

A publication of Fulton County Health Center

Health Centering

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Heather Green, RT(R), an FCHC Registered Radiologic Technologist (back), operates imaging equipment while Dana Brown, RN, prepares a patient for a pain management injection.

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**Fulton County
Health Center**
Completing the circle of care

Pain comes in a variety of forms.

A young person may have an intense pain from a sports-related injury, while an elderly person may have chronic pain from arthritis. Another individual may have trauma-related pain, while a patient may be experiencing post-surgical pain. In the past, a provider may have prescribed an opioid to help control the pain. Today, however, new and more advanced treatment options provide pain relief that is safer and – in many cases – more effective than the use of opioids. At Fulton County Health Center, we are serious about helping patients with the pain they are experiencing, and we use a variety of methods to control that pain.

“Pain control begins with education in the doctor’s office,” says Keitha Schultz, RN, BSN, FCHC Medical/Surgical Nurse Coordinator. “Our physicians will spend time with their patients, especially their surgical patients, before the surgery to explain the pain they will have after surgery and the steps we can do to help reduce that pain. Patients are not going to be pain free, but we can do things to help make them comfortable and able to recover to the point they can go home.” Schultz says there are methods other than opioids that FCHC physicians and staff use to control pain.

Post-Surgical Pain

One method of pain control is for the patient to be given a medication prior to surgery to reduce inflammation that will occur after the surgery, especially for patients who will be having orthopedic or abdominal surgery.

“Pain control begins with education in the doctor’s office.”

— Keitha Schultz, RN, BSN,
FCHC Medical/Surgical Nurse Coordinator

Another method of pain control was introduced at FCHC a few years ago when the Health Center began using the ON-Q® Pain Relief System. It’s a new type of anesthesia block to help patients cope with pain during and after total joint replacement, abdominal, or other surgeries. This new anesthesia block is non-narcotic and continuously delivers a regulated flow of local anesthetic to a patient’s surgical site or in close proximity to nerves. The system provides targeted pain relief for up to five days, and the flow rate of the anesthetic can be adjusted according to a patient’s individual pain relief requirements.

“The process is similar to getting a local anesthetic when you go to the dentist,” says Schultz. “The goal is to target and focus on the area where pain will occur, rather than use a narcotic that flows through the entire body.” The system uses a local anesthetic, so there is much less of a need for narcotics to be used during and after surgery in order to control pain. “This results in less nausea and vomiting and other adverse side affects,” says Schultz. Patients are able to leave the hospital with the pump system for continued relief at home.

ON-Q® is a registered trademark of Halyard Health, Inc. or its affiliates. (halyardhealth.com)



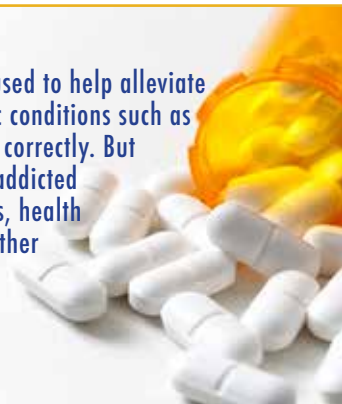
WE TAKE YOUR PAIN SERIOUSLY



FCHC Emergency Room physician Dan Hoffman, MD (right), talks to a patient about her level of pain. He is assisted by Alyssa McKean, RN, who is holding the Pain Rating Scale.

WHAT ARE OPIOIDS?

Opioids are a type of prescription drug used to help alleviate pain from injuries, surgeries and chronic conditions such as cancer. They are usually safe when used correctly. But people who misuse opioids can become addicted and overdose on them. For these reasons, health care providers will look at alternatives other than opioids to control pain.



“While the ON-Q® System is working, we will also give the surgical patients Tylenol® through an IV to help control the inflammation,” says Schultz. “We usually give a patient three doses every six hours.” Schultz says sometimes the pain is just too much for the patient to tolerate, and prescription opioids must be given to control the pain.



Keitha Schultz, RN, BSN, FCHC Medical/Surgical Nurse Coordinator, uses a Pain Rating Scale to help determine the level of pain a patient is experiencing.

Another type of block being performed at FCHC is the fascia iliaca block. This block is used for surgeries of the hip, especially for elderly individuals having hip surgery. The block is placed soon after the patient is admitted and provides pain relief while the patient is awaiting surgery.

“After surgery, if we can we may elevate the surgical area and use ice to minimize swelling,” says Schultz. “We’ll also use music or minimize ambient noise so patients can relax. By reducing anxiety, we can help the patient to be more comfortable and to better deal with their pain. Our goal is to do our best to make our patients as comfortable as possible.”

Pain During Emergencies

In the FCHC Emergency Department, patients often arrive in a great deal of pain due to an accident or injury that may involve a fracture, a sprain, or worse. “The first thing we will do in these cases is to apply a splint to the injured area and position the patient in such a way as to help minimize



PAIN RATING SCALE ▲

FCHC now uses both a Numerical Pain Rating Scale (0-10) along with the Wong-Baker FACES® Pain Rating Scale. The faces help patients (particularly children) who have a difficult time with the numerical scale.

the pain,” says Daniel Hoffman, MD, FCHC Emergency Medicine Physician. The injured limb is elevated above the heart, and ice is applied to reduce the swelling. In other cases, a patient may require an injection or an IV. “Most people don’t like the sight of needles,” says Dr. Hoffman. “So for children, especially, we will use our ‘Buzzy Bee’ while the injection or IV is occurring.” The Buzzy Bee looks like the insect and vibrates. It is applied to an external part of the patient between the brain and the site of the pain. The vibration helps to distract the patient from focusing on the needle.

Dr. Hoffman says that in certain emergency cases opioids are the best option, but there are ways to minimize their use. “When we prescribe pharmaceuticals for pain, we will usually prescribe multiple drugs in concert with perhaps an opioid,” says Dr. Hoffman. “For example, anyone who has experienced a kidney stone will tell you how intense the pain is. In these cases, opioids will help control that pain. But we will prescribe the opioid along with a cocktail of other pharmaceutical drugs. So the opioid is no longer the main course, so to speak. Instead, it’s a side dish.”

