



Licking Memorial Health Systems

Community Connection

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LMHS to Build Education & Event Center

pages 2-3

Licking Memorial Hospital Implements New Instrument Tracking Software

page 3

LMHS Invests in Disinfecting Technology

page 5

Medical Image Viewing Now Available in MyChart

page 5



Check out our Quality Report Cards online at [LMHealth.org](https://www.LMHealth.org).

See pages 16-27 for Quality Report Cards in this issue.



M e a s u r a b l y D i f f e r e n t . . . f o r Y o u r H e a l t h !

LMHS to Build Education & Event Center

As the sole hospital and healthcare provider in Licking County, Licking Memorial Health Systems' (LMHS) mission is to improve the health of the community. LMHS has been providing quality healthcare services and support to the Licking County community for 127 years, and the organization's role is essential to the health and economic wellbeing of the people it serves. Fiscal responsibility has allowed LMHS to remain as an independent, not-for-profit entity, which enables the organization to acquire the resources to provide services and facilities that are typically found in larger, metropolitan hospitals, in addition to providing greater assistance to the community.

The LMHS Education & Event Center will provide a modern, well-equipped facility that will serve as a place to meet, learn, and share in activities that promote healthy lifestyles and offer valuable resources. The approximately 35,000 square-foot building will be constructed adjacent to the main Hospital campus and will feature versatile event spaces, both indoor and outdoor, to accommodate a variety of program formats and audience sizes. This will allow LMHS to offer a wider array of programs that address a broader range of health topics and community needs.

"LMHS has experienced tremendous growth in the past 30 years, and the number of employees within our organization has tripled from 800 in the early 1990s to 2,500 today," said LMHS President & CEO Rob Montagnese. "A lack of dedicated space in our current facilities presents a significant challenge for learning and community engagement. The Education & Event Center will provide venue space that will further strengthen and enhance the free programs offered by LMHS. It will also greatly benefit the medical services we offer as a high-quality education and training facility."

Each year, LMHS hosts hundreds of events and meetings that promote professional development, empower individuals, and foster collective partnerships. The venue will feature a Grand Hall with a 500-guest capacity that can be partitioned into three separate meeting rooms, each with 120+ guest capacity. An additional meeting room will be dedicated for clinical training, education, and internal orientation. The facility will also have a Board Room that accommodates 52 people, a spacious atrium, covered outdoor patio, and a full-service kitchen. These indoor and outdoor spaces will allow LMHS to accommodate a variety of events including:

- Internal events for LMHS employees, physicians, and volunteers
- Training, education, and orientation for LMHS clinical staff
- Board events and community meetings
- Community education events
- Collaborative education with Central Ohio Technical College, The Ohio State University at Newark, C-TEC, and Licking County high schools
- LMHS youth summer camps
- Active•Fit and Active•Senior events
- LMHS reunion events, including Special Care Nursery, Interventional Cardiology, and Acute Inpatient Rehabilitation
- Events previously held off-site, such as the Lifetime Achievement Reception, Medical Staff Dinner, Employee Recognition Event, Retiree events, Project SEARCH Graduation, and Family Movie Night
- Local not-for-profit organization meetings and events

LMHS received state funding from the One-Time Strategic Community Investment Fund (OTSCIF), which helps fund projects that will benefit communities across Ohio. Through the leadership of State Senator Tim Schaffer, and the ongoing support of State Representatives, Thaddeus Claggett and Kevin Miller, \$3 million in funding

was granted for the planned LMHS Education & Event Center.

LMHS has conducted a low-profile fundraising campaign for the past several months, with a number of lead donors generously contributing to the facility. LMHS is extremely grateful to the following donors for their substantial contributions:

- The Gilbert Reese Family Foundation
- The Thomas J. Evans Foundation
- Barb Cantlin, In Memory of Mike Cantlin
- Melissa Warner Bow
- The LeFevre Foundation
- The Lindorf Family Foundation
- Clarissa Ann Howard (D)

Gifts of all levels are welcomed. Individuals who wish to donate to the Education & Event Center campaign may contact Vice President Development & Public Relations Veronica Patton at (226) 564-4101.

Jim and Amy Matesich have generously agreed to serve as chairs for the fundraising campaign. A fundraising kick-off event will take place at the end of May, with a groundbreaking ceremony planned in June. The facility is expected to open in the summer of 2026.

Licking Memorial Hospital Implements New Instrument Tracking Software

Sterile processing is the cleaning, inspecting, disinfecting, and sterilization of medical devices and instruments used during a surgical procedure. Effective surgical instrument and device management is critical to maintaining patient safety, improving operational efficiencies, and preventing errors. To add another layer of safety to this process, Licking Memorial Hospital (LMH) recently implemented the CensiTrac Surgical Instrument Tracking System to help manage the Hospital's vast inventory of surgical instruments and medical devices and provide a state-of-the-art tracking system from sterilization to patient use.

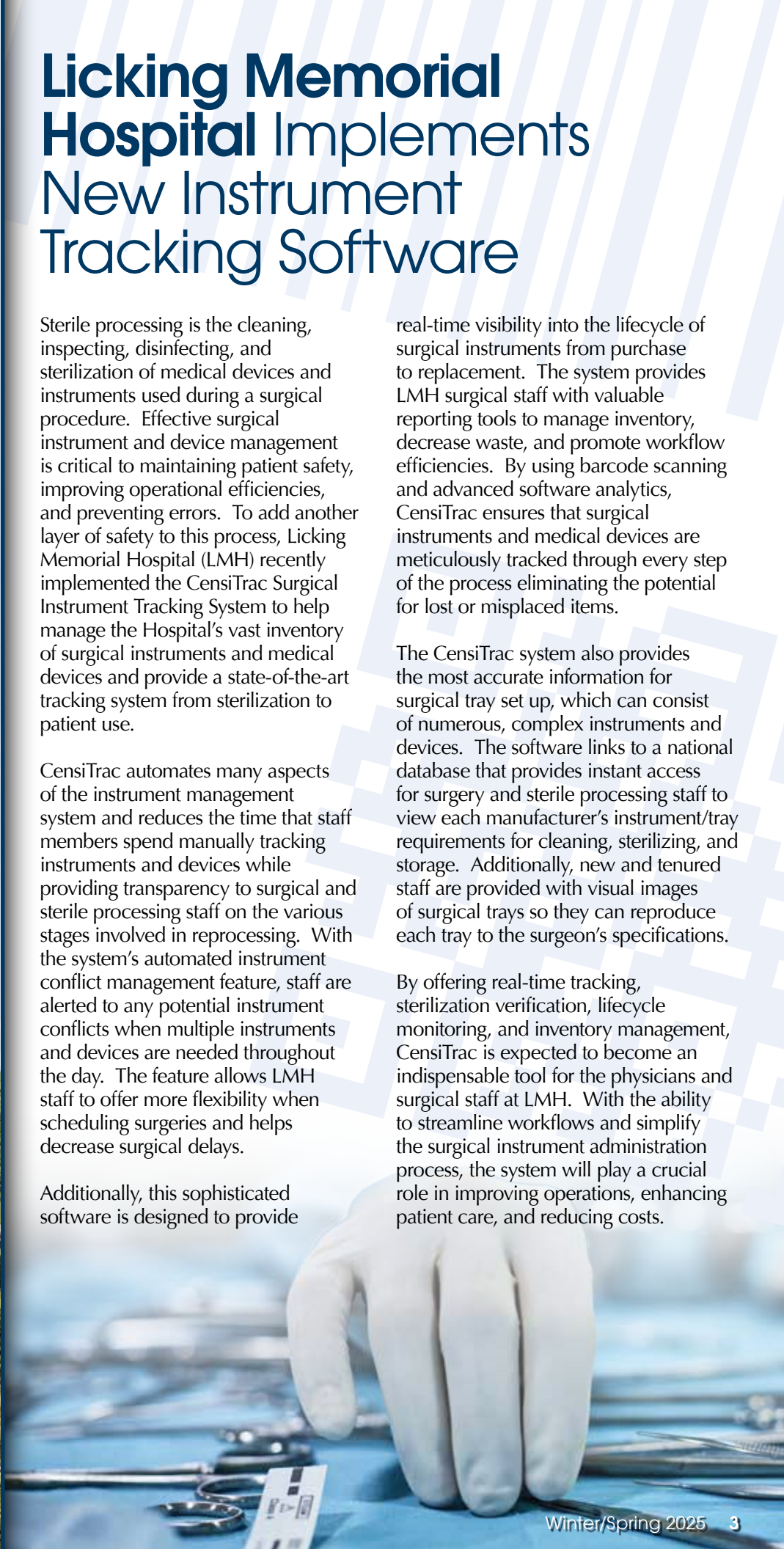
CensiTrac automates many aspects of the instrument management system and reduces the time that staff members spend manually tracking instruments and devices while providing transparency to surgical and sterile processing staff on the various stages involved in reprocessing. With the system's automated instrument conflict management feature, staff are alerted to any potential instrument conflicts when multiple instruments and devices are needed throughout the day. The feature allows LMH staff to offer more flexibility when scheduling surgeries and helps decrease surgical delays.

Additionally, this sophisticated software is designed to provide

real-time visibility into the lifecycle of surgical instruments from purchase to replacement. The system provides LMH surgical staff with valuable reporting tools to manage inventory, decrease waste, and promote workflow efficiencies. By using barcode scanning and advanced software analytics, CensiTrac ensures that surgical instruments and medical devices are meticulously tracked through every step of the process eliminating the potential for lost or misplaced items.

The CensiTrac system also provides the most accurate information for surgical tray set up, which can consist of numerous, complex instruments and devices. The software links to a national database that provides instant access for surgery and sterile processing staff to view each manufacturer's instrument/tray requirements for cleaning, sterilizing, and storage. Additionally, new and tenured staff are provided with visual images of surgical trays so they can reproduce each tray to the surgeon's specifications.

By offering real-time tracking, sterilization verification, lifecycle monitoring, and inventory management, CensiTrac is expected to become an indispensable tool for the physicians and surgical staff at LMH. With the ability to streamline workflows and simplify the surgical instrument administration process, the system will play a crucial role in improving operations, enhancing patient care, and reducing costs.



Energy Drinks Can Affect Health

Marketed as quick sources of energy and performance enhancers, energy drinks have become increasingly popular among adolescents, particularly young athletes. The Centers for Disease Control and Prevention (CDC) reports that 30 to 50 percent of children report consuming energy drinks, and some studies report that one-third of teens, ages 12 to 17, consume the beverages regularly. While these products may offer a short-term energy spike, the health risks associated with the drinks significantly outweighs any perceived benefit, especially to children and teens whose bodies are still developing.

In most energy drinks, the extra burst of stamina comes primarily from copious amounts of caffeine, a powerful stimulant that increases alertness and temporarily boosts energy. In adults, caffeine consumption is generally safe in moderate amounts; however, for young athletes, the effects can be much more pronounced. For children under 12, the American Academy of Pediatrics advises against caffeine consumption, and recommends no more than 100 milligrams per day for youth ages 12 to 18. Most energy drinks contain 100 to 200 milligrams of caffeine per serving.

High levels of caffeine can lead to dehydration, which is particularly

dangerous during physical activity. Dehydration impairs the body's ability to regulate temperature, increases the risk of heat-related illnesses, and can hinder athletic performance. Dehydration can also stress the heart and cause issues for the immature cardiovascular systems of adolescents. The large amounts of caffeine, sugar, and other stimulants, such as taurine and guarana, found in energy drinks can cause a rapid increase in heart rate and blood pressure. In children and teens, these sudden increases can lead to irregular heart rhythms, such as arrhythmias, palpitations, and in some cases sudden cardiac arrest. When combined with other activities that naturally increase the heart rate, such as exercise or athletics, the effects of energy drinks on the heart can be exacerbated.

Energy drinks also have the potential to cause anxiety, nervousness, and difficulty sleeping. Young athletes who consume these beverages, especially before a game or practice, may experience restlessness from the increased heart rate, which can impair their focus and performance. The stimulant effect can also interfere with sleep patterns, leading to fatigue and mental fog. Sleep is also essential for recovery after physical activity. Inadequate rest can impede muscle repair and growth, ultimately affecting athletic progress.

In addition to caffeine, many energy drinks contain exorbitant amounts of sugar. The high sugar content leads to quick energy spikes, followed by rapid crashes that can leave children feeling fatigued and sluggish. Over time, excessive sugar intake can contribute to weight gain, poor dental health, and an increased risk of developing metabolic issues such as insulin resistance. Additionally, the regular consumption of energy drinks at a young age can establish poor habits related to nutrition. Rather than focusing on proper hydration through water or consuming nutrient-dense foods for fuel, children may become reliant on caffeine and sugar for a quick boost, neglecting healthier, more sustainable habits.

Hydration through water, proper nutrition, and adequate rest are vastly better options for maintaining peak performance. Energy drinks should not be part of a child's diet or a young athlete's routine. The potential health consequences, ranging from poor sleep to heart issues, pose a serious threat to not only their success in sports but also their overall growth and development. Encouraging children and young athletes to adopt healthier habits will help them perform at their best and promote long-term well-being.

