

Quality Report Card



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RESPIRATORY CARE

LMH Offers Free Tobacco Cessation Program

Cigarette smoking has been identified as the greatest cause of preventable deaths in the United States. People who smoke are at higher risk for many health problems including the development of lung cancer and chronic obstructive pulmonary disease (COPD). In fact, smoking is the primary cause of nearly 90 percent of COPD cases. While the health risks have been well documented and publicized, those who smoke find it difficult to quit because of addiction to nicotine. When nicotine enters the body, it stimulates parts of the brain, creating a pleasant feeling the body soon craves. The physical addiction changes body chemistry, resulting in difficulty concentrating or irritability when a person withdraws from nicotine. Trying to quit takes planning and support, which is why Licking Memorial Hospital (LMH) offers the free Quit for Your Health tobacco cessation program, with certified tobacco treatment specialists for Licking County residents.

The counselors utilize evidence-based techniques to help participants develop a plan that will offer an opportunity to become tobacco-free. In fact, following the program doubles a smoker's chance of success of quitting completely. During the initial visit, the counselor will initiate an assessment and discuss the options and details of the program. The client is encouraged to complete a planning booklet to develop a quit plan before the next visit. In the subsequent visit, together, the counselor and client review the plan booklet and finalize a quit plan. Smokers are offered nicotine

replacement therapy as appropriate. Visits occur every two weeks for the next 12 weeks to assist the client in tapering off the use of nicotine all together. Quit for Your Health counselors work to form a one-on-one relationship with the patient to offer a support system with encouragement and accountability, and provide assistance in developing effective coping strategies. Such programs have been proven to be the most effective method in the effort to stop smoking. The counselors then provide follow-up opportunities at 30, 90 and 180 days after the person completes the program.

There are five counselors available within the Quit for Your Health program and have

offices at convenient locations, including Moundbuilders Doctors' Park, Building 2 at 1272 West Main Street in Newark, Licking Memorial Urgent Care – Downtown Newark at 20 West Locust Street, Licking Memorial Women's Health – Newark at 15 Messimer Drive, and the Pataskala Health Campus at One Healthy Place in Pataskala.

Participation in the program is free for Licking County residents by self-enrollment or referral by a Licking County physician if a non-resident. Smokers who wish to quit can either ask their primary care physician for more information or simply call (220) 564-QUIT (7448).



Patient Story – Evan Gentry



In 2018, Evan Gentry was introduced to the Quit For Your Health Tobacco Cessation program at Licking Memorial Hospital (LMH). His wife, Emily, a physician center clerk at Licking Memorial Family Practice – Downtown, was familiar with the program counselors who are located in the same building. Evan had been using smokeless tobacco for most of his adult life. “After I got married, I started to think about the future, having children and wanting to be there for them,” Evan shared. “I finally understood the health risks associated with my habit and wanted to make a change.”

Evan had been utilizing vacations to try to break free from the routine of his habit, but nothing had worked. “I met with Eric, a Quit For Your Health program counselor, in the spring of 2018. He was extremely supportive and stressed that, in order to be successful, I needed to initiate the process and move forward at my own pace,” explained Evan. “It is important not to just go through the motions.”

Evan appreciated the flexible meeting times offered by his counselor. He began experimenting with gum to help alleviate his cravings, which usually came after a meal. “The intensity of my cravings fluctuated, with some being worse than others, and the worst ones were not always at the same time of day,” Evan stated. “This certainly made it challenging for me to find a solution.” Eric recommended a variety of techniques to deal with cravings. For Evan, taking a walk when having a craving proved to be a successful

distraction. He also tracked the timing of his cravings, so he could be prepared to manage his next one.

“The combination of all these techniques worked for me,” he said. At first, Evan and Eric met on a weekly basis and as he became stronger, their meetings were scheduled bi-weekly. Evan experienced multiple struggles throughout his process, but always knew he could depend on Eric for encouragement and to get him back on track. “Eric has an open-door policy and all I had to do was call when I needed him,” Evan noted. “Even moving forward, he reassured me that I could depend on him for assistance as necessary.”

By mid-October, Evan had kicked his habit. “When several days had passed without a craving or tobacco even crossing my mind, I knew I had made it,” he said. “I am so appreciative of the patience I was shown and the support I was given by Eric.” Eager to share his confidence in the program and personal results, Evan feels he has turned his situation into a positive experience and hopes his story will help others to quit.

