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*The Goesslings recently visited Medical Center EMS to thank members of the crew who responded and helped save John's life. Left to right: James Cartwright, Paramedic; John and Sue Goessling; Michael Phillips, Paramedic; and Ann Langman, Paramedic.*

## Grateful patient thanks EMS for saving his life

A night in early May began like any other for Sue Goessling — she got ready for bed while her husband, John, prepared coffee for the next morning. Thinking she heard him call her name, she returned to the kitchen and found him face down on the floor.

He was rigid and would not respond. She called 911 and was told by the 911 communication specialist she had to get him onto his back — no easy task since she is 5' 2" and he is 6' 4", but she grabbed his belt and managed to flip him over.

"Sue did everything right," Randy Fathbrucker, Director of Medical Center EMS, said. "She didn't waste time, and everything she told us was correct. Her actions started the chain of events that saved John's life."

Those few moments were some of the worst in Sue's life. "I tried dialing 911 twice...then realized I hadn't pushed the 'talk' button. I was so scared."

"We recommend everyone keep their address and phone number on a card by their phone," Fathbrucker said. "It's easy to forget important information in a situation like this."

EMS arrived at the Goessling home in less than five minutes. They found John unresponsive, a victim of cardiac arrest. They began resuscitation, including use of an autopulse device that is

more efficient and effective than manual compressions. John was transported to The Medical Center and arrived in the Emergency Department less than half an hour later. At the hospital, therapeutic hypothermia was used to cool John's body, slowing the brain's metabolism to protect it from damage that can happen from the lack of blood flow and oxygenation.

"This was a perfect example of how everything is supposed to work," Fathbrucker said. "We have a very good group, a very talented team."

"I asked for a miracle," Sue said, "and I feel like I got it."

"My cardiologist told me only five percent of people survive this," John said. Except for some lapses in his memory, John's recovery has been almost complete. "I was in a golf tournament, and I came in third," he said. "Life is good. We love this community, and how everyone came together to help. I've got a lot to be thankful for."

Commonwealth Health Corporation's mission is to care for people and improve the quality of life in the communities we serve.



# Upcoming Events

## Lung Health Screening

**March 1**

**1 to 4 p.m.**

*The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park. Preregistration required by calling 745-0942.*

This 15-minute screening by a respiratory therapist will assess your lung function.

## Franklin-Simpson Community Health Fair

**March 3**

**7:30 a.m. to Noon**

*Franklin-Simpson Middle School Gym*

Join the Franklin-Simpson Chamber of Commerce and The Medical Center at Franklin as they host the community health fair. This annual event provides the public with free health screenings valued at over \$500. Health professionals will be available to discuss local opportunities for health and lifestyle improvement. Demonstrations and presentations will be performed throughout the morning, and guests can register for exciting door prizes.

## Stroke Screening

**March 7**

**10 a.m. to 1 p.m.**

*The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park. Preregistration required by calling 745-0942.*

Following completion of a brief stroke risk scorecard and blood pressure screening, a registered nurse will discuss areas of concern with you.

## Diabetes Risk Assessment

**March 13**

**8 a.m. to noon.**

*The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park. Preregistration required by calling 745-0942.*

Symptoms of diabetes include excessive thirst or frequent urination. Finger-stick screenings will be offered by health professionals with WKU Rural Health Institute. Fasting is required two to four hours prior to screening.

## Pre-Diabetes Class

**March 15**

**1 to 2:30 p.m.**

*The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park. Preregistration required by calling 745-0942.*

Approximately 54 million people in the U.S. have pre-diabetes, and many are not aware of it. The goal of this class is to help at-risk individuals reverse habits that lead to a diagnosis of type 2 diabetes. The class is intended for people with a fasting blood glucose between 100 and 125. Topics will include metabolic syndrome, exercise, diet, and diabetes prevention. The class will be taught by Tammy Davis, diabetes educator, and Linda Howsen, registered dietitian. The cost is \$20.

## The Medical Center renovation phase 3-B

Phase 3-B of renovation to The Medical Center's first floor main corridor is underway. Completion is expected April 22. The following areas are closed for renovation:

- the main entrance on Park Street
- main lobby
- section of main hallway between Subway and Elevators 1 & 2
- Medical Conference Room and Critical Care Waiting.

A temporary entrance for Lori's Gift Shop can be accessed through the stairwell directly across from Elevators 1 & 2. Subway will be accessible via the entrance by Volunteer Services.

The elevators from the skywalk that connects the hospital with Graves-Gilbert Clinic are not accessible. An alternate route is open from the skywalk to the 2nd floor of The Medical Center.

