systems to make new, useful and state-of-the-art technologies available to the community. LMHS became the first hospital in the country to incorporate EarlySense in every patient bed – a monitor that allows medical staff to maintain constant access to patient vital signs on a regular basis. If a decline in respiratory and pulse numbers begins, immediate action can be taken. Among other upgraded technologies for 2016, Rob also explained the Hercules system. One of the biggest risks of injury for healthcare workers occur by moving patients. Injury rates are reduced with the new Hercules system installed on all patient beds, providing the ability to move a patient quickly and safely.

Patient care and expanded services continue at LMHS with new locations. After construction of the The Gerald K. McClain building throughout 2016, the location, which includes an Urgent Care, has already seen a number of patients visiting the facility since opening in February, allowing for more convenient access to medical treatment. "This Urgent Care location is meeting a need for the community and we are certainly appreciative to Jerry McClain and his donation," Rob said. "It has allowed LMHS to bring much-needed services to the Downtown Newark area."

Other recent projects to improve the health of the community include genetic testing and advance care planning. With a growing concern for the role that genetics plays in health issues, LMHS is providing genetic testing to identify those who have a hereditary predisposition to certain cancers. So far, approximately 1,000 patients have undergone testing for genetics related to breast or ovarian cancers.

Director of Biomedical Ethics Eric Pacht, M.D., continues to provide presentations throughout the community about Advance Care Planning. Dr. Pacht is meeting with people and helping with pre-determined life decisions from a clinical perspective. Many times, these decisions are made under high stress and pressure in the Intensive Care Unit, and this program allows for a much more thoughtful approach to ensure patients' needs and wishes are being met.

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

Retiree Spotlight

Marsha Pfeifer keeps busy by traveling and spending time with her family, but the retired Registered Nurse (R.N.) says she misses caring for others and making them smile. Marsha is proud to have been part of the Licking Memorial Hospital (LMH) staff for 44 years and says they were like family to her. She is a long-time resident of Licking County, having moved to Newark with her family when she was 3 years old. She always wanted to be a nurse to follow in the footsteps of family members. Her grandmother worked at the Newark City Hospital before it became LMH and moved to its current location, and two of her aunts were nurses during World War II.

In March 1972, Marsha started her career as a nurse's aide at LMH. She enjoyed caring for patients and knowing she could make a difference by offering personal one-on-one care. She began her education at the Good Samaritan School of Nursing in Zanesville, but found it difficult to pay for schooling. She continued working the nightshift on 6-South at LMH. Then in 1973, TWIGS granted her a full scholarship to Central Ohio Technical College where she completed her education in 1976 and became a Registered Nurse. While in nursing school, she worked weekends in the Emergency Department as a ward clerk.

During her first two years as an R.N., Marsha worked nightshift on 6-North and 6-South Medical/Surgical and Pediatrics. She then moved to Surgery where she spent 14 years and earned the title of Head Nurse. In 1990, she moved to Home Care where she became a Patient Case Manager, offering complete care to patients who need short-term medical care after a surgery, illness or injury and coordinating care with other disciplines and physicians. Marsha says sometimes the job called for more than just health care. She says those extra touches led to her fondest memories – putting smiles on people's faces. She recalled an instance when one of her home care patients told her all he wanted for Christmas was a sweet potato pie. Marsha enlisted her mother's help to bake the pie. "It made his day when I visited him that Christmas and gave him his sweet potato pie," she says.

Much has changed since Marsha began her career in health care. Nurses wore white uniforms and nurse's caps instead of the scrubs worn today. Medical supplies were reusable and had to be cleaned and sterilized. Now, most items are disposable – used once then thrown out. She remembers the handwritten notes used to chronicle a patient's care. While working in Home Care, one of Marsha's greatest accomplishments was helping to create and implement Oasis

Data Sets and the electronic charting systems replacing the handwritten notes.

While she misses the patients and being involved in their care, Marsha says retirement does offer her more time to spend with her husband, Robert, and her family. She is the proud mother of three sons – one of whom is in the Navy and lives in Texas – and grandmother of two granddaughters and a grandson. Since retirement, she has been able to travel to visit with him and his children a number of times. She also was able to take cruises with another of her sons and his family.



Granville Middle School Choir Carols at Hospital During Holidays

The Granville Middle School Choir greeted visitors to Licking Memorial Hospital with the sounds of the season during a special performance on December 21. The group spread holiday cheer to visitors, patients and staff members by singing a variety of carols near the elevators in the Main Lobby.



Health & Fitness Fest

Sponsored by
Licking County Family YMCA, Denison University and Licking Memorial Health Systems

- Health screenings • Zumba
- Bubble Soccer • Track sprints
- Gymnastics • Healthy snacks
- Obstacle course • Inflatables
- Face painting & balloons

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

Saturday, April 1
12:00 Noon – 3:00 p.m.

