

Pulse



**Morrow County
Hospital**
OhioHealth

Associated with OhioHealth

651 West Marion Road
Mount Gilead, Ohio 43338

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Kyphoplasty – Treatment For Spinal Fractures

One in two women and one in four men over 50 will have an osteoporosis-related fracture in their remaining lifetime and the majority of the fractures are in the spine.

Source: National Osteoporosis Foundation

Balloon Kyphoplasty is a procedure that can change the lives of people who are afflicted with vertebrae compression fractures (VCFs) and Peter Sanford, MD, orthopedic surgeon, who has had great success performing it at Morrow County Hospital, is enthusiastic about the results.

“It can take care of their pain problem right away, and they will be able to stand up straighter,” he said, referring to balloon kyphoplasty. Most people who are candidates for this procedure suffer with vertebrae fractures which can lead to a hunched, deformed spine caused by osteoporosis and for some patients the fractures can become progressively worse and pain results whenever they move. “People become more immobile causing loss of bone mass, making them vulnerable for additional fractures,” said Lynn Schmidt, RN, BSN, Director of Perioperative Services and Outpatient Clinics.

Performed under local or general anesthesia, balloon kyphoplasty takes about 45 minutes for every two to three vertebrae

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Rehab Staff Receives State Recognition



Morrow County Hospital's Rehabilitation Services Staff – Recipient of the 2008 ODH Flex/CAH "Program of the Year" Award.

The Sports Medicine Program/Rehabilitation Services Department of Morrow County Hospital has won the prestigious Ohio Department of Health's 2008 Flex/CAH Award for being the “Program of the Year.”

The award, presented at the annual Flex/CAH Meeting in Columbus on August 12, was made in recognition of the program implemented by a Critical Access Hospital (CAH) in Ohio that promotes health and/or facilities' innovative healthcare delivery systems. The evaluation committee focused on innovation and perceived effectiveness of the program, the program's lasting impact on the community, and an emphasis on coordinating with others in the community.

When the Rehab Services Department recognized the need in Morrow County for high school athletes to have access to sports medicine services, they launched the “Sports Medicine Program.” As a result, they teamed up with the county's five high schools to provide free sports medicine services

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Visit Our Web Site...

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

www.morrowcountyhospital.com

What's Inside

Kyphoplasty – Treatment For Spinal Fractures

(Continued from cover)

to be repaired and no more than a total of six is recommended,” noted Dr. Sanford, adding, “The results are amazing.”

The procedure involves the surgeon making a small one-quarter inch incision at the site and guiding specialized tubes directly into the fractured vertebra. Through the tube, a special balloon is inserted into the collapsed vertebra returning it to its normal position. Once the vertebra is in the correct position, the balloon is deflated and removed, creating a cavity in the vertebral body. The cavity is then filled with special cement to support the surrounding bone and prevent further collapses.

“This surgery works best for patients who have been recently diagnosed with vertebrae compression fractures (VCFs) because there is a better chance of restoring most of the original vertebral height and the bone hasn’t started to heal in the wrong position,” said Dr. Sanford. “Nevertheless, the procedure will bring the patient much relief from pain.

Progressive damage can be stopped when we use kyphoplasty,” said Dr. Sanford. “These people wake up in the recovery room and say, ‘I’m better.’ It’s a very successful procedure.”

To learn more about the balloon kyphoplasty procedure, contact Dr. Sanford’s office at Morrow County Hospital’s Medical Specialty Center North – (419) 949-3080.



Dr. Peter Sanford performs the balloon kyphoplasty procedure at Morrow County Hospital and is enthused about the patients’ results.

Rehab Staff Receives State Recognition

(Continued from cover)

for their athletic programs, including field coverage at games, conditioning expertise, injury prevention and recognition, along with school site visits for injury clinics. These free services would not have been financially feasible because of the schools’ limited funding for athletics.

During the 2007-08 school year, Morrow County Hospital sponsored over 100 community outreach programs that included free events provided by the Rehab Services staff including sports physical exams for Morrow County high school students, wrestling weight assessments and a Sports Medicine Clinic for coaches and advisors.

