



## Licking Memorial Health Systems

1320 West Main Street  
Newark, OH 43055

Please take a few minutes to read this month's Report on **Respiratory Care**.

You'll soon discover why Licking Memorial Hospital is measurably different ... for your health!

Visit us at [www.LMHealth.org](http://www.LMHealth.org)

A publication of the LMHS Public Relations Department at (740) 348-1572.

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1998, 1999, 2000, 2001,  
2002, 2003, 2005, 2006



# Community Report Card

## Licking Memorial Health Systems

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Volume 8, Number 5

May 2007

## A Community Report on Respiratory Care

### Health Facts

Smoking harms nearly every organ of the body, causing many diseases such as chronic obstructive pulmonary disease or lung cancer as well as reducing the health of smokers in general. The adverse health effects from cigarette smoking account for an estimated 438,000 deaths – nearly one of every five deaths – each year in the United States, according to the Centers for Disease Control and Prevention.

- Cigarette smoking is associated with a tenfold increase in the risk of dying from chronic obstructive lung disease. About 90 percent of all deaths from chronic obstructive lung disease are attributable to cigarette smoking.
- Cigarette smoking has many adverse reproductive and early childhood effects, including an increased risk for infertility, preterm delivery, stillbirth, low birth weight, and sudden infant death syndrome (SIDS).
- Postmenopausal women who smoke have lower bone density than women who never smoked. Women who smoke have an increased risk for hip fracture than women who have never smoked.

# Respiratory Care – How Do We Compare?

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

**1** Respiratory patients who are admitted to Licking Memorial Hospital (LMH) receive a consistent, thorough assessment of their conditions. To initiate prompt and appropriate care, patient assessments need to be completed in a timely manner.

	LMH 2004	LMH 2005	LMH 2006	Goal
% of respiratory assessments conducted within four hours of admission	97%	97%	91%	greater than 95%

**2** When a patient is suspected of having respiratory failure, an arterial blood gas (ABG) test is performed to see how well the lungs are functioning. The test primarily measures how well the body is taking in oxygen and ridding itself of carbon dioxide. Any result from an ABG test that has a Critical Value is reported directly to a responsible licensed caregiver within 15 minutes. Critical Values are those results that fall outside the normal range for those values and usually require immediate medical intervention.

	LMH 2004	LMH 2005	LMH 2006	Goal
Turnaround time for emergency ABGs	10 minutes	10 minutes	10 minutes	less than 12 minutes
Critical results are called on ABG results	100%	100%	100%	100%

**3** Pulmonary rehabilitation is a comprehensive program that helps people with respiratory problems improve their respiratory health. LMH tracks the percentage of program participants who reach their personal goals and increase their activity levels.

	LMH 2004	LMH 2005	LMH 2006	Goal
% Who met their personal goals	100%	100%	100%	100%
% Increased activity	100%	100%	100%	100%
% Increased activities of daily living	100%	100%	100%	100%

**4** LMH uses a clinical practice guideline to make sure asthma patients receive all appropriate care for their condition. One quality measure on the guideline is the use of a peak flow meter to help determine the severity of and improvements in a patient’s breathing problem.

	LMH 2004	LMH 2005	LMH 2006	Goal
Asthma protocol followed in ED	91%	94%	100%	greater than 90%

**5** Smoking increases patients’ health risks, including their odds of facing acute myocardial infarction (AMI), pneumonia and heart failure. LMH and the Licking Memorial Health Professionals (LMHP) Pulmonology Office offer smoking cessation counseling to patients in hopes of lowering their risk for smoking-related health problems.

	LMH 2004	LMH 2005	LMH 2006	Goal
Smoking cessation for AMI patients	100%	100%	100%	greater than 90%
Smoking cessation for pneumonia patients	96%	88%	83%	greater than 90%
Smoking cessation for heart failure patients	97%	92%	94%	greater than 90%
	LMHP 2004	LMHP 2005	LMHP 2006	Goal
Smoking cessation for LMHP Pulmonary Office patients who smoke	98%	100%	100%	greater than 90%

# Patient Finds Unexpected Benefits from Pulmonary Rehabilitation

When Newark resident Thena Howell was referred to the Licking Memorial Hospital (LMH) Pulmonary Rehabilitation program, she wasn't quite sure why. "I didn't know how it was really going to help me," she said. "Now, I'm impressed with it."

