

# Pulse



**Morrow County  
Hospital**  
**OhioHealth**

Associated with OhioHealth

651 West Marion Road  
Mount Gilead, Ohio 43338

Spring 2010 • Volume 12 • Number 2

## Stroke... Every Second Counts!

### May – “National Stroke Awareness” Month

According to a report by the American Heart Association, strokes are now the third leading cause of death in the United States, affecting about 750,000 people a year. An estimated 185,000 surviving will have a second one.

A stroke occurs when a blood vessel carrying oxygen and nutrients to the brain is either blocked by a clot or bursts causing part of the brain to be deprived of the blood and oxygen it needs. The brain then begins to die.



Emergency physician Dr. Mark Seher, Stroke Committee Director, works with hospital department members and the local EMS, to implement the new stroke program.

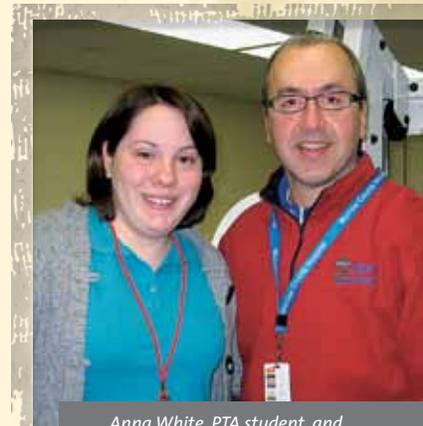
“As a general rule, a person has three hours from the first warning sign of a stroke,” said Teresa Roe, RN, BSBA, MCH’s Emergency Department Manager, who serves as the Stroke Committee Chairperson. “It is crucial a person knows these warning signs so a

(continued on page 2)

## Hospital Training Site For Students

Not only is Morrow County Hospital a medical center, it’s a learning center. Healthcare students from area colleges and career centers are experiencing what it’s like to work in the “real world” during their clinical rotations.

At Morrow County Hospital, on any given day, one will find students in rehab services, nursing areas, radiology and the laboratory. At the side of their hospital mentor, each student is introduced to the patient who must give their consent before the student will assist with care.



Anna White, PTA student, and Larry Peck, PTA

**Anna White**, a second-year student in North Central State College’s physical therapy assistant (PTA) program, has spent 10 weeks at the hospital working with a variety of patients. “I think I’ve gained a lot about different exercises and ways to progress the patient,” said Anna. **Larry Peck**, PTA, clinical instructor, tries to prepare each student for the real world and emphasizes the power of communication with each patient. “I’ve been a PTA for 26 years and being a mentor continues to keep me on my toes; I enjoy it,” he commented.

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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](http://www.morrowcountyhospital.com)

# Stroke...Every Second Counts

(continued from front cover)

stroke patient can receive proper testing and treatment at the emergency department as soon as possible.”

With the national focus on strokes, MCH is working with the Riverside Methodist Hospital (RMH) Stroke Center in Columbus, to bring their expertise here and initiate a local stroke program. “We want our stroke patients to be assured they can come to MCH, and we can provide the necessary testing and administer medications. We can rapidly stabilize them and, if necessary, transfer them to RMH or another stroke center, where the clot can be removed with the latest high-tech procedures,” said Teresa.

Statistics show that patients who arrive at the emergency room within three hours of their first symptoms tend to be healthier three months after a stroke than those whose care was delayed.

## Know the Warning Signs

**When dealing with a stroke, every second counts. It is important to recognize the symptoms of a stroke, since not all of the signs occur with every stroke. If you experience any of the symptoms, even if they go away quickly, seek immediate emergency help.**

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking, or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance, or coordination.
- Sudden, severe headache with no known cause.

## Are You At Risk?

The risks for stroke include factors you can't control, as well as those you may be able to control through lifestyle changes, regular physical exams and medical treatments. Risk factors include:

### Stroke risk factors you can't change –

- Age
- Heredity (family history) and race
- Gender
- Prior stroke, TIA (transient ischemic attacks) or heart attack

### Stroke risk factors that can be changed, treated, or controlled –

- High blood pressure
- Cigarette smoking
- Diabetes mellitus
- Carotid or other artery disease
- Atrial fibrillation
- Other heart disease
- Sickle cell disease (also called sickle cell anemia)
- High blood cholesterol
- Poor diet
- Physical inactivity and obesity

For more information, visit [www.strokeassociation.org](http://www.strokeassociation.org), or [www.americanheart.org](http://www.americanheart.org).

