



# Community Connection

## Licking Memorial Health Systems

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



Volume 7, Issue 6

November/December 2010

Measurably Different ... for Your Health!

## LMHS' Heart to Play Program Averts Possible Loss of Young Lives



Harrison Herreman has returned to the football field at Granville High School with renewed confidence in his heart's health after a potentially deadly condition was discovered by LMHS' Heart to Play program.

Among the approximately 1,000 middle and high school students who received free Heart to Play sports pre-participation screenings from Licking Memorial Health Systems (LMHS) this past spring were two Licking County student athletes who did not realize they were at risk from a dangerous heart condition. The ECG (electrocardiogram) portion of the screening revealed the two students each had Wolff-Parkinson-White syndrome, a condition that creates dangerous heart rhythms. Athletes with Wolff-Parkinson-White syndrome are at risk of sudden death during physical exertion.

*LMHS' Heart to Play Program  
(continued on page 2)*

## LMHS Among "Best Places to Work"

Licking Memorial Health Systems (LMHS) has been named to the Columbus Business First's "Best Places to Work" list for the second consecutive year. More than 100 companies in central Ohio were nominated for the award, and LMHS was chosen as one of the top five in the large business category. LMHS was the sole Licking County business to be named to the list.

"We have a dedicated team of employees who put their hearts into their work," remarked Rob Montagnese, President & CEO of LMHS. "Every LMHS employee is committed to providing our patients with outstanding care, which creates a self-perpetuating environment of excellence. We are very proud of our staff and consider this award to be a reflection of their exceptional performance."

With approximately 1,600 employees, LMHS is Licking County's largest employer. LMHS takes pride in caring for employees so that they can take outstanding care of our patients. We have high standards for our employees and believe in recognizing and rewarding their accomplishments. LMHS has a comprehensive benefit package that includes tuition assistance, free uniforms, free access to an on-site wellness center and excellent health, dental and vision benefits.



Check out our Quality Report Cards online at [www.LMHealth.org](http://www.LMHealth.org).

See pages 12-16 for Quality Report Cards in this issue.

### COMMUNITY EDUCATION

#### Diabetes Awareness

- Date:** Thursday, November 18
- Location:** Conference Rooms A & B
- Time:** 6:00 p.m.
- Speaker:** Teresa Knicely, R.N., C.C.M., C.D.E. Annmarie Thacker, M.S., R.D., L.D., C.D.E.

In recognition of American Diabetes Month in November, the American Diabetes Association (ADA) has released statistics regarding the prevalence and cost of diabetes in America. Approximately 24 million children and adults in the United States are currently living with the disease, while more than 57 million

*(continued on page 9)*

#### Safe Sitter®

- Date:** Saturday, December 18 & Sunday, December 19
- Location:** LMH Auditorium
- Time:** 9:00 a.m. to 4:00 p.m.

Licking Memorial Hospital (LMH) will present Safe Sitter®, a hands-on seminar that prepares adolescents for the responsibilities of nurturing and protecting young children who are entrusted to their care. The class will be taught in a two-day series at the Hospital.

Safe Sitter is a national, non-profit organization that prepares 11- to 13-year-olds for the responsibilities of child care.

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### **Harrison Herreman**

Harrison Herreman was just 14 years old when his parents sat with him to tell him that he had a potentially life-threatening heart defect. An incoming freshman at Granville High School (GHS), Harrison was not concerned as much with the risk of sudden death, which was inconceivable to him, as he was concerned with the real prospect of having to give up his anticipated role on the football team.

"I love to play football," Harrison said. "Even though I was going into my freshman year, I was hoping to make the JV team. I practiced really hard and had even signed up for football camp at Notre Dame."

Harrison's heart problem was discovered by the routine ECG screening through the Heart to Play program in May. "Dr. LeMay (Pediatrician Diane LeMay, M.D.) called me at work one week later," Harrison's mother, Sondra, remembered. "Even though she was telling me that Harrison's condition could be deadly, she sounded very confident and told me that there was a way to correct it, so I never panicked."

"The part that was really scary for me," explained Harrison's father, Kevin, "was that Harrison had just finished up middle school lacrosse. They had a state tournament in Dublin, and Harrison plays a defender position, which is very strenuous. It was just after the tournament that Dr. LeMay called us about Harrison's test results. It is scary to think how easily we could have lost him while he was playing."

Kevin and Sondra had already planned a summer cruise to the Bahamas and Key West, along with Harrison and their other son, 7-year-old Quintton, while their 22-year-old daughter, Victoria, remained at home in Newark. They decided to use the vacation time to acclimate to the diagnosis. Kevin and Sondra watched Harrison closely for any signs of stress – physical or emotional, but he was, for the most part, at ease with his situation. "I wasn't worried about my heart – I was worried about football," he said.

When the Herremans returned to Ohio, they met with a heart surgeon at Nationwide Children's Hospital in Columbus. "She confirmed the Wolff-Parkinson-White diagnosis and offered options for treatment. Basically, Harrison could have a surgical procedure to determine the extent of his risk. If the risk was low, he could possibly avoid further surgery, but would not be permitted to play sports. If the

risk was medium or high, he would then have corrective surgery. The second option was to go straight for the corrective surgery, and he would probably be able to return to sports quickly."

Kevin and Sondra decided to allow Harrison to choose his course of treatment. He chose to proceed immediately with the corrective treatment to increase his chances of playing football his freshman year.

On July 29, Harrison arrived for the surgery at Nationwide Children's Hospital. The surgeon placed catheters through two small incisions in his groin and one in his neck. During the 8-hour procedure, defective nerves were identified and cauterized to normalize his heart rhythm into the correct sequence. "Now that I've had the surgery, I can tell a difference," Harrison said. "I did not think I had symptoms before, but I had been getting out of breath easily, and now I have so much more stamina."

During the successful operation, tests determined that Harrison's level of risk had been moderate-to-high. "It had been a disaster waiting to happen," Kevin said. "My son could have died without warning. We are so grateful for Dr. LeMay's passion about having students screened – thank God for that!"

"We are amazed by the fact that LMHS offers this program to the schools for free. We were surprised to learn that the ECGs are not required by the state. We think they should be required – it has been such a blessing for us," Sondra added.

With ongoing check-ups, Harrison was given medical clearance to rejoin athletics. He had been permitted to continue conditioning activities that did not accelerate his heart rate, so he was able to maintain a good level of muscle development. He is a starting center for the GHS freshman team and is resuming his goal of earning a college scholarship.

### **Kelly Clapper**

Kelly Clapper was already continuing the family athletics tradition at Newark Catholic High School. With her petite, 5-foot, 2-inch frame, she was a starter on the St. Francis de Sales Middle School volleyball and basketball teams. Her older sisters, Sarah and Amy, had both been stand-out athletes in high school.

*LMHS' Heart to Play Program (continued on page 3)*

## **LMH SEASONAL FLU CLINIC**

### **Have you received your flu shot this season?**

Licking County residents 18 years of age and older are invited to attend the clinic. Parents of children needing flu vaccines should contact their pediatrician or primary care physician.

**When**  
8:30 a.m. to 4:00 p.m.  
Tuesdays and Thursdays  
October 5 through November 30  
(closed Thanksgiving Day)

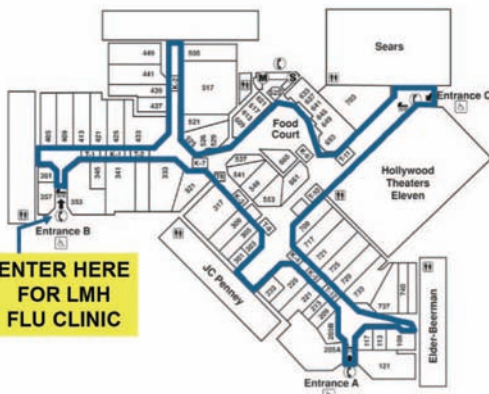
**Where**  
Indian Mound Mall in Heath,  
located near Entrance B

**Cost**  
\$25 by cash, check or credit card. LMH also accepts Medicare or Medicare HMO, traditional Medicaid, or Medicaid HMO (Molina or Caresource) or MedBen Insurance

**For More Information**  
Call (740) 348-7091 for a pre-recorded message about the Licking Memorial Hospital Seasonal Flu Clinic



**Licking Memorial Hospital**



*LMHS' Heart to Play Program (continued from page 2)*

With three athletic daughters, Cheryl Clapper was quite accustomed to the pre-participation screenings required by the Ohio High School Athletic Association. However, LMHS added the ECG testing in 2008, after Sarah and Amy had already graduated, so Cheryl was taken completely by shock when she received a call from Dr. LeMay. "I could not believe what I was hearing. Dr. LeMay explained the ECG showed that Kelly had Wolff-Parkinson-White syndrome, but I kept thinking, 'Are you sure you are talking about my daughter?'" She was so healthy and did not have any symptoms at all. I was glad that Dr. LeMay called me herself because I had a lot of questions."

Cheryl first called her husband, Chris, and then their family physician, Michael Campolo, D.O., who is also a family friend. In a short amount of time, she learned that although the heart condition has the potential to be deadly, it was treatable. Armed with information and reassurance, the Clappers had a family meeting to discuss the diagnosis.

"I did not believe them at first because I felt fine." Kelly remembered. "I kept asking, 'Are you kidding? Is this true?' Finally, my sisters convinced me they were serious."

