

Community Connection

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Perinatal Nurse Navigator Joins LMH Maternal Child Department

In an effort to provide additional support to expectant mothers, Licking Memorial Hospital (LMH) is now offering the services of a perinatal nurse navigator. A registered nurse specially trained in maternal and pre-, intra- and post-natal care, the perinatal nurse navigator supports women while they learn to self-navigate their health care and the health care of their baby, developing a relationship with the parents through the perinatal stages of pregnancy, delivery and the newborn's first year of life.

The mortality rate in Ohio of infants less than one year old ranks as one of the highest in the nation. There are many factors that play a vital role in reducing the infant mortality rate. The most critical priority is to ensure that women and children have early access to health care. By initiating the role of the perinatal nurse navigator, LMH is directly addressing this important issue. Women and children at risk for receiving little to no care face many barriers that prevent them from obtaining this life-saving care and education.

Although Ohio is rich in medical and community resources, the at-risk patients who need consistent care often do not have appropriate access to these resources. Transportation, lack of education, childcare, other obligations, fear of agencies, poor or no housing, and inability to manage daily activities are a few of the barriers that prevent critical

healthcare access for these women and children. Prenatal factors have wide-ranging effects on a woman's health and the likelihood of her newborn reaching their first birthday.

At-risk women who struggle with obtaining prenatal care are at the heart of Ohio's staggering infant mortality rate. By providing an individual to help remove barriers and guide them through the perinatal period and remain connected throughout the first year of the newborn's life, LMH is able to proactively improve pregnancy outcomes for both the mother and her baby. The perinatal nurse navigator is available to all patients, and assists expectant mothers with acquiring self-navigating skills, while also providing support, education and community resources to positively affect the health of the entire family.

Depending on each participant's identified needs, the perinatal nurse navigator will provide oversight for ensuring patients have access to perinatal education, child care, nutrition information, housing resources, education about family dynamics and proper family spacing, mental health, drug and alcohol addiction services, smoking cessation programs, and basic skills, such as how to purchase groceries and prepare healthy meals on a budget. Education for fathers regarding coping with a child in the home also will be provided.

For women who are at high risk for preterm birth, the navigator will arrange for transportation or home progesterone injections, if needed, in accordance with a new initiative of the Ohio Perinatal Quality Committee. Following delivery of the infant, the LMH perinatal home visitation nurse will complete a home study for mother and baby.

The perinatal nurse navigator also will coordinate perinatal and pediatric patient centering – a highly successful practice for at-risk patients. Patient centering is defined as a group of six to eight women who are relatively similar in gestational stage of pregnancy. The group will meet monthly for a two-hour appointment. During this time, patients will visit the midwife for personal physical assessments and participate in group activities and educational presentations such as smoking cessation, breastfeeding, domestic violence and infant care. Additionally, the navigator overseeing the patient centering program will work individually with each patient regarding community resources to assist in meeting their specific needs. Patient centering appointments will be held at Licking Memorial Women's Health – Downtown Newark, centrally located for patients to easily access.

"We are excited to offer this new service to our expectant mothers," said Lynda Hoffman, Director of Maternity Services, "and plan to begin our first patient

centering group in February. Not only will our mothers and babies be better able to reach the best possible outcomes regarding their health care, they also will have the opportunity to engage socially and build relationships."

Factors such as transportation and childcare will be individually addressed to ensure there are no barriers preventing patients from attending their centered clinical visit. Each session will include a healthy snack, an educational session, a physical exam and an opportunity for the group to share support ideas. The group continues through the 40 weeks of pregnancy and comes to completion with a baby shower.

The perinatal nurse navigator will ensure that the newborn pediatric follow-up appointments are scheduled and confirm there are no barriers to keeping the appointments. Patient centering appointments continue after birth and the navigator connects with the mother for vaccination reminders and milestone appointments at two weeks, one month, three months, six months and one year. The patient centering group concludes with a first birthday celebration for mothers and babies. The perinatal nurse navigator is a guide and mentor to self-reliance through a personal relationship for individualized reduction of barriers to health care.

LMH Installs Cutting-edge Newborn Safety System

Licking Memorial Hospital (LMH) recently installed a new and innovative Infant Safety System developed by CertaScan Technologies, becoming the first hospital in Ohio to provide this pioneering service to parents and the Licking County community. The proprietary system allows the Hospital to capture high resolution newborn footprints which can be used for precise forensic identification in situations such as abduction, missing individual or natural disaster.

The Newborn Safety System, which uses LiveScan Technology, has garnered attention and praise from the National Center for Missing and Exploited Children (NCMEC) and has been included as a recommendation for hospitals in its most recent Infant Security Guidelines. CertaScan is HIPAA compliant and captured data and images are encrypted to meet the Federal Information Process Standard. The digital identification system for newborns provides an extra layer of infant security and safety with technology that allows for almost instantaneous registration of footprints. Footprints from birth are a recognized and viable means to uniquely identify each baby. The resolution of the CertaScan footprint meets the Federal Bureau of Investigation standard for fingerprint ID. CertaScan also provides hospitals and law enforcement officers with 24/7 access to footprint forensic specialists to confirm identities.

"We continually strive to provide exceptional care for our patients and are proud of the high quality infant safety measures that CertaScan offers," said Rob Montagnese, Licking Memorial Health Systems President & CEO. "The safety and security of our patients, especially our smallest ones, is a top priority."

Additionally, each new mother receives an attractive certificate of her newborn's footprint with the baby's name, birth date

and time, weight, and height. Parents also may visit the company's website (www.firstfootprint.com) and download and print a copy of the certificate received at the Hospital, download a digital copy of the baby's footprint for safekeeping, or customize the newborn's footprint certificate.

CertaScan is entirely safe for use on infants and provides outstanding footprint quality, detecting the ridges in each infant's footprints. The system is inkless and decreases staff time requirements by over 70 percent. The digital footprints, as well as a security photo and the mother's fingerprints, are stored efficiently in the newborn's electronic medical record. Similar to fingerprints, footprints are a unique biometric that can be used for identification throughout a lifetime.



Women's Health Opens Downtown Newark Location

Licking Memorial Women's Health has opened a new office at the Gerald K. McClain Building in Downtown Newark to increase access to health care for downtown and eastern Licking County patients. Janae Davis, M.D., has relocated her practice to Downtown Newark and offers care on Monday, 9:00 a.m. to 6:00 p.m., Tuesday, Wednesday and Thursday, 8:00 a.m. to 4:00 p.m., and Friday, 8:00 a.m. to 2:00 p.m.

Licking Memorial Women's Health – Downtown Newark provides a specialty of obstetrics and gynecology which focuses on the unique healthcare needs of women. Dr. Davis offers care for pregnant women before, during and after the birth of their babies. She also specializes in the prevention, diagnosis and treatment of gynecological problems for women of all ages. Licking Memorial Women's Health provides a wide range of services, including office-based and hospital care. For more information, please call (220) 564-7940.



Project SEARCH Interns Find Success

In 2016, Licking Memorial Health Systems (LMHS) formed a partnership with Licking County Education Service Center, Opportunities for Ohioans with Disabilities, Greenleaf Job Training Services, Inc., and the Licking County Board of Developmental Disabilities to offer a unique one-year high school transition program. The Project SEARCH program occurs onsite at LMHS and is designed to assist fifth-year high school seniors with disabilities in gaining valuable on-the-job experience and prepare for future employment. The interns are immersed completely in the LMHS environment, spending time in a number of different departments where they master competitive entry-level employment objectives.

The interns begin the day in the classroom to learn the basics of obtaining employment, including resume and cover letter writing, job search techniques, interviewing abilities and different forms of presentation. The group also focuses on personal characteristics such as social and coping skills needed to be successful in any career field. On completion of the classroom work, the participants report to LMHS managers at the internship sites to complete assigned job tasks. The LMHS managers collaborate with Project SEARCH staff and job coaches to support the interns and provide challenging tasks to build the interns' confidence in addition to job skills. The year-long program

includes three rotations for each intern – offering the individual the opportunity to choose three different areas of LMHS they feel would best suit their interests.

