Morrow County Hospital was one of the 213 community hospitals that participated in the Ohio Hospital Association’s (OHA) public statewide community benefit report, Collaborating to Ensure a Healthy Ohio, based on 2011 data, which shares Ohio hospitals’ $3.1-billion story of compassionate caring.

According to Joe Schueler, Chief Financial Officer, “We are giving value back to our community above and beyond the medical services we provide, often at little or no reimbursement. From the 2011 data we reported, Morrow County Hospital provided over $2.8 million in community benefits. This is a powerful indicator of our commitment to help strengthen the local community.”

As part of the community benefit, Morrow County Hospital also accumulated $1.1 million in bad debt. According to Joe, “If you go by the traditional definition of bad debt, it is people who have the means to pay, but did not. Many of these individuals may have qualified for financial aid if they had completed the proper paperwork. We encourage patients to contact one of our financial counselors at (419) 949.3019 to see if they qualify for assistance.”

Across Ohio, just 30 percent of community benefit spending at local hospitals is traditional “charity care”—services provided without an expectation of a payment based on the work of the financial counselors.

The trend away from charity care is expected to continue. Ohio’s Medicaid expansion efforts under the Affordable Care Act will enable increased access for some patients and provide coverage.

Medicaid payments don’t cover the entire cost of care that hospitals provide. Through Medicaid expansion, Ohio’s hospitals are seeing their inpatient Medicaid rates cut 5 percent. So, a bigger share of the hospitals’ community benefit will come in the form of covering the cost of this Medicaid shortfall.

Morrow County Hospital benefits the community every day by providing excellent care to our patients, but many compelling contributions also happen beyond basic healthcare services and even outside the hospital’s walls. As your local hospital, Morrow County Hospital is committed to improving the health of our community!
Morrow County Hospital is kicking off 2014 with a bang. Our commitment to Morrow County is to provide the right level of healthcare services locally and maintain a standard of care that is of high quality, high value to you – our patients.

The hospital has added or invested in a significant number of programs and services over the past two years to deliver on that commitment. This is done through local access to the right services, to the right programs, at the right locations, and the right healthcare professionals. What we are learning is that it is difficult for our key stakeholders – you – to keep up with all these changes. We utilize several forms of marketing to reach out, to educate and to inform each one of you about the great things our team has accomplished.

Access to your care primarily begins with one of three locations – Emergency Room, Urgent Care or a Primary Care Physician’s office. Through the interaction with these services, these professionals can serve your healthcare needs. Our blood profiles, health screenings and community events raise the general awareness of our offerings and quality programming available to you. It is a privilege to serve you, and we thank you for trusting our team to care for you.
Recognizing Nic’s age and extremely rare heart problem, Riverside cardiologists referred him to a top-notch heart surgeon at Nationwide Children’s Hospital – Dr. Mark Galantowicz – who performed open heart surgery the day before Thanksgiving. “The surgeon was remarkable,” said Nic. “He removed the aneurysm and while in surgery found that I had a hole in my heart and went ahead and repaired it. He said it could possibly have caused me to have a stroke in later life.”

Today, six weeks after the surgery, Nic is allowed to do anything his body feels it wants to do. “I consider myself 85% back to normal,” he said. Nic has been shooting baskets and has returned to school at OSU Marion where he is studying to become a teacher.

A very happy and relieved mother, Marty said, “Nic had always been such a healthy active person in high school so having chest pains and extremely loud heart beats was definitely alarming. Through Nic’s entire episode, everyone was very attentive and helpful. They got us to the right experts in the right places. We’re very grateful to everyone and are now ready to move on!”

Welcome to...
Emergency Physician

Martha Rachedi, MD, cares for patients in the hospital’s emergency department on a regularly scheduled basis. Dr. Rachedi received her Bachelor’s Degree in Chemistry at Alcorn State University (Lorman, MS) and her medical degree at the University of Mississippi School of Medicine (Jackson, MS). She completed her internship and residency programs in internal medicine at University Hospitals of Cleveland (OH).
A Good Night’s Sleep Makes You Feel Refreshed and Awake

Nagging may have its critics, but in the case of Leslie Dye, it paid off when her husband finally agreed to be tested for sleep apnea.

