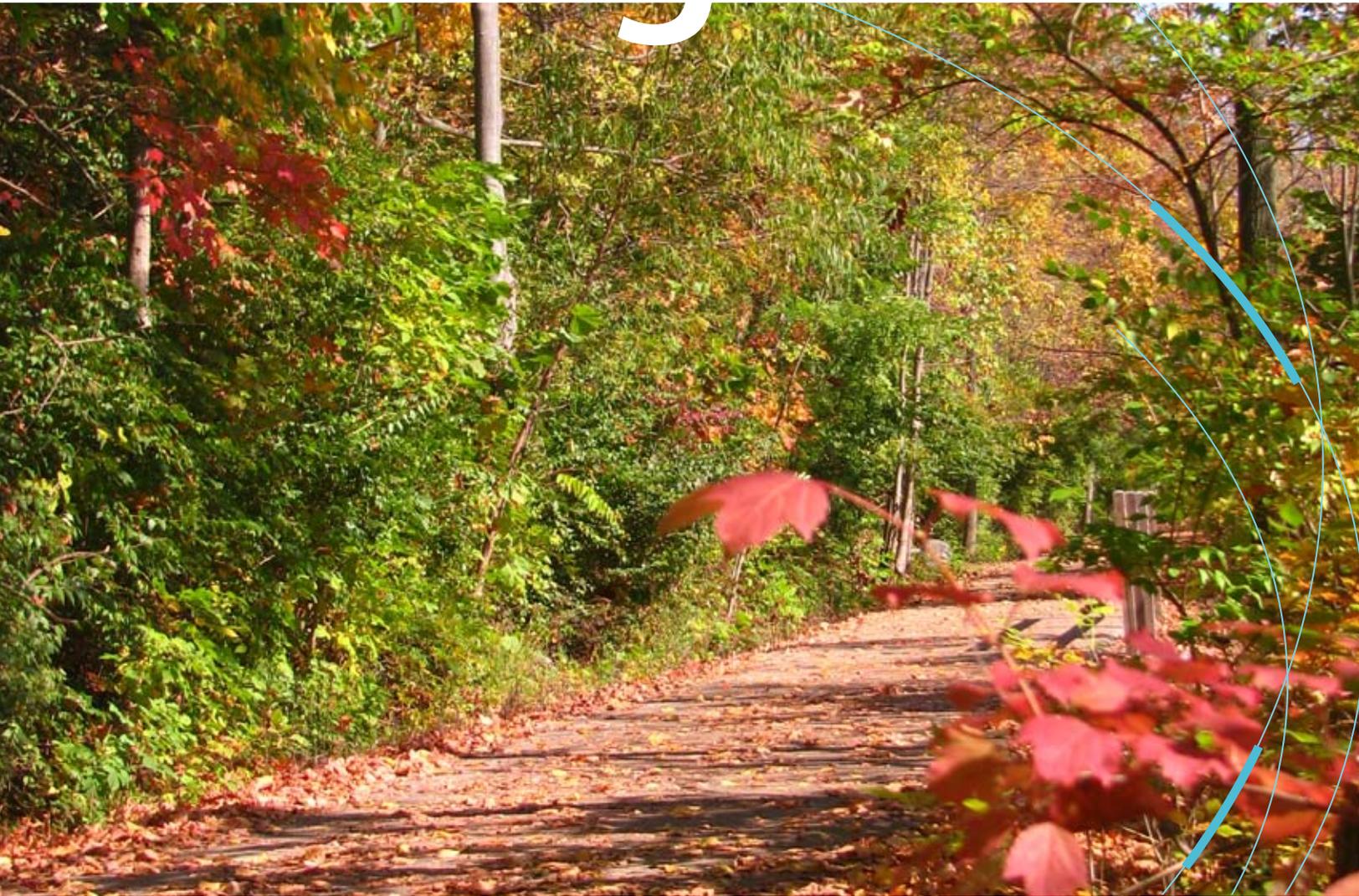


# vital signs

A PUBLICATION OF  
LOGANSPORT  
MEMORIAL HOSPITAL

FALL 2013



## This fall, we're focused on you... Our women, our kids, and our community!

*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*



Each of my articles this year has focused on a different area of growth for Logansport Memorial Hospital. I've tried to explain why each of these areas that I have discussed is equally important in positioning our hospital for the future.

