

Community Outreach Programs

July – December 2018

To register for any of the listed programs, or for more information, please call (419) 946.5015.

Advanced Cardiac Life Support (ACLS)

July 27, November 16

8 a.m. to 5 p.m., MCH Room A and C

Registration required

Community registration fees: \$150 certification

Prerequisites: ACLS Certification: Current Healthcare Provider CPR Certification

Maximum class size: 12 participants

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.

American Red Cross Bloodmobile

August 15, October 10, December 19

10 a.m. to 4 p.m., MCH Room A

Positive identification required: American Red Cross donor card or photo ID showing date of birth. Call (419) 949.3089 to schedule.

Diabetes Self-Management Education Class

September 4, 6, 11 and 13 or November 6, 8, 13 and 15

6 to 8 p.m., MCH Room C

Physician referral required

Minimum class size: 2 participants

Morrow County Hospital's Diabetes Education program is an American Diabetes Association recognized program. Eight-hour group diabetes classes are part of the Three-Step Diabetes Self-Management Educational program. You must have a physician referral and have met with the Diabetes Educator prior to attending group classes. Each class night a different aspect of the diabetes disease process will be discussed. Most insurance covers the cost of the program. You must attend all four classes to complete this course.

Diabetes Support Group

July 10, August 7, October 2, December 4

6 to 7 p.m., MCH Room C

Registration required

Our free support group provides a venue to meet others who share similar concerns and experiences about diabetes. By sharing their experiences, group members can feel part of a community and gain a greater sense of value and power from this feeling of belonging. Each group meeting will focus on another aspect of the disease, often times featuring guest speakers.

MCH Health Awareness Blood Profiles

September 26, 27, 28

6 to 9 a.m., MCH Lower Level (Use "Receiving" entrance)

Eligibility: Anyone age 18 and over

Morrow County Hospital's Laboratory will offer \$30 blood profiles which include a battery of 25 tests- cholesterol, triglycerides, HDL, LDL, VLDL, glucose, BUN (blood urea nitrogen), creatine, sodium, potassium, chloride, carbon dioxide, AST, ALT, total bilirubin, total protein, albumin, calcium, alkaline phosphatase, white blood count, red blood count, platelet count, hemoglobin/hematocrit, mean cell volume and mean cell hemoglobin concentration. For an additional charge, the following tests will also be offered:

- + \$25 TSH (thyroid stimulating hormone)
- + \$25 Hemoglobin A1C (primarily for all diabetics)

Remember:

- + A 10 to 12 hour fast is necessary for accurate results — no eating.
- + Drink moderate amounts of water.
- + Take your medications with moderate amounts of water.

No physicians' orders for additional tests will be accepted at these screenings. These \$30 blood profiles will only be available at Morrow County Hospital. Only cash or checks made payable to Morrow County Hospital will be accepted. No debit or credit cards.

Pediatric Advanced Life Support (PALS)

August 10, September 14

8 a.m. to 7 p.m., MCH Room A and C

Registration required

Community Registration Fees: \$150 certification, \$40 book

This class is for healthcare professionals who respond to emergencies of infants and children. PALS is a classroom, video-based, instructor-led course that uses a series of simulated pediatric emergencies to reinforce the important concepts of a systematic approach to pediatric assessment, basic life support, PALS treatment algorithms, effective resuscitation and team dynamics. The goal of the PALS course is to improve the quality of care provided to seriously ill or injured children, resulting in improved outcomes. Community members wishing to register for PALS certification class are required to pre-pay their registration fee (nonrefundable) seven days prior to the class date, or their name will be removed from the class roster.

Tobacco Cessation

August 15, 22, 29 and September 5, 12, 19

November 7, 14, 28 and December 5, 12, 19

6 to 7 p.m., MCH Room C

Registration required

Maximum class size: 8 participants

Tobacco Cessation program is a six-week program one night a week for one hour. This program includes the development of a quit plan along with education on identifying the individual triggers and development of a positive approach to breaking the habit. This program will leave the participant with the tools to work toward becoming tobacco free.