

Employee News in Brief

Epic Downtime Scheduled: A scheduled IHIS outage will occur on Sunday, April 8 from 2 AM until approximately 4 AM. Leave all IHIS computers powered on for this outage. During the outage, the IHIS team will install several updates from Epic, our IHIS vendor. To learn more about the changes, visit your role-specific IHIS System Updates page, which includes descriptions of the changes and links to tip sheets. During downtime, you can still access IHIS and see any information entered in the patient's chart before the downtime start time utilizing the IHIS Downtime Read Only Folder. As a reminder, if you need help with Epic, you may dial ext. 5595 and be connected to the OSU help desk.

Breakfast Before Hours: HVCH will host a Chamber Breakfast Before Hours on Thursday, April 12 from 7:30 to 9 a.m. in the back of the cafeteria and the meeting room. Displays will be set up in the hallways by the cafeteria. Please welcome our Chamber members as guests.

Employee Forums: Employee forums are coming up! All employees must register to attend a forum through Healthstream. Forums will be held on the following dates: April 17 at 10 a.m., 2:30 p.m. and 6 p.m.; April 18 at 7:30 a.m., 10 a.m., 1 p.m. and 2:30 p.m. and April 19 at 7:30 a.m., 10 a.m., 2:30 p.m. and 6 p.m. All meetings are in the CIC conference room except the 6 p.m. meetings, which are in the hospital meeting room.

TWIG IV Pie & Cake Sale: TWIG IV will host a pie and cake sale at 7:30 a.m. Friday, April 20 in the back of the cafeteria. A variety of homemade pie and cake will be available for purchase. Payroll deduct available. Proceeds benefit HVCH.

Employee Campaign Kickoff May 1: This year's HVCH Foundation employee giving campaign will kick off on Tuesday, May 1 from 6:30 a.m. to 1 p.m. in the courtyard or the front canopy, depending on weather.

Employee Recognition Cookout: This year's employee recognition cookout will be held on Thursday, May 10 from 11 a.m. to 1 p.m. on the HVCH front lawn and will include dunk tank festivities from 12 to 1:30 p.m. The Healthcare Worker of the Year and Excellence in Leadership Award winners will be named.

EMPLOYEE BIRTHDAYS

SUNDAY - Emily Martin, R.N., Endo/Chemo

MONDAY - Stacie Rogers, MHT, BHU

WEDNESDAY - Wendy Stone, PT Assistant

THURSDAY - Amber Kilpatrick, BHU Director

UPCOMING CLASSES

Provided by Kandy Fizer, MSN, RN, Director of Education

CPR

(Two sessions offered: 8–11am or 1–4pm)

May 17th

July 12th

September 13th

November 15th

Nonviolent Physical Crisis Intervention (a.k.a. CPI)

Refresher – May 15th

(Two sessions offered: 8-11am or 1-4pm)

Refresher – September 19th

(Two sessions offered: 8-11am or 1-4pm)

New – October 16th (8am – 4pm)

ACLS

Renewal - October 4th

New - October 24th and October 25th

PALS

Renewal – July 5th

New – July 24th and July 25th

Renewal - November 1st

New - November 13th and November 14th

Peer Interview Training

July 17th (1pm-3pm)

Preceptor Training

June 5th (8:30 a.m.-2:30pm)

Mandatory Nurse Training

April 24th and 25th – (8am – 12pm)

April 26th – (8am – 12pm)

April 30th – Make-up session (1pm - 5 pm)

****Classes are held in the CIC Conference Center.
Registration required via HealthStream – “Catalog” tab.**

Take the Best Places survey by April 13

For the last several years, Hocking Valley Community Hospital has participated in the "Best Places to Work in Healthcare" program created by Modern Healthcare and Best Companies Group. The program is designed to recognize outstanding places of employment in the United States. The 2018 survey is about to begin!