Dr. Hoffman says in Ohio, all health care providers must use the Ohio Automated Rx Reporting System (OARRS) when

prescribing any type of controlled substance. “We have to log into OARRS and be able to document that the patient is having pain and that there is a legitimate medical reason for prescribing a controlled substance to reduce that pain,” says Dr. Hoffman. “It’s all about working toward the best results for a patient while attempting to minimize the side effects of treatment.”

Members of the FCHC Emergency Department can also seek assistance from an FCHC nurse anesthetist who can administer a regional anesthetic block to help reduce a patient’s pain. “If an individual comes in late in the afternoon with a fractured hip, in some cases they will not be able to have surgery until the next day,” says Dr. Hoffman. “So we can give them a regional block to hold them over until surgery can occur. This is very effective, and it reduces or eliminates the need to prescribe an opioid.”

FCHC Pain Management Clinic

In addition to providing patients with pain management for emergencies and surgeries, FCHC also has a Pain Management Clinic for patients ages 19 to the geriatric population. “We see all types of patients,” says Beverly Smith, RN, Coordinator, Endoscopy & Pain Management. “Some are patients who were injured in a motor vehicle accident. Others have a chronic illness causing pain. Still others come to us with age-related pain.” Roger Thomas, MD, a board certified Pain Management Physician, sees the patients in his office at the Pain Management Clinic to assess their condition and to develop a treatment plan. (Continued on page 5)



Get to Know Your Blood Vessels

FCHC's Heart & Vascular Center is celebrating its 10th anniversary this year, and part of that celebration is to educate the public about the diagnosis and treatment of vascular diseases. To celebrate its 10th anniversary, the department will hold a free Vascular Spectacular Health Fair on Saturday, September 22, from 7:00 a.m. to 11:00 a.m. in the FCHC Beck Meeting Room.

The Vascular Spectacular Health Fair

Several types of vascular screenings will be offered free of charge at the event (see information box). Our team, consisting of eight departments working together to prevent, restore and maintain vascular health, will be available to provide education and answer questions. In addition, four FCHC staff members will each present 15-minute talks on various vascular topics:

- 7:30 am..... **Munier Nazzal, MD, Vascular Surgeon**
- 8:30 am.....**Karen Bauer, NPC, CWS, Wound Care & Hyperbaric Center**
- 9:30 am.....**Susan Dittes, FCHC Diabetes Educator**
- 10:30 am.....**Jill Crossgrove-Murillo, FCHC Dietitian**

What Is Vascular Health?

The vascular (circulatory) system is a network of blood vessels - arteries, veins and capillaries - that carry blood to and from organs within the body. Vascular disease is the disruption of blood flow, which can damage tissue or even cause blood clots. Vascular disease is common and can be a serious, life-threatening condition that affects circulation in people of all ages.

FCHC recognizes that vascular health requires a multidisciplinary team approach. "We work together to diagnose, treat, monitor, and restore circulation. Our shared goal is to achieve healing for enhanced quality of life," says Lisa Cheney, BSN, Manager of the FCHC Heart & Vascular Center. Our team includes Radiology, Surgery, Cardiac Rehabilitation, the Wound Care & Hyperbaric Center, Diabetes Education, and Nutrition Counseling.

Examples of Vascular Problems

One example of a vascular condition is Peripheral Arterial Disease (PAD), which causes narrowing or blockages of arteries in the arms, legs, neck, and abdomen. PAD can cause pain, swelling, numbness, change in skin color, and poor wound healing. It is diagnosed at FCHC using an angiogram, where an x-ray dye is administered through a catheter placed in the blood stream. Treatment can be provided at FCHC, and options include:

Balloon Angioplasty – A miniature "balloon" is inflated to widen the narrow portion of the blood vessel to increase blood flow.

Stents – A wire mesh is inserted into the blood vessel to improve blood flow and help relieve symptoms.

Atherectomy – The plaque inside the artery is removed (shaved) from the wall of the artery to restore blood flow.

Wounds that won't heal can often be linked to a problem with the lack of blood flow to the area. The FCHC Heart & Vascular Center works closely with the Wound Care & Hyperbaric Center in order to restore the maximum amount of blood as possible to the wound.

For more information about the FCHC Heart & Vascular Center or the Vascular Spectacular Health Fair on September 22, call 419-337-7314.





Members of the FCHC Heart & Vascular Center will offer a free, educational Vascular Event on September 22. Pictured (L-R) are: Heather Green, RT(R); Lisa Cheney, BSN, RN, Unit Manager; Stephanie Klopfenstein, BSN, RN; Patricia Tester, RN; Cathy O'Neil-Sullivan RT(R); and Lisa Clausen, RN.

Free Vascular Spectacular Health Fair

Saturday, September 22
7:00 a.m. - 11:00 a.m.
FCHC Heart & Vascular Center
Beck Meeting Room
725 S. Shoop Avenue, Wauseon

Free Vascular Screenings
 performed by FCHC Ultrasound Technicians

Lower Extremity Arterial Screening: A test to assess the circulation to the legs and to identify the presence of Peripheral Arterial Disease (PAD).

Ultrasound Venous Insufficiency Screening: This test monitors how well the valves in the leg veins are working.

ABI (Ankle Brachial Index): This test looks at how well the arteries are pumping blood to the feet.

WE TAKE YOUR PAIN SERIOUSLY



FCHC staff members work together to treat a patient with pain issues. Heather Green, RT(R), an FCHC Registered Radiologic Technologist (left), operates imaging equipment. Sarah Rickenberg, RN, a Circulating Nurse (back), completes the electronic medical documentation and makes sure the patient's paperwork and medical orders are correct. Dana Brown, RN (right), prepares a patient for a pain management injection.

(Continued from page 3)

Smith says the treatment could include physical therapy, anti-inflammatory medication to reduce swelling, calcium to increase bone strength, or even localized steroid injections such as a cortisone shot. "We could also use radiofrequency ablation, which burns the nerve endings near the area causing the pain," says Smith. "This usually provides longer term pain relief, although the nerve endings can grow back for some patients." Smith says her clinic is seeking long-term relief of pain for patients, not temporary solutions.

Pain Management Committee

Fulton County Health Center has had a Pain Management Committee for more than 10 years. It is a multi-faceted committee, with members participating from many different departments. "We meet monthly to discuss our pain management policy and its effectiveness," says Schultz, who has served as the chairperson for the committee for the past 10 years. "We compare notes between departments. So for example, one department may report that a medication prescribed for pain isn't as effective as hoped, and we decide what alternatives to use. Or, it could be the medication that was prescribed has side effects that are not tolerable by our patients. Once again, we look for alternatives."

