

Pulse



**Morrow County
Hospital**
OhioHealth

Associated with OhioHealth

651 West Marion Road
Mount Gilead, Ohio 43338

Winter 2009 • Volume 11 • Number 1

Hope For COPD Patients

The Pulmonary Rehab program at Morrow County Hospital is a haven of hope for patients with COPD (Chronic Obstructive Pulmonary Disease) and other respiratory ailments. COPD is characterized by air flow limitation, and it is not truly reversible.

Judy Baker, respiratory therapist with MCH for 18-1/2 years, said the hospital's three-phase Pulmonary Rehab program is individualized for each participating patient and allows for an achievable completion time period. COPD is the fourth leading cause of death in the United States. Physicians use the term COPD for two diseases – emphysema and chronic bronchitis. Some people with



Judy Baker, RRT, and Mary Graham enjoy spending time together in Pulmonary Rehab.

COPD also have reactive airway disease (asthma). Judy said it is important to learn the basics of proper nutrition, breathing techniques and exercise as early as possible to further a person's life. A qualified diagnosis must be made by a referring physician to enter this program.

The three-phase program includes – **Phase I** which begins when a person is in the hospital and includes a consult with a respiratory therapist to gain knowledge about lung diseases and pulmonary rehab. After dis-



Joy Tschudi is pleased with her success in the Pulmonary Rehab program and is continuing her maintenance program on a regular basis.

charge, a physician writes an order for an initial consultation for the **Phase II** program where a pulmonary function, a measured six-minute walk and oxygen saturation tests are conducted. Then, the in-class Phase II program begins for 8-10 weeks. "We talk about the disease process and how it affects you," said Judy. "We teach techniques for stress reduction, good sleep habits, proper nutrition, exercising, etc." The exercise portion of this phase follows and everything is monitored from walking on the treadmill to lifting weights.

"When you're in the rehab program it's like a small family," said Judy. "Everybody helps everybody else." These visits are made three times a week, an hour each session. A "graduation party" is held at the end of this phase, and each patient receives a certificate.

Phase III is the maintenance program that follows graduation from Phase II and is optional for patients. Joy Tschudi, who entered the program after a serious bout with exacerbated COPD,

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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

Hope For COPD Patients

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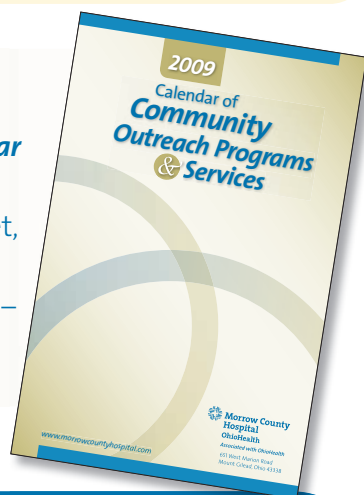
is a Pulmonary Rehab graduate and is now a “regular” in the maintenance program (Phase III). “I come in twice a week for an hour each session and want to stay in this program forever,” commented Joy. “They do a phenomenal job,” she said of the staff. “I noted a difference right away. They motivated me,” continued Joy, who was especially interested in changing her diet. “I needed structured exercise, and they monitored everything. I’m going to do maintenance forever,” she said with a laugh.

Mary Graham, is also a graduate of the Pulmonary Rehab class. “When I came, I couldn’t walk across the kitchen floor without gasping. They taught me how to cope with stress through the exercise program. The people are so glad to see you, and they help you see things in a different way and how to live better.”

Judy commented that people need to contact their insurance companies about coverage. “There is tobacco grant money available for the Phase II program for people who qualify. The Phase III program is not covered by insurance, but grant monies are available from the Area Agency on Aging for those over 60 who may qualify.

For more information about Morrow County Hospital’s Pulmonary Rehab program, please call – **(419) 949-3015**.

If you would like to request a free copy of the **2009 Calendar of Community Outreach Programs and Services** booklet, please contact the hospital’s Public Relations Department – **(419) 949-3089**.



