



Licking Memorial Health Systems

Community Connection

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

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Measurably Different ... for Your Health!

LMH Receives Outstanding Performance Rating for Sepsis Care

The Centers for Medicare & Medicaid Services (CMS) implements quality initiatives to assure excellent healthcare for Medicare beneficiaries through accountability and public disclosure. CMS uses quality measures in the various initiatives to encourage continual improvement. Studies show that measuring hospital performance is related to better patient outcomes. Some quality measures are publicly reported on the CMS Hospital Compare website, a tool designed to assist Medicare beneficiaries in finding top rated providers.

One such initiative is a requirement for healthcare providers to track and report specific treatment methods that must be met for all patients suspected of suffering from sepsis. According to the data collected by CMS, the rating for Licking Memorial Hospital (LMH) reflects outstanding performance for sepsis care. In fact, LMH is in the top 10 percent of hospitals throughout the nation in sepsis treatment, ranking higher than several top national hospitals,

and the only hospital in Central Ohio to receive the designation.

Sepsis, the body's overwhelming and life-threatening response to infection, is a complex syndrome with a wide spectrum of severity, and is one of the most common causes of death in Critical Care Units. Severe sepsis is accompanied by single or multiple organ dysfunction or failure, eventually leading to death. Septic shock is the most severe stage and is diagnosed when blood pressure drops to dangerous levels. Owing to its aggressive nature, sepsis is a rapid killer affecting millions of people worldwide, and studies have recorded that the mortality rate due to sepsis has been as alarming as one in four.

In 2015, CMS implemented the "Early Management Bundle, Severe Sepsis/Septic Shock Measure," commonly referred to as SEP-1, to encourage healthcare facilities to improve the quality of care and reduce the sepsis mortality rate. To be deemed compliant with SEP-1, a healthcare facility must demonstrate compliance with all the treatments that are part of the sepsis bundle. A 'bundle,' is used to refer to a grouping of guidelines for care of a particular medical issue. The SEP-1 measure requires clinicians to provide care to all patients with possible sepsis within three hours of

recognition, and includes drawing blood cultures, administering broad-spectrum antibiotics, and other measures. Due to the emphasis on early screening, the bundle of care prevents sepsis progression to septic shock, ultimately saving lives. For the CMS measure report, hospitals are required to gather and report data on how well the protocols are followed.

LMH recently submitted the latest SEP-1 data to CMS that includes LMH's performance related to identifying and treating both severe sepsis and septic shock. The national average for SEP-1 performance is 60 percent, while the top 10 percent of hospitals in the nation reported 81 percent compliance with the SEP-1 bundle. LMH's performance result was 81 percent, meaning LMH finished in the top 10 percentile in the country.

In addition to the national quality measures, the Ohio Hospital Association has been monitoring sepsis mortality rates since a spike in deaths from the disease in Ohio hospitals in 2015. The organization established a goal of a 14.9 percent mortality rate or less for patients with sepsis. LMH has consistently been lower than the state average since 2016, and has been a leading performer in the State of Ohio decreasing the mortality rate by 53 percent. An estimated 513 lives have been saved at LMH due to the well-evolved process for screening patients and responding promptly.

In order to better comply with the CMS quality initiative and continue working to lower the sepsis mortality rate, LMH was one of the early adopters of the Sepsis Care Path in 2022. The system uses LMH's electronic health record (EHR), Epic, to send alerts to physicians and nurses when a patient is exhibiting signs and symptoms of sepsis. It was designed for both the Emergency Department (ED) and the Inpatient Units. In the ED, when a patient arrives who meets the criteria for the possibility of being septic, an alert is immediately triggered within the EHR, informing staff of the patient's condition.

Epic uses 3 types of alerts:

- Sepsis Screen is intended to detect patients who are possibly in the early stages of sepsis, to allow treatment to begin prior to a patient's health further declining.
- Sepsis Watch allows the physician to place the patient on a watch during early treatment. If the patient continues to meet criteria, the alert will notify the provider again after 4 hours.
- Sepsis Alert informs the provider that the patient has a very high probability of sepsis. The alert requires interaction from the physician prior to treating other possible medical issues.

At any time during the alert process, the provider may order lab testing, place sepsis-specific orders, or place the patient on the sepsis bundle protocol. The alerts appear across several areas in the EHR including when the chart is opened, the storyboard where patient information is housed, and as banners across the patient's chart. To promote continuity of care throughout the organization, staff members utilize a specified sepsis order set, a list of tests and medications needed to stabilize the patient. To ensure the alerts are accurate, Licking Memorial Health Systems Information Systems staff continually ask for feedback and expert advice from the physicians who use the system.

LMH Celebrates Birthday by Donating to Local Organizations

Each year, Licking Memorial Hospital (LMH) observes the date of January 18 to commemorate the establishment of the first Hospital in Newark. This year, LMH celebrates 126 years of healthcare in the Licking County community. As part of an annual birthday tradition started 20 years ago, LMHS employees generously provided monetary donations and cold weather items, such as new outerwear and blankets, to donate to The Center for New Beginnings and The Salvation Army.

of providing care to our community shows the lasting success of LMH and the trust that residents have in our community hospital."

For the birthday gift collection, a friendly interdepartmental competition was established. Various departments were organized into teams and competed to determine which team donated the largest amount of cold weather items in pounds and the largest monetary donations. Total contributions of cold weather items equaled 165.4 pounds, with 90.4 pounds donated by the first-place team, which was comprised of Culinary Services, Environmental Services, Laundry, and Transportation staff members. Monetary donations totaled \$9,862, and the team comprised of Anesthesiologists, Hospitalists, Infectious Disease, Laboratory, Licking Memorial Health Professionals (LMHP), LMHP Administration, and Pathology staff members donated \$1,465 to receive first place.



Healthy Worksite Recognition

Licking Memorial Health Systems (LMHS) is proud to announce that the Healthy Business Council of Ohio has recognized the organization as a Gold Level Healthy Worksite. The Healthy Worksite Recognition program recognizes Ohio employers who demonstrate a commitment to employee wellness through comprehensive worksite health promotion and wellness programs. LMHS was scored on the extent that our wellness programs facilitate and encourage employee health, enhance productivity, and ensure a healthy work environment.

“In order to fulfill our mission of improving the health of the community, we must first care for our employees,” said LMHS President & CEO Rob Montagnese. “We believe promoting a healthy workplace increases employee commitment because they feel valued,

safe, and successful. The numerous wellness programs we offer were created to reduce stress and encourage healthy lifestyles. These preventive measures increase wellbeing and overall health which allows our employees to focus on providing our patients and visitors top quality care.”

LMHS provides a wide variety of comprehensive wellness resources and offerings for employees covering physical, financial, and mental health. For physical wellness, LMHS offers employees indoor/outdoor walking paths and programs, tobacco cessation, dietitian consultation, vaccinations and boosters, and group workout classes. All employees also have access to the Employee Wellness Center, located at 1935 Tamarack Road, 24 hours per day by scanning their employee badge at the entrance door.

To assist with financial wellness, The Rinehart Sussli Financial Group of UBS (RSFG), provides investment, education, and retirement planning services to participants of the 403(b) plan. Services include retirement plan education, investment option guidance, asset allocation and diversification strategies, and a dedicated 401(K) help desk.

As part of the LMHS Employee Assistance Program, TELUS Health is a wellbeing resource that provides confidential support for employees dealing with mental, financial, physical, or emotional stress. Through TELUS Health, employees and their dependents have access to a variety of online resources, such as articles, podcasts, and videos on a wide range of topics, including family, health, life, money, and work. Short-term counseling is also available.



Camp Med...Where Are They Now?

Each summer, Licking Memorial Health Systems (LMHS) hosts Camp Med, a free, two-day summer camp for rising high school seniors who are interested in learning more about medical practices and careers in the healthcare industry. The program offers students the opportunity to speak with healthcare professionals and experience firsthand what a career in healthcare entails.

Courtney Lemert participated in the very first Camp Med program eight years ago in August 2016. She learned about the program through her counselor at Granville High School and completed the rigorous application process. Courtney was thrilled to learn that she had been accepted into the program.

“Since I was young, I knew that I wanted to study medicine and work in a health-related field,” Courtney said. “I enjoyed health sciences in school, and I liked helping people. I was not finding any programs in Licking County that were geared toward high school students who wanted to explore the medical field. When I heard about Camp Med and that it was being held at Licking Memorial Hospital (LMH), I was super excited.”

During the two-day camp, Courtney and 36 other high school students around Licking County gained an inside understanding of healthcare through tours of the various Hospital departments and discussions with medical professionals about different healthcare careers. The students also participated in interactive, hands-on demonstrations.

“One of the most memorable parts of the camp was visiting the Surgery Department,” said Courtney. “We dressed up in surgical suits and went into the operating room. I performed a mock intubation, and it was such an amazing experience. We also experienced a medical scenario in the Emergency Department. The Hospital staff who helped us were so patient and kind.”

After graduating from Granville High School in 2017, Courtney attended the University of Dayton (UD) to study pre-medicine. During her studies, she decided to pursue a career as a physician

assistant (PA), and after graduating with her bachelor’s degree in 2020, she applied and was accepted into UD’s PA program.

Unfortunately, due to the COVID-19 pandemic, UD reduced the class sizes for the autumn semester, and Courtney’s start to the program was delayed until the fall of 2021. She returned home to Granville and worked various health-related jobs while she applied to other PA programs around the country. Courtney was accepted to Mary Baldwin University in Staunton, Virginia and began attending classes at the beginning of 2021. She graduated with her Master of Science in Physician Assistant Degree in the spring of 2023, and this January, she began her career as a PA at the University of Virginia Medical Center in Charlottesville, Virginia.

Courtney is grateful for the opportunity that she had to attend Camp Med and remembers her experience fondly. She encourages high school students who are interested in a healthcare career to apply for the Camp Med program.

“I love that LMH provides a way to educate students about all of the different choices and avenues in the healthcare industry,” Courtney said. “Young people are thinking about their career path as early as middle school, and programs like Camp Med allow students to interact with medical professionals and ask questions to learn more about a career in healthcare.”

Students who will be high school seniors during the 2024-2025 school year are eligible to attend Camp Med this summer. Applications for the 2024 Camp Med program are available online at lmhealth.org/campmed/campmed.aspx. For more information, please contact Licking Memorial Public Relations at (220) 564-1560.



