



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

MAY 11, 2018

Weekly Update



National Women's Health Week starts each year on Mother's Day and is an observance led by the U.S. Department of Health and Human Services Office on Women's Health.

The goal is to empower women to make their health a priority. The week also serves as a time to encourage women to take steps to improve their health.

WHAT STEPS CAN I TAKE FOR BETTER HEALTH?

To improve your physical and mental health, you can:

- Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.

- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.

These steps are the foundation for a lifetime of good health. They can help you be as healthy as possible, whether you're 20 or over 100!

If your practitioner recommends testing such as labs, x-rays or surgeries, HVCH is here to help you. Schedule your testing, including mammograms, locally.

All you need is a mammogram order from your physician, then call our Radiology Department today to schedule your appointment at 740-380-8204.

If you do not have a healthcare practitioner, our family practitioners is your place to start! Call Dr. John Woltz at (740) 385-0202 or Dr. Charles Keller at (740) 385-6864.

EVENTS CALENDAR

June 14: Book Sale HVCH Meeting Room

The HVCH Auxiliary is hosting a summer book sale fundraiser for the hospital. Shop discounted books and gift items from 7 a.m. to 3:30 p.m. in the hospital meeting room. Payroll deduct available for HVCH employees. All proceeds benefit Hocking Valley Community Hospital.

July 13: Foundation Auction at Hocking Hills Golf Club

The HVCH Foundation annual charity auction will be held Friday, July 13 at the Hocking Hills Golf Club from 5:30 to 9:30 p.m. The silent auction will begin at 5:30 p.m. and the live auction will begin at 8:15 p.m. Come support HVCH!

July 14: Golf Tournament at Hocking Hills Golf Club

INSPIRATIONAL QUOTE OF THE WEEK

"Accept the challenges so that you can feel the exhilaration of victory."

—George S. Patton

Direct to You: From Julie Grow, CFO

As hospital week comes to a close, I wanted to take a moment to do what I love to do and look at the numbers associated with hospitals across the U.S. It's astounding to think about just how many people are impacted through hospitals – whether it be by their chosen career path, through their own health needs and that of their families, or both.



Julie Grow, CFO

while Florence Nightingale tended to the wounded and dying soldiers of the Crimean War by the light of her lamp, she never fathomed she was blazing a trail for modern medicine as we know it today. Ms. Nightingale continues to serve as an inspiration to the millions of healthcare professionals who realize healthcare reaches far beyond the bottom line. Healthcare isn't just a business, it's a mission.

So, to the more than 350 men and women providing world class care right here in our community, I want to say thank you. Each day we do amazing things together for our patients. We offer a smile, a prayer and care to our neighbors and friends and in a world of uncertainties, one constant remains... that we are here when you need us the most, now and into the future.

A lady with a lamp shall stand

*In the great history of the land,
A noble type of good,
Heroic womanhood.*

-Henry Wadsworth Longfellow, 1857

— Julie Grow

- There are currently 5,534 registered hospitals in the United States, one fourth of which are Critical Access Hospitals.

- There are 233 hospitals in the state of Ohio. Our state ranks 6th in the nation for total number of hospitals.

- There were over 35 million hospital admissions last year and 142 million Emergency Department visits in the US!

- Hospitals provide over \$40 billion in uncompensated / charity care annually.

- There are over 5.5 million healthcare workers in the US today.

I'm guessing that nearly 200 years ago,



HVCH Medical Staff Scholarship winners

Recipients of the HVCH Medical Staff Scholarship: Brenden Wilson, planning to attend University of Findlay; Tristan Myers, planning to attend Ohio University; Nicholas Kudlapur, planning to attend The Ohio State University. All three are entering the healthcare field and aspire to become physicians. Tristan Myers was also awarded the HVCH Healthcare Scholarship.



HVCH employees donate to dog shelter

The HVCH activities committee organized a supply drive for the Hocking County dog shelter. Several different items were collected including dog food, toys, blankets, peanut butter, bowls, collars, treats, and cleaning supplies. Thanks to everyone who donated!

HVCH Cafeteria Menu May 14-18				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna	Taco & Fajita	Roast Turkey	Pork Tenderloin	Battered Cod
Chicken	Bar	Baked Ham	Macaroni & Cheese	Chicken N
Fingers	Nachos & Cheese	Mashed Potatoes/Gravy	Baked Potato	Noodles
Sweet Potato Fingers	Seasoned Corn	Dressing	Cauliflower	Mashed Potatoes
Cheese Ravioli	Black Beans	Peas & Mushrooms	Brussels Sprouts	Zucchini
Brussels Sprouts	Spanish Rice	Baby Carrots	Succotash	Brussels w/ Bacon
Garlic Bread	Chili Soup	Buffalo Soup	Tomato Soup	Minestrone Soup
Broccoli Soup				

Healthcare Worker of the Year named



Joellen Kemper has been named Healthcare Worker of the Year at Hocking Valley Community Hospital's recent employee recognition ceremony.

"This is a special day because we recognize employees whose service has exceeded expectations, or whose dedication to the hospital is obvious in everything they do. That should make us all proud," HVCH Chief Nursing Officer Stacey Gabriel said.

HVCH employees cast ballots to select Healthcare Worker of the Year and Joellen won by popular vote.

"Our employees had to make a difficult decision this year. They had five excellent nominations for Healthcare Worker of the Year," Julie Stuck, HVCH President and CEO, said.

"Joellen is a true gem to HVCH. She always has a smile on her face and never has a bad word to say about anyone. She is kind, compassionate, professional and has genuine concern for her coworkers and the patients she

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Join Us!

