



Community Connection

Licking Memorial Health Systems

(740) 348-4000 (phone) • www.LMHealth.org

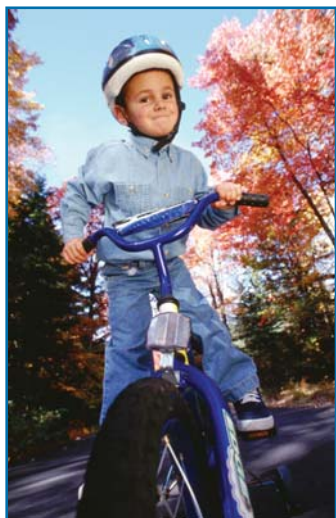
Volume 3, Issue 5

May 2006



Measurably Different ... for Your Health!

Bicycle Safety Month



Bicycle safety is promoted during June and throughout the summer.

It's a beautiful day – the sun is shining, the birds are chirping. What could be more perfect than a bike ride? But wait! Before you pull your bike out of the garage, find out how to stay safe on two wheels.

Why Is Bicycle Safety So Important?

Bike riding is a lot of fun, but accidents happen. Every year, about 176,000 kids go to the emergency department because of bike accident injuries. Some of these injuries are so serious that the victims die, more than 600 bicyclists - usually from head injuries. That's why it's important to wear your bike helmet.

Bike helmets are so important that the United States government has created safety standards for them. Your helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC).

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See Pages 8, 9 and 10
for the Community
Report Card Featuring
Respiratory Care

Community Education Program: Nutrition



Nutrition is key to a healthy lifestyle.

Date: Monday, May 8, 2006
Time: 6:00 p.m.

Date: Tuesday, May 9, 2006
Time: 3:00 p.m.

Location: Conference Rooms
A & B, First Floor of
Licking Memorial
Hospital

Do you know how to read a food label? Can you follow the updated Food Guide Pyramid? Learning about the Food Guide Pyramid and nutrition facts on food labels are great ways for people to understand how to make healthy choices. Plan to attend this educational program to learn how to use these tools to plan nutritious meals. AnnMarie Thacker, Registered Dietitian for Licking Memorial Hospital, will speak at this program. Registration is required. Please call (740) 348-1434 to register.

Senior Health & Fitness

Senior Health & Fitness Day is Wednesday, May 31, and the common goal for this day is to help keep older Americans healthy and fit. Older adults are encouraged to learn more about the benefits of a regular exercise program and make it fun!

How can older adults add to their golden years? "This isn't about six-pack abs or competition weight lifting. It's about life. Seniors who exercise are healthier," said Jonathan Hollister, M.D., geriatrician with Licking Memorial Health Professionals. He said it's about incorporating moderate-intensity physical activity – for at least 30 minutes a day, at least five days a week. If you're just starting an exercise program, be sure to check with your doctor first.

According to Dr. Hollister, older adults who exercise suffer fewer falls and fractures and may live longer lives.



Bike riding is a great way to incorporate exercise into your lifestyle.

(continued on page 2)

Bicycle Safety Month (continued from front)

Important Tips to Remember

- Be sure the bike helmet fits properly. You don't want it too small or too big.
- Never wear a hat under your bike helmet.
- If you're unsure if your helmet fits you well, ask someone at a bike store.
- Be sure to wear your helmet level, cover your forehead.
- The straps should always be fastened. If the straps are flying, the helmet is likely to fall off your head when you need it most. Make sure the straps are adjusted so they're snug enough that you can't pull or twist the helmet around on your head.
- Take care of your bike helmet, and don't throw it around. That could damage the helmet, and it won't protect you as well when you really need it. If you damaged your helmet in an accident be sure to get a new one. They don't work as well after a major crash.
- Reflective stickers make you more visible to people driving cars.

Helmet On, Now What?

Riding a bike that is the right size for you also help keeps you safe. When you are on your bicycle, stand straddling the top bar of your bike so that both feet are flat on the ground. There should be one to three inches of space between you and the top bar.

Be Seen, Be Safe!

Wearing bright clothes and putting reflectors on your bike also can help you stay safe. It helps other people on the road see you. You'll also want to make sure that nothing will get caught in your bike chain, such as loose pant legs, backpack straps or shoelaces. Wear the right shoes – sneakers – when you bike. Sandals, shoes with heels, and cleats won't help you grip the pedals. And never go riding barefoot!

Be sure that you and your family take all precautions when riding a bike. It could save a life.

Senior Health and Fitness (continued from front)

Most activities are suitable for seniors. That means walking, swimming, weight training, martial arts, cycling, and anything else you can think of. You may not be able to run a marathon or set weight-lifting records, but every effort you make to remain active promotes a healthy lifestyle.

Before starting any exercise program, be sure to talk to your primary care physician. Once you have consulted your physician, below are some things seniors can do to increase their physical activity level:

- Do your own yard work instead of hiring a neighborhood kid to do it,
- Walk to the store instead of driving,
- Go to your local mall early in the morning during the weekday and walk,

- Adopt a stretching routine to remain limber,
- Develop a resistance training routine,
- Get a workout partner who will take walks with you, and hold you accountable to your fitness goals and routine,
- Take your pet for a walk instead of just letting it out in the yard, and
- Coach a children's sports team.

