

A publication of Fulton County Health Center

# Health Centering

## The FCHC Lab: Providing Essential Diagnostics

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Volume 29, No. 3 Summer, 2013

*Angela Gineman, BS, verifies a patient's identification prior to using the chemistry analyzer unit on the patient's specimen.*



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

**T**hey work tirelessly behind the scenes and rarely have contact with patients. Their workplace is filled with sophisticated high-tech instrumentation that must be monitored and fine-tuned on a regular basis. Quality control of their procedures and work performance is critical. Without them, physicians would have a difficult time diagnosing a patient's illness.

These behind the scenes professionals are members of FCHC's Laboratory Services Department, a Joint Commission accredited, full-service laboratory under the direction of Milagros Paneda, M.D., a Board Certified Anatomical and Clinical Pathologist, and Rick Dwyer, Laboratory Services Manager. Thirty-five full and part-time staff members keep the Laboratory operating 24/7.

Laboratory tests are diagnostic tools used by FCHC physicians to confirm or rule out a suspected illness or disease. Lab tests are also used to track the course of a chronic disease or to determine the success of prescribed, ongoing medical treatment. Services are provided for all age groups, from prenatal through geriatric testing. The laboratory tests most often fall into one of two categories: Clinical or Surgical Pathology services for both inpatients and outpatients. All tests are ordered by the attending physician. The Laboratory also provides random drug screening and other testing services to area businesses through its Occupational Medicine program. Let's take a look at a few of the many diagnostic tests they perform.

### Clinical Services

The clinical services area offers four main diagnostic sections: Hematology, Chemistry, Blood Bank, and Microbiology.

### Hematology

The Hematology/Coagulation section of the Laboratory analyzes blood samples and performs Complete Blood Counts (CBC), the most widely used test in the entire Laboratory. Each month approximately 1500 CBC tests are performed in the Laboratory. "The CBC test looks at 14 different markers in a patient's blood that provide the physician with a detailed look at an individual's health," says Dr. Paneda. For example, the test can analyze a person's red and white blood cells and detect if he or she has anemia or an infection. It can also detect leukemia and the type of leukemia the person has based on the white cells in the blood. When a patient has a heart attack, that person is often placed on a blood thinner such as Coumadin, an anticoagulant that prevents blood clots from forming. "The 'Protime' lab



*Milagros Paneda, M.D., a Pathologist and FCHC's Laboratory Medical Director, reviews a patient's biopsy slide under the microscope.*



# The FCHC Lab: Providing Essential Diagnostics

test measures a patient's Coumadin level to make sure they stay in a certain range so they do not form clots or bleed too easily," explains Coagulation Section Head Bev Meyer.

### Chemistry

The Chemistry section of the FCHC Laboratory performs blood and urine tests, including the popular Comprehensive Metabolic Profile that shows an individual's cholesterol, blood glucose, kidney and liver function, and many other aspects of the individual's health. Other tests are performed to monitor a patient's therapeutic drug levels to make sure the proper dosage has been prescribed and is working. "When a patient arrives in our emergency room with chest pain, the chemistry lab performs a series of tests to alert the physician if he or she is having a heart attack," states Chemistry Section Head Angela Gineman. The chemistry analyzers also perform antibiotic levels and check if a patient has taken drugs of abuse.



## Microbiology

In the Microbiology section of the Laboratory, staff members test blood, tissue, urine, stool, and other bodily fluid samples. "This is where we 'culture' samples on selective media," states Microbiology Section Head Molly Merillat. "It's where we test for things like Strep, Influenza, C. diff, and MRSA." C. diff, which is short for Clostridium difficile, is a bacteria that causes severe diarrhea when bacteria in the "gut" are wiped out from antibiotics. MRSA is the acronym for Methicillin-Resistant Staphylococcus Aureus, another bacteria that makes it difficult to treat infections. "Both C. diff and MRSA can be easily spread and can be deadly," says Dr. Paneda. "So we want to identify them as early as possible and get the patient on a treatment regimen."

## Blood Bank

The Blood Bank section performs tests for patients that may be going to surgery or who are bleeding or anemic and need to receive blood products. Blood for the Laboratory is obtained from the American Red Cross, which works hard to make blood available when needed. "FCHC personnel work to provide compatible blood to keep our patients safe," states Jo Bruner, Hematology and Blood Bank Section Head. "We keep about 30 units of blood on site." To ensure blood is available, FCHC partners with the Red Cross in hosting a blood drive three times a year.

