

Caring.
Close to
Home.



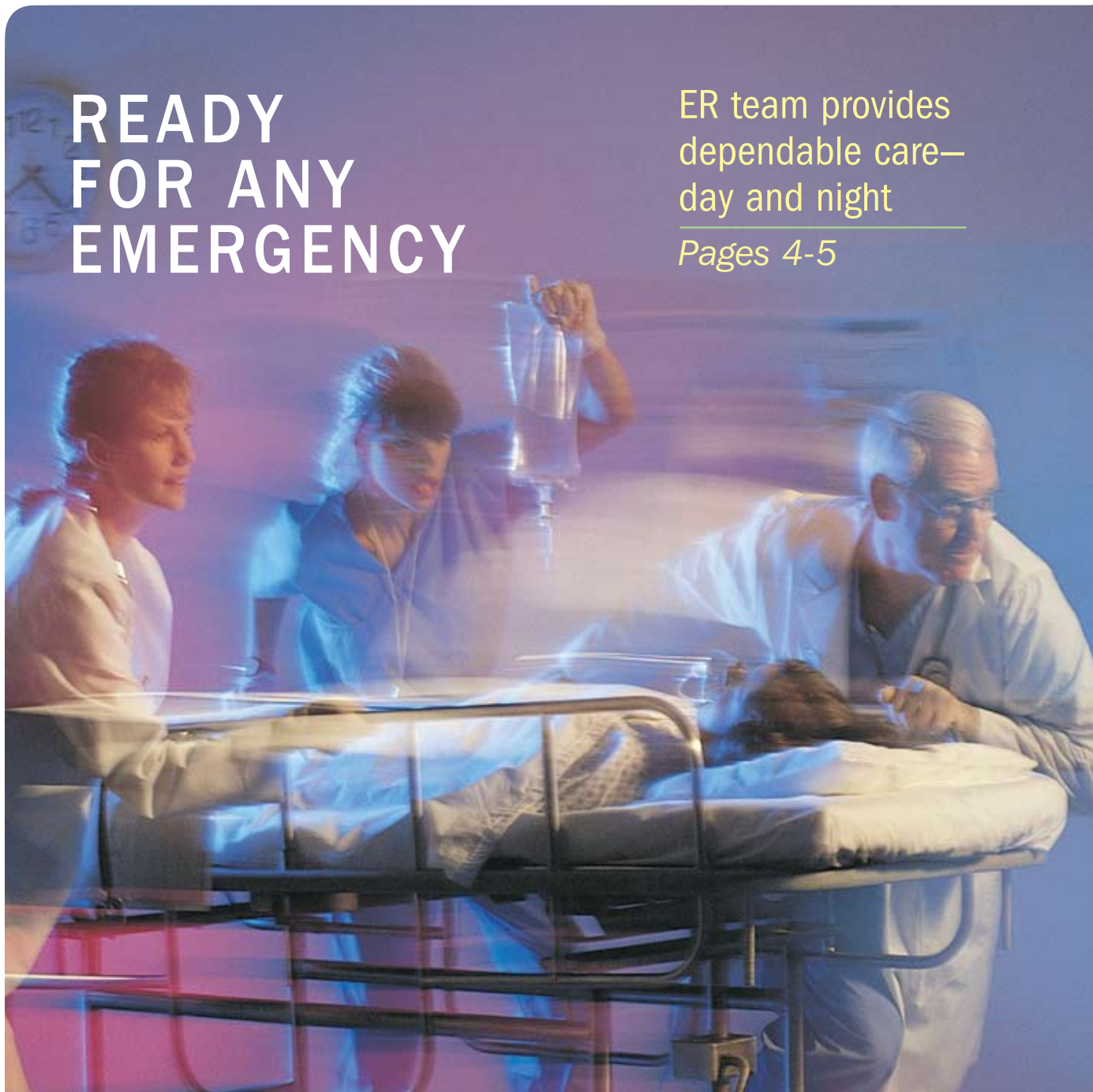
HIGHLAND
DISTRICT
HOSPITAL
newsletter

SUMMER 2009

READY FOR ANY EMERGENCY

ER team provides
dependable care—
day and night

Pages 4-5



inside:

