



Community Connection

Licking Memorial Health Systems

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

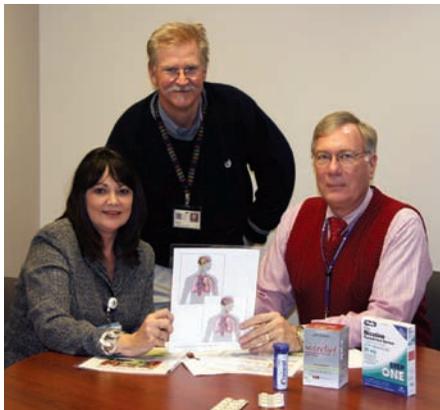


Volume 7, Issue 1

January/February 2010

Measurably Different ... for Your Health!

"Quit for Your Health" Can Help to Kick the Tobacco Habit



Certified tobacco treatment specialists Shirley Read (left) and Steven Gifford (center) offer smoking cessation counseling and products at Licking Memorial Hospital under the supervision of Addiction Medicine Physician Richard N. Whitney, M.D. (right). The "Quit for Your Health" services are available to patients at no charge.

According to a study completed by the Licking County Health Department, 27 percent of Licking County residents smoke tobacco. The Ohio average is estimated to be 23 percent. Tobacco use has been associated with health concerns including lung, oral, bladder, kidney and pancreatic cancer, as well as cardiovascular disease. In an effort to lower the number of tobacco users throughout the Licking County community, Licking Memorial Hospital (LMH) offers smoking cessation services free of charge.

In 2006, LMH began offering a smoking cessation program with the cooperation of a statewide tobacco prevention association. In 2009, funding for many

"Quit for Your Health" Can Help to Kick the Tobacco Habit (continued on page 2)

High-Tech Surgery Equipment Offered at LMH

When Licking Memorial Hospital (LMH) expanded its surgical facilities by moving to the new John & Mary Alford Pavilion in 2007, the scope of patient care expanded as well. The new operating rooms (ORs) in the Pavilion were designed with much larger space, which allows the surgical teams to incorporate more state-of-the-art equipment for faster, more accurate procedures.

Howard Reeves, D.O., FACOS, who is Chief of the Department of Surgery at LMH, explained, "Computer-integrated surgery has greatly advanced our capabilities, and the hybrid interventional radiology rooms allow the surgeons to X-ray and perform open surgery at the same time. The bi-plane and fluoroscopy equipment for that technology is very large, so spacious rooms were planned accordingly."



Licking Memorial Hospital's Surgery Department has state-of-the-art equipment that is not available in most community hospitals, and even some large hospitals, in Ohio.

High-Tech Surgery Equipment Offered at LMH (continued on page 2)

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

See pages 12 - 17 for Quality Report Cards in this issue.

COMMUNITY EDUCATION

Community Education - ADD/ADHD

Date: Thursday, January 28
Location: Conference Rooms A & B, first floor Licking Memorial Hospital
Time: 6:00 p.m.
Speaker: Hanaa Abdelmessih, M.D.

Children with attention deficit disorder (ADD) or attention

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Community Education - The Heart Truth: A Red Dress Event

Date: Thursday, February 4
Location: Bryn Du Field House 537 Jones Road NE Granville
Time: 6:00 to 8:00 p.m. Doors will open at 5:30 p.m. for blood pressure checks

Licking Memorial Health Systems (LMHS) will present The Heart Truth: A Red Dress Event on Thursday, February 4, from 6:00 to 8:00 p.m., at the Bryn Du Field House, located at 537 Jones Road NE, in Granville.

(continued on page 2)

"Quit for Your Health" Can Help to Kick the Tobacco Habit (continued from front page)

programs statewide, including the LMH program, was eliminated. "Even though our outside funding was no longer available, we felt it was important to keep this program available for our community. In order to do so, LMH decided to cover the entire cost of a smoking cessation program, which would allow patients to continue their journey to improved health with no out-of-pocket expense," stated Rob Montagnese, Licking Memorial Health Systems President & CEO.

LMH's smoking cessation program is known as "Quit for Your Health." It is available to those who use any form of tobacco. The program combines provider intervention, counseling and nicotine replacement therapy, such as nicotine patches or gum. Two certified tobacco treatment specialists,

Steve Gifford, M.Ed., P.C., LICDC, CTTS, and Shirley Read, A.A.S., LCDC-II, CTTS, provide thorough patient assessment, individualized smoking cessation plans, personal counseling and follow-up visits. Licking Memorial Addiction Medicine Physician Richard N. Whitney, M.D., oversees the program. On average, most patients meet with their counselor for 30 to 60 minutes during weekly or biweekly appointments for up to six months, depending on the severity of their cases.

The Quit for Your Health program is open to residents of the Licking County community who want to discontinue tobacco use to improve their health. Quit for Your Health is located in the Cardiology Department on the main floor of the Hospital. For more information or to schedule an appointment, please call (740) 348-QUIT (7848).

High-Tech Surgery Equipment Offered at LMH (continued from front page)

Dr. Reeves reported the high-tech equipment achieves better outcomes for patients. "The procedures we can do in the hybrid rooms are minimally invasive, so we are seeing significantly shorter recovery times, less infection, fewer pulmonary complications and less nausea and vomiting, postoperatively."

One example of an interventional vascular procedure that is now available at LMH due to the Surgery Department expansion is the repair of arterial aneurysms. The procedure formerly required a lengthy patient stay, and now patients can often return home within a couple of days after the surgery. Balloon kyphoplasty, an interventional radiology procedure, provides pain relief and spinal repair for patients with compressed vertebrae. Few other hospitals in central Ohio are able to offer kyphoplasty due to their limited resources.

"The hybrid OR is wonderful," Dr. Reeves said. "We are extremely fortunate to have some of the most advanced equipment and facilities anywhere, let alone in a community

hospital. Licking Memorial is setting precedents for incorporating hybrid ORs. Few hospitals can offer this service because of the cost and space required. They just do not have the space to accommodate it."

In 2009, more than 6,500 patients had surgery at LMH. A partial list of the common surgeries includes:

- Abdominal procedures – colon, rectum, gall bladder, liver, pancreas, hernia, stomach, and small intestine
- Breast disease
- Cancer surgeries
- Endocrine surgeries – thyroid and parathyroid
- Tonsillectomies
- Intravenous ports
- Laparoscopic – gall bladder and diagnostic
- Skin and soft tissue – "lumps and bumps," skin cancer and melanoma
- Surgical critical care
- Vascular surgeries – angioplasty, carotid artery surgery, vascular bypass for occluded arteries, venous disease, and vascular studies

Community Education – The Heart Truth: A Red Dress Event *(continued from front page)*

LMHS' free event on Thursday, February 4, will encourage women to make heart-healthy lifestyle changes on the eve of Go Red for Women Day. Each year, the American Heart Association (AHA) sets aside the first Friday in February to bring national attention to heart disease, which is a major health risk to women.

The red dress has become a national symbol to increase awareness that heart disease is the number one cause of death for women. The American Heart Association (AHA) reports that cardiovascular disease takes the life of one woman nearly every minute. The AHA also reports that 80 percent of women's cardiac events could be prevented by adopting a heart-healthy diet, exercising and abstaining from smoking.



Licking Memorial Health Systems will present The Heart Truth: A Red Dress Event on Thursday, February 4, at the Bryn Du Field House in Granville.

The event will feature speakers with presentations on ways women can decrease their risk of developing heart disease through exercise and nutrition. Door prizes will be awarded, and each guest will receive a red dress lapel pin to wear on Go Red for Women Day. Prior to the program, beginning at 5:30 p.m., the first 50 registrants to arrive will be offered free blood pressure testing.

Guests at The Heart Truth: A Red Dress Event are encouraged to wear red apparel; prizes will be awarded during the event for the best red outfits. Light refreshments will be served. Pre-registration is required, and space is limited to the first 350 registrants. There is no charge for the program. To register, or for further information, call (740) 348-1572.

