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COVER PHOTO: Certified Nurse Practitioner Kathy Khandaker spends time with patient Evelyn Fielitz during her hospital stay. See related article on page 6.

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Welcome Dr. Rabinovich

NEW SURGEON COMES TO THE BRYAN COMMUNITY

Community Hospitals and Wellness Centers (CHWC) is excited to welcome general surgeon Aaron Rabinovich, MD, F.A.C.S. As a board certified general surgeon employed by Parkview/MCHA, Dr. Rabinovich is working with Dr. Harvey at Parkview Physicians Group and starting a new hernia program.

"The goal of the hernia center is to provide patients with easy access to care, rapid recovery, efficiency and as low-key surgery as possible," Dr. Rabinovich explains. "We can provide simple to complex surgeries without having to leave the community."

Hernias are a common problem with men (750,000 diagnoses a year) and the surgery can be technically challenging, Dr. Rabinovich says. With this program, he will create excellent modern care for hernias. And, Dr. Rabinovich takes his specialty to heart.

"Being a general surgeon gives me the opportunity to help people," Dr. Rabinovich says. "For example, the ability to repair a hernia gives the patient the chance to get back to functioning at full capacity. I know I made their lives better and I love that."

**TO SCHEDULE
AN APPOINTMENT**
with Dr. Rabinovich,
call **419-636-4517**.

Dr. Rabinovich started his training at Wayne State University School of Medicine in Detroit, Mich., and finished at Indiana University School of Medicine in Indianapolis, Ind. He has been practicing as a general surgeon for seven years and is coming to Bryan from Baltimore, Md.

CHWC has impressed Dr. Rabinovich. He looks forward to caring for those in our community and said before coming to Bryan he didn't expect a modern hospital with specialists.

"The community is unique," Dr. Rabinovich says. "This is a great opportunity to work in a rural community with a modern facility."

Dr. Rabinovich helps patients understand their options for treatment with medication and/or surgery, and then makes a careful decision based on the best outcome for the patient to provide the best possible care.

Dr. Rabinovich says, "I give the highest quality of care and the best outcome for each patient."

WORKING TOWARD A HEALTHIER COMMUNITY

When a community health assessment of Williams County residents revealed a higher percentage of overweight and obese individuals than the national average, Community Hospitals and Wellness Centers (CHWC) jumped into action. Their goal? To help community members avoid the health conditions that can accompany excess weight — such as diabetes, high blood pressure and heart disease — and live healthier lives.

CHWC prepared a follow-up assessment, implemented a health coaching program and coordinated a unique weight-loss opportunity for the at-risk individuals. So far, the results have been outstanding.



Health Coach Jeanette Roberts assesses the weight and height of participant Greg Johnson.

IN THE BEGINNING

“CHWC co-funded the 2010 Williams County Community Health Assessment with the Williams County Health Department and Midwest Community Health Associates,” says Phil Ennen, President/CEO of CHWC. “The assessment identified two challenges, weight management and risk for diabetes, so we selected these two health issues for a focused intervention.”

The group created a follow-up health and wellness screening assessment to help better understand the community’s risk factors using biometric measures and blood testing, and then devised a strategy to help reverse them.

“We measured body mass index (BMI) of volunteer participants recruited from the community, and 81 percent of the participants measured 25 or higher (overweight is a BMI of 25; obesity is a BMI of 30),” explains Kathy Davis, administrative assistant at CHWC. “We also asked participants, ‘Are you ready to try something new for a healthier lifestyle?’ Nearly 80 percent said yes and 20 percent said maybe.”

The next step was education. Health coaches met with each participant individually to review their questionnaire and measurements, and discuss their personal risk for obesity and diabetes. Participants were encouraged to set goals for achieving a healthier weight and/or lifestyle, and received helpful information about meal planning.

A PLAN OF ACTION

“We divided participants into one of three categories: low risk, at risk and high risk for obesity and/or diabetes,” explains Michelle Price, dietitian and diabetes educator at CHWC who helped administer the assessment. All participants received some form of follow-up, with the high-risk group receiving the most immediate attention.



Participant Greg Johnson listens to Health Coach Michelle Price explain meal planning.

“Based on participants’ need to lose weight (high BMI measurement) and the fact that they *wanted* a lifestyle change, we made the decision to pursue a partnership with Weight Watchers,” says Davis. “Participants and a friend could join Weight Watchers for 12 months for free. As of May 31, we have 57 people enrolled in the program, and they have lost a collective 896 pounds over the past five months.

“Not only are they losing weight, but they are feeling better,” Davis continues. “They are sleeping better, waking up easier, visiting their physicians and having their prescription medications decreased or even discontinued, exercising more, making healthy food choices — the list goes on and on. They are truly making lifestyle changes.”

