

 Licking Memorial Health Systems

Community Connection

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LMH Joins Initiative to Prevent Sepsis Deaths

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online at www.LMHealth.org.

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M e a s u r a b l y D i f f e r e n t . . . f o r Y o u r H e a l t h !

LMHS Joins Initiative to Prevent Sepsis Deaths

Many individuals do not know much about sepsis, even though it is the ninth leading cause of disease-related death in the United States. The U.S. Centers for Disease Control and Prevention (CDC) reports that more than 1 million cases of sepsis occur each year in the U.S., and up to one-half of the individuals who develop sepsis will die from the condition. It has been estimated that 38 Ohioans die from sepsis every day. Licking Memorial Health Systems (LMHS) has joined in the efforts of the Ohio Hospital Association's Institute for Health Innovation and the Sepsis Alliance to sharply reduce the number of sepsis-related deaths by 30 percent within the next two years.

Sepsis is a body's overwhelming and life-threatening response to an initial infection of microbes that can be bacterial, viral or fungal. The first infection may occur any place on the body – internally or externally. The initial infection also may be serious, such as pneumonia or meningitis, or it may result from a minor issue, such as a finger cut or a case of the flu.

Individuals who are sick and notice their condition worsening rather than improving over the course of several days should consult a physician to be evaluated for the possibility of sepsis. At first, the condition can mimic other diseases with its variety of symptoms, including fever, shivering/feeling cold, pain, rapid heartbeat, nausea, pale skin, confusion, sleeping difficulty or shortness of breath. As the disease progresses into severe sepsis, the symptoms worsen and the body's organs begin to function abnormally. Emergency medical attention is necessary at that point to save the patient's life.

Sepsis can occur at any age. Those who are most at-risk include:

- Individuals with weakened immune systems
- Infants and very young children
- Elderly adults
- Individuals with chronic conditions, such as diabetes, AIDS, cancer, kidney disease or liver disease

LMHS Vice President Medical Affairs Craig Cairns, M.D., M.P.H., said the Licking Memorial Hospital Medical Staff has renewed its scrutiny of potential sepsis cases. "In many cases, sepsis is difficult to diagnosis because there are so many variables to consider. A patient may not know of any precipitating infections, or may not exhibit severe symptoms. However, through the new initiative by the Ohio Hospital Association and the Sepsis Alliance, we have a new algorithm that allows us to sort through the maze of symptoms and test results in order to achieve a successful diagnosis and effective treatment."

Hospitalization, intravenous fluids and broad-spectrum antibiotics are often the first step in treating sepsis. The physician may order CT scans and blood work in an effort to identify the source and type of infection, but in many cases, the precise cause is never identified. Treatment also will be given to prevent the patient's blood pressure from falling too low and to address any organ failures that may develop.



Updated **Active•Fit** Program Supports Local Schools

The Licking Memorial Health Systems (LMHS) Active•Fit Youth Wellness Program recently began its fourth year, featuring updated guidelines designed to improve youth involvement while supporting local schools. The Active•Fit Program has registered more than 1,350 participants, who select health-related goals and track their progress on the Active•Fit website in order to earn prizes and support their school's physical education program.

Since 2012, the Active•Fit Program has promoted healthy lifestyles for youth ages 6 through 12 throughout Licking County. The goals of the program are as follows:

- Introduce the benefits of exercise, healthy eating, and proper rest
- Motivate youth to create personal goals for fitness
- Help youth develop a lifelong commitment to personal fitness

The annual Active•Fit Program features three four-month periods. During each of the periods, Active•Fit participants are encouraged to complete four "Active" category goals and four "Fit" category goals in order to be eligible for a prize drawing. Participants who complete at least eight goals are automatically entered into the prize drawing for each period. Prizes include:

- Bicycle
- Xbox One with Kinect and fitness game
- iPod Nano with Nike shoes
- iPod Nano with iTunes gift card
- Dick's Sporting Goods gift cards

This year, the Active•Fit Program was updated to align more directly with Ohio Physical Education Guideline Goals, in order to assist physical education instructors and their students throughout the community in achieving those goals. In addition, each participating school has the opportunity to earn generous rewards from LMHS to supplement their gym equipment needs. These rewards are based upon student participation within each school. To assist the schools with reward funding, students must register for the program and accomplish their goals during Periods 1 and 2.

Cindy Baker, Principal of McGuffey Elementary in Newark, enrolled her daughter in the Active•Fit program in 2013, and has been excited about implementing the program within the school as well. "Active•Fit has provided many fun opportunities for our family," she said. "My daughter was

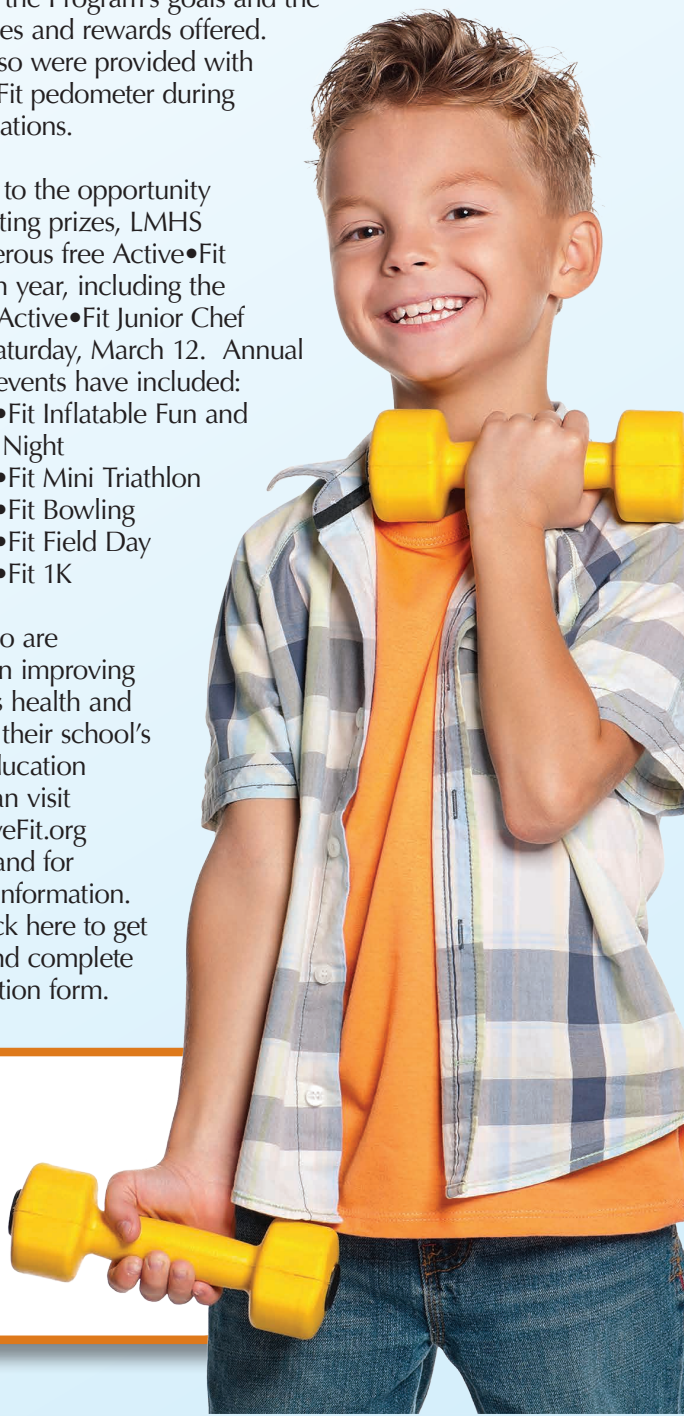
already quite active with her soccer team, and the Active•Fit Program has created a wonderful balance by promoting healthy eating and other habits in addition to regular exercise. One of our favorite Active•Fit events has been the Junior Chef program held at C-TEC, where children read recipes, measure ingredients, and learn how to work with others in a kitchen setting. Last year, my daughter learned how to make a sparkling ginger lemonade that quickly became a family favorite."

Active•Fit participants recently completed Period 1 of the 2015-2016 school year, and began Period 2 on January 1. At the start of Period 1, LMHS provided presentations during school assemblies throughout Licking County, introducing local students to the Program's goals and the opportunities and rewards offered. Students also were provided with an Active•Fit pedometer during the presentations.

In addition to the opportunity to win exciting prizes, LMHS hosts numerous free Active•Fit events each year, including the upcoming Active•Fit Junior Chef event on Saturday, March 12. Annual Active•Fit events have included:

- Active•Fit Inflatable Fun and Movie Night
- Active•Fit Mini Triathlon
- Active•Fit Bowling
- Active•Fit Field Day
- Active•Fit 1K

Parents who are interested in improving their child's health and supporting their school's physical education program can visit www.ActiveFit.org to register and for additional information. Select "Click here to get started!" and complete the registration form.



Active•Fit
YOUTH WELLNESS PROGRAM

Reveal LINQ™ Improves Heart Monitoring

A new method of recording the heart's activity is now available at Licking Memorial Hospital (LMH) for patients with a difficult-to-diagnose heart rhythm. Medtronic's Reveal LINQ™ Insertable Cardiac Monitor is capable of recording abnormal heart rhythms that other monitoring devices may not detect.

"The Reveal LINQ device is much smaller than previous insertable cardiac monitors," explained Bryce Morrice, M.D., of Licking Memorial Cardiology. "It is just slightly more than 1½ inches long and can be inserted under the skin through a tiny incision during an office visit. After the incision heals, the patient can resume regular bathing and all other normal activities. The implanted Reveal LINQ device does not require batteries, so it can remain in place for up to three years," Dr. Morrice said.

