

# vital signs

A PUBLICATION OF  
LOGANSPORT  
MEMORIAL HOSPITAL

SUMMER 2014



## A new season brings new services to you!

*Find out more inside...*

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Well and good.™

LOGANSPORT  
**Memorial**  
HOSPITAL



# FROM THE DESK OF

*David Ameen, CEO of Logansport Memorial Hospital*

When we undertook the completion of the 2013 Community Health Needs Assessment, we did so to intentionally understand and address what the health needs are that our patients and community members live with in daily life. What we found is that one of the health need priorities in our community is the access to care that patients believe they have here at home. As your community hospital, that is something we take very seriously and feel strongly about addressing.

Access to care can mean different things for different people. That's why so many community partners are involved in achieving the goals and strategies that have been designed to address identified health needs like this. But we know there are several things that we can do as a hospital and healthcare provider, and we couldn't wait to get started.

In the last issue of Vital Signs, we focused on primary care – what we have here and why it's important for you. We do believe that we have exceptional access to primary care services here in our community. There are family medicine physicians, internal medicine physicians, pediatricians, nurse practitioners, and the ExpressMed clinic that all accept patients needing primary care services. For many women, OB/GYNs provide a majority of the primary care that they choose to receive, and we have five women's health physicians who gladly work with women to keep them healthy.

That is the ultimate goal of having primary care – to keep you healthy. "Well and good" is our tagline because it's how we want you to feel about your health and quality of life, and we know that it starts with us and what we can provide for you.

Because this is our goal, we have focused so much on our recent care delivery transformation, becoming a patient-centered medical home and an accountable care organization. Primary care is the crucial piece in both of these initiatives because they aim to proactively anticipate your health needs and help you actively manage them. Our focus has always been about what's best for you, but these initiatives take that to a new level, putting you in the center of your care and relying on you to be an active participant in your healthcare decisions.

Primary care is also one of the main sources of referral to specialized services. Providing specialized services can be difficult for rural hospitals because of the size we are and the resources that we have. We know that we can't compete on the same level as major health systems in Indianapolis, and that's not what we try to do.

But do we need to make sure that some of the specialized services our patients need are right here at home? Yes, we think so – and that's what we've tried to do.

We recently brought full-time Cardiology services to Logansport Memorial Hospital in partnership with Franciscan Alliance. We also will have pulmonology services on-site again with our new full-time pulmonologist, Dr. Francois Fadel. We continue to have exceptional specialized care from our teams of general surgeons and orthopedic surgeons as well.

These are just some of the ways we are trying to improve the local access to care that you have with us. Addressing this priority will continue to be an ongoing process as we keep growing and changing based on your needs.

*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 Suite 120

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

# NEW DOCTOR



**Olujemisi Akintunde, MD**  
Pediatrician

Logansport Memorial Hospital is pleased to welcome Olujemisi Akintunde, MD to the Logansport Memorial Physician Network. She is a pediatrician who will join our other three board-certified pediatricians - Dr. Beverly Ahoni, Dr. Craig Pawlowski, and Dr. Namita Saghal - as part of LMPN Pediatrics.

Dr. Akintunde received her medical degree from the University of Ilorin in Kwara, Nigeria. From there, she went on to complete her residency in Pediatrics at the Morehouse School of Medicine in Atlanta, Georgia. She also completed an internship with Howard University

Hospital in Washington, DC. She is board-certified by the American Board of Pediatrics.

She loves working with children, and it's that passion that motivated her to pursue a career in Pediatrics. She is eager to work together with parents to support and care for healthy babies, kids, and young adults in our community.

Dr. Akintunde is now accepting new patients. Her practice is located inside the pediatrics suite in Medical Office Building West at Logansport Memorial Hospital.

If you would like to make an appointment with Dr. Akintunde, please call **574.753.4151**.