The hospital remains committed to the youth of Morrow County with the continuation of the Sports Medicine and other sports-related outreach programs, and their commitment has been duly recognized by the prestigious Flex/CAH Award for Program of the Year.

Emergency Care – Ready Around The Clock!

Nearly 50 patients are seen each day in the Emergency Department (ED) at Morrow County Hospital for problems ranging from minor ailments – earaches, sore throats, splinters in fingers – to the severe traumas – strokes, heart attacks and accident victims. “For the nursing staff, emergency care is a specialty that requires a vast knowledge of all phases of the patient population, every disease in the clinical realm and the nursing care that is required for each patient,” said Teresa Roe, RN, Emergency Department Manager, who is very impressed with her staff’s experience and level of competency. “Although they are only required to take CPR training to work in the Emergency Department, Morrow County Hospital’s nurses go a step further and have opted to be certified in CPR (Cardiopulmonary Resuscitation), ACLS (Advanced Cardiac Life Support); TNCC (Trauma Nurse Core Course) and PALS (Pediatric Advanced Life Support). In 2009, they will be certified in Neonatal Resuscitation.”

Recognized as a leader in patient satisfaction, the Emergency Department has received the OhioHealth “Highest-Sustained Overall Score” award based on survey data by Press Ganey (a leading surveyor of healthcare providers) for the past two years. This recognition is evidence of their innate ability to always place their

(Continued on page 6)

Dr. Rebecca Crockett Accepting Patients

Gynecologist/Obstetrician, **Rebecca Crockett, DO**, is the newest member of Morrow County Hospital’s Medical Staff who is seeing patients in the hospital’s Medical Specialty Center West.

Dr. Crockett received her Bachelor of Arts degree in Biology at Wittenberg University (Springfield, OH) and her medical degree from the Ohio University College of Osteopathic Medicine in Athens (OH). She completed her residency programs at St. Vincent Mercy Medical Center (Toledo, OH) and the Ohio University College of Osteopathic Medicine.

At Morrow County Hospital, Dr. Crockett has both weekly clinic hours and performs surgical procedures in their operating rooms. Her practice includes comprehensive

women’s health services for adolescents, teenagers and adults including colposcopy, LEEP/cryosurgery, laparoscopy, hysterectomy, infertility and repair of pelvic prolapse, as well as obstetrical care. Being an osteopathic physician, Dr. Crockett also performs OMT (osteopathic manipulation therapy) as part of her scope of practice.

Raised in the country near Springfield, OH, Dr. Crockett and her husband recently relocated to the Marion area. They are the proud parents of 7-month old Emily who is their main focus of family fun.

For more information about Dr. Crockett, or to schedule an appointment, please contact Morrow County Hospital’s **Medical Specialty Center West – (419) 947-1707.**



Rebecca Crockett, DO
Gynecology/Obstetrics

C-Arm – High-Tech Equipment



Kelli Jagger, RT, demonstrates the capabilities of the OEC 9900 Elite C-Arm in one of the hospital’s operating rooms.

“Every day seven out of ten surgeons rely on a General Electric OEC C-Arm in their operating rooms,” according to a recently released statement from General Electric, and locally, Morrow

County Hospital is one of them.

The General Electric OEC 9900 Elite C-Arm is a fluoroscopy device that uses x-rays to reveal real-time imagery of a patient’s internal structure while undergoing surgery. “With the lowest radiation dose attainable in the surgery suite, the C-Arm captures the clearest and most precise images with

its zoom and magnification capabilities and can save and store images created,” said Lynn Heimlich, RT(R), Radiology Director. The “C-shaped,” high-tech piece of equipment rotates

completely around the patient and can take images from two different views – front to back and side to side, while the patient remains in the same position.

This OEC 9900 Elite C-Arm is used by the surgeon to pin a hip, repair ankle or wrist fractures, as a guide when removing kidney stones and to ensure there are no gallstones outside the gallbladder when removing it. In addition, it is used for bronchoscopy and kyphoplasty procedures and as a guide for needle or catheter placement for pain management cases.

