

Pulse



**Morrow County
Hospital**
OhioHealth

Associated with OhioHealth

651 West Marion Road
Mount Gilead, Ohio 43338

Fall 2009 • Volume 11 • Number 4

Local Resident Benefits From High-Tech Imaging

Because Morrow County Hospital is equipped with the ability to combine the information technology (IT) infrastructure of Riverside Radiology Associates (RRA) with the hospital's imaging system, cardiovascular patients entering Morrow County Hospital have a much better chance of survival. Ask Lester Meyers, who having survived a serious heart attack four years ago, was stricken again this past June. His symptoms, chest pain, shortness of breath and extremely swollen legs were quickly noticed by his wife, Sandra, who contacted Dr. Murcko, his cardiologist, with Heart Specialists of Ohio (HSO). "He said, call 9-1-1 and get him to the hospital so we can get him stabilized and we'll go from there," mentioned Sandra. While being transported, the local EMS closely monitored and treated him. Upon arrival at Morrow County Hospital, Lester was examined by the emergency physician and Dr. Debaets, a HSO cardiologist who was seeing patients in the Medical Specialty Center. Both confirmed the severity of his condition. A CT scan revealed that he had a large pulmonary embolism requiring an emergency transfer to Riverside Methodist Hospital in Columbus for a life-saving clot busting procedure administered through a catheter.



Radiologist - **Peter Lafferty, MD**
Riverside Radiology Associates

Dr. Peter Lafferty, a radiologist with Riverside Radiology Associates (RRA), remarked on the timeliness and efficiency of the care given to Lester. "He was treated from the time of diagnosis to the successful clot busting procedure in Columbus about the same amount of time it would have been expected for an individual who was an inpatient at our Columbus facility."

The small, but important, part of the puzzle is the information technology (IT) infrastructure of Riverside Radiology Associates (RRA) that combines the imaging work lists at

Riverside Methodist Hospital as if they were in the same facility, noted Dr. Lafferty. He explained that if a patient needs to be transferred from MCH to RMH, the RRA radiologist can pull up that patient's imaging archive as one unified list as if that patient's CT and ultrasounds were performed at Riverside when in fact, they were done at MCH.

"This seamless way—more efficient and more rapid—saves time and money because tests don't need to be repeated needlessly. Riverside Radiology Associates is unique

(continued on page 2)

CJ Miller – Vice President, Ancillary Services

CJ Miller, MPT, ATC, Cert. MDT, has been named Vice President of Ancillary Services at Morrow County Hospital where he recently completed four years as Rehab Services Director. As the newest member of the hospital's executive team, CJ brings an



CJ Miller, MPT, ATC, Cert. MDT
Vice President, Ancillary Services

extensive background of experience and is responsible for leading the ancillary division comprised of cardiopulmonary, radiology, rehab services, laboratory, nutrition services, staff development and social services, as well as duties pertaining to quality and risk management.

An Ashland, OH, native, CJ earned his Bachelor of Science Degree from Ashland University where he holds a double

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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

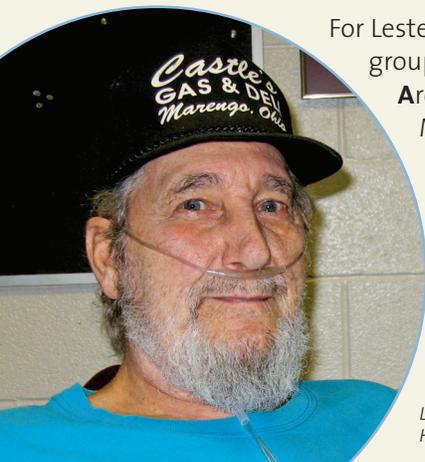


What's Inside

Local Resident Benefits From High-Tech Imaging

(continued from front cover)

because it has developed an imaging network across different healthcare systems and allows for a unified reading environment. RRA radiologists have access to any facility data where they are credentialed and this allows them to access current images as well as archived previous images, if available, to use as a comparison leading to timelier diagnosis and treatment,” said Dr. Lafferty.