**Licking County Family
YMCA Mitchell Center**
470 West Church Street, Newark



Period 1 Active•Fit Winners Honored

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 1. Participants in the Youth Wellness Program who completed their fitness goals between September 1 and December 31 were entered into a special drawing. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 2 for 2016-2017 began January 1 and continues through April 30.

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Xbox Kinect & Xbox Game
Conner Rhodes, Oregon Elementary 2. Xbox Kinect & Xbox Game
Aleah Stiglet, McGuffey Elementary 3. Bicycle
Hannah Berisford, Licking Valley Intermediate 4. Bicycle
Makenna Howard, Northridge Primary 5. Nike Shoes & iPod Nano with iTunes Gift Card
Jaxson Riggs, Utica Elementary 6. Nike Shoes & iPod Nano with iTunes Gift Card
Hailey Schroeder, Utica Elementary 7. iPod Nano with iTunes Gift Card
Zaley Bojanowski, Pataskala Elementary 8. iPod Nano with iTunes Gift Card
Juliette Slocum, Hebron Elementary 9. \$100 Dick's Sporting Goods Gift Card
Josiah Klick, Licking Valley Elementary 10. \$100 Dick's Sporting Goods Gift Card
Sam Krueger, Utica Elementary | <ol style="list-style-type: none"> 11. \$100 Dick's Sporting Goods Gift Card
Michael Pineda, Stevenson Elementary 12. \$100 Dick's Sporting Goods Gift Card
Dylan Price, Hillview Elementary 13. \$100 Dick's Sporting Goods Gift Card
Isaac Reed, Searfoss Elementary 14. \$100 Dick's Sporting Goods Gift Card
Taylor Turex, Licking Valley Elementary 15. \$50 Dick's Sporting Goods Gift Card
Cameron Adams, Etna Elementary 16. \$50 Dick's Sporting Goods Gift Card
James Cain, Licking Valley Elementary 17. \$50 Dick's Sporting Goods Gift Card
Kaleb Crabtree, Utica Elementary 18. \$50 Dick's Sporting Goods Gift Card
Brycen Gerlach, Licking Valley Elementary 19. \$50 Dick's Sporting Goods Gift Card
Madison Gregory, Licking Valley Intermediate 20. \$50 Dick's Sporting Goods Gift Card
Makenna Wilson, Utica Elementary |
|--|--|

For more information, or to register for the free Active•Fit Youth Wellness Program at any time throughout the year, please visit www.ActiveFit.org.

Active•Fit

YOUTH WELLNESS PROGRAM

LMH's 119th Birthday Celebrated by Helping Those in Need

On January 18, Licking Memorial Hospital (LMH) celebrated 119 years of providing Licking County with quality health care. For the 13th time, the employees and medical staff of Licking Memorial Health Systems (LMHS) celebrated the occasion by collecting donations for those in need. Donations consisted of new blankets and outerwear, as well as monetary gifts. The collected goods were donated to the Center for New Beginnings and the Salvation Army of Licking County to help needy individuals and families of Licking County stay warm during the cold winter months.

Divided into interdepartmental teams, a friendly competition occurred to see which groups could donate the largest amount of items in pounds, and the most money. After all items were weighed, contributions equaled 345.1 pounds of cold weather items, while monetary donations reached \$10,012. Team 3, comprised of Hospitalists, Anesthesiologists, LMHP Administration, Laboratory, and Pathology was the first place winner in monetary donations with \$1,625 in cash and payroll deductions. Team 13, the first place winner providing the most cold weather items with 295.5 pounds, included Environmental Services, Transportation, Laundry, Culinary Services and Café.

"I am proud that LMHS employees always are ready to provide help and care to our neighbors, friends, coworkers and family members throughout Licking County," said Rob Montagnese, LMHS President & CEO. "With these donations, LMHS is able to reach out to the community by providing warmth and assistance to those who are less fortunate."

In addition to the celebration, babies born at the Hospital on January 18 received a gift in honor of their shared birthday with LMH. A \$119 gift card to Toys 'R' Us was given to the mother of each newborn.



Volunteer Spotlight

Patricia Wysocki has been making a difference for Licking Memorial Hospital (LMH) patients and visitors through her volunteer service intermittently since 2002. Prior to joining the LMH Volunteer Department, she served in the nursing field for over forty years. She was a Registered Nurse, working in various hospital departments for eleven years. Certified in Gerontology at the time, her career continued at the Ohio Department of Health, Area Agency on Aging and the Tuscarawas County Senior Center.

Born in Canton, Ohio, Pat and her late husband, John, retired in 2002 and moved to Newark from New Philadelphia to be closer to their two children and five grandchildren, who range in age from 13 to 24. Upon arriving in Newark, she decided to seek volunteer opportunities at the Hospital. "It is a wonderful thing to have a purpose and help someone, even if it is in a very small way," she said.

