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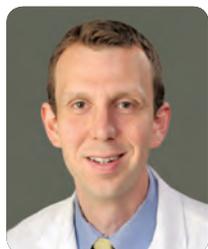
Newsletter

SPRING 2016

Morrow County Hospital consolidates primary care practices



Mohiuddin Ghazi, MD



Eric Hansen, MD



Matthew Hintz, MD



Del Hoppes, DO



Tracie Bakewell, CNP

John T. Sweeney, MD, recently renovated a facility at 900 Meadow Drive that is now home to two primary care practices. Morrow County Hospital was proud to partner with Dr. Sweeney on this initiative.

The two practices, MCH Primary Care Baker Street (712 Baker Street, Mt. Gilead, Ohio) and MCH Primary Care Mt. Gilead (245 Neal Avenue, Mt. Gilead, Ohio) consolidated and moved to the Meadow Drive location in January 2016.

“By locating both these practices under one roof, we are able to increase visibility and access to care, pursue Rural Health Clinic designation and share resources,” said CJ Miller, president and chief

executive officer, Morrow County Hospital. “Additionally, the move gives us a newer, larger and more efficient facility that we hope will translate into a better experience for our patients.”

MCH Primary Care providers see patients in the following four locations:

- + **MCH Primary Care Mt. Gilead**
900 Meadow Drive • Mt. Gilead, Ohio
- + **MCH Primary Care Cardinal Center**
73 Sportsman’s Drive • Marengo, Ohio
- + **MCH Primary Care Cardington**
116 East Main Street • Cardington, Ohio
- + **MCH Primary Care Northfield**
6519 U.S. Highway 42 • Mt. Gilead, Ohio

Mohiuddin Ghazi, MD, Eric Hansen, MD, Matthew Hintz, MD, Del Hoppes, DO, and Tracie Bakewell, CNP, began seeing patients at the new Meadow Drive location on January 25. **To schedule an appointment with one of these providers, call (419) 946.7746.**

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Dr. Ghazi celebrates more than 20 years of practice



Mohiuddin Ghazi, MD

More than twenty years ago, Mohiuddin Ghazi, MD, began his medical career at Morrow County Hospital. At the time he was the only internist in the county, overseeing the critical care and intensive care unit.

“Over the past two decades, Dr. Ghazi has been a role model for excellence and compassion,” said CJ Miller, president and chief executive officer, Morrow County Hospital. “It’s not

surprising that he consistently receives positive feedback when it comes to patient satisfaction.”

Outside of his practice, Dr. Ghazi donates his time to two charities in Columbus that provide free medical care for those who cannot afford it. He also provides free flu vaccines to the staff at a small charter school in Columbus.

“Perhaps his greatest achievement is the kind of medicine he started practicing in Morrow County and continues to do so to this day,” said Barry Myers, director of physician services. “Dr. Ghazi provides his patients with the highest level of care and we’re fortunate to have him practicing in our community.”

Dr. Ghazi completed his undergraduate degree and, later, medical school at Dow Medical College in Karachi, Pakistan. His residency was completed at St. Luke’s Medical Center in Cleveland, Ohio. He is certified by the American Board of Internal Medicine.

Dr. Ghazi is accepting new patients at MCH Primary Care Mt. Gilead and MCH Primary Care Cardinal Center.

**ACCEPTING
NEW PATIENTS**

To schedule an appointment at MCH Primary Care Mt. Gilead, call (419) 946.7746. For an appointment at MCH Primary Care Cardinal Center, call (419) 253.0585.

Hospitalist program designed to improve patient experience

Carol Kowatch first met her hospitalist, Sabreen Obaid, MD, medical director at Morrow County Hospital, three years ago when she was admitted to the hospital for Chronic Obstructive Pulmonary Disease (COPD). At the time she did not know Dr. Obaid, but over the course of her stay she got to know her and appreciated having access to a physician dedicated to her care around the clock.

When she was re-admitted to Morrow County Hospital this past November, Carol was comforted by the fact that Dr. Obaid was there, once again, to care for her.

“There are many benefits of being cared for by a hospitalist, but for me the most important one is knowing that Dr. Obaid is here for me,” said Carol. “When I come here, she knows me and she’s here to help me get better so I can go home.”

