



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

SEPT. 14, 2018

Weekly Update

WORLD SEPSIS DAY INFOGRAPHICS



SYMPTOMS OF SEPSIS

These Symptoms Might Indicate Sepsis

Experiencing any of these symptoms? Contact your local hospital or physician immediately.



Slurred Speech or Confusion



Extreme Shivering or Muscle Pain / Fever



Passing No Urine All Day



Severe Breathlessness



It Feels Like You're Going to Die



Skin Mottled or Discolored

Infographic 4/21



Global Sepsis Alliance

www.world-sepsis-day.org
www.global-sepsis-alliance.org

September 13 | World Sepsis Day 2018

September is Sepsis Awareness Month with September 13 designated as World Sepsis Awareness Day.

Sepsis is the final common pathway to death from most infectious diseases worldwide.

It arises when the body's response to an infection injures its own tissues and organs. Sepsis follows a unique and time-critical clinical course, which in the early stages is highly amenable to treatment through early diagnosis and timely and appropriate clinical manage-

ment.

Currently, sepsis continues to cause approximately between six and nine million deaths worldwide every year, most of which are preventable. Many surviving patients suffer from the consequences for the rest of their lives.

Most types of microorganisms can cause sepsis, including bacteria, fungi, viruses, and parasites. However, it may also be caused by infections with sea-

EVENTS CALENDAR

Sept. 20: State of the Hospital HVCH Front Lawn

Stacey Gabriel, new HVCH CEO, gives her first State of the Hospital Address. Light refreshments will be served. Social hour begins at 5:30 p.m. with presentation at 6 p.m. RSVP to Latricia Johnston at ljohnston@hvch.org or 740-380-8336.

Oct. 2: TWIG II Chinese Auction Hocking County Fairgrounds

Doors open at 5:30 p.m., drawing at 7 p.m. Grocery Basket • 50/50 Drawing • Lottery Tree. Refreshments available! All proceeds benefit HVCH.

Nov. 15: Medicare Enrollment, HVCH Meeting Room

OSHIIP representatives will be available from 9 a.m. to 2 p.m. to help with Medicare open enrollment. Schedule an appointment by calling 740-380-8305.

INSPIRATIONAL QUOTE OF THE WEEK

"There is only one corner of the universe you can be certain of improving, and that's your own self."

— Aldous Huxley

Direct to You: From Roy Davis

This week, I would like to highlight another Hocking Valley Medical Group employee, Carissa Polley.



Roy Davis,
Business
Development
Director

the medical group; I feel like we are a family that cares and supports each other. I could not ask for a better group of people to work with," Carissa said.

Many of Carissa's coworkers say she is at her best when the phone is ringing off the hook and the lobby is full. She keeps everybody calm, including the providers. Patients compliment Carissa on how she always takes the extra step to make sure they can schedule their appointments when they want them and she always has a smile on her face when they walk in.

Thank you Carissa for all you do for our medical group!

Carissa was born and raised in Logan and graduated from Logan High School in 1992. She worked for a pharmaceutical company before beginning to work for Dr. Max Haque, psychiatrist, in 2004.

She became an employee of HVMG in 2011, and continues to work with Dr. Haque as well as Dr. Tarek Aziz and Pramoda Fatehchand, PA-C, in the HVMG psychiatry office on 1389 W. Hunter Street in Logan.

Carissa loves to spend downtime with family watching movies or finding new recipes.

"I love working for



HVCH hay bale toss champion

Kirsten Risch, HVCH phlebotomist, won the hay bale tossing championship at the Hocking County Fair Sunday. She also was named First-Runner Up Fair Queen. Congratulations Kirsten!

THANK YOU

A big thank you to our HVCH employees who continue to raise funds for the HVCH Foundation Employee Campaign through September and October. Team #1's fundraisers held in August raised \$1,366.73 for cafeteria renovations. We are excited to see what the next two months bring! A special thank you to HVCH Foundation Board Member Kyle Walker for donating a cleaning package from his company Real World Cleaning to be raffled as one of last month's fundraisers. We are grateful for your support!

