

AUTUMN/WINTER 2017

FEEL Better

with

 FIRELANDS
Regional Medical Center



A second chance
at life...recovery
from addiction.

2



The hospital
discharge
process.

4



A true story
of medicine
and miracles.

10

A story of two women and
a second chance...
at life

“At first one glass was ok; then it got to where I had to drink the whole bottle.”

– Karen*

Karen’s* Story

“Karen” was a typical mother of four whose world revolved around caring for her family. But when the Perkins Township resident suddenly found herself an empty nester at age 45, she looked for ways to fill that void.

“I tried to fill that hole with everything,” the now 57-year-old said. “That included shopping, drinking, some drugs...I never really got it filled up.”

“Karen” said that she began to find comfort in having a glass of wine. Things began to spiral when she had to increase the amount she was drinking.

“I realized it was a problem when it kept calling to me,” she said. “At first one glass was ok; then it got to where I had to drink the whole bottle.”

Her alcoholism eventually led her to seek treatment at Firelands Counseling & Recovery Services of Erie County.

“I couldn’t seem to do it on my own,” “Karen” said of trying to get sober.

“Karen” was put on Vivitrol, part of the medication-assisted therapy program at Firelands Counseling & Recovery Services. Vivitrol is a once-monthly medication that blocks the signals to the brain’s rewards system that create a feeling of pleasure which can lead to addiction. Vivitrol is used in combination with intensive outpatient therapy.

“Vivitrol puts me on pause when my mind wants to drink,” “Karen” said. “Now I can think it through and I don’t get the same effect.”

“Karen” has been taking Vivitrol since January and said she’s not ready to give it up yet.

“Now if I see a commercial with a couple having wine, I can just smash the idea and think ‘it’s not for me’ instead of romanticizing it,” she said.

“Karen” said she tries to keep a well-rounded program along with the Vivitrol, including attending church and having a sponsor and accountability partners. Her family, including her husband of 28 years, is on board with her recovery. She enjoys spending time at the pool and with her two grandkids who live in the Central Ohio area.

Another form of medication-assisted therapy now being offered by Firelands Counseling & Recovery Services is Suboxone, an oral medication used to help curb the cravings of opioids.

Tina’s Story

Tina, a 45-year-old Sandusky resident, has been an opioid addict for almost 10 years. Her addiction began when she was given Vicodin after a knee injury. When she wasn’t able to get anymore pills, she switched to snorting heroin because she found it was cheaper.

"I was clueless about it," Tina said of the effects of heroin.

Those effects proved to be life changing. She and her husband, who was also an addict, lost custody of their two children as well as two storage units full of items and at one point, they were homeless.

"I was so tired of being sick and not having anything," Tina said. "I thought there had to be something better."

The biggest factor in Tina wanting to seek recovery came in May when she and her husband went on a bender for her birthday. They were in Lorain when her husband who was driving, started to veer off the road after using heroin, eventually crashing into the yard of a registered nurse. Both Tina and her husband had overdosed and died.

Fortunately first responders arrived and were able to administer Narcan to revive both Tina and her husband.

"I realized I couldn't do this any more," Tina said. "I realized I needed help – more than just going to meetings."

She was already coming to Firelands Counseling & Recovery Services of Erie County for mental health treatment and hid the fact that she had an addiction to heroin. She said that after the incident in Lorain, she was looking forward to her next appointment so she could talk to her doctor.

Tina was prescribed Suboxone. Unlike Vivitrol, someone does not have to be off the drugs or alcohol for 7-10 days – Suboxone can begin immediately. She takes it two times a day, every 12 hours. Her husband is also in recovery and taking Suboxone.

"I'm thankful I got a second chance at life," she said. "Now I'm able to get through the day without having cravings."

Tina said that using medication-assisted therapy has given her life back.

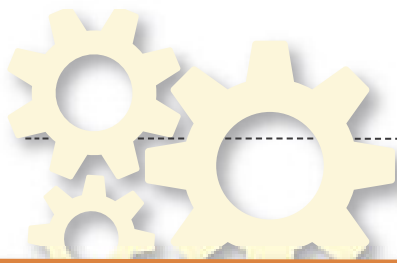
"I can enjoy regular, daily activities," she said. "When I was an addict, I couldn't do anything 'til I got that drug. Now I can get up at a decent time and drink coffee. This has given me hope and faith back in myself – I am worth it."

For more information on medication assisted therapy, contact Firelands Counseling & Recovery Services at 419-557-5177 or visit firelands.com/mentalhealth.

**Name changed to protect identity*

"I'm thankful
I got a second
chance at life.
This has given
me hope
and faith
back in
myself."

– Tina



How it works: The hospital discharge process



From the Patient's Perspective

"I've been in the hospital for three days; the emergency room doctor told me this would just be an overnight stay. I'm so ready to go home. It's 8:00 am and the specialist came in and told me I get to go home but the nurse came in an hour later and told me I need to wait for the hospitalist doctor to discharge me. I don't understand why I have to wait for this hospitalist doctor when the specialist told me I'm ok to go home."

"We want to make sure every loop is closed before letting the patient go home."

– Katie Crum, BSN, RN
Discharge Specialist

"The hostess comes in wanting to know if I want to order lunch. I don't want to order lunch, I want to go home. I'm sick of lying in this bed looking at the same walls eating the same food. I want to go home and eat my wife's home cooking. I reluctantly order lunch, it's now noon, my food arrives and while I am eating, the hospitalist walks in and agrees with the specialist that I should be discharged today. I'm not eating another bite; I'm ready to go now. I put the call light on for my nurse."

"When my nurse comes back in later I'll ask her when to have my wife pick me up. Around 10:00 am my nurse comes back in the room, and tells me the hospitalist doctor will not be in until after 11:00 am!"