## Compassionate, Personalized, High-Tech Care

 **Morrow County  
Hospital**  
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*Associated with OhioHealth*

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If you have a story idea, please contact –

**(419) 949-3088**

## Virtual Fitness

Cardiac and Pulmonary Rehab patients joined the current Wii game rage while trying their skills at boxing, bowling and golfing during a Wii Health Event in March. These



Anthony Trapani and Judy Baker enjoyed Wii boxing...what a workout!!

games help to improve the patient's balance, eye-hand coordination, in addition to building strength and endurance while sharpening their athletic skills. “We enjoyed lots of laughs and everyone was amazed how much energy it takes and all the muscles you use to play against people on the screen,” said Judy Baker, RRT, Pulmonary Rehab Coordinator.

# Announcement...VP Selected

**Lynn Schmidt, RN, BSN**, became Morrow County Hospital's Vice President of Patient Care Services on February 21, 2010.

With over 30 years of nursing experience, Lynn previously served two years as the hospital's Director of Perioperative Services and Outpatient Clinics and was the Coordinator of Surgical Services for one year.

For the past four months, Lynn held the position of Interim Chief Nursing Officer for MCH and led the Patient Care Services Division through The Joint Commission and the CMS (Centers for Medicare & Medicare Services) validation surveys.

Lynn received her Diploma in Nursing (RN) from St. Elizabeth Hospital School of Nursing and her Bachelor of Science in Nursing (BSN) from Ashland University. A Certified Operating Room Nurse (CNOR) and a certified school nurse, Lynn has held several other hospital and school nursing positions. She is a member of the American Society of PeriAnesthesia Nurses, the Association

of Operating Room Nurses (AORN) and the International Association of Healthcare Central Service Material Management, and will be pursuing her master's degree.

The mother of two grown sons, Lynn and her husband, live in Mansfield. They enjoy traveling in their spare time, and Lynn is known for her old-fashioned Victorian tea parties complete with all the authentic food and garnishes.

**Lynn Schmidt, RN, BSN**  
VP Patient Care Services



## Hospital Training Site For Students

*(continued from front cover)*

**Carol Vail, RN, BSN, Acute Care Manager** mentioned, "Marion Technical College (MTC) first-year nursing students who are working on their Associate's Degree, precept with an RN and care for two patients on the medical/surgical unit under the guidance of the MTC instructor, **Cathy Crum, RN, MSN.**" Tri-Rivers Career Center is a new contract for the Licensed Practical Nurse (LPN) program. "Each LPN student is assigned to a nurse whom they fol-

low during their 12-hour shift," Carol said.

In her eighth year as a MTC nursing instructor, **Cathy Crum, RN, MSN**, loves the interaction with the students and wants to see them succeed and develop their skills. Expectations are high for the students. "They are given their assigned patients the day prior to clinicals and are required to come to the hospital, look up each of their patient's diagnosis, study their medications and prepare for the next day when they will be 'on duty,'" said Cathy. Without notes, the students must tell the instructor every medication, why the medication is given, what to expect in terms of side effects and how certain medications may react when combined with another. In all situations, the instructor has to give approval before any medication is administered. Cathy mentioned, "Some students even have the opportunity to spend time in the operating room, emergency depart-



*Bonnie Elia, RN, and Shirron Young, nursing student, prepare for a Home Health patient visit.*

ment and in the hospital's Medical Specialty Centers."

**Shirron Young, MTC RN student**, chose to spend a day with the hospital's Home Health staff to experience the different dynamics of providing care for individuals in the comfort of their home. Side-by-side with **Bonnie Elia, RN, Home Health nurse**, Shirron visited two homes to practice her nursing skills. "Being prepared is a key aspect. You have to know what supplies will be needed to care for the patient. If wound

*(continued on back cover)*



*Missi Hershey, nursing student, draws medication under the guidance of Cathy Crum, RN, MSN, MTC Clinical Instructor.*

# Calendar of Community Out

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.