Although Wolff-Parkinson-White syndrome is rather rare, affecting an estimated 1 to 3 people of out every 1,000 worldwide, the Clappers knew of another student who had the same diagnosis and was treated in 2008. Clay Harris, also from Newark Catholic High School, learned through the first ECG tests at LMHS' Heart to Play screenings that he had Wolff-Parkinson-White syndrome. The Clappers were very encouraged by the knowledge that Clay's treatment had gone well, and he was able to return to sports and a healthy life.

The Clappers took Kelly to the heart surgeon at Nationwide Children's Hospital. "Up until that day, everyone was still in a state of disbelief," Cheryl recalled. "But at that appointment, they were using scary words like 'stroke' and 'death,' and we saw test results that confirmed the diagnosis. That is when reality came crashing in. Just a few days before, Kelly had been a girl with no cares in the world. She did a lot of growing up very quickly. But through it all, her only question to us was 'Will I be able to play volleyball?'"

"It really scared me when they started talking about all the bad things that could happen," Kelly said. "I wondered if I was going to be okay, and also if I would still be able to play sports."

Kelly chose to have the corrective treatment immediately, rather than take a wait-and-see approach with a surgery that would determine her level of risk. On July 14, Kelly had the 8-hour procedure performed under general anesthesia. During the surgery, it was determined that her level of risk was low. "We were so glad to see how quickly Kelly recovered," Cheryl said. "She bounced back in just two or three days. However, she was restricted against any vigorous activity for two weeks to allow her incisions to heal. Physically, the hardest part of the entire situation was making her rest when she felt ready to be active again." After the two-week period of activity restrictions ended, Kelly returned to the volleyball court, amazing her family, friends and coaches.

Cheryl said, "We are so appreciative of Dr. LeMay and LMHS for offering the Heart to Play program. It is a wonderful thing for the community. We feel really blessed by it, and we are big supporters. We have been telling all our friends to make sure their children receive the ECG testing because it is simple, painless non-invasive, and it can save a life."



Kelly Clapper had a heart procedure in July and was able to return to sports two weeks later.

"Our Heart to Play program has been highly successful," observed Dr. LeMay. "All the school districts in Licking County understand the value of protecting their students' health, and are now participating. LMHS is offering the screenings to our schools free of charge because we believe so strongly that we are saving young lives. It is heartening to know we have helped to avert these possible tragedies."

In addition to revealing Harrison's and Kelly's Wolff-Parkinson-White conditions, LMHS' 2010 Heart to Play program indicated 16 other abnormal ECG results in Licking County's students. Two students were determined to have long QT syndrome, which causes a delay in the heart's electrical conduction, and three students were discovered to have enlarged hearts. All students with abnormal ECG results were referred for further evaluation and possible treatment.



The painless electrocardiogram (ECG), which is included in LMHS' free Heart to Play screenings, can detect hidden heart rhythm abnormalities that could be deadly if not treated.

# LMH Laboratory Receives Renewed Accreditation

By demonstrating compliance with The Joint Commission's national standards for health care quality and safety, the Laboratory Department at Licking Memorial Hospital (LMH) has earned the Joint Commission's Gold Seal of Approval. The accreditation was granted after thorough review of the Laboratory's policies, procedures and operations.

“Meeting The Joint Commission's rigorous national standards is an important recognition of our efforts,” stated Lorei Reinhard, Director of Laboratory Services. “The Joint Commission evaluated the Laboratory's performance in nearly 300 standards related to quality control, safety, infection prevention, leadership, human resources, management of information, ongoing performance improvement activities and other issues.”

The Laboratory is located on the first floor of Licking Memorial Hospital. It maintains a staff of qualified clinical laboratory scientists, medical laboratory technicians, histologists, cytologists and phlebotomists on a 24-hour per day basis.



Lori Elwood, M.D., Chief of Pathology and Laboratory Medical Director (left), and Lorei Reinhard, Director of Laboratory Services (right), recently received notification that the Hospital's Laboratory Department earned a two-year re-accreditation from The Joint Commission.

Services provided at the LMH Laboratory include:

**Blood Bank** – performing typing and compatibility testing, and supplying blood components

**Chemistry** – providing a variety of procedures

**Hematology/Urinalysis** – providing a variety of procedures, as well as coagulation assays

**Pathology** – staffed by full-time pathologists who provide anatomical and surgical pathology, review of cytology screening, and round-the-clock consultation

**Histology/Cytology** – processing tissue and fluid specimens to be examined for abnormalities, such as malignancies

**Microbiology/Serology** – performing bacterial identification and determining sensitivities to antibiotics

**Molecular** – identification of organisms or detection of genetic mutations by DNA/RNA assays

**Phlebotomy** – obtaining specimens by venipuncture and capillary puncture for inpatients and outpatients, and processing all Laboratory specimens

**Point of Care** – reviewing and monitoring patient care, training personnel, and providing consultation regarding all laboratory testing done outside the LMH Laboratory

# LMH Radiology Receives New Accreditation

The Licking Memorial Hospital (LMH) Radiology Department has received accreditation from the American College of Radiology (ACR) for its magnetic resonance imaging (MRI) and computed tomography, emergency department system (EDCT). The ACR accreditation is valid for a period of three years.

Leslee Arthur, Director of Radiology Services, explained that the Hospital sought the accreditation as part of its continuous improvement measures. “The MRI and EDCT areas of Radiology were already included in The Joint Commission's accreditation of the Hospital; however, the ACR accreditation programs evaluate qualifications of personnel, equipment performance, effectiveness of quality control measures, and quality of clinical images. It is believed that these are primary factors that affect the quality of clinical images and ultimately the quality of patient care.”

Magnetic resonance imaging (MRI) is a non-invasive medical test that helps physicians diagnose and treat medical conditions. MRI uses a powerful magnetic field, radio frequency pulses and a computer to produce detailed pictures of organs, soft tissues, bone and virtually all other internal body structures. MRI does not use ionizing radiation (X-rays).

CT scanning (sometimes called CAT scanning) is a non-invasive medical test that helps physicians diagnose and treat medical

conditions. CT scanning combines special X-ray equipment with sophisticated computers to produce multiple images or pictures of the inside of the body. CT scans of internal organs, bones, soft tissue and blood vessels provide greater clarity and reveal more details than regular X-ray exams.

The Radiology Department is located on LMH's first floor. All imaging results are interpreted by board-certified radiologists.



Cindy Hughes, R.T., a radiology technologist, prepares a patient for MRI testing. Licking Memorial Radiology uses short-bore magnetic resonance imaging (MRI) equipment that surrounds only a small area of the patient. The short-bore equipment combines the high resolution and accuracy of MRI technology, while providing comfort to patients who feel uneasy in confined spaces.

# EEG In New Location

The Licking Memorial Hospital Electroencephalography (EEG) Lab has relocated to the first floor of the Hospital. It is now located next to the Emergency Department in the John & Mary Alford Pavilion.

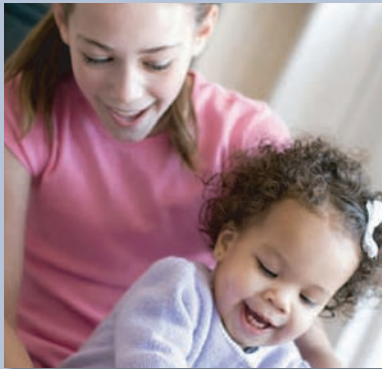
The EEG Lab offers the neurodiagnostic services of routine and special EEG recordings to evaluate brain functions. Outpatient appointments can be made, with a physician's referral, by calling (740) 348-4645. Upon their arrival, outpatients should report to the Vascular/EEG waiting area.

# Vascular Lab Moves to First Floor

The Licking Memorial Hospital Vascular Lab has moved to the first floor of the Hospital. It is now located next to the Emergency Department in the John & Mary Alford Pavilion.

The Vascular Lab offers painless, non-invasive tests that detect and evaluate possible circulation disorders. Outpatient appointments can be made, with a physician's referral, by calling (740) 348-4645. Upon arrival, outpatients should report to the Vascular/EEG waiting area.

## Community Education - Safe Sitter *(continued from front page)*



The course follows medically accurate, competency-based information. The curriculum, developed by a pediatrician, covers preventive and response topics such as: infant and child CPR, choking response, preventing injuries, behavior management, and general child care essentials.

Teaching methods include hands-on practice with mannequins, role playing and interaction with a preschool-age child. Each participant must pass a written and practical exam in order to demonstrate competency in the course's key concepts.

Instructors for the course are: Ashlee Lake, Amanda Baker and Ronda Stegman. The cost for the two-day course is \$40, which includes a Safe Sitter kit. To register or for more information, please call (740) 348-4343.



LMH TWIGS 14 Annual

## Holiday Tour of Homes

**Wednesday, November 17, 2010**

12:00 Noon to 3:00 p.m. & 6:00 p.m. to 9:00 p.m.

Advance tickets for the 46th annual event are \$10, and are available at all Park National Bank locations. Tickets also may be purchased for \$12 during the tour at the door of any of the participating homes.

For more information, please call: (740) 348-4044

The generosity of the participating homeowners will benefit:



**Licking Memorial Hospital**

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# Dr. Baltisberger and Dr. Lawrence Receive LMH Physician of the Year Award

Two Newark physicians received the Licking Memorial Hospital (LMH) Physician of the Year Award during the annual LMH Medical Staff Dinner at the Longaberger Golf Club in October. Pediatrician Richard A. Baltisberger, M.D., and General/Vascular Surgeon David R. Lawrence, D.O., were announced as co-winners of the prestigious award.