The main thing is to be active. Remember that weight bearing exercises, such as walking or light weight lifting, are best for your heart and bones. Any arthritic problems can be addressed with your physician. Don't settle for sitting on the couch watching television. If you keep yourself fit, your family will enjoy the wonderful years you have to give them. So, get up and do something!



Keep Your Kids Safe!



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

Buckle Up Licking County



More than half of all people killed in car crashes are not restrained. Law enforcement and their community partners recognize May 22 to June 4 as Buckle Up America!® Week to help increase the use of safety belts and car seats.

Every hour, someone in America dies unnecessarily in a car crash because a seat belt was not used. Seat belts are the most effective safety devices in vehicles today, estimated to save

9,500 lives each year. Yet, only 68 percent of motor vehicle occupants are buckled. If 90 percent of Americans buckled up, more than 5,500 deaths and 132,000 injuries would be prevented annually. Under the United States Secretary of Transportation's direction, the National Highway Traffic Safety Administration (NHTSA) developed a national initiative to increase seat belt use. The plan calls for building and using public-private partnerships, enacting stronger state laws, encouraging active enforcement of existing laws and educating the public with awareness campaigns like Buckle Up America!

Someone is killed in a car crash every 13 minutes. However, seat belts save more than 11,000 lives each year, and they can help you maintain control over your car in a crash. Not only is wearing your safety belt important in saving lives, but wearing it properly is key. Buckling up correctly is a snap.

- Adjust the lap belt to fit low and tight across your hips/pelvis, not your stomach area.
- Place the shoulder belt snug across your chest, away from your neck.
- Never place the shoulder belt behind your back or under your arm.

Wearing a seat belt isn't just a good idea; it's the law, and the State of Ohio is conducting heightened enforcement of seat belt laws. So, buckle up on every trip, every time.

Emergency Medical Services Spotlight

In recognition of Emergency Medical Services (EMS) Week, May 14 through 20, Licking Memorial Health Systems would like to honor the local emergency medical squads. Emergency Medical Services Week brings together local communities and medical personnel to publicize safety and honor the dedication of those who provide the day-to-day lifesaving services of the medical front line. "We appreciate so much all the effort the EMS crews put forth toward helping patients. Their expertise out in the field is truly amazing," said Penny Tylka-McCort, Director of the Emergency Department at Licking Memorial Hospital (LMH).

In 2005, there were more than 19,000 total runs for the 18 county departments and more than 12,000 EMS calls transported to LMH. "Licking Memorial Hospital has been great in improving the quality of care that we as EMS crews are able to provide out in the field. Because of LMH, we are more aggressive in the treatment we are able to provide," said Jim Glover, EMS coordinator for Licking Memorial Hospital and Fire Chief for Newton Township.

Help Is Only a Phone Call Away - With ICE!

A paramedic from England has launched a campaign that is catching on in the United States and across the globe

as well. The idea is called ICE, which stands for "In Case of Emergency." People can enter "ICE" in the contact list of their cell phones, along with the phone number of the person who should be

contacted in case of an emergency. By looking up "ICE" on the injured person's cell phone contact list, emergency personnel and others could then quickly find the right person to contact.

Know Where To Get Help

For immediate emergencies, call 9-1-1. Emergency operators will get you in contact with appropriate emergency personnel. Knowing CPR and choking rescue procedures is important, especially if you have small children in the house. Licking Memorial Health Systems



A local EMS ambulances is transporting patients to Licking Memorial Hospital.

offers CPR and Basic Life Support (BLS) classes throughout the year. You can find out upcoming dates, times, locations and costs of these classes by calling (740) 348-1434.

It's also important to know the basics of first aid, so you can stop serious bleeding, manage shock or handle fractures until emergency help arrives. Never perform a medical procedure if you're unsure how to do it.

- Don't move anyone involved in a car accident, serious fall, or who is found unconscious unless he or she is in immediate danger of further injury,

- Don't give the victim anything to eat or drink,
- Protect the victim by keeping him or her covered,
- If the victim is bleeding, apply a clean cloth or sterile bandage. If possible, elevate the injury and apply direct pressure on the wound, and
- If the victim is not breathing or does not have a pulse, begin rescue breathing or CPR.

If you are having an emergency, call 9-1-1 for immediate help or go to the nearest emergency department.

National Hospital and Healthcare Week, May 7-13, 2006

Licking Memorial Health Systems (LMHS) will celebrate National Hospital and Healthcare Week during May 7 to 13, 2006, with various activities and recognitions for employees. This year's theme is "Healthy Employees for a Healthier Community."

Bill Andrews, LMHS President, said, "We ask our employees to provide high-quality health care to the patients we serve every day. During Healthcare Week, we're taking time to be concerned with the health of our employees by hosting an employee health fair along with other fun activities. This is a week to remember the special role our employees play in lives of others in the community."

LMHS is like a small town where electricians, plumbers, painters, housekeepers, food service workers, delivery people, office staff and many others work together with the clinical staff to care for those individuals in need. "It's important for everyone to be aware of prevention, early detection and health issues in general, but especially important for health care workers. We need to make sure our staff takes care of themselves so they can help others," continued Bill.

