



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

JUNE 15, 2018

Weekly Update

June is PTSD Awareness Month



PTSD (posttraumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault.

It's normal to have upsetting memories, feel on edge, or have trouble sleeping after this type of event. At first, it may be hard to do normal daily activities, like go to work, go to school, or spend time with people you care about. But most people start to feel better after a few weeks or months.

If it's been longer than a few months and you're still having symptoms, you may have PTSD. For some people, PTSD symptoms may start later on, or they may come and go over time.

What factors affect who develops PTSD?

PTSD can happen to anyone. It is

not a sign of weakness. A number of factors can increase the chance that someone will have PTSD, many of which are not under that person's control. For example, having a very intense or long-lasting traumatic event or getting injured during the event can make it more likely that a person will develop PTSD. PTSD is also more common after certain types of trauma, like combat and sexual assault.

Personal factors, like previous traumatic exposure, age, and gender, can affect whether or not a person will develop PTSD. What happens after the traumatic event is also important. Stress can make PTSD more likely, while social support can make it less likely.

What are the symptoms of PTSD?

PTSD symptoms usually start soon

EVENTS CALENDAR

June 29: Farewell Party for Dr. Beed, HVCH Meeting Room

A public farewell party will be held for Dr. Elaine Beed on Friday, June 29 from 12 to 1 p.m. in the HVCH Meeting Room. Please join us in wishing her the best on her future endeavors. Kindly RSVP to Beth Bell at (740) 380-8154 or email bbell@hvch.org by June 25.

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

"If you want to conquer fear, don't sit home and think about it. Go out and get busy."

— Dale Carnegie

Direct to You: From Latricia Johnston

I stand amazed at the generosity of our community especially this time of year.



Latricia Johnston,
Chief Public
Relations Officer

Our HVCH Foundation is deep into preparations for the annual Charity Auction and Golf Outing scheduled for July 13 and 14 respectively. Almost daily when I check my inbox there are envelopes from individuals or businesses joining our efforts through an annual partnership, signing up a golf team, or providing items for the auction. The many faces of altruism in Hocking County are to be commended, and we especially thank you for supporting our efforts of continuing to provide access to great healthcare for so many.

This year's auction is sure to be another exciting evening, and I encourage each of you to come. A sneak peak of items coming up for bid:

- 1-week stay at Majestic Beach Resort, Panama City, Florida & VISA gift cards donated by Ruth Ann Spatar and board members
- Hamilton – An American Musical Experience Weekend – donated by Rick & Laurel Danes-

Webb

- 4 night stay Hilton Head Island – donated by Dr. Chuck & Megan Pruitt
- Hand-blown glass bowl – Donated by Hocking College Glass Program
- Cincinnati Bengals Autographed Football – Donated by Cincinnati Bengals
- Hungry Buffalo gift cards – Donated by Hungry Buffalo
- Real World Cleaning Services – Donated by Kyle Walker

I don't want to give away all of our surprises yet, so keep checking the Update and Facebook weekly to see what is added. If you or a business you work for is interested in joining this annual fundraising opportunity, please call us at 740-380-8336. This week's challenge: If you knew that by donating an item or monetary gift, you had the potential to save a life... would you give? Please consider. Our patients depend on all of us pulling together to improve population health.

Additionally, come out on Saturday and join in the fun of golf. We have limited it to one flight only, to allow us to better direct our efforts on providing you with a super fun day. Pray for sunshine! Sign up online at www.hvch.org or call our office at 740-380-8154. See you there!



A SUMMER TO REMEMBER

A Summertime Fun Charity Auction

In Support of Hocking Valley Community Hospital Foundation

FRIDAY, JULY 13, 2018 • 5:30 TO 9:30 P.M.
SILENT & LIVE AUCTION | ENTERTAINMENT

Hocking Hills Golf Club,
14405 Country Club Lane, Logan

Come and bid on auction items and trips to make
your summer one to remember!



ANNUAL CHARITY GOLF TOURNAMENT

Saturday, July 14, 2018
Hocking Hills Golf Club

ONE FLIGHT ONLY; MAX 28 TEAMS

Tournament Package: \$150 per golfer
Includes breakfast, greens fee, cart fee, lunch & gift
Register at www.hvch.org or call (740) 380-8154.