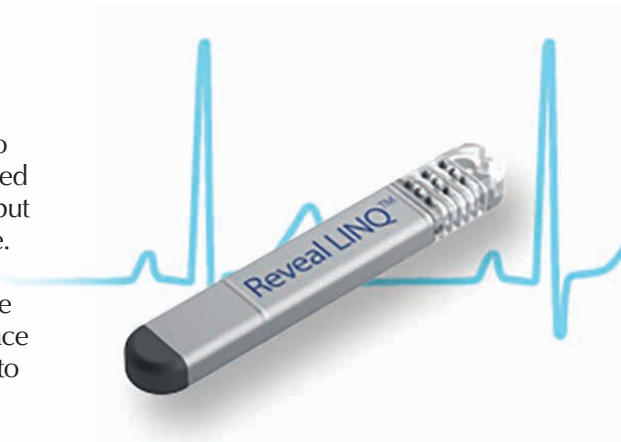
An irregular heartbeat, called arrhythmia, can be very serious. One drawback to traditional heart monitors that are worn externally is that the unit may not be in place at the time that a cardiac abnormality occurs, such as during

bathing, and the episode therefore is not captured by the monitoring system. In comparison, the implanted Reveal LINQ device is always in place to detect an abnormality in the heart rhythm. Any abnormal heart activity automatically triggers the recording process. Patients also have the ability to activate the recording with a remote device. The implanted Reveal LINQ device wirelessly transmits its recordings to a monitor that is kept nearby (such as on a nightstand), and it uploads a daily report to Licking Memorial Cardiology through global cellular phone signals. If a serious cardiac event is recorded, the monitor transmits an urgent alert to the patient's cardiologist who will determine if the patient needs to be seen immediately.

"Many patients ask if they need a cell phone to be able to upload the data to us," Dr. Morrice said. "Patients do need to have a cell phone signal available, but they do not need to have a cell phone. Patients who live in an area that does not receive cell phone service at home or work will need to travel to someplace that does have a good signal in order to

upload the monitor's recordings on a modified schedule determined by the physician and patient. The system uses global cellular signals, so there is no added cost to the patient."

The Reveal LINQ system is able to detect cardiac abnormalities much sooner than traditional monitors. It is often used to diagnose abnormal heart rhythms, heart palpitations, atrial fibrillation, and unexplained stroke or fainting. Early detection of these conditions saves lives and allows better treatment options to protect the patient's heart muscle from damage.



Kenneth Justice,
R.R.T., RRT-NPS, AE-C



Stephanie Coyle,
C.R.T.

Community Education – Chronic Obstructive Pulmonary Disease

Date: Thursday, January 28
Location: LMH First Floor
Conference Rooms

Time: 6:00 p.m.
Speakers: Kenneth Justice, R.R.T., RRT-NPS, AE-C
Stephanie Coyle, C.R.T.

Chronic Obstructive Pulmonary Disease (COPD) refers to a group of conditions that obstruct air flow and cause breathing difficulties. COPD includes emphysema, chronic bronchitis and, in some cases, asthma. According to the Centers for Disease Control and Prevention, 15 million Americans live with a known diagnosis of COPD, but the condition is underreported because more than 50 percent of people with low pulmonary function also have COPD. Yet, early detection and treatment often can alter the course and progression of this potentially debilitating disease.

Join Kenneth Justice, R.R.T., RRT-NPS, AE-C, and Stephanie Coyle, C.R.T., for an informative discussion on the diagnosis, prevention and treatment of COPD, on **Thursday, January 28**, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. The program is free; however, space is limited and registration is required. To register, please call (740) 348-2527.

New Medical Office Building Under Construction

Licking Memorial Health Systems (LMHS) is expanding with the construction of a new medical office building in Newark. The two-story building, located at 1717 West Main Street, will provide office space for Center For Sight and Licking Memorial Orthopedic Surgery.

“We are excited about this project because it represents LMHS’ steady growth,” stated Rob Montagnese, President & CEO. “Additional office space with convenient parking and access to the physician offices will be available at this new location.”

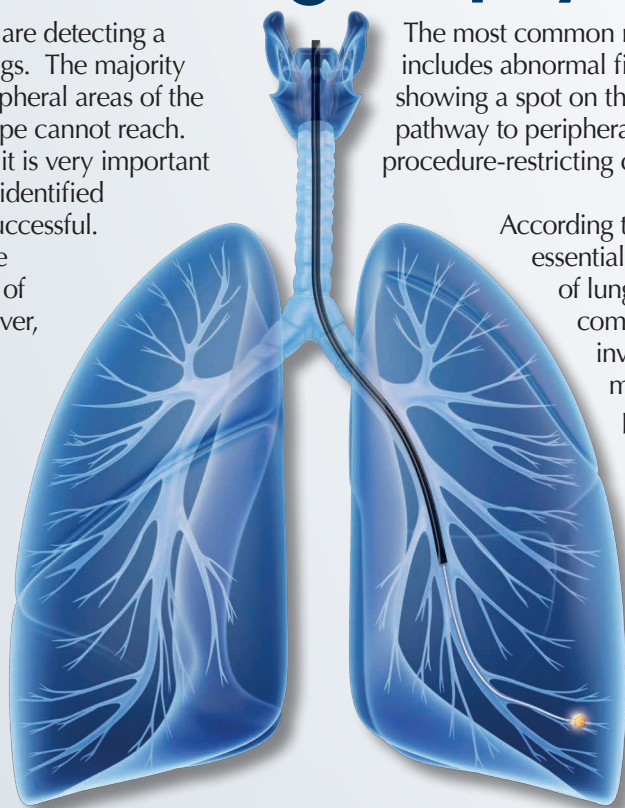
Robertson Construction has been contracted to oversee the 33,260-square-foot building project. Construction is expected to be completed by the end of this summer.



New Technology Offers Safer Option for Lung Biopsy

Today, advanced imaging technologies are detecting a higher percentage of nodules in the lungs. The majority of these nodules are located in the peripheral areas of the lungs where the traditional bronchoscope cannot reach. Though most lung nodules are benign, it is very important that those which show malignancy are identified early, when cancer treatment is most successful. Previously used procedures are invasive and may leave patients with a high risk of pneumothorax (collapsed lung). However, a newly offered procedure at Licking Memorial Hospital (LMH) is safer and less invasive.

Asegid Kebede, M.D., now offers Electromagnetic Navigational Bronchoscopy® (ENB), which allows access to the small airway passages in the periphery of the lungs that previously were difficult to reach. The process provides navigation through technology similar to a Global Positioning System (GPS) unit. “ENB uses virtual bronchoscopy and real time 3-dimensional Computerized Tomography (CT) images that enable us to localize these peripheral lung nodules,” said Dr. Kebede. “It is basically a 3D roadmap to the patient’s lung. ENB identifies the exact spot where the lesion is located in order to collect a biopsy.”



The most common reason for having an ENB procedure includes abnormal findings on a chest X-ray or CT scan showing a spot on the lung. ENB provides a less invasive pathway to peripheral lung nodules, even for patients with procedure-restricting conditions.

According to Dr. Kebede, tissue diagnosis is essential for patients with a high probability of lung cancer, including those with compromised lung function. The minimally invasive outpatient procedure has a marginal risk of pneumothorax (2 to 3 percent) and its published diagnostic yield rates range from 67 to 86 percent. “The benefit of ENB is potentially detecting lung cancer earlier and enhancing treatment options for patients,” said Dr. Kebede.

The technology uses the i•Logic™ System from superDimension®, which enhances the ability to collect tissue samples from very small nodules earlier and more safely than other methods. In addition, i•Logic™ also can be used for radiosurgical marker placement for guiding external beam radiation therapy and to place markers near the pleural surface for video-assisted thoracoscopic surgery (VATS) pulmonary procedures. To learn more about ENB, contact the LMH Pulmonology Department at (740) 348-1805.

Lifetime Achievement Reception Honors Distinguished Recipients

In November, the Licking Memorial Hospital (LMH) Development Council hosted the annual Lifetime Achievement Reception at the John Gilbert Reese Center on the campus of Central Ohio Technical College and The Ohio State University at Newark. The presentation of the prestigious Lifetime Achievement and Building a Healthier Community Awards – which honor individuals, groups and organizations whose service to Licking County reflects Licking Memorial Health Systems’ (LMHS) mission to improve the health of the community – highlighted the special event.

Lifetime Achievement Award – David Shull



In recognition of his devoted leadership and involvement within the Licking County community, David “Dave” Shull (left) became the 28th recipient of the Lifetime Achievement Award, which has been presented each year since 1989. LMHS President & CEO Rob Montagnese (right) said, “Dave is a modest leader who never seeks the spotlight, yet consistently demonstrates outstanding leadership qualities and a commitment to our community. He has been a tremendous asset to the Health Systems, and our organization is far better off because of his many years of service as a board member.”

Lifetime Achievement Award – Judith B. Pierce, Posthumously



Judith “Judy” B. Pierce’s posthumous Lifetime Achievement Award was presented to her husband, Robin (seated). Rob (standing) said, “Judy was a longtime friend and supporter of the Health Systems through her dedicated service as a Board

member, and I learned many things from her that continue to serve me well. We lost a very special member of the LMHS family when Judy passed away this year. While this is a bittersweet moment, it also is incredibly appropriate to recognize her lifetime of community service and philanthropy with this posthumous honor.”

Building a Healthier Community Award – Big Brothers Big Sisters of Licking & Perry Counties



Executive Director Jennifer Utreis (left) and Board President Tammy Gentry (right) accepted the 11th annual Building a Healthier Community Award on behalf of Big Brothers Big Sisters of Licking & Perry Counties. “By nurturing positive relationships between Licking County youth and their mentors, Big Brothers Big Sisters of Licking & Perry Counties makes a profound impact on the lives of children and our community as a whole. The local agency has the fifth-highest number of matches served out of the 24 programs throughout Ohio. What is most impressive about this success is their ability to utilize local resources effectively, considering they operate on a significantly smaller budget than the agencies ranked first through fourth,” said Rob.



LMHS President & CEO Rob Montagnese (back row, far right) welcomed recipients of the Lifetime Achievement Award to the 2015 reception, including (left to right): front row – Jerry McClain, Clarissa Ann Howard, David Shull, Glenn Abel, Stuart Parsons, and Robert McCaughy; back row – Eschol Curl, Jr., Robert Barnes, Ph.D., Mary Jane McDonald, Daniel DeLawder, Lewis Mollica, Ph.D., and Patrick Jeffries.

LMH Donates Naloxone Kits to Counteract Opioid

Licking Memorial Health Systems (LMHS) has donated emergency naloxone (brand name Narcan) drug kits to help the Licking County Sheriff's Office respond more effectively to reports of drug overdose. According to a preliminary report by the Ohio Department of Health, at least 38 people died in Licking County from unintentional drug overdoses in 2014. Statewide, drug overdose is the leading cause of accidental death, surpassing even the number of deaths caused by automobile accidents. Drug overdose deaths can be caused by a wide variety of medications, but most commonly are connected to opioids – for example, the prescription pain killers oxycodone and fentanyl, or heroin, which is sold illegally as a street drug.

