



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

NOV. 16, 2018

Weekly Update



NPs are quickly becoming the health partner of choice for millions of Americans, with more than 1.02 billion visits to NPs each year.

As clinicians that blend clinical expertise in diagnosing and treating health conditions with an added emphasis on disease prevention and health management, NPs bring a comprehensive perspective and personal touch to health care.

Henry Silver, started the first nurse practitioner (NP) training program in the U.S. at the University of Colorado. Since then, the role of the NP has expanded from providing primary care to providing diabetes management, dermatology and other specialty services. Today, the NP workforce is nearly a quarter of a million strong

with almost two dozen certifications and specialties.

Since the 1960s, NPs have been filling the primary care gap in the U.S., which continues to grow due to an aging population and fewer physicians entering primary care programs. In 2017, only 15 percent of physicians entered primary care programs while 87 percent of NPs were certified in primary care.

- 86.6% of NPs are certified in an area of primary care, and 77.8% of all NPs deliver primary care.

- 97.8% of NPs have graduate degrees as advanced education and clinical training beyond their registered nurse preparation.

EVENTS CALENDAR

**Dec. 4: Holiday Affair,
5-7:30 PM, HVCH Campus**

Join us for the 3rd Annual Holiday Affair at HVCH! This year will be an old-fashioned theme.

Entertainment: Hocking Valley Community Hospital Caroling, Logan-Hocking Middle School Choraliers, Auxiliary Celebration of Lights, Hocking County Children's Chorus, Hocking Hills UMC Drama Team

Activities: Meet Blizzard the live reindeer from 5-7:30 p.m., Santa & Mrs. Claus, Holiday craft making, Gingerbread house display, Holiday exhibits, Can Do Creations, Doodlebugs, Kissing ball, Hocking Hills Candleworks & Christmas Treasures, Tom & Rosemary Nipel Wood Turning, HVCH Foundation - Greenery, Gift Cards/Tags

Food: Schmidt's Sausage Truck, Logan Kiwanis Club kettle cooked bean soup, Wren Valley Truffles, Hocking Hills UMC, Hocking Hills Bakery

INSPIRATIONAL QUOTE OF THE WEEK

"He who thanks but with the lips Thanks but in part; The full, the true Thanksgiving Comes from the heart."

— J.A. Shedd

Direct to You: From Roy Davis

This week we celebrated Veterans' Day and I would like to spotlight a couple of our physicians and local heroes in the Hocking Valley Medical Group.



Roy Davis,
Business
Development
Director

the US Army and the Air Force and retired after twenty years as a Lieutenant Colonel in 2014. In the Army he flew the OH-58(D) Kiowa Warrior in the Cavalry (see below) and in the Air Force he was a Flight Surgeon. Dr. Woltz enlisted because he felt it was the right fit for him and he loved being a part of a great team.

I had the honor of taking baked goods to all of our veterans' organizations on Monday and it was a great reminder of why I joined the army. I loved being part of a great team and the pride that people put into their job. We all came from different parts of the country and even worked with troops from other nations because we provided the best training in the world, and it built relationships with our allies. It taught me that I could work with anyone. I formed lifetime friendships with people I would not normally have met, and judged them on the content of their character and not their last name or where they came from.

Dr. Charles Keller served as a captain in the United States Air Force from 1977-1980 and his job was physician and chief of medicine clinic at the Tyndall Air Force Base in Florida. Dr. Keller joined to the military to do his share and experience the excitement of the military. The things he enjoyed most were making new friends, treating people from all over the world and serving a cause bigger than oneself as part of a team. Dr. Keller stated he enjoyed the wonderful experience of serving our country.

Dr. John Woltz served a total of twenty years in



Help us collect items for Holiday Affair!

HVCH Community Relations is collecting the following items to help with the upcoming holiday festivities at HVCH: yarn of any color; scrap country/homespun fabric; buttons; spools; empty milk jugs, gallon or half gallons; empty glass jars pint or quart size such as those for spaghetti sauce, mayonnaise, pickles, vegetables, etc.; access to fresh pine and pine cones for decorations and crafts. Please bring any of these items to the Community Relations office or contact us at 740-380-8336.



There will be no HVCH Update next week, Nov. 23.



