QUALITY TRAUMA CARE
EXPERT TEAMS PROVIDE LIFE-SAVING CARE
PAGE 4

ONE SURGERY THREE HERNIAS REPAIRED
PAGE 6

INSIDE LOOK AT THE GENESIS PERRY COUNTY MEDICAL CENTER
PAGE 8

PREVENTING DIABETES
PAGE 12
I am pleased to announce that we have created the Genesis Center of Surgical Excellence. The team of highly skilled general and trauma surgeons, with comprehensive expertise who provide through surgical care using the highest level of surgical technology.

During the summer we hired 10 new surgeons including two orthopedic, two neurosurgeons, two ear, nose and throat (ENTs), two vascular surgeons, an OB/GYN surgeon and an interventional cardiologist/cardiac structural specialist.

In this edition of LiveWell, you’ll read about personal examples of the types of excellent surgical care we provide including an emergency trauma surgery and a routine, scheduled surgery for a hernia. Heather Shepherd had emergency surgery as a result of a car crash and was thankful she could remain close to her family and friends. Businesswoman Tina Cummings was back to work quickly due to robotic surgery performed by Adam Rothfeld, M.D., director, Genesis Center of Surgical Excellence. Without the robotic surgery, Tina would have needed two surgeries and therefore two recoveries. Thanks to this leading-edge technology and talented surgeons, Tina was back to work quickly.

We are fortunate to have highly skilled surgeons right here at Genesis to help patients get back to enjoying life. Our recruitment team has been working diligently to bring in the best of the best. On the next page you’ll meet some of our new surgeons.

Inside you’ll also find a close-up view of the new Genesis Perry County Medical Center (GPCMC) in Somerset. The GPCMC opened in mid-August and saved lives during the first week, because of timely emergency care close by.

Also in this edition, you can read about Donna Taylor, a Genesis employee, who learned how to lower her A1C blood glucose levels with the help of diabetes programs and the team of certified diabetes educators at Genesis.

On our Happenings page, you’ll find news about our Nurse Residency Program and recognitions for cancer recertification, heart failure and stroke awards. Look inside to see what else is happening at Genesis.

At Genesis, we’re committed to providing the highest quality of care for you and your family. From learning to eat healthier, managing your blood glucose levels or having emergency surgery by our expert teams, we’re committed to providing the best possible care for you.
To hear more of Heather’s story click the video above.

To the expert care she received for her life-threatening injuries by specially trained physicians and teams at Genesis.
Tina Cummings owns a bustling salon and spa in Zanesville and didn’t have time for a lengthy surgery and recovery. Who does, really? But the pain in Tina’s abdomen couldn’t be ignored any longer. She had already parted her beloved mountain bike she enjoyed as a hobby, stopped doing yoga, and had even limited her everyday physical movements.

“I’m busy, so just kept putting it off. I didn’t even realize how much I had cut my physical activity. After about a year of that, I got a bad cold, was coughing a lot, and then I could really feel the bulging. I had to deal with it,” Tina said.

After about a year, Tina was diagnosed with a hernia during a physical exam and I had three hernias. She also told me about a surgical option that would allow me to return to work much faster than I anticipated.

The Future of Hernia Repair, Available Now

Tina suffered from bilateral inguinal hernias (meaning on each side of her groin) and an umbilical hernia. Those types of hernias are most likely present at birth and can slowly grow with strenuous activity and pressure to the abdomen.

Hernias involve an organ or tissue bulging through muscle or tissue that holds it in place. To repair the weakness in the abdominal wall, surgeons can either perform traditional (open) surgery, a minimally invasive laparoscopic surgery, or an innovative robotic-assisted surgery.

A Speedy Recovery

I knew Tina would be an excellent candidate for our robot-assisted surgery because she’s young, healthy, hasn’t had other hernia surgeries. And I also knew how important it was to Tina to have a speedy and complete recovery, so she could return to the lifestyle she enjoys,” Dr. Rothermel said.

With the surgical robotic system, Genesis surgeons can offer triple hernia repair during just one procedure, with small, half-inch incisions – providing patients like Tina a speedy return to full activity. Not only did it seem like the most logical choice to Tina, the quick recovery made a tremendous difference in that chapter of her life.

“I knew Tina would be an excellent candidate for our robot-assisted surgery because she’s young, healthy, hasn’t had other hernia surgeries. I also knew how important it was to Tina to have a speedy and complete recovery, so she could return to the lifestyle she enjoys,” Dr. Rothermel said.

Tina underwent her robot-assisted triple hernia repair procedure in spring 2018, and within 10 days she returned to her beloved work on “light duty.” Within four weeks of the surgery, she had fully recovered and was back at the salon and spa at full speed.

“My confidence in Genesis quadrupled during this experience,” Tina said. “The nurses and techs gave me personalized care and attention. They were amazing. Dr. Rothermel continuously came to check on me, and he’s genuinely concerned about his patients. Thanks to their care, I’m back to 100 percent now.”

