



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

JUNE 28, 2019

Weekly Update

NATIONAL HERNIA AWARENESS MONTH

A hernia is the protrusion of an organ or the covering of an organ through a defect in the wall of the cavity that normally contains it. Most hernias occur in the abdomen.

Six Main Causes of a Hernia



Congenital Defects



Older Age



Injury



Pregnancy



Improper Lifting



Constipation

Symptoms of Inguinal Hernia:

- Pain when bending
- Feeling of weakness
- Pain during urination
- Uncomfortable bowel movements

National Hernia Awareness Month is observed each June to raise public awareness about hernias and effective treatment. Most people don't understand what a hernia is or what causes one.

It is estimated that more than 5 million persons have some type of hernia, but only 750,000 people per year actually seek medical attention. Concerns about and pain associated with hernias can prevent people from engaging in activities that they normally love to do, and ignor-

ing symptoms can sometimes lead to life-threatening complications. Although the treatment for a hernia usually requires surgery, newer advanced minimally invasive techniques allow for a shorter recovery time and decreased recurrence rates.

What is a Hernia?

A hernia occurs when there is a weakness in the wall of the area it occurs. There are a number of places and types of hernias that can occur

EVENTS CALENDAR

July 30: Golf Tournament Hocking Hills Golf Club

Join the fun during the 34th annual Golf Tournament benefitting the HVCH Foundation. The outing will be held on a new day of the week, but is the same great event! Event kicks off with a 9:15 a.m. scramble start and a maximum of 28 teams. Registration is \$100 per golfer, \$400 per team and includes lunch, refreshments, golfer gift, cart fee, greens fee, and afternoon awards. Visit www.hvch.org or call 740-380-8154 to register.

August 8: Auxiliary Book Sale HVCH Meeting Room

Help HVCH while you shop a variety of gifts and books from 7:30 a.m. to 3:30 p.m. in the HVCH meeting room. Payroll available to HVCH employees. Proceeds benefit Hocking Valley Community Hospital.

INSPIRATIONAL QUOTE OF THE WEEK

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."

— *Maya Angelou*

Direct to You: From Julie Grow

IMPORTANT CHANGES TO HVCH PATIENT PAYMENT PLANS –

Starting July 1st, there will be some significant changes to the hospital's payment plan policy.



Julie Grow, CFO

There are several reasons for the changes, however, most notably, we must close out all of the balances remaining in our old patient information system, as balances in these accounts are well beyond a year old. We need to discontinue access to this system and convert the accounts to historical data or move patient balances to an outside agency. We also felt that we needed to work to establish payment terms that are more in line with our peers and therefore, we must consider patient balance as a factor when determining acceptable monthly payment amounts. **With that, the following changes will go into effect July 1st, 2019:**

1. All patient balances for dates of services on or before March 5, 2018, must be paid in full no later than December 31, 2019. We recognize that this is a considerable change, therefore, IF an account is PAID IN FULL before 12/31/19, you will receive a 50% discount

off of the balance owed. Any remaining patient balances with a date of service of 3/5/18 or before WILL be referred to an outside agency, Meade & Associates for the FULL amount owed. There will be no reduction to the balance due to the costs associated with the collection efforts on balances owed past 12/31/19. If payment arrangements continue in good standing once the accounts are turned over to Meade & Associates (meaning regular payments continue), the balance will NOT be reported to the credit bureau as a defaulted payment.

2. All new payment arrangement accounts with balances of \$600 or less will be required to pay a minimum of \$50 per month towards the balance. Any amount less than \$50 on a balance of \$600 or less will cause the account to progress in the statement cycle and could result in being referred to collections even if a payment has been made. MedAssist will be working with patients on all existing payment arrangements with payment amounts less than \$50 per month to meet the new criteria in the coming months ahead.

3. All new payment arrangement accounts with balances of \$601 or more will be required to pay a minimum of \$100 per month towards the balance.

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Get your ticket today for a chance to win a One Week stay at Majestic Beach Oceanfront Resort in Panama City, Florida! Includes \$1,000 in VISA gift cards for travel expenses. Total package value: \$3,000! Tickets are \$20 each

Reservations must be confirmed by December 1, 2019. Resort stay must be completed by October 1, 2020. Condo accommodates six with king size master suite and attached bath/spa tub, bunk room, and pull out double bed sofa. Drawing will take place during the Bids & Brews Benefit, Friday evening, August 9, 2019, held at the Hangar located at 28769 Murphy Road, Logan, Ohio. Winner need not be present to win.

To purchase tickets, visit: <http://www.hvch.org/community/beachraffle/>. Tickets may also be purchased in the Community Relations and Administration offices at Hocking Valley Community Hospital. Call 740-380-8336 to learn more.

HVCH Cafeteria Menu July 1-July 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole Chicken Fingers Potato Wedges Carrots Broccoli Breadstick Tomato Soup	Philly Steak & Cheese Macaroni & Cheese Onion Rings Baked Potato Cauliflower Spinach Chicken Soup	Hamburger on Bun Hot Dog on Bun French Fries Corn Green Beans Blended Veggies Chili	Panini Grill Chef Salad Broccoli Soup	Panini Grill Chef Salad Chicken Enchilada Soup

Your Body May Need a Break

When it comes to exercising, there's a difference between pushing yourself to your limits and overexerting yourself. Oftentimes, this difference is very small, which is why it's so important to know when your body needs a break:

1. You're always tired. If you're constantly fatigued, even after getting enough sleep, chances you're working your body too hard.

