

A publication of Fulton County Health Center

Health Centering



From Diagnostics to Treatment to Recovery FCHC's Role in the Health of Others

Kristy Snyder (seated, left) and Tonya Gomez (seated, right) received a good deal of care and support from FCHC staff members during their health ordeals.

Volume 29, No. 4 Fall, 2013



**FULTON COUNTY
HEALTH CENTER**
Completing the circle of care

From Diagnostics to Treatment to Recovery

FCHC's Role in the Health of Others

Fighting Breast Cancer

It was October of 2010, and **Kristy Snyder** needed just one more point to meet the requirements of her employer's Wellness Program. If she did so, she would qualify for a discount on her health insurance premium. Little did Snyder know that the pursuit of that single point would ultimately save her life.

As the Human Resources Director for Fulton County Health Center, Snyder is a busy person. "We were coming up on the end of the year, and work was hectic," recalls Snyder. "I realized that I could make up that one point by getting my routine annual mammogram, something I had been putting off." But Snyder had another incentive to get the mammogram and make her points. As FCHC's HR Director, she needed to set an example for other employees to meet the stipulations of the Wellness Program.

Her digital mammogram was scheduled in the FCHC Radiology Department for December 7th. During the mammogram, Michael Pole, MD, FCHC Board Certified Radiologist, noticed something suspicious. He suggested that Snyder have a stereotactic/mammotome core breast biopsy at the Health Center. Two days later the biopsy was performed and sent to the Health Center's lab for analysis. On December 10th Snyder got the news that she had breast cancer.

When Snyder heard the words, "You have cancer," her husband immediately met her at the office of Ron Music, MD, Snyder's family doctor. Dr. Music conferred with Dr. Pole and, together, they agreed that a lumpectomy should be done. On December 15th the

lumpectomy was performed at FCHC by Jose Parodi, MD, General Surgeon. Unfortunately, the procedure showed that Snyder had Stage 1, non-aggressive cancer.

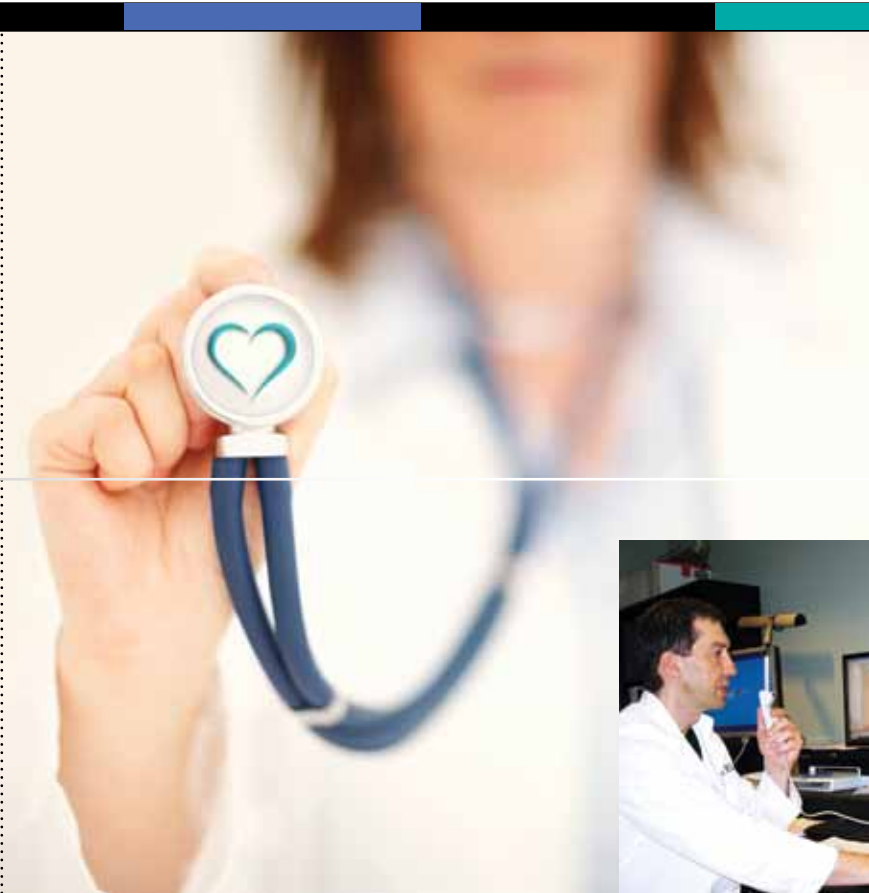
"Within a week I had gone from feeling healthy and busy at work to having Stage 1 breast cancer," says Snyder. "It was quite a blow, as you would imagine it would be for anyone."

After recovering from the lumpectomy, Snyder met with Kenneth Krupp, MD, Oncologist/Hematologist at the FCHC Rainbow Hematology/Oncology Treatment Center. Dr. Krupp prescribed four rounds



Radiologist Michael Pole, MD, says communication between physicians is key to patient care.

Kristy Snyder (right), performs her duties as the Health Center's Human Resources Director thanks to the help she received from FCHC physicians and other health professionals.



of chemotherapy every three weeks for a total of 12 weeks of treatment, which occurred in the early part of 2011. The next step was to decide if she would have radiation therapy or a bilateral mastectomy. "Dr. Parodi recommended that I visit a plastic surgeon in Toledo, who described the procedure in great detail," says Snyder. "Then I had to decide between the mastectomy and the radiation." The choice wasn't easy, and Snyder admits to going back and forth. "My husband reminded me that I had always said if I developed cancer I would want

it out of me, so that helped me decide on having the mastectomy."

Fast forward to today, and Snyder is cancer free. She must have an MRI performed every two years at the Health Center. In 2012, the MRI found a suspicious spot, and Dr. Music and Dr. Pole debated between her having another biopsy and a simple ultrasound. Dr. Pole

was convinced the spot was merely a lymph node that had shifted during surgery. So Snyder elected to have the ultrasound and to keep an eye on the spot, which has not changed. "It was a matter of trusting my doctors and making sure they talked to one another so we were all on the same page. They didn't let me down in 2010, why would they now?" says Snyder.

In addition to the MRIs, Snyder regularly visits Dr. Krupp, her Oncologist, for follow-up care. Each time she has lab work performed at FCHC. "I can't tell you how much I appreciate the bedside manner of all my medical professionals," says Snyder. "Dr. Pole, Dr. Music, Dr. Parodi and all the nurses, radiology techs and lab professionals . . . they treated me with respect and dignity during the course of my diagnosis and care. It's as if I was one of their family members."