In addition to the health fair, employees will be treated to snacks and other goodies throughout the week. They will also be given the chance to win some health-related prizes and attend health education programs.



Congratulations to all employees, physicians and volunteers during National Hospital and Healthcare Week.

Project Linus Brings Quilts to Pediatric Patients

One hundred eighty colorful quilts and blankets recently filled up one side of a back room at Bunny's Sew Fine Fabrics in Newark. "What can I say, our customers are so generous," Fabric/quilting store owner Linda Schofield remarked. For the third consecutive year, Bunny's Sew Fine Fabrics has sponsored Project Linus locally to promote donations of child-sized quilts to pediatric patients at Licking Memorial Hospital (LMH). In 2004, Bunny's Sew Fine Fabrics collected 80 quilts through Project Linus. Last year, the project surged to a donation of 154 quilts. Next year, Linda and her husband, Larry Schofield, plan to collect even more. "Our goal is for at

least 200 in 2007," Larry said. Linda playfully reminded him that he had neglected to make one of his own for this year. Larry admitted that he had failed to follow through. "I'd better start now if I'm going to have one ready by next year," he said.

Project Linus has 360 volunteer chapters nationwide that provide handmade blankets to children who are seriously ill or traumatized. Locally, the "blanketeers" bring their creations to Bunny's Sew Fine Fabrics throughout the year and earn an entry toward a Janome sewing machine for every blanket they donate. In 2005, 275 Janome

Project Linus Brings Quilts to Pediatric Patients (continued on page 5)

Project Linus Brings Quilts to Pediatric Patients (continued from page 4)

dealers awarded at least one sewing machine to one of their blanketeers.

Pat Peterson, a resident of Mount Vernon, Ohio, was the lucky recipient of Bunny's Sew Fine Fabric's sewing machine in February. She donated five quilts, not knowing that she would be entered into the drawing. "I just brought the quilts in, and the girl said 'You have five chances to win,'" she recalled.

Pat has been doing needlework since a very young age. She explained, "I could crochet since I was a kid. My grandmother taught me how to quilt when I was 5 years old; she belonged to a quilting bee at church and I used to sit and watch her." Pat gave up needlework for many years but recently found renewed interest in her girlhood activity. "When I was getting ready to retire, I got back into it," she said.

With a desire to share her handiwork, Pat brought her quilts to Bunny's Sew Fine Fabrics, joining 40 other customers who donated quilts this year for Project Linus. Linda struggled to find a way to express her admiration and gratitude to the growing list of blanketeers. "Now I know why people give things away," she said. "It just makes you feel so good!"

Carol Barnes, Licking Memorial Hospital Director of TWIGS, Volunteers and Events, said the blankets definitely have a positive effect on people. "The bright colors make everyone feel good – that includes the

nursing staff as well as the patients. We get excited about seeing the different design themes each year. The quilts bring smiles to many faces, which helps to take the pain away." Carol added, "Both children and adults love them; in fact, I ran into a lady last week who reported that one of these quilts had become one of her grandson's favorite possessions. I hope the donors realize their quilts are offering comfort here and at home indefinitely."

To learn more about donating quilts to LMH through Project Linus, contact Linda or Larry at Bunny's Sew Fine Fabrics at (740) 366-1433.



Quilts donated to Licking Memorial Hospital (LMH) through Project Linus pile up in a back room of Bunny's Sew Fine Fabrics in Newark. Shown are (left to right) store owners Linda and Larry Schofield, quilter Pat Peterson, and Carol Barnes, LMH Director of TWIGS, Volunteers and Events.

Outpatient Clinic Spotlight: Sleep Laboratory

Licking Memorial Health Systems (LMHS) offers the services of a comprehensive, outpatient sleep disorders program designed to diagnose and treat a variety of sleep disorders. SleepCare at LMHS recently received accreditation by the American Academy of Sleep Medicine (AASM) as a full service sleep laboratory. In order to receive this accreditation, Licking Memorial Hospital (LMH); Eric Pacht, M.D., pulmonary and sleep specialist as well as medical director of Licking Memorial Sleep Laboratory; and SleepCare, underwent a thorough evaluation by the AASM of all aspects of the sleep laboratory's services.

The program began in 2001 with the partnership of SleepCare, Dr. Pacht and LMH. Dr. Eric Pacht, a board-certified pulmonologist, operates the sleep lab and sleep clinics including diagnostic



A sleep lab technician monitors a patient in the Licking Memorial Hospital Sleep Lab.

testing, patient education and a complete follow-up program. The sleep lab contains two private bedrooms equipped with bathrooms, showers and cable television for the patient's comfort. SleepCare at LMH now joins the ranks of other AASM-accredited facilities that provide the highest quality of patient care.

Commonly, sleep patients are referred to a sleep specialist by their primary care physician prior to a sleep study, but in some cases patients may see a sleep specialist directly. A qualified sleep technician conducts the sleep studies, which are safe and painless. The lab utilizes the latest computerized polysomnographic technology, recording up to 30 diagnostic variables, including heart rate, breathing and brain activity, as well as eye and muscle movements. The data is interpreted by

Dr. Pacht, who will then follow up with the patient to recommend a course of treatment.

