Hospital Laboratory Is One Of The Best

The $20 “MCH Health Awareness” blood profiles are putting Morrow County Hospital on the popularity list as a favorite outreach program, but “they are just a small part of the services offered by the hospital’s laboratory,” said Rhonda Graham, BS, MT(HHS), MLT(ASCP), Laboratory Services Director.

Accredited by The Joint Commission, the hospital’s laboratory has state-of-the-art equipment equaling other OhioHealth hospitals, and the highly trained staff is registered by the American Society of Clinical Pathologists.

Open 24 hours every day, the laboratory has same-day turnaround time for routine lab work. “Of course, for testing referred from a physician, any ‘critical’ results are called to the physician’s office immediately.”

(continued on page 2)

Home Health... On The Road To Bring Medical Care To You

It’s early in the morning and the Home Health staff is gathering at their 245 Neal Avenue office location to review the list of patients they will visit during the next eight hours or more. The nurses and aides carefully pack their nursing bags with necessary supplies so everything they need will be at their fingertips when they walk inside each patient’s home. According to Jayne Monk, RN, Home Health Manager, “We see all kinds of patients who range in age from 18 to seniors, who have a ‘skilled’ need that requires our care – blood pressure issues, joint replacements, wound or pain care, IV therapy, diabetic concerns, post-operative care, etc.”

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ately,” said Rhonda. “With the blood profiles, the laboratory contacts the individual and asks for the name of their physician so the results can be sent to their office, if there is a concern.”

In addition to routine blood profiles, Rhonda said the phlebotomists draw blood for routine chemistries, which include electrolytes, kidney function tests, liver function tests and cardiac markers. Lab techs can also check for infections in the blood and urine, examine blood smears under the microscope, monitor therapeutic drug levels in the blood and perform testing on urine samples.

The hospital’s blood bank works in cooperation with the American Red Cross and utilizes a computer system to manage the blood inventory and keep historical patient records. “Most patients don’t have any abnormal antibodies, and we can type and cross-match their blood with just about any unit of blood available in our blood bank,” mentioned Rhonda. “However, patients who have had a history of multiple blood transfusions, whether from a trauma, surgery, or cancer, may have a tendency to develop abnormal antibodies – so, keeping good track of the patient’s transfusion record is vital.”

Under the supervision of Medical Director, Dr. Joon Park, the staff functions in the Emergency Department, Acute Care, Extended Care Facility, Surgery, the laboratory outpatient blood draw room, and the lab processes specimens for Home Health, and some local nursing homes.

“We are very proud of what we do right here at Morrow County Hospital,” Rhonda concluded. “We provide a wide spectrum of laboratory services, and our staff is highly competent and excellent at what they do.”

**Compassionate, Personalized, High-Tech Care**

**Practice Drills – Get Ready!**

Preparation is everything...especially when there is a regional disaster where lives and structures may be damaged and action needs to be taken to ensure the safety and care of others. Such was the case on May 10, when Morrow County Hospital participated in a regional emergency preparedness drill coordinated by COTS (Central Ohio Trauma System) to test the hospital’s response to Code Grey, Code Yellow and the new Mass Fatality Plan. “Having such a drill, gave Morrow County Hospital the opportunity to test our communication with other hospitals and the HICS (Hospital Incident Command System) within our hospital and also the region,” said Emergency Preparedness Director Teresa Roe, RN, Emergency Department Manager. To practice what to do, the employees were assigned a role that was new to them, which made it more challenging when dealing with multiple situations at the same time and an influx of patients being transported to Morrow County Hospital.

“Our staff did an excellent job – they were very focused and exceptionally calm – we learned a lot,” continued Teresa. “We reviewed our processes and made improvements to our response plans as a result of everyone’s feedback. We want all employees to know exactly what to do so patients receive the very best care and are safe from any prevailing danger. This spring, the devastation to a hospital in Joplin, Missouri, illustrates the need to prepare for such scenarios.”

Patrick Hunter, Loni Shinaberry, Julie Davis, Gwen White and Kathy Wellman actively participated in the emergency preparedness drill.
What Does My Status Mean For Me?