HAPPY THANKSGIVING



HVCH Cafeteria Menu Nov. 19-Nov. 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti Chicken Breast Roasted Potatoes Peas Zucchini Cheesy Breadstick Italian Wedding Soup	Hot Dog/Bun Chicken Wings French Fries Fried Corn Broccoli Spanish Rice Tomato Soup	Meatloaf Battered Cod Breakfast Potato Casserole Asparagus w/ Cashews Cauliflower Beef Pot Roast Soup	Roast Turkey Dressing Green Beans Pumpkin Pie	Panini Grill Chef Salad Potato Soup

NURSE

- An estimated 23,000 new NPs completed their academic programs in 2015-2016.
- The average age of NPs is 49 years.
- 84.9% of NPs are accepting Medicare patients and 82.9% are accepting Medicaid patients.
- 49.9% of NPs hold hospital privileges; 11.3% have long-term care privileges.
- NPs hold prescriptive privileges, including controlled substances in all 50 states and D.C.
- Nurse practitioners have been in practice an average of 11 years.
- 95.8% of NPs prescribe medications. Those in full-time practice write 23 prescriptions a day, on average. 4
- The majority (60.8%) of NPs see three or more patients per hour.
- NPs focus on health promotion, disease prevention and health education and counseling, guiding patients to make smarter health and lifestyle choices.
- Patients whose primary care providers are NPs have fewer emergency room visits and shorter hospital stays, resulting in lower out-of-pocket costs.
- NPs provide a full range of services, such as ordering, performing and interpreting diagnostic tests; diagnosing and treating acute and chronic conditions; prescribing medications and treatments; and managing overall patient care.
- The confidence patients have in NP-provided care is demonstrated by the more than 1.02 billion patient visits each year.

Hocking Valley Community Hospital and Hocking Valley Medical Group thank the many nurse practitioners who serve patients in the Urgent Care, and as family and pediatric providers.

Secret Santa for Super Seniors

Help brighten the life of a local home-bound senior this winter! The Southeast Ohio Regional Kitchen is accepting donation items as special gifts for Meals on Wheel clients. Donations will be accepted until Dec. 7 and delivered with meals beginning Dec. 10. Suggestions of gift items include: gloves, hats, socks, slippers, chapstick, cough drops, tissues, tea and crackers. New items only please! There is a drop-off location in the front lobby of Hocking Valley Community Hospital as well as the Poochie Parlor, Logan and Laurelville libraries, Subway in The Plains, and the HAPCAP Glouster office.



American Red Cross

Blood Drive **Hocking Valley Community Hospital**

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

Wednesday, December 19, 2018
9:00 AM to 3:00 PM

To schedule an appointment, call the HVCH Laboratory at 740-380-8218.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Certified Occupational Therapy Assistant (COTA) - Contingent
- Clinical Psychologist (Contract/Consultant) - Geriatric Behavioral Health
- Environmental Services Associate - Part Time - Variable Hours
- Food Service Aide - Part Time - Various Hours
- Maintenance Technician/Mechanic - Full Time
- Registered Nurse (RN) - Behavioral Health/ Geri Psych - Contingent/PRN
- Registered Nurse (RN) - Contingent/PRN - Inpatient/Med-Surg
- Registered Nurse (RN) - Emergency Department - Full Time - Nights
- Registered Nurse (RN) - Part Time - Float
- Registered Nurse (RN) - Special Care Unit - Part Time
- Respiratory Therapist - Full Time

Calling All Collectors!

Display your Christmas collections

Mark your calendar for December 4th to attend our HVCH Annual Holiday Affair. To help us finalize our plans, we need your help! If you have any of the following items and would be willing to let us share them on display during our event, please contact Latricia Johnston at ljohnston@hvch.org or call 740-380-8336: Nut crackers, Nativity scenes, Christmas stockings, Santas, old fashioned ornaments, old fashioned Christmas cards.



Please consider honoring or making a lasting tribute for someone you hold dear. The Annual HVCH Auxiliary Celebration of Lights Ceremony will be held during the annual Holiday Affair event on:

**Tuesday, December 4th at 6:00 p.m.
HVCH Outdoor Campus**

Recognition is:

- \$10 in Memory or Honor of an Individual**
- \$10 in Memory or Honor of a Family or Couple**
- \$25 in Honor of a Business**

Names honored will be recognized during the Celebration of Lights tree lighting ceremony and will be on display in the Main Lobby throughout the holiday season.