Project SEARCH is now in its third year. Licking County High Schools including Newark, Heath, Granville, Licking Heights and Watkins Memorial have encouraged their students to participate in the program. During Project SEARCH's inaugural year (2016-2017), the interns were offered opportunities to work in a number of different areas of LMHS including Acute Inpatient Rehabilitation, the Medical/Surgical unit, Labor & Delivery, Sterile Processing, the Emergency Department, Cardiology, Laboratory, Health Information, Purchasing, Engineering, Culinary Services and a Physician Practice. The interns proved to be eager to learn and willing to work. All eight of the graduating interns obtained employment after completing the program. Two of the interns currently are employed at LMHS, and both assist in two different departments. One assists in the Health Information department and Printing Services, while the other serves as a Point of Care Technician for a Physician Practice and also assists in the Central Billing Department. Other members of the first group now are employed in local restaurants, at area stores and two were hired to fill positions at the Defense Supply Center Columbus (DSCC).

In the second year (2017-2018) of Project SEARCH, new opportunities were provided to the interns including an internship with Concierge Services. Those who chose to work in the Concierge Office learned customer service skills such as operating a cash register and assisting in wrapping gifts for LMHS employees. Again, the nine interns who graduated from the program made the most of the opportunities presented to them. Three interns were hired by LMHS for temporary positions with Culinary Services and Environmental Services. While one member of the second group of interns continues the job search, the others are employed at local restaurants, including the Nutcracker Family Restaurant in Pataskala, the Granville Inn, and Café Bon Appétit at Denison University.



The new interns currently are immersing themselves in the LMHS environment. The group began the second rotation of job assignments in November. The LMHS management team has embraced the young interns and offered the best possible experience. The interns have reported that management and other employees are friendly, welcoming and have assisted in the learning process by teaching transferable job skills. "The feedback given by the staff has really boosted the morale and confidence of the interns. They feel successful, and that feeling motivates them to strive to learn more," said Tina Angeletti, Project SEARCH Instructor. In the spring, LMHS plans to increase opportunities for the interns by offering experiences at facilities located on Tamarack Road including physician's offices and Outpatient Surgery.

Project SEARCH has proven to be very successful in teaching job-related skills and assisting the participants to obtain employment. As the program continues to expand at LMHS, a blueprint for other Licking County businesses to follow has been created. In fact, a second program soon will be available at a New Albany industrial park. Area students interested in manufacturing have the opportunity to learn the needed skills through the Project SEARCH program at that location. The Project SEARCH team hopes to see many such programs developed throughout the community.

Reasons to Get Vaccinated This Flu Season

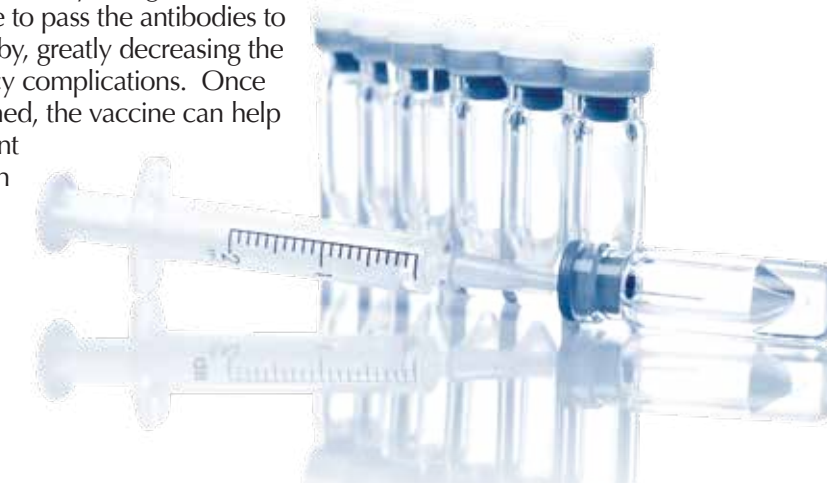
Flu season typically begins in October and can end as late as May. During the 2017-2018 flu season, the height of influenza virus activity was recorded in January and February. Although vaccination is recommended during the early months of flu season, the Centers for Disease Control and Prevention (CDC) reports that receiving the flu vaccine during flu season can decrease the risk of contracting or spreading the virus. When receiving the flu vaccine, it is important to understand how the flu vaccine operates in the body.

When the flu vaccine is injected in the body, it takes up to two weeks for the vaccine to activate. During this time, the vaccine causes antibodies to develop. The vaccine itself contains inactivated influenza cells, which deceive the body into producing antibodies that counteract the virus. Once created, the antibodies are able to attack any influenza virus cells in the body and aid in the prevention of serious risks. Each year, the flu virus genetically changes, making the strain of flu different from year to year. This creates a need to receive a flu shot each year in order to keep antibodies up-to-date with the different versions of the flu.

Although the virus still may be contracted after vaccination, serious complications caused by flu symptoms are greatly reduced. A past CDC study reports that the vaccine can reduce the chance of a physician visit by approximately 40 to 60 percent, depending on an individual's health. Another report stated that the flu vaccination among adults reduced the risk of being admitted to an intensive care unit with flu symptoms by 82 percent. As well as aiding in the prevention of serious complications, the vaccine helps to decrease the spread of the flu to others, especially those who are more susceptible to contracting the virus, including pregnant women, children and the elderly. Pregnant women are able to pass the antibodies to their unborn baby, greatly decreasing the risk of pregnancy complications. Once the baby is birthed, the vaccine can help the infant prevent virus contraction until they are old enough to receive the vaccine.

Although a baby's immune system continues to grow and strengthen, their body may not be strong enough to overcome a flu virus. The vaccine provides extra antibodies for the child to decrease the risk of virus transition to others, hospitalization, death and the spreading of the virus.

Because vaccination is able to decrease the risk of spreading the virus, it is vital for those of all ages to receive the vaccine. Not only does it protect your child or loved one, but also those in close proximity. For any questions regarding the flu vaccine or to schedule a vaccination appointment, contact your primary care physician.



Community Education – Dining with Diabetes



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



Shari L. Gallup, M.S., CHWC

Date: Tuesday, February 5
Tuesday, February 12
Tuesday, February 19
Tuesday, February 26

Location: LMH First Floor Conference Rooms
Time: 5:30 p.m.

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

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

Dining with Diabetes is presented by Licking Memorial Health Systems in partnership with The Ohio State University Extension and the Licking County Senior Levy. Advance registration is required to attend the four-part program. Please call (740) 670-5315 to register. The cost, which is due at the time of registration, is \$10 for senior citizens (age 60 and over) and \$20 for all other participants. Space is limited – please register by Monday, January 28.

Organ Donation – The Gift of Life

Every day, lives are saved and improved by the gift of organ donation. Even though 138 million people in the U.S. have registered as organ donors, a need remains for more. It is important for the public to know that anyone, regardless of age or medical history, can register to be a donor. As of April 2018, there were more than 114,000 candidates for transplant on the U.S. national waiting list, to which a new person is added every 10 minutes. Two out of every three people on the waiting list are over the age of 50 and almost 2,000 are children under the age of 18. Sadly, 20 individuals pass away each day waiting for an organ.

According to the U.S. Department of Health and Human Services, a total of 42,609 organs were donated in 2017. Organ donors can be deceased or living. More than four out of five donations came from deceased donors, with one of five donations from living donors. As a result, 34,770 transplants were performed, and approximately 80 people received a transplant every day. One donor can save multiple lives by giving up to eight organs, including the heart, lungs, kidneys, liver, pancreas and intestines.

Opportunities to give the gift of life are available in nearly every community and there is a need for donors in Licking County. For example, recently retired Licking Memorial Internal Medicine physician Mark Mitchell, M.D., currently is waiting for a kidney. He is a past kidney donor, and his remaining kidney

has begun to fail. Dr. Mitchell served the Licking County community for 40 years.

Living donors potentially can donate:

- **One of two kidneys** – A kidney is the most frequently donated organ from a living donor. The donor's remaining kidney provides the necessary function needed to remove waste from the body.
- **One of two lobes of the liver** – Cells in the remaining lobe of the liver grow or regenerate until the liver is almost its original size. This re-growth of the liver occurs in a short period of time in both the donor and recipient.
- **A lung or part of a lung, part of the pancreas, or part of the intestines** – although these organs do not regenerate, both the donated portion of the organ and the portion remaining with the donor are fully functioning.

Potential living donors are evaluated by the transplant center where they intend to make the donation to determine whether they are suitable to be a donor. The evaluation is performed to make sure that no adverse physical, psychological, or emotional outcome will occur before, during, or following the donation. Generally, living donors should be physically fit, in good health, between the ages of 18 and 60, and should not have (or have had) diabetes, cancer, high blood pressure, kidney disease or heart disease.

