

A publication of Fulton County Health Center

Health Centering

Emergency Care in a COVID World

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Emergency Department staff consult about patients. (L-R): Jay Taylor, MD, Emergency Department Medical Director; Jake Sigg, RN, FCHC Director of Emergency Services; and Dorothy Shank-Cordle, RN.

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

EMERGENCY CARE IN

When the pandemic first hit, FCHC's Emergency Department immediately became the first point of contact with COVID patients. This required a significant amount of emergency planning, establishing new protocols, adapting the facilities, and then continually adjusting as new information was obtained.

"Fear was quite common back then, and some people may still be hesitant to visit the Emergency Department," says Jake Sigg, RN, FCHC Director of Emergency Services. "They may be ignoring things such as chest pain, diabetic complications, neurological issues or other serious health issues. We want them to understand we will keep them safe from COVID while we take care of their health."

A Full Array of Services ... as Usual

The groundwork for FCHC's ability to care for patients during a disaster or pandemic began in the fall of 2007. That's when a new, 18,000 square foot Emergency Department was opened that has the capacity to safely treat patients with and without COVID. It includes:

- ▶ 1 Private triage room
- ▶ 2 trauma rooms, 2 minor trauma rooms
- ▶ 5 main treatment areas
- ▶ 1 orthopedic room,
- ▶ 2 pediatric rooms
- ▶ 2 OB/GYN rooms
- ▶ 1 special services room
- ▶ 2 ceiling-mounted booms for quick setup of equipment
- ▶ State-of-the-art cardiac monitors
- ▶ EKG telemetry transmission from EMS
- ▶ 4 ambulance bays
- ▶ Helicopter pad



Eric Demaline, RN, EMT-B, wears a CAPR® helmet to converse with a patient. The helmet has become the preferred facial covering for its protection and comfort.

State-of-the-art telemedicine technology was added later, allowing FCHC to consult directly with neurointerventional specialists at Toledo area hospitals. A 64-slice CT scanner was installed and dedicated for use only in the ER.

In the fall of 2019, FCHC contracted with Riverwood Emergency Services out of Perrysburg. The doctors in the group are all certified emergency specialists. Riverwood supplies emergency department providers to other Toledo area hospitals. **"Our Emergency Department providers bring their experiences and recommendations to our facility to help us adapt and improve,"** says Sigg.

Even now one year later, operational plans continue to change as new data and research is conducted on the virus. All protocols are based on guidelines provided by the CDC, the Ohio Department of Health, and the Ohio Hospital Association.

An Immediate Change in Plans

It was business as usual until February of 2020 when the COVID virus first arrived. Emergency Department staff members earnestly planned for an overwhelming influx of patients based on data from the Centers for Disease Control & Prevention (CDC) and the Ohio Department of Health.

A COVID WORLD

“We began by establishing two separate emergency treatment areas within our main department,” says Sigg. A four room area was converted into an isolation area. Two negative pressure rooms and large HEPA filters were used to contain the virus. A triage tent to identify COVID patients from non-COVID patients was erected outside of the Emergency Department ambulatory entrance to deal with projected arrival of patients.”



Each negative pressure room has a digital sensor that lights up when negative pressure has been achieved.



An air scrubber in the waiting area cleans and filters the air in this part of the Emergency Department.

Adapting Over Time

The initial wave of COVID cases at FCHC never transpired to the extent that was predicted, but staff members knew they must continue to prepare and adapt. The outdoor tent was removed, and the family visiting area of the Emergency Department became the area where suspected COVID patients were moved. An air scrubber was added to continuously clean the air in that area. Strict protocols were put in place to screen and interact with patients.

“If a person arrived with COVID symptoms, they would immediately inform our receptionist so staff members could get dressed in their Personal Protective Equipment (PPE),” says Sigg. Patients were asked to clean their hands and given a mask to wear.

Over time, four more negative pressure rooms were created in the Emergency Department bringing the total number of negative pressure rooms to six. HEPA filters were purchased to add another layer of air purification. The changes were needed, as the Emergency Department saw a surge in COVID cases at the end of 2020 and at the beginning of 2021.

