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COVER PHOTO: CHWC staff members Becca Altman (right), cardiologist Dr. Jodi Tinkel (center) and Heavin McGlaughlin (left) were all instrumental in COVID-19 response and the care of inpatient Victoria Tinney (read more on pages 4-5).

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## Pain Management Clinic welcomes CNP Greg Durham



**T**he Pain Management Clinic at Community Hospitals and Wellness Centers (CHWC) recently welcomed Certified Nurse Practitioner Greg Durham to the team. Durham has worked in nursing for 15 years, and will practice at the clinic with Dr. Andrius Giedraitis, who started at the CHWC Pain Management Clinic in January 2020.

### A WARM WELCOME TO GREG DURHAM, CNP

After earning his family nurse practitioner master's degree from University of Toledo, Durham worked in urology and orthopedics. "I like specialty practice because I enjoy focusing on one area and getting really good at that one specific field. Pain management appeals to me because it's fulfilling to help patients with their chronic and acute pain, and to help them live a better quality of life," Durham says.

Durham grew up in Napoleon, and has lived in northwest Ohio his entire life. He and his wife — a physical therapist at University of Findlay — have two children. "That's where my personal time is spent; doing anything as a family is my priority," he states.

### ABOUT THE PAIN MANAGEMENT CLINIC

Durham and Dr. Giedraitis provide care at both Bryan Hospital and Archbold Medical Center. Conditions treated at the clinic include but are not limited to: neck and back pain, arthritis, headaches, fibromyalgia, nerve damage, shingles

## GET YOUR PAIN MANAGED

To make an appointment at the Pain Management Clinic at Bryan Hospital and Archbold Medical Center, call **419-633-7343**.

Get more information by visiting  
[chwchospital.org/pain](http://chwchospital.org/pain).

pain and much more. Advanced pain education and technology have made pain treatments more tolerable, less invasive and very effective at getting patients back to a pain-free life.

"I fell in love with this facility and the people here," Durham says of working at CHWC. "I gravitate toward smaller hospitals because it's more close-knit in a small community setting. It's neat how there are so many specialties here in this small area. A specialty like pain management never would have been in a rural area like this 20 years ago, but being part of this expansion of services is really cool."

## CONDITIONS DIAGNOSED AND TREATED AT THE PAIN MANAGEMENT CLINIC

- » Neck and back pain, including work-related injuries
- » Persistent pain after back or neck surgery
- » Pain associated with arthritis
- » Fibromyalgia
- » Chronic pelvic pain
- » Complex regional pain syndrome (CRPS)
- » Nerve damage
- » Muscle spasm pain
- » Shingles pain
- » Headaches

*Pain Management*

# Urology Clinic expands to Archbold, offers new services

In the spring of 2015, the Urology Clinic was one of the first specialty services offered at Bryan Hospital. The clinic opening was led by Dr. Daniel Murtagh, Sr. who treats conditions such as urinary tract infections, incontinence, kidney stones, prostate problems, erectile dysfunction, and cancers of the prostate, testicles, bladder and kidney. The need for urology care has grown, and Community Hospitals and Wellness Centers (CHWC) recently expanded its clinic offerings to meet that need.

Two providers have joined Dr. Murtagh at the CHWC Urology Clinic: Dr. Ahmed El-Zawahry and Michelle Lajiness, Certified Nurse Practitioner (CNP). In addition to offering new urogynecology services at Bryan Hospital, Dr. El-Zawahry and Lajiness are offering a number of urology services at Archbold Medical Center.

## INTRODUCING OUR NEW PROVIDERS

Dr. El-Zawahry's residencies and board certification are in urology, and his fellowship focused on pelvic floor reconstruction for men and women as well as female urology/urogynecology. "My field is specialized in dealing with urinary tract symptoms, which are different in women and men because of the prostate. I focus more on the subspecialty for women," Dr. El-Zawahry says.

Lajiness has been working in urology for over 20 years, and is a nationally known speaker and author who wrote the book on urology for nurse practitioners. She provides care for both men and women, with primary focuses on interstitial cystitis, incontinence, overactive bladder, urinary tract infections

and neurogenic bladder. Lajiness began as a family practice CNP before unexpectedly shifting gears into urology. "I never would have tried urology on my own, but I kind of fell into it. It really clicked and I have been in it ever since," she says. Lajiness is currently working on her Doctor of Nursing Practice at University of Toledo, having recently completed the first of a three-year program.