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Lois Peoples
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Contributing Writers

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Lois Peoples

If you have a story idea, please contact –

(419) 949-3088

Calendar of Community Outreach Programs & Services

2008

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.-4:30 p.m. *Watch for weekly ads in the local newspapers.* Visit our Web site – www.morrowcountyhospital.com

October

Safe Sitter

Saturday/October 11 • 9 a.m.-3 p.m. • MCH Room A
Lunch Provided • Registration Fee - \$10 (For student manual)
Minimum Class Size: 8 (11-13 year olds only!)

Morrow County Hospital is a teaching site for "Safe Sitter" which is a medically-accurate program designed to prepare 11-13 year olds to be safe and nurturing babysitters. Instructors will teach life skills – business, medical, safe habits – in this high-quality course. The registration fee covers all costs!

Prostate Cancer Screening For Men • FREE!

Thurs./October 16 • 2-6 p.m. • (Dr. Roberto Concepcion & Dr. David Fitkin)
By Appointment Only - Call Public Relations to schedule an appointment – (419) 949-3089.

Offered in partnership with Dr. Roberto Concepcion and Dr. David Fitkin, Medical Specialty Center West (MSC W) urologists, this **FREE** screening is targeted for men over 50 and will include the following: completing a basic health information sheet; viewing a video; having a PSA blood test; and having an examination by Dr. Concepcion or Dr. Fitkin. **This screening will be held in the hospital's Medical Specialty Center West located on the west side of the hospital. Please use the "Emergency" canopied entrance. Remember – for an appointment call Public Relations – (419) 949-3089.**

Heartsaver CPR

Thursday/October 16 • 4:30-9:30 p.m. • MCH Room A
Certification/Recertification - \$25 • Book with CD - \$15
Registration Required • Book Required
Minimum Class Size: 6 participants

Learn basic adult and pediatric life support techniques. Community members wishing to register for a CPR class are required to pre-pay their registration fee (non-refundable) seven days prior to the class date, or their name will be removed from the class roster.

October

Healthcare Provider CPR

Friday/October 24 • 8 a.m.-2:30 p.m. • MCH Room A
Certification/Recertification - \$38 • Book with CD - \$15
Registration Required • **Minimum Class Size: 6 participants**

This class is for healthcare professionals and teaches all aspects of basic life support. Community members wishing to register for a CPR class are required to pre-pay their registration fee (non-refundable) seven days prior to the class date, or their name will be removed from the class roster.

November

"MCH Health Awareness" Blood Profiles

(\$20 Blood Profile) • Eligibility: Anyone age 18 and over

During the month of November, Morrow County Hospital's laboratory personnel will offer \$20 "MCH Health Awareness" blood profiles, which include a battery of 27 tests – cholesterol, triglycerides, HDL, LDL, VLDL, glucose, BUN (blood urea nitrogen), creatinine, sodium, potassium, chloride, carbon dioxide, AST, ALT, GGT, total bilirubin, total protein, albumin, calcium, alkaline phosphatase, iron, white blood count, red blood count, platelet count, hemoglobin/hematocrit, mean cell volume and mean cell hemoglobin concentration. **For an additional \$20, you may also receive a TSH (thyroid stimulating hormone) test.** An 8 to 10-hour fast is necessary for accurate results – no eating, and only drink moderate amounts of water. Take your medications! Listed below is the date, location and time these profiles will be offered in November –

Saturday/November 1 • Morrow County Hospital (Room A)
6-9:30 a.m.

Physicians' orders for additional tests will not be accepted at this screening. No appointment is necessary! This \$20 blood profile will only be available at the site listed!

