



Leading the Way

SPRING 2019



DISCOVER HOPE

A routine mammogram
becomes a lifesaver

FUN in FUNDRAISING

Foundation sets up year of
exciting fundraising events!

CONNECTING THE BRAIN TO THE BLADDER

THE STATE OF RURAL HEALTHCARE



Spring is just around the corner. With spring comes new life and new beginnings. Hocking Valley Community Hospital has had a busy start to 2019. We have been in the planning stages for our Foundation events and are excited for the changes. If you've never golfed in our tournament or attended our annual charity auction, I promise you won't want to miss these events this year. We are appreciative of the generosity and support of the community over the years. We look forward to your continued support in 2019 as well as seeing some new faces at our events.



STACEY GABRIEL
HVCH President & CEO

Rural healthcare has been all the buzz in the news lately. The White House recently released their 2020 budget proposal. Unfortunately, the proposed budget could have a significant impact on those

of us who provide healthcare to rural communities – communities that already have limited access to healthcare services. Access to healthcare has an impact on the overall quality of life, disease prevention, life expectancy, detection, diagnosis and treatment of illness. We will be keeping a close eye on these developments and the impact they would have on HVCH. I am confident the Ohio Hospital Association will continue to do everything in their power to support and lobby for rural hospitals. When 75% of the population live in rural areas, it would be detrimental to the health and well-being of so many to not have the rural health safety net.

When you find yourself in need of healthcare services, I encourage you to obtain those services at Hocking Valley Community Hospital. The men and women who work here dedicate themselves to meeting your healthcare needs. Our mission is supported by many volunteers and auxiliary members that give of their time as well. We could not do it without them. We pride ourselves on delivering exceptional care to every patient, every time.

Thank you for the support you give to Hocking Valley Community Hospital.



Connecting the brain to the bladder

Hocking Valley Community Hospital is now offering a procedure to help patients restore normal bladder or bowel function.

Sacral Neuromodulation Therapy (SNM) addresses the communication problem between the bladder/bowel and brain that may cause symptoms of overactive bladder or incontinence. When successful, the treatment can be life changing for patients who live with these symptoms.

The brain controls our body's muscles and movements through electrical messages carried by nerves throughout the body. SNM helps to correct inappropriate or erroneous messages sent along nerve pathways that run through the sacral area of the spine. The sacral area controls muscles in the pelvic area, such as the pelvic floor, urethral sphincters, and bladder and anal sphincters. Sensations, such as fullness in the bladder or rectum, also are relayed via these nerve routes.

Dr. Evan Cohn, urologist in HVCH's Outpatient Clinic with Central Ohio Urology Group, has been performing this procedure for more than seven years. He treated his first SNM patient at HVCH in February of this year.

"There is a pathway for patient healing. This therapy is considered when behavioral and lifestyle modifications have limited success," Dr. Cohn said.

Patients are referred to a urologist from their primary care practitioner. After an initial assessment, a test of the peripheral nerve is conducted under local anesthesia.

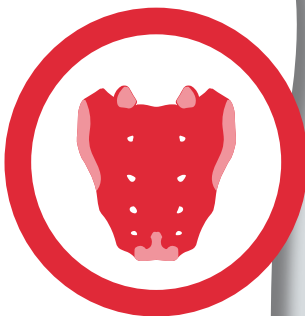
"Leads are inserted in the tailbone to identify the appropriate nerves. The patient goes home for three days to test and see if the real device will be effective for them," Dr. Cohn said.

If the test is deemed a successful treatment option, the patient is scheduled for an outpatient procedure under sedation to implant a neurostimulator, a device similar to a pacemaker. The implant is usually placed just beneath the skin in the upper buttock and is roughly the size of a half dollar. The neurostimulator is connected to a battery which will last from 5-10 years.