The Medicare people have today is NOT the Medicare that was created in the 1960s. Through the years, regulatory changes such as the 1997 Balanced Budget Act have brought many more specific rules and guidelines. Due to the difficulty in keeping up with the avalanche of changes, Sonia Brown, RN, BBA, Utilization Management, and Megan Kibler, MSW, LISW-S, Social Services, have developed an information sheet, “What Does My Status Mean For Me?” for patients to receive when they are going to be admitted to Morrow County Hospital.

First, it is important to realize Medicare has three parts to cover specific services –

- **Medicare Part A** – (Hospital Insurance) helps cover inpatient care in hospitals, skilled nursing facilities, hospice and home health care.
- **Medicare Part B** – (Medical Insurance) helps cover physicians’ services, hospital outpatient care and home health care, and some preventive services to help maintain the person’s health to keep certain illnesses from getting worse.
- **Medicare Part D** – (Medicare Prescription Drug Coverage) is a prescription drug option run by Medicare-approved private insurance companies and helps cover the cost of prescription drugs, and may help protect against higher costs in the future.

Consumers need to educate themselves about their specific coverage. According to Sonia, “There are different levels of illness criteria that will determine if you are an outpatient or inpatient, and there are different parts of Medicare that pay for each of these.” She offered a definition of status for inpatient and outpatient.

**Medicare Part D** – (Medicare Prescription Drug Coverage) helps cover the cost of prescription drugs, and may help lower the person’s prescription drug costs and help protect the person from avoiding higher costs in the future.

Outpatient “observation” status means a physician has studied the patient’s case and advises that their condition could be addressed in the next 24 hours in a hospital setting. There are three ways a patient may be placed in outpatient observation. They may be placed by coming through the Emergency Department, direct admission from a physician’s office, or after a same-day surgery where recovery may be taking longer than expected. Thus requiring continued monitoring and observation, mentioned Sonia. The physician may wish to run more tests or observe the patient’s care for this period of time in a hospital setting to ensure the care goals are being achieved. Sonia and Megan want to remind Medicare patients that because of this status any oral medications being taken by the patients may be billed to them separately as they are not covered by their Part B or outpatient coverage. Therefore, patients may want to bring in their medications from home to avoid that cost.

An inpatient status is used when the physician’s complex medical decision-making has determined the patient requires an even higher level of care making it necessary for care and treatment that can only be received in the hospital. Sonia reinforces “each insurance policy is different, even Medicare managed care policies are different as to the type of criteria they follow. Some of those policies may require the patient to have certain signs and symptoms and treatment plans to qualify to be an inpatient.”

Megan mentioned, “If staying in the hospital after coming through the emergency department, people need to know to ask – Am I in observation (outpatient) or am I an inpatient?” Then, patients can determine their course of action and understand how they can drive their healthcare and be a partner in making those decisions.”

Individuals who may have questions or concerns about their healthcare coverage are urged to contact the Ohio Department of Insurance, the Area Agency on Aging, the local Seniors on Center, or go to www.medicare.gov. Sonia Brown and Megan Kibler are available to assist Morrow County Hospital patients with an explanation of the status requirements, by contacting Social Services – (419) 949-3081 or (419) 949-3082, or Utilization Management – (419) 949-3099.
Urinary Incontinence...  
Help Is Available

Women who are troubled with incontinence are being offered help with new procedures provided by Emad Mousa, MD, who visits Morrow County Hospital on a regular basis.

Dr. Mousa is a board-eligible gynecologist/obstetrician and explains incontinence as a problem experienced by younger women as well as older women and can result from surgery, hysterectomy, ablation, childbirth, C-sections, etc. “Some people think incontinence is just something normal with aging and life, and they just have to deal with it – that’s not so,” said Dr. Mousa.

Urinary incontinence can also be related to an overactive bladder which causes frequent, strong and sudden urges to urinate. “There is stress incontinence when you cough or sneeze and your abdomen puts pressure on your bladder resulting in urine leakage,” Dr. Mousa said. “Incontinence can be both embarrassing and distressing, but most conditions are treatable.” To evaluate how the person’s bladder is functioning, Dr. Mousa initially performs a complex cystometry test in his office; then, he makes suggestions of how to treat the symptoms. Ultimately, the patient makes the treatment choice.

