



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 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

The Quality Report Card is a publication of the LMHS Public Relations Department.

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Quality Report Card Licking Memorial Health Systems

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Health Tips - Are You at Risk for Pneumonia?

Pneumonia is an infection of the lungs that can be quite serious, even deadly. The symptoms include coughing, fever, chest pain, nausea, chills and shortness of breath. Pneumonia is most commonly caused by a viral or bacterial infection.

Risk Factors for Pneumonia

Although pneumonia can affect anyone, certain patients are more susceptible. Characteristics that place patients at higher risk include:

- Smoking
- Older age (over 65 years)
- Young age (under 2 years)
- Recent surgery or use of ventilator
- Chronic diseases (such as COPD, asthma, heart disease, diabetes, renal failure, sickle cell disease, HIV/AIDS, or liver disease)
- Recent illness with cold or flu
- Suppressed immune system (Chemotherapy, immunosuppressant medications or spleen removal)
- Heavy alcohol consumption
- Malnutrition
- Group living conditions (such as dormitory or nursing home)
- Exposure to many agricultural and construction chemicals

How to Reduce Your Risk for Pneumonia

- Stop smoking
- Wash your hands frequently
- Receive an annual flu vaccination
- Receive a pneumonia vaccine if you are in one of the risk groups

Pneumonia Care – How do we compare?

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

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.

1 National pneumonia treatment guidelines recommend that the first 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.

	LMH 2008	LMH 2009	LMH 2010	National ⁽¹⁾
Patients receiving antibiotic dose within 6 hours	98%	97%	99%	95%

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.

	LMH 2008	LMH 2009	LMH 2010	National ⁽¹⁾
Patients receiving blood cultures prior to antibiotics	97%	96%	97%	96%
Pneumonia patients given the most appropriate initial antibiotic	87%	85%	93%	92%

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.

	LMH 2008	LMH 2009	LMH 2010	National ⁽¹⁾
Pneumonia patients screened for the pneumonia vaccine	96%	95%	100%	93%
Pneumonia patients screened for the influenza vaccine	91%	94%	98%	91%

4 Licking Memorial Health Professionals (LMHP) office patients who are at high risk for these illnesses are also screened and vaccinated as appropriate. LMHP physicians strongly encourage patients over the age of 65 years to receive a one-time dose of pneumonia vaccine and an annual influenza vaccine during each “flu season,” which runs from October to March.

	LMHP 2008	LMHP 2009	LMHP 2010	National ⁽²⁾
Physician office patients over 65 years receiving the pneumonia vaccine	87%	88%	88%	69%
Physician office patients over 65 years receiving the influenza vaccine	LMHP 2008-2009 84%	LMHP 2009-2010 84%	LMHP 2010-2011 83%	National ⁽²⁾ 68%

5 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 2008	LMHS 2009	LMHS 2010	National ⁽³⁾	LMHS Goal
LMHS employees receiving the influenza vaccine	77%	85%	83%	62%	greater than 80%

Data Footnotes: (1) *Hospitalcompare.hhs.gov* national benchmarks. (2) Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2010. (3) Centers for Disease Control and Prevention (CDC). Interim Results: Seasonal Influenza Vaccination Coverage Among Health-Care personnel. *MMWR* April 2, 2010/59 (12); pages 357-362.

Patient Story – Tom Toothman

Tom Toothman is far more familiar with the effects of pneumonia than most people. At the age of 69 years, he was admitted to Licking Memorial Hospital (LMH) in October 2010, with his fourth or fifth case of the lung infection – he no longer remembers the exact number of times. “My first case of pneumonia was 20 years ago, and they all run together in my mind now,” Tom said. “When I develop pneumonia, it usually starts with a day or two that I do not feel good. Then all of a sudden, my health takes a turn for the worse. When I start to run a fever, I know it is time to go to the doctor.”

He suffered his first bout of pneumonia in 1991, which was followed by a collapse of his left lung in January 1993. He had surgery at LMH to repair the collapsed lung and began to improve quickly. “I was in the Intensive Care Unit (ICU) for two days and started to feel better right away,” he remembered. “In fact, I felt better than I had in years.”