Pictured are (left to right): Richard A. Baltisberger, M.D., David R. Lawrence, D.O., LMHS President & CEO Rob Montagnese and the 2009 Physician of the Year recipients, Ann V. Govier, M.D., and David E. Subler, M.D.

The Physician of the Year is elected by the LMH Medical Staff. The criteria for nomination include care and concern for patients, clinical knowledge, relationship to peers and relationship to hospital staff. The other nominees were Family Practice Physician David E. Born, M.D., and Pathologist Lori J. Elwood, M.D.

“Our entire Medical Staff exemplifies the compassion, experience and knowledge that provide the best care possible for our patients,” said Robert Montagnese, President & CEO of Licking Memorial Health Systems (LMHS). “The Physician of the Year Award recognizes the best-of-the-best as determined by the Medical Staff. It is truly an honor, and we thank Dr. Baltisberger and Dr. Lawrence for their leadership and standards of excellence.”

Dr. Baltisberger joined the LMH Active Medical Staff in 1998, and is LMH Chief of Pediatrics. Board certified in pediatrics, he received his Doctor of Medicine Degree from the University of North Dakota School of Medicine. He completed his pediatric internship and residency at Children’s Hospital (now known as Nationwide Children’s Hospital) in Columbus. Dr. Baltisberger has been active in the community by providing enrichment services to children who have special needs or have experienced abuse. He is a member of the National Advisory Committee for Down Syndrome, which sets standards and promotes research for Down syndrome issues. He and his wife, Jane, have four children.

Dr. Lawrence joined the LMH Active Medical Staff in 2005. He practices at Surgical Interventions, L.L.C., 131 McMillen Drive in Newark. Dr. Lawrence received his Doctor of Osteopathy Degree from the Kirksville College of Osteopathic Medicine in Kirksville, Missouri. He completed an internship, a general surgery residency, and a vascular fellowship at Doctors Hospital in Columbus. Dr. Lawrence’s special areas of interest include peripheral vascular, endovascular, chest and laparoscopic surgeries.

He serves on the American Osteopathic Board of Surgery, which is responsible for certifying surgeons in their fields. Dr. Lawrence is board certified in general surgery and general vascular surgery. He and his wife, Karen, have five children.

The Medical Staff Recognition Dinner was also an opportunity to recognize physicians on their five-year-increment anniversaries. Among those who were honored are:

- 45 years** John W. Houser, M.D.  
Harold E. Kelch, M.D.  
Robert P. Raker, M.D.
- 40 years** Henry D. Rocco, M.D.  
Claude Rousseau, M.D.
- 25 years** David M. Jackson, M.D.  
Donna J. McDonald, M.D.
- 20 years** Catherine A. Chiodo, D.P.M.  
David W. Koontz, D.O.  
Maureen Y. Yablonski, M.D.

The LMH Active Medical Staff is comprised of nearly 150 physicians. Information about physicians and specialties is available on the Licking Memorial Health Systems Web site, [www.LMHealth.org](http://www.LMHealth.org), or by calling the Physician Referral Line at (740) 348-4014.



## LMHS Meat Donation to Salvation Army

Licking Memorial Health Systems (LMHS) purchased the 1,316-pound grand champion market steer owned by Mariah Cherubini, a member of Utica Beef It Up 4-H Club, at the Hartford Fair in August. LMHS donated the 570 pounds of processed meat from the steer in September to the Salvation Army, located at 250 East Main Street in Newark.

# Shepherd Hill Celebrates 25 Years of Service to Community



Shepherd Hill, the Behavioral Health Department of LMH, recently celebrated 25 years of providing comprehensive care services for chemically dependent individuals. Past successful “graduates” of the program were invited to the event, which took place on September 12. The event provided an opportunity for more than 100 former patients to reconnect with fellow alumni and Shepherd Hill staff members. During the event, attendees were treated to an outdoor lunch and live entertainment.

Addiction Medicine Physician Richard Whitney, M.D., of Licking Memorial Behavioral Health – Shepherd Hill, greeted the guests, and expressed his appreciation for the determination and hard work of the graduates and medical staff. “This event is a celebration of your commitment to ensuring a life free from alcohol and drug dependency,” said Dr. Whitney. “Shepherd Hill is pleased to have been a partner in the recovery process for hundreds of individuals since 1985.”

Shepherd Hill is a nationally accredited treatment center located in Newark, 30 miles east of Columbus. Patient care units are designed to accommodate those recovering from addiction in comfortable, private surroundings within a campus setting.



## Celebrating His 99th Birthday

Dudley Diggs (center) of Harbor Hills is pictured with Licking Memorial Health Systems President & CEO Rob Montagnese and Hematologist/Oncologist Kaye Linke, M.D., as the Licking Memorial Hospital Oncology Department surprised Dudley with a celebration of his 99th birthday in September. Dudley Diggs, who is retired from Wright Patterson Air Force Base as Chief of the Publishing Division, regularly visits the Oncology Department for hematology treatments. He was born on September 13, 1911, in Greenfield, Ohio, and is looking forward to his 100th birthday next year.

## LMH Honorary Medical Staff Luncheon

In September, Licking Memorial Hospital (LMH) hosted the annual Honorary Medical Staff luncheon. Physicians receive an invitation to join the Honorary Medical Staff upon retirement from the LMH Active Medical staff. The luncheon provided an opportunity for LMH to pay tribute to the physicians who dedicated many years of their lives to the Licking County community through their efforts at LMH.

During the event, Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese expressed his gratitude to the retired physicians, “Your dedicated service has paved the way for us to remain at the forefront of health care providers in Central Ohio,” said Rob. “We are proud of your commitment to our organization, and are pleased to recognize your hard work at LMHS.”

LMH Chief of Staff Karen Smith-Silone, D.O., added, “On behalf of current LMH physicians, we are privileged to follow the positive example you have set for us. We are committed to continuing the excellent care you provided for patients, and to Improve the Health of the Community.”



Licking Memorial Health Systems President & CEO Rob Montagnese (center) greeted members of the LMH Honorary Medical Staff as they reunited at the annual luncheon. Physicians are invited to join the Honorary Medical Staff when they retire from the LMH Active Medical Staff.

# Patients Can Breathe More Easily with LMH Respiratory Services

Licking County is blessed with clean, high-quality fresh air; however, some residents are not able to enjoy the feeling of taking in a deep breath. Chronic lower respiratory diseases, such as emphysema, chronic obstructive pulmonary disease, asthma or pulmonary fibrosis, are prevalent in the U.S. A 2008 report released by the Ohio Department of Health cited this category of illnesses as the fourth leading cause of death in Licking County. Chronic lower respiratory diseases are also among the most significant risk factors for developing pneumonia. Licking Memorial Hospital (LMH) has two services, Respiratory Therapy and Pulmonary Rehabilitation, that help patients with breathing problems lead more enjoyable lives by improving the functioning of their lungs.

LMH Respiratory Therapy is aimed primarily toward diagnosing, treating and managing inpatients' pulmonary



Gus Howarth receives encouragement from respiratory therapist Rita Allen, R.C.P., C.R.T., as he exercises in the LMH Pulmonary Rehabilitation center. LMH's Respiratory Therapy and Pulmonology Rehabilitation services can help patients with chronic breathing problems enjoy more active lifestyles.

disorders. The department is staffed by Pulmonologist Eric Pacht, M.D., and licensed respiratory care therapists. Among other services, the Respiratory Therapy staff provides oxygen therapy to patients of all ages, administers nebulizer medication for patients with diseases, such as pneumonia or emphysema, manages ventilator usage, and assists in diagnosing sleep apnea. In addition, the respiratory therapists educate patients on ways to manage their conditions and improve their lung function.

Dr. Pacht also supervises LMH Pulmonary Rehabilitation, and services are available to outpatients with stable, chronic lung disease, upon their physician's referral. The program focuses on strengthening patients' lungs and improving their breathing. The licensed therapists may include oxygen treatments, medication and breathing exercises to lessen the effects of lung disease. In addition, the patients are provided education about nutrition and exercises that will benefit them.

"We cannot erase the lung damage that has already occurred from chronic lung disease," Dr. Pacht explained, "but we can greatly enhance our patients' futures. By strengthening their lungs, our patients breathe better and feel better, and they are more active for a longer time. Stronger lungs are also more capable of fighting off complications, such as pneumonia. We have had great success in promoting our patients' health with these services."

LMH's Respiratory Therapy is located on the Hospital's second floor and staffed 24 hours every day to ensure services to inpatients at all times. The Pulmonary Rehabilitation Department is located in the Cardiology Department on LMH's first floor. Appointments can be made through the patient's primary care physician, or by calling (740) 348-4191.

## First Impressions Maternal Care

Featuring Private Suites for Mothers and Newborns

At Licking Memorial Hospital, new parents can expect to receive caring, high-tech maternal care close to home. Our Maternal Child Department has been enhanced with the recent addition of new mother-baby suites, to ensure that parents are able to enjoy the private intimacy of their newborn's first hours. Our maternity experience also features:

- Complete in-room entertainment center
- Private bathrooms with shower
- Custom gourmet meal prepared by our on-site chef
- Massage therapy
- Newborn care and breastfeeding education



first impressions



Licking Memorial Hospital



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Check out our Quality Report Cards online.



# LMHS Promotes Pataskala Services at Community Events

As the population in southwestern Licking County continues to grow, Licking Memorial Health Systems (LMHS) offers quality health care at the Pataskala Health Campus so that patients can receive the care they need close to home. Through community activities this past summer, LMHS worked to increase awareness of the convenient services available to patients.