Working in the Best Interests of Our Patients

When it comes to pain that patients experience, FCHC health care professionals work closely together to offer the best solutions. "We can't make pain go away entirely, but we can make it manageable," says Schultz. "And we can utilize a variety of pain management methods that are effective and beneficial to patients."

PREPARING FOR THE WORST

No one likes to think about a mass casualty event in Fulton County. But as we have seen, no community is immune to a tragedy.

It is with that in mind that FCHC will participate in a mass casualty exercise on October 30th in conjunction with Wauseon High School and many other local partners. The drill will involve an “active shooter” situation at the high school, with up to 15 students serving as “actor patients.”

Fulton County Health Center has been leading the preparation for the drill, working with many key partners who might be involved in a potential disaster. In addition, Larry Brown, Superintendent of Wauseon Exempted Village Schools, has also taken a lead role in the drill preparation by notifying school district residents about the October mock exercise to help them understand its purpose and function.

“We are preparing for the unthinkable, hoping that it will never happen . . . but preparing in case

two weeks to formulate our mass casualty preparedness plan.”

The exercise will begin with a call by the high school to local law enforcement to report an “active shooter” situation on its campus. Law enforcement and emergency medical services will converge on the school, and “actor patients” will be transported to Fulton County Health Center. The “actor patients” will have make-up applied to depict injuries and given cues on the complaints they should have regarding their “injuries.”

“We will be prepared to triage ‘patients’ as they arrive at Fulton County Health Center with varying degrees of injuries,” says Sigg. “Some ‘patients’ may arrive by private vehicles, while others will arrive by EMS.

Some of the injuries these ‘patients’ may present with include gunshot wounds, fall-related injuries such as fractures, and panic-induced difficulty breathing. We have to be prepared for many situations.” Sigg says the triage process will occur in the FCHC Emergency Department, where FCHC personnel will implement procedures to make room to handle the influx within the department as well as in other patient care areas.

Sigg says the exercise will involve multiple departments and many staff members at FCHC, including laboratory and radiology for diagnostic tests. Once an injury has been diagnosed, staff members must go through protocol on what should be done to provide medical care . . . responding as if the



The Wauseon Rescue Squad EMS will be one of many entities involved in the mass casualty drill.

situation were real.

“While this exercise will focus on an active shooter scenario at the high school, it is ultimately about being prepared for any type of mass casualty incident in our community,” says Sigg. “That could include a multiple car pile-up on the turnpike, multiple injuries from a train derailment, or whatever.” Sigg says the Health Center holds other drills and exercises each year to practice emergency preparedness. “With this exercise, we were fortunate to work with many outside entities,” says Sigg.

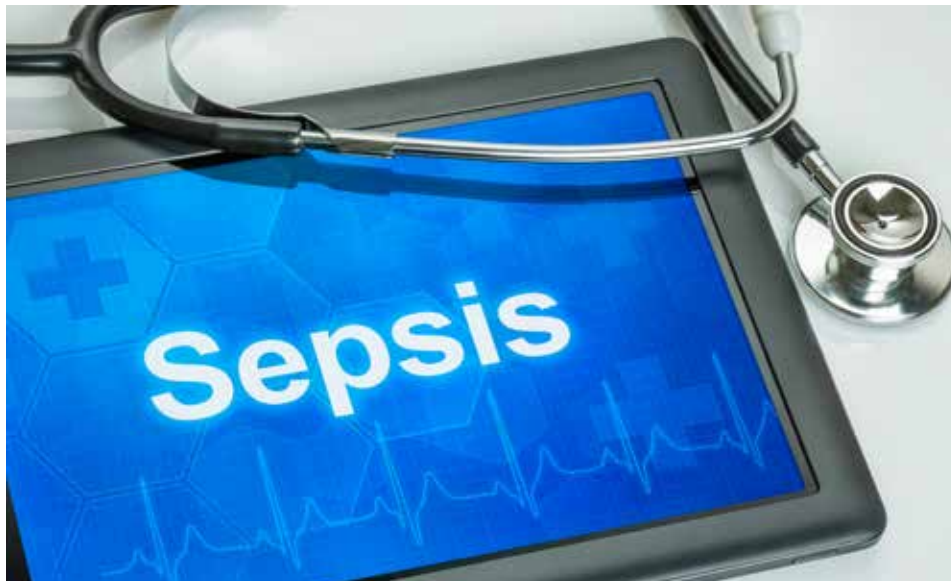
In addition to Fulton County Health Center and Wauseon Schools, key partners in the October 30th mass casualty drill include the Fulton County Sheriff’s Office, Wauseon Fire and Emergency Medical Services, Fulton County Emergency Medical Services, Fulton County Emergency Management Agency, Fulton County Health Department, Wauseon Police Department, Archbold Police Department, Delta Police Department, Fayette Police Department, Ohio State Patrol, the ADAHMs Board, A Renewed Mind, Maumee Valley Guidance Center, City of Wauseon-Public Works, Victim’s Advocate, Center for Child & Family Advocacy, and the Fulton County Public Information Officer.

For more information or questions about the upcoming October 30th exercise, contact Steve McCoy, Director of Marketing and Planning/PIO Fulton County Health Center at 419-330-2717.



Carrie Sigg, BSN, RN, FCHC’s Emergency Preparedness Manager (far back) leads an emergency preparedness meeting in preparation for the mass casualty drill in October.

it should happen,” says Carrie Sigg, BSN, RN, FCHC’s Emergency Preparedness Manager. “We’ve been meeting monthly since the beginning of the year with school officials, local law enforcement, fire, emergency medical personnel, and behavioral health personnel to plan the exercise. In addition, we’ve been meeting internally at FCHC every







September is Sepsis Awareness Month!

Sepsis is the body's life-threatening response to an infection. It occurs when chemicals, which are released into the bloodstream to fight the infection, cause inflammation throughout the body. The inflammation can damage organs and cause them to fail. Sepsis does not discriminate, and it can affect people of all ages . . . especially those who are ill or have had surgery or some type of open wound. One of the keys to fighting the occurrence of sepsis is to prevent the infection from occurring in the first place. Good hygiene, hand washing, and vaccinations can help prevent different types of infections including bacterial, viral, fungal, and parasitic infections. All of these can lead to sepsis.

