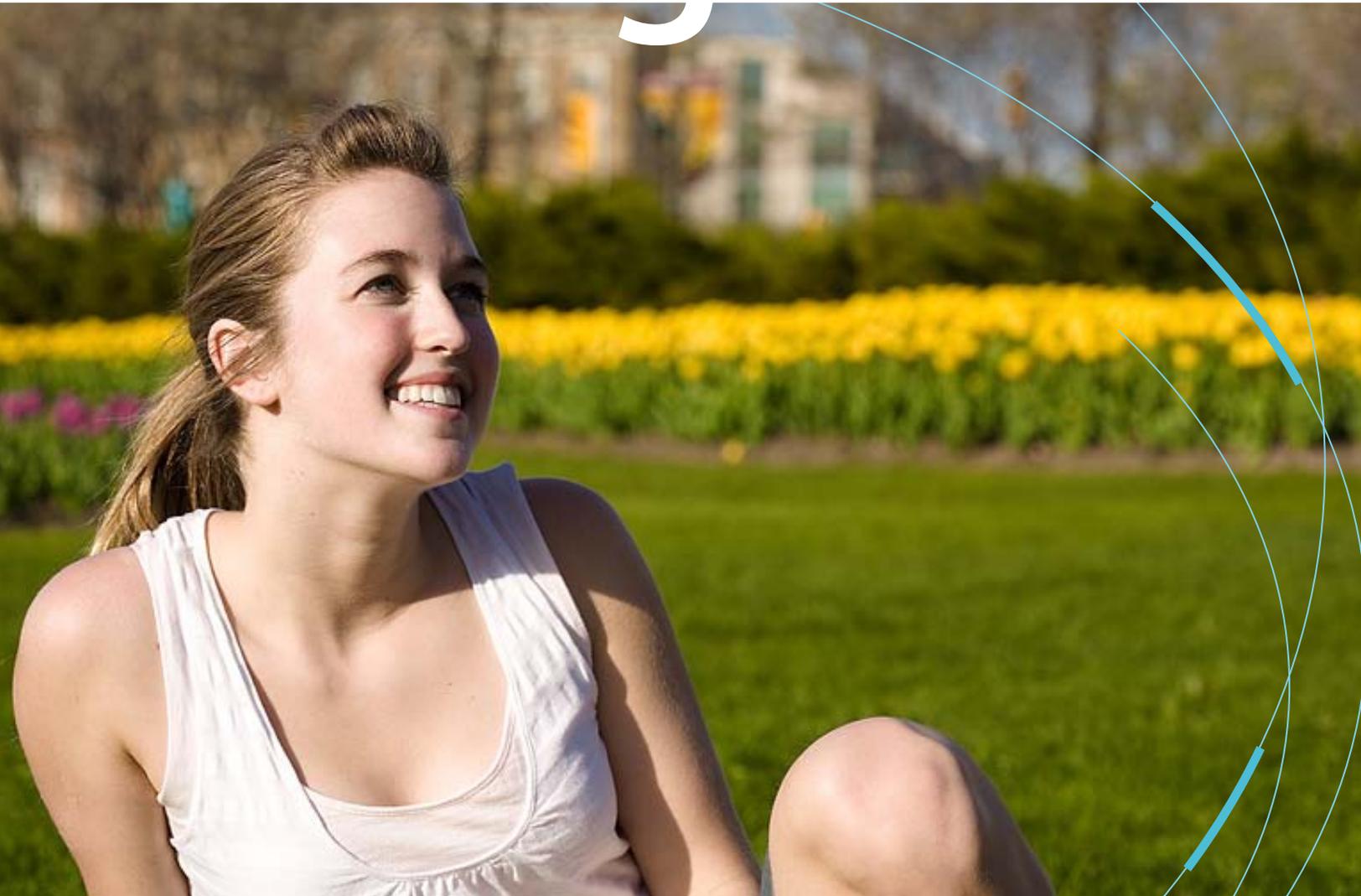


# vital signs

A PUBLICATION OF  
LOGANSPORT  
MEMORIAL HOSPITAL

SPRING 2012



## The new season brings new physicians, new equipment, and new news!

*For best results, read from cover-to-cover!*

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Well and good.™

LOGANSPORT  
**Memorial**  
HOSPITAL

# FROM THE DESK OF DAVID AMEEN

## *David Ameen, CEO*



Healthcare is an industry that must consider perspectives from countless groups all hoping to improve how it is delivered and received. We recognize viewpoints from patients, physicians, nursing staff, employees, community members, social service agencies and lastly

the government, as it looks to modify its role with upcoming legislative changes.

