

Leading the Way

- SUMMER 2023 -

Rehab of the
HEART

**LOBBYING
THE CAPITOL**

HVCH reps in Washington D.C.

WORKFORCE DEVELOPMENT
SETTING UP EMPLOYEES FOR LONG-TERM SUCCESS



Stacey Gabriel, HVCH CEO

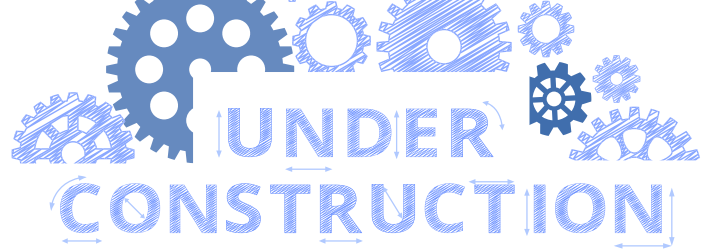
I hope everyone is enjoying a happy and healthy 2023. It's incredible to me that we are coming up on summer already.

As you are aware, the Public Health Emergency ended on May 11th. While we know COVID has not gone away completely, we are encouraged by the low levels of transmission in our community, which have allowed us to scale back some of the requirements. The day we were able to stop wearing masks at the hospital (in most circumstances) was a glorious day for sure. While other entities were able to stop wearing masks some time ago, healthcare organizations still had to follow the CDC and CMS guidelines for protection against COVID. We will continue to monitor for new variants and follow any new guidance. We hope that everyone continues to follow the recommendations of staying home when you are sick. This will keep everyone healthy all year long.

The work continues on our school-based health clinic. We are excited to be partnering with the school district and Hopewell Health to provide the students with access to healthcare when needed. Both physical and mental health and well-being are important for our students and faculty. Keeping children in the classroom where they can learn and grow is vital to their success. This community is focused on our young generation and is invested in ensuring their needs are met. This is one of those projects that will make a positive impact for years to come. Stay tuned for more information on a ribbon cutting ceremony and open house once construction is complete.

We have several events coming up this summer and I hope you'll join us. It's a great time to come and show support for the hospital. 100% of the proceeds from our fundraising events go to support patient care at HVCH. So grab your friends and family, reserve a table at our auction in August and come have some FUN!

I cannot thank the community enough for the support you've given to all of us at Hocking Valley Community Hospital... especially over these past three plus years. We have navigated waters that were very foreign to us at times, but we are stronger as a result. We appreciate your continued support and commitment to use HVCH for your healthcare needs.



Concrete has been poured and beams are in place marking the progress of the School-Based Health Clinic addition to Logan High School for the students and faculty of the Logan-Hocking School District. Construction is expected to be complete before the start of the 2024 school year.

Stacey Gabriel, HVCH CEO, and Andrea Fullerton, Rural Health Clinic Practice Manager, visit the construction site.

The project was made possible through a \$500,000 Removing Barriers to Care Grant awarded by the Ohio Department of Health, a \$100,000 Nationwide Children's Hospital grant, and funding from the 317 Board. The facility will feature two exam rooms, a waiting room and reception area, as well as a laboratory, office space and restroom. The clinic will be staffed with a Certified Nurse Practitioner and Medical Assistant. In addition to in-person visits, the clinic will also provide telehealth for students who may be unable to obtain transportation for in-person evaluation. Services will include well-child visits, school-required vaccinations, sick visits, physicals, and more. Students who have a primary care provider and visit the clinic at school will be referred back to that provider for any related follow-up care.



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**ORTHO
PATIENT**
Christi
Middendorf

I followed Dr. Vaziri from his practice in Lancaster. I had torn my meniscus and he told me he would be doing my surgery in Logan. Honestly, I initially felt uncomfortable having my surgery at HVCH because it is smaller, but it was the best experience I've ever had at a hospital.

The staff in outpatient surgery was very attentive. Someone stayed with me the whole time. I was really impressed; everyone was so great.

I had to have another surgery close to the same time and I went back to Dr. Vaziri and HVCH. I'd refer them to anyone.