## Surgical Pathology Services

Surgical Pathology involves the gross (i.e., macroscopic) and histologic (i.e., microscopic) examination of surgical specimens, as well as biopsies submitted by surgeons and



Tina Tedrow, Phlebotomist, draws a lab sample from a patient.

non-surgeons such as general internists, medical subspecialists, dermatologists and interventional radiologists. The practice of surgical pathology allows for definitive diagnosis of disease. The Pathologist's interpretation and diagnosis is important for choosing the best treatment to administer and estimating the patient's prognosis. It may involve

evaluation of molecular properties of the tissue by immunochemistry or other lab tests. The Histology Specialists, headed by Judy Imbrock, make sure the processing, fixation, embedding, and staining are excellent before the Pathologist can perform the histopathologic examination.

## High-Tech Equipment

Some of the most sophisticated equipment found in the hospital is located in the Laboratory. One example is the new state-of-the-art Siemens® Vista® Chemistry analyzer. Speed and accuracy are essential when you are dealing with life-threatening situations. Dr. Paneda says that the new Chemistry analyzer is comparable to the analyzers in large area hospitals.

## Quality Control

How does the FCHC Laboratory maintain quality control of its services? There are several checks and balances that are in place. The first is a laboratory peer program with the College of American Pathologists (CAP). The program allows laboratories to regularly evaluate their performance and improve the accuracy of the patient results they provide. Through this program, the CAP provides the FCHC Laboratory with unknown specimens for testing. FCHC Laboratory professionals analyze the specimens and return results to the CAP for evaluation. The FCHC Laboratory then receives a report of their performance as well as a report summarizing the results of all participating laboratories. "There are 84 test surveys they conduct with us over the course of a year," says Dwyer. "It really helps us to stay on our toes and make sure our processes and results are accurate."

(Continued on page 5)

# Off-site Labs

FCHC offers six convenient off-site locations for area residents to have their lab work drawn, along with the drawing stations at the main Health Center. Patients need to provide the physician order, insurance information and a photo ID upon registration.

**Fulton County Health Center**  
725 S. Shoop Avenue, Wauseon  
419-330-2631

**Outpatient Hours:**  
7:30 a.m. to 7:30 p.m., Mon. – Fri.  
8:00 a.m. to 1:00 p.m., Sat.  
Open 24/7 for inpatient care

**Archbold - Wyse Commons,  
Fairlawn Haven**  
550 Haven Drive, Archbold  
419-446-4899  
7:00 a.m. to Noon, Mon. – Fri.

**Delta Medical Center**  
6096 US 20A, Delta  
419-822-3242  
7:00 a.m. to Noon, Mon. – Fri.

**Fayette Medical Center**  
124 W. Main, Fayette  
419-237-2501  
6:00 a.m. to Noon, Mon. – Fri.

**Morenci Medical Center**  
240 West Main Street  
Morenci  
517-458-1786  
7:00 a.m. to Noon  
Mon., Wed., & Fri.

**Wauseon - FCHC Rehab Center**  
138 E. Elm Street, Wauseon  
419-335-0189  
7:00 a.m. to Noon, Mon. – Fri.

**West Ohio Family Physicians**  
735 S. Shoop Avenue, Wauseon  
419-335-3242  
7:00 a.m. to Noon, Mon. – Fri.



The FCHC Laboratory staff (L-R): Angela Gineman, BS; Molly Merillat, MT (ASCP); Rick Dwyer, MT (HHS), Lab Manager; Jo Bruner, MT (ASCP), CLS (NCA); Judy Haase, MLT (ASCP); Cecelia Nartker, Pathology Secretary; Judy Imbrock, MT (AMT); Milagros Paneda, M.D., Laboratory Medical Director; Danielle Battin, BGSU Student Intern.

# FCHC Orthopedic Surgery Receives National Ranking



*General Surgery Ranked #1 in Regional Market*



**MEDICAL EXCELLENCE**  
Top 10% in Nation Award  
MAJOR ORTHOPEDIC SURGERY  
2013 CARECHEX.COM



**MEDICAL EXCELLENCE**  
#1 in Market  
GENERAL SURGERY  
2013 CARECHEX.COM



**MEDICAL EXCELLENCE**  
Top 10% in Nation Award  
JOINT REPLACEMENT  
2013 CARECHEX.COM

Consumers today are being bombarded with all kinds of claims from companies and organizations about the awards they have won. The listing of awards has even moved to the health care industry. While it is important to know how a hospital or health care provider compares to its peers, it can be quite confusing for the consumer who may question the significance of the award.

With that said, the Surgery Department at Fulton County Health Center has been recognized for their outstanding quality care by CareChex<sup>®</sup>, A Division of Comparion. As one of the nation's largest privately-held health care information services companies, Comparion provides services designed to measure, manage, and monitor the clinical, financial, and market performance of health care organizations. Their services have been used by health care providers, employers and the insurance industry in identifying and improving quality patient care for better medical outcomes.

