

Community Connection

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Live Video Surgery at LMH

Howard Reeves, D.O., of Surgical Interventions, L.L.C., recently performed a live-streamed vascular surgery, which was broadcast in real time to physicians in attendance at the 2015 Annual Clinical Assembly of Osteopathic Surgeons in Chicago. Using HIPAA-compliant video conferencing equipment, Dr. Reeves was able to transmit high-definition video and audio of the procedure, which represented the first live-streamed surgery performed at Licking Memorial Hospital (LMH).

As a member of the American Osteopathic Board of Examiners, Dr. Reeves knew that surgeries had been live-streamed in other medical specialties in the past, and he worked for several years to bring the practice to the American College of Osteopathic Surgeons (ACOS). As a vascular surgeon, Dr. Reeves specializes in managing and repairing conditions involving the arteries and veins. The live surgery, which was performed in October 2015, featured an endovascular aortic aneurism repair (EVAR) to treat an abdominal arterial aneurism using a stent.

An arterial aneurism is a weakened and bulging area of the artery's wall. Arterial aneurisms are especially dangerous because the weakened area can rupture suddenly, causing severe internal bleeding and possibly death. "At LMH, we see patients with arterial aneurisms every week," explained Dr. Reeves. "EVAR surgery is less invasive than open surgery. The procedures are low risk, there is a smaller chance of encountering complications, and the patients generally can return home much sooner."

The procedure is performed under local anesthesia using the biplane unit in LMH's hybrid operating room in the John & Mary Alford Pavilion surgical facilities. These operating rooms were designed to incorporate state-of-the-art equipment for faster, more accurate procedures. "It is rare for a community hospital of this size to have this type of advanced equipment because of the cost and space required," said Dr. Reeves. "The procedures we can perform in the hybrid operating rooms are minimally invasive, so we have seen significantly reduced recovery times, fewer instances of infection, fewer pulmonary complications, and less nausea postoperatively."

Dr. Reeves elected to perform this type of surgery for ACOS in order to demonstrate some of the latest techniques in aneurism repair. He is ahead of the curve in offering percutaneous EVAR, meaning that the procedure is performed with

needle-type incisions in order to place a stent inside the aorta to repair the arterial aneurism. Percutaneous procedures are becoming the preferred method of aneurism repair as they carry a smaller risk of infection and shorter hospital admission times compared to open surgery.

Moving forward, Dr. Reeves hopes to continue performing live-streamed surgeries, and believes the practice can provide important educational experiences for medical students and others who are working to enter the medical field. He also hopes that more physicians will participate in providing a wide variety of live-streamed vascular surgeries as a means of demonstrating new techniques and technology, as well as sharing best practices.

Dr. Reeves is the Chief of General Surgery and Vice Chief of Surgery at LMH. He has been a member of the Active Medical Staff since 1999. In addition to his involvement with ACOS and the American Osteopathic Board of Surgery, he is a member of the American Osteopathic Association, the Ohio Osteopathic Association, the Licking County Medical Society, and the Central Ohio Vascular Society. Dr. Reeves was instrumental in the planning of the surgery facilities located in the LMH John & Mary Alford Pavilion, which opened in August 2007. He has been an Endologix independent consultant since 2011, affording LMH the latest in aneurism repair technology.



Dr. Rajjoub Named Practitioner of the Year

Hassan Rajjoub, M.D., Interventional Cardiologist, has been named Practitioner of the Year by Columbus CEO Magazine. The award was announced in the March issue of the magazine.

Each year, Columbus CEO Magazine confers six Healthcare Achievement Awards to six outstanding Central Ohio healthcare professionals and organizations. As Practitioner of the Year, Dr. Rajjoub was recognized for providing outstanding care and advancing the practice of medicine.

Dr. Rajjoub joined the Licking Memorial Heart Center in 2011. Before his arrival, Licking Memorial Hospital's treatment of patients with myocardial infarction heart attacks surpassed the American Heart Association's time guidelines, but lagged slightly behind national performance averages. In 2010, patients who arrived at LMH during a heart attack experienced an average "door-to-balloon" time (an important angioplasty quality measure) of 65 minutes, compared to the national average of 64 minutes.

Dr. Rajjoub understood that the process needed to be seamless, and that the significance of a one-minute delay could greatly affect quality of life, or could be the difference between life and death for his patients. Dr. Rajjoub served as the physician champion, diligently working in partnership with leadership and the cardiac catheterization team to confront any redundancies or inefficient processes and strived to make ongoing improvements to the Cardiac Interventional program at LMH. Dr. Rajjoub and the Cardiac Catheterization team regularly evaluated each step of the process for STEMI (ST-segment elevated myocardial infarction), from first medical contact to the time blood flow is restored to the coronary artery through ballooning to open the artery, placing a stent, and/or removing a blood clot that was blocking blood flow to the heart muscle. Under the streamlined process, the multidisciplinary team is prepared to take action immediately after notification that a STEMI has been diagnosed. The

LMH Emergency Department physician diagnoses the STEMI from an EKG that the emergency medical squad transmits en route to the Hospital. The goal that Dr. Rajjoub strives for is that EKGs are transmitted by EMS teams so that the STEMI can be identified before the patient arrives at the Hospital, and Dr. Rajjoub and the cardiac catheterization team are ready to work seamlessly together upon the patient's arrival.

These efforts have led to life-saving time reductions at LMH. The Hospital's average door-to-balloon time fell quickly, and has remained below 60 minutes consistently every year since Dr. Rajjoub joined Licking Memorial Heart Center.

Dr. Rajjoub also advanced LMH's diagnostic and heart attack treatment program, implementing radial access versus the traditional femoral access. While traditional angioplasty inserts a catheter through the patient's groin, Dr. Rajjoub prefers to perform radial angioplasty, a procedure that inserts the catheter through the patient's wrist. Dr. Rajjoub diligently worked with the cardiac catheterization team to set up equipment properly and prepare medications to reduce blood vessel spasms that often occur with radial-access catheterizations. After he was confident that this process could be done quickly he adopted this method for his emergent cases. Radial angioplasty is available at only 20 percent of the nation's hospitals, carries less risk of bleeding or complications and allows patients to get out of bed much more quickly. In addition, Dr. Rajjoub is trained in peripheral interventions, cardiac device implants, and certified in nuclear cardiology.

Dr. Rajjoub received his Doctor of Medicine degree at Tichreen University, School of Medicine in Lattakia, Syria. He completed a residency in internal medicine at the University of Chicago/Weiss Hospital and completed a cardiology fellowship and interventional cardiology fellowship at Saint Louis University Hospital in St. Louis, Missouri. He also is fellowship trained in peripheral vascular disease

intervention and board certified in cardiovascular disease, interventional cardiology and nuclear cardiology.

In 2013, he received Licking Memorial Health Systems' (LMHS) MVP Award for his consistent demonstration of LMHS values. Under Dr. Rajjoub's leadership, the Cardiac Catheterization team was recognized with the prestigious LMHS President's Award, and the Cardiology Department received the National Cardiovascular Data Registry Platinum Performance Achievement Award and the American Heart Association Mission: Lifeline Gold Level Recognition – all in 2015. He also received Honorable Mention recognition as a 2015 Health Care Hero Provider, presented by Columbus Business First.



Rob Montagnese Recognized for a Decad

In 2016, Rob Montagnese celebrates his 10th year as President & CEO of Licking Memorial Health Systems (LMHS). Under Rob's leadership, the Health Systems has increased its staff, added services, expanded facilities, and remained financially strong. In recognition of his many contributions, Rob recently received the prestigious Executive of the Year designation through the *Columbus CEO HealthCare Achievement Awards*. The award is given each year to one healthcare executive who has made a positive impact on their organization and those it serves through sustained, outstanding administrative efforts. The magazine announced Rob's award in its March issue.

10 Years as LMHS President & CEO

Rob joined LMHS in 1988 as a summer file clerk after high school and then became a full-time employee in 1993 following his college graduation. He worked his way up through the ranks at LMHS – as Controller and Accounting Manager, Senior Vice President Financial Services, and Executive Vice President before attaining his current position in 2006. As President & CEO, he is responsible for the comprehensive management of the Health Systems, which in addition to being Licking County's primary healthcare provider, also is the county's largest employer with approximately 1,900 staff members.

Rob's administrative and financial performance at LMHS has a superior track record. LMHS has operated with a surplus each year since he assumed his current position, and no staff layoffs occurred during the recent nationwide economic downturn. Under his leadership, LMHS has expanded with a new surgery and emergency care wing at the Hospital, the acquisition of a local inpatient hospital, two Urgent Care facilities, several physician practices, and a 33,260-square-foot medical office building currently under construction.

Emerging health trends, such as increasing rates of cancer and diabetes, have the potential to place a strain on LMHS' resources in the future. To improve community members' health and protect LMHS' financial stability, Rob has led LMHS to provide many free, innovative programs that have received widespread interest from local residents, as well as other healthcare organizations that desire to model the Health Systems' efforts. Examples of community programs that were made possible through Rob's leadership include:

- **Heart to Play** – free pre-participation screenings and EKGs for Licking County's high school and middle school students enrolled in sports or other physically demanding programs
- **Active•Fit** – a year-round youth wellness program that addresses childhood obesity through healthy eating, increased activity and proper sleep
- **Quit for Your Health tobacco cessation** – free tobacco cessation products and counseling; also Quit for You, Quit for Your Baby incentive program that offers tobacco cessation products and counseling to pregnant women
- **Breastfeeding Promotion and Support** – an incentive program that offers free electric breast pumps to pregnant women who deliver their babies at LMH and fulfill specific prenatal education requirements
- **School Nurses** – providing registered nurses to several local school districts to dispense students' prescriptions and perform other health-related tasks
- **Oncology Patient Navigator team** – education and assistance for patients undergoing cancer treatment
- **Licking Memorial Dental Clinic for Children** – free and reduced-rate dental services for children whose families have financial need
- **Kids' Place** – taking over financial responsibility and administrative duties for the local child advocacy center so that it could continue providing evaluation and support to suspected victims of abuse or neglect
- **Outpatient Lactation Clinic** – breastfeeding advice and support for any nursing mother in Licking County
- **Heart Failure Clinic** – education and support for patients with chronic heart failure
- **Acute Inpatient Rehabilitation Unit** – Hospital rehabilitation services for patients who have lingering physical effects from an illness, accident or surgery
- **Wellness Center at C-TEC** – supervised exercise for patients
- **Licking Memorial Allergy & Immunology** – a new practice that diagnoses and treats children and adults
- **Licking Memorial Neurology** – a new practice that specializes in disorders of the brain or nervous system
- **Licking Memorial Orthopedic Surgery** – a new practice that specializes in the diagnosis and treatment of conditions that affect the musculoskeletal system
- **Licking Memorial Endocrinology** – a new practice that specializes in the diagnosis and treatment of individuals with insufficient or excess hormonal balances
- **Licking Memorial Rheumatology** – a new practice that focuses on the diagnosis and treatment of individuals with musculoskeletal conditions and rheumatologic autoimmune disease

e of Outstanding Leadership

“LMHS is making a positive impact on the community’s health through these generous gifts and programs that are tailored to Licking County’s needs,” stated LMHS Board Chairman Patrick Jeffries. “Rob’s careful fiscal management allows the Health Systems to remain independent and invest in the community. This continued local control enables LMHS to offer the variety of programs that it does while precisely adapting to our community’s needs.”