Leslie, who is Morrow County Hospital’s Cardiopulmonary Manager and sleep disorder expert, found it difficult to sleep at night alongside her husband who snored loudly. “It was not so much the noise of the snore that kept me from sleeping, but rather the long pause when he was not breathing between the snores that were a source of my own insomnia,” she said.

Leslie’s nagging paid off in the summer of 2012 when her husband agreed to be tested for sleep apnea. The home sleep test included the wearing of a small device that monitors airflow, pulse, oxygen level and respiratory effort which indicated he had severe obstructive sleep apnea. According to the results, there were a total of 265 episodes when his breathing either stopped or became so shallow that his oxygen level dropped at one point to 78%, where normal is greater than 92%.

Next, he spent a night in the hospital’s Sleep Lab where he was given education about CPAP (Continuous Positive Airway Pressure) therapy and was fitted with many different masks until he found one he liked. During the night, the technician slowly increased the pressure in the machine until the breathing events were eliminated. Testing was complete, but the snoring did continue for a little more than a year. “Wearing a CPAP machine is a true lifestyle change that can bring many positive changes,” said Leslie. “I can rest better knowing the odds are much lower that my husband would have a heart attack or stroke than before the CPAP.”

Leslie said her husband is truly a happier man and less likely to become angered over the little things now that he is better rested. The nagging did pay off! “My advice to all of you who have a spouse who snores – keep nagging for them to be tested and treated. When they ask why, simply say because ‘I love you’,” said Leslie.

To learn more about sleep studies and home sleep testing, contact the Morrow County Hospital Sleep Lab – (419) 949.3018.

Local Boy Returns Home

Morrow County Hospital wants to welcome returning 1984 Mt. Vernon Senior High School graduate, Ariel C. Silva, MD, back to central Ohio. After spending the last four years in sunny California, he brings with him his wife, Marie, who is also an Ohio native and their three children – Aidan, Noah and AJ. Dr. Silva will be opening a family medicine practice with MCH Primary Care Cardington in February and MCH Primary Care Cardinal Center when it opens in May along side of Bill Addington, DO.

After graduating from Mt. Vernon, he completed degrees in Finance, International Business and Economics at The Ohio State University. After a few years, he found a different calling and decided to pursue medicine. This journey took him from The Ohio State University after completing his premedical classes to Ross University for medical school. Part of his training while in medical school was at Cook County Hospital and the Mayo Clinic in Rochester. He completed a Family Medicine residency at Mount Carmel Hospital in Columbus but along the way finished a preliminary intern year in General Surgery in Tennessee and another elective in Emergency Medicine at Stanford University.

Unfortunately, soon after finishing his residency Dr. Silva’s father, who was also a physician, passed away in California. Marcelino T. Silva, MD, worked as a radiologist in Mt. Vernon for many years before finally retiring in California. Since Dr. Ariel Silva’s mother was still in California, the decision was made to move west in order to be closer to his family. Not initially finding a position in California that suited his own family lifestyle, he accepted a job in Las Vegas. However, a few years later a position became available with Kaiser Permanente in California that was only a couple of hours from his mother so another move was made.

With three young boys, Dr. Silva and his wife are very active. They take any opportunity to burn off the endless energy of their boys outdoors. Dr. Silva also has many interests outside of medicine. For example he is into all sports, rebuilding cars, staying fit, good books, good food, a good joke and family/friends just to name a few. So, if you have a good story or a good joke to tell, Dr. Silva is always willing to listen.

Dr. Silva is accepting new patients – ages one through seniors – and wants to encourage those interested in scheduling an appointment to call MCH Primary Care Cardington – (419) 864.4440, where he will start seeing patients on March 3, 2014.
Mark your calendar for May 5, 2014 – the date set to open the new Morrow County Hospital at The Cardinal Center. Those who travel State Route 61S at I-71 near Marengo can monitor the construction progress on a regular basis.