Things We’ve Learned

“We now know it is very important to have enough negative pressure rooms to treat the sickest of patients who require enhanced acute care,” says Sigg. “It’s why we’ve gone from our initial two negative pressure rooms before COVID to the six we have now.”

The Emergency Department providers in conjunction with the FCHC admitting providers work together to determine which patients will require hospitalization and those that can safely be discharged home under the care of their primary care provider, with possible home



Close-up view of the air scrubber. This simple-looking unit is quite high-tech and very efficient

health services where needed. “Whenever possible, we will treat a COVID patient within the Emergency Department and make arrangements for them to set up oxygen in their home if they are well enough to return,” says Sigg. Another area that has adapted over time is the use of Personal Protective Equipment. The CAPR® (Controlled Air-Purifying Respirator) has become the equipment of choice for many FCHC Emergency Department staff members. CAPRs look like space-age astronaut gear, with a sealed plastic bubble helmet over



Heather Mitchell, Environmental Services Tech II, operates a high-tech Tru-D® SmartUVC unit that uses high intensity ultraviolet light to inactivate bacteria and viruses in the Emergency Department.

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EMERGENCY CARE IN A COVID WORLD

(Continued from Page 3.)

the person's head. The CAPR delivers positive outflow of air, keeping viruses and other germs out. Staff members are more comfortable wearing the CAPRs than N-95 masks. FCHC has 22 CAPRs available for staff members.

Enhanced Cleaning Protocols

The negative pressure rooms, air purifiers and HEPA filters are one layer of protection to constantly clean and exchange the inside air. In addition, the hospital's Environmental Services staff cleans ER patient rooms between patients with a Tru-D® SmartUVC unit. This high-tech equipment uses ultraviolet light to make bacteria and viruses inactive so germs can't spread.

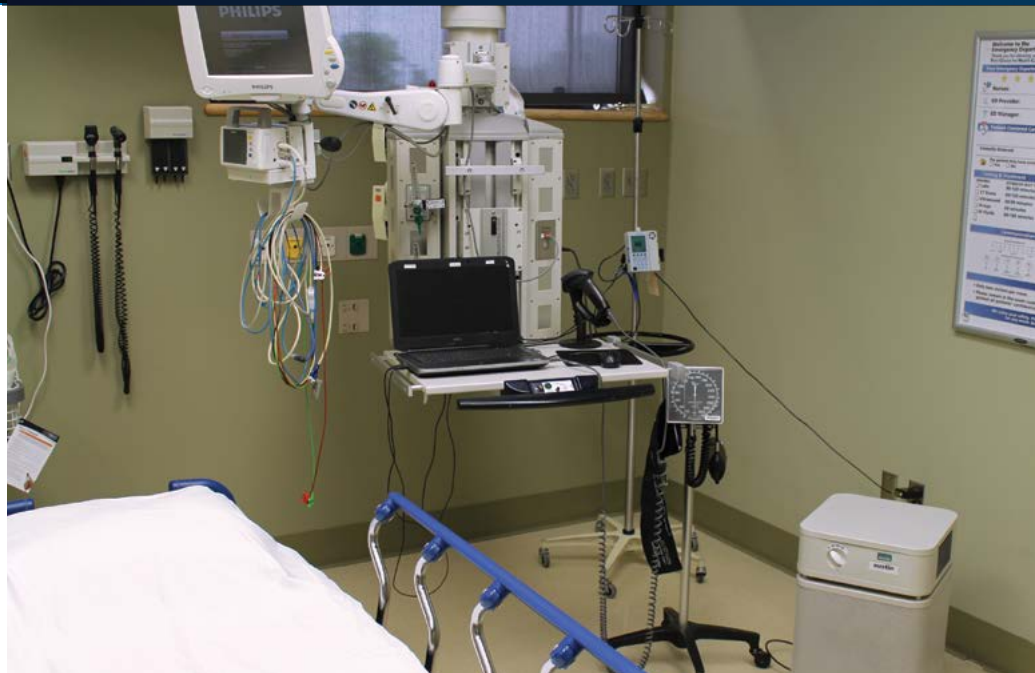
Visitation Policy

All visitors accompanying patients to the Emergency Department must answer questions about their possible exposure to the virus as well as having their temperature checked.