Rehabilitation & Sports
Medicine's new facility

Preventive care for
breast health issues

Good results from Edith
Brown Pavilion

Volunteers valued for
their contribution

EDITH BROWN PAVILION CAN WORK WONDERS

The help my husband, Oakley, received was wonderful," says Dot Reed, wife of the 78-year-old patient's recent stay at Edith Brown Pavilion (EBP). Diagnosed with Alzheimer's about a year ago and having suffered a bad fall on an escalator, Oakley was in extended care and doing poorly.

"He was having trouble with medications and losing weight rapidly; his condition was scary," says Dot. Agitation and aggressive behaviors are not tolerated in extended care facilities, she says, so getting Oakley in a better frame of mind was essential.

She credits the Edith Brown Pavilion staff and Ramesh Shivani, M.D., with working wonders. "Being agitated or aggressive is usually a sign of underlying physical illness in dementia patients," says Dr. Shivani. "Enhancing a patient's self-respect and dignity is part of our vision at EBP and imperative to one's overall health."

Dot says, "Dr. Shivani told him to never put his head down, but to look up. It made a difference. He is now eating, his current medications are working and he is calmer."

ACHIEVING BETTER BEHAVIORS

For a year after a patient leaves EBP, social worker Teresa Shriver, L.S.W., makes follow-up calls to caregivers of former patients. During one of those calls she spoke with Carletta LeMay, Director of Nursing at Valley View in Frankfort, Ohio. Carletta knows the effect a stay at EBP can have on a patient.

"A male patient of ours was very aggressive and required frequent injections of antipsychotic medications to help decrease this behavior," says Carletta. "He was withdrawn, depressed, and isolated himself in his room, so we sent him to Edith Brown Pavilion for treatment."

Since his return, she says, "Staff intervention has not been needed. He comes out of his room for meals and all

activities. He is a different person now."

She also credits the Edith Brown Pavilion staff with doing an excellent job of transitioning him from previous medications to his current medications.

"His stay not only benefited him psychosocially," Carletta says, "but also physically."



Patsi Dick, R.N., EBP Nurse Manager, says, "The staff—including physicians, nurses, mental health techs, activities director and social worker—is dedicated, well-trained and caring. No matter what is going on in our lives, when we come to work we strive to make a difference in our patients' lives, and it puts everything into perspective."

If you have an older relative or friend who could be helped by specialized geriatric care, call the Edith Brown Pavilion, at (937) 840-6581, for information.

HIGHLAND ADVANCED ORTHOPAEDICS & SPORTS MEDICINE CLINICS NOW OFFERED

Two orthopedic physicians who have provided care for Highland District Hospital patients now have regular clinics scheduled at the hospital. These specialists diagnose and treat disorders of bones and joints and the muscles, tendons, and ligaments associated with them. They set broken bones; treat joint conditions such as dislocations, slipped disks, arthritis, and back problems; treat bone tumors and skeletal birth defects; and surgically repair or replace joints.

Dr. Brian Cohen is board certified in orthopedic surgery. He specializes in surgical techniques for arthroscopic rotator cuff repair, shoulder repair, total shoulder replacement, and reverse total shoulder replacement. He also uses the latest cartilage regeneration techniques for articular cartilage injuries in knees and shoulders.

Dr. William Strauch specializes in preventing sports-related disorders, as well as assessing and treating sports injuries. He is



Brian Cohen, M.D.



William Strauch, M.D.

board certified by the American Board of Sports Medicine. He advises patients on physical exercises to improve endurance, strength and flexibility; on nutrition, hydration and medications; and on protective equipment and other sports-related issues.