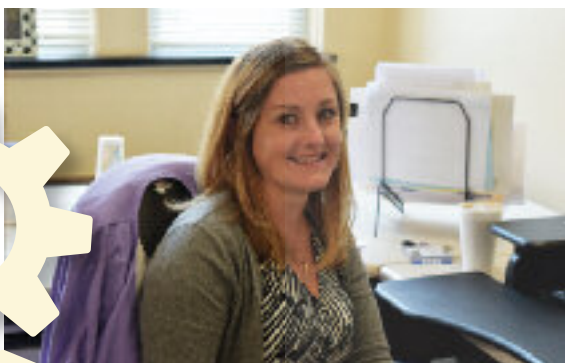


From the Nurse's Perspective

"I walk into the patient's room and explain that the discharge process is a multiple step process. How long it takes may vary, but it usually takes at least a few hours or longer. The hospitalist has been working on the discharge orders and everything that goes with this. Once the hospitalist is done, the charge nurse gets the orders."

"The charge nurse calls pharmacy and a pharmacy tech comes to the patient's room to see if he would like to get his prescriptions filled at Firelands' outpatient retail pharmacy. The patient would like his prescriptions filled here, so the pharmacy tech gets all the patient's necessary information and runs to the outpatient pharmacy to fill the prescriptions."

"The charge nurse calls all the doctors' offices to set up follow-up appointments for the patient in a timely fashion and needs to wait for return calls. Also at this time, the charge nurse enters the next date and time of medications into the discharge instructions."



Katie Crum, BSN, RN
Discharge Specialist

Katie Crum, BSN, RN, discharge specialist at Firelands Regional Medical Center, said there are several things that the nurse must go over with the patient before discharge, including:

- Home care
- Signs/symptoms to watch out for and what to do if the patient has them
- Any additional testing so the patient doesn't miss anything they may need the next day
- Next dosage of new medication



Oftentimes one of the first thoughts someone has when they are admitted to the hospital is, “when do I get to go home?”

But what most people don’t know is that there is more to a discharge process than simply letting a patient go home. An entire team is busily coordinating a safe discharge for the patient.

“The orderly comes in because my call light is on, and asks what I need. The orderly doesn’t know what is going on but will check with the nurse. About 20 minutes later the nurse comes in and lets me know that she hasn’t heard anything yet, but will check with the charge nurse. Doesn’t anyone talk to each other around here? The nurse comes back telling me they just got the order and they are working on discharge papers; this process should take about two hours. I cannot believe it’s going to take two hours, they knew all morning I was going home.”

“It’s 3:00 pm and the nurse walks in with a wheelchair and paperwork. It’s about time, I don’t even want to sit here and listen to her talk about what is on the papers. I can read; she doesn’t need to read these to me. I need to get going, my wife and I need to stop on the way home, pick up some groceries, and still make dinner for the family. Can’t the nurse just hand me the papers?”



“The charge nurse checks with case management to see if the patient has a durable medical equipment need, and if so, arranges with the suppliers so the equipment is delivered immediately. After the charge nurse makes sure all the follow-up appointments are scheduled and the necessary equipment, for example oxygen tank, walkers or braces, have been set up or delivered, the charge nurse prints discharge instructions for the patient.”

“The discharge instructions include all the follow-up appointments scheduled with doctors’ offices and the doctor office information. The charge nurse also prints any additional educational information papers the patient will need. Then the charge nurse will put information in the binder and lets the patient’s nurse know. I pick up all the information and review it with the patient and family before wheeling the patient out to the car.”

“We understand that most people don’t enjoy being in the hospital and they want to go home as quickly as possible,” Katie said. “However, we want to make sure every loop is closed before letting the patient go home. And that process can take some time – we know that people get frustrated, but it’s in their best interest that every member of the patient’s care team signs off on discharge before we let them leave.”

Once a patient is discharged, they will receive a call from Katie one to four days later. She goes over the discharge instructions again and asks if the patient has any additional needs. Katie said she averages about 35 phone calls a day.

“I can help them arrange transportation for any additional testing or help them find ways to afford their medications if they can’t,” Katie said. “These are some of the types of things I have helped patients with once they’ve gone home.”



New technology allows for a higher level of patient care

Imagine your first visit to Firelands Regional Medical Center happens in the Emergency Room (ER), after which you're admitted to the hospital and during your stay, you see many different specialists. All of your doctors, nurses and other medical staff should be able to quickly access your health information electronically to get up-to-date on your current and past care within the facility, right? At Firelands, this is more possible than ever before.

Firelands Regional Medical Center has upgraded its electronic health record system, Meditech, to the latest version – Meditech 6.1. Meditech 6.1 is a web-based, electronic health record that connects care across all settings, enabling clinicians to provide higher quality care, with greater efficiency, to more people. It acts as a knowledge platform with the ability to inform, educate and support the clinical process.

For providers, Meditech 6.1 delivers universal access to the complete patient story across the hospital. Information the providers may need is readily accessible. This enables a more cost-effective, integrated system across the entire Firelands Regional Medical Center network.

Patients benefit from the update, as well. The innovative, streamlined process Meditech 6.1 provides to physicians and staff allows medical personnel to fully focus on the patient, improving efficiency in the delivery of care. The upgrade also simplifies record-keeping.

According to a 2017 study, on average, physicians spent only 50 percent of their time on face-to-face interaction with patients, committing the rest of their time and energy to “desktop medicine.” Meditech 6.1 will

help to increase the amount of time physicians can physically spend with patients, allowing patients to ask more questions and create deeper relationships with their doctors.

“The system is beneficial to patients,” said Denao Ruttino, assistant vice president of operations at Firelands Regional Medical Center. “Patient care will be more easily and efficiently coordinated. The ability to share information across disciplines, specialties, pharmacies, hospitals and emergency response teams as well as have on-demand access to charts via mobile devices in the hospital allows for better and timelier decision making, particularly in critical situations.”

Along with the electronic health record upgrade comes a new patient portal, which allows the patient to take more ownership of their health. From one Firelands service to the next, from admission to discharge, the patient can view information on their care across all settings. Current and new Firelands patients should request an account for the new patient portal, even if they previously had a patient portal account, by filling out the form on firelands.com/patientportal.

Meditech 6.1 provides:

- New technology for physicians through tools as easy and intuitive as using a tablet or smartphone.
- Evidence-based and peer-reviewed content, such as order sets (a group of related orders which a physician can place with a few keystrokes or mouse clicks); round lists (up-to-date information about the patients who are assigned to the clinician) clinical panels (when physicians come together to provide advisory services that require clinical insight); and specialty templates.
- Technology that gives the complete patient story so providers can work faster and smarter.

