

A publication of Fulton County Health Center

# Health *Centering*

## Technology to Look Inside the Body

### **In This Issue:**

*Endoscopy: Technology to Look Inside the Body*

*Colonoscopy: A Life-Saving Screening*

*FCHC Pain Clinic: Treating Pain*

*Wireless Medical Technology*

*FCHC News & Notes*

*Report to the Community*

*Message from the CEO*

*Health & Fitness Classes*

*The Unsung Heroes: Nursing Informatics*

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

# TECHNOLOGY

# To Look Inside

*Years ago, if doctors wanted to look inside a patient's body to help diagnose a problem, they would have to perform exploratory surgery that could be risky and stressful for the patient. Today, exploratory surgery is a thing of the past. Fast-changing technology now allows FCHC medical professionals to use miniature scopes for a look inside the body. It's much less invasive than exploratory surgery, but it still provides important information to the physician.*

*Lisa Clausen, RN, reviews an Endoscopy procedure with a patient.*

## Endoscopy Department

The sophisticated scopes are part of the FCHC Endoscopy Department, located in the new Surgical Suite that was constructed just a few years ago as part of a three-story expansion to the Health Center. The new construction allowed the Endoscopy Department to be completely renovated and to grow from two private Endoscopy rooms to six private rooms, each with their own bathroom. All scoping equipment is now held on overhead booms, with no wiring or tubing on the floor.

Not only are FCHC's Endoscopy facilities new, but the technology is much improved. "The scope systems we have today are so much better than they were just seven years ago when our department was featured in Health Centering," says Beverly Smith, RN, Endoscopy Coordinator. "The scopes are slimmer and more comfortable for patients. The images they provide are high definition. That means what we are seeing today is much sharper and clearer than it was seven years ago, and that helps in the diagnosis."

Part of that new technology involves the use of narrow band imaging, which uses blue and green light wavelengths to enhance the detail of the surface of the esophageal lining. Narrow band imaging makes blood vessels appear very dark, improving their visibility and making it easier to identify other surface structures. "Narrow band imaging makes it easier to see polyps or changes to the lining, which could be an indication of pre-cancerous tissue that is forming," says Smith.

"Our Endoscopy Department is quite patient friendly," says Smith. "Patients can come to their private Endoscopy room, get prepped,



scoped, and recover without ever having to step into the hallway."

Patients having an endoscopic procedure are placed under a procedural sedation, which puts them in a "twilight" sleep. Two Anesthesia rooms are used for patients requiring deeper sedation. Endoscopic procedures are performed by FCHC Internal Medicine physicians, Pulmonologists and General Surgeons. Typically there are two Registered Nurses in the procedure room along with the physician. A typical procedure takes about 20-30 minutes, not including recovery time or the time to obtain a patient's medical history and begin the IV sedative. "Usually patients can count on getting in and out of the Health Center within a few hours if there are no complications," says Smith.

## The Use of Endoscopies

Endoscopic procedures are used to view the lungs, the throat, and the entire digestive tract,



which includes the esophagus, colon, and rectum. The esophagus carries food and liquid from the throat to the stomach. Food is digested in the stomach and sent to the small intestine (bowel) for further digestion. Waste materials are moved to the colon (large intestine) and rectum.

## Colonoscopies

The majority of procedures performed in the Endoscopy Department are colonoscopies. The patient is sedated, and an FCHC physician inserts a fiber optic scope into the colon through the rectum. Colonoscopies can identify pre-cancerous polyps and tumors in the colon. The colonoscopy allows the surgeon to biopsy the polyps to determine if they are malignant. The biopsy can also be used to analyze tissue from the colon to determine one disease from another, such as Irritable Bowel Syndrome (IBS) and Crohn's Disease.

## Sigmoidoscopies

This procedure does not require the patient to be sedated since it looks at only the lower two feet of the colon rather than the entire five feet of the colon. The procedure is performed when patients experience blood in the stool or bleeding in the rectal area.

## Upper Endoscopies

A procedure called an Esophagoduodenoscopy (EGD) uses a scope to view the esophagus and throat. It helps determine why a patient may have difficulty swallowing, or if a patient has acid reflux disease, heartburn or anemia.

# the Body

## Bronchoscopy

If a patient has fluid in the lungs or has experienced some type of trauma or illness in the lungs, a bronchoscopy is used.

## Hemorrhoid Banding

A hemorrhoid is burning, itchy tissue in the rectal area that can become painful. The hemorrhoids can be removed on an outpatient basis with no sedation required, using hemorrhoid banding. The 10-minute procedure uses a scope to apply a small, tight rubber band around the hemorrhoid. The patient can leave and go about their normal routine. In a matter of a few days, the hemorrhoid will wither, dry and fall off.