All visitors must be screened when entering the Emergency Department.

The visitation policy for FCHC's Emergency Department is fluid and changes with Ohio Health Department orders. At press time,



Exam rooms each have air scrubbers with HEPA filters (pictured on lower right) to clean the room as another layer of protection.

Emergency Department patients who do not have the COVID virus are allowed one visitor. If the patient is diagnosed with having the COVID virus, no visitors are allowed in order to avoid any spread.

“There are some exceptions to visitation when it comes to end of life situations or for pediatric patients,” says Sigg. “While we want to keep everyone safe, we have to be realistic and aware of the mental and emotional needs of individuals as situations like these arise.”

Prepared & Confident

“In addition to our COVID patients, we continue to provide outpatient services, surgeries and other types of treatment,” says Sigg. “Anyone in health care will tell you they are now better prepared to deal with COVID patients after having gained experience and shared knowledge throughout the country,” says Sigg. “We are so much more prepared and confident that we can keep people safe. If you are having a health issue and need to visit the Emergency Department, by all means please do so. It could be a matter of life and death.”



The family visiting area has been adapted where suspected COVID patients are moved upon arrival. The air scrubber near the window continuously cleans and filters the air.

CAPR® is a registered trademark of Biomedical Devices International, Inc. Tru-D® is a registered trademark of PDI, Inc.

FCHC News & Notes



The 164th Fulton County Fair is scheduled for September 3-9, 2021. FCHC's presence during the Fair will be dictated based on best practices at that time, and we will announce anything we may be doing through the media and on Facebook as we get closer to the Fair. Stay tuned!

COVID-19 Visitation Guidelines

All staff, patients and visitors must remain vigilant in wearing masks, performing hand hygiene, and maintaining social distancing. All visitors coming to our hospital upon arrival should come to the main entrance, where staff will ask you about exposure to COVID and temperatures will be taken. For those coming to one of our Medical Office Buildings, you will be screened at the office location of your appointment. If you are visiting residents at Fulton Manor, you will be screened at the main entrance. For the latest update on our visitation policy, visit our website at <https://www.fultoncountyhealthcenter.org/covid-19-visitor-restrictions/>.

Health Centering on the Radio

Tune your radios to 96.1 WMTR at 7:00 a.m. on Saturdays or 8:00 a.m. on Sundays for "Health Centering on the Radio." Stay in touch with the latest happenings at FCHC and find out more about our many services and upcoming events.



Auxiliary Golf Outing

As this newsletter was going to print, the 22nd Annual FCHC Auxiliary Golf Tournament was being held on Thursday, June 10 at Ironwood Golf Course in Wauseon. This is the Auxiliary's largest fundraising event to benefit the Health Center. Results of the event will be included in our fall newsletter.

Auxiliary Volunteer Opportunities

Volunteer positions are available at both our main campus and at Fulton Manor. We would love to engage in a conversation to discuss your areas of interest. To learn more 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.



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You can also follow us on Facebook for updates and latest news!

Message from the CEO



As we begin to transition from our COVID-19 world to a new "normal," there are some individuals who remain hesitant to use our Emergency Department even if they are having health issues. I believe our lead story in this issue can help alleviate those fears. The article explains the many changes we've made over the past year to our Emergency Department facilities and protocols. Those changes have allowed us to continue to provide our full array of emergency services while keeping patients safe from COVID and treating those who had the virus. This is an important article for you to read if you are concerned. Your health is important, and hesitating to visit the ER when the need arises can be extremely detrimental to your overall health and well-being.

We also explain our new MEDITECH Expanse electronic medical records system. This new system will streamline the confidential sharing of patient medical records among all of a patient's health care providers. It will also simplify the billing process to the patient. Please take time to read it.

