

healthy you



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McCullough-Hyde
MEMORIAL HOSPITAL



Summer & Other Attributes

Welcome to McCullough-Hyde Memorial Hospital's Summer Newsletter! Each and every one of our dedicated, compassionate employees, together with our superior Medical Staff, works endlessly to serve the healthcare needs of the residents, students and visitors of Oxford, and the surrounding communities. We deliver the very highest quality clinical services and outstanding patient satisfaction, day in and day out.

McCullough-Hyde Memorial Hospital (MHMH) provides excellent clinical care and that has evolved this past year with all the work on our Electronic Medical Record, or EMR. We're "heading down the stretch" in offering an almost entirely, paperless care system.

It has taken a large amount of teamwork, and there's more work to be done but once we've completed this project, I'm sure we'll all say it was well worth the effort. Patients will benefit from quicker, safer and improved care processes, whether receiving inpatient or outpatient care at one of our many services sites.

MHMH continues to operate multiple facilities, convenient and accessible to where you live, work or play. Locations in Brookville IN, Hamilton, Ross and Oxford offer Primary and Specialty Physicians, Outpatient Services, Urgent Care and Occupational Health Services which means that many of our affordable, clinically advanced services are close-by. See inside for more information or on our website for details.

Summer will undoubtedly provide outdoor and recreational opportunities during more hot, sunny days ahead. This newsletter features information about health matters that could be useful during these days, and McCullough-Hyde staff will be standing by to offer assistance and/or solutions.

MHMH offers wellness, preventive and education services as well as injury and sick care so look inside for information re: our locations and convenient hours for all these needs. You can trust our skilled, dedicated physicians, nurses and professional team to serve you and your family with advanced care techniques, technology and equipment; and has been our tradition, with the utmost compassion.

Bryan Hehemann, President and CEO
www.mhmh.org

Annual Report 2010 Figures

ER VISITS



2010: **16,490**
2009: **17,473**
2008: **16,972**



BIRTHS

2008: **465**
2009: **434**
2010: **441**



CHARITABLE CARE and BAD DEBT

2008: **\$7,370,744**
2009: **\$10,088,769**
2010: **\$10,673,150**

FULL TIME EMPLOYEES 439





McCullough-Hyde MEMORIAL HOSPITAL

SUMMER 2011

PUBLISHED BY MCCULLOUGH-HYDE MEMORIAL HOSPITAL

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110 N. Poplar Street, Oxford, OH 45056
(513) 523-2111 www.mhnh.org

AREA FACILITIES

McCullough-Hyde Medical Building
5151 Morning Sun Road, Oxford, OH
(513) 664-3800

McCullough-Hyde Physical Therapy & Rehabilitation
1390 Eaton Road, Hamilton, OH 45013
(513) 863-2215

McCullough-Hyde Memorial Hospital Outpatient Services
Ross Medical Building,
2449 Ross-Milville Road, Hamilton, OH 45056
(513) 856-5940

McCullough-Hyde Medical Building
10058 Cooley Road, Brookville, IN 47012
765) 647-0808

McCullough-Hyde Memorial Hospital Trust
21 Lynn Avenue, Suite 107, Oxford, OH 45056
(513) 664-3851

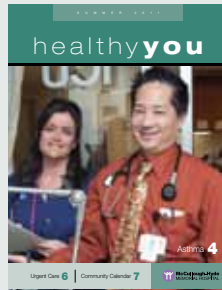


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ON THE COVER: *Dr. Kim with Shelly Rowland, RRT
(of the McCullough-Hyde Memorial Hospital's Respiratory Department)*

Improved Patient Quality

McCullough-Hyde Memorial Hospital (MHMH) provided outstanding quality care to those patients served as evidenced by our comparative clinical Centers for Medicare and Medicaid Services (CMS) Measures data on Congestive Heart Failure, Pneumonia Care and Surgical Care indicators demonstrating McCullough-Hyde Memorial Hospital outcomes similar to or better than hospitals in the Greater Cincinnati Hospital Council (GCHC) for last 9 months or 3 quarters, 2010 (1Q'10 – 3Q'10):

Congestive Heart Failure:	MHMH scored 95% vs. GCHC Hospitals 93%
Pneumonia:	MHMH scored 84% vs. GCHC Hospitals 91%
Surgical Care (certain procedures)	MHMH scored 91% vs. GCHC Hospitals 92%
Acute Myocardial Infarction (AMI):*	MHMH scored 100% vs. GCHC Hospitals 97.1%

(*note: the number of AMI admissions at MHMH is considered too low for valid comparison)

From the patient satisfaction questionnaire entitled the "Hospital Consumer Assessment of Healthcare Providers and Systems" (HCAHPS) which is required by the federal agency Centers for Medicare and Medicaid Services (CMS), the MHMH survey data shows a score of 74% of responded 'definitely yes' when asked about the "Likelihood to recommend the provider to a friend or family member." In addition, MHMH has received national recognition in calendar year 2010 for our outstanding patient satisfaction scores. www.hospitalcompare.hhs.gov

What causes asthma attacks?