As a part of the program's process, all employees should have received an online survey in your email inboxes on Friday, March 30 from Surveys@BestCompaniesGroup.com with the subject, **"Best Places to Work in Healthcare - Employee Survey."** The survey will take approximately 10 – 15 minutes to complete. Your participation is completely optional, but we would greatly appreciate your responses. Your honest feedback is extremely valuable to this process!

Please do not forward your invitation on to other employees as each invitation contains unique access information that you can only use once. If you accidentally delete your survey email, you will receive reminders on **April 9 & April 13.**

A third-party agency will administer the survey and tabulate your confidential ratings. Please follow the instructions and submit your completed survey no later than April 13. Thank you, in advance, for participating in the "Best Places to Work in Healthcare" survey!

Hocking County Dog Shelter Supply Drive April 16 – April 27



The HVCH Activities Committee will be sponsoring a dog supply drive for our local dog shelter. Here are some recommendations of items from the Dog Warden:

- "Kong" toys – must be rubber (easier to clean), preferably no cloth toys – as they tear easily and can transfer germs from one dog to another
- Peanut butter – the rubber toys are sometimes filled with this delicious treat!
- Blankets – new fleece blankets, or gently used is accepted (they do have a washer/dryer on premises)
- Laundry detergent, bleach, fabric softener
- Dawn dish soap
- Dog food – any brand / any size
- Dog bowls – must be stainless steel for food & water
- Flea & tick medications

Collection boxes will be located at HVCH entrances – let's show our pets some love from HVCH!

Spring Logo Wear Sale

The spring logo wear order site is now open and **orders will be accepted through Sunday, April 8.** The sale closes on April 8. There are a variety of professional and casual options.

You may visit the following site to make your purchase: <https://hvch2018spring.itemorder.com/sale>.

Your order can be purchased through payroll deduction or credit card. To select payroll deduction, you must enter code PO (capitalized) in the coupon box during checkout. For full and part-time staff, purchases less than \$50 will be deducted in one pay, \$50-\$100 in two pays, \$100-\$200 in three pays and anything over \$200 in five pays. ALL orders for contingent staff will be deducted over one pay.

Item descriptions, sizing and color options are available on the website. Add items to your cart and hit the checkout button to complete your order. All orders will be delivered to Hocking Valley Community Hospital.

Items will be available for pick up in the Community Relations office on Monday, April 23 beginning at 7 a.m. Orders for night shift employees unable to pick up that day will be left in the nursing supervisors office. Please call the Community Relations office if you have any questions about the process at ext. 8110.



Yes! You can shop while you work - by ordering gift cards from national retailers & a portion of your total order will benefit the HVCH Foundation! The next monthly order will be placed on Friday, April 13th. Order forms are available in Community Relations. For more information, please contact Beth Bell at 740-380-8154



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

APRIL 6, 2018

Weekly Update

April is Occupational Therapy Month



Occupational therapy is the only profession that helps people to do the things they want and need to do through the therapeutic use of daily activities (occupations).

Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.

Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills, and providing supports for older adults experiencing physical and cognitive changes.

Occupational therapy services typically include:

- An individualized evaluation, during which the client/family and occupa-

tional therapist determine the person's goals,

- Customized intervention to improve the person's ability to perform daily activities and reach the goals, and

- An outcomes evaluation to ensure that the goals are being met and/or make changes to the intervention plan.

Occupational therapy practitioners have a holistic perspective, in which the focus is on adapting the environment and/or task to fit the person, and the person is an integral part of the therapy team. It is an evidence-based practice deeply rooted in science.

HVCH offers both inpatient and outpatient occupational therapy and speech therapy services.

For more information, contact the Hocking Valley Community Hospital Outpatient Therapy Clinic at (740) 380-8284.

EVENTS CALENDAR

April 27: TWIG II Spring Flower Sale Deadline to Order

TWIG II is hosting a flower sale fundraiser. A variety of planters and hanging baskets are available. Flats are \$12; hanging baskets are \$12; and terra cotta planters are \$11 for 10 in. and \$16 for 12-in. Order forms available on the HVCH cafeteria bulletin board or by contacting Community Relations at (740) 380-8154. Flower pickup is Sunday, May 6 from 12 to 2 p.m. at the Hocking County Fairgrounds. Payroll deduction available for hospital employees. All proceeds benefit HVCH.