Opioid drugs kill by affecting the respiratory-controlling part of the brain – an overdose can cause the victim's breathing to slow to a lethal rate. Naloxone, an opioid antagonist drug, displaces the opioid from opioid receptor sites and restores normal breathing within two to eight minutes. Naloxone can be administered through an injection or nasal spray.

LMHS has donated 90 naloxone kits to the Licking County Sheriff's Office to provide its law enforcement officers with the

life-saving antidote as they travel throughout the county. "An opioid overdose can kill within minutes, so it is critical to have Narcan easily accessible to all areas of Licking County," explained Debbie Young, Vice President Patient Care Services. "Narcan does not require medical training to administer, so it made sense for us to make this donation to the officers who may be in the right place at the right time to save lives."

The use of naloxone does not cause bodily injury if it is inadvertently given to someone who turns out not to be suffering an opioid overdose. However, it may cause withdrawal symptoms if given to an individual who is dependent upon opioid drugs. Anyone who receives naloxone should receive immediate follow-up medical evaluation.



Aundrea Parker,
L.D., R.D.

Community Education – Healthier for Life Workshop

Date: Thursday, February 11
Thursday, February 18
Thursday, February 25,
and Thursday, March 3

Time: 6:00 – 8:00 p.m.
Speakers: Aundrea Parker, L.D., R.D.
Donya Hageman, P.T.A.
Debra Y. Larabee, R.N., B.S.N.

Location: LMH First Floor Conference Rooms



Donya Hageman,
P.T.A.

Weight loss organizations often promise significant results to participants who adhere to their plans or purchase their services. Yet, 33 percent of American adults remain overweight and the numbers continue to climb. Diets and weight loss services frequently fail, leaving participants feeling deflated, deprived and still struggling to lose weight.

Dietitian Aundrea Parker, L.D., R.D.; ACE Certified Personal Trainer and Physical Therapy Assistant Donya Hageman, P.T.A.; and Patient Educator Debra Y. Larabee, R.N., B.S.N., invite you to discover a different way to view weight loss. Sustained weight loss is often the result of positive change focused on health, not pounds – a personalized lifestyle instead of a weight loss plan. Through this unique event, attendees will learn to successfully confront common stumbling blocks of exercise and menu planning, grocery shopping, motivation, unwanted eating behaviors, recipe modification and more. Participants who complete the program will acquire practical guidelines for beginning a new, healthier lifestyle. Personal successes will be celebrated at a three month follow-up reunion for participants who complete the program.



Debra Y. Larabee,
R.N., B.S.N.

Healthier for Life is a four-part program and will be held on four consecutive Thursday evenings, **February 11, 18 and 25, and March 3**, from 6:00 to 8:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Participants should plan to attend all four sessions. The program is free; however, space is limited and registration is required. To register, please call (740) 348-2527.

New Services Outlined at Corporate Breakfast

As the community's health needs change, Licking Memorial Health Systems (LMHS) continues to add new physician specialties and new procedures to diagnose and treat medical conditions. In November, four members of the Licking Memorial Hospital (LMH) Active Medical Staff outlined the Hospital's new services to community leaders attending the LMH Development Council's Corporate Breakfast.

Endoscopic Ultrasonography

Shakil A. Karim, D.O., of Licking Memorial Gastroenterology, discussed minimally invasive endoscopic ultrasound technology that is now available at LMH. Endoscopic ultrasonography is used to diagnose disorders of the digestive tract. It also has the advantage of allowing the physician to view nearby tissue and organs that are outside the digestive tract, such as the liver, gall bladder, spleen and lungs.

"We employ two main types of endoscopic ultrasound – radial and linear," Dr. Karim explained. "Both are performed under sedation on an outpatient basis. Radial endoscopic ultrasound is used mainly to determine the staging of malignant tumors or to evaluate benign growths. Linear endoscopic ultrasound is particularly

useful in diagnostic and therapeutic applications. For example, the gastroenterologist can feed a very fine needle through the linear endoscope to take small samples from internal organs for biopsy. Previously, biopsies required invasive open surgery with general anesthesia and longer recovery time," he said.

Licking Memorial Gastroenterology is staffed by four board-certified physicians – Dr. Karim, Mohammed K. Mazumder, M.D., Ghulam Mujtaba, M.D., and David Subler, M.D. – as well as certified Physician Assistant Medhanie H. Kifle, PA-C. New patients are accepted through a physician's referral.

Hip Arthroscopy and Hip Resurfacing

Orthopedic Surgeon Kevin M. Ouweleen, M.D., explained two new procedures that are available at LMH to treat chronic hip pain. Hip pain is commonly caused by sciatica, spinal stenosis, bursitis, arthritis or cartilage tears.

"In the past, hip pain was generally treated by total hip replacement surgery which requires a lengthy recovery time," Dr. Ouweleen stated. "These new, less-invasive procedures conserve bone tissue and allow the patient to recover more quickly."

Hip arthroscopic surgery is performed under general anesthesia as an outpatient procedure. During arthroscopic surgery, the surgeon makes a small incision to insert an endoscope for treatment of non-arthritic conditions. The surgeon gains access to areas deep in the hip by applying traction to the leg, temporarily creating a narrow space in the joint. The technique can be used for a variety of procedures that include tendon repair, removal of foreign bodies, infection treatment, reduction of joint swelling and impingement repair. Arthroscopic hip surgery may prevent the need for future total hip replacement in some cases.

Hip resurfacing is a minimally invasive procedure that is an alternative to total hip replacement surgery. Osteoarthritis can erode hip bone tissue, causing it to become pitted, uneven and brittle. "At LMH, we can relieve this painful condition for many patients with Birmingham Hip Resurfacing," Dr. Ouweleen said. "This technology uses a cobalt chromium metal joint that is hollow and fits like a cap over the patient's own bone structure to create surfaces that glide smoothly against each other." More than 140,000 Birmingham Hip Resurfacing surgeries have been performed globally, and a survey of 1,626 patients showed that 99.5 percent were "pleased" or "extremely pleased" with the results.

Licking Memorial Orthopedic Surgery opened in 2015 and is staffed by two board-certified physicians, Dr. Ouweleen and Robert W. Mueller, M.D. The practice is currently located at 36 McMillen Drive in Newark, but will move later this year to a new medical office building at 1717 West Main Street, which is under construction. Appointments can be made by calling (740) 348-2900.

Allergy and Immunology

Licking Memorial Allergy and Immunology also opened in 2015. Board-certified Allergist/Immunologist Tiffany J. Owens, M.D., sees pediatric and adult patients for conditions such as immune system deficiency, asthma,



allergic rhinitis, chronic cough, itchy eyes, food allergies, recurring rashes, eczema, and allergies to medications, bee stings or latex products.

Dr. Owens discussed recent improvements in allergy testing. "Many individuals remember the painful skin scratch testing that required 100 skin pricks with a lancet," she said. "We still perform allergy testing on patients because it is important to know which allergens to avoid. Fortunately, now we are able to evaluate allergic responses with only a few skin pricks."

Many of Dr. Owens' patients report that they are allergic to penicillin. "The vast majority of patients who say that they are allergic to penicillin actually aren't," she said. "They may have outgrown the allergy, or perhaps they thought they were having an allergic reaction when they developed a rash that really was just the result of a fever. In those cases, we are able to rule out a penicillin allergy safely, which opens up additional antibiotic options for their physicians to prescribe for them in the future."

Licking Memorial Allergy and Immunology is located at 14 Westgate Drive in Granville, next to Licking Memorial Urgent Care. Appointments can be made by calling (740) 348-7510.

Neurology

Even F. Wang, M.D., joined Licking Memorial Neurology in 2015. He treats disorders of the brain, spinal cord, nerves and muscles. Among the most common conditions that he treats are migraines and chronic headaches. "Of course, we want to rule out serious causes, such as brain tumors or bleeding. Quite often, headaches have a simple cause, such as using over-the-counter pain medications too often. For example, taking Tylenol or Advil every day ironically can make headaches worse, and the patient improves in a few weeks after discontinuing the medication," he explained.

Other conditions that Dr. Wang commonly diagnoses and treats include stroke, Parkinson's disease, multiple sclerosis, neuropathy, muscular dystrophy, ALS, seizures, pseudo seizures, and Charcot-Marie-Tooth disease. Dr. Wang described his special interest in the treatment of neuromuscular disease. "It can be very challenging to pinpoint the accurate diagnosis in these cases, but the science is developing so rapidly that we can make more accurate diagnoses, as well as significantly improve the patient's quality of life," he commented.

Licking Memorial Neurology is located at 1272 West Main Street, Building 2 (lower

level) in Newark. Appointments can be made by calling (740) 348-7985.

Corporate Breakfasts

"I appreciate the physicians who push the envelope to bring new procedures to LMHS," stated LMHS President & CEO Rob Montagnese. "The Health Systems' new services are a huge benefit to our patients who otherwise would have needed to travel to Columbus for care. Easy access to health care is more than a convenience – some patients will postpone or decline services that require additional travel. By adding new services locally and removing the barrier of travel, we are improving our community's health."

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



The LMH Development Council's November Corporate Breakfast featured Shakil Karim, D.O., Kevin Ouweleen, M.D., Tiffany Owens, M.D., and Even Wang, D.O.

Former Board Members Thanked for Shaping Health Care

The Boards of Directors that govern Licking Memorial Health Systems (LMHS) and Licking Memorial Hospital (LMH) are comprised of volunteer community leaders who willingly contribute their time and talents to guide the organizations' operations and policies. Last fall, former Board members gathered in the LMH Café for an annual dinner, which LMHS hosted as an appreciation for their years of dedicated service.

LMHS President & CEO Rob Montagnese thanked the former Board members for establishing a successful foundation to pursue the Health Systems' short- and long-term goals, which he outlined in a presentation to those in attendance. "The LMH and LMHS Boards of Directors' strong financial management has allowed the Hospital and Health Systems to remain independent while providing state-of-the-art equipment and services. We

continue to benefit from the legacy of your dedication and progressive thinking," Rob said. "Because all of our former and current members diligently promote our mission to improve the health of the community, we remain financially stable while providing excellent care to Licking County residents."

LMH has been governed by a Board of Directors since 1898, when the first nine-room Hospital, known as Newark Hospital, was established on North Third Street in Newark. The LMHS Board of Directors, created in 1984, oversees operations of the Hospital, Licking Memorial Health Professionals private practices and Licking Memorial Health Foundation.



