

**Excellence in
rehabilitation care
at Montpelier Hospital**

3

**CHWC's priority is
safety and cleanliness**

4

**Wound care specialist
joins CHWC team**

6





4

CHWC's priority is safety and cleanliness



6

Wound care specialist joins CHWC team



7

CHWC to add medical oncology to cancer program



8

Get the facts on prostate cancer screening and treatment

COVER PHOTO: Environmental Services Technician Michelle Deck disinfects lobby furniture with a Clorox Total 360 machine.

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. Websites not belonging to this organization are provided for information only. No endorsement is implied. If you have a medical question, consult your medical professional. Photos by Paul J Zeinert Photography. *Wellness Matters* is published in partnership with Bluespire. ©2020 Bluespire | bluespiremarketing.com

General surgeon joins CHWC

The field of general surgery includes a wide range of surgical care, from hernias to appendectomies to trauma and much more. In August 2020, general surgeon Dr. Monzur Haque joined the staff at Community Hospitals and Wellness Centers (CHWC) just in time for the grand opening of the General Surgery Clinic at Bryan Hospital and Archbold Medical Center.

A PASSION FOR RURAL HEALTH CARE

Dr. Haque comes to CHWC with a distinct interest in providing health care in rural communities. “We don’t choose our likes and dislikes — we discover them. And I discovered that I wanted to be a rural surgeon because the skill level, the confidence and the knowledge required to be a rural surgeon is very rigorous and demanding. I feel connected to rural culture and the rural way of life,” says Dr. Haque, adding that in his home country of Bangladesh, his father was a rural physician and his grandfather farmed rice and jute with oxen.

“It sometimes seems that the public is convinced that you have to go to a big city and to a big hospital for care, and in some instances — like for unique diseases, for example — that may be true, because they see and do more of those unique cases. But small rural hospitals are more than capable of providing excellent care. Looking at the types of services and the volume of what they’re doing [at CHWC], it’s impressive, and it really stands out. That’s why I’m here,” Dr. Haque explains.

ABOUT DR. HAQUE

Dr. Haque is a board-certified physician who has been practicing medicine since 2012. He attended New York Medical College in Westchester, NY, and completed both his residency and internship in general surgery at Easton Hospital, Drexel University College of Medicine in Philadelphia, PA. Before joining the team at CHWC, Dr. Haque most recently practiced in rural Indiana,



Dr. Monzur Haque

To make an appointment at the CHWC General Surgery Clinic at Bryan Hospital or Archbold Medical Center, call **419-630-2290**.

Learn more by visiting chwchospital.org/general-surgery.

and he also serves in the United States Army Reserves.

At the CHWC General Surgery Clinic, Dr. Haque treats conditions, including but not limited to: hernia repair, trauma, burns and lacerations, laparoscopies, cysts, appendectomies, vascular access procedures, breast procedures, gallbladder conditions, bowel surgeries, fistula repairs and much more.

“I encourage the public, if they have any questions, to call my office and I’ll be happy to speak with them myself,” he says.

Dr. Haque, his wife and three children enjoy the welcoming small-town atmosphere in and around Bryan. “I love this place,” Dr. Haque says with a smile. “This is a wonderful community with hardworking people who have a true appreciation for what physicians and nurses and medical professionals are doing.”

WE'RE HIRING!

Our nursing team at Montpelier Hospital is seeking registered nurses and licensed practical nurses. Learn more and apply by visiting chwchospital.org/careers.

Jeri Goheen (left in both photos), Physical Therapist Sharilyn Webb (top right), Licensed Practical Nurse Chad Johnson (bottom right).

Excellence in rehabilitation care AT MONTPELIER HOSPITAL

Montpelier Hospital is an accredited critical access hospital that features many of the usual hospital services: emergency room, laboratory, imaging and radiology, respiratory therapy and more. Where Montpelier Hospital stands out, however, is that it specializes in inpatient rehabilitation care.

