



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Please take a few minutes to read this month's report on **Surgical Care**.

You'll soon discover why Licking Memorial Hospital is measurably different ... for your health!

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**THOMSON REUTERS**
TOP HOSPITALS

NATIONAL
1998, 1999, 2000,
2001, 2002, 2003,
2005, 2006,
2007, 2008



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Health Tips – Pre-surgical Use of CHG Cleanser Reduces Risk of Infection

The risk of infection is reduced when patients use a special chlorhexidine gluconate (CHG) germicidal cleanser before surgery in addition to the preparation they receive at the hospital. To promote use of CHG at home, LMH provides free packets to patients before their scheduled surgeries with the following instructions:

- Shower or bathe with CHG the night before surgery and the morning of surgery.
- Apply the CHG soap to your entire body only from the neck down. Do not use CHG near your eyes or ears, or genital area.
- Do not shave the area of your body where the surgery will be performed.
- Wash your hair with your normal shampoo. Rinse your hair and body thoroughly after shampooing to remove all soap residue.
- Turn off the water to prevent rinsing the CHG off too soon.
- Wash your body thoroughly with the CHG, paying special attention to the area where the surgery will be performed.
- Wash your body gently for five minutes. Do not scrub your skin too hard.
- Do not wash with your regular soap after washing with CHG.
- Turn the water back on and rinse your body thoroughly.
- Pat yourself dry with a soft, freshly laundered towel.
- Do not use lotions, powders or perfume on your skin. You may use deodorant or antiperspirant, unless instructed otherwise.
- Put on clean, loose-fitting clothing.

Surgical Care – How do we compare?

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.

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- 1** Conscious sedation allows patients to tolerate unpleasant procedures while maintaining adequate breathing and the ability to respond to stimulation. Most drugs used in conscious sedation can be reversed fully or partially if necessary. However, careful patient assessment and monitoring reduce the need for reversal agents and improve patient outcomes. Therefore, minimal use of reversal agents is a good indicator of quality in conscious sedation.

	LMH 2009	LMH 2010	LMH 2011	LMH Goal
Use of reversal agent for GI procedures	0.15%	0.04%	0.08%	less than 0.90%

- 2** The healthcare team at Licking Memorial Hospital follows a multiple-step process to prevent wrong-patient, wrong-procedure or wrong-site surgery (e.g., surgery performed on the left foot instead of the right foot). This process includes left or right designation at the time the surgery is scheduled, verification of the site on the day of surgery with the patient and the patient's current medical record, marking the site, and final verification in the operating room. In 2011, more than 6,672 surgeries were performed at LMH.

	LMH 2009	LMH 2010	LMH 2011	LMH Goal
Wrong-site surgeries	0	0	1*	0
Surgical site verification checklist completed	99%	99%	99%	100%

*Following a non-incisional urinary-tract surgery, an error was discovered while the patient was in recovery. A corrective, non-incisional procedure was immediately performed with favorable results. The patient did not experience any harm from the additional procedure.

- 3** Receiving the appropriate antibiotic within an hour before surgery reduces a patient's risk for developing infection. Additionally, discontinuing use of antibiotics within 24 hours after surgery lessens the patient's risk of developing antibiotic-resistant bacterial infections. Medical studies have shown that the use of certain antibiotics, specific to each surgery type, can be most effective at preventing infections after surgery.

	LMH 2009	LMH 2010	LMH 2011	National ⁽¹⁾
Antibiotic received within 1 hour	95%	95%	98%	98%
Antibiotic selection accurate per national recommendations	99%	98%	98%	98%
Antibiotic discontinued within 24 hours	95%	96%	98%	97%

- 4** The removal of hair from the site of surgery is an important way to prevent infection. Using a razor to remove hair can cause tiny breaks in the skin which increase the risk of infection after surgery. This measure tracks the percentage of times that patients had hair removal performed by clippers or other means which are less likely to cause infection than razors. In certain instances, clippers may not be the ideal form of hair removal, and razors may be used.

	LMH 2009	LMH 2010	LMH 2011	National ⁽¹⁾
Appropriate hair removal performed	99.5%	99.3%	99.7%	100%

- 5** Some surgeries require the temporary insertion of a catheter into the patient's bladder. The catheter can enable the patient to evacuate the bladder even when unconscious or otherwise incapacitated. However, leaving a catheter in the bladder for too long can increase the risk for a urinary tract infection. Ideally, catheters will be removed within 2 days following surgery to minimize the risk for this type of infection after surgery.