National Colon Cancer Awareness Month

In March, Licking Memorial Health Systems (LMHS) observes National Colon Cancer Awareness Month by providing information and resources to the community that highlights the importance of colon screenings and colon health. Colorectal cancer is the second-leading cause of cancer deaths among both men and women in the United States. The American Cancer Society estimates that more than 152,000 people will be diagnosed with this highly preventable disease in 2024. Increased colon cancer screenings and the advancement in treatments for colorectal cancer have contributed to a decrease in deaths from these cancers; however, the disease has been rising among people younger than 50. Therefore, the United States Preventive Services Task Force (USPSTF) recommends that all average-risk individuals begin screening for colorectal cancer at age 45. Regular screenings are critical to detect and remove pre-cancerous polyps, which often are present without symptoms.

When discovered early, colorectal cancer is highly treatable and one of the most curable cancers. Most colorectal cancers can be treated with surgery followed by chemotherapy to decrease the risk of recurrence. There are several colorectal cancer screening methods; however, colonoscopy is considered the “gold standard” and has several advantages compared to other tests.

Unlike other screenings, a negative finding during a colonoscopy indicates that no further studies are necessary for five to ten years, and if an abnormality is found, a biopsy or complete removal of the polyp can be accomplished during the procedure. Furthermore, most insurance companies, including Medicare, cover the cost of a colonoscopy screening. However, plans may vary, and patients should contact their insurance company to determine coverage of screenings and other types of colonoscopies.

In conjunction with Colon Cancer Awareness Month, LMHS will provide a free initial colonoscopy screening to 10 eligible Licking County residents. Individuals, at least 45 years of age, with no pre-existing conditions, have little or no insurance, and are low-income may be eligible to receive the free screening.

Those who have a family history of colorectal cancer or certain risk factors, such as inflammatory bowel disease, should start screening earlier and more frequently. There are often no signs or symptoms of colorectal cancer, which is why regular screening is so important. Many symptoms of colorectal cancer can also be associated with other health conditions. Only a physician can determine the cause. Do not delay seeking treatment if symptoms worsen.

Simple lifestyle changes such as regular exercise and healthier eating can help decrease the risk of colorectal cancer.

Eating plant-based foods such as vegetables, fruits, legumes, and whole grains help maintain a healthy weight and can aid in weight

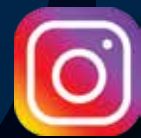
loss. A diet containing fiber-rich foods such as raspberries, pears, apples, bananas, oranges, cooked artichokes, peas, broccoli, corn, whole grains, and legumes promotes regularity and prevents constipation.

Research shows that regular exercise may reduce the risk of colorectal cancer by improving immune function, reducing inflammation, and moving food more rapidly through the colon. The U.S. Department of Health and Human Services recommends that adults get at least 150 minutes of moderate-intensity exercise each week.

In addition to regular exercise, people who spend long periods sitting, such as those who work desk or driving jobs, would benefit from finding ways to be more active throughout the day. Recent studies have shown a sedentary lifestyle or prolonged periods of sitting may increase the risk of colon cancer. Small steps, such as standing every hour to stretch or take a walk, are beneficial.

Throughout March, LMHS will hold events to increase awareness of colorectal cancer and the importance of preventative screenings, including a Walk with a Doc event on March 16, at 9:00 a.m. at the Adena Recreation Center on the Newark Campus of The Ohio State University. Zeyn Mirza, M.D., of Licking Memorial Gastroenterology will lead the walk. In addition, LMHS employees are encouraged to participate in Wear Blue for Colon Cancer Awareness Day on March 1, and the LMH Main Street Café will feature high-fiber specials during the week of March 18. For additional resources about colorectal cancer prevention, visit LMHSColonHealth.org.

For more resources, visit
LMHSColonHealth.org



LMHS Physicians Recognized in Honor of National Doctors' Day

National Doctors' Day is celebrated to acknowledge the contributions of physicians to individuals' lives and communities. As part of the annual observation, Licking Memorial Health Systems (LMHS) honors the Active Medical Staff for their dedicated service and ongoing support of the LMHS mission to improve the health the community. LMHS also encourages patients and community members to recognize physicians for their dedication by donating to Licking Memorial Health Foundation (LMHF) in a physician's honor. Physicians who are recognized through a donation receive an acknowledgment of the gift on the donor's behalf.

A resident of Licking County for approximately 50 years, Jennifer Utrevis has honored several physicians who have cared for her and her family. Most recently, she made a donation on behalf of Garth A. Bennington, M.D., of Licking Memorial Family Practice – West Main. “Dr. Bennington is always available and aware of all my needs,” she said. “I feel fortunate to receive care from such a committed physician.”

Dr. Bennington joined Licking Memorial Family Practice in 2005, and in 2015, he was named the Licking Memorial Physician of the Year. Dr. Bennington graduated from Newark High School, and received a Bachelor of Science degree at Ohio University in Athens, Ohio. He earned a Doctor of Medicine degree from The Ohio State University College of Medicine and Public Health, and completed a family practice internship and residency at Grant Medical Center in Columbus. He is board certified in family medicine.

Jennifer also commends all the physicians, staff, and leadership of LMHS for their dedication to the community. “Licking Memorial Hospital (LMH) is a special place,” she said. “The organization is always striving to improve

and advance the care available to the community, and I admire the work that they do.” Jennifer is impressed with LMHS' involvement in the community through providing healthcare programs to residents and supporting other organizations that benefit Licking County.

In addition to monetary donations, Jennifer supports LMHS as the Vice Chair of the LMH Development Council Community Relations Committee. “Having a health systems close to home is a valuable asset,” she said. “I am happy to give and serve to maintain such high quality healthcare in our community.”

The LMH Active Medical Staff includes more than 160 physicians and over 50 consulting physicians who provide their expertise and care to the community. Licking Memorial Health Professionals (LMHP) is a group of more than 100 physicians in 48 various practices. Physician offices are located throughout Licking County, including Granville, Hanover, Heath, Hebron, Johnstown, Newark, and Pataskala.

National Doctors' Day – March 30

All charitable contributions to LMHS and LMHF are tax-deductible to the extent allowed by law. Keeping up with modern medical technology is an expensive but necessary objective, and every gift received helps LMHS meet that challenge. Currently, unrestricted contributions received for LMHF will be designated for technological advances at LMH and assist with the mission to improve the health of the community.

To make a donation honoring a physician, please complete the **Doctors' Day Donation form**. Through March, forms are available at all LMHP physician offices, Licking Memorial Hospital, and other locations throughout LMHS. You may also visit LMHealth.org to print the form or click “Donate” to give. **For assistance, contact the LMH Development Office at (220) 564-4102.**



Substance Abuse and Mental Health Discussed at Corporate Breakfast

The Licking Memorial Hospital (LMH) Development Council hosted a Corporate Breakfast for community leaders and Licking Memorial Health Systems staff in the Main Street Café in November. More than 80 people attended to hear the presentation focused on vaping and drug use disorders. President & CEO Rob Montagnese introduced the speakers, W. Andrew Highberger, M.D., Shepherd Hill Medical Director, and Elizabeth A. Yoder, D.O., Department Chief of Behavioral Health.

Dr. Highberger highlighted the importance of recognizing substance use disorders as a disease and addressed the vaping crisis, including the detrimental health concerns for youth. Dr. Yoder discussed methods to

openly communicate with teenagers about addiction and mental health including listening not lecturing, and encouraging all family members to put down their devices and engage in face-to-face conversations.

Corporate Breakfasts are sponsored by the LMH Development Council to discuss methods to improve the health of the community and inform local business and organization 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 80 distinguished members of the community volunteer their time to serve on the Development Council.



Corporate Breakfast Highlights 2023 and Looks Ahead to 2024

In February, the Licking Memorial Hospital (LMH) Development Council hosted a Corporate Breakfast for community leaders in the Main Street Café at LMH. President & CEO Rob Montagnese reviewed the achievements, activities, and technological implementation at Licking Memorial Health Systems (LMHS) in 2023. He also discussed the strategic goals for 2024.

In support of community wellness, Rob highlighted many of the Annual Community Projects. In 2023, LMHS donated 150 electrocardiogram (EKG) machines and updated modems to area emergency medical squads, and numerous automated external defibrillators (AEDs) to law enforcement agencies, schools, and youth sports programs. In addition, exercise equipment was donated to Licking County high schools and funding was offered for turf improvement through the LMHS Health Community Project. LMHS also supported Habitat for Humanity, the John and Mary Alford Center for Science and Technology, the Boys & Girls Club of Newark, the Newark Historic Arcade Project, and the Licking County Transit Authority. Funds were dedicated to subsidizing bus fares on a new fixed bus route that makes hourly stops along East and West Main Streets, including LMHS facilities.

Rob shared a number of comparison statistics to demonstrate the care taken to avoid readmissions for chronic illnesses, pneumonia, and heart attacks, as well as avoiding medication errors and infections from central-line and catheter insertions. According to these measures, LMH experiences fewer occurrences of readmissions than the suggested national performance rating and fewer than other state and local hospitals.

LMH staff members perform particularly well in identifying and treating patients for sepsis, the body's extreme reaction to an infection. According to recent data, LMH is in the top 10 percent of the nation for compliance with interventions used to treat sepsis, outperforming such organizations as the Mayo and Cleveland Clinics. LMH also offers care at a lower cost than other state and local healthcare organizations.

In 2023, numerous initiatives to bolster patient care were completed. LMH began using Capsule Technology which improves clinical decision making and workflow by integrating data from a number of medical devices such as ventilators, renal replacement instruments, balloon pumps, and the Artic Sun Hypothermia machine. The new technology allows nurses and ICU staff to better focus on the patient and offer more personalized care. For the first time in 2023, continuous renal replacement therapy (CRRT) was offered to patients. CRRT is a type of dialysis that is utilized over a 24-hour period, up to several days, to treat acute kidney failure. Equipment in the Laboratory and Radiology Departments was also updated or replaced to offer faster, more accurate results.

Looking ahead, Rob discussed the strategic goals for 2024. The foundational goal of LMHS is to manage the financial operations such that funding is available for projects and service line initiatives needed within the community. LMHS continues evaluating transportation needs for Licking County residents in regard to physician appointments, and continues looking for new ways to assist. Increasing access and availability of healthy fruits and vegetables is also a top priority. In partnership with the Food Pantry Network of Licking County, LMHS is assisting in the establishment of a food pantry on

the west side of Newark that will offer multiple fresh produce offerings.

Another LMHS goal is to maintain an environment that is safe and secure for employees, patients, and visitors. In addition to the Evolv Express, an AI-based touchless weapons detection solution, new license plate reader cameras were installed at all major entrances to LMH. The readers allow LMHS Security to monitor the area for anyone who may pose a danger to employees or patients, such as a person with a restraining order against them. For employee protection against fentanyl exposure, a new response process was created to alert staff of the danger before entering a patient room.

