



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

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Community Report Card

Licking Memorial Health Systems

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A Community Report on Respiratory Care

Health Tips

The American Cancer Society provides encouraging information about individuals who quit smoking:

- Immediately after quitting – breath freshens, stained teeth whiten, clothes and hair smell better, “yellowing” on fingers fades, senses of smell and taste improve and breathlessness decreases
- Twenty minutes after quitting – heart rate and blood pressure drop
- Twelve hours after quitting – carbon monoxide level in the blood drops to normal
- Two weeks to three months after quitting – circulation improves, lung function increases
- One to nine months after quitting – coughing and shortness of breath decrease, cilia in lungs regain normal function to clear mucous and prevent infection
- One year after quitting – excess risk of coronary heart disease is one-half compared to smokers
- Five to 15 years after quitting – risk of stroke is at same level as nonsmokers
- Ten years after quitting – lung cancer death rate is nearly 50 percent less than smokers, risk of cancer of the mouth, throat, esophagus, bladder, cervix and pancreas decreases
- Fifteen years after quitting – risk of coronary heart disease is at same level as nonsmokers

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 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 2005	LMH 2006	LMH 2007	Goal
Respiratory assessments conducted within four hours of admission	97%	91%	95%	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 arterial blood gas 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 that value and usually require immediate medical intervention.

	LMH 2005	LMH 2006	LMH 2007	Goal
Turnaround time for emergency ABGs	10 minutes	10 minutes	12 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 2005	LMH 2006	LMH 2007	Goal
Met their personal goals	100%	100%	93%	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 2005	LMH 2006	LMH 2007	Goal
Asthma protocol followed in ED	94%	100%	94%	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 continued smoking-related health problems.

	LMH 2005	LMH 2006	LMH 2007	Goal
Smoking cessation for AMI patients	100%	100%	92%	greater than 90%
Smoking cessation for pneumonia patients	88%	83%	88%	greater than 90%
Smoking cessation for heart failure patients	92%	94%	100%	greater than 90%
	LMHP 2005	LMHP 2006	LMHP 2007	Goal
Smoking cessation for LMHP Pulmonary office patients who smoke	100%	100%	100%	greater than 90%

Patient Story – Kevin Corl

When 13-year-old Kevin Corl walks onto the football and baseball fields for Newark Catholic, he can concentrate fully on the game.

That was not always the case since Kevin, who is in the seventh grade at St. Francis de Sales Middle School, was diagnosed with asthma when he was in the fourth grade.

Although other family members also have asthma, Kevin's diagnosis came as a surprise to him. "I was lying in bed and I was wheezing really badly. My mom asked me what was wrong, and I said, 'Nothing,' but she took me to the hospital. I thought she was kidding at first." Fortunately, Kevin's mother is a nurse in the Emergency Department at Licking Memorial Hospital (LMH) and had recognized the signs of his respiratory distress.

Under the care of Pediatrician Richard Baltisberger, M.D., F.A.A.P., Kevin's health has improved. "At first, I had to take medication every day," Kevin said. "Now, I carry my inhaler with me, and very rarely I will take an Albuterol breathing treatment at home."

One of the tools that has helped Kevin to manage his condition is LMH's Camp Feelin' Fine, a day camp devoted to kids with asthma. Kevin has been a participant the past three years and plans to attend again this coming June. "I like it, it's pretty fun. Some of the information is the same every year, but that is good because over the course of the year, I usually forget some of it. It reminds me of what I need to do." The campers play games, make crafts and have a chance to socialize with others their own age who also have asthma. During an educational session, Dr. Baltisberger leads the children through discussions of medical advancements and how to avoid "triggers" that may cause an asthma attack. "My triggers are most of all probably dust and cigarette smoke," Kevin cited. "I have a friend at school whose triggers are pet hair and cigarette smoke."

An asthma attack is an event a child is not likely to forget. As Kevin described it, "Your chest gets all tight. Your chest hurts and you can't really take a deep breath in. You get really wheezy." Experience has taught Kevin



Kevin Corl loves to play football and baseball. He remains in top competitive form by carefully managing his asthma.

to recognize the early signs of an attack and to use his inhaler promptly. "It pretty much works instantly unless it is a really bad attack," he said. "I didn't get scared anymore after I learned how to handle the attacks; but if it's a bad one, I do still get nervous."

Kevin has several classmates who also have asthma, and the camaraderie helps him feel more at ease with the condition. He said, "I'm friends with everybody. The only time I feel any different is when I have to take my inhaler with me onto the football field or something like that."

Kevin lives with his parents, Annette and Stephen, two brothers, Sam and Daniel, and a chocolate Labrador retriever named Nittany. He enjoys playing on the computer and hanging out with his friends. Although he still has a few years to go, after high school he wants to attend Penn State University.

Camp Feelin' Fine will take place on Friday, June 30, at Infirmiry Mound Park, two miles south of Granville. The camp is free, but participants must be referred by a physician and be pre-registered. Space is limited. For more information about Camp Feelin' Fine, call (740) 348-4191.

SimMan Breathes Life into Training Lab

A high-fidelity mannequin that has a “heartbeat” and can “breathe,” “cough” and “speak” is now part of the training curriculum for many clinical employees within Licking Memorial Health Systems. The new mannequin, called SimMan, advances clinical training by providing instant feedback as various procedures are practiced.

The mannequin is controlled by computer software that can be programmed for specific situations. Its chest rises with each breath, and a display screen graphs vital signs such as heart rhythm, temperature and blood pressure. The mannequin’s vital signs and symptoms can be set to reflect normal health, specific diseases or even crisis situations.

“SimMan can ‘respond’ much like a person would,” explained Debbie Young, Vice President of Patient Services. “It takes the students to the next level in their training – they can see how their actions affect the patient. In addition to assessing clinical procedures, such as intubations for example, we can also assess how a staff member reacts in an emergency situation. We can simulate a sudden crisis such as a heart attack to make the trainee think through which steps need to be taken.”

The SimMan mannequin is 5 feet 6 inches tall and weighs approximately 85 pounds. Additional mannequins can be interchanged, using the same software. “Although this technology has been used in the military and nursing schools for some time, it has just recently begun to be used in hospital settings. At the training session, the manufacturer’s trainer said that only 10 percent of hospitals are using SimMan for training, so Licking Memorial Hospital is really on the cutting-edge of our industry,” Debbie said.

Anne Peterson, Vice President of Human Resources and Support Services, said SimMan training may be used in many applications. “There is a wide range of ways we can use this technology for employees of all levels,” she said. “It can be used to boost a nurse’s confidence regarding an unfamiliar procedure, or it could be used to help an environmental employee practice good customer



Licking Memorial Hospital has purchased a high-tech mannequin called SimMan to improve clinical training exercises.

service skills, such as remembering to offer the patient an extra blanket.”

In addition to the on-the-spot feedback, the SimMan technology records which actions were taken throughout the simulation. Along with a videotape of the interaction, the computer readout can be used to discuss the trainee’s performance step-by-step. This information can also be used as a learning tool in the classroom setting.