# VISIT US ONLINE

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



# THE IMPORTANCE OF IMMUNIZATIONS

*What would your pediatrician do?*



It seems like immunizations are always a debated topic for parents. Nationally, the discussion about whether immunizations are really beneficial and worth it has grown to include a large audience of concerned parents and individuals, who just want to do what's best for their kids – whatever that may be.

There is a large amount of misinformation and conflicting information online, so how can parents make an informed decision? Not only that, but the list of recommended immunizations is scary in itself – simply because it's so long! Parents of newborns see it and instantly feel anxious, thinking about trying to protect their little one from so many things.

All that aside, immunizations are still important. ***There's a reason why the Centers for Disease Control and Prevention and the American Academy of Pediatrics recommend them so highly.*** Physicians and public health professionals know that the immunizations given to children protect them not only during childhood, but for the rest of their lives.

Diseases that were common and devastating many years ago are now almost entirely eliminated, thanks to the vaccines that we have and give today.

So what should you expect when you bring your child to the pediatrics office for their immunizations? Pediatrician Dr. Namita Sahgal walks us through what kids need to have so that you can feel prepared as a parent for what's ahead.

"Typically, new parents will bring their child in for newborn shots around two months of age. From there, they do come back for additional shots all within their first year," comments Dr. Sahgal.

"We usually recommend an annual flu shot as well, and that is given consistently each year if parents choose to receive it. After that, they don't have to have immunizations again until they're getting ready to start kindergarten," she says. "Then, anytime between ages 4 and 6, children get another round of boosters. Having these again help protect against diphtheria, whooping cough, tetanus, measles, mumps, rubella, polio, and chicken pox."

Not sure what these diseases are? That's okay – don't be afraid to ask questions. Bring this article with you and talk to your pediatrician about what's in it. Dr. Sahgal and the other pediatricians in the LMPN Pediatrics office are happy to answer any questions that you have.

For a full list of the 2014 recommended immunizations for children as recommended by the CDC and the American Academy of Pediatrics, visit the "Health Resources" page on our website at [www.logansportmemorial.org](http://www.logansportmemorial.org).

# CARE DELIVERY TRANSFORMATION

... *how it leads to confusion for you and others*

Still not sure about everything happening with things like “accountable care” and “medical home models” when you see or hear those terms being used? Well, you’re not alone. We know that it can be very confusing for many of our patients, and we want to help you understand what you’re hearing and why we’re talking about it.

Logansport Memorial Hospital is actually embracing both of these – accountable care and a medical home model – to transform the way that you receive care from us.

Providing “accountable care” means that we hold ourselves as Logansport Memorial Hospital responsible and accountable for the cost and quality of care that you’re given. But weren’t we doing that before now? Well yes, but not in this way. Becoming an accountable care organization means that we are now held to higher standards of quality and cost efficiency.

Being a “patient-centered medical home model” sets up a partnership between you and your primary care physician, making you an equal and important part of decisions made about the care you receive.

Is it reasonable to think that you will do something or make a lifestyle change just because someone, like your physician, told you to do it? No, it’s not – but that’s how we’ve been practicing healthcare for as long as many of us can remember. It’s time to change that, and put you in the center of your healthcare as an active participant. That’s what this model will do for you.

Still have questions? That’s okay – we want to hear from you. Please contact our Director of Care Coordination at **(574) 753-1317** to learn more or get them answered.

## HOW DOES THIS BENEFIT ME?



Currently, we are in a culture of healthcare that treats patients as they are sick. Rarely do you come to the hospital when you’re healthy, but rather to receive treatment for an ongoing condition or to stay and recover from a serious illness.

We would rather ***be proactive than reactive***, anticipating what might work to help keep you healthy and then making sure that you can do it.

We would rather ***partner with you*** to help you stay healthy and avoid coming in to the ER or staying at the hospital. Pursuing this care delivery transformation is how we make sure that happens.