After his review, Rob presented The Robert H. McGaughy Honorary Ambassador Award to Michele Layman. The award honors those who demonstrate a high level of commitment to LMHS through their actions, exceptional service, and loyalty to the organization. Michele has been part of the LMH Development Council since 2005 serving on the Community Relations Committee. She is also a Community Cornerstone Club Member, a Kvamme da Vinci Surgical Robot donor, and a volunteer for numerous Development Council events. In 2022, Michele co-chaired the Community Cornerstone Campaign with her husband, Steve, which has been the most successful campaign to date. Several of Michele's family members surprised her during the award presentation offering their support.



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Behind the Scenes – Urology

The providers at Licking Memorial Urology offer the community access to general and advanced urology health services. Treating patients who are 18 years or older, Urologists Roy Brown Jr., M.D., and Derrick Reelus, M.D., and nurse practitioners, Lacie Emerine, APRN-CNP, and Katie Graham, APRN-CNP, provide comprehensive diagnostic testing and advanced treatments for conditions such as kidney stones, incontinence, urinary tract infections, overactive bladders, and urologic cancers. Licking Memorial Urology providers strive to quickly diagnose, develop treatment plans, and educate patients so that they can concentrate on living the highest quality of life possible.

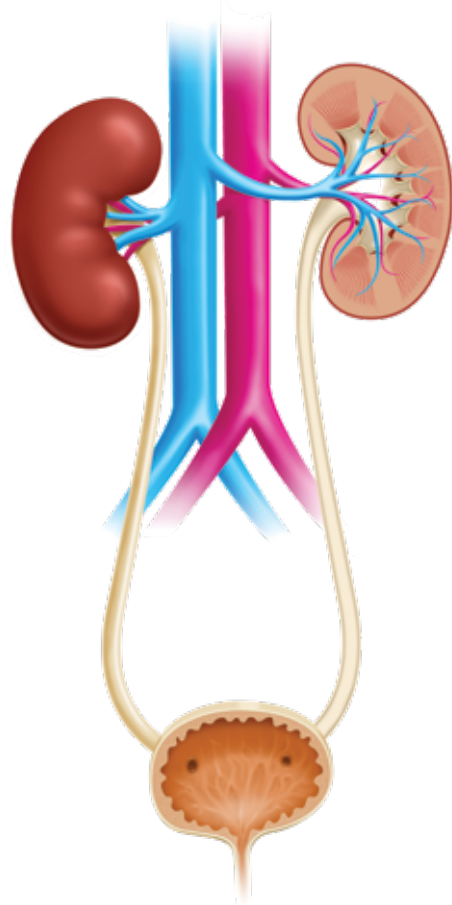
The providers diagnose and treat diseases of the urinary tract and urogenital system, which includes the organs used in the production and excretion of urine and the male reproductive organs. They care for patients with conditions such as prostate, bladder, and kidney cancer, male and female incontinence, erectile dysfunction (ED), and hypogonadism (low testosterone). Some of the services offered by Licking Memorial Urology include:

- Fertility testing
- Vasectomy
- Cystoscopy
- Transurethral resection of the prostate
- Transurethral resection of bladder tumors
- Surgical intervention for kidney stones
- Pyeloplasty

Using state-of-the-art technology, Licking Memorial Urology focuses on care that improves patient outcomes. Innovative diagnostic testing, such as Urodynamics, gives the physicians clear information to better diagnose and treat bladder problems. During testing, the patient will sit or lie on a specialized chair designed to help the person relax and increase comfort. Then, the urologist can perform a variety of studies to assess how well the bladder holds and releases urine. For patients encountering urinary incontinence, recurring bladder infections, frequent urination, or problems emptying the bladder, the provider can use the study to quickly determine if the bladder is overactive, causing urgency, or leaking urine. With clearer diagnostic information, the providers offer optimal care and treatment that best suits the individual.

Licking Memorial Urology also uses the most advanced technology to detect and treat prostate cancer. Prostate cancer, an uncontrolled growth of abnormal cells in

the prostate gland, is the most common cancer among men. In 2020, more than 200,000 new cases were reported. If prostate cancer is suspected due to the results of a prostate-specific antigen (PSA) blood test or an atypical rectal exam, a prostate biopsy may be required.



In the past, such biopsies were referred to as “random” or “blind” tests because a specific location of abnormal tissue could not be identified. Such biopsies may have to be repeated in order to locate the cancerous tumor leading to inaccurate and overly aggressive treatments or missed detection of serious cancers. The semi-robotic 3D magnetic resonance imaging (MRI) fusion biopsy is a revolutionary method to diagnose the disease. Combining advances in prostate imaging with traditional transrectal ultrasound, the MRI fusion biopsy allows

the urologist to easily target suspected cancerous lesions and offers more accurate results and proper treatment plans.

If diagnostic tests show that the cancer is confined to the prostate gland, surgery, such as a radical (total) prostatectomy, may be recommended. Several options are available to complete the procedure including laparoscopy. A minimally-invasive procedure, laparoscopy is performed using a tiny camera and surgical tools that are inserted through small incisions in the abdomen. The surgeon uses a monitor to view the prostate through the camera. Robotic assistance may be added to support the movement of the surgeon’s hands.

The da Vinci Surgical System is robotic-assisted technology that enhances the surgeons’ skills and precision. The highly-skilled urologists at Licking Memorial Urology use the technology for procedures such as bladder removal and prostate surgery. As a result, surgeries can be performed with less blood loss, decreased incision size, and less pain, resulting in faster healing times.

With each patient, Licking Memorial Urology’s goal is to learn what is causing the individual’s issues and the best course of action. Discussing treatment options with the patient and the patient’s care team, which may include the primary care provider, nurses, and other specialists, Licking Memorial Urology staff provides care and education that best meets the needs of each individual.

Licking Memorial Urology is part of Licking Memorial Health Professionals, a group of more than 100 physicians in over 25 healthcare specialties dedicated to improving the community’s health. To learn more about the comprehensive diagnostic testing and advanced treatments provided by Licking Memorial Urology, visit LMHealth.org.

LMHS Offers Annual Sports Screenings

Licking Memorial Health Systems (LMHS) is hosting the 19th annual Sports Screening Program for students entering grades 7 through 12 who are involved in sports, marching band, and C-TEC’s Criminal Justice and Physical Therapy programs. Throughout the month of May, the program offers comprehensive screenings at no cost to help Licking County youth safely participate in physically challenging activities. The LMHS Sports Screening Program consists of three major components: Heart to Play electrocardiograms (EKGs) and echocardiograms, ImPACT (Immediate Post-concussion Assessment and Cognitive Testing) baseline concussion testing, and state-required pre-participation physical examinations.

EKGs and echocardiograms are provided to students entering grades 7, 9, and 11. These tests can identify heart conditions that place an athlete at risk for a sudden cardiac death even when there are no symptoms. The painless EKG displays the heart’s electrical impulses, and the echocardiogram screens the functioning of the heart’s valves and muscles. Since the Heart to Play screenings began in 2008, serious cardiac abnormalities have been detected and treated in 65 students who previously were unaware of their conditions.

ImPACT testing is also offered to students entering grades 7, 9, and 11, who participate in a contact sport and do not have testing available at their school. The computerized evaluation establishes a baseline of the brain’s

cognitive functions, such as memory, attention span, and reaction time. If a concussion is suspected, the ImPACT test is re-administered within 72 hours of the injury after a primary care or emergency room physician has evaluated the athlete. When compared to the baseline test, the difference in the scores helps physicians determine the amount of rest and frequency of examinations that will be needed before the student is able to return to competition or activity.

LMHS medical personnel also complete pre-participation physical examinations, which the Ohio High School Athletic Association (OHSAA) requires annually. Students who have had a checkup with a primary care physician within the past year may submit the OHSAA form to the provider’s office to have it signed. In such cases, eligible students may participate in the heart or concussion screenings without receiving a pre-participation physical exam.

“The health of Licking County youth remains one of our top priorities, and we are extremely proud of the success that our Sports Screening Program has had for nearly two decades,” LMHS President & CEO Rob Montagnese said. “It is our pleasure to offer this annual program that combines heart and baseline concussion screenings with state-required physical examinations at no cost to participants in one convenient appointment. We look forward to providing this excellent service to area youth every year.”

Nine screening dates are available at two locations throughout the month of May. The first two dates are held at the Pataskala Health Campus, and the remainder of the program will take place at Licking Memorial Pediatrics on Tamarack Road in Newark. Registration is required in advance and limited to the first 90 participants each night of the program. Registration opens on April 1 and may be completed online at LMHealth.org/SportsScreenings.

After registering, a packet of forms will be available to print out from the website. Additionally, any student who requires a sports physical must bring a completed OHSAA pre-participation evaluation form (available online at ohsaa.org/medicine/physicalexamform) or an equivalent school form.

It is important to note that LMHS sports screenings are not complete physical exams, which are best performed annually at a primary care physician’s office and can take the place of a pre-participation screening. Since individual physician practices are not directly involved with the program, please refrain from contacting their offices for information regarding the sports screenings. Please email sportsphysicals@LMHealth.org for more information or with any questions that you may have about the LMHS Sports Screening Program.



LMHS Voted Community's Choice in Several Categories

Recently, Licking Memorial Health Systems (LMHS) was voted Best Hospital, Best Place to Work, and Best Physical Therapy in Licking County in 2023. The Official Community's Choice Awards in Licking County, presented by Newark Advocate Media, allow community members to honor their favorite businesses by voting for the organization to be the best in the county. Residents had an opportunity to nominate local businesses in September, and then vote for their preferred nominees in October. Category winners were announced in November. LMHS thanks the community for their continued support.



New Appointments



Whitney R. Byers,
APRN-CNP,
joined Licking Memorial
Occupational Health



Jacqueline L. Cleland,
APRN-CNP,
joined Licking Memorial Women's
Health - Downtown Newark



Saad A. Hagra, M.D.,
joined Licking Memorial
Hospitalists



Mechelle A. McKee,
APRN-CNP,
joined Licking Memorial
Neurology



Laura E. Roache, D.O.,
joined Licking Memorial
Internal Medicine

Physician Spotlight – Robert W. Mueller, M.D.



Robert W. Mueller, M.D., joined Licking Memorial Orthopedic Surgery in August 2015. He received his Doctor of Medicine degree at Johns Hopkins University Medical School in Baltimore, Maryland. He completed an internship and residency in orthopedic surgery at Johns Hopkins

Hospital in Baltimore, Maryland. Dr. Mueller is board certified in orthopedic surgery.