The 14,400-square-foot facility is being built by Fishburn Services thanks to the generosity of the Jack and Karen Fishburn Family. Morrow County Hospital will lease the state-of-the-art facility and will offer healthcare services close to home for those who live in the southern part of the county.

Inside the complex, wiring and the HVAC system are complete, while drywall, cabinets, flooring, lighting, and ceiling installation are in the works.

What does this facility mean to the southern part of Morrow County?

It confirms Morrow County Hospital’s commitment to provide access to healthcare services throughout the county and will offer...

**MCH Primary Care** – family medicine and internal medicine patient care will be provided by highly trained physicians and mid-level providers.

**Specialty Clinic** – specialists will have office space to provide care for patients.

**Laboratory, Radiology & Rehab Services** – blood draws, x-rays, and physical therapy will be available.

**Cardinal Family Dentistry** – general dental care will be provided by William J. Lenz, DDS, and his team of professionals.

(*Watch for more news about the Ribbon Cutting Ceremony & Grand Opening for the first weekend in May!**)
Home Health Ranks In The Top 25% Nationally

Winners are ranked by an analysis of publicly available performance measures in quality outcomes, best practice (process measure) implementation, patient experience (Home Health CAHPS®), quality improvement and consistency, and financial performance. For consideration, an agency must be Medicare-certified and have data for at least one outcome in Home Health Compare. Of the 9,969 agencies considered nationwide, 2,496 are elite.

“The 2013 HomeCare Elite™ winners demonstrate a commitment to providing patient-centered care and serving as leaders in the home health community. Their success is a tribute that managing healthcare data and utilizing it for improvement initiatives leads to high-quality care, and we recognize them for their outstanding achievements,” said Mary Oakes, Senior Vice President of Post-Acute at National Research. “Congratulations to Morrow County Hospital Home Health on being in the top 25% of home care agencies in the country.”

MCH Primary Care Northfield

Thomas E. Freundlich, MD, board-certified physician, has partnered with Morrow County Hospital and has joined MCH Primary Care Northfield.

He is accepting new patients at his new location:

6519 U.S. Highway 42 • Mt. Gilead, Ohio 43338

Dr. Freundlich and his office staff continue to provide the same expert, compassionate medical care for the entire family – preschool to seniors.

To schedule an appointment, or for more information about MCH Primary Care Northfield, please call (419) 362.6033, or visit morrowcountyhospital.com.
Calendar of Community Outreach Programs & Services

February • March • April

First Aid Class
Tuesday/February 11 • 4-7 p.m.
MCH Room A
Registration Fee – $40 (includes book)
Registration Required
Minimum Class Size: 6 participants

Tobacco Cessation
Registration Required • Free Program
Maximum Class Size: 8 participants

Monday/March 10 • 6-7 p.m.
MCH Room A

Monday/March 17 • 6-7 p.m.
MCH Room A

Monday/March 24 • 6-7 p.m.
MCH Room A

Monday/March 31 • 6-7 p.m.
MCH Room A

Monday/April 7 • 6-7 p.m.
MCH Room C

Monday/April 14 • 6-7 p.m.
MCH Room A

Diabetes Support Group
Tuesday/April 1 • 6-7 p.m.
MCH Room C
Registration Required • Free Program
Minimum Class Size: 10 participants

American Red Cross Bloodmobile
Wednesday/February 19
10 a.m.-4 p.m. • MCH Room A

Wednesday/April 16
10 a.m.-4 p.m. • MCH Room A

Healthcare Provider CPR
Monday/March 3
8 a.m.-12 p.m. • MCH Room A
Certification/Recertification – $45
Book – $15 • Registration Required
Minimum Class Size: 6 participants

Diabetes Self-Management Education Class
Registration Required
Minimum Class Size: 2 participants
Tuesday/March 4 • 6-8 p.m.
MCH Room A
Thursday/March 6 • 6-8 p.m.
MCH Room C
Tuesday/March 11 • 6-8 p.m.
MCH Room C
Thursday/March 13 • 6-8 p.m.
MCH Room A