## Esophageal Manometry

Manometry measures the mechanical aspects of the esophagus to determine if it is functioning correctly. It helps identify if a patient has upper gastric intestinal tract disorders such as acid reflux, difficulty swallowing, or causes and factors related to chest/abdominal pain. A thin catheter is inserted through the nostrils into the esophagus. The catheter has transmitters at various locations along its length. The patient, who is not sedated, is asked to swallow numerous times. As the esophagus squeezes the tube, the pressure along the various points of the catheter is transmitted to a computer, which analyzes and records the levels.

## Technology & Personal Care

“Our Endoscopy Department is an integral part of our Health Center and provides a necessary and convenient diagnostic service to the community,” says Patti Finn, FCHC CEO. “As the medical field has moved to less invasive diagnostic procedures, we’ve invested in the technology to keep pace, and the Endoscopy Department is a good example of this.”

**For more information about the FCHC Endoscopy Department, contact Beverly Smith, Endoscopy Coordinator, at 419-330-2751 or send an email to [info@fulhealth.org](mailto:info@fulhealth.org).**

# A LIFE-SAVING SCREENING

March is Colon Cancer Awareness Month, and Fulton County Health Center would like to provide you with information about the disease. To begin, let’s look at two key facts about colorectal cancer:

## FACT 1

Colorectal cancer develops in the digestive (gastrointestinal) tract. The digestive tract processes the food you eat and rids the body of solid waste. Colorectal cancer usually develops from pre-cancerous changes in the lining of the digestive tract. These changes usually begin with polyps that can become malignant if not detected and removed.

## FACT 2

In the U.S., colorectal cancer is the third most common cancer in men and women and the second leading cause of cancer deaths in men and women combined.

Early detection through colonoscopies can save lives. But when people put off the screening, it can result in discovering colorectal cancer at a more advanced stage that is more difficult to treat. “There are a variety of options to prepare for the screening,” says Beverly Smith, FCHC Endoscopy Coordinator. “Patients should talk to their physician, get the facts, and seek their doctor’s advice. A colonoscopy screening provides long-term benefits that far outweigh any short-term discomfort from the procedure.” An increasing number of insurance companies are covering the cost of the colonoscopy.

## Why should you have a colonoscopy? Consider the risk factors:

### COLORECTAL CANCER RISK FACTORS

1. **Age** – 90% of colorectal cancer patients are over the age of 50.
2. **Race** – African-Americans are at greater risk.
3. **Family History** – Increases your chance of having the disease.
4. **Tobacco Products** – Cannot only cause lung cancer, they can cause colorectal cancer.
5. **Physical Inactivity** – Increases your risk over those who exercise 30 minutes a day, four times a week.
6. **Diet** – Lots of red meat will increase your risk.

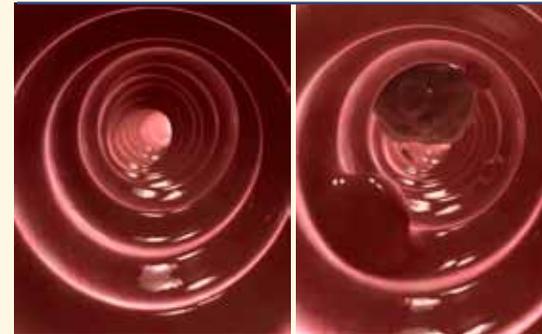


Image of how a healthy colon should look.

Image of a colon with polyps and a cancerous tumor.

**When should you have a colonoscopy? You should certainly have one if you exhibit any of these symptoms:**

### SYMPTOMS OF COLORECTAL CANCER

1. A change in bowel habits such as diarrhea, constipation or narrowing of the stool that lasts for more than a few days.
2. A feeling that you need to have a bowel movement after you have had one.
3. Bleeding from the rectum or blood in the stool.
4. Cramping or a gnawing pain in the stomach.
5. Decreased appetite.
6. Weakness and fatigue.
7. Jaundice (yellow-green color of the skin).

### COLORECTAL CANCER TREATMENTS

Surgery is the most common treatment if the cancer has not spread beyond the primary tumor. Chemotherapy, or chemotherapy with radiation, is given to patients after surgery when the cancer has spread to the bowel or to the lymph nodes. In a few unusual cases where large portions of the intestine are surgically removed, a permanent colostomy must be performed.

Cancer research shows that when colorectal cancers are detected through screenings at an early, treatable stage, the patient has a 90% chance of surviving for the next five years. When the cancer has spread to the lymph nodes, the five-year survival rate drops to 64%. Once the cancer has spread to distant parts of the body, the five-year survival rate drops to 8%.

### A SIMPLE SCREENING CAN ADD YEARS TO YOUR LIFE

The bottom line is that early detection through a colonoscopy can add to your longevity. Contact the FCHC Endoscopy Department at 419-330-2751 for information on colonoscopy screenings, or send an email to [info@fulhealth.org](mailto:info@fulhealth.org).

Many people struggle with daily pain. Did you know there is a pain center here in town that can help? The seven-year-old FCHC Pain Clinic is under the direction of Dr. Kiran Tamirisa, a Board Certified Anesthesiologist and Pain Management Specialist.