“Usually my first choice of treatment is to try medications, although there are a variety of other treatments available – collagen injection, Renessa, sling procedure, InterStim therapy, or nerve stimulation,” explained Dr. Mousa. “Some procedures are minimally invasive, but the success rate for all treatments is high. They can be performed as an outpatient in the surgical suites at Morrow County Hospital.” Collagen injection is a 15-minute outpatient procedure and works well for those patients not fit for surgery because of possible heart problems. To strengthen the natural tissue of the urethra, the Renessa procedure takes nine minutes. “A small catheter is inserted into the urethra to make it stronger,” said Dr. Mousa. With the sling procedure, a small mesh “sling,” like a hammock, is placed under the urethra which helps it hold still. Performed as an outpatient, this 25-minute procedure is very successful for patients. InterStim therapy is another choice. “It is like the pacemaker for the heart, but it is a pacemaker for the bladder,” continued Dr. Mousa. “The small device goes under the skin and sends electrical stimulation to the nerves that control the bladder.”

What Is Morrow County Hospital Primary Care?

With the hospital’s acquisition of the Paramvir (Ken) Bains, DO, medical practice, there has been a name change for the practice. It is now...Morrow County Hospital Primary Care. The address is the same in Mt. Gilead...245 Neal Avenue, but the Suite has been renamed and is now Suite A. “Patients can expect to receive the same expert care Dr. Bains provides and at the same location,” said Diana Fisher, MCH President and CEO. “There may be minor differences in the appearance of the patient medical bills and his office procedures, but hopefully, these will only enhance the patient’s medical experience.” Dr. Bains is currently accepting new patients and more information is available by visiting www.morrowcountyhospital.com or by contacting – Morrow County Hospital Primary Care – (419) 947-3015.
It takes a lot of people power to make free sports physical exams for the county’s high school students a reality, and the key to our success is the time and expertise donated by four physicians this year,” said Lois Peoples, Public Relations Manager, who has coordinated the outreach program for the past 23 years. “Also assisting were 10 hospital employees, the Rehab Services staff, and a volunteer.”

Free Sports Physical Exams

“Visit Our Web Site – www.morrowcountyhospital.com

Students go from station-to-station in the hospital’s lower level for height/weight, blood pressure/pulse, eye exams, and physical therapy evaluations for posture/flexibility, tightness, strength and joint stability. The final stop is the physician’s exam in the Medical Specialty Center West. At this year’s four-hour event, 226 Morrow County high school athletes received free examinations – Cardington (32), Gilead Christian (14), Highland (37), Mt. Gilead (76) and Northmor (67). According to Lois, “This is one more way our hospital and physicians give back to our community to help our local athletes.”

Employees Honored For Years Of Service

Forty-two Morrow County Hospital employees were recognized for their 475 years of service at a dinner held recently. “We deeply appreciate their dedication and contributions to our hospital to provide excellent patient and resident care,” said Diana Fisher, MCH President and CEO.

Twenty-Five Years
Sharon Hackworth Home Health
Mary Ward Patient Accounting
Sherrie Nelson Human Resources

Twenty Years
Teresa Lanum Emergency
Judy Baker Cardiopulmonary Services
Tami Ruhl Cardiopulmonary Services
Lisa Crothers Health Information Mgt.
Elizabeth Queen Information Systems
Kathy Fogle Registration
Willard Smith Facilities

Fifteen Years
Carla Hoyng Radiology
Shirley Rupp Health Information Mgt.
Sara Ostrom Rehab Services

Ten Years
Roxie Baker Medical Specialty Center
Rick Sprinkle Laboratory
Sheryl Claus Radiology
Dennis Addlesperger Finance
Gary Savinsky Finance
Kathie Prince Patient Accounting
Linda Roscoe Patient Accounting

Ten Years
Lesley Newcome Information Systems
Rosemary Clinger Registration
Sonia Brown Social Services/Utilization Review
Frank DeWalt Facilities
Susan Lanum Extended Care Facility
Ted Sipe Extended Care Facility
Kris Whitmore Extended Care Facility

Five Years
Jim Davis Emergency
Kathy Koontz Emergency
Joe Powell Laboratory
Julie Leonhard Radiology
Bonny Millisor Nutrition Services
Margery Smith Nutrition Services
Mark Russell Sleep Lab
Gwen White Patient Accounting
Greg Jevnikar Administration
Vernon Keefus Facilities
Harold Young Facilities
Krystal Carey Extended Care Facility
Nicole Gilham Extended Care Facility
CJ Miller Administration
Cindy O’Bryant Pharmacy

Manager – Krista Wells, RN

Krista Wells, RN, has been named Specialty Centers and Primary Care Practices Manager. She is responsible for the overall operation of both the Medical Specialty Centers North and West and is currently working to ensure a smooth transition of Dr. Bains’ medical practice to Morrow County Hospital Primary Care.