My Health eChart – Your Personal Health Record



Messages



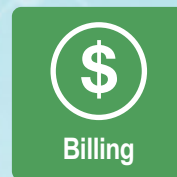
Health Record



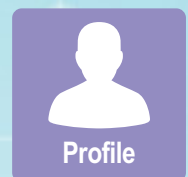
Health Tracker



Appointments



Billing



Profile

My Health eChart is a free online tool that allows you to manage your health 24/7, online, anywhere, from any computer. My Health eChart makes managing your health easy and convenient!

One of the most convenient features of My Health eChart is the online Personal Health Record (PHR). This service allows you to store, view and update all your health information in one secure place.* You decide who has access to your medical history, ensuring your privacy.

Additional Benefits of the Patient Portal Include:

- Save time — All of the information you need about your healthcare is at your fingertips, including medications, test results, allergies, immunizations and other medical history

- Easily update your physician — Download your information with a click of a button to easily take your Personal Health Record (PHR) with you to your appointments.

It's Easy to Get Started

Visit firelands.com/patientportal and complete the My Health eChart request form, which includes providing us your email address and other identification information to verify your identity. We will email you an invitation to connect with us online.

Customer Service

Need help or have questions about accessing your My Health eChart? Call [419-557-7916](tel:419-557-7916).

The old patient portal is going away, so current and new Firelands patients should request an account for the new patient portal, even if you previously had a patient portal account, please fill out the form on firelands.com/patientportal.

*All information contained within My Health eChart is provided in a secure environment. It is the users' responsibility to ensure the device they are viewing the information on is secure.

Firelands Regional Medical Center Named Among America's 100 Best Hospitals for Orthopedic & Spine Surgery



“Our patients are the top priority at Firelands, and these ratings and awards further reinforce this focus.”

– Martin Tursky, President & CEO
 Firelands Regional Medical Center

To practice clinical excellence means to perform at a level well above satisfactory, and that's what patients can expect from Firelands Regional Medical Center's spine and orthopedic services. Healthgrades recognized Firelands as one of America's 100 Best Hospitals™ for clinical excellence in spine and orthopedic care for 2018.

Among the distinctions received are America's 100 Best Hospitals for Spine Surgery™ and America's 100 Best Hospitals for Orthopedic Surgery™. Firelands is one of only two hospitals in Ohio to receive **both** distinctions in 2018. Additionally, Firelands is the **only hospital in a 4-county service area*** to achieve both the America's 100 Best for Orthopedic Surgery™ and Spine Surgery™ in 2018.

Firelands is also the recipient of the Healthgrades 2017 Patient Safety Excellence Award, and named **among the top 10% in the nation for patient safety in 2017.**

“These ratings reinforce the idea that quality is always a top priority at Firelands Regional Medical Center,” said Patty Martin, vice president of quality & patient satisfaction. “We want to empower our patients with the confidence to choose

Firelands as their healthcare provider, and practicing clinical excellence in these areas allows us to do so.”

It is together with the experienced neurosurgeons and orthopedic surgeons at Firelands Regional Medical Center that the health system achieved these nationally recognized distinctions for 2018.

“These achievements show that patients who need spine or orthopedic care can access some of the nation's best physicians at a hospital focused on patient safety without traveling far from home,” said Martin Tursky, president & CEO of Firelands Regional Medical Center. “Our patients are the top priority at Firelands, and these ratings and awards further reinforce this focus.”

For its analysis, Healthgrades focuses strictly on clinical outcomes, not subjective reputational metrics or financial or structural metrics, and uses a transparent methodology. The organization independently analyzes each short-term acute care hospital in the country – nearly 4,500 hospitals – and utilizes three years of Medicare patient data (2014 through 2016).

To learn more about Firelands Regional Medical Center's 2018 Healthgrades achievements, visit firelands.com/ratings.



Firelands Regional Medical Center Achieved the following Healthgrades 2018 Accolades:

Spine:

- One of Healthgrades America's 100 Best Hospitals for Spine Surgery™
6 Years in a Row (2013–2018)
- Recipient of the Healthgrades Spine Surgery Excellence Award™
6 Years in a Row (2013–2018)
- Named Among the Top 5% in the Nation for Spine Surgery
6 Years in a Row (2013–2018)
- Five-Star Recipient for Spinal Fusion Surgery
13 Years in a Row (2006–2018)

Orthopedic:

- One of Healthgrades America's 100 Best Hospitals for Orthopedic Surgery™
2 Years in a Row (2017–2018)
- Recipient of the Healthgrades Orthopedic Surgery Excellence Award™
3 Years in a Row (2016–2018)
- Named Among the Top 10% in the Nation for Overall Orthopedic Services
3 Years in a Row (2016–2018)
- Five-Star Recipient for Total Knee Replacement (2018)
- Five-Star Recipient for Back Surgery
2 Years in a Row (2017–2018)

Patient Safety:

- Recipient of the Healthgrades 2017 Patient Safety Excellence Award™
- Named Among the Top 10% in the Nation for Patient Safety 2017



Skillful volunteering: handmade with love



Healthcare volunteers play an integral role in the departments within the various buildings of Firelands Regional Medical Center and find the work challenging and rewarding. However, realizing that not everyone's interests and availability match our on-site needs, the hospital expanded its team of volunteers who have time and talents in the 'handmade' and contribution category. The 'Hearts and Hands from Home' volunteers contribute a variety of hand sewn, knitted and crocheted items that enhance the patient experience.

For many years, volunteers have been creating tray favors for our patients in recognition of special holidays. But 'Hats of Love', a project begun by a Firelands' volunteer, was the impetus to Firelands expanding this special project and the need for an all-encompassing title for these talents.

In addition to knitted hats, scarves and blankets, other items such as Wee Care Bears, abdominal and neck pillows, lap blankets, and wheelchair bags are produced by many talented individuals and groups. Recently, volunteers throughout a broad geographical region are now contributing Knitted Knockers (inserts for mastectomy patients) and quilts for newly diagnosed patients.

Also welcome are donations of current and gently-used magazines, puzzle and crossword books, or other reading materials to help our patients and family members pass the time.



Did you know?

Did you know that when you volunteer, you are improving your life and maybe even your health?