For 2013, the CareChex<sup>®</sup> Quality Rating System has recognized FCHC's Surgery programs in three major categories. Both the Joint Replacement Surgery and Major Orthopedic Surgery Programs have been ranked in the top 10% in quality nationwide for Medical Excellence, while the General Surgery Program has been recognized as #1 in the Toledo-Fremont, Ohio market in quality for Medical Excellence.

The CareChex<sup>®</sup> results, which were released in October 2012, are based on a review of FCHC Medicare data over the three-year period from 2009-2011. The review relied on data from the Centers for Medicare and Medicaid Services (CMS) MedPAR file and Hospital Quality Alliance's (HQA) Hospital Compare database. The HQA data represents publicly reported hospital patient satisfaction ratings as well as core measures – scientifically researched standards of care.

So how significant are the FCHC rankings? "There are several quality rating services used by hospitals across the country," says Patti Finn, FCHC CEO. "We prefer the CareChex<sup>®</sup> system since we feel it provides a more rigorous, comprehensive, balanced evaluation of the many different factors that comprise our medical quality. They look at a broad swath of factors in caring for patients, including the procedures in place, the outcomes of the care we provide, and patient satisfaction. We are very pleased that Fulton County Health Center has achieved exceptionally high marks for our surgical areas. But it's

important for consumers to know that in addition to providing us with accolades for doing things correctly, the CareChex<sup>®</sup> system will also provide us with statistically-significant data for areas in which we may need to improve."

Finn says it is important for consumers to be informed about the quality of health care in their communities, and the best way for them to be informed is through non-biased, third-party sources like Comparion. "Ultimately, we feel the CareChex<sup>®</sup> rating system allows the public to make informed decisions regarding the quality of medical care provided by hospitals in their area."

"Our surgical and nursing staffs are dedicated to providing a high level of care to each and every patient, and it is helpful for us to see how we compare with other hospitals across the nation," says Finn. "It's a good feeling that all of our procedures, systems and attention to detail is paying off for our patients."

For more information about FCHC's CareChex<sup>®</sup> ratings, contact Steve McCoy, FCHC Director of Marketing, at 419-330-2717 or smccoy@fulhealth.org.

## FCHC Quality Ratings the Result of Many Factors

The high quality rankings of FCHC's surgery and joint replacement programs is the result of many factors that involve specific processes which are adhered to by attentive staff members. "We are very careful in our preparation and treatment of patients before, during and after surgery," says Kim Willeman, RN, BSN, CNOR, FCHC Surgery Unit Manager. "There are certain protocols we've put in place, and we also follow national standards in order to maintain our high level of medical quality." Two of those standards are provided by the Surgical Care Improvement Project (SCIP) and the Association of Perioperative Registered Nurses (AORN).

*Here are some of the elements that go into FCHC's high quality surgical rankings:*

### 1. Pre-operative Procedures

**a. Antiseptics for Bacterial Control** - Surgical patients are given a bottle of Chlorhexidine to shower with the morning of their surgery. Joint replacement patients are also given Chlorhexidine skin wipes to use one hour after showering.

**b. Nasal Swabs** – Health Center nurses swab the noses of joint replacement and high-risk patients prior to surgery with a povidone-iodine solution to reduce the chances of getting an infection after surgery.

**c. Shaving of Surgical Area** – No razor shaving, only clippers are used to reduce abrasions and the chance of infection.

## 2. The Surgical Suite

**a. Special Room Cleaning** – Walls and floors are washed with a disinfectant prior to joint replacement surgeries.

**b. Instrument Sterilization** – A Certified Surgical Technologist washes and sterilizes the instrumentation.

**c. Cover Helmets** – Worn by the Surgeon and Operating Room staff to reduce and control the exchange of air between staff and the patient.

**d. Antibiotic** – Is given within 60 minutes prior to the incision. The antibiotic is chosen based on the type of surgery being performed and the individual patient.

**e. Constant Body Temperature** – To help prevent post-operative infections, several methods are used to keep the patient's body temperature stable including: Forcing heated air under the blanket covering the patient; warming the IV fluids; and using a heat/moisture exchange device to help the patient reabsorb their own heat and moisture given off.

**f. Same Surgical Teams** – Are kept together because they understand the procedures each needs to perform and work better as a team.

## 3. Post-Surgery

**a. Urinary Catheters** – To reduce the chance of a urinary tract infection the catheters should be removed within two days after surgery.

**b. Compression Stockings** – Used during and after surgery to prevent blood clots.

## 4. Staff Credentialing

**a. CNOR** – 13 of the 22 Operating Room nurses have taken advanced education classes to receive their Certified Nurse Operating Room credentials.