There is also information in this newsletter about the COVID-19 vaccine as well as new health directives being issued. The changes to these health orders and directives continue to evolve, so make sure you check your local media or the Internet for up-to-date information.

Looking back over the past year, we feel very fortunate that patients trusted us for their health care needs. We are also very grateful for our many medical providers and staff members who have had to deal with adversity and changes in order for us to continue to provide you with the health services you deserve.

As always, FCHC Proud!

Patti Finn

Patti Finn
Fulton County Health Center
Chief Executive Officer

Outpatient Pharmacy Focuses on Service

In September of 2019, Fulton County Health Center opened a new, independent Outpatient Pharmacy on the ground floor of the new South Medical Office Building. Since then, the pharmacy's popularity has grown quickly among patients and the general public.

"We continue to serve more and more people to take care of their pharmacy needs," says Matt Gerig, RPh, FCHC Retail Pharmacy Director. "We have an advantage in that we are surrounded by health care providers across our campus who see the benefits of sending their patients to us for their medications. These include providers in family medicine, pediatrics, orthopedics, the Emergency Department, FCHC Urgent Care, surgeons, and oncologists."

The Benefit of Convenience

Patients are able to enjoy the convenience of leaving their provider's office, heading straight to the on-campus outpatient pharmacy, and then picking up their prescriptions that had been electronically sent. "It's what we call our 'Express Meds' system," says Gerig. "Any patient who is released from our Same-Day Surgery unit, Emergency Department, or Urgent Care can avoid the hassle of driving somewhere to pick up a prescription. They can conveniently use our drive-through window for pick up and head home. Or they can walk into the in-store part of our pharmacy if they don't want to use the drive-through." He says the drive-through window has been very popular with clients, especially when the in-store portion of the pharmacy was shut down for a couple of months during the height of the pandemic in 2020.

One-on-One Consultation

Patients of the FCHC Outpatient Retail Pharmacy benefit from one-on-one consultation with one of the staff pharmacists. They include Matt Gerig, RPh, Brittany Gillen, Pharm.D, or Tina West, RPh. Three pharmacy technicians serve as support staff. "When a patient is released and told what medications to pick up, it's not unusual for them to not grasp what the physician has said about the medications and how often to take them," explains Gerig. "They are most likely not feeling well, focused on going home, and may



Members of the FCHC Outpatient Pharmacy focus on providing friendly, helpful customer service. (L-R): Matt Gerig RPh, Retail Pharmacy Director; Brittany Gillen, Pharm.D, Staff Pharmacist; Connie Pickering, CPhT, Lead Certified Pharmacy Technician; Stephanie Stadtfeld, CPhT, Certified Pharmacy Technician; Pam Rash, CPhT, Certified Pharmacy Technician. Not pictured: Tina West, RPh, Staff Pharmacist.

have difficulty understanding or remembering specific instructions. We offer consultation for every medication sent into the pharmacy. The pharmacist will explain in detail the medications they are to take, how often to take them, and if there are any side effects. This consultation can take place right at the pick-up area. When more extensive consultation is needed, we do have a dedicated consultation room where the pharmacist can spend more time with the patient in a confidential environment. That consultation can also take place with the pharmacist through the pharmacy's drive-thru window. The main concern is to get all of the patient's questions answered before they leave the pharmacy."



The FCHC Outpatient Pharmacy has a well-stocked section for over-the-counter medications and health aids.

Insurance Assistance

What if insurance won't pay for the medications? "There are so many insurance plans out there that it's nearly impossible for a physician to know if a medication will be covered by a patient's insurance plan. That's where we can help to serve as the buffer."

Gerig says one option to remedy insurance coverage issues is to send the provider the proper paperwork in advance to secure prior authorization from the patient's insurance company. The pharmacy will also check with the physician to see if an alternative medication can be prescribed that would be covered by the patient's insurance plan or the Medicare Part D drug coverage plan.

Competitive Pricing

The FCHC Outpatient Pharmacy is very competitive on pricing for cash-paying customers compared to other large pharmacy chains. "We're able to be competitive because it starts with our accepting coverage from the majority of health insurance plans, Medicaid, and most Medicare Part D insurance plans," says Gerig. "After that, we make sure our pricing is competitive."



