

Pulse

Winter 2012 • Volume 14 • Number 1



**Morrow County
Hospital**
OhioHealth
Associated with OhioHealth

Chris Truax Named President And CEO Of Morrow County Hospital



Chris Truax, FACHE, has accepted the position of President and Chief Executive Officer for Morrow County Hospital. In his new position, Chris will oversee day-to-day operations, while maintaining a high level of clinical quality, as well as patient, physician, and employee satisfaction.

With 16 years of experience in healthcare administration, Chris has developed a solid reputation around strategy, physician relationship and business planning principles. He joined OhioHealth in 1998 as an Analyst in the Strategic Planning Department. Through the years, Chris has grown his career at OhioHealth, having served as Senior Planning Consultant, Administrative Director of Business Development at Grant Medical Center, Director of Physician Partnerships, and, most recently, System Director of Business Development.

Chris has a bachelor's degree from Miami University and a master's degree in Business Administration, with specialization in healthcare administration, from Cleveland State University. He is an active member of the American College of Healthcare Executives and the Greater Ohio Healthcare Leaders Forum.

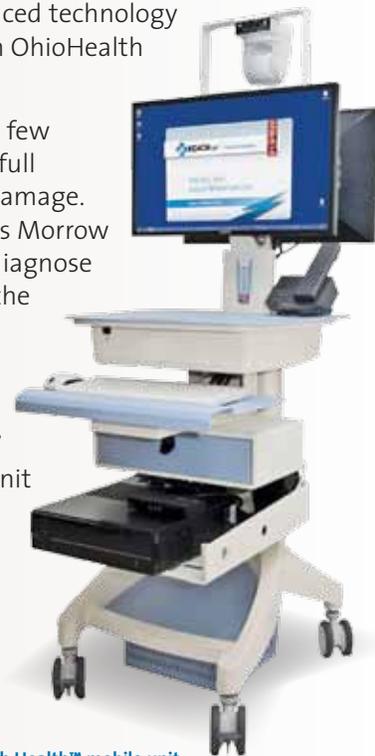
Chris is expected to fully transition into his new role in the next few weeks. Please welcome Chris to Morrow County Hospital and our community.

Partnership with OhioHealth Makes Great Strides in Stroke Care

As a partner with OhioHealth's award-winning Stroke Network, Morrow County Hospital can use advanced technology to connect patients and caregivers with OhioHealth neurologists specializing in stroke care.

Time is critical for stroke patients and a few hours can be the difference between a full recovery and permanent neurological damage. The OhioHealth Stroke Network enables Morrow County Hospital's emergency team to diagnose strokes quickly and accurately helping the patient get on the road to recovery.

Morrow County Hospital has been in talks with the OhioHealth Stroke Network for two years and will "go live" with the new REACH Health™ mobile unit in early February. This leading-edge technology employs telemedicine to help patients throughout the region. "Essentially, it is a two-way camera and audio system that connects our local emergency physician to OhioHealth's eICU (Electronic Intensive Care Unit) via the Internet," said Morrow County Hospital's Emergency Manager Teresa Roe, RN. "By enabling real-time communications between nurses and physicians at Morrow County Hospital, this technology allows the eICU staff and neurologists on call from Riverside Methodist Hospital or Grant Medical Center to actually see the patient and



Reach Health™ mobile unit

Using the Reach Health™ mobile cart, local emergency physicians and nurses can connect with OhioHealth stroke specialists and an on-call neurologist for additional evaluation and guidance. Direct communication technology is designed to help maximize efficiency, while minimizing the need to send the patient elsewhere for specialized care.

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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

Larry Thornhill

Morrow County Hospital Interim President & CEO
OhioHealth ■ Vice President, Regional System Development



Larry Thornhill, FACHE

So...I have been asked by multiple people representing many constituents both inside and outside of the hospital, "What is the future of Morrow County Hospital and will it close?"

Initially, I was hesitant to reply for a number of reasons.

First, I simply did not have a "feel" for the organization, people and talent.

Second, simply using the historical financial data, the picture looked, felt and smelled bleak.

