



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

JAN. 31, 2020

Weekly Update

Know more about antibiotic resistance



Antibiotic/Antimicrobial resistance is the ability of microbes to resist the effects of drugs – that is, the germs are not killed, and their growth is not stopped. Although some people are at greater risk than others, no one can completely avoid the risk of antibiotic-resistant infections. Infections with resistant organisms are difficult to treat, requiring costly and sometimes toxic alternatives.

Each year in the United States, at least 2 million people become infected with bacteria that are resistant to antibiotics and at least 23,000 people die each year as a direct result of these infections.

To avoid the threat of antibiotic-

resistant infections, the Centers for Disease Control and Prevention (CDC) recommends that you avoid taking unnecessary antibiotics.

Most illnesses are caused by two kinds of germs: bacteria or viruses. Antibiotics can cure bacterial infections – not viral infections.

- Using antibiotics for a virus:
- Will **NOT** cure the infection
- Will **NOT** help you feel better
- Will **NOT** keep others from catching your illness

Using antibiotics wisely is the best way to ensure they work for future bacterial illnesses and prevent

EVENTS CALENDAR

February 13: TWIG VI Cookie Sale
HVCH Cafeteria

TWIG VI will be selling Valentine cookies in the HVCH cafeteria beginning at 7 a.m. Cost is \$8 per dozen. Payroll deduct available for HVCH employees. Proceeds benefit HVCH.

March 5-6: Uniform Sale
HVCH Campus

Robert's Uniforms will be set up in one of the HVCH meeting rooms (TBD) with selection of scrubs, jackets, shoes and other apparel. Payroll deduct available for hospital employees. Proceeds benefit HVCH.

April 2: TWIG VI Chinese Auction
Hocking County Fairgrounds

Held at fairgrounds Youth Building. Doors open at 5 p.m. Drawing at 7 p.m. Proceeds benefit HVCH.

INSPIRATIONAL QUOTES OF THE WEEK

"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."

—Christopher Reeve

Direct to You: From Stacey Gabriel

Today is the last day of January. I think we can all agree the first month of 2020 has certainly flown past us, and we have already accomplished so much. There are a variety of projects going on that will have a huge impact on hospital operations. It's an exciting time - new cardiac monitors, a new Human Resource Information System (which includes payroll, scheduling, etc.), updates to our computer software, and not to mention preparing for a DNV survey. What a great time to be part of a great organization.

Today also marks 25 years that I have been with Hocking Valley Community Hospital. I look back on my first day on January 31, 1995. I remember being scared to death. Here I was, a brand new LPN, about to embark on my first "adult" job, and I would have the lives of others in my hands. I had some of the best mentors in the business - Pauline Larimer, Paula Herring, Patti Cremeen, Mary

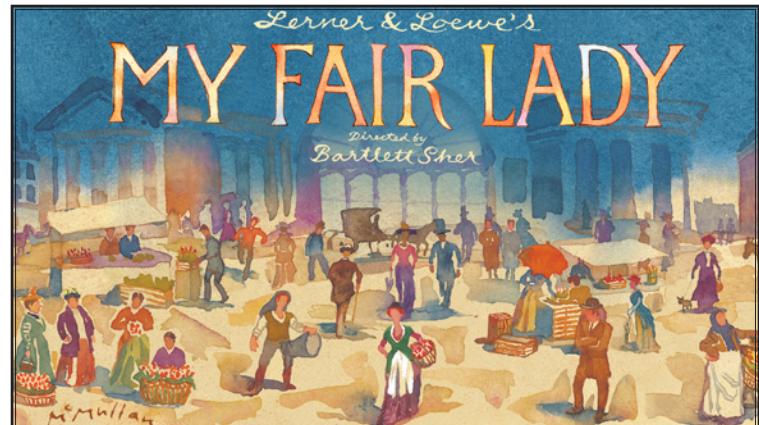


**Stacey Gabriel,
President & CEO**

Arnold... these ladies taught me the ropes, and I will forever be grateful. They were nurturing, kind, caring, and wanted to share their love for nursing with those who were willing to learn.

I had no idea 25 years ago where I would be. It's hard to envision your life 25 years in the future when you are 21 years of age. You are really only thinking about life events 5-10 years down the road. I have been blessed with countless opportunities to increase my nursing skills and my leadership skills. Hocking Valley Community Hospital has been a part of my life that will forever hold a place in my heart. I continue to be humbled and honored to lead such a great organization. It would not be possible without the support of a strong Senior Leadership Team, a group of dedicated Department Directors and Supervisors, and amazing employees who are making sure the patients and families receive what they need and that our facilities are in the best condition. My gratitude to you all runs deep, and I thank you for your hard work.

Sincerely,
Stacey G



My Fair Lady TICKET AUCTION

Feb. 1 to Feb. 10
Bid on eBay
Item # 124065967463

Get two exclusive second-row center seats to one of the best musical revivals *My Fair Lady*! The show will be at the Ohio Theatre on 3/15/20 at 1 p.m. Tickets are Orchestra 3, Row B, and include a parking pass. Starting bid is \$50 or you can Buy It Now for \$250.