*Charles C. Kim, M.D.
Board Certified in Internal
Medicine specializing in
Pulmonology/Critical Care*

*Dr. Kim is an associate with
Southwest Ohio Pulmonary and
Sleep Specialists, Inc.*

Asthma is a chronic disease of the airways that makes breathing difficult. With asthma, there is inflammation of the air passages that result in a temporary narrowing of the airways that carry oxygen to the lungs. This results in symptoms such as coughing, wheezing, shortness of breath and chest tightness. Even though there are treatments for asthma symptoms, asthma is serious and even dangerous. Asthma affects more than 22 million people and 6 million children and causes nearly 2 million emergency room visits a year.

People with asthma have very sensitive airways that react to many different things in the environment called “asthma triggers.” The following are common triggers for asthma:

- Infections such as sinusitis, colds and flu
- Allergens such as pollens, mold spores, pet dander and dust mites
- Irritants such as strong odors from perfumes or cleaning solutions, and air pollution
- Tobacco smoke
- Exercise, called exercise-induced asthma
- Weather; changes in temperature and/or humidity, cold air
- Strong emotions such as anxiety, laughter, or crying, stress
- Medications, such as aspirin-sensitive asthma

Asthma can be frightening and debilitating. Talk to your family physician or our team of pulmonologists who can offer a number of treatment options, including anti-inflammatory medications, inhalers and oral medications.



Dr. Kim with patient in ICU.



Chronic Obstructive Pulmonary Disease

Chronic Obstructive Pulmonary Disease (COPD) refers to a group of lung diseases that block airflow as you exhale and make it increasingly difficult to breathe. COPD is a leading cause of death and illness worldwide. Most COPD is caused by long term smoking and can be prevented by not smoking or quitting soon after you start. Over time, other things that may put you at risk include chemical fumes, dust, air pollution and second hand smoke.

In general, symptoms don't appear until significant lung damage has occurred. Symptoms usually worsen over time and people with COPD may suffer from episodes called exacerbations when their symptoms suddenly become much worse.

Our team of Board Certified Pulmonologists can offer a variety of treatments to manage your symptoms, reduce your flare-ups and show down the progress of the disease.



The main symptoms of COPD are a chronic or long lasting cough, a cough that produces mucus, wheezing, chest tightness and shortness of breath with activity.

There's no cure for COPD, and you can't undo the damage to your lungs. But COPD treatments can control symptoms, reduce your risk of complications and exacerbations, and improve your ability to lead an active life.

Unlike some diseases, COPD usually has a clear cause and a clear path of prevention, but living with COPD can be difficult, especially as it becomes more and more difficult to catch your breath. It can help to share your fears and feelings with your family, friends and doctor.

Sleep Apnea

Do you have trouble falling asleep or staying asleep? According to the National Institute of Health, 50 to 70 million Americans are affected by chronic sleep disorders and intermittent sleep problems that can significantly diminish health, alertness and safety. Untreated sleep disorders have been linked to hypertension, heart disease, stroke, depression and other chronic diseases.

Sleep is not merely a 'time out' from our busy routines; it is essential for good health, mental and emotional functioning, and safety. According to recent polls conducted by the National Sleep Foundation, nearly 7 out of 10 Americans say they experience frequent sleep problems. However, when proper diagnosis and treatment of sleep disorders occurs, the feeling of sleepiness declines, memory improves and safety risks decrease dramatically. In fact, sleep specialists help an estimated 85-90% of their patients get better sleep.

The bottom line is this; adequate sleep is as essential to health and peak performance as exercise and good nutrition. An overnight sleep study, also called a polysomnogram, is the most widely-trusted diagnostic method of detecting many sleep disorders. If you experience chronic snoring, and gasping and choking during sleep, you could be suffering from sleep apnea.

Find out for sure by consulting the Board Certified Sleep Medicine Physicians at McCullough-Hyde Memorial Hospital. With our advanced technology, we can diagnose your condition and then prescribe a treatment that will give you a good night's sleep. And an even better day ahead.



