

CENTER FOR JOINT REPLACEMENT OBSERVES 5TH ANNIVERSARY

It has been five “joint pain free” years for the local community since Shamokin Area Community Hospital (SACH) opened the Center for Joint Replacement.

SACH’s Center for Joint Replacement offers patients undergoing joint replacement surgery a specialized unit for their treatment and care from pre-operation to discharge. The Center also provides its patients with a beneficial group dynamic.

The group dynamics that are offered by the Center for Joint Replacement have been receiving a great deal of praise. Patients attend educational classes with other joint replacement patients and their coaches (a close friend or family member whom they’ve chosen to lend support), this way; no patient has to feel alone when it comes to going through any joint replacement procedure and subsequent recovery. Center for Joint Replacement patients can always feel at ease knowing there is someone to turn to with a shoulder to lean on. When patients are finished going through their joint replacement procedure and therapy, they “graduate” and become part of the large and growing group of Joint Center grads.

According to Charlene Kalinoski, RN, joint care coordinator, the joint replacement program has been very successful. “At last count, we have performed replacement surgeries for 411 knees and 149 hips here at SACH,” said Kalinoski. “We are very fortunate to have co-medical directors, Dr. Charles L. Cole, Jr. and Dr. Thomas Dominick, caring for our joint patients.” Kalinoski also noted that Dr. Thomas Martin has been performing shoulder replacement surgeries and Dr. Dominick performed the first bilateral hip replacement surgery at SACH this past year.

Dr. Cole joined the SACH medical staff in 1993, with Dr. Dominick following in 1997, and both were instrumental in assisting hospital administrators in opening the Center for Joint Replacement. SACH’s Center was the first unit in a five-hospital radius dedicated solely to joint replacement care.

Many departments and services at the hospital work together toward the common goal of ensuring the betterment of any and every joint replacement patient. The physical therapy, occupational therapy, social services, respiratory therapy, surgical staff, nursing departments, and the

skilled nursing facility (SNF) are all part of this collaborative team.

SACH’s occupational and physical therapists have also been receiving rave reviews for the past five years from the graduates about their enthusiasm and ability to motivate those who are recovering from joint replacement and building back strength.

Daniel Dietterick, of Kulpmont (and graduate of the program), expressed his gratitude for having the specialized services so accessible in the local community. “We are very lucky to have our local hospital,” said Dietterick. “When the time came to have my knee replacement surgery, I was very comfortable and sure of my decision to have it performed at the SACH Center for Joint Replacement. Everyone who cared for me was very courteous and very professional.”

In addition, the social services staff also plays a crucial role for the team of the Center for Joint Replacement.

They keep tabs on every patient’s progress with the help of the nursing and therapy staffs to determine if a longer stay is

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JANE F. KORBICH MEMORIAL TOURNAMENT



Shamokin Area Community Hospital (SACH) is holding its 18th Annual Jane F. Korbich Memorial Tournament on Friday, September 11, 2009 at Indian Hills Golf and Tennis Club in Paxinos, PA. The golf classic is one of SACH's biggest fundraising events, and is also a time to remember a colleague and friend, Jane F. Korbich, for whom the tournament was renamed.

"Our tournament is significant in many ways because of what we offer to our guests," said Jessica A. Trell, director of development and public relations. "However, amongst our SACH family, what is significant is an emotion that runs deep in our hearts. This year's tournament marks the 10th anniversary of the death of our co-worker and friend, Jane."

"For many of us, Jane was our go-to-person," added Kimberly Chaundy, information technology manager and golf chairperson. "She was very knowledgeable and always approachable. She was an integral part in the development of what SACH is today. She was very giving and compassionate. It is our honor to host our tournament in her memory each year."

SACH's golf classic is like no other. All participants

are provided with many extras throughout the tournament such as the Putting Powerball contest, three hole-in-one prize opportunities, the golf ball raffle, and a complimentary gift for each golfer.

All proceeds from the golf classic will directly benefit the purchase and implementation of a new electronic medication administration record system (E-MAR). The E-MAR project is estimated at over \$600,000. This advanced system will aid in reducing the risk of potential medication errors and reinforce SACH's aggressive initiatives for patient safety.

"SACH thanks the entire community for their continued support and consideration, and we would also like to acknowledge the Chesney and Korbich families for their involvement each year," said Chaundy. "They are an extension of our hospital family, and we thank them for their dedication towards this event."

