



## Licking Memorial Health Systems

1320 West Main Street  
Newark, OH 43055

Please take a few minutes to read this month's report on **Pneumonia 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)

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



# Community Report Card

## Licking Memorial Health Systems

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## A Community Report on Pneumonia Care

### Health Tips

After you've been infected with a pneumonia-causing organism, it takes as little as one to three days or as long as seven to 10 days for symptoms to appear. How severe pneumonia is and how long it lasts depends upon the following:

- Your age and health. Older, sicker people usually have more severe cases, and their pneumonia is more likely to have complications, such as bacteria in the bloodstream (bacteremia) or throughout the body (septicemia).
- Whether bacteria or a virus caused the pneumonia. Viral pneumonia usually is less severe than bacterial pneumonia.
- How quickly you treat it. The sooner you treat pneumonia, the sooner symptoms go away.
- Your immune system. People who have impaired immune systems are more likely to have more severe cases of pneumonia than people who have healthy immune systems.

# Pneumonia 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** National pneumonia treatment guidelines recommend that one dose of an antibiotic be given to pneumonia patients within six hours of arrival at the hospital. This “door-to-antibiotic time” also includes diagnostic testing.

% of patients receiving antibiotic dose within 6 hours	<b>LMH 2004</b> 92%	<b>LMH 2005</b> 96%	<b>LMH 2006</b> 97%	<b>National<sup>(1)</sup></b> <b>93%</b>
Median door-to-antibiotic time	<b>LMH 2004</b> 150 minutes	<b>LMH 2005</b> 171 minutes	<b>LMH 2006</b> 170 minutes	<b>National<sup>(1)</sup></b> <b>179 minutes</b>

**2** Best practice in pneumonia care says that a blood culture should be collected before any antibiotics are given to a pneumonia patient to more accurately determine which microorganism is causing the pneumonia.

% of patients receiving blood cultures prior to antibiotics	<b>LMH 2004</b> 84%	<b>LMH 2005</b> 86%	<b>LMH 2006<sup>(2)</sup></b> 97%	<b>National<sup>(1)</sup></b> <b>90%</b>
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**3** Hospitalized patients with a condition that puts them at risk for developing complications from pneumonia and/or influenza (flu) should be screened for vaccines while in the hospital and receive a pneumonia and/or influenza vaccine if appropriate. Licking Memorial Health Professionals (LMHP) office patients who are at high risk for these illnesses also are screened and vaccinated as appropriate.

% of high-risk patients screened for the pneumonia vaccine	<b>LMH 2004</b> 70%	<b>LMH 2005</b> 81%	<b>LMH 2006</b> 93%	<b>National<sup>(1)</sup></b> <b>82%</b>
% of pneumonia patients screened for the influenza vaccine	81%	76%	86%	<b>81%</b>
% of physician office patients over 65 years receiving the pneumonia vaccine		<b>LMHP 2005</b> 83%	<b>LMHP 2006</b> 86%	<b>National<sup>(3)</sup></b> <b>66%</b>
% of physician office patients over 65 years receiving the influenza vaccine		75%	80%	<b>66%</b>

**4** Use of standard orders – in which physicians follow the best practice protocols for treating all patients with a particular diagnosis – indicates that patients are receiving consistent care.

% Patients with standard orders used	<b>LMH 2004</b> 76%	<b>LMH 2005</b> 85%	<b>LMH 2006</b> 88%	<b>LMH Goal</b> <b>greater than 90%</b>
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#### Data Footnotes:

(1) MIDAS comparative database from first quarter 2007 data comparing over 390 organizations.

(2) National data collection changed in January 2006 to focus only on patients arriving through the Emergency Department.

(3) Centers for Disease Control and Prevention Risk Factor Surveillance.

# Patient story: Pneumonia

Lorei Lewis of Newark has raised her two children and also has cared for nearly 40 foster children, tending to scraped knees, upset stomachs, and broken hearts. However, last spring, Lorei found herself needing some special attention. On May 17, 2007, Lorei was admitted to Licking Memorial Hospital (LMH) with a pneumonia diagnosis.



Lorei Lewis plans to receive a flu shot every year to reduce her risk of ever developing pneumonia again.

“When Lorei presented in the Emergency Department (ED) at 6:05 p.m., she was complaining of a low grade temperature and mid-sternal chest burning,” explained Penny Tylka-McCort, Director of Emergency Services at LMH. “She also had difficulty breathing, an accelerated heart rate, nausea, vomiting and diarrhea. First, we completed an EKG on her to rule out the possibility of a heart injury. Then we performed a chest X-ray, which showed a patch of pneumonia in her right lung. After the diagnosis of acute pneumonia was made, we started an intravenous antibiotic infusion at 9:30 p.m., less than four hours from her arrival to the ED.”

“I had been sick for three days. I thought it was a little stomach flu, and I kept waiting for it to go away, but it didn’t, Lorei remembered. “Finally, my husband, Anthony, said, ‘Let’s go to the hospital.’ I was really dehydrated, but after the Emergency Department staff started to run the IV fluids and gave me medicine for the nausea, I started feeling better.” From the ED, Lorei was admitted as an inpatient for further care. “They took really good care of me,” she said. “If you have to be a patient, that was one of the best stays I’ve had in the hospital. The nurses and doctors talked to me, and just did little things that made me realize they really cared about me.”

This was Lorei’s second battle with pneumonia – the first was in 2004. “I have allergies, and I have fibromyalgia. The doctors told me that any chronic condition makes you more susceptible to pneumonia or flu.” The medical staff made sure she received a pneumonia immunization before she left the Hospital.

