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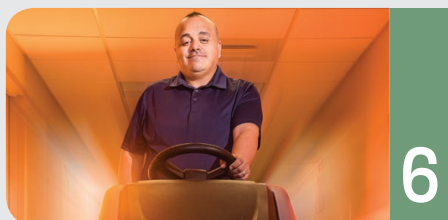
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*Meeting a need for in-school
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Get the facts on sepsis

COVER PHOTO: Radiologic Technologist Curt McBride, in one of his signature Hawaiian shirts, proudly shows off the new CT scanner, installed in the Bryan Hospital Imaging Center in November 2018.

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Dr. Scott Frederick RETURNS TO CHWC



Community Hospitals and Wellness Centers (CHWC) is thrilled to welcome back Dr. Scott Frederick after several years away to run a private practice in Wauseon. Dr. Frederick began his career as a physician in 2004 at CHWC, providing inpatient and outpatient care in Archbold and Wauseon. Nine years later, Dr. Frederick joined the University of Toledo Physicians, with whom he ran his own practice to focus on internal medicine — which deals with the prevention, diagnosis and treatment of diseases in adults.

“I have done both inpatient and outpatient care over the years and I enjoy both. My practice had been about 85 percent outpatient care, and I felt like it was time for a change. I’m excited to return to CHWC and focus more on inpatient, acute care,” Dr. Frederick says.

Dr. Frederick is now a full-time hospitalist at Bryan Hospital, where most of his focus is on inpatients in the ICU and medical-surgical units. He evaluates patients in the emergency room and other clinical areas of the hospital as well. Variety is in the very nature of a hospitalist’s role, but

Dr. Frederick shares that some illnesses he treats on a typical day include gastrointestinal and genitourinary infections, complications of poorly controlled diabetes and high blood pressure, and cardiovascular and pulmonary diseases, such as coronary disease, irregular heartbeats, peripheral vascular disease and acute and chronic lung diseases.

Dr. Frederick was born and raised in northwest Ohio. He grew up in Monclova, went to Anthony Wayne Local Schools and attended University of Toledo for his undergraduate and graduate studies. He completed medical school and his internal medicine residency program at the Medical College of Ohio (now called University of Toledo College of Medicine and Life Sciences).

Dr. Frederick and his family live in Monclova; he and his wife Jen, an elementary school teacher, have an 11-year-old daughter, Katie. “They have been really supportive through my career,” he says of his family. “It’s been a challenge — running a private practice and balancing it with home and family — but they have made it a lot easier.”

“I’m *excited* to return to CHWC and *focus* more on inpatient, acute care.”



Specialty massage therapy modalities

OFFERED AT BRYAN HOSPITAL

Licensed Massage Therapist Crystal Roehrs is specially trained and certified in unique aspects of massage therapy that are very different from the typical Swedish massage most people are familiar with. Her focuses are on neuromuscular therapy, oncology massage and pregnancy massage — all of which she offers at the Massage Therapy Clinic at Bryan Hospital.

NEUROMUSCULAR THERAPY

Many of Roehrs' clients see her for neuromuscular therapy, which involves applying pressure to release areas of strain, called trigger points, in the muscle. An entire session is often spent addressing a specific area of the body. Neuromuscular therapy is used to treat many issues, such as upper and lower back pain, hip pain, knee pain, tendinitis, headaches, calf cramps and more.

"I try to make the atmosphere relaxing and comforting," Roehrs says, gesturing around her clinic, which was built specifically for massage therapy. "But honestly, neuromuscular therapy helps relieve pain and correct dysfunction — it can be very beneficial — but it isn't a relaxing, comforting, feel-good type of massage like people assume."

ONCOLOGY MASSAGE

Oncology massage, in contrast, involves modifying massage therapy techniques in order to safely work with complications of cancer and treatment. Anyone who has received cancer treatment — from those in active treatment to those in recovery or survivorship, as well as those at the end of life — are best served by a massage therapist who is trained in oncology massage. Roehrs notes that understanding the ways cancer can affect the body, side effects of treatment methods and modification techniques are essential skills for oncology massage therapists.

Prior to a first appointment, oncology massage clients need a referral from their oncologist. An in-depth medical history is also necessary, so an appropriate treatment plan can be built specifically for the client.

PREGNANCY MASSAGE

Pregnancy massage focuses on addressing the special needs of expectant mothers. As pregnancy increases the demands and strain on every system of the body, massage is a natural and safe way to ease pain and provide comfort. Benefits include but are not limited to: improved circulation, reduced stress on the skeletal system, decreased muscular discomfort and improved hormonal stability and function, which better prepares the body for labor and delivery.

