



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

FEB. 9, 2018

Weekly Update

National Cardiac Rehabilitation Week February 11-17



National Cardiac Rehabilitation Week is February 11-17. It is a week meant to honor the Cardiac Rehab profession by drawing attention to the role of cardiac rehabilitation in reducing the potentially devastating effects of heart disease.

Cardiac Rehabilitation is an exercise program designed to prevent the progression of heart disease and improve quality of life after a heart attack or other heart conditions. Unlike a typical fitness facility, a multidisciplinary team of specialists assesses and monitors the person during rehabilitation to ensure their safety.

Over the past several years, it has become obvious that cardiac reha-

bilitation helps people live longer, as well as improves cardiovascular risk factor control, increases endurance and strength, and enhances the quality of life. Cardiac rehabilitation is not only an individualized exercise and lifestyle medication program, it also provides a support system to help patients take control of their risk factors, monitor their progress, communicate with their doctors, and adopt lifelong healthy behaviors.

According to The American Association of Cardiovascular and Pulmonary Rehabilitation, individuals who attend cardiac rehab after having a coronary artery stent have

EVENTS CALENDAR

February 13: Twig VI Valentine Cookie Sale

Cookies will be sold in the cafeteria beginning at 7 a.m. All proceeds benefit HVCH.

February 14: Twig II Valentine Candy Sale

Candy will be sold in the cafeteria beginning at 7 a.m. All proceeds benefit HVCH.

March 1: Twig VI Chinese Auction

Doors open 5:30 p.m.; Drawings begin at 7 p.m. Lottery Tree, Grocery Basket, Door Prizes, 50/50. Baked goods & refreshments available.

March 21: Auxiliary Book Sale HVCH Meeting Room

Sale is from 7:30 a.m. to 3:30 p.m. Come browse the latest titles at 30% to 70% off retail prices. A variety of books and other items will be available. A portion of the proceeds benefit Hocking Valley Community Hospital through the Auxiliary.

INSPIRATIONAL QUOTE OF THE WEEK

Perfection is not attainable, but if we chase perfection we can catch excellence.

— **Vince Lombardi**

Direct to You: Stacey Gabriel

I am pretty excited that the Winter Olympics are underway. I always enjoy the pomp and circumstance of the opening ceremonies. People, technology, location and choreography are just a few of the components that go in to planning such an event. I can only imagine the time and methodical planning it takes. This year almost 250 US athletes will compete in about 15 different events... the largest in US history. If you combined all of the time these athletes have spent in practice... imagine what that number would be!!



Stacey Gabriel,
Chief Nursing
Officer

I also enjoy the commercials leading up to the event. They highlight the sacrifices athletes make in order to achieve their dreams, and it is nothing short of admirable. They have extreme dedication to perfecting their sport to make it possible to bring home the Gold.

This could mean moving to a new location, enrolling in a digital academy so they can balance studies with practice, or missing out on childhood events such as birthday parties and sleepovers because there just isn't time to fit those things in.

Although we aren't competing for a gold medal, we certainly want to provide "gold medal service". I reflect on the sacrifices that we often make when working in healthcare. We sacrifice time with our family; we sacrifice celebrating holidays on the actual day; and we sacrifice sleep (just to name a few). We work long hours; we work weekends; we work overtime. Although we make those sacrifices, I am sure most of us couldn't imagine doing anything else. We have families that understand our passion for taking care of others, preparing patient's meals, ensuring the hospital is in strong working order, and is one of the cleanest facilities you will ever step foot in. We watch patients heal and get to return

National Burn Awareness Week February 4-10

Burn Awareness Week takes place every year on the first full week in February. It is a window of opportunity for organizations to mobilize burn, fire and life safety educators to unite in sharing a common burn awareness and prevention message in our communities.

According to ameriburn.org, burn injuries continue to be one of the leading causes of unintentional deaths and injury in the United States. Each year, over 486,000 individuals are seen in emergency departments, minor emergency clinics or physician's offices for the treatment of a burn injury in the U.S. and Canada. The American Burn Association and the Burn Prevention Committee wants to bring awareness to the cause of such devastating and costly injuries and encourage the public to make simple environmental and behavioral changes that have proven to mitigate this problem.

Almost one-quarter (24%) of all burn injuries occur in children under the age of 15. Hospitals like Shriners Hospital for Children are doing their part to help victims of burns recover. Shriners Hospitals specializing in acute and rehabilitative burn care continue to be pioneers in pediatric burn treatment and research and are recognized as leaders in the development of improved and innovative techniques. Shriners Hospital for Children will use Burn Awareness Week to kick off a year-long campaign focused on teaching adults and children to "Be Burn Aware," especially at home.

