



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

AUG. 17, 2018

Weekly Update

New Ophthalmology Clinic at HVCH



DR. MONA ADELI, M.D.

Hocking Valley Community Hospital has begun an ophthalmology clinic in collaboration with The Ohio State University Wexner Medical Center.

The clinic opened this week with OSU Wexner Medical Center physicians Mona Adeli, M.D. and Tyler Oostra, M.D. The clinic will initially provide cataract surgery services with the possibility of additional services in the future.

Dr. Adeli obtained her undergraduate degree from The University of Akron and completed medical school at Northeast Ohio Medical University. Her ophthalmology residency was at The Ohio State University. She is a board eligible ophthalmologist and a member of the American Academy of Ophthalmology (AAO).

She won an award for ophthalmology research at the Ohio State University 37th Annual Ophthalmology



DR. TYLER OOSTRA, M.D.

Research Symposium and has presented her research at several national meetings.

Dr. Adeli has training in cataract surgery and the medical management of glaucoma, diabetic retinopathy, and age-related macular degeneration, among other eye conditions. She has a special interest in caring for underserved populations, and is actively involved in the Ohio State University Department of Ophthalmology Free Clinic.

Dr. Oostra obtained his undergraduate degree at The Ohio State University and completed medical school at The Ohio State University College of Medicine. His ophthalmology residency was at The Ohio State University Havener Eye Institute, where he also

EVENTS CALENDAR

**Aug. 1-22: TWIG II Mum Sale
Pickup at Fairgrounds Aug. 25**

TWIG II is selling mums and asters for your fall decor! 8-inch pots are \$5, 10-inch hanging baskets are \$10 and 12-inch pots are \$11. Delivery is Aug. 25 at the Hocking County Fairgrounds. Call (740) 385-4327 or (740) 380-8154 to order.

**Aug. 27: Red Cross Blood Drive
HVCH Meeting Room**

A blood drive will be held in the Meeting Rooms behind the cafeteria from 8 a.m. to 2 p.m. Please call the HVCH Lab at (740) 380-8218 to schedule an appointment. Donate blood and receive a BOGO Columbus Zoo offer!

**Sept. 20: State of the Hospital
HVCH Front Lawn**

Save the date! More details to come!

INSPIRATIONAL QUOTE OF THE WEEK

"It does not matter how slowly you go as long as you do not stop."

—Confucius

Direct to You: From Stacey Gabriel

Tough times never last but tough people do.

Robert Schuller

I think this quote pretty much sums up what HVCH has been experiencing



Stacey Gabriel, CEO

these past few months. The Ohio Department of Mental Health, The Joint Commission, and The Ohio Department of Health have all visited our organization recently, conducting on-site surveys evaluating the services we provide and the care that we give. The purpose of these on-site surveys is to provide feedback which allows us the opportunity to improve on what we do. With all of these surveys happening within weeks of each other, we felt as though we couldn't take even one step ahead. Just as we were finishing up one survey, the next agency was knocking on our doors to perform another.

What I have witnessed over these past few months is resilience. No matter how "tough"

the times seemed to be, everyone pulled together and did the work that needed to be done. The suggested improvements from surveyors were put into place - some even before the surveyors would leave. For those things that required more time - plans were made and executed in a timely manner. I cannot thank you all enough for tackling these issues and making the suggested improvements. The common goal is to provide the highest standard of care, and to that HVCH will remain committed. We have tough people that work here!!!

One thing that I want you to know...every single surveyor commented on what a great place HVCH is (and we know this!!!) They complimented the staff with whom they had the privilege of interacting. They shared that you are professional, passionate about what you do, and that HVCH certainly has a different culture than other places they have evaluated. We are blessed. Our community is blessed to have you. I have said so many times before - you will not find a better group of people that work hard and love what they do

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HVCH welcomes new employees

Hocking Valley Community Hospital welcomes the following new employees for the month of August: Jenny Gabriel, Ophthalmic Technician; Michael Memory, IT Desktop Technician/Help Desk; Carol Amerine, Dietary Aide; and Sally Jonas, R.N., BHU.



HVCH staff donate school supplies to LHSD

Hocking Valley Community Hospital employees donated several bags, including bookbags, full of school supplies to the Logan-Hocking School District. The HVCH Employee Activities Committee hosts the drive every year to help supply teachers and students with the essentials they need for back to school including paper, pencils, crayons, tissues, etc.