There are a variety of volunteer opportunities currently available at Firelands; in the gift shops; patient and guest relations; information desk; certain departments; and more.

If you are interested in serving in one of these areas please call 419-557-7460 or email volunteer@firelands.com.

There are many ways to volunteer!

At Firelands Regional Medical Center, volunteers are an essential part of our healthcare team. They serve in departments throughout the hospital, filling positions ranging from patient care services to clerical duties.

Volunteering can also help you:

- Learn or develop a new skill
- Become a part of your community
- Earn a sense of achievement and fulfillment
- Develop new interests and hobbies
- Meet new people

Our volunteer requirements include:

- General interest in the hospital and service to the organization
- Minimum age of 14 (or 9th grade)
- Commitment to a regular schedule, minimum 50 hours or three months per year.
- Background check
- TB test

Volunteer!

Comforting Patients One Stitch at a Time

When facing a medical crisis, oftentimes a small gesture can mean so much to those in need.

That is why two local women took the initiative to bring comfort to patients at Firelands Regional Medical Center by making Knitted Knockers and Prayer Quilts. These items are part of the Hearts and Hands from Home volunteer program run by Anne McGookey, director of volunteer services at Firelands.

“We are thrilled to have the addition of these two new special projects to the ‘Hearts and Hands from Home’ program and are grateful to all the ladies who are so giving of their time and talent,” Anne said. “It shows that true compassion comes in all forms – and sometimes bright colors and nimble fingers!”



Marilyn Beckman

Knitted Knockers

After undergoing a mastectomy, women can often find prosthetics that are commonly used can be very uncomfortable. They may also require the woman to wear special undergarments.

Marilyn Beckman of Perkins Township had heard about something called Knitted Knockers and knew she wanted to find a way to make them for mastectomy patients at Firelands Regional Medical Center.

The Knitted Knockers take the place of traditional prosthetics. Made from soft yarn and stuffed with polyester filling, Knitted Knockers are adjustable – the

amount of stuffing can be changed and there are different sizes that can be made to match the other breast. They are also washable by hand and are air dried.

However, finding a group of knitters to help make them was difficult at first.

“They aren’t easy to make,” Marilyn said. “You have to use four different needles or a magic loop. It’s not something a lot of people do. There is also specific yarn; it has to be soft and comfortable.”

With the help of Anne McGookey a group was found.

“When Marilyn brought the idea to me, I called my cousin who is part of a knitting group that meets throughout the area,” Anne said, stating that the group includes women from areas such as Sandusky, Vermilion, Huron, and Oberlin.

Mary Bauer, patient navigator with the Center for Breast Care, has been handing out the Knitted Knockers to the patients she assists during their breast cancer journey.

“I’m grateful to the volunteers who are so kind to provide the yarn, and the time to knit the Knitted Knockers for women recovering from a mastectomy,” she said. “These women are faced with so many concerns after their surgery and during their recovery that it’s nice to have these to offer patients in hopes that it may help take one concern away.”

Prayer Quilts

Rita Thomas of Port Clinton wants those who are going through a time of crisis to feel like they aren’t abandoned. That is why she began making Prayer Quilts for patients at Firelands who are facing a medical event.

“People never say, ‘I’m going to have a massive heart attack at 2:30 on Tuesday,’” she said. “No one plans deeply for important events like this. In times like this, you can feel like you have been abandoned.”



Rita Thomas

The project is part of the Ohio Star Quilters Guild of Port Clinton. Rita said that for the Prayer Quilts, they take scrap fabric in light and dark colors, turn them into 30 10” squares, and piece them together. The quilts are a cotton fabric with a fleece backing.

“As you are sewing, you pray for the recipient of the quilt,” she said. “You pray for their needs and that they are comforted in their distress. This project is to say God knows that you are going through a tough time and people you don’t even know are praying for you.”

Currently, patients of University Hospitals Seidman Cancer Center at Firelands Regional Medical Center and Firelands Inpatient Rehabilitation Center are the areas of focus for the Prayer Quilts, said Anne McGookey.

The guild is looking for additional people to help make the quilts.

“If you know your way around a sewing machine, this is a good project to start with,” Rita said. “At the end of the day, we are all spirited deep down and no man is an island. And sometimes we heal our own wounds when we do things for others.”

To find out more about all the volunteer opportunities at Firelands, call Volunteer Services at 419-557-7460 or email: mcgooka@firelands.com.



The Linden Family

Medicine & Miracles

As an active 56-year-old father and grandfather, Brad Linden never expected his life's story would include a "beat the odds" tale of survival. But on July 23, Brad's life changed in a dramatic, literally heart-stopping way.

Just as the sun was rising, Brad's wife Mickey turned over in bed when she heard him snoring. Within seconds, she knew something was terribly wrong.

"I heard a rattle in his throat when I went to wake him up," she recalls, "When the noise stopped and I looked at him, I realized he wasn't breathing. I honestly thought he was dead."

Mickey yelled for her college-aged children, the two of her four children who were home, and they immediately took action. The couple's son, David, called 9-1-1 and their daughter, Caroline, ran to get a physician who lived down the street.

"We are so thankful to have Dr. Reagan Bristol in our neighborhood and we are so fortunate that he was home during this ordeal," Mickey says, "He came down and when he couldn't find a pulse, he immediately administered CPR while we waited for the ambulance. He is one of the many pieces that had to fit perfectly together to get us to where we are now. He just may have saved his life."

Many of Dr. Bristol's colleagues called him the "hero" in this incredible story, but he doesn't see his actions as heroic.

"I'm humbled by that term," he remarks, "But ultimately, I feel fortunate that I was home and available to help Brad. The situation was dire and I knew I had to keep going with CPR until the paramedics arrived. I am so glad I was able to keep him alive until other medical professionals arrived and could take over."

When EMS arrived, they used a defibrillator, not once, but twice, to get Brad's heart started, but he still wasn't conscious.

"At that point, I called our priest and asked him to pray for Brad and I prayed all the way to the hospital," Mickey recalls, tears welling in her eyes as she thinks of that morning.

When they got to Firelands Emergency Department, the care team worked quickly to assess the situation and to stabilize him. As they moved him into the Intensive Care Unit, the larger care team weighed the options to give Brad the best chance possible.