WORKFORCE

DEVELOPMENT



Workforce development at Hocking Valley Community Hospital is a people-first approach to upskilling workers for long-term success.

"Our workforce development program encompasses training, development opportunities, and continuing education programs to maximize employee job success and further their career path," Megan Wright, HR Director, said.

HVCH hosts student workers, job shadowing students and those who require observation hours for college credits; has begun a Grow Your Own Program; has partnered with Building Bridges 2 Careers; and has a number of partnerships with higher education facilities to offer benefits and discounts to staff working to further their education.

Many different types of students get their first experience with healthcare careers at HVCH, including high school students who job shadow and those who work while attending school.

"We really fit their hours to their school schedule that way they get what they need," Wright said.

At the college level, interns and those meeting clinical requirements get a more in-depth view of working in healthcare that can help guide their future career decisions.

Gary Hardin, past intern, said, "I've decided I'm going to apply for a Master of Science and Community Health and Prevention Science degree. Given the impact I've seen HVCH has on Logan, I've been inspired to angle my career in the path of community healthcare."

HVCH launched its Grow Your Own program in 2022.

"The program started with the goal of helping those interested in becoming an STNA but had not yet received formal training," Wright said. "How the program works is the

individual is employed here, gets on-the-job training, and during six months must complete a formal training course and obtain STNA certification. As an employee, they have options to help finance their STNA program with a commitment period to work at the hospital upon certification. The program supports the individual's education while they are working and receiving the full benefits of being a hospital employee."

The program has grown to include other types of positions in the hospital, such as surgery technicians and medical lab technicians. Natasha Fisher, Medical Lab Tech., started at HVCH in 2022 as a lab assistant while attending Hocking College to obtain her MLT certification.

"I was in school for the medical lab program at Hocking College when I was hired at HVCH as a lab assistant. The hospital helped with financial and educational purposes and I was able to see things hands-on in the workplace that I didn't see in the classroom," Fisher said. "My director even gave me tips and areas of focus to practice for my certification. The program took about four months to complete. I would definitely recommend this path. The hands-on experience gained from colleagues really supported me through the process."

This year, HVCH partnered with BB2C, Building Bridges to Careers, to begin offering an extensive job shadowing program to students in southeastern Ohio.

BB2C fosters school, business, and community relationships to inspire career choice through experience, entrepreneurship, and education.

"We are starting with two students and hope to expand. The goal is for the students to see what healthcare is about and help them decide if pursuing a career in healthcare is the path they want to take," Wright said. "We also want to educate students on the importance of rural healthcare and the



impact they could make on their community by choosing a career in critical shortage areas, such as behavioral health."

For current staff looking to further their education, HVCH has partnerships with Hocking College, Ohio Christian University, Chamberlain University, Walden University, and Grand Canyon University to offer discounted tuition and fees. Additionally, employees are eligible for a reimbursement for a portion of their paid tuition for accredited college courses and certain certification or continuing education programs.

"Internally, the hospital has a newly-created simulation laboratory space with top-of-the line models and mannequins to allow staff to practice skills including IV insertion, trach care, manual blood pressure, tube insertion, and more. The hospital also utilizes a continuing education platform with a number of courses free to staff to browse and enroll," Kandy Fizer, Director of Education, said.

Nursing staff have the opportunity to participate in the Nursing Clinical Ladder, a year-long program meant to help with professional development and clinical growth. Participants receive rewards for completion of different levels in the ladder.

"A clinical ladder program creates the opportunity to advance the nurse's skills and career, while simultaneously allowing the nurse to stay at the bedside. The skills acquired as part of the ladder program also can be utilized in leadership positions involving project management, team building, supervisor roles, process improvement, and unit outcomes," Beth Kluding, Chief Nursing Officer, said.

"We have many paths to begin, develop and grow your career at HVCH," Wright concluded. "It is important to us to have a robust development program to retain a successful workforce."



INTRODUCING HAL

A new simulation mannequin has been added to the Hocking Valley Community Hospital simulation lab to provide robust educational opportunities for staff.