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If you have a story idea, please contact –
(419) 949-3088

New Digital Technology Detects Osteoporosis

“We have acquired a new advanced digital bone densitometry system (DEXA) that raises the level of care at Morrow County Hospital,” said Lynn Heimlich, RT, Radiology Director. “Our new DEXA scanner will enable physicians to more successfully diagnosis and treat osteoporosis by precisely measuring a patient’s bone density and allowing for the detection of even the most minor changes.” The GE Lunar Prodigy features Vertebral Fracture Assessment (VFA), which is a low-dose x-ray of the spine. VFA allows doctors to visualize existing vertebral fractures that often produce no symptoms. Lynn mentioned, “These fractures are much more common than one would imagine.”



Michelle Wallace, RT, with the new GE Lunar Digital DEXA bone densitometry system which features the latest digital technology in the fight against osteoporosis.

“We know today that osteoporosis is not a normal condition of aging, rather it is a disease that can be prevented,” continued Lynn. “Weak bones can often lead to painful and debilitating fractures, with the most common being the wrist, spine and hip. By investing in a leading bone densitometry system, our staff will have access to high resolution images for the precise detection of the smallest vertebral deformities to detect osteoporosis at its earliest stage, enabling immediate treatment to minimize deterioration of bone structure.”

For more information about bone densitometry, please ask your physician. To schedule your DEXA scan, call the Morrow County Hospital Radiology Department – **(419) 949-3090**.

Second Consecutive Year – Local Home Health Nationally Recognized



MCH Home Health staff – (Back Row): Marsha McGrew, aide; Beth Young, RN; Karen Webb, RN; Chris Lyon, aide; Jayne Monk, RN, Home Health Manager; Julie May, LPN; Pat Thomas, RN. (Front Row): Cheryl Waddell, aide; Sharon Hackworth, receptionist; Bonnie Elia, RN; Mary Jo Parsons, LPN. Not pictured: Nancilee Blaney, LPN; Tammy Hartman, RN; Barb McFann, RN.

For the second consecutive year, Morrow County Hospital’s Home Health is ranked in the **top 25%** of Home Health agencies nationwide. Jayne Monk, RN, Home Health Manager, is delighted with the ranking, which is determined by benchmarking vendor Outcome Concepts Systems (OCS). “It’s huge because it means people are improving because of our care,” said Jayne. The list of top performing Home Health agencies in the nation, “The HomeCare Elite,” is judged by OCS in cal-

culating three decision areas: Home Health Compare scores (quality of care), quality improvement and financial data from Medicare cost reports (financial performance).

Jayne noted, “The meaning of this ranking is important because it includes people for whom we provide physical therapy, speech and occupational therapy. It’s an effort by a team that applies skilled care to patients. The Home Health staff works hard to comply with all required documentation and data collection while providing excellent care for every Home Health patient.”

To learn more about Morrow County Hospital’s Home Health services, please call – **(419) 947-9127**.



Home Health Rehab staff – (Back Row): CJ Miller, PT, Physical Therapy Director; Louise Waggoner, office staff; Sara Ostrom, PTA; Megan Rossiter, PTA; Larry Peck, PTA; Crystal Middleton, ST. (Front Row): Chris Kopcak, PT; Lisa Levering, PT; Angie Johnson, office staff; Theresa Reer, OT; Jeanette Kincaid, PTA. Not pictured: Ashleigh Stuckey, PTA.

Volunteers Accentuate Caring

The Flamingo Twig members are a real asset to Morrow County Hospital. This group of 13 dedicated and active volunteers has been organized since shortly after the opening of Morrow

County Hospital in 1952. The Twig’s members are retired women whose careers range from teaching, business, secretarial, and school employees to factory workers and bank personnel.

Fundraising is a major part of their commitment to the hospital. They conduct garage sales and are known for their delicious bake sales at the hospital site with the monies raised from events being applied to the purchase of items needed for patient care.



Flamingo Twig Members

Their years of membership are from two to as many as 54 years. As volunteers, the Flamingo Twig members can be found at the Twigette desk, helping in offices, assisting in the Extended Care Facility, and wherever there is a need.