Diabetes Education

Registration Required • Free Program

Wednesday/November 5 • 6-8:30 p.m. • MCH Room A
Wednesday/November 12 • 6-8:30 p.m. • MCH Room A
Wednesday/November 19 • 6-8:30 p.m. • MCH Room C
Tuesday/November 25 • 6-8:30 p.m. • MCH Room A

This four-part/ten-hour program is for recently-diagnosed diabetics. Each night of this once-a-week/four-week course, a different aspect of the diabetes disease process will be discussed. **You must attend all four sessions to complete this course.**

November

Advanced Cardiac Life Support (ACLS)

Friday/November 7 • 8 a.m.-5:30 p.m. • Rooms A & C
Maximum Class Size: 12 participants
Friday/November 14 • 8 a.m.-5:30 p.m. • Rooms A & C
Maximum Class Size: 24 participants

Please note: For recertification, you only need to attend the November 14 class.

Prerequisites: ACLS Certification - Current Healthcare Provider CPR Certification • ACLS Recertification - Current ACLS Certification & Current Healthcare Provider CPR Certification

Completion of ACLS Pretest Required

Community Registration Fees: Certification - \$125/
Recertification - \$75 • Book with CD - \$30/Handbook - \$15
Registration Required

This class is for healthcare professionals and teaches all aspects of advanced life support. You will need to provide proof of required prerequisites at class registration. Community members wishing to register for an ACLS class are required to pre-pay their registration fee (non-refundable) seven days prior to the class date, or their name will be removed from the class roster.

Positive Hypnosis Of Ohio Hypnosis Programs

Clinical Hypnotist: Donald J. Mannarino, MA
Weight Loss (6 p.m.) & Smoking Cessation (7 p.m.)
Thursday/November 13 • MCH Room A
Per Person/Per Program - \$60 • Registration Required

In addition to the hypnosis session, each participant will receive a CD for home reinforcement and a certificate for the option of attending one reinforcement session at no charge for one year.

Healthcare Provider CPR

Saturday/November 15 • 8 a.m.-2:30 p.m. • MCH Room A
Certification/Recertification - \$38 • Book with CD - \$15
Registration Required • **Minimum Class Size: 6 participants**

This class is for healthcare professionals and teaches all aspects of basic life support. Community members wishing to register for a CPR class are required to pre-pay their registration fee (non-refundable) seven days prior to the class date, or their name will be removed from the class roster.

November

Heartsaver CPR

Thursday/November 20 • 4:30-9:30 p.m. • MCH Room A
Certification/Recertification - \$25 • Book with CD - \$15
Registration Required • Book Required
Minimum Class Size: 6 participants

Learn basic adult and pediatric life support techniques. Community members wishing to register for a CPR class are required to pre-pay their registration fee (non-refundable) seven days prior to the class date, or their name will be removed from the class roster.

American Red Cross Bloodmobile

Friday/November 21 • 10 a.m.-4 p.m. • MCH Room A

Please bring photo identification showing your social security number. Call the MCH Public Relations Department to schedule an appointment – (419) 949-3089.

December

Healthcare Provider CPR Renewal

Friday/December 5 • 7:30 a.m.-12 p.m. • MCH Room A
Certification/Recertification - \$38 • Book with CD - \$15
Registration Required • **Minimum Class Size: 6 participants**

This class is for healthcare professionals and teaches all aspects of basic life support. Community members wishing to register for a CPR class are required to pre-pay their registration fee (non-refundable) seven days prior to the class date, or their name will be removed from the class roster.

Healthcare Provider CPR

Monday/December 15 • 4:30-9:30 p.m. • MCH Room A
Certification/Recertification - \$38 • Book with CD - \$15
Registration Required • **Minimum Class Size: 6 participants**

This class is for healthcare professionals and teaches all aspects of basic life support. Community members wishing to register for a CPR class are required to pre-pay their registration fee (non-refundable) seven days prior to the class date, or their name will be removed from the class roster.

Wishing You A Healthy Holiday Season!

2008 | AUXILIARY-SPONSORED EVENTS

Open To The Public!

Auxiliary Annual Holiday Bazaar

Friday/October 31 • 7 a.m.-3 p.m. • Rooms A & C

"Books Are Fun" Book Fair

Monday/December 1 • 7 a.m.-4 p.m. • Room A

"Masquerade" \$5 Jewelry Sale

Thursday/December 4 • 6:30 a.m.-3:30 p.m. • Room A

Emergency Care – Ready Around The Clock!