Dr. Mueller is originally from Missouri. He formerly served his country as a Staff Orthopedic Surgeon in the U.S. Navy. He has a special interest in sports-related

injuries and adult reconstructive surgery. He is a member of the American Academy of Orthopedic Surgeons. Dr. Mueller currently lives in Columbus with his wife, Elizabeth. The couple has three grown children.

Ask a Doc – Carpal Tunnel Syndrome with Robert W. Mueller, M.D.

Question: What are causes and symptoms of carpal tunnel syndrome?

Answer: Carpal tunnel syndrome is a common condition that causes numbness, tingling, and pain in the hand and forearm. While anyone can develop symptoms, the condition usually occurs in adults, and women are more likely than men to suffer from carpal tunnel syndrome. In most patients, carpal tunnel syndrome progressively worsens over time. If untreated for too long, permanent dysfunction of the hand may occur, including loss of sensation in the fingers and weakness. For this reason, it is important to diagnose and treat carpal tunnel syndrome promptly.

The floor and sides of the carpal tunnel are formed by small wrist bones called carpal bones. The roof of the tunnel is a strong band of connective tissue called the transverse carpal ligament. The boundaries are very rigid, leaving the carpal tunnel with little capacity to stretch or increase in size. The median nerve is one of the main nerves in the hand and originates as a group of nerve roots in the neck that come together to form a single nerve in the arm. Traveling down the upper arm, across the elbow, and into the forearm, the median nerve passes through the carpal tunnel at the wrist on its way to the hand and fingers. The nerve then separates into smaller nerves, allowing for feeling in the thumb, index finger, middle finger, and half of the ring finger. The median nerve

also controls the muscles around the base of the thumb. The nine tendons that bend the fingers and thumb, the flexor tendons, also travel through the carpal tunnel with the nerve.

Carpal tunnel syndrome occurs when the tunnel becomes narrowed or when the tissue surrounding the flexor tendons, known as synovium swells, put pressure on the median nerve and reduce the blood supply. The abnormal pressure on the nerve can result in numbness, tingling, pain, and weakness in the hand. The symptoms typically begin slowly, and often first appear in one or both hands at night, but recede during the day. The fingers may also feel swollen and cold, and weakness when gripping objects may occur.

Most cases of carpal tunnel syndrome are caused by a combination of factors. Studies show that women and older people are more likely to develop the condition. Anything that squeezes or irritates the median nerve in the carpal tunnel space may lead to carpal tunnel syndrome. A wrist fracture can narrow the carpal tunnel and irritate the nerve, as can the swelling and inflammation caused by rheumatoid arthritis. In some cases, irritated tendons can thicken or swell, which can narrow the tunnel and compress the median nerve. In many cases, no single cause can be identified. Risk factors for carpal tunnel syndrome include:

- Heredity – the carpal tunnel may be naturally smaller in some people, or there may be anatomic differences that change the amount of space for the nerve, traits that can be inherited.
- Repetitive hand use – repeating the same hand and wrist motions or activities over a prolonged period of time may aggravate the tendons in the wrist, causing swelling that puts pressure on the nerve.
- Hand and wrist position – participating in activities that involve extreme flexing or extension of the hand and wrist for a prolonged period of time can increase pressure on the nerve.
- Health conditions – diabetes, rheumatoid arthritis, and thyroid gland imbalance are conditions that are associated with carpal tunnel syndrome.

activities that aggravate the symptoms may also be beneficial. In some cases, non-steroidal anti-inflammatory drugs (NSAIDs) can assist in relieving pain and inflammation.

If nonsurgical treatment does not relieve the symptoms or provides only temporary relief, surgery may be necessary. The decision to recommend surgery is based on the severity of the symptoms, physical exam findings, response to non-operative treatment, and test results. In long-standing cases with constant numbness and wasting of the thumb muscles, surgery may be recommended to prevent irreversible damage. Surgery for carpal tunnel syndrome is typically done as an outpatient procedure. Recovery from carpal tunnel surgery is different for each person. If the nerve has been compressed for a long time, recovery may take longer.

Early diagnosis and treatment are important to avoid further damage to the median nerve. An orthopedic surgeon or other healthcare provider can assist in determining the best course of treatment for the condition. If diagnosed and treated early, the symptoms of carpal tunnel syndrome can often be relieved without surgery. Treatments may include bracing or splinting the wrist at night to ensure a straight and neutral position is maintained. Changing or modifying

Quality Reporting to the Community

Patient Story and Benchmarks for Surgery Care

Patient Story – Joe Foresta

colonoscopy indicates that no further studies are necessary for five to ten years, and if an abnormality is found, a biopsy or complete removal of the polyp can be accomplished during the procedure. Furthermore, most insurance companies, including Medicare, cover the cost of a screening colonoscopy.

During the procedure, the gastroenterologist discovered seven polyps. After a biopsy, Joe was informed he had stage two colon cancer. To remove the cancer, a colectomy, a surgical procedure to remove part of the colon, was required. The surgery typically requires other procedures to reattach the remaining portions of the digestive system. Since Joe's cancer was in an early stage, only a small section of the colon needed to be removed.

"At the pre-surgery appointment, everyone was super professional and kind to me," Joe shared. "I met with the surgeon, Victor F. Ferrini, M.D., and he explained everything to me. It was reassuring to understand what was going to happen during the procedure, and I felt confident about a successful recovery."

Dr. Ferrini had hoped to use the da Vinci Surgical Robot for the procedure. Using the robot is less-invasive and allows for a quicker recovery and less blood loss. However, Joe's surgery was deemed too complicated to use the robot and Dr. Ferrini performed a standard open colon resection. Joe was told to expect to spend at least seven days in the Hospital to recover from the surgery.

"After a post-surgery examination, Dr. Ferrini said he was impressed with how quickly I was recovering," Joe said. "He sent me home on the fourth day after my surgery. During my stay, the

staff treated me very well, were kind, and very supportive. I was grateful to have such wonderful care."

During Joe's surgery, Dr. Ferrini also removed 17 lymph nodes, small structures that work as filters for foreign substances, such as cancer cells and infections. Removing the lymph nodes reduces the risk that the cancer might return after surgery. While Joe's procedure was deemed successful in removing the cancer, he will follow-up with an oncologist in six months for more testing.

"The hardest part of the entire process has been the restrictions such as no lifting and having to sit still," Joe joked. "I have been watching the others in my martial arts group train, and I just want to participate. I cannot wait until I have been cleared for physical activity."

Joe also looks forward to spending time with his family. He visits his sister at least once a week. His son, Jay, lives out of state, but traveled home to be with Joe during the surgery and part of his recovery. Joe's daughter, Katie, who also lives out of state with her four children, Faith, Grace, Hope, and Gus, encouraged and supported Joe during his recovery and stays in constant contact with him.

Navigational Bronchoscopy

Lung cancer is the leading cause of cancer deaths in Licking County and Ohio. Screening tools, such as chest X-rays and low-dose CT scans, can help detect cancer early before it has spread and when it is most treatable. A lung biopsy is a procedure that removes tissue or cells from the lung to determine if cancer is present. Traditionally, lung biopsies required invasive surgery to acquire samples for testing, which carried the risk of complications such as infection, pneumonia, blood clots, or a collapsed lung. The last decade has seen major advances in bronchoscopic technology which have greatly improved the timing and accuracy of lung cancer diagnosis and provided safer, less invasive procedures.

Navigational bronchoscopy is a minimally invasive procedure used to diagnose cancer and other diseases in areas of the lung that are hard to reach with a traditional bronchoscopy. During a bronchoscopy, a thin, flexible tube, mounted with a small light and camera, is inserted through an artificial airway that goes through the mouth and into the trachea. Navigational bronchoscopy uses a steerable, flexible catheter that extends the reach of the bronchoscope and allows access to the small airway passages in the outermost part of the lungs that were previously difficult to reach. A camera with GPS-like technology provides real-time

navigation in the lung, as well as a 3D computer-generated image that moves as the patient breathes or as instruments are moved, allowing for a more precise target of the area being biopsied.

Common reasons for having a navigational bronchoscopy include:

- Biopsy tissue samples for cancer
- Examine suspicious areas seen on X-rays or CT scans
- Place markers for future treatment
- Remove blockages from airways, such as tumors or growths

Incorporated with an endobronchial ultrasound (EBUS), a scope equipped with a video camera and ultrasound probe that creates local images of the lungs, a navigational bronchoscopy can also be used to evaluate nearby lymph nodes.

Navigational bronchoscopy is performed by a pulmonologist, a physician who specializes in diagnosing and treating diseases of the respiratory system. A respiratory therapist and pathologist are also present during the procedure. The patient is placed under general anesthesia and a breathing tube is inserted to ensure that the patient is completely still and will not experience any pain related to the procedure. During the biopsy, the targeted lesion is highlighted in green. The computer maps out a route that will guide the

catheter to the lesion. Once the catheter is delivered to the area, the appropriate tool is used to obtain samples, which are immediately given to the pathologist for examination.

The procedure takes, on average, an hour and a half to complete, and patients are discharged home the same day. A sore throat after the procedure is common, and some patients may experience coughing and have sputum that contains blood. The patient's physician will discuss the findings of the bronchoscopy and recommend a course of treatment.



Newark Moose Lodge Donates Toys to LMH Pediatric Patients

In January, Licking Memorial Health Systems President & CEO Rob Montagnese accepted a gift of two dozen Tommy Moose plush toys from Newark Moose Lodge 499. Tommy Moose himself, along with Lodge Officers Jeff Unternaher and John Davis, II, presented the donation to help comfort children who receive care at Licking Memorial Hospital.



Surgery Care – How do we compare?

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

1. Risk of serious complications exist during and after surgery, and some deaths may be unavoidable. However, LMH has trained, well-organized, and efficient staff members who work to find and treat complications quickly and aggressively. In 2022, 8,401 surgeries were performed at LMH.

	LMH 2020	LMH 2021	LMH 2022	National ¹
Deaths among patients with serious treatable complications after surgery	0.00%	8.33%	4.17%	15.90%

2. Patients who have open-incision surgery are at elevated risk to develop an infection at the surgical site. LMH utilizes strict infection-prevention strategies for each surgical patient and ensures that the Hospital's Central Sterile staff members receive certification in proper reprocessing sterilization policies for surgical equipment.

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Central Sterile staff with certification	100%	100%	100%	100%
Surgical site infections	0.1	0.0	0.1	0

3. Postoperative patients are at risk for developing other potentially deadly complications such as sepsis, a serious condition in which the body responds improperly to an infection. The infection-fighting process turns on the body, causing the organs to function poorly which can cause damage to the lungs, kidneys, liver, and other organs. LMH works to prevent sepsis by following best practices for patient safety and closely monitoring a patient's condition.

