



Measurably Different ... for Your Health!

LMHS Honors Award Winners at 2008 Lifetime Achievement Reception

The 2008 Lifetime Achievement Reception was held Sunday, October 26, 2008, honoring many individuals who have made a difference in the local community. The reception was hosted by the Development Council of Licking Memorial Hospital (LMH).



2008 Lifetime Achievement Award winner, Glenn F. Abel, is joined by past recipients at the reception on October 26, 2008. Pictured are (left to right): front row – Dr. Lew Mollica and Glenn Abel. Back row – Stu Parsons, John H. Weaver and Dr. Robert Barnes.

The reception and award ceremony was held at the J. Gilbert Reese Center located on The Ohio State University – Newark and Central Ohio Technical College (OSU–N/COTC) campus. Each year, the Lifetime Achievement award is presented

LMHS Honors Award Winners at 2008 Lifetime Achievement Reception (continued on page 2)

New Women's Imaging Center Open at LMH

Licking Memorial Hospital (LMH) has opened a new Women's Imaging Center that is designed to provide greater comfort to women as they receive several radiological tests. The LMH Women's Imaging Center features a relaxing waiting area and dressing rooms that were designed with women's preferences in mind.



New dressing rooms provide a comfortable and serene environment for women.

The new area is located on the Hospital's first floor, near the Laboratory. "It made sense to offer these common women's procedures in one location," explained Leslee Arthur, Director of Radiology Services. "We anticipate the testing experience will now be more convenient and more pleasant for our patients." The LMH Women's Imaging Center offers mammography, ultrasound, stereotactic biopsy and bone density testing.

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

See pages 12 - 16 for Quality Report Cards in this issue.

COMMUNITY EDUCATION

What to Expect in the First Years of Life

- Date:** Tuesday, January 20
- Location:** Conference Rooms A&B, First Floor, Licking Memorial Hospital
- Time:** 6:00 p.m.
- Speakers:** Panel presenters

Licking Memorial Health Systems (LMHS) will present a free program of special interest to families who are expecting a new addition. On Tuesday, January 20, a panel of several speakers will present "What to Expect in the First Years of Life."

See page 4 for more details.

The Heart Truth: A Red Dress Event

- Date:** Thursday, February 5
- Location:** Cafeteria, Ground Floor, Licking Memorial Hospital
- Time:** 6:00 p.m.
- Speaker:** Annmarie Thacker, R.D., LMH Dietitian

The Red Dress is a national symbol for women and heart disease awareness. It is a red alert that heart disease is the number one killer of women – and an

See page 7 for more details.

to a community member who has devoted time and service to better the community and has helped fulfill the LMHS mission by helping to improve the health of the community. This special recognition was created to honor those whose vision, inspiration and leadership have touched and enriched many lives of our area residents.

The 20th annual Lifetime Achievement award was presented to Glenn F. Abel, who was among family and friends at the event. Glenn, an active participant in the community, currently serves on the Licking Memorial Development Council as a member of the Executive Committee. He also served as a member of the LMH and LMHS boards of directors and served as Chairman from 2003 to 2008 for the Licking Memorial Health Systems Board.

Glenn has been a member of the Newark Rotary Club for 27 years and is President of the Newark Rotary Foundation. Last year, he was the recipient of Rotary International's highest recognition, the Service Above Self Award, given only to 150 Rotarians out of 1.25 million Rotarians worldwide.

Within the political arena, he served as Chairman of the Licking County Republican Party and as a member of the State Republican Party and Executive Committees. He also served four years as the Chairman of the Licking County Board of Elections.

Over the years, he chaired three bond levy campaigns for Newark City Schools, served as a member and President of the YMCA Advisory Board, charter President of the County Humane Society and President of SCORE (Service Core of Retired Executives). Glenn also held numerous positions within the Newark Area and Ohio Jaycees and actively volunteered with 4-H Club, United Way, The Ohio State University, Mental Health and Boy Scouts of America. He has served on the Center for Disabilities Services Board for the past 40 years in a variety of offices including President, Vice President and youth advisor.

The Newark resident received a Bachelor of Science degree in architecture from the University of Illinois in Urbana, Illinois. He and his wife, Alice Ann, are members of Our Savior Lutheran Church, where Glenn currently serves as President of Our Savior Lutheran

Church Foundation. The couple has one daughter, Lori Ann, who lives in Orlando, Florida, with her husband, Bryan.

Glenn was accompanied by Alice Ann onstage to receive the Lifetime Achievement award presented by LMHS President & CEO Rob Montagnese. Rob thanked Glenn for his selfless service and dedication. "Glenn has been a long-time supporter of LMH and such a vital part of our Licking County Community," Rob said. "He exemplifies the meaning of Lifetime Achievement." After accepting his award, Glenn thanked the Development Council among others, but gave the greatest accolades to his wife of 53 years of whom he said has been his greatest support.



Licking Memorial Health Systems President and Chief Executive Officer Rob Montagnese presents winners of awards distributed throughout the year.

Past recipients of LMH's Lifetime Achievement award have included: John W. Alford, Howard E. LeFevre, Ernestine W. Spencer, J. Gilbert Reese, John H. Weaver, Norman R. Sleight, Robert H. Pricer, Carl L. Petersilge, M.D., Clarissa Ann Howard, Rev. Dr. Charles W. Noble Sr., Calvin E. Roebuck, John J. Kutil, Mary Jane McDonald, William T. and Jane C. McConnell, Raymond Guy Plummer, M.D., Robert N. Kent, Dr. Robert Barnes, Stuart Parsons and Lewis Mollica, Ph.D.

The fourth annual Building a Healthier Community Award was presented to Hospice of Central Ohio's Bereavement Services. The organization was selected for its depth of care and compassion provided to those who have suffered the loss of a loved one. Bereavement Services offers free community assistance through workshops for death and grief education, local school bereavement services, crisis response and memorial service assistance, as well as a bereavement camp for children. In 2007, they provided individual and group support for more than 800 individuals. "Hospice of Central Ohio has been serving our community for 26 years," Rob said. "Their services provide an important resource for our community, and we recognize their commitment to helping Licking County residents."

Bereavement Coordinator Donna Persohn and Michele Layman accepted the award on behalf of Hospice of Central Ohio. "People who are grieving within our community are surprised and greatly relieved to learn that services like these are offered at no cost," said Donna. "Many people tend to suppress their grief, and it surfaces in other areas, appearing as something like a physical ailment or a more constant emotional struggle.

Dr. Reeves Provides High-Tech Arterial Aneurysm Treatment



Howard Reeves,
D.O., FACOS

General/Vascular Surgeon Howard Reeves, D.O., FACOS, continues to perform advanced vascular surgery treatments at Licking Memorial Hospital (LMH) which means more patients can now receive state-of-the-art treatments locally rather than having to travel long distances for the same procedure.

An improved stent device designed to treat arterial aneurysms has just been approved for use in the United States by the Federal Drug Administration. The new device, the Endologix Powerlink System, is an endovascular aneurysm repair (EVAR) stent that is implanted inside the aorta to repair an abdominal or thoracic arterial aneurysm. An arterial aneurysm is a weakened and bulging area of the artery's wall. Arterial aneurysms are especially dangerous because the weakened area can rupture suddenly, causing massive internal bleeding and possibly death. One big advantage of the Endologix stent is that it can be used in cases where an aneurysm is located so close to the kidneys or renal artery that other EVAR stents cannot be safely implanted.

The Endologix Powerlink System stent is made of a metal mesh with a fabric covering. The surgeon inserts the stent through a small incision in the groin, guides it to the aneurysm area, and expands it to adhere against the inside of the arterial wall. The procedure can be performed under local anesthesia using the biplane unit in LMH's hybrid operating room in the expanded surgical facility of the new John & Mary Alford Pavilion.

"Our patients have done very well with all forms of EVAR devices," Dr. Reeves said. "EVAR surgery is less invasive than open surgery where we graft a section of the artery. The EVAR procedures are low risk, there is less chance of complications, and the patients can go home much sooner. Typically, patients with EVAR go home the next day, compared to traditional open surgery patients who may be in the hospital much longer."

