

Respiratory Care – How do we compare?

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

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

1 Tobacco use has been linked to many serious and life-threatening conditions, such as cancer, heart disease, cardiopulmonary disease, and diabetes. An estimated 25 percent of Licking County adults smoke.⁽¹⁾ Many of these individuals want to discontinue using tobacco products, but are unable to overcome their addiction. LMHS offers free Quit For Your Health tobacco cessation services, which include education, counseling, and tobacco cessation products, all in an effort to help improve the health of the community.

	LMH 2012	LMH 2013	LMH 2014	LMH Goal
Number of patient visits to tobacco cessation services	892	849	1,369	NA
Six-month success rate for patients who completed Quit for Your Health ⁽²⁾	49%	63%	63%	National ⁽³⁾ 25%

2 Smokers who receive advice from their physicians to quit smoking are more likely to give up smoking than those who do not, according to the National Committee for Quality Assurance (NCQA). Licking Memorial Pulmonology assesses the smoking status of all Pulmonology patients during office visits and counsels those who are actively smoking to quit. The patients are offered referral to Quit for Your Health.

	LMHP Pulmonology 2012	LMHP Pulmonology 2013	LMHP Pulmonology 2014	National ⁽⁴⁾
Smoking cessation advised for Licking Memorial Pulmonology patients who smoke	99%	100%	100%	77%

3 Asthma is a condition in which swelling or inflammation can cause narrowing of the breathing tubes, making it difficult to breathe and sometimes resulting in a medical emergency. By using the correct medications, such as inhaled corticosteroids, asthma can be controlled. Use of these medications can reduce asthma-related emergency room visits, hospital admissions, and missed work/school days. Licking Memorial Pulmonology assesses all asthma patients during their office visits to ensure that they are being treated with the correct long-acting corticosteroid.

	LMHP Pulmonology 2012	LMHP Pulmonology 2013	LMHP Pulmonology 2014	National ⁽⁵⁾
Asthma patients assessed for appropriate inhaled corticosteroid	100%	100%	99%	87%

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

	LMH 2012	LMH 2013	LMH 2014	National ⁽⁶⁾
Pneumonia infection rate of Intensive Care Unit patients on ventilators per 1,000 patient days	0.0	0.0	0.0	1.2

5 A ventilator is a breathing machine that may be used in hospitals for very sick patients who may not be able to breathe on their own. The use of a ventilator can be life-saving, but also can have serious side effects, such as infections, stomach ulcers, blood clots, and dependency on the ventilator itself. To help reduce the potential for these side effects, LMH uses a “ventilator bundle” when caring for patients using a ventilator. This bundle includes several treatments used together, such as providing special medications, providing good mouth care, making sure the patient’s body is positioned correctly, and aggressively “weaning” the patient off the ventilator.

	LMH 2012	LMH 2013	LMH 2014	Goal
Complete ventilator bundle used for patients on ventilators	98%	98%	98%	greater than 90%

Data footnotes: (1) Licking County Health Department, Behavioral Risk Factor Surveillance System, 2011. (2) Tobacco-free status is self-reported by patients in a six-month follow-up after completing the Quit for Your Health program. (3) Hospitalcompare.hhs.gov national benchmarks. (4) National Committee for Quality Assurance, “The State of Health Care Quality 2012.” (5) National Committee for Quality Assurance, “The State of Health Care Quality 2013.” (6) National Healthcare Safety Network Report, Data Summary for 2010, Devices-associated Module (Medical-Surgical ICU<15 beds).

Patient Story – Danielle Skeese

Danielle Skeese had quit smoking once before and was determined to quit for good in 2014 to protect her unborn baby. Through the “Quit for You, Quit for Your Baby” tobacco cessation program at Licking Memorial Health Systems (LMHS), she smoked her last cigarette on July 17, 2014.

Danielle smoked her first cigarette at the age of 11. “Some members of my family smoked heavily, and I was able to sneak cigarettes when they weren’t looking,” she recalled.

At the age of 23, Danielle was smoking one pack a day on average and decided to stop. She successfully quit “cold turkey” for one year, but then began working at a highly stressful job and fell back to smoking to relax.

Several years later, Danielle and her husband, Russell, were expecting their first child, and she became increasingly aware of the dangers that smoking presented to her developing baby. “I saw the commercials on TV that showed a baby who was born prematurely. Then I read stories in magazines, on Facebook and on the Internet that explained the side effects of tobacco and nicotine on babies. I was really afraid that my baby could be born with breathing issues. I also noticed that it was becoming difficult for me to breathe.”