	LMH 2020	LMH 2021	LMH 2022	National ¹
Postoperative Sepsis	0.00%	0.00%	0.00%	0.49%

4. As a quality care indicator, hospitals track 30-day readmission rates for patients who had total hip or total knee replacement surgeries. LMH tracks the rate of patients who had an unplanned readmission back to LMH for any reason (even if the reason was unrelated to the surgery) within 30 days of their Hospital discharge.

	LMH 2020	LMH 2021	LMH 2022	National ⁽¹⁾
30-day readmissions:				
Total hip replacement readmissions	5.88%*	3.57%	0.00%	3.13%
Total knee replacement readmissions	4.27%*	0.00%	4.54%**	1.09%

*In 2020, elective hip and knee replacement surgeries were halted for several months resulting in a lower number of patients who received the procedure.
**In 2022, one patient out of 22 was readmitted after knee surgery.

5. Delays in surgical procedures are an inconvenience to patients who may have fasted for hours and often are nervous. The LMH Surgery staff makes every effort to timely begin procedures for the comfort of patients and their families.

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Surgeries that started on time	90%	94%	85%	Greater than 90%

6. Postoperative patients who lie in bed for long periods are at increased risk of developing a blood clot in their lungs (pulmonary embolism) or legs (deep vein thrombosis). To prevent the formation of these dangerous conditions, LMH uses multiple methods to reduce the risk of blood clots, including the use of blood thinning medications and mechanical compression devices. In some cases, despite using these interventions, these blood clots may still occur.

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Postoperative patients who developed a pulmonary embolism or deep vein thrombosis	0.00%	0.63%	0.00%	0.50%

Data Footnotes: (1) MIDAS CPMS comparative database

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



Types of Anesthesia

Anesthesia is a safe and effective way to manage pain and discomfort during surgery. Medicines called anesthetics temporarily block sensory receptors of the nerves at the procedure site and prevent the brain from receiving the signals. The four main types of anesthesia used for surgery include local, sedation, regional, and general anesthesia. The type of anesthesia used depends on the type and scope of the procedure, as well as a patient's medical history and personal preference.

Local anesthesia numbs a small area of the body and is often used for minor surgeries, such as skin biopsies, cataract surgery, or stitches. The patient remains awake and alert during the procedure.

Sedation, also known as "twilight sleep," causes the patient to relax and become drowsy. The patient is not completely unconscious, but they are not likely to remember the procedure. Sedation is often used for minor surgical procedures, such as

colonoscopies, cardiac catheterization, and wisdom teeth removal.

Regional anesthesia blocks pain in a larger part of the body, such as a limb or all parts below the chest. An epidural is a regional anesthetic that is used to ease the pain of childbirth. Orthopedic surgeries, such as a knee or hip replacement, also use regional anesthesia.

General anesthesia is most often used for more invasive procedures and surgeries. It causes the patient to lose consciousness and become unable to feel pain. General anesthesia can be administered through an intravenous (IV) line or through a breathing mask.



Walk with a Doc

In November, Licking Memorial Health Systems hosted a Walk with a Doc event at Oak Hill Manor in Utica. Mark DeFrancisco, D.O., of Licking Memorial Vascular Surgery, led a discussion about Abdominal Aortic Aneurysm (AAA). During the December event at the Johnstown-Monroe Middle School Gymnasium in Johnstown, Robert Mueller, M.D., of Licking Memorial Orthopedic Surgery, shared information about rotator cuff tears. The January event was held at the West Licking County Family YMCA in Pataskala, and Lydia Cortes-Betancourt, M.D., addressed inflammatory pain.

The monthly program offers community members an opportunity to ask general health questions related to a physician's specialty during a 40-minute walk at various locations in Licking County. For more information on upcoming Walk with a Doc events, visit LMHealth.org/Calendar.





Quality Reporting to the Community

Patient Story and Benchmarks for Heart Care

Patient Story – Timothy Welsh

information to LMHS to be read and determine the condition of the heart.

When the information from the EMS crew is received, the Licking Memorial Hospital Emergency Department determines the type of heart attack, notifies the cardiologist, and sends an alert to the Cardiac Catheterization Team to respond within 30 minutes. Reading the electronic signals, a cardiologist can determine if there is a partial obstruction of blood flow referred to as a non-ST-segment elevation myocardial infarction (NSTEMI) or an ST-segment elevation myocardial infarction (STEMI). An NSTEMI is a milder form of heart attack and accounts for around two-thirds of all cases. A STEMI occurs when ruptured plaque completely blocks a major coronary artery, resulting in heart damage. The team can then prepare the Cardiac Catheterization Laboratory for the necessary procedure to clear the affected artery.

In Tim's case, the EMS crew followed procedure and alerted LMHS of the situation. He was immediately taken to the Cath Lab for a cardiac catheterization. The cardiologist inserts a long, thin, flexible tube called a catheter into a blood vessel and threads it through to the heart. During the examination, the team located two blocked arteries and were able to perform coronary angioplasty to open the clogged arteries and place three stents.

"As soon as the stents were placed and the blood flowing again, I immediately began to feel better," Tim shared. "I was up and walking the next day, and was released Tuesday. The staff was very good to me. They explained what was happening and what needed to be done."

After his release from the Hospital, Tim met with Cardiologist Hassan Rajjoub,

M.D. Dr. Rajjoub suggested that Tim visit the Cardiac Rehabilitation Program certified by the American Association of Cardiovascular and Pulmonary Rehabilitation. Tim then met with a Cardiac Rehabilitation nurse to begin developing a plan for recovery. He started slowly with a safe exercise program to help become stronger and attended weekly education classes. Typically, Cardiac Rehabilitation sessions take place three times a week; however, a customized program is based on the individual's specific needs. During the session, patients exercise using a variety of equipment, are monitored by a nurse and certified exercise physiologist, and have their heart rate and blood pressure checked. A registered dietitian also met with Tim during the program to discuss heart-healthy eating and answer any questions.

"The staff in the rehabilitation program were great and so nice. They knew when to be serious and when to joke to put me at ease," Tim said. "I enjoyed cutting-up with them. They told me what I had to do to keep my heart healthy, and I have taken their advice seriously. I take my medications every day and try to walk or exercise daily as well. Watching my diet has been somewhat challenging, but I am consuming healthy options about 90 percent of the time now, which is better than how I used to eat."

"I am so grateful for our community Hospital. Everyone truly cares about the patients. I even got to reconnect with an old friend from high school, Renardo "Renny" Bare, who works security at the front desk."

Tim will continue to have follow-up visits with Dr. Rajjoub. He is working part-time now and enjoys going to the mall to walk. He looks forward to the spring when he can walk outside instead.

Timothy Welsh was born and raised in Newark and has been working in the grocery business since he was 16. Though he has a family history of heart disease, he believed his job kept him active enough to remain healthy. Unfortunately, Timothy felt a great deal of stress from his job and did not follow healthy eating habits. Earlier this year, Timothy experienced a cardiac event.

A few days before the heart attack, Timothy had been experiencing heartburn. He did not believe the episode was serious enough to be concerned since the sensation subsided and did not return the following day. However, on a Saturday while at work, the heartburn returned. Timothy had worked several hours and was ready to take a break. In addition to the heartburn, he began to feel very hot, unsteady, and confused.

"I felt some pain, but not terrible. I could manage it," Timothy said. "It was the sweaty feeling and haziness that concerned me most. I told the store manager I did not feel well, and he called for an ambulance."

Licking Memorial Health Systems (LMHS) has partnered with local emergency medical services (EMS) for quite sometime to quickly respond to possible heart attack situations. LMHS donates portable electrocardiogram (EKG) machines to the EMS teams. The technicians are able to place the electrodes on the chest while in route to the Hospital or on-site to record the heart's electrical signals, which cause the heart to beat. They can transmit the

Depression and Heart Disease

The relationship between depression and heart disease has been studied by scientists for many years, and the correlation between the two is complex. However, there is strong evidence that the two conditions can influence each other and contribute to harmful health outcomes. According to the World Health Organization (WHO), 350 million people suffer from depression, and 17.3 million people die of heart disease each year, making heart disease the number one cause of death in the world.

Depression is a common mood disorder that affects how an individual thinks, feels, and behaves. When a person experiences depression, the body undergoes various biological changes, including increased heart rate and blood pressure, reduced blood flow to the heart, and heightened levels of the

stress hormone, cortisol. Such changes can damage blood vessels, increase inflammation, and lead to calcium buildup in the arteries, which can contribute to the development of heart disease.

People who have existing mental health disorders are more likely to suffer from depression after they have experienced a heart attack or been diagnosed with heart disease. The emotional toll a person may suffer after a heart attack can include anxiety, depression, and post traumatic stress disorder (PTSD). Survivors may feel fear and uncertainty about their future health and not feel confident about their ability to live and work independently. They also may worry about the impact that their health may have on loved ones and coworkers.

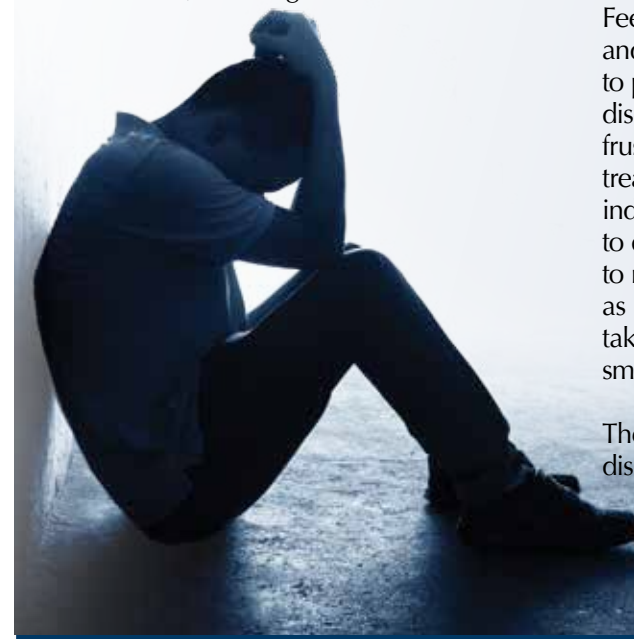
Feelings of sadness, hopelessness, and loss of control may surface due to physical limitations caused by the disease. People may also feel angry or frustrated because of their diagnosis, treatment regimen, or potential loss of independence. These feelings can lead to depression, which can cause people to make unhealthy lifestyle choices, such as not exercising, eating poorly, failing to take prescribed medications, continued smoking, and substance use.