Dr. Reeves, of Surgical Interventions, LLC in Newark, spent multiple days in Germany observing implantations of the improved stent and was impressed with the technology. Dr. Reeves performed cases with Dr. Raithel, who is the foremost German implanter and research

professor in the world. "At LMH, we see patients with arterial aneurysms every week. This new stent will gain us access to 10 to 15 percent more patients who will not have to undergo open repair."

Approximately 150,000 cases of arterial aneurysms are reported each year in the U.S. Although researchers have not identified the cause, they have noticed that the condition tends to run in families.

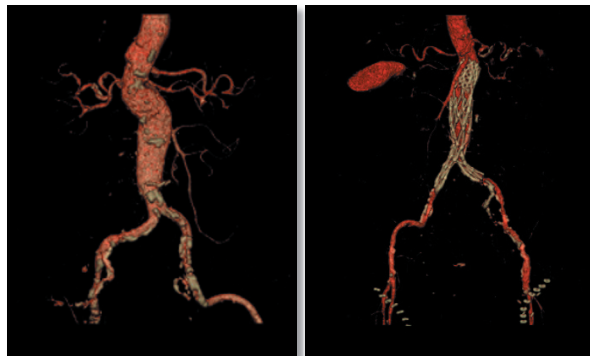


Photo on the left: This CT scan shows an aneurysm on a patient's abdominal aorta. The aneurysm, which is a bulging and weakened area, is at risk for rupturing.

Photo on the right: This CT scan was taken following a procedure at Licking Memorial Hospital to repair the aneurysm by implanting an innovative Endologix Powerlink System stent.

Patients with arterial aneurysms often do not have any noticeable symptoms. Those who do have symptoms may notice some abdominal bloating, an early "full" feeling when eating, radiating back pain, abdominal pain that radiates to the legs or a pulsating mass on the abdomen. Many arterial aneurysms are discovered during a routine physician visit or during a CT scan that is performed for a separate condition.

LMH will soon be offering free arterial aneurysm screenings to the public in conjunction with an education program presented by Dr. Reeves. The date and other details will be announced in an upcoming issue of Community Connection.

LMH Changes Wrist Band Colors for Patient Safety

In an effort to maximize patient safety, Licking Memorial Hospital (LMH) is following recommendations by the Ohio Patient Safety Institute (OPSI) for all Ohio hospitals to standardize color-coded ID wrist bands for patients. Prior to the standardization, a survey of Ohio's hospitals showed that many different colors of wrist bands were being used for very important alerts to clinical staff.

Across the state, six different colors could indicate patients who are at risk for falls; eight different colors could indicate patients who may receive blood products; nine different colors could indicate patient who have allergies and 12 different colors were being used to identify patients who had signed a Do Not Resuscitate (DNR) order. The American Hospital Association has also called for hospitals across the entire United States to adopt standardized color coding to prevent errors.

“The significance of the wrist band colors is part of LMH’s training for every new employee,” stated Vice President of Medical Affairs Craig Cairns, M.D., M.P.H. “LMH has never had a case where a patient was harmed by confusion over a patient’s wrist band; however, we believe the OPSI’s recommendations are very sensible.



Joining a statewide initiative to improve patient safety, Licking Memorial Hospital is changing the colors of patient wrist bands used to alert staff about various conditions.

They will reduce the risk of human error when new staff members come to LMH or work at more than one facility. We welcome the proactive opportunity to keep our patients as safe as possible by adapting to the new guidelines. We encourage other health care facilities to join us in this effort to make continuous improvements in patient safety.”

The wrist band changes at LMH take effect in January 2009. Under the new policy, a white wrist band is used for the patient’s identification information, a red wrist band indicates the patient has allergies, a yellow wrist band indicates the patient is at risk for falling, a green wrist band will indicate patient identifications for administration of blood products, and a purple band will indicate the patient has a completed DNR form on file.

The white patient identification wrist band has been used at LMH for many years. It includes bar coded information that allows staff members to access the bedside medication verification system to check that each patient receives the right medication in the right dosage at the right time.

What to Expect in the First Years of Life *(continued from front page)*

This program will cover what to expect when the little miracle arrives, what happens in the newborn nursery after delivery and what you should know if the baby would need special care. The speakers will also present information about the normal growth and development of babies, the myths and facts of vaccinations, infant and toddler nutritional needs and how to fight childhood obesity. Topics at the free education program will include:

- Well Baby Nursery
- Special Care Nursery
- Breastfeeding and Infant Nutrition
- Early Childhood Nutrition and Preventing Obesity
- Vaccinations
- Commonly Asked Questions



On January 20, Licking Memorial Hospital will present a free community education program, What to Expect in the First Years of Life, featuring Hospital staff with information for new parents and caregivers.

The panel of speakers includes physicians and nurses who staff the Maternal Child Department at Licking Memorial Hospital. They include:

- Inpatient Pediatrician Alana Milton, M.D.
- Inpatient Pediatrician Robert Seese, M.D.
- Inpatient Pediatrician Melissa Winterhalter, M.D.
- Director of Maternal Services Karen Thompson-Snipes, RNC., M.S.N., W.H.N.P.
- Lactation Consultant Marcia Fisher, R.N.C., B.S.N., I.B.C.L.C.
- Maternal Child Staff Nurse Valerie Postle, R.N.C., B.S.N.

Although there is no fee for the program, registration is required. To register, or for more information, please call (740) 348-1434.

The White House Honors Licking Memorial Hospital Volunteers

A representative from The White House paid a surprise visit to Licking Memorial Hospital (LMH) volunteers on October 29, 2008, as they were gathered for their annual Fall Luncheon. Grace Ohlhaut, Associate Director of USA Freedom Corps, a White House office that promotes volunteerism in the U.S., attended the luncheon to pay tribute to the 129 volunteers who devote their time to enriching services at the Hospital.

LMH recently became certified to present Presidential Service Awards to volunteers who have records of outstanding service. Grace congratulated the LMH volunteers for their valuable role in the community's well-being. "It is said you bring hope to the lives of others when you volunteer, but the life you enrich the most is your own," Grace said. "People are realizing that volunteering is not just a nice thing to do, it is necessary. All across America, volunteers provided 8 billion hours of service last year."

Grace presented President's Call to Service awards to volunteers who have an exceptional record of at least 4,000 hours of service to the Hospital. The 17 volunteers who received the awards were:

- Margaret Baldwin
- Ellen Claggett
- Carolyn Cline
- Janet Cook
- Beverly Crockford
- Don Day
- Leora Day
- Jeanne Jones
- Betty Meyer
- Mary Milhoan
- Terry Miller
- Maribel Neel
- Katie Sheets
- Noble Snow
- Shirley Stradley
- Phyllis Sturm



Licking Memorial volunteer Don Day received a Call to Service award from White House Representative Grace Ohlhaut who stated that she had never before presented the award to someone with so many hours of volunteerism. Don has dedicated more than 24,000 hours of his time to the Hospital since 1988.

• Hannah Tabor
In addition, Grace presented Gold Awards to volunteers to honor their contribution of at least 500 hours of volunteer service. Sixty-two LMH volunteers received Gold Awards.

Licking Memorial Health Systems President & CEO Rob Montagnese explained the volunteers can be found throughout the Hospital, performing a variety of tasks that assist the Hospital staff and enrich patients' care.

"Because they generously give their precious time to benefit the community's health, we are able to devote more resources toward improving programs and services at Licking Memorial," Rob said. "We are so grateful for their support."

Volunteers at LMH commit to working approximately one shift per week for a minimum of six months. To learn more about volunteering opportunities at LMH, call the Volunteer Department at (740) 348-4044.

Telemetry Pouches

Licking Memorial Hospital (LMH) Volunteers recently received the Quick Fix award from the Ohio Society of Directors of Volunteer Services for their design and donation of hand-crocheted telemetry pouches. LMH Volunteer Mary Milhoan displays one of the disposable pouches that patients can use while monitoring their heart rhythms in cardiac rehabilitation.



Colon Cancer Screening: Traditional Optical Colonoscopy Vs. CT Colonography

by David E. Subler, M.D., and Roberta Hunter, M.D.