**b. RNFA** – 12 of these 22 OR nurses have even taken classes beyond the CNOR level to receive Registered Nurse First Assistant credentialing.

# The FCHC Lab: Providing Essential Diagnostics

*(Continued from page 3)*

In addition to the CAP quality control program, the FCHC Laboratory is surveyed every two years by the Joint Commission. Surveyors from the Joint Commission spend three days in the lab tracing patient medical records from the time the physician orders a lab test to when he/she receives the results. The surveyors look at the overall process as well as the health professionals involved. They also review the credentials of all Laboratory employees.

A third method of quality control involves the sophisticated lab equipment. Each day the medical technologists test the equipment for accuracy and functionality. "The Joint Commission requires that we maintain a close eye on the equipment because we are relying on the results they provide to guide our physicians," says Dwyer.



*Molly Merillat, MT (ASCP) loads specimens into the Vitek® analyzer for culture identification.*

## Playing a Key Role in Diagnostics

As you can see with the few tests noted here, the FCHC Laboratory is a busy place. Physicians rely heavily on lab work to help diagnose a patient's illness or monitor a chronic disease. For more information about the FCHC Laboratory, call 419-330-2637.

JUNE 11, 2013

VASCULAR  
SPECTACULAR

20-30 million Americans are at risk for Arterial Disease. Are you one of them?  
Find out at our Free Screening & Educational Event.

Tues., June 11, 2013, Noon – 7 p.m.

FCHC Heart & Vascular Center, 725 S. Shoop Avenue, Wauseon

Pre-registration is required. You may pre-register by calling **419-337-7314** between 8:00 a.m. and 3:00 p.m. *Screening space is limited to the first 60 who register.*

**(Supported in part by FCHC 5K & 1K Run/Walk - See News & Notes)**

### Carotid Artery Screening

Detects the narrowing in the arteries that supply blood to the brain. Helps prevent strokes.

### Abdominal Aortic Aneurysm (AAA) Screening

Evaluates the presence of wall weakening or dilation that can result in a life-threatening rupture.

### Lower Extremity Arterial Screening

Assesses circulation to the legs and identifies the presence of Peripheral Arterial Disease (PAD).

# CENTRAL REGISTRATION



## The Unsung Heroes Part IX: CENTRAL REGISTRATION

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

It all begins here. Whether you are an inpatient or outpatient or just having medical tests at FCHC, the first person you will see is a Registrar in Central Registration. “All patients who come in for services must be checked into our system,” says Jan Buehrer, FCHC Manager of Patient Access. “This is how the medical records are started, the same medical records that follow the patient wherever they go in our facility.”

A visit to the Central Registration Department typically lasts 10-15 minutes, especially if the patient has a history with FCHC. Patients are asked to present a photo identification card, a current medical insurance card, and any written physician medical orders given to them by their physician. Staff members verify that the patient's insurance card is active and that the claim will be sent to the correct address. The photo identification request is designed to protect the patient from any potential fraud. “Many patients are confused why they are asked certain questions during the registration process,” says Buehrer. “We have to ask those questions because of the many governmental regulations that must be followed before a patient can be treated. Our registrars do a good job of keeping our patients informed of the reasons behind the questions.”

“One example is the Medicare requirement that we must check to verify if the procedure or test being performed passes medical necessity prior to performing the test, since that is what Medicare looks for when paying claims,” says

Buehrer. “We feel it is better that the patient knows up front if their medical procedure or test will be covered by Medicare rather than after the fact.” If the test does not pass medical necessity, the registrar will contact the physician while the patient is in the room to verify the reason for the test. If the patient and/or physician wish that the test be performed, even if it doesn't pass medical necessity, the patient will be asked to sign an Advance Beneficiary Notice (ABN). This notice states the patient understands that Medicare will not pay for the tests and they will be responsible for payment. “This is only one of the many rules and regulations that all registrars are trained to handle,” says Buehrer.

Other information gathered during registration is the patient's next of kin, which is used by the physician or the nursing staff in the event they need to contact them at any point.

A little over a year ago the Health Center implemented a new pre-registration program. Patients scheduled for a service will receive a call from a registrar at the hospital asking for their information over the phone. The patient can also call ahead, if they wish to provide the necessary information prior to their visit. When this is done the patient checks in at the Central Registration Department to present their photo identification card, insurance card(s) and the order from the physician. While it is still necessary for them to go to one of the registration rooms, this is only done so they can sign the consent for treatment and present their insurance and ID cards for

### **Members of the Central Registration Department.**

**Back row (l-r):** Amanda Graber (Registration Trainer), Rachel Theil (Pre-registration), Kami Vasko (Pre-Registration), Kelli Lembach (Pre-registration), Kelly Albright (Registration/Client Specialist), Alyssa Armstrong (Registrar), Beth Geise (Pre-registration), April Satkowski (Registrar), Char Slattman (Registrar/ Auto/Premise Specialist), Sue Stinson (Registrar), Lauren King (Registrar).