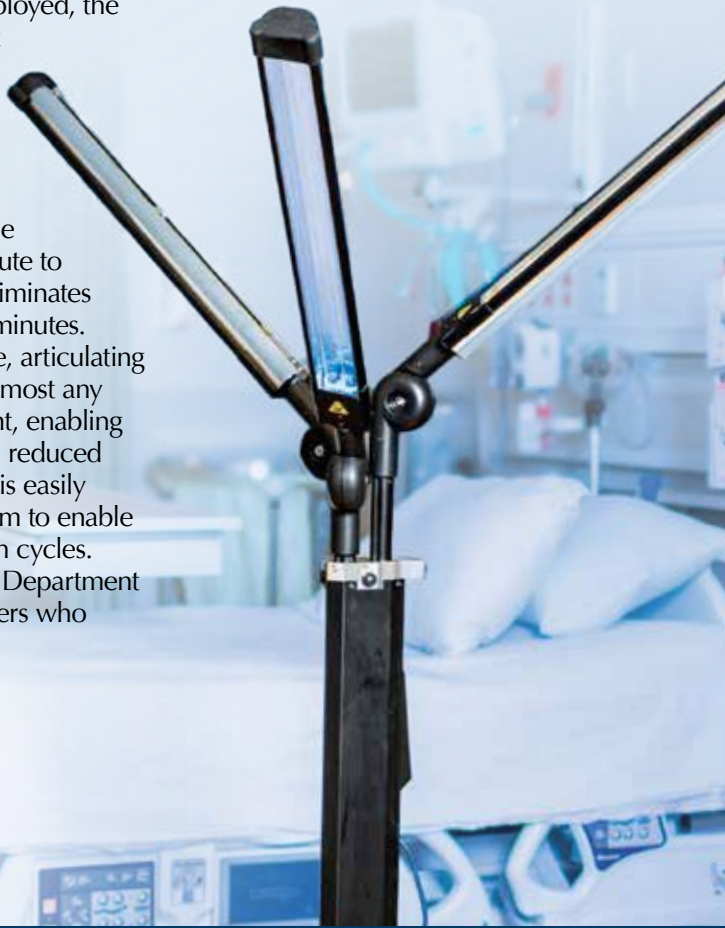
LMHS Invests in Disinfecting Technology

Licking Memorial Health Systems (LMHS) is dedicated to the mission of improving the health of the community and continually researches new technologies and resources to provide the best quality of care. Focusing on patient safety, LMHS recently invested in technology to disinfect high-touch surfaces. The environment plays a role in the transmission of healthcare-associated infections (HAIs). Environmental surfaces and patient care equipment can be reservoirs for pathogens. With the MoonBeam 3 Ultraviolet (UV)-C Disinfection device, the staff has greatly improved cleaning and disinfection of environmental surfaces and patient care equipment.

UV-C disinfection is an additive disinfection technology and does not replace LMHS' highly trained cleaning staff. All areas are manually cleaned before UV disinfection occurs. UV light is electromagnetic radiation with wavelengths shorter than visible light but longer than X-rays. UV is categorized into several wavelength ranges, with

short-wavelength UV (UV-C) considered "germicidal UV." When deployed, the device emits UV-C light that damages nucleic acids, leading to inactivation of pathogens such as bacteria, viruses, and fungi.

The MoonBeam 3 is portable and requires less than a minute to set up, fits anywhere, and eliminates the pathogens within three minutes. Three individually-adjustable, articulating arms can be positioned at almost any angle to target the UV-C light, enabling improved UV-C dosing with reduced energy. The flexible device is easily positioned throughout a room to enable fast and effective disinfection cycles. The Environmental Services Department employs trained staff members who operate Moonbeam 3 daily.



Medical Image Viewing Now Available in MyChart

Licking Memorial Health Systems recently incorporated patient access to Picture Archiving and Communication System (PACS) images through its patient portal, MyChart. Patients can view a variety of diagnostic images from the patient portal, including Radiology, Cardiology, and OR imaging. These include, but are not

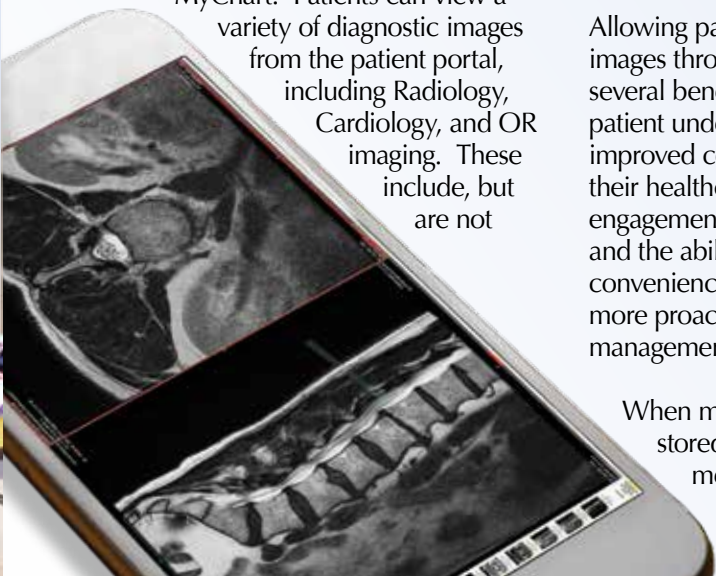
limited to, X-rays, computed tomography (CT) scans, magnetic resonance imaging (MRIs), ultrasounds, mammograms, and nuclear medicine imaging.

Allowing patients access to medical images through MyChart provides several benefits, including increased patient understanding of their condition, improved communication with their healthcare provider, enhanced engagement in their treatment plan, and the ability to review images at their convenience, all while promoting a more proactive approach to their health management.

When medical imaging is taken, it is stored electronically in the patient's medical imaging file. Encryption methods are used to ensure

the medical imaging data is protected and secure when connecting the system (PACS) with MyChart. A web-based viewer called Zero Footprint (ZFP) allows the images to be accessed and viewed by patients through MyChart.

Patients can access their images by logging into their MyChart account and clicking on the Test Results button. Once a result is opened, if images are available, a button labeled Linked Information and Images will be located at the bottom of the test report. Clicking the button will open the ZFP image viewer and display the images. Currently, patients can access images that have been acquired dating back to February 2021, which was when LMHS implemented EPIC.



LMH Donates to Local Organizations

Each year, Licking Memorial Hospital (LMH) observes the date of January 18 to commemorate the establishment of the first Hospital in Newark. This year, LMH celebrates 127 years of healthcare in the Licking County community. As part of an annual birthday tradition started 21 years ago, LMHS employees generously provided monetary donations and cold weather items, such as new outerwear and blankets, to donate to The Center for New Beginnings and The Salvation Army.

"Improving the health of the community requires more than just providing quality healthcare. Our employees are dedicated to giving back to the community as well," said Licking Memorial Health Systems

President & CEO Rob Montagnese. "The annual birthday celebration is a wonderful display of the staff's compassion and concern for the well-being of others."

For the birthday gift collection, a friendly interdepartmental competition was established. Various departments were organized into teams and competed to determine which team donated the largest amount of cold weather items in pounds and the largest monetary donations. Total contributions of cold weather items equaled 81.2 pounds and monetary donations totaled

\$11,455. The donations were divided equally, and Rob personally delivered the items to The Center for New Beginnings and The Salvation Army.



LMH Named One of the 2025 Best Hospitals for Maternity Care

Licking Memorial Hospital (LMH) has been named by *U.S. News & World Report* as a 2025 High Performing Hospital for Maternity Care, the highest award a hospital can earn as part of *U.S. News' Best Hospitals for Maternity Care* annual study. U.S. News began evaluating maternity care hospitals in 2021, rating hospitals that provide labor and delivery services and submit detailed data to the publication for analysis. The Best Hospitals for Maternity Care study assists expectant parents, in consultation with their prenatal care team, in making

informed decisions about where to receive maternity services that best meets the needs of the family. "The LMH Maternity Services staff is proud to showcase exceptional care for expectant parents in accordance with our mission to improve the health of the community," said Licking Memorial Health Systems President & CEO Rob Montagnese. "Our Hospital works to create a birthing experience that meets every need, and carefully considers expectations to craft a family-centered

experience and ensure our patients receive the highest quality maternity care." LMH earned a High Performing designation in recognition of maternity care as measured by factors such as severe unexpected newborn complication rates, birthing-friendly practices, and transparency on racial/ethnic disparities, among other measures. U.S. News evaluated 817 hospitals from across the United States. Only half of all hospitals evaluated for U.S. News' 2025

ratings edition have been recognized as Best Hospitals for Maternity Care. The U.S. News Best Hospitals for Maternity Care methodology is based entirely on objective measures of quality, such as C-section rates in lower-risk pregnancies, severe unexpected newborn complication rates, exclusive breast milk feeding rates, birthing-friendly practices and reporting on racial/ethnic disparities, among other measures.



Community Votes LMHS Best Hospital, Best Physical Therapy

For the second year, the community voted Licking Memorial Health Systems (LMHS) the Best Hospital and Best Physical Therapy in Licking County. The 2024 Community's Choice Awards in Licking County, presented by Newark Advocate Media, allow community members to honor their favorite businesses by voting for the best organization in the county. Residents had an opportunity to nominate local businesses in September, and then vote for their preferred nominees in October. Category winners were announced in November. LMHS thanks the community for their continued support.



LMHS Honored for Digital Excellence



The College of Healthcare and Information Management Executives (CHIME) recognized Licking Memorial Health Systems (LMHS) as one of the Digital Health Most Wired recipients of 2024, marking the eleventh time that LMHS has received the award. The CHIME Digital Health Most Wired program conducts an annual survey to identify organizations that exemplify best practices through their adoption, implementation, and use of information technology to improve the health of their communities. LMHS earned recognition as a Most Wired recipient for the acute care and ambulatory settings.

Among the nearly 48,000 organizations surveyed by CHIME, LMHS ranked above peers in categories such as analytics and data management, population health, infrastructure, and patient engagement. The survey assessed the adoption, integration, and impact of technologies in healthcare organizations at all stages of development, from early development to industry leading.

"We are honored to be recognized for an eleventh year at the national level for

our efforts to improve the health of our community," said Rob Montagnese, LMHS President & CEO. "We continue to invest in and adopt innovative technologies that improve efficiency, enhance patient care, and allow us to provide top-tier treatments for our patients."

In the face of escalating challenges such as increasing cybersecurity threats, evolving care models, staffing shortages, and budget constraints, the urgency for revolutionizing healthcare through technology continues to grow. Advancements in digital health, facilitated by fully interoperable data, artificial intelligence, and secure platforms, are expected to significantly transform the landscape of care over the next several decades.

The Digital Health Most Wired survey and recognition program serves as a comprehensive "Digital Health Check-up" for healthcare organizations globally. As success in digital health increasingly influences the quality of patient care, the CHIME Digital Health Most Wired survey reflects the progress of leading healthcare providers as they reshape healthcare for the future.

Corporate Breakfast

Acute Inpatient Rehabilitation (November 2024)

The Licking Memorial Hospital (LMH) Development Council hosted a Corporate Breakfast for community leaders and LMHS staff in the Main Street Café on November 12. Approximately 65 people attended the event to hear the presentation focused on Acute Inpatient Rehabilitation. President & CEO Rob Montagnese introduced David W. Koontz, D.O., Internal Medicine, and Medical Director of the Acute Inpatient Rehabilitation Unit. Dr. Koontz shared information about the Unit and how the staff assists patients in developing the skills necessary to live as independently as possible after being discharged from the Hospital following a procedure or disabling illness.

Highlights 2024 and Looks Ahead to 2025 (February 2025)

In February, the Licking Memorial Hospital (LMH) Development Council hosted a Corporate Breakfast for community leaders in the Main Street Café at LMH. President & CEO Rob Montagnese reviewed strategic goals including projects that benefit the community, addressing social determinants of health, improving quality of care and performance, and adopting technology and clinical service at Licking Memorial Health Systems (LMHS) in 2024. He also discussed a new goal for 2025, developing plans and designs for the LMHS Education & Event Center.

Before his review of the LMHS goals, Rob presented The Robert H. McGaughy Honorary Ambassador Award to Charles Walker. The award honors those who demonstrate a high level of commitment to LMHS through their actions, exceptional service, and loyalty to the organization. Charles has been part of the LMH Development Council since 2004, serving on the Annual Support and the Education & Membership Committees. He has been a part of the Golf Gala Committee for over 12 years and has contributed to several campaigns, including the Golf Gala, Community Cornerstone, and general donations. Several of Charles' family members surprised him during the award presentation offering their support.

Throughout 2024, LMHS has continued to focus on maintaining independence as a community hospital while managing operations. Rob shared a number of comparison statistics to demonstrate the efficiency of care provided by LMH.

LMH staff members continue to perform particularly well in identifying and treating patients for sepsis, the body's extreme reaction to an infection. LMH also offers care for sepsis patients and emergency care at a lower cost than other state and local healthcare organizations.

Another important goal for LMHS is working to address social determinants of health, such as transportation, food insecurity, and housing. LMHS continues to support Licking County Transit. In 2024, over 22,000 passengers used the first route established which stops along Main Street in Newark. There are now four routes available. The Food Pantry Network Market on McMillen Drive, established by LMHS, is located on one of the newer bus routes and has also been very successful. More than 17,000 customers visited the market to receive fresh produce, dairy, meat, and nonperishable items. To address housing issues, LMHS supports the Licking County Housing Investment Fund, and the Affordable Housing Trust.