Former Board Members

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

Mr. Glenn Abel
 Mr. Donn Alspach
 Mr. Royce C. Amos*
 George Andrews, D.D.S.*
 Mr. Gus Andrews
 Robert Barnes, Ph.D.
 Mr. Joseph Bernat*
 Mr. C. Eugene Branstool
 Mr. Robert I. Bull*
 Mr. John Carlson
 Mr. Ronald Celnar
 Mrs. John Chilcote*
 Mrs. Nancy Chiles-Dix
 Mr. Jack Crockford
 Mr. Joseph Dager
 Mr. C. Daniel DeLawder
 Mr. Daniel Dupps
 Gerald R. Ehrsam, M.D.
 Mrs. William Englefield
 Mr. Tim Evans
 Joseph Fondriest, M.D.
 Mrs. Karl Foster*
 Rev. Joseph A. Garshaw*
 Mr. John Gates*
 Mr. Walter Gemmell
 Mr. John R. Goodwin

Julius Greenstein, Ph.D.
 Mr. Robert Griffith*
 Mrs. Donald Gunnerson*
 Mr. John E. Gutknecht
 Mr. Paul F. Hahn*
 Mr. Larry Harrington*
 Mr. Earl Hawkins
 Mr. Douglas Hiatt
 Mr. Bennie Hill*
 Mr. John Hinderer
 Henry L. Hook, M.D.*
 John Houser, M.D.
 James Johnson, Jr., M.D.
 Mrs. Shirley Johnson
 Donald G. Jones, M.D.
 Mr. John David Jones*
 Ms. Ann Munro Kennedy*
 Mr. Robert Kent
 Mr. John Kutil*
 Mr. David Lane
 Mr. Howard E. LeFevre*
 Mr. J. Richard Lemyre
 Mr. Charles Lonsinger*
 Mrs. Sara (Sally) Lytle*
 Mr. William Mann
 Mrs. Bonnie Manning

Mrs. John Mantonya*
 Mr. James Matesich
 Mrs. Matthew Matesich*
 Rev. Carl E. McAllister*
 Mr. Richard McClain
 Mr. William McConnell
 Ms. Mary Jane McDonald
 Mr. Robert McGaughy
 Rev. Thad McGehee
 Mr. L.A. Messimer*
 T. Thomas Mills, M.D.
 Mark Mitchell, M.D.
 Lewis Mollica, Ph.D.
 Mr. Roger Morgan
 Mr. Thomas Mullady
 Mr. Eugene Murphy*
 Mr. Frank Murphy
 Mr. Albert J. Nery*
 Mrs. John J. O'Neill*
 Mr. Robert O'Neill
 Mrs. Ruth Owen
 Mr. Stuart Parsons
 Ms. Judith Pierce*
 Mr. C. Homer Price*
 Mr. Robert Pricer*
 Mr. Richard Reed

Mr. J. Gilbert Reese
 Mr. Calvin Roebuck*
 Mr. Roger Roth*
 Mr. Robert Schenk*
 Mr. Ted Schonberg*
 Ms. Donna Shipley
 Mr. Victor Shirley
 Mr. P. David Shull
 Mrs. Allen Simison
 Charles Sinsabaugh, M.D.*
 Mr. Norman Sleight*
 Mr. Gregg Stegar
 Mr. Rod W. Swank*
 Robert F. Sylvester, M.D.*
 Mr. Joseph M. Szollosi
 Ms. Jennifer Utreis
 Mr. Richard Vockel*
 Mr. Edwin Ware
 Mr. John H. Weaver*
 William M. Wells, M.D.*
 Mr. Gordon Wilken
 Mr. Wilber W. Wilson*
 Mrs. Nancy Wright

**Denotes deceased member*

National Doctors' Day – March 30

In recognition of Doctors' Day, express your appreciation for your favorite physician by making a donation to the Licking Memorial Health Foundation in his or her honor. Contributions will be utilized for facility improvements at Licking Memorial Hospital. For more information, or to make a donation in a physician's name, please call (740) 348-4102.

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

Name

Address

City

State

Zip

Enclosed is my gift of

\$

In honor of

Comments

Please send notification of this gift to:

Name

Address

City

State

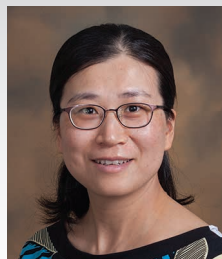
Zip

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New Appointments



Cameron S. Evans, P.A.-C.,
joined Licking Memorial
Emergency Medicine.



Hualei Li, M.D., Ph.D.,
of Newark Radiation
Oncology, joined the LMH
Active Medical Staff.



Adam Maier, D.O.,
of Newark Radiation
Oncology, joined the LMH
Active Medical Staff.



Shawna M. Short, FNP-C,
of Hospice of Central Ohio,
joined the LMH Active
Medical Staff.

Physician Spotlight

Sara J. Healy, M.D., joined Licking Memorial Endocrinology in July 2015. Dr. Healy received her Doctor of Medicine degree at the Medical College of Georgia in Augusta, Georgia. She completed a residency in internal medicine and a fellowship in endocrinology, diabetes and metabolism at The Ohio State University in Columbus.

Dr. Healy maintains memberships in several professional organizations, including the American Association of Clinical Endocrinologists, American Diabetes Association, Endocrine Society and National Lipid Association. She is board certified in internal medicine.

Dr. Healy is originally from St. Simons Island, Georgia. She currently resides in Columbus.



Ask a Doc – Thyroid Problems with Sara J. Healy, M.D.

Question: Several family members have had thyroid problems in the past. Is there anything I can do to lower the risk of encountering similar concerns myself?

Answer: Thyroid disease often is hereditary, and understanding your family medical history is an excellent first step in minimizing the risk of encountering serious complications stemming from a thyroid disease. While thyroid disease generally is not preventable, early detection can help to limit the negative effects of the disease and prevent more serious complications from developing.

The thyroid is a small gland located at the base of the neck, which produces hormones that regulate many of the body's functions, including heart rate, breathing, and body temperature. According to the American Thyroid Association, more than 12 percent of the United States population develops a thyroid condition during their lifetime, and women are five to eight times more likely than men to experience thyroid problems.

Two key thyroid concerns include hypothyroidism and hyperthyroidism. **Hypothyroidism** is a condition in which the thyroid fails to produce sufficient thyroid hormone, thereby slowing the pace of many of the body's functions. The most common cause of hypothyroidism is Hashimoto's thyroiditis, an autoimmune disease that causes the immune system, which is designed to protect the body from infection, to mistakenly attack the thyroid. Several symptoms and risk factors associated with hypothyroidism are outlined below.

Symptoms

- Feeling cold when others do not
- Unexplained weight gain
- Feeling sad, depressed or very tired
- Pale, dry skin
- Slow heart rate
- More than usual menstrual bleeding

Risk factors

- Female
- Over the age of 60
- Exposure to radiation in the neck
- Family history of thyroid disease
- Family history of autoimmune disease
- Hormonal changes due to pregnancy, childbirth or menopause
- Personal history of lithium use (commonly prescribed for bipolar disorder)

Hyperthyroidism is a condition in which the thyroid produces more thyroid hormone than the body requires, causing many of the body's functions to increase in speed. The leading cause of hyperthyroidism is Graves' disease, an autoimmune disease most common among young women. Several symptoms and risk factors associated with hyperthyroidism are outlined below.

Symptoms

- Feeling hot when others do not
- Unexplained weight loss
- Nervousness or anxiety
- Increased perspiration
- Rapid or irregular heart rate
- Fewer and lighter menstrual periods
- More bowel movements than usual
- Difficulty sleeping
- Trembling in the hands and fingers

Risk factors

- Female
- Over the age of 60
- Recent pregnancy
- Family history of thyroid disease
- Family history of autoimmune disease
- Consuming significant amounts of iodine via food or medication

It can be difficult to diagnose thyroid disease, because most of its symptoms also are common among a variety of unrelated conditions. Based on your personal and family medical history, as well as the progression of your symptoms, your endocrinologist will determine whether and how frequently you should undergo thyroid testing. Following a physical exam, your physician may perform lab testing appropriate for the symptoms you have experienced.

Because thyroid disease often is hereditary, ensure that each of your family members is aware of their risk, as well as the symptoms associated with the disease. In addition, thyroid disease can affect a wide variety of functions within your body, so it is important that medical professionals involved in every aspect of your care understand your family medical history.

Being proactive about your thyroid health is key, as undiagnosed thyroid disease can increase the risk of several serious conditions, including cardiovascular disease, osteoporosis and infertility. Most patients with thyroid disease are able to successfully manage the life-long condition through medication and regular check-ups. Patients who follow their medication regimen and visit their physician regularly are typically able to prevent many complications stemming from thyroid disease, and may even find that symptoms disappear.

Rob Montagnese Named Among 130 Nonprofit Hospital & Health System CEOs to Know

Licking Memorial Health Systems (LMHS) is pleased to announce that LMHS President & CEO Rob Montagnese recently was named to the 2015 edition of the Becker's Hospital Review "130 Nonprofit Hospital & Health System CEOs to Know" list. The list was released in November, and highlights the most impressive presidents and CEOs within the nonprofit healthcare sector.

The individuals featured on the list lead some of the most successful nonprofit healthcare organizations throughout the country. They have overseen various financial successes, shown commitment to their communities, and helped advance the healthcare industry as a whole through their advocacy and professional efforts.

Rob was named President & CEO of LMHS in 2006. He joined LMHS as a college intern file clerk, and later served as Controller and Accounting Manager, Senior Vice President Financial Services, and Executive Vice President before assuming his current position.

Rob's leadership allowed the Health Systems to remain financially strong through the economic difficulties that began to affect much of the nation in 2008. As a result, LMHS was able to avoid personnel layoffs while continuing to upgrade and expand its services. New services and improvements over the past nine years have included:

- Addition of two Urgent Care facilities
- Addition of a 69,266 square-foot facility that includes outpatient surgeries and several various specialty clinics

- Addition of six new medical specialty practices
- Addition of an acute inpatient rehabilitation unit
- Expansion of the electronic health record
- Implementation of the patient portal
- Renovation of Women's Imaging, Radiology, Oncology, and Pediatrics facilities
- Renovation of the Hospital Café
- Expansion of the community education program
- Addition of a community health library and resource center

Rob also has guided the organization and its 1,900 employees toward expanded community stewardship. "Rob's leadership has truly reinvigorated the relationship between the Health Systems and the Licking County community over the years," said Pat Jeffries, LMHS Board Chairman. "His vision and dedication have fostered a wide variety of free and preventive services that would not have been easily accessible to local residents in the past."