**Front row (l-r):** Laurel Onyszczyk (Registrar), Charity Slyker (Registrar), Tiffany Busack (Registrar), Sara Crampton (Registration Specialist), Kristy Long (Registrar), Susan Heeres (Registrar), Jahannah Goehler (Registrar), Jan Buehrer (Manager).

**Missing from photo:** Carla Aker (Registrar), Pam Heilman (Registrar), Arin Kuhn (Registrar), Beth Marshall (Registrar), Alysa Poorman (Registrar), and Diane Towers (Registrar).

scanning. Pre-registration cuts about 10 minutes from the total registration time. “The whole pre-registration and check in process is still a work-in-progress, and we hope to improve the flow over the coming months,” says Buehrer.

FCHC is also considering whether or not to implement an online pre-registration process. “We're trying to streamline the registration process as much as possible and make it more patient friendly,” says Buehrer. “We understand the patient is probably not feeling very well and may be a bit anxious, so the goal is to make the registration go as easily and quickly as possible while collecting all the necessary information.”

The Central Registration Department, which was completely remodeled and enlarged several years ago, has six private patient registration rooms to accommodate the typical flow of 175 patients a day who visit the department. In addition, another 100 or more patients will register in other Health Center departments such as Hematology/Oncology, Physical Therapy, Outpatient Surgery and the Off-site Labs for blood draws. While these staff members are not physically located in the Central Registration Department, they all undergo the same training and must gather the same required information as members of the Central Registration Department in order to create an accurate medical record.

There are 20 full- and part-time staff members who work in Central Registration, 24/7. The day shift is staffed by five employees, with one stationed in the Emergency Department registration area. The second shift has four staff members, while the third shift has one person on staff. Access to the Central Registration area is through the main front doors of the Health Center, followed by an immediate right turn and then a left turn after the elevators.

The Central Registration Department is open Monday – Friday, 7:00 a.m. – 7:30 p.m. and from 8:00 a.m. – 1:00 p.m. on Saturdays. Patients who arrive before or after these times or on weekends can register in the Emergency Department.

# New Hospitalist Well Received

In the fall issue of *Health Centering* we wrote about FCHC's new Hospitalist, Alan Rivera, M.D., who began his duties on August 20th. Eight months later, things are going well for him.

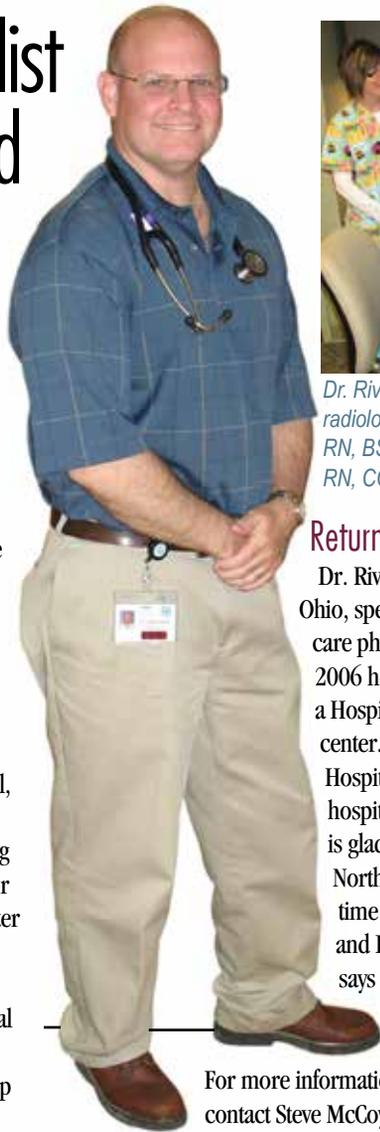
"There are six primary care physicians who regularly use my services," says Dr. Rivera, "And I've been well-received by the patients I've seen. Overall, I've had good feedback from both patients and doctors."

As a Hospitalist, Dr. Rivera's role is to serve as an adult patient's doctor while they are in the hospital, but only when the patient's local family physician has approved doing so. Dr. Rivera is also responsible for patients admitted to the Health Center who do not have a primary care physician. He will meet the patient as they arrive to review their medical history, provide a physical exam, assess the health issues, and develop a treatment plan. "As a Hospitalist, I can concentrate on the patients in the Health Center because I don't have to worry about others waiting for me in my office," says Dr. Rivera.