TO SCHEDULE AN APPOINTMENT

at the Massage Therapy Clinic at Bryan Hospital, call **419-630-2284**. Get more information at chwchospital.org/massage-therapy.

"Massage during pregnancy is typically considered safe when your therapist has specialized training," Roehrs explains. There are some conditions or complications that would prohibit massage, so all prospective pregnancy massage clients must have written permission from their medical provider.

Pregnancy massage encompasses prenatal, doula and postpartum massage therapy. It can reduce anxiety, relieve pain and swelling and improve labor outcomes and newborn health. Massage doula — being present during labor and delivery to keep moms comfortable — has shown that women experience shorter labors, are less likely to require pain medication, are less likely to have cesarean births and feel an improved bond with their babies. Postpartum massage, which is offered to moms in the 14 days after a baby is born, allows for quicker recovery and better overall wellness. Reduced swelling, hormone regulation, pain relief and improved breastfeeding are just a few of the known benefits of postpartum massage.

Massage Therapy

Jobs at CHWC

A GREAT PLACE TO RECEIVE CARE, A GREAT PLACE TO WORK

Community Hospitals and Wellness Centers (CHWC) is an independent community hospital organization with facilities in Bryan, Montpelier and Archbold. CHWC's Chief Human Resources Officer, Angelia Foster, notes that CHWC offers competitive wages, excellent health insurance and retirement options, as well as generous vacation time and even tuition assistance for employees looking to advance their education and careers.

Ask a CHWC employee what they like about their job, however, and most will point to the work itself, their colleagues and the values that CHWC upholds. "We have a really caring, compassionate team that takes pride in taking care of their friends and family and community members," Foster says.

Radiologic Technologist Curt McBride, in one of his signature Hawaiian shirts, proudly shows off the new CT scanner, installed in the Bryan Hospital Imaging Center in November 2018.

Curt McBride, Radiologic Technologist

"I LOVE THIS PLACE. I ALWAYS HAVE."

Curt McBride has been a radiologic technologist at Community Hospitals and Wellness Centers (CHWC) for 35 years, and has seen tremendous changes in science, technology and health care over that span of time.

McBride recalls the days of pre-digital imaging, marveling at how much quicker he and his colleagues are able to work, thanks to the technological leaps and bounds made in imaging and radiology. "One of the most amazing things I have seen over the years is the equipment we get for the Imaging Department," he says. "It's always top of the line, cutting edge. It helps us do our jobs better, and it helps the community to have the very best technology accessible to us."

When McBride was completing his clinical education in radiologic science, he had an especially standout experience at Bryan Hospital. After graduating, he passed on

job offers at numerous other health care facilities and accepted a position at Bryan Hospital, never looking back. "They take good care of us, and they give us a lot of different opportunities in the Imaging Center. It has always been like that here," he states.

McBride points to the variety of patients he serves as an interesting, rewarding part of his job. "I go from talking to a little one down on my knees to standing chest-to-chest with a big biker guy who doesn't want his X-ray taken," McBride laughs, adding that his job takes him to various departments throughout the hospital, from surgery to the emergency room to OB.

One of the best parts of his job, McBride adds, is the closeness between Imaging Department staff. "There are some really good, smart people here. We experience things and go through situations you

RADIOLOGIC TECHNOLOGIST AT A GLANCE

Performs a variety of technical procedures with ingenuity and initiative to apply prescribed ionizing radiation for radiologic diagnosis. Performs MRI procedures, computed tomographic (CT) procedures, ultrasound procedures and much more.

Overview of qualifications: certified or eligible for certification by the American Registry of Radiologic Technologists (ARRT), certified in CPR, current state licensure, technologists with CT responsibilities must have current CT registry within 18 months of hire/CT training.

Please note that this job description is not a complete summary of radiologic technologist job duties at CHWC. Find more information at chwchospital.org/careers.

wouldn't believe, and we go through them together. We laugh together, cry together, take care of people together. They are like a second family, and my wife would tell you that, too. She knows how much this place means to me, and I couldn't have done any of this without her supporting me," he says. "I love this place. I always have."

Angela Downing, Medical Laboratory Scientist

"YOU'RE ALWAYS LEARNING AND ALWAYS DOING SOMETHING DIFFERENT."

Medical lab professionals play a vital role within a hospital, as they work behind the scenes to positively impact people's health. In short, lab scientists perform tests on blood and body fluids collected from patients, providing physicians with the lab results necessary to diagnose illness and guide treatment.

