



**HOCKING VALLEY  
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

**MAR. 15, 2019**

# Weekly Update



## Which sleep tracker is best for you?

*Info courtesy National Sleep Foundation*

This week is National Sleep Week. In the quest for better sleep, more and more people are turning to sleep trackers to monitor their nightly patterns. From checking the amount of time it takes you to fall asleep once your head hits the pillow to measuring the amount of sleep you're getting, the information gathered can be illuminating. Some devices record your overnight body temperature and heart rate.

But with so many trackers available today and more in the pipeline about to hit the market, it can be difficult to pinpoint which features will help you better understand your sleep. Here's what to look for when purchasing one of these devices, and catch a

glimpse of where this technology is headed next.

### Special Features

The first generation of sleep trackers basically told you one thing: how many hours you slept each night. But now, consumers have come to expect more, and brands are offering additional features to distinguish themselves from competitors and to keep users engaged with these devices.

"Sleep-tracking manufacturers have become more aware that they need to bring something beneficial to the user besides just a measurement of sleep," says Roy Raymann, PhD, vice president of Sleep Science & Scientific Affairs at SleepScore Labs. "It has been a wakeup call for the industry. Consumers have been tracking their sleep and have a picture of how

## EVENTS CALENDAR

### **March 25: Drs. Day Blood Drive HVCH Meeting Room**

Give blood in honor of your health care provider in recognition of National Doctors' Day! Schedule an appointment from 9 a.m. to 3 p.m. by calling HVCH Lab at 740-380-8218. For those who give in honor of your physician, you will receive a special gift and acknowledgement will be sent to your provider!

### **April 8: TWIG II Chinese Auction Hocking Co. Fairgrounds**

Held at the Fairgrounds Youth Building. Doors open 5:30 p.m.; Drawings begin at 7 p.m. Lottery Tree, Grocery Basket, 50/50. Baked goods & refreshments available. All proceeds benefit HVCH.

### **April 11: Book Sale HVCH Meeting Room**

Shop gifts and books from 7-4 p.m.

## INSPIRATIONAL QUOTE OF THE WEEK

*"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."*

— Thomas A. Edison

## HVCH names new Chief Nursing Officer

We are pleased to announce that Beth Kluding, MHA, BSN, RN, CCM, has been selected as our new Chief Nursing Officer.



Beth began her professional career at Firelands Regional Medical Center in Sandusky, Ohio as an LPN. She became an RN in 2012 and continued her career first as Director of Patient Experience followed by Director of Case Management and Care Coordination with Firelands. In addition her current role, Beth volunteers as a nurse at the Loraine Free Clinic. She obtained her BSN and Masters in Healthcare Administration from Ohio University.

Beth will be joining us April 8th. She will bring to HVCH expertise in patient satisfaction and quality as well as in-depth knowledge of utilization and case management in a variety of clinical areas.

## HVMG welcomes new RMA

The Hocking Valley Medical Group is pleased to welcome new Medical Assistant Chelsey McCloud to the psychiatric office. Chelsey is from Jacksonville where she lives with her husband Nick and their five-year-old daughter Callie. Chelsey enjoys camping and fishing with her family. She said she "became an RMA because there is such a large variety of different ways you can help people. Medicine is so interesting and always changing. I find it a very rewarding career."



## HVCH welcomes new employees for March



HVCH welcomes the following new employees: Rebecca Reeve, pharmacist; Francis Tilley, Mechanic, Plant Operations; Deborah Scanlan, Associate, Housekeeping; Mikayla Wyke, Surgical Technologist, Surgery; Angela Wolfe, LPN, Urgent Care; and Sabrina Jones, Pharmacy Technician, Pharmacy. We're glad to add you to our team!



## Celebrating Health Care HR Week

Health Care HR Week (March 10-16) has been designated to recognize human resources professionals in health care organizations across the nation for their important role across the continuum of care. Thank you to our wonderful HR team for all you do for us! Pictured (from left): Amber Lehman, Education and Training Assistant; Lauren Barber, HR Director; Alison Monroe, Informatics Nurse; Sheri Thompson, Payroll Coordinator; Kandy Fizer, Director of Education; and Selena Cottrill, HR Assistant.

### HVCH Cafeteria Menu March 18-March 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti	Hot Dog/Bun	Meatloaf	Baked Zucchini	Pizza Burger
Battered	Breaded	Battered Cod	Grilled Chicken	Macaroni & Cheese Ranch
Chicken Breast	Chicken Wings	Breakfast Potato	Breast	Cheesy Wedges
Honey Roasted	French Fries	Casserole	Cheesy Breadstick	Breaded Zucchini
Potatoes	Fried Corn	Asparagus w/	Mixed Veggies	Green Beans
Peas	Broccoli	Cashews	Carrots	Broccoli
Zucchini	Spanish Rice	Cauliflower	Bean w/ Ham	Enchilada
Breadstick	Tomato Soup	Beef Pot Roast	Soup	Soup
Italian		Soup	Corn Muffin	
Wedding Soup				



# SLEEP

much they sleep, so now what?"

Answering that question, some wearable trackers like the FitBit Alta HR and Fitbit Versa offer data on a user's sleep stats versus others in a similar demographic. Along with increasing sleep awareness, the ability to compare sleep results with peers makes tracking the behavior a bit more fun.