REHABILITATION FOR MANY DIAGNOSES

The Montpelier Hospital rehabilitation team works with patients who have many diagnoses, including stroke, brain injuries, chronic conditions like Parkinson's disease, trauma, debilitation following illness or injury and postoperative orthopedic surgery.

"We see just about every specialty. Really, we're a catch-all for people who can't go home right from the hospital," explains Hollie Hake, Director of Nursing at Montpelier Hospital. "A lot of times, our patients have multiple conditions — maybe a hip replacement caused something else to go haywire and they need extra time to get things on an even keel before they can go home."

Hake notes that the care team at Montpelier Hospital develops bonds with their patients and patients' families due to the length of stay and the intensity of their care plan. "The average length of stay is 14 days, but we certainly have people who stay longer. Usually those patients have been very sick and may have been at another hospital for a long time before they even came to us. Those patients are facing a lot of unknowns, like, 'am I ever going to be able to go home?' We work with them to make progress and see it through and hopefully they can go home. It's a huge accomplishment for them, and very rewarding for us."

INTERDISCIPLINARY TEAM OF CARE PROVIDERS

Patients who have experienced a debilitating illness or injury receive care from an interdisciplinary team, including a board-certified physical and medicine rehabilitation physician; physical,

"Montpelier Hospital is a great place for nurses to put the pieces together because you're addressing the whole patient, not focusing on just one thing or tied down to one specialty. You have time with a patient to see how one condition interacts with another, and your knowledge grows exponentially."

— Hollie Hake, Director of Nursing at Montpelier Hospital

occupational and speech therapists; social services; a skilled nursing team who provides care and education 24/7; neuropsychology to evaluate cognitive disability issues; and case managers who coordinate team efforts and assist in discharge planning.

"A big part of what we do is get a clear picture of the patient's true potential, so we can help maximize that and make recommendations to patients and their families about what their best options will be," says Matt Stuckey, Director of Rehabilitation and Therapy at Montpelier Hospital. "We take a team approach to look at what's going on with each patient and make sure we are doing everything we can to help them accomplish their goals."

A LOT TO OFFER THE COMMUNITY

The rehabilitation program at Montpelier Hospital is of tremendous benefit in our area, allowing convenient access to specialized care. "We have a lot to offer the community by treating patients close to home. If they're in a bigger city for rehab, it's a challenge for their families to go out and see them. I believe we offer even more personal care to our patients than they could get in a big facility in a big city," Stuckey says.

LEARN MORE about the rehabilitation program at Montpelier Hospital by visiting chwchospital.org/montpelier-rehab or calling **419-485-6481** for details.

‘The safest place in town’

CHWC'S PRIORITY IS SAFETY AND CLEANLINESS

Through all the uncertainty that has come with the COVID-19 pandemic, your health should not be put on hold. It's crucial to seek medical care when it's needed — whether it's an emergency service, preventive care, testing, therapy or any number of other services.

At Community Hospitals and Wellness Centers (CHWC), safety and cleanliness have always been a priority, but now more than ever we are taking the highest precautions to keep our patients, staff and visitors safe.

CLEANING PROCEDURES

Jeff Strahley, Assistant Director of Environmental Services at CHWC, describes the work of his team as thorough and methodical. “Our staff take a great deal of pride in keeping our facilities clean,” Strahley says. “It took some reassurance that we are doing everything we can to keep them safe, and they know now

that there's no reason to be afraid because we're taking so many precautions. We want the community to know that they're safe here, too. This is the safest place in town.”

In addition to rigorous cleaning methods applied regularly throughout CHWC's facilities, Environmental Services staff have begun using new equipment for an added level of cleanliness: a Moonbeam unit, which uses ultraviolet light to sterilize patient rooms after patients are discharged, and a Clorox Total 360 machine that emits a static charge of mist that adheres to upholstery, engulfing and disinfecting furniture in waiting rooms, offices and other areas in CHWC facilities.

