



Licking Memorial Health Systems

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Please take a few minutes to read this month's report on patient care quality. You'll soon discover why Licking Memorial Hospital is measurably different for your health! Visit us at www.lmhealth.org



Licking Memorial Health Systems

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Pneumonia Care

measurably
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for your
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HEALTH TIPS

Having the flu increases your chance of developing pneumonia since your immune system is weakened. A flu shot decreases your risk for getting the flu bug. Here are other tips for avoiding the flu:

- Wash your hands frequently.
- Eat a healthy diet, and drink plenty of non-alcoholic liquids.
- Cover your nose and mouth when sneezing or coughing.
- Get sufficient sleep.



...a community report on patient care quality.

Pneumonia Care: How do we compare?

At Licking Memorial Hospital, 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 four hours of arrival at the hospital. This "door-to-antibiotic time" also includes diagnostic testing.

	LMH 7/02-12-02	LMH 1/03-7/03	National ⁽¹⁾
% of patients receiving antibiotic dose within 4 hours	89.9%	92.0%	66.3%

- 2** Licking Memorial Hospital (LMH) tracks its median door-to-antibiotic time for pneumonia patients for the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). JCAHO – which sets standards by which health care quality is measured – is an independent, not-for-profit organization, governed by a board that includes physicians, nurses, and consumers. This is one of the core measures JCAHO uses to assess quality of care for pneumonia patients.

	LMH 7/02-12-02	LMH 1/03-7/03	National ⁽¹⁾
Median door-to-antibiotic time	127 minutes	140 minutes	179 minutes

- 3** 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 what microorganism is causing the pneumonia.

	LMH 7/02-12-02	LMH 1/03-7/03	National ⁽¹⁾
% of patients receiving blood cultures prior to antibiotics	81.1%	89.3%	82.3%

- 4** Hospitalized patients with a condition that puts them at risk for developing complications from pneumonia should be screened for a vaccine while in the hospital and receive a pneumonia vaccine if appropriate.

	LMH 7/02-12-02	LMH 1/03-7/03	National ⁽¹⁾
% high-risk patients screened for pneumonia vaccine	50.7%	68.6%	31.9%

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Pneumonia is a serious illness and represents a major cause of mortality in our country. A common quality indicator that is measured for all diseases is mortality rate.

% of mortalities for pneumonia patients

LMH 2002	LMH 1/03-7/03
4.3%	4.3%
National ⁽¹⁾	
4.3%	

6

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.

% pneumonia patients with standard orders used

LMH 2002	LMH 1/03-7/03
90.4%	84.0%
LMH Goal	
100%	

Data Footnote:

(1) MIDAS comparative database from first quarter 2003 data comparing more than 185 organizations.



When David Hite had symptoms of pneumonia this past summer, he went to the Licking Memorial Hospital (LMH) Emergency Department for treatment. He was pleased with his care at LMH and only regrets that he did not seek medical attention sooner.

“ I received excellent care in the Licking Memorial Hospital Emergency Department. I couldn’t have asked for anything more. ”

Receiving Quality Pneumonia Treatment

A PATIENT’S STORY

David Hite knows pneumonia. The 87-year-old Granville resident and Newark attorney says he’s had the illness periodically for nearly six decades. His first pneumonia diagnosis came in 1944 when David was serving in the OSS (now CIA) in southern Italy. He spent eight weeks recovering in a hospital.

Although he’s had numerous bouts of pneumonia, his first case was the worst and the only one that required hospitalization – until July. “I knew what I had,” the former Utica resident said of his summer illness. “I could diagnosis myself.”

But instead of seeking the medical attention he knew he needed, David decided to wait a couple of days to see if his symptoms would improve.

Pneumonia symptoms vary according to cause and severity. However, the following are all possible symptoms of the illness:

- a cough with rust-colored or greenish mucus; or coughing attacks in which sparse whitish mucus is produced; or a dry cough;
- flu symptoms – including fever, headache, muscle pain and weakness;
- nausea;
- vomiting;
- shaking chills;
- chattering teeth;
- severe chest pain;
- bluish tint to lips and nails because of lack of oxygen; and
- confused mental state.

David’s symptoms quickly worsened, so he headed to the Licking Memorial Hospital Emergency Department. “I received excellent care in the Licking Memorial Hospital Emergency Department,” David said. “I couldn’t have asked for anything more.”

He was admitted for treatment and received care from Licking Memorial Inpatient Specialist Kahn Dang, M.D.

David has since received follow-up care from William Rawlinson, M.D., of Licking Memorial Pulmonology. “He’s been my physician for many years, and I hadn’t been in the hospital with pneumonia at all since 1944,” David said. “I probably wouldn’t have been in this time if I wouldn’t have waited from Wednesday to Sunday to get treatment.”

David is thankful for the care he received while in the LMH Emergency Department, as a hospital inpatient, and from his pulmonologist. But, he is most thankful that he didn’t wait any longer to receive treatment for his pneumonia symptoms. “Don’t put off getting medical attention,” David said. “I wish I would have gotten help sooner.”