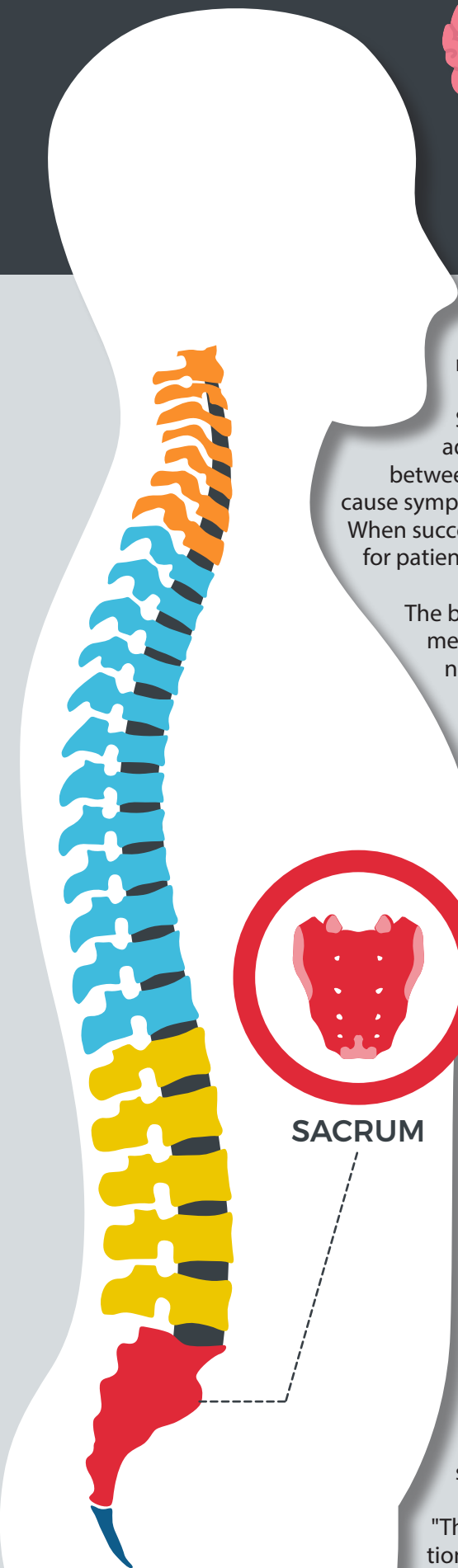
"There is not much recovery time for this procedure and the risk for complications is minimal," Dr. Cohn said. For more information about this procedure or other urology services at HVCH, call 740-380-8129.



DR. EVAN COHN
UROLOGIST



SACRUM



"I am most excited to join the HVCH team because of the feeling I get when I am here:



-Beth Kluding, New CNO

When I was growing up, my mother told me that if you do something you love, you will never work a day in your life. Any nurse will tell you the work is not easy, but even on the worst day, I go home feeling like I made a difference. Having a job that gives me purpose is not work at all," said Beth Kluding, HVCH's new Chief Nursing Officer.

Beth joined the team in April and is excited to get her "boots on the ground."

Her family has a military background. She was born in California, grew up in Texas, and moved to Ohio her senior year of high school. Beth began her nursing career as an LPN, later getting her RN, BSN, and then MHA.

"I have worked in medical, surgical, and oncology units. I also have worked in assisted living, skilled nursing, and long-term nursing care units. I began working in advocacy, quality, and risk in an acute care hospital, which helped me to see the bigger picture in healthcare delivery. I feel like these experiences have helped shape my outlook, allowing me to make fully informed decisions for my team, my patients, and my organization," Beth said.

"When I first gave consideration to joining HVCH, it was because it is a critical access hospital that is in a beautiful area. After coming to visit the hospital and town, I am most excited to join the HVCH team because of the feeling I get when I am here: welcome. The courtesies that I witnessed and experienced, the waving at neighbors, and the genuine warmth of everyone, assured me this is a place I should come to."



Most recently, Beth led the case management team at Firelands Regional Medical Center. She coordinated services for patients and worked with insurance and payments to help them obtain the healthcare they needed without overutilizing services that could cost them unnecessarily. She also helped arrange safe discharge plans that would help people transition to the next level of care successfully and prevent readmission to the hospital.

"It is important for people to have access to care and resources, regardless of their ability to pay," Beth said.

According to Beth, access to healthcare is still a big barrier for many people, which is one of the reasons she volunteers at a free healthcare clinic in Lorain, Ohio.

"At the free clinic, I do assessments, education, and set people up with resources and services they need. Some people have to decide between taking medicine and food; at the clinic we can offer resources so people do not have to choose. I love the feeling of being able to meet the needs of those who otherwise would not seek out healthcare.

"I am looking forward to learning about HVCH and its community, and identifying where I can positively impact employees and patients. I intend to provide support, care, as well as leadership, while assuring continued quality of care provided to patients."



EYE OPENING EXPERIENCE

It started with a little blurry vision and a blister on her eyelid, then Debbie Hinerman, Logan resident, knew something more than a little irritation was going on with her eyes.

"Initially I thought it was dry eye. I wear contacts and they started bothering me," Debbie said. "But I am very aware of my body and this was not normal for me. That's the important thing to remember. We need to know our bodies. What may be normal for you is not normal for me."

Debbie followed up with her local optometrist.