Dr. Christopher Avendano and Dr. Hassan Ibrahim along with the nursing staff decided to cool Brad's body to 91°F and to keep him on a ventilator in order to give his body the best chance of survival.

“When I went to wake him up...I realized he wasn’t breathing.
 I honestly thought he was dead.” – Mickey Linden

This method, called therapeutic hypothermia, was introduced a little more than a decade ago to help patients recover from sudden cardiac arrest.

“This protocol has been shown to improve the chance of neurological recovery in patients whose hearts have stopped and who have had inadequate circulation of blood to their organs,” explains Dr. Avendano, “It is one tool we use to help patients when they are in need of advanced cardiac life support and it was made possible by donor funds raised by The Foundation for Firelands.”

After 48 hours using the Arctic Sun to keep Brad’s body cool, the care providers slowly warmed his body to normal temperature, bringing him out of a comatose state.

“When I woke up, I was so disoriented because as far as I knew I was still asleep in my bed at home,” Brad says, “What was even stranger was that my wife was standing over me asking me if I knew who she and my kids were. I had no idea why she was asking me that. Of course, I knew who my family was! When she asked me what year it was, I said 1979. I guess I was thinking about the year I graduated from high school because, for two days, I thought the current year was 1979.”

After Brad awoke, his physicians ran a series of tests on his heart to rule out blockages and other issues. To his family’s surprise, his heart was very healthy.

“I do not have a history of health problems, but I have been on blood pressure medication for several years,” Brad explains, “In the end, the physicians told me that a potassium imbalance occurred and

was likely caused by the effect my blood pressure medication had on my kidneys. That caused me to go into cardiac arrest.”

After spending several days in Firelands Intensive Care Unit, Brad was transferred to University Hospitals where he had an implantable defibrillator put into his chest to restart his heart in the event that it stops again.

Brad and Mickey are grateful Brad’s story ended the way it did because it could’ve ended much differently. This summer, Brad’s job with KBI ended as the factory shut down and he moved to another automotive plant in Minerva, Ohio. To alleviate the burden of driving nearly two hours to work every day, Brad rented an apartment in the Canton suburb. If his cardiac arrest had occurred during the week while he was alone in his apartment, Brad may have died. Even with help, the statistical odds were never in Brad’s favor.

“We were told (by Dr. Ibrahim) that Brad is only one of a few patients he has seen survive this type of event outside of a hospital, because the resources are not typically available to save someone’s life,” Mickey says. “We were very lucky that I woke up to him snoring, that my kids were home, that we had a physician available in our neighborhood and that we received help so quickly.”

When Mickey reflects on the unexpected events that marked their summer, she is grateful in so many ways. “We received excellent care from start to finish and really every moment had to come together perfectly for Brad to be here today,” Mickey says tearfully, “It truly was medicine and miracles.”



Did you know?

Donated funds helped to save Brad’s life in the Firelands Intensive Care Unit.

Without donors who care about the health of our community, the Arctic Sun and other equipment like it may not have been available to help patients like Brad.

Every year, donors help thousands of patients receive life-changing care by providing gifts to ensure Firelands has state-of-the-art equipment.

These gifts, no matter if they are \$1 or \$1 million, make a difference for patients and their families.

YOU can make that difference by making a gift of any size to The Foundation for Firelands Annual Appeal by December 31, 2017.

Simply enclose your gift in the remittance envelope provided and send it to The Foundation for Firelands.

We can’t wait to show you how much your gift means to patients and families like the Lindens.

Thank you!

“Every moment had to come together perfectly for Brad to be here today.”

– Mickey Linden



Reagan Bristol, DO



Christopher Avendano, MD



Hassan Ibrahim, MD

How Do Nurse Practitioners and Physician Assistants Help Keep Us Healthy?



You may have noticed a different type of provider the last time you visited your physician's office and you may wonder about the difference between a nurse practitioner and physician assistant and the physician you've seen in the past.

Nurse practitioners (NPs) and physician assistants (PAs) are healthcare providers who diagnose and treat illness. These licensed practitioners hold masters or doctoral degrees and work in partnership with physicians in our community to ensure that the highest level of care is provided to our patients.

These unique partnerships expand the ability for Firelands to improve patient access, quality, the patient experience and the overall care delivery process, meaning you receive better care, faster. Increasing the number of healthcare providers in our community also allows more time to be spent with patients to determine which education and treatment plans are best for them.

"By providing a diverse team of caregivers in our community, our health system is able to continue to drive toward a model of high-value healthcare that is safe, effective, patient-centered, timely, equitable and efficient," states Jim Spicer, Assistant Vice President of Operations and Firelands Physician Group.

Nurse Practitioners & Physician Assistants Commonly:

- Obtain medical histories and perform physical examinations
- Provide immunizations and other preventative care
- Diagnose and treat illnesses
- Identify, treat, and manage chronic diseases such as diabetes and arthritis
- Order and interpret diagnostic tests such as x-rays, blood work, and EKG's
- Prescribe and administer medications
- Prescribe physical therapy and other rehabilitation therapy
- Provide education to allow patients to make decisions about their own health
- Perform procedures such as suturing, casting, cryotherapy, and skin biopsy
- Refer to other health care providers

Firelands Regional Health System currently has nurse practitioners and physician assistants practicing in the following areas:

- Adult Primary Care
- Pediatric Primary Care
- Urgent Care
- Emergency Services (ER)
- Pain Management
- Behavioral Health
- Sleep Medicine
- Endocrinology/Diabetes Care
- Wound Care
- Neurology
- Pulmonology
- Nephrology



Did you know?

As of 2016, there were 104,050 physician assistants practicing in the United States.

In the same year, there were around 150,230 nurse practitioners.

Should you have any questions about nurse practitioners or physician assistants, please feel free to call the medical staff office at [419-557-7419](tel:419-557-7419).

Fall & Winter *Calendar of events*

WOMEN & CHILDREN

BABY & ME CLASS

This fun and educational class will provide opportunity to engage your baby while having experienced developmental therapists coach you through important aspects of development including tummy time, positioning, toy and equipment choice, sensory play, and early language development. This class is a collaborative between speech, occupational, and physical therapists from Firelands Regional Medical Center Children's S.P.O.T. and Early Intervention.

