



Ross Medical Center

In This Issue

- Protecting Your Workforce
- Treating and Managing the Industrial Athlete
- Dr. Matt Daggy: Keeping Our Clients in the Game
- New! Brookville Urgent Care
- Onsite Flu Shots



Ross Business Health Services: Protecting Your Workforce



Ross Business Health Services was founded to help the employers of Butler County and Greater Cincinnati manage their most valuable asset: their workforce. An employee's lifestyle choices, personal problems, and workplace issues can have a dramatic effect on their work performance. From obesity, high blood pressure, and tobacco use to depression, anxiety, and substance abuse, associated medical costs can consume up to fifty percent of corporate profits or more. For these reasons, employee health and wellness can have a significant impact on productivity and profits.

At Ross Business Health Services, our sole focus is occupational medicine, offering a full continuum of occupational health services with one primary objective: to partner with our clients to develop a healthier, more motivated, and more productive work force.

We recognize that each company is unique, and every organization has different occupational healthcare needs. Our team of experts works in partnership with each client to gain a complete understanding of their business, its culture and goals, and the specific occupational demands placed on its employees. Using this information, the team collaborates to develop customized, results-oriented occupational and wellness services tailored to enable our clients to achieve their highest levels of growth, productivity, and profitability. With the ability to provide treatment and injury care **seven** days a week, including **after-hours** coverage at **McCullough-Hyde Hospital Emergency Department**, our staff is multi-disciplinary, **offering a full range of occupational medicine services, including:**

For more information about implementing an occupational health or wellness program, please contact: **Heather Keeler, Occupational Health Specialist**, at **513-524-5435** or by Email: hkeeler@mhmh.org

Physical Exams

- DOT Exams
- Post Offer Exams
- Fit for Duty/Return to Work Exams
- Respirator Fit and OSHA Surveillance
- Executive and Travel Consults/Exams

Drug and Alcohol Services

- Specimen collection, MRO services
- Breath alcohol (BAT) testing
- After-hours screening
- Random screening and programs

Injury Care/Prevention Case Management services to coordinate health care services from onset of injury or illness to safe return to work or an optimal alternative.

On-site Services Onsite exams, drug and alcohol collection



Treating and Managing the Industrial Athlete

Most employees do not think of themselves as athletes. However, whether they are typing thousands of keystrokes, stripping floor wax, or building products on an assembly line, the physical demands faced by many workers are not so different from those that are experienced by sports athletes. Like athletes, employees count on their bodies to earn a living, and their success depends on their ability to perform tasks effectively and without pain. Our Industrial Athlete Program, a service of McCullough-Hyde Memorial Hospital, takes a sports medicine approach to caring for employee health—treating the employee as an Industrial Athlete.

Board certified in Family Practice, Emergency Medicine, and as an Independent Medical Examiner, Medical Director of Occupational Services at Ross Medical Center Dr. Ken Keller, has also completed



Ross Medical Center

the Occupational Medicine Training Program from the University of Cincinnati, and is a certified medical review officer. Dr. Keller's success in managing worker's compensation and return-to-duty is due to his pro-active approach in the proper training and education of the workforce. Together with sports-medicine physician Dr. Matt Daggy, we educate employees on the importance of keeping themselves in shape so they can perform their jobs effectively and without pain, and are able to remain active and healthy after they retire.

If an employee does develop an injury, our treatment focuses on minimizing lost work time, costs per claim, and OSHA recordable incidents. A key component of this philosophy is to get proper care immediately following an injury, no matter how minor that injury may seem. With onsite x-ray and other imaging and physical therapy, as well as four locations offering physical therapy, chiropractic consultation, and athletic trainers, our staff combines an aggressive, proactive treatment philosophy with the very latest in rehabilitative technology to help people return to their previous level of performance quickly and safely.

By taking a proactive approach that includes safety education, promotion of healthy lifestyles, and aggressive injury treatment and case management, our occupational health team will ensure that your industrial athletes will remain in peak condition while they are on the job, and for years after they leave the work force. We strive to keep your work force in the game!

For more information about our Industrial Athlete program, please contact: Heather

Keeler, Occupational Health Specialist, at 513-524-5435 or by Email: hkeeler@mhmh.org



Introducing Dr. Matt Daggy: Keeping Your Workforce in the Game

McCullough-Hyde Memorial Hospital is pleased to welcome Dr. Matt Daggy to our Sports Medicine team. Fellowship-trained in Sports Medicine under the direction of Dr. Timothy Kremchek, Dr. Daggy has worked with athletes from Moeller, Indian Hill, Kings, Madeira, and Winton Woods High Schools, as well as Wittenberg and Xavier Universities, the Cincinnati Reds and Cincinnati Cyclones, and also serves as Assistant Medical Director for the Flying Pig Marathon.