## A RANGE OF UROLOGY SERVICES

Dr. El-Zawahry explains urinary tract symptoms. "An increased frequency of urination, urgency, if you need to go to the bathroom and can't hold it, stress incontinence, any form of urinary leakage." He adds that although these symptoms affect people throughout their lifetime, most don't know that treatment is available. "Some people consider it a normal part of aging, but that's a myth," he says. "When there's a problem, people need to tell their primary care provider so we can address it. Early treatment can help to prevent much bigger problems later."

"Urology is very sensitive, and we get that," says Lajiness. "But, we are very careful to help people feel comfortable sharing with us."

Neurogenic bladder is another condition treated by both Dr. El-Zawahry and Lajiness. "If somebody has a problem in the brain or spinal cord, problems with nerves after surgery or from conditions like diabetes, Parkinson's disease and multiple sclerosis — all of these can cause problems emptying, overactive bladder and leakage. We can address all of these problems," Dr. El-Zawahry says.

All three practitioners at the CHWC Urology Clinic bring tremendous benefit to the community with their expertise and dedication to providing the highest level of care. If you have symptoms of urology problems, talk to your primary care provider or call the CHWC Urology Clinic at 419-633-7596. Visit [chwchospital.org/urology](http://chwchospital.org/urology) to learn more.

Michelle Lajiness, CNP

Dr. Ahmed El-Zawahry

## CHWC Urology Clinic: Conditions and symptoms treated

- Overactive bladder
- Urinary tract infections
- Kidney and bladder stones
- Frequent urination
- Urinary urgency
- Blood in urine
- Urinary and fecal incontinence
- Fistula
- Atonic bladder and retention of urine
- Interstitial cystitis and pelvic pain
- Contracted bladder and radiation cystitis
- Urethral diverticulum
- Urethral stricture
- Pelvic floor dysfunction
- Bladder neck obstruction and contractures
- Genital warts
- Neurogenic bladder secondary to stroke, spinal cord injury, MS, Parkinson's disease, etc.
- Cancers of the testicles, prostate, bladder and kidney
- Pelvic organ prolapse and mesh problems
- Female stress incontinence
- Sexual dysfunction in men and women
- Prostate problems
- Infertility
- Enlarged prostate with symptoms
- Penile conditions
- Complications secondary to slings or urinary sphincters
- Male stress incontinence and complications related to procedures



# Preparing for and responding to a pandemic

# COVID-19 at CHWC

Life during the COVID-19 pandemic has been frightening, stressful and surreal. Everyday life as we knew it came to a halt, and millions of people worldwide got sick and, tragically, hundreds of thousands have died. Locally, citizens stayed home, wore masks and did what they could to prevent the spread of COVID-19. The very low infection, hospitalization and death rates in our area reflect those selfless acts.

“From the beginning, we had to make hard decisions, like reducing or closing services. It felt like we weren’t providing the comprehensive patient-centered healthcare that our mission statement promises,” says Chad Tinkel, President and CEO at Community Hospitals and Wellness Centers (CHWC). “But then I remembered another part of our mission statement: to enhance the health, safety and well-being of our community. I realized that we need to focus on public health and safety above all throughout the pandemic. Some things needed to be on hold. I was amazed by the understanding and overwhelming support we received from the community.”

## REACTING IN REAL TIME

Community Hospitals and Wellness Centers (CHWC), like many other health care organizations across the nation, were forced to think outside the box as COVID-19 hit the U.S.

“We were fortunate to have had several weeks of preparation before the first confirmed case of COVID-19 even made its way to our area,” says Becca Altman, Director of ICU/Telemetry and Med Surg at Bryan Hospital. “That allowed us to iron out details and get our staff ready.”

Just a few actions taken included setting up ER overflow areas and isolated COVID-19 units at Montpelier and Bryan Hospitals to accommodate a potential influx of patients, taking inventory of personal protective equipment (PPE) and other supplies, obtaining test kits and determining which reference labs would provide the quickest turnaround for results and establishing a policy that limited entry into CHWC facilities.