### What you can do

Please continue to assist patients and visitors in finding their way as you encounter them in our hallways. A renovation of this magnitude and scope affects the patient and visitor experience in our hospital. We want to minimize any inconvenience and confusion for them. **For a map of the current renovation, [click here.](#)**

## Scholarship applications now being accepted for 2012–2013 academic year

Applications for scholarships are now being accepted for the 2012–2013 academic year. Deadline for submitting application(s) is March 15. To request a list of guidelines and application for one or more scholarships, please contact Jennifer Pratt, Marketing and Development Coordinator, at extension 1543 or [jpratt@chc.net](mailto:jpratt@chc.net).



## March is National Colorectal Cancer Awareness Month

**Dress in blue on March 2, and encourage your friends, families and co-workers to get screened. Early colon cancer may have no symptoms — screening saves lives.**

## Accomplishments



**Jean Craig**, Director of The Medical Center Lab (left), and **Darla Harris**, Chief Technologist (right), were recent recipients of the Patriot Award. Nominated by co-worker Will Bertram, who serves in the National Guard, the award is “for contributing to national security and protecting liberty and freedom by supporting employee participation in America’s National Guard and Reserve force.” The award is presented by Employer Support of the Guard and Reserve, an agency of the Department of Defense.

Congratulations to **Timothy D. Johnson**, Senior Medical Technologist at Urgentcare, who completed his Masters in Health Administration Informatics.

## Your heart is “One in a Million”

By Mary Kovar, APRN, Employee Health Medical Clinic

February is American Heart Month. But most adults spend more time thinking about Valentine’s Day and the Super Bowl than about their heart’s health. Each year, over 2,000 deaths per day are due to heart disease and stroke. And Kentucky ranks among the worst in heart-healthy behaviors among the 50 states. Here are some facts about the current heart health of Kentuckians:

- One out of every three adults are smokers
- Two out of every three adults are overweight or obese
- More than half of us report no exercise in the past 30 days
- One out of every three adults have high blood pressure, thousands more may have high blood pressure and not yet know it
- Only two out of ten Kentucky adults eat the recommended minimum of 5 fruits and vegetables per day
- More than one in four deaths in Kentucky is due to heart disease, more than 10,000 per year
- Each year heart disease and stroke cost the nation more than \$444 billion in healthcare cost and lost productivity.

What can you do? Fight back! Join the Million Hearts Campaign that aims to prevent 1 million heart attacks and strokes in America over the next 5 years. You have the power to save your own life – you are one in a million.

Here are some specific steps to start you on the road to heart-healthy living:

- Take the pledge for heart health at [www.millionhearts.hhs.gov](http://www.millionhearts.hhs.gov)
- Get up and get active for at least 30 minutes most days of the week. Find an activity you like and involve a friend or family member. We are more likely to follow through when we know that someone else is waiting to do the activity with us.
- Try a new fruit or vegetable every week. Try new ways of cooking old favorite, such as roasting, steaming, and grilling.
- Watch your salt intake. Too much salt can help you retain fluid, which can lead to high blood pressure. Taste your food before you salt it.
- Practice portion control. Even if you are eating a heart healthy food more is not better! Too many calories leads to weight gain, which puts extra stress on your heart and other vital organs.

*Know your ABC’s –*

- Ask your healthcare provider if you should take an Aspirin every day
- Have your **B**lood Pressure and **C**holesterol checked. If those numbers are high, get effective treatment.
- If you **S**moke, get help to quit.

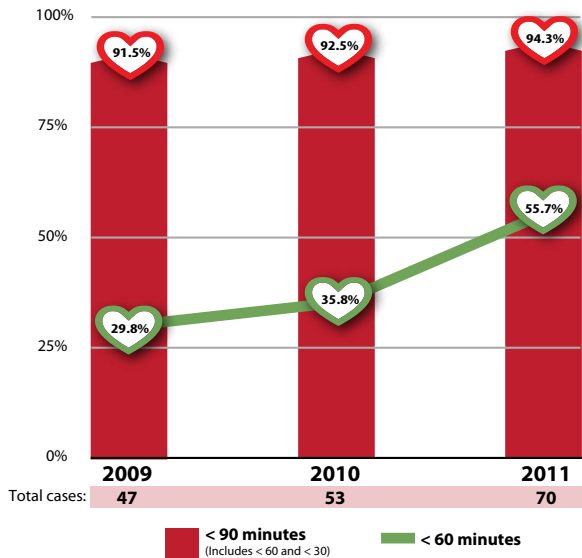
Together we can all be one in a million this month, and every month!

## Valet Service Expands to Ambulatory Surgery

Beginning March 1, valet service will be available at The Medical Center’s Ambulatory Surgery entrance on High Street. This second location for valet service is intended for patients and visitors of Ambulatory Surgery and the D Tower. Ambulatory Surgery valet service hours are Monday through Friday from 7 a.m. to 3 p.m. Valet service at the main entrance of The Medical Center is provided Monday through Friday from 8 a.m. to 4 p.m. The Medical Center provides this parking assistance at no charge for patient and visitor convenience.