## April

### "MCH Health Awareness" Blood Profiles

**No appointment necessary! • 6-9:30 a.m.**

Eligibility: Anyone age 18 and over

#### Dates & Sites:

**Wednesday/April 7 • Highland West Elementary (Gym)**

**Saturday/April 24 • Morrow County Hospital (Room A)**

Morrow County Hospital's laboratory personnel will offer **\$20** "MCH Health Awareness" blood profiles, which include a battery of **27 tests**.

#### 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.

**For an additional \$20**, you may also receive a TSH (thyroid stimulating hormone) test.

**Absolutely...No physicians' orders for additional tests will be accepted at these screenings.** The **\$20** blood profile will only be available at the site listed!

### American Red Cross Bloodmobile

**Thursday/April 22 • 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.

### Diabetes Education

**Registration Required • Free Program**

Minimum Class Size: 10 participants

**Wednesday/April 28 • MCH Room A • 6-8:30 p.m.**

**Wednesday/May 5 • MCH Room A • 6-8:30 p.m.**

**Monday/May 17 • MCH Room A • 6-8:30 p.m.**

**Monday/May 24 • MCH Room A • 6-8:30 p.m.**

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.**

## May

### "MCH Health Awareness" Blood Profiles

**No appointment necessary! • 6-9:30 a.m.**

Eligibility: Anyone age 18 and over

#### Dates & Sites:

**Tuesday/May 4 • Perry Cook Memorial Library (Johnsville)**

**Tuesday/May 25 • Seniors-On-Center (Mt. Gilead)**

Morrow County Hospital's laboratory personnel will offer **\$20** "MCH Health Awareness" blood profiles, which include a battery of **27 tests**.

#### 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.

**For an additional \$20**, you may also receive a TSH (thyroid stimulating hormone) test.

**Absolutely...No physicians' orders for additional tests will be accepted at these screenings.** The **\$20** blood profile will only be available at the site listed!

### Healthcare Provider CPR

**Wednesday/May 5 • 5-9 p.m. • MCH Room A**

**Certification/Recertification - \$40 • Book with CD - \$20**  
**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.

### First Aid Class

**Monday/May 10 • 5-8 p.m. • MCH Room A**

**Registration Fee - \$25 • Book - \$10**

**Registration Required • Minimum Class Size: 6 participants**

This American Heart Association First Aid Class will teach participants (anyone over the age of 14 years) to identify medical emergencies and how to provide proper first aid. Community members wishing to register for a first aid 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.

# Reach Programs & Services

Watch for weekly ads in the local newspapers.

Visit our Web site – [www.morrowcountyhospital.com](http://www.morrowcountyhospital.com)

# 2010

## May

### Sports Physical Exams For Morrow County • FREE!

Students Grades 9-12

Saturday/May 15 • MCH Lower Level

(Use Receiving Entrance)

7:30-8:30 a.m. – Northmor (Grades 9-12)

7:30-8:30 a.m. – Gilead Christian (Grades 9-12)

8:30-9:30 a.m. – Highland (Grades 9-12)

9:30-10:30 a.m. – Mt. Gilead (Grades 9-12)

10:30-11:30 a.m. – Cardington (Grades 9-12)

No appointment necessary! Contact your high school's Athletic Director for more details.

### Safe Sitter

Saturday/May 22 • 9 a.m.-3 p.m. • MCH Room A

Lunch Provided • Registration Fee - \$10 (For student manual) • Minimum Class Size: 8 participants

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!

## June

### Safe Sitter

Friday/June 11 • 9 a.m.-3 p.m. • MCH Room A

Lunch Provided • Registration Fee - \$10 (For student manual) • Minimum Class Size: 8 participants

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!

## June

### American Red Cross Bloodmobile

Friday/June 25 • 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.

### "MCH Health Awareness" Blood Profiles

No appointment necessary! • 6-9:30 a.m.

Eligibility: Anyone age 18 and over

#### Date & Site:

Saturday/June 26 • Morrow County Hospital (Room A)

Morrow County Hospital's laboratory personnel will offer \$20 "MCH Health Awareness" blood profiles, which include a battery of **27 tests**.

#### 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.

For an additional \$20, you may also receive a TSH (thyroid stimulating hormone) test.

**Absolutely...No physicians' orders for additional tests will be accepted at this screening.** The \$20 blood profile will only be available at the site listed!

