



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

SEPT. 7, 2018

Weekly Update

Learn the causes and signs of overdose



Globally, there is an estimated minimum of 190,900 premature deaths caused by drugs. Opioids account for the majority of drug-related deaths and in most cases such deaths are avoidable.

North America continues to experience the highest drug-related mortality rate in the world, accounting for 1-in-4 drug-related deaths globally. In January 2017, the Centre for Disease Control estimated that the number of people in the USA who had died from overdose in the 12-month period prior to January 2017 was 64,070.

What is an Overdose?

An overdose means having more of a drug (or combination of drugs) than your body can cope with. There are a

number of signs and symptoms that show someone has overdosed, and these differ with the type of drug used. All drugs can cause an overdose, including prescription medication prescribed by a doctor. It is important to know the right amount and the right time to take your medication. It is also vital to know what drugs should not be mixed, and to seek help if you feel you are not in control of your drug use.

Depressants and Opioids

A depressant is a drug that slows the vital activities of the body including breathing and the heart rate. Depressants may also be known as sedatives.

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EVENTS CALENDAR

Sept. 20: State of the Hospital HVCH Front Lawn

Stacey Gabriel, new HVCH CEO, gives her first State of the Hospital Address. Light refreshments will be served. Social hour begins at 5:30 p.m. with presentation at 6 p.m. RSVP to Latricia Johnston at ljohnston@hvch.org or 740-380-8336.

Oct. 2: TWIG II Chinese Auction Hocking County Fairgrounds

Doors open at 5:30 p.m., drawing at 7 p.m. Grocery Basket • 50/50 Drawing • Lottery Tree. Refreshments available! All proceeds benefit HVCH.

Nov. 15: Medicare Enrollment, HVCH Meeting Room

OSHIIP representatives will be available from 9 a.m. to 2 p.m. to help with Medicare open enrollment. Schedule an appointment by calling 740-380-8305.

INSPIRATIONAL QUOTE OF THE WEEK

"I'd rather attempt to do something great and fail than to attempt to do nothing and succeed."

—Robert H. Schuller

Direct to You: From Lauren Barber

So, I turned 40 last week.

Some people, of course, love celebrating their birthdays in huge ways. I tend to be a bit more quiet and shy away from the fanfare. I was not especially excited about turning 40. I have been reminded by several friends – most of whom are older than me – being 40 is great and that they had a harder time turning 30 (or 50). I lamented being middle-aged. My mother-in-law kindly reminded me that she hasn't reached middle-aged yet (and she's 70), therefore I am definitely not middle-aged either.

My younger sisters were not so kind. One sent me a text and asked how it felt to be old. I responded "My hair spontaneously turned white and my face melted." A few choice emojis might have also been included.

While I might have been a bit salty about hitting a big birthday, my attitude changed after ringing in my "new year" with my family and several of my closest friends over the weekend. I realized that it isn't about the number but the quality of the experience. I've hit some bumps along the way to this point, but I wouldn't really trade one minute of my life so far. All of it has led me here and I'm grateful to be alive and healthy and for what I have. Besides, pretty much



Lauren Barber,
HR Director

everyone else I know is as old as me. I have plenty of company.

Now, there are some advantages to being 40. For example, the Age Discrimination in Employment Act (ADEA) now applies to me (only an HR Director truly appreciates this). Science says that my mental capacity is at its peak level. Society says that I've finally reached an age of authority and respect. Both of these points are debatable. But I do feel pretty smart, capable, and confident more so than I did at 30.

The unfortunate side effects of 40: The gray hairs seem to be multiplying at an exponential rate. I require glasses (and additional lighting) when reading small print. Parts of my body crack or ache that did not before. And, I need to change up my skin care routine.

I intend to wear 40 like a badge of honor. Since I want to be around another 40 years and because I'm an advocate for employee wellness, my resolutions this year are:

- To get a baseline mammogram because breast health is a priority
- Walk more
- Eat more fruits and vegetables
- Take care of my heart, because heart disease is the leading cause of death for women

•Find joy in every day
I'll leave you with this wisdom: "I'm 40 but I still feel like I'm 20. Until I hang out with some 20-year olds and then I'm like no, never mind, I'm 40."