There are very few conditions that would prevent a person from becoming a donor – such as HIV infection, active cancer or a systemic infection. Even with an illness, an individual may be able to donate organs or tissues and should still consider registering. There is no cost to donors or their families for organ or tissue donation.

The Organ Procurement and Transplantation Network (OPTN) operates the national database of all patients in the U.S. waiting for a transplant. OPTN's computer system matches the donor's organs to potential recipients. The network has policies that regulate how donor organs are matched and allocated to patients on the waiting list. There are some common factors in how organs are matched, such as blood type and length of wait time for an organ. However, depending on the organ, some factors become more important, so there is a different policy for each organ.

LMH actively works with donor organizations to promote organ, eye and tissue donation throughout the community. LMH performs organ and tissue retrievals, but not transplant procedures. Referrals may be made to area transplant locations. For more information regarding organ donation or how to become a donor, please contact Lifeline of Ohio at (800) 525-5667 or visit www.lifelineohio.org.

Brandon Chandos, M.D., Discusses Dementia at Recent Corporate Breakfast

The final event in the 2018 Corporate Breakfast series featured Brandon J. Chandos, M.D., of Licking Memorial Neurology. Dr. Chandos discussed various topics regarding dementia and the mind.

Statistics show that 40 million people worldwide – 1 in 10 seniors age 65 and older, and 1 in 3 seniors age 85 and older – are affected by Alzheimer's Disease, the most common type of dementia. Short-term memory deficits, as well as a decline in executive function, are noticeable symptoms.

Dr. Chandos shared that a sleep disturbance often precedes dementia, and 60 percent of Alzheimer's patients suffer from a sleep disorder. According to a 2015 neurological study, patients with untreated sleep apnea developed cognitive problems 10 years earlier than patients without sleep apnea. Patients who had sleep apnea treated,

also did not experience early cognitive decline.

The recent discovery of a fourth circulatory system in the body, the glymphatic system, further supports the link between disturbed sleep and the development of dementia. This system, responsible for clearing waste products or amyloid beta from the brain, functions at night during deep sleep. Sleep apnea disturbs sleep, reducing the clearance of the waste products. Therefore, lack of sufficient, restful sleep has been linked to the development of dementia. Numerous studies also have determined that shrinkage of various areas of the brain, including the cerebral cortex and hippocampus, as well as inflammation of brain tissue, can trigger the development of deficits.

Alzheimer's can be attributed to multiple causations, including genetics, toxin exposure, nutrition and inflammation. Fish oil has been a controversial topic in relation to combatting the onset and effects of dementia. Observations have shown that only those who regularly consume wild-caught, cold water fish, such as salmon, mackerel, anchovies, sardines and herring, have a decreased incidence of dementia. These types of fish have lower levels of toxins – specifically mercury – than other types of fish. However, fish oil capsules are chemically different and may prove beneficial for some individuals, but not others. Two grams of krill oil daily is typically a good supplement for all individuals.

Dr. Chandos recommends an organic, low-carbohydrate, low-gluten diet to decrease inflammation. He also encourages eliminating processed foods and practicing a 12/3 Ketoflex diet, which involves eating all daily food within a 12-hour window. This routine decreases insulin resistance while allowing the brain to appropriately utilize energy. Increasing exercise, removing toxin intake, such as tobacco and alcohol, and reducing stress also are key components to a healthy lifestyle. Practicing new skills to utilize different portions of the brain also may prove helpful. Additionally, genetic testing for Alzheimer's, although not yet routine practice, can reveal an individual's percentage of risk for developing the disease.

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

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



New Appointments



Bradley R. Allen, M.D., joined Licking Memorial Emergency Medicine.



Rachel L. DeMita, M.D., joined Licking Memorial Infectious Disease.



Max S. Gill, D.O., joined Licking Memorial Pulmonology/Sleep Medicine.



Tabatha L. Menapace, APRN-CRNA, joined Licking Memorial Anesthesiology.

Behind the Scenes – Materials Management

Every day, the employees of Licking Memorial Health Systems (LMHS) utilize a variety of equipment and supplies – including medical, office and personal items. It is the responsibility of the Materials Management Department to acquire those supplies and maintain an inventory of products to enable every employee to perform their duties and offer outstanding patient care and customer service. Though Materials Management team members rarely interact directly with patients, they support the organization's mission to improve the health of the community by ensuring high-quality products are available to LMHS employees for the best patient experience possible.

The Materials Management Department works to provide value to LMHS employees through acquisition and distributing quality products and services for the best prices available. To continually increase the quality of patient care and to certify the top-of-the-line medical products available are used at Licking Memorial Hospital (LMH), the team collaborates with those who use the products including physicians and nurses. Working closely with the internal customer assists in creating an atmosphere of cooperation and corroboration where employees feel assured they are equipped to offer outstanding care. In searching for products to purchase for LMHS, the Materials Management Department first considers local vendors. The goal is to support local

businesses by investing resources in the community.

The team members spend much of their time as a cohesive unit in the area where supplies are first stored. Together, the group unloads product deliveries, checks for damage and stocks the shelves in the Department. From there, each team member begins their individual tasks for the day including filling orders and delivering products throughout LMH and the dozens of other professional offices and facilities associated with LMHS. "Our goal is to minimize the hunting and gathering performed by the nursing staff and other members of LMHS. We want our fellow employees to have what they need, when they need it," said Scott Stuart, Director of Materials Management. "If an employee cannot find what they need, that individual is encouraged to reach out to the Materials Management Department and ask for the item, and our team will do their best to deliver the product."

Standards for care and treatment often change as new methodologies and technologies become available. The Materials Management Department must keep up-to-date with the changes and acquire the products needed to meet all new standards. The ever-changing demand for new products offers the team opportunity to serve LMHS and the Licking County community by increasing the quality of products and services directly related to patient care. The group also strives to offer gracious customer service to fellow LMHS employees. "It is vital that our face-to-face interactions with our customers are friendly and efficient," said Scott. "When our customer – such as a member of the nursing staff who has direct access to a patient – is happy, the patient receives the best possible care." The Materials Management Department takes pride in their work, and has a passion for the healthcare environment.



Local Clergy Gather at Pastoral Care Breakfast

The Licking Memorial Hospital (LMH) Pastoral Care Department invites the spiritual leaders of the community, who regularly visit patients at the Hospital, to a special annual event in appreciation for their devoted service. Pastoral leaders of 22 area parishes gathered in November at LMH for fellowship over breakfast and to discuss the variety of issues surrounding the current opioid crisis. Licking Memorial Health Systems President & CEO Rob Montagnese welcomed attendees, expressing gratitude for the comfort they provide to patients and their families. Chaplain Jeff Smith, Director of Pastoral Care, offered

the invocation. Attendees also were provided complimentary influenza vaccines in an effort to help protect the clergy and their congregations.

Addictionologist W. Andrew Highberger, M.D., FASAM, DABAM, of Licking Memorial Behavioral Health, presented facts and solutions relating to the current opioid crisis. To learn more about issues surrounding substance use disorder, Dr. Highberger encouraged clergy to inform their congregations about "Ask the Doc," free educational sessions at Shepherd Hill. Classes are held the second and

fourth Saturday of each month in the Shepherd Hill Auditorium at 9:00 a.m. He also suggested that individuals in need of treatment should contact Shepherd Hill at (800) 223-6410.

The LMH Pastoral Care Department was developed to meet the spiritual needs of patients, families and LMHS staff members. Pastoral Care staff members are available to provide spiritual and emotional support as it relates to medical decision-making, patient rights and medical ethics. Upon request, the Pastoral Care staff will notify a patient's minister, priest, rabbi or other clergy of the patient's hospitalization.



Celebrating 121 Years of Caring

HAPPY BIRTHDAY

Congratulations and thanks to our employees, Medical Staff, Volunteers, TWIGS, Board Members, Development Council and other supporters for **121 Years of Caring** at Licking Memorial Hospital.