To improve the quality of care, LMHS continues to optimize the use of the electronic health record, Epic. Patients can now view a variety of diagnostic images including scans, ultrasounds, mammograms, and X-rays. Parents now have more access to their children's medical information, and all patients can receive notifications about appointments, etc. In addition, new technologies have been purchased that connect and

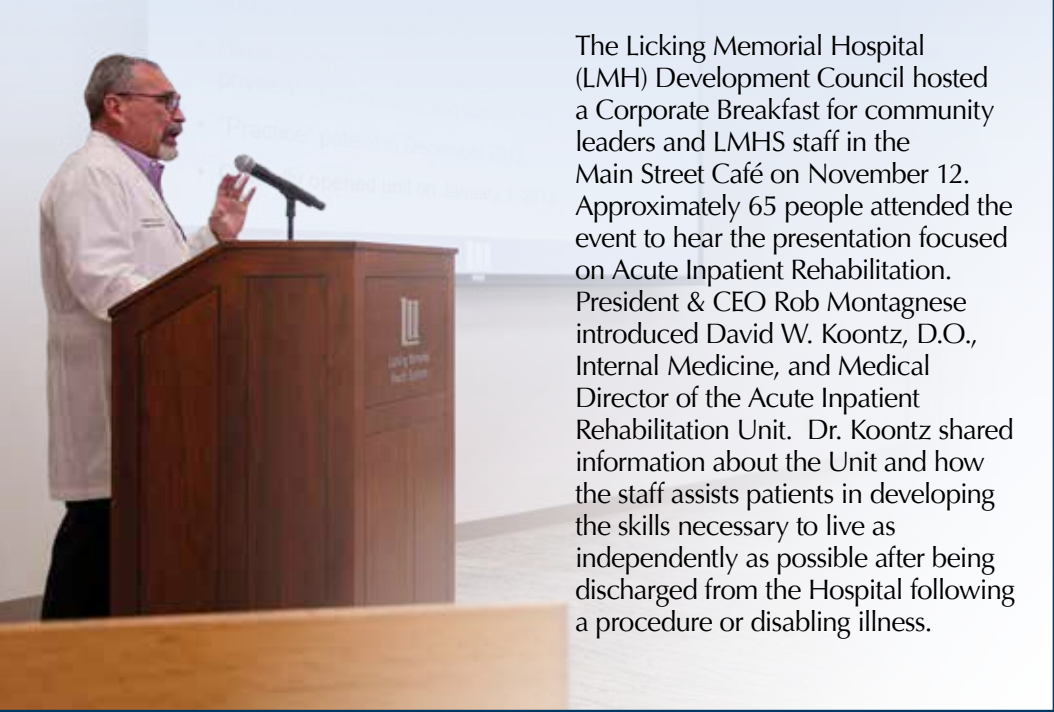
track patient information within Epic for easier access by the patient and their care team.

Implementing and adopting new technology remains a top priority for LMHS. In 2024, new equipment was installed for use by the Cardiology Staff. A new practice, Licking Memorial Electrophysiology, was established to enhance the cardiology program and address such needs as supraventricular tachycardia, atrial flutter cardiac ablations, and atrial fibrillation ablations as well as pacemaker implants. The Cardiology Department also began use of drug-coated balloons to treat new narrowing inside of an already present stent, as well as ultrasound waves that treat calcified narrowing in the heart's blood vessels, minimizing the risk of complications.

Looking ahead to 2025, Rob introduced a new goal to develop plans and designs for the LMHS Education & Event Center. The modern, well-equipped facility will serve as a place to meet, learn, and share in activities that promote healthy lifestyles and offer valuable resources. Conveniently located adjacent to the main Hospital campus, the building will include dedicated learning environments to enable focused instruction and training for professional development

and offer space to promote collaboration and strengthen community partnerships.

Corporate Breakfasts are sponsored by the LMH Development Council to inform community leaders about LMHS' new technology and services. The Development Council was established in 1987 to increase charitable giving to the Hospital and to promote positive community relations. Approximately 75 distinguished members of the community volunteer their time to serve on the Development Council.



LMHS Promotes Screening During Colon Cancer Awareness Month

In March, Licking Memorial Health Systems (LMHS) observed National Colon Cancer Awareness Month by providing information and resources to the community that highlights the importance of colon screenings and colon health. Colorectal cancer is the second-leading cause of cancer deaths among both men and women in the United States. The American Cancer Society estimates that more than 150,000 people will be diagnosed with this highly preventable disease in 2025. Increased colon cancer screenings and the advancement in treatments for colorectal cancer have contributed to a decrease in deaths from these cancers; however, the disease has been rising among people younger than 50. Therefore, the United States Preventive Services Task Force (USPSTF) recommends that all average-risk individuals begin screening for colorectal cancer at age 45. Regular screenings are critical to detect and remove pre-cancerous polyps, which often are present without symptoms.

When discovered early, colorectal cancer is highly treatable and one of the most curable cancers. Most colorectal cancers can be treated with surgery followed by chemotherapy to decrease the risk of recurrence. There are several colorectal cancer screening methods; however, colonoscopy is considered the “gold standard” and has several advantages compared to other tests.

Unlike other screenings, a negative finding during a colonoscopy indicates that no further studies are necessary for five to ten years, and if an abnormality is found, a biopsy or complete removal of the polyp can be accomplished during the procedure. Furthermore, most insurance companies, including Medicare, cover the cost of a colonoscopy screening. However, plans

may vary, and patients should contact their insurance company to determine coverage of screenings and other types of colonoscopies.

In conjunction with Colon Cancer Awareness Month, LMHS will provide a free initial colonoscopy screening to 10 eligible Licking County residents. Individuals, at least 45 years of age, with no pre-existing conditions, have little or no insurance, and are low-income may be eligible to receive the free screening.



Those who have a family history of colorectal cancer or certain risk factors, such as inflammatory bowel disease, should start screening earlier and more frequently. There are often no signs or symptoms of colorectal cancer, which is why regular screening is so important. Many symptoms of colorectal cancer can also be associated with other health conditions. Only a physician can determine the cause. Do not delay seeking treatment if symptoms worsen.

Simple lifestyle changes such as regular exercise and healthier eating can help decrease the risk of colorectal cancer. Eating plant-based foods such as vegetables, fruits, legumes,

and whole grains help maintain a healthy weight and can aid in weight loss. A diet containing fiber-rich foods such as raspberries, pears, apples, bananas, oranges, cooked artichokes, peas, broccoli, corn, whole grains, and legumes promotes regularity and prevents constipation.

Research shows that regular exercise may reduce the risk of colorectal cancer by improving immune function, reducing inflammation, and moving food more rapidly through the colon. The U.S. Department of Health and Human Services recommends that adults get at least 150 minutes of moderate-intensity exercise each week.

In addition to regular exercise, people who spend long periods sitting, such as those who work desk or driving jobs, would benefit from finding ways to be more active throughout the day. Recent studies have shown a sedentary lifestyle or prolonged periods of sitting may increase the risk of colon cancer. Small steps, such as standing every hour to stretch or take a walk, are beneficial.

Throughout March, LMHS held events to increase awareness of colorectal cancer and the importance of preventative screenings, including a Walk with a Doc event on March 15, at 9:00 a.m. at the Adena Recreation Center on the Newark Campus of The Ohio State University. Alyssa Drosdak, M.D., of Licking Memorial Gastroenterology led the walk. In addition, LMHS employees were encouraged to participate in Wear Blue for Colon Cancer Awareness Day on Friday, March 7, and the LMH Main Street Café featured high-fiber specials during the week of March 17. For additional resources about colorectal cancer prevention, visit LMHSColonHealth.org.

LMHS Physicians Recognized in Honor of National Doctors’ Day

National Doctors’ Day is celebrated to acknowledge the contributions of physicians to communities and the lives of individuals. As part of the annual observation, Licking Memorial Health Systems (LMHS) honors the Active Medical Staff for their dedicated service and ongoing support of the LMHS mission to improve the health of the community. LMHS also encourages community members to honor physicians for their dedication through a donation to the Licking Memorial Health Foundation (LMHF). Physicians who are recognized through a donation receive an acknowledgment of the gift on the donor’s behalf.

In 2024, Tom and Ann Mullady chose to recognize several physicians in honor of Doctors’ Day, including Emilia Anigbo, M.D., of Licking Memorial Pulmonology; Roy Brown, Jr., M.D., of Licking Memorial Urology; Craig Cairns, M.D., M.P.H., Vice President Medical Affairs; Mark Law, M.D., of The Center For Sight; Robert Mueller, M.D., of Licking Memorial Orthopedic Surgery; D’Anna Mullins, M.D., Ph.D., of Licking Memorial Hematology/Oncology; Suba Pathmanathan, M.D., of Licking Memorial Internal Medicine; and Hassan Rajjoub, M.D., FACC, of Licking Memorial Cardiac Services.

“These physicians have treated both Ann and me for several years, and have always provided excellent care,” said Tom. “In fact, Dr. Cairns has cared for us since our first affiliation with LMHS in the 1980s. In our opinion, they are all top practitioners in their fields.”

Tom and Ann are also pleased with the service and expertise provided by their primary care physician, Dr. Pathmanathan, and her nursing staff. “She is considerably thorough when addressing the full nature of our health concerns,” said Tom. “She listens, evaluates, and then answers directly with her recommendations. Dr. Pathmanathan and her staff are incredibly responsive to our needs both during and outside of our office visits.”

In addition to their Doctors’ Day donations, Tom and Ann have contributed to LMHS through the Paving Our Future Program, and as members of the Community Cornerstone Club and The William Schaffner Society. Tom is also a Licking Memorial Hospital (LMH) Development Council member and has served on the Community Relations Committee for almost 20 years. He has also been a member of the LMH Golf Gala Committee for over 10 years.

“As the only hospital in Licking County, LMHS has taken on the role, and more than exceeded, as the caretaker of the county’s health,” said Tom. “From providing meals at local warming centers to partnering with Licking County Transit and the Food Pantry Network to address transportation issues and food insecurity for local residents, LMHS takes on a level of commitment to improving the health of the community not often seen at other hospitals. Licking County is blessed to have a health system that gives back to such a great extent.”

The LMH Active Medical Staff includes more than 150 physicians and approximately 60 consulting physicians who provide their expertise and care to the community. Licking Memorial Health Professionals (LMHP) is a group of more than 100 physicians in 46 various practices. Physician offices are located throughout Licking County, including Granville, Hanover, Heath, Hebron, Johnstown, Newark, and Pataskala.

All charitable contributions to LMHS and LMHF are tax-deductible to the extent allowed by law. In 2025, donations received for LMHF will help fund the construction and development of the LMHS Education & Event Center. The facility will serve as a place to meet, learn, and share in activities that promote healthy lifestyles and offer valuable resources. As Licking County continues to grow and thrive, the Center will enhance the opportunity for education, connectivity, and relationships within the community.



National Doctors’ Day – March 30

For more resources, visit
LMHSColonHealth.org



Behind the Scenes – Orthopedic Surgery

The musculoskeletal system, which includes bones, joints, muscles, tendons, ligaments, cartilage, and nerves, can be considered the framework for the body and the mechanics that make it function. Orthopedic surgery is a specialty that focuses on repairing injuries to this system, including the spine and major joints. At Licking Memorial Orthopedic Surgery, physicians Zackary Birchard, D.O., Robert Mueller, M.D., Kevin Ouweleen, M.D., and Andrew Terlecky, D.O., and Physician Assistants Anthony D'Amico, PA-C, Sadie Deckard, PA-C, and Abigail Hrusovsky, PA-C, provide general orthopedic care and surgery, including diagnosing and treating conditions of the musculoskeletal system such as fractures, sports injuries, arthritis, and disabling conditions of the upper and lower extremities.

The most common reasons that patients visit Licking Memorial Orthopedic Surgery are broken bones, arthritis, rotator cuff injuries, meniscus tears, and carpal tunnel syndrome. To care for these conditions, healthcare providers develop treatment plans that may include medication, exercise, surgery, and rehabilitation to restore movement, strength, and function.

Arthroscopy is a minimally invasive procedure that is routinely performed by the orthopedic providers to examine and treat damage to hips, shoulders, or knees. Minor joint problems often can be corrected during the procedure; however, more serious conditions may require more complex surgery. Other commonly-treated orthopedic conditions include:

- Bursitis
- Elbow pain
- Foot pain
- Hand pain
- Knee pain
- Osteoporosis
- Soft-tissue injuries
- Total joint replacements

Although the specialty is referred to as orthopedic surgery, many non-surgical treatments are provided and are often the first approach to treating mild or moderate orthopedic conditions and injuries. Licking Memorial Orthopedic Surgery providers spend substantial time assisting patients outside of the operating room with treatments such as steroid injections, orthotics, and physical therapy. Additionally, they work closely with other healthcare providers who specialize in

musculoskeletal health, such as physical therapists and rheumatologists, to restore function, alleviate pain, and improve the quality of life for patients.

Licking Memorial Orthopedic Surgery also partners with Licking Memorial Occupational Health to provide services for individuals with work-related injuries. Every effort is made to return employees to work in a timely manner, reduce medical expenses, and decrease time away from work. The experienced staff understands the Workers' Compensation system and the processes are efficient, cost-effective, and convenient.