Matt Gerig, RPh, Retail Pharmacy Director, explains a medication to a patient in the pharmacy's dedicated consultation room.

More Than Filling Prescriptions

In addition to filling prescription medications, the pharmacy gives a variety of vaccines to individuals including vaccines for COVID, shingles, pneumonia, the flu, hepatitis, and tetanus. The pharmacy also has an in-store area stocked with competitively-priced, over-the-counter medications found in other retail pharmacies. This includes vitamins and supplements. The FCHC Outpatient Pharmacy also has a waiting room, a consultation room, and a large working area for the pharmacists.

Repeat Customers

"Many of our repeat customers are former patients who were first-time users when they visited one of our providers on campus," says Gerig. "They appreciated the convenience of our location, our quick service, and are caring customer service approach. So, when they needed to refill their prescriptions or order new medications, they continued to use us." Many of them called and asked us to transfer over all their other medications to our pharmacy. It was just one phone call to us, and we handled the rest. In fact, many of those patients come to us for their over-the-counter needs as well."

For more information about the FCHC Outpatient Pharmacy, contact Matt Gerig, RPh, Retail Pharmacy Director, at 419-335-3715 or mgerig@fulhealth.org.

Pharmacy hours:

Mon. thru Fri. - 8:00 a.m. - 7:00 p.m.
Saturday - 9:00 a.m. - 2:00 p.m.
Sunday - Closed



VACCINE NEWS

For more than a year, we've missed moments in life due to COVID-19. No family reunions, crowds at sporting events, cruises, and concerts. The plan to return to normalcy is largely tied to the distribution of three COVID-19 vaccines.

You may be asking yourself: "Should I get it? And if I do, will I be able to go about life without putting my family at risk?" It's normal to have questions and returning to the moments we miss starts with being informed.

Whether to get the vaccine or not is a personal decision. Unlike wearing a mask, there have not been any federal or state orders requiring you to be vaccinated.

Why Get Vaccinated?

It is estimated that herd immunity will occur when roughly 70% or more of the population is fully vaccinated. Fully vaccinated means having received two doses of the Pfizer-BioNTech or Moderna COVID-19 vaccines or having received one dose of the single Johnson & Johnson vaccine. We're not there yet.

On May 12, Ohio Governor Mike DeWine announced that Ohio has made significant progress in mitigating the spread and threat of COVID-19. As a result, most COVID-19 state health orders will be removed on June 2nd, except for those involving nursing homes and assisted living facilities.

The Governor also announced a unique plan to incentivize Ohioans to get vaccinated. Ohioans aged 18 and older who have received at least one dose of the vaccine have the chance to win \$1 million in one of five separate drawings. Ohioans under the age of 18 who are eligible to receive a COVID-19 vaccine will be entered into a separate

drawing for the chance to win a four-year full scholarship to any of Ohio's state colleges and universities, including full tuition, room, and board.

Fulton County Health Center encourages all eligible individuals to get informed and consider vaccination. As with all vaccines, they are viewed as a first line of defense in preventing disease transmission. "An ounce of prevention, is worth a pound of cure."

Who Can Get Vaccinated?

Currently in Ohio, any individual age 16 or older is eligible to receive any of the three vaccines. On May 10, the Food and Drug Administration (FDA) expanded the age groups covered by the Emergency Use Authorization (EUA) for the Pfizer-BioNTech COVID-19 vaccine to include adolescents ages 12–15 years. Until now, this EUA covered only people age 16 years and older. The regulatory action was based on safety data, disease-reduction data, and immunogenicity data.