Free programs have included pre-participation sports screenings and EKGs for high-school and middle-school students, breastfeeding support with free electric breast pumps for new mothers, tobacco cessation services and products, AED donations to emergency vehicles and public buildings, and donations of 12-lead EKG equipment to the county's emergency squads. He also was involved with the development of the Active•Fit Youth Wellness Program, designed to address the county's high rate of childhood obesity.

For a complete list of the 130 Nonprofit Hospital & Health System CEOs to Know, including individual profiles of each executive, please visit <http://bit.ly/NonProfitCEO15>.

Becker's Hospital Review is a monthly publication offering up-to-date business and legal news and analysis relating to hospitals and health systems. Each issue of Becker's Hospital Review reaches more than 18,000 people, primarily acute care hospital CEOs, CFOs and CIOs.



Quality Reporting to the Community

Patient Story and Benchmarks for Heart Care



Jim Abbott (front) is attended by (left to right) Anita Nethers, Terri McConnell and Marilyn Klingler in LMH's Cardiology Rehabilitation Center.

Patient Story – Jim Abbott

Normally, Jim Abbott would have been leading his Newark Middle School football players through conditioning on July 1, 2015, but he gave them the afternoon off so they could enjoy a long weekend. Then Jim decided to go home and complete some chores to prepare for the Fourth of July holiday. A former Army combat engineer, the patriotic holiday is one of his favorite times of the year, and he was looking forward to fireworks and other activities. However, an unexpected cardiac event completely changed those plans.

"I had worked all day at my job as a mason at Defense Supply Center Columbus. When I arrived home, no one else was there. I let my three dogs out and began mowing the lawn. I had most of it done and was starting on the front yard – that's when it happened. I apparently passed out and did not wake up again until six days later," he said.

From information that Jim has been able to piece together, he now knows that his dogs surrounded him after he slumped to the ground, and the next-door neighbor's dog began barking wildly. Inside the house next door, 13-year-old Riley Jarrett checked to see what was alarming her dog and saw Jim lying on the ground. She quickly alerted her father, Jason, that something was wrong with their neighbor. While Riley called 911 to summon the emergency medical squad (EMS), Jason began CPR on Jim. Another neighbor noticed the commotion and rushed over to assist Jason.

"I learned CPR many years ago when I was coaching junior high football," Jason explained. "I never had a reason to perform it before, and I am glad that I could remember how to do it when needed. I know I was doing CPR for just

a few minutes, but it seemed like forever. Time stops when you're in that moment, and someone is dying in front of you."

The Newark EMS arrived in less than six minutes after the 911 call. The paramedics found that Jim had resumed breathing on his own, but his heart began to beat erratically, and his breathing stopped again. The medics used their automated external defibrillator (AED) to deliver three shocks to bring Jim's heart beat back into synchronization, and Jim's breathing resumed. The medics loaded him into the ambulance and drove immediately to Licking Memorial Hospital (LMH), already transmitting Jim's heart rhythm and other vital signs to the Hospital via a 12-lead electrocardiogram (EKG) system.

By the time that Jim, still unconscious, was guided through LMH's Emergency Department doors, his heart blockage already had been diagnosed, and the Catheterization Lab team was ready to perform a life-saving procedure. Three of Jim's coronary arteries were 100 percent blocked, and a fourth one was 50 percent blocked. Interventional Cardiologist Hassan Rajjoub, M.D., inserted an intra-aortic balloon pump in a minimally invasive procedure to assist in the blood flow to the heart.

Jim's wife, Vickie, arrived at LMH, and Dr. Rajjoub explained everything that had happened. Dr. Rajjoub told Vickie that Jim was stabilized and needed to be transported to Columbus for open heart surgery. A MedFlight helicopter landed outside the Emergency Department, and Jim was flown to Riverside Methodist Hospital.

At Riverside, Jim remained under a medically induced coma for several days.

He recalled, "When I woke up, I looked around and saw the monitor beside my bed. The date on it read 'July 6.' My first thought was 'Darn, I missed the Fourth of July!' Then I looked at my wife and asked, 'What happened, and where am I?'"

On July 10, Jim underwent quadruple bypass surgery at Riverside. The surgery was successful, and he was discharged to go home on July 14. Five weeks later, he was able to return to light duty at work and was cleared to begin cardiac rehabilitation at LMH.

LMH's Cardiac Rehabilitation program allows patients who have experienced a cardiac event to exercise at their own pace while under constant heart monitoring. Trained staff members are present to track the readings for signs of cardiac stress.

"Cardiac Rehab is great, first of all, because of the great staff," Jim said. "They encourage you to work hard, but you don't know you're working hard because they make it fun. I felt more confident about exercising while I was hooked up to the EKG, and the staff was nearby. They would not let something bad happen to me. I felt so much better after going through the program."

Jim has made important lifestyle changes since his sudden cardiac arrest. "I watch my diet and walk two miles every other day. I also gave up smoking. They threw away my cigarettes in the Cath Lab, and I haven't had one since," he said.

By the end of November, Jim had celebrated his 53rd birthday, graduated from Cardiac Rehabilitation, and started a new season of refereeing high school basketball. He feels fortunate that many individuals were in the right place at the

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 healthcare choices.

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

	LMH 2012	LMH 2013	LMH 2014	National Average ⁽¹⁾
ACE/ARB at discharge for LVSD	100%	100%	98%	97%

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 2012	LMH 2013	LMH 2014	National Average ⁽¹⁾
Median time from arrival to completion of EKG	3.0 minutes	2.0 minutes	1.0 minute	7.0 minutes

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

	LMH 2012	LMH 2013	LMH 2014	LMH Goal
Mean time from arrival until balloon angioplasty performed	56 minutes	55 minutes	58 minutes	61 minutes ⁽²⁾
Time to balloon within 90 minutes	96%	98%	100%	96% ⁽¹⁾

4. 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 2012	LMH 2013	LMH 2014	Goal ⁽³⁾
Stopped smoking	68%*	75%*	74%*	greater than 75%
Improved weight	69%*	57%*	68%*	greater than 75%
Increased exercise time	100%*	99%*	100%*	100%

*The cardiac rehabilitation goals are customized for each individual patient. LMH offers nutritional counseling, supervised wellness sessions and an incentive program to reinforce the importance of making healthy lifestyle choices, but it is the individual patient's efforts to attain these goals that achieve the highest rates of success.

5. Medications beneficial to many heart failure 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 2012	LMH 2013	LMH 2014	National Average ⁽¹⁾
CHF patients on ACE or ARB at discharge	100%	99%	98%	97%

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



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

right time with the skills to keep him alive. “CPR made all the difference for me – I would not be alive without it. In fact, my boss at work made everyone in my department become CPR certified. Even I am CPR certified now,” Jim said. “Also, I am so grateful that Dr. Rajjoub and the Cath Lab team at LMH had such advanced knowledge and skills. I undoubtedly would not have lived long enough to make it to Columbus if I had not been taken to LMH first.”

According to the American Heart Association, 90 percent of sudden cardiac arrests that occur outside of a hospital setting result in death. In an effort to improve this grim mortality rate, Licking Memorial Health Systems (LMHS) has constructed a network of life-saving measures throughout the community. In 2007, the Health Systems invested more than \$300,000 to provide Licking County’s EMS vehicles with 12-lead EKG

systems and cardiac monitoring devices that transmit recordings directly to LMH’s Emergency Department. LMHS spent \$50,000 to update the equipment in 2009, and more than \$600,000 for a more extensive upgrade in 2014. In 2008, LMHS donated approximately \$155,000 for AED equipment and training for law enforcement departments and schools. That same year, LMHS added free EKG testing to the pre-participation sports screening program to reduce the risk of sudden cardiac deaths among the county’s high school and middle school students during strenuous school activities.

Captain Brandon Metzger, EMS Officer for the Newark Division of Fire, said that these measures are helping to protect residents on a daily basis. “LMHS’ donations absolutely have saved lives in our community,” Captain Metzger stated. “We are using the 12-lead EKG systems

and cardiac monitoring devices many times every day. These devices are the standard of care, but not all EMS departments in Ohio are able to purchase them. We are extremely fortunate that LMHS enabled us to obtain them.”

LMHS consistently surpasses the American Heart Association (AHA) standards for care of patients who have suffered a cardiac event. In 2015, the AHA awarded LMH the Mission: Lifeline Receiving Center Gold Level Recognition Award for exceptional care of heart attack patients. In addition, LMH received the Platinum Performance Achievement Award through the American College of Cardiology – National Cardiovascular Data Registry for sustaining performance measure scores of 90 percent or more in the treatment of heart attack patients.

Heart Care – How do we compare? (continued from page 15)

6. It is vital that heart failure 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. Healthcare providers need to give thorough discharge instructions to help these patients effectively manage their condition.

	LMH 2012	LMH 2013	LMH 2014	National Average ⁽¹⁾
All discharge instructions given	98%	98%	99%	94%

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

	LMHP 2012	LMHP 2013	LMHP 2014	LMHP Goal ⁽³⁾
LMHP CAD patients with aspirin and/or antithrombotic prescribed	93%	93%	92%	greater than 80%

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

	LMHP 2012	LMHP 2013	LMHP 2014	LMHP Goal ⁽⁴⁾
LMHP CAD patients with LDL less than or equal to 100 mg/dl	66%	67%	68%	greater than 53%

Data Footnotes: (1) *Hospitalcompare.hhs.gov national benchmarks.* (2) *Midas and CPMS Comparative Database.* (3) *Benchmark indicates LMHP Goal.* (4) *National Committee for Quality Assurance, “State of Health Care Quality 2012.”*

CPR Could Save the Life of Someone You Love

The American Heart Association (AHA) advises that everyone should learn basic cardiopulmonary resuscitation (CPR). CPR is most effective when initiated immediately after cardiac arrest occurs; however, studies have shown that many individuals hesitate to attempt CPR because they are unsure of the technique, or afraid of causing injury to the victim.

The AHA assures no serious injury will result from attempting CPR, and furthermore – without CPR (even CPR that is incorrectly performed), the victim will most likely die within a few minutes.