The psychological impact of heart disease varies with each individual,

depending on the severity of their condition, coping mechanisms, and social and emotional support. There are numerous resources available to help people who have experienced a heart attack or heart disease, such as cardiac rehabilitation, social groups, and counseling.

Licking Memorial Cardiac Services provides a cardiac rehabilitation program to help to restore and enhance the physical and psychological health of a patient following a cardiac event. Patients receive support from their cardiology team while in the Hospital and after discharge. Patients perform various forms of supervised exercise, receive education, and meet with a registered dietitian on how to maintain a healthy lifestyle. Their progress is closely monitored by trained staff throughout their recovery.

Sadness is a normal emotion that everyone experiences at certain events in their life, and people usually feel better after crying, venting, or talking about their frustrations. Sadness can be an indication of depression, and other symptoms may include feelings of hopelessness, a lack of motivation, or a loss of interest in people or activities they used to enjoy. Individuals should seek professional help if symptoms last for more than two weeks. A healthcare provider can diagnose depression and suggest treatment options, such as psychotherapy or medication.



PetSmart Donates Stuffed Animals to LMH

Licking Memorial Hospital (LMH) received a generous donation of 189 stuffed animals from the PetSmart store in Heath. PetSmart shoppers had the opportunity to purchase the stuffed animals and donate those back to the store. The plush toys were then donated to LMH for distribution to pediatric patients.



Heart Care – How do we compare?

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

1. The first step in heart attack treatment is to confirm that the patient is truly experiencing the symptoms of a heart attack. An electrocardiogram (EKG) measures the electrical activity of the heart and is one diagnostic tool used to determine if a heart attack is occurring.

	LMH 2020	LMH 2021	LMH 2022	National Average ⁽¹⁾
Median time from arrival to completion of EKG	3 minutes	3 minutes	2 minutes	7 minutes

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

	LMH 2020	LMH 2021	LMH 2022	National Goal ⁽²⁾
Mean time from arrival until balloon angioplasty performed	58 minutes	65 minutes	66 minutes	90 minutes
Time to balloon within 90 minutes	99%	98%	100%	95%

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

	LMH 2020	LMH 2021	LMH 2022	National Goal ⁽²⁾
Medical contact to reperfusion	78 minutes	82 minutes	87 minutes	Less than 90 minutes

4. When performing certain heart procedures, such as a catheterization, a cardiologist may choose to access the heart through the radial artery, located in the wrist, or the femoral artery, located in the upper thigh. Transradial artery access improves acute coronary syndrome-related outcomes and reduces cost. Accessing the radial artery requires advanced skill; however, radial access offers quicker recovery time and decreases the risk of bleeding. LMHS' cardiologists possess the advanced skills needed for the procedure and offer the safer alternative to patients; however, it may not be an option for some patients due to a risk of spasms or the size of the artery.

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Heart catheterization procedures	550	556	554	
Percentage of radial access	91%	88%	98%	83%

5. Hospitals report the rate of patients who died within 30 days of being admitted to the hospital for an acute myocardial infarction (AMI) or heart attack to Centers for Medicare & Medicaid Services. The hospital data is risk-adjusted to the complexity of each hospital's patients to calculate a rate as compared to national averages. Lower rates are better. The data reflects a three year period rather than a year-to-year calculation.

	LMH 2022 (2018-2021)	National Rate
AMI 30-day mortality rate	12.4%	12.4%

6. Hospitals also report the rate of patients with AMI who are discharged and then readmitted back into the hospital within 30 days of discharge for any reason to Centers for Medicare & Medicaid Services. The hospital data is risk-adjusted to the complexity of each hospital's patients to calculate the rate of readmission. Lower rates are better. The data reflects a three year period rather than a year-to-year calculation.

	LMH 2022 (2018-2021)	National Rate
AMI 30-day readmission rate	15.1%	15%

7. 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 2020	LMHP 2021	LMHP 2022	LMHP Goal ⁽³⁾
LMHP CAD patients with aspirin and/or antithrombotic prescribed	93%	90%	87%	Greater than 85%

8. 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 2020	LMHP 2021	LMHP 2022	LMHP Goal ⁽³⁾
LMHP CAD patients with LDL less than or equal to 100 mg/dl	84%	61%	71%	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 [LMHealth.org](https://www.lmhealth.org).

Call 911 for Heart Attack Symptoms



A heart attack is a life-threatening emergency, and medical attention should be sought immediately when someone is experiencing symptoms. By calling 911, emergency medical services (EMS) providers can begin evaluating, monitoring, and treating the individual upon arrival and transport the patient to the Hospital in the shortest amount of time. EMS is equipped with technology that can transmit an electrocardiogram (EKG) reading to the Emergency Department, allowing the cardiac team to prepare for life-saving interventions before the patient arrives.

Common symptoms of a heart attack include:

- Chest pain or pressure that lasts for more than a few minutes
- Pain in other areas of the body including the arms, back, neck, jaw, or stomach
- Shortness of breath
- Sweating
- Nausea
- Light-headedness

Although chest pain or pressure is a common symptom in both men and women, women are more likely to experience other heart attack symptoms, such as shortness of breath, nausea, and back or jaw pain. Individuals who suspect they are having a heart attack should call 911 immediately. While waiting for help to arrive, remain on the phone and follow any instructions given by the dispatcher. Individuals experiencing heart attack symptoms should never drive themselves to the hospital.

Licking Memorial Health Foundation Recognizes New Donors

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

The John Alford Fellowship

The John Alford Fellowship honors the commitment and efforts of longtime supporter John Alford, the recipient of Licking Memorial Hospital's first Lifetime Achievement award and the namesake for the 2007 John & Mary Alford Pavilion, providing the local community with a new Emergency Department and Surgery Department in the 100,000-square-foot addition to Licking Memorial Hospital. Individuals donating to the John Alford Fellowship support his efforts to ensure local, quality healthcare by contributing \$25,000 or more over a period of 10 years.

The Hagele Family

LMHS President & CEO Rob Montagnese and LMHS Board Vice Chair, Michael J. Massaro, presented Thomas J. Hagele, M.D., M.B.A., Licking Memorial Dermatology, with a glass piece to recognize Dr. Hagele and his wife, Courtney, and their children, Helena, James, and Corrina, for joining the John Alford Fellowship. Dr. Hagele joined Licking Memorial Dermatology in July 2016. He received both his Doctor of Medicine degree and Master of Business Administration degree with a focus in healthcare at Wright State University Boonshoft School of Medicine in Dayton, Ohio. Dr. Hagele completed an internship in internal medicine at The Ohio State University Wexner Medical Center and a residency

in dermatology at University of South Florida College of Medicine in Tampa, Florida. He is board certified in dermatology and micrographic surgery and has a special interest in complex skin cancer, dermatologic surgery, and cosmetic dermatology. Dr. Hagele is a member of the American Academy of Dermatology and the American Society of Mohs Surgery.

Courtney Hagele is also employed at LMHS and serves as the Assistant General Counsel. She received her Bachelor of Arts in Psychology and Criminology from The Ohio State University, and her Juris Doctorate from the University of Dayton School

of Law before passing the Ohio Bar in 2010. Courtney is a member of the Licking County Bar Association and the Ohio Society of Healthcare Risk Managers.



The Caduceus Society

The Caduceus Society recognizes physicians who support LMH through a charitable contribution of \$10,000 or more 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.

Ejaz Ahmad, M.D.

Rob and Vice President Development & Public Relations Veronica Patton recognized Ejaz Ahmad, M.D., with a glass piece for joining the Caduceus Society. Dr. Ahmad joined Licking Memorial Pathology in January 2023. He received his medical degree at the Dow Medical College in Karachi, Pakistan, and completed a pathology residency and a hematopathology fellowship at William Beaumont Hospital in Royal Oak, Michigan. Dr. Ahmad also completed a fellowship in flow

cytometry at the National Institute of Health in Bethesda, Maryland. He has practiced pathology for the last 23 years.

Dr. Ahmad resides in New Albany with his wife, Kauser. The couple has one daughter and three sons. Hiba is a third-year medical student at The Ohio State University. Abdul-Azeez is an undergraduate in the Architectural College at The Ohio State University. Ibraheem is a senior and Ammar is a sophomore at New Albany High School.



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.

The William Schaffner Society

The William Schaffner Society was created in memory of William Schaffner, the first Chairman of the Licking County Hospital Commission in 1961, and an instrumental player in the county bond issue that financed the current location of Licking Memorial Hospital. He dedicated his life to providing quality healthcare services to our community. Membership is extended to those who make a commitment of \$10,000 or more paid over a period of 10 years, and a donor affirms William Schaffner's belief in the need for quality healthcare at the local level.

Ken Quick, B.S.N., R.N.

LMHS President & CEO Rob Montagnese and LMH Board Chair, Jacqueline H. Parrill, Ed.D., recognized Ken Quick, B.S.N., R.N., Licking Memorial Intensive Care Unit (ICU), with a glass piece for joining the William Schaffner Society. Ken is a lifelong resident of Licking County. He received his Bachelor of Science in Nursing degree from Muskingum University. Joining LMH in 2014, Ken provided patient care in several areas before moving to the ICU in 2022. In addition to his position at LMH, Ken also serves as the Director of the Licking

County Community Health Clinic for the uninsured residents of the community and is an active member of the Ohio Charitable Health Network Legislative Committee and the American Nurses Association of Ohio.

Ken resides in Newark with his wife, Lori. The couple has two daughters. Mary is a Biochemistry major at The Ohio State University, and Anna is an Environmental Science major at Wright State University.



Development Council Spotlight – Heather Powell

Heather Powell joined the Licking Memorial Hospital (LMH) Developmental Council Annual Support Committee in February 2023. When Heather was asked to serve, she quickly agreed, knowing the community benefit of local healthcare access. "The Annual Support Committee is an important component of the Development Council; creating and maintaining a base of regular contributors builds sustainability and longevity," Heather said.

Heather currently lives in Granville with her husband, Mark, and her son, Reed. Mark's family has lived in Licking County for many years, and generations of his family have benefited from the care and service that LMH team members have provided for decades.

Heather moved to Licking County in 2009 and quickly became involved in

a variety of community organizations including the Food Pantry Network of Licking County, Camp O'Bannon, Rotary Club of Newark, and The Licking County Chamber of Commerce, among others. Through her involvement, she immediately noticed that LMH was a critical component to the health and wellness of the community.