Approximately 40 million Americans suffer from some form of sleep disorder. Common sleep disorders are insomnia and restless leg syndrome, with sleep apnea being the most frequently diagnosed and treated disorder. Sleep apnea is characterized by pauses in breathing during sleep, which can result in both sleep disturbance and reduced oxygen delivery to vital organs. Common symptoms include snoring, daytime sleepiness, and pauses in breathing during the night. Sleep apnea should be taken very seriously. Medical professionals have

estimated that around 30 percent of hypertension patients have sleep apnea, which is likely to cause or contribute to high blood pressure, putting the patients at risk for serious complications. Sleep apnea has also been linked to automobile accidents, depression, memory problems and heart disease.

The Sleep Laboratory is located on the sixth floor of Licking Memorial Hospital. For more information, call Dr. Pacht's office at (740) 348-1805.

Better Sleep Month



Eric Pacht, M.D., is the Medical Director for the Licking Memorial Sleep Lab.

Sleep apnea and other sleeping disorders have been gaining momentum over the last 20 years in the number of cases, public awareness and media attention. Two decades ago, sleep was not a highly regarded specialty among medical professionals, most believing that it was manufactured hype from the health care industry to make more money. But sleep is now widely recognized as playing a vital role in maintaining one's personal health and has been tied to a number of serious health problems.

National Sleep Awareness Week (NSAW) was Monday, March 27 through April 2. This week was a time that all sleep professionals attempted to bring sleep medicine to the forefront of the media in an effort to increase public awareness. At the end of NSAW, Daylight Savings Time returned, and many of us lost yet another hour of sleep. This week presented a good opportunity to remind everyone that sleep is a critical part of a healthy lifestyle and is as important as a balanced diet and exercise. That means everyone should be getting between seven and nine hours of quality sleep every night.

Sleep is not unlike water; both are often taken for granted by the general public, and while water plays a critical role in keeping a healthy diet, sleep is important for the maintenance of a healthy lifestyle. It is a crucial function the body uses to rest, repair muscles and tissue, and adjust hormone levels for the next day. It should not be surprising then, that not getting enough sleep will break down the body and leave a person feeling a little out of sync. However the serious long-term effects that sleep deprivation can have on someone's health may be a bit startling.

In the past 20 years, numerous studies have linked sleep apnea and other sleeping disorders to obesity, hypertension, stroke and heart disease. These problems are often

created or compounded by a lack of restful sleep and can be easily managed with simple, non-invasive sleep treatments. The most common treatment for sleep apnea, the CPAP machine, is designed to stop snoring and keep its user from waking at night, and has shown to increase the patient's energy, increase oxygen in the blood and decrease blood pressure. After one to two weeks of continued use, severe to moderate sleep apnea sufferers noticed a substantial improvement in their energy throughout the day and in general a better quality of life.

A lack of restful sleep can take over a sufferer's life, as if living in a fog. If snoring or insomnia is a serious concern in your daily life, see your primary care physician or call Dr. Pacht's office at (740) 348-1805.

Development Spotlight: Jim Atkinson



Jim Atkinson

“A top flight community hospital is essential for any growing successful community,” Licking Memorial Hospital (LMH) Development Council member Jim Atkinson said. He joined the Council in December 2005, partially because of Licking Memorial Health Systems (LMHS) Board Chairman Glenn Abel. “Glenn Abel suggested that the Development Council makes a real difference in the community, and I have enormous respect for Glenn,” Jim said.

Jim, an investment representative with Edward Jones Investments, serves on the LMH Development Council’s Annual Support Committee. He is a graduate of both The Ohio State University in Columbus, Ohio, and Newark High School and is accredited as an asset management specialist by the national College for Financial Planning.

“As a lifelong Newark resident – actually, I was born in the ‘old Newark hospital’ – I plan to continue to identify and solicit local residents for their financial contributions to support excellent local health care,” Jim said. “We have many Licking County residents who believe that quality health care is essential for this community.” The “old Newark hospital” is a reference to an earlier location on Everett Avenue. The current facility opened on West Main Street in July 1966.

In addition to his support of LMH, Jim is a member of Newark Lions Club, The Ohio State University Alumni Association, College for Financial Planning, Licking County Board of Realtors and Buckeye Valley Building Industry Association.

He and his wife, Beth, are the parents of two children: Adrienne and James. Adrienne is a sophomore at University of North Carolina – Chapel Hill, and James is a sophomore at Newark Catholic High School.

In his spare time, Jim enjoys golf, fly fishing and going to Midland Theatre in downtown Newark with his wife.

Donors

Community Cornerstone

Ms. Karen Burger
Mr. and Mrs. Lynn Fawcett
Ms. Judy Franklin
Ms. Shirley Johnson

Memorial

Dorothy Floyd by
Ann Howard
Dorothy Taylor by
Ann Howard

Cradle Roll

Destiny Nevaeh Gutridge
by Mr. & Mrs. Tom Lucas

Shepherd Hill

Anonymous

Volunteer Spotlight: Iota Griffith



Iota Griffith

Iota Griffith has been a volunteer with Licking Memorial Hospital (LMH) for 20 years. She began volunteering in 1986 and has volunteered more than 3,587 hours of service. “I have worked in the Gastroenterology (GI) Laboratory for the whole time,” said Iota. This year, on her 90th birthday, Iota will be inducted into the 90s Club. “The 90s Club is a group of volunteers who are at least 90 years old and are still actively volunteering at the Hospital,” said Carol Barnes, Director of Volunteers, TWIGS and Events.