HVCH Cafeteria Menu June 18-22				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Fried Chicken Sloppy Joe French Fries Broccoli Grilled Cabbage Corn Potato Soup	Meatball Sub Chicken Fingers Spinach Casserole Oven Fried Potatoes Cauliflower Breadstick Chicken Soup	Waffle Bar Bacon Cheeseburger Cheesy Hashbrowns Corn Broccoli Onion Rings Tomato Soup	Burritos Loaded Nachos Baked Potato Bar Fried Rice Cauliflower Beef Pot Roast Soup	Hot Dog/Bun Battered Cod Green Beans Vegetable Medley Peas Cauliflower Soup

PTSD

after the traumatic event, but they may not appear until months or years later. They also may come and go over many years. If the symptoms last longer than four weeks, cause you great distress, or interfere with your work or home life, you might have PTSD.

There are four types of symptoms of PTSD, but they may not be exactly the same for everyone. Each person experiences symptoms in their own way.

1. Reliving the event (also called re-experiencing symptoms). You may have bad memories or nightmares. You even may feel like you're going through the event again. This is called a flashback.

2. Avoiding situations that remind you of the event. You may try to avoid situations or people that trigger memories of the traumatic event. You may even avoid talking or thinking about the event.

3. Having more negative beliefs and feelings. The way you think about yourself and others may change because of the trauma. You may feel guilt or shame. Or, you may not be interested in activities you used to enjoy. You may feel that the world is dangerous and you can't trust anyone. You might be numb, or find it hard to feel happy.

4. Feeling keyed up (also called hyperarousal). You may be jittery, or always alert and on the lookout for danger. Or, you may have trouble concentrating or sleeping. You might suddenly get angry or irritable, startle easily, or act in unhealthy ways (like smoking, using drugs and alcohol, or driving recklessly).

Will people with PTSD get better?

"Getting better" means different things for different people. There are many different treatment options for PTSD. For many people, these treatments can get rid of symptoms altogether. Others find they have fewer symptoms or feel that their symptoms are less intense. Your symptoms don't have to interfere with your everyday activities, work, and relationships.

What treatments are available?

There are two main types of treatment, psychotherapy (sometimes called counseling or talk therapy) and medication. Sometimes people combine psychotherapy and medication.

To learn more about PTSD or to speak to one of our board certified psychologists at the Hocking Valley Medical Group, call (740) 380-8140. Dr. Max Haque, Dr. Tarek Aziz and Pramoda Fatehchand see patients for a variety of disorders including depression, bi-polar disorder, addiction, abuse, schizophrenia, dementia and disorders of childhood and adolescence.

Information courtesy www.ptsd.va.gov.



HVCH welcomes new employees

Hocking Valley Community Hospital welcomes three employees for the month of June: Samantha Oana, BSN, Inpatient Services; Lydia Cunningham, STNA, Behavioral Health Unit; Laura Johnson, RN, Inpatient Services.

HVCH hospitalist earns board certification

Dr. Mark Fratzcak, hospitalist at Hocking Valley Community Hospital, has become Board Certified in Hospital Medicine.

A Hospitalist is a physician who specializes in caring for hospital patients. A Hospitalist does not have a private medical practice. This means that a Hospitalist is dedicated to your hospital care at all times, 24 hours a day, 7 days a week.

Dr. Fratzcak also recently received ABIM Certification.



START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Chief Nursing Officer (CNO) - Full Time
- Food Service Aide - Part Time - Various Hours
- Housekeeper - Contingent - Various Hours
- Senior Accountant - Full Time

MOVE-IN READY



Hocking Valley Medical Group physicians are preparing to make the move into the new HVCH Foundation Medical Complex at 1383 W. Hunter St., Logan. Family practice, pediatric and psychiatric providers will be moving in mid-July for grand opening August 1. Please see the invitation below.



YOU ARE INVITED!

