



**HOCKING VALLEY
Community Hospital**

LEADING THE WAY TO A HEALTHIER COMMUNITY

JULY 27, 2018

Weekly Update

WORLD
HEPATITIS DAY
— 28th July —



Information courtesy www.cdc.gov
and www.worldhepatitisalliance.org

World Hepatitis Day (WHD) takes place every year on 28 July bringing the world together under a single theme to raise awareness of the global burden of viral hepatitis and to influence real change.

One of just four disease-specific global awareness days officially endorsed by the World Health Organization (WHO), WHD unites patient organizations, governments, medical professionals, civil society, industry and the general public to boost the global

profile of viral hepatitis.

Viral hepatitis is one of the leading causes of death globally, accounting for 1.34 million deaths per year – that’s more than HIV/AIDS, tuberculosis or malaria. Together, hepatitis B virus and hepatitis C cause two in every three liver cancer deaths across the world.

Viral hepatitis — a group of infectious diseases known as hepatitis A, B, C, D, and E — affects millions of people worldwide, causing both acute (short-term) and chronic (long-term) liver

EVENTS CALENDAR

Aug. 1: HVMG Ribbon Cutting HVCH Foundation Medical Complex

Join us for a ribbon-cutting and grand opening for the Hocking Valley Medical Group offices of: Family Practice, Psychiatry and Pediatrics at 1383 W. Hunter St. from 5 to 7 p.m. There will be refreshments, tours of the new building and more!

Aug. 27: Red Cross Blood Drive HVCH Meeting Room

A blood drive will be held in the Meeting Rooms behind the cafeteria from 8 a.m. to 2 p.m. Please call the HVCH Lab at (740) 380-8218 to schedule an appointment. Donate blood and receive a BOGO Columbus Zoo offer!

Sept. 20: State of the Hospital HVCH Front Canopy

Save the date! More details to come!

INSPIRATIONAL QUOTE OF THE WEEK

“A champion is defined not by their wins but by how they can recover when they fall.”

— *Serena Williams*

Direct to You: From Latricia Johnston

Once again, HVCH is hosting an annual butterfly exhibit located in the HVCH Courtyard. I encourage you to make a



Latricia Johnston,
Chief Public
Relations Officer

point of exploring the habitat and garden area when possible. It is a great area to meditate, spend time in spiritual thought, or simply spend time in the sunshine.

As the keeper of the gate to the exhibit I have had the opportunity to see something so tiny and fragile, turn into something beautiful and “full of reserved energy, ready to let the world know she was here.” I can only imagine the dreams she now has of seeing the world and growing to her full potential in her short life span.

While it can depend on many things, did you know the average butterfly only lives a month? One month. And, even more surprising to me, there are some that live only about one week such as the smallest butterflies you see feasting on your flowers in the yard.

That knowledge has caused me to do a lot of self reflection lately. Growing our potential as individuals and employees is my thought today. We released our first butterfly last week, and I can honestly tell you that is one of the most exhilarating feelings ever. Previously confined to her cocoon, she hatches

and finds this protective home to fly around in - and someone has provided her food - but then someone unlatches the gate, and the door opens.

The potential is now limitless. And, so it is for each of us as employees and as an organization. I am learning in my life’s journey...and yes, I am still learning...the first step as a person or organization is:

- Believe we have potential. Otherwise, we will never try to reach it. Everyone fails. Failure isn’t bad. It’s a learning tool. And, failure is in the past.

- Striving for our potential will require work. If we aren’t willing to work towards it, we will never reach it. I have asked before...are we giving 110% to ourselves and to HVCH?

- It requires a goal. As an organization, Senior Leadership developed a strategic plan a couple of years ago. It is only one of the many tools we will use to take HVCH to its highest level possible in the future. What is your personal goal and how does it relate to our hospital?

- It will require sacrifice. As in life, if we sacrifice little, we gain or accomplish little. But if we want to become everything possible, we must be willing to sacrifice much.

Someone in my personal world recently directed some very pointed statements/questions to me that I would now ask each of you to consider as you evaluate your life’s journey:

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HVCH welcomes new employees

HVCH welcomed four more new employees for the month of July: Randy Montgomery, Senior Accountant; Jovetta Hampton, Dietary Aide; Angie Heightland, Medical Lab Tech; and Barbara Leach, Medical Lab Tech.