Snyder says that even though she's an FCHC employee, that good bedside manner of FCHC physicians and staff is obvious to others who have no affiliation with the Health Center. "I belong to a breast cancer support group, and the women in the group who have had their medical procedures performed at FCHC have expressed similar sentiments about the staff's professionalism and respect for patients. It's just something that's part of the culture here."



Dealing with Cystic Fibrosis

Tonya Gomez was born with Cystic Fibrosis, a chronic hereditary disease that causes thick, sticky mucus to build up in the lungs, digestive tract and other parts of the body. In college she was further diagnosed as having diabetes. But the diseases didn't slow her down. Gomez graduated with a Bachelors Degree in Human Ecology with a specialization in Dietetics. In January of 2002 she began working at FCHC as a Clinical Nutrition Manager. It was the same year she was married. By fall 2003 her lungs had deteriorated to the point that she needed a double lung transplant in order to survive. Gomez was placed on the Cleveland Clinic's transplant list in December 2003.

"At the time I was told I needed to go through a Respiratory Therapy program to help me be as strong as possible for the transplant surgery," says Gomez. "FCHC didn't have a Respiratory Therapy program, but staff members in the Cardiac Rehab Department stepped forward and created a program for me using the department's treadmills and other equipment." Over the next five months, Gomez worked three days a week to strengthen her lungs.

"While I was waiting for the call from the Clinic that a match had been found, I needed to have all kinds of medical tests performed," says Gomez. "So I utilized many of the services of the Health Center's Radiology and Laboratory Departments." She had all of her blood drawn and analyzed at the Health Center along with her mammogram, colonoscopy, and bone density screenings.

On May 25, 2004 Gomez got the call from the Cleveland Clinic that a match had been found and she would need to hurry to Cleveland for the lung transplant. "Initially they didn't know if it was a definite match, but it was close enough to get the wheels in motion and have me drive there," says Gomez. By 5:30 p.m. it was verified that the match was perfect, and the six-hour double lung transplant surgery began at 7:30 p.m. "I went into the surgery with only 19% lung function," says Gomez. "I came out with lungs that were a perfect fit and which were working at 100% capacity."



Tonya Gomez (left) has two healthy lungs now and can function as FCHC's Clinical Nutrition Manager.

Three days were spent in the Cleveland Clinic's Intensive Care Unit, followed by 1-1/2 weeks in the hospital. Another 2-1/2 weeks were spent at the Clinic's hospitality unit, as Gomez had to be nearby in case of complications.

Today, Tonya Gomez is living a relatively normal life with the help of daily anti-rejection medication. The drugs put her at higher risk for multiple cancers. So she must undergo routine chest X-rays on a regular basis, along with an annual mammogram, a colonoscopy every two years, and an MRI when needed. "I have all of those tests done at Fulton County Health Center," says Gomez. Eric Lehman, MD, her primary care physician, keeps a close eye on test results.

"As much as I have to be poked and scanned, I'm glad for the medical professionals here at the Health Center who are professional, respectful and kind," says Gomez. "Not everyone knows I'm a staff member, and I am always treated with dignity." (Continued on page 4)

From Diagnostics to Treatment to Recovery

FCHC's Role in the Health of Others



(Continued from page 3)

Many Are Involved in Your Care

"Based on these two personal stories, you can see there were many physicians and health care professionals who were involved in the care of these women," says Michael Pole, MD, FCHC Board Certified Radiologist. "Communication between all of us was key."

Dr. Pole says in the case of cancer patients, FCHC holds a monthly Tumor Conference where physicians from multiple disciplines meet to review and discuss the cases of all new cancer patients. The Tumor Conference involves Primary Care Doctors, Radiologists, Surgeons, Oncologists, as well as Radiation Oncologists. "The monthly conference is a forum to help us communicate with one another so we are all on the same page when it comes to the treatment and follow-up care of each patient," says Dr. Pole.

Bottom Line: We're Here Every Step of the Way!

"We appreciate the willingness of Kristy and Tonya to share their stories with our readers," says Patti Finn, FCHC Chief Executive Officer.

"They are good examples of the circle of care that patients can receive at our Health Center from diagnostics to treatment and follow-up care. I can assure you all patients will be treated with the same professionalism, dignity and respect throughout the medical process."

Tonya Gomez was instrumental in FCHC being recognized by Donate Life Ohio for its promotion of organ donation in 2013.



Pictured (L-R) with the banner are: Kari Dominique, Employee Health Specialist, Tonya Gomez (center) and Angie Horst, HR Receptionist.

State-of- CT S

Fulton County Health Center

has become the first hospital in the northwest Ohio region to install a 128-slice CT scanner in its Radiology Department. The new state-of-the-art Hitachi SCENARIA™ scanner, nicknamed "Lexi," will be operational in September. It replaces the Health Center's previous 64-slice CT scanner.

"This is a major investment in our CT scanning capabilities," says Barb Gibson, CRA, RT(R), RDMS, FCHC Radiology Manager. "The 128-slice scanner was just approved by the Food & Drug Administration this year, and we were given the honor of becoming the National Demo Site for Hitachi's new model." Being a demo site means that other potential Hitachi customers from across the country will visit FCHC to check out the new scanner.

CT scanning is a medical imaging procedure that uses computer-processed X-rays to produce cross-sectional "slices" of specific areas of the body. These images are used for diagnostic and therapeutic purposes, often for the head (e.g., concussions), heart, lungs and pelvic region. A CT scanner's multiple "slices" allow doctors to look at the area in question from many different angles. The new 128-slice CT scanner can actually provide 128 different image slices, double what the previous 64-slice scanner could offer. "Not only can we get more angles of the area in question, but the images themselves are dramatically crisper and more detailed to help physicians with their diagnostic capabilities," says Chad Elling, RT(R), CT, Registered CT Technologist.

The new scanner will also offer CT doses that are 50-60% lower than traditional CT scanners. "Since CT scanners use radiation to produce their images, the media has made consumers aware of the radiation risks that older CT scanners pose," says Elling. "This new scanner is significantly safer with much lower doses of

New the-Art canner

"Not only can we get more angles of the area in question, but the images themselves are dramatically crisper and more detailed to help physicians with their diagnostic capabilities."

— Chad Elling, RT(R), CT, Registered CT Technologist



FCHC Radiology Technologists Chad Elling, RT(R), CT (left) and Andrew Ritter, RT(R), CT (right) test the operational capabilities of the new 128-slice CT scanner. (Below): High-resolution images are produced.



radiation."