RETIREMENT RECEPTION

Dr. Robert Neff

**HVCH Front Lawn
601 State Route 664 North, Logan**

**Thursday, May 17th from 12 to 2 PM
Ceremony at 12:30 PM**

*Kindly RSVP to Beth Bell,
740-380-8154 or bbell@hvch.org.*

**START YOUR CAREER
WITH HVCH TODAY!**

Apply @ www.hvch.org

- Chief Nursing Officer (CNO) - Full Time
- Food Service Aide - Part Time - Variable
- Help Desk/Desktop Technician - Full Time
- Mental Health Tech (STNA) - Behavioral Health Unit - Contingent/PRN
- Radiologic Technician - Part Time
- Registered Nurse (RN) - Contingent/PRN - Behavioral Health Unit
- Registered Nurse (RN) - Full Time - Nights - Inpatient Services
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- Registered Nurse (RN) - Special Care Unit - Full Time - Nights
- Respiratory Therapist - Full Time - Nights
- Respiratory Therapist - PRN/Contingent - Nights
- STNA - Inpatient Services - Contingent/PRN
- Student Intern - Healthcare Administration (Unpaid)

AWARD

serves," Stuck continued. "Joellen goes above and beyond to ensure the patient has what they need to receive excellent care. She also does everything she can to make sure the staff of HVCH have everything they need from a pharmacy standpoint to perform their job duties."

The Excellence in Leadership Award also was given during the ceremony. The award was introduced to recognize hospital directors, managers and supervisors for exemplary behavior in their leadership role. This year's award was given to Kandy Fizer, Director of Education.

"Our recent Epic (electronic health record) conversion was a huge undertaking for many throughout the organization, however, there was only one person responsible for managing aspects of the project across the entire organization and that was Kandy Fizer. Kandy was responsible for ensuring that over 350 Epic users had the required training to use the Epic system. There were more than 5,000 hours of training that needed completed in less than two months time. The completion of the required training would not have been possible without Kandy's strong organizational skills and her attention to detail," Stuck said.

In addition to the awards given, several HVCH employees were recognized for their years of service to the hospital.

Celebrating 10 years of service are: Mary Burggraf, Amber Kilpatrick, Joseph Manuel, Tesa Phillips, Lisa Proctor, John Rardain, Faith Todd and Elaine Walker.

Celebrating 15 years of service are: Angel McLaughlin, Sheila Ryan and Maggie Wilson.

Celebrating 20 years of service are: Alison Monroe, Amy Scarberry, Julia Sinnott, Heather Smith and Julie Stuck.

Celebrating 25 years of service are: Amy Hooper and Stacie Wilson.

Celebrating 30 or more years of service are: Holly Gompf, 31 years; Lori Linton, 32 years; Sheri Thompson, 34 years; Letha Burrell, 36 years; Geoff Perry, 36 years; Marilyn Johnson, 39 years; and Christy Schneider, 39 years.

"Each one of you is an integral piece of the fabric that weaves HVCH together," Stuck concluded. "While we set aside this day to bestow accolades upon certain individuals among us, it is all of us together who make HVCH the strong healthcare provider it is today."



HVCH celebrates National Hospital Week

HVCH celebrated National Hospital Week this week with a variety of activities for employees including Hospital Olympics, special treats and a recognition lunch with a dunk tank fundraiser for the HVCH Foundation Employee Campaign. Thanks to our employees for making our hospital a great and FUN place to work!



HEALTH TOPICS

A - Z

(I)nguinal Hernia

The word hernia is derived from the Latin word for rupture. An abdominal wall hernia occurs when abdominal contents (fat, intestine) that would normally be contained by the abdominal wall protrudes through a weak area or defect in the abdominal wall. 75% of abdominal hernias occur in the groin region and are called inguinal hernias. The three main types of inguinal hernias are direct inguinal hernia, indirect inguinal hernia, and femoral hernia. The classification is based on the location of the weak area or defect. About 25% of males and about 3% of females will develop an inguinal hernia at some time in their life. Right inguinal hernias are more common than left inguinal hernias. Indirect hernias are twice as common as direct hernias, and femoral hernias are the least common.

Symptoms of an inguinal hernia include a bulge or swelling in the groin region lateral to the pubic bone, either intermittent or constant, often becoming larger with standing, coughing or physical exertion. This can be associated with a burning or aching sensation in the region of the bulge, or pain in the groin region. Over time hernias will generally enlarge and cause more symptoms.



Michael S. Tornwall, M.D.
General Surgeon, Hocking
Valley Medical Group

Complications of hernia include incarceration and strangulation which results in the hernia contents becoming trapped outside the abdominal cavity or even injured due to the hernia contents blood supply becoming compromised.

Strangulated hernias can be life-threatening if not treated. Risk factors for the development of an inguinal hernia include smoking, COPD, chronic cough, obesity, pregnancy, peritoneal dialysis, ascites, collagen vascular disease, heredity, and previous open appendectomy. Many of the risk factors of inguinal hernias are related to increased intra-abdominal pressure and may also involve abnormal collagen remodeling.

Inguinal hernias in adults will not resolve without intervention and surgical repair is recommended for symptomatic and enlarging inguinal hernias. Because the increased risk of strangulation, all femoral hernias are recommended to be repaired when diagnosed. The goal of surgical repair is to return the protruded abdominal contents to the abdominal cavity and to close and reinforce the weak area the contents had protruded through. In adults, most inguinal hernias are repaired with some type of synthetic mesh to reinforce or close the defect. Hernia surgery is generally an outpatient procedure. Return to work and usual activity is usually possible within a few weeks following surgery.



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.