HVCH Cafeteria Menu Aug. 20-Aug. 24				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole	Chicken Breast/Bun Italian	Hot Dog/Bun	Chicken Tator Casserole	Tortilla Tilapia
Chicken Fingers	Sausage/Bun	Macaroni & Cheese	Salisbury Steak	Creamed Chip Beef
Potato Wedges	French Fries	Onion Rings	Mashed Potatoes	Mashed Potatoes
Cauliflower Broccoli	Corn	Baked Potato	Baked Beans	Glazed Carrots
Breadstick	Green Beans	Candied Carrots	Grilled Cabbage	Broccoli
Tomato Soup	Blended Veggies	Brussels Sprouts	Parmesan Peas	Biscuit
	Chicken Soup	Chili	Broccoli Soup	Chicken Dumplings

Popular Heart and HBP Drug Recalled Due to Carcinogen Concerns

The FDA recently announced a voluntary recall of medications that contain valsartan, which is a popular drug used to treat heart failure and high blood pressure (HBP). The recall was issued after a possible carcinogen (a substance that could cause cancer) was found in the recalled medications.

What exactly was found in the recalled medications?

According to the FDA, the recalled medications unexpectedly contained N-nitrosodimethylamine (NDMA), a known impurity and probable carcinogen. Their review of the products, which includes investigating the level of NDMA in drugs, assessing the potential effects of NDMA and researching future preventive measures, is just beginning and will be ongoing.

What does this mean for people who take medications containing valsartan?

While the FDA sorts out the next steps, you may be wondering what you're supposed to do if you're prescribed a medication that contains valsartan.

It's important to note that the FDA has not recalled all medications containing valsartan. The recalled medications and who they are manufactured by are as follows:

- Valsartan—Major Pharmaceuticals
- Valsartan—Solco Healthcare
- Valsartan—Teva Pharmaceuticals Industries Ltd.
- Valsartan/Hydrochlorothiazide (HCTZ)—Solco Healthcare
- Valsartan/Hydrochlorothiazide (HCTZ) —Teva Pharmaceuticals Industries Ltd.

To find out if you're taking one of the recalled products, look at your prescription bottle or call your local pharmacy. If you're taking one of the listed medications, please click here to read the recall instructions.

You should also call your doctor to see what your next treatment steps should be. Do not stop taking your medication without speaking to your doctor.

What's next?

The FDA will continue their review of the recalled drugs and will post updates to their website. Please visit their site at <https://www.fda.gov> for the most up-to-date information on this recall.

Medicare open enrollment event at HVCH

HVCH is pleased to once again provide an opportunity for our community members to meet one-on-one with representatives from the Ohio Senior Health Insurance Information Program (OSHIIP). These reps are available to help you navigate through the Medicare enrollment process and help you find the best insurance program for your needs. Medicare is the federal health insurance program for individuals who are 65 years and older, select individuals who are younger with disabilities and people with End-Stage Renal Disease. Appointments will be held at HVCH on Thursday, November 15 from 9 a.m. to 2 p.m. Please call 740-380-8305 to schedule yours today.

DIRECT

than you will find at Hocking Valley.

One more thing I want you to always remember... please don't be afraid to ask questions. The leadership team is committed to being here for you. If you have a question or concern, or hear something that is unclear to you, please ask. Our role is to be here for you when you need it. Every leader in the organization has an open door policy - feel free to take advantage of that. We would much rather you come and ask questions to seek clarification before something turns into an ugly story. Thank you for being resilient, for being tough, and for coming together when duty calls. I appreciate everything you are doing!!

— *Stacey*

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Medical Laboratory Technician (MLT) - Full Time
- Registered Nurse (RN) - Behavioral Health/Geri Psych - Contingent/PRN
- Respiratory Therapist - Full Time - Nights

Lemon

Honey Lemonade

- 1 cup freshly squeezed lemon juice
- 1/2 cup honey
- 5 cups cold water
- Lemon slices
- Mint sprigs (optional)


Juice lemons, set aside. Bring water to boiling and add honey stirring until dissolved. Let cool. Add lemon juice to cooled syrup until mixed completely. Serve over ice. Top with mint sprig if desired.