Both Drs. Cohen and Strauch work closely with therapists and athletic trainers at The Center for Rehabilitation and Sports Medicine. This coordinated effort ensures that patients receive the professional treatment they need for restoring muscle strength, agility and wellness to the greatest extent possible. Please call (937) 393-6461 to learn more about the orthopedic clinics or to schedule an appointment.

NEW CENTER FOR REHABILITATION & SPORTS MEDICINE

The Center's new, larger facility (1108 Northview Drive) provides an ideal therapeutic environment with advanced equipment. It enables our skilled therapists to help children and adults regain or improve the physical and cognitive function needed to achieve their optimum capacity for daily living. The Center also helps people who engage in sports to regain or improve their athletic performance.

- Convenient Parking/Easy Access
- Private Treatment Areas
- Separate Pediatric Space
- Separate Daily Living Area
- Latest Instruments & Equipment



◀ The Center's staff includes experienced Physical Therapists, Speech Therapists, Occupational Therapists, and Athletic Trainers. Some are licensed or certified in other, specialized areas such as Pediatric Therapy, Aquatic Therapy, Lymphedema Therapy, Orthopedic Therapy (including McKenzie back protocol), Neuropathic Therapy, Cognitive Therapy, and more.



▶ The new Daily Living Space provides the tools occupational therapists use to help patients develop the skills needed for everyday living.



A large central area has therapeutic equipment, with adjoining treatment rooms.

ER... Fast, experienced care when needed

Illnesses and injuries don't always happen when people have access to their health care providers. And when unexpected illnesses and injuries are life-threatening, they require immediate diagnosis and specialized care. For those events and those emergencies, medical care is available—twenty-four hours a day, seven days a week—at Highland District Hospital's Emergency Department.

Commonly called "ER," the Emergency Department responds to all emergencies as they come in. A triage nurse quickly assesses the severity of the patient's problem. Critically ill or injured patients are moved to a large central area with six private treatment beds. A physician or physician assistant further diagnoses the person's condition and calls for tests or administers treatment.

Patients with less serious conditions are moved to standby beds in a separate area where they can be monitored and treated.

There is also a large lobby area for registration and family consultation, an area for seclusion, and an area for airborne isolation.

EXPERIENCE AND QUALITY SERVICE

Terri Balsler, R.N., has been a nurse in the Emergency Department for 19 years and Manager of the department for 10 years. Michael Turner, M.D., who has practiced emergency medicine for 18 years, the last

four at Highland District Hospital, is the Medical Director of Emergency Services, effective October 1. All ER physicians are experienced emergency medicine practitioners and the physician assistants and staff nurses all have special training with credentials and appropriate certifications in emergency procedures.

"Working in the ER is demanding," Terri says, "and above all it requires strong teamwork. We are very fortunate that our nurse turnover rate is low. Our nurses are put through a rigorous training program and then they work with a mentor until we're certain they have the necessary skills. Our staff is experienced and they are capable of handling any emergency that comes through the door."

Terri points out that having specialty physicians at the hospital is a great advantage. "Many of the patients come to the ER suffering from congestive heart failure or



"Our experienced staff is ready to handle any emergency that comes through the door."

*Terri Balsler, R.N.,
Emergency Department
Manager*

other cardiac events," she says. "When needed, a heart specialist in the clinic can be brought in for consultation. This is true for orthopedics, pulmonary, and other specialties, as well."