At Danielle’s next prenatal visit at Licking Memorial Women’s Health, she told midwife Michelle Pease, C.N.M., that she was ready to quit smoking. Michelle referred Danielle to LMHS’ new tobacco cessation program designed especially for pregnant women.

The Quit for You, Quit for Your Baby program turned out to be exactly what Danielle needed. “Being on a tight budget and expecting a baby, there was no way that I could afford to purchase nicotine replacement products,” she explained. “When I learned that I could receive the products for free and LMHS would even provide incentives for participating in the program, it took a big weight off my shoulders. Besides, I could make my tobacco cessation appointments immediately following my regular obstetric appointment since their offices are in the same building. They made it so easy – there were no more excuses not to quit!”

Six months into her pregnancy, Danielle had her first visit with tobacco cessation counselor Melissa Phillips, R.N., CTTS. “Melissa was great. Anytime that I needed to talk or was feeling stressed, she was always there for me. She never judged me for smoking – she just offered a lot of encouragement to help me quit so that my baby and I would be as healthy as possible,” Danielle said.

Melissa gave Danielle nicotine-replacement lozenges, gum and patches so she could choose the product that suited her the best.



Melissa Phillips (left), a tobacco cessation counselor at LMHS helped Danielle Skeese (right) achieve her goal to stop smoking while she was pregnant with her first child, Carter.

“Before I met with Melissa, I thought that I would be using the lozenges, but I quit “cold turkey” instead. I smoked my last cigarette on July 17 – that was my quit date. I did not need the nicotine-replacement products, but it was nice to know that I had them just in case. One month after I quit smoking, I realized that I was breathing more easily.”

The nicotine that is contained in tobacco products has strong addictive powers, but Danielle’s love for her unborn baby was even stronger. “I kept thinking about my baby,” she stated. “I didn’t want him to smell like cigarettes after he was born.” Russell, who is a non-smoker, also offered encouragement by catering to her weakness for frozen beverages. “He bought me a Slushee® every day as a reward for not smoking,” she said with a laugh.

Danielle and Russell welcomed a baby boy into their family on October 23, at Licking Memorial Hospital. Baby Carter was born at full term and weighed 8 pounds 7 ounces. “He has not been sick a single day,” Danielle reported several months after his birth. “I am so proud that I was able to give him an excellent start in life by quitting smoking and breast feeding.”

On March 17, 2015, Danielle had one final appointment with the Quit for You, Quit for Your Baby program. At that visit, Melissa presented a \$50 gift card to Danielle to recognize her success in giving up cigarettes.

Providers at Licking Memorial Women’s Health screen all maternity patients to learn about any tobacco use. Women who report that they smoke or use smokeless tobacco products are given education about the dangers that tobacco can have for their babies, including an increased risk of: miscarriage and stillbirth, premature birth, low birth weight, respiratory problems, birth defects and sudden infant death syndrome.

LMHS’ Quit for You, Quit for Your Baby program is a unique initiative aimed at improving the health of infants and children in the Licking County community. The incentivized program offers free tobacco cessation products, such as nicotine-replacement lozenges, gum and patches – although women are encouraged to quit without these products if possible to avoid exposing their unborn babies to any unnecessary nicotine. Over a 34-week period, participants attend at least 14 counseling sessions to learn the benefits of tobacco cessation and tips for coping with nicotine withdrawal. Patients who have refrained from smoking, confirmed by a quick carbon dioxide breath analysis, are rewarded with their choice of a \$10 gift card or package of diapers at each appointment. After successful completion of the program, participants receive a \$50 gift card to their choice of businesses.

Pregnant women may learn more about LMHS’ Quit for You, Quit for Your Baby program by asking their physician for a referral. They also may call (740) 348-QUIT (7848).

E-cigarettes Often Contain Toxic Ingredients

Electronic cigarettes (commonly known as “e-cigarettes”) were introduced in the U.S. in 2007 as an alternative to traditional tobacco smoking. Although marketing campaigns have portrayed e-cigarettes to be safer because they do not contain tar or burned residues, health dangers have been reported, and the long-term effects are not yet known.

E-cigarettes are battery-powered heating devices that are made of plastic or metal and usually resemble cigarettes, cigars or pipes. They vaporize a liquid cocktail of nicotine, propylene, flavorings and other additives into an aerosol. The consumer inhales and exhales the aerosol, a process that is commonly referred to as “vaping.” Many e-cigarettes contain a red LED light at the end that illuminates to mimic the smoldering end of a tobacco cigarette.