"My eye doctor referred me to HVCH. He was going to refer me over to Newark where my husband Roger had gone previously for care, but then I asked about our local hospital's new ophthalmology services. I wouldn't have to drive so far. I remembered when Roger had his cataract surgery. He had the procedure, then we had to drive back for a check up the next day, then two weeks later did it again for the other eye. That's a little over an hour each way. If I can come here, why wouldn't I? We are very supportive of HVCH, and I liked the idea that it is OSU physically here doing the services," Debbie said.

HVCH began offering ophthalmology services in its Outpatient Clinic through a collaboration with Ohio State University Wexner Medical Center in 2018.

"We checked in for my appointment in the ER registration area and the wait wasn't very long at all. They took us back to the outpatient clinic and a staff person reviewed my medical history with me. She was very thorough and knowledgeable about the medicines I am on.



"I met with Dr. Tyler Oostrera of Ohio State University Wexner Medical Center. He also was very thorough and nice. He checked my eyes and told me I had a cyst on my eyelid, which is pretty typical of people my age. He suggested hot compresses to get the swelling down, and I have not had any problems with it since. Roger and I were both very impressed with the service. They made me feel very comfortable. I knew I was going to need cataract surgery in the future, and now I know for sure I'll be back because he was just awesome," Debbie continued.

Debbie and Roger are longtime residents of Hocking County, more than 45 years. They have raised all of their children here and have been very supportive of the community and HVCH.

"This hospital is one of our favorites. I've come here to the ER and Urgent Care. I go to the lab all the time for blood work and the Radiology Department for my mammograms every year. I've never had a reason to not come if the service is offered here. When I come in, I know the staff members. It makes it not so sterile. When you're sick, it's scary enough. We're so fortunate to have this hospital in our community. We really are."



FUN IN FUNDRAISING

The Hocking Valley Community Hospital Foundation is ramping up its fundraising events this year, providing entertainment for guests to enjoy. In addition to our traditional tournament and auction events, a new event has been added to the roster we know will generate some excitement through Hocking Hills! Visit www.hvch.org about any of these events, or call the Foundation at 614.395.1234.



HOCKING VALLEY
Community Hospital
FOUNDATION

GOLF TOURNAMENT

Tuesday, July 30th, Hocking Hills Golf Club

"Happiness is a long walk with a putter." ~ Greg Norman

Join the fun during the 34th annual Golf Tournament. The outing will be held on a new day of the week, but is the same great event!

Show your support as this 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 a delicious lunch, refreshments, golfer gift, cart fee, greens fee, and afternoon awards. Enjoy the day on the golf course with your colleagues, friends or family! Visit www.hvch.org to register your team.

BID & BREWS BENEFIT

Friday, August 9th, The Hangar

*"Giving is not just about making a donation. It is about making a difference."
~ Kathy Calvin*

You don't want to miss this meaningful night of fundraising, set among the beautiful backdrop of the Hocking Hills at The Hangar event venue.

This special evening will feature our annual silent and live auctions, food trucks, beverage station, entertainment and several surprises throughout the evening. Live music will follow the auction with Shucking Bubba Deluxe, a six-piece band from Columbus with hard-hitting rhythms that are addictive—giving your body reason to groove. SBD plays only the best cover songs ranging from old school hip-hop to funk to alternative rock. The event is free and open to the public.

JEEP RUN

Saturday, October 12th, Hocking Hills

"We can never have enough of nature." ~ Henry David Thoreau

Join us on a Jeep Run through Ohio's most scenic fall landscapes, the beautiful Hocking Hills.

Pack your cooler and show off your jeep pride, as you roll through Mother Nature's autumn playground. Live music will follow the event with a reunion concert by Three-Sided Soul from 7-10 p.m. at Millstone BBQ. Registration is \$45 per adult, \$35 ages 10 and under, and includes T-shirt, door prize entry and concert ticket. Anyone can participate, but you must register to receive your swag and concert entry. Register online at www.hvch.org.

RAISING

Foundation is ramping
ing a whole new level of
dition to the annual golf
event has been added to
e excitement, a Jeep Run
org for more information
ndation at 740-380-8336.



Pain Management Clinic

The pain management program at HVCH works personally with each patient to develop a plan of care to manage and live with chronic pain. The goal of the treatment plan is to treat the patient's pain, decrease the patient's pain medication and increase their quality of life. Since 2014, HVCH has offered a procedure to help patients with chronic knee pain, the genicular nerve block & ablation.