"Everyone in lab has their favorite departments; I like hematology and blood bank," says Angela Downing, medical laboratory scientist at Community Hospitals and Wellness Centers (CHWC). Downing has been a medical lab scientist for eight years. She holds a bachelor's degree in medical technology from Bowling Green State University and is certified through the American Society for Clinical Pathology (ASCP).

Downing doesn't hesitate when asked about the favorite parts of her job. "I really like the science behind it," she says. "We have brought in a lot of new testing with our clinics, so it's fun that you're always learning and always doing something different."

Many lab professionals have an associate or bachelor's degree in medical technology, and hold a nationally recognized medical technology certification. Related science degrees are also considered, and clinical lab experience is preferred.

LABORATORY JOBS AT A GLANCE

Precisely and accurately performs and evaluates a variety of technical procedures. Diagnostic laboratory testing skills including blood collection are continuously monitored and sustained through performance of competency and proficiency evaluations. Differentiates results of various tests and determines accuracy of test results. Coordinates a simultaneous series of tests and organizes work so procedures are performed in a timely manner.

Overview of qualifications: prefer certification in medical technology field by a nationally recognized professional organization. Will accept graduates of a medical technology program, and will accept education equivalent to an associate degree in science. Prefer at least three years of clinical laboratory experience.

Please note that this job description is not a complete summary of medical lab professional job duties at CHWC. Find more information at chwchospital.org/careers.



SCRUB TECH AT A GLANCE

Works with the surgeon, anesthetist and registered nurse as a member of the direct patient care team during surgical intervention.

Anticipates needs of the surgeon while passing instruments in a safe and acceptable manner, and maintains an orderly surgical field. Ensures that specimens are correctly identified, handled and passed off to the circulating nurse. Prepares and transports instruments to decontamination area. Assists with instrument decontamination, packaging and sterilization.

Overview of qualifications: must be a graduate of a surgical technology program. Certification is desirable, but not mandatory. Must maintain current certification in CPR. May function as advanced level assistant with appropriate verified certification.

Please note that this job description is not a complete summary of surgical technologist job duties at CHWC. Find more information at chwchospital.org/careers.

Alyssa Schilling, Certified Scrub Tech

"EVERY DAY IS DIFFERENT. IT'S A CHALLENGE."

During procedures, surgeons work with teams made up of anesthesia professionals, nurses and scrub techs. Scrub techs — formally known as surgical technologists — are responsible for passing instruments to surgeons during procedures, maintaining an orderly surgical field, decontaminating and sterilizing instruments and ensuring specimens are properly handled.

Alyssa Schilling has been a scrub tech for five years and earned certification for her Certified Surgical First Assistant (CSFA), which allows her to closely assist surgeons, handle tissue and close during procedures.

Schilling notes, "The surgical technologist job was created so that surgeons never have to look up or stop what they are doing. As a scrub, we have to know what their next step is at all times; anticipation or 'mind reading' is a must in this field," she explains with a

laugh. "A lot of people think we just stand there and wait for the surgeon to ask for something, but a good scrub knows what the surgeon wants before they even articulate it."

To become a scrub tech, Schilling explains that initial certification takes one year, and many people (herself included) continue for another year to complete their Associate Degree. The First Assistant certification takes one additional year and is, according to Schilling, a great way to advance your career as a scrub tech.

"Not a lot of people know about scrub tech," Schilling says of her career. "Every day is different. It's a challenge. As soon as you think you're all set and you know what you're doing, you have a new doctor or a new procedure, and nobody's anatomy is textbook so you are always seeing something totally new and you're always learning. It's fun."



ENVIRONMENTAL SERVICES AT A GLANCE

Cleans and services patient and non-patient areas. This includes but is not limited to floor maintenance, cleaning furniture and equipment, doors, windows and window sills, empties trash, replenishes supplies and other related duties.

Overview of qualifications: high school graduate or equivalent. Ability to read, write, comprehend and communicate in English. Must be able to follow oral and written directions. Must have a valid driver's license. Training and experience in environmental services, practices and procedures is preferred. Cleaning and/or floor maintenance experience is desirable but not essential. Workers can reach full productivity after brief but thorough on-the-job training.

Please note that this job description is not a complete summary of environmental services job duties at CHWC. Find more information at chwchospital.org/careers.

James Reyes, Floor Maintenance

"I LIKE THE ENVIRONMENT. I LIKE THE PEOPLE."

On any given day, James Reyes can be seen riding around on a floor scrubber or pushing a doodleduster, making the floors at Community Hospitals and Wellness Centers (CHWC) clean and safe for patients, visitors and staff.