Colon cancer is the second or third most common type of cancer in the United States. More than 130,000 new cases are diagnosed each year. Despite this, only half of Americans over age 50 undergo colon screening



Gastroenterologist David Subler, M.D., (right) discusses the optical colonoscopy procedure with a patient.

procedures. Screening is recommended starting at age 50, or earlier if there is a family history of colon cancer or polyps. Death from colon cancer is highly preventable with effective screening and early detection.

Licking Memorial Hospital uses the gold standard in colon cancer screening which is traditional optical colonoscopy. This involves passing a fiber optic scope into the rectum and around the entire 4- to 5-foot long colon. Colonoscopy is performed after prepping the colon with one of several potent laxative regimens the evening before the exam. IV sedatives are given to the patient during the exam which usually lasts 15 to 30 minutes and provides a restful state during the procedure. Polyps are found on 30 percent of screening colonoscopies. Polyps are usually benign, but precancerous, growths which can be removed from the colon during traditional colonoscopy.

CT colonography, sometimes called virtual colonoscopy, is an alternative for colon cancer screening. Computerized tomography (CT scan) is used to create a 3-D image of the colon in search of polyps and colon cancers. A similar bowel preparation is used. The colon is inflated with gas during the exam which is done in a radiology department.

Traditional optical colonoscopy remains the gold standard for colon cancer and polyp screening. CT colonography may be considered an alternative to traditional colonoscopy, but one must be aware of its limitations. Some of the advantages and disadvantages of each procedure are listed in the sidebar story to the right.

David E. Subler, M.D., Roberta Hunter, M.D., and Shakil Karim, D.O., are gastroenterologists at Licking Memorial Gastroenterology. Patients who are trying to decide whether to have an optical or CT colonography should be aware that each procedure has its advantages and disadvantages.

Optical Colonoscopy

Advantages

- Sensitivity is increased for smaller polyps.
- Polyps can be removed during the procedure.
- Sedation is given to provide a restful state during the procedure.
- Repeat colonoscopy is recommended every 10 years for a normal optical colonoscopy.

Disadvantages

- There is a 1-in-5,000 chance of colon perforation with optical colonoscopy.

CT Colonography

Advantages

- There is a decreased risk of colon perforation.
- IV sedatives are not necessary.

Disadvantages

- If polyps are detected on CT colonography, then optical colonoscopy will also be necessary to be performed for removal of the polyps. This means another bowel preparation is required.
- No sedation is used; therefore, many patients experience cramping during the exam.
- CT colonography is not yet covered by Medicare and most insurance carriers.
- CT colonography is not as effective as traditional optical colonoscopy in detecting smaller polyps, less than 10 mm in diameter. At present, experts do not agree that polyps less than 10 mm in size can be ignored. These smaller polyps may still have significant potential to grow into cancers. Currently, if small polyps, 6 to 9 mm in size are seen, most centers recommend following these with repetitive CT colonography.
- CT colonography may not detect flat polyps in the right side of the colon which are more readily detected by direct visualization during optical colonoscopy.
- CT colonography involves exposure to radiation and is recommended every five years if the exam is normal. As a result, patients are exposed to more radiation and must undergo more bowel preparations.

Our services provide an outlet for the community, making it easier to deal with their loss in a supportive and healthy manner.”

Previous winners of the Building a Healthier Community Award include the Salvation Army, selected last year for its emergency shelter, created to provide 18 beds for the area’s homeless. The organization was recognized for their sensitivity toward families, providing the opportunity to stay together, instead of separating mothers and children from fathers. In 2006, the Newark Rotary was the second recipient to receive the award for the Centennial Accessible Playground, located on Sharon Valley Road. The LMH TWIGS (Togetherness, Willingness, Imagination, Giving and Sharing) organization was the first recipient of the award in 2005, nominated for the money they raised that has funded many different pieces of equipment and projects at LMH.

Twenty-eight LMHS employees who earned the second annual MVP title were recognized for their achievements. The MVPs included: David Alianiello, PT CSCS; Jeri Baker; Misty Bashore, RT; John Bowyer; Briana Caldwell; Rhonda Cochran; Pete Dils, M.D.; David Evans; Robert Fish; Ken Friel; Glenda Grady; Marlene Guinsler, R.N.; Marsha Hill; Kathleen Kosier; Bassam Kret, M.D.; Sandy Mandich; Alana Milton, M.D.; Michelle Montgomery, R.N.; Julianne O’Steen; Teresa Sipos; Holly Slaughter; Susan Snyder; Patsy Somerville; Jason Sturgeon; Diane West; Sheila Wayland; Janetta Wheeler; and Neal Wolfe.

Other award winners from throughout the year were acknowledged during the event as well. Those recognized for their efforts were Lisa Hayes, R.N., BSN

PCCM-CMC, and Jamie Hartman, R.N. – Nursing Award for Clinical Excellence; Rob Thompson and Rhonda Maddern, R.N. – Managers of the Year; and Eric Pacht, M.D. – Physician of the Year. For the second year in a row, the Volunteer of the Year award was given to two individuals; Ann Wood and Janet Anderson shared the award.

The President’s Award is given to an individual or group of individuals who demonstrate outstanding service to LMHS and contribute greatly toward the Health Systems’ mission of improving the health of the community. While the award is not given out every year, Chris Keck, Director of Contract Management, was this year’s recipient. “Chris was nominated for the President’s Award because of his involvement in the construction project for the John & Mary Alford Pavilion,” Rob said. “His hard work, dedication and assistance in the completion of the project is just one example of Chris’ commitment to LMH.”

Throughout 2008, LMHS celebrated the ninth 100 Top Hospitals distinction by Thomson Reuters. Thomson Reuters is the leading provider of decision support solutions that help organizations across the health care industry improve clinical and business performance. LMH Board Chairman Patrick Jeffries presented the award to Rob along with LMHS Board Chairman Gordon Wilkin. “No other hospital in our region has been named a 100 Top Hospital more than LMH,” Patrick Jeffries said. “I am very proud of our Hospital’s accomplishment. Being recognized nine times continues to exemplify our mission of improving the health of the community.”

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

urgent reminder to every woman to care for her heart. The Red Dress is the centerpiece of The Heart Truth, a national awareness campaign that warns women about heart disease.

Women and their friends are invited to attend this education program and receive a red dress pin to wear on Friday, February 6, National Wear Red Day. The speaker, Annmarie Thacker, a registered and licensed dietitian at Licking Memorial Hospital, will present “Healthy



On February 5, Licking Memorial Hospital will host The Heart Truth: A Red Dress Event, a free education program to promote women’s heart health. Call (740) 348-1572 to make reservations.

Eating Versus Dieting: Reaching Your Goals Through Lifestyle Changes.” Annmarie will focus on healthy eating and lifestyle changes while setting realistic weight loss goals with reasonable expectations. A red dress style show will be featured, and hors d’oeuvres will be served.

Pre-registration is required, and space is limited to the first 150 registrants. There is no charge for the program. To register or for further information, call (740) 348-1572.

Dr. Pacht Named Physician of the Year at LMH

Pulmonologist Eric Pacht, M.D., has been named 2008 Licking Memorial Hospital (LMH) Physician of the Year. Dr. Pacht received the award at LMH's annual Medical Staff Recognition Dinner on October 7, 2008, at the Longaberger Golf Club House.

The Physician of the Year award recipient is elected by LMH Medical Staff. The criteria for nomination included care and concern for patients, clinical knowledge, relationship to peers and relationship to hospital staff. The other nominees were General/Vascular Surgeon Howard Reeves, D.O., and Gastroenterologist David Subler, M.D.

"As a community, we are grateful to the entire medical staff for the impact they have had – the care they provide, the technology they embrace and the skills they possess," stated Rob Montagnese, President & CEO of Licking Memorial Health Systems (LMHS). "Dr. Pacht is a deserving recipient of the Physician of the Year award because he dedicates himself to caring for his patients and advocating for the best care possible."