Managing Knee Pain

What is genicular nerve block? A genicular nerve block and ablation is a procedure to identify and block nerves that transmit pain from the knee. The knee joint is surrounded by several nerve branches, known collectively as the genicular nerves. While surgical knee replacement is often the most appropriate option for alleviating pain these nerves generate, not all patients can or elect to have surgery. Genicular nerve block is a minimally-invasive alternative to help alleviate knee pain.

How it works: The procedure is performed in two stages. The first stage is to inject a small amount of local anesthetic in the genicular nerves of the knee. This initial test will determine if the procedure helps alleviate the patient's pain when walking. If the patient has two hours or more of relief or is able to function or move better, then it is considered a successful test. If the patient has one or two successful tests, depending on insurance coverage, an ablation will be performed as an outpatient procedure in the HVCH Pain Management Clinic.

During the ablation, the patient is numbed with a local anesthetic. A heated needle is directed to the target area of the knee with X-ray guidance and disrupts the genicular nerve's ability to send pain signals.

The ablation will provide six months to one year of relief as the nerves regenerate and can be repeated for pain as needed after six months. The patient is encouraged dur-

ing these six months to make lifestyle changes that can further help alleviate knee pain, such as losing weight, smoking cessation, and increasing physical activity. Losing weight will result in less pressure on the joints and less pain in the long run.

Who is a candidate? If you have chronic painful knees, or are possibly considering having knee replacement surgery, you would be an ideal candidate for this procedure. It could delay or avoid the need for surgery completely.

How long will it take? The injection and ablation procedures are outpatient and take about ten minutes. The overall appointment could be two hours from beginning to end. After the procedure, the patient is able to walk without any issue, but it may take 3-4 weeks to feel the full benefits of the ablation.

Medicare/insurance: The procedure is covered by Medicare and most insurances. HVCH works with insurance providers to determine coverage.

How to get started: You must have a referral from your primary care doctor to be a candidate for this procedure. After an examination in the HVCH Pain Management Clinic, if it appears the treatment may be a fit for you, the procedure can be scheduled in just a few weeks. For more information or to contact the Pain Management Clinic, call 740-380-8171.

Wife and mother Mary Burggraf was able to discover hope at HVCH after a routine mammogram allowed an early diagnosis of a pre-invasive cancer.

"During a health fair, a co-worker asked if I had signed up for my yearly mammogram. I was overdue and honestly had no intention of doing it, but ended up scheduling for January of 2018. I had my first mammogram at age 35, but I was just procrastinating my yearly screening," Mary said.

She scheduled to have her mammogram at HVCH's Radiology Department.

"When I went for my test, everything was very professional and they had the latest imaging technology. The staff was very welcoming.

"My previous mammo revealed a place of calcification that this test revealed had increased in size dramatically, so it warranted a biopsy," Mary said.

She met with Dr. Michael Tornwall, general surgeon with the Hocking Valley Medical Group, who performed her biopsy at HVCH. She was diagnosed with Ductile Carcinoma In Situ, or DCIS.

DCIS is a non-invasive or pre-invasive breast cancer. This means the cells that line the ducts have changed to cancer cells but they have not spread through the walls of the ducts into the nearby breast tissue.

"Dr. Tornwall really took time to explain my diagnosis and my treatment options. In my case, the DCIS was caused by estrogen. I was referred to Ohio State James Cancer Center where I met with two surgeons who came up with a plan to remove the duct in my breast. I had a course of radiation and was prescribed medication to block estrogen.

"Honestly, I was amazingly calm through all of it. I have a strong faith in God and just handed it over to Him to get through it. My husband was wonderful. Telling the kids was the most stressful part."

Mary and her husband Myles have three children, 17 and 15-year-old girls and a 10-year-old boy.

"Honestly good things have come out of it. I think my family has been closer and more appreciative of me and of life in general," Mary said. "There will be a lot of bumps in the road, but you can get through them and move on. Hope is something you should be focused on each day and living life to its fullest. We need to use the gifts and blessings God has given us. Don't wait until something happens. Do what you can everyday, build someone up, help someone out. It does come back to you ten-fold. And encourage the women in your life to get their mammograms. Some may even need the extra step of you sitting down with them to get it scheduled. But taking that moment could save a life."



DISCOVER HOPE





HVCH Certified Occupational Therapy Assistant Jacob Craig works with pediatric patient Charles Carter.

The HVCH Rehabilitation Department has expanded the occupational therapy services that it offers to students in the Logan-Hocking School District to now include summer months.

HVCH has been a partner with the school district for the past several years to provide students occupational therapy in the school setting. HVCH occupational therapists see students in every school in the district. Now, services will be available throughout the summer for the 250 students who participate in the program.