He is assisted by two Nurse Practitioners.



Dr. Kiran Tamirisa prepares to treat a patient with chronic pain using the aid of the "C-Arm" fluoroscope. He is assisted by Janet Douglas, RN.

# Treating Pain



LuEllen Irmen, RN, discusses pain management with a patient who has back pain.

**“Pain affects a person physically, psychologically and emotionally,”** says Dr. Tamirisa.

“It can reduce or eliminate a person’s ability to work, and that can lead to serious financial problems as well. So getting help for your pain can significantly improve your quality of life.”

Dr. Tamirisa says pain is typically caused by either wear and tear on the body or by injuries. “We’re living longer, which means there’s more wear and tear on the bodies resulting in arthritis. In addition, many people smoke and are obese, and those two lifestyle factors can lead to pain.”

Short-term acute pain caused by burns, cuts, bruises, scrapes, and fractures can be useful because it alerts the body to potential harm.

Acute pain typically lasts for three months or less. When pain lingers for more than three months, it is considered chronic and no longer has a useful purpose for the body. Chronic pain, such as arthritis, can lead to anxiety and depression. A third type of pain -- neuropathic pain -- occurs when there are changes in the nervous system. “We’re not sure of all the causes of neuropathic pain, but we are able to help manage it,” says Dr. Tamirisa.

The FCHC Pain Clinic uses a combination of injections and medical management to treat pain. Injections are performed with the guidance of a fluoroscope. Patients lie on a bed with the “C-Arm” fluoroscope overhead. A dye is injected into the patient’s affected area, and the dye can be seen inside the body through the fluoroscope. “We are one of the few pain clinics in the area to use the fluoroscope in treating pain, and the technology allows us to pinpoint precisely where to place the needle for the injection,” says Dr. Tamirisa.

Since 2008 the FCHC Pain Clinic has also offered a minimally invasive surgical technique called Balloon Kyphoplasty. The procedure is used to correct spinal fractures and the resulting rounded back condition known as kyphosis, which is typically caused by osteoporosis or cancer. The procedure is performed as follows:

- A path is made into the fractured bone using a surgical instrument, and a small balloon is guided through the instrument into the vertebra.
- The balloon is inflated to raise the collapsed vertebra, returning it to its normal position and creating a cavity.
- The balloon is deflated and removed. The cavity is filled with bone cement forming an “internal cast” to support the surrounding bone and prevent further collapse.
- Generally, the procedure is done on both sides of the vertebra.

Balloon Kyphoplasty reduces back pain, improves mobility and quality of life with low complications. The procedure takes about one hour per fracture and may require an overnight hospital stay. It can be done using either local or general anesthesia.

“There is no single treatment that will take care of all pain,” says Dr. Tamirisa. “So we identify the cause of the pain and then prescribe the best treatment considering the condition and characteristics of the patient.”

If you are experiencing lingering pain, see your family physician and ask for a referral to the FCHC Pain Clinic. Appointments can be made by calling 419-696-2877. In most cases, Medicare and insurance plans cover the procedures.

## A LOOK AT THE FCHC PAIN CLINIC

Types of pain that are treated:

- 1. BACK PAIN**
  - Disc disease
  - Facet syndrome (degeneration of the joints in the spine)
  - Failed back surgery
  - Spinal stenosis (narrowing of the spinal column)
  - Sacroiliac joint (tailbone) pain
- 2. NECK/HEAD PAIN**
  - Cervicogenic headache (caused by arthritis in the neck)
  - Occipital Neuralgia (inflammation of the occipital nerve in the scalp)
- 3. LIMB/HAND/FOOT PAIN**
  - Ischemic pain (chronic pain from circulation being cut off, usually in the legs)
  - Peripheral neuropathy (pain in the hands and feet)
  - Phantom limb/stump pain (pain in an amputated limb)
  - Sciatic nerve pain (a shooting pain down the leg)
- 4. CANCER PAIN**
- 5. CHEST WALL PAIN** (after surgery, or caused by shingles)
- 6. COMPLEX REGIONAL PAIN SYNDROME** (Reflex Sympathetic Dystrophy – frozen joints due to blunt-force trauma or nerve injury)
- 7. NERVE ENTRAPMENT** (injuries to the nerves)
- 8. SHINGLES PAIN**

## PROCEDURES PERFORMED

- 1. Epidural Steroid Injections** – alleviates pain in the lower back, leg, neck, or arm.
- 2. Selective Nerve Root Blocks** – local anesthetic and steroids to diagnose the origin and type of pain in the lower back and leg as well as for the therapeutic relief of that pain.
- 3. Sympathetic Nerve Blocks** – local anesthetic and steroids to provide diagnostic information about the pain and to treat the pain. It also improves circulation, which may reduce the pain due to poor circulation.
- 4. Facet Blocks** – a diagnostic tool to isolate and confirm the specific source of pain.
- 5. SI Joint Injection** – to help pain as well as diagnose the source of pain.
- 6. Peripheral Nerve Blocks** – for diagnosis and to treat various pain conditions.
- 7. Balloon Kyphoplasty** – to reduce back pain.