Fulton County Health Center is committed to promoting sepsis awareness. Throughout the month of September, FCHC will provide continued education to our health care providers and nursing staff. We will also roll out our new sepsis initiative in September, which will include expanding tools our health care professionals can use to better identify and treat sepsis patients at the Health Center.

The bottom line is that sepsis can be dangerous. So, if you or someone you know is ill – or have had a recent cut, surgery, or invasive procedure – and you are experiencing any of these symptoms, notify your health care provider immediately.

SEPSIS: KNOW THE SIGNS, SAVE A LIFE

-  **Temperature** Higher or lower than normal
-  **Infection** May have signs and symptoms of an infection
-  **Mental decline** Confused, sleepy, difficult to rouse
-  **Extremely ill** "I feel like I might die," severe pain or discomfort

If you suspect sepsis, act quickly. For Every hour treatment is delayed, the risk of death increases by as much as 8%

**2018 SEPTEMBER
SEPSIS**
SEP 1-30 2018

Graphic courtesy of Sepsis.org

Message from the CEO

No one likes to experience pain, but unfortunately it is part of life. At Fulton County Health Center, we work very hard to stay on top of new techniques and medications to help reduce the pain our patients may have. This is particularly important with the focus in health care to reduce the amount of opioids being prescribed. Our lead story in this newsletter deals with pain management and covers the variety of options we use to control pain.



As usual, this newsletter features numerous articles covering a wide range of health care topics, such as a free Vascular Spectacular Health Fair our FCHC

Heart & Vascular Center will sponsor on September 22nd. We also provide information on a mass casualty event drill that will occur at Wauseon High School on October 30th. FCHC will be involved in this drill along with local law enforcement and many other entities.

We've also included articles on sepsis, sometimes referred to as blood poisoning. Sepsis can be life threatening, and we are taking all precautions to prevent it from happening to any of our patients. We also provide information about the Summer Food Service Program FCHC has been involved in over the past four years.

We welcome Nick Barnes, DO, a new family physician at Delta Medical Center, and Jessica Durham, a new midwife who has joined Sema Fofung, DO, OB/GYN at Fulton County OB/GYN. Our News & Notes section provides a variety of short articles on happenings at FCHC. We also include a list of general health and fitness classes for you to consider. Please take advantage of them for the benefit of your health!

As always, if you have any comments or suggestions, please feel free to contact any member of our staff.

Best Regards,

Patti Finn

Patti Finn,
Fulton County Health Center
Chief Executive Officer

Health & Wellness Programs

HEALTH EDUCATION

Lifestyle Management Training

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

Lifestyle Management Class

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

Salt Sense

Whether it's for high blood pressure, heart disease or to maintain a healthy diet, learn how and where to reduce sodium. Includes label reading, commercial product choices, recipes and shopping tips. Tues., Oct. 9, 9:30 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

Healthy Holiday Desserts

Learn creative ways to make holiday treats even better! Tues., Dec. 4, 5:30 - 6:30 p.m., \$5, at the FCHC Wellness Center. Registration required. Call 419-330-2721 to register.



Low Cholesterol Living

Focus will be on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tues., Oct. 23, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

Managing Your Blood Pressure

Learn what high blood pressure is, its effects, and how to lower and control it. Get information on lifestyle changes, current treatments, and medication do's and don'ts. Thurs., Sept. 13 or Nov. 8, 9:30 - 10:30 a.m., Free, FCHC Cardiac Rehab Classroom. Please report to Cardiac Rehab at 9:20 a.m. the day of the class. Call 419-330-2692 to register.

Cooking Quick & Healthy With a Pressure Cooker

This class will cover the benefits of cooking with a pressure cooker and demonstrate simple meals that can be accomplished in the pressure cooker. Thurs., Sept. 27, 7:00 - 8:00 p.m., FCHC Wellness Center, \$5. Call 419-330-2721 to register.

Relaxation/Stress Management

Learn basic relaxation and stress management techniques to improve your heart and health. This class will give you practical tools to decrease your stress and improve ways you can relax in today's busy world! Tues., September 25 or Dec. 4, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom. Call 419-330-2692 to register.

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, infant CPR; obstructed airways; and first aid. Meets most childcare requirements. Registration and payment due 1 week prior to class. Sat., Oct. 20 or Dec. 15, 9:00 a.m. - 3:00 p.m., \$75, FCHC Ground Floor Meeting Room.

American Heart Association Healthcare Provider CPR

CPR Certification by the American Heart Association for health professionals and health professional students. 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., Sept. 22 or Nov. 17, 9:00 a.m. - 12:00 p.m., \$50, FCHC Ground Floor Meeting Room.

Babysitting Classes

Learn to handle emergencies such as choking, burns and more, and become a more effective and competent baby sitter. Class covers growth and development and safety for the sitter as well as the children, and much more. Please bring a sack lunch. Beverages/snacks provided. Class cost is \$35.

- Sat., Sept. 29, 9:00 a.m. - 3:00 p.m., Delta Library. Call 419-822-3110 to register.
- Sat., Oct. 6, 9:00 a.m. - 3:00 p.m., Swanton Library Library. Call 419-826-2760 to register.
- Sat., Oct. 13, 9:00 a.m. - 3:00 p.m., Fulton County Health Center. Call 419-330-2735 to register.

WEIGHT LOSS

Weight Loss 101

A Registered Dietitian will explore various nutrients and how they affect our bodies. Tues., Oct. 2, 9, 16, 23, 12:00 - 12:30 p.m., \$25, FCHC Cafeteria. Call 419-330-2721 to register.

An Introduction to Weight Loss Surgery: Sleeve Gastrectomy

Attend one of these free seminars in the FCHC Beck Meeting Room to learn more about Sleeve Gastrectomy weight loss surgery. The staff and physicians of our Weight Solutions program will provide an overview of the effects of obesity and treatment using weight loss surgery options. You will also learn how bariatric surgery can treat chronic health conditions related to obesity, such as: Type 2 Diabetes, High Cholesterol, Sleep Apnea, and Hypertension. To register, call 419-337-7373.

