



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

AUG. 23, 2019

Weekly Update

Is complementary medicine right for me?



Many people use complementary medicine along with traditional medical care. Complementary medicine therapies focus on your overall health and may help you feel better. But it's important to discuss any treatments with your doctor and to make sure that these treatments don't replace traditional medical care.

The word "complementary" means "in addition to." Complementary medicine is a term used for a wide variety of health care practices that may be used along with standard medical treatment.

Examples of complementary medicine include:

- Alternative health approaches such as traditional Chinese medicine, homeopathy, and naturopathy.
- Mind and body practices like acupuncture, massage therapy, and tai chi.

- Natural products like herbs, dietary supplements, and probiotics.

Many people who provide complementary medicine take a "whole person," or holistic, approach to treatment. They may take an hour or more to ask you questions about your lifestyle, habits, and background. This makes many people feel better about the practitioner, the treatment, and the condition.

In some cases complementary medicine works as well as standard medicine.

Some people feel more in control when they are more involved in their own health. And since most nonstandard medicine emphasizes the connection between mind and body, many people who use it feel better. They like working toward overall wellness instead of just relief from one problem.

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EVENTS CALENDAR

Aug. 24: TWIG II Mum Sale Pickup at Fairgrounds

Please pick up your TWIG II mum sale orders on Saturday, Aug. 24 at the Hocking County Fairgrounds. Call (740) 385-4327 for more information.

Sept. 9-14: Hocking County Fair Hocking County Fairgrounds

October 12: Jeep Run through the Hocking Hills

REGISTRATION: \$45 per adult - \$35 ages 10 and under. Registration includes T-shirt, door prize entry and concert ticket. Anyone can participate, but you must register to receive your swag and concert entry.

Join us for the perfect way to conclude the event, a concert with Three Sided Soul from 7-10 p.m. at Millstone BBQ in Logan! Concert-only tickets are \$5.

INSPIRATIONAL QUOTE OF THE WEEK

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."

— Henry Ford

Direct to You: From Lauren Barber

I was watching the evening national news a couple of weeks ago. They ran a story about a tragic incident on a South Carolina highway earlier this year.



Lauren Barber,
HR Director

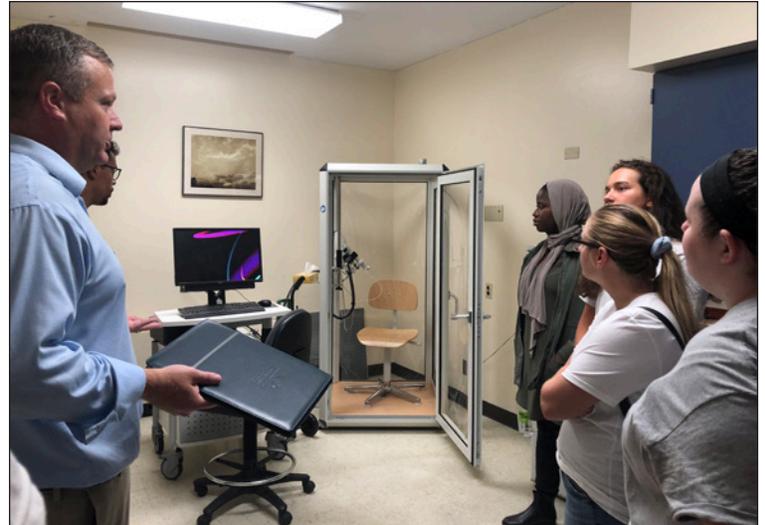
no identification, shoes, or a cell phone. This entire incident was captured on the officer's body camera including the interaction with the paramedics. Just four hours later, the young man was back on the interstate. But this time, he was hit by a vehicle and killed. The exact same paramedics responded to the fatality. His parents are now suing the county for negligence.

A young man was wandering around the interstate in the dark one night. He'd pulled off the road and exited his vehicle while experiencing a schizophrenic event. He stripped his clothing and managed to climb onto a tractor trailer parked on a nearby exit ramp. The truck driver tried to assist the man and then called for help from law enforcement. Paramedics were also dispatched. They began to assess the man's condition and assumed he was intoxicated from drugs or alcohol. The man was unresponsive to medics' questions and ultimately released him to the responding police officer to handle.