"This way, students don't lose what they have already learned and it increases the effectiveness of the therapy overall," Jacob Craig, Certified Occupational Therapist Assistant (COTA), said. "Statistics show that students lose 1/3 of what they learned from the school year during the summer."

The intervention specialist at each

school works with the occupational therapist to create an individualized education plan for each student who receives therapy services. Occupational therapy can be beneficial to children diagnosed with autism, ADHD, cerebral palsy, learning disabilities, or behavioral/personality disorders.

"Earliest intervention is always best because the child is still developing and we are able to get ahead of their condition before bad habits develop," Jacob said.

Occupational therapy works on sensory, fine motor, self regulation and behavioral skills.

"We do a variety of activities that target developmental skills such as dressing, changing, transfers for wheel chair patients, tying shoes, handwriting, behavior skills and sensory skills," Jacob said.

To continue the therapy over the

summer, students must have a referral from their primary care provider. The HVCH Rehabilitation Department will make a follow up appointment for an assessment and schedule the summer therapy sessions. These sessions may be once or twice a week depending on the needs of the child. The therapy is covered through the child's insurance, as it is during the school year.

In addition to occupational therapy, physical and speech therapy are available to students who need those services.

The HVCH Rehabilitation Department is able to offer occupational, speech and physical therapies to pediatric patients who need these services throughout the year, including any student participating in the occupational therapy program in the schools who may need additional support.

For more information about our rehabilitative services, call 740-380-8284.

Autism Support Group at HVCH

HVCH Rehabilitation Dept. is offering a free support group to family members with loved ones who have been diagnosed with Autism, Sensory Processing Disorder, and/or ADHD. The group will help connect families with services, support, and other families. The group will meet at the HVCH Outpatient Rehabilitation Clinic located at the CIC Building, Entrance B, 541 S.R. 664 N., Logan. The group will meet from 5:30-6:30 p.m. the fourth Wednesday of every month. Please RSVP by calling or texting Jacob Craig at 614-446-8679 or email jcraig@hvch.org.

HVCH INPATIENT TRANSITIONAL UNIT

Need more time to recover after an illness or joint replacement?

Hocking Valley Community Hospital's Inpatient Transitional Unit is a short-term stay program designed to serve patients who are transitioning from a phase of illness or recovery and no longer require acute care services. These patients continue to need services that cannot be easily provided in their homes. The goal of the program is to successfully transition these patients from the hospital back to their homes or community living.



The average length of stay in the transitional unit is generally one to two weeks. HVCH provides after-care for conditions including: joint replacements or other orthopedic procedures, weakness following significant illness, traumatic injuries and cardiac surgeries.

Services provided during a stay include:

- **Physician Visits**
- **24-Hour Personalized Nursing Care**
- **Physical, Occupational & Speech Therapies**
- **Respiratory Therapy**
- **Pharmacy Services**
- **Nutrition Services**
- **Social Services/Discharge Planning**
- **Wound Care**
- **Extended-Duration IV Therapies**
- **Labs, X-Rays, CT Scans, Ultrasounds, MRIs and other diagnostics available**
- **Quiet Setting to Help You Heal**
- **Activities (As needed/tolerated)**

If you are planning to have surgery and anticipate the need for rehabilitation, our transitional unit may be right for you. To be considered for admission, the patient must have skilled nursing needs six days per week or physical therapy skilled needs five days per week. We welcome inquiries and are happy to provide tours. If you are interested in receiving additional information about the Inpatient Transitional Unit or to begin the admission process, please call the coordinator at 740-380-8247.

HVCH FINANCIAL ASSISTANCE PROGRAM

We're here to help.

Hocking Valley Community Hospital is committed to providing financial assistance to patients who have healthcare needs and are either uninsured or underinsured. As such, HVCH will now offer financial assistance to all patients making up to 350% of the federal poverty level (FPL) and Hocking County residents up to 400% of the FPL. This is up from 250% for the previous guidelines. As an individual, you can earn up to \$48,560, or a family of four can earn \$98,400 a year and possibly qualify for a discount up to 100% of your bill!



CALL 740-380-8090 FOR INFORMATION OR TO APPLY!

ON THE COVER:

Wife and mother Mary Burggraf discovered hope at HVCH when a routine mammogram uncovered a pre-invasive cancer. Read about her story of recovery on page 9.

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MAJESTIC BEACH RESORT GET-A-WAY RAFFLE PANAMA CITY, FLORIDA



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 HVCH Foundation office at Hocking Valley Community Hospital. Call 740-380-8336 to learn more.