Mon., Sept. 10, Oct. 1, Nov. 5, 5:00 pm, Timothy Duckett, MD, FCHC Beck Meeting Room

Mon., Aug. 20, Sept. 17, Oct. 15, Nov. 19, 6:00 pm, Arun Kumar Baskara, MD, FCHC Emergency Department Conference Room

Bariatric Support Group

Tues., Aug. 28, Sept. 25, Oct. 23, Nov. 27, 5 pm FCHC Beck Meeting Room

Register on-line at fultoncountyhealthcenter.org (click on Health and Wellness Programs in the Quick Links section), or call 419-330-2735 unless noted.

DIABETES EDUCATION

Contact the Diabetes Education office at 419-330-2772 for information and/or scheduling group presentations. Check out the FCHC website: fultoncountyhealthcenter.org

Taking Charge of Blood Sugars Through Daily Choices

Individual training that includes a 5-visit series with an RN Certified Diabetes Educator to examine and set goals in the seven aspects of self-care that affect blood sugars. \$150 for series. Call 419-330-2772 to schedule.

Taking Charge of Blood Sugars Mini-Series

Two visits with an RN Certified Diabetes Educator using a simplified curriculum for learning how to better manage blood sugars. \$75 for two classes. Call 419-330-2772 to schedule.

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 - Look Good Feel Better

Hair and Skincare classes, Mon., September 17, 5:00 - 7:00 p.m., FCHC Oncology Library, call 419-330-2708 to RSVP by September 15. Free make-up kit included. 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.

PARTNERS IN PREGNANCY

To register for Partners in Pregnancy classes, call the FCHC Family Birthing Center at 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 by appointment.

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

Class is 2 hours/week for 2 weeks or 4 hours on Saturday. Taught by experienced childbirth educators. Learn about the birth process, breathing techniques, relaxation, and comfort measures. Includes labor preparation, discussions, and Powerpoint presentations. Call to register and get cost information.

Sibling Class

For children age 3 and older at home. Held at 10:00 a.m. the first Saturday of even months. Includes Family Birthing Center tour and stamping a T-shirt for the baby. Free, 1 session.

Please contact Patricia Franz Pahl, LSW, LCDC III, H.O.P.E. & H.E.L.P. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).

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, teenagers, and adults due to illness or accident. If you are suffering from the death of a child at any age, you are welcome to attend.

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 through these grieving times. We educate participants on the causes of suicide in order to prevent more loss.

GRIEF SUPPORT



Fitness Programs

10-Week Session: Sept. 17 – Nov. 24

10 Classes - \$40; 20 classes - \$55; 21+ classes - \$70; Parent & Child Water Wonders - \$35. All classes can be mixed; excludes specially priced classes. Register: fultoncountyhealthcenter.org or 419-330-2735.

CARDIO, STRENGTH AND CONDITIONING

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!

M W 5:30 PM FCHC Wellness Center, Wauseon
T 6:00 PM Crestwood Elementary, Swanton

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.

W 6:30 PM Fayette Junior High School Gym, Fayette

Cardio 360

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. The Step 360 will be incorporated in to this workout! Who knew that exercising could be this fun!

M W 5:30 PM Ruihley Park Pavilion, Archbold

Drums Alive®

Powerful beat and rhythm of the drums, using the stability ball, that will get your feet stomping and your body moving. Simple movements on the ball, with the ball, and around the ball. Great workout for men and women. Must bring stability ball and mat. FUN! FUN! FUN!

SAT 9:30 AM FCHC Wellness Center, Wauseon
TH 6:00 PM Crestwood Elementary, Wauseon

POUND®

The world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing drums. This takes cardio drumming to the next level. (Mat Required)

M W 6:45 PM FCHC Wellness Center, Wauseon
SAT 8:30 AM FCHC Wellness Center, Wauseon
M W 6:45 PM Ruihley Park Pavilion, Archbold
M 6:30 PM Fayette Junior High School Gym, Fayette

Tabata Fire

Tabata is a system of short, high-intensity intervals developed by Japanese Professor Izumi Tabata. Each exercise lasts only 20-60 seconds each. The one hour training can push men or women to new physical levels never imagined and people continue to burn calories for hours after!

T TH 5:30 AM FCHC Wellness Center, Wauseon

Strength & Toning

This low-impact class will condition and tone your body using hand weights, body bars, and body weight. Increase muscle strength and endurance by working all eight major muscle groups in time to the music.

T TH 5:30 PM Ruihley Park Pavilion, Archbold

Zumba®

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

T TH 7:00 PM FCHC Wellness Center, Wauseon

SENIOR ADULT

Delay the Disease (For Parkinson's Disease)

A fitness program designed to empower people with PD to take control of the disease with daily exercise, including Activities of Daily Living exercises.

T TH 10:30 AM FCHC Wellness Center, Wauseon

Gentle Movement

Gain strength and flexibility in this no-sweat class. Many exercises are performed sitting on a chair. (Donations appreciated. Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department. Archbold class

co-sponsored by Archbold Parks & Recreation Dept.)

M W 9:30 AM Fulton County Senior Center, Wauseon
M W 9:30 AM Fairlawn Wyse Commons, Archbold

SilverSneakers® Classic

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

M W 10:00 AM FCHC Wellness Center, Wauseon

Stretch & Balance

This class focuses on stretches for the entire body and includes balancing poses as well as a relaxation segment.

W 11:00 AM St. John Lutheran Church, Stryker

TAI CHI AND YOGA

Tai Chi

Gentle flowing movements to reduce falls, improve sleep quality, and improve respiratory function. The low intensity program also improves strength and balance.

W 1:30 PM Henry County Senior Center, Napoleon

Yoga (Mat Required)

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! (Mat Required)

SAT 9:00 AM FCHC Wellness Center, Wauseon
T 5:00 PM FCHC Wellness Center, Wauseon
M 5:00 PM Delta Public Library, Delta
TH 5:00 PM Delta Memorial Hall, Delta
M W 7:00 PM Evergreen Elementary Media Center, Evergreen
T TH 7:15 PM Trinity United Methodist, Swanton

Yoga - Gentle (Mat Required)

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.

M 7:30 PM Ruihley Park Pavilion, Archbold

Yoga - Intermediate (Mat Required)

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.