The hospitalists at Morrow County Hospital specialize in caring for hospitalized patients. They do not have an outpatient medical practice, which means they are dedicated to patients’ care at all times — 24 hours a day, seven days a week. Dr. Obaid has been leading the program since 2012.

“As hospitalists, our job is to work in partnership with the patient’s primary care physician to ensure they receive the best care possible,” said Dr. Obaid. “Since we do not maintain outside



Sabreen Obaid, MD

medical practices we can focus our attention exclusively on the patients we see in the hospital.”

Hospitalists also manage the inpatient stay and coordinate the person’s care with nurses, dietitians, therapists, technicians and other providers. Since hospitalists are available every day, they are able to spend more time talking to patients about their care.

At discharge, the hospitalist will send a report to the patient’s primary care physician, detailing any health concerns, treatments received and recommendations for additional care.

“Dr. Obaid always does a great job of explaining things to me, which helps put me at ease,” said Carol. “I think the hospitalist services have certainly improved the quality of care I have received at Morrow County Hospital.”

Visit Our Website ...

To learn more about Morrow County Hospital services, physician information, job opportunities, community outreach programs and *much more visit*

MorrowCountyHospital.com



The Cardinal Center continues to enhance healthcare in southern Morrow County

Since the opening of Morrow County Hospital at The Cardinal Center (73 Sportsman's Drive in Marengo), thousands of Morrow County residents have taken advantage of the many services this facility has to offer so close to home.

"Whether you need routine lab work, physical therapy or don't want to travel out of town to see a specialist, The Cardinal Center has the resources to care for you and your loved ones," said CJ Miller, president and chief executive officer, Morrow County Hospital.

The Specialty Clinic at The Cardinal Center now has five specialists seeing patients on a regular basis, including an orthopedic surgeon, cardiologist, podiatrist, pediatrician and gynecologist.

Physical therapy, radiology and laboratory services are also available at this facility. Additionally, The Cardinal Center has two primary care providers, William Addington, DO and Mohiuddin Ghazi, MD, offering comprehensive care for the entire family — ages one through seniors.

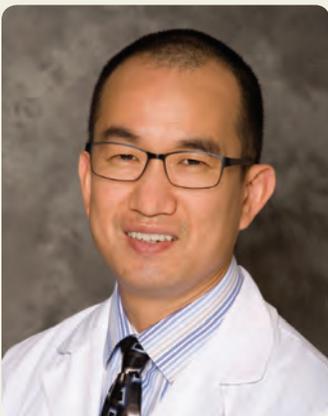
"Patients at The Cardinal Center have access to highly skilled and trained specialty physicians," said Miller. "They can receive the latest treatment options and excellent care without having to leave Morrow County."

To schedule an appointment at The Cardinal Center, call (419) 253.0585 or visit MorrowCountyHospital.com for more information.



Morrow County Hospital at The Cardinal Center

Now offering neurological care



Douglas Woo, MD

Morrow County Hospital is excited to welcome OhioHealth specialist Douglas Woo, MD, to our community. Dr. Woo is a board-certified neurologist bringing personalized neurological care to patients. He treats a broad range of neuroscience conditions such as multiple sclerosis, stroke, seizure, dementia, botulinum toxin injections to treat types of headaches and neck pain, and more.

Dr. Woo sees patients at the Medical Specialty Center on Thursdays.

Dr. Woo received his undergraduate degree from Marquette University and his medical degree from the Medical College of Wisconsin, both in Milwaukee, Wisconsin. He also completed his internship and neurology residency at the Medical College of Wisconsin. Dr. Woo completed his multiple sclerosis fellowship at the University of Texas Southwestern Medical Center in Dallas, Texas. He is a member of the American Academy of Neurology.

When he is not treating patients, Dr. Woo enjoys spending time with his wife and four kids, building wood furniture and cooking.

Morrow County Rehab Services continues to expand, supports local youth athletics

Over the past two years, Morrow County Hospital Rehab Services has experienced significant growth with the addition of new staff and the opening of a new facility — Morrow County Hospital at The Cardinal Center. Patients now have the option to undergo physical therapy at one of three locations in Morrow County.

Morrow County Hospital at Northfield Medical, located on state Route 42 between Johnsville and Williamsport, serves the communities of Candlewood Lakes, Bellville, Lexington and Iberia. Morrow County Hospital at The Cardinal Center is located on State Route 61 near Marengo and serves the Fulton, Sparta, Ashley, Centerburg and Sunbury communities. Located in Mt. Gilead, Morrow County Hospital serves Mt. Gilead, Edison, Caledonia, Chesterville and Cardington areas.