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

Name _____

Address _____

City _____

State _____ Zip _____

Enclosed is my gift of \$ _____

In honor of _____

Comments _____

Please send notification of this gift to:

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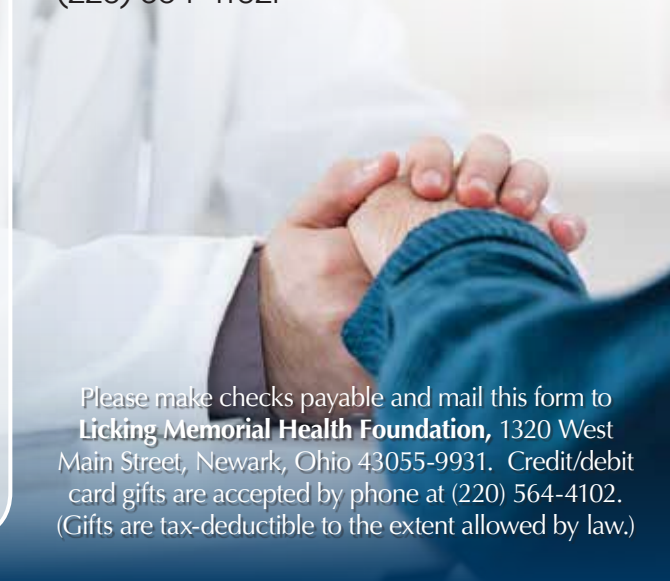
Address _____

City _____

State _____ Zip _____

National Doctors' Day – March 30

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



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

Physician Spotlight

David W. Koontz, D.O., a lifelong resident of Newark, has served the community as an Internist through his private practice on Messimer Drive, and recently joined Licking Memorial Internal Medicine located on McMillen Drive. Dr. Koontz graduated from Newark High School in 1975 and completed his undergraduate studies at Miami University in Oxford, Ohio, in 1979. He received his Doctor of Osteopathic Medicine from the Ohio University College of Osteopathic Medicine, where he served as class president, in 1986. Dr. Koontz completed an internship at Doctors' Hospital and his internal medicine residency at Riverside Methodist Hospital, both in Columbus.

Dr. Koontz is a member of the American Osteopathic Association and the Ohio Osteopathic Association. Dr. Koontz is the former Medical Director of the Hospital and Palliative Care of Central Ohio, and also has served on the Boards for the Licking County Aging Program and the Licking County Diabetic Association.



Ask a Doc – Inflammation and Diet with David W. Koontz, D.O.

Question: Can eating certain foods reduce inflammation?

Answer: Healthcare professionals continue to research and learn more about how the body combats inflammation and other illnesses. Many studies have shown that consumption of certain foods can influence and increase inflammation throughout the body, while other foods work to help control the body's inflammatory response. Healthier food choices can be a powerful tool to reduce the risk of illness and guard against the diseases that can progress due to chronic inflammation.

and immune cells to assist the fight against infection. The increased cells can lead to inflammation, and areas of the body may become red, sore and swollen. This type of inflammation usually is a short-term response, but chronic or long-term inflammation can occur inside the body without noticeable symptoms. Chronic inflammation can increase the risk for conditions such as diabetes, heart disease, arthritis, fatty liver disease and cancer.

polyphenols and other anti-inflammatory compounds, may protect against inflammation, as well.

Consider including the following foods to help reduce inflammation:

- Vegetables: broccoli, kale, Brussels sprouts, cabbage, cauliflower
- Fruit: especially deeply colored berries such as grapes and cherries
- Healthy high-fat foods: avocados and olives
- Healthy fats: olive oil and coconut oil
- Fish: salmon, sardines, herring, mackerel and anchovies
- Almonds and other nuts
- Bell peppers and chili peppers
- Dark chocolate
- Spices such as turmeric, fenugreek and cinnamon
- Green tea

Inflammation – the body's response to infection, illness or injury – is a natural process. The immune system becomes activated when it recognizes foreign matter such as viruses or other microscopic elements that have been introduced into the body. The system increases production of white blood cells

The foods considered most unhealthy – such as sugary drinks, refined carbohydrates, and red and processed meats – have been associated with excess inflammation. To reduce levels of inflammation, a diet mainly consisting of vegetables, fruits, nuts, whole grains and fish offers the best results. In addition to lowering inflammation, a more natural, less-processed diet can have noticeable effects on physical and emotional health. Fruits and vegetables such as blueberries, apples, and leafy greens are high in natural antioxidants and polyphenols – the protective compounds found in plants – have been found to reduce inflammation. Studies also have associated nuts with reduced markers of inflammation and a lower risk of cardiovascular disease and diabetes. Coffee, which contains

While enjoying a healthy menu can decrease inflammation, it also is necessary to include healthy lifestyle choices as well. Regular exercise can decrease inflammatory markers and the risk of chronic disease. Getting enough sleep also is vital to reduce the body's inflammatory responses. Following these anti-inflammatory choices may provide a number of benefits including the improvement of symptoms of arthritis and other conditions associated with chronic inflammation, a decreased risk of obesity, heart disease and diabetes, and an improvement in energy and mood.

Walk with a Doc

On Saturday, December 15, more than 30 community members escaped the chilly rain by attending a comfortable, indoor Walk with a Doc event held at the Denison University Mitchell Center located on the northeast side of the campus. Kevin Graham, M.D., of Licking Memorial Family Practice – Granville, accompanied the participants on a 45-minute walk around the quarter-mile track within the Mitchell Center. Attendees were offered an opportunity to ask general questions about the topic of vaccinations, and received blood pressure screenings at the Licking Memorial Health Systems-sponsored event. The Walk with a Doc program will continue in 2019, beginning on Saturday, January 12, 9:00 a.m., with a walk at the Licking County Family YMCA – Western Branch indoor track, located at 355 West Broad Street in Pataskala. Elizabeth Yoder, D.O., of Licking Memorial Psychiatric Services will discuss the topic of Transcranial Magnetic Stimulation.



Quality Reporting to the Community

Patient Story and Benchmarks for Patient Safety

Patient Story – Richard Ellsworth

strengthening vein support. It is a form of wound care that aims to gently apply pressure to the ankles and legs by wearing specially designed stockings.

“The nurses are very gentle and careful,” Richard shared. “They are all extremely competent and familiar with one another, which creates a relaxing and comforting environment,” he continued. Richard’s visits were approximately an hour and a half in length each week. His wounds were cleaned and treated and bandages were reapplied. “The staff’s considerate gestures showed me how much they cared for me as a patient and took pride in their job. I was always given a mirror so that I could appropriately see the areas that they had cared for during my visit.” Richard praised Dr. Chiodo for her excellent care and expressed his utmost faith and trust in her.

Richard is a retired minister and has served as the chaplain for the Ohio State Highway Patrol for the past 27 years. He enjoys riding his motorcycle, boating and weekly breakfasts with his friends at the Highway Patrol. Two years ago, at the age of 91, he completed a 6,600-mile solo motorcycle journey across the United States. “I have been fortunate to be blessed with good health throughout my life. Aside from my recent experience, my only other encounter with a hospital in 20 years was for hernia surgery,” he explained. Richard was released from the Wound Clinic in mid-November 2018. His wounds have been completely healed; however, he also is being referred to a circulation specialist for further preventative care.

An Army veteran, Richard served in the 86th Infantry Division during World War II in Europe and later was redeployed to the Pacific Theater. Originally from Cleveland Heights, he also lived in Westerville and served as pastor for Central College Presbyterian Church for more than 48 years, as well as two interim assignments in Newark and Lancaster. Richard has resided in the Newark area for the past 28 years. He has four children, ten grandchildren and eight great grandchildren and enjoys spending time with them whenever possible.

The LMH Wound Clinic provides and coordinates a convenient, complete and cost-effective wound care service for the community. The Clinic is primarily an outpatient service, supported by physicians specifically trained in chronic wound care and is staffed by registered nurses who also are specially trained and certified in wound care.

The LMH Wound Clinic serves patients in the community who require care for many types of chronic or complicated wounds, including:

- Diabetic and venous stasis ulcers
- Burns
- Wounds from injury or surgery
- Open and/or infected wounds
- Bed sores
- Irritated skin or sores around an ostomy
- Other kinds of wounds that have difficulty healing

For more information, please call (220) 564-1993, or contact your primary care physician for a referral.



In May of 2018, Richard Ellsworth was referred to the Licking Memorial Wound Clinic for venous stasis ulcerations on his lower extremities, which were caused by circulation issues and abnormal vein function. These skin wounds, or sores, are chronic and typically slow to heal. Abnormal vein function may be genetic or a result of damaged veins caused by blood clots, injury, aging or obesity. Symptoms may include swelling, achiness and tiredness in the legs. Usually a red, irritated skin rash develops into an open wound. Common treatments include leg elevation, compression and wound care, but surgery may be required in some cases.