Rob’s emphasis on community citizenship inspires his staff to redouble their own efforts. As a result, LMHS and many individual staff members have received prestigious recognitions for their above-and-beyond performances. Awards from regional, state and national levels demonstrate that LMHS is well-funded to provide top quality care. A brief sampling of the many recognitions that LMHS and its staff have received under Rob’s leadership includes:

- **100 Top Hospitals** by Truven Health Analytics – multiple times
- **“A” Rating** by The Leapfrog Group
- **Consumer Reports Hospital Ratings** – Surgery Safety
- **Most Wired Award** by McKesson Corp., AT&T, the College of Healthcare Information Management Executives, and the American Hospital Association
- **100 Great Community Hospitals** by Becker’s Hospital Review
- **Hospital Charitable Service Award** – Program of Promise by Jackson Healthcare
- **HomeCare Elite Top 500™**
- **1st Place Overall in Operation Feed Campaign** by Food Pantry Network of Licking County

Rob Montagnese Recognized for a Decade of Outstanding Leadership (continued on page 6)





LMH Board Chairman Craig Baldwin said, "Obviously, Rob has accomplished a great deal since becoming President & CEO, and it should be noted that one of his major achievements is the fact that he has been in this leadership role for 10 years. The average tenure of a U.S. hospital or healthcare system CEO is five and one-half years. His long tenure has provided LMHS with consistency throughout construction projects, major equipment purchases, community outreach programs, physician recruitment, quality improvement efforts and long-term financing. Health care in Licking County certainly has benefitted from Rob's dedication."



Individual Awards

In addition to the recognition from *Columbus CEO* magazine, Rob was inducted into the Licking Valley Schools Hall of Pride at a special reception on January 26. The recognition is reserved for alumni who have contributed to the civic, cultural, religious and economic vitality of the community. Rob is a 1988 graduate of Licking Valley High School. Rob's contributions also have been honored with numerous prestigious awards in recent years, including:

- **Columbus Business First's Forty Under 40** (2007) – recognition of a select group of community and business leaders in the Greater Columbus area
- **John W. Alford Memorial Award** (2009) – recognition for Rob's community and civic involvement, along with his interest in cancer research
- **Hometown Hero** (2012) – American Red Cross of Licking County's recognition of Rob's positive impact on the community
- **Wellness & Recovery Champion Award** (2014) – from Mental Health & Recovery for Knox & Licking Counties
- **Bravo Award for Community Service** (2015) – from the Newark Rotary Club
- **130 Nonprofit Hospital & Health System CEOs to Know** (2015) – Becker's Hospital Review's list that highlights the most impressive presidents and CEOs within the nation's nonprofit healthcare sector
- **Friend of Public Schools** (2015) – Ohio School Board Association's award for community members who have demonstrated their support of public education in Central Ohio
- **Modern Healthcare Community Leadership Award Top 10 Finalist** (2015) – recognizing healthcare executives who have demonstrated service outside the healthcare setting to improve the health and well-being of the community





Community Involvement

Rob currently serves as Vice Chairman of the Central Ohio Technical College Board of Directors. He is Treasurer and Past President of the Big Brothers Big Sisters (BBBS) Foundation Board, Past President and Lifetime Honorary Member of the BBBS Board, Chairman of the Newark Campus Development Fund, Treasurer and Past President of the Salvation Army Advisory Board, Vice Chairman of The Works Board, PaceSetter Division Chair for the Wyatt Adkins Foundation and a Board Member for First Federal Savings and Loan, Our Futures in Licking County, and the Institute for Health Innovation. He also is a member of the Newark Rotary Club. Rob is a former Board Member of the Ohio Hospital Association, Kendal at Granville and Midland Theatre. He has served as Chairman of the successful Salvation Army Capital Campaign and the Citizens for Parks, Paths & Trails levy campaign for the Licking Park District.



Qualifications

Rob earned a Bachelor of Arts degree in business administration with a concentration in accounting from Wittenberg University and a Master of Healthcare Administration from The Ohio State University. Additionally, he is a certified public accountant and a member of the Ohio Society of CPAs and the Healthcare Financial Management Association.

Downtown Newark Groundbreaking

Licking Memorial Health Systems (LMHS) recently celebrated the groundbreaking of the new Downtown Newark Medical Facility – conveniently located at the corner of 4th and Locust streets. Local dignitaries, members of the community and LMHS staff attended the event on a cold and windy February afternoon.

Amid the flying snowflakes, LMHS President & CEO Rob Montagnese, General Contractor Jerry McClain, LMHS Board of Directors Chairman Patrick Jeffries and LMH Board Chairman Craig R. Baldwin, broke ground for construction of the new building which will house an Urgent Care facility and a primary care practice. The property is a donation to LMHS from The Jerry McClain Companies.

“This project would not be possible without the vision, generosity and hard work of Jerry McClain,” Rob stated. “This also holds true for all his efforts in the Downtown District. He is continually nurturing the economy of the Downtown area and this new building will be a shot in the arm, while also serving the Downtown’s medical needs. Jerry always has done outstanding things for the community. I couldn’t be happier that he is overseeing this project and it will bear his stamp of approval,” Rob added.

Eighty percent of the population utilizes this entrance into the Downtown. “This is going to be a spectacular building for the Health Systems and the community, and its addition will create just about as nice of an entrance to Newark as you could want,” Jerry stated. “This is a great community. I am so appreciative of everyone involved in this project.”

A valuable component of this venture is that it provides service to eastern Licking County. Downtown Newark is one of many Health Systems’ expansion projects designed to meet the needs of the community. LMHS opened its first urgent care facility at the Pataskala Health Campus in 2009. Licking Memorial Urgent Care – Granville opened in 2012. Construction on the Downtown Newark facility is expected to be completed by the end of 2016.



Software Applications Revitalize Patient Meal Service at LMH

To allow for high volumes of inpatient meals, hospital menus historically have been geared toward convenience and ease of preparation at the expense of catering to individual tastes. In order to improve patients' experience and satisfaction, Licking Memorial Hospital (LMH) introduced the CBORD Food Management System last August.

"The CBORD software is designed to interface with MEDITECH, the Hospital's electronic health record, and it utilizes the diet and allergy information needed to provide each patient with the broadest and most exciting set of menu choices possible," explained Anne Peterson, Vice President Human Resources & Support Services. "For example, the system flags foods that certain patients may need to avoid – such as items with high potassium content for a dialysis patient, or a recipe containing an allergen."

Through CBORD, Culinary Specialists have near instantaneous access to changes in patient status, to serve each according to dietary and medical needs. "The CBORD system is incredibly valuable," Anne said. "It provides real-time information on how to best support our patients' nutritional needs, while giving them freedom to choose what and when they eat. We can make healthy suggestions to our patients and know that CBORD will provide a safety net of communication for any dietary restrictions."

Former patient Billy Sapp enjoyed the healthy lifestyle change with his meal options. "You can pick what you want that is delicious, yet healthy, instead of bland choices," he explained. "The staff helped educate me on what I should be eating, and I really liked my food – the braised green beans and whole wheat French toast were very good," said Billy. Despite a restricted diet plan, he enjoyed the seasoning on the food and appreciates the staff education concerning low sodium and salt substitute options for future use.

An important part of the CBORD software package is an application called Room Service Choice, which makes it fast and easy for Culinary Specialists to obtain patients' menu selections from an iPad or desktop computer. In the past, each patient's breakfast, lunch and dinner were selected a day in advance, and then were delivered at pre-determined times. Individual meals now are cooked to order rather than prepared in batches. Because the new menu is focused on preparing meals from scratch using techniques that allow chefs the flexibility to attend to diverse needs, patients have a variety of food choices that can be customized to their diet and taste preferences.

For Rose Donaldson, room service was invaluable. Donaldson is legally blind, so having a culinary specialist to assist with her order was very helpful when her daughter was not available. "I enjoyed the dinner option of herb and tomato glazed meatloaf, roasted sweet potatoes, and green beans, and a cooked-to-order breakfast of scrambled eggs with crisp bacon," she said. "I certainly had no complaints!"

Another important CBORD tool is an application titled Tray Monitor, which tracks the timeliness of food tray deliveries. It not only monitors the 45-minute delivery goal, but also has checkpoints – such as having a meal prepared within 20 minutes of being ordered – to keep within the overall timeframe. "This is yet another way that our new system mimics a restaurant experience," Director of Food Service Brian Merritt said. "We hold ourselves accountable for keeping things on track."

Paul Coss, a cardiac patient, enjoys the cheese lasagna, custom deli sub sandwiches and sugar-free pie. His wife, a dialysis patient who comes to the Hospital three times per week, favors the savory meatloaf. "The food is so much better than it used to be, and you can order anything you want, anytime you want it," said Paul.

As part of his restricted diet, Paul commented that the Culinary Specialists have been very helpful when he is making meal selections. "They make recommendations for me based on what I can or cannot select or if I am over my sodium limit," continued Paul.

"To date, we have received many positive comments on the variety of meals and the delivery speed," Brian continued. "The changes we have implemented are very noticeable and even empowering to the patients. When a patient is admitted to the Hospital, they may feel as though they don't have a lot of control over their situation. But now they can decide what food they want, how they want it to be prepared, and when they want to eat it. We know that this process provides each patient a measure of comfort and hospitality while they're here."

Chef Merritt, who spent eleven years in the restaurant industry prior to joining LMH, is excited that the new services and menu reflect restaurant quality and variety. "Our entrees are similar to those available in many restaurants – fresh, customizable and prepared in a reasonable amount of time," he said. "CBORD software also will give us the ability to offer weekly chef's specials or change the menu seasonally."

The prospect of those and other restaurant-style possibilities in the future is really exciting for us."

When Richard Labrake was admitted to the Hospital, he had numerous sores in his mouth and was unable to eat comfortably. He requested cottage cheese and although it was not on the menu, staff was able to fulfill his request, for which he was very grateful. Chef Brian Merritt also made several recommendations for his specific medical condition. "I am very impressed with the menu. I tried the Alfredo penne pasta as well as the French toast and was pleased with both," Richard said. He also explained that the room service

was very convenient for him. "The food came right when I was ready for it. I usually like to be finished with dinner by 6:00 p.m. and sometimes eat a later breakfast, so it worked out really well for me," he continued.

Some of the new offerings include made-to-order omelets, build-your-own pasta entrees, fresh seafood and custom deli sandwiches. The full menu – including breakfast items – is served from 7:00 a.m. to 9:00 p.m. A late night menu, which offers select hot and cold food items, is available from 9:00 to 11:00 p.m. Guests also are welcome to order room service and conveniently can pay for their meals with a credit card right from a patient's room.



New Cardiovascular Information System Improves Patient Care

The Cardiology Department at Licking Memorial Hospital (LMH) recently invested in a cardiovascular information system (CVIS), an all-digital platform that improves productivity and patient care by consolidating disparate processes into a single workspace. This new system, created by GE Healthcare, makes for more efficient diagnoses, treatment and storage of patient data. The recent upgrades followed months of complex research and preparation, and were completed in December 2015.

Cardiovascular care has changed significantly over the years, continually shifting toward stronger collaboration with other medical specialties and the use of innovative technology to deliver better patient outcomes. Recently, leaders in the field have pushed for the development of a CVIS to streamline cardiovascular care. LMH has remained competitive by investing in these types of systems early on, with a similar system already in place within the LMH Radiology Department.

The new system in the LMH Cardiology Department includes Centricity Cardio Workflow (CCW) and Centricity Cardio Imaging (CCI), which integrate seamlessly to simplify every area of the Department. CCW facilitates a comprehensive

workflow process within Cardiac Services, from clinical worklist and documentation to physician reporting, billing, analyzing patient information, and creating quality-driven reports. CCI is a picture archiving and communication (PAC) system, which provides high-quality cardiac images as well as a variety of advanced analytical tools. Together, the two software applications allow for physicians and other medical staff at LMH to access and use relevant information more efficiently than ever before.

In the past, cardiology departments have utilized a multitude of systems, most of which served a single purpose and lacked integrative capabilities with each other. As a result, care providers seeking patient data often were required to access multiple software applications. These individual applications typically were housed in different physical areas of a department, and each involved a unique user interface and login process. This type of workflow, though it remains common at many healthcare facilities, was complicated, created additional steps, and relied too heavily on paper forms and manual data entry.

The new CVIS at LMH eliminates the need for these numerous individual applications, instead providing access to a single, comprehensive patient record. Test results from every area within the Cardiology Department are easily accessible to physicians using their secure

login information. Because many heart conditions are chronic, the ability to efficiently access previous patient information, and to view multiple cardiac test results and images simultaneously, contributes to a more comprehensive understanding of each individual patient.

