

Quality Report Card



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BEHAVIORAL HEALTH CARE

Alternative Treatments for Behavioral Health Issues Now Offered

Physicians with Licking Memorial Outpatient Psychiatric Services now are offering neuromodulation services to patients with depression, anxiety and post-traumatic stress disorder (PTSD) as alternatives to taking medications. The International Neuromodulation Society defines therapeutic neuromodulation as “the alteration of nerve activity through targeted delivery of a stimulus, such as electrical stimulation or chemical agents, to specific neurological sites in the body.” In psychiatry, neuromodulation services can include electroconvulsive therapy (ECT), repetitive transcranial magnetic stimulation (rTMS) and the stellate ganglion block. All these services are now being offered at Licking Memorial Hospital (LMH). These modalities can be used to treat acute depression, or, in the case of the stellate ganglion block, to treat PTSD, when other treatments have not been effective.

Pavan K. Dontineni Venkata, M.D., says ECT has been used worldwide for more than 60 years. During the procedure, an electric current is passed through the brain to cause a seizure while the patient is under general anesthesia. Muscle relaxants are used to ensure the seizure activity is only in the brain and the body does not seize. The controlled seizures create changes in brain chemistry that relieve symptoms of depression and other psychiatric conditions. “The procedure performed presently is very different from what is shown in the movies,” Dr. Venkata says. “The use of

electric shock as a therapy declined in the 70s and 80s due to some adverse effects. However, with the refinement of the ECT machines, a change in the type of electricity used and the use of general anesthesia and complete muscle relaxation, most side effects have been eliminated.”

The treatment is helpful for patients who have not responded to medications or had intolerable side effects while taking medications. Pregnant women who cannot take certain psychiatric medications due to harmful effects on the baby can safely undergo ECT to help with depression, mania or psychosis. ECT also can help with motor symptoms associated with Parkinson’s disease. Typically, a patient would undergo treatments two to three times a week for a total of 6 to 12 treatments. Some patients may require maintenance ECTs once or twice a month for up to six months based on the severity of depression symptoms. Side effects include headaches and confusion. Patients are closely monitored throughout the course of the treatment for memory problems or other cognitive issues. If memory problems occur, changes are made to the amount of electricity and frequency of the treatments.

Repetitive transcranial magnetic stimulation is another form of brain stimulation therapy used to treat depression. This therapy involves using

a magnet to target and stimulate certain areas of the brain. Patients receiving the treatment do not need to be sedated for the process. Side effects with rTMS include feelings of lightheadedness, temporary hearing problems, mild headaches, and tingling in the face, jaw or scalp.

The LMH Anesthesiology Department also offers treatments to help patients with behavioral health issues. For example, KW Tim Park, M.D., M.B.A., administered a stellate ganglion block to relieve a patient from the symptoms of post-traumatic stress disorder. Dr. Park injected the stellate ganglion, a collection of sympathetic nerves in the neck, with a local anesthetic to block the path of the nerves to the brain. Researchers believe, following the block, biochemical changes ensue in the brain that help alleviate the symptoms of PTSD. The changes last up to three months, and if symptoms recur, the patient can receive another block. Physicians in the Anesthesiology Department also can administer ketamine infusions and offer nitrous oxide inhalation to help patients suffering from depression.

Licking Memorial Outpatient Psychiatric Services is open Monday thru Thursday 7:30 a.m. to 5:00 p.m. and Fridays from 8:00 a.m. to 4:30 p.m. For more information about alternative treatments, call (220) 564-4873.

Patient Story – Chad

Chad* began drinking on the weekends in high school, sneaking alcohol from his dad's liquor cabinet. "My father and both grandfathers were alcoholics, so genetically, the tendency was there," Chad explained. He already was a daily drinker when he graduated high school at age 17. Over the course of time, the amount he drank and the consequences he faced increased, but he somehow still managed daily activities. Despite his addiction, Chad earned a chemistry degree and dentistry degree. During his entire college and graduate education, he was consuming 6 to 12 drinks a day, but had the ability to stop when necessary. However, soon after, his addiction spun out of control. "I started to isolate myself. I could not go out with people as they would monitor how much I drank," he said. "I would pre-drink, thinking no one could track my intake, but this became such a hassle that I just stopped going out altogether."

