



# Community Connection

## Licking Memorial Health Systems

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Measurably Different ... for Your Health!

## The Heart Truth – A Red Dress Symbol for Heart Disease

The Red Dress is the national symbol for women and heart disease awareness. It is a red alert that heart disease is the number one killer of women – and an urgent reminder to every woman to care for her heart. The Red Dress is the centerpiece of The Heart Truth, a national awareness campaign that warns women about heart disease.



The Red Dress is the national symbol for women and heart disease awareness.

Hypertension – or high blood pressure – is often called the “silent killer” because there are usually no symptoms. The only way to find out if you have hypertension is to have your blood pressure checked.

**The Heart Truth – A Red Dress Symbol for Heart Disease (continued on page 2)**

## Hospice of Central Ohio Names Dr. Hollister Its Physician of the Year



Jonathan Hollister, M.D.

Hospice of Central Ohio has honored Jonathan Hollister, M.D., with its 2006 Physician of the Year Award. The Licking Memorial Health Professionals geriatrician received the special recognition on November 10, 2006.

“As a geriatrician, my daily focus is on the health care of older adults,” Dr. Hollister said. “I am proud of the work that I do, and am honored that Hospice of Central Ohio selected me for this award.”

Each year, the staff of Hospice of Central Ohio has the opportunity to select a physician who is a true supporter of the Hospice mission and who gives above and beyond what is expected to enhance end-of-life care for individuals in the Central Ohio area.

“This award is presented to a physician who the staff believes has best assisted them to meet the needs of patients and families,” said Michele McMahon, president and chief executive officer of Hospice of Central

**Hospice of Central Ohio Names Dr. Hollister Its Physician of the Year (continued on page 2)**

See Pages 6 to 9 for the Community Report Card Featuring Heart Care.

## Car Seat Safety



The safest way for a small child to ride in a car is in a properly fitting car seat that is installed correctly.

Licking Memorial Hospital (LMH) offers car seat checks and installation to all new parents who have children at the Hospital to help ensure that baby has a safe ride home. Car seat checks are also available to the public. If you need help installing your car safety seat, contact Mary Jane Carrier, R.N.C., Maternity Clinical Educator at LMH at (740) 348-4388.

Each year thousands of young children are killed or injured in car crashes. “The number of child fatalities may be reduced if children were always sitting in car safety seats or using seat belts correctly while riding in a vehicle,” said Mary Jane. The week of February 11 to 17 is recog-

**Car Seat Safety (continued on page 3)**

## The Heart Truth – A Red Dress Symbol for Heart Disease (continued from front page)

Many people have high blood pressure for years without knowing it. The American Heart Association reports that an estimated one in four adults in the United States has high blood pressure. However, because there are no symptoms, nearly one-third don't know they have it. In 90 to 95 percent of high blood pressure cases, the cause is unknown. When the cause is unknown, it is called essential or primary hypertension.

Stroke, heart attack, kidney failure and congestive heart failure (CHF) are serious risks of uncontrolled high blood pressure. CHF is a condition in which the heart is weakened so that it doesn't pump blood as efficiently as it should. As a result, blood returning to the heart backs up, or congests, in the veins. Excess fluid is forced from the blood vessels into tissues – usually in the feet and legs and abdomen – resulting in swelling. Blood also can back up in the blood vessels of the lungs, forcing fluid into the lungs and causing shortness of breath. The kidneys may not eliminate fluids from the body well, compounding the problem of excess fluid elsewhere.

Licking Memorial Hospital Director of Cardiology Patty Merrick, C.N.P., said patients tend not to take seriously enough the risks associated with hypertension. "Hypertension is not just a risk for coronary artery disease; it's a disease in its own state," she said. "That's why it is so important for adults to regularly have their blood pressure checked." During a blood pressure check, the force of the blood against artery walls when the heart beats and rests is measured. Systolic pressure – the top

number – is the higher pressure. It's measured when the heart contracts to pump blood to the body. Diastolic pressure, the bottom number, represents the pressure when the heart relaxes between beats. Blood pressure below 120/80 is considered ideal for adults. As an example, a reading of 140/90 is considered high.

Have your blood pressure checked regularly to reduce your risk of being harmed by the "silent killer." Consult your primary care physician for more information, or call our Physician Referral Service at (740) 348-4014 to make an appointment with a member of the Licking Memorial Hospital Medical Staff.



Maintaining blood pressure is one way to reduce the risk of developing heart disease.

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## Hospice of Central Ohio Names Dr. Hollister Its Physician of the Year (continued from front page)

Ohio. "Our staff members simply love Dr. Hollister, so he was the natural choice for the 2006 award."