(Continued from page 2)



Emergency team members are highly qualified and ready around the clock to provide patient care.

patients first. Teresa mentioned, “We value our patients’ comments and are always looking for ways to improve.”

When coming to the hospital for emergency care, Teresa shared the importance of patients bringing a list of medications and allergies with them rather than the bottles. “You are going to be asked what medications you take, how many milligrams, how often you take them and when you took it last (not just what’s on the bottle). If you’re in a car accident, you won’t have the bottles with you. Having a list is vitally important.”

“At Morrow County Hospital, our Emergency team utilizes the latest equipment, and our staff is extremely competent to care for all emergency patients. They are a superior group, always wanting to learn, to improve and wanting to make it better for our patients,” concluded Teresa.

Medical Specialty Center North

“Specialized Care Close To Home”

For More Information, Or To Schedule An Appointment,
Please Call – (419) 949-3080

Neurology • Nerve Conduction, Seizures & Headaches

Orthopedics • Bone Fractures, Deformities & Joint Pain

Pain Management • Treatment of Pain Disorders

Pulmonology • Lung Diseases, Sleep Disorders,
Testing & Bronchoscopy

Surgery (General)

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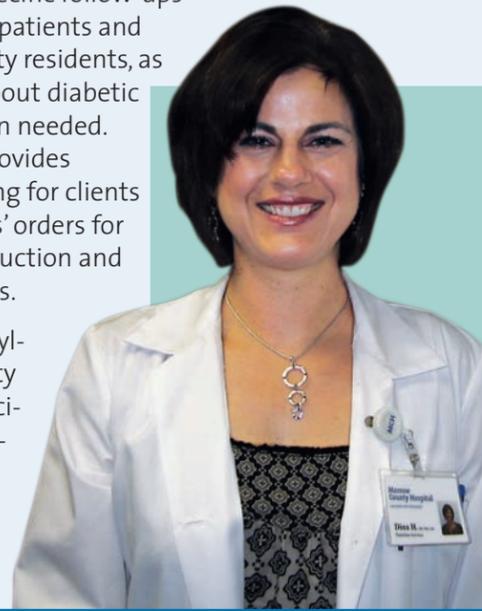
Dietitian – Dina Herald, RD, LD

As Morrow County Hospital’s registered and licensed clinical dietitian, Dina Herald, RD, LD, enjoys “learning about different diseases and how they are related nutritionally.” She is responsible for providing nutritional assessments and specific follow-ups for medical surgical patients and Extended Care Facility residents, as well as education about diabetic or cardiac diets when needed. Additionally, Dina provides outpatient counseling for clients who have physicians’ orders for diabetes, weight reduction and food allergy concerns.

A graduate of Pennsylvania State University with a Bachelor of Science degree in Medical Dietetics, Dina began her career as a clinical dietitian in California at a community hospital much like Morrow County Hospital.

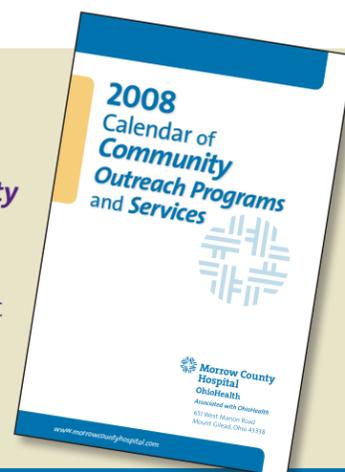
Today, Dina has 20 years of experience. She has worked as a nutritional consultant for a nursing home and 15 years as a nutritional counselor for the Knox County WIC (Women, Infants and Children) program. “The change is really nice; I’m really excited,” said Dina, when asked about her new position at Morrow County Hospital.

Dina and her husband have two grown children – a son who is a junior at The Ohio State University majoring in biology and a daughter who is a high school senior, who is planning to attend college next fall.