“Preparing for and taking action during COVID-19 was an all-hands-on-deck

situation,” says Wade Patrick, CHWC VP/Chief Information Officer. Patrick was active in leading CHWC’s response team. “There were a lot of unexpected twists and turns, and the way every department and so many of our staff stepped up to help in ways that were outside their job description and comfort zone speaks volumes to the quality of people we have employed here at CHWC.”

To date, less than a dozen patients were treated for COVID-19 at CHWC, and only a few required overnight stays. “Our low numbers are a testament to people staying home, wearing masks and cleaning their hands. Considering how close we are to Toledo and Detroit that got hit harder, we were very fortunate,” Altman says.

## A SURVIVOR’S PERSPECTIVE

Victoria Tinney came home from work one Friday, exhausted. She fell asleep, and barely woke up through that entire weekend. “My stomach was queasy and I was completely exhausted. I just thought I had the flu,” she recalls. The following week, she wasn’t well enough to go to work.





*Covid-19*

“The way every department and so many of our staff stepped up to help in ways that were outside their job description and comfort zone speaks volumes to the quality of people we have employed here at CHWC.”

– Wade Patrick, CHWC VP/Chief Information Officer

Tinney didn't think she had COVID-19, even after she began coughing. “Around the fifth or sixth day I started coughing. It wasn't a deep cough, but more like something was caught in my throat; a hard, scratchy cough that wouldn't go away. That's when I decided I should go in,” she recalls. By that time, CHWC had in-house tests that provided quick results. When Tinney's test came back positive for the coronavirus, she was admitted to Bryan Hospital's COVID-19 unit.

“I don't remember much from the first week. I slept a lot. I couldn't even stand up because I was so weak. Then I started having trouble breathing. I really didn't want to be on a ventilator,” she recalls. “I remember them coming in and taking my blood, checking my oxygen, giving me shots, checking my vitals, but that's about it.”

Her second week at Bryan Hospital was a period of upswing as Tinney became more alert and started feeling better. “I had excellent care at the hospital. Dr. Tinkel came in every day to check on me. I felt bad because they had to put on so much protective gear but

I understand; I would have felt horrible if I exposed someone,” she says. She recalls third shift nurse Paul Diaz spending time with her when she was having trouble sleeping at night, talking about his family and his everyday life. “I couldn't sleep and was alone and isolated and hadn't seen my family in a long time, so it meant a lot for him to spend time with me.”

Tinney especially recalls her experiences with ICU nurse Heavin McGlaughlin, whose care went above and beyond many times during Tinney's stay. “When Heavin would leave for the day, she would ask if there was anything she could bring me from the outside world. One day I said how good an Icee sounded — something cold for my throat — and Heavin went to Par-T-Pak and got me one. I had gone a long time without being able to wash my hair and it was just awful. Heavin combed my hair every day, bought me scrunchies and tied my hair back for me. She made me as comfortable as possible. She's a wonderful person, a really great nurse,” Tinney says.

After Tinney was discharged from the hospital, she spent another 12 days in isolation at

a nursing home and then 15 more days in isolation at home before she got a clean bill of health and was able to see her grandchildren again.

“My husband passed away nine years ago, my kids are grown and I live alone out in the country. They didn't want me to be home alone in case I fell, so I was sent to the nursing home for almost two weeks,” Tinney says. “Being home is great because I am able to walk more, do laundry and run the sweeper. I still have weakness in my legs and in one of my arms, but I have regained strength since coming home.”

Months after her recovery, Tinney is spending as much time as possible with her six grandchildren. Looking back, Tinney says, “Even when I was at my sickest, I never thought I was going to die. I forced myself as hard as I could, and Heavin was right there pushing me, too. I kept saying, ‘I'm going to fight. I'm going to get better and I'm going to get my life back.’”

CHWC staff worked cross-departmentally to provide care and help prepare for COVID-19 in our community. Pictured left to right: Buddy Moreland, ER; Hollie Hake, Montpelier Med Surg; Dr. Jodi Tinkel, Cardiology; Becca Altman, ICU/Telemetry and Bryan Med Surg; Heavin McGlaughlin, ICU/Telemetry; Libby Heller, Respiratory Therapy; Hannah Bruns, Radiology; Jai Patel, Lab; Lynn Gors, Respiratory Therapy.