Richard visited the Wound Clinic on a weekly basis. “I am always greeted cheerfully. The employees at the front desk are so welcoming and always have a smile for me. They are like family,” he explained. At each appointment, Catherine Chiodo, D.P.M., assessed his wounds and applied the appropriate treatment. During the six months he was treated at the Clinic, he received skin substitutes, antibiotics and debridement, a process in which dead, damaged or infected tissue is removed to promote faster healing of the skin. He also received multi-layer compression wraps for his legs, which are a simple and effective means of increasing blood flow activity in the lower limbs through

Patient Safety – How do we compare?

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

1. The Institute of Medicine published a report in 2000 that highlighted the stunning effects of medication errors. The report set forth a national agenda for reducing errors and improving patient safety by designing a safer health system. Although the medication error rate at Licking Memorial Hospital (LMH) is significantly better than the national benchmark, we make continuous efforts to improve the process. LMH dispensed 1,205,513 doses of medication in 2017.

	LMH 2015	LMH 2016	LMH 2017	National ⁽¹⁾
Medication errors per 1,000 doses	0.012	0.010	0.013	0.310

2. Protecting patients from hospital-acquired infections is a primary patient safety goal. LMH has an ongoing program to prevent and treat infections in patients. Per the Centers for Disease Control and Prevention (CDC) recommendations, LMH tracks high-risk patients, including those with an increased risk of infection due to the presence of an invasive device, such as a ventilator, catheter or central venous line. The following data reflect how many infections occurred during 1,000 patient days compared to the national benchmarks.

	LMH 2015	LMH 2016	LMH 2017	National ⁽²⁾
Pneumonia infection rate of ICU patients on ventilators per 1,000 days of usage	0.0	0.0	0.0	1.2
Urinary tract infection rate for ICU patients with urinary catheters, per 1,000 days of usage	0.6	2.0	0.6	0.6
Urinary tract infection rate for patients outside of ICU with urinary catheters, per 1,000 days of usage	0.3	1.6	1.9	0.48
Bloodstream infection rate for ICU patients with central venous catheters, per 1,000 days of usage	0.0	0.0	1.7*	1.1
Bloodstream infection rate for patients outside of ICU with central venous catheters, per 1,000 days of usage	0.0	0.0	0.0	0.18

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

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

	LMH 2015	LMH 2016	LMH 2017	Goal
Inpatient falls, per 1,000 patient days	2.5	2.5	2.4	less than 3.0

4. Acute care mortality refers to patients who pass away while admitted as inpatients in the Hospital. While mortality within the Hospital is not uncommon, it can be a valuable indicator in determining how effectively the Hospital manages crisis situations as well as its ability to rescue the patient in an emergency. Other factors, such as nurse staffing levels, staff knowledge and experience, and early recognition of patient deterioration all can have an impact on inpatient mortality. Lower rates are preferable.

	LMH 2015	LMH 2016	LMH 2017	National ⁽³⁾
Inpatient mortality	1.66%	1.17%	1.20%	2.25%

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

	LMHS 2015	LMHS 2016	LMHS 2017	LMHS Goal	National ⁽⁴⁾
LMHS employees receiving the seasonal influenza vaccine	94%	94%	94%	greater than 80%	64.3%

6. Warfarin (trade name Coumadin) is a blood thinner, which also is called an anticoagulant. It is used to help prevent and treat blood clots. The most common side effect of warfarin is bleeding in any tissue or organ. It is important for patients to have a prothrombin time (PT) and International Normalized Ratio (INR) blood test regularly to help the physician determine the blood clotting rate and whether the dosage of warfarin should change. The testing is very important and must be accomplished at recommended intervals in order to keep the PT/INR result in the best and safest range for the medical condition. Licking Memorial Health Professionals (LMHP) has adopted this recommendation as a safety measure.

	LMHP 2015	LMHP 2016	LMHP 2017	LMHP Goal
LMHP patients on warfarin having a current PT/INR within recommended guidelines	90%	92%	93%	greater than 90%

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

	LMHP 2015	LMHP 2016	LMHP 2017	LMHP Goal
LMHP patients on Metformin with a renal function test within last year	94%	94%	92%	greater than 90%

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

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



LMH Earns Grade “A” for Third Consecutive Year

For a third consecutive year, Licking Memorial Hospital (LMH) has been recognized as one of the safest hospitals in the United States, according to The Leapfrog Group, an independent national nonprofit group that compares hospitals’ safety performance. LMH was included on a list of 832 hospitals nationwide and 47 throughout Ohio to receive an “A” grade in the Fall 2018 Leapfrog Hospital Safety Grade list.

“The Leapfrog Hospital Safety Grade award embodies our dedication to the health and safety of Licking County residents. The employees exemplify determination and selflessness in treating our patients to achieve the greatest standards of patient safety,” Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese said. “We maintain high expectations for our employees to give the best care and strive to improve the health of the community.”

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



About The Leapfrog Group

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

New Infectious Disease Physician Increases Patient Safety Measures

An important part of patient safety is infection prevention. Infectious Disease Physician Rachel L. DeMita, M.D., recently joined Licking Memorial Health Systems (LMHS) in order to provide timely diagnosis and treatment of acute infections. In addition to playing a major role in infection control, Dr. DeMita also will be crucial to patient care and antibiotic management. The consultation and care she provides will greatly increase patient safety measures and continue the LMHS mission of improving the health of the community.

Dr. DeMita received her medical degree from the Medical College of Ohio in Toledo. She completed an internal medicine residency at Riverside Methodist Hospital and a fellowship in infectious disease at The Ohio State University Wexner Medical Center, both in Columbus. She is board certified in Internal Medicine and Infectious Disease and is a member of the Society for Healthcare Epidemiology of America, the Infectious Diseases Society of America, and the Infectious Diseases Society of Ohio.

An infectious disease physician earns board certification in infectious medicine – a subspecialty of internal medicine that focuses on diagnosing and managing infections. These experts frequently are

called upon to help diagnose unknown ailments and assist in managing difficult, unusual or complicated infections. The discipline of infectious disease medicine requires an extensive understanding of bacterial, viral, fungal and parasitic infections and the symptoms that a patient may exhibit. Physicians also gain knowledge about medicines to combat infections, antibiotic resistance and vaccines to become uniquely equipped to deal with the environmental, occupational and host factors that lead to infection.

Infectious disease specialists play a vital role in patient care and safety. With her expertise, Dr. DeMita will be able to offer a timely, more informed diagnosis with appropriate therapies and treatments. The optimal treatment helps to decrease the time a patient stays in the hospital and also diminishes the use of antibiotics overall, which in turn reduces the opportunities for bacteria to change in response to the use of such medicines and become antibiotic resistant. In the battle against sepsis – the body’s extreme response to an infection – Dr. DeMita will be able to offer her unique insight on the cause of the infection and offer more specific treatment. Dr. DeMita also will utilize her expertise to help reduce the number of readmissions due to infection by consulting with a patient’s primary physician after a

procedure or injury to identify possible infection risks.

Dr. DeMita also will be an asset to the infection prevention and antimicrobial stewardship programs at LMHS by analyzing antibiotic resistance patterns and consulting with staff regarding the appropriate use of laboratory and antibiotic susceptibility tests. Dr. DeMita possesses an array of valuable skills that will be beneficial for patient safety and ultimately will lead to a decrease in the use of expensive diagnostic tests and optimize the overall quality of care.

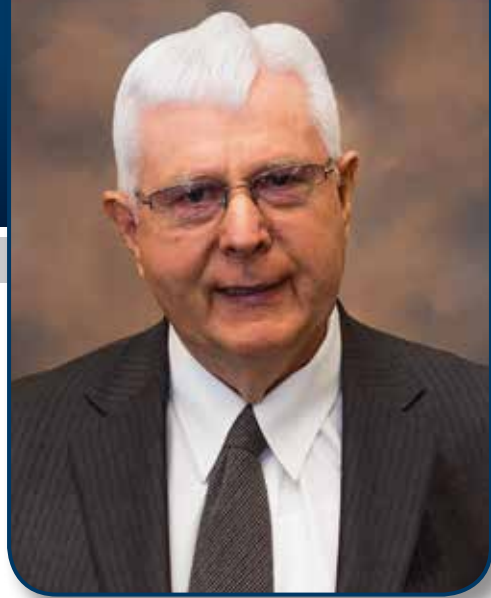


Health Tips – Visitor Guidelines for Patient Safety

Licking Memorial Hospital (LMH) offers open visitation; however, in order to promote patient safety and wellness, LMH asks that anyone experiencing signs or symptoms of illness avoid visiting patients or staff members at the Hospital. During flu season, visitors who have the following symptoms are asked to wear a mask:

- Fever greater than 100 degrees
- Cough
- Nasal congestion
- Sore throat

Seasonal flu activity can begin as early as October and continue through May. Even if a person is not showing signs of illness, it is vital to employ the basic principles of infection prevention – washing hands with soap and water, or using hand sanitizer often – to kill germs and stop the spread of the flu. Other simple preventative measures include covering the mouth and nose when coughing or sneezing and avoiding touching your eyes, nose, or mouth with your hands. Finally, receiving the flu vaccine each year helps to prevent the spread of the illness.