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Through 2013, we strategically chose to focus on growth for two main reasons -- because growth is a measurement of change, and because growth is necessary for long-term organizational success.

That statement is still true, and it will remain true for 2014. Yes, growth is still going to be our dominant strategic focus, because we're not done yet. We haven't reached our full potential, and captured every patient that we possibly can. There are still others out there who need care in one of the many areas where we can provide it, and provide it well.

I write this article thinking of those patients who have not received the care that they need, and I am sure that they haven't for a variety of reasons. But in the midst of healthcare reform that is seeking to improve one of those reasons -- insurance coverage, availability and affordability -- we anticipate seeing significant changes. Those changes will affect the way that we provide care and who receives what we can provide.

I will say that healthcare reform has left many of us in this industry feeling uncertain about our roles in its future. We know that changes are coming; we just don't know exactly what they will be yet.

Some have been identified and can be planned for, but others may not even be comprehensible at this point.

We don't plan to let this feeling of uncertainty linger, so how will we address it? This is a question that many hospitals in the area and across the country have had to ask and answer. Some have addressed it through personnel cuts, and we've seen the news discussing the impact that has on those communities. But here's how we plan to address it -- by growing our volume in key service areas to deliver what our community needs, where and when they need it.

That's why this last issue of Vital Signs for 2013 has information for women. We know that you are the decision-makers, for yourselves and for your families. What can we do as your community hospital to help you take care of them? Give you the information and the resources that you need to do it, in education, classes, services, physicians, and much more.

We've started within these pages. If you don't find information that you need here, look around on our website. If you still find that you need more, tell us about it! You can connect with us on Facebook, or send an email to [feedback@logansportmemorial.org](mailto:feedback@logansportmemorial.org). We want to listen to you so that we can give you what you need. Help us grow our services for you based on community needs (on page 10) and on your feedback.

As you make your healthcare decisions, trust us as your partner and as your resource in caring for yourself and your family.

*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

# OUR NEW PHYSICIAN



Logansport Memorial Hospital is pleased to welcome Jessica McClintock MD to the Logansport Memorial Physician Network. She is an OB/GYN who joins the four physicians of the Women's Health Center, caring for women of all ages and stages of life.

### Jessica McClintock, MD

Dr. McClintock received her medical degree from the Ross University School of Medicine in Portsmouth, Dominica, in the West Indies. From there, she went on to complete her residency in Obstetrics and Gynecology at the Medstar Franklin Square Medical Center in Baltimore, Maryland.

She is honored to become part of a well-respected practice that carries a longstanding tradition of serving the women and families in our community with exceptional care.

When she is not in the office, you might find Dr. McClintock playing piano for fun on her childhood piano that she has had with her through lessons from age 5 to 18. She enjoys going to the movies and likes to catch as many of the new releases as she can. She enjoys being outside and exploring new areas, particularly historical areas and museums. She is also looking forward to using the River Bluff Trail as she gets acclimated to the community.

Dr. McClintock is now accepting new patients.

Her practice is located inside the Women's Health Center in Medical Office Building East at Logansport Memorial Hospital.

**If you would like to make an appointment with Dr. McClintock, please call (574) 722-3566.**

# VISIT US ONLINE

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



# CHILDHOOD DIABETES AWARENESS

*How the disease can be different for kids*



If you have a child who has been diagnosed with diabetes, you're not alone. Every year in the United States, 13,000 children are diagnosed with Type 1 diabetes, and more than 1 million American kids and adults deal with the disease every day. Living with diabetes is a challenge, no matter if you are a child or an adult. But young kids and teens often have special issues to deal with.