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

January

Diabetes Education

Registration Required • Free Program

Wednesday/January 7 • 6-8:30 p.m. • MCH Room A
Wednesday/January 14 • 6-8:30 p.m. • MCH Room A
Wednesday/January 21 • 6-8:30 p.m. • MCH Room A
Wednesday/January 28 • 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.**

Positive Hypnosis Of Ohio Hypnosis Programs

Clinical Hypnotist: Donald J. Mannarino, MA
Weight Loss (6 p.m.) & Smoking Cessation (7 p.m.)
Monday/January 12 • 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.

Energize With Exercise*

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

Site: Seniors-On-Center Building (41 W. Center St. • Mt. Gilead)
Class Dates & Times: Tuesdays & Thursdays
5:30-6:30 p.m. • (Starts 1/13 and Ends 4/2)

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.

2009 | AUXILIARY-SPONSORED EVENTS

"Code U" Uniform Sale

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

"Books Are Fun" Book Fair

Thursday/March 12 • 7 a.m.-4 p.m. • Room A

Open
To The
Public!

January

Healthcare Provider CPR

Friday/January 16 • 8 a.m.-2:30 p.m. • MCH Room A
Certification/Recertification - \$38 • Book with CD - \$15
Registration Required

Minimum Class Size: 6 participants

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

Safe Sitter

Saturday/January 17 • 9 a.m.-3 p.m.
MCH Room A • Lunch Provided
Registration Fee - \$10 (For student manual)
Minimum Class Size: 8 (11-13 year olds only!)

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

Weight Control Program*

12 Weeks • Registration Fee - \$50
Minimum Class Size: 20 participants

Site: Morrow County Hospital • MCH Room A
Mondays • (Starts 1/19 and Ends 4/6) • 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, 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.

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

February

Heartsaver CPR

Sunday/February 8 • 1:30-4:30 p.m. • MCH Room A
Certification/Recertification - \$25 • Book with CD - \$15
Registration Required • Book Required
Minimum Class Size: 6 participants

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

First Aid Class

Sunday/February 8 • 4:30-7:30 p.m. • MCH Room A
Registration Fee - \$20 • Book - \$7.50
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.

"MCH Health Awareness" Blood Profiles

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

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

Sat./Feb. 14 • Morrow County Hospital (Room A) • 6-9:30 a.m.
Tues./Feb. 24 • Cardington Community Center • 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!

February

Heartsaver CPR

Thursday/February 19 • 4:30-9:30 p.m. • MCH Room A
Certification/Recertification - \$25 • Book with CD - \$15
Registration Required • Book Required
Minimum Class Size: 6 participants

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

American Red Cross Bloodmobile

Wednesday/February 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.

Healthcare Provider CPR Renewal

Friday/February 27 • 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.

March

Diabetes Education

Registration Required • Free Program

Wednesday/March 4 • 6-8:30 p.m. • MCH Room A
Wednesday/March 11 • 6-8:30 p.m. • MCH Room C
Wednesday/March 18 • 6-8:30 p.m. • MCH Room A
Wednesday/March 25 • 6-8:30 p.m. • MCH Room A

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

ECF Receives “4-Star” Rating

Morrow County Hospital’s Extended Care Facility (ECF) has received a “4-Star” **overall** quality rating by the federal government’s Center of Medicare and Medicaid Services (CMS). The “Five-Star Quality Rating System” was created to help consumers, their families and caregivers compare nursing homes more easily and help identify areas about which you may want to ask questions. Each of the nation’s 16,000 Medicare and/or Medicaid-certified nursing homes has been rated from a low of one star to a high of five stars, based on three critical areas – health inspection results, quality measures and staffing levels. The more stars the better!

“By going to the CMS Web site, <http://www.medicare.gov/NHCompare> and clicking on the “Find and Compare Nursing Homes” link, you can search by name, zip code, city, state, or county,” said Char Patterson, RN, MSN, C-NE, ECF Director of Nursing. “This is quite an achievement for our entire ECF staff and all our support staff who work as a team continuously to improve clinical excellence and enhance resident and family satisfaction. We’re proud of our ‘4-Star’ rating!”