Asegid H. Kebede, M.D.

“Nicotine is an addictive stimulant when inhaled, and is toxic if accidentally ingested or spilled on the skin,” stated Asegid H. Kebede, M.D., of Licking Memorial Pulmonology and Sleep Medicine. “I am concerned that there are no labeling requirements for e-cigarette products. Without labels, consumers do not know how much nicotine they are inhaling. In addition,

analyses have shown that e-cigarette aerosol contains many other chemicals, such as formaldehyde and lead which are known to cause cancer and birth defects. Not surprisingly, these chemicals are not disclosed on the packaging.”

To date, there is no federal regulation of e-cigarettes and related products. A few states have enacted legislation to prohibit the sale of e-cigarettes to minors, but there are no such laws currently in Ohio.

Dr. Kebede added, “Another concern about e-cigarettes is that the liquid nicotine comes in small containers with bright colors and includes flavor names such as ‘cotton candy,’ ‘peanut butter and jelly’ or ‘bubble gum.’ These flavors make the products very attractive to teens who have become some of the biggest consumers of the products. The candy and fruit flavors also are very appealing to toddlers and small children who are very susceptible to nicotine poisoning. As little as one teaspoon of liquid nicotine can be deadly to a small child – which is particularly alarming because there are no regulations which require the products to be sold in childproof containers.”

“Many e-cigarette users mistakenly believe that they are exhaling harmless water vapor during the vaping process,” Dr. Kebede said, “but in actuality, they are exhaling toxic chemicals and exposing the individuals around them, much the same as secondhand tobacco smoke.” All Licking Memorial Health Systems (LMHS) facilities are smoke-free to protect patients, visitors and staff members. LMHS’ no-smoking policy also includes restrictions against e-cigarette devices on all LMHS properties.

Do You Know What Is Contained in E-cigarettes?

Liquid nicotine products that are sold for use in e-cigarettes often contain hidden chemicals that are harmful. The following chemicals that have been found in liquid nicotine are known to cause cancer or birth defects:

- Acetaldehyde
- Benzene
- Cadmium
- Formaldehyde
- Isoprene
- Lead
- N-Nitrosornicotine
- Nickel
- Nicotine
- Toluene



Licking Memorial Hospital’s (LMH) Tobacco Cessation Program, Quit for Your Health, is designed to help people stop using tobacco at no cost. For most individuals, this requires the support of a professional counselor. Our counselors utilize evidence-based techniques to help participants develop a plan that will offer an opportunity to become tobacco-free.

For more information, please call (740) 348-QUIT (7848).



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Please take a few minutes to read this month's report on **Respiratory Care**.

You'll soon discover why Licking Memorial Hospital is measurably different ... for your health!

Visit us at www.LMHealth.org.

The Quality Report Card is a publication of the LMHS Public Relations Department.

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

The articles contained in this publication should not be considered specific medical advice as each individual circumstance is different. Should you need medical advice, consult your physician. Entire publication copyrighted 2015 Licking Memorial Health Systems. All rights reserved.



Quality Report Card

Licking Memorial Health Systems

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



Volume 16, Issue 5

May 2015

Health Tips – Nine Facts That You May Not Know About Nicotine

Many e-cigarette consumers mistakenly believe that the products they use are safe because they do not contain the tar, formaldehyde, arsenic and dozens of other poisonous and cancer-causing chemicals that are found in traditional tobacco cigarettes. However, the main ingredient used in e-cigarettes, nicotine, presents its own hazards, such as the following:

1. Nicotine is highly poisonous – just a few drops of pure nicotine in liquid form can be deadly, especially for children.
2. Nicotine mixtures for e-cigarettes contain artificial colorings and flavors that curious children may mistake for a sweet drink.
3. Nicotine use may decrease the ability of a man's sperm to fertilize eggs by as much as 75 percent.
4. Nicotine constricts blood vessels, causing unborn babies to receive less oxygen and nutrition from their mothers.
5. Nicotine easily passes into placental fluid and can be detected in an unborn baby's bloodstream.
6. Nicotine may cause disrupted sleep patterns in nursing babies since the chemical is a stimulant and accumulates in breastmilk.
7. Nicotine hinders spinal disc cells from absorbing vital nutrients, which may lead to spinal disc problems.
8. Nicotine slows a process called apoptosis which replaces mutated cells in the body, a process that helps to prevent cancer.
9. Nicotine slows the body's production of bone-producing cells, causing broken bones to heal more slowly.