CPR should be performed on an individual who:

- Is unconscious and does not respond to taps on the shoulder
- Is not breathing, or does not have a heart beat

The AHA used to recommend a combination of chest compressions and rescue breaths for CPR; however, studies have shown that “hands-only” CPR is just as effective for adults and teens and may remove obstacles for those who are reluctant to perform mouth-to-mouth breathing, especially on a stranger. Hands-only CPR has just two main steps to remember: call 911, and with one hand locked on top of the other, press hard and quickly on the middle of the victim’s chest.

The American Red Cross offers CPR instruction. For more information about CPR classes, call 1-800-RedCross, or visit online at www.redcross.org to register.



Health Tips – Hands-Only CPR: Two Easy Steps That Can Save a Life

When individuals experience a heart attack in a location that is not a hospital, 90 percent of them will die, according to the American Heart Association. The reason for this high mortality rate is that all too often, no action is taken to circulate the victims’ blood until the emergency medical squad arrives. Many lives could be saved if cardiopulmonary resuscitation (CPR) is initiated immediately by someone who is already on the scene.

Studies have shown that hands-only CPR is just as effective in saving teen and adult heart attack victims as conventional compression-and-breaths CPR that was taught in past decades. Hands-only CPR requires only two simple steps:

Step 1 – Call 911 (or send someone else to call 911 while you begin CPR).

Step 2 – With the victim lying on his/her back, push hard and fast (a minimum of 100 beats per minute) in the center of the chest.

Important note

Even if you are unsure how to perform CPR, any attempt you make to circulate oxygenated blood is preferable to taking no action. Immediate CPR doubles or triples the victim’s chances of survival.



Quality Reporting to the Community

Patient Story and Benchmarks for Patient Safety

Tracy Gostrue became severely ill after a kidney stone led to a septic infection.

Patient Story – Tracy Gostrue

At the age of 25, Tracy Gostrue experienced her first kidney stone. “It was very painful,” she recalled. “My doctor told me that the first course of treatment was to drink lots of fluids to see if it would pass on its own.” Fortunately, the stone passed on its own within a couple of days.

Unfortunately, however, Tracy faced many recurrent kidney stones over the next seven years, and she learned to manage them on her own. She explained, “The stones are painful, and I know to start drinking extra fluids as soon as I feel the pain in my back. Normally, the stones are able to pass with just some careful home treatment.”

So, Tracy was not overly concerned when she began feeling the familiar pain in her back in September 2015. An insurance coordinator at Wing, Mack & Smith, D.D.S., and mother of five children ranging in age from 3 to 15, Tracy was often too distracted to pay attention to the intermittent pains. “The pain would flare up for a little while, but then it went away. In the back of my mind, I thought that I should get it checked out by my doctor, but I let it go for about a week,” she admitted.

On a Wednesday afternoon at the office, Tracy suddenly became ill in a much different manner. “I was freezing cold, couldn’t pay attention to my work, and felt nauseated. These were different symptoms than I had ever experienced

before with a kidney stone. The pain wasn’t so bad at that point, so I went home and crawled into bed,” she said.

By that night, the pain had become severe, and Tracy went to the Emergency Department (ED) at Licking Memorial Hospital. The triage nurse took Tracy’s blood pressure and found that it was slightly low at 96/56. In addition, she had a fever of 103 degrees Fahrenheit. The ED physician ordered a CT scan that showed a kidney stone that was 4 mm in size (slightly smaller than a BB) had lodged in the ureter. In addition, blood tests showed that Tracy had a bacterial infection that was causing her to become septic. At that point, Tracy was admitted to the Hospital.

On Thursday, Tracy continued to feel worse. By mid-day, she could not sit up in bed or walk. Her fever remained elevated in spite of continuous intravenous antibiotics. Urologist Donald Lewis, M.D., of Urological Center, Inc., called the nurse’s desk on the fifth floor every hour or two to check on Tracy’s status. By 4:30 p.m., Tracy was taken into surgery so that Dr. Lewis could implant a stent in the ureter to drain the affected kidney. The stent successfully eased the buildup of urine in the kidney. Tracy continued to receive IV antibiotics to treat her septic bacterial infection, and was released to return home two days later.

At her post-operative visit with Dr. Lewis, it was determined that Tracy’s kidney

stone had not passed through the stent, and she was scheduled for a lithotripsy procedure several days later. “The best course of action is to treat kidney stones conservatively, with the least amount of intervention as possible,” Dr. Lewis explained. “For stones that do not pass on their own, stenting is the next procedure of choice, especially during an infection. If the stone remains, as in Tracy’s case, we perform lithotripsy, a non-invasive procedure that breaks up the stone with sound wave technology. If lithotripsy is not successful, then we can perform ureteroscopy to physically remove the stone.”

The lithotripsy procedure successfully broke up the stone in Tracy’s kidney, and she was able to return home the same day. “Before this happened, I knew what sepsis was, but it never crossed my mind that it was happening to me,” Tracy said. “Dr. Lewis was amazing. If he had not been so caring and attentive to my case, I think I would have become much more sick.”

In the future, Tracy knows that she should avoid “dark” liquids, such as colas, tea and coffee to try to prevent the formation of kidney stones. She also knows to be vigilant about unusual and worsening symptoms such as fever, chills and nausea, and if they ever develop again, she should seek medical attention as soon as possible.

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 healthcare choices.

- The Institute of Medicine published a report in 2000 that highlighted the stunning effects of medication errors. The report set forth a national agenda for reducing errors and improving patient safety by designing a safer health system. Although the medication error rate at Licking Memorial Hospital (LMH) is significantly better than the national benchmark, we make continuous efforts to improve the process. LMH dispensed 954,156 doses of medication in 2014.

	LMH 2012	LMH 2013	LMH 2014	National ⁽¹⁾
Medication errors per 1,000 doses	0.011%	0.010%	0.013%	0.310%

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

	LMH 2012	LMH 2013	LMH 2014	National ⁽²⁾
Pneumonia infection rate of ICU patients on ventilators per 1,000 days of usage	0.0	0.0	0.0	1.0
Urinary tract infection rate for ICU patients with urinary catheters per 1,000 days of usage	0.8	1.8*	0.0	1.9
Bloodstream infection rate for ICU patients with central venous catheters per 1,000 days of usage	0.0	2.6**	2.8**	1.3

*Throughout a period of 1,000 patient days, two urinary tract infections were recorded in LMH's ICU.
 **Throughout a period of 1,000 patient days, one bloodstream infection was recorded in LMH's ICU among patients with central venous catheters.

- 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 2012	LMH 2013	LMH 2014	Goal
Inpatient falls per 1,000 patient days	0.24	0.29	0.30	less than 0.30

- Venous thromboembolism (VTE) is a serious condition that results when a blood clot forms within a vein. These clots can travel to the lungs and cause serious harm or even death. In fact, VTE is the most preventable cause of death and accounts for more annual deaths than those from breast cancer, AIDS and traffic accidents combined. VTE is 100 times more common in hospitalized patients compared with the community at large. Without prophylaxis, up to 20 percent of high-risk surgical patients develop DVT, and up to 26 percent of all medical patients are affected. High-risk groups include: up to 34 percent of heart attack patients and up to 40 percent of patients with heart failure. Cancer and stroke patients are particularly at risk with VTE complicating as many as 75 percent of these hospitalizations. 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. 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 2012	LMH 2013	LMH 2014	National ⁽³⁾
Medical patients receiving VTE prophylaxis by end of Hospital day 2	94%	94%	97%	96%

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

	LMH 2012	LMH 2013	LMH 2014	LMHS Goal	National ⁽⁴⁾
LMHS employees receiving the seasonal influenza vaccine	84%	85%	81%	greater than 80%	62%

Patient Safety – How do we compare? (continued on page 20)



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

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

	LMHP 2012	LMHP 2013	LMHP 2014	Goal
LMHP patients on warfarin having a current PT/INR within recommended guidelines	93%	91%	90%	greater than 90%

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

	LMHP 2012	LMHP 2013	LMHP 2014	Goal
LMHP patients on Metformin with a renal function test within last year	95%	94%	94%	greater than 90%

Data Footnotes: (1) *To Err Is Human – Building a Safer Health System*, National Academy Press, Washington D.C., 2000. (2) 2010 CDC National Healthcare Safety Network Summary Report. (3) *Hospitalcompare.hhs.gov* national benchmarks. (4) Centers for Disease Control and Prevention (CDC), Interim Results: Seasonal Influenza Vaccination Coverage Among Health-Care Personnel, *MMWR* April 2, 2010 / 59(12); 357-362.

Larry Pasley, M.D., FACS, Retires

General Surgeon Larry Pasley, M.D., FACS, retired in December after 34 years of service to Licking Memorial Health Systems (LMHS). Dr. Pasley joined the staff of Licking Memorial Surgical Services in December 2003. Since June 1981, he has been a member of Licking Memorial Hospital (LMH) Active Medical Staff, where he has served as Chief of Staff, Vice Chief of Staff, Chief of Surgery and Chairman of the Intensive Care Unit.

Originally from Memphis, Tennessee, Dr. Pasley earned his Medical Degree from The Ohio State University (OSU) and completed his general surgery internship at Duke University Medical Center in Durham, North Carolina, and his general surgery residency at OSU. Dr. Pasley was named Physician of the Year by the LMH Active Medical Staff in 2004.

During Dr. Pasley's retirement celebration, LMHS President & CEO Rob Montagnese expressed appreciation for his years of service to the community by presenting him a commemorative plaque. "Dr. Pasley has been at the forefront of adopting many new technological advances within the Hospital," said Rob. "I give my sincere thanks for all of his years of service at LMHS."

Dr. Pasley is board certified in general surgery, a fellow of the American College

of Surgeons (FACS) and a member of the Ohio State Medical Association, the Licking County Medical Society and Alpha Omega Alpha Honorary Medical Society. He also has served as the American College of Surgeons liaison. Dr. Pasley is passionate about breast cancer awareness, and is an active lecturer on early breast cancer detection to save lives. He has served as a cancer liaison to the American College of Surgery and an instructor at OSU.

A current Granville resident, Dr. Pasley and his wife, Sue, have three grown children, Kimberly, Jonathan and Benjamin. In his free time, Dr. Pasley enjoys running, sailing and playing golf.