Finally, I didn't have a good feel for the level of commitment on behalf of the "players" as to how much reserve they had left in their tank to get the organization moving again.

I am old enough, and experienced enough, to know when the situation is hopeless. Normally hospitals which fall into this category have several things in common. I find the most expensive and important resource in the building (People) have given up hope and are just marking time until the last light is turned off and the doors locked for the final time. Commitment to service has been replaced by commitment to serve self. Team concept long ago replaced with "what's best for me instead of we." Finally, honor, character, values, mission and vision are just background noise, long ago forgotten.

So the question becomes, is Morrow County Hospital traveling the path of "the hopeless, just playing out the string until the inevitable happens, or is there another chapter yet to be written?"

In my opinion, there are no more chapters to be written! Instead of chapters, there are books upon books which are waiting to be printed and the contributing authors are in place. Here's why.

1 I have had the good fortune to work in many hospitals in many places. As is human nature, when I look back on those experiences I mentally rank order them based on the quality and professionalism of the people involved

and the basic human characteristic which I think is the number one ingredient of success which is "Desire to make a Difference!" I can say without reservation, the staff at MCH possesses this important quality.

- 2 The talent and skill sets of the staff are impressive. What I have found in my short time here is these multi-skilled talented people were not used properly. By the word "used" I mean those talents and skills were never allowed to percolate up and be employed on a daily basis to systematically and methodically improve the level of services and patient experience so we become and continue to be the "Hospital of Choice" for those we serve. Each individual, from the newest hire to the most tenured, no longer has those imposed restrictions, bonds and chains. It is always exciting, yet never ceases to amaze me, when you empower people how much ownership they take to make the organization "one of the best." This is taking place at MCH as you read this letter.
- 3 Morrow County Hospital has moved from an organization which was shackled by "business as usual," which was basically holding on to the past, resulting in lost effectiveness and the possibility for a sustainable long-term future. It has been replaced by "zealots" who know and want to be more, firmly focused on achieving the goal of a center of excellence. We have the people and motivation to change, who desire to change and "WANT" to ensure MCH provides another 60 years of care locally, provided by professionals who have made a life commitment to giving only the very best.
- 4 County physicians, who in the past felt disenfranchised, are excited with renewed vigor, ideas and "Desire" to reinvest their talents, time and skills to turn MCH into one of the best.

Finally, your Board of Trustees has an executable vision of being more than just a "small rural hospital struggling to survive." They, too, see the future and the possibilities and "Desire" the new future.

So...back to the original question, "The future of MCH?" I am excited and "bullish" on where we are going, the people we have on board and the speed we are traveling. Make no mistake, we have a tremendous amount of ground to cover, and this trip will not be for the "weak of heart." But, we will get there, and we will be a much better organization for making the trip.

Let's put on our tennis shoes, because we will be "running, not walking" from one objective to the next.

Remember..."Hope is not a strategy," it is a mere emotion and not executable. We no longer "hope" at Morrow County Hospital...we "Execute with Desire and Commitment."

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Editorial Staff

Lois Peoples
Public Relations Manager

Contributing Writers

Evelyn Long
Lois Peoples

If you have a story idea, please contact –

(419) 949-3088

Swing Beds Offer Another Care Option

Morrow County Hospital is proud to announce the achievement of meeting all requirements for accreditation of its Swing Bed Program by The Joint Commission. Receiving accreditation by The Joint Commission demonstrates that the program meets or exceeds the national standards established for providing skilled nursing and therapy care for individuals after their acute hospital stay is concluded. Some of the criteria evaluated by The Joint Commission Surveyor during the accreditation visit to Morrow County Hospital include: the competency of the nursing and therapy staff, policies and procedures related to providing Swing Bed care, a review of patient records to evaluate compliance with the standards, and a survey of the physical surroundings and equipment. This accreditation identifies our program as one that meets the highest standards for skilled nursing and therapy care.



A multidisciplinary team works with the Swing Bed patients – Carol Vail, RN, Acute Care Manager; Dani Branch, STNA; Vanessa Fiant, RN; Lisa Levering, PT. In front: Sheli Fairchild, RN.