As a result of the new location and increased patient visits, the Rehab Services department has added staff to accommodate demand, increasing its number of physical therapists and physical therapist assistants.

“The rehab industry predicted growth in physical therapy services due to increased activity levels at older ages and we are certainly seeing that trend here in Morrow County,” said Patrick Hunter, director, Rehab Services. “Our three outpatient locations are providing patients with more options and helping accommodate increased patient volumes.”

In the summer of 2014, the Rehab Services team met with administrators of Northmor, Highland, Mt. Gilead and Cardington high schools to offer additional athletic training coverage to their athletic programs.

To assist the local high schools, Rehab Services designated an athletic trainer to provide additional medical coverage for athletic events and practices. Part of the annual sports medicine services to local schools include free sports physicals performed each spring as well as coach education.

“We value the physicians and athletic trainers that support our high school teams and are grateful for the hours of service they provide,” said Bill Dodds, superintendent, Highland Local Schools. “Thanks to their presence at our athletic events, injuries are quickly tended to and further injuries prevented.”

The following Rehab Services team members provide sports coverage at area sporting events: Patrick Hunter, Brett Sulonen, Matt Mendel, CJ Miller, Ben Dickerson and Jeanette Kincaid.

“Our team approach ensures the well-being of youth athletes in Morrow County,” said Hunter.

To schedule an evaluation with the Rehab Services team, call (419) 949.3086. To learn more, visit MorrowCountyHospital.com.



Morrow County Hospital Medical Specialty Center now connected for more coordinated care through Electronic Medical Records

The physicians and staff in the Medical Specialty Center at Morrow County Hospital are now working in a new electronic medical record system, called Epic. This gives them the capability to retrieve important health information about their patients from other facilities and offices within a large network.

“Our specialty physicians from OhioHealth can now use this system to help diagnose and treat their patients,” said Kathleen Wellman, RN, BSN, manager, Morrow County Hospital Medical Specialty Center.

For example, a patient may visit a primary care physician in the Mt. Gilead area with complaints of intermittent chest pain and shortness of breath. The primary care physician then refers him to a cardiologist at the Morrow County Hospital Medical Specialty Center. During the patient’s visit he might share with the cardiologist that he has had similar symptoms in the past and had a stress test done at OhioHealth Riverside Methodist Hospital.

Since the cardiologist at the Medical Specialty Center has access to the electronic medical records and is connected to Riverside

Methodist, as well as all of OhioHealth, the cardiologist can immediately view those records even as the patient is sitting in the exam room.

“This allows for a more thorough assessment and development of a plan of care for the patient and also eliminates the possibility of duplicate testing,” said Wellman. “It’s pretty amazing to see our small community being connected to such a large network of information.”

Patients who have an OhioHealth physician can also access their medical records online through MyChart, which enables patients to manage and receive information about their health securely via the Internet. Depending on the type of care the patient receives, the patient can schedule appointments, view test results and communicate electronically with their medical team.

To sign up for MyChart, visit MyChart.OhioHealth.com or you can download the MyChart app onto your iPhone or Android.

Morrow County Hospital 2016 Blood Profile Collection Sites

MCH Health Awareness Blood Profiles

No appointment necessary • 6 to 9:30 a.m.

Morrow County Hospital’s Lower Level*

Eligibility: Anyone age 18 and older

Morrow County Hospital’s laboratory will offer \$30 “MCH Health Awareness” blood profiles, which include 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 and mean cell hemoglobin concentration.

Remember:

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

For an additional charge, the following tests will also be offered:

- + \$25 TSH (*thyroid stimulating hormone*)
- + \$25 Hemoglobin A1C (*primarily for all diabetics*)

No physicians’ orders for additional tests will be accepted at these screenings. These \$30 blood profiles will only be available at Morrow County Hospital. Only cash or checks made payable to Morrow County Hospital will be accepted — NO debit or credit cards.