LMH Receives CuddleCot Donation

Kayla and Mark Cunningham, of Newark (pictured with LMHS President & CEO Rob Montagnese), recently donated a CuddleCot to Licking Memorial Hospital (LMH) in hope of aiding families who are mourning the loss of a stillborn baby. Kayla raised funds through an online giving campaign to purchase the CuddleCot in memory of her son, Taylor Mason Cunningham, who was born still at LMH on May 23, 2015.

The CuddleCot is a small cooling system designed to fit inside any crib, bassinet or basket which allows the baby to remain in the room with their families for a longer period of time. The option to spend additional time with the baby – up to the entire length of the Hospital stay – affords parents, grandparents, siblings and other family members the opportunity to say goodbye without feeling rushed. While the unit may not be suitable for every family affected by a stillbirth, having the choice available to spend extra time with the baby may be a valuable part of the grieving process.

After reading about the CuddleCot in an online support group for mothers of stillborn babies, Kayla realized the tremendous difference it could make for other families affected by such a tragedy. She worked with the U.S. CuddleCot Campaign Initiative to raise the necessary funds over a two-month period.



walk WITH a DOC

The Walk with a Doc program continued in November at Wildwood Park in Granville. Maureen Yablonski, M.D., of Moundview Obstetrics & Gynecology was the featured host, and offered a brief overview of menopause and anti-aging strategies before leading the attendees on a casual walk on the Thomas J. Evans bike path. During the 40 minute walk, participants had the opportunity to ask general questions concerning a broad range of women's health issues related to aging.

The Walk with a Doc series will continue throughout the upcoming months with a variety of guest physician speakers, topics and walk locations throughout Licking County. Details regarding the January, February and March Walk with a Doc events are available on the back page of **Community Connection**.

Donors Recognized for Contributions to Licking Memorial Health Foundation

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

The Caduceus Society

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

Jubaida and Mohammed Mazumder, M.D.



LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations (left) honored Jubaida and Mohammed Mazumder, M.D., for their commitment to The Caduceus Society. Dr. Mazumder joined Licking Memorial Gastroenterology in August 2014. He received his Bachelor of Medicine and Surgery degree at Chittagong Medical College

in Chittagong, Bangladesh. He completed an internship and residency in internal medicine and a fellowship in gastroenterology at The Brooklyn Hospital Center, an affiliate of New York – Presbyterian Healthcare System in Brooklyn, New York. Dr. Mazumder is board certified in internal medicine and gastroenterology, and a member of the American Medical Association and the American College of Gastroenterology.

Jubaida also received her Bachelor of Medicine and Surgery degree at Dinajpur Medical College in Dinajpur, Bangladesh, and currently is preparing for the U.S. Medical Licensing Examination. She is a member of the Bangladesh Medical Association, and regularly participates in charitable efforts to serve meals to homeless people.

The Mazumders have two children, Mahir and Aria. In his free time, Dr. Mazumder enjoys swimming, traveling, and participating in scouting activities with his son. Jubaida enjoys watching movies and listening to music.

Jennifer Ouweleen, M.D., and Kevin Ouweleen, M.D.



LMHS President & CEO Rob Montagnese (right) also recognized Jennifer Ouweleen, M.D., and Kevin Ouweleen, M.D., for their membership in The Caduceus Society. Dr. Kevin Ouweleen joined Licking Memorial Orthopedic Surgery in August 2015. Originally from Rochester, New York, he received his Doctor of Medicine degree at The Ohio State University in Columbus. He completed an internship and residency in orthopedic surgery at

Mount Carmel Medical Center in Columbus. He is a member of the American Medical Association, American Academy of Orthopedic Surgery, and American College of Sports Medicine. Dr. Ouweleen is board certified in orthopedic surgery.

A native of Columbus, Dr. Jennifer Ouweleen received her Doctor of Medicine degree at The Ohio State University. As a member of the U.S. Air Force, she completed a residency in internal medicine at Wright Patterson Air Force Base in Dayton, Ohio, where she also served as a staff internist for four years before separating at the rank of major. Prior to moving to Licking County, she worked as a college physician for the State University of New York at Fredonia for 13 years.

The Ouweleens reside in Granville with their five children – Elizabeth, Philip, Emma, Christopher and Michael. In their spare time, Dr. Kevin Ouweleen enjoys model aviation and recreational biking, and Dr. Jennifer Ouweleen enjoys bicycling, skiing and cooking.

The William Schaffner Society

Created in memory of William Schaffner, who dedicated his life to assure the availability of quality healthcare services to our community, The William Schaffner Society is comprised of community members and LMHS employees who have pledged a minimum of \$10,000 to LMHF over a period of 10 years. William Schaffner was the first Chairman of the Licking County Hospital Commission in 1961 and was instrumental in the passage of the county bond issue that financed the current location of LMH.

Anissa Broyles, L.P.N., and Ben Broyles, OTR/L



LMHS President & CEO Rob Montagnese (right) and LMHS Board of Directors Vice Chairman and LMHF Board Chairman Linda Dalgarn (left) recognized Anissa and Ben Broyles for their commitment to The William Schaffner Society. Ben

joined Licking Memorial Health Systems (LMHS) in 2014 and is the Director of Home Care, Community Case Management and Therapy Services. A lifelong resident of Licking County, he graduated from Capital University in Columbus with a bachelor's degree in biology and master's degree in occupational therapy. Ben is a certified instructor for the Delay the Disease Parkinson's exercise program and is a past member of the C-TEC Physical Therapy and Exercise Science Program Board.

Anissa is the Clinical Facilitator for Central Ohio Geriatrics. She received her licensed practical nurse degree from Knox County Career Center and is currently enrolled in the registered nursing program at Central Ohio Technical College.

Anissa and Ben have five children – Joshua, Nicholas, McKenna, Jackson and Taylor. They are fitness enthusiasts and enjoy being active with their kids.

Kim Heddleson, B.S.N., R.N., and Jerry Heddleson, R.N.



LMHS President & CEO Rob Montagnese (right) and LMHS Board of Directors Vice Chairman and LMHF Board Chairman Linda Dalgarn (left) also welcomed Kim and Jerry Heddleson into The William Schaffner Society. Kim joined the Health Systems in 2007 and is the Director of Cardiology at LMH and Manager for Licking Memorial Heart Care.

In 2010, she was a recipient of LMHS' MVP award. Kim earned her Bachelor of Science in Nursing degree from Otterbein College in Westerville, Ohio. She is a member of the American College of Cardiology, and has been specializing in cardiac nursing since 2002.

Jerry has been employed with the Health Systems since 2010 and currently serves as a Clinical Documentation Specialist. He received his bachelor's degree in political science and history from Otterbein College and his registered nursing degree from Ohio University – Zanesville.

Kim and Jerry have three daughters – Bella, Audrey and Vivian – who are active in a variety of sports, and they both have coached their daughters' teams. Kim was a bitty league volleyball assistant and Jerry is an assistant for a 16U traveling softball team. Kim also enjoys boating, reading and gardening, and Jerry likes to golf, hunt, fish and farm in his free time.

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

Donors

Undesignated contributions to Licking Memorial Health Foundation in 2015 benefit new technology at Licking Memorial Hospital. This section highlights our donors and their very generous gifts received in September and October 2015.

Caduceus Society

Dr. Terrill Burnworth and Family
Dr. Asegid Kebede and Family
Dr. Mohammed and Jubaida Mazumder
Dr. and Mrs. Hassan Rajjoub

Capital Improvement Fund

TWIGS 6

Community Cornerstone Club

Tony and Rita Adams
Jack and Bev Crockford
James W. DeSapri, D.O.
Nasie Gallagher
John and Elaine Gard
Sue Henry-Mounts
Cindy S. Kikeli
Mr. and Mrs. Willard Kuhlwein
Judy and Fred O'Dell
Robert and Alexa O'Neill
Larry and Penny Sargent
Janet C. Walker

Cradle Roll

In honor of: Brynlee Black
By: Licking Memorial Health Systems

In honor of: Eva Jane Brown
By: Licking Memorial Health Systems

In honor of: Londyn Olivia Brown
By: Licking Memorial Health Systems

In honor of: Marlee McConaha
By: Licking Memorial Health Systems

In honor of: Asher Wogan
By: Licking Memorial Health Systems

Foundations

The Bank of America Charitable Foundation

Founder

Holtz Industries, Incorporated

General

Mr. Richard J. Baltisberger

Grants

Ohio Network of Children's Advocacy Centers

Memorial

In memory of: Christopher Fiedler
By: John and Karen Andrea
Edelman Financial Services
FBI Laboratory, Evidence Control Group
FBI Washington Field Office, Joint Terrorism Task Force
Allison Fiedler
Carolyn and Frank McElwain
Debbie and Kevin McElwain
Lori Simmons
Warren, Margie, Megan and Mandy Wise

In memory of: Jerry L. Watson
By: Leslie Lebold Emery

In memory of: John H. Weaver
By: Robert and Patricia McGaughy

Paving Our Future

Christopher L. Harper
Licking Memorial Radiology Employees
Frank and Dusty Stare

William Schaffner Society

Eschol and Dorothy Curl



Volunteer Spotlight

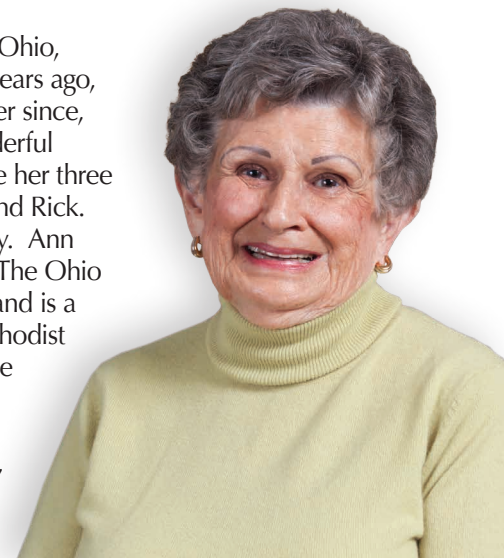
For the past seven years, **Ann Englefield** has been making a difference for Licking Memorial Hospital (LMH) patients and visitors through her volunteer service. Her career prior to becoming an LMH Volunteer included working as an engineering secretary and chiropractic assistant, as well as a Medicaid caseworker for Licking County Human Services (LCHS) for 19 years. After she retired from LCHS, Ann desired to find activities where she could continue to be helpful to others.