HOPE FOR THE FUTURE

The goals of the program are simple, but important, and the health assessment team hopes to be able to track the results with a follow-up assessment in the next few years. “Our goal is to see a decrease in obesity in our area over time, as well as diagnose pre-diabetes and diabetes earlier,” Price explains. “Educating people sooner on how to control and prevent long-term and costly complications will benefit the entire community.”

EARNING - a badge of - EXCELLENCE



Montpelier Hospital staff smiles proudly. Shown front, from left, are Robert Hauck, Lynn Gors, Tammy Diehl, Todd Davis, Diane Ullom and Lois Buchs. Shown back, from left, are Julie Mabus, Maren Williams, Kris Edwards, Deb Clements, Brenda Mercer, Michelle Clark and Dean Hamman.

Community Hospitals and Wellness Centers (CHWC) recently earned three PRC National Excellence Awards for 2012. All three facilities — Archbold Medical Center, Montpelier Hospital and Bryan Hospital — each received a 4- or 5-Star Patient Perception

Award. These awards are based on patient perceptions of the hospital and service they received. PRC is a national health care marketing research firm that assists hospitals and organizations to provide accurate information. PRC awards organizations that have achieved excellence in the prior year of patient care.

“Patients are interviewed after surgery and/or treatment and asked a series of questions to which they respond with a rating,” says Brigitte Schrickel, director of surgical services at Bryan and Archbold. The qualifications for a 4- or 5-Star Award require a minimum of three months of discharges/visits totaling at least 50 interviews.

ARCHBOLD MEDICAL CENTER

Archbold Medical Center received the 5-Star Outpatient Surgery Award. What makes this unit so unique is the family atmosphere, according to Schrickel. “Many of our patients return for treatment or return with family members. It really seems to be a family environment. There is a level of comfort in familiar surroundings and staff,” says Schrickel.

The fact that the Archbold Medical Center might be smaller than other facilities clearly doesn’t hinder the staff or quality of care either. “We are Fulton County’s hidden

jewel. We provide valuable, excellent services close to home. We are proof that small facilities can thrive and compete in a changing medical world,” says Schrickel.

BRYAN HOSPITAL

Bryan Hospital received the 4-Star Inpatient Award. Cathy Day, RN and compliance officer, is always impressed with CHWC’s emphasis on patient care. “Our board of directors, CEO and administrative team has a strong focus on patient care. This focus flows to the staff who are caring for the patients. As a result, we have a truly dedicated group of health care providers who always want to do what is best for the patient,” says Day.

Marilyn Frank, RN, ICU/TU/PEDS, recognizes the strict standards that everyone follows for the safety of the patients. “We have a standard of care on measuring, assessing and reassessing pain levels that we follow,” says Frank.

MONTPELIER HOSPITAL

Montpelier Hospital received the 5-Star Inpatient Rehabilitation Award. The hospital specializes in rehabilitation with a team who works with patients to get them functioning again after various events like surgeries or accidents. “Patients come to the hospital for rehabilitation and become a part of an individualized team



Marilyn Frank, RN, and Kasey Grime, BSN, make sure patient Lowell Durbin is comfortable during his hospital stay.

CHWC EARNs THREE PRC EXCELLENCE AWARDS

WHAT PATIENTS ARE SAYING

Staff, doctors and nurses hear great comments from patients every day about CHWC. Feedback from patients often highlights the following:

Staff listens and makes sure patients have input into all decisions about their care

Staff goes above and beyond — meeting every need before and after surgery

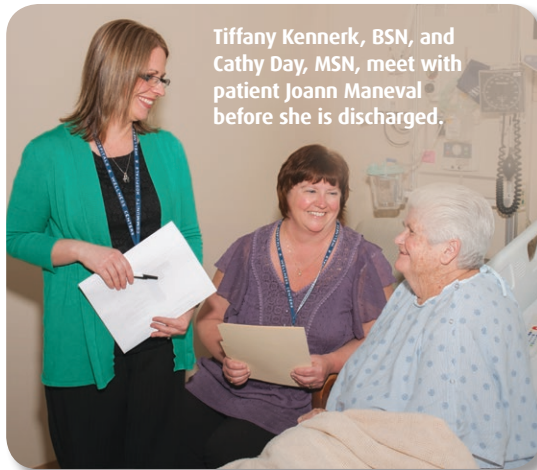
Treated like your own family

Friendly, professional staff

Prompt care that doesn't make you wait all day

Individualized care

Cleanliness of the hospital



Tiffany Kennerk, BSN, and Cathy Day, MSN, meet with patient Joann Maneval before she is discharged.

that may include physical, occupational, speech and recreational therapists as well as social workers, counselors, dietitians and a neuropsychologist,” says Nancy Conti,

director of nursing at Montpelier. This is the second consecutive year that Montpelier's inpatient department has received this award, which is based on the department's overall quality of care.