At the Pataskala Street Fair in August, LMHS provided an information booth, and staff members participated in the parade to promote Licking Memorial Urgent Care at the Pataskala Health Campus.



LMHS President & CEO Rob Montagnese and Emergency Medicine Physician Joel W. Anders, D.O., represented the Health Systems by driving a classic Ford Thunderbird in the Pataskala Street Parade.

On the first Saturday of September, LMHS presented its second Family Movie Night at the Pataskala Health Campus. More than 150 community members attended and enjoyed a free screening of the 1984 original movie classic, *The Karate Kid*. Free health screenings including blood pressure and body mass index checks were also offered prior to the event.

The final LMHS Family Movie Night for 2010 at the Pataskala Health Campus took place on Saturday, October 23. The double feature included the Disney/Pixar animated film, *Monsters, Inc.*, and Columbia Pictures' 1984 classic, *Ghostbusters*.



The outdoor LMHS Family Movie Nights at the Pataskala Health Campus were popular events in 2010.

"The LMHS Family Movie Night series was incredibly successful," LMHS President & CEO Rob Montagnese said. "Hundreds of residents brought friends and family to join us for these fun, wholesome events. In addition, the movie nights provided an opportunity for residents to become familiar with the Pataskala Health Campus. Our hope is that when they have a need for general health services or Urgent Care, they will remember the convenience of this location."

The Pataskala Health Campus is home to Licking Memorial Urgent Care, Licking Memorial Family Practice, Licking Memorial Outpatient Psychiatric Services, Licking Memorial Women's Health, Licking Memorial Pediatrics, Licking Memorial Physical Therapy and Licking Memorial Heart Center. In addition, patients may have laboratory and radiology testing completed at the Pataskala Health Campus with a physician's referral, regardless of whether or not the patient's physician is affiliated with LMHS.

## Community Education - Diabetes Awareness *(continued from front page)*



Americans are at risk. Studies also estimate that when conditions such as gestational diabetes, pre-diabetes, and undiagnosed cases are considered, overall diabetes-related costs in the U.S. exceed \$200 billion. To raise awareness about the disease, Licking Memorial Hospital (LMH) is presenting a free educational seminar to inform community members about diabetes risk factors and treatments, as well as tips for managing symptoms, such as nutritional management and exercise.

Teresa Knicely, R.N., C.C.M., C.D.E., and Annmarie Thacker, M.S., R.D., L.D., C.D.E., of Licking Memorial Community Case Management, will discuss diabetes during an educational session on Thursday, November 18, at 6:00 p.m., in Conference Rooms A & B, located on the first floor of LMH. Registration is required. To register, please call 740) 348-2527.

# TWIGS 14 Tour of Homes

Licking Memorial Hospital (LMH) TWIGS 14 will usher in the holiday season with the Holiday Tour of Homes on Wednesday, November 17, from 12:00 Noon to 3:00 p.m., and from 6:00 to 9:00 p.m. A special Preview Tour will also be offered on Tuesday, November 16, from 5:30 to 7:00 p.m., or 7:30 to 9:00 p.m.

Advance tickets for the 47th annual Holiday Tour of Homes are \$10 and are available at all Park National Bank locations. Tickets also may be purchased for \$12 during the tour at the door of any of the participating homes.

The Preview Tour tickets cost \$30 per person, and include a catered champagne reception, as well as an opportunity to visit two additional homes open only for the Preview Tour – the Gus and Laura Heisey home at 372 Granville Street in Newark, and the Mark and Linda Wilford home at 766 Crawford Road in Newark. Tickets for the Preview Tour are available only by pre-sale – no Preview Tour tickets will be sold at the door. To order Preview Tour tickets, please call (740) 334-3073 or (740) 348-4044.

The tour homes will be well decorated for the holidays to provide a festive and welcoming atmosphere. Descriptions of the tour homes are as follows:

## **Gus and Laura Heisey** **372 Granville Street in Newark**

*(Preview home – open only on Tuesday, November 16)*



The 2010 preview home is located at the entrance to one of Newark's celebrated historic areas. The Georgian-style house was built in 1917 by Gus Heisey's uncle Clarence, the last president

of the Heisey Company. The house remained in the Clarence Heisey family until the 1980s. Gus and Laura acquired the home in 2004, re-establishing family ownership. While viewing the three grand stories, guests are encouraged to take note of the original hardwood, crown molding, five working fireplaces and Heisey Glass pieces. Appetizers and desserts will be served in this gracious home.

## **Mark and Linda Wilford** **766 Crawford Road in Newark**

*(Bonus home on the Preview Tour – open only on Tuesday, November 16)*



The Wilfords' Spanish Mediterranean-style house was built in 1929 by George Ball. After moving to this area four years ago, Mark and Linda began extensive renovations to

bring the home back to an authentic period look. Linda has devoted her flair for decorating toward elaborately preparing the residence for Christmas.

## **Russ and Beth Suskind** **596 Yorkshire Drive in Newark**



Tucked back in the woods at the end of a long driveway, this innovative home was designed by owner Beth Suskind. The house features an open concept for the living room and kitchen, which are divided by a freestanding fireplace. Beth converted a room on the first floor into a year-round Christmas room for the family's enjoyment. Bird watchers may be able to spot some colorful species from the kitchen windows.

## **Grace Luikart** **1433 Estates Drive in Newark**



The Luikarts moved from Wheeling, West Virginia, 50 years ago and made Newark their permanent home. Grace began collecting character dolls, and has expanded her collection with Precious Moments dolls. Local floral designer John Edward Price will be complimenting Grace's Christmas decorations with fresh arrangements and his individual creative touches.

## **Don and Sally Wiper** **712 Friends Lane, Kendal at Granville, in Granville**



The Wipers have lived in the Granville area for 30 years, and have lived in their Kendal at Granville villa for the past two and one-half years. Don and Sally have been married 50 years, and many pieces of furniture from their first household have been incorporated into their current decor. Sally favors the use of natural elements in her Christmas decorations, including a 6-foot grapevine tree, trimmed with baby's breath and sand dollars collected from Jekyll Island in Georgia.

## **Mike and Lilly Roche** **741 Mount Vernon Road in Newark**



This historic Newark home was built in 1910 for Joseph Fitzgibbon, the county prosecutor. Mike and Lilly admired this old house, and in early 2010, they had the opportunity to purchase the residence with spacious rooms and unique flooring. After living here for only seven months, Mike and Lilly are graciously opening their doors for the TWIGS Tour of Homes.

The generosity of the participating homeowners will benefit LMH toward equipment needs and capital purchases. For more information about the TWIGS 14 Holiday Tour of Homes, please call (740) 348-4044.

# Physician Spotlight – Kevin J. Finley, M.D.



Kevin J. Finley,  
M.D.

Kevin J. Finley, M.D., 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 received his Doctor of Medicine degree at the Wright State University School of Medicine in Dayton, Ohio. He completed his family practice residency at Barborton Citizens Hospital in Barborton, Ohio.

Prior to joining 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 in Dayton. He is board certified in family practice medicine.

Dr. Finley resides in Newark with his wife, Barbra, and their five children: Austin, Mackenna, Zander, Keagan and Nash. He enjoys fishing and golf, and is planning his fourth mission trip in Haiti.

## Ask a Doc – Returning to Sports After a Concussion with Kevin J. Finley, M.D.

**Question:** My son received a concussion while playing high school football earlier this fall. Our family doctor is advising my son to avoid playing basketball this season because he still has headaches. Is that really necessary?

**Answer:** The research on concussions is still evolving, so there is no definitive guideline for how long activity should be restricted after a person suffers a concussion. However, two details included within your question lead me to agree with your physician's recommendation. First, let me explain the basics of concussions.

Concussions are a mild form of traumatic brain injury (TBI) that occur when the head (or body) receives a forceful bump. The human brain is protected by a cushion of liquid, but it may collide against the skull during the bump. Delicate brain tissue may become bruised during the accident, resulting in the concussion.

Concussion can occur whether or not the accident victim loses consciousness. In some cases, the concussion may appear to resolve almost immediately; however, in more severe cases, symptoms may last for more than a week. The symptoms of concussion include:

- Confusion
- Loss of memory or concentration
- Clumsiness
- Headache
- Nausea/vomiting
- Slurred speech
- Dizziness/imbalance
- Blurred vision
- Ringing in the ears
- Sensitivity to bright light or loud noise
- Personality changes

The Centers for Disease Control and Prevention estimates that 1.7 million Americans sustain some form of TBI each year. For adolescent boys, the sports with the highest rates of concussion are football, lacrosse and soccer. For adolescent

girls, the sports with the highest concussion rates are soccer, basketball and lacrosse.

One detail you mentioned is that your son plays sports for his high school team. Adolescents are at increased risk for permanent damage from concussion because their young brains are still developing. In past years, a player who suffered a mild head injury would often return to the game quickly. However, research has shown that an additional injury before the brain has completely healed can result in more severe and permanent damage – possibly even death. Players with head injuries should be examined immediately by a physician to determine the extent of any possible damage.

You also mentioned that your son still has headaches. This lingering symptom indicates that his concussion is not completely resolved, and sports activities could be harmful to him. In fact, as long as he still experiences concussion symptoms, he should refrain from physical exertions, such as running, bicycling and physical education classes, as well as mental exertions, such as video games, prolonged reading and taking SAT exams.

Until your physician is confident that the concussion has completely healed, you should not allow your son to resume playing sports. Although this will probably be disappointing to him now, his future health may depend upon taking a conservative and responsible course of action. Your physician knows that physical activity is an important component of a healthy lifestyle and is working toward helping your son get back to competitive sports as soon as it is safely possible.