The staff of Hospice of Central Ohio selected Dr. Hollister because he demonstrates genuine concern and compassion for his patients, is dedicated to the hospice philosophy of care and responds quickly to the needs of patients and staff, Michele added.

Dr. Hollister joined Licking Memorial in August 2005. He received his Doctor of Medicine degree from Wright State University in Dayton, Ohio, and completed his family medicine residency at Grant Medical Center and a geriatric fellowship at Riverside Family Practice, both in Columbus, Ohio.

Dr. Hollister is board certified in family practice medicine and is a member of the American Geriatric Society, American Medical Directors Association and Ohio Academy of Family Practice.

His practice – Licking Memorial Geriatric Medicine – is located at 120 McMillen Drive in Newark and can be reached at (740) 348-7935. In addition to the office setting, Dr. Hollister cares for patients in numerous local nursing homes and assisted living facilities.

# Granville Family Sends Holiday Greeting to Cancer Patients

Using their finest Crayola techniques, three siblings from Granville worked to cheer oncology patients at Licking Memorial Hospital (LMH) with homemade Thanksgiving cards. Ten-year-old Matthew Cannon, along with his five-year-old brother, Luke, and three-year-old sister, Natalie, designed 21 turkey cards with bright colors that reflected themes ranging from autumn harvest to Ohio State Buckeyes. Every crayon stroke symbolized the children's get-well wishes.

The children's mother, Lisa, works out of a virtual office in her home. "My boss was diagnosed with breast cancer and is going through radiation treatments in New Jersey," she explained. "Since we couldn't be there for her, the other



Granville siblings Natalie, Matthew and Luke Cannon presented homemade Thanksgiving cards to oncologist Jackie Jones, M.D., and former LMHS President Bill Andrews to cheer oncology patients.

employees and I came up with a plan that we would make 24 scrolls – one for her to open on each day of her treatments. This is our way of supporting her 'virtually.' My scroll says that we made greeting cards for cancer patients in Newark, Ohio, in her honor."

LMH Oncologist Jacqueline Jones, M.D., thanked the children for their thoughtfulness and told them the cards would be therapeutic. "For those already having a difficult time, the holidays can be even more difficult. It will cheer them to know that you reached out to them to wish them well."

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## Car Seat Safety (continued from front page)

nized as National Car Seat Safety Week. In recognition of this week, LMH offers some interesting facts and tips about keeping children safe in a car seat.

According to the Centers for Disease Control and Prevention, motor vehicle crashes are the number one killer of kids ages 1 to 14. Safe Kids USA says motor vehicle crashes are also the number one cause of unintentional injury for all children 14 years and under. While some crashes are unsurvivable, more than 57 percent of deaths for children ages 0 to 15 years involved children who were unrestrained. Many more were improperly restrained. Nationally, the misuse rate for child safety seats is more than 80 percent and as much as 95 percent in some areas. The good news is that correct use of car seats and boosters does save lives. Infant seats have been shown to reduce fatal injury by 71 percent and toddler seats by 54 percent.

Which car safety seat is the best? No one seat is the best or safest. "The best seat is the one that fits your child's size, is correctly installed, and is used properly every time you drive," said Mary Jane. When shopping for a car safety seat, don't base your decision on price alone. Higher prices can mean added features that may or may not make the seat safer or easier to use. All car safety seats available for purchase in the United States must meet very strict safety standards established and maintained by the federal government. When you find

a seat you like, try it out. Put your child in it and adjust the harnesses and buckles. Make sure it fits properly and securely in your car. Keep in mind that pictures or displays of car safety seats in stores may not show them being used the right way.

### Important Safety Rules

- Always use a car safety seat. You should start with your baby's first ride home from the hospital.
- Never place a child in a rear-facing car safety seat in the front seat of a vehicle that has a passenger air bag.
- The safest place for all children to ride is in the back seat.
- Set a good example – always wear your seat belt. Help your child form a lifelong habit of buckling up.
- Remember that each car safety seat is different. Read and keep the instructions that came with your seat handy, and follow the manufacturer's instructions at all times. Read the owner's manual that came with your car on how to correctly install car safety seats.

# Cardiac Rehabilitation Graduates Honored at Annual Dinner

The Licking Memorial Hospital (LMH) Cardiology Department hosted its annual dinner on December 6, 2006, for patients who participate in cardiac rehabilitation. The theme of the evening was Ohio State University football.