"LMH's mission is essential to our community. While many would think the Hospital's efforts are focused within their own facilities, what is particularly impressive are their efforts to partner with other community organizations to expand reach and improve quality and accessibility of service. Access to medical expertise within minutes of home elevates the quality of life for our residents and provides exceptional peace of mind," Heather said.

Heather earned a Bachelor of Science in Communications from Ohio University. After college, she began a career in funds development before transitioning to banking and finance. She is now a financial advisor and partner at The Edwards Group at Morgan Stanley. Heather, having worked on both funds development and finance, is able to offer a unique perspective to the Development Council, providing insight into how the two areas intersect.



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 received recently.

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Goodwill Industries
TWIGS 6
TWIGS 8

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Cradle Roll

In honor of: Kynlee Rose Baker
By: Licking Memorial Hospital
In honor of: Beverley Jean Chadwick
By: Licking Memorial Hospital
In honor of: Eleanor Liliana Harshbarger
By: Licking Memorial Hospital
In honor of: Maevy Diane Moran
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In honor of: Jamani Murphy
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In memory of: John A. Dorsey
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In memory of: Shirley Isabel Stare
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Paving Our Future

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William Schaffner Society

Cecilia K. Boll-Pool
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Supporter Spotlight – Park National Bank

Park National Bank was established in 1908 in Newark and has always placed an emphasis on supporting the local community. The company culture is deeply rooted in the values of service and philanthropy. Strong communities are built with local volunteers and leadership, which is why Park National Bank has developed a long-standing and strong relationship with Licking Memorial Health Systems (LMHS) and other organizations within the community.

John Alford, President of Park National Bank from 1956 to 1979, was instrumental in helping to construct the new building where Licking Memorial Hospital (LMH) resides today. John believed that building a modernly equipped hospital was critically important for the health of the community. His dedication and commitment to LMH was instilled in the Park National Bank culture of giving back to the community.

“Park is very aware that LMHS takes care of our loved ones, our neighbors, and our clients, and our partnership with LMHS is strong because of that,” said Chief Banking Officer Laura Tussing. “We are very community focused and have concentrated on how we can help meet the needs of our community in the ways of housing, food stability, youth education, arts, and culture.”

For decades, Park National Bank has generously participated in a number of giving opportunities provided by Licking Memorial Health Foundation (LMHF), which is the not-for-profit organization

responsible for conducting resource development and fundraising activities for the benefit and support of LMHS. Park National Bank is a Founder level donor, contributing \$100,000 or more to LMHF. They have been a long-time supporter of LMHS’ annual Golf Gala and have been a Condor Sponsor for several years. Park is also an event partner for the LMHS “For Your Health” 5K Run/Walk and 1-mile Fun Walk each July.

“LMH has a significant presence in Licking County and a great approach to community outreach,” said Matt Miller, President of Park National Bank. “The physicians and staff are out in the community and interacting with those they are serving. Events such as Walk with a Doc and the 5K, as well as the Active•Fit and Active•Senior programs help to bolster LMH’s mission to improve the health of the community.”

With several branches located throughout Licking County, Park National Bank is committed to the communities in which the organization serves. Leadership and employees volunteer their time willingly in areas for which they are passionate. Associates recently participated in Habitat for Humanity’s MidOhio Playhouse Project by building and decorating a playhouse that was donated to the child of a local family. Other partnerships include the United Way of Licking County, the Food Pantry Network of Licking County, and Teach Children to Save. Park National Bank also sponsors numerous community events throughout the area.



Wood Samaritans Donate Handcrafted Toys to Hospital

The Wood Samaritans Group of Centenary United Methodist Church in Granville generously donated a series of handcrafted wood toys to Licking Memorial Hospital in January. Licking Memorial Health Systems President & CEO Rob Montagnese accepted the donation of toys which were distributed for pediatric patients to enjoy.



Protecting Eye Health During a Solar Eclipse

A solar eclipse happens when the moon passes between the Earth and the sun, casting a shadow, and totally or partially obscuring the view of the sun. During a total eclipse, the face of the sun is completely blocked by the moon creating an atmosphere similar to dawn or dusk. On April 8, a total eclipse will be viewable in certain areas of the United States along a narrow band stretching from Texas to Maine, including parts of Ohio. A partial eclipse will be visible throughout all 48 contiguous states. Whether it is a partial or total eclipse, the phenomenon creates a unique viewing experience; however, it is important to consider eye health and take proper precautions while watching this extraordinary celestial event.

Exposing the eyes to sunlight for too long can cause damage to the retina, the light-sensitive layer of tissue at the back of the eye, and result in a condition called solar retinopathy. Harm to the eyes from the sun occurs with no pain, and symptoms may not appear for a few hours or even a few days. Symptoms include loss of central vision, distorted vision, and altered color vision. Solar retinopathy cases tend to increase when a solar eclipse occurs. Vision usually recovers completely without treatment; however, some people experience permanent vision loss.

Proper safety equipment or techniques are necessary to protect the eyes when

viewing the eclipse. Solar eclipse glasses are an effective means to watch the event. To avoid harm to the eyes, the glasses should be purchased from a trusted source, meet safety requirements, be manufactured with ISO 12312-2 filters, and worn at all times when viewing the eclipse.



Pinhole projection is a safe and inexpensive technique that can be used to view an eclipse. Those using this option, view a projected image of the eclipse rather than looking directly at the sun. To make a pinhole projector, two sheets of paper are used. A small hole is punched through the center of

the first sheet and is held above the shoulder as the person stands with their back to the sun. The light from the sun shines through the hole, creating an image of the eclipse on the second sheet positioned approximately three feet away.

Other alternatives for safely viewing the eclipse, include number 14 welder's glass and mylar filters. The eclipse may also be available to watch on television or at a planetarium. With any method, it is important to ensure that all equipment is in good repair. Eclipse glasses, welder's glass, and mylar filters should be free of scratches. Those without proper equipment should never look directly at the sun. Sunglasses, smartphones, camera lenses, and binoculars do not provide effective protection from harmful sun rays.

Much of Ohio will experience a partial eclipse, including Licking County. In Newark, the eclipse will begin around 1:56 p.m., and will reach maximum coverage of 99 percent at about 3:13 p.m. Several cities in Ohio will experience a total eclipse including, Dayton, Toledo, Cleveland, Delaware, Dublin, and Mount Vernon. Total solar eclipses are a rare occurrence. The last total eclipse visible in Ohio happened in 1806. After this year, the next total eclipse will not occur until 2099. For a full list of areas that are in the total eclipse path on April 8, visit eclipse.test.ohio.gov/where-to-view.html.

Handcrafted Ornaments Donated to LMH

In December, the Land of Legend Woodcarvers Club donated a series of handcrafted wood ornaments to Licking Memorial Hospital. Licking Memorial Health Systems President & CEO Rob Montagnese accepted the donation of ornaments which were placed on patient meal trays for patients to enjoy during the holidays.



RSV and Heart Health

In February, Licking Memorial Health Systems (LMHS) presented a community education program to raise awareness about heart health and the effect that certain illnesses can have on those with heart disease. The event was held in the Licking Memorial Hospital (LMH) First Floor Conference Rooms. Cynthia A. Kears, D.O., of Licking Memorial Women's Health – Granville, discussed the impact that Respiratory Syncytial Virus (RSV) can have on heart health.

RSV is a common respiratory virus that begins in the fall and peaks in winter. The illness involves mild, cold-like symptoms, including nasal congestion, sore throat, headache, cough, fever, loss of appetite, and fatigue. Most people who are infected usually recover within a couple of weeks. However, high-risk groups, including infants, adults over 60, and those with weakened immune systems, are more likely to experience severe RSV and hospitalization. Severe cases of RSV can cause bronchiolitis and pneumonia and aggravate chronic conditions such as lung and heart disease.

RSV inflames the lungs, causing an increased burden on the heart. As the body fights the virus, blood pressure rises, the risk of blood clots increases,

and the heart muscle can swell or become scarred. This additional strain on the heart and surrounding blood vessels can make people vulnerable to future cardiovascular conditions, such as high blood pressure, heart attack, and stroke.

"RSV season occurs from the fall until the end of spring, and it usually peaks in the winter months. Our best defense against acquiring this respiratory illness is to practice good hand hygiene, cover sneezes and coughs, clean frequently touched surfaces, including cell phones, and stay home when you are feeling

ill," explained Dr. Kears. "It is highly recommended that high-risk individuals receive the RSV vaccine. It is not too late to receive the vaccination."

The RSV vaccine is recommended for adults ages 60 and older, pregnant women, and infants and toddlers. Research indicates that one vaccine can reduce the risk of severe illness by 94 percent. Common side effects are injection site pain, fatigue, muscle pain, headache, and joint pain. Individuals, 60 and older, should discuss the risks and benefits of receiving the RSV vaccine with their healthcare provider.



Caregivers Expo

Wednesday, April 3 • 5:00 – 7:00 p.m.
Licking Memorial Hospital
1320 West Main Street, Newark

The Licking Memorial Hospital (LMH) Development Council will be hosting the **Caregivers Expo** on **Wednesday, April 3, from 5:00 to 7:00 p.m.**, at **Licking Memorial Hospital, 1320 West Main Street**. In an effort to assist families who are caring for aging loved ones, and grandparents who are the primary caregivers of their grandchildren, local vendors will be on site to provide information on available community resources. Light refreshments will be available and guests will receive a variety of giveaway items. The event is free to the public, and registration is not required.

For more information regarding this event, please call the LMH Development Office at (220) 564-4102.



Volunteer Spotlight - Karen Hedrick

Karen Hedrick ran a home daycare business for 35 years. Her husband, Joe, had a career in the Air Force, and Karen wanted to be able to contribute to her family's income while staying at home and raising her three children. Once she closed her daycare business, Karen desired to do something to serve her community.

"I chose to volunteer at Licking Memorial Hospital (LMH) because it is a great community organization. My mom had been in the Hospital and received wonderful care," Karen said. "I knew I wanted to be a part of that and give back to the community."

Karen has been volunteering at LMH for nearly 8 years. During her time, she has worked in the Mail Room, sorting

and delivering mail and newspapers to various areas of the Hospital. She has also assisted in the Hematology/Oncology Department transporting specimens to the Lab, performed duties at the Reception Desk, and assisted with various tasks in the Volunteer Office.

"I enjoy working in all areas of the Hospital because I get to meet so many people," said Karen. "It is very rewarding to know that you have helped someone who may be going through a difficult time. Sometimes all they need is a smile, and other times you help just by listening."

Karen is very active in her church, Central Christian Church, where she sings in the choir and is a member of their bell choir. She and Joe have two sons, one daughter, and four grandsons. Their youngest son,

Jordan, lives with them, and their older son, Todd, lives in Pataskala with his family. Their daughter, Mindee, lives with her family in North Carolina.