“After a patient is discharged, we ‘Moonbeam’ the room, then our staff go in and clean it the same way they have always cleaned it but being even more diligent. We don't care if it takes an hour or two hours; it has to be cleaned, and it has to be cleaned right for the protection of both patients and staff. Depending on what the patient's condition was, we might ‘Moonbeam’ the room again after we're done cleaning it just to give it that extra added protection.”

SCREENING AT ENTRANCES

In addition to diligent cleaning methods, CHWC has policies in place with safety in mind. Entrances to our facilities are staffed with guest services associates who screen every employee, patient and visitor by taking temperatures, asking them appropriate questions about symptoms and ensuring that masks are being worn properly.

CHWC Patient Experience Director Kelly Colon manages the guest services associates, a new role in a new department that was set to launch around the same time COVID-19 broke out. Colon explains that the future role for guest service associates is to help patients and their loved ones with wayfinding and non-clinical needs, but their work screening at the entrances in the meantime has been invaluable.

“When this is all over, their jobs will look different. They will be able to help take patients to and from their destinations, and we want the atmosphere here to be one of warmth and compassion,” Colon states. “At some point, we will be doing rounds on each floor for comfort care, helping with nonclinical needs. Checking in with visitors who have been in a waiting room for a long period of time, engaging in genuine conversation, getting them a blanket or phone charger if they forgot theirs; anything we can do to provide a hospitable environment.”





TO LEARN MORE
about the services offered at
CHWC, visit chwchospital.org.

Environmental Services Technician Michelle Deck assembles a Moonbeam unit to sterilize a patient room (right) and disinfects lobby furniture with a Clorox Total 360 machine (left).

Until that day comes, Colon reiterates how crucial the guest service associates have been throughout the pandemic. “We’re in a good place in that most people understand the expectations when they come to the hospital because we have done a good job communicating our visitor policy and masking requirements. When patients come into the building, the conversation goes to the effect of, ‘what brings you to the hospital today?’ and patients have been great about letting us know. Our guest service associates have done a great job of showing empathy and compassion, acknowledging that it’s a frustrating time and we have to do what’s safe for our patients and employees. I think most people understand and respect that.”

ADDITIONAL SAFETY MEASURES

In addition to the enhanced cleaning methods and screening at entrances, CHWC has many other protective measures in place, such as:

- Requiring masks for all staff, patients and visitors within our facilities. Whenever a higher level of protection is necessary,

staff are equipped with the proper personal protective equipment to keep them safe.

- Promoting hand hygiene — which has always been emphasized among staff, patients and visitors — is front and center, with hand sanitizer dispensers readily available throughout our facilities.
- Allowing each patient one dedicated visitor age 18 or older. Visitors are limited to the patient’s room or designated area during their hospital visit and they must wear a mask within our facility.

MAKE YOUR HEALTH A PRIORITY

Although many things have changed since the arrival of COVID-19, the entirety of CHWC’s service lines are once again fully operational. In addition to common hospital services like imaging and radiology, laboratory and emergency care, our medical specialty clinics are also in full swing: gastroenterology, ENT (ear, nose and throat), pain management, women’s health, cardiology, general surgery, wound care, urology and orthopedics.

WOUND CARE SPECIALIST JOINS CHWC TEAM

Danielle Washington, RN, BSN, is committed to providing patient-centered healthcare. This commitment has taken her far in her nursing career, and Community Hospitals and Wellness Centers (CHWC) is happy to welcome her as our new wound care specialist.

LIFE-LONG LEARNING AND YEARS OF EXPERIENCE

With over 13 years of nursing experience, Washington has not taken a traditional career path. She began her journey in long-term care where she typically worked with elderly individuals. Looking back, she remembers that the experience, “gave [her] a really good initiation into nursing.”