If you are interested in participating, or would like more information about the 18th Annual Jane F. Korbich Memorial Tournament, please contact Kim Chaundy at 644-4386, Jessica Trell at 644-4586, or Robby Ditchey at 644-4387 by July 27, 2009.

TIPS FOR SAFE SUMMER EXERCISING



Tara Wise, MSPT

"How to Exercise When the Temperature is On the Rise," was a featured topic for Shamokin Area Community Hospital's (SACH) Summer Lecture Series. Tara Wise, MSPT, (physical therapist for SACH's Rehab Services Center), covered everything from types of physical activity and conditions suitable for exercise to the effects of warm weather on

the body and heat related illnesses.

Walking, running, gardening, bicycling, hiking, tennis, and playing with your children or grandchildren are all types of physical activity and can be considered exercise. Wise noted that it is important to remember to have a warm-up/cool-down period before

and after exercise. This alone can help alleviate some worries of injury or illness.

When planning to exercise, make sure the conditions are suitable to do so. The temperature is not the only factor that needs to be taken into consideration; it is a combination of air temperature, wind, humidity, air pollution, physical conditions, and other environmental factors. Even the surface on which you plan to exercise plays a role. "Heat radiating from pavement poses a greater risk than a grassy field," said Wise.

Before you begin to exercise in warmer weather it is important to transition from cold weather to warm weather. Wise said, "Start slowly, and build yourself up." When the body is exposed to warm weather and humidity, three interrelated body processes are affected.

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OCCUPATIONAL HEALTH MANAGER APPOINTED



Shamokin Area Community Hospital (SACH) is pleased to announce David J. Hoffman, CRNP, OHN-S (certified registered nurse practitioner and occupational health nurse), as the new Manager of Occupational Health and Wellness.

Hoffman's duties as Manager of Occupational Health and Wellness will include: direct patient care for work-related injuries and illnesses, follow-up treatment, fitness for work evaluations, pre-placement medical examinations, DOT testing, drug screens, audio and visual screenings, work place ergonomic evaluations, administering immunizations, medically managing patient cases involving exposure to hazardous materials, and managing workmen's compensation cases. Injury treatment includes wound care and dressings, suturing lacerations, splinting of extremities and writing orders for laboratory and imaging studies and consultations.

Hoffman brings over 20 years practical experience in occupational health, emergency medicine, surgery, education, home health, and primary care environments. His most recent experience was working for the SUN Orthopaedics Group since 2005 as a Certified Nurse Practitioner. He also has eight years experience as an occupational supervisor for Merck & Co. While there, he developed an integrated occupational health medicine program that included occupational health care, disability management, and health promotion and conducting educational seminars. In addition, he was the director of education for SUN Home Health, director of education and a flight nurse for Geisinger Medical Center and Emergency Services Nurse for SACH.

In 2003, he received his Master of Science-Certified Registered Nurse Practitioner degree from Bloomsburg University, Bloomsburg, PA. Hoffman received his Bachelor of Science-Nursing degree from Grace-land College, Lamoni, Iowa in 1998 and he earned his nursing diploma from Geisinger Medical Center School of Nursing in Danville, PA, in 1983.

Hoffman currently serves as the president of the Susquehanna Valley Occupational Health Nurses Association, and was Vice-President of the Susquehanna Valley Nurse Practitioners Association from 2004-2008.

In his spare time, Hoffman enjoys weight lifting, biking, running, and cooking. He resides in Elysburg with his wife, Dawn, and they have two sons, Zachary, at home, and Matthew, who resides in Virginia.



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THINKING SAFETY, EARNING TRUST

“What if” is a question that almost everyone asks at one time or another. However, in healthcare risk management, it is something that is asked continuously, and it is all in an effort to pursue better healthcare.

“Thinking safety, earning trust” was the theme for this year’s Healthcare Risk Management Week in June.

Driven by growing regulatory and economic concerns, patient safety is a central concern for the staff at Shamokin Area Community Hospital (SACH). As soon as a patient enters the hospital, their safety is now in the hands of the facility’s staff. The patient expects everything to be perfect and mistake free.

Corinne L. Klose, R.N., vice president of patient services, said, “The medical staff at SACH is truly dedicated, and patient safety is the first and foremost important thing on their minds.” She also said that patient falls are a major concern at SACH, especially since the community has a large population of elderly people.

Since mistakes do happen, patient safety initiatives are a priority at all healthcare facilities and to all providers throughout the country. By enforcing the initiatives and improving upon them, the risk and occurrence of mistakes and problems drops significantly.