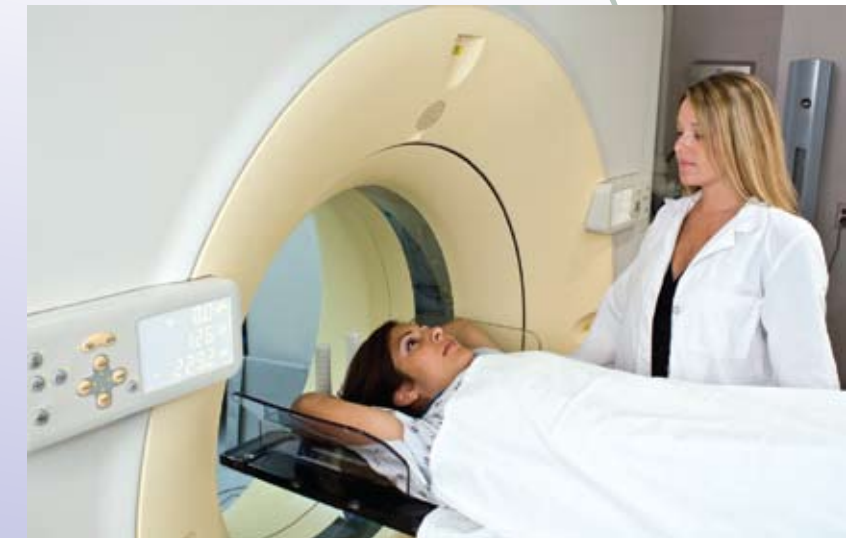
"We sometimes hear complaints about the waiting time in the ER," Terri says. "And the wait can be long, but we want people to know we care and we will always provide the treatment they need, it's just a matter of treating our more acute patients first."

RADIOLOGY FOR PRECISE DIAGNOSES

Emergency medicine relies on the Radiology Department to provide fast, accurate reports for heart problems, respiratory ailments, internal organ injuries, etc., 24 hours a day.

After adding a new high-speed CT scanner in 2008 and new open-bore MRI in 2006, Highland District Hospital takes pride in having the most advanced diagnostic and imaging technology available.

Radiology services include Computerized Tomography (CT), Diagnostic X-ray, Nuclear Medicine, Magnetic Resonance Imaging (MRI), Ultrasound, CAD-assisted Mammography and DEXA Bone Densitometry. High quality images are analyzed by Scott Stevens, M.D., Director of Radiology, or one of his board-certified partners at Diagnostic Radiology Inc., a group that is highly regarded in Southern Ohio.



The Radiology Department also uses PACS (Picture Archiving and Communications System) to transmit patient images in real time, day or night, to radiologists and physicians for analysis and reporting.



COMPREHENSIVE LAB SERVICES

The hospital laboratory offers diagnostic testing 24/7. Tests for toxicology, infectious disease, endocrine system disorders, etc., can be essential in helping ER providers evaluate patients' conditions, prescribe therapies, manage patient care and monitor results.

Laboratory testing is performed under the direction of Lab Manager Earl Gross, M.T. (ASCP), BSIFS, who has experience at St. Elizabeth Medical Center and Roche Laboratories. The department is accredited by the College of American Pathologists (CAP) and The Joint Commission (TJC).



"Immediate access to state-of-the-art imaging and lab departments, ensures top quality emergency care."

*Michael Turner, M.D.,
ER Medical Director*

Community Outreach Calendar

NEW PHYSICIAN



Melissa Gargasz, D.O., has “come home” and she has joined Highland District Hospital’s medical staff. Her practice is at Greenfield Medical Services with Jeannette Morgan, M.D., and Ray Mick, C.N.P.

Dr. Gargasz graduated with honors from Wright State University with a bachelor’s degree in Biology. She was a medical assistant for seven years prior to starting medical school. She says that work was a key factor in her desire to become a physician, while also allowing her the opportunity to interact with “the wonderful people in my hometown of Greenfield, Ohio.”

A graduate of Pikeville College School of Osteopathic Medicine, in Kentucky, Dr. Gargasz completed her residency in Family Medicine and Osteopathic Manipulation at Grandview Hospital in Dayton, Ohio.

Dr. Gargasz enjoys working with young people through athletics, and being active in her church and the community.