PillCam and Bravo pH Monitoring Improve GI Testing at LMH

Two new diagnostic tools at Licking Memorial Hospital (LMH) have made some gastrointestinal testing procedures much more convenient for patients. The PillCam® capsule endoscopy and the Bravo® pH Monitoring System are now available in the LMH Gastroenterology (GI) Department on the sixth floor. Both procedures are minimally invasive and can be performed in the office setting.



Gastroenterologist Shakil Karim, D.O., displays the small capsule that is used for the technologically advanced, minimally invasive PillCam procedure at Licking Memorial Hospital to diagnose gastrointestinal disorders.

One of the Licking Memorial gastroenterologists, Shakil Karim, D.O., received special training for the state-of-the-art procedures. He said that he is proud to be able to offer these services at the local level. “Many patients are surprised to learn that this advanced technology is available at their community hospital while many larger hospitals have not adopted it yet. LMH added the PillCam and Bravo pH Monitoring in 2009, and we have already received very positive feedback from our patients,” he said.

PillCam Capsule Endoscopy

The PillCam procedure uses a capsule that contains a tiny video camera and light. The patient swallows the capsule along with a drink of water, and the device transmits more than 50,000 images as it travels through the digestive tract for the next eight hours. A data recorder, worn near the waist, documents the data for the gastroenterologist to interpret.

The patient needs very little preparation for the PillCam procedure. Food and drink will be restricted for 10 hours before the test, but the patient will be encouraged to eat a small meal four hours after the PillCam capsule is swallowed. The patient is able to resume normal activities, and returns the data recorder at the LMH GI office eight hours later.

The capsule will pass through the patient’s body with normal elimination, usually within 24 hours. The physician downloads the images from the data recorder to diagnose disorders of the small intestine, such as Crohn’s disease, small bowel tumors, celiac disease or bleeding.

Bravo pH Monitoring System

Most adults experience heartburn occasionally, but frequent heartburn that occurs more than twice per week can indicate a more serious health condition. Dr. Karim is also trained to diagnose the cause of

heartburn with the new Bravo pH Monitoring System that records the symptoms internally. The Bravo pH Monitoring System operates with a tiny, capsule-sized monitor that the gastroenterologist attaches to the patient’s esophagus while the patient is under mild sedation. The monitor measures the acidity levels in the esophagus and transmits the data to a receiver that is worn on the patient’s belt. The patient can resume normal daily activities, keeping a diary of all heartburn symptoms as they occur throughout the next one or two days.

At the conclusion of the testing period, the patient returns to the LMH GI office to drop off the external receiver and the diary of symptoms. The monitor that was temporarily implanted in the esophagus is designed to detach naturally several days later and pass through the body with normal elimination.

“For many patients, the PillCam eliminates the need for routine endoscopy or radiological imaging for small bowel diagnostics. There is very little, if any, physical discomfort and no exposure to radiation,” Dr. Karim said. “In addition, the traditional method to diagnose heartburn required patients to wear a visible catheter through their nostrils for a couple of days. Some patients found this so embarrassing that they avoided the test, risking the development of more serious health conditions. By upgrading our technology with the Bravo pH Monitoring System, we are encouraging patients to receive the testing they need to improve their health.”

Not all patients are good candidates for the PillCam or Bravo pH monitoring, including those with some severe intestinal disorders, pacemakers or those who will need magnetic resonance imaging (MRI) within 30 days. Anyone who would like to discuss PillCam endoscopy or Bravo pH monitoring is welcome to call Licking Memorial Gastroenterology at (740) 348-4137 for an appointment with Dr. Karim. In addition, Licking Memorial Gastroenterologist David Subler, M.D., is available for other gastroenterology procedures and disorders.



Date: Thursday, February 4
Location: Bryn Du Field House
537 Jones Road NE
Granville
Time: 6:00 to 8:00 p.m.
Doors will open at
5:30 p.m. for blood
pressure checks.

Admission is free;
however, space is limited.
Call (740) 348-1572 for reservations.

1320 West Main Street • Newark, Ohio 43055
(740) 348-1572 • www.LMHealth.org

LMH Celebrates First Baby of the New Year

Baby Alexander Fogarty entered the world on New Year's Day at Licking Memorial Hospital (LMH) with a certain amount of celebrity. His birth at 5:25 p.m., on January 1, 2010, established him as the first baby born of the new year and of the new decade.

Alexander's parents, Virginia (Jenny) and Brian Fogarty of Dresden, knew in advance that their baby would probably be born on New Year's Day. Jenny's obstetrician, Elizabeth N. Koffler, M.D., determined that Jenny was a candidate for induction of labor due to gestational diabetes.

Jenny said, "I am glad we decided to induce the baby because he was already 9 pounds. He could have been over 10 pounds if we had waited until my due date." On the morning of New Year's Day, Jenny and Brian arrived at the Hospital to begin the induction process.



Alexander Michael Fogarty sleeps quietly in the arms of his parents, Virginia (Jenny) and Brian Fogarty, unaware of his designation as Licking Memorial Hospital's first baby of 2010.

Brian was overjoyed to welcome his new son, and was amused by the timing. "We waited all day for him to be born, and he waited until the Rose Bowl started," he joked, adding as he turned to the baby, "You just wanted to watch the Ohio State game with Daddy, didn't you?"

To celebrate the first baby of 2010, Licking Memorial Health Systems presented a \$100 gift certificate to the Fogartys. The couple also received a gourmet candlelit dinner for two that is offered to all new mothers at LMH. They enjoyed the quiet time alone

before returning home where 14-year-old Kyle and 5-year-old Emily were anxiously waiting to meet their new brother.

Jenny is a Newark High School alumna and works at Fiberglas Federal Credit Union. Brian graduated from New Lexington High School and works at Garda in Columbus. They are grateful to have three happy and healthy children, and believe the family has entered the decade in grand fashion. As Brian said, "What a kick-off!"

How to Help Your Loved One in the Hospital

Although Licking Memorial Hospital patients receive excellent care from many experienced staff members, studies have shown that the results are even better when the patients and their loved ones are actively involved in their care. Here are some ways to help ensure a positive inpatient experience:

- Make sure the staff members check the patient's ID every time they dispense medication or perform procedures.
- Ask questions about anything you do not understand. Do not be embarrassed. The Hospital staff wants to help you learn about your condition and any treatments that may be required.
- Have another person with you when you meet with the physician. There may be a lot of new information to absorb, and the second person might be able to remember details that you miss.
- Take notes during the physician's visit. The notes will also help you remember important and complicated information.



As a safety precaution, the patient's arm band information must be verified before every procedure or dose of medication. If you are not sure this step was completed, you are encouraged to ask.

- Prepare a written list of your questions. When you are face-to-face with the physician, you may not be able to remember questions you wanted to ask. A list will help you cover all your concerns.
- Trust your instincts. Ask a staff member to double-check if something does not seem right – for example, if the medication looks different than before.
- If the patient appears to be getting sicker, contact the nurse. If you think the patient may be in a life-threatening situation, ask the nurse to issue a Rapid Response Team call.
- Watch to make sure all staff members wash their hands before touching the patient. If you did not witness the hand washing, feel free to ask them to wash again.
- Make sure visitors are not sick. Visitors who enter the Hospital when they are sick can spread disease to their loved ones and all others with whom they come in contact.

Pediatric Dental Clinic Will Serve Uninsured Low-income Children

In partnership with the Licking County Foundation, Licking Memorial Hospital (LMH) will be implementing a dental clinic to serve uninsured low-income children in Licking County. The Licking Memorial Dental Clinic for Children will be set up in the current dentistry practice of Keith A. Wing & Matthew D. Mack, D.D.S., Inc., at 1420 Dickerson Street in Newark. The Licking County Foundation has awarded \$75,000 from the William E. and Annie S. Miller Memorial Fund to cover the costs of services, supplies and office space.



Licking Memorial Hospital received a \$75,000 grant from the Licking County Foundation to open a dental clinic for children who are from low-income families and do not have dental insurance.