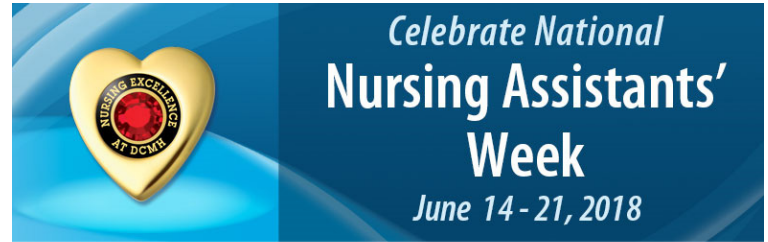
Ribbon-Cutting

& Grand Opening

HVCH FOUNDATION MEDICAL COMPLEX

**Hocking Valley Medical Group
5 to 7 PM Wednesday, August 1
1383 W. Hunter St., Logan**

**HVCH Foundation &
Hocking Hills Chamber of Commerce**




Make a wonderful difference. Special recognition only you can give.

June 14-21st is National Nursing Assistants Week. Hocking Valley Community Hospital utilizes nursing assistants in our inpatient department and Behavioral Health Unit.

Nursing assistants are responsible for patient care at the bedside and act as a liaison between patient and physician.

William Painter, Past President of Board National Network of Career Nursing Assistants, says, "What really changes things is when people come to a genuine understanding of the fundamental role that direct care workers have in creating quality in long term care in this country. Real change for the better only starts when people begin to understand the actual skills it takes to do this work."

"We are grateful for our nursing assistants and all they contribute to the improvement of our patients' health," Stacey Gabriel, HVCH CEO, said.



**Effective SUNDAY JULY 1ST ,
the Urgent Care at HVCH will have
new hours to better serve you.**

**The Urgent Care will be open from:
10:00am-9:00pm
(seven days/week)**



HEALTH TOPICS

A - Z

(L)ack of Sleep? Signs & Symptoms of Sleep Apnea

Do you have sleep apnea? Then you are not alone. About 25% of men and 10% of women have sleep apnea. Most of these individuals are not even aware they have it. The percentages rise drastically with anyone that is overweight or has airway/sinus problems. There are many kinds of sleep disorders including snoring, apnea, insomnia, restless leg syndrome or narcolepsy.



Bryan Brown, RT
Cardiovascular Director
Hocking Valley Community
Hospital

What causes these issues? The problem begins with the upper airway closing off. As a person falls asleep, their muscles relax allowing the airway to collapse. The result is less oxygen getting to your body and brain, and this requires your heart to work extra hard to catch up. Frequently, people wake up from snoring or breathing hard and never even realize it, making deep and restful sleep impossible.

How do I know if I might have these symptoms?

1. Do you ever feel excessively sleepy during the day?
2. Ever feel tired while driving during the day?
3. Have you ever been told you snore loudly or stop breathing while sleeping?
4. Do you ever wake up gasping or short of breath?
5. Do you ever wake up with headache or seem very irritable?

What are the risks if I put off seeking treat-

ment? If left untreated, sleep apnea increases the risk of multiple health problems including high blood pressure, heart attack/irregular heart rhythms, stroke, and accidents from falling asleep while driving.

What should I do? Call your family health provider first. They will determine if a sleep study is appropriate for you. HVCH has a highly experienced team that has been performing sleep studies since 2003. We have quiet, private, and comfortable rooms dedicated only to the use of our sleep patients.

What is the treatment? CPAP therapy is the most common treatment. A small machine delivers air flow to a mask. This air flow maintains an open airway while sleeping and prevents the apnea from ever occurring. There are many new machines and mask variations that allow for most people to achieve a comfortable solution.

How long will it take for me to feel better? Sometimes it takes a few nights to get used to wearing a new mask. Most people will feel great improvement within a few weeks, and many feel so much better they wish they had done it sooner. Don't wait any longer to see if this treatment can make a big change in your life.

At Hocking Valley Community Hospital, we offer Polysomnography Testing, Titration Studies, Multiple Sleep Latency Testing, as well as Maintenance of Wakefulness Testing and Home Sleep Testing. If you do not have a healthcare provider, contact Hocking Valley Medical Group at 740-380-8160 to schedule an appointment today. They will be able to determine if you need a referral to our facility for sleep testing.



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.