Pat has served numerous roles as a LMH Volunteer, including messenger, TWIGS 6 Thrift Shop bagger, and Pastoral Care patient companion. She enjoys the variety of her tasks and the new challenges each

one presents. Over the years, Pat also has assisted with appointment reminders and bagging department items. Her current volunteer role involves inventorying chapel materials for pastors and parishioners. "Volunteering at the Hospital has been an answer to my prayers, allowing me to continue to serve others." As a TWIGS member, she also works in the TWIGS 8 Gift Shop two to four days a month, four hours a day. Additionally, Pat recently accepted the position as a buyer in the TWIGS Gift Shop where she volunteers multiple times a month selecting, restocking and determining quantities for various miscellaneous small gift shop items.

"I think what I have enjoyed most about volunteering is interacting with people and the adventure. You never know what each day will hold," she explained. Pat recalled several memorable moments, including her first time blowing up a balloon in the gift shop and losing it to the ceiling. "I love to help people and it is exciting to see how that can unfold in an unexpected way. I encourage everyone to become a volunteer. There are so many different options to choose – you just need to take

the leap. It can make your life so full and rewarding," she shared.

One of Pat's favorite hobbies is exercise. She feels it is healing physically, mentally, emotionally and socially, while increasing the enjoyment and longevity of life. In her free time, she also enjoys having lunch with friends, spending time with family, reading mysteries and traveling to visit her sisters. Pat is a member of the Neal Avenue Christian Women Young at Heart luncheon group and Silver Sneakers.



Walk with a Doc

Local residents joined physicians from Licking Memorial Health Systems for exercise and informative discussions at a pair of recent Walk with a Doc events. The monthly program gives participants the opportunity to ask general questions concerning a featured health topic during a casual 40-minute walk at various locations throughout Licking County.

Unseasonably warm temperatures in January allowed Thomas Hagele, M.D., of Licking Memorial Dermatology, to lead attendees on an outdoor walk on the ground of TAD Sports in Granville while discussing skin cancer. Rachel Terlecky, D.O., of Licking Memorial Emergency Medicine, provided information about when to select the Emergency Department or Urgent Care for treatment during the February event at the Licking County Family YMCA.

The Walk with a Doc program will continue throughout the upcoming months. More details regarding the events are available on the back page of [Community Connection](#).



“Building a Healthier Community” Award

Sponsored by the LMH Development Council

This award recognizes an individual, group of individuals or an organization in Licking County for ongoing work and/or a specific project that has improved the health of the community. The award will be presented at the 2017 Lifetime Achievement Reception. Please note – multiple winners may be selected for the same year.

For more information, contact Veronica Link, Vice President Development & Public Relations, at (220) 564-4101.

Nomination Form

Nominee’s name: *(individual or group)* _____

Address: _____

Present employer or vocational status of individual or description of group/organization: _____

Description of project: *(Please feel free to use additional paper and/or attach relevant documents.)*

Explanation of how project helps improve the health of the community:

Additional comments:

Please provide us with your name, address and telephone number in order for the committee to work with you in developing a more comprehensive list of your nominee’s activities, if needed. Thank you.

Your name

Address

Phone number

All nominations must be received in the Development Office,
Licking Memorial Hospital, 1320 West Main Street, Newark, Ohio 43055
by June 23, 2017, at 5:00 p.m.



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Non-Profit Org.
U.S. Postage

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Community Events

Walk with a Doc

Saturday, April 1, 9:00 a.m.
Wildwood Park, 785 West Broadway, Granville
Dr. Ralph Napolitano Jr. will discuss choosing athletic shoes and general foot problems.

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.

Active•Senior Dance

Thursday, April 20, 7:00 to 9:00 p.m.
The Bryn Du Mansion Field House, Granville
Seniors ages 60 and up are invited to attend. Count this event toward your Active•Senior goals. Registration is required. Call (220) 564-1560 to register. See page 11 for more details.

Active•Fit Health & Fitness Fest

Saturday, April 1, 12:00 Noon to 3:00 p.m.
Licking County Family YMCA, 470 West Church Street, Newark
No charge. Youth, ages 6 to 12, are invited to participate. Call (220) 564-1560 to register. See page 28 for more details.

First Impressions – Maternal Child Classes

- Childbirth Education Classes
- Newborn Basics Class
- Stork Tour
- Breastfeeding Class
- Friends and Family Infant CPR
- Sibling Preparation Class

For more information or to register, call (220) 564-2527 or visit www.LMHealth.org.

Community Blood Pressure Screenings

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

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, 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, Newark

A physician will answer questions about chemical dependency and treatment options. Call (220) 564-4877 for more information.

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

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