All proceeds benefit the HVCH Auxiliary and payroll deduction is available for hospital employees. Order forms are available on the bulletin board outside the HVCH Café hallway or by calling the Community Relations office at (740) 380-8154.

Completed order forms must be returned to the Community Relations office by Friday, November 23rd, to be included in the program and honorary display.



**TWIG VI HONEYBAKED
HAM & TURKEY SALE**

DEADLINE TO ORDER

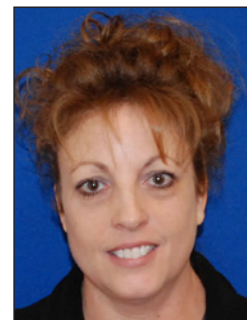
Friday, December 14th

To order, contact the HVCH Community Relations Dept. at 380-8154 or contact TWIG VI member Carolyn Geiger at 385-8423. Money is due at time of order. Check or cash is accepted. Please make your check payable to TWIG VI and return to HVCH Attn: Community Relations, P.O. Box 966, Logan, OH 43138.

DELIVERY DATE

**Saturday, Dec. 22 from 10-11 a.m.
HVCH Front Lobby**

All proceeds benefit Hocking Valley Community Hospital.



HVCH welcomes new employees

HVCH welcomed the following new employees in November: Tanner Medina, STNA, Inpatient Services; Lisa Starr, Phlebotomist, Laboratory; Amy Teasley, Sleep Tech., CV/CP; Emma Moll, Student Worker, Dietary.





Celebrating National Rural Health Day

National Rural Health Day was officially observed on November 15, but HVCH celebrated all this week by hosting many different activities and opportunities to recognize rural health care. On Monday, HVCH delivered homemade cookies to our various veterans' organizations throughout the county to thank all who served in our armed forces. On Tuesday, HVCH employees and guests were treated to free pizza in recognition to their dedication to rural health care. Employees also were treated to popcorn and cookies throughout the week. Also on Tuesday, employees volunteered to pack food boxes at the Southeastern Ohio Regional Food Bank. More than 400 boxes were prepared by the helping hands of HVCH employees and families and are ready for distribution! Thursday, HVCH employees were out and about in the community, visiting many county offices, Rocky Boots and held a career fair at Logan High School. This was an opportunity for the students to learn of the many different facets of health care professions and speak with representatives from each department. We love our community and thanks everyone for making it a great week!



Enter our Holiday Affair Gingerbread House Competition!

TUESDAY, DECEMBER 4, 2018 - 5:00-7:30 PM

RULES:

- Theme: An Old Fashioned Christmas!
- Group participation is encouraged; one entry per individual, business, group, or organization will be accepted.
- Cost to enter: FREE
- Registration Deadline: Friday, November 30th. (Please complete & return entry form)
- Structure should be constructed on a sturdy base (heavy cardboard, foam core or wood dependent on weight).
- Base dimensions cannot exceed 24" x 24". If using cardboard, cover base with aluminum foil so that moisture from the icing does not soak in.
- All Gingerbread Houses must be 100% edible candy/embellishments/materials except the base board and candy wrappers. However, you are permitted to use hot glue guns if necessary.
- Due to weight of the decorated house, as well as environmental conditions in display areas, we suggest always building an infrastructure for support. This can be built from foam core, heavy cardboard, Styrofoam, or rice crispy treats using a substantial amount of Royal Icing as "glue." The houses are on display for an extended period of time. The combination of heat, moisture and weight will cause them to deteriorate if there is not enough support or icing used.
- No electrical components should be included in the structure, batteries are acceptable.
- Non-edible decorations, such as paint, ribbon, figurines, etc.