Dr. Pacht joined Licking Memorial Pulmonology in March 2001. In addition to his pulmonology (diseases of the lungs) practice, he is the chief of the Department of Medicine and medical director of the LMH Intensive Care Unit. Dr. Pacht trained in sleep medicine and was named director of the Sleep Laboratory at Licking Memorial in 2003. During this tenure, he provided the guidance and leadership for the Lab to become nationally accredited by the American Academy of Sleep Medicine in 2005. Dr. Pacht serves as a member of the LMH Executive Committee, the Infection Control Committee and the Pharmacy and Therapeutics Committee.

Dr. Pacht received his medical degree from the University of Wisconsin in Madison, Wisconsin. He completed an internship and residency in internal medicine from The Ohio State University Hospitals where he also received a fellowship in pulmonary and critical care medicine. He is board certified in critical care, pulmonology and internal medicine.



Eric Pacht, M.D., (center) was named Licking Memorial Hospital's 2008 Physician of the Year at the annual Medical Staff Recognition Dinner. Presenting the award were Licking Memorial Health Systems President & CEO Rob Montagnese (left) and Peter Nock, D.O., (right) who was the 2007 Physician of the Year.

"I am greatly honored to be chosen as the Physician of the Year," Dr. Pacht said. "I am extremely proud of the care provided, both in the Hospital and in the office settings, by my fellow physicians as well as all other health care providers, including nurses and respiratory therapists. The Hospital Administration and Board have been very supportive, and it is clear that their goal is to continue to increase the breadth of services offered as we are all focused on

improving the health of the community."

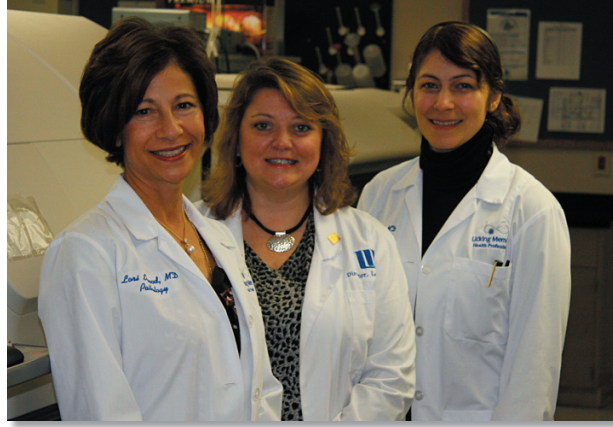
The Medical Staff Recognition Dinner was also an opportunity to recognize physicians who have dedicated many years of service to the community. Those who received honors for being on the LMH Medical Staff for at least two decades included:

- 60 years – Warren N. Koontz, M.D.
- 55 years – Edward A. Carlin, M.D.
- 45 years – Henry L. Hook, M.D.
Zdravko S. Nikolovski, M.D.
Thomas T. Mills, M.D.
- 40 years – C. Michael Thorne, M.D.
- 35 years – Chang Sup Lee, M.D.
- 30 years – Wesley Filipow, M.D.
Yoon S. Kim, M.D.
Charles J. Marty, M.D.
Hang S. Wee, M.D.
Patty A. Whisman, M.D.
- 25 years – Bryce I. Morrice, M.D.
Patrick J. Scarpitti, M.D.
Carl D. Waggoner, M.D.
- 20 years – Donald E. Harris, D.O.

LMH Laboratory Awarded Accreditation from The Joint Commission

The Joint Commission has granted the Gold Seal of Approval to the Licking Memorial Hospital (LMH) Laboratory. Accreditation is awarded to health care organizations that successfully meet high standards of quality and safety.

The LMH Laboratory's performance was evaluated in complying with nearly 300 standards including quality control, safety, infection control, leadership, management of human resources, management of information and ongoing performance improvement activities. The laboratory evaluations are conducted every two years through an unannounced, independent on-site survey. This process ensures that the results are true evidence of ongoing daily practices. "We continually strive to



LMH Lab Director Lorei Reinhard flanked by fellow lab physicians Dr. Lori Elwood (left) and Dr. Audrey Bennett (right).

improve the quality of our services, and meeting The Joint Commission's rigorous national standards is strong validation of our team efforts," said Lorei Reinhard, B.S., MT(ASCP), SH, Director of LMH Laboratory. "However, those efforts to improve do not stop when the survey is over," she continued. "Meeting the standards and achieving excellence is a continuous process."

Founded in 1951, The Joint Commission is dedicated to continuously improving the safety and quality of the nation's health care through voluntary accreditation. The organization provides accreditation services for health care organizations including general, psychiatric, children's and rehabilitation hospitals, nursing homes and independent laboratories.

PET/CT Scanner Aids in Early Cancer Detection

Licking Memorial Hospital (LMH) recently announced an enhancement of its imaging services capabilities with the addition of a new, state-of-the-art PET/CT system (positron emission tomography combined with a CT scanner) which offers early and highly accurate detection of cancer.

PET/CT is an imaging procedure that provides physicians with information about the body's chemistry, cell function and exact location of disease. The precise images obtained with PET/CT are not available with other technologies, such as X-ray, MRI or CT alone. The difference lies in the ability of the PET/CT equipment to combine or "fuse" the images of the PET scanner (metabolic function of cells) with the CT scanner (anatomic location of body structures) into one extremely detailed image.

For oncology patients, PET/CT is used to determine the exact location and stage of cancerous tissue and can prevent unnecessary surgery, biopsies and inappropriate treatments. "PET/CT will have a major impact on our clinical evaluations of cancer patients and in many

cases will enable physicians to begin treatment earlier to increase the odds for successful patient outcomes," said LMH Chief of Staff Jacqueline Jones, M.D.

The new technology will also be used for neurology and cardiology patients. PET/CT helps diagnose whether dementia such as Alzheimer's disease will be treatable for the patient. Individuals with a heart attack history can be tested to evaluate heart muscle viability in order to determine the prognosis for open heart surgery.

To receive the PET/CT imaging, patients must be referred by their physician. Following the scanning procedure, images are analyzed, and a follow-up visit may be scheduled. PET/CT services are currently available by appointment each Friday.

Eight-year-old's Lemonade Project Benefits Breast Cancer Research

As eight-year-old Katie Gold ladled cups of ice-cold pink lemonade, she chatted easily about the need for more breast cancer research. "So many people are dying of breast cancer which is really sad," Katie said. "One out of eight women will get breast cancer, and it can affect some women at a very young age. I am raising money because I think it will save one of my friend's lives or my mom's life. I want the scientists to find a cure."



Katie Gold receives help from her sister, Emily, as they serve pink lemonade to raise money for breast cancer research.

Katie served lemonade at a recent community education event at Licking Memorial Hospital (LMH) that is presented annually to increase awareness of breast cancer's causes, symptoms, detection and treatment. She recently received media attention for her self-initiated fundraising campaign to sell lemonade to benefit breast cancer research.

Katie started her ambitious project in the spring of 2008 with a lemonade stand in her Granville neighborhood. She added door-to-door gift basket sales and accumulated more than \$800 by the end of the summer. "We went through so much lemonade," her mother, Linnea, remembered. "She was selling the lemonade at 25 cents per cup, and she raised more than \$800. That is a lot of lemonade!"

As a result of her philanthropy, Katie was invited to appear on the nationally-syndicated Ellen DeGeneres Show in Hollywood. Katie's father, Jeff, pointed out that some of Katie's friends at Granville Elementary and Intermediate schools have also been inspired to raise money for cancer research. Altogether, Katie and her schoolmates have raised more than \$3,000 that they have donated to Skate for Hope.

Obstetrician/Gynecologist Janae Davis, M.D., reiterated Katie's message that cancer is a widespread danger to women. "The good news is that the survival rate is increasing due to our improved means of early detection. But women have to be diligent about getting regular mammograms. Every woman over 40 years of age needs a screening mammogram, and some even

earlier than that. Women should feel empowered enough to ask about their health care needs," Dr. Davis advised.

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese congratulated Katie for her success and her compassion. He presented Katie and her sister, Emily, with a contribution from LMHS to benefit breast cancer research.

Katie does not consider her fundraising to be complete, because she knows there is still a need as long as people are receiving cancer diagnoses. "My grandmother is a 25-year survivor of breast cancer," she said, "and everybody I talked to in the airport on the way to California knew someone who had breast cancer."