Quality Reporting to the Community

Patient Story and Benchmarks for Heart Care

Patient Story – Jerry McClain

grateful, and they are to be commended,” Jerry said.

Hassan Rajjoub, M.D., and the Catheterization Laboratory team were notified prior to Jerry’s arrival to LMH so that they could prepare for an emergency cardiac catheterization. A procedure used to diagnose and treat cardiovascular conditions, cardiac catheterization utilizes a long, thin tube called a catheter that is inserted in an artery or vein in the groin, neck or arm and threaded through the blood vessels to the heart.

Jerry spent less than 15 minutes in the ED being prepared for his procedure in the Catheterization Laboratory where Dr. Rajjoub quickly identified a coronary artery blockage. A mere 27 minutes after his arrival to LMH and 45 minutes after EMS arrived to his office, an angioplasty was performed to reopen the blocked artery with a balloon and two stents. Coronary angioplasty is a procedure used to open clogged heart arteries. Angioplasty involves temporarily inserting and inflating a tiny balloon where the artery is clogged to help widen the artery. Angioplasty often is combined with the permanent placement of a small wire mesh tube called a stent to help prop the artery open and decrease its chance of narrowing again.

Following three days in the Hospital, Jerry was discharged home in stable condition with no complications. He continued to rest for several more days before gradually resuming normal work at his business and around his home.

“We are so blessed to have the care I received available in our community,” Jerry said. “Dr. Rajjoub saved my life and I wouldn’t be here today without him. Now, I am back to doing all the things I love, even if it is at a slightly slower pace.”

A general contractor, Jerry founded his company, The Jerry McClain Companies, in 1966 as a custom home and renovation company. Due to its monumental growth, Jerry expanded the company into the commercial construction industry, building many retail stores, business offices and assisted living residences. In 2016, he donated the land on which the Licking Memorial Family Practice, Urgent Care and Women’s Health facility is located in Downtown Newark. The Jerry McClain Companies, under the management of Roger McClain, constructed the \$8 million building. Jerry’s vision, generosity and hard work are evident in numerous areas of the Downtown District. He nurtures the economy of the Downtown area and continually makes outstanding efforts to improve the community. Jerry was honored with the Licking Memorial Health Systems (LMHS) Lifetime Achievement Award in 2012.

Under Dr. Rajjoub’s leadership, the Cardiac Catheterization Lab team was recognized with the prestigious LMHS President’s Award in 2015. The Cardiology Department also received the National Cardiovascular Data Registry Platinum Performance Achievement Award in 2015 and the American Heart Association Mission: Lifeline Gold Level Recognition 2015-2017.

On April 24, 2018, community leader Jerry McClain was returning to work at The Jerry McClain Companies from a lunch meeting when he experienced severe pain in his stomach and chest as he drove on State Route 16. “I recall thinking to myself that I had never felt worse in my entire life,” explained Jerry. “I began to pray and was especially thankful for my life.” As he walked into his downtown office building, a coworker commented that he did not look well. When Jerry reached the lobby, he collapsed into a chair near the entrance and passed out. He briefly remembers being placed on a gurney, then waking in the Licking Memorial Hospital (LMH) Emergency Department (ED).

A 12-lead electrocardiogram was completed by Emergency Medical Services (EMS) en route which showed Jerry was having a heart attack or STEMI – ST-elevation myocardial infarction. STEMI is caused by a prolonged period of blocked blood supply that affects a large area of the heart. STEMI is the most dangerous form of heart attack and calls for a quick response due to its substantial risk of disability and fatality.

“At the time, we did not understand the extreme severity of the situation, and the rapid response of the Newark EMS was curcial to my positive outcome. I am

Heart Care – How do we compare?

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

- The first step in heart attack treatment is to confirm that the patient truly is experiencing the symptoms of an attack. An electrocardiogram (EKG) measures the electrical activity of the heart and can determine if a heart attack is occurring.

	LMH 2015	LMH 2016	LMH 2017	National Average ⁽¹⁾
Median time from arrival to completion of EKG	1.0 minute	1.0 minute	2.0 minutes	7.0 minutes

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

	LMH 2015	LMH 2016	LMH 2017	National Goal ⁽²⁾
Mean time from arrival until balloon angioplasty performed	61 minutes	55 minutes	54 minutes	90 minutes
Time to balloon within 90 minutes	100%	100%	97%	95% ⁽¹⁾

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

	LMH 2015	LMH 2016	LMH 2017	National Goal ⁽²⁾
Medical contact to reperfusion	77 minutes	75 minutes	76 minutes	Less than 90 minutes

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

	LMHP 2015	LMHP 2016	LMHP 2017	LMHP Goal ⁽³⁾
LMHP CAD patients with aspirin and/or antithrombotic prescribed	92%	93%	94%	Greater than 85%

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

	LMHP 2015	LMHP 2016	LMHP 2017	LMHP Goal ⁽³⁾
LMHP CAD patients with LDL less than or equal to 100 mg/dl	68%	65%	63%	Greater than 50%

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



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

Sodium's Effect on the Heart

As part of a heart-healthy diet, physicians and other healthcare professionals recommend reducing sodium intake. Sodium, generally referred to as salt, is a mineral the body needs to function properly, but too much salt can have adverse effects. Only a small amount of salt is needed, but most people consume too much sodium which can increase blood pressure and, in turn, lead to other serious heart problems that can cause a heart attack or stroke.

Sodium travels in the bloodstream and is regulated by the kidneys. This vital mineral carries an electrical charge that helps facilitate muscle contractions and nerve impulses. It also works to maintain normal water balance in the body assuring the optimal levels of hydration for cells and the spaces that surround the cells. When too much sodium is present in the bloodstream, the mineral pulls water into the blood vessels, increasing the total amount of blood inside the vessels. With more blood flowing through the vessels, blood pressure increases. Over time, high blood pressure can push and overstretch the blood vessel walls and speed the build-up of plaque which can block blood flow. The added pressure forces the heart to exert more effort to pump blood through the body which can put strain on the muscle. High blood pressure is a major risk factor for heart disease.

Reducing sodium intake reduces the risk for high blood pressure and can reduce bloating and weight gain from extra water.

While many people add salt to foods after preparation, the majority of salt consumed – more than 70 percent – is found in packaged and prepared foods, condiments and sauces. It is recommended that people aim for 2,000 milligrams (mg) of sodium per day. To estimate the amount of sodium in packaged foods, check the Nutrition Facts label. The amount of sodium per serving is listed in mg. Be sure to check the ingredient list for words such as sodium, salt and soda. The total sodium shown on the Nutrition Facts label includes the sodium from salt and any other sodium-containing ingredient in the product. Remember to take note of the serving size on the Nutrition Facts label. If the portion size equals two servings of a product, double the amount of sodium listed.

Dining out can pose a challenge in calculating sodium intake. Fast-food and fast-casual restaurants have little control over the amount of sodium in the foods served because such establishments simply assemble packaged foods. It is best to order foods as plain as possible. Sauces, soups and cheese generally are high in sodium. When ordering a meal, try to avoid such items. Ask for dressings and sauces on the side, and use as little as possible. Items on the menu that use words such as cured, smoked, teriyaki, pickled or marinated may be high in sodium. Order food items that have been grilled, baked, roasted or steamed.

Many people believe food will taste bland without added salt. There are alternatives

that can be used instead including low-sodium spice mixes such as Mrs. Dash®. Pure herbs or spices, and vinegar or lemon juice also can be used to add flavor to foods. Check the labels of any packaged spices used in preparing or flavoring foods to ensure it contains an acceptable amount of sodium. Many believe sea, kosher or Himalayan salts are healthier alternatives to table salt; however, these salts contain the exact same amount of sodium as typical table salt and should be used sparingly. Salt substitutes made with potassium chloride also can be used to flavor foods if there are no diet restrictions on potassium.