Advanced Cardiac Life Support (ACLS)
Friday/March 14 • 8 a.m.-4:30 p.m.
MCH Rooms A & C
Maximum Class Size: 24 participants
RECERTIFICATION ONLY
Prerequisites:
• ACLS Certification – Current Healthcare Provider CPR Certification
• Completion of ACLS Pretest Required
Community Registration Fees:
Recertification – $100 • Book – $35
Registration Required

“MCH Health Awareness” Blood Profiles
No appointment necessary!
6-9:30 a.m.
Eligibility: Anyone age 18 and over
Saturday/March 22
MCH Lower Level
(Use “Receiving” entrance)

Tobacco Cessation
Registration Required • Free Program
Maximum Class Size: 8 participants

Monday/March 10 • 6-7 p.m.
MCH Room A

Monday/March 17 • 6-7 p.m.
MCH Room A

Monday/March 24 • 6-7 p.m.
MCH Room A

Monday/March 31 • 6-7 p.m.
MCH Room A

Monday/April 7 • 6-7 p.m.
MCH Room C

Monday/April 14 • 6-7 p.m.
MCH Room A

2014 Auxiliary-Sponsored Events

“Robert’s Medical” Uniform Sale
Wednesday/March 12
7 a.m.-4 p.m. • MCH Room A

“Books Are Fun” Book Fair
Tuesday/April 8
7 a.m.-4 p.m. • MCH Room A

Open To The Public!
Net proceeds from these events benefit patient care.

need more info?
Pre-registration is required for all programs unless otherwise noted. To register for any of the listed programs, or for more information, please call Morrow County Hospital’s Public Relations Department – (419) 949.3089 or (419) 949.3088 – Monday through Friday, between the hours of 8 a.m.-4 p.m.

MCH Pulse Newsletter | Winter 2014
Coming Soon...Health Portal

Morrow County Hospital is pleased to announce their new Health Portal coming soon. This interactive web portal will empower patients and their families to take a more active role in their care by providing easy, secure access to their Morrow County Hospital health information. In keeping compliant with new governmental mandates on hospitals, the patient portal is a requirement for providers to improve access to care documentation before 2015.

Health Portal gives patients instant access to their health information, including laboratory and radiology results, medications, allergies, demographic information, visit history, discharge/after-care information, and more. Patients can also access their billing statements and outstanding balances. As before, payments may be made online at www.morrowcountyhospital.com. In addition to accessing their own information, parents and healthcare proxies with authorized consent will appreciate the ability to access the records of those individuals for whom they manage care.

Health Portal allows patients to schedule and track their appointments online. Patients can request appointments for specific timeframes, add comments and contact preferences, and receive an email confirmation once an appointment is scheduled. A central appointment page displays their list of scheduled and pending appointments. Here, they can review appointment details and if necessary, reschedule or cancel appointments. Health Portal also saves patients time by allowing them to pre-register for appointments online and submit updates to their demographic and contact information prior to their visits.

Upcoming information about Health Portal enrollment will be posted on the Morrow County Hospital Web site – www.morrowcountyhospital.com. MCH Primary Care patients will be able to access primary care health records on a separate health portal later in 2014.

New IV Pumps Ensure Patient Safety

With the installation of the hospital’s new CareFusion Alaris Guardrail IV pump system, Morrow County Hospital has invested in its patient’s safety to assist the nursing staff while infusing medicine through an IV (intravenous) or central line.

“This new equipment utilizes features commonly called ‘smart pump’ technology as the computer within the pump allows the nurse to identify the medication they are administering via a medication ‘library,’” said Vice President of Patient Care Services (PCS) Lorelei Heineman, MS, RN, RRT, CPFT, RCP. This library provides a safety mechanism that cues the nurse regarding the medication name, rate, and dosage for that specific medication.