Now in its second month at Morrow County Hospital, the Swing Bed Program is a Medicare provision for skilled care beyond general hospitalization. Carol Vail, RN, Acute Care Manager, oversees the program and is confident the newly approved program will be very successful. This concept was originally developed by the Health Care

Financing Administration (HCFA) in the 1970s to help with underutilized hospital beds and the lack of nursing home skilled care beds in rural areas.

Carol describes the Swing Bed Program as one in which the patient does not have to leave the hospital and transfer to a different location to receive the post-acute skilled care needed to complete their recovery. The patient can remain in the hospital under a different “care category” to become more fully recovered before returning home. The patient “swings” from needing acute hospital care to needing post-hospital rehabilitation and skilled nursing care.

“Additionally,” Carol continued, “if one of our Morrow County residents has to go to another healthcare facility for a procedure we don’t offer here, they can come back to Morrow County Hospital – their community hospital – and experience their extended recovery care in the comfort of familiar surroundings with family readily available.” This can happen as long as Morrow County Hospital can provide the care needed and their Medicare or other insurance coverage provides for “Swing Bed” post-hospitalization care.

“One aspect of the Swing Bed Program is the increased independence a patient can enjoy while still occupying a hospital bed,” said Carol. Swing Bed patients are encouraged to have their own clothing brought in from home along with items of interest such as games, puzzles, their laptop computer and books. Each patient’s treatment plan is tailored to meet their personal situation while the staff works closely with them to reach their goal of returning home and functioning independently. Carol noted, “We have an activities room where an occupational therapist on staff spends time with the patient. Upon discharge, we connect the patient with community resources, such as home health care or outpatient therapy to continue the healing process.”

To learn more about **Morrow County Hospital’s** new **Swing Bed Program**, please contact **Carol Vail, RN – (419) 949-3021**, or **Megan Kibler, LISW, Social Services – (419) 949-3081**.

Great Strides in Stroke Care *(continued from front cover)*

guide our clinical staff through the patient exam, view CT scans, speak with family members and even examine the patient’s pupils as part of the stroke assessment.”

Once a patient is examined, the Stroke Network physicians work with Morrow County Hospital physicians to develop a treatment plan. In some cases, the patient may be transported to Riverside Methodist Hospital or Grant Medical Center for specialized interventional procedures to help stroke patients avoid long-term neurological damage.

“This partnership and advanced technology offers our stroke patients more efficient treatments and increases the chances of improved outcomes,” said Mark Seher, DO, MCH Emergency Physician.

To learn more about the prevention, recognition and treatment of a stroke, visit – <http://www.strokeassociation.org>. For more information about the OhioHealth Stroke Network, go to – <http://www.ohiohealth.com/strokenetwork>.



eICU – A look inside the OhioHealth eICU where their physicians and nurses can actually see local patients as they evaluate their condition, view test results and confer with local physicians.

Calendar of *Community Outreach* Program

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.

January, February & March

"MCH Health Awareness" Blood Profiles

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

Eligibility: Anyone age 18 and over

Sat./January 28 • Morrow County Hospital (Room A)

(Use "Receiving Entrance")

Saturday/March 3 • Morrow County Hospital (Room A)

(Use "Receiving Entrance")

Tuesday/March 20 • Sacred Hearts Church

(4680 US Hwy 42 • Cardington)

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!

Healthcare Provider CPR

Tuesday/January 31 • 3:30-7:30 p.m. • MCH Room A

Monday/February 6 • 8 a.m.-12 p.m. • MCH Room A

Wednesday/March 7 • 7 a.m.-12 p.m. • MCH Room A

Certification/Recertification – \$45 • 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.

Heartsaver CPR

Thursday/February 9 • 4-7 p.m. • MCH Room A

Certification/Recertification – \$45 (includes book)

Registration 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.

First Aid Class

Thursday/February 16 • 4-7 p.m. • MCH Room A

Registration Fee – \$40 (includes book)

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

Friday/February 24 • 10 a.m.-4 p.m. • MCH Room A

Positive identification required – American Red Cross donor 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

Thursday/March 1 • 6-8:30 p.m. • MCH Room C

Tuesday/March 6 • 6-8:30 p.m. • MCH Room A

Thursday/March 8 • 6-8:30 p.m. • MCH Room A

Tuesday/March 13 • 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.**

Auxiliary-Sponsored Events 2012

Open
To The
Public!