## 2010 | AUXILIARY-SPONSORED EVENTS

### "All That Sparkles" Fine Jewelry Sale

Thursday/April 29 • 7 a.m.-3 p.m. • Room C

### Robert's Medical Uniform Sale

Thursday/June 24 • 7 a.m.-4 p.m. • Room A

Open  
To The  
Public!

# ECF – 4-Star Rating



For the second consecutive year, the Extended Care Facility (ECF) has received an overall 4-Star Rating (out of a possible 5) from the Centers for Medicare and Medicaid Services (CMS), the federal agency which administers these programs. CMS released their findings on the quality of nearly 16,000 nursing homes throughout the United States. The new rating system assigns nursing homes one to five stars

for quality staffing and health inspections, plus an overall score, based on complex data drawn from state inspections and reports on staffing and other measures provided by nursing homes.

Kathy Wellman, RN, BSN, ECF Director of Nursing, said the 4-Star Rating is above average and stated the Quality Measures report is generated from reports made for reimbursement from Medicare/Medicaid, and those reports made to private insurers with details about all residents. Kathy remarked that approximately one-third of the 38 ECF beds are for skilled-care patients, while the remainder are for long-term residents. "We have a very good staff here, and they provide excellent care for our residents," she said. "Besides our family-oriented atmosphere, our ECF is the only not-for-profit nursing home in Morrow County. Here, our residents have an advantage for quick emergency care response since ECF is within the hospital, and they have easy access to lab work, x-rays and other diagnostic testing. If there is a need, the residents can be transferred and/or admitted to other areas of the hospital."

For more information, please go to the CMS Web site: <http://www.medicare.gov/NH> Compare, or contact the Extended Care Facility – (419) 949-3082.



The dedicated ECF staff provides excellent care to 38 residents in their home-like setting.

## KAPOW



Park Avenue Elementary fifth graders and Morrow County Hospital are KAPOW (Kids And The Power Of Work) partners! This program introduces students to work-related concepts and experiences that can be continually reinforced throughout the students' formative years. Monthly, a hospital employee visits an assigned classroom and presents a set curriculum of interactive educational lessons. The sessions focus on job and career awareness, self-awareness, positive work habits and attitudes, teamwork and interdependence, overcoming bias and stereotype, communication and decision-making.

The eighth lesson, and the highlight of this year's KAPOW program, was a two-hour worksite visit to MCH. The stu-

dents saw first-hand what it's like to work in 10 different departments of the hospital.

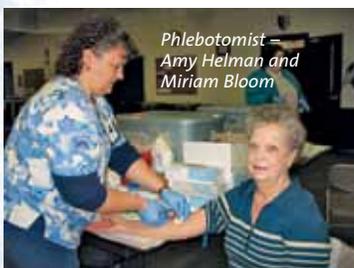


Tami Ruhl, RRT, explained the serious risks of smoking to the students.

Michelle Wallace, RT, showed the students the protective apron used by the techs when taking x-rays.

Kim McGuire, Environmental Services, gave a demonstration of how to clean-up a bio-hazardous spill.

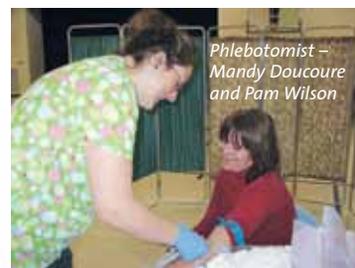
## Watch for Upcoming Dates!



Phlebotomist – Amy Helman and Miriam Bloom



Danny Wood and Joe Powell, MLT



Phlebotomist – Mandy Doucure and Pam Wilson

Hundreds of people are taking advantage of the hospital's \$20 "MCH Health Awareness" blood profiles. Mark your calendar...there are many more upcoming dates and locations in 2010!!

# Welcome...

**Russ Merrin, BS, RT(R)(N), CNMT, NCT**, was recently named as the hospital's new Radiology Manager and brings 17 years of experience to the position. As a registered radiologic technologist and a nuclear medicine technologist, Russ comes to Morrow County Hospital with extensive training, as well as a strong background in management. During his 11-year leadership history, he has established a nuclear medicine department, managed a cardiology diagnostic department, Cardiac Rehab, Wellness Center and an Outpatient Infusion Clinic. Most recently, Russ managed the radiology services for a physician-based outpatient clinic.