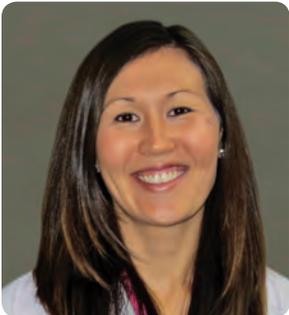
All 2016 profiles will be held at Morrow County Hospital* from 6 to 9:30 a.m., on the following dates:

Saturday, April 16 • Saturday, July 16

Saturday, October 15

**Use the hospital’s “receiving” entrance on the southeast side (lower level).*

Lactation consultant offers support for area mothers and their babies



Tracie Bakewell, CNP

Did you know that Morrow County Hospital has a board-certified lactation counselor that can help moms and moms-to-be with breastfeeding?

Tracie Bakewell, CNP, is the hospital's board-certified lactation counselor and has two years of experience in working with lactating mothers.

She provides breastfeeding support before delivery, during the hospital stay and once the baby leaves the hospital.

"I'm here to help nursing mothers and their babies so that breastfeeding is an enjoyable and successful experience," said Bakewell. "Some mothers and babies may experience difficulties that require the knowledge and skills of an experienced lactation counselor. I encourage mothers and families to reach out to me so I can help guide them through this journey."

Breastfeeding services can help those that are:

- + Expecting a baby and want to learn breastfeeding techniques early
- + Those learning how to breastfeed a newborn baby
- + Those that have a premature baby or a baby with other special needs
- + Those with multiple infants such as twins or triplets

A private lactation consultation is available for the following:

Prenatal breast assessment — before the baby arrives, the lactation counselor provides nipple and breast care instruction, addressing any concerns about flat or inverted nipples and other breast issues.

Attachment and positioning techniques — learning how to help the baby properly attach to the breast may be the single, most important breastfeeding instruction. The lactation counselor will guide mothers through techniques for a successful breastfeeding experience.

Milk quantity assessment — the lactation counselor can assess the quantity of milk the baby is receiving by monitoring his or her weight. This service helps to alleviate concerns about the baby's nourishment.

Nipple soreness — the lactation counselor will teach proper attachment techniques that help alleviate nipple soreness and discomfort.

Breastfeeding observation — the lactation counselor will coach mothers while they are breastfeeding to improve upon techniques and avoid future issues.

Additionally, the lactation counselor will provide education and guidance for first-time moms, so they have a better understanding of what to expect.

NEED MORE INFO?

For questions or to schedule a lactation consultant, call (419) 946.7746.

Calendar of Community Outreach Programs and Services

APRIL • MAY • JUNE

APRIL

Diabetes Self-Management Education Class

TUESDAY, APRIL 5

THURSDAY, APRIL 7

TUESDAY, APRIL 12

THURSDAY, APRIL 14

6 TO 8 P.M. • MCH ROOM C

Physician referral required.

MINIMUM CLASS SIZE: TWO PARTICIPANTS

Advanced Cardiac Life Support Recertification (ACLS)

THURSDAY, APRIL 7

8 A.M. TO 5 P.M. • MCH ROOMS A & C

MAXIMUM CLASS SIZE: 24 PARTICIPANTS

Recertification Only.

Prerequisites:

ACLS Recertification — Current ACLS certification and current healthcare provider CPR certification

Completion of ACLS Pretest required.

Community registration fees:

Recertification — \$100

Book — \$35

Registration required.

To register, call (419) 949.3041.

You will need to provide proof of required prerequisite at class registration. Community members wishing to register for an ACLS recertification class are required to pre-pay their registration fee (non-refundable) seven days prior to the class date.

Advanced Cardiac Life Support (ACLS)

THURSDAY, APRIL 7

8 A.M. TO 5 P.M. • MCH ROOMS A & C

MAXIMUM CLASS SIZE: 24 PARTICIPANTS

FRIDAY, APRIL 8

8 A.M. TO 5 P.M. • MCH ROOMS A & C

MAXIMUM CLASS SIZE: 12 PARTICIPANTS

Please note: For recertification, you only need to attend the April 7 class. All others will be required to attend both classes (April 7 and 8).

Prerequisites:

ACLS Certification — Current healthcare provider CPR certification

ACLS Recertification — Current ACLS certification and current healthcare provider CPR certification

Completion of ACLS Pretest is required.

Community registration fees:

Certification — \$150

Recertification — \$100

Book — \$35

Registration required.

To register, call (419) 949.3041.

Healthcare Provider CPR

THURSDAY, APRIL 14

4 TO 8 P.M. • MCH ROOM A

Certification/Recertification — \$45
(Book Suggested: \$15)

Registration required.