Unfortunately, his recovery was thwarted by a dangerous expansion of his aorta, which required corrective heart surgery in the summer of 1993 to prevent a sudden rupture in the aortic wall that could have had deadly consequences. He recovered from the heart surgery only to have his right lung collapse two years later. “Once again, I had surgery at LMH. This time, the surgeons were able to repair the lung through laparoscopic surgery, which required a much smaller incision. I was able to recuperate much quicker that time,” Tom said.

Tom has Marfan syndrome, a hereditary genetic disorder of the connective tissues. It affects the body’s bone structure, the eyes, skin, and vital organs, such as the heart and lungs. “It is hard to tell how much of my lung problems were caused by the Marfan syndrome. Back then I smoked approximately two packs of cigarettes a day. I am sure that made it a lot worse,” he admitted. “I quit smoking while I was in the ICU after my first lung surgery, and I have never even had the urge to smoke again.”

Eric R. Pacht, M.D., a pulmonologist at Licking Memorial Pulmonology, explained that Tom has chronic obstructive pulmonary disease (COPD) which increases his risk of pneumonia due to structural changes in the lungs. “Fortunately, he already quit smoking many years ago, which obviously lowers his risk of pneumonia and many other health problems. However, he is over the age of 65 which is also considered a risk factor for pneumonia,” Dr. Pacht said. “In addition, once you have had pneumonia, you will be at increased risk for future episodes. I did tell Tom that the best way to avoid future episodes was to eat a healthy diet, exercise, avoid ill



From his back deck, Tom Toothman enjoys the fresh breeze off Dillon Dam. Tom has already received his annual seasonal flu vaccine to stay healthy and lower his risk of developing another case of pneumonia.

individuals, obtain a pneumovax immunization, and take an influenza shot every year.”

“I have already received my flu shot for this year,” Tom acknowledged, “and I just retired from my job as a school bus driver. Although I enjoyed my work, I was constantly exposed to the students’ colds and other sicknesses. Hopefully, my retirement will help me avoid another case of pneumonia by limiting my contact with people who may be getting sick without knowing it.”

Tom and his wife, Jackie, have also been proactive in learning more about how to manage his health with Marfan syndrome. They have traveled out of state for several national conferences to hear the results of research and to share information with other Marfan syndrome patients and their families.

In 2002, the Toothmans relocated from Granville to the Dillon Dam area in Muskingum County. “For many years, I received such good care from my family physician, Dr. Dils (Lawrence ‘Pete’ Dils, M.D., of Licking Memorial Family Practice – Granville), the Hospital staff, and Dr. Pacht that I still return to Licking Memorial Health Systems for my medical care,” Tom said. “If you are sick, that is a good place to be. Now that Dr. Dils has retired, I have been able to continue my care at Granville with Dr. Seipel (Andrew C. Seipel, M.D.), and I have full confidence in his care, as well.”

“Generally, I feel pretty good,” Tom added. “All my health concerns are managed pretty well. The LMH Cardiopulmonary Rehab program was very helpful in strengthening my lungs and increasing my stamina. Respiratory Therapist Rita Allen and the rest of the staff closely monitored my exercise and encouraged me through my steady improvement. I have been able to resume my favorite activities. Jackie and I participate in a Silver Sneakers fitness program regularly. I play golf, and every April, my buddies and I go golfing in South Carolina. I also enjoy taking fishing trips with my two sons, Brian and Aaron. In December, Jackie and I plan to travel to Branson, Missouri, to see the Glen Campbell Farewell Tour.”

Tom visits the LMH Anticoagulation Clinic regularly to monitor the dosage of blood-thinning medication he takes to avoid further aortic complications, and schedules an appointment with Dr. Pacht at least once a year to monitor his COPD. If, despite his best efforts, he begins to feel sick with a fever, he knows to contact Dr. Seipel immediately. Tom understands his own health management is crucial to minimizing complications, such as pneumonia.

Each Flu Vaccination Has Widespread Impact

Jeanne Emmons, Director of Infection Prevention at Licking Memorial Hospital (LMH) believes that many people who neglect to receive an annual influenza vaccine would reconsider if they realized the risk they place on their loved ones and acquaintances. “Individuals who have not received an influenza vaccine could be spreading the virus to loved ones and acquaintances even if they feel perfectly healthy,” Jeanne stated.

The early symptoms of influenza resemble the onset of a common cold, including: fever, cough, sore throat, runny or stuffy nose, body aches, headache and fatigue. The Centers for Disease Control and Prevention (CDC) cautions that a person is contagious with the flu virus up to 24 hours before feeling ill and for up to one week thereafter.