If the nurse inadvertently enters the wrong rate or dose that exceeds safe limits for that particular medication, the pump prompts

(continued on page 11)
The College of American Pathologists Inspects Hospital Laboratory

Representing the hospital's 19-member laboratory team are – John Chavatzas, MT(ASCP); Kim Chavatzas, PBT(ASCP); Bridget Klingenberg, PBT(ASCP); Valerie Burns, MLT(ASCP); Amy Helman, PBT(ASCP); Megan Fridley, MLT(ASCP); Laboratory Manager - Douglas Nichols, MT(ASCP).

People who utilize the hospital’s laboratory should feel confident that the staff and test results meet the “gold standard” as set by the College of Pathologists Laboratory Accreditation Program. Morrow County Hospital recently received official notification of the laboratory’s College of American Pathologists (CAP) accreditation following inspection in September by a team of five laborato-

Douglas Nichols – Laboratory Manager

Douglas Nichols, MT(ASCP), is Morrow County Hospital’s new Laboratory Manager. In his first management position, Doug brings an extensive background of training and experience along with a new perspective in looking at different ways of improving services for the customers, patients and physicians.

Born in Tiffin (OH), Doug currently resides in Republic (OH). Doug earned his medical technology degrees from Marion Technical College and the University of Findlay.

Doug is a three-year veteran of the U.S. Army where his laboratory career began in 1983. While serving at each of his assigned bases, he worked in hospitals and laboratories. Later, he served three years in the Army Reserves and two years in the Ohio National Guard where he served two years in a mobile Army surgical hospital at Camp Perry (OH). At the conclusion of his military career, Doug attended school fulltime and landed his first job at Mercy Tiffin Hospital where he was a lead technologist and had some supervisory authority, and then at The Bellevue Hospital. He most recently worked at MedCentral Shelby Hospital.

Looking toward the future for the Morrow County Hospital Laboratory, Doug plans to evaluate equipment and testing to ensure cost effectiveness while working together to make the team more cohesive.

Doug and his wife, who is an LPN, have been married for 30 years and have three sons – 29, 25 and 16. Doug is a volunteer fireman and EMT and has served as one of the two assistant fire chiefs for two years. He is currently the EMS coordinator. In his spare time, Doug enjoys woodworking, hunting, fishing and playing with his two black labs.
Diabetes Education Program Receives Recognition

Morrow County Hospital is the recipient of the prestigious American Diabetes Association Education Recognition Certificate for its outpatient diabetes educational programs. Diabetes Self-Management Education (DSME) is a critical component of diabetes care where self-management behavior is the key outcome. According to Connie Mattingly, RN, BSN, CDE, DSME Program Coordinator, “It is a client-centered approach which allows the person with diabetes to lead the decision-making process and initiate self-care. The goal of DSME is to help patients acquire the knowledge, information, self-care practices, coping skills and attitudes required for the effective self-management of their diabetes.”

The hospital’s DSME program functions under the guidelines of, and is recognized by, the American Diabetes Association (ADA) as meeting the National Standards for Diabetes Self-Management Education. “This has been a two-year process of developing forms, writing a curriculum, organizing an Advisory Committee and an Educational Committee, and developing a Quality Improvement Plan,” said Connie.

The complete 10-hour DSME program consists of an initial health assessment with a certified diabetes educator, followed by four two-hour sessions of group education based on required topics – living with diabetes, monitoring, nutrition, medication management, exercise, managing acute situations and complication prevention. Three months after the group classes are completed, the individual has a follow-up appointment, with eligibility for medi-
Speech Therapy...
Ann Riepenhoff

Ann Riepenhoff, speech language pathologist, enjoys working with people of all ages. She approaches her job with a huge desire to help individuals regain or increase their ability to communicate or swallow. As the hospital’s full-time speech therapist, Ann works with inpatients, outpatients and home health, and performs modified barium swallow studies.