Cost: FREE

■ **Walkers, 9 – 11:30 am**

Erie County Board Of DD
4405 Galloway Rd., Sandusky
Classes are themed. Motor play, sensory and language development stations will be set up to explore development in your one to two year old toddler.

Thur. Oct. 5: Fall Fun

Thur. Dec. 7: Winter Wonderland

Thur. March 1: Shamrock Shindig

Thur. May 3: Spring Fling

■ **Non-walkers, 9 – 11:30 am**

Firelands South Campus
Children's S.P.O.T. (2nd Floor)
1912 Hayes Ave., Sandusky

Thur. November 2

Thur. February 1

Thur. April 12

To register for any class, please call 419-557-7076. Space is limited.

BABYSITTING COURSE

Children 11 years of age and older will learn important safety info and responsibility guidelines when caring for younger children.

Firelands South Campus
1912 Hayes Ave., Sandusky

8:30 am – 4 pm

Cost: \$65

■ **Saturday, March 24**

To register, visit:

firelands.com/classes-events

BOOT CAMP FOR NEW DADS

The workshop offers fathers-to-be a chance to talk with experienced dads and learn how to confidently engage and relax with their future infants. Veteran dads will share tips on how to calm a crying baby, swaddle an infant, change a diaper, and more.

Firelands South Campus

1912 Hayes Ave., Sandusky

9 am – 12 pm

Cost: FREE

■ **Saturday, November 25**

■ **Saturday, March 3**

Call 419-627-4416 to register.

BREASTFEEDING BASICS

Teaches new parents the benefits of breastfeeding and how to successfully breastfeed their baby.

Firelands South Campus

1912 Hayes Ave., Sandusky

9:30 am – 12 pm

Cost: \$10

■ **Saturday, November 18**

■ **Saturday, January 20**

■ **Saturday, February 17**

■ **Saturday, March 17**

■ **Saturday, April 21**

To register, visit:

firelands.com/classes-events

CHILDBIRTH EDUCATION

Prepares new parents for childbirth and caring for their new baby.

Firelands South Campus

1912 Hayes Ave., Sandusky

Cost: \$35

■ **Tue., Nov. 7, 14, 21, 28**

6–8:30 pm

■ **Fri. & Sat. December 1 & 2**

6–9 pm & 9am–4 pm

■ **Wed., Jan. 10, 17, 24, 31**

6–8:30 pm

■ **Wed., Feb. 7, 14, 21, 28**

6–8:30 pm

■ **Wed., Mar. 7, 14, 21, 28**

6–8:30 pm

■ **Wed., April 4, 11, 18, 25**

6–8:30 pm

To register, visit:

firelands.com/classes-events



CHILDBIRTH REFRESHER

Anyone who has previously taken a full childbirth education course may repeat the course for \$10. Although welcome to attend an entire course, parents can limit their attendance to select classes of the course, which will provide information for review.

Cost: \$10

Friday & Saturday Course:

Attend Saturday only, 9 am – 3 pm

Weekday Course:

Attend 2nd and 3rd night of the 4-class course

To register, visit:

firelands.com/classes-events

HAPPIEST BABY ON THE BLOCK

Parents will learn a step-by-step approach to soothe the fussiest baby. Based on the techniques of world-renowned pediatrician Dr. Harvey Karp.

Cost: FREE

Firelands South Campus

1912 Hayes Ave., Sandusky

■ **Wednesday, November 8**

6–8 pm

■ **Wednesday, December 6**

12:30–2:30 pm

■ **Tuesday, February 20**

6–8 pm

■ **Tuesday, March 20**

12:30–2:30 pm

To register, visit:

firelands.com/classes-events

Erie County Health Department

420 Superior St., Sandusky

■ **Wednesday, January 17**

12:30–2:30 pm

■ **Wednesday, April 11**

12:30–2:30 pm

To register, visit:

firelands.com/classes-events

CPR FOR FAMILY & FRIENDS

Designed to prepare people to provide CPR in a safe, timely and effective manner to adults, children and infants. This program is intended for people with no medical training who want to learn more about CPR, AED use and choking.

Firelands South Campus

1912 Hayes Ave., Sandusky

9 am – 12 pm

Cost: \$10/person or \$15/couple

■ **Saturday, November 4**

■ **Saturday, February 24**

■ **Saturday, April 28**

To register, visit:

firelands.com/classes-events



Jaime Hudson Photography

SIBLING COURSE

This course prepares children for the upcoming birth of their sibling by helping them feel comfortable with the hospital setting and the visiting routine after birth.

Firelands Main Campus

1111 Hayes Ave., Sandusky

10 – 11:30 am

Cost: \$10 per family

■ **Saturday, December 16**

To register, visit:

firelands.com/classes-events

STORK EXPRESS

Free program designed to give pregnant women the opportunity to start on paperwork that is required during their hospital stay. For any mom-to-be that is at least 34 weeks into her pregnancy.

Firelands Main Campus

1111 Hayes Ave., Sandusky

9 – 11 am

■ **Saturday, November 11**

■ **Saturday, December 9**

To register, visit:

firelands.com/classes-events

WOMEN & CHILDREN [Continued]

PEDIATRIC SPECIALTY CLINICS

Monthly specialty clinics for children, staffed by Board Certified Pediatric Specialists.