"Robert's Medical" Uniform Sale

Wednesday/February 15 • 7 a.m.-4 p.m. • MCH Room A

"Books Are Fun" Book Fair

Thursday/March 29 • 7 a.m.-4 p.m. • MCH Room A

Net proceeds from these events benefit patient care.

Watch for weekly ads in the local newspapers.

Advanced Cardiac Life Support (ACLS)

Friday/March 16 • 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 – \$100 • Book with CD – \$35
Registration Required

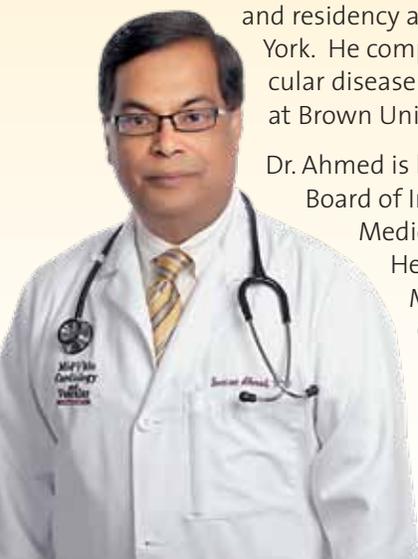
This class is for healthcare professionals and teaches all aspects of advanced life support. You will need to provide proof of required prerequisite at class registration. Community members wishing to register for an ACLS recertification class are required to pre-pay their registration fee (non-refundable)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

Interventional Cardiologist Joins Morrow County Hospital Medical Staff

Imtiaz Ahmed, MD, FACC, interventional cardiologist, is the newest member of the Morrow County Hospital Medical Staff. Dr. Ahmed received his medical degree from Sylhet Medical College, Bangladesh, and his internship and residency at Cabrini Medical Center in New York. He completed fellowships in cardiovascular disease and interventional cardiology at Brown University (Providence, RI).

Dr. Ahmed is board certified by the American Board of Internal Medicine in Internal Medicine and Cardiovascular Disease. He is a member associate of MidOhio Cardiology and Vascular Consultants located at Riverside Methodist Hospital (Columbus) and is also on medical staff at Marion General Hospital.

Imtiaz Ahmed, MD
Interventional Cardiologist
Mid-Ohio Cardiology & Vascular Consultants



Leadership Announcement...

Lorelei Heineman, MS, RN, RRT, CPT, RCP, oversees all nursing departments and the pharmacy in her new role as Morrow County Hospital's Vice President of Patient Care Services.

She brings 17 years of leadership experience and holds a Bachelor of Science Degree in both Respiratory Therapy and Nursing, a Master's Degree in Allied Medicine and a Gerontology certification. All degrees are from The Ohio State University. Lorelei has developed her leadership skills from experience as a bedside nurse/therapist, hands-on manager, director, and chief clinical officer (CCO) positions of various departments at three area hospitals. Lorelei has worked as a Respiratory Care director which included pulmonary rehab, EEGs and sleep disorders. Nursing division areas included an ICU/Open Heart Recovery unit, an interventional cardiology nursing unit and Infusion Clinic. Other areas of direction have included pharmacy, rehabilitation services, wound care, and dietitian as the CCO at a long-term acute care hospital.



Lorelei Heineman
Vice President, Patient Care Services

Her extensive experience has given Lorelei perspectives from all clinical areas. "I really enjoy relationship patient care and being able to make a difference in someone's time of need," said Lorelei, a southeastern Ohio native, former Marion resident living now in Morrow County. Lorelei continues to provide surgical bedside nursing on a contingent basis which gives her additional insight in her leadership role.

She mentioned, "I'm very excited about being at Morrow County Hospital and being able to work and serve the community in the county in which I live. I enjoy the community hospital setting and look forward to working with the Morrow County community."

An avid horsewoman, Lorelei enjoys long-distance competitive trail events. She also sings with the Marion Civic Chorus and with her church's praise band. Lorelei is active with the Marion Lecture Recital Club and the Ohio Respiratory Care Society.