Loaded with top of the line hardware and software, FCHC will offer a variety of new services such as:

1. 3D heart scans with calcium scoring
(For heart attack screening)
2. Ultra low dose lung scans
(For cancer screening of smokers)
3. 3D bone scans for fractures and metal removal for fractures
(Popular with Orthopedic Surgeons)

The new Hitachi 128-slice CT scanner also comes equipped with voice recognition software that will allow FCHC Radiologists to dictate medical reports orally, and the words will be typed on a computer monitor as they are spoken. The typed report will then be digitally sent to the attending physician. "This aspect of the new scanning equipment will speed up the delivery of images and reports to the primary care or specialist physician," says Gibson.

FCHC's new Hitachi SCENARIA 128-slice CT scanner has a market value of over \$1 million. However, Hitachi granted the Health Center a major discount in exchange for FCHC serving as Hitachi's National Demo Site for the new unit. The FCHC Board and Administration felt it was a worthwhile investment, especially with the discount.

"Medical technology continues to advance quite rapidly," says Patti Finn, FCHC CEO. "As much as we have used our old 64-slice scanner, we felt it was a sound investment in the health of our community to purchase the new unit. I can assure you it will be used quite often. The advantages it offers will, hopefully, help us diagnose health problems faster and with more accuracy from the beginning."

For more information about Lexi, the new Hitachi SCENARIA 128-slice CT scanner, contact the FCHC Radiology Department at 419-330-2657.



ATTENTION Medicare Patients

The rules have changed for traditional Medicare coverage of durable medical equipment, such as wheelchairs, walkers and oxygen. As of July 1, 2013, Medicare phased in a new Competitive Bidding Program in Fulton County. The following is taken from the www.Medicare.gov website:

“The Competitive Bidding Program changes the amount Medicare pays suppliers for certain durable medical equipment, prosthetics, orthotics, and supplies (DMEPOS) and changes who can supply these items. The Competitive Bidding Program replaces the outdated prices Medicare has been paying with lower, more accurate prices. Under this program, suppliers submit bids to provide certain medical equipment and supplies at a lower price than what Medicare now pays for these items. Medicare uses these bids to set the amount it will pay for those equipment and supplies under the Competitive Bidding Program. Qualified, accredited suppliers with winning bids are chosen as Medicare-contract suppliers.”

“Medicare patients can no longer go anywhere they choose to obtain medical equipment if they want to use their Medicare benefit,” says Don Christian, RN, BSN, FCHC Case Management Manager. “They should check in advance.” To learn more about suppliers or the Competitive Bidding Program, visit www.Medicare.gov and select the “What Medicare Covers” tab, then select “Find suppliers of medical equipment & supplies.”

Helping Employers and Employees

Over the past 15 years, the FCHC Occupational Medicine Department has worked with area industries in a variety of ways. “There are really two components to our Occupational Medicine program,” says Billie Miller, RN, BSN, COHC, Program Director. “There is the portion where we offer physical exams and suggest ways to prevent work injuries, and then there is the portion where we help workers when they do get injured.”

Laura Precht, LPN, COHC, is the Coordinator of the Industrial Physicals portion of the program, designed to offer physical exams and help individuals prevent work injuries. Under her direction, industries provide pre-employment physical exams through FCHC physician Alan Rivera, MD. The physicals are designed to make sure the employee is healthy and can perform the job for which they are applying. Precht also works with workers to show them the proper lifting techniques to avoid injury.

“When a worker is injured on the job, typically they visit the FCHC Emergency Department or another area hospital Emergency Department,” says Miller. “The injured worker would then visit us for a follow-up exam by Dr. Rivera.” The follow-up exams help to evaluate the progress of the injured worker with the goal of helping the injured worker return to full productivity as quickly as possible. This aids not only the employer but the employee as well, since injured workers are not compensated for lost time until they are off eight days or more.

Miller spends time working with area employers and the injured worker to manage the huge amount of paperwork that must be filed with the Bureau of Workers’ Compensation. “Paperwork must be filed for each visit and approval obtained from the BWC for every treatment Dr. Rivera feels is necessary,” explains Miller. “I function as a liaison between the



The FCHC Occupational Medicine Department (Seated): Alan Rivera, MD. (Back, L-R): Laura Precht, LPN, COHC, Industrial Physicals Coordinator; Billie Miller, RN, BSN, COHC, Occupational Medicine Program Manager; and Jesse McKean, Drug Screen Coordinator.

Bureau, employer, and injured worker to ensure everything is filed correctly so treatment can begin as quickly as possible. Organization and staying on top of the paperwork is a large portion of my job.” She says the employer is updated with the progress of the injured worker with a work ability form that is issued with each follow-up Occupational Medicine visit.

Miller says most injured workers are able to return to work quickly after an injury with some type of work restriction or accommodation. “For example, a patient with a back sprain may be able to return to work with a 10 pound pushing, pulling, lifting restriction,” says Miller. “In our geographic area we are very fortunate to have employers that are willing to work with their employees to help them return to health and be able to work at the same time. They do not want to see their employee get hurt again and miss more work. So they work with us to comply with the restrictions.”

The FCHC Occupational Medicine Department also performs drug screenings, hearing tests as well as pre-employment physicals, including Department of Transportation physicals for truck drivers. Hearing tests are conducted in an OSHA-approved audio testing booth and both Miller and Precht are certified occupational hearing conservationists. The tests help prevent and/or detect hearing loss among occupational workers. The FCHC Occupational Medicine Department will also perform on-site seasonal flu vaccinations for local companies.

The FCHC Occupational Medicine Department is located on the first floor of the Health Center in the Fast Track section of the Emergency Department. For more information about the program, contact Billie Miller, RN, BSN, Program Director, at 419-330-2660 or bmiller@fulhealth.org.

Giving Back

For the past 16 years, Jane Patterson has been surrounded by patients fighting cancer. Patterson is a full-time secretary in the clinic of The FCHC Rainbow Hematology/Oncology Treatment Center. She has also been heavily involved with the Health Center's American Cancer Society Relay for Life Team. The last seven years she has served as its Team Captain, performing many different roles. The time spent on the Relay for Life is done outside of normal work hours.

"I probably work on the Relay for Life six months out of the year," says Patterson. "But I think about it all the time." This year's Relay for Life was held over an 18-hour period on June 7th & 8th at the Fulton County Fairgrounds. One of her roles is to round up 30 team members who each spend up to an hour walking the fairgrounds' track during the event. She orders t-shirts for team members, candy bars for all Relay teams that are sold for \$1 as a fundraiser, and contacts area businesses for donations. "This year I began contacting businesses in January to solicit donations of gift cards, products, and services that are used in various Relay for Life fundraisers at the Health Center. Our business community is extremely generous in supporting the Relay for Life."

