

vital signs

A PUBLICATION OF
LOGANSPORT
MEMORIAL HOSPITAL

FALL 2014



**Big Changes
for Better Health.**

WHAT DOES THIS MEAN FOR YOU?



MORE EFFICIENT CARE

- Same day appointments
- After-hours access coverage
- Tracking of image/lab services
- After-hours access 365-days with urgent care and emergency services



BETTER COORDINATED CARE

- Multi-specialty team led by your primary care provider
- Shared goals
- Improved communication with specialists and inpatient facilities
- Patient and family involvement
- Long-term provider-patient relationships, instead of episodic care



MORE INFORMED CARE

- Access to Electronic Medical Records (EMR) for you, your family members and care team
- Electronic prescriptions
- Evidence-based decision support
- Patient portal



HIGHER QUALITY CARE

- Patient-centered
- Medication management
- Holistic care
- Proactive disease management
- Patient satisfaction feedback
- Quality improvement measures
- Wellness and preventative care



Introducing our
Patient-Centered Medical Home.

[CLICK HERE](#) to learn more



Bringing you BIG changes for better health.

Find out more (on page 5) inside...



IN THIS ISSUE	Pg		Pg
From The Desk Of David Ameen...	2	CHNA Update	6
The natural arthritis pain reliever	4	River Bluff Run coming up!	7

Well and good.™

LOGANSPORT
Memorial
HOSPITAL



FROM THE DESK OF

David Ameen, CEO of Logansport Memorial Hospital

In my time as CEO here at the hospital, I have focused on specific goals for LMH that direct and improve what we can provide for this community. The guiding themes of those goals are related to two areas – service line growth, and health and wellness activities.

As a hospital, we have achieved substantial progress in both of these areas, but we're not done yet. In fact, we're not even close. This issue of Vital Signs highlights some of what we're working on.

On page 5, you'll learn more about why we're making "Big Changes for Better Health." You've probably heard by now about how we're becoming a Patient-Centered Medical Home and Accountable Care Organization. These fancy names just describe how we will be providing care for you in a new way – with you at the center of your care decisions. And that's important, because we want to work with you to keep you healthy, not just take care of you when you're sick.

But when you are sick, we want you to confidently choose us to take care of you. This means having an established relationship with one of our providers, whether it's a family medicine or internal medicine physician, pediatrician, or even a nurse practitioner. Believe it or not, there is a misconception that nurse practitioners cannot provide the same care that a physician can... and that is absolutely not true.

At LMH, we depend on the nurse practitioners we employ to deliver our patients with the best possible access to primary care and the opportunity to build relationships with different individuals. Nurse practitioners work closely with our physicians to collaborate and determine what might be best for you, but it's no different than if a physician talked with another physician or specialist to do the same thing.

Nurse practitioners are a preferred provider for many of our patients and we're proud to have so many of them dedicated to the communities that we serve.

If what you need from us goes beyond an office visit and causes you to stay at the hospital, we can take care of you then, too. We are proud to announce the recent formation of our hospitalist program, with the addition of Dr. Ben Anderson joining our staff. (Learn more about him on the next page.) He will work with Dr. Vivek Sahgal, and two nurse practitioners to staff this program full-time.

This means you will have 24/7 coverage and care while you stay here, when you need to do so. Any one of these providers will be on-site to coordinate your care and respond quickly to any changes in your condition.

Why is that important? Because our goal is to make sure you are healthier when you leave than you were when you came. Our quality scores demonstrate that we're doing this – we have decreased and almost eliminated the readmissions, infections, and falls that may happen while you're here. 100% of our employees are compliant in receiving flu vaccines... just one of the many ways we're making sure you don't get sick from us. The high quality you expect from us is what we deliver, and our quality scores continue to prove it.

Times are changing, and so are we. We are growing to keep going – ready and able to serve you as your independent community hospital. It's our commitment to keeping you "well and good."

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



Benjamin Anderson, DO
Hospitalist / Internal Medicine

Logansport Memorial Hospital is pleased to welcome Dr. Benjamin Anderson to the Logansport Memorial Physician Network. He is an internal medicine physician who will provide inpatient services as a hospitalist in the LMPN Hospitalist Program.

He also will see patients ages 18 and older by appointment only at the LMPN Camden Health Center in Camden, Indiana.

Dr. Anderson received his medical degree from the Lake Erie College of Osteopathic Medicine. From there, he went on to complete his internship/residency in Internal Medicine at

St. Vincent Hospital in Indianapolis, Indiana. He is board-eligible by the American Board of Internal Medicine.