	LMH 2009 ⁽²⁾	LMH 2010	LMH 2011	National ⁽¹⁾
Urinary catheter removed within two days after surgery	61%	89%	97%	93%

- 6** Medical studies have shown that if patients experience hypothermia (low body temperature) during and after surgery, they have a greater risk of developing complications. Effectively warming patients during surgery can ensure their body temperatures remain in normal range. This measure tracks the percentage of patients at LMH who had a normal body temperature immediately after surgery.

	LMH 2009 ⁽²⁾	LMH 2010	LMH 2011	National ⁽¹⁾
Peri-operative temperature within normal range	100%	99%	100%	99%

7 VTE, or venous thromboembolism, is the medical term for a blood clot that forms in a vein. Surgery increases the risk of VTE, and while most clots can be treated, some can be life-threatening. It is recommended that hospitals use medications and mechanical devices to prevent the formation of blood clots. While all patients receive at least one form of intervention, primarily mechanical, LMH tracks the percentage of patients who correctly had these interventions activated, based on CMS guidelines, within 24 hours of surgery.

	LMH 2009	LMH 2010	LMH 2011	National ⁽¹⁾
VTE prophylaxis ordered	80%	95%	96%	97%
VTE prophylaxis started within 24 hours of surgery	64%	91%	94%	96%

8 LMH tracks surgery patients who appropriately receive beta-blocker medications during the peri-operative period. Studies show that in selected patients undergoing non-cardiac surgery, beta-blocker medication can reduce the incidence of heart attack and death.⁽³⁾

	LMH 2009	LMH 2010	LMH 2011	National ⁽¹⁾
Beta blocker prior to admission and peri-operatively	88%	94%	95%	96%

9 Patients undergoing certain surgical procedures as outpatients (not admitted to the hospital) should receive antibiotics before their procedure. Using the correct antibiotics at the correct time can reduce the risk of infections after the procedure.

	LMH 2009 ⁽²⁾	LMH 2010	LMH 2011	National ⁽¹⁾
Outpatient procedure patients with antibiotic received within one hour	59%	84%	85%	96%
Outpatient procedure patients with correct antibiotic prescribed	91%	94%	84%	96%

Data Footnotes: (1) *Hospitalcompare.hhs.gov national benchmarks.* (2) *National data collection began in 2009.* (3) *Specifications Manual for National Hospital Inpatient Quality Measures, 2012.*

Oridion Microstream® Capnography Technology Adds Layer of Safety for Patients

Licking Memorial Hospital (LMH) uses a combination of safeguards to ensure patients’ optimal safety before, during and after surgery. Although all medical procedures have some amount of risk, LMH successfully implements many tools and procedures to ensure the best outcome possible. One valuable tool that was added in 2010 is Oridion Microstream® capnography that averts serious breathing problems by monitoring the patient’s carbon dioxide levels.

Capnography equipment is used at LMH during surgical procedures involving general anesthesia, monitored sedation and conscious sedation. It is also used in recovery units and patient rooms where patient-controlled analgesia (PCA) pumps are available to deliver pain medications. The capnography equipment measures the patient’s end tidal carbon dioxide levels to assess the patient’s breathing. If there is a problem with ventilation, such as respiratory depression, airway obstruction or apnea, the capnography technology will detect the difficulty before the condition develops into a crisis for the patient. On the patient



Capnography technology at LMH is enhancing patient safety through additional monitoring.

On the patient floors, the capnography machine alarms are linked directly to the call light system, so that the nurses are automatically notified via their voice-activated Vocera pagers when immediate attention is needed to check a patient’s breathing.

“By adopting the Oridion Microstream capnography technology, LMH is employing the highest standards of safety for our patients,” said Debbie Young, Vice President Patient Care Services. “Although most hospitals in the U.S. are using some form of carbon dioxide monitoring in the operating room, LMH is taking the

added precaution of extending that protection into the recovery room and patient rooms where PCA pumps are in use. We believe that the additional layer of protection is well worth the investment.”

Nearly 6,700 surgical procedures were performed at LMH in 2011. Prior to scheduled surgeries, a member of the Anesthesiology team meets with the patient to discuss anesthesia options and explain the many safeguards that are in place, including capnography, to provide the highest quality of care.