Dr. Gargasz treats patients of all ages. Please call (937) 981-1121 to schedule an appointment at Greenfield Medical Services on Tuesdays and Wednesdays (extended hours) or on Thursdays at Highland Pediatric Services in Hillsboro.

Perinatal Fitness

For pregnant and postpartum mothers

Provided by Maternity Dept.
(937) 393-6118

Call for dates and times: (937) 393-6398

At Highland County Family YMCA

Mothers delivering at Highland District Hospital – FREE

YMCA members not delivering at HDH - \$50
Non-YMCA members not delivering at HDH - \$100

Childbirth Classes

For expecting women and their partners

Provided by Obstetrics Nurses
(937) 393-6118

▶ August 27-October 22,
each Thursday 6:30-9:30 pm

At North High Office Complex,
1487 North High St.

CPR

Provided by The Center for Rehabilitation & Sports Medicine

Call (937) 393-6296 for pre-registration and cost

Highland District Hospital also offers Heartsaver Adult, Child, and Infant CPR, Heartsaver AED, and Heartsaver First Aid courses. Special arrangements may be possible for courses not scheduled, please call Eric Dick at (937) 393-6296.

Alzheimer’s Support Group

Provided by Geriatric Behavioral Health Services Dept. (937) 840-6581

▶ August 17, Monday 5:00 pm

▶ September 21, Monday 5:00 pm

At Hospital, Second Floor Meeting Room

Breastfeeding Classes

Presented by Ashley Free, R.N., Lactation Counselor, and Juanita Walker, R.N., Lactation Consultant

Maternity Dept. (937) 393-6118

▶ September 8, Tuesday 6:30 – 7:30 pm

At Hospital, Second Floor Meeting Room

Sibling Classes

Provided by the Obstetrics Dept.
(937) 393-6118

▶ August 24, Monday 6:30-7:30 pm

At Hospital, Second Floor Meeting Room

Diabetes Education Classes

Provided by the Diabetes & You Program
Pre-registration required: (937) 840-6674

▶ August 27, Thursday 1:00-5:00 pm

▶ September 10, Thursday 1:00-5:00 pm

▶ September 24, Thursday 1:00-5:00 pm

At Diabetes & You Center, 1404 North High St.

Carbohydrate Counting Tour

Provided by Diabetes & You Program

Tour Kroger to learn how to read food labels and obtain other instructions on carbohydrate counting.

▶ Tour will be August 20,

10:00-11:30 a.m. or 1:00-2:30 p.m.

Call to register (937) 840-6674

Look Good Feel Better

Free beauty techniques program for women cancer patients to restore their appearance and self-image during cancer treatment.

▶ September 16, Wednesday 10 a.m.

At Hospital, Training Room

NEW EMPLOYEES

These employees have joined the hospital staff or the Professional Services Corp. staff in recent months.

APRIL

Connie Dalzell-Tarr, *Emergency*

Michael Steeley, *P.A.-C,
Lynchburg Medical Center*

MAY

Cegi Birkhimer,
Highland Family Medicine
Jennifer Davis, *Radiology*

Earl Gross, *Laboratory*

Megan Mullenix,
Medical/Surgery

Donyel Watson, *Laboratory*

JUNE

Megan Abbott, *Emergency*

Suzanne Dwelly,
Edith Brown Pavilion

Dana Hendrix,
Rehabilitation

Peggy Madden,
Occupational Health

Megan Parsons,
Medical/Surgery

Kaitlyn Wilson,
Patient Registration

Jennifer Wright,
Cardiopulmonary

VOLUNTEERS RECEIVE PRAISE

During 2008 a total of 18,339 hours of support services was donated to Highland District Hospital by its treasured volunteers. A Volunteer Week luncheon was held in honor of the 68 volunteers at the Pondo Banquet Center. Clara Porter topped the volunteer list with 13,627 accumulative hours.

"The annual luncheon gives us the opportunity to personally recognize our volunteers for their extraordinary efforts and the positive impact their contributions have on the patients, hospital and the community they serve," states Jim Baer, CEO of Highland District Hospital.