For Lester Meyers, having a radiology group that utilizes the PACS (Picture Archiving Computer System) at Morrow County Hospital saved his life. “Having this data leads to more efficient, better healthcare the first time around and that is really the primary benefit to the referring physician and patient,” said Dr. Lafferty.

Lester Meyers is thankful to Morrow County Hospital for saving his life...twice!

Compassionate, Personalized, High-Tech Care



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If you have a story idea, please contact –

(419) 949-3088

CJ Miller – Vice President, Ancillary Services

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major in biology and sports medicine and a minor in chemistry. He earned his Masters Degree in Physical Therapy at Andrews University (Dayton, OH) and is currently a board-certified and state-licensed athletic trainer and physical therapist. For six years, he was the clinical supervisor of Physical Therapy for Akron General Sports & Physical Therapy where he completed his clinical rotation for his Masters.

When CJ’s wife, Karen, saw a recruitment flyer about PT Services announcing an opening for a Rehab Services Director at Morrow County Hospital, it was an enticement to learn more about the exact location of Mt. Gilead. It was a perfect match since Morrow County Hospital was midway between Ashland, his hometown, and Columbus, the home of Karen’s family.

During CJ’s four years at Morrow County Hospital, his Rehab Services staff has made a positive impact in the therapy services provided to outpatients, inpatients, Home Health patients and Extended Care Facility residents. In 2008, the staff received the Ohio Department of Health’s Flex Award for an outstanding Sports Medicine Program and their commitment to the Morrow County schools.

“The hospital’s administration has shown confidence in choosing me, and I hope to follow through by making them feel they made the right decision,” said CJ. “I plan on being at Morrow County Hospital and living in the area for a long time.”

The Millers and their four children now reside in southern Morrow County, where CJ is active in his children’s activities and sports teams.

AUXILIARY-SPONSORED EVENT

“Books Are Fun” Book Fair

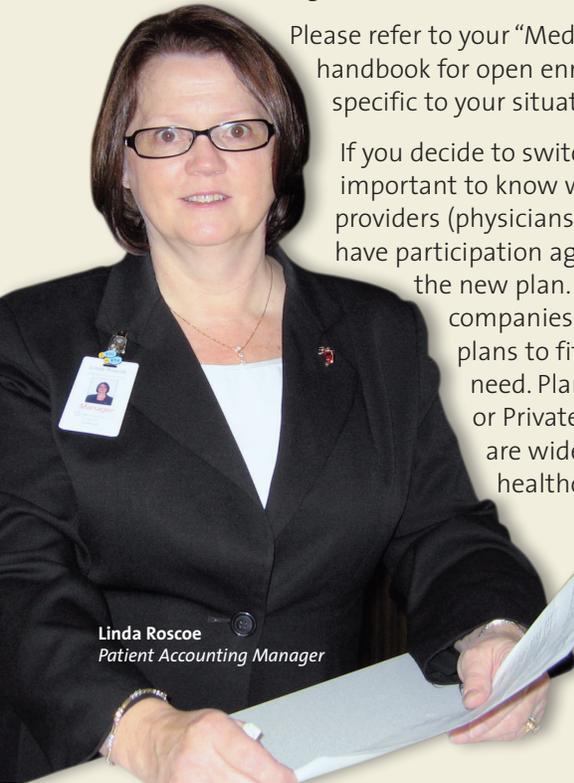
Wednesday, December 2

7 a.m.-4 p.m. • MCH Room A

Open To The Public!

Insurance Questions ?

The time of open enrollment is nearing for most Medicare recipients. From November 15 to December 31, Medicare recipients may choose to join a Medicare Advantage Plan, switch from one Medicare Advantage plan to another Medicare Advantage Plan, or switch to Original Medicare.



Linda Roscoe
Patient Accounting Manager

Please refer to your “Medicare & You” handbook for open enrollment times specific to your situation.