Conti credits the staff at Montpelier for this exceptional award. “Doctors, nurses, therapists, social workers, nutritional food service, environmental services, maintenance — everyone tries to do their best to make our patients feel that they are getting the best possible care in a very welcoming and safe environment,” says Conti.

CHWC continues to evolve and compete with changing medical dynamics, all while providing excellent care to patients. For more information on the PRC Excellence in Healthcare Awards, please visit www.prconline.com.

Archbold Medical Center staff is shown top to bottom, Jennifer Rychener, Jessica Unger, Jean Kovar, Sharon Vondeylen, Laurinda Figley and Cindy Ames.



TO SCHEDULE AN APPOINTMENT AT CHWC, please call **419-636-1131** for Bryan Hospital, **419-485-3154** for Montpelier Hospital and **419-445-4415** for Archbold Medical Center.

NURSE PRACTITIONERS

AN INTEGRAL PART OF PROGRAM



This spring, Community Hospitals and Wellness Centers (CHWC) implemented a hospitalist program, including doctors and two nurse practitioners. A hospitalist is a physician who specializes in the care of patients from the time they are admitted to the hospital until they are discharged. A hospitalist can contribute to a decrease in patient lengths of stay, reduce hospital costs and readmission rates, and increase patient satisfaction.

Dr. Schultz and Dr. Bumb are the two physicians who currently care for patients in Bryan Hospital. Dr. Walz and Dr. Kennedy care for patients in Montpelier Hospital. As part of the new hospitalist team at CHWC, patients can also expect to see nurse practitioners Kathy Khandaker, CNP, and Ashley Hawkins, CNP, during their hospital stay.

A nurse practitioner focuses on disease prevention and health promotion while providing primary, acute and specialty services.

A nurse practitioner is a registered nurse who has had additional specialized training and also holds an advanced degree at the Master's or Doctoral level. Hawkins and Khandaker work together with the hospitalists as a team to care for patients in the hospital.

"A nurse practitioner focuses on disease prevention and health promotion while providing primary, acute and specialty services similar to that of a physician," Khandaker explains. For more than 40 years, hospitals and physician offices across the country have employed nurse practitioners to promote access to care.

With the addition of nurse practitioners to the hospitalist program, CHWC has added a unique blend of medical care provided by the physician and holistic nursing care provided by the nurse practitioners.

"We work together as a team to care for the hospitalized patient," states Dr. Schultz. Teamwork across disciplines in the hospital improves the transition from hospital to home for older patients with the benefit of fewer return visits to the hospital and the improvement of patient satisfaction.



Ashley Hawkins, CNP



Kathy Khandaker, CNP

Faces of CHWC

TAMMY BERNATH

Giving birth is a joy. Being a nurse and a witness to the miracle of birth is another joy in itself. Tammy Bernath, RNC-OB and director of nursing for obstetrics and pediatrics at Community Hospitals and Wellness Centers (CHWC), knows this joy very well and is grateful to be a part of it.



Tammy Bernath, director of nursing for obstetrics and pediatrics, welcomes you to the New Beginnings Birthing Center.

Tammy has worked at CHWC for 29 years, starting as a nurse in the medical surgical department in 1984. She received her nursing degree from St. Vincent Mercy Medical Center School of Nursing and Lourdes College in Sylvania and came to work at CHWC the Monday after graduating. After working in med-surg for a year and a half, she was ready for a change and took a position in the obstetrics department.



"OB wasn't my first choice," Tammy says. "Once the position was posted, I thought about it for a few days and then applied after no one else did. I've been in OB ever since."

In 2009, she received her bachelor's degree in nursing from Bowling Green State University and in 2010 she became OB director. In her current position as director of nursing for OB and pediatrics, she works on staffing and adjusting schedules, employee evaluations, statistics and quality improvement among many other details. Tammy spends each day doing something different.

"It's the thing I love about my job, but it also stresses me," Tammy says. "I definitely don't get bored."

And how could she? Tammy still gets to experience the miracle of childbirth when she steps in to help if needed.

"It's a miracle watching the births," she says. "Every one is special."

A few memories stand out in her mind, such as the time a mother came in to the hospital with bleeding at 24 weeks pregnant with twins. The twins were delivered at CHWC, transferred to another hospital and survived. Tammy was proud of the OB department in that difficult situation. She also finds delight in seeing children as they grow after she was a part of their birth.

"We had a challenging birth once and the mother brought the baby back at 18 months and she was running the halls, doing so well," Tammy recalls. "I have also had mothers stop me and say to their children, 'This nurse was there for your birth.'"