November is Diabetes Awareness Month, and we thought it was important to call attention to its effects on kids. Consider incorporating these tips for important but normal situations in a child's life, to help your child or a child you know deal with diabetes.

## **Sports and Recreation**

### ***Be smart about being active***

Exercise and physical activity are good for children, with or without diabetes. If you need to manage diabetes while your child is involved in a team sport, solo sport, outdoor adventure or other activity, planning will be important. Create a diabetes care plan for your child to follow that outlines what they need to do every time before they play. It's important to have appropriate snacks and something to treat hypoglycemia (low blood glucose) available.

Be sure to talk with your child about how he or she feels before, during, and after the physical activity; closely monitor glucose levels and notice any changes in how they act or feel.

## **At School**

### ***It's all about Teamwork***

Because your child spends most of his or her day at school, the school nurse is an integral part of your child's diabetes care team. Work with the school nurse and the school principal to make sure that a trained adult is available to care for your child in the event that the school nurse is not available. Also, be sure to share helpful information about diabetes with school personnel, including your child's teacher.

## **Sick Days**

### ***What to Expect***

It's normal to expect children to be sick, but a diabetes diagnosis can make blood glucose levels more difficult to control when they are. The American Diabetes Association recommends keeping a "sick day notebook" to record blood glucose readings, insulin dosages, and carbohydrate counts of the foods eaten that day. It is also helpful to have guidelines from your doctor in that notebook, so that you can feel confident knowing what to watch for in your child's condition and when to call the doctor for more guidance or treatment. A "sick day" box should include a thermometer, appropriate foods, and recommended over-the-counter medications, like sugar-free cough drops.

For additional helpful resources, visit these links:

### **American Diabetes Association - Planet D**

<http://www.diabetes.org/living-with-diabetes/parents-and-kids/planet-d/>

### **Juvenile Diabetes Research Foundation**

<http://jdrf.org/>

### **Children with Diabetes**

<http://www.childrenwithdiabetes.com/>

# THE FAMILY BIRTH CENTER

*Delivering the greatest gift*

When the time has come for your little one to make his or her grand entrance into the world, you want to make sure it happens in a safe and caring environment while in expert hands.

The Family Birth Center considers it a privilege to be that place for you and your family, helping to deliver one of life's most precious gifts – your new baby.



The Family Birth Center has five labor and delivery rooms, a Cesarean section suite, and ten private postpartum rooms designed with comfort and convenience in mind. It also has a Level II Nursery to locally accommodate infants who may need specialized care upon birth due to illness or prematurity.

The nurses and staff are familiar faces that you may have seen around the community, which makes you feel calm and comfortable as they start taking care of you the moment you walk through the door. They take a hands-on approach to care for you and for baby from beginning to end of the delivery process so that you can start to adjust to life with your little one.

Making your transition from hospital to home as seamless and blissful as possible is our goal, and it starts with resourceful education while you're here. Each mother receives a brochure during her visit with information about the classes and support groups offered throughout the year. We want to make sure that new moms know they can count on us to be the resource they need at any time.

Feel free to contact the Family Birth Center at (574) 753-1395 to schedule a tour of the facility, ask questions about education offerings, or find out more about the birthing experience you might have. You may also visit our website to see our online gallery of newborn pictures and learn more about what to plan for during pregnancy.

## LACTATION SERVICES

*Breastfeeding your baby*



Breastfeeding is recognized and known for the many health benefits it provides for both mothers and babies. That's why the Family Birth Center encourages new mothers to try breastfeeding.

Jacinta Langley is an International Board-Certified Lactation Consultant who recertifies every five years to keep learning new information about the benefits of breastfeeding. As a mother of four herself, she understands how new mothers can feel trying to learn to breastfeed on their own and wants to provide the support they need.