No matter how varied the viewpoints, there is one common goal in mind – improvement. As I mentioned in my previous article, we can achieve improvement like this by focusing our efforts appropriately.

Several experts agree that there is an area of care where we must grow for an impactful change – primary care. Hospitals and health systems across the United States offer primary care services in their communities, often at a financial loss, because they understand the importance of this kind of care.

***Read about our community benefits in the centerfold of this issue to learn how we have done that for our community.***

At Logansport Memorial Hospital, we know that primary care leads to better patient outcomes, more efficient use of healthcare resources, and a healthier community overall.

**But how do we grow this area to promote change, in line with healthcare reform and the changing needs of our community?**

**We expand access by offering different ways for you to receive the information and care that you need.**

We have the primary care physicians available for patients. The idea is to have one clinician who knows your health history, will continue caring for you as you change over time, and can recommend specialists while helping to coordinate treatment if you need to see them.

Research demonstrates that primary care increases life span and decreases disease, in part because it helps to prevent small problems from becoming big ones. Having a regular clinician of that kind also makes you a better patient because you trust the advice you receive and thus are more likely to follow it.

**Where can you see primary care in your experiences at the hospital?**

- In routine visits with your physician, where you can be aware of your general health and any potential health risks
- In our inpatient services, where we identify how primary care can benefit you after your patient experience.
- In lab tests, where the results can indicate the presence of a problem or be used to monitor an ongoing condition.

So, will we consider a variety of viewpoints to ensure that our growth is effective? Absolutely. But is there a primary focus for primary care? **Yes --- and it's you, our patient.** Choose us for your primary care, and we will work together to use it for your benefit as it changes with you over time.

*David Ameen*

## CAFE EXPRESS

### Basement

Monday - Friday  
6:30 am - 7 pm  
Saturday and Sunday  
6:30 am - 2 pm  
Sunday Buffet  
11 am - 2 pm

## THE COFFEE SHOP

### Memorial Hospital Lobby

Monday - Friday  
6:30 am - 4 pm

## THE GIFT SHOP

### Memorial Hospital Lobby

Monday - Friday  
8:30 am - 5:30 pm  
Saturday  
10 am - 4 pm

## LOBBY LAB DRAW

753.1345

### Memorial Hospital Lobby

Monday - Friday  
7 am - 5:30 pm  
Saturday - 7 am - 1 pm

## OUTPATIENT LAB

753.1517

### Medical Office Building East

Monday - Friday  
6 am - 12 pm

## COMMUNITY PHARMACY

732.0418

### Memorial Hospital Lobby

Monday - Friday  
8:30 am - 5:30 pm

# OUR NEW SURGEON



**Michael Lalla, MD**

Logansport Memorial Hospital and the Logansport Memorial Physician Network are pleased to welcome Michael Lalla MD as the newest surgeon to join Todd Weinstein MD and Gerhardt Winkel MD of Logansport Memorial General Surgery.

Dr. Lalla received his medical degree from Howard University College of Medicine in Washington DC. From there, he went on to complete his residency at New York Hospital in Queens. He also completed a fellowship in minimally-invasive surgery techniques with St. Vincent Hospital in Indianapolis. He is board-certified by the American College of General Surgeons.

We asked him some questions to learn more about who he is and how he will care for the patients in our community.

### Can you tell me a little about yourself?

"I was born in Trinidad and Tobago in the southern Caribbean and lived there until I was 17 years old, at which time I went to college at Morehouse College in Atlanta, Georgia. I studied biology with a minor in math before going on to medical school," says Dr. Lalla.

"My wife and I were married in June 2010. We don't yet have children, but we do have a few fish tanks, two turtles and a red foot tortoise named Speedy. He's a quick one... if you take your eye off him, he may disappear!"

### When you're not working, what do you like to do in your spare time?

"I am an avid fan of English soccer, which would be the equivalent of American football here," he says. "I don't have a specific team that I cheer for, since I have lived in so many different states, but I do enjoy watching. I try to actively be involved in church. My wife and I also enjoy taking long drives for our vacations, going from city to city exploring the antique and unique local shops or looking at historical buildings."