“No two days are ever the same when I volunteer,” said Iota. While volunteering in the GI Laboratory, Iota has done various duties in the department – everything from wheeling patients to their rooms to working on charts, filing, transporting specimens and helping at the front desk. “Volunteering has been very good for me. I enjoy being out with people who need help and feel like at the end of the day that I have done my good deed,” said Iota.

Iota has served the public for many years. She retired from Park National Bank in Hebron after 27 years of

service. “I have had my fair share of tragedies, but I have always thought that staying busy and being with other people has kept me active and happy,” Iota stated. Iota lost her husband and son at a very young age, but is blessed to have a daughter, two granddaughters and one great-grandson.

Iota said, “I am a joiner!” She is active with community events, and in her free time she enjoys walking and playing cards. “I encourage people to volunteer at the Hospital because it has been so good to me.”

The Hospital’s commitment to quality care is well known in the community and across the state. This recognition would be more difficult to achieve without the unwavering support and dedication of the outstanding volunteers.

If you are interested in volunteering your time and talents at Licking Memorial Hospital, call Carol Barnes, Director of Volunteers, TWIGS and Events at (740) 348-4079.



Community Report Card

Licking Memorial Health Systems

(740) 348-4000 (phone) • www.LMHealth.org



Respiratory Care ... a community report on patient care quality

HEALTH TIPS

Indoor air pollution can irritate anyone. However, people with respiratory problems can be especially troubled by indoor irritants. Following are some common indoor irritants and ways to eliminate them:

- **Household fumes:** Install exhaust fans in your kitchen, bathrooms and any work areas where fumes accumulate. Open windows frequently, and clean fans regularly.
- **Dust and dirt:** In addition to regular vacuuming, combat dust and dirt by cleaning heat exchangers, dryer filters and refrigerator coils.
- **Tobacco smoke:** Do not allow anyone to smoke in your home.

Camp Feelin' Fine

Camp Feelin' Fine is a fun-filled day for kids ages 7 to 14 who are living with asthma. Camp is from 9:00 a.m. to 3:00 p.m. on Friday, June 30, at Infirmary Mound Park, on State Route 37 west of Newark. Attendance is free!

The Licking Memorial Hospital asthma health care team – including physicians, pharmacists, nurses and respiratory therapists – will provide educational programs, crafts, lunch and recreation throughout the day in a camp setting.

There is also the opportunity to learn more about asthma, including:

- What is asthma,
- Medications and equipment, and
- Warning signs of asthma attacks and how to respond.

To register, please call (740) 348-4191.

A Patient at Camp

Kevin Corl was diagnosed with asthma at a very young age. "Kevin had a severe asthma attack," said his mother, Annette. His parents took him to his pediatrician Diane LeMay, M.D. As a result of his asthma diagnosis, Kevin began attending Camp Feelin' Fine. Kevin has been going to Camp Feelin' Fine for two years. His mother believes that it is good for Kevin to meet other kids who also have asthma like he does. "I think that it is good for them to realize that they are not alone," said Annette.

Richard Baltisberger, M.D., a pediatrician with Licking Memorial Health Professionals, who serves as the medical liaison at Camp Feelin' Fine, believes that the importance of asthma camp is three-fold. First, it gives the children a sense of connection with other children who have the same diagnosis. They see that other chil-

dren also have asthma and don't have to feel like they are any different than anyone else. Second, it provides an educational opportunity to the children about asthma. "We usually take 1 to 2 hours of time working on educating them about asthma and what the medications do and how to prevent attacks. The more the children know about asthma, the more likely they are to keep from having to come in the Hospital because of an attack," said Dr. Baltisberger. Third, it encourages activity. Running and playing helps build strength in the lungs. At the camp, a lot of physical activity is built into the activities as a way to encourage lung strength.

For more information about Camp Feelin' Fine, please call (740) 348-4191. For more information about asthma, visit the health information of the Licking Memorial Web site at www.LMHealth.org.



Janice Wilden and Kevin Corl show off t-shirt creations made at the 2005 Camp Feelin' Fine.

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 2003	LMH 2004	LMH 2005	Goal
% of respiratory assessments conducted within four hours of admission	98%	97%	97%	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 2003	LMH 2004	LMH 2005	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 2003	LMH 2004	LMH 2005	Goal
% Who met their personal goals	90%	100%	100%	100%
% Increased exercise activity	90%	100%	100%	100%
% Increased activities of daily living	90%	100%	100%	100%

- 4 When people with Chronic Obstructive Pulmonary Disease (COPD) or asthma require hospitalization, treatment programs that recognize their special needs often help shorten their hospital stays. After hospitalization, patients continue therapy in appropriate rehabilitation settings.

	LMH 2003	LMH 2004	LMH 2005	Benchmark ⁽¹⁾
COPD average length of stay	3.2	3.1	3.3	4.5 Days
Asthma average length of stay	2.8	2.6	2.6	2.9 Days

- 5 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 2003	LMH 2004	LMH 2005	Goal
Asthma protocol followed in ED	92%	91%	94%	greater than 90%

- 6 Smoking increases patients' health risks, including their odds of facing acute myocardial infarction (AMI), pneumonia and heart failure. LMH offers smoking cessation counseling to patients in hopes of lowering their risk for continued smoking-related health problems.