This story left quite an impression on me and I shared it in our most recent new employee orientation class while discussing awareness of stereotypes and biases that interfere with providing healthcare. Relating real life examples during teaching often aids in connecting the key points and concepts of a lesson. During this training module, we talked about providing culturally and linguistically appropriate services to patients and some of the special circumstances of which we should be aware. It's incredibly important to focus on the whole patient and their needs despite outward appearances and actions. Anyone can be in a crisis and our responsibility is to ensure we're providing all necessary care in those most vulnerable moments.

Instead of taking the man back to the police station or to a hospital for further evaluation, the officer dropped the man off at a gas station near the county line (that was closed) and then drove off. The young man was left in his disoriented state to find a way home on his own. He had

As first responders and healthcare professionals, we're often in situations that require split-second decisions based on im-



OU students visit HVCH

Forty Ohio University students who are part of the Ohio University Heritage College of Osteopathic Medicine's Rural and Urban Scholars Pathways program recently visited HVCH. This scholarship program prepares future physicians to practice in medically underserved communities. In addition to HVCH, the first and second year medical students toured an urban hospital in Columbus, Hopewell Health Center in Logan, and a provider's office in Glouster. We are glad to be able to provide insight to future caregivers!

HVCH Cafeteria Menu August 26-August 30				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti Casserole Chicken Fingers Potato Wedges Carrots Broccoli Breadstick Tomato Soup	Philly Steak & cheese Macaroni & Cheese Onion Rings Baked Potato Cauliflower Spinach Chili	Breaded Chicken Breast/Bun Italian Sausage/ Bun French Fries Corn Green Beans Blended Veggies Chicken Soup	Breakfast Pizza Sausage Gravy & Biscuits Egg Omelette Tacquito Oven Browns Bacon Broccoli Soup	Tortilla Tilapia Sweet & Sour Chicken Rice Pilaf Glazed Carrots Brussels w/ Bacon Cauliflower Enchilada Soup

DIRECT

mediately available information. Consider a patient who presents with the symptoms of a cardiac event or a victim of a motor vehicle crash. The treatment necessary to save the patient's life in these situations is pretty obvious. But mental health crises are far more difficult. We make assumptions, like the patient is on drugs or alcohol. Or in the case of the young man previously mentioned, the first responders assumed he was simply being difficult. Unfortunately, those assumptions contributed to the young man's death.

Sometimes tragedies do result in change. With the ever-growing population of individuals in crisis – mental health and addiction – law enforcement and emergency agencies, hospitals, schools, etc. are paying attention and taking action. More funds are being devoted to community programs and training of police officers and emergency services personnel in how to better respond in these situations with the goal of preventing tragedy.

It's also important to remember the "Platinum Rule." We're all familiar with the Golden Rule: treat others how you want to be treated. The Platinum Rule goes further: treat others how they wish to be treated. In every situation, think about the needs and expectations of the other person, especially when they might not be able to speak or advocate for themselves. Then act accordingly with compassion and kindness.

HVCH nominated for award

Hocking Hills Elementary staff nominated Hocking Valley Community Hospital for a Salute to Excellence Award in the Outstanding Community Business Leader category. The Logan-Hocking Board of Education sponsors the award. HVCH participates in health education program throughout the school year with the students at Hocking Hills Elementary, reading to students and educating them with fun activities on different health topics.

The HVCH COTAs (certified occupational therapy assistants) also were nominated for a Salute to Excellence Award. The COTAs provide occupational therapy services to students at the Logan-Hocking Middle School and elementary schools, and helped develop a sensory room at the middle school, classroom sensory fidget boxes for several classrooms, and a sensory trail at Green Elementary.

All nominees were recognized and received a certificate at a special awards ceremony.



MEDICINE

Some complementary practices have been studied and tested. But most haven't been studied with well-designed trials. That means there are still many questions about these practices. We often don't have good evidence from science about whether they are safe, when they should be used, and how well they work.

In the U.S., the National Center for Complementary and Integrative Health was formed within the National Institutes of Health to test how safe treatments are and how well they work. The center has guidelines to help you choose safe treatments that are right for you.