"The feedback for this project has been consistent among professionals," explained Rob Montagnese, Licking Memorial Health Systems President & CEO. "We have been told by various groups that many children in our community have dental issues that are not being addressed due to a lack of insurance. The goal of the Licking Memorial Dental Clinic for Children is to make certain that children from low-income families are exposed to good dental care earlier in life."

"We have heard educators express concern about students in the classroom who suffer from toothaches," Licking County Foundation Director Constance Hawk said. "This program will definitely fill a void in our community. We have had potential donors in the past who wanted to contribute toward children's dental care, but there was no program in place to match the donors to the recipients. We are so pleased to be partnering with LMH to make this possible in Licking County."

Dr. Wing explained that dental health is directly linked to overall health. "Teaching good dental habits at a young age is critical for long-term health and happiness," he said. "Research has proven dental health also affects medical conditions such as heart disease, stroke and diabetes, just to name a few. Our focus will be to teach these children how to take care of their own dental needs to deter possible medical conditions in the future."

The Dental Clinic will offer basic dental procedures, such as exams, cleaning, fillings and tooth extractions. Fees will be adjusted on a sliding scale based upon the family's income.

Children who are eligible to receive services at the Dental Clinic include those who are under the age of 18 years, are not covered by private dental insurance, and are not eligible to receive Medicaid coverage. Parents or guardians who would like to make an appointment for their children should call (740) 344-7653 to obtain an assistance application.

The Licking Memorial Dental Clinic for Children is scheduled to open on Monday, January 18. Patients will be seen by appointment on the third Monday of each month, from 8:00 a.m. to 4:00 p.m.

Community Education - ADD/ADHD (continued from front page)



Hanaa Abdelmessih, M.D.

deficit/hyperactivity disorder (ADHD) may have behavior problems so frequent and severe that the ability to lead a normal life is impaired. Licking Memorial Hospital will present a free community education program on ADD/ADHD, to help increase understanding of these two disorders.

Dr. Abdelmessih will discuss the symptoms of ADD and ADHD, and explain ways that families can cope with the challenges caused by these conditions.

The ADD/ADHD program will take place on Thursday, January 28, at 6:00 p.m., in Conference Rooms A & B, on the Hospital's first floor. Although there is no charge for the program, registration is required. Please call (740) 348-1424 to register or for more information.

Pediatrician Hanaa Abdelmessih, M.D., of Licking Memorial Pediatrics, will be the featured speaker.

Senior Citizens' Services Win Levy

Voters in Licking County passed the 1.2 mill Senior Citizens' Service Levy on Election Day, November 3, 2009.

"Licking Memorial Health Systems (LMHS) strongly supported the levy," LMHS President & CEO Rob Montagnese said. "At LMHS, we witness senior services in action within our community every day. For example, transit buses bring patients to their doctors' appointments, and the Reese Adult Day Center provides services to patients who would not be able to live at home, otherwise. Several members of our management team and Development Council serve on the advisory boards for local senior services organizations, and we are proud that Licking County voters also recognized the importance of helping our



Licking Memorial Health Systems proudly supported the Licking County Senior Services Levy that funds many beneficial programs aimed toward older residents.

older residents who have contributed so much to the community."

The Senior Citizens' Services Levy is expected to raise \$4.4 million annually. It will be used to fund local organizations, such as Catholic Social Services, the LEADS Community Action Agency, the Licking County Aging Program, the Licking County Center for the Visually Impaired, the Carol Strawn Center, the Reese Adult Day Center and the Licking County Transit Board.

Visiting a Patient at LMH

Licking Memorial Hospital (LMH) recognizes the important and supportive role that friends and family play in patient recovery. To accommodate the needs of our patients, LMH offers open visitation, allowing visitors access during all hours, day or night, in most cases. However, due to the current flu season, we ask that all visitors respect the current visitation guidelines and also take into consideration additional regulations specific to the 2009-2010 flu season.



Licking Memorial Hospital's visitation policy is designed to protect patients, visitors and staff during the flu season.

As always, the Hospital's first priority is to ensure patient health and to provide the healthiest and most comfortable environment possible for recovery. We encourage visitation from friends and family members to bring comfort to their loved ones, but ask that visitors follow all regulations and guidelines regarding visitation procedures. This will help ensure enjoyable and stress-free visits for our patients and guests.

Guests may visit a patient at any time during the day and are welcome to spend the night with a patient. We ask that during the hours between 8:00 p.m. and 8:00 a.m., guests use the Emergency Department entrance instead of the Hospital's main entrance as they would during the day. Visitation may be restricted at the request of the patient or the patient's family. Health care providers may also limit visitation if deemed in the patient's best interest. If a patient is in isolation, we ask that visitors are limited to two at a time, following isolation guidelines that require protective gloves and gowns be worn while in the patient's room.

As with any time of year, we ask that visitors have no symptoms of any illness. During the current flu season this regulation is especially important to ensure the health and safety of our patients, as well as other visitors to the Hospital. If you have symptoms, including nasal congestion, cough, sore throat or a fever greater than 100 degrees, it is strongly encouraged that you do not visit patients.

If you have any questions regarding general visitation guidelines or more specific guidelines regarding areas such as the Maternity Unit or Critical Care, please contact Jeanne Emmons, LMH Infection Prevention Manager at (740) 348-4158.

Physician Spotlight – Bryce I. Morrice, M.D.



Bryce I. Morrice,
M.D.

Cardiologist Bryce I. Morrice, M.D., is Director of Cardiology at Licking Memorial Hospital (LMH). He earned his Medical Degree from the University of Cincinnati College of Medicine after receiving a Bachelor of Science degree in chemistry from Antioch College in Yellow Springs, Ohio. He completed his internal medicine internship and a residency with Cedars-Sinai Medical Center and a cardiology fellowship

with Wadsworth VA Medical Center, all in Los Angeles, California. He is board certified in internal medicine and cardiovascular diseases.

In 1994, the Licking County chapter of the American Heart Association established the Bryce Morrice Award to be presented in future years for outstanding service to the community for cardiovascular care. In 2001, Dr. Morrice was selected by his peers as a co-winner of the LMH Physician of the Year Award and was also named Physician of the Year by Hospice of Central Ohio.

Dr. Morrice has served on the boards of the Central Ohio and Licking County chapters of the American Heart Association, Moundbuilders Professional Association, and Hospice. He has served as medical director of the Newark EMS Board, is past president of the American Heart Association Ohio-West Virginia Affiliate, and is a fellow of the American College of Cardiology.

Ask a Doc – Chronic Heart Failure with Dr. Morrice

Question: My husband has been depressed ever since he was diagnosed with chronic heart failure at the young age of 37. Do you have any advice?

Answer: Chronic heart failure, commonly called CHF, is a serious condition with symptoms that can range from mild shortness of breath to severe debilitation. The term “heart failure” often misleads patients to believe that their hearts are on the verge of a complete breakdown. However, heart failure refers to a heart that is not pumping blood as efficiently as it should. Perhaps your husband will be encouraged to know that many patients improve their health and lead full, enjoyable lives by making some important lifestyle changes and following their physicians’ advice, as well as having optimal, evidence-based medical therapies.

CHF causes the heart muscle to weaken, forcing it to work harder to pump blood through the body. As a result, the heart enlarges and beats more quickly. The patient’s body may begin to retain water. Although some people with CHF have symptoms that are so mild that they do not even notice them, others experience symptoms that may include:

- Tiring easily
- Weakness
- Shortness of breath after exertion
- Heart “pounding” or “racing” sensation
- Dizziness
- Swelling in legs, ankles or feet
- Weight gain
- Coughing or wheezing
- Night-time urination
- Feeling bloated or nauseated

There is no cure for CHF, but the physician may prescribe ACE inhibitors, angiotensin II receptor blockers, beta

blockers, vasodilators, aldosterone antagonists, diuretics, device implants and moderate exercise to slow the progression and relieve symptoms. Most patients who have been diagnosed with the disease can improve their health by making positive lifestyle changes, such as:

- Quitting smoking
- Losing excess weight
- Avoiding alcoholic beverages
- Avoiding or limiting caffeine
- Strictly limiting fats, cholesterol and sodium
- Exercising (after receiving a physician’s approval)
- Taking all prescribed medications regularly
- Receiving flu and pneumonia vaccines

It is normal for a patient to feel angry or sad after being diagnosed with a serious condition, such as CHF. If you feel, however, that your husband is depressed, please speak with his physician. The depression may be caused by CHF, and the physician may be able to help. Family members may also be able to help with small tasks, such as reading food labels, that can seem overwhelming to the patient at first.