The simplicity offered by CCW and CCI make for more efficient decision-making processes, speedier turnaround times for test results, and shorter wait times. Especially in the case of emergencies, cardiologists benefit greatly from the ability to immediately access a patient's comprehensive cardiac history. In addition, the system is able to automatically distribute test results and reports to the necessary individuals, such as a patient's primary care physician. These improvements allow for physicians and other staff to spend less time documenting and reporting information, and more time providing personalized patient care.

Another important benefit of the new CVIS is its structured reporting process, which makes for greater consistency between reports. In the past, reports compiled by different physicians may have utilized different formatting, depending on that physician's personal preferences. Structured reporting allows for that information to be organized

more consistently so that the clinicians accessing reports are able to quickly find the information they need.

Physicians and other care providers at LMH have been impressed with the new system, and have already shifted their focus toward optimizing its capabilities. The flexibility of the system, along with its ability to multitask, will allow LMH to continue streamlining numerous processes within the Cardiology Department. In April, the Hospital plans to merge its cardiovascular and radiology information systems in order to further improve efficiency and comprehensive patient care.



Corporate Breakfast



As services and programs at Licking Memorial Health Systems (LMHS) expanded in 2015, patients continued to turn to the Health Systems for care. LMHS President & CEO Rob Montagnese outlined the year's growth and development during a presentation to the Licking Memorial Hospital (LMH) Development Council's Corporate Breakfast in February.

Community leaders who attended the Corporate Breakfast learned about the educational program and event opportunities that took place over the past year, as well as upcoming opportunities for 2016, the majority of which are offered free of charge. Among those listed were Community Education classes, LMH Birthday Celebration, Red Dress Event, the Active•Fit program, health-related summer camps for children, Hospital & Healthcare Week, Volunteer Recognition Dinner, Cancer Survivor Picnic and the annual Golf Gala.

Now in his 10th year as LMHS President & CEO, Rob shared a comparison of 2005 statistics versus 2015 statistics to show the growth experienced within the Health Systems during the past 10 years. "Our outpatient numbers are up 40 percent, and our employee growth matches that number," said Rob. "We also have increased medical staff by 20 percent and see a similar increase in encounters with patients."

Rob also noted that the Pastoral Care program which has increased in need with more than 23,000 visits has been important in offering comfort and support to patients and their families. Other measurements mentioned included an increase of building structures, which grew from 21 to 30, not including the new medical office building on West Main Street which is currently under construction. "We have grown to over three quarters of a million square feet and show a 74 percent growth in revenue," Rob explained.

While expressing pride in the accomplishments of the Health Systems as a whole over the past decade, Rob also emphasized the importance of giving back to the community. The amount of uncompensated care and community benefits were part of LMHS' \$52.8 million contribution of community support, and also included approximately \$29 million in benefits for the underserved (charity care, unpaid cost of Medicaid, and community health services and contributions). Other recent

projects to improve the health of the community include thermal imaging cameras for the fire departments, automated external defibrillators for schools and law enforcement, Cardio equipment to local high schools and upgrades to 12-lead EKG systems in the county's emergency medical squads.

Patient statistics, volume and quality reports from 2015 were also shared during the overview of the year's numbers. Inpatient admissions for 2015 totaled 9,149, including Medical Surgical, Inpatient Rehabilitation, Maternal Child, Critical Care and Inpatient Psych Detox. "Overall, the volume was very strong this year," said Rob. "We are seeing a growth that demonstrates the community places trust in us and supports us by coming here for a high level of care."

After sharing comments on another outstanding year, Rob expressed plans and areas of focus for 2016, many of which are already underway:

- West Main Street medical office construction
- Walk with a Doc programs throughout the year
- Focus on tobacco cessation
- Youth sports and wellness
- Revitalize participation in the Active•Fit program
- Active•Senior program for age 60+
- Baby-Friendly Hospital – goal is to be the first designated in Central Ohio
- Possible LMHS expansion to the Downtown Newark area
- Washington Square Apartments location – address health needs with on-site medical staff
- Clinical technology upgrades
 - Early Sense – continuous monitoring of patient respiratory and pulse numbers
 - Ready Dock – disinfects mobile devices to keep patients safe, especially those with compromised immune systems
 - Hercules Patient Positioning System – repositions patients in bed easily and comfortably with the push of a button
 - Anesthesia machine replacement, new arthroscopy surgical equipment and ultrasound
 - Secure texting for medical staff – HIPPA-compliant

Statistics were not the only aspect of the year that caused a sense of pride for the Health Systems, but after reviewing recent anonymous surveys, Rob was proud to reveal some of the comments from staff members, "The employees did not just speak to the enjoyment of working here, but they spoke to the accountability and the expectation of excellence that comes from working here. We hold each other to a high standard and that is an exciting thing."

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.

Red Dress Event Urges Women to Make Heart-Healthy Changes

While it is commonly known that chest pain is the most frequent sign of a heart attack, it is less widely known that many heart attack victims experience no chest pain at all. Approximately 40 percent of women (and approximately 30 percent of men) who have heart attacks report they had no chest pain. On February 5, Licking Memorial Health Systems (LMHS) hosted the annual The Heart Truth – a Red Dress Event for nearly 320 guests at the Bryn Du Field House in Granville to draw attention to women’s heart health.

“Heart disease is the leading cause of death for women in the United States. In fact, the Centers for Disease Control and Prevention reports that heart disease is the cause of one in every four female deaths,” stated Rob Montagnese, LMHS President & CEO. “That is the reason that our Health Systems believes that this Red Dress event is so important each year. The red dress has become the nationally recognized symbol to increase awareness for heart health for women. It is encouraging that so many guests attend to learn more about heart disease prevention and the symptoms of heart attack that are specific to women.”

The featured speakers of the event were Elizabeth A. Yoder, D.O. (right), and Grant L. Yoder, D.O. (below), both of Licking Memorial Outpatient Psychiatric Services. They both stressed that personal accountability is key to making important lifestyle changes for improved heart health.

Dr. Elizabeth Yoder cited the American Heart Association’s “Life’s Simple Seven” steps toward better heart health:

- Get active
- Contain cholesterol
- Eat better

- Manage blood pressure
- Lose weight
- Reduce blood sugar
- Stop smoking

“Nobody can make lifestyle changes for you,” she said. “You have to take responsibility, set goals, develop a sustainable plan, and then take action. Your mind, body and spirit will all benefit from the improvements that you make.”

Dr. Grant Yoder pointed out that an estimated 75 percent of New Year’s resolutions fall by the wayside because they are not supported through accountability. He reviewed LMH’s customizable 2016 Accountability Journal that was developed for the Red Dress Event guests. It provides a medically reviewed method of setting personalized goals for diet, exercise and sleep, and tracking daily progress toward those goals. It also provides a monthly log of important health biometrics that include weight, blood pressure, and body mass index.

The Accountability Journal strongly recommends that the user appoint an “accountability partner,” someone who will be supportive of the lifestyle



improvements. “Studies show that individuals who tell another person about their healthy goals are much more successful,” Dr. Grant Yoder said. “This accountability partner can be your spouse, relative, friend, coworker, or anyone who will check in with you on a regular basis about your progress.”

Each guest at the Red Dress Event was treated to healthy hors d’oeuvres, blood pressure checks, and shoulder/back massages. Each guest also received a Red Dress lapel pin to wear on National Wear Red Day, which was February 6.





Know the signs and symptoms of a heart attack

Heart attacks are life-and-death emergencies, and every second counts in receiving treatment. If you or someone else has any of the following signs and symptoms of a heart attack, call 911 immediately.

Warning signs and symptoms of a heart attack

- Most heart attacks start slowly, with mild pain or discomfort.
- Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body also can indicate a heart attack. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach. These symptoms are more common for women.
- Shortness of breath may occur with or without chest discomfort.
- A cold sweat may develop.
- Fatigue is a common symptom of heart attack for women.
- Other symptoms may include nausea or light-headedness.

Not all these signs occur in every heart attack. If chest discomfort is present (especially with one or more of the other signs) wait no more than five minutes before calling 911 for help.



Patients Recognize Physicians for Doctors' Day

National Doctors' Day provides the opportunity to honor physicians throughout the U.S. each year who guide and treat patients to positively impact their health. During the month of March, Licking Memorial Health Systems (LMHS) celebrates the Medical Staff and their dedicated service. Patients from the community also are invited to recognize physicians by giving a donation to Licking Memorial Health Foundation (LMHF) in their physician's name. In 2015, a total of 40 contributors gave \$3,685 in amounts ranging from \$15 to \$625 to honor their physicians.

Tom and Karen Huffman showed their appreciation for the years of service Mark Mitchell, M.D., of Licking Memorial Internal Medicine provided to them by making an honorary donation in his name for Doctors' Day. The Huffmans describe Dr. Mitchell's care as "refreshing and comforting," and are especially thankful that he makes time to give full explanations to any questions they may have about their health care. "Those of us who have called him our doctor have been blessed by how he has touched our lives in such a special way," said Karen. "He always has up-to-date information, and strives to help make our lives better."

Jerry McClain recognized Craig Cairns, M.D., M.P.H., by making a donation, and he encourages others to do the same. "For more than 30 years, Dr. Cairns provided outstanding care for my family. I am truly thankful for his service to us, and honored to provide a donation in his name for technological advances within LMHS." Jerry is President of The Jerry McClain Companies and serves as a member of the Annual Support Committee on the LMH Development Council.

Shirley Johnson, a patient of Gerald Ehram, M.D., of Licking Memorial Internal Medicine, made a donation to the Health Foundation in her physician's honor. She took the opportunity to recognize Dr. Ehram, after being a patient of his for many years. She explained that she became his patient

soon after he began practicing in Newark. "I have such respect for him," she said. "The community has been so fortunate to have him and Dr. Mitchell as physicians."

Gifts also were received recognizing many other physicians in honor of Doctors' Day as well. Physicians who receive donations in their name receive an acknowledgement of the gift on the donor's behalf. Dr. Mitchell expressed his gratitude for the donation provided by Tom and Karen Huffman, "It is an honor to be recognized, and to know that this donation will contribute to technological advancement within the Health Systems," he said. "I appreciate the Huffmans' donation to LMHS, which helps us to continue expanding the services we offer to our local community."

Dr. Ehram is board-certified in internal medicine and is a senior Active Medical Staff physician with Licking Memorial Hospital. He was one of the founding members of Licking Memorial Health Professionals (LMHP) – a group of more than 100 healthcare professionals. Dr. Mitchell also a founding member of LMHP, joined the Licking Memorial Hospital Active Medical Staff in 1976 and Licking Memorial Health Professionals in 1995. He is board certified in internal medicine. Both physicians will retire in 2016 after 40 years of service.

Dr. Cairns currently serves as Vice President of Medical Affairs at LMHS and acts as a liaison between the Medical Staff and Hospital Administration, in addition to his role as the Hospital's Chief Medical Officer. He is board certified by the American Board of Family Practice and the American Board of Preventive Medicine.

The LMH Medical Staff includes approximately 160 physicians and 47 consulting physicians who provide their expertise and care to the community. Contributions to LMHF continue to benefit physicians, guests, and the entire Health Systems with technological advances for the Hospital. Throughout the year, those who wish to make a donation to LMHF in honor of their physician may contact the LMH Development Office at (740) 348-4102.

National Doctors' Day – March 30

In recognition of Doctors' Day, express your appreciation for your favorite physician by making a donation to Licking Memorial Health Foundation in his or her honor. Contributions will be designated for technological advances at Licking Memorial Hospital and assist us with our mission to improve the health of the community. 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

Please make checks payable and mail this form to **Licking Memorial Health Foundation**, 1320 West Main Street, Newark, OH 43055-9931. Credit/debit card gifts are accepted by phone at (740) 348-4102. Gifts are tax-deductible to the extent allowed by law.

New Appointment



Matthew R. Harris, D.O.,
joined Licking Memorial
Family Practice.