Jacinta can meet and work with new moms during their hospital stay to get started breastfeeding. After going home, she is available by phone and by pager to continue helping new moms be successful.

You can reach her at (574) 753-1706 and visit our website to download the informational PDF handout about breastfeeding.



## LOCAL WOMEN LIVING WELL

Women have been putting others first for many years. When it comes to priorities, a woman's health typically falls to the bottom of the list – after kids, work, family time, extracurricular activities, volunteering, and the list goes on.

But the viewpoints are shifting. The mindset of “others first, then me” has been tweaked to say “I should take care of myself so that I can better take care of others.”

More women are demonstrating they believe that, by using the resources available to help them maintain or improve their health.

Resources like the physicians who practice in the Women's Health Center, at Logansport Memorial Hospital. They work for women – on their behalf and with them as a partner – to ensure that access to quality and compassionate care is available right here in our community. No matter where you are in your health journey – from the beginning, to babies and beyond – we can take care of you. More than that, we will take care of you with the best that we have to give, just like you would for your family.

### **In the Beginning**

#### *The importance of wellness*

Prevention is an important part of living long and living well. Getting preventive screenings and appropriate immunizations are some of the most important things you can do for yourself. It's also important to understand your risk factors for certain diseases, and some risk factors are easier to control than others. You can change your eating habits and exercise or physical activity patterns, but you can't really change your family history or the pre-existing health problems that you already have.

So how will you know your risks? Come to your healthcare visit with information about you, your children, and your extended family – siblings, parents, grandparents, aunts/uncles, etc. Your physician will know what to look for and what to ask you about in identifying potential risk factors you may have.

Seeing your physician for regular exams, including pap smears and physicals, will help him or her monitor your overall health and determine whether any changes that you notice are normal or more significant of a potential problem.



## Bringing Home Baby

### Obstetrics Care

Few experiences alter a woman's physical appearance and needs more than pregnancy. Proper prenatal care starts with routine physician office visits, because your OB/GYN can best monitor the changes you're experiencing and help ease any concerns you may have during the process. There is so much information available today about what to do or not do during pregnancy that your OB/GYN can provide guidance and help you make decisions that are right for you.

Pregnant women are advised to eat an additional 100-300 calories per day while also taking beneficial supplements like iron and folic acid. The standard recommendation for weight gain is 25-35 pounds, but some women will deviate from that because each woman's body is unique. Taking medications during pregnancy also changes, because they can affect the baby very differently from you. But headaches don't magically go away during pregnancy, so it's important to know what you can do (and take) to continue living life as normally and as healthfully as possible.

## Beyond the Babies

### Healthy Aging

Aging is a process, and you want to stay healthy as it happens. Breast health becomes increasingly important as you age, where women over 40 are encouraged to have annual screening mammograms. Menopause and osteoporosis also become health concerns for women as they age, but like other women's health conditions, they may not affect everyone in the same way. Discuss with your physician how to address these conditions in a way that feels right for you.

Also, urogynecology is another area that may significantly benefit aging women. Things like urinary incontinence can be very uncomfortable and embarrassing, but treatment methods for certain conditions are minimally-invasive and promote faster recovery times. Knowing that you don't have to tolerate living like this can be comforting in itself, but having treatment options available locally is another benefit for you. Don't be afraid or embarrassed to discuss your concerns or treatment options at your appointment.

**Make an appointment with any one of our OB/GYNs today by calling (574) 722-3566.**



*James Hall MD*



*Timothy Hall MD*



*Jessica McClintock MD*



*Duffy Murphy MD*



*W. Bruce Murray MD*

# ASK OUR EXPERT

## *The special touch in caring for kids*

Being a parent is one of the most fulfilling experiences a person can have. As a parent, you strive to know and provide what's best for your child or children, starting with what you can give them and then utilizing available resources for help when you need it. When it comes to your child's health, relying on medical expertise from trusted providers, like the pediatricians at Logansport Memorial Hospital, can be reassuring and beneficial.