Reyes, who has done floor maintenance at CHWC for three years, says that the hospital is a really good place to work. "I like the environment. I like the people. I like the job and what I'm doing," he says with a shy smile. Floor maintenance involves daily cleaning and upkeep of hard and soft floor surfaces, including doodledusting, mopping, scrubbing, buffing, burnishing and more.

A job in the Environmental Services Department at CHWC takes staff into non-patient areas such as offices, elevators, stairwells and hallways, and patient care areas such as patient rooms, birthing/delivery rooms, lab, therapy, imaging and many others.

Angela Addington, RN, Emergency Department

"I REALLY BELIEVE IN THE WAY WE DELIVER CARE HERE."

Nurses use their education, training, experience and skill to improve the health of others, ease suffering and save lives. Nursing is a vast field that can be both challenging and immensely rewarding. Angela Addington, RN, has worked at Community Hospitals and Wellness Centers (CHWC) in the Emergency Department for four years, and says that at the end of the day, she feels it in her heart that nursing is what she is meant to do.

"Whether you're 3 months or 100 years old, I like touching lives and teaching people what I know so they can have a good quality of life when they go home," Addington says.

Addington began her nursing career back in 2007, working in the intensive care and medical-surgical units as a way to get her foot in the door, as she ultimately aspired to work in the ER. It took her less than a year to accomplish that goal, and she's been an ER nurse ever since.

"In the ER, you have to think on your feet. You see pretty much everything come through the door, and you treat all ages,"

says Addington. "I'm not going to lie to you, some situations are really difficult and it is a challenging job, but my goal is always to return people to their best quality of life, and that's what keeps me going. You're going to cry with families, you're going to laugh with families. It's the most amazing job."

Addington adds that her father is currently undergoing cancer treatment, which has given her a different perspective as a nurse. "I always say that I will treat every patient like I want my dad to be treated. That's how I know they are getting proper medical care," she states.

What makes CHWC a great place to work and to receive care, Addington notes, is the seamless process that gets patients where they need to be and not waiting for hours in the ER. "I really believe in the way we deliver our care here," she says. "All the way around, we have really great teamwork. From our fellow nurses to our director and supervisor in ER to respiratory therapy to lab to radiology to our doctors, there's always somebody who has your back."

RN AT A GLANCE

There are a variety of nursing opportunities, in many units, at CHWC. RNs are responsible for the total quality nursing care of patients. RNs perform the aspects of patient care under the rules and regulations defined by the Ohio Board of Nursing and the policies and procedures of CHWC. RNs initiate an individualized care plan for each patient, provide education to patients and families, administer medications and much more. RNs must demonstrate a high level of mental and emotional tolerance and even temperament, using tact, sensitivity, sound judgment and professionalism.

Overview of qualifications: must possess a current license to practice as a professional nurse in the state of Ohio. Must maintain current certification in CPR.

Please note that this job description is not a complete summary of RN job duties at CHWC. Find more information at chwchospital.org/careers.



Meeting a need for in-school mental health services

The goal of establishing school-based mental health (SBMH) programs at Williams County school districts is to benefit students who need mental health services but face barriers like travel or cost. To overcome those barriers, Community Hospitals and Wellness Centers (CHWC) has partnered with local school districts to bring mental health professionals right into the schools themselves.

The SBMH program was first implemented at Edon, Montpelier and Hilltop schools upon hiring Paula Fry, licensed independent social worker, who is specially trained in student counseling. The program was so successful and was meeting such a crucial need, it wasn't long before Shelly Johnson, licensed professional clinical counselor, was hired to provide SBMH at three more school districts. The program is now at Edon, Edgerton, Hilltop, Stryker, North Central and Montpelier schools.

Fry explains that when the program began, it had been widely recognized that kids did not have proper access to mental health services. "Students would have to leave school for significant periods of time, and parents would need to take off work so they could drive 30 to 45 minutes just one way, wait an hour for a session, then drive another 30 to 45 minutes back," she says. "It's great that the hospital recognized the importance of breaking down that barrier, said 'let's fix this' and made the services available right at the schools."

Students who are referred to SBMH are typically identified by a teacher, guidance counselor or school administrator as potentially benefiting from assistance. Many school districts now have a full-time care coordinator on staff, who works with those students and their families to determine what kinds of assistance the students need. If mental health services are identified as being needed, the care coordinator looks at whether services offered in the community are a viable option, or if school-based mental health is more appropriate.