OVERDOSE

Opioids (such as heroin and pharmaceutical opioids like Endone), benzodiazepines (such as Xanax or Valium), barbiturates and alcohol all slow the central nervous system to produce a calming effect. These substances are prescribed to relieve pain, help you sleep, or in the case of alcohol, used recreationally. However, when taken in excessive amounts or in combination, they can depress normal functions such as breathing and heart rate until breathing and the heart eventually stop, resulting in death.

Alcohol

Generally people do not automatically think of alcohol when they think of overdose, but alcohol is a depressant and it is possible to overdose on it. Acute alcohol poisoning, which is usually a result of binge drinking, is an example.

If you drink a large amount of alcohol quickly the level of alcohol in your bloodstream can become dangerously high. This can stop your body from working properly. In extreme cases, alcohol poisoning could stop you breathing, stop your heart or cause you to choke on your own vomit.

Stimulants

It is possible to overdose on amphetamines such as speed and ice. Amphetamine overdose increases the risk of heart attack, stroke, seizure or drug-induced psychotic episodes.

Permanent Brain Damage and Overdose

All drug misuse can lead to brain injury. Hypoxic brain injury, which is caused by a lack of oxygen to the brain, is an under-reported consequence of overdose. This can lead to coma, seizures and death. The long-term consequences of hypoxia depend on how long the brain is without an adequate supply of oxygen. The longer a person is not breathing, the more damage is being done to their brain.

Tolerance

If someone uses a drug regularly they develop a tolerance to it. This means they need to use more of the drug to get the same effect. Just as a person can develop tolerance, they

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HVCH Cafeteria Menu Sept. 10-Sept. 14				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Fried Chicken	Meatball Sub	Waffle Bar	Burritos	Hot Dog/Bun
Sloppy Joe	Chicken Fingers	Bacon	Loaded nachos	Battered Cod
French Fries	Spinach Cheese Casserole	Cheeseburger	Baked Potato Bar	Breaded Green Beans
Carrots	Potatoes	Cheesy Hashbrowns	Fried Rice	Vegetable Medley
Cabbage	Cauliflower	Corn Broccoli	Brussels Sprouts	Peas
Corn	Breadstick	Onion Rings	Beef Pot Roast	Cauliflower Cheese Soup
Cream of Potato Soup	Chicken Soup	Tomato Soup	Soup	



Cultivating a Growing Population 2-6 PM Wednesday September 12

Olivedale Senior Center • 253 Boving Rd., Lancaster

A free event open to the public and tailored to address the needs of older adults in the community

The Older Adult Network is offering a FREE, community-wide program called Cultivating a Growing Population on Wednesday, September 12, 2018 from 2-6 p.m. at Olivedale Senior Center, 253 Boving Rd., Lancaster.

This open to the public event will offer informative programs led by local experts and include topics such as healthcare billing, scam prevention, estate planning, veteran programs, Your Dementia Whisperer and more.

Participants will also be able to talk with representative from agencies and businesses from the community who offer products and services geared toward older adults.

“As our community grows older, it’s important that we provide caregivers and seniors with the information they need to stay healthy and make informed decisions,” said Kim Shook, co-chair of the Older Adult Network “Offering this free, open to all event is one way our community is coming together to help those who are in need plan and lead their best life.”

More than 25 vendors specializing in senior services will be offering valuable information as well as a number of free health screenings.

For event details please contact co-chairs: Kim Shook, Fairhope Hospice & Palliative Care, 740-785-6158; Jennifer Moore, Donald Law, 740-400-4194; Bonnie Vallette, Brown Memorial Home, 740-571-0031; or Linda McDonald, Meals on Wheels, 740-681-5050 ext. 119.



HOCKING VALLEY
Community Hospital

2018

STATE OF THE HOSPITAL ADDRESS

Thursday, Sept. 20
5:30 PM on the HVCH Front Lawn
601 S.R. 664 N., Logan

Join us as Stacey Gabriel, new HVCH President & CEO, gives her first State of the Hospital Address. Light refreshments will be served.

*Please RSVP to ljohnston@hvch.org
or call (740) 380-8336.*

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Food Service Aide - Part Time - Various Hours
- Patient Registration Clerk - Part Time
- Registered Nurse (RN) - Special Care Unit - Full Time - Nights
- Respiratory Therapist - Full Time - Nights
- Student Intern - Healthcare Administration (Unpaid)

OVERDOSE

may also lose it if they haven't used a drug for a while. When people take their usual amount of drugs after a break from using, it could be too much for their body to cope with and this may lead to an overdose. This is why periods of abstinence from drug use, such as after release from prison and after a period of detoxification and/or rehabilitation, are risk-factors for overdose.