LMH's Breast Cancer Awareness Program takes place each year in October to coincide with National Breast Cancer Awareness Month. During the program, guests are presented updated information and are offered free breast cancer screenings performed by Licking Memorial physicians.

Symptoms of Breast Cancer

- New lumps or a thickening appear in the breast or under the arm.
- Tenderness around the nipple, discharge or physical changes develop.
- Skin irritation or changes, such as puckers, dimples, scaliness or new creases appear.
- Breast becomes warm, red or swollen with a rash resembling the skin of an orange.
- Pain occurs in the breast. (This is usually not a symptom of breast cancer, but should be reported to a doctor.)
- There may not be any visible or obvious symptoms.

Development Spotlight – Chris Cohagen



Chris Cohagen

As a lifelong resident of Licking County, Chris Cohagen grew up with Licking Memorial Hospital (LMH). “I watched LMH grow and change over the years,” said Chris. “It’s no wonder they continue to win awards. In contrast with other hospitals, LMH is the best I’ve seen on many levels.” During visits to the Hospital with his family and as a patient, he noted the excellent, seamless patient care and the comfort that the impeccable areas provide.

As a local leader in the community, Chris wanted to become involved with LMH. He received an invitation to join the Development Council in 2004 and has since served on the Education and Membership Committee. As Community Bank President for National City Bank (NCB), he felt he had the opportunity to network with others and express his admiration for LMH. “I have always been impressed with LMH,” he said. “No other organization does as much for our community with educational programs.”

Chris earned a Bachelor of Science degree in business management from The Ohio State University and a banking degree through the Graduate School of Retail Bank Management at the University of Virginia. He also received general banking and accounting diplomas from the American Institute of Banking. He has served 23 years of his career with NCB. “I started out as a bank teller in Columbus, and over the years I worked within most positions at NCB,” he said. He has served in his current position for nine years and is responsible for all six Licking County branches and one in Thornville. He also oversees corporate banking, investments and mortgage departments.

As a firm believer in community involvement, he is a former treasurer for the Chamber of Commerce and the American Youth Soccer League, worked on the Johnstown Library Board and serves on committees for Ohio Reads and Junior Achievement. He also served as Chairman for the American Heart Walk for four years.

Chris and his wife, Lori, enjoy leisure time with their two children, Christopher, 13, and Carissa, 10. He coached basketball and soccer for several years and enjoys time on the golf course as his schedule allows.

Donors

FOR YOUR HEALTH 5K RUN AND FUN WALK Premier Sports

COMMUNITY CORNERSTONE

Mr. and Mrs. John Grayson
Patricia and Robert McLaughy
Fred and Roberta Pryor
Richard Reed – Reed-Egan Funeral Home
(in memory of Kathleen Reed)
Larry and Carole Sargent
David and Marlene Wolfe

GENERAL

MedBen
Multiplan, Incorporated
Newark Garden Club
State Farm Insurance

GOLF GALA

Kreager Company

PRIDE CORNERSTONE BRONZE

Thomas Argyle
Laura Carr
John Cox
Rozella Pollock
Pebbles Roark

WILLIAM SCHAFFNER SOCIETY

Vicky L. Walbright, R.N.

Art From the Heart

Licking Memorial Health Systems (LMHS) invites you and your family to join us for activities promoting creativity and healthy heart choices at The Works, 55 South First Street, Newark, **on Saturday, February 14, from 11:00 a.m. to 3:00 p.m.**

Children will be given the opportunity to create artwork. Licking Memorial Hospital’s Cardiology nurses will be available for discussions concerning heart health.

For more information, contact Rori Preston at The Works, (740) 349-9277.
Cost for The Works is \$3.00 for children, \$5.00 for seniors and \$7.00 for adults.
This event is free to The Works members and LMHS employees, volunteers and medical staff.





Patient Story – Sue Henry-Mounts



Sue Henry-Mounts

Since each of her medications has its own possible side effects, Sue Henry-Mounts of Newark knows that careful monitoring is essential to her health. As a result of multiple health concerns over the past three years, Sue now takes a total of 12 different medicines. Fortunately, she has been able to gradually decrease the amount of medications she is taking, but she is still very careful to watch for adverse interactions.

“I am taking prednisone which makes my skin paper-thin; but at the same time, I take Coumadin, which makes me bleed easily. It seems like any little bump can make me start bleeding,” she said.

In 2006, Sue had her second back surgery in a Columbus hospital. Three months later, she suffered a silent stroke, and not long after the stroke, she discovered a series of five small pea-sized bumps along her temple while she was washing her hair. Her sister had died of a brain tumor, so Sue’s immediate fear was that the bumps indicated a malignancy. She consulted with her family doctor and long-time friend, Licking Memorial Family Practice Physician Richard Simon, M.D., immediately, and he sent her to Licking Memorial Hospital (LMH) for blood work to determine if she had temporal arteritis, an inflammation of the blood vessels in the scalp and head. He prescribed prednisone for her to start that night and made an appointment the next day with Ophthalmologist James Silone Jr., D.O., since this condition often causes blindness. A biopsy at LMH ruled out cancer, but confirmed that she had temporal arteritis.

Sue began visiting the Anticoagulation Clinic at LMH weekly for Coumadin therapy treatments to thin her blood. “I was so lucky that Dr. Simon made the correct diagnosis,” Sue said. “Temporal arteritis is rather rare, and Dr. Simon and General Surgeon Larry Pasley, M.D., who did the biopsy, both said this was only the second case they had each seen in 30 years.” Sue also began taking chemotherapy to treat the benign condition. The LMH Anticoagulation Clinic staff made sure Sue knew about

any possible side effects from the medications and even cautioned her about dietary risks.

In 2007, Vascular Surgeon Howard Reeves, D.O., performed two surgeries to prepare Sue for vascular surgery on her leg to heal a staph infection that had lasted for several months. She also required a hysterectomy later that year. With each procedure, LMH staff members were careful to review her current list of medications to make sure the surgeries would be performed safely without any adverse drug interactions.

Even with her frequent hospital visits over the past three years, Sue hangs on to her positive attitude. “I have to,” she insisted. “We have a good hospital here – it is so wonderful. The people in the Anticoagulation Clinic are great! Jason Sturgeon and all the other pharmacists are my good friends now, and I look forward to going there – almost!” she joked.

At 76 years of age, Sue still finds quality time for her husband of 17 years, Lewis (Lew) Mounts, her four children and his three children, their grandchildren and a myriad of community activities. Sue and Lew enjoy traveling, hiking, golf, tennis, bowling and playing bridge and euchre several times a month. Knowing how important exercise is, Sue and Lew exercise regularly at the Advantage Club. She loves to cook, and to many friends she is known as “the Bread Lady.”

She has been a strong supporter of LMH for more than five decades. In the 1950s, she was a volunteer with the TWIGS (Togetherness, Willingness, Imagination, Giving and Sharing) group that operated a snack bar in the former Newark Hospital on Everett Avenue. Today, she still helps raise funds for LMH through her participation with TWIGS 6 that operates the TWIGS Thrift Shop in Granville and TWIGS 14 that conducts the annual Holiday Tour of Homes. She is a member of the LMH Cornerstone Club and the 20th Century Club. She also volunteers with Hospice of Central Ohio and the American Cancer Society, and she continues to work as a real estate agent at Pinkerton Real Estate.

Patient Safety – How do we compare?