	LMH 2003	LMH 2004	LMH 2005	Goal
Smoking cessation counseling for AMI patients	85%	100%	100%	greater than 90%
Smoking cessation counseling for pneumonia patients	79%	96%	88%	greater than 90%
Smoking cessation counseling for heart failure patients	87%	97%	92%	greater than 90%

Data Footnotes: (1) Comparative data from the Midas comparative database project.

Asthma in Children

Asthma is a chronic condition in which narrowing of the passages from the lungs to the nose and mouth (airways) leads to difficulty in breathing. These changes commonly occur in response to changes in the environment including weather, allergens (such as dog or cat dander, mold, or dust), foods, or respiratory infections (colds). Asthma often begins during childhood or the teen years and may last throughout the child's life. It can increase his or her risk of complications from lung and airway infections, such as bronchitis and pneumonia.

According to Richard Baltisberger, M.D., pediatrician with Licking Memorial Health Professionals, children as young as age 2 can use inhalers but need to use a spacer for them to be effective. Many different spacers are available, but some cannot be used effectively with younger children. Generally, children under age 5 are going to require a valved holding chamber spacer that has a mask. Studies have shown that even teenagers get more effective use of their inhalers with spacers. Spacers are now more simple (some look like a very small tube), but they do help facilitate the medication getting into the lungs and not just scattering in the mouth.

Causes

Asthma is a disease of the respiratory system. It is commonly found in children, although it can also occur in adults. Among children, asthma is a leading cause of hospitalization, chronic disease and missed days of school.

Children with asthma may be able to breathe normally most of the time. When they encounter a trigger, however, an attack (exacerbation) can occur. Below is a list of common asthma triggers.

- Tobacco smoke
- Dust
- Pollen
- Exercise
- Viral infections, such as the common cold
- Animals (hair or dander)
- Chemicals in the air or in food
- Mold
- Changes in weather (frequently cold weather)
- Strong emotions
- Aspirin and other medications

In recent years, there has been a worldwide increase in the number of children with asthma. This trend has been linked to environmental factors, including air pollution. However, it is important to understand that indoor triggers can play just as much of a role as outdoor triggers in bringing on an asthma exacerbation.

Children's airways are narrower than those of adults. This means that triggers that may cause only a slight response in an adult can be much more serious in children. In children, an asthma attack can appear suddenly with severe symptoms. For this reason, it is important that asthma be diagnosed and treated correctly. For some children, this may mean taking daily medication even during times when the child is not having symptoms of asthma.

Treatment

Family members and their pediatrician or allergist should work together as a team to develop and carry out a plan that includes eliminating asthma triggers and monitoring symptoms, and a plan for what to do when a child's asthma starts to act up.

Children with mild asthma (infrequent attacks) may use relief medication as needed. Those with persistent asthma should take control medications on a regular basis to prevent symptoms from occurring. A severe asthma attack requires a medical evaluation and may require hospitalization, oxygen, and intravenous medications.

Although these are the same medications used to treat adults, there are different inhalers and dosages especially for children. In fact, children often use a nebulizer to take their medicine rather than an inhaler, because it can be difficult for them to use an inhaler properly.

Families can play a very important role in the control of asthma by helping get rid of the indoor triggers that worsen asthma. This is the single most important thing that a family can do to help a child with asthma.

Prevention

There is no foolproof method to prevent asthma attacks. The best way to minimize the number of attacks is to follow the asthma plan that you develop with your doctor and to eliminate triggers (especially cigarette smoke) as discussed above. When families take control of their home environment, asthma symptoms and exacerbations can be significantly decreased.

When a child begins to develop symptoms, a severe attack can be prevented by a quick response. An asthma action plan can tell a family exactly what to do when symptoms start to increase. Following an asthma action plan can prevent severe exacerbations that otherwise might result in hospitalization. For more information about childhood asthma, be sure to talk to your child's pediatrician.

Retiree Spotlight: Jackie Howard, R.N.



Jackie Howard, R.N.

Main Street site.

Jackie worked part-time, and she took some time off when her two daughters were young. She began full-time work at LMH in 1968. She retired as a pre-admission nurse but also had worked in the Surgery Department and as the Emergency Department charge nurse. “I loved them all,” Jackie said of her various positions. “I really did.”

The Newark High School graduate said a highlight of her time at LMH was being instrumental in planning the 100-year birthday party held in 1998. “I worked on planning the big birthday party and helped collect three albums of photos showing the history of the Hospital,” Jackie said. “It was a year full of celebrating and was very nice.”

Jackie said good times weren’t limited to major milestones. She and her co-workers enjoyed sharing frequent potlucks in their department, dressing up for Halloween, having Christmas parties and finding fun in the day-to-

day completion of their work. “We had such good times,” Jackie said. “We worked hard, but we enjoyed our jobs.”

Nowadays, she looks forward to retiree luncheons and the annual Retiree Dinner hosted by Licking Memorial Health Systems (LMHS). “I try to attend each one to see old friends,” she said. Additionally, Jackie and some of her former co-workers see each other frequently outside of the LMHS-sponsored events.