Washington’s time in long-term care led her to CHWC on the Bryan campus and the Dilworth Center in Montpelier. At the Dilworth Center, she focused on helping patients with transfusions and central lines. “It was a really good experience, and it translates into any area of nursing,” she says. Washington would describe herself as a life-long learner; in fact, she is currently working on adding wound care and ostomy to her long list of certifications through Emory University. She has utilized the knowledge she’s gained not only in her work as a health care professional, but in the classroom, teaching lab works and nursing fundamentals to licensed practical nurses (LPNs) and state-tested nurse aids (STNAs) as well.

However, Washington’s connections in Bryan informed her of a new opportunity at CHWC’s Wound Care Clinic. “Wound care specialists are in high demand. It’s a field that has grown and will continue to do so for years to come,” she says. “I work with a great team to provide custom treatment plans that are individualized to fit our patients’ unique needs. I’m proud to be part of this dynamic team.”



Danielle Washington, RN

TO LEARN MORE

about the CHWC Wound Care Clinic, visit
chwchospital.org/wound-care, or call **419-633-3420** to
schedule an appointment.

SPECIALIZED OSTOMY AND WOUND CARE

Washington wants community members to take full advantage of the services offered by CHWC’s Wound Care Clinic and, more specifically, ostomy care. “A lot of what we do is teaching people how to care for their ostomies and prevent breakdown. We want them to know what they’re supposed to look like and how they function over time,” she explains.

While Washington did not begin her career specifically in wound care, all her past experiences have compounded to give her an impressive understanding of this diverse field. In wound care, individuals can be treated for wounds caused by diabetes, surgery, burns, pressure, trauma, venous and arterial insufficiency and more. “I can take all these different areas that I’ve worked in and it makes me better at what I’m doing here,” Washington says. “It’s nice to see the progress in people. We have people ‘graduate’ from wound care who have more positive outcomes than they ever thought they could.”

Treatments at the CHWC Wound Care Clinic may include specialized wound care, wound vac therapy, hyperbaric oxygen therapy, ostomy care and maintenance, compression wraps, wound and ostomy education and other personalized services.



CHWC TO ADD MEDICAL ONCOLOGY TO CANCER PROGRAM

Beginning November 16, 2020, the cancer program at Community Hospitals and Wellness Centers (CHWC) is adding medical oncology to the long-established radiation oncology services that have been offered for over 25 years, most recently led by radiation oncologist Dr. Wainwright Jaggernauth.

A new clinic has been built on the second floor of Bryan Hospital to accommodate medical oncology, and two new providers have joined the CHWC team: nurse practitioner Lisa Scanlon and medical oncologist Dr. Divya Vijendra.

The field of oncology involves the diagnosis and treatment of cancer, with three main specialties: medical, surgical and radiation. Medical oncology includes treatments such as chemotherapy, hormone therapy and immunotherapy for cancer and other benign and malignant tumors. Medical oncologists are also instrumental in developing a patient's treatment plan — from chemotherapy to immunotherapy to surgery and radiation treatment — and continuing checkups long after treatment has been completed.

“We are so excited to be able to offer even more oncology services to our community, right here at CHWC,” says Lisa Bockelman, Director of Cancer Care at CHWC. “We want everyone to know that they can receive excellent cancer care right here in town. We have a truly remarkable team of experienced and compassionate health care professionals who are dedicated to providing patient-focused care.”

Our medical oncology services
will be available starting
November 16, 2020! To schedule
an appointment, call **419-630-2291**.



DR. WAINWRIGHT JAGGERNAUTH, RADIATION ONCOLOGIST

Dr. Jaggernauth is board certified by the American Board of Radiology. He attended medical school at The University of the West Indies in Kingston, Jamaica, then completed his postgraduate studies in the United Kingdom before moving to the United States to complete his residency in radiation oncology at Albert Einstein College of Medicine in Bronx, NY.