### MEET OUR PAIN MANAGEMENT SPECIALIST

**Dr. Kiran Tamirisa** is a Board Certified Anesthesiologist and Pain Management Specialist. He is a member of the American Board of Anesthesia, the American Society of Regional Anesthesia, and the American Pain Society. He uses the most advanced pain management procedures and offers a full continuum of pain management options.



# Wireless Medical Technology

We have wireless phones, wireless keyboards, wi-fi systems to access the Internet . . . why not wireless medical technology? FCHC's Endoscopy Department uses a state-of-the-art BRAVO™ pH Monitoring System to measure acid levels in the esophagus of patients suspected of having acid reflux. The BRAVO™ System consists of a small capsule, the size of a pencil eraser, which is attached to the wall of the esophagus by an FCHC General Surgeon using a fiber optic scope. The embedded capsule uses radio waves to transmit acid level data to a receiver the size of a pager worn on the patient's belt. Data from the receiver is downloaded to a computer and then analyzed.

The high-tech wireless system is less invasive than using a catheter, more comfortable for the patient, and it provides a more realistic evaluation of the patient's condition. "The technology allows us to discover potentially serious health problems that years ago we would have considered to be just heartburn or indigestion," says Beverly Smith, RN, Endoscopy Coordinator. "It is definitely an important diagnostic tool."

For more information about the FCHC Endoscopy Department or the wireless technology, call 419-330-2751, or send an email to [info@fulhealth.org](mailto:info@fulhealth.org).



*The wireless BRAVO™ pH Monitoring System uses a small capsule, the size of a pencil eraser, which is attached to the wall of the esophagus using a fiber optic scope. It is used to measure acid levels in the esophagus.*

The BRAVO™ pH Monitoring System is a trademark of Medtronic, Inc.



## Fulton Manor Expansion Complete

Fulton Manor, FCHC's skilled nursing facility adjacent to the Health Center, recently completed a \$600,000 expansion to its Activities and Dining Rooms. The construction, which took place on the back of Fulton Manor, doubled the size of each of the two rooms. A Staff Education Room was also added. The expansion included cathedral ceilings in both rooms and more windows for brighter, more spacious environments. Contemporary earth tones and soft green colors were also used.

"The larger Activities Room allows us to engage residents in regular exercise and group activities to keep them physically active and mentally alert," says Mary Jo Smallman, LNHA, Administrator of Fulton Manor and Fulton Suites, the Independent Living component of the facility. The Dining Room was expanded to allow all skilled nursing and rehabilitation residents to eat at the same time. Previously, two shift times were scheduled for each of the three meals to accommodate everyone. "The expansion allows for a more leisurely dining experience for our residents," says Smallman. "Also, we have speakers in the Dining and Activity Rooms with music playing during the day. Many residents will go sit in the dining room and just listen to the music."

For more information about Fulton Manor's expansion project, contact Administrator Mary Jo Smallman at 419-335-2017 or msmallman@fulhealth.org.

## H.E.L.P.

FCHC has introduced a new support group called H.E.L.P., Helping Each other Live Past a suicide. The program provides care, comfort and companionship to those dealing with grief. Suicide is an enormous trauma and causes great suffering to those who experience the loss of someone close to them. Statistics show that for every suicide there are six people that are adversely affected by the suicide and may have suicidal thoughts themselves. Group sizes range from 5-15 people. Everything discussed in the group is kept confidential. The meetings provide a safe, non-judgmental place to share feelings, where you can speak or be silent, and where your privacy is respected. Those who attend find a comforting network of support, friendship and understanding that only friends who have "been there" can give. It meets the third Monday of every month at 6:00 pm in the FCHC Ground Floor Classroom. The group is facilitated by Patricia Franz Pahl, LSW LCDC III, H.E.L.P. Group Coordinator, 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

## Auxiliary Board

Congratulations to the following individuals who were elected to the 2013 Auxiliary Board's Executive Committee (l-r):



Phyllis Yoder, Treasurer; Vernita Suon, Vice President; Jim Smith, President; Kathleen Grieser, Secretary.

## Start Swinging Those Clubs

The FCHC Auxiliary will hold its 14th Annual Auxiliary Golf Tournament on Thurs., June 6, at Ironwood Golf Course, 1015 West Leggett St., Wauseon. The 4-person best-ball scramble will begin with registration at 11:00 a.m. followed by a noon shotgun start. The popular event features prizes for the longest drive, closest to the pin and longest putt. A silent auction and dinner at FCHC will be held after the outing. The cost to participate is \$80 per person or \$320 for a team of four. The fee covers 18 holes of golf with a cart, sack lunch, gift pack, beverage tickets, and BBQ chicken dinner. Sponsorship opportunities are available:

Platinum \$1,000	Silver Sponsor \$500
Gold Sponsor \$600	Bronze Sponsor \$400

Proceeds are used by the FCHC Auxiliary to fund projects at the Health Center. Entry deadline is May 24 and is limited to the first 36 paid foursomes. For more information, contact Janice Fitzenreiter in the FCHC administrative office at 419-330-2603.

