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Sleep Lab celebrates 25 years

COVER PHOTO: Jai Patel, Phlebotomist.

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ORTHOPEDICS CLINIC improves quality of life

Providing care for adult and pediatric patients, the Orthopedics Clinic at Community Hospitals and Wellness Centers (CHWC) is now open five days a week and staffs five skilled orthopedic surgeons from University of Toledo Medical Center, each offering their own orthopedic specialties. At Bryan Hospital, the CHWC Orthopedics Clinic has moved into a brand-new, beautiful clinic space on the second floor, and Dr. Chris Sanford offers clinic services at Archbold Medical Center on Thursday afternoons.

MEET OUR ORTHOPEDIC SURGEONS

Dr. Mina Tanios

“My philosophy is to take care of patients with respect and compassion, as I would want my own family treated.”
– Dr. Mina Tanios

Practices at CHWC-Bryan Hospital on Mondays

Specialty: Spine

Issues addressed: Back pain, spine disease/disorders, spine revision surgery, spine trauma, spinal surgery, complex spinal reconstructions, degenerative disc disease, herniated disc, minimally invasive spine surgery, spinal deformities, spinal stenosis, spondylolisthesis, spondylosis

Medical degree: University of Southern California Keck School of Medicine

Residency: Orthopedic surgery at University of Toledo Medical Center

Fellowship: Complex reconstructive spine surgery at Johns Hopkins University



Dr. Ryan Hamilton

“I work closely to improve patients’ hand function with both conservative and surgical interventions. My goal is to perform surgeries that allow for quicker recovery and return to work.” – Dr. Ryan Hamilton

Practices at CHWC-Bryan Hospital on Tuesdays

Specialty: Hand and upper extremity

Issues addressed: Thumb arthritis, rheumatoid arthritis, tendon transfers, hand injuries, wrist injuries, arm injuries, tennis elbow, elbow joint surgeries, cubital tunnel syndrome, peripheral nerve injuries, carpal tunnel syndrome, trigger fingers, hand contractures/Dupuytren’s, hand and wrist cysts/masses

Medical degree: Wright State University School of Medicine

Residency: Orthopedic & sports medicine surgery at University of Toledo Medical Center

Fellowship: Hand & upper extremity surgery at Ohio State University



Dr. Maged Hanna

“We strive to bring to our patients the latest and best treatment options by always staying up to date. Our patients are always the center of our care and attention.” – Dr. Maged Hanna

Practices at CHWC-Bryan Hospital on Wednesdays

Specialty: Joint replacements

Issues addressed: Primary and revision hip replacement (now offering anterior approach), primary and revision knee replacement (patient-specific knee replacement), deformity correction, pediatric orthopedics, hip dysplasia, pediatric foot and knee deformities, pediatric trauma, scoliosis, general orthopedics and trauma, carpal tunnel syndrome

Medical Degree: Cairo University School of Medicine

Residency: Orthopedic surgery & traumatology at Cairo University Hospitals

Fellowships:

- Adult reconstruction and joint replacement at the University of Chicago
- Pediatric orthopaedic surgery and pediatric spine surgery at Rainbow Babies and Children's Hospital, Case Western Reserve University – Cleveland
- Pediatric orthopaedic surgery at Arnold Palmer Hospital for Children, University of Central Florida – Orlando



Dr. Sam Elattar

“Patient satisfaction and comfort is and always will be our top priority.” – Dr. Sam Elattar

Practices at CHWC-Bryan Hospital on Fridays

Specialty: Foot and ankle, sports medicine

Issues addressed: Foot and ankle surgery, ankle replacement surgery, arthroscopic ankle surgery, arthroscopic knee surgery, arthroscopic shoulder surgery, shoulder replacement surgery, sports medicine

Medical Degree: Cairo University School of Medicine

Residency: Orthopedic Surgery at Cairo University Hospitals

Fellowships:

- Orthopedic foot & ankle at University of Pennsylvania
- Sports medicine and shoulder surgery at Boston University
- Sports medicine at University of Massachusetts
- Limb lengthening and complex reconstruction at Weill Medical College, Cornell University



Dr. Chris Sanford

“I take a patient-centered approach to focus on the appropriate plan of care that is best for you.” – Dr. Chris Sanford

Practices at CHWC on Thursdays at Bryan Hospital (mornings) and Archbold Medical Center (afternoons)