In the spring, Patterson was in charge of the Easter Extravaganza that involved selling Easter eggs with hidden prizes inside for \$1. The fundraiser raised nearly \$700. A separate basket raffle raised another \$700. A silent auction at FCHC and a recycling program for cell phones and ink and toner cartridges also raised money for the Relay.

"Our staff members really support the Relay for Life," says Patterson. "For example, our HR Department holds a fundraiser each year. The Food & Nutrition Services Department holds a Game Day and Sunday Bar fundraiser, and the Health Information Department has held bake sales. "Other departments have donated a basket for the basket raffle and silent auction." Under Patterson's leadership, the FCHC Relay for Life team raised \$11,000 from fundraisers and outside donations.

"Jane works really hard on the Relay for



Staff member Jane Patterson has been instrumental in FCHC's Relay for Life efforts.

Life and really serves as an inspiration to all of us," says Patti Finn, FCHC Chief Executive Officer. "There are a lot of staff members who get involved in various ways throughout the year for the Relay, and Jane is instrumental in coordinating those efforts."

In addition to working at The Rainbow Hematology/Oncology Treatment Center for the past 16 years, Patterson has a personal

story to tell. "My husband was diagnosed with colon cancer and received his six months of chemotherapy treatment from Dr. Skeel at our Treatment Center," says Patterson. "So I can relate to what patients and their families are going through. It's what motivates me to work on the Relay for Life."

Helping Local Cancer Patients

How are Relay for Life funds used to support local cancer patients? The American Cancer Society says it:

1. Helps People Stay Well

- Provides a phone counseling service to help people quit tobacco
- Develops guidelines for cancer screenings

2. Helps People Get Well

- Serves as a phone and web resource for answers
- Offers an online support community for cancer survivors

3. Finds Cures

- Has been involved in nearly all major cancer breakthroughs in the past century
- Serves as the largest private funder of cancer research in the U.S.

4. Fights Back

- Supported smoke-free laws
- Helps uninsured, underinsured & low income women get breast and cervical cancer screenings

Message from the CEO

You may notice something different about this issue of *Health Centering* — it's 4 pages longer than usual! We have much to tell you, so we've decided to expand our quarterly newsletter as needed to accommodate the extra articles and news.

We begin this issue with the very personal medical stories of two women who happen to be employees of our Health Center. We hope their stories inspire you to trust Fulton County Health Center for your diagnostics, treatment and follow-up care.



Big news! We are installing a 128-slice Hitachi CT scanner in September, the only one of its kind in the northwest Ohio region. What that means for you is even more advanced imaging quality that will make it beneficial to doctors trying to diagnose disease. Please take time to read about this important technological investment.

We are also stepping out in this issue and featuring the behind the scenes work of Jane Patterson, one of our staff members, who has been instrumental in inspiring and motivating all of us to participate in the annual Relay for Life. It's a human interest story that we hope you enjoy. Thanks, Jane, for all of your hard work.

There are many other articles about specific programs, honors, awards, and news . . . and we want to share that information with you.

As always, we want to hear from you. So please do not hesitate to contact a staff member with your questions, comments or concerns.

Best Regards,

Patti Finn

Patti Finn,
Fulton County Health Center
Chief Executive Officer

Cancer Awareness Day

The Rainbow Hematology/Oncology Center will celebrate the Lance Armstrong Foundation LIVESTRONG® Day on Tues., Oct. 1 from 8:00 a.m. to 3:00 p.m. The Lilly Oncology on Canvas™ Art Display will be at the event as well as information on clinical trials, cancer survivorship, cancer prevention, and early detection. Refreshments will be served. LIVESTRONG® is a registered trademark of the Lance Armstrong Foundation.

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Road to Wellness Conference

The 5th Annual Road to Wellness Health Care Conference for Mature Adults and Caregivers will be held Tues., Oct. 8, 9:30 a.m. - 2:30 p.m. at St. Caspar Church Parish Life Center, Wauseon. The event is sponsored by the Fulton County Aging Consortium. FCHC will provide free blood glucose and blood pressure screenings for attendees. Flu shots will also be available from the Fulton County Health Department. To register, pick up a registration form at the Fulton County Health Department, all Fulton County Senior Centers, Community Health Professionals, Heartland of Wauseon, or by calling the Fulton County Health Department at 419-337-0915.

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Dinner With the Docs/Save the Date

Join FCHC physicians for a free dinner and program focusing on the prevention, diagnosis and treatment of cancer. Tues., Oct. 15, 5:00 p.m. registration, 5:30 p.m. dinner and program. For more information, call the FCHC Corporate and Community Health Promotion Department at 419-330-2735.

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Thanks to Our 5K Sponsors!

We would like to thank the sponsors of our Sept. 14th Health and Wellness 5K Run/Walk and 1K Run/Walk. Our Sponsors include **Olympian Level:** Absolute Pharmacy, APRN, Archbold Container Corporation, Culligan Water Conditioning, Emilie's Photo Designs, FCHC Medical Staff, Hagerman Family Physicians, TJ Automation. **Marathoner Level:** Farmers & Merchant State Bank, Haas Farms, Holiday Inn Express, Sauder Woodworking, State Line Farms, Wauseon Machine & Manufacturing, Inc. **Sprinter Level:** Countryside Farms Drainage, First Federal Bank, Kuntz Quality Builders, Worthington Industries. **Other Sponsors** (Door prizes & refreshments): A.K.A Designs, Circle K, Barron's Café, Big Buffalo Pawn Shop, Farmland News, Sauder Village, Taco Bell.



Proceeds from the FCHC Auxiliary Golf Outing are being used to purchase a new van for Fulton Manor.

Golf Outing a Success

The 14th Annual FCHC Auxiliary Golf Tournament, held on June 6 at Ironwood Golf Course, raised \$42,694 -- nearly \$9,800 more than last year. The silent auction raised \$4,500 more than last year, and the Sam Hornish, Jr. Foundation contributed \$5,000 to the event. All proceeds were used to purchase a new mini-bus for Fulton Manor.

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Auxiliary Events

- Sept. 16-17: — Gabriel Assoc. Christmas Ornaments & Pictures (Variety), Time/Place TBA
- Oct. 16-17: — \$5.00 Jewelry Sale, FCHC Cafeteria
- Oct. 28-29: — Books Are Fun, FCHC Cafeteria, Times TBA
- Nov. 5: — Nurses' Edge Sale, FCHC Beck Meeting Room
- Nov. 10: — Christmas Scholarship Tea; Program "Hot Flashes" from Pemberville, OH, Time/Place TBA
- Nov. 13-14: — U Be Dazzled, Time/Place TBA
- Dec. 5: — Poinsettia Sale Pickup, Order dates Oct. 14 - Nov. 11, order forms in the FCHC Gift Shop

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Volunteer Opportunities

Have you considered becoming a volunteer? Positions are available at either our main campus or at Fulton Manor. To find out more contact Mary Gautz, FCHC Volunteer Coordinator, at 419-330-2295 or for Fulton Manor, Tammy Allison at 419-335- 2017, Ext. 2798.