Tammy works hard to meet the challenges of making sure patients receive the best quality care while they are at CHWC. With childbirth being such a special time in patients' lives, the OB department can adjust to the needs of mothers and make sure their special delivery is not confined by rules to make it the most special it can be.

She is pleased with CHWC as a community hospital. She benefits from the personal interaction with staff and administration.

"I've been to bigger hospitals with family members and you don't get better care just because it's a bigger place," Tammy says. "You get great quality care here because nurses are invested in you and each other."

Tammy is not sure what is next for her professionally. She doesn't like to get bored or stuck in a rut. She is constantly learning, whether it's going back to get her bachelor's degree, taking on new positions at work or doing self studies to gain knowledge.

Maybe she will take time to visit more lighthouses along the coast or lakes, as she and her husband of 27 years, Chuck Bernath, have done in their spare time. Tammy has two children, a daughter, Jessica, who graduated from Indiana University this May and a son, Lucas, who graduated in June from North Central High School.

Miracle of birth

FOR MORE INFORMATION OR A TOUR
of The New Beginnings Birthing Center, call
the OB department at 419-630-2175.

Taking away the scary from the unknown

KNOW YOUR NEUROPSYCHOLOGIST

The brain works in mysterious ways, and when we see changes in the thinking and behavior of ourselves or our loved ones, it can cause concern. Are you afraid of these kinds of changes you've seen in yourself or someone close to you, but are scared to say something to your doctor?

Dr. Joan Lawrence, clinical neuropsychologist at Community Hospitals and Wellness Centers-Montpelier, specializes in studying relationships between the brain and how you think, behave, learn, remember and solve problems.

"How well your brain works affects every aspect of how you manage day-to-day living," Dr. Lawrence says. "From simple things like deciding what you're going to wear in the morning to more complex important things like how you drive or do your job or learn in school, or whether you are able to live safely in your home — all of those depend on how well your brain is working."

DAMAGE TO THE BRAIN

The brain can be damaged from a trauma, such as a head injury or stroke, or from diseases such as dementia, multiple sclerosis or Parkinson's disease. The extent and seriousness of the damage may vary and affects how well you function.

"Often times, people get concerned about occasionally misplacing things or forgetting a name, when things like that can just be normal aging," Dr. Lawrence says. "However, issues like forgetting to turn off the stove, having trouble driving, getting lost, and repeating stories or questions over and over without knowing it can be more serious."

The good news is that Dr. Lawrence provides testing that determines how quickly and accurately you think, focusing on areas like your attention, concentration, memory and ability to solve problems and make decisions. Once the test results are compared to others



Community Hospitals and Wellness Centers
BRYAN | MONTPELIER | ARCHBOLD

433 W. High St.
Bryan, OH 43506-1690

Dr. Lawrence reminds everyone
that even a mild brain injury is
serious, and children and adults should
always wear a helmet when riding a
bike, rollerblading, skateboarding
or riding ATVs and motorcycles.

To schedule an appointment with
Dr. Lawrence, call **419-485-3154**.

of your own sex and age, Dr. Lawrence can identify where your problems are and explain what is causing them. She can then recommend therapies to help you cope with deficits.

Often, patients who have had a stroke or head injury, or who get diagnosed with dementia such as Alzheimer's, may get tested more than once. The first testing measures the damage from an injury to the brain or makes the dementia diagnosis, and then follow-up testing is done a year or two later to see if the patient has gotten better or worse. This allows Dr. Lawrence and your doctor to come up with the best treatment plan for you and make changes as time goes on.

TESTING WITH CHILDREN

Dr. Lawrence also tests children ages 6 and up for traumatic braininjuries, seizures, attention and behavior problems, and learning disabilities.

"I can work with the schools to help give recommendations and

suggest resources for students and parents," Dr. Lawrence says. "Sometimes children are bored and need extra stimulation to perform better, or have a deficit and need extra help."

HOW TESTING WORKS

Testing is done with Dr. Lawrence and her assistant Judy Chrismer, LSW, in a friendly environment where you are asked to solve problems, answer "what if" type questions, and put things together. Many patients say that testing is different and something they have never done before, but fun. There are no needles or electrodes during testing.

A doctor's referral is preferred. Testing takes a full work day, beginning with an interview to obtain background information and history of the problem. Dr. Lawrence can provide a doctor's note to excuse the patient from school or work that day.

"Not knowing what a problem is can be scarier than understanding what's going on," Dr. Lawrence says. "Once we know what the problem is, we can help you figure out what to do about it. Our testing helps to take away the scary and give you an answer and a plan."

Dr. Joan Lawrence, clinical neuropsychologist, right, and Judy Chrismer, LSW, administer a problem solving test to a patient.



Treatment