It is estimated that 5.7 million Americans have CHF. It can affect men and women of any age group. The important thing for patients with CHF to remember is that they can often make considerable improvements in their health by taking good care of themselves and visiting their physicians on a regular basis.

Rededication of Dr. Burton Donation

Last fall, Licking Memorial Hospital hosted a reception to rededicate a popular Hospital landmark. The Aesculapius sculpture was a gift from the late Andrew Samuel Burton, M.D., who was a prominent Newark general practitioner from 1932 to 1974. Dr. Burton's kindness and generosity were remembered at the rededication ceremony, which took place on November 20, 2009, to coincide with the 116th anniversary of Dr. Burton's birth.



Rita Jackson and Gloria Hoover have been instrumental in preserving the history of Dr. Andrew Samuel Burton's contribution to Licking County.

contributions to the community. As a speaker at the rededication ceremony, she explained that Dr. Burton had the nickname, the "Rose Doctor," because of his passion for rose gardening. "With the relocation of the Aesculapius sculpture to a prominent place, once again surrounded by beautiful roses, we have the assurance that Dr. Burton's memory will live on," Rita said. One of the rosebushes encircling the sculpture is a Knockout Red variety that was donated by Dr. Burton's beloved Moundbuilders Rose Society.

Dr. Burton donated the Aesculapius fountain to LMH in 1969 as the focal point of a beautiful rose garden he designed for the Hospital's front entrance. The fountain was carved out of a solid piece of granite and represents the staff that was carried by Aesculapius, who in Greek mythology was the son of Apollo and the god of medicine. During ancient times, the snake was considered a symbol of healing. The single serpent on a staff is the symbol for the American Medical Association.

The fountain was moved to the Hospital's front lawn along West Main Street, but suffered severe damage when high winds knocked down a nearby tree in 2008. The Hospital Executive Administration decided to restore and conserve Dr. Burton's treasured gift as a sculpture, once again gracing a rose garden, at the LMH employee entrance.

Rita Jackson, a licensed social worker and author in Newark, has completed extensive research into Dr. Burton's career and

"Dr. Burton has been described as a dedicated, compassionate and humble person," remarked Licking Memorial Health Systems President & CEO Rob Montagnese. "Those outstanding attributes were evident in his life's work as a physician. He firmly believed in helping anyone in need. We are proud that we have been able to preserve his Aesculapius sculpture as a lasting tribute to his hard work and dedication to his patients."

Dr. Burton was born in Jamaica. He and his wife, Arizona, moved to Newark in 1932. During his lifetime, he received the Service to Mankind Award by the Heath and Central Ohio Sertoma organizations and the Man of the Year award by the Optimist Club. He was an active member of the Moundbuilders Rose Society and maintained several rose gardens in the Newark area.

New Appointments



Judyth H. Box, M.D.



Jinok Chung, D.O.



Michael C. Duffey, M.D.



Jennifer D. Killion, M.D., FAAP



William E.C. Knobloch, M.D., FAAP



Adam Miller



Stephanie M. Szekely, C.N.P.

Psychiatrist Judyth H. Box, M.D., has joined the Active Medical Staff at Licking Memorial Hospital.

Cardiologist Jinok Chung, D.O., has joined the Active Medical Staff at Licking Memorial Hospital.

Dermatologist Michael C. Duffey, M.D., has joined the Active Medical Staff at Licking Memorial Hospital.

Pediatrician Jennifer D. Killion, M.D., FAAP, has joined the Active Medical Staff at Licking Memorial Hospital.

Pediatrician William E. C. Knobloch, M.D., FAAP, has joined the Active Medical Staff at Licking Memorial Hospital.

Chef Adam Miller has been named Director of Food Services at Licking Memorial Hospital.

Certified Nurse Practitioner Stephanie M. Szekely, C.N.P., has joined Aaron Clark, D.O., at Licking Memorial Family Practice – Pataskala.

Former Board Members Recognized at Dinner

Licking Memorial Health Systems (LMHS) and Licking Memorial Hospital (LMH) each benefit from a Board of Directors that provides sound, experienced guidance to maintain a high level of patient care and financial strength. LMHS Administration hosted a Former Board Members Dinner on November 5, to honor the members of the Licking County community who previously dedicated their time and services by serving on the Boards.



Dan DeLawder was among the guests as Licking Memorial Health Systems honored its former board members at a dinner in November.

Licking County has benefited from many programs, services and contributions through LMHS, such as interventional cardiology, free smoking cessation services, free 12-lead EKG equipment for emergency squads, free sports pre-participation screenings and ECGs for high school students, and free breast pumps for many new mothers. We are able to make these improvements because we have progressive board members who consistently put the needs of the community first.”

“We have been able to accomplish so much for the community because of the foundation you created,” LMHS President & CEO Rob Montagnese told guests. “We are so appreciative of the work you have done. You began a legacy of doing what is right for the community, and we continue that tradition, today.

LMH was first established in 1898 at the original North Third Street location in Newark and has been governed by a Board since that time. The LMHS Board of Directors was formed in 1984.

Former Board Members (Since 1966)

Those who graciously served the community as former board members of Licking Memorial Hospital or Licking Memorial Health Systems include:

Glenn Abel
 Donn Alspach
 Royce C. Amos
 George Andrews, D.D.S.
 Robert Barnes, Ph.D.
 Joseph Bernat
 Robert I. Bull
 John Carlson
 Ron Celnar
 Mrs. John Chilcote
 Nancy Chiles-Dix
 Joseph Dager
 C. Daniel DeLawder
 Daniel Dupps
 Mrs. William Englefield
 Tim Evans
 Joseph Fondriest, M.D.
 Mrs. Karl Foster
 Rev. Joseph A. Garshaw
 John Gates
 John R. Goodwin
 Julius Greenstein, Ph.D.
 Robert Griffith
 Mrs. Donald Gunnerson
 John E. Gutknecht
 Paul F. Hahn
 Earl Hawkins
 Douglas Hiatt
 Bennie Hill
 Larry Harrington
 Henry L. Hook, M.D.
 John Houser, M.D.
 James Johnson, Jr., M.D.
 Shirley Johnson
 Mrs. John David Jones
 Ann Munro Kennedy
 Robert Kent
 John Kutil
 David Lane
 Howard E. LeFevre

J. Richard Lemyre
 Charles Lonsinger
 Sara (Sally) Lytle
 Mrs. John Mantonya
 James Matesich
 Mrs. Matthew Matesich
 Rev. Carl E. McAllister
 Roger McClain
 William McConnell
 Mary Jane McDonald
 Rev. Thad McGehee
 L.A. Messimer
 T. Thomas Mills, M.D.
 Mark Mitchell, M.D.
 Lewis Mollica, Ph.D. (current/former)
 Roger Morgan
 Eugene Murphy
 Frank Murphy
 Albert J. Nerry
 Mrs. John J. O’Neill
 Robert O’Neill
 Ruth Owen
 Stuart Parsons
 C. Homer Price
 Robert Pricer
 J. Gilbert Reese
 Calvin Roebuck
 Roger Roth
 Gary Ryan (current/former)
 Robert Schenk
 Ted Schonberg
 Donna Shipley
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Development Spotlight – Linda Wiegand



Linda Wiegand

Last year, Linda Wiegand became a member of the Licking Memorial Hospital (LMH) Development Council, Community Relations Committee so that she could become more involved in the Licking County community. As a committee member, her goals are to represent the Pataskala community and promote Licking Memorial Hospital.