T 6:45 PM Ruihley Park Pavilion, Archbold

VeraFlow (Mat Required)

Dance, stretch and find your true flow in this class like no class you have ever experienced. Find your true flow in body and mind as you stretch your body and train your mind to the rhythm of the music. VeraFlow is just what you need to feel completely relaxed and content.

TH 6:45 PM Ruihley Park Pavilion, Archbold

Aquatic Aerobics

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

M W 6:15 PM FCHC Wellness Center, Wauseon

Aquatic Noodle Workout (Beginner/Advanced)

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! Advanced class will work harder and faster.

(Beginner) T 5:30 PM FCHC Wellness Center, Wauseon
(Advanced) T 6:30 PM FCHC Wellness Center, Wauseon
(Combined) TH 6:00 PM FCHC Wellness Center, Wauseon
M 5:30 PM Fairlawn Wyse Commons, Archbold

Aqua Zumba®

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

M W 8:30 AM Fairlawn Wyse Commons, Archbold
T TH 8:30 AM FCHC Wellness Center, Wauseon

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.

TH 5:00 PM FCHC Wellness Center, Wauseon

Parent & Child Water Wonders-Beginner

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. Oct. 6 - Nov. 24.

Beginner (6-24 months, 30 min.)

SAT 9:30 AM FCHC Wellness Center, Wauseon

Beginner (24-36 months, 30 min.)

SAT 10:00 AM FCHC Wellness Center, Wauseon

8 weeks - \$32

Parent & Child Water Wonders-Advanced (3-5 years, 30 min.)

Parent/guardian must be in the water. Class works on performing various strokes and skills while experiencing an enjoyable time in the water. Oct. 6 - Nov. 24.

SAT 10:30 AM FCHC Wellness Center, Wauseon

SAT 11:00 AM FCHC Wellness Center, Wauseon

8 weeks - \$32

SilverSneakers® Splash

Activate your aqua urge for variety! Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. A special SilverSneakers® kickboard is used to develop strength, balance and coordination. Ideal for those with arthritis, as this class consists of range of motion, strengthening, and endurance. Work at your own ability level. (Free to SilverSneakers® cardholders, regular pricing applies to others)

T TH 9:30 AM FCHC Wellness Center, Wauseon

T TH 10:30 AM FCHC Wellness Center, Wauseon

FCHC Wellness Center Open House

Check out the changes to our Wellness Center during our public open house, Sat., Sept. 8th, 8:00 a.m. - 11:00 a.m. We will offer demonstrations of our land and aquatic fitness classes. Fitness staff will be available to answer questions on our new fitness equipment and memberships. Special prices will be offered for 6 & 12-month memberships. Prizes, giveaways, and refreshments will be offered.

Meet our New Practitioners

Physician Joins Delta Medical Center



Nick Barnes, DO, a new Family Medicine physician, joined the Delta Medical Center in August. Dr. Barnes received his undergraduate degree in Finance in 2003 from Miami University in Oxford, Ohio. He spent six years working in Cleveland for an Accounting and Finance firm and realized he needed a change. Dr. Barnes became interested in health care after meeting Nick Espinoza, DO, a Family Medicine physician and the Assistant Dean of the School of Medicine at Ohio

University in Athens, Ohio. Dr. Barnes graduated from Ohio University's Medical school in 2015 and spent two years performing clinical work at St. Vincent Mercy Medical Center in Toledo. He followed that with a Residency in Family Medicine at the Toledo Hospital. Dr. Barnes's wife, Alexandra, is an Emergency Room physician at St. Luke's Hospital in Maumee. They have a 12-month old daughter, Olivia. Dr. Barnes enjoys golf, kayaking, reading, and spending time with family. He is accepting new patients and can be reached by calling the Delta Medical Center at (419) 822-3242.

Midwife Joins Fulton County OB/GYN



Jessica Durham, MSN, BSN, RN, Certified Nurse Midwife, is joining the medical practice of Sema Fofung, DO, OB/GYN at Fulton County OB/GYN in September. Durham graduated from The University of Toledo in 2008 with a Bachelor of Science degree in Nursing. In 2014, she received her Master of Science in Nursing as a Certified Nurse Midwife from Frontier Nursing University. She has been in the medical field since 2006 when she began her career as a Nurse's Aide. Durham

has worked as an Emergency Department nurse, a Nursing Supervisor and finally as a Nurse Midwife. She has been a clinical instructor for Owens Community College, teaching nursing students during their clinical training. Her work with women includes preventative services, annual exams, family planning, infertility, care during menopause, pregnancy, labor, birth, and the postpartum period. Durham lives in Napoleon with her husband of 10 years, Scott. They have a three-year-old son, Desmond. Durham loves to spend free time with her family. She is accepting new patients at Fulton County OB/GYN, located at 735 S. Shoop Avenue in Wauseon in the West Ohio Building. Appointments can be made by calling (419) 335-6377.



New Music Therapist at FulCare Behavioral Health

FulCare Behavioral Health, located on FCHC's fifth floor, has a new Board Certified music therapist, Jaclyn O'Neill, MT-BC. O'Neill graduated in 2017 from Seton Hill University in Greensburg, Pennsylvania with a degree in music therapy. She uses a variety of music therapy interventions that allow patients to be autonomous as they learn to cope with their issues. If you would like more information about music therapy, contact Jaclyn O'Neill at FulCare Behavioral Health by calling 419-330-2775 and asking for the Inpatient Unit.



Health Day at Sauder Village

FCHC is sponsoring the Fulton County Day/Community Health Day at Sauder Village on Saturday, October 20 in Archbold from 10:00 a.m. - 5:00 p.m. Fulton County residents and immediate family living at their home will receive free admission to Sauder Village by showing proof of residence, such as an ID. FCHC staff members, as well as other health and wellness professionals will provide health screenings and information. Follow our Facebook page and watch your local papers for more details.

Road to Wellness Conference

The 10th Annual Road to Wellness Health Care Conference for Mature Adults and Caregivers will be held Tues., Oct. 2, 9:30 a.m. - 2:30 p.m. at St. Caspar Church's Parish Life Center, Wauseon. The event is free and is sponsored by the Fulton County Aging Consortium. The theme for this year's Road to Wellness is "Safe and Well Preserved" and will offer various topics, including:

- Health Insurance/Open Enrollment
- Home Safety
- Interactive Exercise
- Gardening/Canning/Preserving

FCHC will provide free blood glucose and blood pressure screenings for attendees during the registration period from 9:30 - 10:00 a.m. and at the lunch break. Flu shots will also be available during the registration period from the Fulton County Health Department. Pick up a registration form at the Fulton County Health Department, all Fulton County Senior Centers, or by calling the Fulton County Health Department at 419-337-0915. Individuals who pre-register will receive a free lunch.