Her current patients range from children as young as seven months with speech, language, and/or feeding deficits, to working with adults who have cognitive and/or swallowing problems. “I try to make therapy fun and entertaining, so kids enjoy coming to therapy,” said Ann. “Adults, on the other hand, are typically more motivated and want to get back to their prior level of functioning.” Ann has an abundance of skills geared to each individual situation. “Therapy requires a lot of patient and family education,” she said.

The procedures and disorders Ann addresses through her services are extensive. The modified barium swallow study is one that is often unfamiliar to patients, however it has positive benefits. Ann mentioned, “This is a comprehensive study to evaluate and manage patients with dysphagia in an effort to reduce the incidence of aspiration pneumonia.” The test is a special video x-ray that simply requires a patient to eat and drink different consistencies. It is done in radiology with a radiologist and speech language pathologist to reveal movements of the mouth, throat and upper esophagus while actively swallowing.

Speech therapy has special meaning to Ann because of her own speech sound disorder as a child. “My mom was concerned with my speech and contacted my school teacher when I was in the second grade. I personally loved going to speech therapy and want to have the same positive relationship and impact with my patients,” she said.

Ann earned her undergraduate degree and Master’s degree at the University of Toledo, where she gained her clinical experience at the Toledo Hospital. An Ottawa (OH) native, Ann currently lives in Columbus. She enjoys running half-marathons, teaching aerobic classes at fitness gyms, shopping, and spending time with family and friends.

A referral from a primary care provider is required for the hospital’s Speech Therapy services. To learn more, please call – (419) 949.3096.

New IV Pumps Ensure Patient Safety (continued from page 8)

the nurse to recheck the rate or dose entered. The pump technology also allows nursing and pharmacy to run reports to see if the safety features of the pump are being utilized and how many potential errors are being identified with the technology.

Lorelei noted, “The PCS division would like to thank Information Systems, Holly Trainer (Pharmacy), Dave Workman (BioMed Technology), nurse managers – Crenah Zimmer (Emergency), Sharon Agin (Perioperative Services), and Carol Vail (Acute Care) for coordinating the transition with the CareFusion onsite staff.”

The College of American Pathologists Inspects Hospital Laboratory (continued from page 9)

of so many that worked so hard to achieve this status. Everyone in the laboratory and staff at Morrow County Hospital should be congratulated on a positive outcome.”

This accreditation is a great accomplishment, but the process does not stop there. The next CAP inspection is only two years away, and the goal is to stay on top of the processes and systems put in place to ensure compliance continues with laboratory standards and remain in a constant “CAP-ready state.”
“MCH Health Awareness” $25 Blood Profiles

By far, Morrow County Hospital’s most popular outreach program continues to be the laboratory’s $25 “MCH Health Awareness” blood profiles – a battery of 25 tests –

+ cholesterol
+ triglycerides
+ HDL
+ LDL
+ VLDL
+ glucose
+ BUN (blood urea nitrogen)
+ creatinine
+ sodium
+ potassium
+ chloride
+ carbon dioxide
+ AST
+ ALT
+ total bilirubin
+ total protein
+ albumin
+ calcium
+ alkaline phosphatase
+ white blood count
+ red blood count
+ platelet count
+ hemoglobin/hematocrit
+ mean cell volume
+ mean cell hemoglobin concentration

This year, for an additional charge, the following tests will also be offered:

+ $25 TSH (thyroid stimulating hormone)
+ $25 Hemoglobin A1c (primarily for all diabetics)

Must be 18 years of age and older

Absolutely...No physicians’ orders for additional tests will be accepted at these screenings. These $25 blood profiles will only be available at Morrow County Hospital!

Remember –

+ An 8 to 10-hour fast is necessary for accurate results – no eating.
+ Drink moderate amounts of water.
+ Take your medications with moderate amounts of water.

2014 Blood Profiles
Morrow County Hospital • 651 W. Marion Rd. • Mt. Gilead
6-9:30 a.m. (Hospital’s Lower Level)

February 8 • March 22 • May 3
June 21 • September 13
October 25 • December 13

Only cash or checks made payable to Morrow County Hospital will be accepted.