Annual Checkups Are Important

In order to maintain your health, it's important to have a primary care physician and to visit him/her when you're not feeling well. But what if you feel great, should you schedule an annual visit?

"We recommend individuals over the age of 50 should schedule an annual checkup with their primary care physician," says Eric Lehman, MD, Board Certified Family Physician with the Archbold office of the Parkview Physicians Group. Dr. Lehman has been in private practice in Archbold for the past 24 years. "But those annual checkups have changed significantly over the last 25 years." Dr. Lehman says the days of performing a physical exam with a multitude of lab tests and EKGs to test for health problems are gone. "Now the annual checkup is much more personalized to the patient," says Dr. Lehman. "What we do first is to sit down with the patient and discuss their family, medical, and social history. The goal is to get a handle on how the patient has been living their life, and to determine if there are any genetic or lifestyle risk factors that might be involved. Then, we'll tailor the exam and the screenings to where we feel the patient may be at greatest risk."

Dr. Lehman says an example might be a test for diabetes. If the patient has a history of diabetes in the family, if they are overweight, and if they are over the age of 40, then those are indicators that the person could be at risk for diabetes. "We've become more organized and intensive in our approach to screening for and treating diabetes because of the long-term



effects of the disease,” says Dr. Lehman.

Another example in the changing approach to health maintenance is the strategy to screen for prostate cancer in men. “It used to be that we would routinely order PSA tests for men over the age of 50,” says Dr. Lehman. “But as men turn 70 or older, the recommendation is to evaluate each individual’s risk and health status and decrease the use of routine screening.” That recommendation comes from the U.S. Preventive Services Task Force, an independent panel of physicians who are experts in prevention and evidence-based medicine. The task force conducts scientific evidence reviews of a broad range of screening, counseling, and preventive medications and develops recommendations for primary care clinicians and health systems.

“The bottom line is that people over the age of 50 should schedule a checkup with their primary care physician,” says Dr. Lehman. “When they do they will find out the checkup is more personalized and customized to their family and life history.”

Be Prepared for Your Doctor Visit

Do you know your blood pressure? Can you list all of the medications you take? The next time you visit your physician’s office, make sure you are prepared with the details of your medical history. Located next to this article is a handy Identification Information card that will help you prepare.

“We’ve been distributing this medical information card for the past 25 years,” says Jo Short, RN, MSN, APRN-BC, FCHC Director of Nursing. “The card is especially handy if you need to visit several physician specialists, since you can log the information during one visit and have it ready for the next physician you visit,” says Short.



IDENTIFICATION INFORMATION

Name: _____

Address: _____

City/State/Zip Code: _____ Phone: _____

Date of Birth: _____

Medical Insurance Carrier: _____

Medical Insurance Number: _____

In Emergency Notify: _____

Phone Number: _____

Doctor’s Name: _____

Phone Number: _____

Doctor’s Name: _____

Phone Number: _____

Specialist’s Name: _____

Phone Number: _____

Living Will? ☐ YES ☐ NO Organ Donor? ☐ YES ☐ NO

Durable Power of Attorney for Health Care? ☐ YES ☐ NO

Medical Conditions, Diseases or Health Problems

Surgeries _____ Date _____

Date	Name of Physician	Findings



Simply cut out this card, fill it in, and place it in your wallet, purse or glove compartment. Compliments of Fulton County Health Center!

FCHC Honors/Awards



Pictured with The Women's Choice Award are (L-R): Jo Short, RN, MSN, APRN-BC, Director of Nursing; and Elaine Wells, RN, BSN, Family Birthing Center Unit Manager.

OB Earns Award for Excellence



FCHC's Obstetrics Department received the Women's Choice Award® as one of the 2013 America's Best Hospitals for Patient Experience in Obstetrics. The award is based on criteria that include female patient satisfaction measurements as well as clinical excellence considerations. The award was presented by WomenCertified, a consumer advocacy group. Hospitals qualify for this highly selective annual list based on an in-depth proprietary scoring process. The scoring utilizes data reported by the Centers for Medicare and Medicaid Services.

FCHC Named Silver Partner for Organ Donation

FCHC was recognized by Donate Life Ohio, the Ohio Hospital Association (OHA) and the Ohio Department of Health's Second Chance Trust Fund for taking action to promote organ, eye and tissue donation in 2013. The hospital was named a Silver Partner in the Small Hospital category of the 2012-2013 Hospital Champions program that is aimed at increasing donor registration. "We're proud to support Donate Life Ohio," says Patti Finn, FCHC CEO. "There is a critical need for organ donation, and it can make such a difference in the lives of others."



Pictured with the Silver Partner Award for Organ Donation Promotion are (L-R): Jo Short, RN, MSN, APRN-BC, Director of Nursing; Patti Finn, CEO; Sharon Reddington, RN, BSN, Manager of Nursing Staff Education and Recruitment; Jim Currier, RN, BSN, Emergency Department Unit Manager; Tonya Gomez, RD/LD, Clinical Nutrition Manager; and Erica Reid, Hospital Liaison Life Connections of Ohio.

Diabetes Education is Re-Certified



FCHC's Diabetes Education Department has expanded its outpatient program to a separate office within the new FCHC Swanton Sleep Lab location.

FCHC Diabetes Education has renewed its prestigious Education Recognition Certificate from the American Diabetes Association. The certification recognizes FCHC as having a quality diabetes self-management education program, which is an essential component of effective diabetes treatment. The program has been continuously recognized since July of 2000. The ADA's Education Recognition Certificate assures that FCHC's educational programs meet the National Standards for Diabetes Self-Management Education Programs.





Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health & Wellness Programs in the Quick Links Section), or call 419-330-2735.



Obstetrics: Partners in Pregnancy Programs

All classes meet in the FCHC 3rd Floor Training Room. To register, call 419-330-2757.

Breastfeeding Classes - Learn the process of Breastfeeding and getting off to a good start. Discuss advantages, techniques, pumps and any questions you might have about breastfeeding. Taught by an International Board Certified Lactation Consultant. Free.

Car Seat Checks - Making sure you have your car seat installed correctly is important to your baby's safety. Inspections are performed by a certified car seat technician. Free by appointment.