In seeking the Morrow County Hospital position, which became vacant with the retirement of Lynn Heimlich, Russ studied the MCH Web site and was impressed with the new equipment and all the radiology services offered. "It's deceiving when you look at the hospital from the road – it appears to be rather

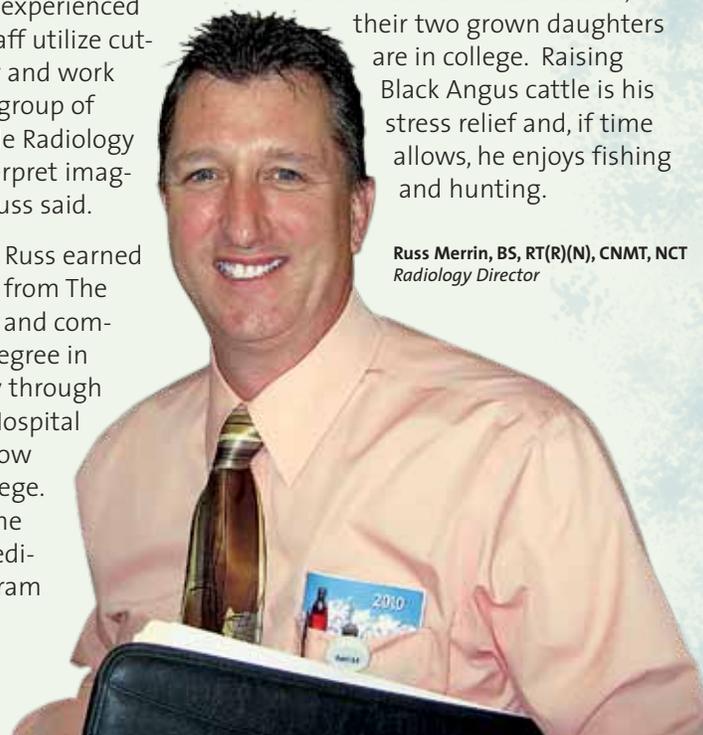
small. But, when you actually drive up to the facility and take a tour, it's very impressive. At MCH, we have top-of-the-line equipment – ultrasound, mammography, x-ray, 16-slice CT, DEXA Bone Density, and offer extensive radiology services – mobile PET/CT and MRI. Our experienced and highly-trained staff utilize cutting-edge technology and work with an outstanding group of radiologists – Riverside Radiology Associates – who interpret images within minutes," Russ said.

A native of Scio, Ohio, Russ earned his Bachelor's Degree from The Ohio State University and completed his two-year degree in radiologic technology through the Marion General Hospital Radiology Program, now Marion Technical College. Later, he completed the registered nuclear medicine technology program at the University of Findlay.

"I'm a country guy who likes the small town feel of being in a rural hospital. At MCH, we can actually make a difference. We treat people like they want to be treated," he said.

Russ and his wife met at OSU. They live on a small farm near Radnor, and their two grown daughters are in college. Raising Black Angus cattle is his stress relief and, if time allows, he enjoys fishing and hunting.