First Aid for Drug Overdose

A range of signs and symptoms can occur when a person overdoses, and everyone responds differently. Signs and symptoms depend on a variety of factors including which drug is taken, the amount taken and the person's state of health at the time.

If you can't get a response from someone, do not assume they are asleep. Sometimes it can take hours for someone who has overdosed to die.

An overdose is a medical emergency that requires immediate medical attention. Always call an ambulance if you suspect someone has overdosed.

When to Call an Ambulance

People are often reluctant to call an ambulance for fear of police involvement or concern about the cost of a call-out. However, you should always call an ambulance if you suspect someone is at risk of overdose. In many places, the police will only attend if there is a fatality or other circumstances warranting police attendance, such as, a threat to the ambulance crew.

Seeking emergency help isn't just for when someone is unconscious. You should also seek emergency help when someone is:

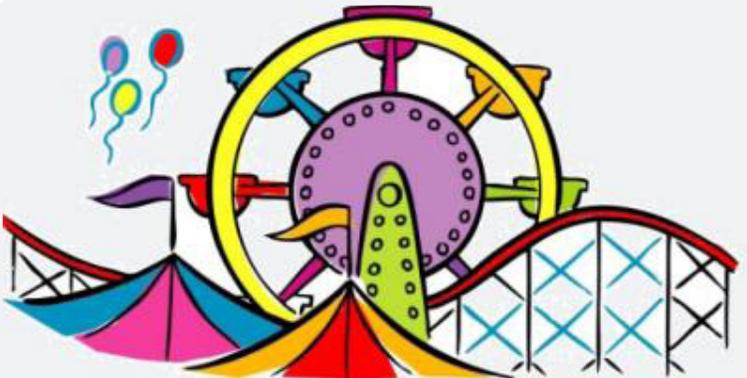
- Having a seizure.
- Experiencing severe headache.
- Experiencing chest pain.
- Experiencing breathing difficulties.
- Extremely paranoid, agitated and/or confused.

It is not necessary for someone to have all of these signs or symptoms for them to be overdosing. Exhibiting one or two could still mean they are in trouble and need help.

Naloxone

Naloxone (also known as Narcan®) is the drug used by paramedics to revive people who have had an opioid overdose. Naloxone can cause withdrawal symptoms and a powerful urge to take more of the drug that led to the overdose. Anyone who has been revived using naloxone should understand the risks involved in taking more drugs afterwards. Taking more drugs after being administered naloxone can result in a second overdose.

For more information about drug overdose, visit www.overdoseday.com.



AT THE FAIR

SEPT. 10-15

HVCH is going to the Hocking County Fair!
The booth will be set up under the grandstand.
Different departments will be on hand each day to discuss services offered at the hospital.

Monday - Rehabilitation
Tuesday - Surgery/Specialty Clinic
Wednesday - Hocking Valley Medical Group
Thursday - The Summit
Friday - Cardiovascular
Saturday - Radiology





HOCKING VALLEY Community Hospital

OUR MISSION

To provide our community an unparalleled patient experience through world class service that is both compassionate and professional.

OUR VISION

To provide extraordinary care close to home now and into the future.

HVCH is a critical-access hospital located in the city of Logan, Ohio, which serves residents in Hocking and surrounding counties. With more than 325 employees, our staff is here to serve the residents and visitors of our Hocking Valley community through various ancillary and emergency care services. HVCH is Joint Commission accredited, and we offer a wide range of primary, acute, and rehabilitative services. We are pleased to provide 24-hour emergency services to our patients through our ER and Urgent Care. Additionally, our surgical center, rehabilitation center, physical therapy clinic, pain control and wound clinic, imaging, laboratory, cardiovascular/cardiopulmonary, sleep clinic, geriatric psychiatric, and oncology services are also available. We are proud of our facility. HVCH is affiliated with OSUWMC, improving healthcare services to the Hocking and surrounding counties in the areas of general surgery and orthopaedics. HVCH also is a part of the Ohio State Health Network.