2. You're always sore. A little bit of muscle soreness that occurs 24-48 hours after your workout isn't necessarily a bad thing—it means your workout was effective. However, extensive or prolonged soreness means you're overtraining your body.

3. You're feeling stiff. Doing the same exercises, particularly running on hard surfaces, can wreak havoc on your joints. This is especially true if you don't give yourself enough time to recover. That's why having a rest day is so important.

For more information, talk to your doctor.

2 Ways to Make the Most of Your Rest Day

- Use a foam roller to release built-up lactic acid and increase blood flow to your muscles
- Do yoga or stretch to relieve soreness and increase flexibility



American
Red Cross

**Without A, B and O,
we can't save anybody.**

Blood Drive Hocking Valley Community Hospital

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

**Friday, August 9, 2019
9:00 a.m. to 3:00 p.m.**

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

Donors receive a Columbus Zoo BOGO entry offer!

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate/
Housekeeper - Full Time - Variable
- Medical Laboratory Technician/Medical
Technologist (MLT/MT) - Full Time
- Physical Therapist - Full Time
- Radiologic Technologist - Full Time -
Night Shift
- Registered Nurse (RN) - Behavioral
Health - Contingent/PRN
- Registered Nurse (RN) - Behavioral
Health - Contingent/PRN - Nightshift
- State Tested Nursing Assistant (STNA) -
Full Time - Nights - Inpatient Services
- Surgery Technician - Full Time - Day

HVCH FOUNDATION BALL DROP

**Tickets are \$10 each. A total of 600 golf balls
will be dropped on the putting green during
the Golf Tournament July 30, 2019.**

**The person whose numbered ball is closest
to the designated ball wins \$1,000.**

CALL 740-380-8154 TO GET YOUR TICKETS

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Any amount less than \$100 on a balance of \$601 or more will cause the account to progress in the statement cycle and could result in being referred to collections even if a payment has been made. MedAssist will be working with patients on all existing payment arrangements with payment amounts less than \$100 per month on accounts of \$601 or more to meet the new criteria in the coming months ahead.

4. Payroll deduct accounts – HVCH employees opting for payroll deduction on patient balances owed will also be subject to the minimum monthly payment terms, as well as the option to have patient accounts older than 3/5/18 paid in full no later than 12/31/19 for a 50% discount. If the balance is not paid in full on the older accounts, the full balance will still be owed. We will be reaching out to affected employees to establish the updated payment arrangement amounts.

As in the past, there is a 15% discount for any account balance that is paid in full within 30 days of the first statement cycle. This does not include setting an account up for payroll deduction.

Please feel free to reach out to me with any questions you may have regarding this change.

~Julie G



Searching for a job?

Sign up for job alerts on our website at:
<https://hvch.applicantpro.com/jobs/>

Anytime a new career is posted, you will receive an email alert. Apply for the position directly from our website.

HERNIA

within the body.

- **Abdominal Hernia** – Also referred to as a ventral hernia, abdominal hernias are generally a protrusion that occurs above the belt. This happens due to a weakness in the abdominal wall.

- **Hiatal Hernia** – This type of hernia is closely connected & can coincide with a Paraesophageal Hernia, with the main symptom being gastric reflux or GERD. A hiatal hernia can commonly reoccur after surgery to repair it.

- **Umbilical Hernia** – Occurs around or in your belly button. If your belly button typically is pushed in, leaving an indent, and suddenly it appears to have something bulging out then you most likely have an umbilical hernia.

- **Incisional Hernia** – Occurs at the incision line of a previous surgery, due to the cutting of the skin, tissue, & muscles in that particular area creating a weakened site.

- **Femoral Hernia** – Occurs at the top of the leg or groin area. These types of hernias are more common in women and tend to be recurrent after a hernia has been repaired.

- **Inguinal Hernia** – Occurs below the belt and on either side or both sides of the groin and/or the scrotum area. This particular hernia is more common in men and can also be recurrent, even after surgery.

Common symptoms of hernias

The first sign of a hernia most people will notice is a bulge or lump in the area where the hernia is taking place. In some cases, there are no symptoms of a hernia. Symptoms often are a result of an inguinal or a hiatal hernia.

Symptoms of an inguinal hernia include:

- Pain in the affected area, especially when bending over, coughing or lifting
- Burning, gurgling or aching in the area of the hernia bulge
- Weakness, pressure or a feeling of heaviness in the abdomen

Symptoms of a hiatal hernia include:

- Chest pain
- Difficulty swallowing
- Acid reflux

If you believe you have a hernia, schedule an appointment with your family practitioner. They may refer you to a general surgeon to have the hernia surgically repaired. The family medicine practitioners at Hocking Valley Medical Group can help; call 740-385-0202 to get started.



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.