**Please note:** Due to renovation of the Main Entrance and Lobby on Park Street, valet parking service normally at that location has temporarily moved to the Outpatient entrance on Park Street until approximately April 22. Hours of operation are 8 a.m. to 4 p.m.

# Heart attack care improves with reduced D2B time



Saving lives and reducing the long term effects of a heart attack are dependent on quick response. One type of heart attack, known as ST elevation myocardial infarction, or STEMI, is caused by sudden loss of blood flow in an artery of the heart, resulting in destruction of heart tissue if flow is not restored quickly.

The best treatment for STEMI is getting the blocked artery open and blood flowing again to the heart muscle. This procedure, percutaneous coronary intervention (PCI) also known as balloon angioplasty, is performed in the Cath Lab. But to be most effective, patients need to get to the Cath Lab within a certain window of time. This time is referred to as door-to-balloon (D2B) time and is defined as the time from which a patient enters the hospital to the time the balloon is inflated and blood flow is restored.

For the last three years, The Medical Center has made great strides in the treatment of STEMI by focusing on improving the D2B time. The national standard is to achieve D2B in less than 90 minutes. In 2011, The Medical Center's median D2B time was 54.5 minutes. In comparing 2009 to 2011, D2B time of less than 90 minutes improved by 3% with 94.3% of patients meeting that standard. But what is more impressive is that the number of patients whose D2B times was under 60 minutes increased by 26%.

"Progress like this requires a coordinated effort across multiple departments — an effort which has improved patient outcomes," said Kristin Smith, Cath Lab nurse and Chest Pain Coordinator. "Thanks to our D2B program, patients who might not have survived a heart attack a few years ago are

recovering faster and more completely."

**EMS** – Diagnosis of a heart attack starts well before a person enters The Medical Center. One of the keys to diagnosing is the result of a 12-lead EKG which measures the electrical activity of the heart. Medical Center EMS uses technology to transmit 12-lead EKG from the first patient contact to the Emergency Department at The Medical Center.

"We recognized the need to get 12-lead EKGs early to identify the type of heart attack known as STEMI and transmit in order to get the Cath Lab ready," said Jim Berry, Manager of EMS Field Operations. "It speeds up treatment."

The Medical Center and EMS have worked with surrounding county EMS services to make 12-lead EKG transmission from the field possible. All contiguous counties to Warren County now have the capability to transmit to The Medical Center ED and Cath Lab with the exception of Allen County, which will soon have the equipment they need. This allows the Paramedics in the field to have a physician immediately look at what they are seeing in the field and starts the process to prepare for the patient's arrival.

**ED** – In the Emergency Department, staff has been focused on attention to detail and making the treatment process consistent for all heart attack patients. According to Bob Peglow, Director of the ED, making the process reproducible over and over again is the key to making it successful.

"All the pieces were here, but they were not reproducible," said Bob. "We are continually striving to remove obstacles for the staff in order to help them do what they want to do, which is to take excellent care of their patients." The ED staff and physicians are key to communicating and facilitating the patient flow from the door to the Cath Lab.

**Cath Lab** – Angie Hardesty, Clinical Manager of the Cath Lab, attributes the success with reducing D2B time to a team approach. The Cath Lab staff has focused on getting the Cath Lab team ready as quick as they can to eliminate as many delays as possible.

"Communication between the ED and Cath Lab really demonstrates the team approach," said Angie. "Everyone works

together to expedite the time and do the best for the patient. The doctors and staff are on board and excited about it." It is the stories of when the patient is returned to their family that we pause to celebrate how a team of people working together saved their life.



Vivian McClellan, Corporate Director of Education and Development (third from left), discusses D2B results with ED staff while Pam Jones, Performance Excellence (right), looks on.

As an accredited Chest Pain Center with PCI, The Medical Center is active in educating the community on the following important guidelines related to heart attack:

## Recognize the Signs & Symptoms

- Chest discomfort — pressure, squeezing, fullness, heaviness or tightness
- Discomfort or pain in upper body — jaw, neck, back, arms
- Shortness of breath
- Nausea or vomiting
- Cold sweat
- Light-headedness or passing out

## Call 911 at the first sign of a heart attack.

Don't drive yourself or someone else to the hospital. Trained EMS dispatchers can give heart attack victims valuable, possibly lifesaving, instructions over the phone including the importance of chewing aspirin which has proven to reduce mortality.

## Keep aspirin on hand

EMS Dispatch **may** advise you to chew aspirin. EMS estimates less than 50 percent of households who called 911 with heart attack symptoms had aspirin on hand. Keep 324 mg noncoated aspirin or four baby aspirin in an easily accessible location.