May 11: TWIG VI Mother's Day Raffle

TWIG VI is selling raffle tickets for a Mother's Day raffle until Friday, May 11. Raffle contents include: home-made quilt, OSU cardigan, pedestal clock and a \$50 Kroger gift card. Call 740-974-9810 for tickets.

INSPIRATIONAL QUOTE OF THE WEEK

"When we seek to discover the best in others, we somehow bring out the best in ourselves."

— William Arthur Ward

Direct to You: From Lauren Barber

Sometimes I feel like one of the last people on the planet who make an effort to watch the national news on TV every evening. Sure, I can get the latest breaking developments on my phone through the internet or social media. Sitting down for a few minutes while dinner cooks on the stove and catching the news has just become part of my after-work unwinding ritual. I relax a bit and learn what I missed while here at the hospital. My husband and I sometimes have thoughtful conversations about an event and how it impacts us.



Lauren Barber,
HR Director

at the time of his death, were interviewed and asked about the impact of Dr. King’s legacy. His message of nonviolent resistance still resonates today, of course. There have been many peaceful demonstrations in recent years protesting wage disparities, police brutality, discrimination, sexual harassment, and school violence, to name a few. Just last weekend, young people from all across the US marched in Washington, DC in support of stricter gun laws. When people unite for a cause, they feel empowered. They feel seen and heard. And they inspire change.

On our honeymoon a decade ago, my husband and I visited Memphis. We toured Graceland, of course, ate at BB King’s on Beale Street, and went to Sun Studio where Johnny Cash recorded some amazing music. But the most humbling experience I had was visiting the National Civil Rights Museum. The façade of the Lorraine Hotel where Dr. King was murdered still stands attached to the main exhibition building and inside, his hotel rooms are preserved.

This week while watching the news, I’ve seen a few feature stories about the 50th anniversary of the assassination of Dr. Martin Luther King, Jr. He was shot on April 4th, 1968, while standing on the 2nd floor balcony of the Lorraine Hotel. He’d come to Memphis, Tennessee, to support striking sanitation workers seeking better pay and safer working conditions. His children, who were very young



March Madness recipe contest winners named

The winning recipe of the March Madness Health Hoops recipe contest was submitted by the HVCH Dietary Department for healthy Black Bean Brownies. The department received a tailgate party in honor of their win. Ruby Davis of Logan also won a tailgate party for voting on the recipes during the Facebook contest. Thanks to everyone who submitted recipes and played along, and a special thanks to Logan Walmart for supplying the party trays for the winners!



HVCH employees recognized for hard work

Several individuals recently were recognized for their hard work getting the new HVCH Urology clinic up and running. Pictured are Stacey Gabriel, CNO; Marilyn Johnson, Surgery Scheduler; Beth Coulardot, Surgical Technician; Sarah Kilbarger, Surgical RN – Not Pictured: Tara Jacobs, Director.

HVCH Cafeteria Menu April 9-April 13				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti Battered Chicken Breast Honey Roasted Potatoes Succotash Zucchini Breadstick Italian Wedding Soup	Hot Dog/Bun Breaded Chicken Wings Tator Tots Fried Corn Broccoli Spanish Rice Tomato Soup	Meatloaf Battered Cod Breakfast Potato Casserole Asparagus w/ Cashews Cauliflower Beef Pot Roast Soup	Baked Zucchini Grilled Chicken Breast Breadstick Grilled Mixed Veggies Carrots Bean w/ Ham Soup Corn Muffin	Egg Omelet Breakfast Burrito Sausage Patty Bacon Sausage Gravy/Biscuit Cheesy Potato Bake Buffalo Soup

DIRECT

Walking through the exhibits we learned more about the Civil Rights movement than we ever had in history class. We moved through the museum listening to personal stories, viewing artifacts, and feeling like we'd come so far and yet not far enough. Dr. King was only 39, but given a whole lifetime to fight injustice, how far could we have gotten?