### **Why choose a Pediatrician?**

A pediatrician can be your partner in determining what's best for your child, listening to your questions and helping to promote your child's healthy development.

Children are not simply small adults – in fact, their symptoms for various illness and disease often present much differently than in adults. Working with a pediatrician who understands these differences and knows what to recognize can help guide you in anticipating your child's needs as he or she grows from a newborn to a young adult.

### **Well-Child Care – Important for their overall health**

You know about making an appointment with the pediatrician when your child is sick, but there are also appointments scheduled for well-visits that check and measure your child's growth and overall health. It's fascinating to watch how quickly children can grow and change, but monitoring that is important to remain aware of any changes that may occur.

Pediatricians are happy to discuss common concerns like eating and sleeping habits, toilet training, social behaviors, attention spans, learning problems and other questions you may have. Utilizing regular well-care visits where you raise the concerns that matter most to you will help the pediatrician get to know your child and continue building a reliable, trustworthy relationship between both of you.



## WHAT TO KNOW ABOUT YOUR PEDIATRICIAN

Building relationships takes time and effort so that all involved benefit from what is being shared. Your relationship with your child's pediatrician should be no different than a relationship with a trusted friend. You both have the same goal in mind, which is giving your child the best care possible so that he or she stays healthy, happy and productive.

Don't be afraid to ask questions about the physician's background, about office procedures, or about the treatment options being discussed.

Some questions to get you started might be:

- What medical school did the pediatrician attend? Is he or she board-certified?
- What is the pediatrician's policy on taking and returning parent phone calls? Is there a nurse in the office who can answer routine questions?
- How are visits for acute illnesses handled?
- Can you make an appointment on short notice if your child needs to see the pediatrician because of a sore throat or an infection, for example?

# ANNUAL YEAR-END CAMPAIGN

Since the Foundation was established in 1984, philanthropy has been a key component of the service excellence that we strive to provide locally. Logansport Memorial Hospital has been serving the healthcare needs of the residents of Cass County and its surrounding counties for nearly a century. There is no greater time than now to consider supporting your community hospital.

Your philanthropic donation will help us stay at the forefront of technology and infrastructure improvements to continue providing full access to care for those who live and work in our community.

If you would like to support the Logansport Memorial Hospital Foundation, please fill out the donation form below and send it in the mail. You may also call the Foundation office at (574) 753-1595 and we will assist you in giving your tax-deductible gift.

The Foundation pursues a mission of support for Logansport Memorial Hospital and we welcome you to join us on that journey as we move into 2014.

## Donor Information

Mr.  Mrs.  Ms.  Dr.

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

I would like to receive email communication and updates from the Logansport Memorial Hospital Foundation.

## Donation Options

My gift is enclosed in the amount of: \_\_\_\_\_

- Cash  
 Check made payable to the Logansport Memorial Hospital Foundation  
 Credit Card:  Visa  Master Card  Discover

Card Number \_\_\_\_\_

3-Digit Security Code \_\_\_\_\_ Expires \_\_\_\_\_

### Gift Designation

- Annual Fund  
 Capital Projects Fund  
 Equipment and Technology Fund  
 General Fund  
 Trail Endowment Fund

## Contact us!

Please mail this form and your donation to: **Logansport Memorial Hospital Foundation**  
1101 Michigan Avenue  
Logansport, IN 46947

Questions? Call 574.753.1595.

# COMMUNITY-FOCUSED EFFORTS

## Logansport Memorial Hospital conducts Community Health Needs Assessment



Community support of the local healthcare system is vital if that system is to remain viable. Informed citizens are more likely to use their local healthcare option if they have an understanding of the impact it has on the local economy and quality of life.

Because we are a community-based hospital, it is important that we understand exactly what our community needs for their healthcare, so that we can strategize and plan for how to best meet those needs with services. For this reason, Logansport Memorial Hospital assumes responsibility for completing a Community Health Needs Assessment (CHNA), which helps to identify what those general health needs might be.