Dina Herald, RD, LD

If you would like to request a free copy of the **2008 Calendar of Community Outreach Programs and Services** booklet, please contact the hospital’s Public Relations Department – (419) 949-3089.



Emergency Manager – Teresa Roe, RN

Teresa Roe, RN, is enjoying her position as Emergency Department Manager at Morrow County Hospital. “It’s where I belong, it’s where I was born and raised as a nurse, and it’s what I know and love,” she said explaining her role in emergency nursing.

Teresa, who holds an Associate Degree in Nursing from Marion Technical College, will complete her Bachelor’s Degree in Business Administration at Mount Vernon Nazarene University this fall.

During the 13 years she has served in leadership, Teresa has earned numerous certificates and awards for outstanding performances including a Certificate in Emergency Nursing (CEN), and she is certified as a State of Ohio paramedic instructor. In line with this, she has made presentations at national conferences and worked on several state initiatives related to

abuse and forensic protocols. She recently worked as an emergency charge nurse, preceptor and sexual assault examiner.

Teresa is very complimentary of her emergency staff and finds “it extremely enjoyable and rewarding to work with employees and physicians who want to move forward and who want to be the strongest team they can be; we have that here at Morrow County Hospital.” Noting that they are doing a great job, she said, “They are always looking for ways to continue to make improvements in the delivery of patient care.”

Teresa understands what it means to be on the front lines and finds satisfaction in conducting the “business” side of management to guarantee high quality patient care. Communication with staff rates high with her. “I may not be there with them at 2 a.m., but just talking to the



Teresa Roe, RN
Emergency Department Manager

team and finding out what’s going on is invaluable.”

She loves spending time with her husband and their three teenagers all of whom participate in school-related activities. Teresa also relaxes while playing competitive sports and flower gardening.

Buttercup Twig – Celebrates 33 Years



Buttercup Twig Members

It was April 4, 1975, when the Buttercup Twig, a hospital volunteer group, was organized and Virginia Bachelder, now a charter member, was elected its first president.

Today, the Twig’s 17 members include teachers, business people, housewives, a county official and librarians, each donating time and sponsoring fundraising projects as a way of showing their concern for patients.

Buttercup members can be found volunteering at the Twigette desk, managing and working as sales clerks in the Auxiliary Gift Shop and helping in offices, wherever needed.

Always active, their volunteer duties also include working on fundraising projects, such as crafts for the annual Auxiliary Holiday Bazaar, making candy, baking pumpkin pies, holding bake sales and selling cookie dough for those who like to have “home-made” treats.

Proceeds from these projects are given to the hospital Auxiliary to help purchase items that benefit patient care.

Are You Interested In Becoming A Hospital Volunteer?

Contact Lois Peoples, Public Relations Manager
(419) 949-3088

United Way Pacesetter – Exceeds Goal!

Diana Fisher, MCH President and CEO, presented the hospital's United Way Campaign donation of **\$17,596.13** at the county's kickoff on Saturday, September 13. As a United Way Pacesetter, the hospital employees exceeded their goal of \$15,000 and helped the county move towards its goal of \$157,000.



Medical Specialty Center West

“Specialized Care Close To Home”

*For More Information, Or To Schedule An Appointment,
Please Call – (419) 947-1707*

Allergy/Immunology • Adult & Pediatric Evaluation & Therapy

Audiology • Adult & Pediatric Hearing Evaluation, Hearing Aid Sales, Fitting, Adjustment & Repair

Cardiology • Heart Diseases & Stress Testing

To schedule an appointment with a cardiologist, call **(419) 947-9953**.

Dermatology • Adult & Pediatric Skin Diseases

Gastroenterology • Stomach, Small & Large Intestines

Gynecology/Obstetrics • Comprehensive Women's Health Services

Hematology/Oncology • Cancer & Chemotherapy

Ophthalmology • Eye Diseases, Cataracts & Glaucoma

Otolaryngology • Ear, Nose & Throat

Podiatry • Foot Care

Psychology • Evaluation & Consultation Services For Behavior & Emotional Disorders

Surgery (General)

Urology • Urinary Tract Diseases & Kidney Stones

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