Overall, orthopedic care plays a critical role in maintaining mobility and quality of life for individuals dealing with musculoskeletal conditions. From conservative treatments to advanced surgical interventions, orthopedic specialists offer a wide range of therapies to help patients recover from injury and manage chronic conditions. To learn more about Licking Memorial Orthopedic Surgery, visit LMHealth.org.

A Healthy Diet Can Prevent Heart Disease

In February, Licking Memorial Health Systems (LMHS) presented a community education program to raise awareness about heart disease and its prevention. The event was held in the Licking Memorial Hospital (LMH) First Floor Conference Room. Mallory Grieb, B.S.N., R.N., Quality Manager and Chest Pain Coordinator for Cardiac Services, discussed the benefits of a healthy diet and how it can prevent heart disease.

Heart disease refers to several types of conditions that affect the heart's structure and function. Coronary Artery Disease (CAD) is the most common type of heart disease in the United States. CAD is caused by plaque buildup in the walls of the arteries that supply blood to the heart. The buildup of plaque is called atherosclerosis, which reduces blood flow to the heart and can lead to a heart attack.

Lifestyle choices affect many of the risk factors that contribute to heart disease. Some risk factors, such as age, family history, race, and gender, cannot be controlled. Risk factors that can be controlled include smoking, obesity, high cholesterol, diabetes, hypertension, physical inactivity, and an unhealthy diet.

Choosing a heart-healthy diet is one of the ways that individuals can greatly reduce their risk of heart disease and its complications. Vegetables, fruits, and whole grains contain high amounts of fiber, vitamins, and minerals, which are essential for maintaining good heart health. Fish such as tuna, salmon, and shellfish contain omega-3 fatty acids, which can reduce the risk of heart disease and stroke. Other proteins such as lean meat, poultry, beans, eggs, and nuts are also good choices.

Foods that are high in saturated fats, such as red or fatty meats, cheese, butter and whole dairy products, should be avoided. Limiting salt intake is another way to maintain a heart-healthy diet. On average, American adults eat more than 3,400 milligrams of sodium daily, which is more than double the American Heart Association's recommended limit of 1,500 milligrams. Common foods that contain excess sodium include breads and rolls, cold cuts and cured meats, pizza, poultry, soup, and sandwiches.

Making simple dietary changes can provide long-term benefits for heart health. Weekly menu planning can help individuals incorporate heart-healthy foods into their diet and provide variety. Eating heart-healthy can be easy and enjoyable, and it is important for individuals to discuss dietary changes with their physician to ensure that proper nutrition is maintained.

LMHS Receives Healthy Worksite Recognition

Licking Memorial Health Systems (LMHS) is proud to announce that the Healthy Business Council of Ohio has recognized our organization as a Platinum Level Healthy Worksite. The Healthy Worksite Recognition program recognizes Ohio employers who demonstrate a commitment to employee wellness through comprehensive worksite health promotion and wellness programs. LMHS was scored on the extent that its wellness programs facilitate and encourage employee health, enhance productivity, and ensure a healthy work environment. The Platinum level is the highest level of recognition, signifying a strong commitment to employee wellness and comprehensive health promotion programs. LMHS provides a wide variety of comprehensive wellness resources and offerings for employees covering physical, financial, and mental health.



LMHS Sports Screening Program Reaches 20th Year

Licking Memorial Health Systems (LMHS) is hosting the 20th annual Sports Screening Program for students entering grades 7 through 12 who are involved in sports, marching band, and C-TEC's Criminal Justice and Physical Therapy programs. Throughout the month of May, the program offers comprehensive screenings at no cost to help Licking County youth safely participate in physically challenging activities. The LMHS Sports Screening Program consists of three major components: Heart to Play electrocardiograms (EKGs) and echocardiograms, ImPACT (Immediate Post-concussion Assessment and Cognitive Testing) baseline concussion testing, and state-required pre-participation physical examinations.

EKGs and echocardiograms are provided to students entering grades 7, 9, and 11. These tests can identify heart conditions that place an athlete at risk for a sudden cardiac death even when there are no symptoms. The EKG displays the heart's electrical impulses, and the echocardiogram screens the functioning of the heart's valves and muscles. Since the Heart to Play screenings began in 2008, serious cardiac abnormalities have been detected and treated in 73 students who previously were unaware of their conditions.

ImPACT testing is also offered to students entering grades 7, 9, and 11 who participate in a contact sport and do not have testing available at their school. The computerized evaluation

establishes a baseline of the brain's cognitive functions, such as memory, attention span, and reaction time. If a concussion is suspected, the ImPACT test is re-administered within 72 hours of the injury after a primary care or emergency room physician has evaluated the athlete. When compared to the baseline test, the difference in the scores helps physicians determine the amount of rest and frequency of examinations that will be needed before the student is able to return to competition or activity.

LMHS medical staff also complete pre-participation physical examinations, which the Ohio High School Athletic Association (OHSAA) requires annually. Students who have had a checkup with a primary care physician within the past year may submit the OHSAA form to the provider's office to have it signed. In such cases, eligible students may participate in heart or concussion screenings without receiving a pre-participation physical exam.

"LMHS is extremely proud of how successful our free Sports Screening Program has been, and we are delighted to be able to host the program for the 20th year," said LMHS President & CEO Rob Montagnese. "By providing free sports screenings, we remove a potential barrier that could prevent youth from experiencing the joy and benefits of sports participation. In addition, offering the heart and baseline concussion screenings at no cost is an invaluable tool that helps to protect young lives and

ensure that youth are participating in physically challenging activities safely."

Nine screening dates are available at two locations throughout the month of May. The first two dates are held at the Pataskala Health Campus, and the remainder of the program will take place at Licking Memorial Pediatrics – Tamarack in Newark. Advance registration is required and limited to the first 90 participants each night of the program. Registration is now open and may be completed online at LMHealth.org/SportsScreenings.

After registering, a packet of forms will be available to print out from the website. Additionally, any student who requires a sports physical must bring a completed OHSAA pre-participation evaluation form (available online at ohsaa.org/medicine/physicalexamform) or an equivalent school form.

It is important to note that LMHS sports screenings are not complete physical exams, which are best performed annually at a primary care physician's office and can take the place of a pre-participation screening. Since individual physician practices are not directly involved with the program, please refrain from contacting their offices for information regarding the sports screenings. For questions or more information about the LMHS Sports Screening Program, please email sportsphysicals@LMHealth.org.

New Appointments



Erika M. Dickson, APRN-CNP, joined Licking Memorial Emergency Medicine



Rebecca L. Dionisio, D.O., of Hospice of Central Ohio, joined the Licking Memorial Hospital Medical Staff



Robert "Parker" Guinsler, D.O., joined Licking Memorial Primary Care – West Main



Darci J. Hartshorn, APRN-CNP, joined Licking Memorial Family Practice – Johnstown



Trenton J. Leo, D.P.M., of Foot and Ankle Specialists of Central Ohio, joined the LMH Medical Staff



Kaitlin E. Londot, APRN-CNP, joined Licking Memorial Gastroenterology



Mechelle A. McKee, APRN-CNP, joined Licking Memorial Anesthesiology



David M. Muncy, D.O., joined Licking Memorial Emergency Medicine



Scott M. Rice, APRN-CNP, joined Licking Memorial Emergency Medicine



Tim J. Tremblay, APRN-CNP, joined Licking Memorial Urology



Physician Spotlight – Emilia N.U. Anigbo, M.D.

Emilia N.U. Anigbo, M.D., joined Licking Memorial Pulmonology and Sleep Medicine in January 2017. She also provides care in Licking Memorial Hospital's Critical Care Unit. Dr. Anigbo received her Bachelor of Medicine and

Surgery degree at the University of Nigeria College of Medicine in Nsukka, Enugu State, Nigeria. She completed a residency in internal medicine at Beaumont Hospital in Dearborn, Michigan. She also completed a

pulmonary and critical care fellowship at the University of Kentucky's Albert B. Chandler Medical Center in Lexington, Kentucky. Dr. Anigbo is board certified in internal medicine, pulmonary disease, and critical care.

Ask a Doc – Untreated Pneumonia with Emilia N.U. Anigbo, M.D.

Question: What are the possible complications from untreated pneumonia?

Answer: Pneumonia is an infection of the lungs that may be caused by bacteria, viruses, or fungi. While anyone may contract pneumonia, there are factors that increase the chances of the infection becoming more severe including age, chronic disease, smoking, and weakened or suppressed immune systems. People, age 65 and over, are at increased risk as the immune system becomes less able to combat infection. Infants and children two years of age or younger are also at increased risk because the immune system has not yet fully developed.

At the onset of pneumonia, the infection causes inflammation in the air sacs (alveoli) which may fill up with fluid or pus. The sufferer may find it hard to breathe as oxygen struggles to pass through the alveoli into the bloodstream. The symptoms of pneumonia can range from mild to severe, and include cough, fever, chills, and trouble breathing. Many factors affect how serious a case of pneumonia is, such as the type of virus, bacteria, or fungus causing the lung infection.

Possible complications include:

- Acute respiratory distress syndrome (ARDS) which is a severe form of respiratory failure.
- Lung abscesses, which are infrequent, occur when pockets of pus form inside or around the lung.
- Respiratory failure which requires the use of a breathing machine or ventilator.
- Sepsis, a condition in which there is uncontrolled inflammation in the body, which may lead to widespread organ failure.

Pneumonia is a leading cause of hospitalization in both children and adults. Most cases can be treated successfully, although it can take weeks to fully recover. Treatment for pneumonia depends on the type of pneumonia. Bacterial pneumonia is caused by various bacteria, most commonly *Streptococcus pneumoniae*. It usually occurs when the body is weakened in some way, such as by illness, poor nutrition, old age, or impaired immunity, and the bacteria is able to attack the lungs. Mycoplasma pneumonia has somewhat different symptoms and physical signs and is referred to as atypical pneumonia. It is caused by the bacterium *Mycoplasma pneumoniae* and generally causes a mild,

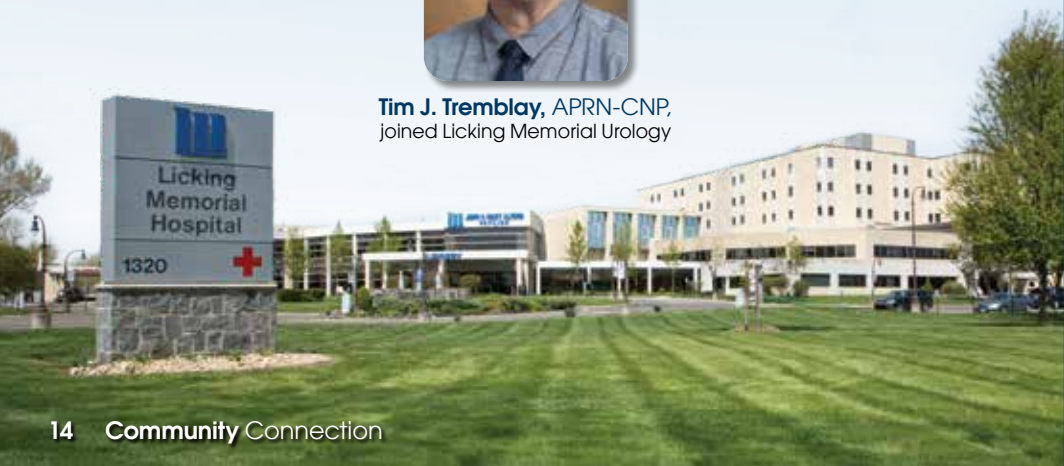
widespread pneumonia that affects all age groups. Viral pneumonia is caused by various viruses, including the flu (influenza), and is responsible for about one-third of all pneumonia cases.

Typically, pneumonia is treated at home, but severe cases may require hospitalization. The goals of treatment are to cure the infection and prevent complications. Antibiotics are used for bacterial pneumonia and may also speed recovery from mycoplasma pneumonia and some special cases. Most viral pneumonias do not have specific treatment; however, symptom management and rest will assist in alleviating the infection. Other treatment may include eating well, increasing fluid intake, getting rest, oxygen therapy, pain medicine, fever control, and possibly cough-relief medicine if a severe cough is present. Take any medications as prescribed by a physician.

Recovering from pneumonia requires proper time to rest. Some people may feel better and are able to return to their normal routines within a week. However, others may require a month or more to completely regain their strength. Most people continue to feel tired for about a month. Adequate rest is important to

maintain progress toward full recovery and to avoid relapse. While recovering, it is best to limit contact with family and friends to avoid spreading the illness to others. Covering the mouth and nose when coughing, promptly disposing of tissues in a closed waste container, and washing hands often is also recommended.

Reducing the risk of contracting pneumonia is possible. Seasonal influenza, respiratory syncytial virus (RSV), and the virus that causes COVID-19 are common causes of pneumonia. Receiving the recommended vaccines for such illnesses is helpful in preventing pneumonia. Additionally, children younger than 5 years of age and adults 50 or older should consider vaccination against pneumococcal pneumonia, a common form of bacterial pneumonia. Since pneumonia often follows respiratory infections, be aware of symptoms that linger more than a few days. Good health habits such as a healthy diet, rest, and regular exercise, also assists in boosting the immune system to fight viruses and respiratory illnesses. Healthy habits also promote faster recovery from colds, the flu, or other respiratory illness.





After Sherry Hennen's husband passed away, she decided she wanted to live closer to her three sons. One lives in New Lexington, one in Pataskala, and one in Columbus. She found a condominium in Thornville where she felt she would be comfortable and close to each of the boys and their families. After the move, she searched for a primary care physician to manage all aspects of her health and well-being.