Most Licking County Residents at Low Risk for Zika Infection

Zika virus gained widespread national attention in January, when the Centers for Disease Control and Prevention (CDC) confirmed that a male Texas resident was the first patient in the U.S. to be identified with the disease. That patient had contracted the virus while traveling in El Salvador and developed symptoms after returning to Houston.

Although the virus was relatively unknown in the U.S. prior to January, it was first identified in monkeys in the Zika Forest region of Uganda in 1947. The first human cases were documented in 1952 in Uganda and Tanzania. The virus was determined to be spread primarily through the bite of *Aedes africanus* mosquitoes, and over the next five decades, it became common in many countries near the equator. Spread of the virus received little media attention since it usually caused minor (or no) symptoms. However, in 2015, Brazilian physicians suspected a link between pregnant women who contracted Zika virus and babies who were born with a serious neurological abnormality known as microcephaly. In addition, the virus was suspected to be linked to rare cases of Guillian-Barre syndrome that can affect members of both genders at any age.

Since January, many additional cases of Zika infection have been identified in the U.S., including some in Ohio and even Licking County. Nearly all those affected have been travelers who recently returned from equatorial countries where *Aedes aegypti* and *Aedes albopictus* mosquito are found. (Those mosquitoes are not among the 65 types of mosquitoes that are established in Ohio.) In February, cases of Zika infection were documented to have been transmitted by travelers who had visited equatorial regions and then, after returning to the U.S., spread the virus to sexual partners who had not traveled outside the country.

“Although the medical community still has a lot to learn about the Zika virus, there is no indication that it can be spread through casual contact, so the risk is low for Licking County residents who do not travel to affected countries,” stated Craig B. Cairns, M.D., M.P.H., Vice President Medical Affairs at Licking Memorial Hospital. “Our biggest concern is for pregnant women who have traveled to those warm-climate countries that the CDC has identified as regions of elevated risk. Pregnant women who recently traveled to those areas and are concerned should consult with their obstetrician.”

Most individuals who are infected with Zika virus do not become ill. If symptoms occur, they are usually mild and may include fever, rash, joint pain or conjunctivitis (red eyes) lasting up to one week. There is currently no vaccination available to prevent Zika infection, and treatment includes measures to relieve symptoms. The CDC advises that pregnant women should consider postponing travel to countries that have Zika outbreaks. For an up-to-date list of those countries, visit www.cdc.gov.



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



Shari L. Gallup, M.S.

Community Education – Dining with Diabetes

Date: Thursday, April 14
Thursday, April 21
Thursday, April 28

Location: LMH First Floor Conference Rooms

Time: 5:30 p.m.

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

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

Dining with Diabetes is presented by Licking Memorial Health Systems in partnership with The Ohio State University Extension Office and the Licking County Senior Levy. Advanced registration is required to attend the three-part program. Please call (740) 670-5315 to register. The cost, which is due at the time of registration, is \$10 for senior citizens (age 60 and over) and \$20 for all other participants. Space is limited – please register by Friday, April 8.

Physician Spotlight

Laurie J. Schaeffer, D.O., joined Licking Memorial Dermatology – Pataskala in September 2014. Dr. Schaeffer received her Doctor of Osteopathic Medicine degree from the College of Osteopathic Medicine at Ohio University in Athens, Ohio. She completed an internal medicine internship and residency with Doctors Hospital in Columbus. She completed a dermatology residency with Pontiac Osteopathic Medical Center in Pontiac, Michigan. Dr. Schaeffer is board certified in dermatology.

As a dermatologist, Dr. Schaeffer specializes in the prevention, diagnosis and treatment of skin diseases and disorders. She is accepting new patients at her office, which is located at the Pataskala Health Campus, One Healthy Place, Suite 205, in Pataskala.



Ask a Doc – Psoriasis Problems with Laurie J. Schaeffer, D.O.

Question: My psoriasis always seems to worsen during the winter. What can I do to help prevent flare-ups?

Answer: Psoriasis is an autoimmune disease that causes raised, red, scaly patches to appear on the skin, typically on the scalp and the outsides of the elbows and knees. During the winter, the combination of cold temperatures, dry air and decreased exposure to sunlight can contribute to flare-ups. In addition, because psoriasis is an autoimmune disease, anything that affects the immune system also can have a negative impact on your psoriasis. For example, having a cold or the flu, which tend to be more common during the winter, potentially can aggravate your condition.

According to the National Psoriasis Foundation, as many as 7.5 million Americans currently are living with psoriasis. Many individuals with psoriasis find that their condition worsens during the winter months. However, there are several steps you can take to help prevent and alleviate flare-ups.

Frequent moisturizing can help to calm your skin and reduce itchiness. Ensure that you apply a creamy moisturizer immediately after showering, bathing, or washing your hands in order to lock in moisture. Utilize a moisturizing soap, and opt for fragrance-free products to reduce the likelihood of negative reactions. While anti-itch products may be beneficial at times, be aware that some ingredients such as calamine or hydrocortisone may cause irritation or dryness when used in excess.

The use of a humidifier in your home also can help to counteract the effects that dry winter air and indoor heating may have on your skin. Set up a humidifier in your bedroom for the best results. It is important that you follow all directions for properly cleaning your humidifier in order to prevent the buildup of bacteria.

While it may be tempting to take a long shower in hot water, doing so strips moisture from the skin. Instead, limit your showers to ten minutes or less, and ensure that the water is lukewarm. Bathing can be a relaxing alternative to showers for individuals with psoriasis. The National Psoriasis Foundation recommends adding oatmeal, Epsom salts, Dead Sea salts, or

oils such as olive oil or coconut oil to the bath to help reduce itchiness and soothe the skin. Soak for no more than 15 minutes and ensure that you apply moisturizer immediately following your bath.

In order to protect your skin from cold air and wind, dress in soft layers. Choose cotton instead of fabrics such as wool or denim, which can irritate the skin. Dressing in layers allows you to remove clothing as needed in order to avoid getting overheated, as sweating can lead to psoriasis flare-ups.

Because getting sick can exacerbate your psoriasis, it is particularly important that you take precautions to avoid winter illnesses. Get plenty of sleep each night, wash your hands frequently (always following with a moisturizer), and take steps to reduce sources of stress in your life. Ensure that you receive a flu vaccination each year, preferably no later than October. Finally, drink plenty of water, and follow a healthy diet and exercise routine to support your immune system. While a mild illness such as a cold is generally treatable with over-the-counter medications and plenty of rest, those with psoriasis may wish to visit their physician in order to address flare-ups caused by the illness.

In addition to its physical effects, it is important to keep in mind that psoriasis can play a major role in one's emotional and mental health as well. If your condition negatively impacts your mood or causes disruptions to your everyday life – such as strained relationships with family members, friends, or colleagues – you may wish to seek counseling services in addition to the treatments prescribed by your physician. Because stress can trigger psoriasis flare-ups, you may even find that taking the time to address your mental health can have a positive impact on your skin condition.

If your psoriasis always worsens during the winter, schedule an appointment with your primary care physician or dermatologist. Adjustments to your treatment plan may help to ease your psoriasis and make for a more comfortable and manageable winter.



Quality Reporting to the Community

Patient Story and Benchmarks for Cancer Care

Scott Davis found a team of caring professionals at Licking Memorial Hospital who helped him every step of the way through his treatment for colorectal cancer.

Patient Story – Scott Davis

There was a great deal of information for Scott Davis to process while he lay in a bed at Licking Memorial Hospital (LMH) in January 2014. Scott had been experiencing intermittent constipation for months. He was expecting to have a colonoscopy in the coming week, but his world changed suddenly as his symptoms worsened, and he found himself fitted with a colostomy bag and surrounded by family with the shocking revelation that he had stage 3-B colorectal cancer.

At home, Scott had tried over-the-counter remedies for his symptoms, but the constipation persisted off and on, and he began to lose weight. Scott visited his primary care physician, Jason M. Winterhalter, M.D., who referred him to Gastroenterologist David E. Subler, M.D. Before the scheduled appointment with Dr. Subler, Scott developed severe abdominal pain and vomiting, and his wife, Kim, rushed him to the LMH Emergency Department.

The Emergency Department physician ordered a CT scan of Scott's abdomen, which indicated an abnormality. Dr. Subler performed a flexible sigmoidoscopy in the GI Lab and discovered that a tumor was blocking Scott's colon. General Surgeon Brent M. Savage, M.D., performed surgery on the following day to remove the tumor, as well as the affected portion of Scott's colon where the tumor had grown through the intestinal wall. Dr. Savage then performed a colostomy with the hope that it would be temporary.

Just 42 years old at the time, Scott had no family history of colorectal cancer and had never had a screening colonoscopy. "It never occurred to

me that I might have cancer," Scott said. "The news was a big shock. My first thought was, 'I'm going to die.'" As Scott and Kim came to terms with the cancer diagnosis, they found great comfort in the LMH staff's care. "They weren't just doing their jobs. I could tell that they genuinely care about their patients and go 'above and beyond' anytime they can," he explained. "There was a strawberry vitamin supplement that I was supposed to drink, but I thought it tasted terrible. My nurse took the time to go to the Hospital's Café to get some ice cream and mix it with the supplement into a milkshake that tasted much better. That kind of attention made a big difference for me."

Scott was discharged from the Hospital after 10 days so that he could recuperate from the surgery at home, taking six weeks' medical leave from his job as manager at Larry Harer Inc., a Goodyear dealership in Heath. His focus was to heal from the surgery and gain back weight to prepare for chemotherapy. Kim noticed a difference in his health immediately. "Obviously, the tumor had been growing for a long time. As soon as it was removed, Scott started regaining the weight he lost and was like a new person," she said.

Scott soon met with Hematologist/Oncologist Aruna C. Gowda, M.D., to develop his treatment strategy. "Dr. Gowda is very thorough. She explained each step of the chemotherapy process. She recommended that I have 12 treatments and assured me that if I had any side effects, such as fatigue or nausea, she could prescribe medications to control

the symptoms. She also told me that with the type of chemotherapy I was going to have, I probably would not lose my hair. I wouldn't have cared, just so long as I lived."

On March 6, 2014, he returned to the Surgery Department, and Dr. Savage implanted a port in Scott's chest to receive the chemotherapy drugs. In spite of Dr. Gowda's assurances and a great deal of research on colorectal cancer, Scott still approached his first chemotherapy treatment with apprehension. He recalled, "It was scary at first because I did not really know how it was going to feel."

To Scott's relief, the first chemotherapy treatment, as well as the remaining treatments, went very smoothly. "My chemo sessions were always scheduled on a Monday, which is my day off, so I would not miss work. My dad usually accompanied me, and we'd talk or watch TV during my treatments that lasted five to six hours. I never had any trouble with nausea or tiredness, and just as Dr. Gowda had said, my hair did not fall out."

Scott added, "Dr. Gowda and the whole Oncology staff were awesome. They gave me a feeling of hope and made the chemotherapy process feel like normal life. They motivated me to be positive about the experience."

Scott was given additional chemotherapy drugs after each Monday session to fill his infusion pump at home on Tuesday and Wednesday. At his twelfth and final session, the Oncology staff presented him with a cake to help him celebrate.

Cancer 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. Statistics are collected for all screening mammograms to assess the accuracy of the testing. Some parameters that are determined include the probability that any individual case of breast cancer will be identified by the mammogram and the probability of the mammogram correctly identifying patients who do not have cancer.

	LMH 2012	LMH 2013	LMH 2014	Goal
Percentage of cancers correctly identified by the mammogram	97.1%	96.5%	95.0%	78%⁽¹⁾
Percentage of patients without cancer correctly identified by the mammogram	99.7%	99.7%	99.4%	90%⁽²⁾

2. Screening mammograms are conducted to detect breast cancer before the patient has any noticeable symptoms. Breast cancer is most easily and effectively treated when it is diagnosed in its early stages. Although the results from most screening mammograms are negative – meaning no cancer was detected – for patients who are found to have breast cancer, the screening mammogram may have been life-saving technology. Licking Memorial Hospital (LMH) tracks the number of screening mammograms that have positive interpretations, meaning that the tests detected cancer that may have remained unnoticed until it was more advanced.