Speaking at the awards luncheon, Cathy Jones, VP of Community Outreach at HDH said, "Great volunteers are an essential part of our team, who give of



Winona Swayne, Judy Batterson, Sudie Ruggles and Clara Porter lead the volunteers with the most accumulative hours of service.

their time and talent to help others every day, and they truly are the heart of the community."

If you are interested in becoming a volunteer at HDH, please call Volunteer Coordinator Winona Swayne at (937) 840-6543.

HIGHLAND DISTRICT HOSPITAL FOUNDATION NEWS

GALA IN NOVEMBER

Save the date! On November 21, the Foundation will be hosting a Black & White Gala at the Hillsboro Elks Club. The event will feature great food, entertainment, and live and silent auctions. More information will be made available prior to the event.

MAKING A DIFFERENCE

Donations and money raised at the Gala will support the 2010 Health Fair which serves approximately 1,000 members of the community each year. In addition, funds will also be used to help finance an upgrade of the current infant security system for the hospital's Obstetrics Department. This is most important for mothers, fathers and the approximately 380 babies born each year at Highland District Hospital.

NEW AED PROVIDED

With the relocation of the Center for Rehabilitation & Sports Medicine to Northview Drive on June 29, the Foundation purchased an automated external defibrillator (AED) for that department to help ensure patient safety.

Any questions about the Foundation's activities can be directed to its board members or call the Foundation office at the (937) 393-6101. As always, thanks to all our donors for supporting the hospital.

ACHIEVEMENTS AND RECOGNITION

Bridget Skaggs, R.N., Oncology Coordinator, was a nominee for the Richard M. Smith, M.D., Leadership Award at the Greater Cincinnati Health Council Annual Meeting. Bridget is shown receiving the Honored Nominee Award with Highland District Hospital's CEO Jim Baer and VP of Nursing Tim Parry. She was awarded this distinction for her outstanding work with patient safety.



Highland County Fair

Sept. 6-12

"Please Visit Our Booth in the Merchants' Building"



Hospital prohibits tobacco use

The medical community's commitment to promoting healthy lifestyles means discouraging unhealthy tobacco use and protecting those who could be affected by secondary smoke. Highland District Hospital believes, as a healthcare facility, it has an obligation to provide a tobacco-free environment, therefore, smoking and use of any tobacco product in its facilities or on its campuses will be prohibited beginning November 19, 2009, which is the date of the Great American Smoke Out.

DIRECTORY OF SERVICES

▶ General Information	937.393.6100
Toll free	1.866.393.6100
▶ Billing Questions	937.393.6193
▶ Cardiopulmonary	937.393.6162
▶ Diabetes & You Program	937.840.6674
▶ Emergency Services	937.393.6140
▶ Geriatric Behavioral Health Services	937.840.6581
▶ Home Health Services	937.393.6371
▶ Human Resources	937.393.6471
▶ Laboratory Services	937.393.6274
▶ Maternity	937.393.6118
▶ Occupational Health	937.393.6398
▶ Outpatient Care Department	937.393.6169
▶ Outpatient Scheduling	937.393.6461
▶ Radiology	937.393.6126
▶ Rehabilitation & Sports Medicine	937.393.6163
▶ Surgery Department	937.393.6147

SERVICES OFFERED AT HIGHLAND DISTRICT HOSPITAL'S HEALTHCARE CENTER

Allergy	Endoscopy
Audiology	Gastroenterology
Cardiology	IV Outpatient Therapy
Includes Stress Testing	Nephrology
Dermatology	Oncology
Ear, Nose & Throat	Orthopedics
Echocardiogram/ Vascular Studies	Ophthalmology
EMG	Pulmonology
	Urology

Visit our website at: www.hdh.org

If you have questions or comments about the Highland Health Newsletter, please call 937-393-6376.