# LOCAL PULMONOLOGY SERVICES

*Bringing them here for patients at Logansport Memorial Hospital*



As a rural hospital, we are challenged in many ways. One of our biggest challenges is providing access to specialized care that's local and in our community, which many of our patients need and want. We have exceptional teams of general surgeons and orthopedic surgeons who can perform many specialized procedures of the same or better caliber than what you would find in larger cities. We recently partnered with Franciscan Alliance to bring full-time cardiology services to patients in our community as well.

But we know that many of our patients suffer from respiratory problems and have requested pulmonology services. As part of our 2013 Community Health Needs Assessment, we made "access to care" a top priority for targeted improvement over the next three to five years. We are pleased to say that we will be bringing pulmonology services to our patients, beginning in June of this year.

## **What is pulmonology?**

Pulmonology is a subspecialty of internal medicine that focuses on diseases of the lungs and bronchial tubes, which can include evaluating the heart and the upper respiratory tract (made up of the nose, pharynx and throat). A pulmonologist is a physician who studies internal medicine and then completes additional schooling and training to diagnose and treat conditions and diseases of the chest. These can include pneumonia, asthma, tuberculosis, chronic obstructive pulmonary disease (COPD), emphysema, lung cancer, sleep apnea and other complicated chest infections.

## **Who needs a pulmonologist?**

Patients who have a chronic cough, difficulty breathing, persistent lung infection, or any other breathing-related problem typically need specialized services, like those that a pulmonologist provides. Certain lifestyles and behaviors can cause these problems for patients. The Center for Disease Control and Prevention (CDC) shows that Indiana has some of the highest rates in the country for smoking, COPD, and lung cancer. But lives can be changed and saved with early diagnosis and treatment of these conditions.

If you or someone you know has a breathing problem like coughing, wheezing, and shortness of breath, or if you are a smoker and unable to quit, our pulmonology services will be able to help.

Primary care physicians can refer you to receive the specialized services of Dr. Francois Fadel, the pulmonologist who will be joining us in June. To learn more about your referral options for seeing Dr. Fadel, please call **(574) 753-1384**.



Dr. Francois Fadel is an expert specialist practicing in three specialties – internal medicine, pulmonary and respiratory medicine, and critical care medicine. He is triple board-certified by the American Board of Medical Specialties in internal medicine, pulmonary and respiratory medicine, and critical care medicine. He utilizes the most advanced technologies and procedures to diagnose and treat respiratory conditions, including lung cancer. As the only critical care and pulmonology physician serving Logansport and Cass County, he is looking forward to establishing his practice and providing an exceptional level of specialized care for our community.

# LMH FOUNDATION

*The philanthropic support of Logansport Memorial Hospital*

## Golf Tournament

at Logansport Memorial Hospital

June 18, 2014



## CALL TO SPONSOR OR REGISTER!

**574.753.1595**

foundationcoordinator@

logansportmemorial.org

Monday - Friday: 8 AM to 4:30 PM

The annual golf tournament hosted by the Logansport Memorial Hospital Foundation brings together golf enthusiasts to play in support of LMHF initiatives throughout the year. There's also breakfast, a delightful day on the course with lunch, and a raffle full of great prizes!

With Consolidated Union and SIHO Insurance Services as event sponsors, this year's tournament will take place on Wednesday, June 18 at Dykeman Park in Logansport.

All golfers receive a round of golf, cart and greens fees, and eligibility to win awards and prizes. The tournament is a four-person scramble with two flights at 8 am and at 1 pm. Registration begins one hour prior to tee time, and we encourage you to sign up as a single or with a foursome!

Continued participation in this signature event allows the Logansport Memorial Hospital Foundation to provide student scholarships, purchase hospital equipment and technology, and fund other worthwhile community-based initiatives. Last year, the golf tournament raised \$22,000 to be allocated through the Foundation.

We appreciate the supporters and participants and thank them for their sponsorships and donations.





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