Keeping patients safe in challenging times requires real-world strategies and tools, new thinking, and awareness across the healthcare community. Here are a few initiatives that you can take to increase your safety when you utilize a hospital for care.

1. Improve the effectiveness of communication among caregivers. Ask questions.
2. Reduce the risk of healthcare-associated infections. Make sure your provider washes their hands.
3. Present a complete and accurate list of medications to your provider to use as a continuum of care in regards to medication orders.
4. Falls can happen. Always ask for assistance in and out of bed, or to the bathroom if you feel weak or shaky.

5. Be active in your own care. Request the accessories or assistance you need to be comfortable.
6. If you feel you are experiencing changes in your condition, let a healthcare provider know immediately.

“Communication, or lack thereof, is a key element in patient safety and risk management,” added Klose. “It is important to communicate clearly and frequently so there is less chance for misunderstandings or mistakes.”

There is a patient safety committee at SACH. They meet monthly, and the committee consists of people from the community, medical staff, lab, nursing staff, pharmacy, and others that come into contact with patients during their stay at the hospital. “The committee provides good dialogue, and it is an eye-opener to be able to hear what people have to say, especially the people from the community,” added Klose. “They are able to tell you what it is like from an outside point of view.”

SACH is always looking for ways to improve. “It’s never over. We have to continually do the best we can. We must always step back and look for any possible flaws in all processes and situations. We can always be working to improve some aspect,” stated Klose. She also added that one improvement being made at SACH is with the delivery of care system. To help make patients feel more secure and comfortable, and also improve patient safety, SACH is trying to make care more “patient friendly”.

The National Patient Safety Foundation provides the ABC’s list of patient safety:

- Accountability is not always about a person.
- Blame hides the truth about error.
- Cultures must change.
- Document facts.
- Error is our chance to see weakness in our systems and staff.
- Focus on prevention.
- Gather evidence to support facts.
- Hear when you listen.
- Investigate cause.
- Justice should include compassion, disclosure and compensation.

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EATING HEALTHY DURING THE SUMMER



Maribeth Mrozek, RD, LDN

Maribeth Mrozek, RD, LDN, is the dietician and food services manager at Shamokin Area Community Hospital. Mrozek recently gave a presentation on healthy summer eating as part of the hospital's Summer Lecture Series to promote wellness and good nutritional habits. She provided information on healthy and simple summer meals, with an emphasis on

food safety and exercise.

"There is no one definition of a healthy meal," said Mrozek. She continued by providing the audience with ways to make smart food choices. A few of the ways are:

- Choose lean cuts of beef and pork
- Remove skin from poultry
- Bake, broil or grill instead of frying
- Choose low fat dairy products
- Choose whole grain breads and cereals
- Incorporate more fruits and vegetables in your diet (50 percent of your plate)
- Limit sodium
- Limit simple sugars
- Cut back on fat

After making smart food choices, you can then focus on family meal preparation and food safety. "The number one rule of family meal and food safety is washing your hands," stressed Mrozek. "If you do not wash your hands before a meal gets prepared, everything will become contaminated. After you've washed your hands, avoid cross contamination. If you used a plate for the raw chicken, do not use it to put your vegetables on."

Be careful, and always maintain safe food temperatures. Cold foods should be less than 40 degrees Fahrenheit, and hot foods should be at least 140 degrees Fahrenheit. This will ensure that the food is bacteria free, and good enough to eat. When the family is finished eating, be sure the food is taken care of properly. "Follow the 2-hour rule. Refrigerate left-

overs promptly," added Mrozek.

It is also important to keep in mind that all ages can help prepare the meal in one way or another. Develop a menu for the week based on family activities, this way; if you only have a few minutes to make something, you are prepared and ready to go! "There are ways to make quick, yet healthy meals," said Mrozek.

Some quick menu ideas are as follows:

- Make extra pasta for meatballs and pasta salad.
- Grill extra chicken and hamburgers to be reheated for other meals.
- Grill a second London broil for sandwiches or a topper for a summer salad.
- Incorporate fruit, yogurt, and vanilla wafers as dessert items.

When you are planning your menu, it is a good idea to get family input. This way, you are guaranteed to not get the "Why did you make this?!" reaction. Establish a grocery list and consult newspaper ads to see what is on sale.