Cardiology Department staff members, dressed in Buckeye football jerseys, served a tailgating-style dinner in the LMH Cafeteria to Cardiac Rehabilitation patients and their families. Patients who recently completed one year of rehabilitation received special recognition and a certificate to mark their success. In addition, every graduate received a special Christmas ornament.



Carrying out the theme of "OSU Football" the LMH Cardiopulmonary staff performed a healthy-heart cheer at the annual Cardiac Rehabilitation dinner.

Each patient's plan of care is based on individual needs and focuses on making a regular exercise program part of their daily lifestyle, along with healthy food choices, smoking cessation, stress management and controlling high blood pressure and lipid levels. Patty explained that the medically-supervised program has benefits that patients cannot find elsewhere. "Patients give each other support to deal with changes as well receive guidance from the LMH staff. Typically, patients begin a structured program soon after an event and progress over a series of visits until they meet their goals and can safely progress on their

own in their respective environments," she said.

LMH's Cardiac Rehabilitation Program, which began in 1987, is an educational program that provides support to patients who have suffered a cardiac event. Director of Cardiology Patty Merrick, C.N.P., said, "The program's purpose is to serve as a bridge between the cardiac event and a return or change to a healthy lifestyle by providing the patients with the tools, skills and resources necessary to achieve their individual goals."

According to the American Heart Association, cardiovascular disease affects more than 71 million Americans. LMH is committed to providing quality heart care ... a heartbeat from home! For more information about the LMH Cardiac Rehabilitation Program, call (740) 348-4176.

## Development Council Spotlight: Nicole Judd



Nicole Judd

Nicole Judd sees her membership in the Licking Memorial Hospital (LMH) Development Council as a means of giving back to the community. Since joining the Council this past fall, Nicole is focused on promoting LMH within the Licking County community.

"I am a Licking County native and am proud of the high level of health care services we have available locally because of Licking Memorial," Nicole said.

She is a graduate of Newark High School, Central Ohio Technical College in Newark and Franklin University in Columbus, Ohio. Nicole holds an Associate's degree in Office Administration and a Bachelor of Arts degree in Business. She is certified in Word Perfect.

The State Farm Insurance underwriter is a member of the Ohio Home Office Life Health Underwriting Association.

Nicole and her husband, Anthony, have one daughter. Nicole has been actively involved in State Farm's Adopt-A-School Program, Child Safety Day, and LMH's Community Cornerstone Campaign. She also participates in the American Cancer Society Relay for Life.

Outside of work and volunteering, Nicole looks forward to sitting down with a good book or kicking up her heels. "I enjoy reading and clogging – which is a form of dancing that originated in the Appalachian Mountains."

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## Donors (continued from page 4)

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## Physician Spotlight: Kenneth Parker, M.D.



Kenneth Parker,  
M.D.

Kenneth Parker, M.D., joined the staff of Licking Memorial Otolaryngology because of the quality of care that Licking Memorial provides to its patients. “It was important for me to join an organization that is dedicated to meeting the needs of the patients,” said Dr. Parker. “I make an effort to provide the highest level of care to my patients and want to work for a Hospital that believes in this principle system-wide.”

Dr. Parker received his Medical Degree from University of Cincinnati College of Medicine in Cincinnati, Ohio. He completed a general surgery internship and an otolaryngology, head and neck surgery residency at the University of Louisville College of Medicine in Louisville, Kentucky.

Dr. Parker is a member of the Licking Memorial Caduceus Society. The Caduceus Society is comprised of LMH medical staff members who support the Health Systems through monetary pledges of at least \$10,000 over the course of 10 years. He is also a member of the American Medical Association and the Academy of Otolaryngology – Head and Neck Surgery.

Dr. Parker joined Licking Memorial Health Professionals in July 2006. His ear, nose and throat practice is located at 88 McMillen Drive in Newark.

## Ask a Doc: Kenneth Parker, M.D.

**Question:** My daughter, who is 2, has been having chronic ear infections since she was an infant. My doctor has referred me to an otolaryngologist and suggested we consider having surgery to put a tube in her ear. What are the tubes and how will they help her ear infections?

**Answer:** Ear infections are very common. By the age of 5 years, nearly every child has experienced at least one episode. Most ear infections either resolve on their own or are effectively treated by antibiotics. The number one reason that a child visits a physician is for an ear infection. Ear infections and/or fluid in the middle ear may become a chronic problem leading to other issues such as hearing loss and behavior and speech problems. In these cases, insertion of an ear tube by an otolaryngologist may be considered. Otolaryngologists are head and neck sur-

geons who are specialists trained to provide your child the most effective treatment for disorders of the ear, nose, and throat.