Specialty: Trauma and fractures

Issues addressed: Upper and lower extremity fractures, fracture nonunions, fracture malunions, carpal tunnel, cubital tunnel, trigger fingers, sprains, and sports injuries

Medical degree: University of Toledo College of Medicine

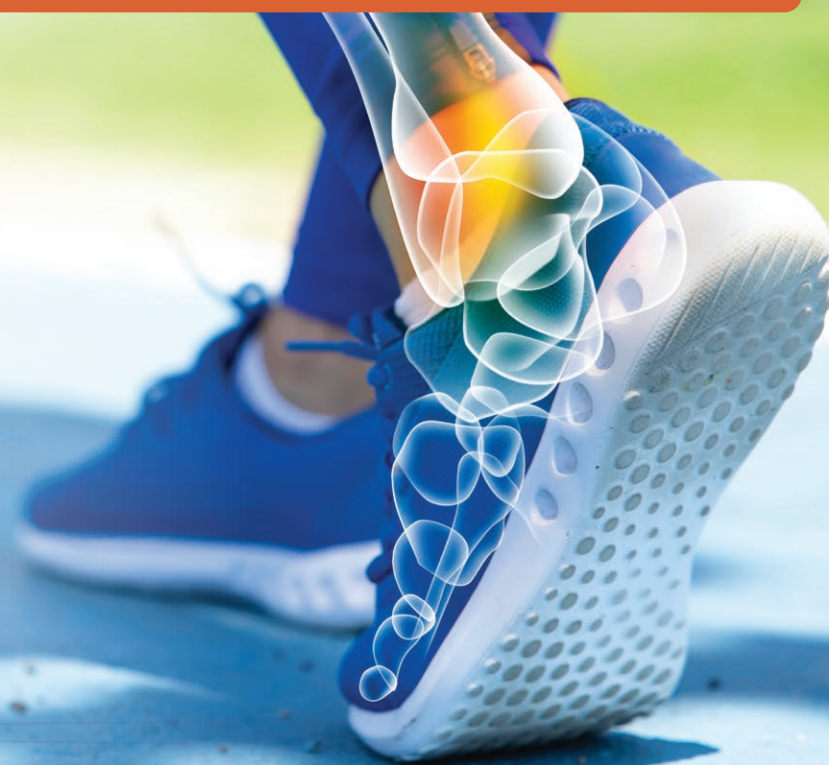
Residency: Orthopedic surgery at University of Toledo Medical Center

Fellowship: Orthopedic trauma surgery at Penn State Hershey Medical Center



LEARN MORE ABOUT THE CHWC ORTHOPEDICS CLINIC

by visiting chwchospital.org/orthopedics or call 419-633-0746.



A values-focused workplace

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Community Hospitals and Wellness Centers (CHWC) is an independent community hospital organization with a workplace culture centered around five core values: accountability, respect, integrity, compassion and honesty.

In addition to enjoying competitive wages and excellent benefits, many CHWC employees note that the family-like culture and the work itself are what make them proud to be part of the CHWC team.

CHWC AT A GLANCE

- Facilities located in Bryan, Montpelier and Archbold
- One of the top employers in Williams County
- Competitive wages
- Excellent benefits, including health insurance, dental and vision, retirement plans, generous vacation time, and voluntary packages for life insurance, short-term disability, critical illness and more
- Tuition assistance program for employees looking to advance their education and careers
- Extensive workplace wellness programs that support staff to be their healthiest



EMILY MOORE, RESPIRATORY THERAPIST

Emily Moore, Respiratory Therapist

“I like the environment of a smaller hospital because we have plenty of time with each patient and we’re not constantly rushing to the next case.”

Respiratory therapy is a field of healthcare that primarily focuses on breathing and health problems associated with the lungs, from asthma to COPD to emphysema. Emily Moore, a third shift respiratory therapist at CHWC, explains what interests her most about her career: “No matter what, we’re involved in a patient’s care. Whether it’s a code blue or a rapid response or a stat to ER, respiratory therapy is there. We see a lot of different patients and lots of different cases all day. I like that variety. It keeps you on your toes, and you never know what’s coming next.”

ABOUT RESPIRATORY THERAPISTS

Our respiratory therapists set up and operate various types of oxygen and other therapeutic gas and mist inhalation equipment to administer prescribed doses of medicinal gases and aerosolized drugs to patients. They also set up ventilators and other critical care equipment, and assess patients to recommend changes on the ventilators and treatment modalities.