Dr. Rivera works a 7-day shift at the Health Center from 8:00 a.m. – 4:30 p.m. and sees about 12 patients a day. He is on call when he is not at the Health Center. He splits time with Dr. John Cortina, who was hired in September as a part-time Hospitalist through the national "locum tenens" program of doctors who fill in when a doctor is absent or when a hospital is short-staffed. These professionals are still governed by their respective regulatory bodies.

## Communication is Important

When a hospitalized patient is discharged, Dr. Rivera provides the patient's primary care physician with a discharge summary, including tests and any health issues. "I will also call the primary care doctor in some instances to give them a heads up about what is going on with their patient so they are prepared when the patient returns to them."



Dr. Rivera reviews a patient's radiology image with Nedra Noland, RN, BSN (left), and Molly Stuckey, RN, CCU Unit Manager.

## Returning to His Roots

Dr. Rivera, a native of West Unity, Ohio, spent 4-1/2 years as a primary care physician in that community. In 2006 he left West Unity to become a Hospitalist at a Georgia medical center. In 2009, he became the Hospitalist at the local community hospital in Hicksville, Ohio. He is glad to be back in his native Northwest Ohio. "I like spending time and talking with patients, and I can do that here," says Dr. Rivera.

For more information about Dr. Rivera, contact Steve McCoy, FCHC Director of Marketing and Planning, at 419-330-2717 or [info@fulhealth.org](mailto:info@fulhealth.org).

## FCHC's Hospitalist

- FCHC's new Hospitalist is Alan Rivera, M.D., an Internal Medicine specialist with six years of experience as a Hospitalist.
- His role is to care for patients admitted to the Health Center, including the ordering of tests and subsequent care.
- Dr. Rivera will only see patients whose primary care physician has authorized him to do so. He will also care for hospitalized patients who do not have a family doctor.
- He communicates regularly with the primary care physician.

# Message from the CEO

We have some exciting news to share with you. Our orthopedic surgery program has been ranked in the top 10% of programs in the country for its Medical Excellence! And our General Surgery program has been ranked #1 in the Northwest Ohio market for its Medical Excellence as well. The rankings are based on an independent medical analytics company. You can read more about the rankings in this newsletter. I congratulate all of the physicians, nurses and support staff who have made this recognition a reality.



This issue of *Health Centering* is packed. We begin with our top story featuring our Laboratory Services Department. The work these lab professionals do each day is critical to assisting our physicians in diagnosing your illnesses. Then, check out the article and images for our new 3D/4D ultrasound that provides unbelievable images of your unborn child.

We also give you an update about Alan Rivera, M.D., our relatively new Hospitalist who began working with us this past August. Patients and local physicians have been quite pleased with his addition to our Medical Staff. As always we provide lots of health and fitness class information, and we've even added a new health tip as well.

Finally, we continue our Unsung Heroes series by featuring our Central Registration Department. The all-important medical record that follows all patients through our system is started here. Central Registration is the core of where your health care begins before you see a physician, nurse or technician. We've worked hard to streamline the registration process, and we continue to work to improve the process even now.

We are always open to feedback from you. Please contact any of our staff members with whom you have interacted. Have a wonderful, healthy, safe summer!

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 in the Quick Links Section), or call 419-330-2735.

## 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. 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" – July 18, 10:00 a.m. RSVP by July 16 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.



## 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 Class! Making the Most of Your Diabetes Team.** There are many healthcare professionals who each play an important role in your care as a "whole person". In this brand new class, find out who can best help you with different diabetes concerns and problems. You will learn about the benefit of a team approach in your diabetes care. Thurs., Sept. 12, 7:00 – 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. Please register by September 9th.

**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 July or September class.*

**August: A Double Header! The Eyes Have It AND The Heart of Diabetes.** Dr. Richard Tam, FCHC Ophthalmologist, will give details on the many eye complications related to diabetes, plus how to prevent and treat them. Dr. Jana Bourn, Wauseon Clinic, will then help you understand the relationship between cardiovascular disease and diabetes, and how treating both well can prevent major diabetes complications. Thurs., Aug. 8, 7:00 – 9:00 p.m.

**Free Support Group.** 5:00 -6:00 p.m., Diabetes Education Office, 3rd Floor, July 11, Aug. 8, Sept. 12.

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 – stop by the office and a certified diabetes educator will assist you. 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 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.

### **Calorie Reduction**

Join FCHC dietitians as they share healthy ways to decrease calories while maintaining great nutrition. 4 week class, June 5 – June 26, 12:00-12:30 p.m., \$20, FCHC Cafeteria. Must call to pre-register, 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., June 4 or Aug. 6, 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., June 18 or Aug. 20, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.