Having had a male physician in the past, Sherry thought she may be better able to relate to a female physician, so she searched through local listings to find a suitable match. She began visiting Katrina M. Timson, M.D., at Licking Memorial Family Practice – East. "Both Dr. Timson and her Nurse Practitioner, Joan Crumrine, APRN-CNP, offer excellent care," Sherry said.

Earlier this year, Sherry began experiencing pressure in her throat especially when she bent over. She quickly made an appointment to visit Dr. Timson. After examining Sherry, Dr. Timson referred Sherry to the Licking Memorial Radiology Department to have an ultrasound performed. "I really had no idea what was causing the discomfort I felt. I never had issues before with my thyroid, but I knew something was not right," Sherry said.

Dr. Timson reviewed the results from the ultrasound and informed Sherry that her

Quality Reporting to the Community

Patient Story and Benchmarks for Surgery Care

Patient Story – Sherry Hennen

thyroid was enlarged, and that nodules were present. Sherry was then referred to Licking Memorial Otolaryngology. Otolaryngology is a specialty which focuses on the diagnosis and treatment of disorders of the ears, nose, and throat. The physicians have specialized training and experience that allows them to treat both acute and chronic illnesses and also focus on preventive medicine. Sherry then scheduled an appointment with Kenneth C. Parker, M.D., to determine the next steps in treating the issue. Performing an ultrasound on Sherry's throat, Dr. Parker found nodules in her thyroid.

"Dr. Parker is very knowledgeable, and he explained my options including surgery to remove my thyroid," Sherry recalled.

Known as a thyroidectomy, the procedure entails surgically removing all or part of the thyroid gland, which is located in the front of the neck. The thyroid releases hormones which control many critical functions of the body. An overgrowth of normal tissue may lead to the development of thyroid nodules which require removal if the growths are causing difficulty in swallowing or breathing. The nodules may be benign or malignant.

During the procedure, the surgeon, or otolaryngologist, makes a small incision in the skin of the neck as close to a natural crease as possible to reduce the appearance of the scar. A thin layer of muscle is parted to gain access to the thyroid gland, then one or both lobes of the thyroid gland as well as any nearby lymph nodes that may be affected by disease are removed. The muscles of the front of the neck are returned to their

proper position and secured in place. Sherry underwent the thyroidectomy at Licking Memorial Hospital (LMH), where she stayed overnight to recover.

"Everything went perfectly. The staff was amazing and very kind. Overall it was a good experience," Sherry revealed.

During a follow-up visit with Dr. Parker, Sherry was informed about the results of the biopsy on the nodules. "Dr. Parker took my hand to comfort me as he told me that cancerous cells were found in three of the nodules. He quickly assured me that he would take good care of me, said I should not worry at all about the findings, and that I would be just fine," Sherry said. "He is the nicest, most compassionate physician. I know that he deeply cares about me and ensures I do not let stress hamper my recovery."

When the thyroid gland is surgically removed, the body still requires thyroid hormone to assure that vital functions remain in balance. Sherry was referred to an endocrinologist to assist in managing thyroid hormone levels, monitoring for cancer recurrence, and adjusting medication dosages. She will continue visiting Dr. Parker for further follow-up visits as well.

Since her surgery, Sherry has been focusing on her family. She enjoys spending time with her sons, Brad, Cory, and Tyler, and their children. Sherry has one grandson, and five granddaughters. Having raised three boys herself, Sherry says she enjoys being a grandmother, but only wishes she knew more about braiding and haircare for the granddaughters.

Pre-admission Testing Streamlines Surgical Procedures

Pre-admission testing (PAT) is a process of medical assessments and evaluations that are conducted before a person has surgery. PAT helps to identify any potential health issues or risk factors that could complicate treatment or recovery, allowing for interventions or adjustments to be made to the patient's care plan and minimizing complications. Licking Memorial Hospital (LMH) has adopted a patient-centric approach to PAT, developing criteria that assists medical staff with optimizing patient preparation. This results in improved planning and allocation of hospital resources, as well

as reduced delays and day-of-surgery cancellations.

PAT is located on the LMH Sixth Floor. Until recently, LMH surgeons were responsible for submitting the order for PAT if they felt that a patient needed assessment prior to surgery. To streamline the PAT process and improve communication between anesthesiologists, surgeons, and primary care physicians, medical staff determined that new criteria for pre-admission testing were needed to ensure that patients were adequately assessed before undergoing their scheduled surgery.

Lindsey Clark, R.N., Patient Care Manager, Pre-operative Services, in the Licking Memorial Surgery Department, researched and toured several organizations and worked with Brad Lewis, M.D., of Licking Memorial Anesthesiology, to develop criteria to determine a patient's eligibility for pre-admission testing. Once a patient is scheduled for a procedure, their information is

put into a triage call list in Epic. After reviewing the patient's chart, a nurse will call the patient and ask them a series of questions pertaining to their medical history, complications to anesthesia, and drug and alcohol use. Patients are recommended for pre-admission testing if they meet any of the criteria on the questionnaire.

When a patient arrives for their PAT appointment, a nurse or patient care assistant records their height, weight, body temperature, blood pressure, and pulse rate. A nurse then takes a detailed medical history, performs physical assessments, and makes sure the patient's medication list is up to date. A nurse practitioner performs a physical examination, which includes assessing the patient's airway, listening to the heart and lungs, and conducting any additional tests that may be needed, such as an electrocardiogram (EKG), blood work, and chest X-ray. The PAT appointment time can range from 30 minutes to two hours, depending on the type of surgery and whether the patient requires an overnight stay in the Hospital.

Education is also an important component of PAT. Patients receive instructions from clinical staff on how to prepare for their procedure. These may include food and drink restrictions, withholding certain medications for a period of time before surgery, preparing the body to prevent infection, and abstaining from smoking and consuming alcohol. Patients may also be given information on how to prepare their home for post-surgery recovery.

PAT helps to prevent day-of-surgery cancellations, which can be costly for the patient and the Hospital. Coordinating patient care among anesthesiologists, surgeons, and physicians assists in streamlining the surgical workflow and providing tailored, quality care to each patient.



Surgery 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. Risk of serious complications exist during and after surgery, and some deaths may be unavoidable. However, LMH has trained, well-organized, and efficient staff members who work to find and treat complications quickly and aggressively. In 2023, 8,963 surgeries were performed at LMH.

	LMH 2021	LMH 2022	LMH 2023	National ⁽¹⁾
Deaths among patients with serious treatable complications after surgery	8.33%	4.17%	12.82%	15.11%

2. Postoperative patients are at risk for developing other potentially deadly complications such as sepsis, a serious condition in which the body responds improperly to an infection. The infection-fighting process turns on the body, causing the organs to function poorly which can cause damage to the lungs, kidneys, liver, and other organs. LMH works to prevent sepsis by following best practices for patient safety and closely monitoring a patient's condition.

	LMH 2021	LMH 2022	LMH 2023	National ⁽¹⁾
Postoperative sepsis	0.00%	0.00%	0.43%	0.41%

3. Postoperative patients who lie in bed for long periods are at increased risk of developing a blood clot in their lungs (pulmonary embolism) or legs (deep vein thrombosis). To prevent the formation of these dangerous conditions, LMH uses multiple methods to reduce the risk of blood clots, including the use of blood-thinning medications and mechanical compression devices. In some cases, despite using these interventions, these blood clots may still occur. In addition, LMH staff must also be wary of the formation of a postoperative hematoma – a collection of clotted blood, or hemorrhage – active ongoing bleeding.

	LMH 2021	LMH 2022	LMH 2023	National ⁽¹⁾
Postoperative patients who developed a pulmonary embolism or deep vein thrombosis	0.63%	0.00%	0.19%	0.31%
Postoperative hemorrhage or hematoma rate	0.13%	0.12%	0.10%	0.23%

4. An unplanned return to the operating room refers to a situation where a patient returns to the Hospital after an initial surgery due to complications or unforeseen issues arising from the original procedure, essentially requiring a second surgery that was not planned beforehand. The return rate is a key indicator of surgical quality that impacts patient outcomes.

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Unplanned returns to the OR	0.02%	0.09%	0.10%	<1.4%

5. Delays in surgical procedures are an inconvenience to patients who may have fasted for hours and often are nervous. The LMH Surgery staff makes every effort to timely begin procedures for the comfort of patients and their families.

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Surgeries that started on time	94%	85%	96%	Greater than 90%

Check out our Quality Report Cards online at [LMHealth.org](https://www.lmhealth.org).



GLP-1 Medications and Surgery

Glucagon-like peptide-1 (GLP-1) is a hormone that regulates blood sugar, appetite, and digestion. Synthetic versions of GLP-1 have been used in medications to treat type 2 diabetes and obesity, and prescriptions for such drugs have become increasingly popular within the past few years. GLP-1 medications work by slowing down digestion, known as delayed gastric emptying. This causes food to remain in the stomach longer, keeping the individual feeling full and causing them to eat less.

Individuals who undergo a surgical procedure are instructed by their surgical

team to refrain from consuming food or drink for a certain number of hours before their surgery to prevent aspiration. This can be a problem for patients who are taking GLP-1 medications. Being under general anesthesia suppresses a person's reflexes, including those that protect the airway and prevent food or liquid from entering the lungs. If the stomach is not empty during surgery, there is a risk that the contents could be regurgitated and enter the lungs, causing aspiration. Aspiration can lead to serious health complications such as pneumonia or breathing difficulties.

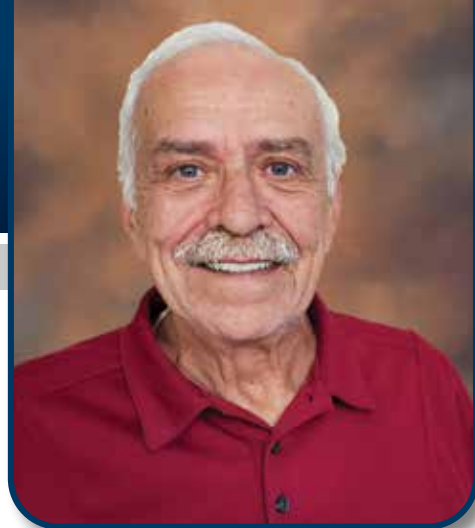
The American Society of Anesthesiologists recommend patients stop taking their GLP-1 medication before a surgical procedure. Individuals who are planning to have surgery should inform their physician if they are taking a GLP-1 medication. Based on an assessment of the patient's overall health and the type of surgery, the physician may recommend stopping or decreasing the dosage of the GLP-1 medication for a certain number of days before the surgery.

Walk with a Doc

In December, Licking Memorial Health Systems hosted a Walk with a Doc event at Denison University's Mitchell Recreation and Athletics Center in Granville. Eesha Maiodna, M.D., of Licking Memorial Heart Center, led a discussion about atrial fibrillation (AFib). During the January event at the West Licking County Family YMCA in Pataskala, Bethany Wyles, D.O., of Licking Memorial Dermatology, addressed skin cancer and sun protection. Elizabeth McIntosh, M.D., of Licking Memorial Family Practice – Johnstown, discussed asthma during the February event held at the Licking County Family YMCA in Newark.

The monthly program offers community members an opportunity to ask general health questions related to a physician's specialty during a 40-minute walk at various locations in Licking County. For more information on upcoming Walk with a Doc events, visit [LMHealth.org/Calendar](https://www.lmhealth.org).





Quality Reporting to the Community

Patient Story and Benchmarks for Patient Safety

Patient Story – Mark Peters

Many of the staff members of the Intensive Care Unit (ICU) at Licking Memorial Hospital (LMH) consider Mark Peters to be the miracle patient. Mark was hospitalized for a total of 29 days after being brought to the Emergency Department (ED) for a suspected ulcer. While undergoing medical testing to diagnose his condition, Mark's heart stopped. The medical team was able to resuscitate him. After surgery and being intubated, Mark recovered and continues to grow stronger every day.

"I believe my wife's quick actions and the staff at LMH saved my life," Mark shared. "I do not remember much of what happened, but I do remember the compassion and kindness of the staff and physicians who worked diligently to discover what was causing my issues and make sure I would recover."

Mark's ordeal began in late July while he was home convalescing from oral surgery. In order to avoid taking the prescribed pain medication, he was using over-the-counter medications, such as ibuprofen, which can cause stomach issues. While his wife, Marci, was at work, Mark began to feel weak and nauseous. He called Marci after becoming seriously ill and said that he needed her immediately. Marci rushed home and discovered evidence that Mark may be bleeding internally. She suspected an ulcer. Marci formally worked in the Surgery Department at LMH. She tried to get Mark to the car to take him to the ED, but he was too weak, and she had to call for an ambulance.

Upon arrival at LMH, Mark was admitted, and the physician ordered an endoscopy procedure to confirm the

bleeding was from an ulcer. During the procedure, an ulcer was discovered; however, it was not currently bleeding, so it was determined that Mark should spend the night to ensure that the ulcer would not start bleeding again. The next morning, Mark was told that he would likely be released, but he was still weak, and results from a follow-up blood test showed his blood count was very low. Blood transfusions were ordered and Mark spent another night at LMH.