Logan in Bloom judges visit HVCH

America in Bloom judges were recently in town to judge Logan’s participation in the program. America in Bloom promotes nationwide beautification through education and community involvement by encouraging the use of flowers, plants, trees, and other environmental and lifestyle enhancements. Judges visited the HVCH courtyard to see flowers and the butterfly habitat and visited several locations throughout Logan during their two-day tour. Award recipients are named in the fall.

HVCH Cafeteria Menu July 30-August 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Manicotti Battered Chicken Breast Honey Roasted Potatoes Succotash Zucchini Breadstick Italian Wedding Soup	Hot Dog/bun Breaded Chicken Wings Tator Tots Fried Corn Broccoli Spanish Rice Tomato Soup	Meatloaf Battered Cod Breakfast Potato Casserole Asparagus Cauliflower Beef Pot Roast	Baked Zucchini Grilled Chicken Breast Breadstick Mixed Veggies Carrots Bean w/ Ham Soup Corn Muffin	Pizza Burger Macaroni & Cheese Ranch Wedges Zucchini Peas Broccoli Chicken Buffalo Soup



Quarterly gift card winner announced

Congratulations to Emily Figgins of Materials Management. Emily's green "thank you" ticket was drawn for the quarterly gift card drawing. Stacey Gabriel, CEO, presented Emily a Bath and Body Works gift card.



Butterfly exhibit open in HVCH Courtyard

The butterfly exhibit is now open in the HVCH Courtyard. On display are caterpillars, chrysalises and newly transformed butterflies, which are released into the courtyard. The display will be up through the summer. A special thank you to Chris Kline of Butterfly Ridge Conservation Center for helping us open our butterfly habitat.



YOU ARE INVITED!

Ribbon-Cutting

& Grand Opening

HVCH FOUNDATION MEDICAL COMPLEX

**Hocking Valley Medical Group
5 to 7 PM Wednesday, August 1
1383 W. Hunter St., Logan**

**HVCH Foundation &
Hocking Hills Chamber of Commerce**

Did you have a positive experience at HVCH that you would like to share? Visit our Review Us page at www.hvch.org/review-us or Google Review to let us know how we did. We want to hear from you!

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Medical Laboratory Technician (MLT) - Full Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN

HEPATITIS

disease.

About 325 million people worldwide are living with chronic hepatitis B or chronic hepatitis C. Viral hepatitis causes more than one million deaths per year, a number comparable to deaths caused by tuberculosis and HIV combined. While deaths from tuberculosis and HIV have been declining, deaths from hepatitis are increasing.

Viral hepatitis is not found in one location nor amongst one set of people; it is a truly global epidemic that can affect millions of people without them even being aware. Globally, 90% of people living with hepatitis B and 80% living with hepatitis C are unaware they are living with the disease, resulting in the real possibility of developing fatal liver disease or liver cancer at some point in their lives and in some cases, unknowingly transmitting the infection to others. They are silent epidemics, hitting children and marginalized populations the hardest.

The five hepatitis viruses – A, B, C, D and E – are distinct; they can have different modes of transmission, affect different populations, and result in different health outcomes.

•**Hepatitis A** is primarily spread when someone ingests the virus from contact with food, drinks, or objects contaminated by feces from an infected person or has close personal contact with someone who is infected. Hepatitis A can be prevented through improved sanitation, food safety, and vaccination.

•**Hepatitis B** is often spread during birth from an infected mother to her baby. Infection can also occur through contact with blood and other body fluids through injection drug use, unsterile medical equipment, and sexual contact. Getting the hepatitis B vaccine is the most effective way to prevent hepatitis B.

•**Hepatitis C** is spread through contact with blood of an infected person. Infection can occur through injection drug use and unsafe medical injections and other medical procedures. With new treatments, over 90% of people with hepatitis C can be cured within 2-3 months, reducing the risk of death from liver cancer and cirrhosis. There is currently no vaccine for hepatitis C but research in this area is ongoing.