Get Answers

It takes all of us to overcome this pandemic. We have the tools to get there. There are several online resources that can provide you with answers to your questions. They include: the Ad Council at [GetVaccineAnswers.org](https://www.getvaccineanswers.org) or the Centers for Disease Control & Prevention (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>. You can also speak with your trusted health care provider. Here are additional resources:

- ▶ FCHC Retail Pharmacy by calling 419-335-3715, choose option #5 for the special line dedicated to COVID-19 vaccine questions and to provide the needed information to get signed up
- ▶ Fulton County Health Department walk-in clinics every Monday (1pm-4pm)
- ▶ Appointments can be scheduled by visiting gettheshot.coronavirus.ohio.gov or by calling 1-833-427-5634 (1-833-4-ASK-ODH).
- ▶ Vaccinations are also available in Ohio at one of 11 mass vaccination sites throughout specific regions of the state (nearby, including The Lucas County Rec Center, Maumee)



New Computer System Will Benefit Patients

◀ *Kristen Sheller, Receptionist on the second floor of the south Medical Office Building, registers a patient using the new MEDITECH Expanse computer system.*

A Guarantor Billing System

The new computer system being installed is considered a guarantor billing system. A guarantor connects all family members to one guarantor account. All family members would appear on statements sent to this single individual. This will allow a more efficient and effective process with payments and payment plans. In the case of hospital charges, it will also make it easier to provide financial assistance. The guarantor will remain as the guarantor for all future visits of family members with the exception of minor children turning 18, marriage, divorce, or death. The guarantor's name will be listed on the billing statement, and it will appear on the outside of

In June, the Health Center and its physician offices will begin using a new MEDITECH Expanse electronic medical records system. The new software will streamline the process of sharing medical records among providers while simplifying the billing process for patients.

The Health Center has been using the MEDITECH electronic medical records system for a number of years, so the Expanse version will be an upgrade. "It will not be much of an issue at the hospital, since we've been using the MEDITECH platform," says Terijo Kern, FCHC Manager of Cashier Office Services. "Our physician offices will see the biggest change since they will be converting to a new system."

Earlier this year, FCHC rebranded its physician offices under the name FCHC Medical Group. Rebranding was done to unite the individual practices under the FCHC umbrella and to help the public understand the connectivity of these practices with the Health Center. These individual physician offices had been using a separate computer system than the one used by the Health Center. Their move to the MEDITECH Expanse system will bring the physician offices in line with the hospital's system. This will facilitate the confidential sharing of a patient's medical record among providers that are part of the FCHC Medical Group.

"Let me offer an example," says Ann Rettig, Director of Practice Management, FCHC Medical Group. "An expectant mother will visit with her OB/GYN physician and deliver the baby at FCHC. The newborn will eventually need to see a pediatrician. If those providers are all part of the FCHC Medical Group, their charges will appear on one statement under the FCHC Medical Group logo. Hospital charges for the delivery of the baby and any hospital ancillary services will appear on a separate statement under the FCHC hospital logo." She says this bundling of FCHC Medical Group charges will make it easier for patients if they have questions about their statement or if they want to set up a payment plan.

"Patients will now have the option to pay online or to use a QR code on the statement to pay by phone," says Rettig. "They can also use our automated voice system to make a phone payment, or they can mail a check for payment as they do now."

Patients may receive additional bills from other providers or medical specialists who are not part of the FCHC Medical Group or FCHC.



the envelope. "FCHC has already been using a guarantor billing system," says Kern. "The FCHC Medical Group providers will now begin using a single guarantor payment process."

"We feel the MEDITECH Expanse computer system is an improvement for both our Health Center and our FCHC Medical Group provider offices," says Kern. "It will ultimately make it more seamless to confidentially share a patient's medical record while simplifying the billing process."

For more information about the new computer system contact:

FCHC: 855-851-4432

**FCHC Medical Group Physician Offices:
855-803-9849**



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Instruction provided by a Certified Strength and Conditioning Specialist®, High School Strength and Conditioning Coach, and former college athlete.

NEW

FCHC Fitness is officially open 24/7! FCHC Fitness, formerly the FCHC Wellness Center, has made several changes in the past year to better serve the community. These changes include remodeling to open up the fitness floor, purchasing new equipment to expand the free weight area, providing new fitness classes, offering open swim, and more. Stop in to check it out and talk to one of the knowledgeable staff members about the unique opportunities FCHC Fitness offers that can help you reach your health and fitness goals!