## Auxiliary News

Times and places to be announced:

**Books on the Go:** March 20, 21, 22, FCHC Cafeteria

**U Be Dazzled Sale:** April 17-18; Jewelry, Chamilia Bead Jewelry, Handbags, Unique Gifts, etc.

**Geranium Sale:** March 11-April 5, order forms available at the FCHC Auxiliary Gift Shop, Auxiliary Office and at the Fulton Manor Employee Lunch Room. You may also call your local Auxiliary Branch to place an order - Archbold: 419-445-8651 or 419-445-6165; Wauseon: 419-337-1863; or Delta: 419-764-4682. Pickup is on May 4th. Times and location are on the order forms.

**Linens & More:** May 13 & 14

**\$5.00 Jewelry Sale:** May 23 & 24

## Volunteers Needed

Want to give back to your community? Consider becoming an FCHC or Fulton Manor Auxiliary volunteer. For more information contact Mary Gautz, Volunteer Coordinator, at 419-330-2695 to schedule an interview.

# Report to the Community 2012

General Category	2011	2012
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Admissions	2,051	1,808
Outpatient Visits	157,633	159,822
Emergency Room Visits	12,704	12,145
Fast Track Visits	2,827	4,253*
<i>(*Nurse Practitioner begins 12 hr. shift in ED - September 2012)</i>		
Inpatient Surgeries	581	501
Outpatient Surgeries	2,580	2,369
Outpatient Services	222,600	223,866
OB Deliveries	270	272
Oncology Visits	4,295	4,450
Laboratory Tests	161,063	162,431
Radiology Procedures	44,364	44,395
Respiratory Procedures	3,086	2,709
Physical Therapy Outpatient Visits	12,149	12,678
Diabetes Education Outpatient Visits	414	450
<i>(includes both individual and group patients)</i>		
Cardiac Rehab Visits <i>(includes both Phase II and Phase III)</i>	6,404	6,773
Stress Unit Admissions	306	303
Stress Unit Outpatient Visits (Therapists only)	3,447	3,663
Stress Unit Partial Hospitalization Visits	529	453

### Corporate and Community Health Promotion

Community Events and Class Participants	4,082	4,397
Corporate Program Participants	2,343	2,468
School Program Participants	1,199	850
Fitness Class Participants	1,563	1,853
Fitness Classes	156	183
SilverSneakers® Member Visits	4,806	4,461

### Auxiliary

Active Volunteers	126	129
Volunteers' Service Hours	13,194	14,401
Active VolunTeens	31	50
VolunTeens' Service Hours	437	511
Money Donated	**\$56,531	***\$50,914

**\*\*2011 Donations:** Balance for renovation of Lobby, 4 scholarships for VolunTeens, Christmas decorations in Lobby.

**\*\*\*2012 Donations:** Wall mounted TV's for surgery patients, Renovation of C.C.U., Cardiac Rehab. Dept. equipment, Fulton Manor: Purchased furniture (table and chairs) for the expansion of the Dining and Activities Rooms. In addition to equipment purchased, the auxiliary supports scholarships to students in the VolunTeen program who are pursuing a health related degree.

**New Services/Technology:** Fulton Manor Dining and Activities - Addition and Renovation, Nurse Practitioners in the Emergency Department, Baby Warmers - Obstretical Department, Vocera Communication System - Emergency Department & Surgery, Remodeling of the Critical Care Unit, Sleep Lab Opened in Swanton, Additional Medical Gasses added to the Obstretical Department, Added the Hospitalist Physician Specialty to our Medical Staff

**Awards:** Health Grades 2012 5-Star Rating - Joint Replacement, Total Knee Replacement and Hip Fracture Repair.

**Physicians:** Alan L. Rivera, M.D. - Hospitalist

<b>Uncompensated Care</b>	2011	2012
	\$3,334,951	\$3,648,122

## Message from the CEO

As a health care facility, our goal is to provide you with opportunities to stay healthy and to care for you when you are not well. We have the wellness part covered quite well with our many health and fitness classes and programs offered in Wauseon and surrounding communities. These programs are designed to help you maintain a healthy lifestyle.



Regarding the diagnosis and treatment area, we've placed a major emphasis over the years of upgrading our facilities and our technology. That is quite evident with our Endoscopy Department, which has benefited from a major hospital expansion a few years ago. Our lead story in this issue features the Endoscopy Department and its many upgrades.

There is a separate article on the importance of routine colonoscopies to help prevent and treat disease, and I encourage you to read that as well. In addition, we also discuss the FCHC Pain Clinic that is part of the Endoscopy Department. Pain can be debilitating and cause emotional and psychological problems in addition to the physical issues associated with pain. If you are experiencing lingering pain that affects your ability to function, I encourage you to get informed about our Pain Clinic and contact your physician for a referral.