	LMH 2012	LMH 2013	LMH 2014	Goal
Cancer detection rate with positive interpretations (per 1,000 screening mammograms)	3.1	3.3	5.6	2 to 10⁽³⁾

3. Chemotherapy drugs are toxic and could be dangerous if not prepared correctly. Therefore, LMH follows a rigorous five-step safety procedure to prevent chemotherapy errors.

	LMH 2012	LMH 2013	LMH 2014	Goal
Number of chemotherapy medication errors negatively impacting patients	0	0	0	0

4. When a person is either diagnosed with or treated for cancer, the person is entered into the Cancer Registry. It then is the responsibility of the accredited organization to follow up with the person for the rest of his/her life on an annual basis to encourage appropriate care. Cancer Registry staff also may contact the primary care physician to ensure the health of the patient.

	LMH 2012	LMH 2013	LMH 2014	Goal
Cancer Registry patients with annual follow-up	93%	94%	93%	greater than 80%

5. Clinical research ensures that patient care approaches the highest possible level of quality. There is no minimum requirement for how many patients are placed in cancer-related clinical trials in a community hospital cancer program; however, to provide maximum service, LMH offers access to national clinical trials to patients as a member of the Columbus Community Clinical Oncology Program.

	LMH 2012	LMH 2013	LMH 2014	Goal
Newly diagnosed and/or treated patients in clinical trials	11.3%	9.0%	8.0%	greater than 2%

Cancer Care – How do we compare? (continued on page 20)



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

Dr. Savage performed a colonoscopy a few weeks later and found no traces of cancer. He also removed the chemotherapy port from Scott's chest.

In November 2014, Scott and Kim visited Dr. Savage to make arrangements to have the colostomy reversed and the healthy bowel resected. They noticed a poster in the lobby of the Licking Memorial Surgical Services office that announced that Dr. Savage had been named 2014 LMH Physician of the Year by other members of the Medical Staff. Throughout the previous nine months, Scott and Kim had developed a deep respect and trust for Dr. Savage and were pleased that his skills were recognized by the award. "We think

he's a superstar," Scott said. "He is very humble, but he has so much knowledge and amazing surgical skills. I never had any complications with my surgeries, and he was so caring."

Scott had unexpected visitors in his Hospital room following the bowel resection. Some of the Oncology nurses took the time to stop by to congratulate him on his progress.

"I've learned so much about the journey of cancer treatment," Scott said. "I thought it was going to be horrific, but there was a whole team of very caring professionals there with me every step of the way. They made me feel so much at ease and like my life was normal again. Between the LMH staff,

my family, friends and coworkers, I had a very strong support system."

Scott had a one-year follow-up colonoscopy in September 2015, and a CT scan and chest X-ray in January 2016. The news was exciting. "All three tests found no signs of cancer," Scott reported. "I celebrated with a little happy dance!"

Licking Memorial Hematology/Oncology is staffed by three board-certified physicians. The Hematology/Oncology Department at LMH is accredited by the American College of Surgeons' Commission on Cancer.

Cancer Care – How do we compare? (continued from page 19)

6. In an effort to prevent and promote early detection and treatment of cancer, the physician offices of Licking Memorial Health Professionals (LMHP) measure and track results of cancer screening tests for breast cancer, cervical cancer and colorectal cancer for all active patients. Active patient population is defined as patients seen within the last three years.

	LMHP 2012	LMHP 2013	LMHP 2014	National Average ⁽⁴⁾
LMHP patients who received screening tests for:				
Breast cancer	84%	84%	83%	64%
Cervical cancer	83%	83%	83%	73%
Colorectal cancer	64%	65%	64%	58%

Data Footnotes: (1) Kolb TM, Lichy J, Newhouse JH. Comparison of the performance of screening mammography, physical examination, and breast ultrasound and evaluation of factors that influence them: an analysis of 27,825 patient evaluations. *Radiology*. 225(1):165-75, 2002. Oestreicher N, Lehman CD, Seger DJ, Buist DS, White E. The incremental contribution of clinical breast examination to invasive cancer detection in a mammography screening program. *AJR Am J Roentgenol*. 184(2):428-32, 2005. (2) Bassett LW, Hendrick RE, Bassford TI, et al, Quality determinants of mammography: Clinical practice guidelines, No. 13. Agency for Health Care Policy and Research Publication No. 95-0632. Rockville, MD: Agency for Health Care Policy and Research, Public Health Services, US Department of Human Services, 1994. (3) D'Orsi CJ, Bassett LW, Berg WA, et al, BI-RADS: Mammography, 4th Edition in: D'Orsi CJ, Mendelson EB, Ikeda DM, et al: Breast Imaging Reporting and Data System: ACR BI-RADS – Breast Imaging Atlas, Reston, VA, American College of Radiology, 2003. (4) Percentages are compiled by averaging Commercial, Medicare and Medicaid data as reported in "The State of Health Care Quality 2012," Healthcare Effectiveness Data and Information Set, "Measures of Care."

Health Tips – Risk Factors for Colorectal Cancer

The risk of getting colorectal cancer increases with age and is greater in men than in women. The Centers for Disease Control and Prevention (CDC) reports that more than 90 percent of colorectal cancer cases develop in patients older than 50 years of age.

Although colorectal cancer can affect anyone, the following health factors increase the risk:

- Inflammatory bowel disease, Crohn's disease or ulcerative colitis
- Medical history of colorectal cancer or polyps
- Family history of colorectal cancer or polyps
- A genetic syndrome that predisposes the patient to colorectal cancer

The CDC says the following lifestyle factors also may contribute to an increased risk of colorectal cancer:

- Lack of regular physical activity
- Low consumption of fruit and vegetables
- Low fiber, high fat diet
- Being overweight or obese

Importance of Colorectal Cancer Screening

According to a recent report by the Ohio Department of Health, Licking County's colorectal cancer mortality rate per 100,000 residents is 20 percent, compared to Ohio's mortality rate of 16 percent. In addition, from 2008 to 2012, cancer was detected after it had progressed to its late stages 57 percent of the time among Licking County's colorectal cancer patients, compared to 50 percent in the state of Ohio.

These numbers demonstrate the importance of colorectal cancer screenings. With colorectal cancer screenings, physicians often are able to detect precancerous polyps and early-stage malignant tumors when they are the most easily treated.

Patients who do not have symptoms or an increased risk of colorectal cancer are usually advised to begin regular screenings at age 50. LMHS offers four types of colorectal screening tests: colonoscopy, flexible sigmoidoscopy, high-sensitivity fecal occult blood test and Cologuard® at-home kits that test the patient's DNA and detects the presence of blood in the stool.

Colonoscopy allows the gastroenterologist to view the entire large intestine while the patient usually is sedated. It is considered to be the "gold standard" of colon cancer screening methods because the physician is able to see any abnormalities directly. In addition, the physician may be able to remove polyps, if present, during the procedure.

Although colonoscopy provides the most accurate assessment of a patient's colon health, Licking Memorial Health Systems' physicians have a new option that they can prescribe. The Cologuard kit received FDA approval in 2014

as a colorectal cancer screening tool for patients who are considered to be at average risk (see Health Tips – Risk Factors for Colorectal Cancer on page 20), and are not experiencing any symptoms of colorectal cancer, such as: blood in or on the stool, constant stomach pain, and unexplained weight loss. With Cologuard, the patient collects stool samples at home and sends them to a testing laboratory. Patients who have any questions about colorectal cancer screening options should consult their primary care physician.



Even F. Wang, M.D.

Community Education – Alzheimer's Disease and Dementia

Date: Thursday, April 7

Time: 6:00 p.m.

Location: LMH First Floor Conference Rooms

Speaker: Even F. Wang, M.D.

As the large "Baby Boomer" generation continues to advance in years, millions of Americans will be confronted by a new challenge – living with or caring for a loved one with dementia or Alzheimer's Disease. Unfortunately, there is no cure for either at this time. While there is exciting, ongoing research that may one day result in a cure, the more pressing issue is: how to care for loved ones suffering from dementia or Alzheimer's Disease? This educational session will cover basic information about dementia and Alzheimer's Disease, the progress of ongoing research, the challenges that many patients and families face with this disease, and how Licking Memorial Health Systems can help.

Join Neurologist Even F. Wang, M.D., to learn more about dementia and Alzheimer's Disease, on Thursday, April 7, 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, registration is required. To register, please call (740) 348-2527 or visit www.LMHealth.org.

Quality Reporting to the Community

Patient Story and Benchmarks for Maternity Care

Patient Story – Kelly, Chris and Vada Skidmore



After four and one-half years of marriage, Kelly and Chris Skidmore nervously approached their first child's due date of December 14, 2014. Kelly had done her homework, carefully selecting the providers to give the best possible care for herself and her unborn baby.

"We had just moved to the Granville area shortly before learning that I was pregnant," Kelly said. A senior Digital Marketing Strategist at RevLocal, Kelly had turned to her coworkers for advice. "The women I work with recommended that I go to Licking Memorial Women's Health for my prenatal care. Since those physicians deliver babies at Licking Memorial Hospital, which is located so close by, it was a natural fit. Besides, I had heard very good things about the Hospital."

Three months into her pregnancy, Kelly saw Loretta Long, C.N.M., for her initial visit. At regular appointments throughout her pregnancy, Kelly's vital signs were checked, her weight was documented, her abdomen was measured and the fetal heart beat was monitored. Chris, Recreation Superintendent for the City of Reynoldsburg Parks and Recreation Department, eagerly accompanied Kelly to each appointment, preparing for his role as a new father. "We always enjoyed the visits. The entire staff was very helpful and informative, and it was exciting to see the baby's growth," he said.

Kelly attended a Breastfeeding Class at Licking Memorial Hospital (LMH) to help her provide the optimum nutrition for her newborn upon birth. The class participants had an opportunity to tour

the Maternity Department, and Kelly was impressed by the labor and delivery facilities, as well as the private mother-baby post-partum suites. Kelly had ultrasounds performed at three and six months to assess the fetus' development. "Everything was looking good," she said. "I did not have any complications until near the end." At an office visit on December 11, Loretta Long discovered that the fetus was in a breech position, meaning that the buttocks, instead of the head, would enter the birth canal first. This far into the pregnancy, there was a high probability that the fetus would not have enough space in utero to move enough to correct the position. To avoid the risks associated with vaginal breech deliveries, Kelly was scheduled for a C-section delivery by Alene K. Yeater, M.D., on December 15.

However, those plans changed on Saturday, December 13. "At 2:00 p.m., we were at home, and Chris was getting ready to go to work when my water suddenly broke. By all outward indications, I was well prepared – I had received childbirth education, toured the Maternity Department, and put a packed overnight bag by the front door – but I had Monday's original C-section date deeply ingrained in my mind. Even though this was happening just two days early, it was a little bit of a shock to me," Kelly recalled.

"At the Hospital, the staff was very friendly and reassuring," Kelly continued. "Chris and I were obviously nervous, but the staff gave us the overall game plan, detailing what was going to happen. Their confident and professional

demeanor had a very calming effect on us," Kelly said.

Kelly was escorted to the Labor and Delivery room for the initiation of the epidural anesthesia. Then Chris was brought into the Labor and Delivery room to witness Dr. Yeater's C-section delivery of the couple's new baby girl, Vada.

After an initial bonding period, Kelly was taken to her private mother-baby suite, and Chris stayed with Vada while a nurse bathed her and recorded her measurements. Then the young family was reunited in the mother-baby suite, where Vada breastfed, and Chris and Kelly had some private time to enjoy their new baby. "It was nice to keep her so close and have the time to hold her," Kelly said.

Kelly's mother-baby suite became a home-away-from-home as all four grandparents gathered round to greet the newest family member. The Maternity staff brought in a rollaway bed and welcomed Chris to stay with Kelly and Vada throughout their entire Hospital stay. Staff members were careful to give the young family privacy, yet they remained close by and checked in frequently to teach parenting skills and monitor the mother's and baby's health.