I think about my role as a Human Resources professional. Sometimes, other people will say that I have one of the toughest jobs, especially when I'm asked to handle a complicated employee relations issue. But I see my job as an opportunity to advocate for diversity and ensure that we uphold the intentions of the Civil Rights Act. That means uniformly and fairly applying the hospital's policies and procedures, actively recruiting diverse individuals to join our team, ensuring that pay and benefits are equitable, and listening and acting when an employee complains about potential harassment. But I don't have to be an HR professional to advocate for others outside of work, and neither do you!

As human beings, we have a great deal of responsibility to each other to be kind and respectful. This doesn't mean that we have to agree with each other, believe the same things, or support the same causes. But we can listen. We can share our experiences with one another and seek greater understanding. I encourage you to make an effort every day to talk to someone who is different than you. Get to know them. You might be surprised at how similar you really are. You might even change your opinions or learn something new.

While this may seem wildly optimistic, we do have the ability to change the world one person at a time simply by being more mindful and accepting. We can speak out and be an ally to others. We can be a voice against racism and discrimination. We can stand up against sexual harassment. Do not tolerate intolerance. Injustice is not righted without calling attention and asking for action. We always have the opportunity to do the right thing to be better humans and create a better community.

As Dr. King famously said, "In the end, we will remember not the words of our enemies, but the silence of our friends."

— *Lauren Barber*

TWIG II SPRING PLANT SALE

Flats - \$12
Hanging Baskets - \$12
Terra Cotta Planters -
\$11 for 10-in.; \$16 for 12-in.

To order, call Nancy at 740-385-4327 or the HVCH Community Relations Office at 740-380-8154. Proceeds benefit Hocking Valley Community Hospital.

Deadline to order is Friday, April 27.
Pickup is Sunday, May 6 from 12-2 p.m.
at Hocking County Fairgrounds.

START YOUR CAREER WITH HVCH TODAY! Apply @ www.hvch.org

- Food Service Aide - Part Time - Variable Hours
- Radiologic Technician - Part Time
- Registered Nurse (RN) - Contingent/PRN - Behavioral Health Unit
- Registered Nurse (RN) - Emergency Department - Full Time - Nights
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Respiratory Therapist - Full Time - Nights
- Respiratory Therapist - PRN/Contingent - Nights
- State Tested Nursing Assistant (STNA) - Inpatient Services - Contingent/PRN

HVCH receives generous toy donation



Hocking Valley Community Hospital recently received a generous donation of patient comfort items in memory of Morgan Lynnae Enderle from her family.

This is the second year the family selected HVCH for the toy donation drive, to help soothe those young patients during difficult encounters while visiting the hospital.

New this year, the family hosted a dinner and toy drive at their home and more than 17 boxes of items were donated in the amount of \$1,500.

"The toys were collected in honor of what would have been Morgan's 26th birthday. We hope to keep her memory alive by bringing a little joy into the lives of children who come to HVCH for treatment. Once again, thanks to family and friends for their generosity to help make this a successful event," said Ginny Hamilton, Morgan's grandmother, and Heather Hughes, Morgan's mother.

The new toys, including coloring books, games, stuffed animals, dolls, trucks and books, were distributed to the Laboratory, Radiology, Emergency and Urgent Care departments at the hospital and at the pediatric office of Dr. Mark Scarmack and Fallon Magdich-Ritchey, NP-C, to utilize for young patients when needed.

"On behalf of the Urgent Care and Emergency Department, I would like to thank the family of Morgan Enderle for their generous toy donation. The toys will be given to those pediatric patients needing a little comfort and cheer during their visit. It warms our hearts to accept such a thoughtful donation in memory of Morgan," Michelle Matheny, Director of Emergency Services, said.