Another tracker, the Motiv Ring, slips on your finger like a piece of jewelry. It specializes in detecting periods of restlessness overnight, letting the user know when they were most active. This can be revealing information for those who suffer from restless leg syndrome and insomnia.

### Multiple Styles

While it's easy to get caught up in all the fancy features of a sleep tracker, pay attention to how comfortable it feels (if it's a wearable device) above anything else. Otherwise, you won't use it.

Fortunately, the trackers come in multiple shapes, sizes, and styles. Along with wearable wristbands and head gear, you can choose from bedside trackers that use echolocation, a reflection technique that fires out ultra-low power radio waves to track breathing patterns, so you can sleep device-free. Other versions feature between-the-sheets thin bands that record data without ever touching your body. Regardless of style, almost all of these sleep trackers now connect to an app so you can download data and keep track of your sleep progress.

### Trackers of Tomorrow

Sleep trackers have come a long way in recent years, and Raymann says in the future, they'll be able to tell you everything a sleep lab could. "The next wave will likely be the integration of sleep technology in your bed, bedroom devices, and mobile devices," he says. "Some brands are already doing this, using sonar technology to turn your mobile device into a sleep improvement system."

If you're not sure which sleep tracker is best for your nighttime needs, compare each device's features to find out which ones offer you the most of what you want. You might want to try them out. Many retailers also accept returns if the product doesn't work out for you. Just be sure that you understand their return policies, terms and exclusions before you buy it.

*If you have concerns about your sleep patterns, you can always have your doctor refer you for a sleep study. Hocking Valley Community Hospital has an accredited sleep lab to help monitor your sleep for any underlying conditions. For more information about the HVCH sleep lab, call 740-380-8219.*



## Fundraising craft night a success

A large group gathered together at the Hocking Hills Winery this week for the TWIG IV craft night fundraiser. Participants had the option of making one of two spring-themed crafts. Thanks to all who participated! Proceeds from the event benefit Hocking Valley Community Hospital.

## New Specialty Clinic Coordinator

Jillian Kline, RN, has been named the Specialty Clinic Coordinator (Pain/Wound/Podiatry). She started with HVCH in 2014 and worked most recently as an RN in the Specialty Clinic. Jillian is very excited to get started in her new role.



## START YOUR CAREER WITH HVCH TODAY!

Apply @ [www.hvch.org](http://www.hvch.org)

- Environmental Services Associate/ Housekeeper - Full Time - Variable Hours
- Medical Laboratory Technician/Medical Technologist (MLT/MT) - Full Time
- Mental Health Tech (State Tested Nursing Assistant) - Behavioral Health Unit - Full Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Full Time - Inpatient Services
- Registered Nurse (RN) - PRN/Contingent - Inpatient Services
- State Tested Nursing Assistant (STNA) - Full Time - Days - Inpatient Services

## Breathe Easy: Pulmonary Rehabilitation



This week is National Pulmonary Rehabilitation Week. Chronic lung disease patients depend on respiratory therapists to get them through the acute exacerbations caused by their conditions. RTs also help them after the acute episode through pulmonary rehabilitation.

These life-enhancing programs show patients how they can live well despite chronic lung disease and, increasingly, they are being credited with keeping patients healthy and out of the costly acute care setting.

Pulmonary rehabilitation is a program of education and exercise to increase awareness about your lungs and your disease. The goal of the Pulmonary Rehabilitation program at Hocking Valley Community Hospital is to enable the patient with Chronic Obstructive Pulmonary (lung) Disease (C.O.P.D.) to live as independent and normal a life as possible. The program is designed to assist physicians in meeting the complex needs of patients with lung disease.

### Program Features:

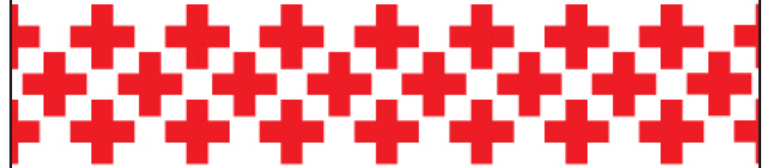
- Improves patient's quality of life
- Increases patient's exercise tolerance
- Individualized patient education
- Physician advisor
- Reconditioning exercises
- Follow-up interviews and repeat exercise testing
- Continuity of patient care
- Majority of program costs are usually reimbursed by insurance plans

Physician referral is preferred; however, patients can inquire about the program and their physician will then be contacted for referral. All patients return to their referring physician who is kept apprised of their progress in the program for long-term follow-up. The patient has an initial interview with the Program Coordinator (along with lung function studies, an EKG, a blood test and a simple exercise test) to determine eligibility for the program.

For more information, call Hocking Valley Community Hospital Cardio/Pulmonary Department at 740-380-8219.

## American Red Cross

*Give blood.* Help save lives.



## Blood Drive Hocking Valley Community Hospital

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

**Monday, March 25, 2019**  
**9:00 AM to 3:00 PM**

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



The HVCH Foundation is holding a March Madness bracket fundraiser from Selection Sunday on March 17 until noon on Thursday, March 21. Complete as many brackets as you like to be entered. Each bracket is \$20. Forty percent of the proceeds will go to the winner, 10 percent to second place and the rest will be donated to the Hocking Valley Community Hospital Foundation. For more information or to get signed up, contact Roy Davis at 740-380-8125.



# 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.