Once a student is established in SBMH, they begin regular counseling sessions with Fry or Johnson. Most begin on a weekly basis, and as they progress in their treatment, they may go to every other week, then once a month and eventually conclude their in-school counseling.

"We try not to take students out of any core classes; only electives or free periods," Johnson states. "Being able to see them right in the schools gives a level of convenience and consistency. I just don't think you see that in other environments."

Johnson and Fry note that they see students for any number of reasons, such as depression, family issues, behavioral concerns, suicidal thoughts and much more. Additionally, the SBMH program is offered to students free of charge.

QUICK FACTS ABOUT SBMH

- » Initially established via a federal grant, then secured by the schools and CHWC to continue beyond the life of the grant.
- » Care coordinators are employees of the school districts.
- » SBMH counselors Paula Fry and Shelly Johnson are CHWC employees.
- » SBMH offers professional, confidential mental health services.
- » SBMH is entirely free of charge to students and their families.
- » SBMH is available to students in grades K-12.
- » Students under the age of 18 must have in-person written parental consent prior to beginning SBMH.
- » A referral into SBMH is necessary; students are often referred by teachers, guidance counselors or other school officials, although students can also advocate for themselves. Care coordinators then step in to identify what services are most appropriate and organize on behalf of the student.
- » Bryan schools are not included in SBMH because they have more services provided for them both in-school and nearby in the community, whereas the other six Williams County districts face a distinct travel barrier.

Mental Health

GET THE FACTS ON



Community Hospitals and Wellness Centers
BRYAN | MONTPELIER | ARCHBOLD

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

Sepsis is a dangerous reaction to an infection in the body. It might start as a skin infection, respiratory illness, urinary tract infection or other type of infection. If the body's immune system has an extreme reaction to an infection, this can cause sepsis (or septic shock) throughout the body. This can lead to tissue damage, organ failure and death if not treated quickly.

"Most people don't realize how common sepsis is, or how dangerous it can be," says Kim Jerger, RN, Director of Perioperative Services at Community Hospitals and Wellness Centers (CHWC). "You can help protect yourself and others by learning about how to prevent sepsis and identify symptoms of this life-threatening condition."

REDUCING SEPSIS IN OHIO

According to data from the Centers for Disease Control and Prevention, 1.7 million adults develop sepsis every year, and nearly 270,000 die as a result. "In Ohio, sepsis has been a leading cause of death, and we've been working on raising awareness and taking steps to reduce the number of deaths from sepsis," says Cathy Day, RN, Director of Compliance and Risk at CHWC.

The Ohio Hospital Association (OHA) formed an initiative focused on early treatment of sepsis, and the statewide mortality rate associated with sepsis has been reduced from 40 to 20 percent over the past 18 months. "At CHWC, our data mirrors that of the OHA," Day adds.

WARNING SIGNS

Anyone can get an infection that can lead to sepsis, but it's more common for people with diabetes, lung disease, cancer, kidney disease and other chronic conditions. "The fact that sepsis can strike quickly and silently makes it very dangerous, especially for people over age 65, those with weakened immune systems and children younger than one year old," Jerger explains.

Symptoms of sepsis can include:

- » Confusion or disorientation
- » Shortness of breath
- » High heart rate
- » Fever or chills
- » Extreme pain or discomfort
- » Clammy or sweaty skin

If you or your loved one has an infection that seems to be getting worse, or if you suspect sepsis, you should see a doctor right away. "Early action is what makes a difference," Days says. Treatment for sepsis involves running IV fluids, starting antibiotics to treat the source of the infection and closely monitoring the patient.

WAYS TO PREVENT SEPSIS

Preventing infections can protect you and others from getting sepsis. Here are some simple ways you can take a stand against sepsis:

- 1 **Avoid spreading germs.** Practice good handwashing habits and carry hand sanitizer with you. Cover your cough and stay home if you're sick.
- 2 **Get vaccinated.** Stay up to date with your annual flu shot and other vaccines recommended by your doctor.
- 3 **Manage chronic conditions.** See your primary care provider to help you manage diabetes or other chronic conditions.
- 4 **Talk to your doctor.** Ask your doctor or nurse about ways to prevent infection, and get medical help for an infection that's not getting better.

Jerger notes that CHWC has a multidisciplinary team of nurses, doctors, pharmacists and hospital leaders that meet regularly to review processes for early treatment of sepsis. "Since we follow nationally established guidelines for sepsis, you get the same level of care at CHWC as you would any other health care facility," Jerger says.



TO LEARN MORE

about sepsis, go to [cdc.gov/sepsis](https://www.cdc.gov/sepsis).

Sepsis