A Licking County native, Evan was born at LMH and most of his family lives nearby. He earned a business degree from The Ohio State University and works as a team leader in the Disputes Department at Discover Credit Card Services. He is a past Newark High School football coach and enjoys sports and the outdoors. Evan and his wife, Emily, enjoy horseback riding together.

The Quit For Your Health program is free and available to residents of Licking County, or through a referral by a physician practicing in Licking County. LMHS also offers the Quit for You, Quit for Your Baby program to expectant and postpartum mothers. The tobacco cessation programs offer professional counselors who use evidence-based

techniques to help tobacco users develop a plan for quitting. After an initial consultation, participants will attend follow-up sessions every one to two weeks to discuss techniques, behaviors, and lifestyle changes that help in the cessation process.

The Quit for Your Health programs:

- Use nicotine replacement therapy, motivational interviewing, self-management education and relapse prevention strategies
- Are led by certified specialists with training and experience to help people stop using tobacco
- Utilize a one-on-one relationship between client and counselor to increase the chances of successfully quitting
- Create personalized quit plans to meet individual needs, including tools to help prepare to stop using tobacco
- Provide assistance in developing effective coping strategies to keep individuals tobacco-free

The Quit For Your Health programs offer two locations to serve Licking County, Moundbuilders Doctors’ Park, Building 2, 1272 West Main Street, and 20 West Locust Street. Multiple locations increase the reach of the program and the opportunity to assist additional community members. Visit www.LMHealth.org for more information or call (220) 564 (QUIT) 7848.

Respiratory 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 to benchmark measures. Then, we publish the information so you can draw your own conclusions regarding your healthcare choices.

1. Tobacco use has been linked to many serious and life-threatening conditions, such as cancer, heart disease, cardiopulmonary disease and diabetes. An estimated 24 percent of Licking County adults smoke.⁽¹⁾ LMHS offers free Quit For Your Health tobacco cessation education, counseling, and nicotine-replacement products. A similar program, Quit for You, Quit for Your Baby, adds incentives to help pregnant women stop using tobacco products. Over 3,500 visits were made as part of the LMHS tobacco cessation programs in 2018.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Six-month success rate for patients who completed Quit for Your Health ⁽²⁾	N/A*	N/A*	73%	greater than 50%
*New collection methodology implemented in 2018.				

2. Chronic obstructive pulmonary disease (COPD) is a serious lung condition that includes two life-threatening diagnoses, chronic bronchitis and emphysema. According to the American Lung Association, COPD is the third leading cause of death in the U.S. There is no cure for COPD, but with careful management, patients can enjoy longer and healthier lives. To monitor the quality of COPD patients' care, the Centers for Medicare/Medicaid Services tracks the death rate nationally for patients who died (for any reason, including reasons not related to COPD) within 30 days of a hospital admission.

	LMH 2016	LMH 2017	LMH 2018	National ⁽³⁾
Mortality rate of COPD patients within 30 days of hospital admission	8%	8%	10%	8.3%

3. Protecting patients from hospital-acquired infections is a primary patient safety goal. LMH has many ongoing programs and safety mechanisms in place to help prevent patient infections. In accordance with the Centers for Disease Control and Prevention (CDC) recommendations, LMH monitors patients who are at high risk for infections, including those using invasive devices, such as ventilators (breathing machines). The following data reflect the number of respiratory infections associated with ventilator use, per every 1,000 patient days.

	LMH 2016	LMH 2017	LMH 2018	National ⁽⁴⁾
Pneumonia infection rate of Intensive Care Unit patients on ventilators per 1,000 patient days	0.0	0.0	0.0	1.1

4. Some pneumonia patients who are hospitalized require treatment with a ventilator to assist their breathing. Although the ventilator can be life-saving, it carries the risk of serious complications, such as infections, stomach ulcers, blood clots and extended dependency on the ventilator. To help prevent complications, LMH staff members follow a best-practices protocol for patients on ventilators. Known as the "ventilator bundle," these five steps are carefully documented to ensure each patient receives the best possible care.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Head of bed elevated to 30 degrees	100%	100%	100%	greater than 90%
Oral care	100%	100%	100%	greater than 90%
Daily test to reduce sedation	100%	100%	100%	greater than 90%
Stomach ulcer prevention	99%	99%	100%	greater than 90%
Blood clot prevention	100%	100%	100%	greater than 90%

5. LMHS is committed to providing and encouraging free, easily accessible vaccines to all employees. In order to provide the safest care to our community, LMHS recognizes the importance of keeping the staff healthy.