### What do you enjoy most about your profession? What are you most looking forward to about working in our community?

"As a surgeon, I am interested in using minimally-invasive techniques to perform procedures. I pursued my fellowship with St. Vincent in Indianapolis for that reason. These techniques minimize recovery time for patients, which makes having procedures more convenient for them when they are necessary."

"I have always felt more at ease in smaller communities, simply because I can get to know a lot of people," he says. "In Indiana, there is a sincere appreciation from all the patients I meet and care for, and that's very rewarding for me."

"I often find myself treating a friend or family member of someone I've seen, and I think it's important as a physician to build personal relationships with my patients. I want them to feel comfortable with me as we work together to address whatever medical needs they may have."

# GOOD HEALTH FOR MEN, TOO

*Making men aware of their need for primary care*



*You get one body that is yours to care for during the many years in your lifetime. We take good care of the things that we want to last, right? That includes our bodies.*

Chances are, you get your car tuned regularly, never skip an oil change, and keep it buffed and polished until it sparkles.

**The body of your vehicle may be in perfect condition because you take care of it, but do you do the same for your physical body?**

Cars get routine checkups. So do planes, and other forms of necessary transportation. But for our bodies, the most precious thing we have, men often wait for symptoms rather than making time for preventive care.

And unfortunately, some diseases can be far advanced by the time symptoms appear.

For instance, diseases concerning your prostate health. In several cases, prostate problems don't become symptomatic until they are big problems. Busy lives and schedules are a common excuse for not seeking routine primary care, but it has been proven that evidence-based preventive medicine can reduce your risk for disease by catching potential problems early.

**So how early should you start? And what should men do to stay ahead of the game when it comes to their prostate health?**

Often, early detection is achieved through preventive screening, usually done as part of a routine primary care exam. The question of screening is a personal and complex one, so it's important for each man to talk with his doctor about whether prostate cancer screening is right for him.

Will any good health habits help with prostate health as you age? See which of these recommended tips you think you could incorporate into your daily life.

- Keep a healthy weight and exercise regularly.
- Eat more fruits and vegetables.
- Avoid smoking for many reasons. Drink alcohol in moderation, if at all.
- Try to keep the amount of fat you get from red meat and dairy products to a minimum.
- Consider eating more fish as an additional protein source. Studies show that the "good fats" from omega-3 fatty acids found in fish can help protect against prostate cancer.

*Are you not big on vegetables? Don't care much for fish or seafood?* These tips all derive from one main point --- **a healthy diet and lifestyle pays off** by reducing your risk later for diseases like prostate cancer.

Even if these exact tips don't work for you, try to identify some ways that you can improve your general health in any area, whether it's reducing stress at home/work, exercising, lifestyle changes or diet modifications.

**You wouldn't neglect proper maintenance of your cars or your lawn. Give your body and your prostate health the same consideration.**

# OUR NEW PHYSICIAN



**Jim Davis, DO**

Logansport Memorial Hospital and the Logansport Memorial Physician Network are pleased to welcome James Davis DO as the newest orthopedic surgeon to join Jeryl Fullen MD of Logansport Memorial Orthopedics. He is now accepting new patients.

Dr. Davis received his medical degree from the Chicago College of Osteopathic Medicine in Chicago, Illinois. From there, he went on to complete a residency in Family Medicine and then a residency in Orthopedic Surgery, both at the Chicago College of Osteopathic Medicine. He is board-certified by the American Osteopathic Board of Orthopedic Surgeons.

We asked a few questions to help you get to know him.

## Can you tell me a little about yourself?

"I was born and raised in Chicago and have lived in a variety of places pursuing my education and career. I currently live in Crete, Illinois which is minutes from the Indiana state line, near Dyer, Indiana. I live on five acres of land to accommodate my hobbies, and my parents actually live with me. I felt it was important to have them nearby so that I could help care for them as they age, and instead of nearby, they moved right in! Family is very important to me. I also have two golden retrievers, Duke and Goldie."

## When you're not working, what do you like to do in your spare time?

"One of my biggest hobbies is restoring old cars and trucks," says Dr. Davis. "The five acres gives me plenty of space to store the equipment that I use to do that. I've been in the garage doing this since I was about four years old. My dad has the same hobby. I'm really interested in diesel engines and exploring uses for alternative fuels. I also love to exercise and am involved in bike racing. I train to do all types of bike racing. You can give me two wheels or four, and I'm happy either way."