Krista brings a wealth of knowledge and experience in working with the highly skilled physicians, nursing and office staffs. A graduate of the Mansfield General Hospital School of Nursing, Krista has worked in private medical offices in Texas and locally. For the past two years, Krista served as the Coordinator of the Morrow County Hospital Medical Specialty Centers and continues to work with the 23 physicians who provide care in 15 different specialized areas. “If a patient needs to have radiology and laboratory services, these can be performed at Morrow County Hospital where surgical services are also available. We do whatever we can to provide quality services close by and at the patient’s convenience,” said Krista.

Born and raised in New Washington, OH, Krista enjoys the small-town, personal connection with patients and their families. She is married and lives in Marion with her three children who are active in summer activities.
Calendar of Community Outreach

Pre-registration is required for all programs unless otherwise noted. To register for any of the listed programs, or for more information, please call Morrow County Hospital’s Public Relations Department – (419) 949-3089 or (419) 949-3088 – Monday through Friday, between the hours of 8 a.m.-4 p.m.

### August, September & October

**Heartsaver CPR**

**Monday/August 1 • 4-7 p.m. • MCH Room A**
- Certification/Recertification - $35 • Book with CD - $25
- 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.

**Healthcare Provider CPR**

**Monday/August 8 • 8 a.m.-12 p.m. • MCH Room A**
**Tuesday/August 16 • 3:30-7:30 p.m. • MCH Room A**
**Thursday/September 22 • 8 a.m.-12 p.m. • MCH Room A**
**Monday/October 17 • 8 a.m.-12 p.m. • MCH Room A**
- Certification/Recertification - $45 • Book with CD - $25
- Registration Required • Minimum Class Size: 6 participants

Each 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.

**“MCH Health Awareness” Blood Profiles**

No appointment necessary! • 6-9:30 a.m.
- Eligibility: Anyone age 18 and over

**Tuesday/August 16 • Marengo United Methodist Church** (8 N. Main St. • Marengo)
**Saturday/September 17 • Morrow County Hospital (Room A)** (Use “Receiving Entrance”)

**Tuesday/October 4 • The Pines Christian Church** (6775 St. Rt. 42 N. • 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 this screening. The $20 blood profile will only be available at the site listed!

**First Aid Class**

**Monday/August 22 • 4-7 p.m. • MCH Room A**
- Registration Fee - $30 • Book - $15
- 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.

**American Red Cross Bloodmobile**

**Thursday/August 25 • 10 a.m.-4 p.m. • MCH Room A**
**Friday/October 28 • 10 a.m.-4 p.m. • MCH Room A**

Positive identification required – American Red Cross card or photo ID showing date of birth. Call MCH Public Relations to schedule an appointment – (419) 949-3089.

**Diabetes Education**

Registration Required • Free Program
- Minimum Class Size: 10 participants

**Tuesday/September 6 • 6-8:30 p.m. • MCH Room A**
**Thursday/September 8 • 6-8:30 p.m. • MCH Room A**
**Tuesday/September 13 • 6-8:30 p.m. • MCH Room A**
**Thursday/September 15 • 6-8:30 p.m. • MCH Room A**

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

**Energize With Exercise**

12 Weeks/24 Sessions • Registration Fee - $50
- Minimum Class Size: 15 participants

**Seniors-On-Center (41 W. Center St. • Mt. Gilead)**
- Tuesdays & Thursdays • 5:30-6:30 p.m.
- (Starts 9/13 and Ends 12/6) • No class – 11/24/11

This one-hour exercise class is for intermediate exercisers of all ages! You’ll get energized and burn calories by stretching, doing low and moderate aerobic exercises, and cooling down to your favorite music.