	LMHS 2016	LMHS 2017	LMHS 2018	LMH Goal	National ⁽³⁾
LMHS employees receiving the influenza vaccine	94%	94%	95%	greater than 90%	88%

Respiratory Care – How do we compare? (continued on back)



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6. Licking Memorial Health Professionals (LMHP) office patients who are at high risk for these illnesses also are 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 2016	LMHP 2017	LMHP 2018	National ⁽¹⁾
Physician office patients over 65 years receiving the pneumonia vaccine	81%	80%	78%	72%
	LMHP 2015-2016	LMHP 2016-2017	LMHP 2017-2018	National ⁽¹⁾
Physician office patients over 65 years receiving the influenza vaccine	80%	80%	76%	73%

7. Asthma is a condition in which swelling or inflammation can cause narrowing of the breathing tubes, making it difficult to breathe and sometimes resulting in a medical emergency. By using the correct medications, such as inhaled corticosteroids, asthma can be controlled. Use of these medications can reduce asthma-related emergency room visits, hospital admissions, and missed work/school days. Licking Memorial Pulmonology assesses all asthma patients during their office visits to ensure that they are being treated with the correct long-acting corticosteroid.

	LMHP Pulmonology 2016	LMHP Pulmonology 2017	LMHP Pulmonology 2018	National ⁽⁵⁾
Asthma patients assessed for appropriate inhaled corticosteroid	93%	97%	95%	88%

Data Footnotes:

- (1) 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, [2016].
- (2) Tobacco-free status is self-reported by patients in a six-month follow-up after completing the Quit for Your Health program.
- (3) HospitalCompare.hhs.gov national benchmarks
- (4) National Healthcare Safety Network Report, Data Summary for 2012, Devices-associated Module (Medical-Surgical ICU <15 beds)
- (5) National Committee for Quality Assurance, “The State of Health Care Quality 2014.”

Health Tips – Vaping

An electronic cigarette or e-cigarette is a nicotine delivery device that has a battery, a heating element and a container for liquid that is typically flavored and contains nicotine. When the liquid is heated, users inhale the aerosol. Vaping or vaporizing is used to describe the process of inhaling the aerosol produced by e-cigarettes or similar devices, such as vaporizers or vapor pens. One brand, JUUL, has become so popular that a new verb, JUULing, is widely used.

While vaping may appear to be a safe alternative to smoking tobacco, researchers continue investigating the impact on respiratory health. According to a 2018 study by the National Academies of Science, Engineering and Medicine that reviewed over 800 different studies, using e-cigarettes does pose health risks. The researchers concluded that e-cigarettes both contain and emit a number of potentially toxic substances. The two primary ingredients found in e-cigarettes – propylene glycol and vegetable glycerin – are toxic to cells. Additionally, the more ingredients present in an e-liquid leads to an increase in toxicity. Other dangerous chemicals produced by vaping include acetaldehyde, acrolein, and formaldehyde which can cause lung disease, as well as cardiovascular disease. The researchers found e-cigarettes also contain acrolein, a herbicide primarily used to kill weeds, that can cause acute lung injury and chronic obstructive pulmonary disease and may cause asthma and lung cancer.

The Academies’ report also states there is moderate evidence that youth who use e-cigarettes are at increased risk for cough and wheezing and an increase in asthma exacerbations. Also, nicotine use is harmful for developing brains as it can stunt an adolescent’s ability to learn and affect their behavior while increasing use due to a decreased ability to resist addiction. Nicotine also worsens conditions such as depression and anxiety.

The liquids and devices also can be dangerous. E-cigarettes have been known to explode and the fluid is poisonous if it comes into contact with eyes or skin, or if accidentally or deliberately ingested. The Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit. A tobacco cessation program is recommended for smokers who are ready to make a quit attempt.



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Visit us at www.LMHealth.org.

Please take a few minutes to read this month’s report on **Respiratory Care**. You’ll soon discover why Licking Memorial Health Systems is measurably different ... for your health!

The Quality Report Card is a publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (220) 564-1572 to receive future mailings.

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