Firelands Main Campus

1912 Hayes Ave., Sandusky

Pediatric Cardiology Clinic

Claudine Whitfield, MD

Toledo ProMedica Hospital

Pediatric Cardiology Specialist

Firelands South Campus

Outpatient Specialty Clinic

1912 Hayes Ave., Sandusky

Pediatric Gastroenterology Clinic

Judy Splawski, MD, Anna Herrick, NP

Rainbow Babies & Children's Hospital

Pediatric Gastroenterology Specialist

Pediatric Neurology Clinic

Max Wiznitzer, MD, Kathy Maxwell, NP

Rainbow Babies & Children's Hospital

Pediatric Neurology Specialist

Pediatric Orthopaedic Clinic

George Thompson, MD

Christine Hardesty, MD

Rainbow Babies & Children's Hospital

Pediatric Orthopaedic Specialists

Pediatric Physiatry

Douglas Henry, MD

Cleveland Clinic Children's Hospital

Pediatric Physiatry Specialist

Pediatric Pulmonology Clinic

Amy DiMarino, DO

Rainbow Babies & Children's Hospital

Bruce Barnett, MD

Toledo ProMedica Hospital

Pediatric Pulmonology Specialists

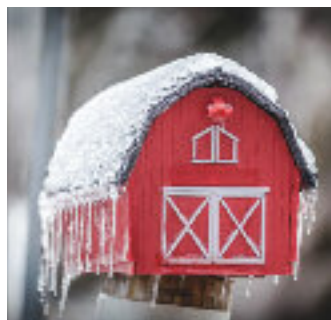
To schedule an appointment, please call:

■ **Dr. Whitfield, Pediatric Cardiology Clinic & Dr. Barnett Pediatric Pulmonology Clinic:**
419-557-7840

■ **Dr. Henry, Pediatric Physiatry Clinic:** 216-448-6179

■ **All Other Pediatric Clinics:**
1-800-377-3117

■ **General Information Contact**
Tina May, NCMA
419-557-6767



SCREENINGS

MORNING COFFEE

Free blood pressure and blood sugar screenings. Special 55+ Club rate.

Fasting lipid profile for \$17.

Firelands South Campus

1912 Hayes Ave., Sandusky

■ **First Wednesday of every month, excluding December 8 – 10 am**

FREE BLOOD PRESSURE & BLOOD SUGAR SCREENINGS

Screenings are offered at various locations throughout Erie County.

For a listing of dates and locations, please call 419-557-7410 or visit

firelands.com.

HEALTH & WELLNESS SCREENINGS

Various screenings offered to community members for a low-cost fee. Cash or check only.

Costs:

■ **Complete Blood Count with Metabolic & Lipid Panel – \$45**
(No eating or drinking for 12 hours – water allowed; Includes liver and kidney function studies, fasting blood sugar, thyroid, cholesterol, HDL/LDL and triglyceride levels.)

■ **Hemoglobin A1C – \$25**

■ **PSA – \$30**

■ **Saturday, November 4**
7:30 – 9:30 am
Clyde Urgent Care
1470 W. McPherson Hwy, Clyde

■ **Saturday, November 11**
7:30 – 9:30 am
Office of Dr. Conley, Dr. Juwarkar & Dr. Cooper
3006 S. Campbell St., Sandusky

■ **Saturday, December 7**
7:30 – 9:30 am
Office of Dr. Rogers & Dr. Zaky
1605 St. Rt. 60, Vermilion

■ **Saturday, January 20**

7:30 – 9:30 am

Kuns Family Medicine

101 S. Washington St., Castalia

■ **Saturday, February 17**

7:30 – 9:30 am

Office of Dr. Williamson & Dr. Perez

300 Williams St., Huron

■ **Saturday, March 10**

7– 10 am

Firelands Main Campus

1111 Hayes Ave., Sandusky

■ **Saturday, April 21**

7:30 – 9:30 am

Office of Dr. Ruggles

348 Milan Ave., Suite 2, Norwalk

Must pre-register for all lab work. Call 419-557-7840 to register.

EDUCATION

BASIC LIFE SUPPORT (BLS)

This course provides information for healthcare providers who currently do not have certification.

Firelands South Campus

1912 Hayes Avenue, Sandusky

Cost: \$55 includes textbook

8 – 11:30 am

■ **Wednesday, November 29**

■ **Wednesday, December 20**

■ **Tuesday, January 2**

■ **Wednesday, February 7**

■ **Tuesday, March 6**

■ **Tuesday, March 20**

■ **Thursday, April 26**

1 – 4:30 pm

■ **Tuesday, November 7**

■ **Monday, December 4**

■ **Thursday, January 25**

■ **Wednesday, February 21**

■ **Tuesday, April 3**

To register, visit:

firelands.com/classes-events



FREEDOM FROM SMOKING

This 6-week program provides a supportive group environment and teaches a step-by-step method for changing behavior and quitting smoking for long-term freedom.

Firelands Main Campus

1111 Hayes Ave., Sandusky

6 pm Tuesdays:

■ **January 9-February 13**

Call 419-557-6151 to register.

HEARTSAVER FIRST AID WITH CPR/AED

This full provider course covers adult, child and infant CPR plus AED usage, and also obstructed airway.

Firelands South Campus

1912 Hayes Avenue, Sandusky

Cost: May take each class separate for \$55 or as a combo for \$100; price includes textbook.

8 am – 1 pm

■ **Wednesday, November 22**

■ **Wednesday, December 13**

■ **Wednesday, January 10**

■ **Wednesday, February 14**

■ **Wednesday, March 14**

■ **Wednesday, April 11**

To register, visit:

firelands.com/classes-events

MEDICAL TERMINOLOGY

This course discusses the basic knowledge of the language of medicine and explains how complex medical terms are formed. No previous knowledge of medical terminology is required.

Firelands South Campus

1912 Hayes Avenue, Sandusky

Cost: \$150 (includes materials)

■ **Mondays**

January 8 – March 5

12:30–2:30 pm

To register, visit:

firelands.com/classes-events

WEIGHT MANAGEMENT PROGRAM

This program will teach participants how to manage their weight through lifestyle changes.

**Firelands Main Campus
Cancer Center Conference Room**
701 Tyler St., Sandusky

Cost: \$30 (includes materials)

■ **Saturdays, Nov. 4, 11, 18**
9–11 am

Call 419-557-7410 to register.

SUPPORT GROUPS

For a listing of support groups, please visit firelands.com or call 419-557-7410.



LUNCHEON CLUB

Sandusky Yacht Club

529 E. Water St., Sandusky

Buffet lunch: 11 am – 12:30 pm

Presentation: 12:30 pm

Early reservations are recommended,

call: 419-557-7840 or

register online at:

firelands.com/classes-events

Cost: \$18/person

(Includes tax/tip, cash or check only)

■ **Wednesday, February 14**

Cholesterol –

The Good & the Bad

Speaker: Dawn Fitt, RPh.