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

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

1 The Institute of Medicine published a report in 2000 that highlighted the stunning effects of medication errors. The report set forth a national agenda for reducing errors and improving patient safety by designing a safer health system. Medication reconciliation is the process of obtaining a complete and accurate list of each patient’s current home medications – including name, dosage, frequency and route – and comparing the physician’s admission, transfer and/or discharge orders to that list. Discrepancies are brought to the attention of the prescribing physician, and if appropriate, changes are made to the orders. Although LMH’s medication error rate is significantly better than the national benchmark, we make continuous efforts to improve the process. LMH dispensed more than 4 million doses of medication in 2008.

| | LMH 2005 | LMH 2006 | LMH 2007 | National ⁽¹⁾ |
|-------------------|----------|----------|----------|-------------------------|
| Medication errors | 0.023% | 0.018% | 0.013% | 0.310% |

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

| | LMH 2005 | LMH 2006 | LMH 2007 | National ⁽²⁾ |
|---|----------|----------|----------|-------------------------|
| Infection rate of ICU patients on ventilators | 2.4 | 0 | 2.0 | 5.1 |
| Urinary tract infection rate for ICU patients with urinary catheters | 4.2 | 2.6 | 2.0 | 3.1 |
| Bloodstream infection rate for ICU patients with central venous catheters | 0 | 0 | 0 | 3.1 |

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

| | LMH 2005 | LMH 2006 | LMH 2007 | Goal |
|-----------------|----------|----------|----------|-----------------|
| Inpatient falls | 0.16% | 0.21% | 0.25% | less than 0.30% |

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

| | LMHP 2005 | LMHP 2006 | LMHP 2007 | Goal |
|--|-----------|-----------|-----------|------------------|
| LMHP patients on Coumadin with PT/INR in last two months | 95% | 92% | 96% | greater than 90% |

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

| | LMHP 2005 | LMHP 2006 | LMHP 2007 | Goal |
|---|-----------|-----------|-----------|------------------|
| LMHP patients on Metformin with creatinine within last year | N/A | 95% | 95% | greater than 90% |



Patient Story – Christine Cline



Christine Cline

Last summer, 53-year-old Christine Cline was settled on the couch for a relaxing evening of television with her husband, Rick, in their Newark home. At one point, she stretched out her arm, as she had done thousands of times before, and felt a sudden “catch” under her left rib. “It hurt terribly,” Christine remembered.

“I had trouble breathing, and my left arm began to go numb.”

After 10 or 15 minutes, the pain had not subsided, so Rick called the emergency medical squad. The emergency medical technicians gave Christine some nitroglycerin tablets and transported her immediately to the Emergency Department at Licking Memorial Hospital (LMH).

It was determined that Christine had suffered a myocardial infarction, commonly known as a heart attack. She was admitted to LMH, and two days later, Interventional Cardiologist Imtiaz Ahmed, M.D., inserted a stent to repair the arterial blockage.

“I had a few surgeries before, but this one was completely different,” Christine said. “I was under conscious sedation and could hear the staff talking in the operating room.” Although, Christine said she was not in pain during the procedure, she could feel pressure occasionally. During those times, staff members reassured her by explaining what they were doing.

Christine recovered from the surgery quickly. It was performed on Thursday, August 21, and she was up and walking to the lounge by Friday, August 22. A country-born and independent woman originally from the “Chickenville Hill” area in Hanover Township, Christine was determined to get back on her feet and return to her home on Donn Road. She accomplished that on Saturday, August 23.

“At first I didn’t feel different,” Christine recalled about her first days back at home. “But then I was so tired I had to have a long nap every day.” However, she felt strong enough to begin a new job on August 29 as a school bus aide for a special needs student.

Christine has visited the LMH Heart Center for her follow-up care and has completed her prescribed six-to-eight weeks of cardiac rehabilitation. “The staff members are so special. They treat you like you’re precious. They are always in there checking on you,” she said. She intends to follow up with the recommended monitored exercise program at the Licking Memorial Wellness Center where, coincidentally, her daughter, Darcy Nethers, is the program coordinator. “She doesn’t push me about exercising. She just tells me I need to come in,” Christine said.

Christine also has a grown son, George, and three grandchildren. Her days are filled with many of the normal grown-up activities, such as house cleaning and laundry, but she is making more time now for walking and other exercise to strengthen her heart. Some days, she indulges the “kid side” of her personality with a jigsaw puzzle or a rousing game of Mario Brothers – favorite relaxation activities that do her heart a great deal of good, too.

Heart Care – How do we compare?

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

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

1 ACE inhibitors reduce the risk for mortality in patients with LVSD after heart attack. LVSD refers to the reduced squeezing ability of the left ventricle that can occur after heart attack. Additionally, the likelihood of the patients having another heart attack can be reduced if an ACE inhibitor is administered.

| | LMH 2005 | LMH 2006 | LMH 2007 | National ⁽¹⁾ |
|-------------------------------|----------|----------|----------|-------------------------|
| ACE/ARB at discharge for LVSD | 100% | 100% | 100% | 88% |

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

| | LMH 2005 | LMH 2006 | LMH 2007 | Goal ⁽²⁾ |
|--------------------|-----------|-----------|-----------|----------------------|
| Median time to EKG | 7 minutes | 9 minutes | 5 minutes | less than 10 minutes |

3 Thrombolytic, or “clot-busting,” medications can stop a heart attack in progress which helps to prevent heart damage and to save lives. Therefore, the sooner a patient arrives at the hospital and receives the drug, the more effective the treatment will be.

| | LMH 2005 | LMH 2006 | LMH 2007 | National ⁽³⁾ | Goal ⁽²⁾ |
|---------------------|------------|------------|------------|-------------------------|----------------------|
| Median time to drug | 30 minutes | 45 minutes | 35 minutes | 35 minutes | less than 30 minutes |

4 LMH’s cardiac catheterization lab performs low-risk diagnostic testing on patients suspected of having blockage in their arteries. A measure of quality during the procedure is the rate of unexpected events.

| Unexpected Event | LMH 2005 | LMH 2006 | LMH 2007 | State ⁽⁴⁾ |
|------------------------|----------|----------|----------|----------------------|
| Mortality | 0.97%* | 0% | 0% | 0.10% |
| Heart attack | 0% | 0% | 0% | 0.03% |
| Cardiac arrest | 0% | 0% | 0% | 0.10% |
| Stroke | 0% | 0% | 0% | 0.01% |
| Vascular complications | 0% | 0% | 0% | 0.23% |

*Percent reflects one patient of 103 tests.

5 During a heart attack, the heart tries to compensate for its weakened pumping action by beating faster which puts more strain on it. Beta blockers reduce the heart’s tendency to beat faster. Additionally, aspirin has been shown to prevent further blood clotting in heart attack patients.

| | LMH 2005 | LMH 2006 | LMH 2007 | National ⁽¹⁾ |
|---|----------|----------|----------|-------------------------|
| Aspirin within 24 hours of patient arrival | 91% | 89% | 100% | 94% |
| Aspirin at hospital discharge | 97% | 91% | 100% | 91% |
| Beta blocker within 24 hours of patient arrival | 92% | 88% | 94% | 89% |
| Beta blocker at hospital discharge | 100% | 100% | 100% | 92% |

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

| | LMH 2006 ⁽⁴⁾ | LMH 2007 | LMH Goal |
|---|-------------------------|----------|----------|
| Medical patients receiving VTE prophylaxis within 24 hours of arrival | 76% | 79% | 90% |
| Surgery patients receiving VTE prophylaxis within 24 hours of surgery | 98% | 99% | 90% |

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

| | LMHS 2005 | LMHS 2006 | LMHS 2007 | LMHS 2008 | National ⁽⁵⁾ | LMHS Goal |
|--|-----------|-----------|-----------|-----------|-------------------------|------------------|
| LMHS employees receiving the influenza vaccine | 46% | 67% | 56% | 70%* | 36% | greater than 75% |

*As of December 4, 2008, 70 percent of LMHS employees had received an influenza vaccine.

Data Footnotes: (1) *To Err Is Human – Building a Safer Health System*, National Academy Press, Washington D.C., 2000. (2) *CDC National Nosocomial Infections Surveillance System pooled median (ICU only) from January 1992 through June 2004*, published December 2004. Measurement is a rate per 1,000 equipment days. (3) Anderson FA, IMPROVE, *Blood*, 2003. (4) *Partial year – August 2006 through December 2006 only*. (5) *American Journal of Infection Control 2004*. Centers for Disease Control estimate.

6 Cardiac rehabilitation programs aid people who have experienced heart attacks. LMH’s program provides medical oversight and heart monitoring for individuals as they exercise and strengthen their hearts. LMH also measures participants’ progress in improving certain indicators of heart health.

| Health Indicator | LMH 2005 | LMH 2006 | LMH 2007 | Goal |
|-------------------------|----------|----------|----------|------------------|
| Stopped smoking | 71% | 70% | 66%** | greater than 75% |
| Improved weight | 60% | 62% | 44%** | greater than 75% |
| Increased exercise time | 98% | 100% | 100% | 100% |

**The cardiac rehabilitation goals are customized for each individual patient. LMH recently implemented an incentive program to reinforce the importance of making healthy lifestyle choices.