Once you have made your menu, you may have things that need to be thawed. Sure, we've all seen at least one person thawing meat on the counter. However, this is NOT acceptable when it comes to food safety. Thaw frozen meats safely in the refrigerator where you eliminate the chance of bacteria build-up. When the meat is thawed, be sure to cook and grill it thoroughly.

Mrozek provided a list of safe internal meat temperatures:

- Poultry-165F°
- Ground meat-160F°
- Beef- 160F° (145F° rare)
- Pork-160F°

By using these internal temperatures to ensure meat is done, you can be positive that there is no bacteria build-up or raw spots.

If you plan on going on a picnic this summer, here

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COMMON FACTS ABOUT ANXIETY & DEPRESSION

Each day every single one of us has some sort of anxiety over something. Who hasn't taken a test without some anxiety? Normal amounts of anxiety keep us alert. There are also times in everyone's lives that they feel sad or just in a "blue" mood. These times of sadness usually just pass by and we pull ourselves together, but people that face a depressive illness cannot simply "pull themselves together."

Anxiety and depression disorders can strike anyone at any age. At sometime during their lives, nearly a quarter (24.9%) of the adult population in the United States will have an anxiety disorder, and in the United States, researchers estimate that in any given one-year period, depressive illnesses affect 19 million Americans.

Both anxiety and depression come from the brain. Depression results from a chemical imbalance in the brain. However, anxiety, according to researchers, manifests in the amygdale and hippocampus. The amygdale and hippocampus are both structures within the brain.

Fighting back against both of these disorders can be easier when we understand a few things first.

If you or a loved one suffers from an anxiety disorder it may be helpful to know about the 10 Facts about Panic by Freedom from Fear, the national non-profit mental illness advocacy organization.

1. Panic is very uncomfortable but it is not dangerous. While panic may be one of the most fearful and dreadful experiences you've ever had ...IT WILL NOT give you a: heart attack, give you a stroke, stop you from breathing, choke you, make you loose control or make you go crazy. The sooner you believe these simple facts, with 100 percent conviction, the sooner you will begin to recover.
2. Panic will not make you faint.
3. You are still in control; the urge to escape from panic feelings can be so strong that you may believe that you could do something crazy to escape it. This is just a thought; the craziest thing you might do is try to leave, perhaps in a hurry.
4. You will not go crazy; while panic may produce

a variety of strange sensations (disorientation, derealization/depersonalization, hyperventilation, overwhelming urges to escape, etc.) it will NOT make you -"go crazy, lose your sanity or never go back to normal."

5. Panic will pass.
6. Panic attacks DO NOT cause strokes or heart attacks
7. Odd sensations don't necessarily mean you are sick; good health doesn't mean perfect health. The body can produce a variety of strange sensations especially after periods of stress.
8. Many panic attacks do not have to happen; you can avoid many panic attacks if you can stop anticipating and catastrophizing (exaggerating).
9. Most people are not against you; of course, you cannot always count on the friendliness of friends and strangers, but at the worst, you are no more than a phone call away from another person.
10. Panic is a treatable problem.

As for depression, it has been found to occur at a higher rate among people who have other serious illnesses such as heart disease, stroke, cancer, HIV, diabetes, and Parkinson's. The symptoms of depression usually interfere with the ability to work, study, sleep, eat, and enjoy once pleasurable activities. Symptoms of depression are:

- Appetite and/or weight changes
- Trouble sleeping, early morning awakening, or oversleeping
- Decreased energy, fatigue
- Low self-esteem
- Poor concentration or difficulty making decisions
- Feelings of hopelessness

If you feel that you are experiencing any signs or symptoms of depression or anxiety, see your health-care provider. There are things you can do to decrease anxiety and depression, and there are also medications available through your doctor. By decreasing stress in your life, you can decrease your symptoms and chances of having to suffer from an anxiety or depression disorder.

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Knowledge must be shared.
Learning from others' mistakes benefits all.
Make the effort to look beyond the obvious.
Nothing will change until you change it.
Opportunities for solutions are lost by blame.
Partner with patients and practitioners.
Question until you can no longer ask "why?"
Reporting error is suppressed by blame.
Systems are where practitioners practice.
Think about the blunt and sharp end.
Understand the role of accountability.
Value the patient's perspective.

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The cardiovascular system—effects seen through blood volume, thermoregulatory system—effects seen when it strives to maintain a constant internal temperature of 98 degrees Fahrenheit, and the osmoregulatory system, which preserves fluid levels triggered by the presence of sodium and other minerals.