Finally, we continue our Unsung Heroes series of articles that focus on behind the scenes staff and departments who play a vital role in our everyday operations. This time we feature Nursing Informatics, a relatively new field.

We are always open to feedback from patients and visitors. Please contact any of our staff members with whom you have interacted. Have a great Spring!

Best Regards,

*Patti Finn*

Patti Finn,  
Fulton County Health Center  
Chief Executive Officer



# Health & Wellness Programs

Register on-line at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) (click on Health & Wellness Programs), 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.

## 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).

## 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" - May 16, 10:00 a.m. RSVP by May 14 by calling 419-330-2708. 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.

## Diabetes Education & Support

**Pre-Diabetes.** There are now 79 million Americans with pre-diabetes. Are you one of them? How can you find out? This class is for everyone interested in pre-diabetes, ranging from those simply concerned about their risks to those who already have some basic information. All of us can become healthier by following the meal planning and physical activity tips presented in this class! Thurs., May 9, 6:30 - 8:00 p.m. FCHC Ground Floor Meeting Room. To register or for more information, call the FCHC Diabetes Education office at 419-330-2772. \$5 suggested donation to help cover the cost of materials. Please register by May 8th.

**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 May class.

**April: Let's Eat!** Come and interact with Jill Crossgrove-Murillo, RD, LD, to learn more about meal planning and how food labels can help. This is a nutrition discussion for better diabetes care focusing on carbohydrates, protein and fats - how to figure them out on a food label, and how to put them together in a healthy and tasty way. Thurs., April 11, 7:00 - 9:00 p.m.

**June: A Double Header!** Improving Your Knowledge of Medications and Effective Diabetes Self Care. FCHC Pharmacist Rachel Durham, PharmD, RPh, will present information on oral medications and insulin that assist the body's response for better diabetes care. Sue Murry, DNP, CNP, Delta Medical Center, will lead us as we discover the facts of diabetes self care in a fun and easy to learn format. Thurs., June 13, 7:00 - 9:00 p.m.

**Free Support Group** 5-6 p.m., Diabetes Education Office, 3rd Floor, April 11, May 9, June 13. 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 assist you in your needs. If you need assistance in staying on track with your diabetes self-care, this is the place for you!

*Note on Regular Support Group Schedule. Due to scheduling changes, the usual 9:30 a.m. Wednesday and 3:00 p.m. Thursday times are discontinued. The second Thursday of every month from 5:00 - 6:00 p.m. will continue to be a free and open time to learn more about diabetes management. Location: Diabetes Education Office, 3rd Floor, FCHC.*



# Health & Wellness Programs

Register on-line at [www.fultoncountyhealthcenter.org](http://www.fultoncountyhealthcenter.org) (click on Health & Wellness Programs), 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.

### **Eat For Life**

This 8-week class, presented by a Registered Dietitian, will discuss strategies for incorporating healthy eating into a busy life. Accountability will be offered though optional weigh-ins and food logs. Thurs., April 4 - May 30 (No class May 16), 12:00 - 12:30 pm, \$40 or \$30 if enrolled in an FCHC fitness class, FCHC Cafeteria. Must call to pre-register at 419-330-2721.

### **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., April 9 & June 4, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

### **Healthy Cooking 101**

Learn or review the basics of how to plan and shop for a healthy meal, read food labels and use various cooking techniques to create healthy meals that taste great. Recipes and samples provided. Sat., April 6, 9:00 a.m. - 12:30 p.m. or Tues., May 14, 21 & 28, 5:30 - 7:00 p.m., \$10 for the series, FCHC Beck Meeting Room. Must call to pre-register at 419-330-2721.

### **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., April 23 & June 18, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

### **Heart Radiothon Library Cholesterol Screenings**

Have you wondered what your cholesterol score is? Take advantage of the spring Heart Radiothon cholesterol screenings throughout Fulton County this April. The screenings are all from 4:00 p.m. - 7:00 p.m. Dates and locations are listed below. Participants will get their total cholesterol number, HDL (good cholesterol number) and blood glucose (blood sugar) number. You do not need to fast before your screening. We will also check blood pressures. All this for just a \$5.00 donation to the Heart Radiothon.

Archbold Library - April 1	Evergreen Library - April 10	Swanton Library - April 18
Delta Library - April 8	Wauseon Library - April 16	Fayette Library - April 22

Fairlawn Quilt Auction - Founder's Hall, Archbold - April 4, 4:30 p.m. - 7:00 p.m.

## Safety

### **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., April 13 or June 15, 9:00 am - 1:00 pm, \$50, FCHC Ground Floor Meeting Room.

### **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., May 11, 9:00 a.m. - 4:00 p.m., \$65, FCHC Ground Floor Meeting Room.

## Safety (Continued)

### **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., April 20, 9:00 am - 3:00 pm, \$20, Evergreen Library. Call 419-644-2771 to register.