A primary care specialist in treating muscle, tendon, and bone injuries, Dr. Daggy takes a multidisciplinary, non-operative approach to injury treatment, working with both youth and adult patients to reduce pain from existing conditions or injuries, boost athletic and/or work performance, and teach critical injury-prevention strategies that will keep our clients in the game. As a comprehensive treatment center, we are committed to helping our clients regain and maintain active participation in sports, recreational activities, and job tasks. In keeping with this mission, Dr. Daggy is trained in the ImPACT® Best Approach method to concussion assessment.

Developed by neuropsychologists, neurologists, and physicians, ImPACT® is a program developed to help sports medicine physicians and clinicians assess concussion recovery by evaluating multiple aspects of neurocognitive functioning, including memory, brain processing speed, reaction time, and post-concussive symptoms. ImPACT® was the first and most scientifically validated computerized

The Institute of Medicine estimates that work-related musculo-skeletal disorders (WMSDs) cost American workers and corporations \$45 to \$54 billion annually, and account for more than 16 million lost work days each year.

Dr. Daggy's office hours:
Monday-Friday
8:30-5:00 at Ross Medical Center Suite 265.

Dr. Daggy now holding select Saturday morning Walk-in Sports Injury Clinics from 8:00a.m.-10:00 a.m.



Ross Medical Center

concussion evaluation system designed to help determine concussion severity, as well as when it is safe for patients to return to job activities and/or contact sports. Dr. Daggy will be instrumental in expanding our Industrial Athlete program. His office hours are **Monday-Friday 8:30-5:00** at Ross Medical Center Suite 265. He additionally will hold select **Saturday morning Walk-in Sports Injury Clinics** from **8:00-10:00 a.m.**, and hopes to offer public injury prevention clinics in the future. Dr. Daggy as well will work with the McCullough-Hyde athletic trainers at Hamilton, Talawanda, Ross, and Union County, Ind., high schools, attend games as medical support, and volunteer his services at the schools.

Now Open: Brookville Urgent Care!



McCullough-Hyde Memorial Hospital is pleased to announce the opening of **Brookville Urgent Care Services**. Opened on June 23, this new location will bring a new and convenient option for medical services and programs to the residents of the Brookville community, as well as to visitors of the many nearby recreational activities in Franklin County, IN.

Our goal is to provide high quality medical treatment of illnesses and injuries with minimal wait time. Brookville Urgent Care treats a wide range of urgent minor medical conditions, illnesses, and injuries, and provides a variety of wellness, diagnostic, and screening services, including:

Brookville Urgent Care Services	
Sports and recreational injuries	Sun burn and rashes
Bug bites/stings and poison ivy	Minor fractures and sprains
Minor cuts, lacerations, and splinters	Allergies
Ear aches/infections and swimmer's ear	Bladder/Urinary tract infections

Our Brookville location also provides general x-rays, ultrasound, laboratory services and blood draws, and physical therapy services.

Conveniently located at the McCullough-Hyde Medical Building, **10058 Cooley Road, Brookville, IN**, Brookville Urgent Care is open seven days per week. Our **seasonal hours**, effective June 23 through Labor Day, are **Monday-Thursday 2pm-8pm. Friday, Saturday & Sunday 10am-8pm**. After Labor Day, hours will be Monday-Thursday, 2pm-8pm, Friday, Saturday & Sunday 10am-6pm. Walk-in visits are welcome.

*For more information or questions about this newsletter, please contact: **Heather Keeler, Occupational Health Specialist**, at 513-524-5435 or by Email: hkeeler@mhmh.org*



Ross Medical Center

Employer Onsite Flu Shot Program 2011 – 2012

Now is the time to be thinking and planning on ways to protect yourself and your workforce from this year's Flu Season. We can schedule a convenient date/time to come onsite and administer your flu shot. Therefore, your employees will not have to take time off work, and will only be away from their work area for minutes.

What is influenza?

Influenza (flu) is a highly contagious viral infection of the nose, throat and lungs that is one of the most severe illnesses of the winter season. Influenza is spread easily from person to person, primarily when an infected person coughs or sneezes. Influenza may lead to hospitalization or even death, especially among the elderly. Approximately 10% to 20% of the population contract influenza annually.

Prevention

There is a vaccine to protect against seasonal influenza for protection throughout the entire flu "season". The vaccine is usually administered in the fall between October and December. Because the influenza virus changes from year to year, it is important to get vaccinated with a new flu vaccine every year.

Benefits of offering Onsite Flu Shots:

- Reduces employees time from being away from work
- Keeps your employees healthy and productive
- Reduces costly physician visits
- Encourages participation of your employees

Ross Occupational Medicine Services is prepared with a team of Health Care Specialists to partner with you, the employer, in the delivery of this year's vaccine at your company worksite.

Price: \$25.00 per vaccine

- No Onsite charge for sites with 10 or more participants.

*Contact our scheduler to set a date and time to come onsite at **513-856-7360***

"Partnering with Employers to Manage their Employee Health, Productivity and Safety"