7 Licking Memorial Health Professionals (LMHP) physicians monitor the cholesterol levels, specifically the LDL (bad cholesterol) levels of their patients with diagnoses of coronary artery disease (CAD). Elevated LDL cholesterol level is a risk factor for myocardial infarction (MI), but is reversible through medication, diet and exercise.

| | LMHP 2006 | LMHP 2007 | National Goal ⁽⁵⁾ |
|--|-----------|-----------|------------------------------|
| LMHP coronary artery disease patients with LDL less than or equal to 100 mg/dl | 60% | 67% | 50% |

8 LMHS physicians also monitor the usage of antiplatelet drugs such as aspirin or Plavix in patients with CAD. The usage of these medications lowers the risk of MI or death in patients with CAD.

| | LMHP 2006 | LMHP 2007 | Goal |
|---|-----------|-----------|------------------|
| LMHP coronary artery disease patients with aspirin and/or Plavix prescribed | 93% | 93% | greater than 80% |

Data Footnotes: (1) *Hospitalcompare.hhs.gov national benchmarks*. (2) *ACC/AHA Guidelines for the Management of Patients with Acute Myocardial Infarction*, 1999. (3) *Comparative data from the Midas Comparative Database*. (4) *Ohio Department of Health, Adult Cardiac Catheterization Reports using 2002 Ohio data for low risk laboratories*. (5) *National Goal – Heart/Stroke Recognition Program (National Committee for Quality Assurance/ American Heart Association/ American Stroke Association)*.

POW/MIA Flag Displayed at LMHS in Honor of Veterans

The Prisoners of War/Missing in Action (POW/MIA) flag was raised and flown at Licking Memorial Hospital on November 10 and 11, 2008, to commemorate Veteran's Day. The official flag is proudly flown each year to honor military personnel who are still missing or unaccounted for. Many Licking Memorial employees have served in the military or have a friend or family member currently serving in the military. Displaying the POW/MIA flag is a reminder that as time passes, those individuals who are currently serving or have served this country will not be forgotten.



The POW/MIA flag was displayed at Licking Memorial Hospital commemorating Veteran's Day.

World War II, the Korean War, the Cold War, the Gulf wars and the Vietnam War.

The POW/MIA flag flies at the White House, major military installations, national cemeteries and U.S. Post Offices on many patriotic holidays. The flag is the only one ever displayed in the U.S. Capitol Rotunda. It will be on display in the Capitol building until the fullest possible accounting has been achieved for U.S. personnel still missing and unaccounted for from the Vietnam War. Currently, 1,746 U.S. personnel are listed by the Defense POW/MIA Office (DPMO) as missing and unaccounted for from the Vietnam War. The DPMO announced on November 5, 2008, that an

In 1990, the U.S. Congress declared this flag design to be the official POW/MIA flag. Their legislation described the flag as "the symbol of our Nation's concern and commitment to resolving as fully as possible the fates of Americans still prisoner, missing and unaccounted for in Southeast Asia, thus ending the uncertainty for their families and the Nation." The flag has also come to represent the POW/MIA from

additional four U.S. personnel were recovered from South Vietnam and identified.

Tree Dedicated in Memory of Physical Therapist

Friends and family gathered on November 2, 2008, on Tamarack Road in Newark to memorialize a long-time Licking Memorial physical therapist. A northern red oak sapling in front of Licking Memorial Physical Therapy was dedicated to the memory of Donald G. Jones, who developed the Physical Therapy Department and served as director for 39 years.



Licking Memorial Health Systems President & CEO Rob Montagnese and Peg Jones stand by a memorial plaque that marks a tree dedicated in memory of Physical Therapist Don Jones who helped to establish physical therapy services at Licking Memorial Hospital.

Donald first joined Licking Memorial Hospital in 1958 when it was located on the corner of Buena Vista and Everett avenues. He retired in 1997 and resumed working part-time in 1999 for an additional eight years.

"Don loved helping others and was able to do that through physical therapy," stated Rob Montagnese, President & CEO of Licking Memorial Health Systems. "He was devoted and dedicated to his family, friends and career at Licking Memorial Hospital."

New Member Joins the William Schaffner Society

During a recent Board meeting, Licking Memorial Hospital (LMH) Senior Systems Analyst, Diane Hall was presented with a recognition glass piece for her decision to join the William Schaffner Society. Diane became a member of the Schaffner Society by increasing her donation through the LMH employee contribution program, Providing Resources in Dedicated Employees (PRIDE). LMH Development Council Chairman Robert McGaughy, who introduced Diane at the meeting, said that she was one of the first to support the PRIDE campaign in 1987 when the employee contribution plan was first introduced.

Diane was originally hired at LMH in 1977 as a nurse aide, then served as ward secretary for the Hospital's 4-North wing. She helped implement the original Meditech Nursing Module and supports a variety of



Licking Memorial Hospital Development Council Chairman and Board Member Robert McGaughy congratulated new William Schaffner Society member Diane Hall.

computer systems including Meditech, Stolas, and OR Manager. Diane was a former regional chairperson for the Medical Users Software Exchange (MUSE) for 12 years and helped streamline the regional management of volunteers, vendors and venues. She also assisted the international board of MUSE at national conferences for several years as a peer group leader. The Licking County native lives in Newark with her husband, John. The couple has two grown children, Michael and Catherine, and four grandchildren.

The William Schaffner Society was created to lend special support to LMH by recognizing individuals for their generosity. All donations from the medical staff, employees and the community are used specifically toward new medical equipment and expanded services. They do not assist with general operating expenses.

Volunteer Spotlight: Drew Link

Fate, in the form of a personal injury, may have led Licking Memorial Hospital Volunteer Drew Link to his future career. "I had injured my shoulder playing ice hockey last winter, and my doctor sent me to physical therapy (PT) three times a week," he said. "I really liked the people working in PT, and I missed being there when my therapy ended. I was so impressed with the PT Department that I started thinking about Physical Therapy as a possible career option, and I wanted to learn more about it."

A senior at Granville High School, Drew decided to enlist as a Volunteer during the 2008 summer break and was granted his request to work with the PT Department. Drew spent his shift assisting therapists with their patients and gaining great insight into the world of PT. "I learned that taking care of patients can be very rewarding," Drew reflected. "I was given the opportunity to work with a stroke patient and was pleased to be a part



Volunteer Drew Link observes progress of physical therapy patient Fred DeVito.

of helping him regain his mobility. I felt honored to be involved in his recovery."

"Drew has the ability to connect with individuals of all ages," said Director of Volunteers, TWIGS and Events Carol Barnes. "I especially enjoyed watching him with the elderly. He has the kind of personality that can brighten patients' countenance as he works with them; quite a rare quality in youth."

Working with the physical therapists also helped solidify his career path direction. Drew said, "I can understand why someone would choose a career in health care. The physical therapists are very good to their patients. I really enjoyed the fact that I was supporting a team who has the ability to help improve the quality of their patients' lives."

Volunteer Spotlight: Drew Link (continued on page 19)

Volunteering has affected other areas in his life as well. “In addition to learning about physical therapy, I also learned from the physical therapists some strength building exercises that greatly improved my baseball game!” he said. This side benefit may greatly assist his future hope of playing baseball in college.

Aside from baseball, Drew has enjoyed playing soccer and ice hockey throughout his youth. In addition, Drew

has played the violin for nine years. He is currently taking classes to prepare him for his possible career in health care. “My favorite classes are English and math,” he said. “The advanced placement biology has been a challenge for me, but science is critical to my college preparation.” Drew plans to continue volunteering in the future as his busy schedule allows.

Retiree Spotlight: JoAnn Walton



JoAnn Walton

JoAnn Walton, former health information specialist for Licking Memorial Hospital (LMH), said that it was the close relationships with staff and personnel that made her years of service endearing. “When I took this job, it became my life,” she reflected. “The people I worked with became part of my family.” JoAnn established great working relationships with the LMH physicians and was able to ensure complete patient records through her tremendous communication and follow-up skills. She was nominated and selected for the LMH Cares award in 1990 with a spotlight on her skills and attributes.