In 2011, LMHS will add concussion screenings to the free Heart to Play sports pre-participation program that is offered to student-athletes in grades 7 through 12. Students who play in sports that are considered high risk for concussion will undergo the painless, 15-minute computer test that records baseline scores of the student's brain functions. In the event the student suffers a concussion, a follow-up test will be compared to the baseline, indicating when it is safe for the student to return to sports.



## Quality Reporting to the Community

### Patient Story and Benchmarks for Pneumonia Care



## Patient Story – Susan Gasser

After recovering from her second bout of pneumonia, 51-year-old Susan Gasser of Granville hopes she never has to battle the illness again. An experienced registered nurse, Susan knows the importance of immunizations and hand-washing in disease prevention, and she urges her friends and family to be diligent in protecting their health, too. However, as Susan learned first-hand, immunizations do not provide 100 percent protection, and she is grateful that Licking Memorial Hospital (LMH) was there to provide excellent care when she contracted the serious disease.

In August 2006, Susan had just begun a new job in Newark when her daughter, Regina, came home from summer camp, feeling unwell after being sick at the camp. Susan recalled, “The camp nurse said that Regina had an upper respiratory infection. Then I began to feel symptoms. Finally, I got to the point that I could not catch my breath. My sister ended up calling the ambulance to take me to the Emergency Department at LMH, and I was diagnosed with pneumonia. I stayed in the Hospital for several days, and then was released home with several antibiotics and an inhaler.”

At work, Susan had seen how devastating pneumonia can be, but was still unprepared for experiencing it, herself. “I had an elderly patient in a nursing home once who coughed so violently that she broke a rib. I have seen what pneumonia can do, but I was really frustrated by how long it took for me to recover. After I left the Hospital, I thought I would bounce right back, but it took at least one month to feel like myself again.”

This past spring, Susan consulted with her family physician, Jason Winterhalter, M.D., of Cherry Westgate Family Practice, because she had been frequently choking on food, and a long-existing enlargement on her thyroid gland seemed to be growing larger. Dr. Winterhalter recommended that she have the growth removed, and so she had the surgery at a Columbus hospital in April. “It seemed like I never recovered,” Susan said. “I was coughing so hard that I almost passed out. After one week, I called my sister. She came over and drove me to the Emergency Department at LMH. They performed a CT scan, and Dr. Pacht (Eric Pacht, M.D.) diagnosed me with both bronchitis and pneumonia.”



Susan Gasser (right) enjoys frequent walks in the Granville area with her daughter, Regina, and her pet dogs. Susan has found walking to be a good exercise to rebuild lung health after her recent bout of pneumonia.

This time, Susan was able to return home after an overnight stay. “Again, it took about one month to fully recover,” she remembered. “My daughter is my hero – she would come home from school and make something for me to eat. I do not know what I would have done without her. It was really hard for her to see me going through that, especially since my husband died in 2003 from melanoma. It brought back bad memories for her and scared her to see me that sick.” Three months after being released from LMH, Susan returned for a follow-up CT scan of her lungs, and Dr. Pacht assured her the pneumonia had been resolved. She still wonders why she contracted the disease twice even though she has never smoked, and had received a pneumonia vaccine and yearly flu shots. “Sometimes I think I may be more susceptible because of second-hand smoke,” she stated. “My father smoked heavily when I was growing up. My sister has also had pneumonia even though she is also a non-smoker.”

While she was in the Hospital and recovering afterward, Susan found great comfort in the capable care she received. “I had really good care at LMH and was impressed both times. I also have a lot of confidence in Dr. Pacht and Dr. Winterhalter. They both listen carefully to me and explain things to me clearly.”

Susan advises her friends and family to receive an annual flu immunization and a pneumonia vaccine if they are in an elevated risk group, as recommended by the Centers for Disease Control (CDC) and Prevention. “The vaccines have been proven to be very effective in preventing disease,” she explained. “I urge everyone to do anything they can to prevent a case of pneumonia.”

By mid-summer, things had improved for Susan and Regina. Susan has returned to spending time with her seven dogs and taking weekly walks to downtown Granville to shop at the Farmer’s Market, while Regina has entered Wittenberg University as a freshman.

*Patient Story - Susan Gasser (continued on page 16)*

# Pneumonia Care – How do we compare?

Check out our Quality Report Cards online at [www.LMHealth.org](http://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 health care choices.

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

Patients receiving antibiotic dose within 6 hours	LMH 2007 96%	LMH 2008 98%	LMH 2009 97%	National <sup>(1)</sup> 94%
Average door-to-antibiotic time	LMH 2007 162 minutes	LMH 2007 143 minutes	LMH 2009 141 minutes	National <sup>(2)</sup> 162 minutes

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

Patients receiving blood cultures prior to antibiotics	LMH 2007 98%	LMH 2008 97%	LMH 2009 96%	National <sup>(1)</sup> 92%
Pneumonia patients given the most appropriate initial antibiotic	85%	87%	85%	88%

- 3** Hospitalized patients with a condition that puts them at risk for developing complications from pneumonia and/or influenza (flu) should be screened for vaccines while in the hospital and receive a pneumonia and/or influenza vaccine, if appropriate.

Pneumonia patients screened for the pneumonia vaccine	LMH 2007 95%	LMH 2008 96%	LMH 2009 95%	National <sup>(1)</sup> 86%
Pneumonia patients screened for the influenza vaccine	92%	91%	94%	85%

- 4** Licking Memorial Health Professionals (LMHP) office patients who are at high risk for these illnesses are also screened and vaccinated as appropriate. The physicians receive updated information on which populations are at most risk, so it is important for patients to follow their advice.

Physician office patients over 65 years receiving the pneumonia vaccine	LMHP 2007 88%	LMHP 2008 87%	LMHP 2009 88%	National <sup>(3)</sup> 69%
Physician office patients over 65 years receiving the influenza vaccine	81%	80%	79%	70%

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

LMHS employees receiving the influenza vaccine	LMHS 2007 56%	LMHS 2008 77%	LMHS 2009 85%	National <sup>(4)</sup> 62%	LMHS Goal greater than 80%
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**Data Footnotes:** (1) *Hospitalcompare.hhs.gov* national benchmarks. (2) MIDAS comparative database from fourth quarter 2009 data comparing more than 525 organizations. (3) Centers for Disease Control and Prevention (CDC). *Prevention and Control of Seasonal Influenza with Vaccines. Recommendations of ACIP, 2010.* (4) Centers for Disease Control and Prevention (CDC). *Interim Results: Seasonal Influenza Vaccination Coverage Among Health-Care personnel. MMWR April 2, 2010/59 (12); pages 357-362.*



## Quality Reporting to the Community

### Patient Story and Benchmarks for Surgical Care



## Patient Story – Callie Poe

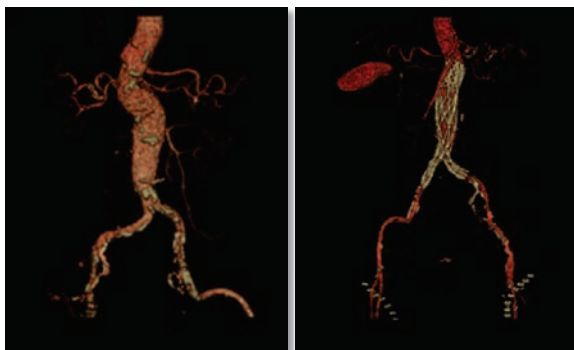
Callie Poe does not remember much that happened after 11:00 a.m., on September 11, 2010. In fact, he does not recall anything from the following four days after he suffered a ruptured abdominal aortic aneurysm (AAA), but from what his family and medical team have told him, he knows he is a very lucky man.

At 81 years of age, Callie considered himself to be in perfect health. After retiring as a corporate pilot for Columbia Gas in 1986, Callie stayed in shape with a vigorous lifestyle that included frequent golf outings and a daily routine of walking two miles and climbing a staircase several times. He also led a weekly exercise class at the Sharon Glyn Village Apartments where he lives with his wife, Gloria. “I had not been to the doctor for a complete physical for a couple of years,” Callie admitted. “I felt perfectly fine.”

On September 11, Gloria was in another area of their apartment complex, while a friend was sharing a morning chat with Callie at the kitchen table. Callie uncharacteristically began to complain of dizziness and stomach pains, and then collapsed. “It was like my lights just turned off right away,” Callie recalled. “It was very sudden, and I had no warning at all.”

The friend quickly summoned Gloria, and they called 9-1-1 immediately. Within a matter of minutes, Callie arrived at the Emergency Department at Licking Memorial Hospital (LMH). “My memory is rather hazy at this point,” Callie said, “but I remember a lot of activity. I must have had 10 people working on me all at once.”

LMH Emergency Medicine Physician Mary Jane Scott, M.D., quickly recognized the severity of Callie’s condition and ordered a computed tomography (CT) scan to be completed on location in the Emergency Department. The CT scan revealed the ruptured aneurysm, and Callie was transferred to an interventional surgery room on LMH’s second floor, where General/Vascular Surgeons Howard Reeves, D.O., and David Lawrence, D.O., were already preparing for surgery.



**Photo on the left:** This CT scan shows an aneurysm on a patient’s abdominal aorta. The aneurysm, which is a bulging and weakened area, is at risk for rupturing.

**Photo on the right:** This CT scan was taken following a procedure at Licking Memorial Hospital to repair the aneurysm by implanting an innovative Endologix Powerlink System stent. The same procedure is credited for saving Callie Poe’s life.