Staffed Hours:

Monday - 7:00 am-5:00 pm
Tuesday - 8:00 am-7:00 pm
Wednesday - 7:00 am-5:00 pm
Thursday - 8:00 am-7:00 pm
Friday - 7:00 am-12:00 pm

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symptoms associated
with Parkinson's disease.
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adapted to all levels of the
disease target: Altered balance,
bradykinesia, depression,
rigidity, freezing, walking/
gait, masked facial
expressions, diminished
voice volume, and
stooped posture.

PERSONAL TRAINING

Personal training provides individual attention and accountability, while providing workouts tailored to your personal needs and goals. Come in for a one-on-one session, or team up with a friend for a buddy session.

Members and non-members welcome! Sessions sold in packages of 10.

To see monthly class offerings please visit: www.fultoncountyhealthcenter.org/health-and-wellness-programs/

138 E. Elm Street, Wauseon, Ohio | **Call to join today! 419.330.2724**

Health & Wellness Programs

NUTRITION 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.

Lifestyle Management Class

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

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., July 13 & Sept. 14, 9:30 a.m. - 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., July 27 & Sept. 28, 9:30 - 11:00 a.m., \$5 suggested donation, FCHC 1st Floor Cardiac Rehab Classroom.



Cooking Lighter With Your Fryer

If an air fryer wasn't on your Christmas list, it may be because you don't know what it can do for you yet. Once you start to air fry your food, you may never go back—from making your favorite products to cooking your favorite dinners, you'll be surprised at what your air fryer can do for you. Mon., July 12, 5:30 p.m., \$5, FCHC Fitness, 138 E. Elm St., Wauseon.

OB PROGRAMS

If you are a patient planning to deliver at the FCHC OB Unit and are interested in our Childbirth or Breastfeeding classes, please call the OB Department at 419-330-2757.



SAFETY

American Heart Association Heartsaver® 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., July 17 and Nov. 20. Sign-in starts at 7:30 a.m., class goes from 8:00 a.m. - 3:00 p.m., \$75, FCHC Fitness, 138 E. Elm St., Wauseon. Call 419-330-2724 to register.



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. Sat., Sept. 18, sign-in starts at 8:30 a.m., class goes from 9:00 a.m. - 12:00 p.m., \$50, FCHC Fitness, 138 E. Elm St., Wauseon. Call 419-330-2724 to register.

ONCOLOGY PROGRAMS

The Rainbow Hematology/Oncology Treatment Center provides cancer treatment and support.

Counseling

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.

Rehabilitation Services

On-site physical & occupational therapy and wound care.

Lymphedema Therapy

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

Yes Mamm Program

Free screening mammograms for uninsured and underinsured men and women age 40 and over. A doctor's order is required. For more information, call 419-330-2706.

Prosthesis and Wig Bank

Available for patients who cannot afford to purchase their own.

Register on-line at fultoncountyhealthcenter.org (click on Health and Wellness Programs in the Quick Links section), or call 419-330-2721 unless noted. **Please Note: Classes subject to change based on any changes to the COVID-19 situation.**

DIABETES EDUCATION & PREVENTION

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

Blood Sugar Management

Individual training that includes a 5-visit series with an RN Diabetes Care and Education Specialist to examine and set goals in the seven aspects of self-care that affect blood sugars whether one has diabetes, pre-diabetes, or increasing blood sugar numbers. There will be two different 5-visit series options available focusing on blood sugar control when diagnosed with diabetes or when trying to prevent diabetes. May choose to have one visit with a dietitian focusing on healthy eating. \$150 for series. Call 419-330-2772 to schedule.



Blood Sugar Management Mini-Series

Two individual visits with an RN Diabetes Care and Education Specialist using a simplified curriculum for learning how to better manage blood sugars whether diagnosed with diabetes or trying to prevent this diagnosis. May choose to have one visit with a dietitian focusing on healthy eating. \$75 for mini-series. Call 419-330-2772 to schedule.