# OUR NEW ORTHOPEDICS SUITE *Logansport Memorial Hospital*



*The new orthopedics suite has 5 exam rooms and 2 cast rooms. It is also closer to the emergency room and to medical imaging, making it easier to have x-rays done quickly. The expanded waiting area gives patients more room to easily move around the suite.*

## What do you enjoy most about your profession? What are you most looking forward to about working in our community?

"I like the mechanics of surgery and using the technical equipment to help restore function in the lives of my patients," he comments. "Anything from general fractures to sports injuries require those technical abilities to make the most impact in helping a patient recover and resume activity. I enjoy helping with that."

"Another interest I have is in high school sports. I enjoy watching games and watching the athletes perform," says Dr. Davis. "I can tell that the schools in this community are actively supported and that they encourage community involvement."

"But no matter where my patients come from in the community, whether from schools or from homes or work environments, I want to be involved here so that I know them before they need me and can support them after they see me."



## INPATIENT SERVICES

Logansport Memorial Hospital has shifted its focus to one of prevention and health, because we know that information empowers our patients to live better, healthier lives.

We also know that making appropriate lifestyle changes is not easily done alone, and that's why we're here.

***When you need physician care, we have primary care physicians that can deliver the care you need right here at home.***

But when a condition or illness becomes serious and requires more care than what you receive in an office visit or as an outpatient, we have medical and nursing staff who can help with that as well.

We talked with Nurse Manager Heather Geer to learn more about how Logansport Memorial Hospital is prepared to meet the variety of care needs in our community.

### **What types of care services do we provide for patients?**

"We provide both inpatient and outpatient services here at the hospital," says Heather. "An inpatient who receives services will spend the night at the hospital in order to have testing and treatment."

"When patients are deemed to need inpatient services, it means that their condition may require more intensive monitoring and possible technical intervention by medical staff. That's why we keep them here where we can give them that care if they need it."

### **What can patients expect as part of inpatient care here?**

"They can expect to be monitored and cared for proactively, rather than reacting to a condition that is worsening rapidly," comments Heather. "In the hospital setting, patients who have been admitted for inpatient care will be under constant monitoring by medical professionals, who can respond appropriately to any changes in their condition."

"Individuals who have experienced a complicated procedure or who experience several chronic health conditions often require more care than can be safely offered as an outpatient or at home. But here at the hospital, we are more than prepared to care for them."



### How do we ensure quality care and patient safety for our inpatients?

“Our goal is to place our patients at the center of their care plan,” explains Heather. “This means that we emphasize communication -- with the patient, the family, and the physicians -- to best coordinate care during their stay.”

“It facilitates a multi-disciplinary focus on the patient, his or her condition, and the achievement of the best possible outcome. Physicians, nursing staff, pharmacists, therapists, dieticians, and social services all work together to promote an effective and efficient delivery of care.”

### What are the strengths of our staff in providing exceptional inpatient care?

“For one, the hospitalist program at Logansport Memorial Hospital has proven to be a vital part of our ability to provide timely, high-quality care,” says Heather. “The hospitalists are physicians who only see admitted patients at the hospital. This allows the other physicians seeing patients in the office setting to spend the majority of their time treating outpatients.”

“The nursing staff also makes every effort to organize their daily duties so that they can spend as much time at the bedside as possible,” she explains. “We understand that developing a relationship with each patient is extremely important. It’s something they value, and it’s something that we value as well,” she says. “We want our patients and their families to trust us enough that they feel comfortable sharing their concerns, large and small.”

## THE ROLE OF PRIMARY CARE

Primary healthcare is often a person’s first point of entry into the healthcare system. Through personal interaction, a patient begins to build a relationship with his or her trusted physician. Help with the diagnosis and treatment of ongoing everyday and chronic health issues is valuable. But when care needs progress beyond primary care, it’s important to have integration and coordination of services to ensure those needs are fully met and addressed.

“All of our physicians at Logansport Memorial Hospital make the prevention of illness through primary care a high priority for their patients,” says Heather. “When patients are physically active, have balanced nutritional habits, maintain a healthy weight, avoid risk behaviors and follow medical advice, they generally have a better quality of life. Prevention through lifestyle behaviors significantly decreases the chances of being affected later by a chronic health condition like Type 2 Diabetes.”