Lorei is also very happy with the follow-up care she received from her family physician, Colleen Shaffer, M.D., of Licking Memorial Family Practice – Pataskala. “Dr. Shaffer is an excellent physician,” Lorei said. “After I was dismissed from the Hospital, she took x-rays until I was finally cleared at the beginning of July.”

There are a lot of people who are depending on Lorei to stay healthy. In addition to her son, Aundre, who lives in Long Beach, California; her daughter, Denise, who is moving to Newark; seven grandchildren; and her current two foster children; Lorei’s family is rounded out by her husband, Anthony. The couple are newlyweds, married on June 9, 2006. “When I lived in Compton, California, Anthony lived next door, so I’ve known him for 50-some years,”

she explained. “He moved away, but we kept in touch now and then. Several years ago, he suggested that I should come to Newark where he lived, and I did.”

In 2004, Lorei and Anthony opened up their home to the first of what would become dozens of teenage foster children. “It’s been rewarding,” she said. “We had this big house with just Anthony and me, and there are so many kids who need a home. We decided to try to help as many as we could. We’ve had up to five kids at a time. A lot of good kids have come out of here, and some went on to college. Once in a while, one of the kids will come by to say ‘thank you’ for how we helped them. That makes me feel like I made a difference in their lives.”

Lorei said she feels great now that she’s recovered from her bout with pneumonia. Even though she has always been careful about receiving an annual flu vaccine, she now plans to keep a pneumonia immunization up to date, every five years as recommended. There are too many people depending on her to let a preventable illness get in the way.

# Your Flu Shot Can Help to Protect Those You Love

With winter weather approaching, Licking Memorial Health Systems (LMHS) wants to remind local residents that it is time to receive their immunization for influenza, commonly known as the flu. Even those individuals who received flu shots in 2006 should receive a new inoculation since the influenza virus changes from year to year. Not only could neglecting to update your flu shot endanger your health, but it could also jeopardize the health of those around you, as well.

Influenza is spread from person-to-person, often through coughing or sneezing. The disease can also be spread by touching a surface that has been contaminated by an infected person. The typical incubation period for influenza is from one to four days. Adults can be infectious from the day before symptoms begin until approximately five days after symptoms appear. Young children can remain infectious for 10 days after symptoms first appear.

Influenza illness can range from mild symptoms to severe, even fatal consequences. The Centers for Disease Control and Prevention (CDC) estimates that 36,000 Americans died each year between 1990 to 1999 from influenza complications, and an additional 226,000 hospitalizations were required from 1979 to 2001. The highest rates of serious illness and death occur in those individuals over the age of 65 years, children under the age of 2 years, and those with severely compromised immune systems.

Symptoms of influenza include fever, headache, coughing and sore throat. Children may also exhibit earaches and vomiting. Most healthy individuals will recover from the flu within three to seven days; however, complications such as viral pneumonia can develop, prolonging the recovery process.

The CDC advises that the influenza vaccination is the most effective method for preventing influenza virus infection and its potentially severe complications. "I think people often don't take the risk of infection seriously," stated Licking Memorial Health Professionals Family Physician Katrina Verde, M.D. "They may have experienced the flu in the past, and recovered well, so they think the vaccine is not that important. What they need to keep in mind is that others around them may not be so lucky. Unvaccinated individuals could be spreading the virus to older folks or children, who may not fare as well. That's why it is absolutely imperative for any-



Kathryn Tyo receives a flu shot from Mary Jane Ehlerman, R.N., during the 2006 LMH Flu Clinic at the Indian Mound Mall.

one who works closely with others, such as health care professionals or teachers, to get a flu shot early in the season."

In July, the CDC's Advisory Committee on Immunization Practices (ACIP) released new information on who should receive flu vaccinations. The updated recommendations now include anyone over the age of 50 years old – previous guidelines were for those over the age of 65. The new

recommendations also re-emphasize the importance of vaccinating children between the ages of 6 months and 8 years.

Dr. Verde pointed out that patients often refuse a flu shot because of their fear of needles. "Their fear is genuine," Dr. Verde explained, "But almost always, the apprehension is much worse than the shot. The needle is so tiny that patients usually tell us that either they did not even feel the shot, or that it was a very minor pinch. In any case, it's certainly less uncomfortable than being in bed with a fever for a couple of days."

Dr. Verde also pointed out another reason that people neglect to get vaccinated. "The most common reason why I see people declining is that they fear getting the flu from the vaccine itself. Unfortunately, at the time of year the vaccine is given, many other respiratory illnesses are prevalent; therefore, people commonly mistake other illnesses as a consequence of the vaccine."

Patients may contact their physician for more information about receiving the flu vaccine. In addition, Licking Memorial Hospital (LMH) is offering a walk-in flu vaccine clinic at the Indian Mound Mall, across from Kitchen Collection. The flu clinic is open from 8:00 a.m. to 4 p.m. on Tuesdays and Wednesdays, from October 16 to November 28.

The LMH 2007 Flu Clinic is open to the public, for adults age 18 years and older. Parents of children needing flu vaccines should contact their family practitioner or pediatrician. You may not be eligible for a flu vaccine if you are allergic to eggs, are very ill with a high fever or have had a severe reaction to a flu vaccine in the past. The cost is \$20, or present a Licking Memorial Health Plan, Medicaid or Medicare insurance card. A vaccine shortage is not anticipated this year. Call (740) 348-7091 for a recorded message providing more information about the LMH Flu Clinic.