Overview of qualifications: Must be licensed by the state of Ohio medical board to practice as a limited permit, certified or registered therapist. BLS certified meeting the AHA standards. Must be neonatal resuscitation certified within one year of hire and must maintain certification.

Moore’s introduction to respiratory therapy is a familiar one to many of her co-workers. “Respiratory therapy isn’t really talked about as a field. A lot of other respiratory therapists I graduated with and work with didn’t know about it before they went into it, either,” she says, explaining that she always knew she was interested in healthcare but wasn’t sure what specific field interested her. After studying at St. Frances and Bowling Green, Moore saw respiratory therapy listed on the Northwest State Community College website and thought it sounded interesting. After doing some research, she applied for the program, job shadowed, and knew it was a match. She has now been a respiratory therapist for three years.

“A lot of people only think of nursing when they think of careers in healthcare—and nursing is a great profession, absolutely—but there are so many other fields in healthcare, so many options out there. I would encourage people who are considering a field in healthcare to do some research, job shadow, and who knows? Maybe they’ll find that respiratory therapy interests them,” Moore says.

Respiratory therapists are very busy outside of emergency situations as well. In addition to providing breathing treatments to patients with lung diseases like COPD, respiratory therapists titrate patients’ oxygen, are involved in numerous OB cases (and all C-sections) for both newborns and moms, and also perform electrocardiograms. They are involved in patient care within practically every unit within the hospital.

“At CHWC, and especially on third shift, I’ve made some great friends. It’s really a family-like atmosphere here,” Moore states. “I like the environment of a smaller hospital because we have plenty of time with each patient and we’re not constantly rushing to the next case.”



JEAN THORP, COOK

Jean Thorp, Cook

“It’s a nice atmosphere here. It’s like a big-old family reunion every day.”

Jean Thorp has worked in the kitchen at Bryan Hospital for 34 years, first as a dishwasher, and then as a cook. Over the years, Thorp has seen a major expansion in the kitchen and dining area as well as in the menu itself.

“I just really like cooking. I like working the grill and cleaning; it’s a very clean place to work,” Thorp says. “I try to memorize people’s usual orders before they even ask for them, and I enjoy mingling with people who come through the line and joking with them. It makes it fun.”

Looking back over her years at CHWC, Thorp marvels at the many changes she has experienced on the job, from adding a custom room service menu to offering wraps and pizza. One thing that hasn’t changed, she notes, is the family-like environment.

“I’ve been here for 34 years, and it’s a really nice place to work. The people are friendly and fun. It’s a nice atmosphere here. It’s like a big-old family reunion every day,” Thorp states.

ABOUT NUTRITION FOOD SERVICES COOKS

Our cooks are responsible for the production of high-quality foods and beverages that are wholesome, palatable, and aesthetically pleasing to patients, guests, employees and catered affairs. They prepare entrees, vegetables, soups, salads, desserts, baked goods and more.

Overview of qualifications: Must be knowledgeable and demonstrate competency in all kitchen production functions, quality batch-cooking methods and techniques, policies and procedures, and regulations governing hospital food service

operations. Must be a high school graduate or equivalent with proficient math skills and ability to read, write, comprehend and communicate in English.

Jai Patel, Phlebotomist

“I like to see all the different people — newborn all the way up.”

Phlebotomy is the drawing and preparation of blood for tests, transfusions or donations. Although that is the primary responsibility of phlebotomists, they are also responsible for processing specimens and pre-analytical

procedures, among many other duties. They work with pathologists, laboratory staff, nurses and, of course, patients.

Jai Patel has been a phlebotomist at CHWC for 13 years and has a reputation for having a calming presence and a gentle touch. Many people get nervous about needles and having their blood drawn, but Patel says a little explanation goes a long way.

“I talk to them to get them to relax, explain what’s going on, and say it might hurt a little bit. Small poke,” Patel says. “We go in all of the units to draw patients’ blood: ER, ICU, surgery, OB, pretty much everywhere. I like to see all the different people — newborn all the way up.”

Patel also notes that her co-workers are a big part of what she likes about her job. “I like everything. Nice people, good co-workers who are helpful,” she says.

ABOUT PHLEBOTOMISTS

Our phlebotomists perform blood-drawing procedures, process specimens, and do pre-analytical procedures. They also distribute incoming specimens, set up microbiology cultures, and enter patient orders and specimen information, among other secretarial, accounting and computer procedures.

Overview of qualifications: High school diploma or equivalent required; medical, business, accounting and computer experience helpful. On-the-job phlebotomy training provided.