Finally, a best practice to lower sodium in the diet is to observe proper portion size and follow the guidelines for nutrition as illustrated by the MyPlate plan from the United States Department of Agriculture. MyPlate offers a healthy eating style by focusing on five food groups including fruits, vegetables, grains, protein and dairy. The plan suggests dividing a plate into four sections. Half the plate should be filled with fruits and vegetables. Divide the other half of the plate with grains, and a small portion of protein foods including meat, poultry, seafood, beans or eggs. Enjoy a dairy product with each meal including milk, yogurt or natural cheese. Portion sizes are very important. One cup of a vegetable, fruit, milk or grain is all that should be consumed during a meal. Meat selections should be no larger than a deck of cards. Portion control and focusing on fresh fruits and vegetables will assist in keeping sodium levels low.

LMHS Hosts Active•Senior Bingo Event

In early November, Licking Memorial Health Systems (LMHS) presented the Active•Senior Bingo event in the Licking Memorial Hospital (LMH) Café. LMHS President & CEO Rob Montagnese and Vice President Physician Practices Greg Wallis called the Bingo numbers for the nearly 140 participants. Lucky Bingo winners received prizes such as \$25, \$50 and \$100 gift cards to area businesses including Giant Eagle, The Home Depot, Sears, Barrel and Boar Restaurant, Dick's Sporting Goods, Reader's Garden, AMC Theaters, New Day Spa, Darden Restaurants, Speedway, and more.

Active•Senior Bingo is held annually and participation counts toward the Active•Senior program goals. The 2019 Active•Senior season begins with another Bingo event, which now will be held in February, and the Active•Senior Dance event in April. The Active•Senior Game Show, a favorite among participants, follows in May. The fun, educational event includes prize-based games similar to *The Price is Right*. Members of the Active•Senior program are encouraged to earn points by completing a variety of goals in each of four categories: Physical,

Nutritional, Mental and Social. By earning points, participants are encouraged to stay physically fit and maintain a healthy diet through completing health-related goals. At the end of the Active•Senior period, point totals are calculated and can be used during an auction event at the Active•Senior Celebration, held in June. The Active•Senior program was designed, reviewed and approved by medical staff, physical therapists and dietitians to ensure a well-balanced program. However, individuals should discuss their personal exercise and nutrition goals with their physician. The 2018-2019 goal program began on May 1, and will continue through April 30, 2019. For more information or to register for the Active•Senior program, please visit www.LMHSActiveSenior.org, or call LMHS Public Relations at (220) 564-1560.



Date: Thursday, February 21
Time: 3:00 – 4:00 p.m.
Location: Licking Memorial Hospital Café

Join Licking Memorial Health Systems for the Active•Senior Bingo event. This free event will include bingo during a one-hour period, with many prizes for the lucky winners. Light refreshments and beverages will be provided.

Active•Senior Bingo is free and open to those ages 60 and over; however, registration is required and is limited to the first 145 registrants. To register, please call LMHS Public Relations at (220) 564-1560. Participation will count toward the Active•Senior program goals.

Health Tips – Life's Simple 7®

The American Heart Association suggests seven small steps people can take to improve heart health. Life's Simple 7® are inexpensive improvements that can make a big difference to living healthy.

- 1. Manage Blood Pressure:** High blood pressure is a major risk factor for heart disease and stroke causing strain on the heart, arteries and kidneys.
- 2. Control Cholesterol:** High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke.
- 3. Reduce Blood Sugar:** Most foods consumed turn into glucose – or blood sugar – that the body uses for energy. Over time, high levels of blood sugar can damage the heart, kidneys, eyes and nerves.
- 4. Get Active:** Daily physical activity decreases blood pressure. Find enjoyable forms of exercise and be consistent, and build more opportunities to be active into your routine.
- 5. Eat Better:** A healthy diet reduces the risk factors for heart disease.
- 6. Lose Weight:** Losing weight reduces the burden on the heart, lungs, blood vessels and skeleton.
- 7. Stop Smoking:** Cigarette smokers have a higher risk of developing cardiovascular disease.

Donors Recognized for Contributions to Licking Memorial Health Foundation

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

The Caduceus Society

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

Karen Smith-Silone, D.O., and James Silone, D.O.

LMHS President & CEO Rob Montagnese (right) presented Karen Smith-Silone, D.O., and James Silone, D.O., with a glass recognition piece to welcome them as new members of the Caduceus Society. Dr. Smith-Silone and Dr. Silone have each served the Licking County community as members of the LMH Active Medical Staff for 20 years.

Since 1998, Dr. Smith-Silone has treated patients at Moundview Gynecology & Cosmetic, which recently became Licking Memorial Gynecology. She received her medical degree from the Philadelphia College of Osteopathic Medicine after earning a Bachelor of Science in Biology from DeSales University in Center Valley, Pennsylvania. Dr. Smith-Silone is a member of the American Osteopathic Association and the American College of Osteopathic Obstetricians and

Gynecologists. She served as the LMH Chief of Staff from 2010 to 2011.

Dr. Silone serves as an ophthalmologist at Center For Sight, located at the Licking Memorial Medical Campus on West Main Street in Newark. He received his medical degree from the Philadelphia College of Osteopathic Medicine and a bachelor's degree from the University of Dayton. Dr. Silone is a member and past President of the Licking County Medical Society and the Ohio Ophthalmological Society, and a member of the American

Academy of Ophthalmology, the American Society of Cataract and Refractive Surgery, and the American Osteopathic Association.

Dr. Smith-Silone, a native of Phoenixville, Pennsylvania, and Dr. Silone, a native of Lima, Ohio, reside in Granville and have a daughter, Gabriella.



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

LaSertoma Donates Toys to Kids' Place

The Heath chapter of LaSertoma International recently donated Herbie Hedgehog plush toys and handmade fringe blankets to Licking Memorial Health Systems. Marie Labuda, Jeff Belt, Patricia Ricket, Debbie Young and Phyllis Shomaker (standing, left to right), and Joyce Murphy (seated) presented the items, which will be used as gifts to comfort children at Kids' Place – a coordinated community project that provides comprehensive evaluations of children who are suspected victims of sexual abuse, physical abuse and/or neglect.



Donors

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

Caduceus Society

Dr. and Mrs. Chuck C. Cho
Drs. Karen Smith-Silone and James Silone

Capital Improvement Fund

TWIGS 6

Community Cornerstone Club

Reed and Mel Fraley
Eleanor L. Johnston
Lynne Dolan Rotruck
Gary and Diane Ryan

Cradle Roll

In honor of Jackson German
By: Licking Memorial Health Systems

In honor of Finn Patrick Green
By: Licking Memorial Health Systems

In honor of Morgan Rey Grove
By: Licking Memorial Health Systems

In honor of Albany Cate Hancock
By: Licking Memorial Health Systems

In honor of Coen Stahr
By: Licking Memorial Health Systems

General

Anonymous
Anonymous
Kroger Community Rewards

Grants

Ohio Network of Children's Advocacy Centers

Honorary

In honor of LMH Employees
By: Robert Stidham

In honor of Jeffrey Smith
By: Mary Williams

Memorial

In memory of Sue Kathryn Harris
By: Licking Memorial Medical Staff

Supporter Spotlight – TWIGS

For over six decades, members of TWIGS (Togetherness, Willingness, Imagination, Giving and Sharing) have worked to raise funds to support Licking Memorial Hospital (LMH). TWIGS originated with a ladies' auxiliary group at Rochester General Hospital in Rochester, New York, in the late 1800s. The organization first was established at LMH in May 1950. Since then, TWIGS has become a proud Founder Level donor, giving more than \$5.3 million dollars. Founders are individuals and businesses whose generosity meets or exceeds the \$100,000 level of giving.

The four active TWIGS committees that combined to donate more than \$100,000 in 2017 are as follows:

- TWIGS 6 was organized to open the Granville Thrift Shop in 1950. After relocating several times, the Thrift Shop presently operates at 1865 Tamarack Road in Newark.
- TWIGS 8 operates the LMH Gift Shop, which is located on the LMH First Floor and is open daily, except holidays. The group also hosts Rada Cutlery sales throughout the year.