Ear tubes are recommended when a person experiences repeated middle ear infections (acute otitis media). Normally tubes are not placed until someone has had three or more infections over six months, or four or more infections over 12 months. Another reason for ear tube placement is hearing loss caused by the persistent presence of middle ear fluid (otitis media with effusion). Usually the fluid is observed for a period of three months. If it does not clear within that time, then tubes are considered.

Both of these conditions most commonly occur in young

**Ask a Doc: Kenneth Parker, M.D. (continued on page 9)**



# Community Report Card

## Licking Memorial Health Systems

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### Heart Care ... A Community Report on Heart Care Quality

#### Health Facts

##### Typical Heart Attack Warning Signs

Some heart attacks are sudden and intense – the “movie heart attack” – where no one doubts what’s happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren’t sure what’s wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs. These may include breaking out in a cold sweat, nausea or lightheadedness.

Women, diabetics and the elderly may present different signs or symptoms of a heart attack – be sure to speak with your primary care physician about your risk.

### Patient Spotlight: Dave Swineharte

Every morning for the past 30 years, Dave Swineharte went to work at Diebold, Inc., located in Hebron, Ohio. On the morning of November 29, 2006, when he was walking into the building, Dave began experiencing some chest pain. Upon entering his office, Dave knew that something more was going on. “I walked into my manager’s office and told him that I thought he would have to conduct my morning production meeting today,” said Dave. “At that point, the pain got bad enough where I had to lie on the floor.” His manager responded by immediately calling 911, which dispatched the Hebron Fire and EMS Department, and he also summoned the “in house” Emergency Medical Response (EMRT) team.

The EMRTs began taking the basic vitals. When the medic unit arrived on the scene, the unit began taking the more advanced vitals. “When we arrived on the scene, Dave was complaining of chest pain and his coloring was pale-gray, ashy color,” said Ryan Wyse, fire fighter and EMT, Hebron Fire and EMS Department and lead paramedic who worked on Dave. While interviewing Dave and treating him according to the chest pain proto-



Randy Weekly, Hebron Fire and EMT Chief; Dave Swineharte; and Ryan Wyse, Hebron Firefighter and EMT, are pictured at the Hebron Fire Station, which responded to the 911 call when Dave was having a heart attack.

col, Ryan hooked him up to the 12-lead EKG. The 12-lead defibrillator/EKG monitors allow EMS units to monitor, track and print vital diagnostic information from the scene and provide it to the Licking Memorial Hospital (LMH) Emergency Department. LMH recently purchased or upgraded Medtronic LIFEPAK® 12-lead defibrillator/EKG monitors for all 39 Licking County squads so they will be able to use the same technology.

“With the use of the 12-Lead EKG Monitoring system, a patient’s observations can begin well before arrival at the Hospital,” said LMH Director of Cardiology Patty Merrick, C.N.P. “Since we will

have the EKG from the paramedics in hand, we can begin assessment while the patient is en route.” Once the physician receives the EKG, he or she will start the decision-making process to determine if a heart attack is in progress and what the best treatment is for that patient.

Once Dave arrived at the LMH Emergency Department, the EMS unit immediately provided the Emergency Department physician with Dave’s EKG information. His EKG information showed that Dave was in fact

**Patient Spotlight: Dave Swineharte (continued on page 9)**

# Heart Care – How Do We Compare?

At Licking Memorial Hospital (LMH), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your health care choices.

- 1** The first step in heart attack treatment is to confirm that the patient is truly experiencing the symptoms of an attack. An electrocardiogram, or EKG, measures the electrical activity of the heart and can determine if a heart attack is occurring.

	LMH 2004	LMH 2005	LMH 1/06-9/06	Goal <sup>(1)</sup>
Median time to EKG	9 Minutes	7 Minutes	9 Minutes	less than 10 Minutes

- 2** Thrombolytic, or “clot-busting,” medications can stop a heart attack in progress, which helps prevent heart damage and save lives. Therefore, the sooner a patient arrives at the hospital and receives the drug, the more effective the treatment will be.

	LMH 2004	LMH 2005	LMH 1/06-11/06	Goal <sup>(1)</sup>
Median time to drug	26 Minutes	30 Minutes	44 Minutes	less than 30 Minutes

- 3** Licking Memorial Hospital’s cardiac catheterization lab performs low-risk diagnostic testing on patients suspected of having blockage in their arteries. A measure of quality during the procedure is the rate of unexpected events.