His family goes back generations in Carroll County on his mother's side, and his father served the Carroll County area for years with a primary care practice. Dr. Anderson believes that it is important for physicians to be part of the community they serve, and returning home to practice medicine is how he plans to do that.

He is looking forward to practicing in both Cass and Carroll counties while caring for the patients that Logansport Memorial Hospital serves across the north-central region of Indiana.

Save the Date! Please plan to join us for our upcoming community seminar by another one of our LMPN physicians, Dr. Timothy Hall. He is a board-certified OB/GYN and will be presenting about urogynecology and other conditions related to pelvic health. The seminar will take place from 12 - 1 pm in Conference Room DE at the hospital.

Community Health & Wellness Seminars

at Logansport Memorial Hospital



November 6, 2014
Dr. Timothy S. Hall, MD



THE NATURAL ARTHRITIS PAIN RELIEVER

No more exercise excuses



Suffering from arthritis? You're not alone – you stand with more than 21 million Americans who are fighting your same battle. Having arthritis is not a life sentence, but it can be life-changing. Tasks that used to be simple to do daily can become difficult, and it can be exhausting trying to juggle additional responsibilities like work and family life.

Living with arthritis often requires you to make adjustments that aren't always easy. Having help with it can make it better.

Seeking medical help and treatment for arthritis is important, and that's why our physicians and orthopedic surgeons are here for you. But you help yourself most by taking care of yourself the right way – and it's never too late to start. Although there is no cure for arthritis, there is actually a lot that you can do to minimize its effects on your life.

The natural pain reliever

Physical activity may not be a magic pill to zap away arthritis altogether, but getting exercise can help to reduce pain and joint stiffness that you feel.

It can also help improve flexibility, mood, and quality of life for people with many types of osteoarthritis, rheumatoid arthritis, fibromyalgia, and lupus. Did we mention the added benefits of trimming your weight and boosting your strength, too? Even though we know all of this, only 13% of men and 8% of women with osteoarthritis get the recommended 150 minutes of moderate-intensity activity per week.

What should my workout include?

Low-impact aerobic activity

This is any activity that makes your heart beat faster and causes you to breathe a little harder than when you are sitting or standing. Brisk walking, cycling (outdoors, using a treadmill or stationary cycle), swimming, most gym activities (elliptical trainers, rowing machines, water aerobics), gardening, and dancing are all considered forms of low-impact aerobic activity. Did you see one of your favorites in there?

Shoot for 150 minutes of moderate-intensity activity each week. A level of moderate-intensity means you're sweating and feel like you're working out but can still carry on a conversation.

Muscle strengthening and balance exercises

Weight training and resistance bands are good for muscle strengthening. Walking backward or standing on one foot (anywhere from one minute to up to three minutes) are examples of what might be helpful for balance.

If you have questions about what else might improve your arthritis, make an appointment with one of our orthopedic surgeons to talk about it. You can schedule directly by calling **(574) 722-2663**.

BIG CHANGES... FOR BETTER HEALTH

Keeping you “well and good” by making a care delivery transformation

When you need medical care, you just want your doctor to make you feel better. In a perfect world, your doctor’s office would stay in touch with you, the hospital, and any other specialists or healthcare professionals who treated you, so that everyone would be on the same page and working together to keep you healthy.

But the truth is, we don’t live in a perfect world.

What’s happening now is that you may have the same test performed multiple times, because you see different physicians that are trying to treat the same problem. This kind of ***duplication does not really help*** you or the providers who are treating you... instead, it just makes things take longer and cost more.

Hospitals around the country – including Logansport Memorial Hospital – know that this is happening and understand that it is frustrating for our physicians and patients. That’s why we are ***trying to address the issue by making some changes*** to the way we provide care for you. But we also know that change can be confusing, so we want to help you understand what’s happening.

You’re going to start seeing and hearing more about how Logansport Memorial Hospital is becoming a ***Patient-Centered Medical Home*** and ***Accountable Care Organization***. All that really means is that we will have much more of a team-based approach to caring for you. This team – including your primary care provider, nurses, health coaches, care coordinators, and others – are going to depend on you to take an active role in your healthcare.

Your team will work with you and listen to you to determine what you need and want for your health. Then, they will work together to ***coordinate the services*** that you receive from us, from other specialists, and from community agencies and organizations so that ***everyone is focused on the same health goals*** you have set.



WHAT DOES THIS MEAN FOR ME?

We want to treat you as a whole person, focused not only on healing you when you’re sick, but helping you stay healthy. It’s our mission to make your health our passion, and we’re passionate about this because we believe it’s the right thing to do – for you.