“Incidence of heat related illnesses rise when the humidity and temperature rise,” said Wise. When a person exercises outside, their body temperature begins to rise, and high humidity prevents the body’s coding mechanism (the evaporation of perspiration) from working properly.

There are several types of heat related illnesses, such as heat exhaustion, heatstroke, dehydration, and heat cramps. All of these illnesses can be avoided if you practice safety when exercising in the heat.

Wise provided some safety tips for those exercising in the warmer weather:

- Be sure to drink plenty of fluids. Stay away from sugary or caffeinated beverages, sugar actually slows down how quickly the body absorbs fluids.
- Choose the right time of day, the morning and early evening are the ideal time to exercise because the sun and heat are diminished.
- Choose clothing that is loose fitting and light, cotton is best.
- Wear sunscreen. Even if you are exercising in the morning or evening, the sun can reach you, and you could burn.

If a child is exercising or playing outside, remember

Why, Why, Why, Why, Why = root cause.

X-ray vision sees the deeper story.

You can make a difference.

Zeroing in on cause brings us one error closer to zero error.

Remember to participate in the solutions and to keep the ABC’s in mind when providing your community with the healthcare it counts on.

In closing, Klose also gave a piece of advice for all members of the SACH team. “Always be vigilant. Be sure to always assess the entire situation, and ask yourself if it is safe for both the patient and other staff.”

that they are not small adults. “Children have more energy, but have less blood volume to absorb and dissipate the heat,” said Wise. A child’s smaller skin area and fewer sweat glands delay the process of evaporation and cooling. If the child has more body fat, closely monitor them in the heat. Fat acts as insulation, and therefore, affects the dissipation of heat.

Remember, heat related illnesses are preventable. “Rest for 10 minutes every hour that you are exercising, change wet clothes, and replace body fluids and electrolytes lost through sweat,” said Wise.

Below is a short list of additional guidelines that will keep you safe in the heat from the U.S. Department of Veteran Affairs:

- Take frequent rest and water breaks.
- Drink water before you feel thirsty. By the time you feel thirsty, you are already dehydrated. This is especially true as you get older.
- Avoid beverages with alcohol because these can cause dehydration.
- Drink fluids before, during, and after exercise.
- Choose water or a low calorie sports drink.
- Reduce speed or distance as needed.
- Exercise indoors during ozone alerts, extreme heat, and very high humidity.
- Listen to your body...stop if you feel chest pain, shortness of breath, dizziness, lightheadedness, weak, very fatigued, nauseated, or that your heart is pounding.

By following Tara Wise’s tips and the U.S. Department of Veteran Affairs’ guidelines, you can be sure you are exercising safely and preventing injury or heat related illness.

necessary for the patient.

When a patient comes to SACH and goes through the joint replacement program, they become part of a family. The Center for Joint Replacement staff likes to remain in contact with them to see how they are doing, and to receive feedback on how things could be bettered for future patients. SACH regularly holds special joint replacement reunion luncheons. The feedback that is obtained from these luncheons then allows the staff to continually make improvements to better serve patients.

Shamokin Area Community Hospital's (SACH) Center for Joint Replacement is prepared to put you on the road to wellness. The Center covers all the bases. Whether providing the finest and most comprehensive care possible for its patients, supplying a group atmosphere with a shoulder to lean on throughout the entire replacement process, or allowing added time for recovery through SACH's Skilled Nursing Facility (SNF), the Center is the community's resource for joint replacement.

are some tips you can use to guarantee food safety.

- Use ice baths and crock-pots to keep cold foods cold and hot foods hot.
- If you plan on taking any perishable foods, pack them directly from the refrigerator or freezer into a cooler.
- Never put cooked foods and raw foods in the same packaging or container.
- Keep the cooler in a shady spot, and cover with a light colored blanket.

Mrozek also said, "Have a separate cooler for drinks because it is opened most often."

Along with eating healthy in the summer, you should have a goal of 30-60 minutes of exercise most days of the week. You can make exercise a family activity just like food preparation. Enjoy family walks and bike rides. If it is a hot day you can cool off with swimming or even water balloon tag. When you're on a picnic, play Frisbee, volleyball, football, baseball or soccer to squeeze in some exercise.

By eating healthy, practicing food safety, and keeping active, you and your family can enjoy life, and this summer season!

Quality Care... Close to Home

4200 Hospital Road
Coal Township, PA 17866