HVCH Cafeteria Menu Feb. 5 - Feb. 9				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti Chicken Breast Roasted Potatoes Succotash Zucchini Cheesy Breadstick Italian Wedding Soup	Breaded Chicken Wings Tator Tots Fried Corn Seasoned Broccoli Spanish Rice Tomato Soup	Meatloaf Battered Cod Breakfast Potato Casserole Asparagus with Cashews Cauliflower Beef Pot Roast Soup	Pizza Pinwheels Cheesy Breadstick Mixed Vegetables Carrots Bean with Ham Soup Corn Muffin	Egg Omelette Breakfast Burrito Sausage Patty Bacon Sausage Gravy & Biscuit Cheesy Potato Bake Chicken Buffalo Soup

National

a much lower risk of death five years after the procedure, compared to those who do not. In general, those who participate in cardiac rehabilitation improve their endurance by 25-50%, have better control of risk factors such as tobacco use, high cholesterol, and eating habits, and are less depressed.

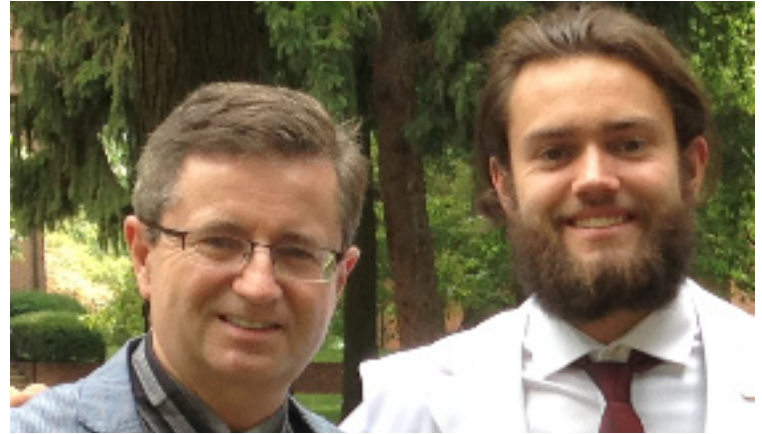
Unfortunately, less than one-third of the people who are eligible to attend cardiac rehab actually enroll in the program, with woman and older patients less likely to participate. Although there are many reasons for this, the main one is lack of awareness about its benefits among both patients and providers.

The American Association of Cardiovascular and Pulmonary Rehabilitation and the American College of Cardiology are both working to fix this problem. Raising awareness about the power of cardiac rehabilitation to improve health is an important step toward increasing participation in this life-saving treatment.

The Cardiac Rehabilitation Program at Hocking Valley Community Hospital is designed to help individuals on the road to recovery. Our outpatient program begins as early as two weeks following discharge from the hospital and helps them make a transition to the highest possible quality of life as they gradually achieve a higher level of fitness.

Admission to Hocking Valley Community Hospital's Cardiovascular Rehabilitation Program is by physician referral. Upon referral, our team will conduct pre-program evaluations and develop an exercise program customized for each individual. They will then begin an exercise and conditioning program appropriate for their current fitness level and goals.

Contact your provider for a referral. If you do not have a provider, contact Hocking Valley Medical Group at 740-380-8160 to set up an appointment today!



HVCH recently hosted Matthew Fratzcak, O.U. Biology Major and son of HVCH hospitalist Dr. Mark Fratzcak during his Internal Medicine Rotation. Matthew is in his senior year, graduating this coming May. Matthew - age 25 - was born in Toronto, Canada, and recently married to his new bride Adrienne in 2017. He and his wife will start a three year Family Practice Residency Program in Beckley, WV, upon graduation. "They are both very passionate about extreme outdoor sports, having run 100 KMs, skiing, and mountain biking," said his father Dr. Fratzcak. Dr. Mark Fratzcak enjoyed having his son observe how he personally serves his patients each day at HVCH. Dr. Fratzcak and his wife currently reside in Logan.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Radiologic Technician, Part Time
- Registered Nurse (RN) - Full Time - Nights - Inpatient Services
- Registered Nurse (RN) - Part Time - Nights - Inpatient Services
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- State Tested Nursing Assistant (STNA) - PRN/Contingent - Inpatient Services - PRN/Contingent



Congratulations Amy Black on winning the National Wear Red Day Photo Contest. Enjoy your new HVCH lunch box set and blanket!

Thank you to everyone that sent in a photo and for supporting such a great cause!

DIRECT

home. We develop relationships with family members who are comforted knowing that their loved ones are being cared for by dedicated individuals.

We are blessed to have our hospital taking care of this community. It is comforting to know patients don't have to travel far to get exceptional healthcare services. Thanks to all of you for the sacrifices that you make on a daily basis and for choosing to work in an organization that puts the needs of others first.