Childbirth Education - 2 hours/week for 4 weeks or 6-hours on Saturday. Taught by experienced childbirth educators. Learn about the birth process, breathing techniques, relaxation, and comfort measures. Includes labor preparation, discussions, and birth/c-section videos. 4-week series - \$25. Saturday session - \$40 (includes food/refreshments).

Refresher Class - Review of Childbirth Education class. Optional tours of OB and birth video. One 2-hour session - \$10.

Shape-Up for Motherhood - Fitness class for pregnant women and new mothers to help them regain their energy and get back to regular exercise. 1-hour session, 1x per week, \$2/session.

Sibling Class - For children age 3 and older at home. Held at 10:00 a.m. the first Saturday of each month. Includes OB department tour and stamping a T-shirt for the baby. Free 1 session.

Diabetes Education & Support

New! Healthy Eating in the Real World. Come learn how to make meaningful changes in your eating behaviors. Includes information regarding healthy eating on the run and stretching your food dollars. Thurs., Nov. 14, 12:00 – 1:00 p.m. FCHC Rehab Center, W. Elm St., Wauseon. To register or for more information, call the FCHC Diabetes Education office at 419-330-2772. Please register by November 13th.

Balancing Life with Diabetes (formerly Mountain Climbing). Community class in self-help for the person with diabetes. Format has changed to every other month, in the even months of 2013 (i.e., February, April, June, August, October, December). \$5 suggested donation. FCHC Meeting Room. No registration necessary.

Note: No November class.

October: A Double Header! Getting Off on the Right Foot AND Diabetes Underground. Dr. Brad Adams will explain why taking care of your feet is such an important issue for persons diagnosed with diabetes, and how foot problems that can arise are prevented and treated. Then Dr. Eric Lehman will discuss how the complications of diabetes occur and what can be done about them. Thurs., Oct. 10, 7:00 – 9:00 p.m.

December: A Double Header! Exercise Prescriptions for Diabetes Management AND The Eyes Have It! Dalynn Badenhop, PhD, exercise physiologist and head of Cardiac Rehab at UTMC, offers his expertise on why exercise is an integral part of diabetes self-care. Then we welcome Dr. Mark Jones, long-time Swanton Optometrist, as a brand new presenter. He will discuss various eye complications related to diabetes and answer your questions. Thurs., Dec. 12, 7:00 – 9:00 p.m.

Free Support Group. Ask questions, learn a new meter, have your current meter downloaded for a printout, and receive basic education and support in a small group format. No registration necessary, just stop by the office and a certified diabetes educator will be waiting to support you. If you need assistance in staying on track with your diabetes self-care, this is the place for you! Thurs., Oct. 10, Nov. 14, & Dec. 12, 5:00 -6:00 p.m., Diabetes Education Office, 3rd Floor.

World Diabetes Day Free Blood Glucose Screening. FCHC Rehab Center, W. Elm St, Wauseon. Thurs., Nov. 14, 9:30 – 11:30 a.m. Just drop by and have your blood sugar checked. No fasting necessary.

Grief Support

H.O.P.E

Helping Other Parents Experiencing Grief (H.O.P.E.) is a support group that meets the third Monday of every month at 7:30 p.m. in the FCHC Meeting Room. H.O.P.E. offers support for parents who have experienced miscarriage; stillbirth; or the death of infants, young children, and teenagers due to illness or accident. For more information, call Fulton County Health Center at 419-330-2757.

H.E.L.P.

Helping Each other Live Past a suicide is a new support group offered at FCHC that meets the third Monday of each month at 6:00 p.m. in the FCHC Ground Floor Meeting Room. If you have lost someone to suicide, you are welcome to attend the meetings. We cannot take your grief from you, but it does help to talk with someone who knows your despair and isolation. We give supportive listening and companionship through these grieving times. We educate participants on the causes of suicide in order to prevent more loss. Please contact Patricia Franz Pahl LSW LCDC III, H.E.L.P. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

Health Centering is published four times a year by Fulton County Health Center for area residents.

Patti Finn, Chief Executive Officer, **Carl Hill**, President, Board of Directors

Steve McCoy, Director of Marketing and Planning

For address changes or information about articles or programs in this issue, contact the FCHC Marketing and Planning Department at 419-330-2717.

Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health & Wellness Programs in the Quick Links Section), or call 419-330-2735.

Lifestyle

Lifestyle Management Training

Individual training that includes a 6-visit series with a Health Coach (dietitian/certified fitness professional) to learn and set goals for healthy eating, exercise and living, \$150 for series. Call 419-330-2721 to schedule.

Lifestyle Management Class

One-time visit with a Health Coach (dietitian) to review healthy eating strategies and goals for healthy living, \$50. Call 419-330-2721 to schedule.

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tues., Oct. 8, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Low Cholesterol Living

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tues., Oct. 22, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

Nutrition

Healthy Kids Conversation Map

For children ages 6-10 and parents. Participants will learn about nutrition and health, create individual goals and problem-solving strategies that lead to sustained behavior change. Mon., Sept. 30 or Tues., Oct. 15, 6:30-7:15 p.m., Free. Location to be announced. Must pre-register at 419-330-2721.

Healthy Kitchen, Healthy Living

Start small with simple cooking tips to prepare healthy meals that are also delicious. Menu planning ideas and healthy cooking on a budget will be included. Tues., Oct. 8, 7:00-8:00 p.m., \$5 suggested donation, Location to be announced. Must pre-register at 419-330-2721.

Healthy Holiday Eating

Healthy eating tips to help survive the holiday season without the holiday gain. Thurs., Nov. 21, 7:00-8:30 p.m., \$5 suggested donation, location to be announced. Must pre-register at 419-330-2721.

Safety

American Heart Association Heart Saver CPR & First Aid

Learn how to handle emergencies through this American Heart Association class. Participants will receive a 2-year certification in adult, child and infant CPR; obstructed airways; and first aid; meets most childcare requirements. Class taught by RN. Registration and payment due 1 week prior to class. Sat., Sept. 21 or Nov. 9, 9:00 a.m. - 4:00 p.m., \$65, FCHC Ground Floor Meeting Room.

Cardiopulmonary Resuscitation

CPR Certification by the American Heart Association for health professionals and health professional students. Taught by RN. Registration and payment due 1 week prior to class. Sign-in starts at 8:30 a.m., class begins promptly at 9:00 a.m., Sat., Oct. 12 or Dec. 14, 9:00 am - 1:00 pm, \$50, FCHC Ground Floor Meeting Room.