"The care was really good," Chris said. "The first time I was alone in the room with Kelly and Vada, I realized it was 'go time.' I was a dad now, and there was a lot that I needed to learn. I was glad that the nurses were close by to show us what needed to be done."

Maternity 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. According to the American Academy of Pediatrics, small-for-gestational-age infants are those who are born weighing less than the 10th percentile for their given gestational age. At term, this weight is 2,500 grams (5 pounds, 8 ounces). Many factors contribute to low birth weight, including lack of prenatal care, a mother's poor nutritional status before and during pregnancy, and drug, tobacco or alcohol use during pregnancy. Low birth-weight infants are at increased risk for health problems. Adequate prenatal care and healthy practices can significantly reduce the incidence of low birth-weight deliveries. In 2015, there were 1,091 babies delivered at Licking Memorial Hospital (LMH) – 75 of those babies weighed less than 2,500 grams.

	LMH 2013	LMH 2014	LMH 2015	National ⁽¹⁾
Low birth-weight infants	5.7%	4.4%	5.7%	8.0%

2. Smoking during pregnancy is the most important modifiable risk factor associated with adverse pregnancy outcomes.⁽²⁾ It is associated with 5 percent of infant deaths, 10 percent of pre-term births, and 30 percent of small-for-gestational-age infants.⁽³⁾ Because pregnancy smoking rates in Licking County are higher than the national rate, Licking Memorial Women's Health providers have increased their efforts to assess patients' active smoking during pregnancy at each office visit, counsel patients to quit smoking, and refer each pregnant smoker to LMHS' free "Quit for You, Quit for Your Baby" tobacco cessation program.

	LMH 2013	LMH 2014	LMH 2015	National ⁽³⁾
Patients who reported smoking during pregnancy	21%	19%	19%	12%

3. Group B streptococci (GBS), which emerged in the U.S. in the 1970s, is an infection that is associated with illness and death among newborns. Most neonatal GBS infections can be prevented through screenings and, if needed, by giving an antibiotic to the mother before delivery.

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Mothers with GBS receiving antibiotic within 4 hours prior to delivery	97%	96%	99%	97%
Number of newborns testing positive with GBS	0	0	0	0

4. Cesarean section deliveries (C-sections) should be performed only when necessary. Lower percentages demonstrate success in avoiding unnecessary surgeries and the risks associated with surgery.

	LMH 2013	LMH 2014	LMH 2015	National ⁽⁴⁾
Maternity patients who had a C-section	24%	23%	24%	31%
First-time C-sections	13%	11%	12%	16%

5. Elective deliveries are scheduled in advance rather than occurring naturally, either through induction or C-section. Studies have shown that elective inductions performed before 39 weeks' gestation have higher rates of newborn complications, higher C-section rates, and longer hospital lengths-of-stay for mothers. LMH has chosen to follow the American Congress of Obstetrics and Gynecology's stricter recommendations, and will perform elective inductions only after 41 weeks' gestation.

	LMH 2013	LMH 2014	LMH 2015	National ⁽⁵⁾
Elective deliveries performed before 39 weeks	0%	0%	0%	4%

Maternity Care – How do we compare? (continued on page 24)



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

6. Exclusive breastfeeding is recommended as the optimal nutrition for infants for the first six months of life, with continued breastfeeding after the introduction of solid foods for the first year or longer, if desired. The American Academy of Pediatrics (AAP), ACOG, World Health Organization and other healthcare organizations support this recommendation recognizing the significant lifelong health benefits of breastfeeding for both mother and child. The AAP recommends breastfeeding should be initiated within one hour of the infant’s birth and recommends against routine supplementation of newborn infants with formula or glucose water unless medically indicated. LMH provides prenatal education as well as support and assistance during the postpartum period to help mothers achieve their goals for successful breastfeeding.

	LMH 2013	LMH 2014	LMH 2015	LMH goal
Breastfeeding rate upon discharge	57%	55%	59%	greater than 55%
Breastfed infants receiving exclusive breast milk prior to discharge	80%	78%	76%	greater than 74%

7. Gestational diabetes (GDM) is one of the most common clinical issues during pregnancy. The prevalence of GDM ranges from 2 to 5 percent of all pregnancies in the U.S., and all expectant patients should be screened between 24 and 28 weeks’ gestation. Licking Memorial Health Professionals (LMHP) obstetricians screen pregnant patients for GDM by 29 weeks.

	LMHP 2013	LMHP 2014	LMHP 2015	LMH Goal
LMHP pregnant patients screened for GDM by 29 weeks	96%	96%	97%	greater than 90%

Data Footnotes: (1) Preliminary data for 2013. National Vital Statistics Reports, 63(2). Hyattsville, MD: National Center for Health Statistics. Available at http://www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63_02.pdf. (2) Heffner, LJ, Sherman, CB, Speizer, FE, Weiss, ST. Clinical and Environmental Predictors of Preterm Labor. *Obstetrics and Gynecology* 1993; 81:750. (3) Tong, VT, Dietz, PM, et al. Trends in Smoking Before, During and After Pregnancy – Pregnancy Risks Assessment Monitoring System (PRAMS), United States, 40 sites, 2000-2010. (4) National Vital Statistics Reports, Volume 62, Number 9, December 30, 2013. Available at www.cdc.gov/nchs/data/nvsr/nvsr62/nvsr62_09.pdf#table21. National Vital Statistics Reports, Volume 63, Number 1, January 23, 2014. Available at www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63_01.pdf. (5) HospitalCompare.hhs.gov Comparative Database. (6) MIDAS+ CPMS Comparative Database.

Patient Story – Kelly, Chris and Vada Skidmore (continued from page 22)

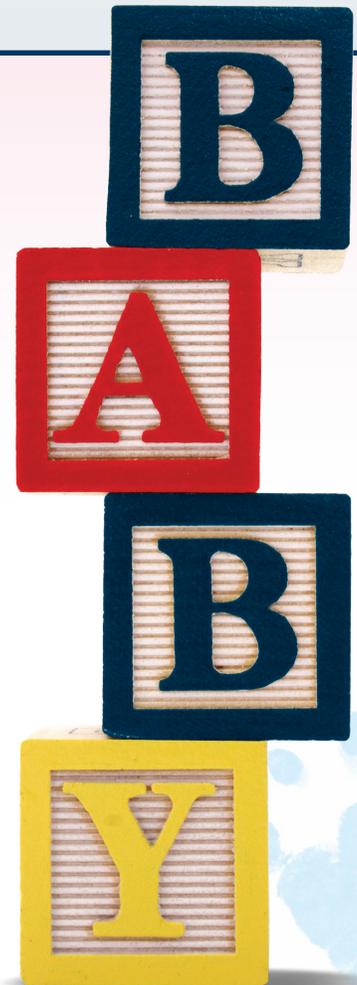
“The lactation consultant stopped by a few times, and she was really helpful,” Kelly added. “I found that breastfeeding was a little tricky, and I had questions.” The consultant was able to give Kelly some tips to make breastfeeding easier, and showed her how to use the electric breast pump that she had earned by fulfilling LMH’s Breast Promotion & Support Program requirements.

On the Skidmore’s last evening at LMH, they were served a complimentary gourmet dinner for two in the mother-baby suite. “It was fantastic,” Chris said. “We both had the fettuccine Alfredo. The food was really good, but more importantly, the dinner gave Kelly and me an opportunity to relax. We really appreciated that special touch.”

“I was so happy with my care at LMH,” Kelly said. The nurses were phenomenal.

They were very patient and sweet – everyone was very good to us.” Chris agreed that he was very satisfied with LMH’s care. “The Hospital is first-class,” he said. “The community should know the tremendous asset we have in our backyard. It is so nice to be able to stay local and receive such excellent care. If Kelly and I have a second child, we’ll definitely come back to LMH.”

Before Chris and Kelly left the Hospital with Vada, two nurses examined their family car. They ensured that Vada would be riding in an approved car seat that was installed properly in a rear-facing position in the car’s back seat. After this final precaution, Chris and Kelly took Vada home for the first time, grateful for the exemplary beginning of their new daughter’s life.



Commemorate a New Baby with the LMH Cradle Roll Program

You are invited to celebrate and commemorate the arrival of a new baby through a gift to the Cradle Roll Program at Licking Memorial Hospital.

Three levels of giving are available:

Cradle Roll Bronze (\$25 to \$149)

Cradle Roll Silver (\$150 to \$249) – Babies honored at the Silver level will receive a beautiful, handcrafted step-up stool (choice of two finishes).

Cradle Roll Gold (\$250 or more) – Babies honored at the Gold level will receive a striking, handcrafted child-size rocker (choice of two finishes).

A gift of any amount will receive:

- A receipt for your contribution
- A letter of acknowledgement to the honoree's family
- The names of the baby and the donor placed in the Cradle Roll log in the Main Lobby of the Hospital
- Your gift listed in Licking Memorial Health Systems' *Community Connection* magazine and Annual Report

For more information, or to make a donation, please call (740) 348-4102. To print a donation form, visit www.LMHealth.org. Gifts are tax-deductible to the extent allowed by law.

Handcrafted step-up stool
(Shown with natural cherry finish)



Handcrafted child-size rocker
(Shown with natural maple finish)



Mother-Baby Home Wellness Checks Following Delivery

Licking Memorial Hospital (LMH) is now offering free mother-baby home wellness checks following delivery for new mothers who live in Licking County. Under the new program, a home visit is scheduled with mothers shortly after discharge from the Hospital. The visit typically lasts 30 to 45 minutes, and gives new mothers an opportunity to ask questions that arise regarding the care of their babies. Since inception of the program in April 2015, 126 mothers have benefitted from this program.

Karen Thompson, C.N.P., said that she usually introduces herself to the new mothers while they are still in LMH's Maternal Child Department. "In most cases, I meet the new mother and baby for the first time in their private suite. I explain that the home visit is an extension of the quality care that is provided by the LMH Maternity Department to support new moms as they transition from the Hospital to their home environment.

While I cannot make medical decisions or write prescriptions, I can help them with breastfeeding concerns, routine infant care procedures, umbilical cord care, assessment for jaundice, heartbeat check, skin care, or any other aspect about the baby's well-being. I also offer blood pressure checks for the moms." Karen added, "Many new moms appreciate the visit because it gives them an opportunity to ask questions and receive advice or feedback on how the baby is doing. The visit also helps bridge the gap between discharge and the baby's first follow-up appointment, which may be a week or more following discharge from the Hospital."

In addition to providing a follow-up assessment of the newborn, education is given on topics such as vaccinations, the baby's developmental milestones, safe sleep practices, signs and symptoms of postpartum depression, smoking cessation and the importance of smoke

and carbon monoxide detectors in the home. Referrals also are provided for additional Licking County resources to help address any specific needs that were identified during the visit. For more information about the Mother-Baby Home Wellness Check program, please call (740) 348-7849.



Health & Fitness Fest

Sponsored by:
Licking County Family YMCA, Denison University and Licking Memorial Health Systems

- Health screenings • Zumba
- Gymnastics • Track sprints
- Yoga • Healthy snacks
- Obstacle course • Inflatables
- Face painting & balloons

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

Saturday, April 9
12:00 Noon – 3:00 p.m.

**Licking County Family
YMCA Mitchell Center**
470 West Church Street, Newark



Active•Fit
YOUTH WELLNESS EVENT

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

Visit www.ActiveFit.org or call (740) 348-1560 for details.

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

Period 1 Active•Fit Winners Honored

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 1. Participants in the Youth Wellness Program who completed their fitness goals between September 1 and December 31 were entered into a special drawing. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 2 for 2015-2016 began January 1 and continues through April 30.