In her free time, Karen enjoys traveling. She recently took a trip to New York City, and she went on a girl's trip to Cancun, Mexico in February.



Retiree Spotlight

Tina Roberts worked as a nurse for 40 years at Licking Memorial Health Systems. During her career, she worked in Pediatrics, the Medical-Surgical Unit (Med-Surg), Oncology, cancer research, and the Medication Therapy Clinic. Tina earned her Associate Degree in Nursing from Central Ohio Technical College (COTC) in 1982 and was hired at Licking Memorial Hospital (LMH) that same year.

Tina's duties in the Medication Therapy Clinic included assisting pharmacists with managing patients' coumadin levels. Coumadin is a blood-thinning medication that reduces the risk of blood clots. Tina would test a patient's blood using an internal normalized ratio test to determine how quickly it takes for the patient's blood to clot. She would send the collected data

to the pharmacist for them to calculate the correct coumadin dosage. Tina also provided education to patients about diabetes and gathered information from them to assist the pharmacists with improving the patient's blood sugar levels.

"I enjoyed working with the pharmacists in the Clinic. They were very knowledgeable about the medications and took time to listen to me if I had concerns or questions about a patient," Tina said. "I miss working with my co-workers and the relationships I established with my patients. My chemotherapy patients were always so patient and grateful, and I felt a lot of compassion toward them."

Tina was a certified med-surg nurse and a certified oncology nurse. She spent a lot of time studying for her tests and worked hard to gain the number of hours required to earn her certifications. Tina is very proud of her achievements and grateful for the support she received while working at LMH.

Tina experienced many changes during her career at LMH. One of the most significant changes was transitioning from paper charting to electronic health records

(EHRs). Tina learned how to chart on Meditech, the Hospital's first EHR system, and later on Epic, LMH's current system. Tina also remembers using a dumbwaiter to transport medical equipment such as metal bedpans, urinals, and emesis basins.

"When I began my career, we did not have disposable supplies, so everything had to be washed by hand," Tina explained. "We also had to check a patient's urine for ketones to determine if they were diabetic because the glucometer had not yet been invented."

Since her retirement, Tina spends time at home raising Dwarf Nigerian goats. She also enjoys gardening, deer hunting, and sailing on a Catalina sailboat. She recently traveled to Mexico to visit her son, Joshua, and daughter-in-law, Alejandra. Her other son, Chad, lives in Dayton with his wife, Kari. Tina's husband, Chris, volunteers at The Champions Network in Newark and runs the Family of Hope Mission, a support group for family members who have a loved one struggling with addiction. Tina helps Chris once a week to prepare meals for the participants. She also volunteers at a long-term care facility once a week.



Licking Memorial Health Center at Licking Heights

The Health Center offers preventive care and treatment for common illnesses. Behavioral Health Partners of Central Ohio will be on-site to provide mental health services.

Licking Heights High School
4101 Summit Road
Pataskala, Ohio 43062

Phone: (220) 564-7830
Fax: (220) 564-7831

Hours
Monday through Friday
8:00 a.m. to 4:30 p.m.

Services include:

- Well-child care
- Sick visits
- Chronic disease management
- Teen health
- Rotating vaccine clinics
- Sports physicals
- Developmental screenings
- Substance use screening
- Mental health screening

Note: The Health Center accepts insurance, including Medicaid.



Lifeline of Ohio Hosts Tree of Life Event

Lifeline of Ohio hosted the Tree of Life event at Licking Memorial Hospital (LMH) in December. The event was held to honor the heroes of organ, eye, tissue, and placenta donation during the holiday season. Vice President Acute Care Services Heather Burkhart welcomed the guests. Donor recipient, Randy Zibell, spoke at the event, shared his experience of receiving a liver, and expressed his gratitude to the donor and their family. Participants enjoyed refreshments while they decorated ornaments in memory and honor of their loved ones. The ornaments were placed on a tree at LMH.



Active•Fit Period 1 Prize Winners

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 1. Participants in the Youth Wellness Program who completed their fitness goals between September 1 and December 31 were entered into a special drawing. Winners received their prizes from LMHS as special recognition for their achievements.

Meta Quest 2 Virtual Reality Headset & Fitness Software

Landon Breton
Lily Delatorre
Benisha Niroula

Bicycle & Helmet

Lucious Burgoyne
Leila Dalton
Aerial Sumner

Athletic Shoes

Austyn Allen
Pranjan Kafley
Rachel Rai

iPod & Fitness Software

Max Atwell
Wyatt Clouse
Bentlee Mowers

\$100 Dick's Sporting Goods Gift Card

Maddie Baker
Kusum Biswa
Abi Burr
Colten Derry
Eli Hickman
Ayrianna Mathews
Falyann Posey
Conner Quick
Julian Rodriguez
Rhyme Wagley

\$50 Dick's Sporting Goods Gift Card

Samuel Aiken
Bella Allen
Brielle Chaney
Callie Erden
Hayden Finley
Syon Rai
Miles Randall
Maddox Reason
Noah Space
Carter Williams

The Active•Fit Program has registered over 12,500 participants who select health-related goals and track their progress at ActiveFit.org. There are exciting Active•Fit events and opportunities for children to get active and learn about their health during the year. Period 2 for 2023-2024 began January 1 and continues through April 30. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit ActiveFit.org.

Health & Fitness Fest



The Health & Fitness Fest is FREE and open to all youth in the community.

Saturday, March 23
10:00 a.m. – 12:00 Noon
Licking County Family YMCA Mitchell Center
470 West Church Street, Newark

Health Screenings • Zumba • Gymnastics
Free Throw Shooting • Healthy Snacks
Inflatables • Obstacle Course
Face Painting & Balloon Animals • and More!

Take the Health & Fitness Fest challenge! Complete a total of 8 activities and health screenings at the event to be entered into a drawing for great fitness prizes.



Participation at this event will count toward your Active•Fit Program goals. Visit ActiveFit.org for details.



the DENISON Y logo

For additional information, please contact Licking Memorial Public Relations at (220) 564-1560.

Active•Senior Dance

Licking Memorial Health Systems presents the Active•Senior Dance, part of the Active•Senior Program, to be held on **Thursday, April 11**, from **5:30 to 7:00 p.m.**, at the **Bryn Du Field House**, 537 Jones Road NE in Granville.

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

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



Date: Saturday, April 13
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 opens on March 11.**

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 ActiveFit.org.

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

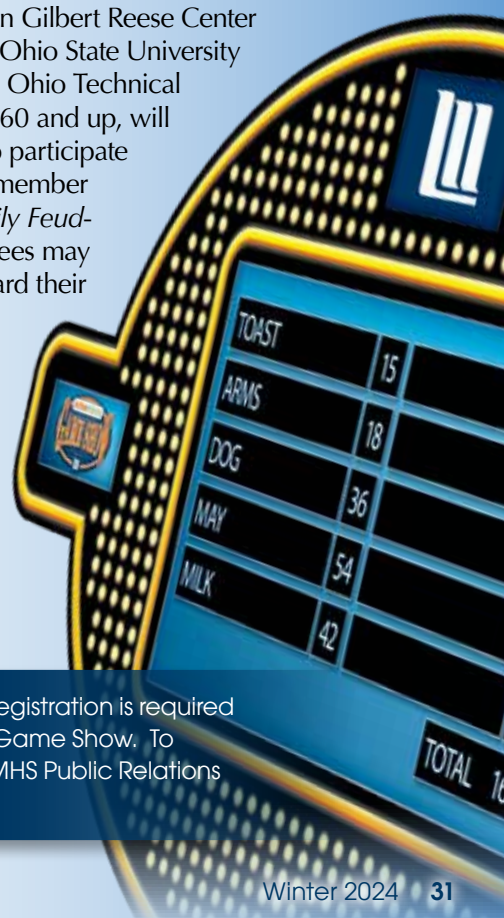
Participation at this event will count toward your Active•Fit Program goals.



Licking Memorial Health Systems (LMHS) will present the **Active•Senior Game Show, Friday, May 30**, at **1:00 p.m.**, at the John Gilbert Reese Center on the campus of The Ohio State University at Newark and Central Ohio Technical College. Guests, ages 60 and up, will have an opportunity to participate either as an audience member or contestant in a *Family Feud*-themed game. Attendees may count this activity toward their **Active•Senior** goals.

LMHS President & CEO Rob Montagnese will host this fun-filled afternoon. Bottled water will be available throughout the event.

Space is limited and registration is required for the Active•Senior Game Show. To register, please call LMHS Public Relations at (220) 564-1560.





Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Non-Profit Org.
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Community Events

Walk with a Doc

Saturday, March 16, 9:00 a.m.
COTC Adena Hall Gymnasium
1150 University Drive, Newark

Join Zeyn Mirza, M.D., of Licking Memorial Gastroenterology, as he talks about the importance of colon cancer screenings.

Saturday, April 27, 9:00 a.m.
Rotary Park
925 Sharon Valley Road, Newark

John Lazar, M.D., of Licking Memorial Pediatric Inpatient Unit, will lead a discussion on home safety.

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, call Licking Memorial Public Relations at (220) 564-1560.

Monthly Cancer and Caregivers Support Groups

Fourth Tuesday of each month, 5:00 p.m.
Ground Floor Conference Room/Auditorium

A meal will be provided during each group session. Registration is required and may be completed by calling (220) 564-1890.

Ask the Doc

Fourth Saturday of each month, 10:00 to 11:00 a.m.
Shepherd Hill
200 Messimer Drive, Newark

No charge, open to the public. A provider will answer questions about chemical dependency and treatment options. Call (220) 564-4878 for more information.

First Impressions – Maternal Child Classes

- Boot Camp for New Dads
- Pregnancy & Childbirth Education Series
- Grandparenting
- Childbirth & Mother-baby Basics One-day Course
- Prenatal Breastfeeding Basics Class
- Sibling Preparation Class

Unless otherwise noted, classes are located in the Licking Memorial Hospital First Floor Conference Rooms. To register for classes, visit LMHealth.org or call (220) 564-3388.

Diabetes Self-management Education and Support (DSMES)

Class sessions are offered twice a month:

Session 1

First two Wednesdays of each month, 9:00 a.m. to 12:00 Noon
Downtown Education/Conference Room – 2nd Floor
20 West Locust Street, Newark

Session 2

Third and fourth Wednesdays of each month, 3:00 to 6:00 p.m.
Licking Memorial Diabetes Learning Center
1865 Tamarack Road, Newark

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

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 LMHealth.org.**

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

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