Linda believes patients should be given top-notch care and service. Linda was recently ill, and was pleased with her patient care experience. “I was treated at Licking Memorial Urgent Care in Pataskala and received prompt and courteous care for an upper respiratory infection,” said Linda.

In addition to serving on the Development Council, Linda is the owner and principal of Banner Insurance Services in Pataskala. She earned her business degree from North Central State College

in 2000, and also attended Ashland University from 2000 to 2004. Linda is an active member of both the Pataskala Area and Licking County Chambers of Commerce. She serves as Vice President of the Licking County Business and Professional Women (BPW) and also as the BPW state-level conference chair. Linda is a member of the Phi Theta Kappa Society, and a board member for a non-profit organization called Appaloosa Rehoming Resource. She serves on a fellowship team at Tri-Village Christian Church and is a co-chair on the Community Capitalism Internship Committee, and participated in a Licking County Community Leadership group.

Born in St. Louis, Missouri, Linda was raised in the Main Line area of Philadelphia, Pennsylvania. She and her husband, Ken, the chief engineer at Denison University, reside in Pataskala and have been married for nearly 35 years. The couple have two grown sons, Shawn and Tim. In her free time, she enjoys reading, gardening, woodworking, sailing, and golfing.

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Donors (continued on page 11)

Volunteer Spotlight: Lin Wilson



Lin Wilson

In 2008, Lin Wilson began her volunteer service at Licking Memorial Hospital (LMH). Hospital volunteerism is not a new venture for Lin; she has over 19 years of volunteer service at other hospitals located in Pennsylvania. A few years after moving to the Newark area, Lin chose to volunteer at LMH because she liked the comfortable atmosphere.

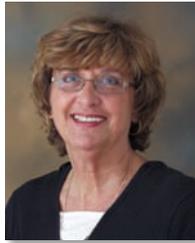
Lin enjoys greeting people, interacting with patients and staff and meeting new friends. "Lin is a wonderful volunteer, and a welcoming presence to our front entrance guests. She is also a great help with the Red Cross blood drives here at the

Hospital," said Carol Barnes, Director of Volunteers, TWIGS and Events.

Lin describes her volunteer experience as enjoyable and rewarding. "Each week here is different. Offering good cheer and talking with patients makes me happy. Each time I volunteer, it brightens my day," Lin said.

Lin enjoys spending time sewing, crafting, walking, hiking, and biking. She always looks forward to visits with her son in Chicago, Illinois, and her daughter, son-in-law, and three grandchildren in Pennsylvania.

Retiree Spotlight: Shari Hively



Shari Hively

Shari Hively, a Newark native, began her career at Licking Memorial Health Systems (LMHS) in 1978 as an Emergency Room Clerk. During her years of service to LMHS, she held many positions ranging from an Outpatient Clerk to the Director of Customer Service. Shari concluded her career as the Physician Center Manager for the Licking Memorial Family Practice –

East, Licking Memorial Gastroenterology, Licking Memorial Pulmonology and Sleep Medicine offices.

Throughout her 29 years of employment, Shari adjusted to many changes as technology advancements increased, and her career evolved. "Adapting from typewriters to computers was one of the biggest challenges that I faced. This process involved many hours of work in preparation for the transition. I also had the opportunity to learn new skills in each new position, such as serving as Administrator for Community

Health Plan of Ohio (CHPO) and when I transferred to the physician practices," Shari said.

Shari has many fond memories and a sense of pride when reflecting about her time at LMHS. "I am most proud of receiving the Manager of the Year award, because I was nominated by my staff. There were so many things that I enjoyed about working at LMHS; great opportunities, making new lifetime friends, and being a part of our community's health care," Shari said.

Since retiring, Shari has been actively working around her home, traveling, volunteering for TWIGS 24 and Midland Theatre, and serving on the Board for Big Brothers Big Sisters of Licking & Perry Counties. She was recently asked to serve on the 2010 United Way campaign, and in January, will begin teaching part-time at the Career & Technology Education Center (C-TEC) in Newark.

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Quality Reporting to the Community

Patient Story and Benchmarks for Patient Safety



Patient Story – Dottie Knight

The patient safety precautions at Licking Memorial Hospital (LMH) are so prevalent that Dottie Knight could not help but take notice. The 64-year-old Heath resident received a total knee replacement in August 2009, and found reassurance in the Hospital staff's attention to detail.

"I was having my left knee replaced, and the morning before the surgery, everyone who came into my room asked me to verify what kind of operation I was having and which leg was involved," Dottie remembered. "They also checked my identification bracelets each time, and since I was wearing a red 'allergy' bracelet, they asked me to verify what allergies I have. I was glad they were asking because I knew they were being very careful."

Before Dottie and her husband, Larry, moved to Licking County in 1994, she had previous surgeries at other hospitals. In 2006, she had so much pain in her right knee that her physician, Licking Memorial Family Medicine Physician Douglas Schram, D.O., referred her to Orthopedic Surgeon Edward Westerheide, M.D., and she had the knee replaced at LMH. By 2009, a degenerative condition, osteoarthritis, in Dottie's left knee had progressed, and Dr. Westerheide recommended the second knee replacement.

Before the surgery, Dottie came to LMH for presurgery testing and consultations. Staff members made sure that Dottie understood her dietary restrictions before the surgery, and that her home environment would accommodate her special needs while she recuperated. "They questioned me about my living quarters – whether there would be someone there to help me, if the bathroom was near my bedroom, and if I had a walker available. They showed me exercises I could do to prepare my leg for surgery," she said.

Anesthesiologist Ann Govier, M.D., also met with Dottie, who was feeling nervous about the surgery. "I felt so comfortable with Dr. Govier right from the start. I was nervous about having anesthesia because of some issues I had in the past at the other hospitals," Dottie said. "Dr. Govier was confident and reassuring. She listened closely to my concerns,



After her knee replacement surgery at Licking Memorial Hospital, Dottie Knight has been able to return to work at the Buxton Inn in Granville.

and I felt like we connected. When I left the consultation, I felt really good about the upcoming surgery."

Dottie's first knee surgery had taken place before the opening of the John & Mary Alford Pavilion at LMH and its new Surgery Department. She immediately noticed the improved facility when she arrived for the second knee replacement surgery. "It felt more organized, and things proceeded much faster," she said. "From the time I was taken back to the pre-op room, there was always someone there to help me, and there was no waiting."

After recovering from surgery, special pressurized cuffs were placed on Dottie's legs to prevent the formation of blood clots, and she was taken to an inpatient room where the patient safety measures continued. "Everyone was very conscientious about washing their hands before they touched me. I was glad to see that because I watch for hand washing," Dottie remarked.

Dr. Westerheide called on Dottie in her Hospital room on the day following surgery. Shortly after his visit, she began to feel ill and her blood pressure, temperature and blood sugar levels all rose. Hospitalist Nawar Al-Saieg, M.D., immediately examined Dottie and ordered blood work and an EKG. "Although nothing showed up in those tests, I was glad that Dr. Al-Saieg ordered them. It proved that everyone was looking out for me every step of the way. By the next day, I was back to normal and feeling really good," Dottie said.

During the three days of Dottie's recovery, she was encouraged to take frequent short walks. She said, "At first, I took just a few steps around the room. By the end of my stay, I was walking down the hall. Each time, there was always someone right there to support me and to make sure I did not fall."

At home in her condominium, Dottie continued to receive care from LMH. Cathy Chancey, R.N., B.S.N., an LMH Home Health nurse case manager, visited two times each week to check Dottie's vital signs and to ensure her recuperation was going well.

Patient Story - Dottie Knight (continued on page 14)

Patient Safety – How do we compare?

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

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

1 The Institute of Medicine published a report in 2000 that highlighted the stunning effects of medication errors. The report set forth a national agenda for reducing errors and improving patient safety by designing a safer health system. Medication reconciliation is the process of obtaining a complete and accurate list of each patient's current home medications – including name, dosage, frequency and route – and comparing the physician's admission, transfer and/or discharge orders to that list. Discrepancies are brought to the attention of the prescribing physician, and if appropriate, changes are made to the orders. Although the medication error rate at Licking Memorial Hospital (LMH) is significantly better than the national benchmark, we make continuous efforts to improve the process. LMH dispensed approximately 4 million doses of medication in 2009.