Dr. Reeves explained. “This kind of aneurysm is a weakened bulge in a major artery near the kidneys. The rupture measured 10.5 centimeters and was losing blood. Nationally, only 40 percent of patients with ruptured aneurysms survive, so every passing second was critical to Callie’s outcome. We also discovered that Callie had suffered a heart attack before he arrived at LMH, so his condition was quite precarious.” For more than two hours, the surgical team painstakingly repaired the rupture and installed a spiral-shaped endovascular aneurysm repair stent inside the area to seal off the leak.

Out of surgery, Callie stayed in the Intensive Care Unit (ICU) for one week. “Callie had been through quite an ordeal,” Dr. Reeves said, “but after the leaking aneurysm was stabilized, he began to recover quickly – probably due to his very active lifestyle and physical fitness.”

From the ICU, Callie was transferred to the fifth floor for further care and monitoring. With an incision on each side of his groin and another on his arm, he was sore, but eager to return to his normal routine at home. “On my second day out of the ICU, I told the doctor I wanted to go home,” Callie said. “He said I could be dismissed just as soon as I successfully ate a full meal. That night they served meat loaf and mashed potatoes – it was so good that I ate the whole thing! Sure enough, I went home the next day.”

One of the most significant risk factors for AAA is family history. “My dad had an aneurysm, but he was 90 years old when it was discovered, and he never needed surgery for it,” Callie said. “Now we know that there is a risk for all our family members. At one point, all four of our grown children were at my bedside in the Hospital, and Dr. Reeves walked in. He told all of them that they need to have themselves checked for aneurysms throughout the rest of their lives. I think they understand how important that is.”

Patients with AAA often do not have any noticeable symptoms. Those who do have symptoms may notice some abdominal bloating, an early “full” feeling when eating,

*Patient Story - Callie Poe (continued on page 16)*

# Surgical Care – How do we compare?

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

Check out  
our Quality  
Report Cards online  
at [www.LMHealth.org](http://www.LMHealth.org).

- 1** Conscious sedation allows patients to tolerate unpleasant procedures while maintaining adequate breathing and the ability to respond to stimulation. Most of the drugs used in conscious sedation can be reversed fully or partially if necessary. However, careful patient assessment and monitoring reduce the need for reversal agents and improve patient outcomes. Therefore, minimal use of reversal agents is a good indicator of quality in conscious sedation.

	LMH 2007	LMH 2008	LMH 2009	LMH Goal
Use of reversal agent for GI procedures	0.12%	0.08%	0.15%	less than 0.90%

- 2** The health care team at Licking Memorial Hospital follows a multiple-step process to prevent wrong-patient, wrong-procedure or wrong-site surgery (e.g., surgery performed on the left foot instead of the right foot). This process includes left or right designation at the time the surgery is scheduled, verification of the site on the day of surgery with the patient and the patient's current medical record, marking the site, and final verification in the operating room.

	LMH 2007	LMH 2008	LMH 2009	LMH Goal
Number of surgeries	6,065	6,579	6,938	n/a
Wrong-site surgeries	0	0	0	0
Surgical site verification checklist completed	99%	100%	99%	100%

- 3** Receiving the appropriate antibiotic within an hour before surgery reduces a patient's risk for developing infection. Additionally, discontinuing use of antibiotics within 24 hours after surgery lessens the patient's risk of developing antibiotic-resistant bacterial infections. Medical studies have shown that the use of certain antibiotics, specific to each surgery type, can be most effective at preventing infections after surgery.

	LMH 2007	LMH 2008	LMH 2009	National <sup>(1)</sup>
Antibiotic received within 1 hour	95%	93% <sup>(2)</sup>	95%	92%
Antibiotic selection accurate per national recommendations	93%	97%	99%	95%
Antibiotic discontinued within 24 hours	94%	88%	95%	90%

- 4** The removal of hair from the site of surgery is an important way to prevent infection. Using a razor to remove hair can cause tiny breaks in the skin which increase the risk of infection after surgery. This measure tracks the percentage of times that patients had hair removal performed by clippers or other means which are less likely to cause infection than razors. In certain instances, clippers may not be the ideal form of hair removal, and razors may be used.

	LMH 2007	LMH 2008	LMH 2009	National <sup>(1)</sup>
Appropriate hair removal performed	99%	99%	99%	98%

- 5** Medical studies have shown that if patients experience hypothermia (low body temperature) during and after surgery, they have a greater risk of developing complications. Effectively warming patients during surgery can ensure their body temperatures remain in normal range. This measure tracks the percentage of patients at LMH who had a normal body temperature immediately after surgery.

	LMH 2009 <sup>(3)</sup>	LMH Goal
Peri-operative temperature within normal range	100%	greater than 90%

*Surgical Care – How do we compare? (continued on page 16)*

**6** VTE, or venous thromboembolism, is the medical term for a blood clot that forms in a vein. Surgery increases the risk of VTE, and while most clots can be treated, some can be life-threatening. It is recommended that hospitals use medications and mechanical devices to prevent the formation of blood clots. While all patients receive at least one form of intervention, primarily mechanical, LMH tracks the percentage of patients who correctly had these interventions activated, based on CMS guidelines, within 24 hours of surgery.

	LMH 2007	LMH 2008	LMH 2009	National <sup>(1)</sup>
VTE prophylaxis ordered	92%	86%	80%*	88%
VTE prophylaxis started within 24 hours of surgery	81%	75%	64%*	87%

\* Changes have been made to improve these rates. For the first half of 2010, “VTE prophylaxis ordered” rates improved to 93%, and “VTE prophylaxis started within 24 hours of surgery” rates improved to 90%. Both measures now exceed national averages.

**7** LMH tracks surgery patients who received a beta blocker prior to their procedures, or immediately afterward.<sup>(4)</sup> Studies show that beta blocker medication used in this manner has reduced incidences of heart attack or death after a non-cardiac surgery.<sup>(5)</sup>

	LMH 2008 <sup>(6)</sup>	LMH 2009	National <sup>(1)</sup>
Beta blocker prior to admission and peri-operatively	96%	88%	87%

**8** Licking Memorial Hospital patients who have had total joint surgeries, including hip and knee operations, tend to be able to return home to recover more quickly than patients undergoing the same procedures elsewhere. Offering physical therapy on weekends and new medications are two factors that have lessened hospital stays for these patients.

	LMH 2007	LMH 2008	LMH 2009	National <sup>(7)</sup>
Primary total joint patients with length of stay six days or less	99%	100%	98%	94%

**Data Footnotes:** (1) *Hospitalcompare.hhs.gov* national benchmarks. (2) Due to changes in data abstraction guidelines, 2008 data omits January information as it is not reflective of process quality. (3) National data collection began fourth quarter 2009. (4) *Specifications Manual for National Hospital Inpatient Quality Measures*. (5) *New England Journal of Medicine*, 2005. (6) National data collection began first quarter 2008. (7) *Midast+ Comparative Database*.

*Patient Story - Susan Gasser (continued from page 12)*

The CDC recommends the pneumonia vaccine for individuals over the age of 65 years. In addition, adults younger than 65 years are urged to receive the immunization if they smoke, have a suppressed immune system, or have a chronic disease, such as diabetes, HIV, or asthma.

Complications from influenza, commonly called the flu, can lead to pneumonia, so patients who are at risk for developing pneumonia are also urged to receive annual flu shots. LMH is offering the seasonal influenza vaccine at the LMH Flu Clinic,

located at the Indian Mound Mall in Heath, near Entrance B. The Clinic is open on Tuesdays and Thursdays, from 8:30 a.m. to 4:00 p.m., October 5 through November 30 (closed Thanksgiving Day).

The cost is \$25 by cash, check or credit card. The LMH Flu Clinic also accepts Medicare or Medicare HMO, traditional Medicaid or Medicaid HMO (Molina or Caresource) or MedBen Insurance. No appointment is necessary. For more information, please call (740) 348-7091 for a pre-recorded message.

*Patient Story - Callie Poe (continued from page 14)*

radiating back pain, abdominal pain that radiates to the legs, or a pulsating mass on the abdomen. In addition to family history, risk factors for developing AAA include:

- Being a male (or a female with a family history of aneurysms)
- Being 65 to 75 years of age
- Currently being a smoker, or having previously smoked at least 100 cigarettes
- Having high blood pressure

Anyone, male or female, who has symptoms of AAA or has all the risk factors, should consult a physician. Screenings for AAA can be done with a physician’s examination, or with painless ultrasound imaging procedures.



# Two New Surgeons Join Licking Memorial Surgical Services

Licking Memorial Surgical Services is proud to announce the addition of two surgeons, Raymond J. Gagliardi, M.D., FACS, and Brent M. Savage, M.D., to the practice. Both physicians are board certified in general surgery.



Raymond J. Gagliardi, M.D., FACS, and Brent M. Savage, M.D., recently joined Licking Memorial Surgical Services.

Dr. Gagliardi specializes in advanced laparoscopic procedures and gastrointestinal surgery. His particular areas of interest are gastric, esophageal, hepatico-pancreatico-biliary, as well as abdominal solid organ surgical procedures. Dr. Gagliardi received his Medical Degree at The Ohio State University. He completed his surgical internship at the University of Illinois at Chicago, and his general surgical residency and fellowship at The Ohio State University. He is a member of the American College of Surgeons and the American College of Physician Executives.