Babysitting Classes

Learn to handle emergencies such as choking, burns and more, and become a more effective and competent baby sitter. Class covers growth and development and safety for the sitter as well as the children and much more. Class certification is given. Please bring a sack lunch. Beverages/snacks provided.

Sat., Sept. 28, 9:00 am - 3:00 pm, \$20, Liberty Center Library. Call 419- 533-5721 to register.

Weight, Smoking

Hypnosis

You deserve to be Nicotine Free and Be Your Ideal Size and Shape. Andrew Lesniewicz, PCC, Professional Clinical Counselor and clinically trained Hypnotherapist will assist you in making the change towards a healthier you. Cost: \$60 per person for either a Stop Smoking or Weight Loss Seminar, which includes a reinforcement CD and the option of attending a future seminar. Bring a friend at a discounted price of \$50 per person. To register, call 419-467-9406. Classes are held in the FCHC 2nd Floor Surgery Conference Room except where noted.

Sat., Sept. 21, Oct. 26

Weight Loss: 1:00 - 2:30 p.m.

Stop Smoking: 2:30 - 4:00 p.m.

Oncology Programs

In addition to treating patients, the Rainbow Hematology/Oncology Treatment Center also offers a wide variety of support services to patients, families and the community. We offer educational materials and programs, as well as other services to help patients and families cope with the diagnosis and stress of their disease.

Counseling Services - Counseling for nutrition, emotional and coping concerns, as well as end of treatment concerns.

Patient Navigation - On site case management, financial counseling and facilitation with community resources.

American Cancer Society Services on Site

- Look Good Feel Better - Sept. 19 and Nov. 21st at 10:00 a.m. Call 419-330-2708 to RSVP. Plus Cancer Resource Center (Cancer information).

American Cancer Society Programs by Referral - "Reach to Recovery" and "Road to Recovery." Physical & Occupational Therapy, Stomal Therapy and Wound Care - on site.

Lymphedema Therapy - includes specialists from nursing, physical therapy, and massage therapy who are trained to work together in treating patients with lymphedema.

Prosthesis and Wig Bank - Available for patients who cannot afford to purchase their own.



Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health Classes/Special Events), or call 419-330-2735. Most classes (except a few such as Ballroom Dance & Yoga) can be mixed and matched for dates/times/locations. **10 Week Session – Sept. 23 – Nov. 30; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67 (excludes specially priced classes).**

Health & Fitness Class Descriptions

Aquatic Aerobics

A high-energy, vigorous workout performed in shallow water to avoid injury. Great for toning and strengthening.

Arthritis Aquatics

Consists of range of motion, muscle strengthening, stretching and endurance building activities. All classes are structured so participants can work at their own ability level.

Aquatic Noodle Workout

Using the noodle for upper and lower body toning, abdominal toning and aerobic workout, you'll push it, pull it, float on it, balance on it, and get an awesome workout!

Aqua Zumba®

Just Add Water And Shake! Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party," the Aqua Zumba® program gives new meaning to the idea of a refreshing workout. Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Ball

Incorporated into your workout to perform a variety of balance, core training, strength training, and flexibility exercises.

Belly Dance

Fitness for women of any age and body shape. It's a great and fun workout. Belly dancing utilizes muscles not often used otherwise. It's something that everyone can learn and enjoy.

Cardio Core

A class geared toward variety! You'll be stepping on a bench, performing aerobic moves on the floor, using the ball and body bars. A great all-in-one workout incorporating cardiovascular, flexibility, and strength training!

Cardio Craze Plus

This is a class you can be crazy about with various types of cardio including step, dancing, and kickboxing. Plus some resistance training that will utilize various types of equipment while targeting numerous muscle groups. Who knew that exercising could be this fun!

Cardio Dance

Choreographed with upbeat dance and aerobic moves to gain strength and improve cardiovascular health. A fun, high energy workout suitable for all fitness levels.

Fire IT (Interval Training)

Extreme interval training that pushes your endurance levels to heights you never imagined. One hour workout consists of only 5-7 exercises. Each exercise lasting only 20-60 seconds for 8-12 sets. You will continue to burn for hours after.

Gentle Movement

Gain strength and flexibility in this no-sweat exercise class. Many of the exercises are performed sitting on a chair.

Health & Fitness Classes

Wauseon	Day(s)	Time	Location
Cardio Core	M & W	5:30 PM	FCHC Rehab Center
Maximum Burn	M, W & F	5:45 AM	FCHC Rehab Center
Fire IT	SAT	7:30 AM	FCHC Rehab Center
Fire IT	M	6:30 PM	FCHC Rehab Center
Ball	T & TH	5:30 PM	FCHC Rehab Center
Zumba®	W	6:30 PM	FCHC Rehab Center
Belly Dance (\$8.50 per class)	T	7:00 PM	FCHC Rehab Center
SilverSneakers® Classic (formerly MSROM)	M & W	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			

Gentle Movement (Begins Nov. 4)	M & W	9:30 AM	Fulton County Sr. Ctr.
Donations appreciated. Sponsored by American Physical Rehabilitation Network & FCHC Rehab Center.			

Wauseon Aquatics	Day(s)	Time	Location
Arthritis Aquatics	T & TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatics	M & W	4:45 PM	FCHC Rehab Center
Aqua Zumba®	T & TH	8:00 AM	FCHC Rehab Center
Aqua Zumba®	T	5:30 PM	FCHC Rehab Center
Aquatic Noodle Workout	T	6:30 PM	FCHC Rehab Center
Aquatic Noodle Workout	TH	5:15 PM	FCHC Rehab Center
Aquatic Aerobics	M, W & TH	6:15 PM	FCHC Rehab Center
Aquatic Aerobics	SAT	8:15 AM	FCHC Rehab Center
SilverSneakers® Splash (formerly SilverSplash®)	T & TH	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			

Parent & Child Water Wonders, Beginner (6-24 months)	SAT	9:30 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Beginner (24-36 months)	SAT	10:00 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	10:30 AM (30 min.)	FCHC Rehab Center
Parent & Child Water Wonders, Advanced (3-5 years)	SAT	11:00 AM (30 min.)	FCHC Rehab Center
8 weeks - \$32; Oct. 5 – Nov. 23			

Bryan	Day(s)	Time	Location
Cardio Dance	M & W	5:15 PM	Lincoln School

Evergreen School District	Day(s)	Time	Location
Cardio Dance	M	7:00 PM	Evergreen H.S. Gym
Cardio Dance	W	7:00 PM	Evergreen E.S. Gym

Fayette School	Day(s)	Time	Location
Cardio Dance (Begins Oct. 9)	W	6:30 PM	Fayette Jr. H.S. Gym