Use a QR code reader on your smartphone or visit [surveymonkey.com/s/mhmfh_epworthsleepscale](https://www.surveymonkey.com/s/mhmfh_epworthsleepscale) to take our online **Epworth Sleepiness Questionnaire.**

BROOKVILLE

URGENT CARE

Brookville Urgent Care is a service of McCullough-Hyde Memorial Hospital, Oxford, which opened in June, 2011. Brookville Urgent Care will bring a new and convenient option for medical services and programs for the Brookville community and visitors to the many recreational services and activities in Franklin County. It is located at the McCullough-Hyde Medical Building, 10058 Cooley Road, Brookville, IN, (765) 647-0808.

This is not an Emergency Department. Brookville Urgent Care provides care for minor urgent medical conditions that can be evaluated and treated quickly in our facility, which may save you a lengthy drive and wait time associated with a visit to a hospital emergency room.

Types of services and illness that can be seen and treated include:

- Minor illness
- Sports and recreational injuries
- Sun burn and rashes
- Bug bites / stings and poison ivy
- Minor fractures and sprains
- Minor cuts and scrapes
- Lung or sinus infections
- Sore throat
- Ear ache
- Urine infections

Urgent Care Seasonal Hours:

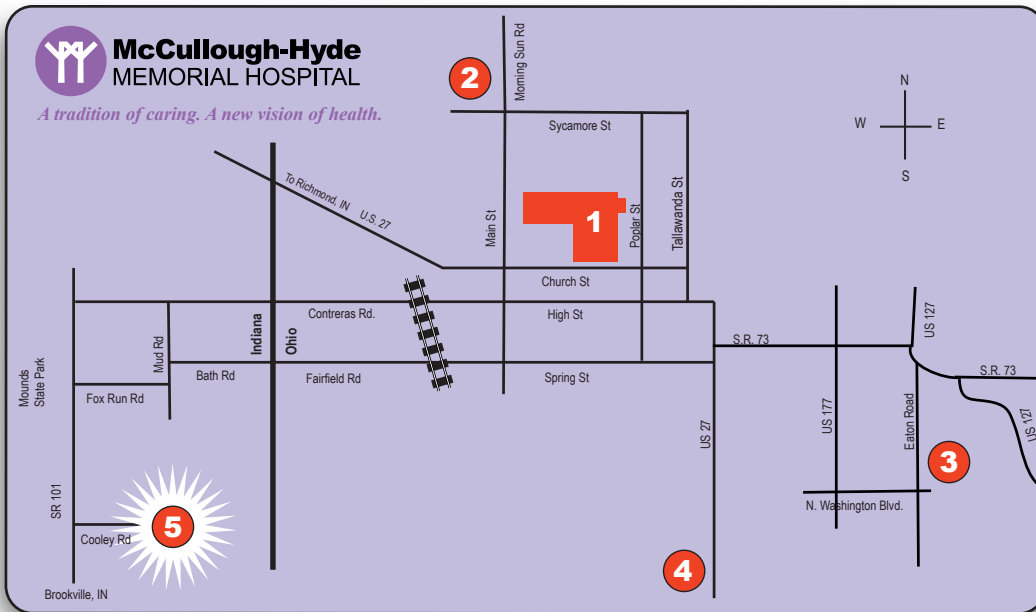
Monday-Thursday
2 pm – 8 pm

Friday, Saturday, Sunday
10 am – 8 pm

Urgent Care Normal Hours:

Monday-Thursday
2 pm – 8 pm

Friday, Saturday, Sunday
10 am – 6 pm



McCullough-Hyde Memorial Hospital, Oxford



McCullough-Hyde Medical Building, Oxford



McCullough-Hyde Physical Therapy & Rehabilitation, Hamilton



McCullough-Hyde Outpatient Services, Ross



McCullough-Hyde Medical Building • Brookville, IN



Community Calendar

July – December 2011

LUNCH & LEARN

Lunch & Learn programs are held from noon to 1 pm with a light lunch provided at no cost. For more information and to register for the program, please call (513) 524-5420.

Dates scheduled for Main Campus – Oxford:

August 25,
September 29, John Held, MD
Heart related issues
October 27, Lisa Swanson, LRD

Eating for diabetes
December 22,

Dates scheduled for Ross Campus:

September 1, November 3,
Lisa Swanson, LRD
Eating for diabetes

CHILDBIRTH AND EDUCATIONAL CLASSES

A comprehensive childbirth education program consisting of four classes packed with valuable information for expectant mothers. All classes require registration and fees where applicable. For information or to register, call (513) 524-5689.