Patient Story – Tim Bubb

As a Licking County Commissioner, Tim Bubb regards Licking Memorial Hospital (LMH) from a different perspective than most local residents. In part, he views LMH as a valuable community asset that not only provides excellent care, but also is valuable in attracting new business and industry to the area. “When we are trying to ‘sell’ Licking County to businesses that are considering locating here, they want to know about quality-of-life factors, such as having a local hospital and public recreation opportunities. It is a big plus to be able to tell them about LMH’s excellent services, so the Hospital has far-reaching economic benefits for the county,” he said. In May 2012, Tim’s opinion of LMH added a new personal perspective when he had high-tech arthroscopic surgery on his knee.

“My wife, Marianne, and I used to walk on the bike paths in Newark and Heath until a couple of years ago when I developed a sore left knee,” Tim explained. “We switched from walking to riding bicycles because bicycling is a low impact form of exercise. I thought that if I was easy on my knee for a while, I could just ‘tough it out.’ However, as older adults, we do not recover from minor injuries like we might have as a younger person, and my knee did not improve on its own.” In fact, it gradually became swollen and more painful, to the point that Tim was no longer able to mow the lawn or stand for long periods of time.

Finally, Tim consulted with his family physician, Vincent Walsh, D.O., about the knee pain. Dr. Walsh determined that it was more serious than a temporary condition that would ease on its own, and referred Tim to Orthopedic Surgeon David M. Jackson, M.D., of Orthopaedic Specialists & Sports Medicine, Inc., in Newark. Dr. Jackson ordered a magnetic resonance imaging (MRI) scan of Tim’s knee, and it confirmed Dr. Jackson’s diagnosis of a tear in the meniscus, which is a disc of cartilage that stabilizes and cushions the bones of the knee. Dr. Jackson recommended an arthroscopic procedure to trim the torn tissue, and also to clean out some areas of osteoarthritis.

Tim scheduled the outpatient procedure at LMH for the Friday before Memorial Day so that he could stay off his feet a few days before returning to work. “I met with an anesthesiologist during a pre-op visit a week before the surgery,” Tim said. “He explained that I would be given a general anesthetic so that I would be completely ‘out’ during the surgery. I had never had surgery before, so this visit was very helpful to me and gave me an opportunity to ask questions. The anesthesiologist explained that it was important for me not to eat before surgery.” At the end of the pre-op visit, Tim was given a prescription for an antibiotic to take before surgery, and a special antibacterial scrub



Licking County Commissioner Tim Bubb was able to return to the bike path shortly after receiving arthroscopic knee surgery at Licking Memorial Hospital.

to use at home before the procedure.

When Tim arrived at LMH, he noticed that the staff meticulously used a checklist to avoid any possible errors. He said, “They kept asking me, ‘What are you here for? Which knee is being operated on?’ because they wanted to hear me say it. Then they would check my answer against the information in my chart. They even marked my left knee to make it obvious which knee needed surgery. I was very glad that they were being so careful.”

After surgery, Tim returned to his room to find Marianne already there. “In addition to the excellent care that I received, Marianne felt that the friendly staff attended to her, as well. She really appreciated the ‘big board’ patient status screens in the surgical waiting area that used coded information to let her know my whereabouts at all times,” he remarked.

After a few hours in recovery, Tim was able to leave the Hospital. He said, “It was an excellent experience – I arrived in the late morning, and left in the early afternoon with no problems at all. Arthroscopic surgery is very patient friendly.”

He was able to return to work the next week, and was back to other normal activity without pain or stiffness within one or two weeks. “If I had it to do all over again, I would never wait so long to have the procedure done,” he said. “My advice to others is not to tolerate the pain. Do not allow pain to dictate your lifestyle to you because there is technology that can help you. This surgery has made a huge improvement in my lifestyle. I feel like I got a little of my life back.”

“Convenience was a big factor for me in choosing LMH for my surgery,” Tim commented. “They have the qualified Medical Staff. The facility and equipment are so state-of-the-art that people from other areas want to come to LMH to have their surgeries performed. There is no need to go outside the county. My and Marianne’s parents received their care here, and two of my three sons were born here. It is a community hospital, but LMH is also our family hospital.”

With his knee completely healed, Tim has been concentrating on rebuilding strength and endurance. He has increased his bike rides to one hour, which allows him to make a round-trip between Hopewell Drive and Lakewood High School or between Newark and Johnstown at a moderate pace. The tiny surgery scars on Tim’s left knee are barely visible now, but he has found that his improved activity level is clearly obvious.