The greatest risk is that you use complementary treatment instead of going to your regular doctor. Complementary medicine should be in addition to treatment from your doctor. Otherwise you may miss important treatment that could save your life. Some natural products may be safe when you take them on their own. But they may not be safe if you have other medical problems or are combined with another medicine you take. To be safe, always check with your provider before starting a new supplement or exercise routine.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Environmental Services Associate/ Housekeeper - Full Time
- Food Service Aide - Part Time
- Licensed Practical Nurse (LPN) - Outpatient Clinic/Medical Office - Full Time
- Maintenance Tech - HVAC Mechanic
- Medical Assistant - Outpatient Orthopedic Clinic - Full Time
- Medical Receptionist - Full Time
- Mental Health Tech (STNA) - Behavioral Health Unit - Full Time
- Radiologic Technologist - Full Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Emergency Department - Full Time
- Respiratory Therapist - Full Time
- Surgery Technician - Part Time - Day Shift

Dr. Anzalone awarded 2019 Family Physician Mentorship Award

Info courtesy
www.ohioafp.org

The Ohio Academy of Family Physicians Foundation recently named Scott J. Anzalone, MD, FAAFP, of Logan, the recipient of its 2019 Family Physician Mentorship Award.

The Foundation annually presents the Family Physician Mentorship Award to recognize a community-based Ohio family physician who, as a preceptor, has exhibited exemplary qualities and characteristics of mentorship excellence.

Dr. Anzalone practices full-scope, rural family medicine, minus obstetrics, at his solo practice in Logan. He has close to 4,000 patients ranging in age from 2 days to 97 years. He says his goal is to care for more than 90% of patient problems, aiming to be a one-stop shop for patients who either can't or don't want to make the 50-mile trek to Columbus. This is why medical students love precepting with Dr. Anzalone so much – they get vast experience in all elements of rural family medicine.

In addition to tending to his patients, Dr. Anzalone serves as a clinical associate professor and director of longitudinal clerkships at Ohio University's Heritage College of Osteopathic Medicine in Athens. Dr. Anzalone welcomes medical students into his practice every Wednesday afternoon and has the same third-year longitudinal student every Thursday for a full academic year. The longitudinal experience allows students to develop positive relationships with patients in the practice who frequently become like a second family.

When asked why it is important to teach the next generation of family medicine physicians, Dr. Anzalone shared, "I believe we as practicing physicians are responsible to emulate and pass down our experience and knowledge to those coming up. Our specialty is not here just to be a referral source to sub-specialists. We are specialists. A specialty that cares for the entire family from the simplest cold to the most complex illness. Students need to personally be under our wings and see firsthand our work in the trenches, and teaching and mentoring in a continuity manner is the best way to accomplish this goal."



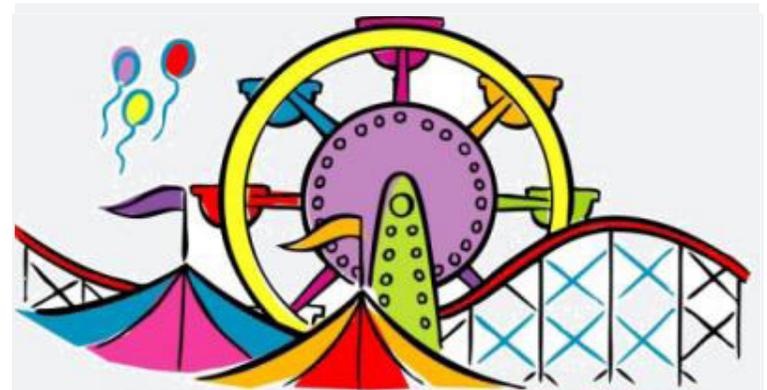
Dr. Anzalone is living this philosophy and others take notice. According to award nominator Steve Ulrich, MD, "Teaching medical students has always been an integral part of his practice. I first learned of his reputation as a student mentor from one of my own students that had worked with him. They described him as a caring family doctor who took time to teach not only medicine, but hands-on procedures and let them be a part of the practice."

"By providing time and one-on-one teaching, Dr. Anzalone has exemplified the goal of the Foundation to encourage and support family medicine as a career path for medical students," Dr. Ulrich continued.

Dr. Anzalone earned his medical degree from the Medical College of Ohio, Toledo, OH, (now the University of Toledo College of Medicine and Life Sciences) and completed his family medicine residency at Memorial Hospital in South Bend, IN.

Dr. Anzalone was honored during the Academy Awards Dinner as a part of the Ohio Academy of Family Physicians' (OAFP) Family Medicine Celebration.

Congratulations Dr. Anzalone and thanks for all you do!



AT THE FAIR

SEPT. 9-14

HVCH is going to the Hocking County Fair! The booth will be set up under in the art hall. Different departments will be on hand each day to discuss services offered at the hospital. We also will be helping with Thursday's Senior Day festivities. See you at the fair!



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.