To register, call (419) 949.3041.

MINIMUM CLASS SIZE: SIX PARTICIPANTS

MCH Health Awareness Blood Profiles

No appointment necessary!

6 TO 9:30 A.M.

ELIGIBILITY: ANYONE AGE 18 AND OVER

SATURDAY, APRIL 16

MCH LOWER LEVEL

(USE "RECEIVING" ENTRANCE)

First Aid/CPR/AED Class

FRIDAY, APRIL 22

8 A.M. TO 1 P.M. • MCH ROOM A

Registration Fee — \$60
(includes required book)

Registration required.

To register, call (419) 949.3041.

MINIMUM CLASS SIZE: SIX PARTICIPANTS

American Red Cross Bloodmobile

WEDNESDAY, APRIL 27

10 A.M. TO 4 P.M. • MCH ROOM A

Tobacco Cessation

Registration Required • Free Program

MAXIMUM CLASS SIZE: EIGHT PARTICIPANTS

WEDNESDAYS

APRIL 27

MAY 4, 11, 18, 25

JUNE 1

ALL DATES ABOVE:

6 TO 7 P.M. • MCH ROOM C

MAY

Healthcare Provider CPR

MONDAY, MAY 2

4 TO 8 P.M. • MCH ROOM A

Certification/Recertification — \$45
(Book Suggested: \$15)

Registration required.

MINIMUM CLASS SIZE: SIX PARTICIPANTS

Diabetes Support Group

TUESDAY, MAY 3

6 TO 7 P.M. • MCH ROOM C

Registration Required • Free Program

Provides a venue to meet others who share similar concerns and experiences about diabetes. Each group meeting will focus on another aspect of the disease, often times featuring guest speakers. Please call (419) 949.3025 to register.

Diabetes Self-Management Education Class

WEDNESDAYS

MAY 4, 11, 18, 25

9 TO 11 A.M. • NORTHFIELD MEDICAL

Physician referral required.

MINIMUM CLASS SIZE: TWO PARTICIPANTS

(continued on page 8)

Current Resident

Calendar of **Community Outreach Programs and Services**

(continued from page 7)

MAY

Pediatric Advanced Life Support (PALS)

FRIDAY, MAY 6

8 A.M. TO 7 P.M. • MCH ROOMS A & C

Community registration fees:

Certification — \$150

Book — \$40

Registration required.

To register, call (419) 949.3041.

Prostate Cancer Screening

WEDNESDAY, MAY 18

2 TO 6 P.M. • MEDICAL SPECIALTY CENTER
NORTH (in the hospital)

- Men over age 50
- Men who have never been diagnosed with prostate cancer
- Men who haven't had a prostate exam within the past year

To schedule an appointment,
call (419) 949.3089.

Sports Physical Exams for Morrow County Students

Grades 7-12 • FREE!

PHYSICALS **NOT** PERFORMED AT THE LISTED LOCATIONS AND ON THE LISTED DATES WILL NOT BE FREE.

THURSDAY, MAY 19

4 TO 7 P.M. • NORTHFIELD MEDICAL

TUESDAY, MAY 24

5 TO 8 P.M. • MORROW COUNTY HOSPITAL

THURSDAY, MAY 26

4 TO 7 P.M. • CARDINAL CENTER

JUNE

Diabetes Self-Management Education Class

THURSDAY, JUNE 2

TUESDAY, JUNE 7

THURSDAY, JUNE 9

TUESDAY, JUNE 14

6 TO 8 P.M. • MCH ROOM C

Physician referral required.

MINIMUM CLASS SIZE: TWO PARTICIPANTS

Healthcare Provider CPR

WEDNESDAY, JUNE 8

8 A.M. TO NOON • MCH ROOM A

Certification/Recertification — \$45
(Book Suggested: \$15)

Registration required.

To register, call (419) 949.3041.

MINIMUM CLASS SIZE: SIX PARTICIPANTS

American Red Cross Bloodmobile

WEDNESDAY, JUNE 22

10 A.M. TO 4 P.M. • MCH ROOM A

Tobacco Cessation

Registration Required • Free Program

MAXIMUM CLASS SIZE: EIGHT PARTICIPANTS

WEDNESDAYS

JUNE 22, 29

JULY 6, 13, 20, 27

ALL DATES ABOVE:

6 TO 7 P.M. • MCH ROOM C