Although her career with LMHS has ended, her affiliation has not. Jackie has been an LMH volunteer and is a member of TWIGS 24 (formerly TWIGS 12). She also is active in a nurses’ alumni association for graduates of the Newark Hospital program. “We get together three times a year to recall old times,” she said. While at LMH, Jackie was proud to have served as the organization’s co-chairman for a United Way campaign. Currently, Jackie is a member of the local Soroptimist Club and Elks Auxiliary, and she and husband, Don, volunteer together at The Works in downtown Newark.

Jackie and Don are the parents of two daughters: Debbie of Mansfield and LuAnn of Pataskala. The couple likes to take Freedom Years trips together. Included among their favorite destinations are the Grand Canyon in Arizona, and San Francisco, California. “We really like going out West,” Jackie said.

Administrative Spotlight: David Landis



David Landis

David is proud to be actively involved with the Critical Care Pavilion project, as well as other Hospital facility improvements. The Critical Care Pavilion at LMH is an approximately \$39 million project. It includes nearly 83,000 square feet of new construction and 7,000 square feet of renovation. It will provide new Emergency and Surgery departments for the Hospital. Construction began in early July 2005, and completion is projected for late 2007.

In addition to actively participating in the Critical Care Pavilion project, David said his greatest accomplishments to date at LMH include his efforts in the new UPS (serves as a power source until generators start) and generator projects for the Hospital. “Those projects

helped to improve electrical reliability for patient care,” he said. “In fall 2004, we completed installation of three new back-up generators to supply the Hospital in the event of a power outage. The new generators allow us to maintain 100 percent work capacity – even when there is an area-wide power outage.” Because of the back-up generator system, use of state-of-the-art machines and equipment, X-ray technology, CT scans and computers will not be disturbed.

David also has been instrumental in numerous renovation and construction projects for Licking Memorial Health Professionals practice locations.

He has an Associate Degree from the University of Central Texas in General Studies/Business and has attended the University of Central Florida, where he studied engineering. He has a Universal CFC Certificate. David is married and lives in Newark with his wife and their three children.

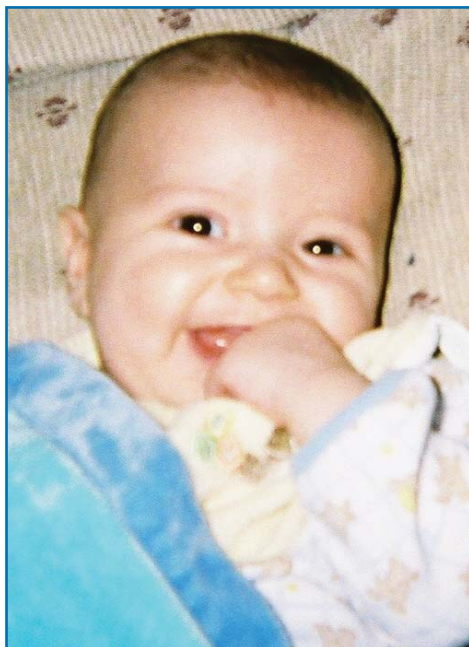
A Tribute to Mothers ...

Licking Memorial Health Systems wishes a Happy Mother's Day to all moms of the 1,051 babies born at Licking Memorial Hospital this past year.



May 2005

Jeams was born on May 1, 2005 to proud mom, Jeanette Maybrier.



June 2005

Chelly Sartin welcomed son, Thomas, on June 22, 2005.



July 2005

Maggie Lehman welcomed son, Matthew, in July. When born, he weighed 8 pounds and 4 ounces and now weighs more than 26 pounds.



November 2005

Krista Hottinger welcomed daughter, Sasha, in November. When born, Sasha weighed 6 pounds and 10 ounces.



December 2005

Gianna was born to proud mom, Stephanie Campbell, on December 30.



January 2006

Sara Joyner is the proud mother of Josie, who was born on January 28.

The pictures taken of the mothers and babies were randomly selected from the list of mothers who consented to release information about the birth to the public. There were 1,051 babies born at Licking Memorial Hospital this past year.



August 2005

Stephanie Toothman is looking forward to spending her first Mother's Day with son, Jarrett. He was born on August 17.



September 2005

Katie Hoover is the proud mom of daughter, Madison. She was born on September 13, 2005.



October 2005

Jennifer Dickson will be celebrating Mother's Day with twin daughters, Catherine and Karlee, who will be 6 months old.



February 2006

Melissa McCoy welcomed daughter, Madison, in February.



March 2006

Titan was born on March 15, 2006. He will be spending his first Mother's Day with proud mom, Lacie Priest.



April 2006

Amanda Gettys welcomed son, Noah, on April 2.

Physician Spotlight: Bethany Wyles, D.O.



Bethany Wyles, D.O.

Licking Memorial Health Professionals dermatologist Bethany Wyles, D.O., joined Licking Memorial Health Systems in the summer of 2003. “I chose to come to Licking Memorial because I wanted to be close to home. When I interviewed here, I just felt that it was a good fit for me, the Hospital and the community,” said Dr. Wyles. “The patients here are very appreciative of the care and that makes my job all the better.”