The Nursing Home Compare information gives a snapshot of the care individual nursing homes provide, but should not be a substitute for visiting the nursing home. It can give you important information, help you compare nursing homes by topics you consider most important when you visit the nursing home. The “Five-Star Quality Rating System” is based on continued efforts as a result of the Omnibus Reconciliation Act of 1987 (OBRA ’87), a nursing home reform law, and more recent nursing home quality improvement campaigns such as the Ad-

vancing Excellence in America’s Nursing Homes (<http://www.nhqualitycampaign.org/>), a coalition of consumers, healthcare providers, and nursing home professionals. If possible, also contact your Long-Term Care Ombudsman or State Survey Agency before making a decision about nursing homes, or visit – www.medicare.gov for more information.



Greg Jevnikar, ECF Administrator, and Char Patterson, RN, ECF Director of Nursing, invite people to learn more about the Morrow County Hospital Extended Care Facility’s short-term and long-term resident care services that are available.

The Morrow County Hospital Extended Care Facility’s most recent Ohio Department of Health Survey (August 8, 2008) reflected 98.7% compliance. The compliance rate for the district and state were 93.9% respectively (<http://www.ltc.ohio.gov/consumer/searchresultsinspections.asp>).

Bed Offers More Comfort

A new bed, designed for the unique needs of the bariatric patient, is available in the Acute Care unit and can accommodate up to 1,000 pounds. This bed was selected by the hospital’s Auxiliary, as one of the patient care items purchased with funds derived from various fundraisers and donations made throughout the year.

Manufactured by the Stryker Corporation, the bed has a built-in electric scale that allows the patient to be weighed while in bed. Other amenities include an air mattress sleeping

surface that can be adjusted to different levels of firmness, and a wider-than-normal hospital bed that can also be extended to accommodate tall patients.

Carol Vail, RN, Acute Care Manager, commented, “The bariatric bed allows for freedom of movement for the larger patient and provides the nurse with better access to provide care. All of the expected conveniences of a hospital bed are incorporated into this bed, and more comfortable for the larger patient.”



Carol Vail, RN, Acute Care Manager, is pleased to have a new flat-screen television for each inpatient and a bariatric bed available, if needed.

TV Viewing Of Your Choice

Installation of individual flat-screen televisions in the Acute Care inpatient rooms at Morrow County Hospital now allow each patient to have control over the selection and viewing of the programs they choose.

The private sets, installed in November, can be easily reached and controlled by patients from their beds, a huge step for independence even while a patient at the hospital. The project was made possible through the fundraising efforts by the many volunteers of the MCH Auxiliary. A special thank you to those tireless workers who strive to make hospital visits more comfortable.

Sincere Condolences

Morrow County Hospital Board of Trustees
March 5, 2001 – December 19, 2008



Don Weaver

Don Weaver, Morrow County Hospital Board of Trustees member, passed away at his home on December 19, 2008. Don's commitment and support to Morrow

County Hospital Board extended for over seven years; and, over four as Chairman.

Don was a quiet man who led the Board with a steady hand. His dedication and loyalty to Morrow County Hospital was unwavering. As a life-long resident of Morrow County, he was a member of various civic organizations and served on numerous boards.

Morrow County Hospital's Board of Trustees, Administration and Staff extend their deepest sympathy to the Weaver family and friends.

Community Outreach Programs for 2009

The hospital's 2009 Calendar of Community Outreach Programs & Services is finalized and plans are underway for a wide variety of programs. "We offer hundreds of outreach programs but, without a doubt, the \$20 blood profiles are the most popular and most appreciated," said Lois Peoples, Public Relations Manager.

Plan ahead...Place the "MCH Health Awareness Blood Profiles" listing on your refrigerator at home so you won't forget about having your screening this year!!! If you would like to request a copy of the 2009 Outreach Calendar, please call the Public Relations Department – (419) 949-3088, or visit the hospital's Web site – www.morrowcountyhospital.com.

2009 Collection Sites

Morrow County Hospital's laboratory personnel will be offering \$20 "MCH Health Awareness" blood profiles at the following locations during February, March, April, May, June, July, September & November.

Each \$20 blood profile includes a battery of 27 tests – cholesterol, triglycerides, HDL, LDL, VLDL, glucose, BUN (blood urea nitrogen), creatinine, sodium, potassium, chloride, carbon dioxide, AST, ALT, GGT, total bilirubin, total protein, albumin, calcium, alkaline phosphatase, iron, white blood count, red blood count, platelet count, hemoglobin/hematocrit, mean cell volume and mean cell hemoglobin concentration.