# 11 REAL-WORLD WAYS TO FIND EXERCISE TIME

**T**he fact that exercise is good for your health is no secret. But in recent years, a growing body of research shows that your level of physical activity is directly linked to your risk for cancer, especially colon, breast, endometrial, prostate and lung cancers. Exercise helps ward off cancer by keeping weight in check, aiding digestion and altering hormone levels in ways that discourage cancer from developing in your cells.

Experts say to aim for at least 30 minutes of moderate to vigorous activity a day. That may be well and good, but finding that extra time is a challenge for many busy people. Remember, every little bit helps. Try some of these tips to squeeze exercise into your life:

- 1. SEE THE SUNRISE.** Set your alarm for 30 minutes earlier than usual and use the time to ride the stationary bike, take a walk, jog or work out to an exercise DVD.
- 2. SCHEDULE IT.** Mark your workout on your calendar as you would any appointment such as business meetings or dental cleanings. Sign up for a class or have a standing date with a workout buddy.
- 3. START A LUNCH CLUB.** Recruit co-workers to join you for lunchtime treks.
- 4. USE YOUR COMMUTE.** Can you walk or bike to work? Why not park one mile away from your destination to get some extra steps in for the day?
- 5. MAKE FAMILY TIME ACTIVE.** Start a tradition of an after-dinner walk or a Saturday afternoon hike or bike ride.
- 6. WALK AND TALK.** Instead of meeting for coffee, drinks or lunch, ask friends you see regularly to take a walk with you — a healthier way to catch up.
- 7. TAKE THE LESS CONVENIENT PATH.** You've heard these before, but do you do them? Take the stairs instead of the elevator; in parking lots, park in the spot farthest from the door.

**8. USE COMMERCIAL BREAKS.** When you watch television, get in the habit of standing up during every commercial and doing some exercise — jog in place, do a few jumping jacks, calisthenics or stretching exercises.

**9. TURN CHORES INTO CALORIE-BURNERS.** Turn on some music and pick up the pace as you do housecleaning, yard work or other chores.

**10. PLAY WITH KIDS.** Whether they're your own or your neighbors', it's hard to find a kid who doesn't love a good game of tag. Walk laps around the field while watching the grandkids' soccer games.

**11. PACE WITH A Pedometer.** This inexpensive gadget tracks the number of steps you take while wearing it. Write down your total steps at bedtime and challenge yourself to increase your number each day.



*Exercise*



# Wellness habits to **support your immune system**

Immune system fighter cells benefit from a healthy diet, exercise and sleep.

**D**uring these times, many of us are thinking about our health. Perhaps you just want to feel better or you are worried about your immune system's ability to ward off disease.

Your body's immune system creates special "fighter cells" to defend against infections and other diseases. Here are a few easy and fun tips to boost immunity.

## GETTING STARTED

Jeanette Roberts, RN, BSN, and Jessica Reitzel, BS, are wellness coaches for the employees at Community Hospitals and Wellness Centers (CHWC). Roberts shares with us their expertise on ways to support your immune system. Roberts says, "It starts with the vision you have for your healthier self. Is it playing kickball with the grandkids or taking a hike? Maybe it is feeling better. Once you have a vision, then you can focus on day-to-day choices."

## EAT A NUTRITIOUS DIET

Choose whole foods instead of processed foods. Whole foods, which are minimally processed and contain no additives, are packed with vitamins, minerals and with antioxidants needed for protecting and growing these fighter cells. Fill half of your plate with vegetables and fruit and the other half with protein and whole grains. Examples of immune-supporting foods are: broccoli, dark, leafy vegetables like spinach, citrus fruits, almonds, bell peppers and garlic.



*Jeanette's Tip:* Think about what you had fun doing as a child and work that into your daily activity. Having fun is a good way to stay motivated.



*Jeanette's Tip:* If you don't recognize the ingredients it is probably not a whole food.

## ENGAGE IN REGULAR EXERCISE

Exercise gets the blood recirculating, which helps the fighter cells find disease, and it reduces stress hormones and inflammation.

Explore different ways to be active, such as yoga, online classes or visiting parks that have trails for biking, walking and running. As little as 30 minutes, five days a week will give your immune system a boost.



*Jeanette's Tip:* Be mindful of how the environment, exercise, food, alcohol and caffeine impact your ability to sleep.

## GET ADEQUATE REST

The popular wisdom "sleep helps healing" is supported by strong evidence. When you're asleep, your immune system is busy creating new fighter cells. The levels of stress-related hormones are also reduced, allowing existing cells to restore and grow.