	LMH 2006	LMH 2007	LMH 2008	National ⁽¹⁾
Medication errors	0.018%	0.013%	0.008%	0.310%

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

	LMH 2006	LMH 2007	LMH 2008	National ⁽²⁾
Pneumonia Infection rate of ICU patients on ventilators	0	1.7	1.7	1.9
Urinary tract infection rate for ICU patients with urinary catheters	2.6	1.7	0.8	3.7
Bloodstream infection rate for ICU patients with central venous catheters	0	0	0	1.9

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

	LMH 2006	LMH 2007	LMH 2008	Goal
Inpatient falls	0.21%	0.25%	0.23%	less than 0.30%

4 Coumadin is a blood thinner (anticoagulant) used to help prevent and treat blood clots. The most common side effect of Coumadin is bleeding in any tissue or organ. It is important for patients to have their blood tested regularly. The blood test, called prothrombin time (PT) and International Normalized Ratio (INR), helps the physician determine how fast the blood is clotting and whether the dosage of Coumadin should change. The testing is very important and must be accomplished at recommended periodic intervals in order to keep the PT/INR result in the best and safest range for the medical condition.

	LMHP 2006	LMHP 2007	LMHP 2008	Goal
LMHP patients on Coumadin with PT/INR in last two months	92%	96%	97%	greater than 90%

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

	LMHP 2006	LMHP 2007	LMHP 2008	Goal
LMHP patients on Metformin with creatinine within last year	95%	95%	95%	greater than 90%

Patient Story - Dottie Knight (continued from page 12)

After evaluation by a licensed physical therapist, Physical Therapist Assistant Jennifer Johnson visited three times each week to guide Dottie through exercises that would strengthen her knee and improve her range of motion. Jennifer also demonstrated safe techniques for simple daily tasks, such as getting into the shower or going up stairs. Dottie followed up with the Home Health physical therapy with another four weeks' therapy at Licking Memorial Outpatient Therapy to make sure her leg was as strong as possible.

"My recovery was so much smoother for this knee replacement than the first one," Dottie stated. "I think the difference was that my left knee was in better shape before the surgery. I had not waited until there was as much deterioration, and I did the recommended exercises before surgery. Two weeks after my knee was replaced, Cathy was surprised to see me walking without a walker or even a cane. I told her I just did not need them. Even Dr. Westerheide was amazed by my improvement when I saw him to have my staples removed."

I have been telling everyone I know, that if they are considering knee surgery, they should not wait," Dottie added. "Many people try to tolerate the pain from a deteriorated knee, but

they end up avoiding so many things they should be doing. I feel like I have my life back again."

"We are so glad to hear about Dottie's success," remarked Debbie Young, Vice President Patient Care Services. "As Dottie has learned, LMH does not cease to care about our patients when they leave the Hospital. I am proud that LMH's attention to patient safety issues prevents complications that could arise after surgery, both in the Hospital and at home. Because of our meticulous patient safety measures, patients like Dottie can approach surgical procedures at LMH without the unnecessary worry of dangerous medical errors, infections or falls."

After 22 years of marriage, Dottie and Larry still enjoy each others' company at home. "I guess we are just homebodies," she joked. She has returned to her part-time work at the front desk of the Buxton Inn in Granville and makes time for occasional lunch dates with friends. Dottie's one passion is bicycling, and she is looking forward to warmer days so that she can try out her new knee with an outdoor ride on the bike path.

Patient Safety – How do we compare? (continued from page 13)

6 Venous thromboembolism (VTE) is a potentially life-threatening condition that results when a blood clot forms within a vein. If the clot becomes dislodged, it can travel to the lungs or brain and cause serious harm or even death. The risk for developing a clot can be high with some studies estimating that approximately 10 to 20 percent of all hospitalized patients will develop a clot. Risks are even higher for patients undergoing surgery, those who have suffered a stroke, or trauma patients. Often, patients will have no symptoms when a clot has formed. By using preventive measures, such as blood thinners or mechanical devices, the risk for developing a clot can be significantly reduced. One study⁽³⁾ indicated that nationally, only about 34 percent of hospitalized patients at risk for developing clots receive these preventive measures. Due to the great risk of blood clots for patients, LMH has adopted a prevention protocol that applies to nearly all patients admitted to the Hospital to reduce their risk.

	LMH 2006 ⁽⁴⁾	LMH 2007	LMH 2008	Goal
Medical patients receiving VTE prophylaxis by end of day 2	76%	79%	76%	greater than 90%
Surgery patients receiving VTE prophylaxis within 24 hours of surgery	98%	99%	98%	greater than 90%

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

	LMHS 2006	LMHS 2007	LMHS 2008	LMHS Goal	National ⁽⁵⁾
LMHS employees receiving the seasonal influenza vaccine	67%	56%	77%	greater than 75%	44%

Data Footnotes: (1) *To Err Is Human – Building a Safer Health System*, National Academy Press, Washington, D.C., 2000. (2) *CDC National Healthcare Safety Network pooled median (ICU only) from January 2006 through December 2007*, issued November 2008. (3) *Anderson FA, IMPROVE, Blood*, 2003. (4) *Partial year – August 2006 through December 2006 only*. (5) *Centers for Disease Control and Prevention (CDC). Prevention and Control of Seasonal Influenza with Vaccines. Recommendations of ACIP*, 2009.



Patient Story – David Forgrave

Ann Forgrave whispered a prayer as her husband lay in an Intensive Care Unit (ICU) bed at Licking Memorial Hospital (LMH) in August 2008. A big man, David Forgrave (better known in the Newark area as "Porky") had a big heart with a big problem – chronic heart failure (CHF). The Forgraves were just months away from celebrating their 50th wedding anniversary, and Ann was not ready to lose him.



David Forgrave

David's first brush with cardiac problems began in 1959, when he was hospitalized with the Asian flu and developed an enlarged heart. He had no further heart symptoms until 1995. During a golf outing with friends, he began to have chest pains. David was diagnosed with atrial fibrillation and spent two weeks in LMH's ICU. He began to take medications to regulate his heart beat and to thin his blood to prevent the formation of blood clots.

Thirteen years later, family members noticed that David's stomach was bloated and his legs were swelling. "I checked with my primary physician, Donald Harris, D.O., who sent me to see Cardiologist Debra Heldman, M.D., in July 2008. She ordered an echocardiogram that showed my heart was functioning at only 30 percent ejection fraction, which indicated CHF," David explained. Dr. Heldman prescribed beta blockers and advised him to restrict sodium in his diet and to exercise and lose weight.

On August 28, 2008, David's condition suddenly worsened. Ann recalled the alarming details. "He was not able to sleep or urinate, and I could tell something was wrong. He was so agitated and disoriented, and then he fell to the floor." Ann called 9-1-1, and David was rushed to LMH, where physicians determined that David was suffering from kidney failure in addition to the CHF. He was put on twice-daily dialysis treatments during his week-long hospital stay and then for several days at home.

On September 19, David had a defibrillator/pacemaker implanted to regulate his heartbeat. "Dr. Heldman tells me that my heart ejection fraction is now at 50 percent, which is great," he said.

While David was at LMH, Hospitalist Peter Nock, D.O., coordinated the medical team's care. "It was good to have a doctor right there at the Hospital all the time," David said. "I am especially grateful for Dr. Nock's care. One day when he came by, he could tell that I had given up. But he did not give up on me – he gave me a talk about how I had to get it turned around. That was the inspiration I needed, and I began to improve from that point."

David has a family history of heart disease, and he sometimes worries about the future of his five grown children: Jim, Tom, Debbie, Susie and Laurie. "We used to make them clean their plates all the time when they were kids," he said. "Now I know that was not the right thing to do. I tell them that with our family history of heart disease, they have to exercise and watch their diet."