Sat., May 25, 9:00 am - 3:00 pm, \$20, Swanton Library. Call 419-826-2760 to register.

Sat., June 1, 9:00 am - 3:00 pm, \$20, Archbold Library. Call 419-446-2783 to register.

Sat., June 22, 9:00 am - 3:00 pm, \$20, Delta Library. Call 419-822-3110 to register.

## Weight, Smoking

### **FreshStart**

FreshStart is the American Cancer Society's quit smoking program consisting of four one-hour sessions held in a four-week period. All methods and activities contain the most effective elements for success. FreshStart can be your start to a new life without cigarettes! Mon., April 29, May 6, 13 & 20, 5:30 - 6:30 p.m., Free, FCHC Emergency Department Conference Room.

### **Hypnosis**

You deserve to be Nicotine Free and Be Your Ideal Size and Shape. Andrew Lesniewicz, PCC CHt, a National Certified Clinical Hypnotherapist, Professional Counselor and area resident, can 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.

Mon.: March 25, April 22, & May 13

Weight Loss: 5:30 - 6:45 p.m.

Stop Smoking: 7:00 - 8:15 p.m.

Sat.: March 30 & April 20

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

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



# Health & Wellness Programs

Register on-line at [www.fultoncountyhealthcenter.org](http://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. **7 Week Session – Mar. 25 – May 11; 7 classes - \$28, 14 classes - \$40, 15 or more classes - \$50 (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®**

Is known as the Zumba "pool party". Combines Zumba Fitness and basic aqua fitness into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and most of all FUN and exhilarating beyond belief. Great class for those just starting their fitness journey

### **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 lasts 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.

### **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.

## Health & Fitness Classes

Wauseon	Day(s)	Time	Location
Cardio Core (Class Begins April 8th)	M & W	5:30 PM	FCHC Rehab Center
Cardio Core (Class Begins April 13th)	SAT	9:00 AM	FCHC Rehab Center
Maximum Burn (Class Begins April 1st)	M, W & F	5:45 AM	FCHC Rehab Center
Maximum Burn (Class Begins April 6th)	SAT	7:30 AM	FCHC Rehab Center
<b>New!</b> Fire IT (Class Begins April 1st)	M	6:30 PM	FCHC Rehab Center
Ball	T & TH	5:30 PM	FCHC Rehab Center
<b>New Instructor!</b> Zumba®	W	6:30 PM	FCHC Rehab Center
<b>New Instructor!</b> Total Body Tone	M & W	7:30 PM	FCHC Rehab Center
Belly Dance (\$8.50 per class)	T	7:00 PM	FCHC Rehab Center
SilverSneakers® MSROM	M & W	10:30 AM	FCHC Rehab Center
(Free to SilverSneakers® card holders, regular pricing applies to others)			
Gentle Movement (Formerly Golden Retrievers)	M & W	9:30 AM	Fulton County Senior 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	7:45 AM	FCHC Rehab Center
Aqua Zumba®	T	5:30 PM	FCHC Rehab Center
Aquatic Noodle Workout	T	6:30 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® 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; March 30 – May 18			

Bryan	Day(s)	Time	Location
Cardio Dance (Class Begins April 1st)	M & W	5:15 PM	Washington School Gym

Evergreen School District	Day(s)	Time	Location
Cardio Dance	M	7:00 PM	Evergreen H.S. Gym
Cardio Dance (No Class April 3rd)	W	7:00 PM	Evergreen Elem. Gym

Fayette	Day(s)	Time	Location
Cardio Dance (Class Begins April 3rd)	W	6:30 PM	Fayette Jr. H.S. Gym

Montpelier	Day(s)	Time	Location
<b>New!</b> Cardio Dance	T & TH	6:00 PM	Stage Wright Performance Center

Health & Fitness Classes			
Pioneer	Day(s)	Time	Location
Cardio Dance	TH	5:30 PM	Church of the Nazarene
Swanton	Day(s)	Time	Location
Cardio Core (Class Begins April 9th)	T & TH	6:00 PM	Crestwood Elementary
Zumba®	M	6:30 PM	Trinity United Methodist
West Unity	Day(s)	Time	Location
Cardio Dance (Class Begins April 2nd)	T & TH	6:15 PM	Solid Rock Church
Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aqua Zumba®	M & W	9:00 AM	Wyse Commons
Arthritis Aquatics	M	5:00 PM	Wyse Commons
Aquatic Noodle Workout	W	5:00 PM	Wyse Commons
Aquatic Noodle Workout	M	6:00 PM	Wyse Commons
Aqua Zumba®	TH	5:00 PM	Wyse Commons
Gentle Movement (Formerly Golden Retrievers)	M & W	9:15 AM	Wyse Commons
(Donations appreciated. Sponsored by Archbold Parks & Recreation Dept.)			
Archbold	Day(s)	Time	Location
Turbo Kick®	M	5:30 PM	Park Pavilion
Turbo Kick®	W	5:00 PM	Park Pavilion
Cardio Craze Plus	T & TH	5:30 PM	Park Pavilion
Total Body Tone	T & TH	5:30 AM	Park Pavilion
7 classes - \$21, 20 classes - \$32, 21 or more - \$42 (Co-sponsored by Archbold Parks & Recreation Dept.)			