The following day, Mark was told again that he would likely be released, so he called Marci to tell her to be ready to take him home. Before she arrived, Mark collapsed and lost consciousness. He was revived and moved to ICU to be closely monitored. Another endoscopy procedure was performed with the same result. The ulcer was not bleeding; however, Mark's condition continued to deteriorate and the staff had difficulty keeping him stable. Finally, he had to be intubated to assist with his breathing.

"I do remember a nurse, Shelby Malcolm, who had to sit with me all night," Mark said. "She was so nice to me. I felt bad that she had to stay there, and I am sure I scared her a number of times as she worked to keep me stable through the night."

Summiyah Nasir, M.D., began to search for other causes of internal bleeding. Mark had aspirated during intubation, so Dr. Nasir ordered an X-ray of his lungs. She was concerned when she discovered air in the abdomen that could be seen on the X-ray. Dr. Nasir then ordered a computed tomography (CT) scan and conferred with Victor F. Ferrini, M.D., of the LMH Surgery Department, and decided that exploratory surgery was required. During the procedure, Dr. Ferrini discovered that Mark's spleen had ruptured and was the root cause of the

internal bleeding. He removed the organ immediately.

"Up to that point, none of the testing or symptoms pointed to damage to the spleen," Marci shared. "Had the air in the abdomen not been discovered, Mark may have continued to bleed."

After his surgery, Mark remained in the ICU. After a short time, the nursing staff noticed the skin on his left hand looked gray, as if there was no circulation. Another CT scan was ordered to try to determine if a blood clot had formed. In the Radiology Department, Mark again lost consciousness. The two nurses who escorted him to Radiology, Torie Miller and McKenzie Brookbank, alerted the Rapid Response team and stayed by Mark's side until he was stabilized again.

"Mark's heart stopped, and they had to escalate the call to a Code Blue. The ED and ICU cardiac team worked on Mark for 15 minutes before they were able to resuscitate him," Marci said. "The staff was amazing. They never gave up on him and they were able to bring him back."

Dr. Nasir continued to care for Mark and determined the circulation issue was due to severe peripheral vascular disease. She feared he would require amputation, and suggested he be sent to a hospital in Columbus to receive further care. "I could tell that Dr. Nasir was thinking about Mark's case even when she was not on duty," Marci said. "She felt she had taken his care as far as she could, but the Columbus hospital did nothing different from the care LMH was providing. It just took Mark time to decide he was going to get stronger." Miraculously, Mark avoided amputation.

To show appreciation for the dedication and care the staff at LMH provided,

Marci has taken Mark to the ICU several times to meet the men and women who worked to save his life and thank them personally. "My faith is strong, and I saw God's hand at work at every step. We were blessed to have such an amazing team care for Mark," Marci shared. "When they see him walking and doing

so well, the staff is simply overwhelmed with joy. They all said they did not think he would survive, but he has, and he is getting better every day."

Mark continues to visit his vascular surgeon and has follow-up appointments with Cardiology. He cannot express the

amount of gratitude he has in his heart for his care team. In addition to his heart care, Mark participated in rehabilitation to regain strength in his arms and legs.

Best Practices for Safe Antibiotic Use

Antibiotics are medications that kill and stop the growth of bacteria and are critical tools for preventing and treating infections. Life-threatening conditions, such as sepsis, are treated using these powerful medicines. However, unnecessary antibiotic use or misuse of the drug can cause bacteria to evolve and become resistant, making infections harder to treat which can result in a significant threat to public health. Following best practices for safe antibiotic use preserves the effectiveness of medications in the future.

Although penicillin was discovered in 1928, the widespread use of antibiotics did not begin until the mid-20th century. World War II prompted an urgent need for effective infection treatments, which initiated large-scale production of the antibiotic, making the drug widely available and revolutionizing medicine. Since then, many new antibiotics have been discovered and used in treating bacterial infections.

Antibiotic resistance occurs when bacteria develop the ability to defeat the medications that are designed to kill the germ. Resistant strains of bacteria emerged shortly after the widespread use of antibiotics began and have continued to develop, including multi-drug-resistant organisms that are impervious to "last-resort" antibiotics, which are only used to treat the most severe pathogens.

Infections caused by drug-resistant bacteria are associated with an increase in severe illness and death and contribute to longer hospital stays, increased healthcare costs, and the spread of infections within healthcare facilities. More than 2.8 million antibiotic-resistant

infections occur in the United States each year, and 35,000 people die as a result.

Unnecessary antibiotic use occurs when an individual takes antibiotics that they do not need, such as for colds and the flu. While sinus infections and ear infections are sometimes caused by bacteria, most are caused by viruses, and symptoms improve without the use of antibiotics. Viruses are germs that are different from bacteria; therefore, antibiotics are not effective against viruses. Infections caused by viruses include colds, influenza, and most sore throats and chest colds.

Antibiotics are effective in treating certain infections caused by bacteria, such as strep throat, whooping cough, and urinary tract infections. The misuse of antibiotics occurs when a patient is prescribed the wrong antibiotic, takes an incorrect dosage, or uses the antibiotic for the wrong length of time. It is important for people to take antibiotics only when needed and exactly as prescribed. Individuals can help prevent antibiotic resistance by adhering to the following guidelines:

- Take antibiotics only when prescribed by a healthcare provider.
- Complete the full course of antibiotics, even when feeling better. Stopping early can allow bacteria to remain and become resistant.
- Take the correct dosage and follow the prescribed schedule.
- Do not share antibiotics, and do not take antibiotics that are prescribed to someone else.

The overuse of antibiotics is a contributing factor to the development

of other serious complications, such as Clostridium difficile infection (C. diff). C. diff is a bacterium that can cause diarrhea or inflammation of the colon (colitis) and can be life-threatening. The intestines and stomach contain a collection of good and bad bacteria, also known as the microbiome. Some germs can cause illness; however, good bacteria help to protect people from infections. Antibiotics disrupt a person's microbiome by killing both good and bad bacteria. Without the protection from good bacteria, harmful germs such as C. diff can flourish and cause serious illness.

It is also important to practice good health hygiene by washing hands frequently, covering the mouth and nose when coughing or sneezing, staying home when sick, and avoiding contact with people who have colds or other respiratory infections. Receiving recommended vaccines for influenza, pneumonia, respiratory syncytial virus (RSV), and COVID-19 can also prevent the spread of illness.

Antibiotic resistance is an ongoing, evolving problem. The development of new antibiotics is crucial for success; however, responsible antibiotic stewardship remains the best defense. Healthcare providers must adhere to evidence-based prescribing guidelines, and patients need to follow treatment instructions carefully. Promoting awareness and education about antibiotic resistance can also help preserve the effectiveness of existing medications for current and future generations.

Patient Safety – How do we compare?

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1. The Institute of Medicine published a report in 2000 that highlighted the stunning effects of medication errors. The report set forth a national agenda for reducing errors and improving patient safety by designing a safer health system. Although the medication error rate at Licking Memorial Hospital (LMH) is significantly better than the national benchmark, we make continuous efforts to improve the process. LMH dispensed 1,032,878 doses of medication in 2022.

	LMH 2021	LMH 2022	LMH 2023	National ⁽¹⁾
Medication error rate per 1,000 doses	0.01%	0.01%	0.01%	0.31%

2. Protecting patients from hospital-acquired infections is a primary patient safety goal. LMH has an ongoing program to prevent and treat infections in patients. Per the Centers for Disease Control and Prevention (CDC) recommendations, LMH tracks high-risk patients, including those with an increased risk of infection due to the presence of an invasive device, such as a ventilator, catheter, or central venous line. The following data reflects the number of infections per every 1,000 patient days compared to the national benchmarks.

	LMH 2021	LMH 2022	LMH 2023	National ⁽²⁾
Central line-associated bloodstream infections (ICU and select wards)	0.000	1.221	1.085	0.717
Catheter-associated urinary tract infections (ICU and select wards)	0.000	0.228	0.265	0.583
Surgical site infections – colon surgery	0.000	0.000	0.000	0.899
Surgical site infections – abdominal hysterectomy	0.000	N/A*	N/A*	1.047
Methicillin-resistant staphylococcus aureus (MRSA) bacteremia	1.126	0.814	2.521**	0.752
Clostridium difficile (C. Diff)	0.537	1.449	0.849	0.416
*Not statistically significant – 1 case reported in 2023.				
**3 total cases.				

3. LMH conducts a comprehensive assessment to determine if a patient is at risk for a fall at admission and during the Hospital stay. Personal alarms and bed sensors help alert staff to prevent a potential fall.

	LMH 2021	LMH 2022	LMH 2023	Goal
Inpatient falls, per 1,000 patient days	3.6	4.2	3.2	less than 3.0

4. Acute care mortality refers to patients who pass away while admitted as inpatients in the hospital. While mortality within the hospital is not uncommon, it can be a valuable indicator in determining how effectively the hospital manages crisis situations as well as its ability to rescue the patient in an emergency. Other factors, such as nurse staffing levels, staff knowledge and experience, and early recognition of patient deterioration all can have an impact on inpatient mortality. Sepsis is a body's overwhelming and life-threatening response to an initial infection of microbes that can be bacterial, viral, or fungal. It can be difficult to diagnose. LMHS has safety measures in place to detect early signs of sepsis. Lower rates are preferable.

	LMH 2021	LMH 2022	LMH 2023	National ⁽³⁾
Inpatient mortality	2.18%*	2.14%*	1.76%*	2.22%
Sepsis mortality rate	10.9%*	10.9%*	8.79%*	State ⁽⁴⁾ 14.9%
*Deaths definitively or potentially related to COVID-19 have been excluded.				

5. During the annual influenza (flu) season, keeping the LMHS employees healthy by providing flu vaccinations can, in turn, protect patients from potential influenza infections. LMHS is committed to encouraging and providing free, easily accessible flu vaccines to all employees.

	LMHS 2021	LMHS 2022	LMHS 2023	LMHS Goal	National ⁽⁵⁾
LMHS employees receiving the seasonal influenza vaccine	85%	82%	83%	greater than 80%	81%

6. Warfarin (also known as Coumadin) is a blood thinner, which also is called an anticoagulant. It is used to help prevent and treat blood clots. The most common side effect of warfarin is bleeding in any tissue or organ. It is important for patients to have a prothrombin time (PT) and International Normalized Ratio (INR) blood test regularly to help the physician determine the blood clotting rate and whether the dosage of warfarin should change. The testing is very important and must be accomplished at recommended intervals in order to keep the PT/INR result in the best and safest range for the medical condition. Licking Memorial Health Professionals (LMHP) has adopted this recommendation as a safety measure.

	LMHP 2021	LMHP 2022	LMHP 2023	LMHP Goal
LMHP patients on warfarin having a current PT/INR within recommended guidelines	97%	98%	98%	greater than 90%

7. Metformin (trade name Glucophage) is a medication that is used in the treatment of diabetes mellitus and polycystic ovarian disease. It is an effective medication for treatment of both of these unrelated disease processes, but must be used cautiously in patients with compromised renal (kidney) function. It is recommended to monitor renal function prior to initiation of therapy and at least annually thereafter. LMHP has adopted this recommendation as a safety measure.

	LMHP 2021	LMHP 2022	LMHP 2023	LMHP Goal
LMHP patients on Metformin with a renal function test within last year	92%	89%	88%	greater than 90%

Data Footnotes: (1) To Err Is Human – Building a Safer Health System, National Academy Press, Washington D.C., 2000. (2) National performance from Hospital Compare Preview Report, Q1 2023 – Q4 2023. (3) Comparative Data from the Midas Comparative Database. (4) OHA (5) Centers for Disease Control and Prevention (CDC). Influenza and Up-to-Date COVID-19 Vaccination Coverage Among Health Care Personnel – National Healthcare Safety Network, United States, 2022-23 Influenza Season.



Check out our Quality Report Cards online at [LMHealth.org](https://www.LMHealth.org).

Tips to be a Safe Patient

1. Bring a list of all current medications being taken, including the names, dosage amounts, and dosage intervals. Also be sure to include any over-the-counter drugs, vitamins, or supplements taken.

2. While in the hospital, do not take any home medications without checking first with the nurse or physician.

3. If possible, have a family member or friend present to act as an advocate when speaking with the physician. This person may be helpful in answering the physician's questions and remembering details of the conversation.

4. Prevent falls by asking for assistance before arising from bed if feeling lightheaded or weak. Also keep bedrails in the upright position while in bed.

5. Wash hands frequently to prevent the spread of germs and ask visitors to wash their hands when they enter the room. Patients should speak up if any caregivers forget to wash their hands before making physical contact.

6. Stop smoking before any hospital admission, especially if having surgery. Smoking increases the risk of infection and slows the body's ability to heal.

7. Adjust position in bed at least every two hours to prevent the development of pressure ulcers.

8. Complete all Advance Directive forms to ensure that medical preferences will be followed in the event that the patient is unable to speak for themselves. Individuals should proactively discuss their wishes with their healthcare
9. provider and loved ones, preferably before any serious health issues arise. Assistance in completing Advance Directive forms is available by contacting a hospital's Case Management Department.

9. Adhere to food and beverage restrictions. It is especially important that patients follow instructions to avoid all food and drink before surgery to reduce the possibility of dangerous complications.

10. Keep up to date on all recommended vaccinations.

11. Visitors who are immunocompromised and those who have an illness or a cough should wear a mask while in a hospital to protect themselves, the patients, and staff.