If you decide to switch plans, it is important to know which healthcare providers (physicians and hospitals) have participation agreements with the new plan. Many insurance companies offer multiple plans to fit an individual’s need. Plans listed as PFFS, or Private Fee For Service, are widely accepted by healthcare providers.

Plans listed as a PPO, or Preferred Provider Organization, require healthcare providers to have a unique

contract in order for patients to receive the maximum benefit. If patients subscribe to a PPO plan, then receive services from a non-contracted provider, the patient will be charged an out-of-network deductible and a higher co-pay amount.

Even though your healthcare provider accepts Humana, Anthem, Aetna, etc., they may not have a unique contract to give you your best financial benefit if you select a PPO plan offered by these same companies. We are aware of one company that has 14 Medicare replacement plans to offer Medicare Beneficiaries. Although the premium may be more favorable, your favorite provider may not have a unique contract with all the PPO plans, resulting in you incurring higher out-of-pocket costs.

If you are enrolled in a Medicare Advantage plan as a result of group participation, your plan may be changing as well. We have been notified that OPERS Medicare-eligible retirees will switch to a Humana PPO plan as of January 1, 2010. Morrow County Hospital will be a participating provider with this plan, and we hope to have your continued business for your healthcare needs.

If at any time you have questions about whether Morrow County Hospital is a participating provider for your plan, feel free to call Linda Roscoe, Morrow County Hospital Patient Accounting Manager – **(419) 949-3010**. Please have your insurance card available when you call.

MRI Arthrograms – Cutting-Edge Technology



Peter Sanford, MD
Orthopedic Surgeon

Your shoulder hurts and you wonder why. You, as a patient, are eager to find out what’s wrong and how it can be repaired. So, after an exam by a physician to check out your shoulder bone, socket and its band of tissue, a MRI arthrogram may be ordered. “This new imaging modality is just one more ‘tool’ in Morrow County Hospital’s ‘toolbox’ to assist in the diagnosis of joint pain,” said orthopedic surgeon, Peter Sanford, MD.

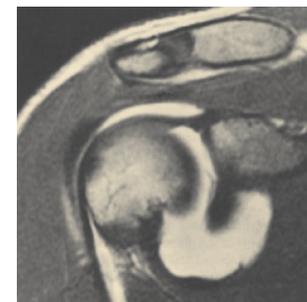
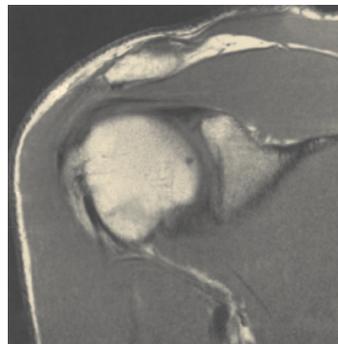
“With a MRI arthrogram, contrast (dye) is injected in the patient’s shoulder joint. The dye creeps into every crack and crevice of the tissue clearly showing the location of any tears; whereas with a regular MRI, dye isn’t used. The MRI arthrogram is then read by one of the radiologists with

Riverside Radiology Associates who are sub-specialty trained in interpreting these musculo-skeletal scans,” said radiologist, Vincent Trago, MD.

To learn more about MRI arthrograms, please contact the hospital’s Radiology Department – **(419) 949-3090**.



Vincent Trago, MD
Radiologist



By injecting contrast dye into a person’s shoulder, tears are much easier to detect. Image on the left without contrast; the one on the right had contrast injected into the joint.

Calendar of Community Out

Pre-registration is required for all programs unless otherwise noted. To register for any of the listed programs, contact the Public Relations Department – (419) 949-3089 or (419) 949-3088 – Monday through Friday, between the hours of 9 a.m. and 5 p.m. Visit our Web site – www.morrowcountyhospital.com

October

Prostate Cancer Screening For Men • FREE!

Thursday/October 15 • 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 (MSCW) 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.

Healthcare Provider CPR Renewal

Friday/October 16 • 7:30-11:30 a.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.