Yoga Classes: Yoga classes cannot be mixed & matched with other classes.			
Wauseon	Day(s)	Time	Location
Yoga – Intermediate (Mat Required)	SAT	9:00 AM	FCHC Beck Mtg. Rm.
Yoga – Gentle (Mat Required)	SAT	10:30 AM	FCHC Beck Mtg. Rm.
Yoga – Gentle (Mat Required)	T	5:00 PM	FCHC Beck Mtg. Rm.
7 classes - \$35, 14 classes - \$62			
Pioneer	Day(s)	Time	Location
Yoga (Mat Required)	TH	5:30 PM	Church of the Nazarene
7 classes - \$35; Class begins April 3rd.			
Swanton	Day(s)	Time	Location
Yoga (Mat Required)	T	7:15 PM	Trinity United Methodist
7 classes - \$35, 14 classes - \$62			
Archbold	Day(s)	Time	Location
Yoga – Gentle (Mat required)	M & TH	6:30 PM	Park Pavilion
Yoga – Intermediate (Mat required)	M & TH	7:30 PM	Park Pavilion
7 classes - \$30, 14 classes - \$48 (Co-sponsored by Archbold Parks & Recreation Dept.)			

## Health & Fitness Class Descriptions

**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® Muscular Strength Range of Motion**  
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, and a chair is used for seated and/or standing support.

**SilverSneakers® SilverSplash**  
Activate your aqua exercise urge for variety! SilverSplash® 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.

**Total Body Tone**  
Individuals will go through a 60 minute workout that will include a warm-up, stretching, a resistance training session, and a cool down.

**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®**  
Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

## Ever Thought of Working With a Personal Trainer?

Introducing the Fulton County Health Center personal training program for people of all ages! This results oriented program is designed to help individuals meet their unique fitness needs and goals. It may include weight management, sports conditioning, sports specific training, and/or improving overall health. Programs are customized for each individual. All FCHC personal trainers are degreed and/or certified by a nationally recognized organization. For costs and other information, call **419-330-2724**.





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**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.

**Editor's Note:** *Unsung Heroes* is a  
continued series of *Health Centering*  
articles that profile the departments and  
staff members who work behind the scenes  
at FCHC but are instrumental in helping to  
keep the Health Center functioning.



The FCHC Nursing Informatics Department includes (left to right): Kelsey King, RN, BSN, Clinical & Nursing Documentation; Tara Sausser, RN, ED Nursing and Physician Resource; Melody Hills, RN, BSN, Department Manager; Stacia Radabaugh, RN, BSN, Nursing & Clinical Documentation; Rachelle Burkholder, RN, BSN, Physician Order Entry. Not pictured: Deb Shackelford, RN, Electronic Forms.

## The Unsung Heroes Part VIII: Nursing Informatics

What do you get when you combine the science of Nursing with the discipline of Information Systems? Answer: Nursing Informatics, a relatively new field that is defined by the American Nurses Association as “A specialty that integrates nursing science, computer science and information science to manage and communicate data, information, knowledge, and wisdom in the nursing practice.” Nursing Informatics combines the philosophy of nursing, patient-centered care and critical thinking with information technology to improve patient outcomes.

The FCHC Nursing Informatics Department consists of six staff members, all of whom are Registered Nurses. Melody Hills, RN, BSN, is the Nursing Informatics Manager. “The Nursing Informatics field developed as the health care industry moved towards keeping electronic medical records instead of paper records,” says Hills. “In order to enter the data for those electronic medical records, the health care industry realized it needed nurses who could work with physicians and other staff members to establish the system functionality at hospitals and physician offices.”

The FCHC Nursing Informatics Department participates in the planning, development, implementation and maintenance of clinical computer applications. “We are also responsible for planning, coordinating, and facilitating educational programs for computer applications for nurses, physicians, students, and other clinical departments,” says Hills. “We also perform on-going system evaluation to ensure user accuracy, data integrity and system reliability.”

FCHC began the endeavor of utilizing an electronic medical records system more than 13 years ago. It continues to keep pace with the improvements and changes in the technology available for maintaining an electronic medical record. In addition, FCHC constantly strives to comply with guidelines and regulations issued by governing agencies to improve patient outcomes. One of the current initiatives being worked on by the staff is computerized physician order entry, which occurs when physicians enter their orders directly into the medical record instead of handwriting orders on paper. “The informatics nurses are working with a team of physicians and other clinical departments to make the project successful,” says Hills. “Physician order entry is expected to enhance patient safety by reducing transcription errors, eliminating illegible handwriting and reducing medication errors.”