Please Note: The Blood Sugar Management community visits are different from FCHC provider ordered Diabetes Self Management Education and Support and Professional Continuous Glucose Monitoring Study.

New! Diabetes Prevention Program

The new Diabetes Prevention Program has been approved by the Centers for Disease Control and Prevention (CDC) and will be led by Registered Dietitians. It will be held for an entire year, with weekly meetings for the first 4-6 months and monthly meetings for the second 6 months. The curriculum will incorporate healthy eating, physical activity, stress management and more. Statistics have shown that those who have completed the program have reduced their risk of diabetes by 58%. In addition, they have experienced weight loss, increased energy and activity and an overall physical and mental well-being that comes with a healthy lifestyle.

The Diabetes Prevention Recognition Program is for you if you are age 18 or older, have a BMI greater than 25, have no previous diagnosis of Type 1 or Type 2 diabetes, or have been clinically diagnosed with pre-diabetes or gestational diabetes. For more information or to participate in the program, please call 419-330-2721.

GRIEF SUPPORT

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 Surgical Conference Room on second floor. 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 Surgical Conference Room on second floor. 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.

WEIGHT LOSS

Introduction to Weight Loss Surgery: Sleeve Gastrectomy

Learn how bariatric surgery can treat chronic health conditions related to obesity, such as: Type 2 Diabetes, High Cholesterol, Sleep Apnea, and Hypertension.

New! Online Video Presentation

Weight Loss is hard to do on your own. If you have struggled with obesity and do not know where to turn, weight loss surgery may be for you. To learn more about obesity and weight loss treatment options at FCHC through bariatric surgery, sign up for a free video presentation by General Surgeon Timothy Duckett, MD. To register for the video presentation, visit <https://www.fultoncountyhealthcenter.org/health-and-wellness-programs/?program=bariatric>



Register for an online bariatric video presentation by General Surgeon Timothy Duckett, MD. You will receive a link that takes you to the video page on the FCHC website.

Bariatric Support Group

Tues., June 22 & Aug. 24, 5:00 p.m., South Medical Office Building, 2nd Floor Conference Room



ELEVATORS TO BE UPGRADED

A second patient elevator will be installed in the area to the left of the existing patient elevator.

Our latest construction project will kick off this summer when we begin the process of installing a new patient elevator and upgrading the existing patient and visitor elevators. In addition, the elevator used for supplies and purchases will be upgraded.

FCHC currently has only one patient elevator. The plan is to upgrade that existing elevator and install a second one in the shaft that was originally built when the Health Center was constructed.

The visitor elevator located in the main lobby will also be upgraded along with the elevator used for supplies and purchases. **“As you might imagine, the project involves a great deal of work on the shafts in addition to installing the new lifts,”** says Steve McCoy, FCHC Director of Marketing and Planning. “We estimate it will take two to three years to complete all of the work. When it’s done, we will have more capacity to serve patients and visitors in the future.”

COVID-19: Planning Ahead

On May 12, Ohio Governor Mike DeWine announced that most COVID-19 state health orders would be removed on June 2nd, except those involving nursing homes and assisted living facilities. What does that mean for FCHC?

“We can’t let our guard down,” says Barb Crow BSN, RN, FCHC Infection Preventionist/Employee Health Director. “Do to the nature of our business, we have an increased likelihood of encountering persons who are ill. Until we get to herd immunity and minimal-to-no community transmission, we are obligated to continue to provide the safe delivery of care for our patients, a safe living space for our Fulton Manor residents, and a safe workplace for our employees.”

Visitation guidelines are posted at all open FCHC facility entrances and communicated via our Facebook page and website. Visitors will continue to have their temperatures taken, asked to wear masks, and to follow distancing guidelines. If you are not feeling well, we ask that you do not visit a patient.

FCHC staff members will continue to hold discussions and make adjustments to protocols if needed as the summer progresses. For current updates on our visitation policy, log on to our website at <https://www.fultoncountyhealthcenter.org/covid-19-visitor-restrictions/>.

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

Patti Finn, Chief Executive Officer | **Sandy Barber**, Chair, 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.