The HVCH Foundation and Auxiliary each donated \$25,000 toward the purchase of HAL. HAL is an advanced multipurpose patient simulator specifically designed to simulate lifelike cases across a broad range of clinical areas including pre-hospital, ED, OR, ICU, PACU, med-surg, and more.

"This simulation lab was about two years in the making," Kandy Fizer, HVCH Director of Education, said. "It was a need that came about during the height of the pandemic, to have a space where hospital staff could practice different types of procedures. The hospital's strategic plan always incorporates new ways to grow and develop staff and this was the next step in accomplishing that measure."

The mannequin is versatile and capable of simulating many different clinical situations and responses. It supports the use of real patient monitors, blood pressure cuffs, defibrillators and other equipment used on patients in the hospital. The tetherless and wireless design eliminates complicated setups and allows for realistic patient hand-off exercises.

"This mannequin can be utilized by any department in the hospital. It has a dynamic airway and respiratory system that can help train ventilator management. It simulates all chambers of the heart and lung so you can listen to the patient from the front or back. It has reactive pupils and can be programmed to give verbal responses that are generated from the system or can be customized," Fizer said.

"We are thankful for the donations from the Foundation and Auxiliary that helped us add this sophisticated simulation mannequin to our lab," Stacey Gabriel, HVCH President and CEO, said.



LOBBYING THE CAPITOL

Hocking Valley Community Hospital has been earmarked in the 2023 U.S. Senate Appropriations bill to receive \$1 million for the replacement of the hospital's computerized tomography (CT) machine.

"We began our funding process in early 2022," Stacey Gabriel, HVCH President and CEO, said. "We started working with Keller Partners & Company, a lobbying firm from Washington, D.C. Their mission is to help organizations such as HVCH secure funding for projects and programs. They commit to learning all they can about an organization's mission, vision and values and how they can support them in their strategic planning. Keller works at both the state and federal levels ensuring that our voices are heard. Part of their work includes getting organizational leaders in front of their representatives and help establish relationships and gain their support."

HVCH and Keller & Partners completed the Appropriations request with letters of support from the Hocking County Commissioners, City of Logan Mayor, Community Improvement Corporation, Hocking Hills Chamber of Commerce, Hocking County EMS, and Hopewell Health Center.

HVCH senior leaders took a trip to Washington D.C. with Keller Partners during the summer of 2022 to meet with Ohio's elected officials to discuss the importance of funding the project, and the importance of HVCH to our local community.

"While we were there we met with Congressman Mike Carey and Senator Sherrod Brown and had a tour of the Capitol building from one of the Congressman's interns. We also met with James Longley, Senator Portman's Legislative Assistant. We had about 10 minutes to share our story with each of our representatives," Gabriel shared.

"It was a humbling experience. In addition to highlighting the importance of the CT scanner as a critical piece of our infrastructure, we were able to talk about rural healthcare and the significant role it plays in the health and well-being of our community. We shared what it would mean if HVCH did not have a presence. Patients would have to travel 25 miles or more to receive services. We explained the importance of our Critical Access Hospital designation and how that has allowed us to continue to provide care to those in need. We reiterated the importance of continuing to support telemedicine as we witnessed the difference it made for patients to continue to receive healthcare during the pandemic. We also reiterated how the 340B drug program (where patients receive medications at a discounted cost) allows patients to remain compliant with their medications instead of making the decision to put food on the table or fill their prescriptions for the month."

The project was officially approved to receive appropriations funds in December of last year. Now the hospital begins the process of drawing down the funds.

"CT machines are a critical service line for the hospital's patients and for the organization financially. We rely on the CT machine to provide imaging to diagnose injuries and illnesses, and complete more than 4,000 CT scans per year with the number ever increasing," Faith Todd, Director of Radiology, said. "More than 70% of these scans are emergent exams, meaning the patient is in a fragile state and providers need the CT imaging for quick diagnosis. As a Critical Access Hospital, HVCH is first in line for treating those in emergency situations in our area, making this machine all the more important."

HVCH's current CT machine was installed in 2007 and the hospital's new CT machine is scheduled to be installed in fall of this year.