Meals, Meals & Meals... Nutrition Services

Cooks, kitchen helpers, catering cafeteria leader, dietician and manager are the key members of the hospital's Nutrition Services staff. "These dedicated employees prepared **72,760** meals in 2011," said Nanci Barry, Nutrition Services Manager, "and they consistently take great pride in their work."

Functioning at a high level of efficiency, the staff daily prepares food for hospital patients, cafeteria patrons, 120-150 meals for Senior-on-Center, 204 Headstart Program meals, and 40 Morrow County Childcare Center meals. Additionally, there are many in-house catered meals for various groups who meet at the hospital – Community Services, United Way, Morrow County Association of

Business Women, Morrow County Hospital Retirees, Auxiliary Twigs, Public Employee Retirees, Inc. (PERI), Chamber of Commerce, and hospital-related committees.



Melodee Tomblin, Nanci Barry, Kim Hollingsworth, Malinda Webb, Bridgette Skatzes and Lynn Riel.

"The kitchen is a busy place, and these hard working employees are task oriented and believe in staying on a strict time schedule," Nanci continued. Nutrition Services strives to make patient meals to preference and diet. "We visit each patient daily to obtain their order; this way meals they like are delivered to them while they are hospitalized," commented Nanci.

The cafeteria has an extensive selection of choices, including a hot breakfast on weekdays and two hot entrees at lunch and supper daily. Nanci noted, "There are also many ala carte items to choose from such as cheese and crackers, relishes and dip, fruit bowls, subs, desserts, and more."

Always looking for ways to enhance the meal experience, the Nutrition Services staff continues to put their minds together in cooking more variety and appetizing meal selections for everyone.



Margery Smith, Sonya Dendinger, Diana Morris, Tina Deyo, Bonny Millisor, Terri Connor.

Holiday Tradition Continues

Amid the holiday season, white and blue lights along with felt ornaments were placed on the Auxiliary's Remembrance Tree to memorialize and honor loved ones and special friends.

At the 24th annual Remembrance Tree Lighting Ceremony, Auxiliary Vice President Joan Myers welcomed those in attendance and shared the legacy of this special project. Reverend Chuck Graham, Trinity United Methodist Church, reflected on grief, love and remembering...and "the hospital's commitment to care for those we know and love." While listening to a special song, the group paused to silently read thoughts and quotes prepared by Reverend Graham. The 196 names of those remembered and the 21 honorees along with the sponsors' names were read by Joan Myers and Rosemary Brown.



Joan Myers, Rosemary Brown and Reverend Chuck Graham participated in the 2011 Remembrance Tree Lighting Ceremony on December 8.

Philanthropy Benefits Hospital Patients

Thanks to the foresight of the late philanthropist Wilder J. James, the holiday was a little brighter for some Morrow County Hospital clients who are paying on bills accrued while patients.

Wilder, a native of Cardington who graduated from Mt. Gilead High School, left a trust fund for Morrow County Hospital in memory of his parents, Wiley and Martha Evans James. Each December, the interest from the trust is designated for Morrow County Hospital to be given to people “who were deemed worthy of reimbursement to the hospital for hospital room, medicine, doctor bills, nursing bills and others expenses which have been incurred by any worthy local resident and citizen of Morrow County who was hospitalized or treated without discrimination as far as sex, color, age, religion or political affiliation who should financially be unable to pay for such services.” The trust adds, “The reimbursement is for indigent residents who have outstanding balances and are making good faith efforts to pay them.” It also states “a maximum of \$500 be given to each person.” This is the wording of the trust dated April 1, 1953. This year, the interest from the Wilder trust totaled \$17,000.

According to hospital administration, a committee comprised of the Chief Financial Officer, Patient Accounting Manager, one banker and the hospital’s Medical Staff President (the required medical staff member), uses a mathematical formula to determine who receives the trust’s assistance.