Unexpected Event	LMH 2004	LMH 2005	LMH 1/06-9/06	State <sup>(2)</sup>
Mortality	0%	0.97% <sup>(3)</sup>	0%	0.10%
Heart attack	0%	0%	0%	0.03%
Cardiac arrest	0%	0%	0%	0.10%
Stroke	0%	0%	0%	0.01%
Vascular complications	0%	0%	0%	0.23%

- 4** Cardiac rehabilitation programs aid people who have experienced heart attacks. LMH’s program provides medical oversight and heart monitoring for individuals as they exercise and strengthen their hearts. LMH also measures participants’ progress in improving certain indicators of heart health.

Health Indicator	LMH 2004	LMH 2005	LMH 1/06-10/06	Goal
% Stopped smoking	77%	71%	81%	greater than 75%
% Improved weight	74%	60%	80%	greater than 75%
% Increased exercise time	100%	98%	100%	100%

- 5** During a heart attack, the heart tries to compensate for its weakened pumping action by beating faster, which puts more strain on it. Beta blockers reduce the heart’s tendency to beat faster. Additionally, aspirin has been shown to prevent further blood clotting in heart attack patients.

	LMH 2004	LMH 2005	LMH 1/06-9/06	National <sup>(4)</sup>
Aspirin within 24 hours of patient arrival	95%	91%	86%	97%
Aspirin at hospital discharge	95%	97%	89%	97%
Beta Blocker within 24 hours of patient arrival	93%	92%	85%	94%
Beta blocker at hospital discharge	98%	100%	100%	96%

- 6** Angiotensin-converting enzyme (ACE) inhibitors and angiotensin-receptor blockers (ARB) reduce the risk for mortality in patients with LVSD after heart attack. LVSD refers to the reduced squeezing ability of the left ventricle that can occur after heart attack. Additionally, the likelihood of the patients having another heart attack can be reduced if an ACE or ARB inhibitor is administered.

	LMH 2004	LMH 2005	LMH 1/06-9/06	National <sup>(4)</sup>
ACE or ARB at discharge for LVSD	93%	100%	100%	87%

## Heart Care – How Do We Compare? (continued from page 9)

**7** Licking Memorial Health Professionals (LMHP) physicians monitor the cholesterol levels, specifically the LDL (bad cholesterol) levels of their patients with diagnosis of Coronary Artery Disease (CAD). Elevated LDL cholesterol level is a risk factor for Myocardial Infarction (MI) but is reversible through medication, diet and exercise. LMHP physicians also monitor the usage of antiplatelet drugs such as aspirin or Plavix in patients with CAD. The usage of these medications lowers the risk of MI or death in patients with CAD.

	LMHP 1/06-11/06	Goal
LMHP Coronary Artery Disease patients with LDL less than or equal to 130 mg/dl	79%	greater than 63%
LMHP Coronary Artery Disease patients with Aspirin and/or Plavix prescribed	93%	greater than 80%

### Data Footnotes:

- (1) ACC/AHA Guidelines for the Management of Patients with Acute Myocardial Infarction, 1999.
- (2) Ohio Department of Health, Adult Cardiac Catheterization Reports using 2002 Ohio data for low risk laboratories.
- (3) Percent reflects one patient of 103 tests.
- (4) Comparative data from second quarter 2006 from the Midas Comparative Database.

## Dial 911 Fast

Heart attacks are life-and-death emergencies – every second counts. Today heart attack victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. To be effective, these drugs must be given quickly after heart attack or stroke symptoms first appear.

Call 911 or other emergency services immediately if you have any of the following symptoms of a heart attack:

- Chest pain that has not improved or that gets worse within five minutes after taking one nitroglycerin tablet and/or resting.
- Chest pain or discomfort that is crushing or squeezing, feels like pressure on the chest, and gets worse or lasts more than five minutes, especially if it occurs with symptoms such as sweating, shortness of breath, nausea or vomiting, pain that spreads from the chest to the neck, the jaw, or one or both shoulders or arms, dizziness or lightheadedness, fast or irregular pulse, or signs of shock.

Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast. As with men, women’s most common heart attack symptom is chest pain or discomfort. Women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If chest discomfort is experienced, especially with one or more of the other signs, don’t wait longer than a few minutes (no more than five) before calling for help.



Call 911 immediately at the first sign of a heart attack.

Calling 911 is almost always the fastest way to get lifesaving treatment. Emergency medical services staff can begin treatment when they arrive – up to an hour sooner than if someone gets to the hospital by car. If the emergency medical services (EMS) can’t be accessed, get immediate transportation to the hospital. Individuals should not drive to the hospital if experiencing the symptoms unless there is absolutely no other option.