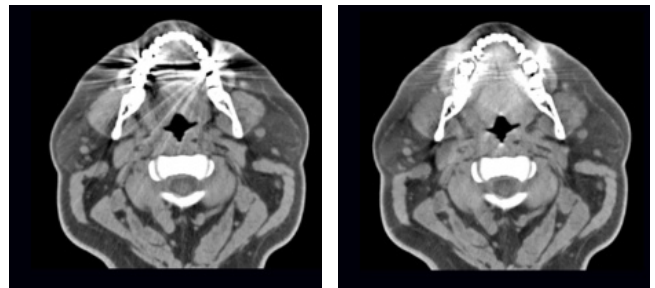
CNO Beth Kluding, CEO Stacey Gabriel and CFO Julie Grow visited the capitol last year to lobby to federal funds for the hospital's new CT machine and visited again in 2023 to bring awareness to the needs of rural healthcare. Leadership has had the opportunity to meet with Congressman Mike Carey; James Longley, Senator Rob Portman's Legislative Assistant; Senator Sherrod Brown (pictured above); as well as many other legislative assistants and representative officials.

"The new scanner will have enhanced features and technology advances such as artificial intelligence that uses an algorithm to detect strokes when the scan is being generated and alerts the radiologist, and metal artifact reduction, which reduces streaking on imaging from any metal implants the patient may have," Todd said.

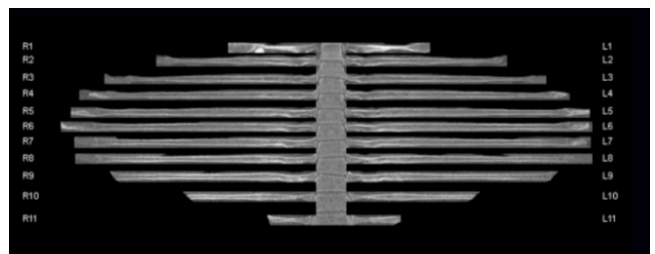
Other features include: faster scan time, decreased radiation dose, larger table to accommodate patients up to 675 pounds, and software enhancements that make it easier to identify fractures by reconstructing images as a flat surface.

HVCH leaders continue to advocate for rural healthcare in Washington, D.C. and took another trip this year to the National Rural Health Policy Institute hosted by the National Rural Health Association to help guide the future of rural health policy.

"This is an opportunity for HVCH to advocate and educate on issues and priorities we face in rural healthcare with members of Congress and the administration. Now, more than ever before, is our time to convince Congress that rural health is vital to those living in rural communities," Gabriel said.



CT scan without metal artifact reduction (left) compared to CT scan with metal artifact reduction for clearer image, one of the many new features HVCH's new CT machine will have.



Another feature of the new CT machine will be the ability to reconstruct images of the rib cage flat, making it easier to detect fractures.

Rehab of the heart

Cardiac rehab can include:



Diabetes Management
Lipid Management
Nutrition Counseling



Blood Pressure Management
Weight Management
Psychosocial Management



Exercise Training
Physical Activity Counseling
Smoking Cessation

Sometimes admitting you may have a health problem can be scary, but Logan resident Neil Hinton began having symptoms he could no longer ignore.

“I was so short of breath, I couldn’t walk across the room. Hard-headed as I am, I thought I was just out of shape because of my inactivity during Covid,” Neil said. “The real shocker came when I couldn’t mow the yard. We have a small yard, and I couldn’t get through it without sitting down.”

Neil began to put two and two together when a friend who had similar symptoms needed heart surgery. After seeing his doctor, Neil was scheduled for a heart cath where it was discovered he had one artery 90 percent blocked and had a stent put in.

“My heart doctor recommended I sign up for cardiac rehab as soon as I was able to. Hocking Valley Community Hospital has a wonderful program. Here they have a small setting and give wonderful care. They monitor everyone closely,” Neil said.

Neil began the 12-week cardiac rehab program at HVCH, coming to the gym three days a week. The rehab program focuses on restarting physical activity, healthy living and medication management.