The Birthing Experience

4 Week Series of Classes held on:

July 18, 25, Aug 1, 8
Oct. 3, 10, 17, 24
Nov. 28, Dec. 5, 12, 19

2 Week Series of Classes held on Saturday's 9am-1pm: (2 classes each session)

Sept. 10 & 17, Nov. 12 & 19

Infant and Child CPR

This class is designed for parents and other caregivers of young children. This class will teach how to prevent common accidents and how to perform CPR. Classes are held from 6:30pm-9:30pm.

August 15 – Ross Medical Center
November 8 – McCullough-Hyde

Sibling Classes

The class promotes healthy relationships between older children and their new sibling(s). Classes are offered the following Saturdays from 10-11am.

October 1

SPECIAL EVENTS

Registration can be scheduled any time up to the day of the program.

Vascular Screening Ultrasounds

Provides screenings of the abdominal, carotid and leg arteries. Ultrasound is read by a board certified vascular surgeon and the report is sent to your physician. Patient receives a report in "layman's terminology." Offered Mon-Fri. Call (513) 524-5555 for an appointment. Cost for the series is \$99.

Community Blood Drive

McCullough-Hyde understands the life saving qualities of blood and blood shortages. A quarterly blood drive is open to the public and conveniently located at McCullough-Hyde Hospital. Call (513) 524-5371 for an appointment.

Women's Half Day of Health

Women's Half Day of Health is for women over the age of 40. The program allows women to schedule annual health exams to be done on the same day at one location. Health exams include gynecological exam, PAP smear, mammogram, bone density screening, pertinent lab tests, a massage and a healthy breakfast. Appointments can be scheduled on the 1st Tuesday at our Brookville facility, on the 2nd & 4th Tuesday in Oxford and on the 3rd Tuesday at the Ross Medical Center. Call (513) 524-5555 to register.

Diabetes Education

Classes held monthly on the 2nd and 4th Wednesdays. Physician order is required. Call for an appointment at (513) 524-5555.

Prostate Screening

PSA Test (fee required). Free exam by Dr. Kevin Campbell, Urologist. Appointments required. Call (513) 524-5555. September – date to be announced

SUPPORT GROUPS

Perinatal Bereavement Support

1st Tuesday of each month from 7-9pm.

CLASSES & WORKSHOPS

American Heart's Association's Heartsaver's (layperson) CPR classes:

Held monthly on the 3rd Tuesday of each month from 7am to 4pm. Reservations required. Call (513) 524-5649. Cost for the class is \$45.

Safe Sitters Classes

A program to train adolescents ages 11-13 on how to be a safe babysitter. July 7-8, Ross Medical Center, Ross

July 22-23, Fire Station, Brookville, IN
August 1-2, LCNB Building, Oxford
Register by calling 513-524-5420.

CHILD SAFETY SEAT INSTRUCTION AND INSPECTION

Infant and child safety car seat inspections and education are held at McCullough-Hyde Hospital every other Friday from 8:30-11:30am. Inspections are held quarterly on Saturdays. Call (513) 524-5420 for dates and appointment.

For information about upcoming educational and health screening programs, go to www.mhnh.org or call (513) 524-5420.

OTHER IMPORTANT DATES

McCullough-Hyde Memorial Hospital Auxiliary

Book Sale, August 30-31
Mum Sale, mid-late Sept.
Holiday Extravaganza, Nov. 4
Jewelry Sale, Nov. 21
Memory Tree Celebration, Dec. 4
Book Sale, December 6-7





McCullough-Hyde
MEMORIAL HOSPITAL

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Oxford, OH 45056

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WOMEN'S HALF DAY OF HEALTH

Women's Half Day of Health is for women over the age of 40 who have not been able to schedule time off for their annual check-ups. McCullough-Hyde Memorial Hospital, in collaboration with Oxford Obstetrics & Gynecology, provides this service to residents and surrounding communities of Oxford, Ross, Hamilton, Fairfield, OH and Brookville, IN.

The Women's Half Day of Health program began at the Oxford facility in 2004 and had been very successful. With the success of the program, the hospital expanded this service to the Ross, OH and Brookville, IN facilities. The Women's Half Day of Health program is a great way for all women to schedule time to have all of their health tests done in one day at the same location. The program includes a gynecological exam, PAP smear, screening mammogram, bone density screening and pertinent lab tests. In addition to the health tests, she is pampered with breakfast, a massage and a special Gift Bag.



Sarah Hawkins, M.D. is an associate with Oxford Obstetrics & Gynecology, Inc.



Please share the benefits of this program with members of your family and co-workers. For information on this program and other programs offered by McCullough-Hyde Memorial Hospital, call (513) 524-5420, or visit our website at www.mhmf.org.

Sarah Hawkins, M.D., explaining procedures to Women's Half-Day of Health patient