### Fast Treatment

The goals of treatment are to stop the progression of the heart attack, to reduce the demands on the heart so that it can heal and to prevent complications. Medications and fluids will be inserted directly into a vein using an intravenous (IV) line. Various monitoring devices may be necessary. A urinary catheter may be inserted to closely monitor fluid status. Oxygen is usually given, even if blood oxygen levels are normal. This makes oxygen readily available to the tissues of the body and reduces the workload of the heart.

Intravenous nitroglycerin or other medicines are given for pain and to reduce the oxygen requirements of the heart. Morphine and similar medicines are potent pain killers that may also be given for a heart attack.

During the treatment, an electrocardiogram (EKG) will be taken, if the EKG recorded during chest pain shows a change; thrombolytic therapy (blood-thinning drugs) may be started within 12 hours of when chest pain began. This initial clot-dissolving therapy will be administered as an IV infusion of streptokinase or tissue plasminogen activator, and will be followed by an IV infusion of heparin. Heparin therapy, designed to prevent the

**Dial 911 Fast (continued on page 9)**



## Dial 911 Fast (continued from page 8)

formation of new clots, will last for 48 to 72 hours. Additionally, warfarin (Coumadin), taken orally, may be prescribed to prevent further development of clots.

A cornerstone of therapy for a heart attack is antiplatelet medication. Such medication can prevent the collection of platelets at a site of injury in a blood vessel wall. Platelets collecting and accumulating is the initial event that leads to clot formation. One antiplatelet agent widely used is aspirin. Two other important antiplatelet medications are ticlopidine (Ticlid) and clopidogrel (Plavix). Other medications such as beta-blockers are used to reduce the workload of the heart and lower blood pressure while ACE inhibitors are used to prevent heart failure and lower blood pressure.

Emergency coronary angioplasty may be required to open blocked coronary arteries. This procedure may be used instead of thrombolytic therapy or in cases where thrombolytics should not be used. A device called a stent is often inserted into the artery during angioplasty, to help ensure that the newly opened coronary artery remains open after surgery. Emergency coronary artery bypass surgery may be required in some cases.

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## Patient Spotlight: Dave Swineharte (continued from page 6)

having a heart attack. “At the Hospital, they were able to assess me quickly and figure out what step to take next,” said Dave. He was then transported to another hospital by MedFlight where he received a cardiac stent. “The speed of care has really been improved with the implementation of the 12-Lead EKG monitors. We have always been told that time is muscle, and any time saved with a heart attack may reduce the amount of damage done to the heart,” said Ryan.

“It was very helpful that the medic unit was able to provide the physicians with the information that allowed them to quickly figure out how to help me,” said Dave.

“I am grateful that Licking Memorial donated the equipment to the EMS departments to help with patient care.”

Dave was very appreciative for the care that he received while at Licking Memorial. Shortly after receiving his cardiac stent, Dave was sent home to recover from his heart attack. He will continue to seek follow-up care with a cardiologist and will begin cardiac rehabilitation with Licking Memorial.

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## Ask a Doc: Kenneth Parker, M.D. (continued from page 5)

children but can also be present in teens and adults. They can lead to speech and balance problems, hearing loss or changes in the structure of the ear drum.

The ear tubes themselves are tiny cylinders which are placed through the ear drum (tympanic membrane) to allow air into the middle ear. These tubes can be made out of plastic, metal, or Teflon® and may have a coating intended to reduce the possibility of infection. The tubes remain in place approximately 18 months, although they may fall in a matter of weeks or last for years.

Each year, more than half a million ear tube surgeries are performed on children, making it the most common childhood surgery performed with anesthesia. The average patient age of ear tube insertion is 1 to 3 years. The goals for inserting tubes are:

- reduce the risk of future ear infection,
- restore hearing loss caused by middle ear fluid,
- improve speech problems and balance problems, and

- improve behavior and sleep problems caused by chronic ear infections.

Ear tubes are inserted as an outpatient surgical procedure. A small incision (a hole) is made in the ear drum. This is done under using a surgical microscope with a small scalpel (tiny knife). An ear tube is placed in the hole to keep it open and allow air to reach the middle ear space (ventilation). If the tube were not placed, the hole would close in a matter of hours to a few days. The entire procedure takes only a few minutes.

After surgery, the patient is monitored in the recovery room and will usually go home within an hour or so, if no complications are present. Patients usually experience little or no postoperative pain, but grogginess, irritability, and/or nausea from the anesthesia can occur temporarily. Patients can resume normal activities that day.