“Your routine makes more of an impact on your well-being than you may realize. Prevention cannot be emphasized enough,” comments Heather. “We all need to understand that even though we don’t feel poorly, we could be experiencing a deteriorating health status due to unrealized symptoms that could be recognized through regular primary care.”

# ASK OUR EMPLOYEES

## *Celebrating Volunteer Week*

The value of volunteerism in an organization or community is often overlooked. What does it mean to volunteer? Time and energy is willingly donated for the direct benefit of others, and in a hospital environment, volunteers make more of an impact than they realize.

At Logansport Memorial Hospital, we recognize the work that our volunteers do and appreciate them. They benefit several departments throughout the hospital, always willing to lend a helping hand where they can.

Not only do they serve people here, but they also benefit the hospital through fundraisers and events that they hold each year.

The monies raised from these events goes toward patient care and different needs around the hospital. One special way that the volunteers have helped patients is by providing sets of sweats to the Emergency Department. Because they provide sweats of various sizes, patients who may lose their clothing as a consequence of care will always have something warm to wear home.

***In total, the volunteers have donated 13,695 hours to the hospital throughout 2012.***



"We love the volunteers! Not only do they provide us with the clothing for our patients, but they also help staff our Greeter Desk in the lobby. This role helps our triage staff by allowing them to assess a patient or provide necessary care while the volunteer takes basic information from the next patient who comes in. Their help keeps patient flow moving in the lobby so that patients can be seen as quickly as possible. We know that our staff appreciates that and patients do too." ***Renee Sholty, Director of Emergency Services***



## WHAT OUR VOLUNTEERS MEAN TO ME...

Some of our hospital employees share below why the service of the volunteers is so important for their department.

"I have worked closely with our volunteers, and I can tell you that they serve our patients with a gracious heart and a smile. Our volunteers range in age from 17-93, and are always ready and willing to serve wherever they are needed. I treasure every moment that I spend with them."

***Ruth Miller, Concierge***

"The work of the volunteers is very important in the surgery department. We have a volunteer in our family waiting room every day. They serve as the liaison between the family and the surgery department." They help families feel at ease, knowing where they can go to wait during surgery and then where they can speak to a physician afterward. I'm always amazed at the dedication they have to our hospital and to our department. We are very blessed to have them."

***Ann Hopwood, Director of Surgical Services***

"The Medical Imaging department performs over 30,000 exams per year and employs 28 staff. But I can tell you that we could not perform those studies without the help of our volunteers. They are always ready to help with a smile. I think that our volunteers really illustrate why Logansport Memorial Hospital is here – to help others. I believe they are our greatest ambassadors."

***Mike Etter, Director of Ancillary Services***

# TECHNOLOGY TRACKER

Technology touches the hospital in all departments because of its role in making patient care efficient and effective. Without technological advancements, the patient experience at Logansport Memorial Hospital and at hospitals across the country would be dramatically different.

What is also different is how technology can be used throughout the hospital, because it does not just mean using computers and computerized information. **Technology makes access to the information or care that you need as efficient and effective as possible, and there are two new ways we are now using technology to do that.**

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## The LMPN Patient Portal

We introduced this capability last year for two primary reasons. Computerized access to personal health information was part of the necessary implementation of electronic medical records. It also satisfies the growing desires of patients who want to see that information and use it to make their own informed healthcare decisions.

Each physician office that is part of the Logansport Memorial Physician Network is helping patients gain access to the Patient Portal. We have included additional features that patients can use to view their information, including:

***Latest Lab and Medical Imaging Results, Office Visit Summaries, Appointment History, Upcoming Appointment Alerts, and Patient Education materials***

***New Feature Coming Soon: Prescription Refill Requests***

If you have not had the opportunity to sign up to use the Patient Portal and wish to do so, you may call this number and a staff member will help you. Call today! **574.725.3456**

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## A new CT Scanner

Logansport Memorial Hospital is proud to announce that a new 32-slice CT scanner has been purchased and placed adjacent to the Emergency Department. **This CT scanner has enhanced diagnostic capabilities and is able to take 32 pictures at one time.** It doubles the number of pictures we can now take compared with the previous 16-slice CT scanner, and it performs with improved functionality. This scanner reduces radiation exposure for patients while delivering superior image quality.