“It’s thanks to Amy and Crystal (of the cardiac rehab program) that I got back into the habit of doing regular exercise. I’ve lost 5 notches off my belt and I’m feeling really good,” Neil said.

“In the gym they keep track of your heart monitor and blood oxygen when exercising and make sure you are breathing correctly. They also monitor if you are having any trouble with your medications,” he continued. “They are extremely good at what they do, and I wouldn’t be doing any of this if not for them. They made it fun, and I think that’s important.”

As part of the rehab program, he also consulted with dietician Alicia Woods.

“Since talking with Alicia, I have made some changes in my diet too. I was always a meat and potatoes person. I’ve started incorporating different meats and substituting potatoes for more veggies. I’ve also reduced my portion size as I was overeating. I was shocked when I learned a portion size of steak was like a deck of cards!” Neil shared.

Neil chose to set goals to improve his dietary risk score, to reduce his labs (triglycerides and hemoglobin A1C), and to make progress toward his goal weight. By graduation from the program, his Dietary Risk Score had improved by 15 points, he had reduced his total cholesterol by 18 points, his triglycerides by 106 points, and his hemoglobin A1C by 0.6 points. Neil also lost 4% of his body weight and 3 BMI points.

Since graduating from the cardiac rehab program, Neil has continued his health journey in other ways. He joined Silver Sneakers and exercise classes at the senior center.

“I am 180 degrees from where I was before; it’s really amazing,” he said.

He has gotten back into some of his hobbies including working in his woodshop, fly fishing, and volunteering at his church.

“I wanted to share my story because I think cardiac rehab is important and helpful for anyone who has had heart surgery,” Neil said. “It’s amazing.”

A chronic pain journey

For the past 12 years, Haydenville resident Terry Fouty has been treating chronic back pain, initially with prescribed pain medication from his doctor's office, then through the HVCH Pain Management Clinic. Terry had an accident that caused a knee injury, but did not realize the damage done to his back. Over time his legs became arthritic, causing changes in his walking and issues with the discs of his spine.

"I couldn't even stand without pain. The pain was so hard, it would make me slump over. The doctor prescribed me oxycontin and for about seven years, I was taking 160 mg. I don't remember much of those seven years. I was worried I was going to have a problem getting off that medicine, but I didn't; I was lucky," he said.

As Terry was looking for alternative ways to treat his pain, the HVCH Pain Management Clinic opened.

"Dr. (Raj) Swain is the most awesome doctor I have dealt with through my pain management journey. He is a very good, thoughtful doctor. I don't know what I would have done if I didn't find him and the pain clinic staff," Terry said.

To date, Terry has tried many different treatment options through the pain management clinic.

"I have gone through several back procedures, and laser therapy of the nerves. In a year, I was getting two laser procedures on each side of my back and taking pain medications. It seemed like I couldn't get on top of it. It was helping, but I still couldn't stand or sit very long," Terry said.

Dr. Swain suggested a new type of treatment for Terry, a peripheral nerve stimulator. A peripheral nerve stimulator is a drug-free pain management device that emits electrical impulses to block pain signals and stimulate muscles. Wires are implanted on both sides of the spine under the skin near nerves associated with the pain. The internal unit has a life of about 18 years and the software can be updated without additional surgeries. The battery pack is worn with an adhesive clip over the implanted unit and can be easily removed and switched out for recharging.

"An operation makes people think, 'Uh oh,' but it was the easiest procedure. There was nothing to it; it took about 30 minutes to do the first operation which was a trial with the unit. Then I scheduled a procedure for the total install. I don't even feel the part that is just under the skin. The battery pack is in a plastic disc on your lower back. I thought it would be annoying, but after a week or two, I came to a point where it became invisible to me.

I wear the unit most days a week. Some days I take it off for a cleaning and a few hours break. It feels like I have something helping me to stand up and stand up straighter, like someone has hands wrapped around my spine. It gives me better movement. It's like a massage in your back," Terry said.



Terry's unit was installed late last year. He now visits the pain management clinic every two months, has reduced the need for laser therapy to once per year for each side of his back, and has reduced the amount of pain medication he needs on a regular basis.