## Volunteer Spotlight: Joan Omlor



Joan Omlor

Joan Omlor has been volunteering since August 2005 and already has contributed more than 500 hours of service to Licking Memorial Hospital. She volunteers her time at flu clinics, Hospital lobby front desk, recruiting other volunteers at the Hartford Fair and many other places. “I didn’t want set hours, but I am able to help out as much as possible, and that is why they have me at many different places throughout the Hospital,” said Joan. She also noted that the more areas that she is able to see in the Hospital, the more she has learned about the Hospital. “It reminds me of the saying, the more you learn, the more you realize that you didn’t know,” said Joan.

Joan retired from teaching after 30 years. “Once I retired, I wanted to give back to the community in some way and go out and meet new people. That is how I started at the

Hospital,” said Joan. In her free time, she enjoys reading, gardening, needlework and traveling.

“We are very fortunate to have Joan as a volunteer. She is very loyal and committed to volunteering,” said Carol Barnes, Director of Volunteers, TWIGS and Events. “In a short time, Joan has contributed so much to the Hospital.”

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

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

## Retiree Spotlight: Charlene Boehm



Charlene Boehm

Although she retired from Licking Memorial Hospital (LMH) 13 years ago, Charlene Boehm still comes across former co-workers who mention her influence. “It pleases me to this day when I have people I taught or from when I was in Infection Control tell me, ‘I’ve never forgotten what you taught me,’ ” the registered nurse said.

Charlene originally worked for the Hospital from 1954 to 1959, when it was known as Newark City Hospital. “I left to work in a physician’s office, but after touring the new LMH facility in 1966, I wanted to return to hospital nursing,” Charlene said. “I began working on 5-North that October.”

She later transferred to what was then the LMH Inservice Department, where she was responsible for teaching nurse aide classes and orienting all new nursing personnel. “I love teaching – absolutely love it,” Charlene said. “It gave me an opportunity to teach people who would be giving patient care. Quality patient care has always been a passion of mine, so teaching was very important to me.”

In 1972, she received training to set up a Hospital-wide Infection Prevention and Control Program. “The Joint Commission on the Accreditation of Healthcare Organizations said that every hospital must have such a program,” Charlene said. “I thoroughly enjoyed helping to set up the program at LMH, as I was learning at the same time,” she said. “I became certified in Infection Control in 1984 when examination first became available.”

Working in Infection Control allowed Charlene the opportunity to learn more about all areas of the Hospital and the importance of teamwork. “Infection control involves the entire hospital,” she said. “There isn’t any department that is exempt. I thoroughly enjoyed being in Infection Control.”

Upon retirement, Charlene volunteered with Catholic Social Services. “I really needed something to do after retirement so that I would keep active,” Charlene said. She currently volunteers for the Newark City and Licking County health departments during flu vaccination time, and she worked with the county health department nurses in communicable disease while an employee was on leave.

“I have always enjoyed learning, teaching and problem-solving,” Charlene said. “I always enjoyed each day of my nursing career and each new challenge I encountered. I am so happy that I chose nursing as my profession.”

As a retiree, Charlene has taken many trips with the local Freedom Years program, including a cruise to Alaska. Each month, she gets together with a group of fellow LMH retirees for breakfast. “We have people join us from Nursing, Lab, Medical Records and other areas of the Hospital,” she said. “We talk about what we’ve been doing, families, etc.” Charlene continues her membership with the Central Ohio Chapter of Infection Control Professionals, as well as the National Association for Professionals in Infection Control and Epidemiology. “I attend national education conferences as well,” she noted.

Charlene also stays in contact with former co workers

**Retiree Spotlight: Charlene Boehm (continued on page 11)**

## Retiree Spotlight: Charlene Boehm (continued from page 10)

who are still working at LMH. “My heart is with my friends who are still working at the Hospital,” she said. Charlene stays abreast of what is going on with the local health care facility, noting that she is eagerly awaiting the late-2007 opening of the LMH Critical Care Pavilion. The approximately 83,000-square-foot,

two-story pavilion will be the largest single expansion since LMH moved to its campus on Newark’s west side in 1966. “I think we will have a beautiful facility when it is complete,” she said. “I am looking forward to seeing it.”

## Employee Spotlight: Amy Berry

Amy Berry’s career at Licking Memorial began in September 2004. She serves as the Administrative Assistant for Vice President of Development and Public Relations Veronica Link. “I was offered an excellent opportunity with Licking Memorial Hospital (LMH) that gave me the satisfaction of knowing that I would be pursuing employment with an exceptional health care organization that has been providing services to its community for many years,” said Amy.