Diabetes Education

Registration Required • Free Program

Wednesday/October 28 • 6-8:30 p.m. • MCH Room A
Wednesday/November 4 • 6-8:30 p.m. • MCH Room A
Wednesday/November 11 • 6-8:30 p.m. • MCH Room C
Wednesday/November 18 • 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/October 23 • 8 a.m.-5:30 p.m. • Rooms A & C
Maximum Class Size: 12 participants

Friday/November 6 • 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 13 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.

"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 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 are the dates, locations, and times that these profiles will be offered in November –

Sat./November 7 • 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!

reach Programs & Services

For more information, please call Morrow County Hospital's
from 8 a.m.-4:30 p.m. *Watch for weekly ads in the local newspapers.*

2009

November

Positive Hypnosis Of Ohio Hypnosis Programs

Clinical Hypnotist: Donald J. Mannarino, MA
Weight Loss (6 p.m.) & Smoking Cessation (7 p.m.)
Tuesday/November 10 • 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.

American Red Cross Bloodmobile

Friday/November 20 • 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.

Wrestling Weight Assessment For Morrow County Students Grades 9-12 • FREE

Monday/November 23 • 4-6 p.m. • MCH Room A

This free assessment meets the requirements of the Ohio High School Athletic Association (OHSA) for promoting proper weight maintenance for high school wrestlers.

December

Healthcare Provider CPR

Thursday/December 10 • 4:30-9:30 p.m. • MCH Room C
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.

Aila Ashraf, Speech-Language Pathologist

Speech pathologist, Aila Ashraf, MA, CF-SLP, enjoys working with outpatients, Home Health patients, inpatients and Extended Care Facility residents on a regular basis, who have all types of speech, language, cognitive or swallowing difficulties.

Aila received her undergraduate degree from Central Michigan University and earned her Masters degree from Wayne State University in Detroit, Michigan. She completed her graduate internship and held her first job at St. John Hospital and Medical Center in Detroit, where she worked with a wide variety of patients experiencing speech, language and swallowing difficulties. Most recently, Aila worked for a company who provided speech-language services for an acute care hospital, long-term acute hospital and skilled nursing facility.



Aila Ashraf, MA, CF-SLP
Speech-Language Pathologist

“I enjoy working with people of all ages from children through geriatrics and look forward to working with a more diversified population in the Morrow County community,” said Aila. “In a big hospital, nobody knows you. It’s very different here. Everyone knows your name, and it is very close knit.”

For more information about Speech Therapy services, please call – (419) 949-3086.

2009 | AUXILIARY-SPONSORED EVENT

Auxiliary Holiday Bazaar

Friday/October 30 • 7 a.m.-3 p.m. • MCH Lower Level
Raffle Drawing at 2:30 p.m.

Open
To The
Public!

ECF Director of Nursing – Kathy Wellman



Kathy Wellman, RN, BSN
ECF Director of Nursing

Kathy Wellman, RN, BSN, is the new Director of Nursing in the hospital's Extended Care Facility. Previously, Kathy held various positions in her 34 years at Riverside Methodist Hospital (Columbus). With an extensive background in nursing, Kathy began her career as an LPN in Riverside's float pool and the surgical floor and completed her RN Associate's degree and later her Bachelor's of Science Degree in Nursing. For 20 years, she worked in Riverside's 48-bed Extended Care Facility where she was the unit manager for six years before the unit closed in 2004. At that time, she and her staff tran-

sitioned to the newly-opened Spine Surgery unit where she served as manager for five years.

Kathy is very impressed with her new Extended Care Facility (ECF) staff at Morrow County Hospital and is getting acquainted with them and meeting the ECF residents and their families. "The atmosphere here is very family oriented," said Kathy. "Everybody knows everyone's name. It doesn't matter who you are, where you work or what you do, you say 'hi' by name." Having served on OhioHealth's customer service committee, Kathy believes in making every person feel extra special. "The customer service here is phenomenal," she said.

As ECF Director of Nursing, Kathy will be working with her staff to ensure every resident receives the very best care possible. Kathy is familiar with the Ohio Department of Health standards and regulations, the unit's coding program for reimbursement (MDS) and will be learning more about ECF's restorative care program.