Now, David makes regular visits to Dr. Heldman to monitor his heart, to Nephrologist Hintsu Tewoldemedhin, M.D., to monitor his kidney function, and to the LMH Anticoagulation Clinic to monitor his blood thinner medication. He no longer needs dialysis treatments, and has switched from oral medications to insulin to control his blood sugar levels. "My blood sugar levels have really improved," he said. "My HgA1c used to be around 11 or 12, and now the most recent result was around 6. I feel better, and I can do pretty much anything I want. I do not enjoy walking, so I stay active by golfing and working outside in the garden."

A retired businessman and former Newark City Councilman, David still keeps a full calendar. He and Ann will celebrate their 51st anniversary on January 24.

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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 them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your health care choices.

- 1** Angiotensin-converting enzyme (ACE) inhibitors reduce the risk for mortality in patients with left ventricular systolic dysfunction (LVSD) after heart attack. LVSD refers to the reduced squeezing ability of the left ventricle that can occur after heart attack. Additionally, the likelihood of the patients having another heart attack can be reduced if an ACE inhibitor is administered.

	LMH 2006	LMH 2007	LMH 2008	National Average ⁽¹⁾
ACE/ARB at discharge for LVSD	100%	100%	100%	90%

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

	LMH 2006	LMH 2007	LMH 2008	Goal ⁽²⁾
Average time from arrival to completion of EKG	9 minutes	5 minutes	2 minutes	less than 10 minutes

- 3** Emergency angioplasty restores blood flow in a blocked heart artery by inserting a catheter into the artery to implant a stent. The procedure has been proven to save lives during a heart attack, and it is most effective when performed within 90 minutes of the patient's arrival to the Emergency Department to minimize irreversible damage from the heart attack. Licking Memorial Hospital (LMH) began to perform this procedure in 2008.

	LMH 2008	National Average	Goal
Average time from arrival until balloon angioplasty performed	74 minutes	73 minutes ⁽³⁾	less than 90 minutes ⁽²⁾
Time to balloon within 90 minutes	92%	77% ⁽¹⁾	greater than 90%

- 4** During a heart attack, the heart tries to compensate for its weakened pumping action by beating faster which increases strain. Beta blockers reduce the heart's tendency to beat faster. Additionally, aspirin has been shown to prevent further blood clotting in heart attack patients.

	LMH 2006	LMH 2007	LMH 2008	National Average ⁽¹⁾
Aspirin within 24 hours of patient arrival	89%	100%	98%	94%
Aspirin ordered at hospital discharge	91%	100%	100%	93%
Beta blocker ordered at hospital discharge	100%	100%	94%	93%

- 5** Cardiac rehabilitation programs aid people who have experienced heart attacks. LMH's program provides medical oversight and heart monitoring for individuals as they exercise and strengthen their hearts. LMH also measures participants' progress in improving certain indicators of heart health. The following results were reported by cardiac rehabilitation patients.

Health Indicator	LMH 2006	LMH 2007	LMH 2008	Goal
Stopped smoking	70%	66%	70%	greater than 75%
Improved weight	62%	44%	44%	greater than 75%
Increased exercise time	100%	100%	100%	100%

Heart Care – How do we compare? (continued on page 17)

6 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 2006	LMHP 2007	LMHP 2008	Goal ⁽⁴⁾
LMHP CAD patients with aspirin and/or antithrombotic prescribed	93%	93%	95%	greater than 80%

7 Licking Memorial Health Professionals (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 myocardial infarction (MI), but is reversible through medication, diet and exercise.

	LMHP 2006	LMHP 2007	LMHP 2008	Goal ⁽⁴⁾
LMHP CAD patients with LDL less than or equal to 100 mg/dl	60%	67%	66%	greater than 50%

8 The left ventricle is the chamber of the heart that pumps blood out of the heart and into the body. Measuring left ventricular function (LVF) helps determine how well a chronic heart failure (CHF) patient’s left ventricle is working.

	LMH 2006	LMH 2007	LMH 2008	National Average ⁽¹⁾
LVF assessment completed	96%	97%	95%	89%

9 Medications beneficial to many CHF patients include ACE inhibitors, beta-blockers, and angiotensin-receptor blockers (ARBs). ACE inhibitors and ARBs have been shown to lower mortality and improve functional capacity and quality of life. Beta-blockers can reverse or prevent some of the health effects associated with heart failure. Patients treated with beta-blockers may see significant improvement in heart function after three months.

	LMH 2006	LMH 2007	LMH 2008	National Average ⁽¹⁾
CHF patients on ACE or ARB at discharge	91%	93%	96%	89%
CHF patients on beta-blockers at discharge	99%	99%	99%	90% ⁽⁵⁾

10 It is vital that CHF patients be involved in their own care to reduce health complications and improve quality of life. They must monitor their weight, limit their salt intake, and take their medications regularly. Health care providers need to give thorough discharge instructions to help these patients effectively manage their condition.

	LMH 2006	LMH 2007	LMH 2008	National Average ⁽¹⁾
All discharge instructions given	95%	93%	85%	76%

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

	LMH 2007	LMH 2008	Goal
CHF patients screened for the pneumonia vaccine	97%	95%	greater than 90%
CHF patients screened for the influenza vaccine	92%	95%	greater than 90%

12 Atrial fibrillation (A-fib) is an irregular rhythm often associated with heart failure. Patients with A-fib have an increased risk for stroke. To reduce this risk, heart failure patients with A-fib should be evaluated for anticoagulation therapy.

	LMH 2007	LMH 2008	Goal
CHF patients with A-fib assessed for anticoagulation therapy	81%	96%	greater than 90%

Data Footnotes:

- (1) *Hospitalcompare.hhs.gov national benchmarks.*
- (2) *ACC/AHA Guidelines for the Management of Patients with ST-Elevation Myocardial Infarction, Antman et al., 2004.*
- (3) *Comparative data from the Midas Comparative Database.*
- (4) *AHA/ASA/NCQA Heart/Stroke Recognition Program.*
- (5) *Benchmark indicates LMH goal*

LMH Medical Staff to Be Honored on Doctors' Day

Patients and their family members are invited to give special recognition to the physicians who have provided them with excellent care. March 30 is National Doctors' Day, and the Licking Memorial Health Foundation has implemented a convenient way to say "thank you" to these compassionate professionals.

In 1990, former President George H.W. Bush declared March 30 to be a day of national recognition for physicians. Licking Memorial Hospital (LMH) celebrates National Doctors' Day each year with a special breakfast and luncheon for the LMH Medical Staff. In addition, patients can join the celebration with a donation made in their doctors' names.

"Our physicians place the greatest importance on providing excellent health care to our community," stated Veronica Link, Vice President Development & Public Relations.

"When patients make a contribution in their physicians' names, they are honoring the physicians' dedication in a deeply gratifying manner. It means so much to the Medical Staff to know that the community is supporting their efforts.



Licking Memorial Hospital celebrates National Doctors' Day with a special breakfast, a luncheon and gifts for all physicians on the Active, Consulting, Honorary and Medical Staffs.

Each gift will be acknowledged, and the physicians will be notified of the donation made in their honor."

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese cited the physicians' hard work as a major component of LMH's success. "The physicians provide leadership in every department," Rob explained. "Their high standards permeate the entire LMH staff, and motivate everyone to put forth their best efforts. We are proud of our Medical Staff's service to the community."

The LMH Medical Staff is comprised of approximately 150 Active Medical Staff physicians and approximately 45 consulting physicians. In addition, the Hospital acknowledges the Honorary Medical Staff on Doctors' Day for their

years of practice and their service to the community. To make a contribution in honor of your physician, please call the Development Office at (740) 348-4102.



Art From the Heart

Licking Memorial Health Systems (LMHS) invites you and your family to join us for activities promoting creativity and healthy heart choices at The Works, located at 55 South First Street in Newark on Saturday, February 13, from 11:00 a.m. to 3:00 p.m.

Children will be given the opportunity to explore The Works and create their own pieces of artwork that will be displayed at Licking Memorial Hospital (LMH). LMH Cardiology nurses will be available for discussions concerning heart health.