Wilder was born March 20, 1878, to Wiley and Martha Evans James in Lincoln Township east of Cardington on State Route 529. He attended Gooseheaven School at the corner of County Road 169 and State Route 529 until the family moved to Cardington and then attended the Cardington School. Later, his father became Morrow County treasurer, and the family moved to Mt. Gilead. Wilder was an employee of the Mt. Gilead Post Office from 1902 to 1910 when he was appointed a postal inspector.

In 1911, Wilder became associated with Goodyear Tire and Rubber, moving to Los Angeles, California, in 1937, and retired as an auditor with that company. He died in 1966 and is buried in Glendale Cemetery, Cardington.

In 1956, Wilder established a trust fund in memory of his sister, Lillian James, a Cardington graduate who became a teacher at the school, retiring in 1917. Every year since 1956, graduates of Cardington High School receive between two and four scholarships based on the interest earned from the trust.

The benevolence of Wilder James has benefited many Morrow County people who have received hospital services.

Hospital Benefits Community

Outreach programs exemplify Morrow County Hospital’s commitment to give back to the community.

In 2011, participation records were set for the wide variety of programs that focused on health and wellness –

Blood Profiles	4,522
Diabetes Education	40
Energize With Exercise	52
Prostate Cancer Screening	229
Safe Sitter	47
Sports Medicine Clinic	48
Sports Physicals	226
Weight Control	20
Wrestling Weight Assessments	80
Heartsaver CPR	86
First Aid	32
Healthcare Provider CPR	69
ACLS	9
Total	5,460

To learn more about the 2012 Outreach Programs visit – www.morrowcountyhospital.com

2012 Medical Staff Officers Elected

At the December 6 Medical Staff meeting, members elected the 2012 officers who will serve one-year terms –

President **Matthew Hintz, MD**, and Secretary/Treasurer **Vincent Trago, MD**.



Dr. Matthew Hintz
Medical Staff President

Dr. Hintz, as Medical Staff President, will act in coordination and cooperation with the hospital’s Chief Executive Officer (CEO) and the Board of Trustees in all matters of mutual concern with the hospital. He will also call, preside at and be responsible for the agenda of all general Medical Staff meetings. He will be the spokesman for the Medical Staff in its external professional and public relations, serve as the Medical Staff representative to the Board of Trustees and perform other duties as required by the Medical Staff Bylaws.



Dr. Vincent Trago
Medical Staff Secretary/Treasurer

As Medical Staff Secretary/Treasurer, Dr. Trago will be responsible for the preparation of accurate and complete minutes for all Medical Staff Meetings, supervise the collection and accounting for any funds that may be collected as Medical Staff dues, assessments or application fees, attend to all correspondence and perform such other duties as ordinarily pertain to the office.

**Carrier Presort
BOXHOLDER**

“MCH Health Awareness” **Blood Profiles** • \$20 Blood Profile • 6-9:30 a.m.

2012 Collection Sites No appointment necessary! • Eligibility: Anyone age 18 and over

Listed below are the dates and locations these profiles will be offered in 2012 from 6-9:30 a.m. –

Sat./January 28 • Morrow County Hospital (Room A)*

Saturday/March 3 • Morrow County Hospital (Room A)*

Tuesday/March 20 • Sacred Hearts Church
(4680 US Hwy 42 • Cardington)

Saturday/April 14 • Morrow County Hospital (Room A)*

Thursday/April 26 • Marengo United Methodist Church
(8 North Main St. • Marengo)

Saturday/May 5 • Morrow County Hospital (Room A)*

Tuesday/May 15 • The Pines Christian Church
(6775 U.S. Hwy. 42 • Mt. Gilead)

Saturday/June 23 • Morrow County Hospital (Room A)*

Saturday/July 21 • Morrow County Hospital (Room A)*

Thursday/August 16 • Marengo United Methodist Church
(8 North Main St. • Marengo)

Sat./September 15 • Morrow County Hospital (Room A)*

Saturday/October 6 • Morrow County Hospital (Room A)*

Tuesday/October 30 • The Pines Christian Church
(6775 U.S. Hwy. 42 • Mt. Gilead)

Sat./November 17 • Morrow County Hospital (Room A)*

Sat./December 15 • Morrow County Hospital (Room A)*

Morrow County Hospital’s Laboratory 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.

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!

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