While he never consumed alcohol during the work day, he undoubtedly knew the amount he drank the night before was affecting his performance. During the late 90s, it was common for pharmaceutical companies to provide bulk samples of pain killers to medical providers. These deliveries often came in quantities of up to 200, he recalled. Chad began using these drugs instead of drinking. "I thought it was a great idea since it

accomplished the same effect and no one would be able to smell the alcohol or notice my behavior, – at least that is what I convinced myself," he said. This behavior lasted for a couple of years with continual increase in volume. By 2003, he also returned to drinking and began to notice decline in several areas of his life.

"I had several failed relationships. I started going to work late almost on a daily basis. I could not sleep and then I would oversleep as a result," he explained. "One day I fell asleep in my car for four hours at lunch and did not return to work." As a result of this downward spiral, Chad was fired in 2005 from a job he had held for nine years. "I began buying drugs on the street. When I was dead broke and could not get by any longer, I went to live with my sister and slept on her couch for a year," he said. Later that year, at the urging of his family, Chad checked in at Shepherd Hill – the Behavioral Health Services Department of Licking Memorial Hospital (LMH). However, he was not convinced that he wanted to make a change. He completed the inpatient and continuing care programs, but never surrendered, as the 12-Step Program encourages patients to do. "I basically just did it to get my family off my back," he revealed.

"I was there thirteen weeks and when I left, I picked right back up where I left off."

Nearly a year later on July 20, 2006, he was charged for driving under the influence and his dental license immediately was suspended. "This is my sobriety date. Three days later I returned to Shepherd Hill. I told my counselor, Ellen Laubis, 'I am ready. I will be honest and do everything you tell me to do.' She was amazing and I am very grateful to her." During his nine weeks at Shepherd Hill, Chad attended 14 to 21 meetings a week. He got a sponsor and again utilized the 12-Step Program. "The Shepherd Hill environment was incredible. I felt safe, all my needs were met, and I was comforted and supported," he shared. Chad praised both his counselors, Ellen and J.R. Abrahamsen (now retired). "They were top-notch! I have nothing but good things to say about Shepherd Hill and the difference it made in my life," he commented. Chad valued the trust that Ellen provided, which was vital

Patient Story (continued on back)



Behavioral Health Care – *How do we compare?*

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

- Behavioral health is a broad term that refers to psychiatric and/or chemical dependency illnesses. Inpatient hospitalization for either condition is often necessary for effective intervention. LMH provides a wide range of services for people with behavioral health illnesses at its Shepherd Hill facility. One goal is to transition patients into outpatient settings where they can continue treatment, decreasing the need for readmission.

	LMH 2014	LMH 2015	LMH 2016	Goal
Psychiatric readmissions within 31 days	3.4%	2.6%	0.0%	less than 5.6%

- Outcome studies are conducted to monitor and measure the success of chemical dependence treatment. Our data show how patients are doing up to two years after completing the program. Information regarding abstinence one year after completing the program is self-reported by patients.

	LMH 2014	LMH 2015	LMH 2016	Goal
Patients remaining abstinent	95%	95%	91%	greater than 85%
Improvement in quality of relationships	96%	98%	92%	greater than 85%
Improvement in overall physical and mental health	98%	99%	92%	greater than 85%
Improvement in overall quality of life	98%	97%	95%	greater than 85%

- Detoxification – the safe, medically supervised elimination of addictive substances from the body – is the most intensive care offered for chemical dependency patients. Acute withdrawal symptoms are managed by the appropriate medications for each patient’s situation. The length of stay for detoxification depends upon the drug of choice and the severity of the withdrawal.

	LMH 2014	LMH 2015	LMH 2016	Goal
Average length of stay – alcohol treatment	2.5 days	2.8 days	2.9 days	less than 3 days
Average length of stay – opiate treatment	2.6 days	2.7 days	2.6 days	less than 4 days
Average length of stay – tranquilizer (benzodiazepines) treatment	2.9 days	4.3 days	3.2 days	less than 5 days

- Education is considered an essential component of providing complete behavioral health care. A thorough understanding of the diagnosis, the purpose of medications, side effects to medications and the expected response to treatment leads to decreased relapse and readmission rates and increased long-term compliance with medication on an outpatient basis.