Clinical Staff Physician

■ **Wednesday, March 28**

**Osteoporosis – Lifestyle &
Medication Options**

Speaker: April Hamlin, PT

■ **Wednesday, April 25**

Hospice Myth Busters

Speaker: Dr. James E. Preston, MD

AUXILIARY/ GIFT SHOP SALES & EVENTS

OUT-OF-THE-BOX SHOE SALE

Shop the latest in shoes for healthcare workers or office workers. Brands include Born, Clarks, Crocs, Dansko, Reeboks, Skechers, and much more.

Firelands Main Campus

1111 Hayes Ave., Sandusky

■ **Tuesday, November 2**

7 am – 5 pm

■ **Wednesday, November 3**

7 am – 2 pm

MASQUERADE JEWELRY SALE

The latest trends in jewelry and accessories. All items are \$5.

Firelands Main Campus

1111 Hayes Ave., Sandusky

■ **November 30 – December 1**

7 am – 8 pm



**INTERESTED IN
JOINING THE
FIRELANDS AUXILIARY
OR VOLUNTEERING IN
OUR GIFT SHOPS?
CALL 419-557-5469
FOR MORE INFO!**

TRAVEL OPPORTUNITIES

EXTENDED TRIPS include roundtrip transportation, overnight accommodations, and some meals. **For questions or reservations, call 419-557-7722.**



■ **Branson Music Fest**

Departing by motor coach: April 18

Visit Branson during Music Fest, highlighting the vast internationally inspired entertainment, attractions, and cuisine. Includes visits to the Showboat Branson Belle, Branson's Celebrity Iron Chef Showdown, 25 favorite Branson stars on one stage, Irish Tenors/Celtic Ladies, Dogwood Canyon Nature Park, Branson Landings, Stone Hill Winery, and St. Louis.

Cost: \$1,383 Double Occupancy

■ **Pacific Coast Adventure**

Departing by air: July 12

Featuring Seattle, Portland & San Francisco – Seattle City Tour, Pike Place Market, Boeing Factory Tour, Mt. St. Helens Visitor Center, Portland City Tour, Oregon's Pacific Coast, Newport, Oregon Dune Buggy Tour, Crater Lake National Park, Redwood National Park, Avenue of the Giants, Golden Gate Bridge, San Francisco Tour, and Fisherman's Wharf.

Cost: \$3,189/per person

Double Occupancy



■ **New England – Canada Cruise**
Departing by motor coach:
September 28

Enjoy a 7 day voyage with Princess Cruises north along the Eastern Seaboard round trip from New York City onboard the magnificent Regal Princess. Visit Boston; Maine's Acadia National Park, Canada's Atlantic Provinces – Halifax & St. John; plus one night lodging in New York City.

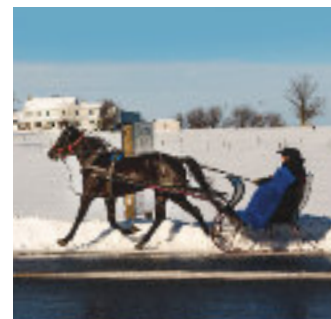
Cost: Starting at \$1,974 per person inside twin; balcony & mini suites available at adjusted rates

DAY TRIPS

■ **Ohio Star Theater at Dutch Valley**
Departing by Motor Coach June 21

Journey to the heart of Amish Country to Sugarcreek, Ohio. Browse and shop, before enjoying a hearty Amish buffet lunch. Following lunch we will enjoy the Amish musical, "Home Game" at the Ohio Star Theater. Following the show we will shop at Troyer's Country Market offering a wide variety of Amish goodies.

Cost: \$110/per person



TRAVEL PRESENTATIONS

**Firelands South Campus
Community Resource Room
(old Chapel)**

1912 Hayes Avenue, Sandusky

Join us for a free no obligation information session to learn what your trip will include.

**Tuesday, December 12, 2017
at 2 pm:**

■ Branson Music Fest departing
April 18, 2018, and
New England & Canadian Cruise
departing September 28, 2018

**Wednesday, January 24, 2018
at 4 pm:**

■ Pacific Coast Adventure departing
July 12, 2018



Fettuccine Alfredo with Zucchini

Prep Time: 15 min.
Cook Time: 45 min.
Servings per Recipe: 2



INGREDIENTS

- ¾ cup unsalted/no added salt chicken broth
- 4 large garlic cloves, peeled
- 4 ounces whole wheat fettuccine
- 1 small zucchini, cut into matchsticks
- 2 teaspoons cornstarch, mixed with 1 tablespoon water
- 2 tablespoons reduced fat sour cream
- Pinch of freshly ground nutmeg
- 1/8 teaspoon freshly ground pepper, to taste
- ¾ cup freshly grated Parmesan cheese, divided
- 1 tablespoon chopped fresh parsley

DIRECTIONS

- Combine broth and garlic cloves in a small saucepan and bring to a boil over high heat. Cover and reduce heat to a simmer. After cooking garlic mixture for about 10 minutes, bring a separate large saucepan of water to a boil. Continue to cook garlic mixture until garlic cloves are soft, about 15 minutes total cooking time.
- In the large saucepan of boiling water, add fettuccine noodles and cook for approximately 8 minutes, stirring often. Add zucchini to fettuccine and cook for about one minute more or until fettuccine is tender.

- Transfer the garlic mixture to a blender and puree until it is smooth. Once the mixture is smooth, return it to the small saucepan and bring it to a simmer over medium-high heat. Add the cornstarch and water mixture, whisking until slightly thickened, about 15 seconds. Remove the saucepan from heat and whisk in sour cream, nutmeg, and pepper. Return the saucepan to the stove on very low heat to keep the sauce mixture warm.
- Drain the pasta and zucchini. Place it into a large bowl. Add the sauce mixture and ½ cup of the parmesan cheese. Toss to coat well. Sprinkle with fresh chopped parsley and the remaining ¼ cup parmesan. Serve immediately.

Nutrition Analysis per Serving

Calories	420 calories
Total Fat	14 grams
Saturated Fat	7 grams
Cholesterol	45 grams
Sodium	710 milligrams
Carbohydrate	54 grams
Fiber	7 grams
Protein	20 grams

Nutrition Information compiled from the National Nutrient Database for Standard reference, accessed on (07/07/17).