Before volunteering at LMH, Ann worked part-time positions at the Granville Senior Fellowship Center, a local gift shop and the Heisey Museum. After several friends told her how much they enjoyed volunteering at LMH, she decided to submit an application to join. She was accepted in 2008 and has been volunteering with the Hospital ever since.

Ann's first role in the LMH Volunteer Department included helping out at the Connector Reception Desk in the John & Mary Alford Pavilion, but recently was assigned to the Betsy Eaton O'Neill Health Resource Center. In her current area, she greets and assists patients and visitors, and answers questions. "I enjoy helping people find their way around the Hospital and making them feel more comfortable," said Ann. "Doing something that allows me to be useful to others and feel needed is so rewarding."

Along with assisting Resource Center visitors with location directions and equipment questions, Ann also is happy to help visitors find the information they seek in the library within the Center. Recently, she has helped out with special projects within the Volunteer Department as well. "I would encourage anyone who wants a rewarding experience to volunteer," Ann said. "You get back so much more than you give and meet many nice people. LMH treats their volunteers very well, showing their appreciation and gratitude in many ways."

Originally from Springfield, Ohio, Ann moved to Newark 45 years ago, and has lived in the area ever since, after deciding it was a wonderful community in which to raise her three children – Carolyn, Diane and Rick. She has one grandson, Ricky. Ann studied communications at The Ohio State University – Newark, and is a member of First United Methodist Church. In her free time, she enjoys having lunch with friends, spending time with family, and walking her dog, a Bichon named Lily, at The Dawes Arboretum.



Retiree Spotlight

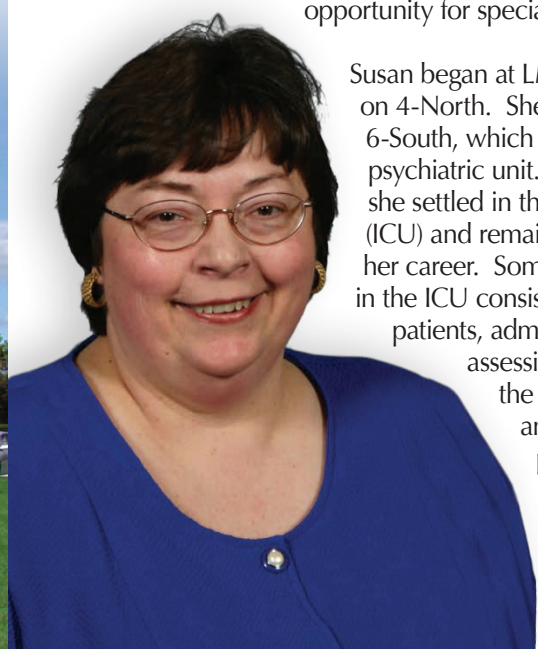
Susan Huddy, R.N., CCRN, began her career as a registered nurse at Licking Memorial Hospital (LMH) upon graduating from Central Ohio Technical College (COTC) in 1974. She originally attended Mary Baldwin College in Virginia studying to become a medical technologist, but soon changed her career path to nursing after she toured a local hospital and saw the interaction between the nurses and patients. She was drawn to the way that nurses immediately helped patients in need as well as the aspect of being able to interact daily with different people. She transferred to COTC to complete her schooling with more opportunity for specialized education.

Susan began at LMH as a general nurse on 4-North. She then transferred to 6-South, which at the time, was the psychiatric unit. Finally, in June 1980, she settled in the Intensive Care Unit (ICU) and remained there for the rest of her career. Some of Susan's daily duties in the ICU consisted of monitoring patients, administering medication, assessing lab work, keeping the physicians up-to-date, and interacting with patients and their families.

In 35 years as a member of the ICU staff, Susan witnessed many advancements and changes. For her, the biggest progression was the use of computerized charting of the patient's record. Switching from a hand-written chart in a folder to computer charting was "quite a shock," as she recalls. "Once we had some on-the-job training with the new computer system, it soon became easy to navigate and understand." Susan also recollects the advanced medical equipment during her time in the ICU. She said, "That is one thing that still impresses me about LMH – they stay current or ahead of the latest technology, and that is inspiring to me. I miss being able to learn about the new advancements being put into place at the Hospital."

Susan enjoyed the great friendships she created while serving at LMH as well as interacting with patients each day. She considered it her way of keeping updated and in touch with society. Patient Care Manager for Critical Care Jayne Bryan describes Susan as, "Being known for staying calm in emergency situations and rarely missing a day of work. Employees still comment on how much she is missed in the ICU."

Since retiring in February 2015, Susan has been enjoying herself. She traveled to Europe to visit London, Paris and Rome. Upcoming plans include welcoming a great-great-grandniece or great-great-grandnephew in March 2016 and attending the Cabbage Patch Doll Collecting Convention in Georgia for the 24th consecutive year.



Development Spotlight

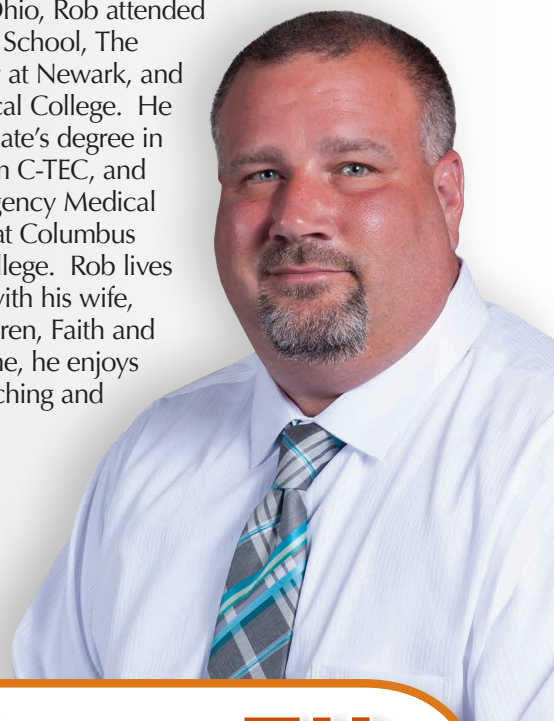
Rob Justice joined the Licking Memorial Hospital (LMH) Development Council in 2015. As a member of the Community Relations Committee, Rob enjoys providing information regarding various LMH programs that help community members maintain a healthy lifestyle. He also is proud of the Hospital's many technological advances over the past decade, and looks forward to taking part in future fundraising events to ensure that innovative, sophisticated medical technologies continue to be easily accessible to Licking County residents.

Rob is the owner and President of Frontier Remodeling Company, where he oversees daily operations of large multi-family and government construction projects. He takes pride in his dedication to his work, and has never exceeded the allotted timeframe for a project in more than 20 years of operation. In addition, Frontier Remodeling Company has received an A+ rating from the Better Business Bureau. Rob is a member of the National Association of the Remodeling Industry, the Builders Exchange of Central Ohio, and the United States Chamber of Commerce.

Rob has continually demonstrated his commitment to improving the health of the community through his involvement with Habitat for Humanity and service as the Chairman of the Ways and Means Committee and a Board Member for Big Brothers Big Sisters of Licking & Perry Counties. In addition, he coaches football at Watkins Middle School and junior varsity basketball at Watkins Memorial High School, both in Pataskala.

Encouraged by a strong sense of community pride, Rob has been an active supporter of the Health Systems through Frontier Remodeling Company's participation in the 2015 Golf Gala as an Ace Sponsor and Cart Sponsor. He also was a personal Cart Sponsor for the event, and is a member of the Golf Gala Committee. "Health care plays an important role in every person's life, and I want to help ensure that our community has access to high quality health care close to home," he explained.

Born in Columbus, Ohio, Rob attended Licking Heights High School, The Ohio State University at Newark, and Central Ohio Technical College. He also earned an associate's degree in medical assisting from C-TEC, and completed the Emergency Medical Technician program at Columbus State Community College. Rob lives in Baltimore, Ohio, with his wife, Kristin, and two children, Faith and Logan. In his free time, he enjoys sports, traveling, coaching and community service.



Active•Fit YOUTH WELLNESS EVENT

Active•Fit Junior Chef

Date: Saturday, March 12 **Location:** C-TEC
Time: 10:00 a.m. – 12:00 Noon 150 Price Road
Newark, OH 43055

Youth, ages 6 to 12, will learn how to make various healthy recipes and participate in several cooking stations for the preparation of a healthy lunch to be enjoyed following the program. **Registration is limited and must be completed by Friday, March 4.**

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

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

To register for the Active•Fit Junior Chef Event, please call LMHS Public Relations at (740) 348-1572.

Happy Birthday!

Celebrating
118 Years
of
Caring

Congratulations and thanks
to our employees, Medical Staff,
Volunteers, TWIGS, Board Members,
Development Council and other
supporters for **118 Years of Caring**
at Licking Memorial Hospital.





Licking Memorial Health Systems

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Community Events

Walk with a Doc

Saturday, January 16, 9:00 a.m.
Licking County Family YMCA indoor track
470 West Church Street in Newark
Ralph J. Napolitano Jr., D.P.M., will discuss choosing athletic shoes.

Saturday, February 20, 9:00 a.m.
TAD Sports
3825 Columbus Road in Granville
Janae M. Davis, M.D., of Licking Memorial Women's Health will discuss being healthy at any age.

Saturday, March 5, 9:00 a.m.
Rotary Park
925 Sharon Valley Road in Newark
Eric R. Pacht, M.D., of Licking Memorial Pulmonology Sleep Medicine will discuss pulmonary and sleep problems.

Walk with a Doc events are free of charge; however, registration is required. Each walk lasts approximately 40 minutes. Healthy snacks and blood pressure screenings will be provided. To register, please call LMHS Public Relations at (740) 348-1572.

Active•Fit Junior Chef

Saturday, March 12, 10:00 a.m. to 12:00 Noon
C-TEC, 150 Price Road, Newark

No charge. Registration is limited and must be completed by Friday, March 4. Youth, ages 6 to 12, will prepare and enjoy a healthy lunch. Call (740) 348-1572 to register. See page 26 for more details.

First Impressions – Maternal Child Classes

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

For more information or to register, call (740) 348-2527.

Community Blood Pressure Screenings

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

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

Diabetes Self-Management (a four-class series)

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

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

Ask the Doc

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

A physician will answer questions about chemical dependency and treatment options. Call (740) 348-4877 for more information.

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

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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