Morgan Enderle



**EXPAND THE CIRCLE
REACH ALL VICTIMS**

National Crime Victims' Rights Week | April 8-14 2018

South Central Ohio Job and Family Services' Children's Division and the Hocking County Prosecutor's Office, Victim Services Division, have once again partnered to organize the annual Pinwheels in the Park ceremony. This year's event will take place at 1:30 p.m., Monday, April 9 in Downtown Logan at Worthington Park.

The event, which is designed to raise awareness about issues surrounding cases of child abuse and neglect, as well as victim's rights, will feature special speaker Stacey Stevens, whose father was tragically killed inside his Laurelville home in September 2016.

Stevens has become an outspoken advocate for victim's rights since the death of her father, and was instrumental in the passage of Marsy's Law in Ohio in 2017. She will talk from her own personal experiences working with the criminal justice system in an effort to raise awareness about what it's like to be considered a victim of crime.

Other speakers will include Hocking County Prosecutor Benjamin E. Fickel and South Central Job & Family Services Executive Director Jody Walker.

Three hundred forty-eight pinwheels representing each referral that children services had in 2017 will be placed in the ground.

"Last year in 2017 the agency received a total of 884 abuse/neglect reports and screened in 348 of those reports," said Theresa Johnson, supervisor of the intake and ongoing unit.

In 2017, victim services assisted 459 victims of crime, including 140 domestic and/or family violence cases, 112 adult physical assaults, 108 menacing charges, 36 intimidation cases, 29 stalking/harassment cases, and 27 child physical abuse or neglect cases.

Follow us on  | *Instagram*

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

@hockingvalleycommunityhospital

HEALTH TOPICS

A - Z

(G)allbladder Disease

Problems related to the gallbladder are one of the most common causes of abdominal pain. Stones in the gallbladder are usually the culprit, but polyps in the gallbladder, stones in the main bile duct or sometimes just poor function of the gallbladder can also cause symptoms.



Timothy O'Brien, M.D.
General Surgery, Hocking
Valley Medical Group

The gallbladder is a pear shaped organ which sits tucked up under the liver in the right upper abdomen. It functions as a reservoir for bile made by the liver. After eating, the gallbladder contracts to push the bile down into the intestine where it helps to digest fat. If there are stones present, one of them may get stuck in the narrow outlet of the gallbladder when it squeezes down. This usually results in pain in the right upper abdomen, which may radiate thru to the back and is often accompanied by nausea. Episodes may last from a few minutes to several hours depending on how stuck the stone is. Most of the time the symptoms will resolve on their own, but occasionally the stone remains stuck and the patient develops what is known as acute cholecystitis. With increasing pain, vomiting, and sometimes fever these patients usually end up at the hospital.

While anyone may develop gallstones, the phrase "fair, female and forty" describes those at highest risk. Obesity and family history are also risk factors. The best way to diagnose gall-

stones is with a simple ultrasound test. This will identify the stones and any other possible signs of inflammation.

In addition to stones in the gallbladder, stones which make their way into the main bile duct can also cause problems. If they cause a blockage here, bile backs up and the patient becomes jaundiced and may also develop pancreatitis. This often requires a specialized procedure, known as an ERCP, to remove the stone from the bile duct. Polyps in the gallbladder are also a fairly frequent finding on ultrasound. Most polyps are benign and don't cause problems, but if they get larger than about 1 cm they can cause symptoms. Some patients have symptoms suggestive of gallbladder disease but no stones or polyps on ultrasound. In this situation a poorly functioning gallbladder, referred to as biliary dyskinesia, may result in right upper quadrant pain and nausea. A test called a HIDA scan can evaluate how well the gallbladder is working.

The treatment for gallbladder disease is usually cholecystectomy – surgery to remove the gallbladder. Lifestyle changes and medication may help somewhat but surgery is curative. Most of the time the surgery can be done laparoscopically. This requires only four small incisions and is usually an outpatient procedure. Most people return to work in 1-2 weeks and resume a normal diet.

If you've been experiencing pain in the right upper abdomen, particularly after eating foods high in fat, you may need an evaluation for gallbladder disease. We are here for you! Please call our office at 740-380-1300 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 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.