*MCH recommends that all participants consult their family physician before beginning any exercise program.*
Weight Control Program*
12 Weeks • Registration Fee - $75
Minimum Class Size: 20 participants
Mondays • (Starts 9/19 and Ends 12/5)
MCH Rooms A or C • 6-7 p.m.
(First class will be two hours • 6-8 p.m.)
This 12-week behavior modification program will include nutritional information, weekly weigh-ins and diaries, and special presentations. All participants will schedule their Weight Control blood profile at the second class.
*MCH recommends that all participants consult their family physician before beginning any weight control program.

Advanced Cardiac Life Support (ACLS)
Friday/October 7 • 8 a.m.-5:30 p.m. • MCH Rooms A & C
Maximum Class Size: 24 participants
RECERTIFICATION ONLY
Prerequisites:
• ACLS Recertification - Current ACLS Certification & Current Healthcare Provider CPR Certification
• Completion of ACLS Pretest Required
Community Registration Fees:
Recertification - $125 • Book with CD - $40
Handbook - $25 • 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 Earns ACR Accreditation
Morrow County Hospital has been awarded a three-year term of accreditation in computed tomography (CT) as the result of a recent review by the American College of Radiology (ACR). CT scanning – sometimes called CAT scanning – is a noninvasive medical test that helps physicians diagnose and tailor treatments for various medical conditions.

The ACR gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities meeting ACR Practice Guidelines and Technical Standards after a peer-review evaluation by board-certified physicians and medical physicists who are experts in the field. Image quality, personnel qualifications, adequacy of facility equipment, quality control procedures, and quality assurance programs are assessed. The findings are reported to the ACR Committee on Accreditation, which subsequently provides the facility with a comprehensive report to be used for continuous clinical improvement.

Prostate Cancer Screening For Men • FREE!
Thursday/October 20 • 2-6 p.m.
(Dr. Roberto Concepcion & Dr. David Fitkin)
By Appointment Only • Call MCH 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 MCH Public Relations – (419) 949-3089.
For the third consecutive year, Morrow County Hospital has been recognized by the American Heart Association as a "Gold Start! Fit-Friendly Company." This award recognizes the steps taken by the hospital to create a culture of physical activity in the workplace by providing support to its employees and implementing physical, nutritional and cultural changes. A special plaque is displayed in the hospital’s main lobby commemorating this notable achievement!

**Hospital Receives “Gold” Award**

As Morrow County Hospital’s registered and licensed dietitian, Corey Perkins, RD,LD, who is an employee of Dietary Solutions, focuses his dietary work on inpatients, Extended Care Facility (ECF) residents, referrals from physicians for diet counseling and outpatient counseling. His work in ECF ranges from the initial assessment and monitoring to weight loss and gains, tube feedings and those with significant changes or diet questions. “Regular updates are required for ECF residents ranging from five days, in some cases, to others either weekly or monthly, although the average resident is visited or reviewed once a month,” Corey said. “Communication is key. I always relay updated information to the nurses, Nutritional Services staff and the individual’s physician.” Corey also monitors the hospital kitchen, to make sure the meals are at the right temperature, tasting appropriate and meet nutritional guidelines.

Corey is a graduate of The Ohio State University and lives in the Columbus area. Growing up, Corey credits his father’s competitive power lifting enthusiasm for his interest in working out and eating healthy. “My dad was my middle and high school wrestling coach. He has been a big inspiration in my life to achieve what I want to do,” mentioned Corey.

Dietitian – Corey Perkins, RD,LD

Corey Perkins, RD,LD

Leslie Dye, RRT, RPSGT, has been promoted to the position of Cardiopulmonary Services Manager after serving as the Sleep Lab Coordinator for the past nine years. Leslie has been with Morrow County Hospital for 14 years as a registered respiratory therapist and a registered polysomnography technician. In her new role, Leslie provides management oversight, development and execution of policies, and quality compliance for the Sleep Lab, Cardiac and Pulmonary Rehab, and Cardiopulmonary Services.

Leslie is a graduate of Columbus State Community College with an Associate’s Degree in Respiratory Therapy and is continuing her education at Franklin University to earn a Bachelor’s Degree in Allied Health Management. She and her husband live in Galion and have a grown daughter. They are looking forward to the arrival of their first grandchild in the near future.

Cardiopulmonary Services Manager – Leslie Dye

Leslie Dye, RRT, RPSGT