A CT scan has many uses, but it is especially helpful for quickly examining people who may have internal injuries from car accidents or other types of trauma. Its proximity to the Emergency Department was a strategic placement to improve the patient care experience. The speed and clinical accuracy enables physicians to more clearly see any injuries or disease, thus providing more information than plain x-rays.

# DEPARTMENTAL FEATURE

## Medical Laboratory



Have you ever wondered about what happens to that blood sample that was taken at the doctor's office? Where does it go? How do doctors get the information they use to diagnose disease?

Inside the medical laboratory at Logansport Memorial Hospital, a highly-skilled team of professionals take and evaluate the tests that you give. From those tests, they provide useful information that physicians use to make diagnoses and treatment decisions.

It is estimated that more than 70% of medical decisions made by physicians are based on laboratory findings. In fact, the practice of modern medicine today would be nearly impossible without the tests performed in the laboratory.

"We take our roles in patient care very seriously, because we know that our work is directly related to the information that physicians give to their patients," explains Deb Williamson, Laboratory Director. "We are proud to be accredited by the College of American Pathology, and we are the only laboratory in Cass County with that distinction.

This specific accreditation looks at lab processes and evaluates them beyond regulatory compliance standards, and recognizes the accredited labs for the quality of lab work provided for patients," she says.

Individual samples are collected and evaluated through testing that analyzes blood, tissues, and other body fluids. The laboratory processes samples from all patient care areas, including physician offices, the medical/surgical floor, the emergency department, and the surgery department.

- The blood collected is checked for various indicators of disease. These indicators could be a number of things, including glucose levels for diabetics, cardiac and liver enzymes, thyroid levels and cancer markers.
- Blood types are identified and cross-matched to make sure they are safe and ready for surgery patients who might need them.
- The microbiology department inside the lab identifies bacteria and then tests it to create the proper antibodies needed to treat infections.
- The histology department inside the lab prepares slides of body cells collected from surgery and examines them closely for abnormalities or any signs of initial cancerous growth.
- Tests can also be done for mononucleosis, rheumatoid arthritis, HIV and coagulation levels.

Laboratory tests serve as the most cost-effective, least invasive source of objective information used in clinical decision-making. The work of lab professionals is more integrated into your care as a patient than you may realize. The people in the laboratory at Logansport Memorial Hospital are a vital part of the care each of us receives every year, and for that, we thank them!

Logansport Memorial Hospital Foundation

# ANNUAL GOLF TOURNAMENT



This year's golf tournament will take place on Wednesday, June 19 at Dykeman Park in Logansport, with Consolidated Union and SIHO Insurance Services as event sponsors. All golfers receive a round of golf, cart and green fees, and eligibility to win awards and prizes.

The tournament format is a 4-person scramble with two flights at 8 am and 1 pm. Registration begins one hour prior to tee time. Sign up as a single player or with a foursome as a team! We have great hole and cart sponsorships available as well.

Proceeds from our annual golf tournament help fund student scholarships, purchase hospital equipment and technology, and provide support for other worthwhile community-based healthcare initiatives. Your participation assures that these programs will continue.

We appreciate the community-wide support that we continue to receive for the efforts of the Foundation. We hope to see you or your organization represented in some way at the golf tournament!

## COMMIT TO PLAY OR SPONSOR!

**574.753.1595**

foundationcoordinator@

logansportmemorial.org

Monday - Friday: 8 AM to 4:30 PM

*It was perfect weather for golfing last year.*



*We're hoping for the same again this year!*



## PICTURE GALLERY

Our tournament is always a good time, and always for a good cause.



"Like" us on Facebook and we'll keep you posted about hospital news and physician updates!

## SAVE THE DATE!

### UPCOMING COMMUNITY EVENT

#### **Saturday, June 22 -- Taking Steps 2013 Kickoff**

Get a healthy start to summer! The obesity taskforce from Better Health of Cass County is hosting a free, family-focused event at the Ivy Tech campus in Logansport. The event lasts from 9 am - 12 Noon and will feature free giveaways, prizes, and information from local vendors. Come and see what Cass County can offer you... your family's health is important!



# vital signs

VISIT US ONLINE

[www.logansportmemorial.org](http://www.logansportmemorial.org)