**Russ Merrin, BS, RT(R)(N), CNMT, NCT**  
Radiology Director



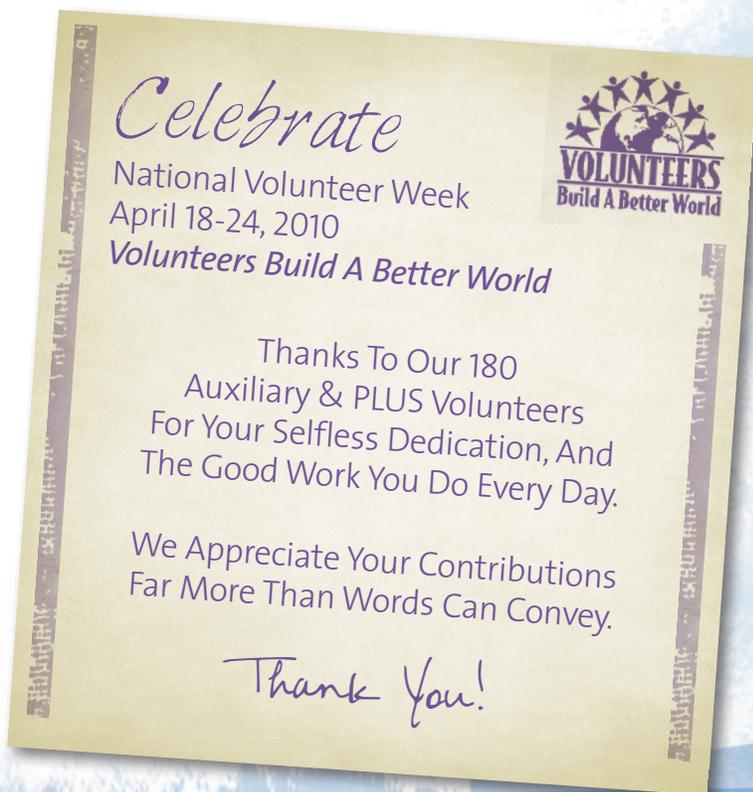
## Volunteers Making A Difference

The hospital's Scarlet Twig was organized 32 years ago with the assistance of the late Mabel Hindman Cooney. Today, the group continues the generosity and caring spirit of its founding members.

Each month, the Twig meets in a member's home where they plan the sponsorship of white elephant and bake sales to benefit the hospital's patients and residents. These congenial ladies volunteer at the Twigette Desk in the hospital's main lobby where they greet and offer assistance to patients and visitors.



Scarlet Twig Members



**Carrier Presort  
BOXHOLDER**

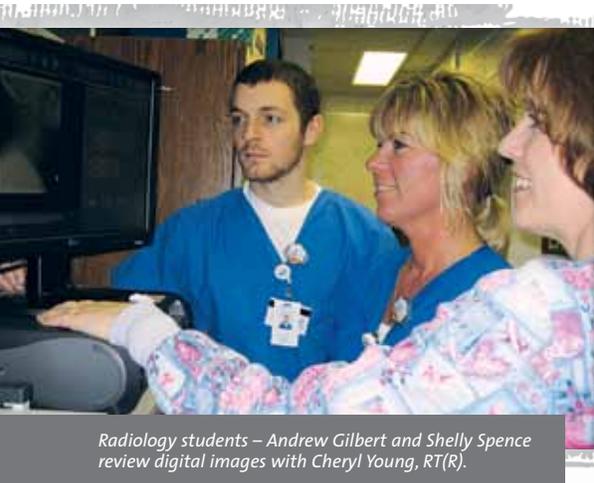
## Hospital Training Site *For Students*

*(continued from page 3)*

dressings changes are needed, and there are other people and animals in the home, you want to make sure people aren't walking around and the fans are off. The environment has to be as clean as possible for the patient's safety," said Bonnie.

**Cheryl Young, RT(R), (Radiologic Technologist)**, has been a clinical instructor for 15 years and works with MTC first-year radiology students to review positioning and techniques and how to interact with the patient to make them feel

comfortable. Second-year students go through a process where they have to prove their competency to perform a specific radiological exam. The mentor and the school's clinical coordinator must give approval before the student is permitted to perform the exam on their own.



Radiology students – Andrew Gilbert and Shelly Spence review digital images with Cheryl Young, RT(R).

diator must give approval before the student is permitted to perform the exam on their own.

**Rhonda Graham, MT, (Medical Technologist), Laboratory Manager**, has recently finalized an agreement to teach phlebotomy students from Delaware Area Career Center, in addition to students from MTC and Tri-Rivers Career Center. "With over 30 outpatient blood draws a day, these students have more opportunities to practice their skills on all types of patients, even those who are difficult to draw," said Rhonda. "Starting this year, we will also be a clinical site for MLT (Medical Laboratory Technology) students. We have top notch equipment and excellent, highly-trained techs willing to share their knowledge and make it a worthwhile learning experience for the students."

"We are pleased with our relationships with these colleges and career centers," said Diana Fisher, MCH President and CEO. "As a clinical training site for students, MCH employees enjoy having the opportunity to share their expertise and prepare the students to become future healthcare professionals."

If you would like to request a free copy of the **2010 Calendar of Community Outreach Programs and Services** booklet, please contact the hospital's Public Relations Department – **(419) 949-3089**.