Dr. Savage's special areas of interest include laparoscopic and abdominal procedures. He also provides services for the Wound Clinic at Licking Memorial Hospital (LMH) and treats abdominal and breast diseases. Dr. Savage received his Medical Degree from Northeastern Ohio Universities College of

Medicine in Rootstown, Ohio. He completed an internship in pediatrics at Children's Hospital Medical Center of Akron in Akron, Ohio, and an internship in general surgery at Wright State University School of Medicine in Dayton, Ohio. He also completed a residency in general surgery at Wright State University School of Medicine.

Christine McGee, Vice President Physician Practices, said, "We are pleased that Dr. Gagliardi and Dr. Savage decided to devote their expertise at Licking Memorial Surgical Services.

As more patients request to have their surgical procedures completed close to home, we are now better able to meet their needs and schedule their procedures sooner."

Dr. Gagliardi and Dr. Savage join General Surgeon Larry N. Pasley, M.D., FACS, who has been at the Licking Memorial Surgical Services practice since 2003, and has been a member of the LMH Active Medical Staff since 1981. All three surgeons are accepting new patients. To make an appointment at Licking Memorial Surgical Services, located at 1272 W. Main Street, Building 5, please call (740) 348-1880.

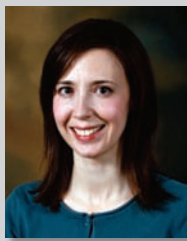
## New Appointments



**Paul G. del Valle, M.D.,**  
joined Licking Memorial  
Anesthesiology.



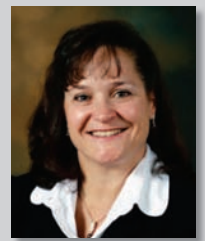
**Raymond J. Gagliardi,  
M.D., FACS,**  
joined Licking Memorial  
Surgical Services.



**Karen E. Gill, C.N.P.,**  
joined Licking Memorial  
Family Practice – Pataskala.



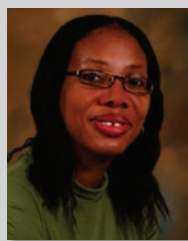
**Jaime T. Goodman, M.D.,**  
joined Licking Memorial  
Endocrinology.



**Tina M. Harmon, CRNA,**  
joined Licking Memorial  
Anesthesiology.



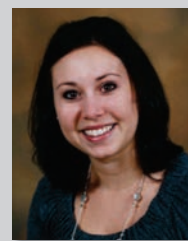
**Robert J. Herbert, D.O.,**  
joined Licking Memorial  
Family Practice – Pataskala.



**May U. Mbah, M.D.,**  
joined Licking Memorial  
Hospitalists



**Brent M. Savage, M.D.,**  
joined Licking Memorial  
Surgical Services.



**Jennifer R. Wilson, C.N.P.,**  
joined Licking Memorial  
Pediatrics – Pataskala.

# Licking Memorial Hospital Development Council Annual Support Committee Focuses on Community Support

The Licking Memorial Hospital (LMH) Development Council was established to conduct charitable giving activities for the benefit and support of LMH, and to facilitate educational programs, roundtable discussions, and forums to enhance the Hospital's relationship with the community. The LMH Development Council consists of the Executive Committee, Annual Support Committee, Community Relations Committee and Education & Membership Committee.

"The primary focus of the Annual Support Committee includes identifying giving opportunities throughout the community, encouraging employee giving through the PRIDE program, and soliciting honorary and memorial gifts," said Veronica Link, Vice President Development & Public Relations. "Their work is crucial to enhancing our ability to grow as an organization."

One of the Committee's current giving projects includes the Paving Our Future program, which allows community members, organizations and employees to purchase commemorative bricks that can be personalized to recognize family members, friends or companies. The bricks are then installed in four prominent locations on the Hospital grounds.

Annual Support Committee leadership includes Chairman Thomas Cummiskey, Vice President and Trust Officer of Park National Bank, who joined the Council in 2004, and Vice Chairman Cara Riddel, Human Resources Director for New Albany Schools, who joined the Development Council in 2007.

The LMH Development Council was established in 1987 to increase charitable giving to LMH, and to enhance and promote meaningful community relations for the Hospital. Approximately 75 community volunteers serve on the three committees as Hospital ambassadors.



The Paving Our Future project is an opportunity for donors to show their support for Licking Memorial Hospital. Community members, organizations and employees may purchase commemorative bricks with a personalized message. Call (740) 348-4102 for more information.

## 2010 LMH Development Council Annual Support Committee

Thomas Cummiskey, Chair

Cara Riddel, Vice Chair

James Atkinson

Carol Barnes

Mike Buskirk

Mary Jane Carrier

Cindy Davis

Jill Evans

Donald Hill

Jeff James

Charles Johnston

Nicole Judd

Jerry McClain

James Mitchell

Doris Spriggs

Russell Suskind

Douglas Ute

Ashley Wade

Charles Walker

Joy Weaver

Cindy Webster

Ann Wood

# LMHS Recognizes Donors at Annual Receptions



Annual Support Committee Chairman Tom Cummiskey, thanked donors for their generous support.

Donors were thanked during the annual Appreciation Reception on September 13, and the PRIDE Appreciation Reception, held for Licking Memorial Health Systems (LMHS) employees on September 14. These events provide an opportunity for donors to be recognized for their generous gifts

and receive information on current and future projects. The donations are utilized to purchase new medical equipment and technology, and enhance the health care facilities at Licking Memorial Hospital (LMH) to Improve the Health of the Community.

Robert McGaughey, Chairman of the Development Council, welcomed attendees at the September 13 event and expressed his gratitude. "Your donations allow the Health Systems to remain at the forefront of technology, and truly make a difference in the care of our patients."

Rob Montagnese, LMHS President & CEO, said, "More than \$1 million has been raised since the inception of the PRIDE program. It is a true testament to the quality of our employees and their commitment to the organization. We appreciate our donors and their contributions for the Health Systems."

Tom Cummiskey, Chairman of the Development Council Annual Support Committee, recognized donors who reached new giving milestones, at increments of \$500. These donors received a new piece from the LMHS Main Street Collection, a series of hand-painted replicas of LMHS buildings and prominent landmarks located throughout the Health Systems.

The latest addition to the Main Street Collection was unveiled at both events. The new piece represents the Water Wall, which is located in the Surgery waiting area on the second level. The Lindorf Family Foundation's generous Founder Level gift in 2007 made this aesthetic feature possible. This Water Wall was presented to donors who have reached the \$6,000 giving milestone.

Currently, all unrestricted contributions to LMH are used for the Interior Space Renovation Project. For more information regarding LMHS giving opportunities, please call (740) 348-4102.

Main Street Collection figures represent the following donor levels:

\$500 – Wyoming Street Hospital	\$2,500 – Caduceus Fountain	\$4,500 – John & Mary Alford Pavilion
\$1,000 – Buena Vista Street Hospital	\$3,000 – Shepherd Hill	\$5,000 – North Newark
\$1,500 – West Main Street Hospital	\$3,500 – Pataskala Health Campus	\$5,500 – LMPC Health Office
\$2,000 – Family Medical Center	\$4,000 – Women's Health Center	\$6,000 – Water Wall

## Donors

Contributions to Licking Memorial Health Foundation are used toward new equipment and services at Licking Memorial Hospital. To learn more about giving opportunities, please call (740) 348-4101.

### 2010 LMH GOLF GALA

Clean Innovations  
 Courtesy Ambulance  
 General Graphics  
 Home Instead Senior Care  
 Liberty Dodge Chrysler Jeep  
 Limbach Company  
 Red Vette Printing Company  
 Sauer Incorporated  
 Turner Construction  
 U.S. Foodservice

### COMMUNITY CORNERSTONE

Glenn and Alice Ann Abel  
 Julie Barrett  
 Jack and Bev Crockford  
 James and Karen Dellner  
 Nasie Gallagher  
 William and Virginia Lavelle  
 Geraldine Marston  
 Nelson and Kathleen McCray  
 James and Nancy Mitchell  
 Dr. and Mrs. Sy Viet Nguyen  
 Jack and Ann Oberfield  
 Robert and Alexa O'Neill  
 Judith and Robin Pierce  
 Cal Prine

Frank and Dusty Stare  
 Carol Wollenburg  
 Craig Young  
 Verna Zelein

### GENERAL FUND

Marc and Connie Guthrie

### HONORARY DONATION

In honor of Angela Morris, M.D.  
 by Ms. Hazel Morgan  
 In honor of Eric Pacht, M.D.  
 by Ms. Hazel Morgan  
 In honor of Richard Simon, M.D.  
 by Ms. Hazel Morgan

### JOHN ALFORD FELLOWSHIP

Sharon Hively

### MEMORIAL DONATIONS

In memory of Dora Stasel  
 by Miss Clarissa Ann Howard

### PAVING OUR FUTURE

James and Beth Atkinson  
 Tom and Kathy Bradley  
 Nasie Gallagher

Patricia Goddard  
 Mr. and Mrs. Patrick Jeffries  
 Debra Matesich  
 Willard and Thelma McCurdy  
 David Meckley

### PRIDE CORNERSTONE BRONZE

Susan Blackstone  
 Lisa Burns  
 Kendra Connell  
 Patrick Carter  
 Jerry Heddleson  
 Eydie Koski  
 Brian Merritt  
 Fran Pound  
 Dawn Yoder

### PRIDE CORNERSTONE SILVER

Audrey Garove

### WILLIAM SCHAFFNER SOCIETY

Tom and Kathy Bradley  
 Jeanine Fisher  
 Holly Slaughter  
 David and Christina Claypool

# TWIGS Holiday Recipes

In celebration of the 60th anniversary of the Licking Memorial Hospital (LMH) TWIGS (Togetherness, Willingness, Imagination, Giving, Sharing), a home-style cookbook has been created, using more than 100 recipes submitted by TWIGS members, volunteers, Hospital employees, retirees, and LMH Board members. There are currently six active TWIGS groups – 4, 6, 8, 13, 14 and 24 – that focus on initiating fundraising activities to benefit LMH.