- | | |
|--|---|
| 1. Xbox Kinect & Xbox Game
Cody Stumbo, Licking Valley Intermediate | 12. \$100 Dick's Sporting Goods Gift Card
Gage Larrison, Northridge Primary |
| 2. Xbox Kinect & Xbox Game
Trevor Wilstead, Pataskala Elementary | 13. \$100 Dick's Sporting Goods Gift Card
Catalina Lewis, Northridge Intermediate |
| 3. Bicycle
Jonathan Cangelosi, Kirkersville Elementary | 14. \$100 Dick's Sporting Goods Gift Card
Dylan Price, Hillview Elementary |
| 4. Bicycle
Alexis Smail, Licking Valley Elementary | 15. \$50 Dick's Sporting Goods Gift Card
AJ Buckenberger, Utica Elementary |
| 5. Nike Shoes & iPod Nano with iTunes Gift Card
Analilia Cortes, McGuffey Elementary | 16. \$50 Dick's Sporting Goods Gift Card
Benjamin Dodson, Northridge Primary |
| 6. Nike Shoes & iPod Nano with iTunes Gift Card
David Kraft, Northridge Primary | 17. \$50 Dick's Sporting Goods Gift Card
Rex Dornoo, Legend Elementary |
| 7. iPod Nano with iTunes Gift Card
Avery Peet, John Clem Elementary | 18. \$50 Dick's Sporting Goods Gift Card
Dakoda Dunlap, Garfield Elementary |
| 8. iPod Nano with iTunes Gift Card
Cadence Tolliver, Pataskala Elementary | 19. \$50 Dick's Sporting Goods Gift Card
Kylie Miller, Legend Elementary |
| 9. \$100 Dick's Sporting Goods Gift Card
Miley Barringer, Hillview Elementary | 20. \$50 Dick's Sporting Goods Gift Card
Kilion Monske, Garfield Elementary |
| 10. \$100 Dick's Sporting Goods Gift Card
Bryce Casteel, John Clem Elementary | |
| 11. \$100 Dick's Sporting Goods Gift Card
Jesse Cloud, Carson Elementary | |



For more information, or to register for the free Active•Fit Youth Wellness Program at any time throughout the year, please visit www.ActiveFit.org.

Walk with a Doc

The Walk with a Doc program continued throughout Licking County in recent months. At each event, participants had the opportunity to ask general questions concerning a variety of health-related topics during a casual 40-minute walk.

In December, Donald Fairbanks, M.D., of Licking Memorial Family Practice – North Newark discussed healthy lifestyle changes while leading attendees on a brisk walk through the Cherry Valley Road bike path. Podiatrist Ralph Napolitano, D.P.M., provided information on choosing athletic shoes at the Licking County Family YMCA in Newark in January. OB-GYN Janae Davis, M.D., of Licking Memorial Women's Health offered tips for women to be healthy at any age in February at TAD Sports in Granville. In March, Eric Pacht, M.D., of Licking Memorial Pulmonology and Sleep Medicine discussed pulmonary and sleep concerns at Rotary Park in Newark.

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



walk WITH a
DOC

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.

Asegid Kebede, M.D.



LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) honored Asegid Kebede, M.D., for his commitment to

The Caduceus Society. Dr. Kebede joined Licking Memorial Pulmonology and Sleep Medicine in May 2014. He received his Doctor of Medicine degree from Jimma University in Jimma, Ethiopia, and completed an internal medicine residency at St. Johns Episcopal Hospital/State University of New York in New York, New York. He also completed a fellowship in pulmonary and critical care medicine at the State University of New York. In addition, Dr. Kebede has traveled to Australia and Switzerland for further training. His major areas of interest include lung cancer, pleural disease, critical care, lung procedures and bronchoscopy.

Dr. Kebede is a fellow of the American College of Chest Physicians, the American Thoracic Society and the American College of Physicians. He is board certified in pulmonary disease, sleep medicine, internal medicine and critical care medicine.

Maria Limperos, Pharm.D., and Richard Limperos, M.D.



LMHS President & CEO Rob Montagnese (right) Vice President Development & Public Relations Veronica Link (left) also recognized Maria Limperos, Pharm.D., and Richard Limperos, M.D., for their membership in The Caduceus Society. Maria joined the Licking Memorial Hospital Pharmacy in December 2015. She received her Doctor of Pharmacy degree at The Ohio State University in Columbus. She completed a residency in pharmacy practice at Riverside Methodist Hospital in

Columbus. Maria is a member of the Central Ohio Society of Health System Pharmacists, Ohio Society of Health System Pharmacists, American Society of Health System Pharmacists, Ohio Pharmacists Association, American Pharmacists Association and Kappa Psi Pharmaceutical Fraternity.

Dr. Limperos joined Licking Memorial Emergency Medicine in July 2015. He received his Doctor of Medicine degree from Northeast Ohio Medical University in Rootstown, Ohio, and completed a residency in emergency medicine at The Ohio State University in Columbus. Dr. Limperos is a member of the American College of Emergency Physicians, Society for Academic Emergency Medicine, and American Institute of Ultrasound in Medicine. He is board certified in emergency medicine.

The couple reside in Hilliard with their three children – Anthony, Michael and Gia. In her free time, Maria volunteers at Hilliard City Schools, and enjoys singing, social media, Greek dancing, Zumba and hip-hop workouts, and spending time with family. Dr. Limperos' interests include gardening, swimming and jogging.

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.

Dorothy and Eschol Curl, Jr.



LMHS President & CEO Rob Montagnese (right) welcomed Dorothy and Eschol Curl, Jr., into The William Schaffner Society. Eschol was born in Dublin, Georgia, and grew up in Savannah, Georgia, before later moving to Atlanta. He earned a bachelor's

degree from Berry College in Rome, Georgia, with a major in business and a minor in sociology. Upon graduation, he joined State Farm as a management trainee in Jacksonville, Florida, where he met his future wife, Dorothy. After serving State Farm in several geographic locations and professional capacities, Eschol retired as Vice President of Operations for the Mid-America Zone in 2011 after 39 years with the company.

Eschol was the 2013 recipient of the Health Systems' Lifetime Achievement Award for his leadership and involvement within the Licking County Community. He has served as a member of the LMHS Board of Directors since 2014.

Eschol and Dorothy wed in 1974, and moved to Licking County in the mid-1980s. They reside in Granville and have three adult daughters – Shelley, Leigh Ann and Ashley – and seven grandchildren. The couple enjoys traveling together, and Dorothy's hobbies include exercising and cross stitching.

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.

Youth Leadership Council Donate Blankets to LMH Patients

In December 2015, the Youth Leadership Council (YLC) of Licking County held a Holiday Lock-in event where they produced handmade fleece throw blankets to donate to Licking Memorial Hospital (LMH). The YLC is a youth-led prevention project of Pathways of Central Ohio. The blankets were provided to help comfort patients at the Hospital. YLC members are pictured (left to right): Aili Barbee, Jacob Sloan, Cassie Leachman, Max Berry, Hunter Lear, Jesse Chirdon, Mary Ghiloni, Jacob Kennedy and Michaela Trawick with Licking Memorial Health Systems President & CEO Rob Montagnese (right).



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 November and December 2015.

Capital Improvement Fund

TWIGS 6
TWIGS 8
TWIGS 24

Community Cornerstone Club

Anonymous
Lowell and Barbara Anstine
Patricia Bates-Woods
Thomas and Elizabeth Beattie
Budget Blinds of Mid Ohio
Eddie and Carolyn Cline
Mr. and Mrs. David B. Wills,
David B. Wills & Associates
Geraldine Eshelman
Reed and Mel Fraley
Beverly Geiger
Jim and Nancy Mitchell
Susan Reid
Frank and Dusty Stare
Jennifer and Dick Utrevis
Denny and Carol Wheeler

Cradle Roll

In honor of: Silas Q. Augenstine
By: Licking Memorial Health Systems
In honor of: Hunter Durst
By: Licking Memorial Health Systems
In honor of: Kendall Jasma-Lee Gioffre
By: Licking Memorial Health Systems
In honor of: Kennedy Patterson
By: Licking Memorial Health Systems

General

Anonymous
Mr. Richard J. Baltisberger
Estate of James Callaghan
College of Healthcare Information Management
Executive Foundation
Timothy R. Gatens, M.D.
Ms. Kimberly Gorius-Zies
Licking Valley School District
Robert and Patricia McLaughy
June and Jerry S. Nethers
Newark Area Club of
Zonta International 704
Mr. Howard Siegrist

Honorary

In honor of: Sheri Bindley
By: Jamie and Carol Frush
In honor of: Patrick Guanciale
By: Tom Cummskey
In honor of: Newark Radiation Oncology patients
and their families
By: Bruce Merwin, M.D.

Memorial

In memory of: Cheryl DeAtley
By: Debbie Anderson
Nancy Davis
Marcia Fisher
Staci Pierce

In memory of: Christopher Fiedler
By: David J. Andrea
Mr. and Mrs. John Andrea
Dave and Lynne Kishler

In memory of: James R. Fulton
By: Christine V. Fulton

In memory of: David McCray Reynolds
By: Gary and Diane Ryan

In memory of: Alex T. Treneff
By: Gretchen Treneff

Paving Our Future

Lowell and Barbara Anstine
Ms. Elizabeth Bernowski
Ms. Lisa M. Coulter
CS Construction Group, Limited
The John and Margaret Stoffer Family
Ms. Myra Vogel
Ms. Martha Wilson

Platinum Circle

First Federal Savings

Shepherd Hill

In honor of: Daniel J. Morris and David W. Morris
By: Ms. Nanci Jacobs Morris

William Schaffner Society

The Family of Julie Cooper



LMH Celebrates 118th Birthday by Helping Those in Need

On January 18, Licking Memorial Hospital (LMH) celebrated 118 years of providing Licking County with quality health care. For the 12th time, the employees and medical staff of Licking Memorial Health Systems (LMHS) celebrated the occasion with a donation-themed celebration. Donations consisted of new blankets and outerwear as well as monetary gifts. The collected goods – coats and blankets – were donated to the Center for New

Beginnings and the Salvation Army of Licking County to help needy individuals and families in Licking County stay warm during the frigid months of winter.

Divided into interdepartmental teams, a friendly competition occurred to see which group could donate the largest amount of items in pounds. Monetary donations of five dollars equated to one pound of goods. After all items were weighed and accounted for,

contributions equaled 2,317.4 pounds, while monetary donations reached a record-breaking \$10,519. The winning team of donors consisted Hospitalists, Anesthesiologists, and employees from Licking Memorial Health Professionals Administration, Laboratory and Pathology.

“This year’s monetary donations are by far our largest,” said Rob Montagnese, LMHS President & CEO. “With these donations LMHS is able to reach out to the community in a different way. We are providing warmth and assistance to those who are less fortunate. I am proud that LMHS employees are always ready to provide help and care to our neighbors, friends, coworkers and family members throughout Licking County.”

To extend the celebration, each of the six babies born on the 18th received a gift in honor of their shared birthday with LMH. A \$118 gift card to Toys ‘R’ Us was given to the mother of each newborn.



Licking County Youth Donate Plush Toys to LMH

Two Licking County teens recently organized charitable donations to benefit pediatric patients at Licking Memorial Hospital (LMH). Through separate efforts, Heath High School senior Trent White and Utica High School freshman Katarina Lantz combined to contribute more than 800 plush toys to help comfort children receiving treatment at LMH.

Trent has made a yearly donation of plush toys to the Hospital since 2003 when he was only 5 years old. In recognition of his efforts to improve the health of the community, Trent was honored with an LMH Community Partner award in 2005, making him the youngest person ever to receive the distinction. After becoming a member of the DeMolay Moundbuilders Chapter five years ago, Trent suggested that the organization consider his plush toy donation as an ongoing project. Licking Memorial Health Systems President & CEO Rob Montagnese (second from left) accepted 650 toys from (left to right) Trent, Logan Willeke, Kaleb Williams and Briar Zehring on behalf of DeMolay in December.

Katarina also has made an annual plush toy donation from a young age, beginning in 2006 when she was 5 years old. She has funded her donation each year by selling toys and clothing she has outgrown at the LMH TWIGS 6 Granville Thrift Shop. In 2015, she collected 155 plush toys which she presented to Rob in December.