JAI PATEL, PHLEBOTOMIST



CHWC JOBS SPOTLIGHT CONTINUED

Ricky Harmon, RN, Intensive Care/Telemetry

“I like taking care of people, especially the sick or someone who is on their way out of this world. It makes you feel good to make them as comfortable as possible.”

To Ricky Harmon, being a part of the ICU/telemetry nursing team at CHWC means being surrounded by knowledgeable, compassionate staff.

“Everybody comes together; everybody is helpful and supportive. We have a great group of nurses here; we’re very tight-knit and work really well together,” says Harmon, who has been a third shift RN at CHWC for three years. “Especially when I was first starting out, if I had any questions whatsoever, our seasoned nurses who have been here for a long time were always willing to help.”

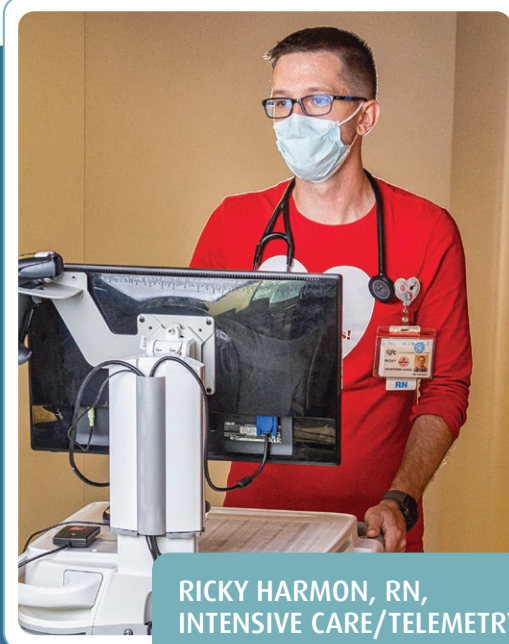
In addition to the direct patient care tasks you would expect, nurses are also responsible for initiating plans of care, performing patient assessments, providing education to patients and families, administering medications, and much more.

“I like the critical side of nursing,” Harmon explains. “I like taking care of people, especially the sick or someone who is on their way out of this world. It makes you feel good to make them as comfortable as possible.”

ABOUT REGISTERED NURSES

Our registered nurses are responsible for the total quality nursing care of the patient. This involves direct and indirect care planning, and providing and evaluating the nursing care. RNs provide education to patients and their families, carry out physician orders, administer medications (including IVs), and much more.

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



RICKY HARMON, RN,
INTENSIVE CARE/TELEMETRY



SARAH KEMPER,
SURGICAL TECHNOLOGIST

Sarah Kemper, Surgical Technologist

“This is a very, very rewarding career. You go home knowing that you made a difference in people’s lives.”

Sarah Kemper has been a surgical technologist for over 10 years and has worked at CHWC for the entirety of her career.

“I like the variety we get here,” Kemper says. “At bigger hospitals, [surgical techs] work in one specific area like general surgery or ortho, but at CHWC we see everything. Yesterday I did a general surgery case, then an ortho case, then a urology case. You really do bounce from specialty to specialty, and I love that about my job.”

During her college studies in South Carolina, Kemper recalls that she wasn’t enjoying the program she’d been enrolled in until she observed a surgical tech at work and instantly knew that was the career for her.

“You have to think quick on your feet. A small surgery might turn into a big surgery, and you have to be prepared for anything and think through what options you have to help the patient and the surgeon, because every surgery and every patient are different,” she says, adding, “and it really is like a big family here at CHWC. Maybe it’s because it’s a small area and a lot of us are from here, but we’re happy with what we do, and we all work really well together. This is a very, very rewarding career. You go home knowing that you made a difference in people’s lives.”

ABOUT SURGICAL TECHNOLOGISTS

Our surgical techs anticipate the needs of the surgeon while passing instruments in a safe and acceptable manner, and demonstrate proper handling and maintenance of equipment. They are also responsible for maintaining an orderly surgical field, accurately monitoring sterile supplies, and preparing instruments and supplies for sterilization and decontamination.

Overview of qualifications: Must be a graduate of a surgical technology program. Certification required within 1 year of hire. Must maintain current certification in CPR. May function as advanced level assistant with appropriate verified certification.

THE MANY BENEFITS OF WALKING

Get healthy from head to toe this fall

It's no secret that regular exercise provides a plethora of physical and mental health benefits, from strengthening bones and muscles to improving cardiovascular health to lifting your mood. The good news is that getting regular exercise doesn't have to be overly strenuous, expensive or intimidating; it can be as simple as getting out for a walk.