For more information, contact Beth Kolb at (740) 348-4108. Cost for The Works is \$3.00 for children, \$5.00 for seniors and \$7.00 for adults. This event is free to The Works members and LMHS employees, volunteers and medical staff.



The Works

Ohio Center for History, Art & Technology
55 South First Street • Newark, OH 43058
(740) 349-9277



**Licking Memorial
Health Systems**

1320 West Main Street • Newark, OH 43055
(740) 348-4000 • www.LMHealth.org

National Doctors' Day

March 30



In recognition of Doctors' Day, express your appreciation for your favorite physician by making a donation to the Licking Memorial Health Foundation in his or her honor. Contributions will benefit new technology in the John & Mary Alford Pavilion. For more information, or to make a donation in a physician's name, please call (740) 348-4102.



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Charitable Donations Begin at Young Age for Two Licking County Youths

Licking Memorial Hospital (LMH) is fortunate to receive generous support from many caring individuals of all ages who want to help others in the community. In December 2009, two young students found a way to help other children by donating toys to LMH.

Eight-year-old Katarina Lantz, a third grader at Granville Christian Academy, presented more than 100 toys on December 23, 2009, to be given to children in the Emergency Department or others areas of the Hospital. She earned money to purchase the toys by selling her outgrown clothing and toys at the LMH TWIGS 6 Thrift Shop in Granville. Then, she carefully shopped at various store sales to select the cutest and softest toys she could find. Katarina first delivered toys to the Hospital three years ago, and has made several donations since.

LMH also received a pre-Christmas donation of 400 stuffed toys from Trent White, a sixth grader at Heath Middle School, who first began collecting and donating toys to the Hospital at the age of four years. He began the project after seeing a child walking in front of the Hospital, clutching a stuffed toy. He imagined what it would be like for a child to be in the Hospital for the holidays, and then told his mother he had thought of a way to help. Trent earned money to purchase stuffed toys by performing odd jobs for family members. Trent has collected and donated toys to LMH many times since then, receiving additional items from friends and family to donate.



Veronica Link, Vice President Development & Public Relations met with Katarina Lantz to accept her contribution of personally selected toys to give to children at Licking Memorial Hospital.

“Both of these donations are extraordinarily valuable, not only because of the smiles they bring to the children’s faces, but also because of the heartfelt compassion they represent,” stated Debbie Young, Vice President Patient Care Services. “Many children are frightened when they come to the Hospital, and they find it comforting to have a toy to hold. That small gift is often their first step to healing. We are so appreciative of Katarina’s and Trent’s generosity.”

In 2005, Trent was awarded an LMH Community Partner award to recognize his extraordinary efforts to help Improve the Health of the Community through his donations. Trent is the youngest person ever to receive the prestigious award.



Debbie Young, Vice President Patient Care Services, accepted Trent White's generous donation of 400 stuffed toys for children at Licking Memorial Hospital.

LMHS Honors Military Personnel with POW/MIA Flag

The Prisoners of War/Missing in Action (POW/MIA) flag was raised and flown at Licking Memorial Hospital on November 11, 2009, to commemorate Veteran’s Day. Since 1990, when the U.S. Congress declared this design to be the official POW/MIA flag, it has been described as a symbol of our nation’s commitment to Americans who were missing or prisoners of war through multiple conflicts, including World War II, the Korean War, the Cold War, the Gulf Wars and the Vietnam War.

The official POW/MIA flag is proudly flown each year to honor military personnel who are still missing or unaccounted. Many Licking Memorial employees have served or have a loved one currently serving in the military. Displaying the flag is a symbol of our honor, respect and remembrance of those who have dedicated their lives for the freedom of our country.



LMH Hosts Retirement Reception for Dr. Harris

Licking Memorial Hospital (LMH) hosted a reception on December 30, 2009, to honor Donald E. Harris, D.O., as he retired from his family practice. Many colleagues, patients, friends and family members attended the event to honor the physician who provided 21 years of patient care in Newark.

Dr. Harris graduated from The Ohio State University College of Pharmacy in 1965. A Newark native, he returned to practice pharmacy at Arensberg's, Larry's, and LMH, and subsequently was the pharmacist/owner of Harris Pharmacy.

He graduated from Ohio University College of Osteopathic Medicine in 1987, completed post-graduate training at O'Bleness Memorial Hospital in Athens, Ohio, and is board certified in family practice. He began practice at LMH's Family Medical Center, and has been in private practice in Newark since 1990.



Sue Harris (left) and Donald Harris, D.O., (center) reminisced with Licking Memorial Health Systems President & CEO Rob Montagnese (right) at a reception to honor Dr. Harris' retirement.

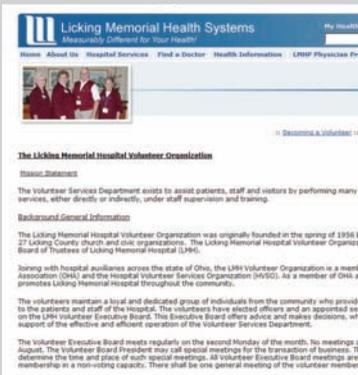
Dr. Harris also serves the Licking County community as the medical director of Ohio Health Consortium, Inc., and as the county's deputy coroner. He has helped to prepare new physicians through his role as a clinical instructor at the Ohio University College of Osteopathic Medicine. He is a member of the American Osteopathic Association.

Licking Memorial Health Systems President & CEO Rob Montagnese said, "Dr. Harris has

provided excellent patient care to many families in Licking County. For 21 years, he has shared in his patients' lives through illnesses, births and injuries. His devotion has had a tremendous impact on our community. We want to thank him for his dedication and wish him well in his retirement."

Dr. Harris and his wife, Sue, have been married for 45 years. They are the parents of three grown children – Pam Comstock, Steve Harris and Kim Newell, and have seven grandchildren.

Web Site Tip – Become a Volunteer



Licking Memorial Hospital (LMH) benefits from the dedication of more than 100 active volunteers. The volunteers, who range in age from 15 to 90 years, perform many tasks that assist Hospital staff and enrich patient care. Volunteers may manage specialized tasks such as office filing, or general

personal services such as delivering flowers to patients or offering coffee to visitors. In many cases, the volunteers are the first to greet the patients and visitors to the Hospital, and they play an important role in LMH's relationship with the community.

More information about volunteer opportunities at LMH is available online at www.LMHealth.org. Anyone who is interested in becoming a volunteer is encouraged to complete the online application. Applications are also available by calling (740) 348-4079, or can be picked up in the LMH Volunteer Department, Monday through Friday, from 7:30 a.m. to 4:00 p.m.

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Please take a few minutes to read this issue of **Community Connection**.

You'll once again see why Licking Memorial Health Systems is measurably different ... for your health!
Visit us at www.LMHealth.org.

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

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Community Events

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

ADD/ADHD Awareness

Thursday, January 28 – 6:00 p.m. No charge.
Conference Rooms A & B, first floor
Licking Memorial Hospital

Registration is required. Call (740) 348-1424 to register.
See story on front cover for program details.

The Heart Truth: A Red Dress Event

Thursday, February 4 – 6:00 p.m. No charge.
Doors will open at 5:30 p.m. for blood pressure checks.
Bryn Du Field House
537 Jones Road NE, Granville

Topics will focus on women's heart health. Registration is required, and space is limited. Call (740) 348-1572 to register.
See story on front cover for program details.

Ask the Doc

Saturdays, from 9:00 to 10:00 a.m. No charge.
Shepherd Hill, 200 Messimer Drive

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

Diabetes Self-Management Classes

Licking Memorial Diabetes Learning Center
1865 Tamarack Road, Newark

Tuesday Class Wednesday Classes
9:00 to 11:00 a.m. 1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

Diabetes Self-Management is a series of four classes providing information on all aspects of diabetes. Instructors include registered nurses, dietitians and a pharmacist who have received extensive training in diabetes management.

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

First Impressions – Maternal Child Classes

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

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