So let’s recap, okay? We now deliver care by placing you at the center of your care decisions. This means that the most important person in the process is YOU! For these changes we’re making to work, we need you to take an active role in your own health and well-being too.

It’s true that we still don’t live in a perfect world, but lots of us in the healthcare community – especially at Logansport Memorial Hospital – are working hard to make it better.

CHNA UPDATE

How LMH is working to address two community health needs



Passport to a
Healthy Baby



In 2013, Logansport Memorial Hospital completed a Community Health Needs Assessment (CHNA). All not-for-profit hospitals like LMH are required to do this to maintain their status as an organization. But we were glad to do it for reasons beyond that one... primarily because it helped us identify where we could make the most impact on the health of our community. Was it in Smoking? Obesity? Teenage pregnancy? It was all that, and more. (If you want to read the full report, visit the "Community" section of our website at www.logansportmemorial.org.)

Since its completion, we have taken great strides in two areas, and we continue to make progress. Here's how we're doing!

Community Need: Maternal, Infant, and Child Health Initiative – ***Passport to a Healthy Baby Program***

Cass County offers multiple access points for receiving necessary prenatal care when a woman becomes pregnant, but services have been fragmented and lacked coordination... until now. Logansport Memorial Hospital received a grant that enabled a partnership to form between all organizations involved – LMH, Area Five Agency, Purdue Extension Services, Logansport Community Schools, and WIC – to increase access to and utilization of coordinated prenatal services in our community.

We introduce to you the "Passport to a Healthy Baby" program.

This rewards program incentivizes women to take the necessary steps in receiving proper prenatal care throughout their pregnancy journey. By completing appointments, participating in prenatal education classes, and signing up for assistance services (when appropriate), women can earn items like diapers, formula, and even a car seat. Each of the participating organizations is equipped to direct and support women through this process as they use a "passport" to guide them and hold them accountable. The program began in August.

Community Need: Chronic Disease Management Initiative – ***FREE Online Health Resource Library***

Chronic disease management has become a focus of healthcare systems across the country, and Logansport Memorial Hospital is no exception. Many chronic diseases are preventable with proper use of primary care services and implementation of certain lifestyle changes. The challenge for patients is understanding what behaviors lead to development of chronic disease.

In the age of the Internet, health information is literally at your fingertips. But what can you trust to be medically accurate? The information does you no good if it is not correct or true. That's why Logansport Memorial Hospital now provides a free online health resource library that you can access any time from our website. The online content is medically-reviewed, and features an interactive symptom checker, A-Z fact sheets covering almost 1,500 conditions and procedures, as well as various video clips, recipes, and health calculators. You can see and use this resource library for yourself by visiting the page at www.logansportmemorial.org/health.

Questions about these initiatives or other progress we're making? Call Vicki Byrd, Vice-President of Planning and Development at (574) 753-1414.

BREAST CANCER AWARENESS



Our 2014 Featured Survivors (L-R):

Andie Nicoles
Sue Richason
Sherryl Martin

It's never too soon to be getting ready for breast cancer awareness month, coming up in October. Now is the time for individuals, families, organizations, schools, and businesses to begin building a team and planning to join us at our annual River Bluff Run.

The purpose of this annual 2.6 mile Run and Fun Walk is to celebrate breast cancer awareness month and to raise money that provides free annual breast screenings for uninsured women residing in Cass County.

We focus on the stories of three brave women who have fought and won against breast cancer. They share their inspiring stories with us as a reminder of the strength, courage, and hope we can all have in the impact that we make together.

Read their stories on our website under "Testimonials" and plan to join us this year at the River Bluff Run.

For our past, present, and future... *Every Woman Counts.*

Sign up to walk in honor of a woman you know! Early registration ends on Friday, October 3. Individuals are \$20 per person or you can participate as a team of five for \$75. Additional team members will be registered at the rate of \$15 per person.

If you have questions or would like to register, please contact the Foundation office by calling **(574) 753-1595**.

Your participation counts as we all take pride and make strides together toward a cure!

With you as a partner, we can make a difference in the lives of women, the people who love them, and in the fight against breast cancer.

We invite you to join us!

PICTURE GALLERY

Save the Date!

The 2014 River Bluff Run will be on Saturday, October 11.





“Like” us on Facebook and we’ll keep you posted about hospital news and physician updates!



Holly Bazaar

at Logansport Memorial Hospital

*Please save the dates,
and plan to join us!*

November 13-14, 2014



Too soon to think about the holidays? No way! We want to be sure to land on your calendars as a local shopping stop with our annual Holly Bazaar event. Stay tuned for more information to be posted around your community about this holiday tradition.

vital signs

VISIT US ONLINE

www.logansportmemorial.org