Go to eBay and search item:
#124065967463

Proceeds from the auction benefit Hocking Valley Community Hospital Foundation.

HVCH Cafeteria Menu Feb. 3-Feb. 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Fried Rice Sloppy Joe French Fries Carrots Cabbage Broccoli Potato Soup	Meatball Sub Chicken Fingers Spinach & Cheese Casserole Fried Potatoes Cauliflower Breadstick Chicken Soup	Turkey Burger Bacon Cheeseburger Cheesy Hashbrowns Corn Broccoli Onion Rings Tomato Soup	Burritos Nachos Baked Potato Bar Fried Rice Brussels Sprouts Beef Pot Roast Soup	Hot Dog/Bun Battered Cod Green Beans Vegetable Medley Peas Cauliflower Cheese Soup

ANTIBIOTICS

unnecessary side effects.

- **Keep up with vaccinations.** Vaccinations help prevent infections that may require antibiotics and help prevent diseases from spreading.
- **Handwashing.** Washing your hands is one of the best ways to keep yourself and your family healthy by preventing the spread of germs that cause infections.
- **Ask about symptom relief.** Never pressure your healthcare professional for antibiotics, instead ask for the best treatment for your illness. Talk to your healthcare professional or pharmacist about how to relieve symptoms so that you can feel better.
- **Only take antibiotics for infections caused by bacteria.** Illnesses caused by viruses, like the common cold and the flu, do not improve with antibiotics.
- **Ask if watchful waiting is right for you.** Even some bacterial infections, like mild sinus and ear infections, can get better without antibiotics.
- **Ask about side effects.** Talk to your healthcare professional or pharmacist about potential side effects of antibiotics.
- **Take antibiotics exactly as prescribed.** Even if you feel better, do not skip doses or stop taking an antibiotic early without approval from your healthcare professional.
- **Throw leftover antibiotics away.** Never save antibiotics for future illnesses, take antibiotics prescribed for others, or share antibiotics with others.
 - Talk to your pharmacist about how to dispose of leftover antibiotics.
 - Visit cdc.gov/getsmart to learn more about using antibiotics wisely.

Antimicrobial stewardship interventions have been proven to improve individual patient outcomes, reduce the overall burden of antibiotic resistance, and save healthcare dollars.

HVCH has formed an Antibiotic Stewardship Team that is comprised of Physicians, Pharmacy, Lab, Infection Control, Nursing Leadership, Information Services, Education, and Quality Improvement. The committee's mission is to ensure the appropriate use of antimicrobials and reduce antimicrobial resistance within our hospital to improve the health of our patients.

If everyone — healthcare providers, hospital administrators, policy makers, and patients — work together to employ effective antibiotic stewardship programs, we can improve patient care, more effectively combat antibiotic resistance, and ultimately save lives.

You did it!
Congratulations



Congratulations to Crystal Jordan-Nye and Adrienne Nihiser of the Cardiovascular Dept. for completing their BSN degrees! Crystal graduated from Ohio Christian University and Adrienne from Chamberlain University.

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- Clinical Liaison - Full Time
- Licensed Practical Nurse (LPN) - Float - Contingent/PRN
- Maintenance Technician - HVAC - Full Time
- Medical Laboratory Technician/Medical Technologist (MLT/MT) - NIGHTS - Full Time
- Nurse Practitioner - Psychiatric/Behavioral Health Services - Full Time
- Phlebotomist - Full Time
- Registered Nurse (RN) - Behavioral Health - Contingent/PRN
- Registered Nurse (RN) - Night Shift - FT/PT/CNX - Full Time

Did You Know?



- Antibiotics are strong medicines, but they don't cure everything.
- When not used correctly, antibiotics can actually be harmful to your health.
- Antibiotics can cure most bacterial infections; they cannot cure viral illnesses.
- When you are sick, antibiotics are not always the answer.

Talk to Your Healthcare Provider to Learn More



From 30-50% of all antibiotics prescribed in acute care hospitals in the US are either unnecessary or inappropriate.

ILLNESS	Caused by VIRUS	Caused by BACTERIA	ANTIBIOTIC NEEDED
Cold/Runny Nose	✓		NO
Bronchitis/Chest Cold	✓		NO
Whooping Cough		✓	Yes
Flu	✓		NO
Strep Throat		✓	Yes
Sore Throat	✓		NO
Fluid in Middle Ear	✓		NO
Urinary Tract Infection		✓	Yes



Searching for a job?

Sign up for job alerts on our website at:
<https://hvch.applicantpro.com/jobs/>

Anytime a new career is posted, you will receive an email alert. Apply for the position directly from our website.



Complete care for all your *urgencies*

Our Urgent Care is open from 10 a.m. to 9 p.m. daily to treat less serious accidents and illnesses with immediate access to labs and diagnostic testing. If an emergency arises, you can be admitted into our 24-hour ER without the expense of an additional visit or transportation. We accept all patients, regardless of ability to pay, and offer a financial assistance program.



HOCKING VALLEY
Community Hospital



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.