The exact number of hours needed for sleep varies; newborns sleep 14-17 hours a day, whereas adults typically need between seven and eight hours. Pay careful attention to your mood and energy after a good night's sleep to gauge what's right for you.

## ONE DAY AT A TIME

Just focus on the choices you make one day at a time. Ask yourself, did I give my body the best chance today? Keeping track of how you feel will influence your daily choices.



## "Live It" green smoothie recipe

- ¼ cup orange juice
- ½ cup yogurt
- 2 cups fresh spinach
- ½ cup fresh or frozen peaches
- ½ cup fresh pineapple
- 1 ripe banana
- 1 tablespoon chia seeds (optional)
- 2-4 ice cubes

### Instructions

Place all ingredients into a blender. Blend until smooth. Serve immediately. Yields 2 servings.

*Note: Experiment with different juices and fruits for a variety of flavors. Mango, kiwi, green grapes and green apple are other fruits that work well in green smoothies.*

Source: [chwchospital.org/recipes/green-smoothie](http://chwchospital.org/recipes/green-smoothie)

# MIDWIFE JOINS WOMEN'S HEALTH CLINIC STAFF



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

**T**he Women's Health Clinic at Bryan Hospital continues to grow, with the addition of Certified Nurse Midwife Nicole Pothast, who began practicing at the clinic in April 2020. Pothast joins Dr. Hanan Bazzi, Dr. Samar Hassouneh and the rest of the Women's Health Clinic team to offer a full spectrum of OB/GYN care to women in our community.

## WHAT IS A MIDWIFE?

Pothast shares that midwife means "with woman," and midwifery encompasses a full range of primary health care services for women from adolescence to beyond menopause. In addition to labor and delivery, midwifery includes but is not limited to gynecologic exams, family planning, preconception care, and care during pregnancy, childbirth and the postpartum period. Certified nurse midwives (CNM) are registered nurses who have graduated from an accredited nurse-midwifery education program with a Master of Science in Nursing (MSN) and have passed a national board certification.

## MEET NICOLE POTHAST, CNM

Drawn to labor and delivery in nursing school, Pothast explains that when she was pregnant with her first child, she knew without a doubt that it was the field she wanted to work in. "My background is in pediatrics, and advocating for children is what I have always wanted to do," she says. "As I matured, advocating for women and children became my primary focus."

Pothast earned her MSN and Doctor of Nursing Practice from Frontier Nursing University. She notes that there are many misconceptions about midwifery, one of which being that they perform at-home deliveries. Although there are different types of midwives and some do home deliveries, Pothast works in the hospital, in collaboration with physicians and specializes in low-risk care.

"I became a midwife because I am passionate about women's health and truly enjoy the education and support it has allowed me to provide," Pothast says. She and her husband have three children — a girl and two boys — and a Great Dane named Marmaduke. They moved to Ohio from Florida in 2016 to be closer to family.



Nicole Pothast, CNM

## Services offered at the Women's Health Clinic at Bryan Hospital:

- Annual gynecologic exams
- Well-woman care including breast exam and Pap test
- Management of symptoms of menopause
- Gynecologic cancer screening
- Adolescent gynecology
- Preconception counseling
- Family planning and contraception
- STD screening and treatment
- Evaluation and management of menstrual irregularities
- Care for pelvic and vaginal infections, endometriosis, uterine fibroids and polyps, ovarian cysts, vulvar diseases, abnormal uterine bleeding and pelvic pain
- Pelvic organ prolapse evaluation and pessary fitting
- Gynecology clinic procedures include Mirena® IUD (intrauterine device), ParaGard® IUDs and Nexplanon® placement and removal, colposcopy, cervical, vulvar and endometrial biopsies
- Initial infertility testing and treatment
- Prenatal care
- Childbirth education
- Ultrasound
- High blood pressure in pregnancy
- Nutrition and managing weight during pregnancy
- Labor and delivery
- Postpartum careactivities, meditations and gentle movement.

## TO SCHEDULE AN APPOINTMENT

at the Women's Health Clinic at Bryan Hospital, call **419-633-0755**. For more information, visit

[www.chwchospital.org/obgyn](http://www.chwchospital.org/obgyn).

*Women's Clinic*