She is skilled in laser therapy for hair removal and vascular lesions, sclerotherapy, flaps and grafts, Botox treatments and collagen injections. Dr. Wyles lectures at various health programs and events.

Dr. Wyles and her fiancé are busy planning an October wedding. She resides in Pataskala, while her family resides in northern Ohio.

Dr. Wyles earned her Medical Degree from Ohio University College of Osteopathic Medicine in Athens, Ohio, and graduated from John Carroll University in University Heights, Ohio, with a degree in biology. She completed an internship at Grandview Hospital in Dayton, Ohio, and residencies in internal medicine and dermatology at Cuyahoga Falls General Hospital in Cuyahoga Falls, Ohio.

Ask a Doc: Bethany Wyles, D.O.

Are there any risks to tanning booth use? How can I get a tan while being safe in the sun?

Tanning booths are not safe at all. They emit two to three times the ultraviolet light (UVA) tanning rays than natural sunlight. UVA exposure puts tanners at risk for melanoma, a deadly form of skin cancer, accelerated aging of the skin and immune system suppression. It is also a myth that getting a “base tan” protects you from further sunburn. Any time skin gets tan or burnt, damage to the DNA in the skin has been done, putting one at risk for skin cancers.

To be safe this summer, avoid tanning booth use, wear sunscreen with sun protection factor (SPF) 30 regularly and reapply every two to three hours. Being tan may be in style right now – but won’t feel that way in a few years when skin cancer arises and the appearance of the skin has aged significantly.

People who have fair skin, blonde or red hair, and blue eyes are at increased risk for developing skin cancer. However, skin cancer can develop in anyone. It is best to wear sunscreen and avoid excessive exposure to the sun in order to prevent the development of skin cancer.

Employee Spotlight: Midge Mitchell



Midge Mitchell

Certified Registered Nurse Anesthetist (C.R.N.A.) Muriel “Midge” Mitchell, has been employed with Licking Memorial Hospital (LMH) since July 1999. As a nurse anesthetist, Midge provides anesthesia to patients in the Surgery Department and administers epidurals for obstetrics/gynecology patients. “Working on the surgery floor is very important and helps me maintain skill level. But, helping the patients on the Maternal/Child floor provides

immediate gratification. I can immediately see how I have helped a mother-to-be who is in pain when I come into the room and relaxed and comfortable when I leave,” said Midge.

C.R.N.A.s provide anesthesia to patients in collaboration with anesthesiologists. As advanced practice nurses, C.R.N.A.s work with a high degree of autonomy and professional respect.

Midge joined the LMH team after being recruited by

Employee Spotlight: Midge Mitchell (continued on page 15)

a physician whom she previously worked with in Columbus, Ohio. Before joining LMH, she worked for University Hospital – East, Grant Hospital and Riverside Medical Center, all in Columbus. “I drove from Columbus to Newark for about a year after joining the Hospital. I have since moved to Newark and really enjoy living here,” said Midge. She is a member of the American Association of Nurse Anesthetists (AANA). More than 90 percent of this country’s nurse anesthetists are members of the AANA.

“Having worked and lived in a larger city, I have really enjoyed working and living in Newark,” said Midge. “It has been a wonderful experience for my family.” Midge has four sons. In her free time she enjoys reading, needlework, singing in her church choir and participating in community theater. “Now that my boys are getting older, I hope to get back into community theater more. Newark has a nice theater community,” said Midge.

Are you interested in joining the LMH team? Our employees are among the best in the industry and provide the highest level of care for our patients. LMH offers all the tools to help you reach your highest potential and the opportunity to work with some of the latest cutting-edge technologies and techniques.

We have immediate needs for full-time Certified Registered Nurse Anesthetists. For more information or to apply, visit our Web site at www.LMHealth.org. LMH is proud to be an equal opportunity employer.

Licking Memorial Critical Care Pavilion Coming in 2007!



Construction for Licking Memorial Hospital’s (LMH) Critical Care Pavilion is under way!

The Emergency Department has a new entrance for squads and private vehicles.

Please follow the Emergency signs from West Main Street onto McMillen Drive to go to the LMH Emergency Department. All other Hospital visitors should continue to use the main entrance.

To learn more about the construction going on at LMH, please visit our Web site at www.LMHealth.org.

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



**Licking Memorial
Health Systems**

Upcoming Dates

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

Community Education Program: Nutrition

Date: Monday, May 8, 2006

Time: 6:00 p.m.

Date: Tuesday, May 9, 2006

Time: 3:00 p.m.

Location: Conference Rooms A & B, First floor of
Licking Memorial Hospital

Speaker: AnnMarie Thacker, Registered Dietitian for
Licking Memorial Hospital

Registration is required for the education programs.
Please call (740) 348-1434 to register.

First Impressions – Maternal Child Classes

Childbirth Education Classes

Stork Tours

Infant and Child CPR

Parenting Class

Maternity Tour

Breast-feeding Class

Sibling Preparation Class

Diabetes Self-Management Classes

Tuesday Classes

9:00 to 11:00 a.m.

Licking Memorial Health Systems, 1865 Tamarack Road, Newark

Wednesday Classes

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

Licking Memorial Health Systems, 1865 Tamarack Road, Newark

Diabetes Self-Management Training 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 upon insurance coverage.



**Licking Memorial
Health Systems**

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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

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