This is also done in part to maintain our non-profit status, because it further supports the obligation we have and the commitment we make to delivering beneficial care for patients in all of our service areas.

The community needs identified from the CHNA (listed below) will also guide our activities recorded as Community Benefit, which is often published in a report distributed simultaneously with the annual report. Community benefit is also a basis for tax-exemption as a non-profit hospital, but for us, reporting that goes beyond our tax-status.

We are committed to providing quality care to people who happen to find their way to the hospital, but we also know that we must look beyond our walls to reach out and identify unmet community or public health needs that we can meet. The impact we make on those identified needs is the community benefit that we provide.

To achieve and deliver true community benefit, Logansport Memorial Hospital must intentionally act in ways that benefit not only the hospital, but our entire community. We will continue identifying community needs and devoting ourselves and our resources to meeting them, so that our commitment to the community is demonstrated in a tangible way.

2013 CHNA Prioritized Health Needs	
Access to Care	To remove physical, financial, cultural, and educational barriers to care.
Chronic Disease Management	To focus on chronic disease management as a way of providing care.
Maternal, Infant, and Child Health	To increase access to prenatal care.
Mental Health and Mental Disorders	To incorporate mental health requirements into the medical home provision of care model.
Nutrition, Physical Activity, and Weight	By encouraging healthier lifestyles, LMH and collaborative partners aim to reduce the medical costs for the general population, as well as promote and engage participants in healthy lifestyles.

# INTRODUCING THE NRACO

*Right here in Logansport*

Logansport Memorial Hospital is proud to be part of a new initiative that implements an urban care model in a rural setting, and partners with other providers across the country to do so.

Becoming part of the National Rural Accountable Care Organization (NRACO) demonstrates that Logansport Memorial Hospital is committed to using collaboration and best practices in providing exceptional care here at home for our patients.



## What is an Accountable Care Organization?

An accountable care organization (ACO) is a healthcare organization that has decided to become “accountable” for the quality and cost of the care it provides to Medicare patients. Groups of doctors, hospitals, and other healthcare providers come together voluntarily to form an ACO that enables them to deliver coordinated and high-quality care to those patients.

Many hospitals and physicians’ groups across the country are choosing to join ACOs to provide better-informed, more coordinated care for their patients. There are currently over 250 Medicare ACOs, and the number is expected to exceed 500 in 2014.

## What is the NRACO?

Accountable care organizations have been implemented in largely urban areas, where vast health systems with extensive services exist. The overall concept is one that generally support better patient care, no matter the size or service area of the hospital. But smaller hospitals like ours in rural settings cannot implement this care concept on the same scale as has been done other places. That’s why the NRACO was created.

The National Rural Accountable Care Organization (NRACO) brings together ten rural health systems in California, Indiana, Michigan, and Oklahoma to implement this care model in an innovative yet relevant way for our community. The systems involved, including Logansport Memorial Hospital, will share ideas and best practices for using this model to support quality care, cost-effectiveness, and better health for all patients, not just those with Medicare.

## Why did we do this?

Everyone is concerned about the rising costs and lack of coordination between different providers and systems. These concerns are particularly difficult to manage in rural communities, where many patients may receive care from out-of-town specialists and urban hospitals. When that happens, communication between local and urban providers is often incomplete. Care coordination is an effective way to reduce costs and increase the quality of care, by preventing unnecessary readmissions to the hospital, avoiding duplication of services, and reducing emergency department usage, all of which ultimately help to prevent medical errors.

You can expect to see more information being released about LMH involvement in the NRACO throughout 2014. To learn more, visit [www.ruralACO.com](http://www.ruralACO.com).



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



## OUR NEW DOCTOR WILL SEE YOU NOW.

**Jessica McClintock, MD**  
Obstetrics and Gynecology

Call  
**574.722.3566**  
for an appointment.



*Find out more inside!*

# vital signs

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