•**Hepatitis D** is passed through contact with infected blood. Hepatitis D only occurs in people who are already infected with the hepatitis B virus. People who are not already infected with hepatitis B can prevent hepatitis D by getting vaccinated against hepatitis B.

•**Hepatitis E** is spread mainly through contaminated drinking water. Hepatitis E usually clears in 4-6 weeks so there is no specific treatment. A vaccine to prevent hepatitis E has been developed and is licensed in China, but is not yet available elsewhere.

If you have concerns about hepatitis, please start with one of our family physicians by calling (740) 385-0202.

Without A, B & O, we can't save anybody. You are the #MissingType we need.

Blood Drive
Hocking Valley Community Hospital

Meeting Rooms A & B
 601 St. Rt. 644 N
 Logan, OH 43138

Monday, August 27, 2018
8:00 AM to 2:00 PM

Call the HVCH Lab at 740-380-8218 to schedule an appointment.

Receive a Columbus Zoo BOGO entry offer!

DIRECT

- Seriously consider your value in life – both as a person and as an employee
- Do you “feel you,” and the difference you make in life, or do you simply exist?
- What are your best features? – My response to this question was – “Personally or professionally?” To which this person replied – “Should it matter?” We all have abilities that can be used.
- “See you,” as the world sees you – Are there skills and talents that you fail to see but others do, that would move you and the organization to the next level? Don’t be afraid to step outside of your comfort zone.
- Do you find yourself thinking with limitations? – If you see life as a continuous journey with much to learn and experience – then you will always increase your value as an employee.

In closing, I hope that butterfly is somewhere miles away from here today living the dream. For each of us – like her - I hope we never feel we are at our fullest potential or have reached our “final destination.” We must never “arrive,” rather in a world of constant change in the healthcare industry, work tenaciously together meeting the needs of our community.



HEALTH TOPICS

A - Z

(M)ental Illness and Trauma

When the word trauma is mentioned what comes to your mind? Sirens, lights, and emergency staff holding life in their hands is what most people identify with in response to the word. To hear of a topic and to recognize the contents is one option, but to actually understand it is another level of awareness. The state of the world in which we live is that of awareness, so it's interesting how so many people can be blind to a subject. So let's take a moment to look a little deeper at how trauma affects those involved.



Amber Kilpatrick,
Director of The Summit
Hocking Valley Community
Hospital

Trauma can be psychological and people experience it everyday. The problem is that a traumatic experience or even series of events can impact that particular person for the rest of their lives. There are multitudes of ways to be psychologically traumatized; some examples are bullying, neglect, abuse, and basically anything that is physically or emotionally threatening and/or destructive to a person. It is important to realize each individual that is affected by such negative events processes and copes differently.

Anyone can have a mental illness or trauma, and this doesn't mean they are "crazy." This means there is something internally troublesome and they are trying to cope. Mental illness often has a stigma attached. Due to the stigma and lack of knowledge related to resources those affected by trauma may not

seek help, afraid they will be labeled. There are those who self medicate with substances or utilize other unhealthy coping mechanisms to dull the pain. Some people do not seek assistance due to lack of financial resources or lack of understanding. Additionally, there are cases where help is sought out but there are diagnoses, counseling, and perhaps medication regimens that may be difficult to follow.

If you are affected by trauma don't be afraid to speak out. Tell your doctor, your friend, your family; just tell someone so you can get the help you need. Perhaps it is severe at this point and you need to go to the nearest emergency department for assistance. Those in the healthcare field are currently developing and educating people about Trauma-Informed Care (TIC). TIC is a holistic approach to care that considers current circumstances and acknowledges the well-being of a person is affected by their past traumatic experience(s).

The purpose of this article is that of awareness to the big picture of trauma. If we all realize that we don't necessarily know everything about everyone, and if we become more conscious about our actions then some situations may have a more positive outcome in the end. Yes, it is possible that your actions or words may trigger the traumatized person back to that place of fear, sadness, anger, or a complete emotional rollercoaster. It is best to think before we act by being aware of those around us, including ourselves, and to treat each other with kindness and respect. Don't be the straw that breaks the camel's back in a society that is so closely tied together. For more information please call 740-380-8264 today.



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.