## 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., June 15 or Aug. 17, 9:00 a.m. - 1:00 p.m., \$50, FCHC Ground Floor Meeting Room.

## 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., July 20, 9:00 a.m. - 4:00 p.m., \$65, 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., June 1, 9:00 a.m. - 3:00 p.m.**, \$20, Archbold Library. Call 419-446-2783 to register.

**Sat., June 22, 9:00 a.m. - 3:00 p.m.**, \$20, Delta Library. Call 419-822-3110 to register.

## Weight, Smoking

### **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., June 24**

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

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

#### **Sat., July 27**

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

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

# Health TIPS



## Healthy Produce Ideas

Summer is a great time to start eating healthier. Fruits and vegetables that are in season and locally grown tend to have more nutrients and flavor than those that are imported from far away places. Consider these suggestions:

1 Shop at a Farmers' Market or roadside stand that offer fresh and local produce and give you the opportunity to ask questions of the grower:

- How and where is the food produced?
- Are there pesticides on the food?
- How do you determine peak ripeness?

2 Grow your own food

- In a garden or by planting herbs in a window box
- Grow vegetables in flowerpots or mix them into your flowerbeds

3 Preserve fruits & vegetables by freezing, canning or drying for healthy food throughout the year

4 Compost leftover plant pieces for nutrient-filled soil next year

The goal is to consume 5-9 fruit and vegetable servings a day. Fruit and vegetables are high in fiber, low in fat and full of vitamins, minerals and phytochemicals that are essential to healthy living.

*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](http://www.fultoncountyhealthcenter.org) (click on Health & Wellness Programs in the Quick Links Section), or call 419-330-2735.

Most classes (except a few such as Belly Dance & Yoga) can be mixed and matched for dates/times/locations. **7 Week Session – June 10 – July 27;**

**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.

### **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 both 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.

### **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.

## Health & Fitness Classes

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

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

Archbold Fairlawn Retirement Community	Day(s)	Time	Location
Aqua Zumba®	W	9:00 AM	Wyse Commons

Archbold	Day(s)	Time	Location
Cardio Craze Plus (Class Begins June 3rd) 8 classes - \$22, 16 classes - \$34 (Co-sponsored by Archbold Parks & Recreation Dept.)	T & TH	5:30 PM	Park Pavilion

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

Wauseon	Day(s)	Time	Location
Yoga – Intermediate (Class Begins June 8th)	SAT	9:00 AM	FCHC Beck Mtg. Rm.
Yoga – Gentle (Class Begins June 8th)	SAT	10:30 AM	FCHC Beck Mtg. Rm.
Yoga 7 classes - \$35, 14 classes - \$62	T & TH	5:00 PM	FCHC Beck Mtg. Rm.

Swanton	Day(s)	Time	Location
Yoga 7 classes - \$35, 14 classes - \$62	T	7:15 PM	Trinity United Methodist

Archbold	Day(s)	Time	Location
Yoga (June 10, 24, July 1, 22, 29) \$5 per class (Co-sponsored by Archbold Parks & Recreation Dept.)	M	7:00 PM	Park Pavilion

## 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.

## 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.

# SAVE THE DATE!

## Fulton County Fair

Join FCHC at The Fulton County Fair, Aug. 30-Sept. 5. Free blood pressure/ blood sugar tests; other tests at a minimal charge.

## Road to Wellness Conference

"A Safe Journey," this year's Road to Wellness Health Fair, will be held Tues., Oct. 8, 9:30 a.m. - 2:30 p.m., St. Caspar Parish Life Center.

## Mammography Certification

FCHC's Mammography Program has once again been certified by the American College of Radiology (ACR).

The ACR's Mammography Accreditation Program is directed by Radiologists and Medical Physicists through the Committee on Mammography Accreditation of the ACR Commission on Quality and Safety. The FDA's regulations fall under The Mammography Quality Standards Act (MQSA) – 20-year-old federal legislation that established national standards for accreditation, certification, and inspection of mammography facilities in the U.S. The MQSA's mandated accreditation ensured that these improvements occurred not only at facilities with the interest and dedication to do so, but also at facilities that might not or would not have made this effort on their own. This ensures that all women in the United States benefit from these improvements. These standards ensure that millions of women who receive mammograms in the U.S. each year can be confident they are receiving high-quality, consistent and reliable breast imaging at mammography facilities across the country.