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

- No appointment is necessary!
- Anyone 18 years & over can have their blood drawn at any of the sites listed.
- 8 to 10-hour fast is necessary for accurate results – no eating, and only drink moderate amounts of water. Take your medications! Take them with moderate amounts of water.
- Physicians' orders for additional tests will not be accepted at these screenings.
- This \$20 blood profile offer will only be available at the site listed.

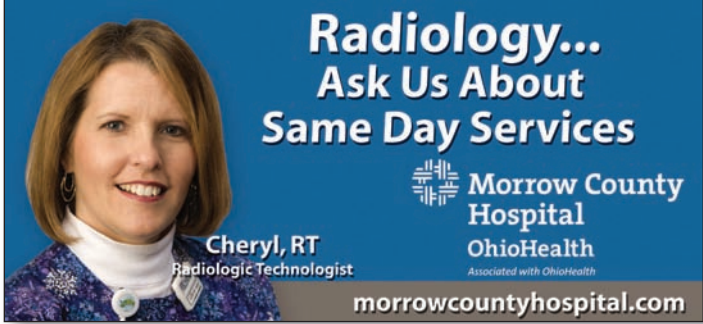
DATE	TIME	LOCATION	ADDRESS
Saturday/February 14	6-9:30 a.m.	Morrow County Hospital (Room A)	651 W. Marion Rd. • Mt. Gilead
Tuesday/February 24	6-9:30 a.m.	Cardington Community Center	111 W. Second St. • Cardington
Thursday/March 5	6-9:30 a.m.	Northmor High School Activity Center*	5353 CR 29 • Galion
Saturday/March 21	6-9:30 a.m.	Morrow County Hospital (Room A)	651 W. Marion Rd. • Mt. Gilead
Tuesday/March 24	6-9:30 a.m.	Seniors-On-Center	41 W. Center St. • Mt. Gilead
Wednesday/April 1	6-9:30 a.m.	Highland West Elementary (Gym)*	1 West St. • Marengo
Saturday/April 18	6-9:30 a.m.	Morrow County Hospital (Room A)	651 W. Marion Rd. • Mt. Gilead
Tuesday/April 28	6-9:30 a.m.	Highland Central (Gym)*	TR 16 • Sparta
Saturday/May 2	6-9:30 a.m.	Morrow County Hospital (Room A)	651 W. Marion Rd. • Mt. Gilead
Thursday/May 7	6-9:30 a.m.	Johnsville Elementary (Gym)*	7478 CR 242 • Shauck
Thursday/May 21	6-9:30 a.m.	Selover Library (Chesterville)	31 SR 314 • Chesterville
Thursday/June 25	6-9:30 a.m.	Seniors-On-Center	41 W. Center St. • Mt. Gilead
Tuesday/July 28	6-9:30 a.m.	Heartland Alliance Church	6835 SR 314 • North Woodbury
Saturday/September 26	6-9:30 a.m.	Morrow County Hospital (Room A)	651 W. Marion Rd. • Mt. Gilead
Saturday/November 7	6-9:30 a.m.	Morrow County Hospital (Room A)	651 W. Marion Rd. • Mt. Gilead

** If school is canceled, the blood profiles will be canceled.*

Local Hospital Advertising Campaign

Morrow County Hospital is launching a new billboard advertising campaign in the county this year. “We are the proud recipients of numerous awards and want to make consumers aware of our hospital services through our billboard messages,” said Diana Fisher, President and CEO. “When you’re in your car, we hope you will notice us on State Route 95 west of I-71 at County Road 121 (on the east billboard face), State Route 61 at State Route 309 (on the north billboard face) and at State Route 615 north of I-71 (both billboard faces).”

“We want to remind people in our community that their local hospital has much to offer,” continued Diana. “We hope you will enjoy a sneak preview of our billboard designs that will be installed in January.”



**Radiology...
Ask Us About
Same Day Services**

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Cheryl, RT
Radiologic Technologist

morrowcountyhospital.com



**Home Health...
in the nation's
TOP 25%**

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**Ohio's Best
Healthcare Starts
With...**

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**Bringing Ohio's Best
Healthcare To You!**

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