Construction Update

Our four-story south Medical Office Building project remains on schedule to open in the Spring of 2019. Most of the exterior work of the building will be completed by the end of September, including the installation of windows. The parking lot and patient drop-off area will be completed this October, and landscaping will be done when we get closer to opening in the Spring of 2019. Interior work will begin in October 2018. Work will continue inside the South MOB through the Winter and early Spring months.

FCHC Launches New Website Platform

Fulton County Health Center has recently revamped its website to make it more user friendly. The new site is more functional for those using a tablet and mobile device, since it will adjust to the size of the device you are using. It is also compliant for those who need assistive devices to use the Internet. The new site also offers more advanced security, allowing online completion of our HCAP financial assistance application through a secure platform. The enhanced security platform will also improve and maintain confidentiality for job applicants. Visitors will still be able to register for classes, find a physician, connect with our patient portal, and make payments online as before. Check out our new site at fultoncountyhealthcenter.org.



Golf Tournament a Success

The 19th annual golf tournament was held on June 7, with 35 teams participating. The tournament brought in \$39,740.92, and proceeds will be used for remodeling at Fulton Manor. The Auxiliary has committed \$100,000 to Fulton Manor with pledges it made this year and last year. Since 2000, the golf outing has brought in \$482,228.53.

FCHC Auxiliary Events

The Auxiliary works very hard to bring you fun sales, to keep the FCHC Gift shop open, and to make money to help FCHC be more beautiful and comfortable.

Sept. 18 Lula Roe. FCHC cafeteria.
 Oct. 8-9 Collective Goods. FCHC cafeteria.
 Oct. 24-25 Passion for Fashion
 FCHC cafeteria.
 Nov. 1 Robert's Uniforms. TBA,
 10:00 a.m. - 4:00 p.m.
 Nov. 8-9 \$5 jewelry sale. FCHC cafeteria.
 Nov. 29 Poinsettia Sale Pick Up.
 Pre-order from the FCHC Gift Shop or an
 Auxiliary member.

Healthcare Camp for Students

Oct. 14, 1:00 p.m. - 4:00 p.m. Contact Mary Gautz for information and a reservation, mgautz@fulhealth.org.

Auxiliary Volunteer Opportunities

Volunteer positions are available at both our main campus and at Fulton Manor. To find out about opportunities at FCHC, contact Mary Gautz, FCHC Volunteer Coordinator, at 419-330-2695. Contact Tammy Miller, 419-335- 2017, Ext. 2798, for opportunities at Fulton Manor.



Health Insurance: Knowing Your Benefits

Coordination of Benefits (COB)

When you have two insurance policies, one will be the primary insurance (pays first) and the other will be secondary insurance (pays second).

Which insurance pays first?

Birthday Rule - If both insurance plans cover your children, the parent born earlier in the year would be the primary insurer. This may not apply in every family. If one has a group policy and the other has an individual policy, the group policy would be primary.

Longer Shorter Rule - If you share a birthday, then the insured that has had the policy the longest would be primary. Lastly, in divorce situations the parent with custody would have the primary insurance, unless there is a court order stating differently.

Most insurance companies will require a coordination of benefits (COB) update every year, whether or not there has been a change in your insurance. Insurance companies will not accept this information from the provider; it needs to be called in by the policy holder.

If you are covered by another insurance and are also insured by Medicaid, Medicaid is always the payer of last resort. If you do not respond to a

request from the insurance company, neither insurance will pay your claim. And the patient can lose Medicaid coverage for not cooperating with these requests.

By submitting the claims to your insurance in the right order and making sure updates are called into your insurance when requested, you can receive the most out of your health insurance benefits and less out-of-pocket expenses.

Preventative or Screening Service vs Diagnostic Service

A screening (preventative) service in medicine, is used to identify the possible presence of a disease in individuals without any signs or symptoms. If the patient already has a diagnosis of the illness, then the test to monitor the illness does not qualify as screening. Also if the patient is having a test or a procedure due to abnormal symptoms, the service is not a screening.

A diagnostic test is a procedure performed to confirm or determine the presence of disease in an individual suspected of having the disease, usually following the report of symptoms or based on the results of other medical tests. A glucose (blood sugar) test on someone that already has a diagnosis of diabetes would be diagnostic. A colonoscopy on a patient with reports of stomach pain or bleeding would be diagnostic and would not qualify as a screening.

GET READY FOR THE FLU SEASON



The Food and Drug Administration has approved the seasonal influenza vaccines for 2018-2019.

There are several flu vaccine options. The traditional vaccine protects against three different flu viruses, called a trivalent vaccine. This vaccine protects against two influenza A viruses (H1N1 and H3N2) and an influenza B virus. Another vaccine, called a quadrivalent vaccine, protects against two influenza A

viruses and two influenza B viruses. The high-dose vaccine is approved for people age 65 and older.

The CDC recommends that all individuals age 6 months and older receive the flu vaccine every year. The best time to get vaccinated is before influenza starts to circulate in the community because it takes about two weeks after vaccination for your body to start to develop antibodies that protect against influenza. Some people should not get the flu

vaccine; so, if you're not sure, consult your healthcare provider.

Area residents are advised to contact their doctor for the flu vaccine, the local Health Department, or to look for flu vaccine clinics in area pharmacies. Fulton County Health Center staff and volunteers are offered the flu vaccine every year to help protect them and the people they encounter every day.

Influenza is a virus that causes a respiratory illness. The symptoms come on suddenly and include fever, body aches, extreme fatigue, sore throat, dry cough, runny or stuffy nose, and headache or eye pain. It is spread by droplets when an infected person coughs and sneezes. Some people may have a mild case but can easily spread the illness to others that may develop severe complications, which makes it so important to get the vaccine. The influenza vaccine does not protect against the so-called "stomach flu" caused by other organisms, and it does not protect against other respiratory illnesses such as the common cold. It is only effective against influenza.

For more information about the flu or the flu vaccine, visit the Centers for Disease Control and Prevention web site at www.cdc.gov.