Ronald “Bren” Henderson’s passion is coaching. In 2022, he was inducted into the Utica Athletic Hall of Fame for his work with the high school baseball team from 2007 to 2019. He was named coach of the year five times, and the team won 193 games and four Mid-Buckeye Conference championships during his tenure. Utica had 10 players earn all-state honors, and 33 players earn all-district honors under Bren’s leadership. He now coaches football and baseball at Licking Valley.

At a football camp in the summer of 2024, Bren began experiencing an odd sensation as though his heart had sped up. He was concerned about the issue and made an appointment with his primary care physician. The physician suggested that Bren wear a heart monitor for a time in order to better understand what was happening. After wearing the monitor, he was contacted by Licking Memorial Cardiology. Bren met with Eesha Maiodna, M.D., who explained that the testing revealed a heart rhythm abnormality called an arrhythmia.

“Dr. Maiodna and her nurse, Melissa McMillan, were extremely helpful,” Bren said. “While Dr. Maiodna explained my condition, Missy helped me understand and navigate through the electronic health record, MyChart.”

A heart arrhythmia is an irregular heartbeat that occurs when the electrical signals are disrupted or change from the normal sequence of electrical impulses. The heart may beat too fast or too slow, or the pattern of the heartbeat may be

Quality Reporting to the Community

Patient Story and Benchmarks for Heart Care

Ronald “Bren” Henderson

inconsistent. An arrhythmia can lead to serious health complications, including heart failure or blood clots that may lead to a stroke. Symptoms include lightheadedness or dizziness, weakness, shortness of breath, or chest pain and discomfort.

During week two of the football season, Bren’s arrhythmia became more concerning. His heart was racing and he felt ill. After the game, he went to Licking Memorial Hospital’s Emergency Department. He was admitted and kept overnight to monitor his heart. Hassan Rajjoub, M.D., among other LMH cardiologists conferred and spoke with Bren about his choices to correct the arrhythmia including medications or surgery. Bren felt very strongly against taking medication for the rest of his life to control the issue. Dr. Rajjoub explained that Bren was a good candidate for heart ablation, a procedure in which heat or cold energy is utilized to create tiny scars in the heart to block faulty heart signals and restore a typical heartbeat. Since the incident at the football game, Dr. Rajjoub assisted in expediting a meeting with an electrophysiologist.

In August 2024, LMHS added Licking Memorial Cardiac Electrophysiology as a specialty physician practice to expand access to cardiovascular services within the community. Electrophysiologist John J. Keller, M.D., joined the practice, and has been offering a range of procedures, including heart ablations, to Licking County residents. In addition, new equipment was installed at LMH that allows Dr. Keller to perform safer and more efficient heart procedures.

Soon after meeting with Dr. Keller, Bren was scheduled for a heart ablation for an atrial flutter to control his symptoms. An atrial flutter produces a relatively regular, fast heartbeat. The first ablation procedure was performed as outpatient surgery, meaning Bren received the

procedure and was released to go home the same day, a Wednesday. By Friday, he felt well enough to return to work and was able to coach the varsity football game that night.

“Dr. Keller took time to explain everything to me in plain language,” Bren shared. “He made it very easy to understand the procedure, the benefits, and the possible side effects. His team also was very involved in the process, and they were kind and supportive.”

After his first procedure, Bren continued to experience the arrhythmia and was then diagnosed with atrial fibrillation (AFib). During atrial fibrillation, the heart’s upper chambers, called the atria, beat chaotically, irregularly, and out of sync with the lower heart chambers, called the ventricles. On November 20, Dr. Keller and his team performed the first AFib ablation at LMH on Bren. Due to the complexity of the surgery, Bren was kept overnight for monitoring.

“Throughout the process, the LMHS staff including Amanda Betts and Seth Montgomery, were extremely helpful and offered amazing care,” Bren expressed. “Everyone from the surgical technicians to the nurses checked on me to see if I was comfortable and treated me very well. My wife, Robin, is a certified surgical technologist, and she too was impressed with my care team and how well the procedure went.”

Currently, Bren is still taking medication to assist with his recovery; however, he hopes that after further follow-up visits he will no longer need it. Dr. Keller assured him the procedure was successful, and that after scarring the heart muscle during the procedure that Bren needed to be patient and allow time for healing. He expressed his gratitude to everyone who cared for him and that he is able to continue coaching.

Advanced Cardiac Imaging at LMH

Coronary artery disease (CAD) is a common condition that occurs when plaque builds up in the arteries of the heart, reducing blood flow to the heart muscle. CAD is the leading cause of death in the United States and accounts for over 30 percent of fatalities globally each year. People may be asymptomatic in early stages of CAD; however, as plaque continues to build, it causes the arteries to narrow and stiffen, leading to chest pain and shortness of breath. CAD can also weaken the heart muscle over time, which can contribute to heart failure and arrhythmias.

Early identification of CAD is important for reducing the mortality and morbidity of coronary heart disease. Previously, early detection and treatment of CAD was limited due to the decreased sensitivity of older diagnostic methods. In 2022, Licking Memorial Hospital began offering coronary computed tomography angiography (CCTA) and coronary calcium scoring (CCS) services to asymptomatic patients who were at an intermediate or borderline risk for atherosclerotic cardiovascular disease.

CCTA is a noninvasive diagnostic test that produces detailed 3-dimensional images of the arteries in the heart to detect abnormalities in blood flow through the heart and to diagnose CAD. CCS is a means of early detection and a visible measure of coronary atherosclerosis. This noninvasive procedure is a quick and convenient way to determine the amount of calcified plaque in the coronary arteries and help further refine a patient’s risk factors for future cardiovascular events.

These tests are recommended for patients who are 45 to 75 years of age and have more than one traditional risk factor for CAD. Risk factors include high blood cholesterol levels, hypertension, tobacco use, age, family history of premature CAD, and – with no known history of CAD – diabetes mellitus (DM) and prior cardiac interventions.

The CCS exam takes an average of 10 minutes to complete and does not require any IV or oral contrast. Patients are instructed to avoid caffeinated products and tobacco for a minimum of four hours prior to the study. During the procedure, the patient is positioned on the exam table of the CT scanner, and electrodes are attached to the patient’s chest for electrocardiogram (EKG) monitoring.

A non-contrast image of the heart and coronary arteries will be obtained using an EKG-gated protocol, which acquires data during a specific phase of the cardiac cycle, allowing for stop-motion imaging of the heart. The images will be further analyzed using a 3D workstation to determine the presence or absence of coronary calcification and quantification of the coronary calcium using standard scoring methods.

The Licking Memorial Radiology Department provides this service for patients; however, the testing may not be covered by the patient’s medical insurance. To ensure those who are concerned about the risk of heart attack or stroke can receive a CT calcium score, Licking Memorial Health Systems (LMHS) offers a self-pay option. Patients can pay a reduced cost of \$350 for the testing.

The addition of the Licking Memorial Cardiac Electrophysiology (EP) practice expanded access to cardiovascular services within the community. EP studies are tests that evaluate the heart’s electrical system to diagnose and treat abnormal heart rhythms, such as atrial fibrillation (AFib) and atrial flutter. Ablation therapy is a new treatment offered at Licking Memorial Hospital (LMH), and Licking Memorial Cardiology recently introduced a cardiac CT service with pulmonary vein study, which uses CT to map a detailed anatomy of the left atrium and pulmonary veins in the heart. The test helps physicians evaluate the structure of these areas before performing ablation procedures. It allows for precise placement of the catheter during the ablation and can assist in assessing the risk of complications during the procedure.

Individuals can reduce their risk for CAD by making healthy lifestyle changes. Choose a heart-healthy diet that is low in saturated fat, salt, and added sugars and high in fruits, vegetables, and whole grains. Exercising regularly, maintaining a healthy weight, reducing stress, and quitting smoking will also help lower the risk of heart attack and heart disease. Medications that control blood pressure and cholesterol can help manage and reduce the risk of CAD. Individuals can discuss concerns about their heart health with their primary care physician who can facilitate a referral to a cardiologist if necessary.

Heart 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. The first step in heart attack treatment is to confirm that the patient is truly experiencing the symptoms of a heart attack upon arrival to the Emergency Department (ED). An electrocardiogram (EKG) measures the electrical activity of the heart and is one diagnostic tool used to determine if a heart attack is occurring. Performing the test promptly is critical.

	LMH 2021	LMH 2022	LMH 2023	National Average ⁽¹⁾
Median time from arrival to completion of EKG	3 minutes	2 minutes	2.5 minutes	7 minutes

2. In patients having a heart attack, emergency angioplasty restores blood flow to the heart muscle by re-opening blocked or clogged arteries. This is completed by inserting a catheter into the artery that feeds the heart, inflating a balloon and placing a stent inside the artery to keep it open. This procedure can help reduce damage to the heart muscle, and has the best results when performed within 90 minutes after arriving in the Emergency Department (ED). Licking Memorial Hospital (LMH) began performing this procedure in 2008.

	LMH 2021	LMH 2022	LMH 2023	National Goal ⁽²⁾
Average time from arrival until balloon angioplasty performed	65 minutes	66 minutes	66 minutes	90 minutes
Time to balloon within 90 minutes	98%	100%	100%	95%

3. Emergency Medical Services (EMS) are often the first to evaluate and treat patients experiencing heart attack symptoms. EMS acquires a baseline EKG to wirelessly transmit to the LMH ED physician for interpretation and early identification, so that the Catheterization Lab team can be alerted quickly. Medical contact to reperfusion refers to the time it takes in minutes from the first medical contact by EMS with a patient experiencing heart attack symptoms, to the opening of the artery to allow blood flow to return to the heart muscle.

	LMH 2021	LMH 2022	LMH 2023	National Goal ⁽²⁾
Medical contact to reperfusion	82 minutes	87 minutes	72 minutes	Less than 90 minutes

4. When performing certain heart procedures, such as a catheterization, a cardiologist may choose to access the heart through the radial artery, located in the wrist, or the femoral artery, located in the upper thigh. Transradial artery access improves outcomes and reduces cost. Accessing the radial artery requires advanced skill; however, radial access offers quicker recovery time and decreases the risk of bleeding. LMHS' cardiologists possess the advanced skills needed for the procedure and offer the safer alternative to patients; however, it may not be an option for some patients due to a risk of spasms or the size of the artery.

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Heart catheterization procedures	556	554	539	
Percentage of radial access	88%	98%	99%	83%

5. Hospitals report the rate of patients who died within 30 days of being admitted to the hospital for an acute myocardial infarction (AMI) or heart attack to Centers for Medicare & Medicaid Services. The hospital data is risk-adjusted to the complexity of each hospital's patients to calculate a rate as compared to national averages. Lower rates are better. The data reflects a three year period rather than a year-to-year calculation.

	LMH 2022 (2018-2021)	LMH 2023 (2020-2023)	National Rate ⁽³⁾
AMI 30-day mortality rate	12.4%	12.6%	12.6%

6. Hospitals also report the rate of patients with AMI who are discharged and then readmitted back into the hospital within 30 days of discharge for any reason to Centers for Medicare & Medicaid Services. The hospital data is risk-adjusted to the complexity of each hospital's patients to calculate the rate of readmission. Lower rates are better. The data reflects a three year period rather than a year-to-year calculation.

	LMH 2022 (2018-2021)	LMH 2023 (2020-2023)	National Rate ⁽³⁾
AMI 30-day readmission rate	15.1%	13.7%	13.7%

7. Licking Memorial Health Professionals (LMHP) physicians monitor the usage of antiplatelet drugs, such as aspirin or an antithrombotic drug, in patients with coronary artery disease (CAD). The usage of these medications lowers the risk of acute myocardial infarction (AMI) or death in patients with CAD.

	LMHP 2021	LMHP 2022	LMHP 2023	LMHP Goal
LMHP CAD patients with aspirin and/or antithrombotic prescribed	90%	87%	87%	Greater than 85%

8. LMHP physicians monitor the cholesterol levels, specifically the LDL (bad cholesterol) levels of their patients with diagnoses of CAD. Elevated LDL cholesterol level is a risk factor for AMI, but is reversible through medication, diet, and exercise.

	LMHP 2021	LMHP 2022	LMHP 2023	LMHP Goal
LMHP CAD patients with LDL less than or equal to 100 mg/dl	61%	71%	79%	Greater than 50%

Data Footnotes: (1) Hospitalcompare.hhs.gov national benchmarks. (2) American Heart Association website (3) National Performance from Hospital Compare Preview Report, Q3 2020 – Q2 2023.



Check out our Quality Report Cards online at [LMHealth.org](https://www.lmhealth.org).

Licking Memorial Cardiology Receives Certifications and Accreditations

Licking Memorial Health Systems' (LMHS) top priority is to provide high quality patient care and ensure patient safety. Medical certifications and accreditations demonstrate LMHS' commitment to continuous improvement to maintain a high standard of excellence. Licking Memorial Cardiology received the following recertifications and accreditations in 2024:

- Chest Pain Program Certification from DNV Healthcare

- 20 Years as an Accredited Facility in Echocardiology from the Intersocietal Accreditation Commission
- Certified with the American Association of Cardiovascular and Pulmonary Rehabilitation
- Listed on the American College of Cardiology National Cardiovascular Data Registry for diagnostic catheterization/percutaneous coronary intervention procedures (CathPCI Registry)

- Silver status for American Heart Association Get with the Guidelines in Coronary Artery Disease NSTEMI, with Type 2 Diabetes Honor Roll
- Silver status for American Heart Association Get with the Guidelines in Coronary Artery Disease STEMI Receiving, with Type 2 Diabetes Honor Roll



Licking Memorial Health Foundation Recognizes New Donor

Contributions to Licking Memorial Health Foundation (LMHF) assist Licking Memorial Hospital (LMH) in providing excellent, quality healthcare for the community with state-of-the-art technologies and facilities. Several donors recently were recognized for pledging their financial support.