- may be used ONLY to decorate your base.
- A list of materials used to create your Gingerbread House along with a brief description should be included with Gingerbread House upon delivery.
- Any inedible decorative objects included with your entry will NOT be returned at the end of the display.
- We do not recommend structures made with egg or butter icings, as they quickly turn rancid and soften causing the structure to disintegrate.
- If baking gingerbread from scratch, bake several days before assembling to prevent shrinkage.
- Do not use anything on your house that requires refrigeration (such as prepared Jello, etc.)
- If not using hot glue to assemble, we recommend using Royal Icing to assemble and decorate. Allow each portion to dry and harden before moving.
- Gingerbread House drop off times: Tuesday, December 4th from 11am-2pm (Sorry...no exceptions or late entries).
- Drop off location: HVCH Medical Arts Building - 819 St Rt 664 N, Logan (Brick building past Kachelmacher Clinic.)
- Please enter through main entrance doors, then office on right for drop offs.
- Best of Show & Runner Up will be determined by number of guest votes. Winners will be announced at close of Holiday Affair, on Tuesday, December 4th.
- All Gingerbread Houses will be sold in silent auction that evening.
- Questions? Please contact Latricia Johnston at Hocking Valley Community Hospital: 740-380-8336

**HVCH THIRD ANNUAL HOLIDAY AFFAIR
GINGERBREAD HOUSE EXHIBIT & COMPETITION**

ENTRY FORM - Due by Friday, November 30th - Sorry, No Exceptions

Individual Name, Business or Organization (to be displayed night of Holiday Affair):

Title of Gingerbread House (to be displayed night of Holiday Affair):

Address: _____

Contact Phone Number: _____



Please mail entry form to:
HVCH - Community Relations
601 St. Rt. 664 N
Logan, Ohio 43138



Or Email form to:
Beth Bell: bbell@hvch.org



X is for (X)ray

Have you ever asked someone to try out a new recipe you made or smell the milk to see if it's still good? On November 8, 1895, Wilhelm Roentgen went a little further and asked his wife to help him with his scientific research. As his "guinea pig", Bertha allowed him to radiate her hand and thus the first x-ray was taken.



Faith Todd
Director of Radiology,
Hocking Valley Community
Hospital

But why do we call them "X-rays?" This particular form of radiation is part of the electromagnetic spectrum on which microwaves, radio waves, sunlight and nuclear energy also reside. At the time, Roentgen didn't know what kind of rays these were and used the mathematical symbol for unknown variables—the letter X—to label them.

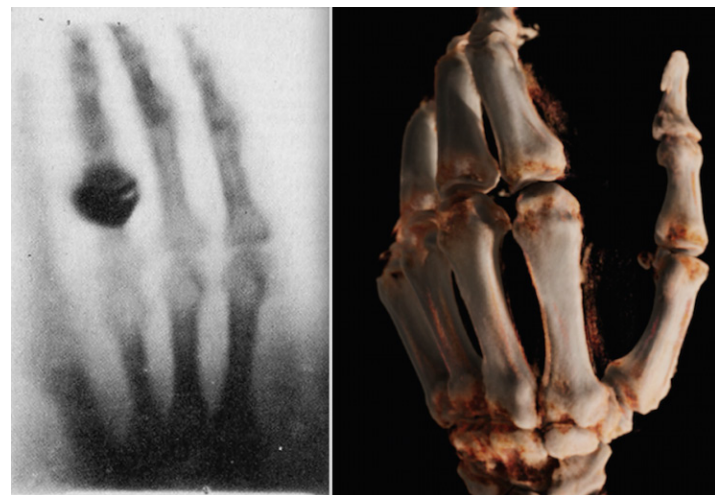
Over the last century, we have increasingly seen X-rays used in various ways such as military surveillance, art authentication, security measures, astrological studies and, most commonly, as treatment and diagnostic tools in healthcare for humans as well as animals.

In the last two decades, medical imaging has made some of its most significant advancements due to computers and technology related discoveries. While remaining a scientific field, acquiring and producing an image have transitioned from precisely mixing chemicals in a film processor to reformatting digital images to create a 3D model of the anatomy radiographed. These innovations

now allow physicians to more accurately diagnose patients' diseases and study the body's reaction to various forms of drug and radiation therapies.

At HVCH, we are fortunate to have transitioned from computed radiography (CR) to digital radiography (DR) within the past year. We currently have four pieces of digital equipment that are used within various departments of the hospital. Benefits of this change include decreasing exam times and radiation dose for our patients and staff. DR also produces greater image quality which provides the radiologist with more information to interpret exams efficiently and accurately.

Our Radiologic Technologists are trained to perform various tests in several modalities including CT, MRI, Nuclear Medicine, Ultrasound and Mammography. The radiology department is open 24 hours a day, seven days a week. For more information or to schedule testing, please call (740) 380-8204. We look forward to serving you.





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.