FLU FACTS

Here are answers to common flu questions as compiled by Barb Crow, FCHC Infection Prevention and Employee Health Manager, using CDC guidelines.

Q.: What is the flu?

A.: Influenza (flu) is a virus. There are two basic types, A and B. Within these two types, there are numerous subtypes that are identified by antigens. Over time these antigens can mutate or change, which is why the vaccine needs to be reviewed each year and why it is possible to get the flu more than once. Sometimes these changes are significant and are responsible for major epidemics, called pandemics.

Q.: How does the flu vaccine work?

A.: The influenza vaccine is manufactured in laboratories to match the most likely strains for that flu season. The vaccine is made from killed flu viruses and is designed to help the body build immunity to those strains. Protection begins in about two weeks after getting the shot and may last up to one year.

Q.: Will I get the flu from the vaccine?

A.: No. The influenza vaccine is made from a killed virus.

Q.: Will the flu vaccine protect me from all strains of the flu?

A.: No. The flu vaccine is designed to fight the specific strains of flu most likely to occur this season. You can contract another strain of flu not covered by the flu vaccine.

Q.: Are there risks to getting the flu vaccine?

A.: The risk of causing serious harm is extremely low. Mild problems are more typical and include soreness, redness, or swelling where the shot was given, as well as fever and aches.

Q.: Who should get the flu vaccine?

A.: The Centers for Disease Control and Prevention recommends all individuals age 6 months and older receive the flu vaccine.

Q.: Who should NOT get a flu shot?

A.: Talk with a doctor before getting a flu shot if you:

- 1) Have ever had a severe allergic reaction to eggs or to a previous flu shot
- 2) Have a history of Guillain-Barré Syndrome (GBS).
- 3) If you are sick with a fever when you go for your flu vaccine, talk to your doctor about getting your vaccination at a later date.

Q.: Where can I get the flu vaccine?

A.: From your doctor, the local Health Department, and flu vaccine clinics offered in local stores. Fulton County Health Center is not a distribution point of the flu vaccine for the general public.



What To Bring to the Hospital

We want to make sure your experience at Fulton County Health Center is a good one. Here is a helpful checklist of items to bring and things to do before arriving (in case of an emergency, please come directly to the hospital – family members can provide this information later):

To Bring

1. INSURANCE CARDS

- ✓ All current health insurance cards, including your primary & secondary insurance companies
- ✓ Medicare card or Medicare HMO card
- ✓ Most recent Medicaid paper or Medicaid HMO card
- ✓ If work related, bring employer information, 3rd party payer information, and BWC card
- ✓ Medicare Part D card OR your prescription coverage card

2. DRIVER'S LICENSE OR PERSONAL PHOTO I.D.

3. NAMES OF TWO EMERGENCY CONTACTS WITH PHONE NUMBERS

4. ADVANCED DIRECTIVES

- ✓ Durable Power of Attorney for healthcare
- ✓ Legal Power of Attorney, which includes healthcare
- ✓ Living Will

5. SIGNED PHYSICIAN ORDER – WITH THE DIAGNOSIS SPECIFYING THE MEDICAL TESTS

6. PERSONAL ITEMS

- ✓ Assistive devices (cane, wheelchair)
- ✓ Personal care items (for overnight stays)
- ✓ List of medications or the actual medications in their prescription bottles, including over the counter medications and vitamins
- ✓ Your primary care physician's phone number
- ✓ Your personal health history (it's a good idea to note key points)

To Do

1. Stay on schedule. Some insurance companies pre-authorize coverage of a test for a specific day. If the test is performed on another day, the test might not be covered by your insurance company.
2. Be Proactive. Contact your insurance company before your Health Center visit to check benefits and see if the test or surgery requires pre-authorization. If so, ask your physician office if the pre-authorization has been completed.

Take Charge of Your Health

Medical technology continues to advance, and there are many new and exciting tests available to you. If your doctor orders tests, remember that you have the right to ask questions and to have the tests performed at a location convenient to you.

Here are a few guidelines to help in the process:

1. Ask your physician to explain:

- The reason for the test
- How the test will be performed
- If you need to prepare for the test

2. Ask your insurance company:

- If the test is covered by insurance and if pre-authorization is required. If so, have your physician's office staff complete the pre-authorization before the test is performed.
- If the test is pre-authorized for a SPECIFIC DAY. The test may not be covered if it is performed on a day other than the one specified by the insurance company.
- If you must have the test performed at a SPECIFIC LOCATION in order for it to be covered.

3. Ask Fulton County Health Center if we can perform the test.

4. Tell your physician where you would like to have the test performed.

Over the past several years, FCHC has added more state-of-the-art diagnostic services including: 3D digital mammography, an updated MRI unit that includes breast MRI's, 2 CT scanners including a 64-slice 3D scanner in our ER and a 128-slice 3D scanner in Radiology, and a mobile PET scanner to monitor cancer in patients. We also continue to offer a 24/7 Laboratory along with a wide range of comprehensive medical services. So when you are seeking comprehensive medical care, or advanced diagnostic testing, consider having it performed at Fulton County Health Center.

FCHC Helps Kids Eat Healthy In the Summer



For the past four years, the FCHC Food & Nutrition Services Department has prepared 1,000 lunches a month, Monday through Friday during the summer, for children to eat at Rinehart Park. “The lunches consisted of foods that kids would like but which had nutritional value, such as pizza, sandwiches, and chicken nuggets,” says Eddie Bourque, Director of the FCHC Food & Nutrition Services Department. “Lunches included a vegetable, some type of starch like potatoes, and a beverage. All lunches had to meet federal nutrition guidelines.”

The program was established to ensure that low-income children ages 1 to 18 (or up to age 21 with an IEP) receive nutritious meals in the summer. These free meals are provided to all children attending the program. No applications were necessary and no registration was required. Children under the age of five had to be accompanied by a parent.

Over the summer months the FCHC Food & Nutrition Services Department was busy preparing food for patients and visitors to the Health Center. But from June through August, their level of activity increased in an effort to help feed low-income children. Their efforts were made possible through the Summer Food Service Program (SFSP) offered by the Northwestern Ohio Community Action Commission. The program is funded by the Ohio Department of Education through the U.S. Department of Agriculture and local United Way agencies.



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.