## FCHC Auxiliary Notes

### Events

Times and locations to be announced:

**July 9** - Nurses' Edge Sale (Fulton Manor)

**July 17, 18, 19** - Books on the Go

**August 22** - Great Lakes Spice Company, Frank Adams Rep., Dips, Dessert Mixes, etc.

### Volunteer Opportunities

Consider becoming an FCHC or Fulton Manor/ Fulton Suites Auxiliary volunteer. FCHC volunteers operate the Gift Shop, escort patients, work in the cafeteria, meet and greet visitors at the Information Desk, and perform other duties. At Fulton Manor/Fulton Suites, volunteers visit with residents, travel with residents on outings and shopping trips, and assist with musical programs, games and special facility events. For more information contact Tammy Allison at 419-335-2017, Ext. 2798 for Fulton Manor/ Fulton Suites or Mary Gautz, FCHC Volunteer Coordinator, at 419-330-2295.

## 5K and 1K Run/Walk

FCHC is once again planning a 5K Run/Walk and 1K Run/Walk on Sat., Sept. 14, to promote health and wellness in Fulton County. All funds raised will be utilized for health screenings and education programs in the community for issues such as diabetes, hypertension and cancer. The 1K event will begin at 8:30 a.m. and the 5K event at 9:00 a.m. Both events will begin and end at Fulton County Health Center, 725 South Shoop Avenue, Wauseon. Wheelchairs and strollers are welcome and encouraged for the 1K Run/Walk.

## How to Register

Entry fees during pre-registration period (postmarked by Sept. 6) are as follows: 1K Run/Walk – free without a t-shirt or \$8 with a t-shirt, 5K Run/Walk - \$15 (includes t-shirt). Entry fees are payable to Fulton County Health Center and checks should be mailed to FCHC Rehab, 138 E. Elm St., Wauseon, Ohio 43567. Attention: 5K/1K.



## Race Day

Registration begins at 7:30 a.m. on race day, no change in fees for the 1K, but the 5K is \$20 on race day (includes t-shirt only if available.) A limited number of t-shirts will be available on race day. Early packet pickup is offered on Fri., Sept. 13 at the FCHC Rehab Center, 138 E. Elm St. in downtown Wauseon. Awards will be provided for participants and free health screenings will be available the day of the event.

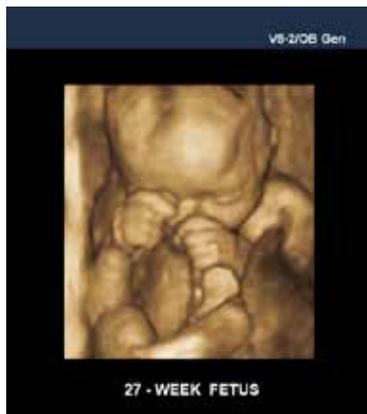


## Forms and Information

Forms are available at the Rehab Center, on the FCHC home page or at Dave's Running Shop in Delta. For more information: rehab@fulhealth.org, or contact Karen Lance at 419-335-1919.

“These ultrasounds are state-of-the-art and push the boundaries of image quality and speed.”

— Barb Gibson, FCHC Radiology Manager



# Sneak a Peek at Me!

**FCHC's Department of Radiology** is pleased to introduce advanced 3D/4D prenatal ultrasounds! The 3D technology provides extremely detailed images of the fetus, while the 4D ultrasound provides a high-definition image with movement.

“These ultrasounds are state-of-the-art and push the boundaries of image quality and speed,” says Barb Gibson, CRA, RT(R), RDMS, FCHC Radiology Manager. “We’re offering 3D and 4D ultrasounds to our Obstetrical patients, but we plan to use it for other patients.”

“Beyond OB applications, speed and clarity will be important when we begin using the technology with patients who are difficult to image,” says Gibson. “The new technology will help identify the nature of suspicious lesions sooner, making for a faster diagnosis and improved patient outcome.”

Expectant mothers can call to make an appointment to receive a 3D/4D ultrasound. A physician’s order is not required. It is important to note that there is no reading of the ultrasound done by a Radiologist. Nor is the 3D/4D ultrasound cost covered by medical insurance.

Here are some of the requirements to qualify for the 3D/4D prenatal ultrasound:

1. It is preferred that the expectant mother is 26-32 weeks into the pregnancy
2. She is being seen by a physician for the pregnancy
3. Expectant mother has had a routine anatomy evaluation and a 2D ultrasound

The ultrasound is available at different pricing levels. Stuffed animals that record the baby’s heartbeat and the womb sound can also be purchased. Payment is required on or before the day of the ultrasound. Gift certificates are available to purchase and would be an excellent baby shower gift.

For more information or to schedule an appointment for a 3D/4D prenatal ultrasound, contact the FCHC Radiology Department at 419-337-7385 or email: [sneakapeekatme@fulhealth.org](mailto:sneakapeekatme@fulhealth.org).