Pioneer	Day(s)	Time	Location
Cardio Dance	TH	5:30 PM	Church of the Nazarene

Swanton	Day(s)	Time	Location
Cardio Core	T & TH	6:00 PM	Crestwood Elementary
Zumba®	M	6:30 PM	Trinity United Methodist
Zumba®	W	5:00 PM	Trinity United Methodist

West Unity	Day(s)	Time	Location
Cardio Dance	T & TH	6:15 PM	Solid Rock Church

Health & Wellness Programs

Register on-line at www.fultoncountyhealthcenter.org (click on Health Classes/Special Events), or call 419-330-2735. Most classes (except a few such as Ballroom Dance & Yoga) can be mixed and matched for dates/times/locations. **10 Week Session – Sept. 23 – Nov. 30; 10 classes - \$37, 20 classes - \$54, 21 or more classes - \$67 (excludes specially priced classes).**

Health & Fitness Class Descriptions

Health & Fitness Classes

Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aqua Zumba®	M & W	9:00 AM	Wyse Commons
Arthritis Aquatics	M	5:15 PM	Wyse Commons
Aquatic Noodle Workout	M	6:00 PM	Wyse Commons
Aquatic Noodle Workout (Begins Oct. 2)	W	5:15 PM	Wyse Commons
Aqua Zumba®	TH	5:00 PM	Wyse Commons

Gentle Movement M & W 9:15 AM Wyse Commons
Donations appreciated. Sponsored by Archbold Parks & Recreation Dept.

Archbold	Day(s)	Time	Location
Co-sponsored by Archbold Parks & Recreation Dept.			
Turbo Kick®	M	5:30 PM	Park Pavilion
Turbo Kick®	W	5:00 PM	Park Pavilion
New! Zumba®	W	6:00 PM	Park Pavilion
Cardio Craze Plus	T & TH	5:30 PM	Park Pavilion
New! Zumba®	T & TH	5:30 AM	Park Pavilion
10 classes - \$27, 20 classes - \$40, 21 or more - \$50			

Yoga Classes: Yoga classes cannot be mixed & matched with other classes. Mat is required for classes.

Wauseon	Day(s)	Time	Location
Yoga	SAT	9:00 AM	FCHC Beck Mtg. Rm.
10 classes - \$47, 20 classes - \$74			

Pioneer	Day(s)	Time	Location
Yoga (Begins Oct. 2)	W	7:00 PM	Church of the Nazarene
10 classes - \$47; Class begins Oct. 2nd			

Swanton	Day(s)	Time	Location
Yoga	T	7:15 PM	Trinity United Methodist
10 classes - \$47; 20 classes \$74			

Archbold	Day(s)	Time	Location
Yoga – Gentle	M	6:30 PM	Park Pavilion
Yoga – Intermediate	M	7:30 PM	Park Pavilion
10 classes - \$40, 20 classes - \$60 Co-sponsored by Archbold Parks & Recreation Dept.			

Maximum Burn

A program combining circuit training, intervals, and a boot camp style workout all in one! The ultimate fire for your muscles that pushes you to the limit.

Parent & Child Water Wonders

Parent/guardian must be in the water. The child will be exposed to games that use basic swimming movements in the water, such as straight leg kicks, arm strokes, and breath control.

Parent & Child Water Wonders - Advanced

Parent/guardian must be in the water. Class works on performing various strokes and skills while experiencing an enjoyable time in the water.

SilverSneakers® Classic (formerly MSROM)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers® ball are offered for resistance. A chair is used for support, stretching and relaxation exercises.

SilverSneakers® Splash (formerly SilverSplash®)

Activate your aqua exercise urge for variety! Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Turbo Kick®

It's a combination of kickboxing and dance moves all perfectly choreographed to energetic and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of strength and endurance interval training, and a relaxing cool-down.

Yoga

This class consists of basic Yoga postures, breathing and relaxation techniques. Yoga poses and passive stretches are the focus of this artful format. It's a total body workout as you use the weight of your body to hold the various poses!

Yoga - Gentle

A class for people new to yoga or for those who are experiencing joint sensitivity, overall stiffness due to lack of activity, or other physical limitations.

Yoga - Intermediate

This class covers yoga poses and their variations in more detail than the other classes and includes some challenging poses. Poses are held longer than in the beginner classes in order to increase strength, balance, and flexibility.

Zumba®

Forget the workout, just lose yourself in the music and find yourself in shape at the original DANCE - FITNESS PARTY. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

Enjoy the Benefits of Yoga!

Improves strength, flexibility, balance, posture and is great for stress management



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Improving Patient Communications



(L-R): Keitha Schultz, RN, BSN, Medical-Surgical Coordinator, Hand-off Report Team Leader discusses a patient's condition with Claudette Galbreath, LPN.

On July 1st, Fulton County Health Center introduced a new program that is designed to improve communications between staff members and patients. The program is called "Hand-off Reporting at the Bedside", and it focuses on having nurses discuss a patient's condition right at the bedside with the patient and family members listening and interacting.

"In the past, when we changed shifts, the nurses would get together in a private room and review the patient's medical records for the day," says Terri Johnson, RN, Medical/Surgical Unit Manager. "With the new system, we have two or three nurses discussing the details in front of the patient and their family."

According to Johnson, the intent is to make sure patients and their families have the opportunity to ask questions or add pertinent information. "Perhaps a family member

noticed something that occurred with the patient when the nurse was not in the room," says Johnson. "This would be an opportunity for them to let us know what happened." The goal is not only to improve communications, but to also improve the safety of the patient. "It just gets everyone on the same page, and that's a good thing for all concerned," says Johnson.

In addition to the Hand-off Reporting at the Bedside, new white boards will be installed this fall in each patient room. The white boards will have specific categories of information pre-printed on them for staff members to fill in each day of the patient's stay. "We'll have a section for tests that were performed that day as well as new meds that were given and any noticeable side effects," says Johnson. There will be a pain scale section that will allow for recording the patient's pain levels during the day. The boards will also have a section for nurses to record their names at the beginning of their shift. Phone numbers for the housekeeping and dietary departments will be posted as well.

The new white boards are being funded in part through a grant from Ohio Hospital Association Insurance Solutions (OHAIS). Grants are awarded to hospitals for their efforts to improve patient safety and risk management. The FCHC grant was applied for by Nancy Roynon, RN, MSN, Performance Improvement Manager, as part of the Health Center's efforts to continually look for ways to improve its services.

"We're trying to make it easier for patients and their families to understand what is going on during the course of the day and who to contact if help is needed," says Johnson. "We're confident the hand-off reporting and new patient white boards will go a long way toward making that happen."