- TWIGS 13 participates in numerous fundraising projects.
- TWIGS 24 hosts various vendor sales, including books and jewelry. The committee is comprised of employees, retirees and others.

By supporting the shops, sales and fundraising efforts, employees and community members have made it possible for TWIGS to donate funds towards equipment needs and capital purchases. Licking Memorial Health Systems President & CEO Rob Montagnese expressed his appreciation for the dedication and support of organizational members at the annual TWIGS Dinner. "The high level of care we are able to provide our patients would not be possible without their hard work," Rob said. "The funds raised help us invest in equipment and services to provide excellent care to the community."

In 2018, gifts received through Licking Memorial Health Foundation, including those received through TWIGS, benefited a new state-of-the-art nurse call light system at LMH that ensures a rapid alert

process notifying physicians and staff of a patient's condition and needs. A touch screen station in all patient rooms connected to LMH's electronic medical record will allow the staff to quickly access important information about the patient's care. Physicians and nurses can use the system to send alerts to other staff members when help is needed. The system also will be used in conjunction with a colored lighting system mounted above the door in the hallway to designate patients who might need extra assistance for safety reasons, such as a fall risk or concern about infection.

It is through the generosity and forethought of many Licking County residents and businesses that LMH is able to provide increasingly sophisticated state-of-the-art equipment. There are a variety of opportunities available to support LMH, including Honorary and Memorial gifts, bricks purchased through the Paving Our Future program, and various giving clubs. To learn more about how you can become a donor and support Licking Memorial Health Systems, please contact the Development Office at (220) 564-4102.

Development Council Spotlight

David Brillhart joined the Licking Memorial Hospital (LMH) Development Council Education and Membership Committee in late 2017. Shortly after relocating from Coshocton to Newark, he



was asked to join the LMH Development Council because of his role as the Vice President of Finance at Central Ohio Technical College and the Director of Finance at the Ohio State University at Newark branch. He oversees the financial management of both schools, which gives him a unique perspective on the importance of providing resources for those in the community. Through his job at both colleges and as a member of the Licking County community, he has seen Licking Memorial Health Systems' (LMHS) efforts to improve the health of the community.

"As a community hospital, LMH is impressive through their continued development, staff dedication, facility maintenance and high-quality technology," David said. "Once I became involved with the Development Council, I saw the behind-the-scenes work that LMH employees accomplish to make the Hospital remarkable. Although I am still

learning about the Development Council and LMH, it has helped me to gain a fuller understanding of the tremendous effort involved to maintain a successful community hospital."

David expressed that LMHS' mission is not taken lightly by employees. "In some cases, other organizations' mission statements are created without fulfillment. However, LMHS interprets their mission with passion and truly aims to improve the health of the community." David also is impressed with LMHS leadership and their work to further develop and continually improve community services.

David attended River View High School in Coshocton County and Mount Vernon Nazarene University in Mount Vernon where he received a bachelor's degree in accounting. He also received a master's degree in management and currently is pursuing a doctoral degree at Ashland University.

Retiree Spotlight

Mary Johnson began her career at Licking Memorial Hospital (LMH) on the first day of her senior year at an area Vocational School. She had chosen to become a Nurse Aide and was assigned to the 4th Floor to assist in the care of patients. Her responsibilities included a wide range of medical assessments, such as taking patient's



vital signs, evaluating different specimens, and preparing the patient for further testing. The equipment utilized at the time was very different from the pre-sterilized products LMH staff now use, so Mary spent much of her time washing and sterilizing items by hand for reuse.

After several years on the 4th Floor, Mary was ready for a change. Instead of working only for one department, she agreed to assist the nursing staff where needed – known as floating – on a daily basis. Mary would report to a centralized nursing office and be assigned to an area of LMH that might be understaffed or in need of extra assistance. The varying assignments offered Mary an opportunity to learn new skills and meet more people. During this time, she was assigned to the Gastroenterology (GI) Laboratory, where she eventually became a technician.

While she enjoyed her work as a lab technician, Mary always was looking for new challenges and opportunities to learn new skills and other jobs. She soon began assisting the clerk at the GI lab, and decided to dedicate herself to becoming a clerk. Again, she decided to float where needed. As part of the Licking Memorial Health Professionals (LMHP),

Mary temporarily worked at LMHP offices in Hebron, Pataskala, Johnstown and Granville. "Every day was different, but I did not mind the constant change. It kept things exciting and I felt like everyone appreciated me because I was there to help when they needed it most," Mary said of her experience with LMHP.

Mary reflects happily on her 43-year career and the people she met along the way. "I made a lot of great friends and I loved being part of the organization," she said. "I learned so many things about the healthcare system, and I would not trade that experience for anything." Mary shared her love of LMH with her family and now, her daughter and grandson are employed at LMH. Her daughter works in the Radiology Department and her grandson currently is part of the Emergency Department, and is taking classes to earn his nursing degree.

Since her retirement, Mary has been spending more time with her three children and five grandchildren. She is able to babysit when needed and transport the older grandchildren home from school or high school activities. Having recently moved, Mary also is busy working to get settled in her new home.

Active•Fit Junior Chef

Date: Saturday, March 2

Time: 10:00 a.m. – 12:00 Noon

Location: C-TEC, 150 Price Road, Newark, Ohio 43055

Youth, ages 6 to 12, will learn how to make various healthy recipes and participate in several cooking stations for the preparation of a healthy lunch to be enjoyed following the program. **Registration is limited and must be completed by Friday, February 22.**

This event is free, however registration is limited to members of the Active•Fit Youth Wellness Program (ages 6 to 12).

To enroll in the free Active•Fit program, visit www.ActiveFit.org.

To register for the Active•Fit Junior Chef Event, please call LMHS Public Relations at (220) 564-1560.

Active•Fit
YOUTH WELLNESS EVENT



Volunteer Spotlight

Karen Dellner began her Licking Memorial Hospital (LMH) volunteer service in 2016. She assists as needed at the Information Desk in the LMH Main Lobby. "The duties I enjoy most are greeting new and returning visitors to the Hospital — it's always nice to see familiar faces," Karen says.

Earlier in her career, Karen worked in customer service for 14 years at Park National Bank in Newark, then chose to stay at home to raise her children. After 10 years, she began service at the Newark Catholic High School Foundation until her retirement in 2015. Karen wanted to find productive activities during her free time and learned of different volunteer

opportunities in the community. She first heard about volunteering at LMH through Lori Brown, a current LMH volunteer.

"Retirement is more fun when you give yourself to something," Karen stated concerning her volunteer experience. "You never know what someone is going through – this volunteering experience allows me to help someone feel better when they need a positive boost."

Karen has resided in Licking County her whole life. She and her husband, Jim, have two children. In her spare time, she volunteers at St. Francis de Sales church and enjoys catching up with her friends.





Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

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Community Events

Walk with a Doc

Saturday, January 12, 9:00 a.m.
Licking County Family YMCA – Western Branch indoor track,
355 West Broad Street, Pataskala
Elizabeth Yoder, D.O., of Licking Memorial Outpatient
Psychiatric Services, will discuss Transcranial Magnetic
Stimulation.

Saturday, February 23, 9:00 a.m.
Licking County Family YMCA indoor track,
470 West Church Street, Newark
Richard Baltisberger, M.D., of Licking Memorial Pediatrics,
will discuss the topic of acid reflux/gastroesophageal reflux
disease (GERD) in children.

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

Active•Senior Bingo

Thursday, February 21, 3:00 p.m.
Licking Memorial Hospital Café, LMH Ground Floor
This free event is open to **adults over 60**. Space is limited
and registration is required. Call (220) 564-1560 to register
by **Friday, February 16**. See page 19 for more details.

Active•Fit Junior Chef

Saturday, March 2, 10:00 a.m. to 12:00 Noon
C-TEC, 150 Price Road, Newark
No charge. Registration is limited and must be completed
by **Friday, February 22**. Youth, ages 6 to 12, will prepare
and enjoy a healthy lunch. Call (220) 564-1560 to register.
See page 22 for more details.

First Impressions – Maternal Child Classes

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

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

Community Blood Pressure Screenings

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

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

Diabetes Self-Management (a four-class series)

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

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

Ask the Doc

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

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

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

Please take a few minutes to read this issue of **Community Connection**. You will once again see why Licking Memorial Health
Systems is measurably different ... for your health! **Visit us at www.LMHealth.org**.

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