Amy received a Licking Memorial MVP award in 2006 for her consistent demonstration of organization values – such as communication, attitude, respect and excellence. “Amy is an outstanding assistant. I appreciate her positive attitude, attention to detail and dedication to her job. She was an obvious choice when considering nominations for the MVP award,” said Veronica.



Amy Berry is pictured with former Licking Memorial President, Bill Andrews at the MVP Awards Presentation.

Amy has an Associate’s degree in Business Administration from Central Ohio Technical College in Newark. Prior to joining Licking Memorial, she worked as an administrative assistant for Kno-Ho-Co CAC, a social service organization, in Coshocton, Ohio.

Amy and her husband, Austin, reside in West Lafayette, Ohio. They have one son, Raiff, and are expecting another child in May. In her free time, Amy enjoys spending time with her family and friends.

## Administrative Spotlight: Anna Rehl



Anna Rehl

Anna Rehl joined Shepherd Hill, the Behavior Health Services Department of Licking Memorial Hospital (LMH), in 1994 and was appointed Director of Behavioral Health Services in September 2000.

The Newark resident manages the daily operations of Shepherd Hill and oversees the administrative needs for the Chemical Dependency Program as well as the LMH Inpatient Psychiatric/Detoxification Unit and Outpatient Psychiatric Services.

“Licking Memorial Hospital is a wonderful place to work,” Anna said. “I am very proud to work with employees who take pride in their work and who are very dedicated in ensuring the organization’s mission of improving the health of the community.”

She is proud of the various accolades LMH has earned. “The excellent audit ratings from regulatory agencies, making the national 100 Top Hospitals list multiple times, receiving ISO certification on the first survey, etcetera, all are the direct result of employees’ loyalty and dedication – not just in meeting the mission, but also in believing in the organization’s vision as well.” The Health Systems’ vision is “to be the best community health care provider in the State of Ohio.”

While at LMH, Anna is proud to have helped improve the needs assessment conducted through Shepherd Hill. “The Shepherd Hill inpatient staff assists the LMH Emergency Department in assessing patients with behavioral health disorders who are in crisis situations to determine if inpatient hospitalization is required,” she said.

Anna also was instrumental in the creation of a Web site for Shepherd Hill – [www.shepherdhill.net](http://www.shepherdhill.net). “Because of the long-term residential program we offer at Shepherd Hill, many patients come from out of county and state,” she said. “We designed a Shepherd Hill Web site for easy access to anyone in the country seeking a program. The Web site can also be viewed on the Licking Memorial Health Systems Web site – [www.LMHealth.org](http://www.LMHealth.org) – by going to the Behavior Health Services link.”

Anna has been an active member of LMH Together, Willingness, Giving and Sharing (TWIGS) 14 since 1995 and supports the Hospital monetarily each payday as a member of Providing Resources in Dedicated Employees (PRIDE). She has attended Central Ohio Technical College in Newark, and her hobbies include gardening, antiques and making personalized cards.

“I’ve been with Licking Memorial for nearly 13 years,” Anna said. “I believe in this organization, its mission and vision and my coworkers. I’m proud to say I work at Licking Memorial.”



**Licking Memorial  
Health Systems**

# Upcoming Dates

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

## The Heart Truth

Thursday, February 1  
6:00 p.m.  
Licking Memorial Hospital Cafeteria

Registration is required; call (740) 348-1572.

## First Impressions – Maternal Child Classes

Childbirth Education Classes  
Stork Tours  
Infant and Child CPR  
Parenting Class  
Maternity Tour  
Breast-feeding Class  
Sibling Preparation Class

For more information or to register for First Impressions/Maternal Child classes, call (740) 348-4346.

## Diabetes Self-Management Classes

Tuesday Class  
9:00 to 11:00 a.m.  
Licking Memorial Health Systems, 1865 Tamarack Road, Newark

Wednesday Classes  
1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.  
Licking Memorial Health Systems, 1865 Tamarack Road, Newark

Diabetes Self-Management Training is a series of four classes providing information on all aspects of diabetes. Instructors include registered nurses, dietitians and a pharmacist who have received extensive training in diabetes management.

Registration and physician referral required. To register for the class, call (740) 348-4722. For information regarding course fees, call (740) 348-4910. Fees vary depending upon insurance coverage.



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You'll once again see why Licking Memorial Health Systems is measurably different ... for your health!

Visit us at [www.LMHealth.org](http://www.LMHealth.org)

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Please contact the Public Relations Department to receive future mailings.



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