HVCH Cafeteria Menu Sept. 17-Sept. 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole	Chicken Breast/Bun Italian	Hot Dog/Bun Macaroni & Cheese	Chicken Tator Casserole	Tortilla Tilapia Creamed Chip
Chicken Fingers	Sausage/Bun French Fries	Onion Rings	Salisbury Steak Mashed Potatoes	Beef Mashed Potatoes
Potato Wedges	Corn	Baked Potato	Potatoes	Glazed Carrots
Carrots	Green Beans	Cauliflower	Baked Beans	Brussels w/ Bacon
Broccoli	Blended Veggies	Spinach	Cabbage	Biscuit
Breadstick		Chili	Parmesan Peas	Dumplings
Tomato Soup	Chicken Soup		Broccoli Soup	

SEPSIS

sonal influenza viruses, dengue viruses, and highly transmissible pathogens of public health concern; such as avian and swine influenza viruses, Ebola, and yellow fever viruses.

Sepsis is a major cause of maternal and neonatal morbidity and mortality in low- and middle-income countries and affects millions of hospitalized patients in high-income countries.

In the community, sepsis often presents as the clinical deterioration of common and preventable infections such as those of the respiratory, gastrointestinal and urinary tract, or of wounds and skin. Sepsis is frequently under-diagnosed at an early stage - when it still is potentially reversible.

Usually the first symptoms are those associated with the source of infection, such as a cough due to pneumonia or abdominal pain from appendicitis. Fever, a high pulse rate, and accelerated breathing are also signs. Everyone should be aware of the main clinical symptoms that indicate the worsening of an infection. Shortness of breath, reduction in urine output, dizziness, or altered mental status with confusion, agitation, or drowsiness can be signs of organ dysfunctions. In laboratory tests, sepsis often coincides with high white blood cell counts. But in the highly acute phase, and especially in immunocompromised patients, there may also be a decrease in white blood cell counts. In most cases, indicators of inflammation are increased.

Anyone can get sepsis, even someone who was previously healthy. However, people with diabetes, cancer, HIV infection, previous chemotherapy, as well as corticosteroids users or those with any form of immunosuppression are more susceptible to severe forms of infection. Especially premature infants, small children, people 65 and older, and people with no spleen are more at risk. That risk can be reduced with a vaccination against pneumococci.

Preventing infections is the best way to prevent sepsis. Although there are no specific vaccines to prevent sepsis, vaccines are available for certain sepsis pathogens, such as pneumococci. Especially small children, people over 65, and patients who have no spleen should get vaccinated – they are particularly susceptible to pneumococci. This includes people who were born without a spleen as well as people who lost theirs due to an injury, surgery, or aggressive chemotherapy. You can also help prevent infection by maintaining a healthy lifestyle with nutritious food, exercise, and rest. Wash your hands frequently. Seek medical help if an illness does not seem to be improving or is getting worse. Do what you can to prevent hospital-acquired infections. If you do get an infection, you can prevent sepsis by treating it seriously.

Information courtesy www.world-sepsis-day.org.

HOCKING VALLEY
Community Hospital

2018

**STATE OF THE
HOSPITAL ADDRESS**

**Thursday, Sept. 20
5:30 PM on the HVCH Front Lawn
601 S.R. 664 N., Logan**

Join us as Stacey Gabriel, new
HVCH President & CEO, gives her
first State of the Hospital Address.
Light refreshments will be served.

*Please RSVP to ljohnston@hvch.org
or call (740) 380-8336.*

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Food Service Aide - Part Time - Various Hours
- Registered Nurse (RN) - Special Care Unit - Full Time - Nights
- Respiratory Therapist - Full Time - Nights
- State Tested Nursing Assistant - Full Time - Nights - Inpatient Services
- Student Intern Spring 2019 - Healthcare Administration (Unpaid)

Did you know that you can support the mission of HVCH by making a gift online? Just go to www.hvch.org, click on our "donate now" button to use your credit card to make an immediate gift and receive your receipt. On behalf of our patients, staff and board members, we are so grateful for our benefactors whose gifts enable us to continue serving the people of Hocking and surrounding counties.



Senior Day at the Hocking County Fair



HVCH employees joined the Scenic Hills Senior Center for a fun cowboy-themed Senior Day at the Hocking County Fair. Staff joined senior center members for a walk to the fairgrounds and helped serve meals before the senior center line dancing group took the stage to provide entertainment.

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.



HVCH at the Hocking County Fair

If you haven't stopped by to see us at the Hocking County Fair yet, our booth is under the grandstand. The Cardiovascular Department will be set up tonight and the Radiology Department will be there on Saturday. Stop by and ask us your questions! Pictured are employees Alison Herges and Amy Hammond, representing the Behavioral Health Unit.





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.