"I'm able to get up and move around the house, sit in the front room, and go out on the front porch. When I wake up in the morning and the pain is not as bad as it was, it puts a smile on my face," he said.

"When I first started pain management, I was using a wheelchair to go in and out, but now I can walk with my walker and I'm working toward walking with a cane. It's really done me wonders, everything I've been through with my treatment. While there is no fix for my problem, this device has helped me deal with my pain, and anytime you can take less pain medication it creates less problems down the road. I encourage anyone considering this procedure to give it a chance because it is so helpful."

SAVE
THE
DATE



BIDS & BREWS BENEFIT

Friday, Aug. 4 | Poston Manor & Event Barn
36560 Hocking Drive, Logan, Ohio



**RESERVE
A TABLE**

Join us for the annual HVCH Foundation Bids & Brews Benefit Kentucky Derby style! This year's benefit will be held at The Poston Manor & Event Barn on Friday, August 4. Paddocks open at 5 p.m.

"The Foundation would like to thank the Kilbarger family for the donation of this year's event venue. We could not have a more perfect backdrop for our 'Jockeys and Juleps' theme," HVCH Foundation Board President Kyle Walker said.

In addition to silent and live auctions, this year there will be horse racing. Guests will be able to bet on their favorite horse, with winners splitting the pot with the Foundation. There will be a derby hat contest at 6:45 p.m. with a prize for first place. Derby attire is encouraged, but not required.

Derby favorite mint juleps will be served at the bar along with other beverages. Food will be available from Da Que, LLC, Wood Fired Pizzas, and Rowdy Dawgs. Rick Barr will entertain guests with live music before the start of horse racing and live auction.

"We are very excited for this year's theme and can't wait to share this event with our community," Walker said. "The Bids & Brews Benefit continues to be the Foundation's largest annual fundraiser, raising more than \$40,000 for our local hospital in 2022. We thank everyone for their support and hope to see you all this year."

Event sponsorship opportunities and horse naming are now open as well as table reservations. Scan the QR code or visit www.hvch.org for more details.



CHECK OUT
LAST YEAR'S
BIDS & BREWS
BENEFIT!
Scan to
view video



Special thanks to our Foundation partners who provide annual support:



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**Logan Royal Order
of the Moose #873**



ON THE COVER:
Neil Hinton of Logan, former cardiac rehab patient at HVCH, works in the woodshop at his home. With the help of rehab after a cardiac procedure, Neil was able to have the stamina to get back to every day activities and hobbies.

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To support the HVCH Foundation through the partnership program, call 740-380-8336.



HOCKING VALLEY Community Hospital

601 State Route 664 N.
Logan, OH 43138
www.hvch.org

HVCH FOUNDATION *Honor & Memorial Program*

HVCH Foundation's Honor or Memorial Planter program helps brighten our hospital. Each planter is filled with flowers/vegetables and displayed throughout the current season. Planters feature signage of selected quote and displays the names of honoree/memorial and the donor. One photo may

be submitted for inclusion on the sign. Fixtures will have signage only. Planters are maintained by HVCH staff and volunteers. At the end of the season, signage will be given to the donor to keep. Your support not only brightens the stay of our patients and staff, but is a wonderful way

to honor and remember those you love.

Pictured are Greg and Stephanie Vermillion with their bench dedicated in their family name.



Butterfly Trail

Hocking Valley Community Hospital is pleased to be a stop on the Hocking Hills Butterfly Trail. The trail consists of 14 locations each featuring a different set of butterfly wings. The trail is the result of a project spearheaded by Logan in Bloom and funded by the Hocking Hills Tourism Association.

Guests on the Hocking Hills Butterfly Trail can visit each location to learn about the featured butterfly, their habitat, and food source. Butterfly wings photo stations are located at each stop. A passport and coloring book have been created to augment the experience.

Prep for your trail travels by downloading the map and passport by scanning the code or stop by the Regional Welcome Center at 13178 State Route 664 S., Logan, to pick up your map, passport, and special butterfly trail sticker.



Donate a planter in honor/memorial of your loved one



Download the Butterfly Trail map/passport and stop by our butterfly garden this summer