Development Spotlight

Gene Branstool joined the Licking Memorial Hospital (LMH) Development Council in 2015, and currently serves on the Education and Membership Committee. As a fairly new member of the Council, Gene looks forward to continuing his involvement with the Hospital and its mission to improve the health of the Licking County community.

Prior to his role on the Development Council, Gene served as a member of the LMH Board of Directors for nearly a decade. "It has been exciting to see the community's support for the Hospital continue to grow over the years. This has made it possible for LMH to implement the latest technology in every service area, which is especially unique for a small community hospital," Gene explained. "Not only does state-of-the-art technology improve patient care, but it also attracts highly skilled and experienced physicians to Licking County."

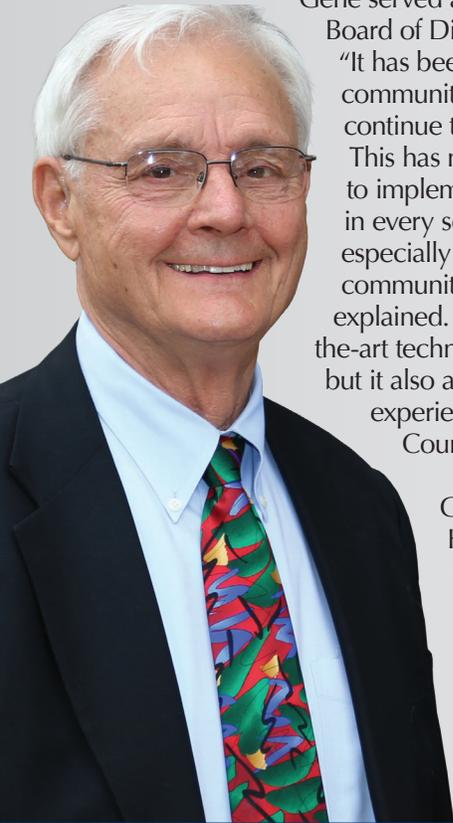
Gene is a graduate of Utica High School and earned a Bachelor of Science degree in agriculture from The Ohio State University in 1958, before entering the U.S. Naval Officer Candidate School. He served in the U.S. Navy from 1959

to 1962, where he was the officer in charge of the Explosive Ordnance Disposal team. Upon his return to Utica, Gene and his brother, Ron, formed a farming partnership. Gene has continued farming in addition to his many other endeavors.

Beginning in 1974, Gene served four terms in the Ohio House of Representatives. He then was elected to the Ohio Senate in 1982, where he served as Minority Whip during his second term. Later, Gene was the Democratic Party nominee for Lieutenant Governor of Ohio in 1990. In 1993, U.S. President Bill Clinton appointed him Assistant Secretary of Agriculture, and in the following year, appointed him Chairman of the Board of Directors of the Federal Agricultural Mortgage Corporation, a position he held for eight years.

Gene is active within the local community, serving as a member of the Ohio Farmers Union, Highwater Church of Christ, Land of Legend Fly Fishing Club, the Utica Masonic Lodge, and the Grant Review Committee for the Licking County Foundation. Gene has been recognized in the Hall of Honors at Utica High School, as well as the Licking County Agricultural Hall of Fame. He also earned the Distinguished Alumni Award from The Ohio State University College of Agriculture and the Phillips Medal of Public Service from Ohio University.

Gene and his wife, Mary Jo, currently reside in Utica. They have five children, Mary Martha Radabaugh, Marshall Branstool, John Branstool, Licking County Common Pleas Judge David Branstool, and Chuck Branstool. Gene and Mary Jo also have 14 grandchildren and four great-grandchildren. In his spare time, Gene enjoys woodworking, fly fishing, gardening, and assisting at Branstool Orchards, which is owned and operated by his son, Marshall.



Newark Moose Lodge Donates Toys to LMH Pediatric Patients

Licking Memorial Health Systems President & CEO Rob Montagnese (right) recently accepted a gift of two dozen Tommy Moose plush toys from Newark Moose Lodge 499. Community Service Officer Jeff Unternaher (left) presented the donation to help comfort children who receive care at Licking Memorial Hospital. Since 2002, Moose International has distributed more than 100,000 of the toys to organizations throughout the United States that in turn provide them to children dealing with difficult circumstances.



2016 LMH Volunteer Executive Board

The Licking Memorial Hospital (LMH) Volunteer Services Department recently elected its Executive Board officers for 2016. The officers are (left to right): Nancy Stewart – Corresponding Secretary, Connie Gelfer – President, Cindy Kikeli – Recording Secretary, and Gary Hamilton – Vice President (not pictured).

The LMH Volunteer Department includes more than 100 members who conduct a variety of tasks, ranging from greeting visitors at the reception desk to delivering mail to Hospital departments. To learn about volunteer opportunities at LMH, call the Volunteer office at (740) 348-4079, or visit www.LMHealth.org and click the “Become a Volunteer” link in the About LMHS section.



2016 TWIGS Executive Board

The TWIGS Organization of Licking Memorial Hospital (LMH) Executive Board members are completing the final year of a two-year term in 2016. The officers are (left to right): Sharon Wiley – Secretary, Steve Schlicher – Chairman, Darlene Baker – Treasurer, and Linda Prior – Vice Chairman (not pictured).

TWIGS – which stands for Togetherness, Willingness, Imagination, Giving and Sharing – is a fundraising organization that originated with a ladies’ auxiliary group at Rochester General Hospital in Rochester, New York, in the late 1800s. In 1950, Mrs. John Spencer (Ernie) established the first TWIGS group in Licking County

when she asked her bridge group to form TWIGS 1. Currently, the Hospital has four active TWIGS groups.

TWIGS 6 was organized to open the Granville Thrift Shop in 1950. After relocating several times, the Shop presently operates at 1865 Tamarack Road in Newark.

TWIGS 8 also was established in 1950, and began selling homemade baby items, candy and jewelry. Today, the group operates the LMH Gift Shop, which is located on the first floor of the Hospital and open eight hours each day, seven days per week – except on holidays.

Established in 1955, TWIGS 13 originally was known as the “Candle TWIGS” because their major fundraising project was selling candles. The group has participated in numerous fundraising ventures throughout the years and currently coordinates the Christmas Greenery Sale.

A group of LMH employees established TWIGS 24 in 1994. Their main projects include operating the Hospital’s vending machines, as well as book and jewelry sales.

Since the first TWIGS groups organized at LMH in 1950, they have contributed nearly \$5 million to the Hospital for use in capital purchases and fulfilling equipment needs. For information about becoming a TWIGS member, contact Volunteer Services Manager Kate Maher at (740) 348-4084.



Volunteer Spotlight

Hope Hindel applied to the Licking Memorial Volunteer Services Department in 2013 after consulting her father, Richard Hindel, a five-year Environmental Service Assistant at Licking Memorial Hospital (LMH). He suggested the Hospital as an option that would be different and exciting. After applying and meeting with the Volunteer Department staff, Hope felt at ease with her new role as a volunteer.

Twice a week, Hope volunteers four hours per day in Linen Services and the Volunteer office. She enjoys her duties and spending time with all the workers. "The whole Linen and Volunteer staff is incredible!" she said. Hope noted that LMH is such a welcoming place to come to and she looks forward to seeing the smiling faces of staff members each day. Additionally, Hope devotes an extra day every month to help with special projects.

Many of her memorable experiences as a volunteer have come at the conclusion of her shifts. Upon seeing someone with a wheelchair or walker, she is quick to assist them by opening and holding the door for them. She also enjoys seeing someone she knows. "I enjoy helping people and making them smile. I want them to feel relaxed, no matter what is going on in their lives."

A Newark native, Hope also works at KFC, where she has been employed for 11 years. She has a twin sister, Erin, and expressed,

"being a twin is incredible in a lot of ways." Although Erin lives in Dublin, they enjoy talking and shopping together. "It is wonderful having the other half to talk to, cry on their shoulder and tell secrets." Hope's mom, April, has worked in Food Service for Newark City School District for 21 years.

A graduate of Newark High School and C-TEC, where she specialized in Early Childhood Education, Hope also attends Licking County Church of God regularly. She enjoys reading, watching movies and neighborhood walks with her 5-year old cocker spaniel, Amos, who she says is quite the people person and loves when he receives attention or treats.

"Volunteering here has made me want to be a better person," Hope added. She has fully committed to serving as a LMH volunteer for another year and hopes to spend some time volunteering in other areas of the Hospital in the near future.



Retiree Spotlight

Cindy Poth, R.T., RDMS, began her career in the X-ray training program at Licking Memorial Hospital (LMH) in 1969 and served as an X-ray technician until she trained in ultrasound and nuclear medicine in 1974. "When I worked as a student tech at LMH in 1970, I remember I was paid 29 cents an hour. How times have changed!" Cindy recalled. "I was given the opportunity to learn nuclear medicine and OBGYN ultrasound by attending seminars at various hospitals including Johns Hopkins University, as well as receiving on-the-job-training. I was one of the first two ultrasound techs at LMH in 1975."

"When ultrasound was first created, it was referred to as a 'static scan,' meaning there was no movement on the image. In 1980, ultrasound evolved into 'real time' which was great for obstetrics – we could see the baby's movement and heartbeat. I was able to see live video of my second daughter before she was born in 1981 – that was amazing to me!" Cindy explained.

Cindy left the Hospital in 1985 to assist Dr. Nicholas Reed as an OBGYN ultrasound technician. She returned to Licking Memorial Health Systems (LMHS) in 1996 when he became a member of Licking Memorial Health Professionals and brought his employees with him. Dr. Reed began practicing in the current Licking Memorial Women's Health building on Messimer Drive in Newark in 1997, and Cindy happily remained there until her retirement in December 2014.

Cindy enjoyed her coworkers and supervisors at Women's Health. "I am very fortunate to have had good people to work with and work for at LMHS," Cindy said. After retirement, she not only misses the camaraderie of her coworkers, but performing OB ultrasounds for patients, as well. She said, "It wasn't just an 'in-and-out' kind of appointment with each patient. I really felt connected and enjoyed following up with them – both in their current pregnancy and in their future pregnancies. I still see former patients around town who introduce me to their children, saying, 'this is the first person who saw you!'"

Since retirement, Cindy has been spending more time with her newly-retired husband of 40 years, Wes. She also enjoys spending time with her two daughters, son-in-law and six grandkids who all live locally. She volunteers for her church, Blessed Sacrament in Newark, as well as in the cafeteria at Blessed Sacrament School.





Licking Memorial Health Systems

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Newark, Ohio 43055

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Community Events

Health & Fitness Fest (open to all youth)

Sponsored by Licking County Family YMCA, Denison University and Licking Memorial Health Systems

Saturday, April 9, 12:00 Noon to 3:00 p.m.

Licking County Family YMCA Mitchell Center
470 West Church Street in Newark. No charge.

The free event will include health screenings, Zumba, yoga, track sprints, gymnastics, obstacle course, inflatables, face painting, balloons and healthy snacks. Youth who complete at least eight activities will be entered into a drawing for great fitness prizes. Participation in the Health & Fitness Fest will count toward Active•Fit participants' program goals. For more information, call (740) 348-1560.

Walk with a Doc

Saturday, April 30, 9:00 a.m.

Infirmiry Mound Park

State Route 37, south of Granville

Tiffany Owens, M.D., of Licking Memorial Allergy/Immunology will discuss allergies and when you should get tested.

Saturday, May 7, 9:00 a.m.

Pataskala Municipal Park

Intersection of Mill Street, Creek Road and Township Road

Amanda Quisno, D.P.M., of Foot and Ankle Specialists of Central Ohio will discuss common causes of heel pain.

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) 348-1560.

First Impressions – Maternal Child Classes

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

For more information or to register, call (740) 348-2527 or visit www.LMHealth.org.

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 in 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 in 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 in 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) 348-1560, 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) 348-1503 to receive future mailings.

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TRUVEN HEALTH ANALYTICS

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HOSPITALS**

2014