DR. DIVYA VIJENDRA, MEDICAL ONCOLOGIST

Board certified in medical oncology, Dr. Vijendra attended Bangalore Medical College in Bangalore, India, for her medical degree. She then completed both her internship and residency at McLaren Regional Medical Center in Flint, MI, focusing on internal medicine. She completed a fellowship in geriatric medicine at University of Michigan in Ann Arbor and a fellowship in medical oncology at University of Toledo.



LISA SCANLON, CERTIFIED NURSE PRACTITIONER

Lisa Scanlon earned her Master of Science in Nursing in Adult Gerontology-Acute Care Nurse Practitioner from Case Western Reserve University, Frances Payne Bolton School of Nursing in Cleveland. She has worked in nursing for nearly 20 years. Scanlon specializes in medical hematology oncology, with extensive experience in supervising, assessing, diagnosing, evaluating and planning oncology treatments.

Get the facts on PROSTATE CANCER SCREENING and treatment



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

Prostate cancer is the most common cancer in men. It's important to talk about prostate cancer screening even if you're not experiencing any symptoms, because prostate cancer can develop without any warning signs.

"Men typically don't like talking about their health, but prostate cancer is a topic that men (and the women who care about them) should bring up with their doctor," says Dr. Daniel Murtagh, a urologist at Community Hospitals & Wellness Centers (CHWC). "While some prostate cancers are slow-growing and relatively harmless, other prostate cancers are very aggressive and may be deadly when not diagnosed early."

EARLY DETECTION

"The best way to find prostate cancer early is a combination of two tests that can pick up most prostate cancers at a curable stage," Dr. Murtagh explains. A prostate-specific antigen (PSA) test is a blood test that measures a protein made only by the prostate. A digital rectal exam (DRE) is a physical exam where a doctor feels the prostate through the wall of the rectum to check for abnormalities.

"Men should talk to their doctor about getting a yearly digital rectal exam (DRE) and a prostate-specific antigen (PSA) test starting at age 50, or earlier for men in high risk groups," Dr. Murtagh says. The American Cancer Society recommends having a conversation about prostate cancer screening:

- Starting at age 50 for men at average risk of developing prostate cancer and who have at least a 10-year life expectancy.

- Starting at age 45 for men at high risk, such as African Americans and men who have a first-degree relative (father or a brother) diagnosed with prostate cancer at an early age (younger than 65).
- Starting at age 40 for men at an even higher risk who have more than one first-degree relative diagnosed early with prostate cancer.

"Your doctor can explain the benefits and limitations of testing and subsequent treatment so you can make an informed decision about testing," Dr. Murtagh says.

TESTING AND TREATMENT OPTIONS

If you have a positive DRE or PSA, your doctor may order a biopsy to determine if cancer is involved. "Treatment of prostate cancer depends on a number of factors, including the volume of cancer, whether the cancer has spread, the man's age, health, expected life span and concerns about possible side effects," Dr. Murtagh says.

If you're faced with deciding how to treat prostate cancer, your doctor may recommend one or more of these options:

- **Surgical procedures** involve removing the entire prostate gland, called a radical prostatectomy, or only a portion of it, called a resection. A prostatectomy can be performed as a robotic procedure through several small abdominal incisions.
- **Radiation therapy** uses high-energy rays to target cancer cells in a specific area, sparing healthy tissues. Intensity modulated radiation therapy (IMRT) uses radiation from a large machine to destroy cancer cells. With internal radiation, also called implant radiation or brachytherapy,

surgeons place radioactive implants or seeds inside the body at the cancer site.

- **Active surveillance** means undergoing no treatments but being frequently monitored for changes in symptoms or rising levels of PSA. Your doctor may suggest active surveillance if you have an early-stage, slow-growing cancer.

LEARN MORE about prostate cancer screening and treatments offered at the CHWC Urology Clinic located at Bryan Hospital and Archbold Medical Center by calling **419-633-7596** or visiting chwchospital.org/urology.