	LMH 2014	LMH 2015	LMH 2016	Goal
Diagnosis/disease education provided for patients and/or family	99%	99%	99%	greater than 97%
Medication education provided for patients and/or family	99.21%	99.55%	99.28%	greater than 97%

- Family participation is an important component in patients’ recovery. For continuity of care, a licensed professional clinical counselor or social worker will initiate contact with family members of Shepherd Hill psychiatric inpatients and encourage them to participate in a family meeting during the period of inpatient treatment.

	LMH 2014	LMH 2015	LMH 2016	Goal
Social work/family meeting during patient stay	78%	84%	86%	greater than 95%

- Valproic acid and lithium are two common medications used to treat multiple behavioral health diagnoses. These medications can facilitate control of symptoms and assist in recovery, but both have potentially dangerous side effects. Licking Memorial Behavioral Health professionals monitor their patients’ blood at specified intervals to ensure therapeutic levels of the medications and to observe for toxicity or other negative effects on vital organs.

	LMHP 2014	LMHP 2015	LMHP 2016	Goal
Appropriate testing complete for patients taking lithium (such as Lithobid)	92%	90%	98%	greater than 90%
Appropriate testing complete for patients taking valproic acid (such as Depakote)	94%	94%	100%	greater than 90%



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Patient Story (continued from inside)

to his recovery. She taught him how to live life in recovery, giving him the tools needed to be successful in this endeavor.

After leaving Shepherd Hill, Chad participated in weekly drug and alcohol tests for five years and also completed the two-year aftercare program – weekly support group meetings – both of which were requirements to reinstate his dental license. The Shepherd Hill doors still remain open for him to return when necessary.

Chad is now eleven years in recovery. He regained his dental license in December 2007 and runs his own Endodontics practice. He will celebrate his eighth wedding anniversary this summer. His wife also is in recovery – 13 years. They are the proud parents of

a five-year-old son. “Having a partner who shares the same experiences has been a tremendous strength to me. I have recommended Licking Memorial Hospital to so many people,” he said. “Shepherd Hill certainly was a lifesaver for me.”

If you believe you may be suffering from drug or alcohol addiction, Shepherd Hill is a nationally accredited substance abuse treatment center. Care is individualized and effective through a process that matches treatment programs with the severity of illness.

At Shepherd Hill, treatment is mental, physical and spiritual. Patients partake in individual and group therapy, therapeutic activities, daily lectures and continued care planning. With this structure, each

and every individual who comes to Shepherd Hill for treatment is given the tools to help form a solid foundation for a life of recovery. Call (800) 223-6410, or visit www.ShepherdHill.net for immediate assistance.

Shepherd Hill offers the following services:

- Detoxification
- Traditional care
- Extended care
- Intensive outpatient care
- Aftercare
- Treatment for healthcare professionals
- Caduceus (aftercare for healthcare professionals)
- Psychiatric services
- Educational services and programs

*Chad is not the patient’s real name.

Health Tips – 5 Things You Can Do to Fight a Panic Attack

A panic attack is a sudden surge of overwhelming anxiety and fear. During a panic attack, people generally take rapid, shallow breaths leading to physical symptoms such as the heart racing or pounding, sweating, chills, trembling, tingling and numbness of the hands, and lightheadedness. Many experience a feeling of being out of control, a fear of death or impending doom. Left untreated, panic attacks can lead to panic disorder and other problems. With treatment, the symptoms can be reduced.

Here are 5 things you can do to fight a panic attack:

1. Move your body frequently – do not sit for more than an hour. Do brisk, rigorous exercise.
2. In the midst of the panic attack – distract yourself from the physical symptoms of panic. Frantic efforts to fight a panic attack leads to more shallow breathing and hence more symptoms. Try engaging the five senses: sight, smell, taste, feel and hearing. For example, look for five different colors or listen to five different sounds.
3. Learn to breathe slowly and deeply. Count to seven slowly while breathing in, then count to eleven while breathing out.
4. Drink cold water.
5. Stay closely connected to supportive family and friends, and allow for relaxation to be a part of your daily routine.



**Licking Memorial
Health Systems**

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Please take a few minutes to read this month’s report on **Behavioral Health Care**. You’ll soon discover why Licking Memorial Health Systems is measurably different ... for your health!

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