An Ideal Candidate

Robot-assisted surgeries have recently become available in general surgeries like hernia repair, colon resections and gallbladder removal.

“Five years ago, robotic surgery still contained the question of, ‘Is there really a benefit for general surgery?’ Now the answer is a clear and resounding – yes. The benefits stand out significantly, and I see this as the future of general surgery,” Dr. Rothermel said.

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Tina suspected that a hernia was causing her bulging abdomen. She was right. Once confirmed by her family physician, she began asking clients and friends if they had any recommendations for a hernia repair surgeon. Repeatedly, she heard about Adam Rothermel, M.D., general surgeon and director, Genesis Center of Surgical Excellence.

“They said they’d totally trust him, so that’s who I went to see,” Tina said. “At first, I learned I had one hernia, then Dr. Rothermel did a physical exam and I had three hernias. He also told me about a surgical option that would allow me to return to work much faster than I anticipated.”

The Benefits of Robotic Surgery

One of the most significant benefits of robotic surgery is that it offers a more precise and controlled operating environment. The robotic system allows surgeons to perform surgery in a smaller incision than traditional surgery, resulting in less pain and a quicker recovery.

Another benefit of robotic surgery is that it allows for improved visualization of the surgical field. The robotic system provides a 3D display of the surgical area, which can help surgeons identify and avoid critical structures.

How Does the Robotic System Work?

The robotic system consists of a surgeon console and a patient cart. The surgeon sits at the console and uses controls to manipulate the robotic arms that are attached to the patient cart.

The robotic arms move over the patient, and the instruments can articulate with movements as agile as the human wrist and with exact precision. The da Vinci Surgical System® provides physicians enhanced detail and precision while allowing operation through small incisions. Procedures performed with robotics assistance include hysterectomy, gallbladder removal, several types of hernia repair and bowel resections. You can find more information about robot-assisted surgery at genesishcs.org.

HOW ROBOT-ASSISTED SURGERY WORKS

Genesis HealthCare System offers technologically advanced surgical options. Our highly-skilled surgeons have been performing robotic-assisted surgeries for years. A robotic platform allows our specially trained surgeons to perform minimally invasive surgeries.

The da Vinci Surgical System® provides physicians enhanced detail and precision while allowing operation through small incisions. The robotic system can move with the surgeon’s direct input and own movement. Procedures performed with robotics assistance include hysterectomy, gallbladder removal, several types of hernia repair and bowel resections. You can find more information about robot-assisted surgery at genesishcs.org.

An Ideal Candidate

Tina Cummings was glad she was back to work at her salon within a month after undergoing triple hernia surgery in spring 2018. Tina was able to have robotic-assisted surgery and return to work soon.
The Genesis Perry County Medical Center (GPCMC) opened in mid-August. We’re giving you a special inside view of the medical center. The new GPCMC is the only emergency department in Perry County and is strategically located in Somerset, which is within 12 minutes of 75 percent of the county’s population.

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INSIDE LOOK AT THE EMERGENCY DEPARTMENT AT GENESIS PERRY COUNTY MEDICAL CENTER

The new GPCMC is the only emergency department in Perry County and is strategically located in Somerset, which is within 12 minutes of 75 percent of the county’s population.

Cutting the ribbon at the grand opening of the Genesis Perry County Medical Center and Emergency Department left to right are Steve Stivers, U.S. Congressman; Dr. John Zimmerman, medical director, Genesis Emergency Services; Matthew Perry, CEO, Genesis HealthCare System; Randy Cochran, Chair, Genesis HealthCare System Board of Directors; and Tom Johnson, Mayor, Somerset.

CHECK IN

The Genesis Perry County Medical Center (GPCMC) is always open – 24 hours a day, seven days a week to treat serious injuries and illnesses.

AMBULANCE ENTRANCE

Minutes matter in an emergency. Receiving treatment within 60 minutes of the onset of symptoms improves the likelihood of survival.

EXAM ROOM

There are eight emergency and treatment rooms built and equipped the same as Genesis Hospital. The Emergency Department is a full-service facility with board-certified emergency physicians and specially trained RNs.

MAJOR MEDICAL

The GPCMC can treat any emergency patient including those with a heart attack, stroke, serious injury or illness. The Center enables patients to be treated in the only Emergency Department in the county, avoiding critical delays.

Visit genesishcs.org to view a virtual tour of the Genesis Perry County Medical Center.
WE’RE HERE FOR YOU
Find Out Where to Get Care

We’re committed to providing the best care possible for you and your family. In this edition, we’ve created a new section to help you learn more about the services we offer. You can stay close to home for the high-quality care you’ve come to expect from Genesis HealthCare System.