CLINIC

completed his cornea and external disease fellowship. Dr. Oostra is an ophthalmologist and fellowship-trained corneal specialist. He is board eligible and a member of the American Academy of Ophthalmology and the American Society of Cataract and Refractive Surgery. He has received multiple honors and awards including the Havener Eye Institute Fellow's Teaching Award for outstanding contributions to resident education during his fellowship. He also has an interest in helping underserved communities both locally and internationally and has been on medical mission trips to Guatemala and Ghana.

Dr. Oostra has authored several publications and presented at numerous local and national meetings. He has received extensive training in the evaluation and treatment of cataracts, dry eye, pterygium, corneal infections, keratoconus, Fuchs' dystrophy, as well as corneal dystrophies and many other ocular conditions. He performs cataract surgery, LASIK, corneal transplantation, and corneal cross-linking, among other procedures.

The ophthalmology clinic is located in the outpatient clinic area of Hocking Valley Community Hospital, 601 State Route 664 North, Logan. A referral from an optometrist is required for an appointment. For more information or to schedule an appointment, please call the clinic at (740) 380-8129.



Without A, B & O, we can't save anybody. You are the #MissingType we need.

Blood Drive
Hocking Valley Community Hospital

Meeting Rooms A & B
 601 St. Rt. 644 N
 Logan, OH 43138

Monday, August 27, 2018
8:00 AM to 2:00 PM

Call the HVCH Lab at 740-380-8218 to schedule an appointment.

Receive a Columbus Zoo BOGO entry offer!



"WHEN EDUCATING THE MINDS OF OUR YOUTH, WE MUST NOT FORGET TO EDUCATE THEIR HEARTS."
 -Dalai Lama



HEALTH TOPICS

A - Z

(P)rotecting ourselves from MRSA

We are constantly coming into contact with people in our personal world through school, work, church, sports, and traveling around the world. It's part of our daily life to interact with others. Engaging in conversation and sharing a comforting hug with a friend or neighbor is important in keeping us healthy and happy.



Christy Schneider R.N.,
Infection Control &
Environmental Services Director
Hocking Valley
Community Hospital

Being cautious of when others are not feeling well is also important. We all carry various sorts of germs inside our body or on our skin, and usually our bodies control the germs causing us no harm. But, one out of three of us have a germ on our skin called "staph." Again, typically it causes us no problems, but should we get a scrape or cut, we can find ourselves hosting an infection that is dangerous to us and those in our community.

A staph infection can be mild affecting only the skin. But, it can also go deeper, and this is when we find ourselves and those around us in danger. These types of infections generally happen to younger children, elderly adults and people with compromised immune systems.

Methicillin, a type of penicillin, is used to treat the infection. But, MRSA has become an especially dangerous type of infection learning to outsmart Methicillin, leaving it ineffective.

So, how do we catch MRSA? Touching a person who has MRSA on his or her skin; being in close contact with someone who coughs, sneezes, or even breathes near you who is infected. By touching a surface such as a door knob, a table at a restaurant

or a check out counter in a store, one can become infected. If your skin has an open wound from an abrasion or cut, you are subject to picking up MRSA from any of the above.

Do you think you might have MRSA? While we shouldn't become panicked and start donning a hazmat suit, we should always be cognizant of where we are and who is around us. If you have contacted a MRSA infection, you will most likely show skin problems. A red, tender lump that might ooze pus should be inspected by a medical provider. You might also develop a cluster of pimple like looking bumps similar to insect bites. If you have an infection and it progresses into your blood system, you can become very ill developing a fever and feeling listless.

See your provider if you are concerned. He or she may take blood tests, x-rays or a swab from your skin to check for infection and to determine if additional testing is necessary.

Is MRSA treatable? Yes. Special antibiotics are available to treat your infection. It is very important that you take all medication given to you by your caregiver, even if you begin to feel better. Do not save them in case you become sick later. Not finishing all of your antibiotic, subjects you to a return case of MRSA that can be even stronger. If your infection is too strong for outpatient antibiotics, you may require hospital admission to receive stronger medicines.

Is MRSA preventable? Hand washing often with soap and water is one of the best preventatives for many illnesses including MRSA. If you are not in a location where hand washing is possible, an alcohol-based hand gel is encouraged. For more information about MRSA or to be evaluated, contact your provider today. If you do not have a medical provider, please call 740-385-0202 to schedule an appointment.



HOCKING VALLEY Community Hospital

OUR MISSION

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

OUR VISION

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

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.