Dr. Rawlinson agreed, saying that postponing medical attention can be dangerous. “Immediately contact a physician if you or a loved one has any symptoms of pneumonia,” he said. “This is a very serious illness that can be fatal; early diagnosis and treatment are vital.”

LMHS' 2003 Flu Clinics

Fight the flu this season by coming to Licking Memorial Health Systems' (LMHS) 2003 Flu Clinic at 1873 Tamarack Road. Cost is \$20, or present a Medicare, Medicaid, J.F. Molloy, Railroad Medicare or Sterling Option One card.

The LMHS flu clinic is open Tuesdays and Thursdays through Thursday, December 11. Hours are 8 a.m. to 4 p.m. The clinic will be closed Thursday, November 27, for Thanksgiving. For more information, call 740-348-1899.

Influenza (flu) is a highly infectious disease that can lead to pneumonia. Licking Memorial Hospital screens inpatients for their need for the flu and/or pneumonia vaccine. If you have questions about either vaccine, please contact your primary care physician.

Pataskala Flu Clinic

Licking Memorial Family Practice – Pataskala, 30 S. Township Road, Unit B, Pataskala, will host a one-day flu clinic for adults and children from 8 a.m. to 12 noon Saturday, November 1. Cost is \$20, or your insurance will be billed.

The flu clinic – which is open to the public – will also serve as an opportunity to meet Aaron Clark, D.O., who joined the practice this summer. Light refreshments will be served. For more information, call 740-348-1900 or 740-964-3400.

Johnstown Flu Clinic

Licking Memorial Family Practice – Johnstown, 151 Woodgate Drive, Johnstown, will host a one-day flu clinic for adults and children from 8 a.m. to 12 noon Saturday, November 15. The clinic is open to the public. Cost is \$20, or your insurance will be billed. For more information, call 740-966-5050 or 740-348-1810.

Facts about Pneumococcal Pneumonia Vaccination

PNEUMOCOCCAL PNEUMONIA VACCINATION IS SAFE AND EFFECTIVE AND REDUCES THE RISK OF THE MOST COMMON CAUSE OF BACTERIAL PNEUMONIA IN THE UNITED STATES. THE VACCINE PROTECTS AGAINST THE 23 DIFFERENT TYPES OF THE BACTERIA THAT ARE RESPONSIBLE FOR CAUSING MORE THAN 90 PERCENT OF ALL PNEUMOCOCCAL DISEASE CASES.

The pneumococcal vaccination generally is recommended for people age 65 or older and for younger people who are at increased risk of pneumonia.

Populations at higher risk include individuals with a chronic illness such as asthma, emphysema, COPD, diabetes, chronic heart disease or chronic renal failure; residents of nursing homes or other chronic care facilities; and people without a functioning spleen. It is also recommended for those with a weakened immune system due to illnesses such as HIV infection, AIDS, chronic renal failure, organ transplantation, Hodgkin's disease, lymphoma, or multiple myeloma.

Since pneumonia is a common complication of the flu, getting vaccinated against influenza does offer some protection from pneumonia. Increasing your resistance to respiratory illness in general is the best defense against pneumonia.

Following healthy habits – including getting adequate rest, eating a healthy diet, frequent hand washing and getting regular exercise – can lessen your chance of developing a respiratory illness and can help your body more easily fight off illness if it should occur.

The following facts are from the National Coalition for Adult Immunization:

- Each year in the United States, pneumococcal disease accounts for an estimated 500,000 cases of pneumonia (infection of the lungs), 60,000 cases of bacteremia (bloodstream infection), and 3,300 cases of meningitis (inflammation of the tissues and fluids surrounding the brain and spinal cord).
- Pneumococcal pneumonia causes up to 175,000 hospitalizations each year and is the most common type of bacterial pneumonia in people ages 65 and older.

- Pneumococcal disease is to blame for up to 40,000 deaths annually in the United States, and an estimated 50 percent of these deaths could be prevented through the use of the pneumococcal vaccine.

- Together, pneumonia and influenza are the seventh leading cause of death in the United States and the fifth leading cause of death among people ages 65 and older.

Ask your doctor if the pneumococcal pneumonia vaccine is right for you.

Can I get pneumonia or any other pneumococcal disease from the vaccine?

No. You cannot get any pneumococcal disease – including pneumonia – from the vaccine.

Are there side effects?

Mild, minor side effects – including redness, swelling and soreness at the injection site – can occur for one to two days. Rarely temporary fever and muscle pain can result. As with any medicine, there is the very small risk that serious problems could occur after a vaccine is administered. However, the potential risks associated with pneumococcal disease heavily outweigh the potential risks associated with the vaccine.

Can I get a flu shot, too?

Yes. Pneumococcal vaccine can be given at the same time as influenza vaccine.

How often should I be vaccinated?

Ask your physician. Generally, the pneumococcal vaccine is recommended once every five to 10 years, depending on the individual patient. The flu shot can be received annually.