Kathy and her husband, Steve, live in Morrow County and have three grown children and two grandchildren. She is an expert "scrapbooker" and thrives on having her thousands of family photographs labeled and organized chronologically in photo albums...what an accomplishment!!

Auxiliary Holiday Bazaar – October 30

It's coming soon! Mark your calendar for the Morrow County Hospital Auxiliary Holiday Bazaar to be held Friday, October 30, from 7 a.m.-3 p.m., in the hospital's lower level. More than 15 names will be drawn as raffle winners at 2:30 p.m.

"This event is the Auxiliary's largest fundraiser, and all 10 Twig groups work together to make it successful," said Marilyn Schnippel, Bazaar Chair. "People really look forward to our homemade baked goods and always want to see our wide variety of sale items." This year, featured items will include fall arrangements, needlework, plants, holiday crafts, paperback and hardback books, puzzles and wood crafts among the many choices for purchase.

The Gift Shop will be located in Room C for everyone's shopping enjoyment with an abundance of holiday decorations, ornaments, and Nativity sets. There will also be Jim Shore™ and Willow Tree™ items and much more.

All proceeds from the Bazaar go toward purchasing items that benefit patient care at Morrow County Hospital.



Marilyn Schnippel
Bazaar Chair

Watchful Experts Support Athletes



CJ Miller, PT, ATC

Wearing navy blue polo shirts or “hoodies,” marked with the Morrow County Hospital logo, members of the hospital’s Rehab staff are on the sidelines of the county’s high school football games every Friday night this fall. These trained personnel are ready at a moment’s notice to identify injuries and, if necessary, to act as a liaison with the coach, administration, parents and other health-care providers.

Through the hospital’s sports medicine program, local high schools benefit from field coverage at all games, conditioning expertise, injury prevention and recognition along with school site visits for injury clinics.



Jeanette Kincaid, PTA

Chris Kocak, PT



Patrick Hunter, ATC



Lisa Levering, PT



Volunteers – Rainbow Twig

Greeting visitors and patients at the Twigette desk in the hospital’s main lobby, escorting patients to the outpatient clinics, working in the Gift Shop and assembling paperwork for emergency charts are just some of the many volunteer acts of kindness for the Rainbow Twig members who have been together since the late 1960s. Currently with 16 members on their roster, these ladies are known for their bake sales which feature delicious homemade pumpkin rolls, along with cutlery and rummage sales.

Anyone in the community who would like to find out more about being a hospital volunteer is asked to please contact the MCH Public Relations Manager – **(419) 949-3088**.



Rainbow Twig

**Carrier Presort
BOXHOLDER**

Tobacco Free For A Healthier Environment

It was January 2, 2008, when Morrow County Hospital became a tobacco-free campus and joined 80 Ohio hospitals who shared the same commitment to promote health lifestyle choices and eliminate the harmful effects of tobacco use on their campuses.

Today, that number has grown to 154 Ohio hospitals all of whom have set a goal that promotes the health, well-being and safety of employees and visitors at their facilities. According to information from the Centers for Disease Control and Prevention (CDC), tobacco use is the leading cause of preventable death in the United States and more deaths result each year from the use of tobacco than those combined from HIV (immunodeficiency virus), illegal drug use, alcohol use, motor vehicle injuries, suicides and murders.



“We appreciate the support and cooperation of our entire community to create a healthier environment for everyone by complying with our tobacco-free policy which prohibits the use of any tobacco products on the Morrow County Hospital campus, including buildings, parking areas and building grounds,” said Diana Fisher, MCH President and CEO.

United Way Pacesetter



**Morrow County
Hospital**
OhioHealth

\$12,830.86

Associated with OhioHealth

Hospital employees raised \$12,830.86 as a Pacesetter for this year's United Way campaign. “I want to thank everyone who supported our cookout and our employees for their generosity at a time when the county needs are great,” said Diana Fisher, President and CEO.