The TWIGS Cookbook is one of the organization's many philanthropic projects, and is available for purchase by contacting the LMH Volunteer Department at (740) 348-4044. Below are two recipes from the TWIGS Cookbook, which are perfect for holiday gatherings with friends and family. We hope you and your family enjoy these recipes in good health!



## Apple Rosemary Pork Tenderloin

Judy Mackey, TWIGS 8



### Ingredients:

4 tsp. fresh rosemary  
1½ tsp. dried thyme  
1½ tsp. dried marjoram  
Salt and pepper to taste  
3 lbs. pork tenderloin, trimmed  
¼ cup apple cider

### Water

3 Granny Smith apples, cored and cut into 1-inch pieces  
1 large red onion, cut into 1-inch pieces  
5 tbsp. brown sugar  
⅓ cup flour  
¾ cup maple syrup

### For roast:

In a small bowl, combine rosemary, thyme, marjoram, salt and pepper. Rub the mixture over tenderloin. Place in a container and pour cider over roast. Add water until pork is completely submerged. Cover and refrigerate overnight. Preheat oven to 325 degrees. Place roast in pan, elevated from the bottom. Pour marinade around the meat. Bake until meat reaches 160 degrees. Transfer roast, apples, and onion to a serving platter.

### For gravy:

Brown flour in a skillet. Pour the marinade drippings into the skillet. Stir in syrup. Cook and stir over high heat until liquid has thickened to desired consistency. Slice and serve with gravy.

## Apple Strudel

Donna Abend, TWIGS 6



### Dough:

1 cup butter  
3 egg yolks  
2 tbsp. vinegar (apple cider variety preferred)  
2 cups flour  
¼ water

### Filling:

1 tbsp. flour  
1/3 cup raisins  
2 graham crackers, crushed  
3 tbsp. butter, divided  
3 large apples, peeled and sliced  
2 tbsp. sugar (or more if apples are tart)  
½ tsp. cinnamon  
1/3 cups nuts, chopped

### Directions:

In large mixing bowl, cut butter into flour with a pastry blender until mixture is crumbly. Combine egg yolks, vinegar and water in a small bowl and add to flour mixture. Mix and knead about 5 minutes. Dough will be soft. Divide dough into 3 parts and refrigerate at least 2 hours or overnight.

Prepare apple filling, combining all the remaining ingredients except graham cracker crumbs and butter. Preheat oven to 375 degrees. Roll out portion of dough into a 13x10 rectangle. Sprinkle crushed graham crackers over middle third of dough. Spread apple filling over middle third. Dot with about one tablespoon of butter. Lift sides of dough over filling, then enclose ends. Place on baking sheet. Brush with beaten egg whites. Sprinkle with sugar. Repeat with remaining portions of dough. Bake at 375 degrees for 30 to 40 minutes. Cool on cookie sheets.

# TWIGS COOKBOOK



**GREAT  
GIFT IDEA!**

Cookbooks are available  
for purchase at the cost of \$15 each at:

## Licking Memorial Hospital Gift Shop

Located on the first floor of the Hospital.

**Available November 29, 2010**

All proceeds benefit Licking Memorial Hospital.



**TWIGS of  
Licking Memorial Hospital**

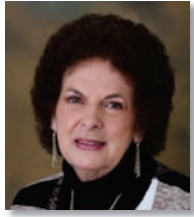
Togetherness, Willingness, Imagination, Giving, Sharing



**Licking Memorial Hospital**

1320 West Main Street • Newark, Ohio 43055  
(740) 348-4000 • [www.LMHealth.org](http://www.LMHealth.org)

# Volunteer Spotlight – Joyce Clemings



Joyce Clemings

As a youth, Joyce Clemings wanted to be a volunteer “candy striper” at a hospital. While she did not have an opportunity to serve in that role as a teenager, Joyce continued to seek ways to help others throughout her life. Following the passing of her husband in 2004, Joyce was urged by her daughter to fulfill her youthful goal. “My daughter said that volunteering at

Licking Memorial Hospital (LMH) would be an excellent way for me to give back to the community while keeping myself busy,” Joyce explained.

Joyce now donates her time in the LMH Mailroom one day each week. “I look forward to making deliveries every Wednesday,” she said. “I just love working with the Mailroom

employees and fellow volunteers. I am always excited to come to work, and I value my time at LMH.”

Carol Barnes, Director of Volunteers, TWIGS and Events, said that Joyce’s contribution enriches the work environment at LMH. “Joyce is always willing to assist in any way she can, and she has such a warm personality. It is a pleasure to work with her.”

In addition to serving as an LMH volunteer, Joyce also volunteers with Touching Little Lives, an organization that donates handmade blankets and clothing items to premature babies. She attends Northside Baptist Church in Newark, and maintains a full personal schedule by caring for her father and aunt, and enjoying time with her son, Jeff, daughter, Mickey, 10 grandchildren and 13 great-grandchildren.

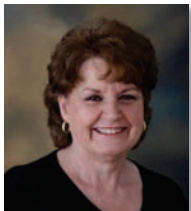
# Web Site Tip – Wait Time Comparisons

Community members can now compare wait times online for Licking Memorial Hospital’s Emergency Department and Licking Memorial Urgent Care, to help them decide where to receive treatment. Urgent Care, which opened in April 2009 at the Pataskala Health Campus, is an alternative to emergency care for patients who need immediate medical care for an illness or injury that is not life-threatening. The online information shows the average wait times at both locations over both the previous four hours, and also the past 24-hour timeframe. The page also indicates, in real time, the number of patients waiting at each facility. To access this information, visit [www.LMHealth.org](http://www.LMHealth.org), and scroll to the bottom of the home page. Click on one of the links in the wait time information box to view specifics for each facility.

More information about the LMH Emergency Department and Urgent Care is available on our Web site. For further assistance, please call (740) 348-4000.



# Retiree Spotlight – Brenda Holman



Brenda Holman

Brenda Holman joined Licking Memorial Health Systems (LMHS) in 1988 as a Housekeeper. She later transferred to the Purchasing Department, where she served as a Materials Processor, and was promoted to Purchasing Manager in 2004. As Purchasing Manager, one of Brenda’s largest assignments included the installation process for the Pyxis® supply software

at LMHS, which is an automated inventory and supply management system designed to improve accountability of inventory while minimizing errors and waste. “I had the opportunity to work with a talented team on the Pyxis® project, and am proud of the work that we performed,” she said.

Brenda valued the friendships she formed during her 19 years of service at Licking Memorial Health Systems and said that she enjoyed the challenge of her managerial role at LMHS. “I enjoyed the fast-paced nature of my work, and always felt appreciated. The most rewarding part of my job was providing crucial supplies to employees throughout the Health Systems, and feeling like I was making a difference,” said Brenda.

She has maintained a busy schedule since retiring from LMHS in 2007. Brenda enjoys spending time with her three children, and four grandchildren. She is also looking forward to a Caribbean cruise in January with close friends, who are also former LMHS coworkers. Brenda and her husband, Carl, celebrated their 50th wedding anniversary in October of this year.



*Wishing you a happy and healthy 2011!*



Licking Memorial  
Health Systems



## Licking Memorial Health Systems

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

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# Community Events

For more information about any LMHS event, please call (740) 348-1572, or visit [www.LMHealth.org](http://www.LMHealth.org)

## Diabetes Awareness

Thursday, November 18 at 6:00 p.m.

Licking Memorial Hospital  
Conference Rooms A&B, First Floor

The class is free; and registration is required. Call (740) 348-2527 to register. See front page for more details.

## Safe Sitter

Saturday, December 18 and Sunday, December 19

9:00 a.m. to 4:00 p.m.

Licking Memorial Hospital  
Auditorium, Ground Floor

This two-day class is geared toward teaching responsibilities of child care 11-to-13-year-olds. The fee is \$40, which includes a Safe Sitter kit. To register, or for more information, call (740) 348-4343. See front page for more details.

## Ask the Doc

Saturdays, from 9:00 to 10:00 a.m. No charge.

Shepherd Hill, 200 Messimer Drive

A physician knowledgeable in the field of chemical dependency will answer questions. Open to the public. Call (740) 348-4878 for more information.

## Diabetes Self-Management Classes

Licking Memorial Diabetes Learning Center  
1865 Tamarack Road, Newark

Tuesday classes

Wednesday classes

9:00 to 11:00 a.m.

1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

Diabetes Self-Management is a series of four classes providing information on all aspects of diabetes.

Instructors include registered nurses, dietitians and a pharmacist who have received extensive training in diabetes management.

Registration and physician referral are required. To register for the classes, call (740) 348-4722. For information regarding course fees, call (740) 348-4915. Fees vary depending on insurance coverage.

## First Impressions - Maternal Child Classes

- Childbirth Education Classes
- Maternity Tour
- Stork Tour
- Breastfeeding Class
- Infant and Child CPR
- Sibling Preparation Class
- Parenting Class

For more information or to register, call (740) 348-4346 or e-mail: [firstimpressions@LMHealth.org](mailto:firstimpressions@LMHealth.org).