“Even if you feel well, you could be infecting others with the flu virus in the 24 hours before you develop symptoms,” Jeanne emphasized, “or you could be experiencing mild symptoms and mistakenly believe that you have just a common cold or allergies. During this time, if you come into contact with infants, very young children, elderly adults, or anyone with a weakened immune system, they could become severely sick with the flu and are at risk for developing pneumonia. The flu vaccine helps to protect not only the individuals actually receiving the vaccine, but also their friends and family.”

To protect patients against spread of the flu virus, all staff members at Licking Memorial Health Systems (LMHS) are strongly encouraged to receive an annual vaccine. “Studies show that typically 45 to 50 percent of healthcare workers receive the flu vaccine in the U.S.,” Jeanne said. “However, the vaccination rate of LMHS employees was a remarkable 85 percent during the 2010-2011 flu season. LMHS employees



LMHS strongly encourages its staff to receive an annual flu vaccination to protect the health of all patients, visitors and employees.

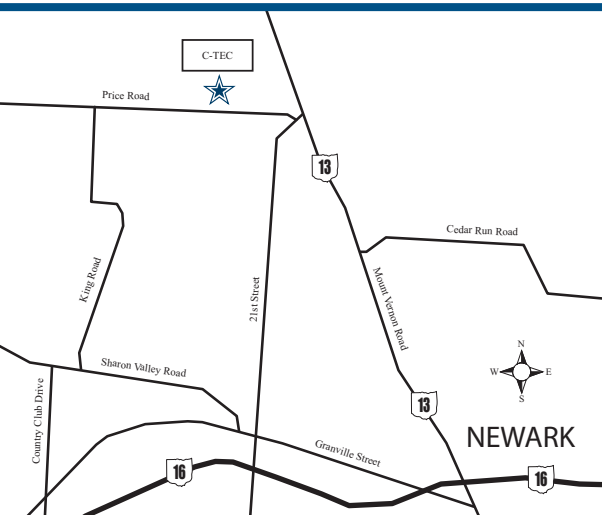
understand the importance of flu vaccines, so the risk of transmitting the flu to our patients is low.”

This year, the LMH Seasonal Flu Clinic is located at C-TEC on Price Road in Newark on Tuesdays and Thursdays, beginning October 4, from 8:30 a.m. to 4:00 p.m., for adults 18 years and older. Parents who want influenza immunizations for their children under the age of 18 years should contact their pediatricians or family physicians. The cost of the flu vaccine at the LMH Seasonal Flu Clinic is \$30, or will be covered by all forms of medical insurance with a valid card, including Medicare, Medicaid, Molina and CareSource.

The CDC recommends that everyone over the age of 6 months should receive an annual flu immunization, except for those who have had a severe reaction to flu vaccine in the past, those who have had a severe allergy to chicken eggs, or those who are currently sick with a fever.

“There are still patients who believe that the flu vaccine may cause them to catch the flu, but that is not possible with modern deactivated serum,” Jeanne explained. “It takes approximately two weeks for the body’s antibodies to build up after an immunization. In the interim, it is still possible to contract a case of the flu through direct or indirect contact with a person who is sick.”

The peak months for the seasonal flu are January and February, although the CDC advises that the vaccine should be received as soon as it is available to provide protection throughout the entire season, which generally lasts from October to May. The LMH Seasonal Flu Clinic is open to the public, and no appointment is necessary. More information is available by calling (740) 348-7091 for a pre-recorded message.



LMH SEASONAL FLU CLINIC

Have you received your flu shot this season?

Licking County residents 18 years of age and older are invited to attend the clinic. Parents of children needing flu vaccines should contact their pediatrician or primary care physician.

When

8:30 a.m. to 4:00 p.m.
Tuesdays and Thursdays
Starting Tuesday, October 4

Where

LMH Wellness Center at C-TEC,
150 Price Road, Newark, OH 43055

Cost

\$30 by cash, check or credit card. LMH also accepts all forms of medical insurance with a valid card, including Medicare, Medicaid, Molina or CareSource.

For More Information

Call (740) 348-7091 for a pre-recorded message about the Licking Memorial Hospital Seasonal Flu Clinic



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