WALK THE WALK

Walking is an excellent form of cardiovascular exercise that benefits people at all fitness levels. Those who are just starting an exercise regimen are recommended to begin with shorter walks — about five or 10 minutes at a time — and gradually add five minutes per session. After your walk's desired length has been achieved, look at picking up speed or add incline to intensify your walk. Keep things interesting on your walks by taking different routes, walking with friends or your dog, and listening to music or podcasts. "When you're taking a walk, it's a great time to connect with nature and with others. Most people will appreciate the invitation," says Jeanette Roberts, an RN and certified health and wellness coach at Community Hospitals and Wellness Centers (CHWC).

WALKING SAFELY

Although walking is a simple and inexpensive way to get some exercise, it is important to invest in the proper gear, primarily a sturdy pair of shoes. Walking in worn-out shoes can cause pain in your knees, legs and feet, and can lead to injury. When you notice your shoes are beginning to wear down (most athletic shoes are built to last

350–500 miles), it's time to purchase some new ones. Everyone's feet are different, so consider the size and shape of your feet and look for a pair of walking shoes that have thick, flexible soles, good arch support and a firm heel.

For your safety, be aware of your surroundings, walk in a safe, well-lit area, tell someone where you're walking and how long you expect to be gone, wear bright or reflective clothing if you walk in the evening or early morning, stay hydrated, and don't forget to warm up and cool down.

BENEFITS OF WALKING

Here are just a few (of many!) health benefits to walking:

- Increases blood flow to the brain
- Reduces risk of heart disease and stroke
- Strengthens bones and muscles
- Builds upper and lower body strength
- Improves balance
- Loosens stiff joints
- Alleviates fatigue
- Boosts mood
- Reduces inflammation
- Burns calories
- Curbs junk food cravings
- Relieves stress
- Enhances focus and creativity
- Improves memory
- Boosts immune function

Note: Although there are few health risks to walking, it's always wise to talk with your healthcare provider before starting a new exercise program, especially if you have a medical condition.



"When you're taking a walk, it's a great time to connect with nature and with others. Most people will appreciate the invitation."

Sleep Lab celebrates 25 YEARS



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

The Sleep Lab at Community Hospitals and Wellness Centers (CHWC) – Montpelier Hospital is celebrating its 25th anniversary this year. Having served thousands of patients since opening its doors, the CHWC Sleep Lab provides a crucial service to those affected by chronic sleep disorders such as apnea, restless leg syndrome and narcolepsy.

According to the Centers for Disease Control and Prevention, approximately 70 million Americans suffer from chronic sleep problems. Some warning signs of sleep disorders include excessive daytime sleepiness, drowsy driving, short-term memory loss, difficulty focusing and ineffective antidepressant medication, among others.

ABOUT THE CHWC SLEEP LAB

Providing a calming and quiet atmosphere, the CHWC Sleep Lab effectively removes patients from unnecessary sleep arousals by use of darkened windows, queen-sized

beds with soft mattresses, and comfortable bedding. Numerous patients who have sought treatment at the CHWC Sleep Lab have since recovered and marvel at the improvement in their mood, memory and overall health.

“It’s been a very rewarding career in the Sleep Lab, with the many patients we’ve seen and helped,” says Todd Davis, Director of the CHWC Sleep Lab. “We have the rare benefit of seeing the results of our work almost immediately, because patients feel so much better after their treatment,” he adds, noting that he and Sleep Therapy Tech Joanne Piper have been working at the CHWC Sleep Lab from the very beginning.

PROUD TO SERVE

A number of product recalls related to sleep disorder treatment systems have made headlines in recent months; Davis states that the CHWC Sleep Lab is not affected by these recalls. “Our acquisition and titration systems are state-of-the-art,” Davis says, explaining that CHWC uses SomnoStar acquisition (acquiring data from the patient during testing), and uses ResMed for titration (used to titrate patients to put them on CPAP or BiPAP treatment).

“We want people to know that we’re here, we’re open, and we’re proud to serve the public,” Davis says.

A referral is necessary to schedule an appointment for a sleep evaluation at the CHWC Sleep Lab at Montpelier Hospital; referrals can be made through your primary care provider or a sleep specialist. Learn more about the CHWC Sleep Lab by visiting chwchospital.org/sleep.