The William Schaffner Society

The William Schaffner Society was created in memory of William Schaffner, the first Chairman of the Licking County Hospital Commission in 1961, and an instrumental player in the county bond issue that financed the current location of Licking Memorial Hospital. He dedicated his life to providing quality healthcare services to our community. Membership is extended to those who make a commitment of \$10,000 or more paid over a period of 10 years, and a donor affirms William Schaffner's belief in the need for quality healthcare at the local level.

Michael A. Noble, Jr.

Michael Noble, Jr., recently accepted a glass recognition piece from President & CEO Rob Montagnese and LMH Board Chair Jacqueline Parrill, Ed.D., for his financial support and commitment to join The William Schaffner Society.

Michael joined LMHS in October 2023 and serves as an anesthesia technician in the Surgery Department. He assists anesthesiologists during surgical procedures, ensuring that all equipment

functions properly before and after each procedure, and he is responsible for cleaning the operating room.

Michael is a graduate of Hartford Public High School in Hartford, Connecticut. He currently resides in Heath and is a committed member of the Shiloh Baptist Church, where he participates in the Men's Choir.



LMHS is proud to acknowledge those who make significant contributions to support its mission to improve the health of the community. Charitable contributions to LMHF are tax-deductible to the extent allowed by law. Contributions are used for capital expansion, renovation projects, or equipment needs. Contributions are not used for operating expenses, salaries, or other day-to-day expenditures.

Donors

Undesignated contributions to Licking Memorial Health Foundation benefit new technology at Licking Memorial Hospital. This section highlights our donors and their very generous gifts, which were received recently.

Capital Improvement Fund

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Dr. Chuck & Kathy Marty
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In honor of Elliot Davidoff, M.D.
By: Dr. & Mrs. H. R. Shay
In honor of LMH Fiscal Services
By: Steven Zima
In honor of Michele Layman
By: Gerry & Jenny McConnell
In honor of Hassan Rajjoub, M.D.
By: Michael Lorenz

Memorial

In memory of: Larry E. Caudill
By: Diann Caudill
In memory of: G. Frank Gabe
By: Barbara L. Gabe
In memory of: Jack Parmer
By: Thomas & Debi Lenzo
In memory of: Jackie Parmer
By: Thomas & Debi Lenzo
In memory of: Gib Reese
By: John H. & Sarah R. Wallace

Paving Our Future

Susan Jordan

William Schaffner Society

Taylor Hayward

Development Spotlight – Stacy Geller

Since 2001, Stacy Geller has provided her services to various non-profit and not-for-profit groups that aim to improve the lives of local residents. Recognizing how community advocacy benefits such organizations, she was honored to extend her support to Licking Memorial Health Systems (LMHS) when asked to join the Licking Memorial Hospital (LMH) Development Council.

In 2014, Stacy was invited to attend a Development Council meeting to learn more about the Hospital. "I thought I knew about LMH until I attended a meeting," she said. "The meeting revealed to me the vast support that LMHS provides to Licking County, and I was grateful to join the Development Council and be a part of LMHS' mission to improve the health of the community."



Through the Development Council meetings, Stacy has become more aware of the care provided at LMHS and its involvement in the community. "The meeting agenda is always jam-packed, and I love learning about all that LMHS does for area residents," she said.

"Through sharing what LMHS has to offer, the Development Council and committees are an important part of making healthcare more accessible."

As the Director of Development for Ohio's Hospice Foundation, Stacy oversees all aspects of fundraising and development for the organization. Her expertise in this area translates well to her role on the LMH Development Council's Annual Support Committee, which is responsible for the philanthropic support of LMH. As a member of this committee, Stacy assists in elevating opportunities for the community to support LMHS through outreach and events such as the LMH "For Your Health" 5K Run/Walk & 1-mile Fun Walk.

Stacy began working at Ohio's Hospice Foundation in 2013 and values the connection that the organization has with LMHS. "The relationship between Ohio's Hospice and LMHS is wonderful," she said. "The Selma Markowitz Inpatient Care Center, operated by Ohio's Hospice, located on the Sixth Floor at LMH, is invaluable to the community because it allows patients to remain close to their family in those final days."

Growing up in a small town where travel was often required to receive healthcare, Stacy appreciates the extensive services that LMHS offers, as well as the dedication that the organization has to

caring for its neighbors. "From delivering high-quality healthcare to hosting summer camps for local youth, LMHS is always looking for ways to make the lives of those living in Licking County better," she said. "I always tell those who ask, if you have a need, call LMHS because you will find help and not have to leave the community."

Stacy also views LMHS as a hub for the non-profit and not-for-profit organizations in Licking County. "We are fortunate to live in a community that has so many groups working to improve the lives of residents, and LMHS supports most of those organizations," she said. In particular, Stacy commends the partnerships that LMHS has developed with local schools to provide automated external defibrillators (AED) and open the Licking Memorial Health Center at Licking Heights – a school-based health center that offers preventive care and treatment for common illnesses to students, staff, and local residents. "If there is a need in the community, LMHS always finds a way to help," she said.

In addition to serving on the LMH Development Council, Stacy is a member of the Newark Rotary Club. She currently lives in Millersport with her husband. In their spare time, they enjoy golfing, walking, biking, spending time with friends, and watching their five grandchildren grow.

Active•Fit

YOUTH WELLNESS PROGRAM

The **Active•Fit** program promotes healthy lifestyles for youth ages 6 to 12. Participants who complete the free program will be entered into a drawing to win prizes!



To register, visit ActiveFit.org



Volunteer Spotlight - Mary Stucko

Mary Stucko, a dedicated volunteer with Licking Memorial Hospital (LMH) since 2022, has an impressive background in the psychology field. A 20-year resident of Licking County, she was born in Wisconsin, and then lived in Chicago. Mary spent over 20 years as a Clinical Psychologist. Her educational journey was unique as she did not attend college until she was 35, the same year that her son began high school. In fact, she and her son graduated together, which she describes as a proud moment in her life. Mary continued on in graduate school to obtain her doctorate in clinical psychology and ultimately concluded her career as the Executive Director of a child welfare agency.

In her retirement, Mary channels her passion for helping others through her volunteer work at LMH. Every Tuesday and Thursday, from 8:00 a.m. to 12:00 Noon, she serves as a wayfinder, helping direct patients and visitors to their desired locations, making sure they feel

comfortable and informed. She also assists at the reception desk, greeting visitors and providing support when needed. For Mary, the most rewarding part of volunteering is offering a sense of calm and security to those who are uneasy or frightened about their visit.

Mary's decision to serve at LMH was inspired by a close friend who is also an active volunteer. Her interest in helping people stems from her high school days, when she volunteered at her local hospital. She finds great joy working alongside her fellow volunteers. Meeting new people and seeing familiar faces daily brings her a sense of connection and fulfillment.

Outside of volunteering, Mary enjoys a variety of hobbies that engage her mind and hands. She is an avid needleworker, practicing everything from knitting and crocheting, to cross-stitching and embroidery. Additionally, Mary creates miniature rooms, listens to audio books,

and loves traveling. This year, she and her three children are planning a family trip to France, further embracing their love of travel and creating new memories together. Mary's life is a demonstration of lifelong learning, helping others, and finding joy in the journey.



Retiree Spotlight

Leslee Arthur retired from her role in 2022 as Director of Radiology and Neurovascular Services at Licking Memorial Health Systems (LMHS) after 40 years of service. Beginning in 1982 as a Radiographer/Radiologic Technologist performing both X-rays and mammography, Leslee achieved her career goal of becoming Director in 1996. Her leadership oversaw the growth of multiple departments, including Neurovascular Services and

Imaging Systems, both on-site and off-site to include urgent care facilities.

Leslee played a key role in the inspiration of advanced technology at LMHS, including facilitating the upgrade from mobile (tractor trailer) units in both Computerized Tomography (CT) and Mobile Magnetic Resonance Imaging (MRI), to the installation of in-hospital systems, the implementation of 3D mammography, and transitioning from film to a picture archiving and communication system (PACS) that stores medical images. She credits these achievements to the collaboration between senior leadership, Information Systems, and the Radiology Department.

Leslee fondly recalls the camaraderie with her work family and the support of leadership, who valued her input in keeping LMHS at the forefront of medical technology. She misses the social aspect of her career and felt blessed to be surrounded by a great team.

In retirement, Leslee enjoys exploring the beauty of nature. She splits her time between her Myrtle Beach townhome and camping adventures across Ohio, visiting waterfalls along the way. She also loves spending time with family, going out to dinner, and staying involved in her grandchildren's lives. Taking life one trip at a time, Leslee plans to savor every moment.

Leslee, along with her husband Mark, currently reside in Heath, Ohio. Together they share two children and four grandchildren. Leslee is proud to share her retirement with those who bring joy and meaning to her life. Reflecting on her career, she is deeply grateful for her time at LMHS, where she had the opportunity to grow, lead, and contribute to her community. Leslee remains active in her field, maintaining her membership with the American Healthcare of Radiology Administrators and keeping her licensing up-to-date.

Active•Fit Period 1 Prize Winners

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 1. Participants in the Youth Wellness Program who completed their fitness goals between September 1 and December 31 were entered into an exclusive drawing. Winners received their prizes from LMHS as special recognition for their achievements.

Meta Quest 2 Virtual Reality Headset & Fitness Software

Aarav Gajmer
Briana Pepper
Ryanne Matheny

Bicycle & Helmet

Jordan Bates
Layne Cook
Lily Krueger

Athletic Shoes

Oliver Bishop
Nadalie Friesner
Nashla Gilbert

iPad & Fitness Software

Ronish Bhattarai
Valen Shull
Gracelynn Spray

\$100 Dick's Sporting Goods Gift Card

Matthew Biney
Portia Blaine
Carter Colvin
Rayna Dassylva
Anson Khadka
Leah Kirkbride
Sawyer Simpkins
Lexi Strosnider
Jaxson Stuller
Theodore Ott

\$50 Dick's Sporting Goods Gift Card

Emma Bernard
Pranita Bhattarai
Johnathan Choum
Presley Cumbow
Colt Duncan
Alana Fannin
Braydenn Llewellyn
Syriah Lovell
Carter Morrison
Isaac Swift

The Active•Fit Program has registered over 13,000 participants who select health-related goals and track their progress at ActiveFit.org. There are exciting Active•Fit events and opportunities for children to get active and learn about their health during the year. Period 2 for 2024-2025 began January 1 and continues through April 30. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit ActiveFit.org.

LMH Recognized by Lifeline of Ohio

LMH earned national recognition for its efforts to improve awareness about organ, eye, and tissue donation and increase registrations through the DoNation Campaign sponsored by the

U.S. Department of Health and Human Services and Health Resources and Services Administration (HRSA). LMH received Platinum Recognition – the highest level attainable. The award

was presented to LMH staff by Jessie Borden, Supervisor of Donation Program Coordination at Lifeline of Ohio.





Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

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Community Events

Walk with a Doc

Saturday, April 19, 9:00 a.m.

Wildwood Park

1785 West Broadway in Granville

Join Laura Roache, D.O., of Licking Memorial Internal Medicine, as she leads a discussion about mental health.

Saturday, May 17, 9:00 a.m.

Infirmity Mound Park

4351 Lancaster Road in Granville

Join Suba Pathmanathan, M.D., of Licking Memorial Internal Medicine, as she leads a discussion about diabetes.

Walk with a Doc events are free of charge; however, registration is required. Each walk lasts approximately 40 minutes. Healthy snacks and blood pressure screenings will be provided.

To register, call the Licking Memorial Events Line at (220) 564-1560.

First Impressions – Maternal Child Classes

- Boot Camp for Dads
- Pregnancy & Childbirth Education Classes
- Grandparenting
- Childbirth & Mother-baby Basics One-day Course
- Prenatal Breastfeeding Basics Class
- Sibling Preparation Class

Unless otherwise noted, classes are located in the Licking Memorial Hospital First Floor Conference Room.

To register for classes, visit LMHealth.org or call (220) 564-3388.

Diabetes Self-management Education and Support (DSMES)

Class sessions are offered twice a month:

Session 1

First two Wednesdays of each month, 9:00 a.m. to 12:00 Noon

Licking Memorial Diabetes Learning Center

1865 Tamarack Road, Newark

Session 2

Third and fourth Wednesdays of each month, 3:00 to 6:00 p.m.

Licking Memorial Diabetes Learning Center

1865 Tamarack Road, Newark

Registration and physician referral are required. To register for classes, call (220) 564-4722. For information on course fees, call (220) 564-4915. Fees vary depending on insurance coverage.

Please take a few minutes to read this issue of **Community Connection**. You will once again see why Licking Memorial Health Systems is measurably different ... for your health! **Visit us at LMHealth.org.**

A publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (220) 564-1572 to receive future mailings.

The articles contained in this publication should not be considered specific medical advice as each individual circumstance is different. Should you need medical advice, consult your physician. Entire publication copyrighted 2025 Licking Memorial Health Systems. All rights reserved.