In March 2006, Thena was receiving breast cancer care in Houston, Texas. After surgery, she developed a pulmonary embolism – a blockage of the pulmonary artery or one of its branches – and was put on a ventilator. A ventilator delivers a mixture of air and oxygen to the patient. Thena was next diagnosed with acute respiratory distress syndrome (ARDS), and a hematoma – area of internal bleeding – developed on her back. "Things just kept going wrong," she said.

The Wayne County native had lived in Licking County for more than 30 years. She was very ill and wanted to be closer to home. "I talked it over with my husband, Douglas, and we both knew we wanted to return to Ohio."

Still battling ARDS, Thena received care in Zanesville, Ohio, hospitals, including an intensive care unit. "I was not expected to live," she said, "but then I was weaned off the ventilator, and my health improved." After completing occupational and physical therapy, Thena came home to Newark on June 26, 2006.

Licking Memorial Health Professionals physician Eric Pacht, M.D., began caring for Thena and continues to monitor her health. Dr. Pacht specializes in pulmonology and is certified in pulmonary disease, as well as internal medicine and critical care. He referred Thena to the LMH Pulmonary Rehabilitation program.

The LMH program includes monitored exercise, education and medication consultation. "It is an excellent program," Dr. Pacht said. "I encouraged Thena to stick with it."



Newark resident Thena Howell participates regularly in the Licking Memorial Hospital Pulmonary Rehabilitation program. Exercise, education and monitoring of pulse-oximetry levels and blood pressure are included.

She is glad that she followed her doctor's advice. "It has changed my life," Thena said. "The staff – especially LMH Respiratory Care Professional Rita Allen – has been wonderful. They've encouraged me to try to improve my pulmonary function. That's all you can do – try."

Fellow participants in the program also have been friendly and supportive, she said. "We're all pretty much in the same boat," Thena said. "We understand and encourage each other as much as possible."

Thena now uses oxygen only at night. "I can do anything I want – within reason," she said, noting that grocery shopping or making a couple of stops at the mall are now possible. "Before pulmonary rehab, those things were out of the question."

Thena and Douglas have been married 36 years. They have three children and one grandchild. "Because I'm healthier, I can now better enjoy the time spent with family and friends," Thena said. "I'm grateful."

# What to Expect in Pulmonary Rehabilitation

Newcomers to the Licking Memorial Hospital (LMH) Pulmonary Rehabilitation program may be a little nervous. “We want patients to relax and know that we will help them to help themselves as they strive to improve their pulmonary function. Our overall goal is to make each patient more able to function on an everyday basis,” said LMH Respiratory Care Professional Rita Allen, C.R.T., R.C.P.



Rita Allen, C.R.T., R.C.P., uses pulmonary function tests to evaluate patients' breathing problems.

After being referred to the program by their physician, the patient is scheduled for a pulmonary function test, a six-minute walking test and a short interview. “All of these steps allow us to evaluate the person’s current limitations and needs and determine how to best begin the exercise regimen in pulmonary rehab,” Rita said. “We ask them what is going on with their disease and what challenges they are experiencing.”

LMH Pulmonary Rehabilitation participants go to the Hospital for two sessions each week for eight weeks. Licking Memorial Health Professionals physician Eric Pacht, M.D., reviews the process of the program. He specializes in pulmonology and is certified in pulmonary disease, as well as internal medicine and critical care.

As they exercise on a treadmill, stationary bike or ergometer, patients’ pulse-oximetry levels and blood pressure are monitored. “We gradually increase their time and workload on the exercise machines as tolerated,” Rita said.

In addition to exercise, the program includes meetings with a dietitian or other health care professionals who can provide patient-specific information regarding the disease and respiratory limitations. Consultation regarding medications and their uses also is part of the program. “After they’ve completed the program, we encourage patients to keep exercising whether it be at LMH or another facility to continue to promote their pulmonary health,” Rita said.

One of the perceived barriers faced by many pulmonary rehab participants is oxygen use. “We encourage patients who have been prescribed oxygen to use it. It can be hard to get over the stigma that often is associated with oxygen use,” Rita said. “Many of our patients say that they feel like they are alone in their disease. They’re not; there are a lot of people out there in similar situations. Participating in pulmonary rehabilitation may help them better understand that.”

For more information, please call (740) 348-4191 or visit LMH online at [www.LMHealth.org](http://www.LMHealth.org).