JoAnn began her service for LMH well before her official start date in 1974. She started as a volunteer and had completed more than 2,000 hours when she accepted a position as a medical records technician. During the course of her 25 years at LMH, she noted the changes that took place within the Hospital to meet the needs of a growing community. She also recalled numerous changes with technology upgrades. “I remember having to adapt

to new computer systems within the Health Information area,” she said. “Eventually, the technology made finding records easier, but it was a struggle to learn the new system.”

She and her husband, David, a former bricklayer, decided to retire together in 2000. During the years following, they spent time traveling west, farming more than 40 acres with yearly corn and apple crops, and enjoying gardening and canning hobbies. They are also highly involved with their church activities and enjoy time with their two adult sons, Brian and Brady. In addition, the couple looks forward to a cross-country trip to Oregon in May on an Amtrak train.

In early 2008, JoAnn realized that she missed her “family” at LMH and again sought out opportunities for volunteerism. She now spends time each week helping out with Case Management and Physical Therapy.

New Appointments



Kristi Blust, R.N.,
M.S.N.



Mary Reid,
B.S.ed., R.N.



Greg Wallis, R.N.,
C.N.O.R.

Kristi Blust, R.N., M.S.N., was promoted to Director of Emergency Services. She is also Director of Acute Care Services.

Mary Reid, B.S.ed., R.N., was named Director of Home Care Services and Company Care.

Greg Wallis, R.N., C.N.O.R., was promoted to Director of Surgical Services.

Physician Spotlight – Kenneth Parker, M.D.



Kenneth Parker,
M.D.

Kenneth Parker, M.D., joined Licking Memorial Otolaryngology in July 2006. He earned his Medical Degree from the University of Cincinnati College of Medicine and completed his residency in otolaryngology, head and neck surgery at the University of Louisville College of Medicine in Louisville, Kentucky. He received a Master of Science degree with

an emphasis on molecular genetics from Bowling Green (Ohio) State University and a Bachelor of Science degree in zoology from Miami University in Oxford, Ohio.

Dr. Parker is a member of the Academy of Otolaryngology Head and Neck Surgery. He lives in Granville with his wife, Patti, and their two children, Rachel and Jack.

Ask a Doc

Question: My 5-year-old son needs to have a tonsillectomy, but he is scared about having his tonsils removed. Not only is he nervous, but my husband and I have never experienced surgery for any of our children and are not sure what to expect from an anxiety standpoint. Is there any way we can make this process a bit easier on all of us?

Answer: Many parents have a difficult time seeing their children going into a surgical situation, but there are several things that can make the experience easier. First, visit the hospital and surgery area prior to your surgery date. Many children are less anxious if they become more familiar with their surroundings, and the trip can open up a chance to discuss any concerns they may have. The pre-operative visit also benefits parents by providing them the knowledge of the little details such as knowing where to park or finding out where the surgery area is located. Another suggestion to provide more peace of mind for a little one is to bring a favorite small toy or stuffed animal which the patient can hold on the way to the operating room. Preparation can be the key to easing the concern about a child undergoing any surgery, and that includes preparing for the child's return home. One idea is to have a child's favorite drink or Popsicles waiting for them when they arrive home from their surgery.

Any family member is welcome to come to the hospital to support the family and/or the child having a tonsillectomy; however, Licking Memorial Hospital does limit the number of family members who can accompany the child into the pre-operative area. Many doctors say children can become more anxious when there are large groups of people around or if they sense anxiousness around them.

Normally, family members and non-operating room staff are not allowed to go into the operating room. LMH does make exceptions for the parents of small children undergoing ear, nose and throat procedures, but there are a few guidelines that must be followed. At LMH, one parent or family member is allowed to request to go back to the operating room with a younger child. They must wear a special suit over their clothes. Once the child is brought into the operating room, the parent, or preferred family member, is excused and taken to wait for their child in the surgery waiting area before anesthesia is administered. Kenneth Parker, M.D., is an otolaryngologist, or an ear, nose and throat (ENT) physician at LMH. "ENT procedures for children are often short," he said. "However, the option to go back to surgery with your child provides a reassurance for parents. They can see the professionalism with which their child is treated and be reminded that the surgery is not traumatic for their child."

Many ENT procedures last only 15 to 30 minutes which creates a minimal wait and worry for parents. A tonsillectomy usually takes 20 to 30 minutes. After the tonsillectomy is complete and the patient has been taken to a recovery area, most children do not even remember what happened before their surgery. "We provide children with pre-operative medications called anxiolytics, which help reduce their anxiety and cause a safe form of amnesia," Dr. Parker said. "I find parents are often surprised their child does not even remember that mom or dad came back to the operating room with them."

There are several different types of tonsillectomies performed at LMH. A traditional tonsillectomy is performed with a Bovie cautery, which cuts the tissue with heat, cold or electric current. One of the newest technologies used at LMH is saline coblation which uses radiofrequency to remove and shrink the soft tissue in a

Ask a Doc (continued on page 21)

Ask a Doc (continued from page 20)

tonsillectomy. According to Dr. Parker, saline coblation provides a faster recovery and less pain in younger patients.

Another procedure performed at Licking Memorial is called a harmonic scalpel tonsillectomy. In a harmonic scalpel tonsillectomy, ultrasonic vibrations are used to cut and clot the tissue while reducing the amount of tissue damage of a traditional tonsillectomy.

Please remember, the type of surgery performed depends on a patient's age and medical history. Consult a doctor to find what procedure is best for your child.

Recovery time is much faster in children than it is in adults. Dr. Parker recommends most parents to expect a recovery period of seven to 10 days after a tonsillectomy for children under age 12. "For children under the age of six, the recovery period can be as little as five to seven days," Dr. Parker stated. "However, older children and adults may require up to 14 days to recover fully."

National Doctors' Day March 30



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



**Licking Memorial
Health Systems**

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

Check out our Quality Report Cards online.



Licking Memorial Health Systems

1320 West Main Street
Newark, OH 43055

Non-Profit Org.

U.S. Postage

PAID

Columbus, Ohio

Permit No. 8757

Please take a few minutes to read this month's **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 at (740) 348-1572. Please contact the Public Relations Department to receive future mailings.

The articles contained in this publication should not be considered specific medical advice as each individual circumstance is different. Should you need medical advice, consult your physician. Entire publication copyrighted 2009 Licking Memorial Health Systems. All rights reserved.



Licking Memorial Health Systems

Upcoming Dates

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

What to Expect in the First Years of Life

Tuesday, January 20

6:00 p.m.

Conference Rooms A & B, First Floor

Licking Memorial Hospital

A panel of speakers will discuss topics about newborns and babies' first year of life. The program is free; registration is required and can be made by calling (740) 348-1434.

The Heart Truth: A Red Dress Event

Thursday, February 5

6:00 p.m.

Licking Memorial Hospital Cafeteria

Registration is required; call (740) 348-1572.

Ask the Doc

A physician knowledgeable in the field of chemical dependency will answer questions. Open to the public.

Every Saturday, from 9:00 to 10:00 a.m. No charge.

Shepherd Hill, 200 Messimer Drive

Phone (740) 348-4878

First Impressions - Maternal Child Classes

Childbirth Education Classes

Maternity Tour

Stork Tour

Breast-feeding Class

Infant and Child CPR

Sibling Preparation Class

Parenting Class

For more information or to register for First Impressions/ Maternal Child classes, call (740) 348-4346 or e-mail firstimpressions@LMHealth.org.

Diabetes Self-Management Classes

Licking Memorial Diabetes Learning Center

1865 Tamarack Road, Newark

Tuesday Class

Wednesday Classes

9:00 to 11:00 a.m.

1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

Diabetes Self-Management is a series of four classes providing information on all aspects of diabetes. Instructors include registered nurses, dietitians and a pharmacist who have received extensive training in diabetes management. Registration and physician referral required. To register for the class, call (740) 348-4722. For information regarding course fees, call (740) 348-4910. Fees vary depending on insurance coverage.