— Stacy

Heart Healthy Creamy Spinach Feta Dip



Serves 6
63.6 Calories | 1.5 g Sat. Fat | 207.1 mg Sodium
*Per Serving

Ingredients:

- 10.5 oz frozen, chopped, packaged spinach
- 1/2 cup fat-free yogurt
- 1/2 cup reduced-fat sour cream
- 1/2 cup fat-free feta cheese (crumbled)
- 1 tsp garlic (minced, from jar)
- 1/3 cup fresh, chopped parsley or dill OR 2 tsp dried parsley or dill
- 1/2 tsp black pepper
- 6 whole-wheat pitas (quartered)

Directions:

1. Cook spinach according to package directions and drain in colander (press with for to drain completely).
2. Combine all ingredients in a bowl and mix well

Refrigerate for 1 hour and serve with pita slices!

HAPPY Valentine's Day

Think of us when you shop for your Valentine!

Go to smile.amazon.com/ch/31-0984513 and Amazon will donate a portion of your purchase to Hocking Valley Community Hospital Memorial Fund Inc.

Follow us on  | Instagram

Make sure you follow our Instagram page for the latest photos, tips, news, events, and updates!

[@hockingvalleycommunityhospital](https://www.instagram.com/hockingvalleycommunityhospital)



HEALTH TOPICS

A - Z

Irritable (B)owel Syndrome, or “IBS”

Irritable Bowel Syndrome, or “IBS,” is a chronic condition that causes diffuse, cramping abdominal pain associated with bowel movement disorders. Some people with IBS may have frequent, watery bowel movements (diarrhea), others may complain of constipation. Some patients switch back and forth between diarrhea and constipation.



Mark Fratzcak, MD, FACP, FHM
Hocking Valley Community
Hospital Hospitalist

The most common symptoms include: Stomachache and cramps related to and often relieved by bowel movement, diarrhea or constipation and bloating. Diagnosis of exclusion is made based on clinical presentation only since there is no specific test to confirm IBS. Your doctor can figure out if you have IBS by asking you a few questions, and by running tests to make sure you do not have something other than IBS. Many medical conditions can cause the same symptoms as IBS, so it is important that your primary care provider check for other possibilities.

You can help yourself by keeping track each day of what you eat, what you did, and how you felt. That way, you can figure out if anything specifically that you do or eat makes your symptoms better or worse. Stop eating foods that might be making your IBS worse. Start by giving up foods that give you gas. Then give

up milk, ice cream, and other foods that have traces of milk for two weeks. Eat more fiber, if you have constipation. You can do this by eating more fruits and vegetables. Or, you can take fiber pills or powders.

Studies show that being active and exercising for 20 to 60 minutes, three to five days a week helps improve IBS symptoms. Medicines can ease the symptoms of IBS, too, but no treatment can cure the condition. Counseling might also help with IBS because stress and anxiety can worsen the condition.

Medications that can help with IBS symptoms include: Medicines to ease diarrhea, medicines to ease constipation, antidepressants – these medicines work by blocking pain. When used to treat IBS, they are given at a much lower dose than would normally be given to treat depression. Additionally, your provider might prescribe medicines called “antispasmodics”, or antibiotics as these medicines sometimes help with bloating and diarrhea in some people.

Most individuals with IBS have the condition for the remainder of their life. Even so, most people find ways to improve their symptoms. The key is to keep working with your care provider to find an approach that works best for you.

We encourage you to please visit your medical provider if you are experiencing any of the above symptoms. If you are in need of a provider please contact the Hocking Valley Medical Group at 740-380-8160 to schedule an appointment today.



HOCKING VALLEY Community Hospital

OUR MISSION

To provide extraordinary care close to home now and into the future.

OUR VISION

To provide our community an unparalleled patient experience through world class service that is both compassionate and professional.

HVCH is a 25-bed, critical-access hospital located in the city of Logan, Ohio, which serves residents in Hocking and surrounding counties. With more than 325 employees, our staff is here to serve the residents and visitors of our Hocking Valley community through various ancillary and emergency care services. HVCH is Joint Commission accredited, and we offer a wide range of primary, acute, and rehabilitative services. We are pleased to provide 24-hour emergency services to our patients through our ER and Urgent Care. Additionally, our surgical center, rehabilitation center, physical therapy clinic, pain control and wound clinic, imaging, laboratory, cardiovascular/cardiopulmonary, sleep clinic, geriatric psychiatric, and oncology services are also available. We are proud of our facility. HVCH is affiliated with OSUWMC, improving healthcare services to the Hocking and surrounding counties in the areas of general surgery and orthopaedics. HVCH also is a part of the Ohio State Health Network.