Help with Mental Health

Genesis Behavioral Health provides mental and physical wellness services. Our Inpatient Behavioral Health focuses on those experiencing a mental health crisis to help them recover and return to a normal everyday life. The team approach for treatment includes care from psychiatrists, nurses, therapists and social workers. The therapeutic services staff provides a variety of therapy in group and individual settings to develop coping skills, problem-solving skills and improve expressing and managing feelings.

Our inpatient unit at Genesis Behavioral Health, behind Genesis Hospital includes: 20 beds in Adult Inpatient Unit (of Behavioral Health); and 10 beds in the Child/Adolescent Unit. If community members don’t need a hospital stay, our Outpatient Behavioral Health provides intensive outpatient group therapies and medication management. The therapies provide short term, supportive therapy to help cope, manage stress, increase self-esteem and improve communication and relationships.

Genesis Behavioral Health offers care both in and out of the hospital. The Genesis Behavioral staff are pictured at the facility, located behind Genesis Hospital.

We have chemical dependency counselors in the Drug and Alcohol Recovery Program who are also licensed professional counselors, licensed social workers and RNs. They provide intensive group, individual and family therapy to educate and support a substance-free lifestyle. You can learn more about the care available at Genesis Behavioral Health at genesishcs.org.

Sleep Disorders Center

Genesis has a Sleep Disorders Center to evaluate your sleeping problems. In-lab sleep testing is available seven nights a week in private relaxing sleep rooms with a queen-sized bed.

During sleep studies the patient’s sleep and breathing patterns are recorded throughout the night; a skilled sleep technician scores sleep stages, arousals from sleep, breathing events and leg movements; and the Center’s physician, board-certified in sleep medicine, reviews the study.

Sleep apnea is a potentially serious sleep disorder in which breathing stops and starts. Patients with sleep apnea use Continuous Positive Airway Pressure (CPAP) or Bilevel Positive Airway Pressure (BPAP) to aid sleep.

Sleep studies are also available for periodic limb movement, REM sleep behavior and circadian rhythm sleep-wake disorders. Patients might also require a “nap study” that happens after the overnight test and lasts all day. In the study there are a series of four or five 20-minute naps, with breakfast and lunch provided.

The Genesis Sleep Disorders Center is located at 840 Bethesda Drive, Building 3A. You can learn more about the Center at genesishcs.org or by calling (740) 453-0661.

Special Program for Victims

Genesis has 13 Sexual Assault Nurse Examiners (SANE). The registered nurses are specially trained in a medical forensic approach to care for patients who have experienced sexual assault or abuse. The Genesis SANE team often collaborates with other organizations in the community who provide unique services to sexual assault victims such as advocates, law enforcement, crime lab personnel, child protection and attorneys.

A SANE exam must be done within 96 hours of assault. At Genesis, patients must be 14 years old or older to have a SANE exam. Patients that are 13 years old and younger are referred to Nationwide Children’s Hospital. Members of the SANE team must be a registered nurse, preferably with two years or more experience in areas of practice that require advanced physical assessment skills, such as emergency, critical care and maternal child health.

Registered Dietitians Help Patients In and Out of the Hospital

The Genesis dietitians are important to the health of the community – for both inpatient and outpatient. They use advanced physical assessment skills, such as emergency, critical care and maternal child health.

Registered Dietitians Help Patients In and Out of the Hospital

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Genesis Center of Surgical Excellence

Genesis is adding the Genesis Center of Surgical Excellence to its line of highly specialized care. With the unique approach to surgical services and quality patient care, our general and trauma surgeons collaborate to care for the patient aligned with his/her expertise.

Surgical specialties include minimally invasive and robotic surgery, general surgery, gastrointestinal surgery; comprehensive breast care; and trauma and acute care surgery.

The Center of Surgical Excellence is located at 3916 Van Gorder Drive, Zanesville. Call (740) 453-0661 for questions about being referred to the Center.

Genesis has a team of registered nurses, Sexual Assault Nurse Examiners (SANE), specially trained to care for patients who have experienced sexual assault or abuse.

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To hear more of Donna’s story click the video above.

“Donna Taylor knew she had poor eating habits and that she could be at risk for developing diabetes. The Zanesville woman has a family history of diabetes. Her father was diabetic and required insulin injections and her paternal grandmother was diabetic and lost her sight.

Even so, Donna admitted that she was in denial. “I fooled myself into believing that I didn’t really eat that much. I drank water instead of pop, and I thought gaining weight was just a part of getting older,” she said.

The Wake-up Call
The wake-up call came when A1C tests, taken during checkups to her family doctor, steadily started increasing. A1C tests measure blood glucose levels over three months and 5.7 percent or less is normal. Donna’s levels reached 6.4 percent in about nine months. “The doctor told me I was prediabetic. All I heard was ‘diabetic’—I didn’t hear the ‘pre.’ I was at the danger level and it scared me.”

Donna knew she had to change her habits. She immediately enrolled in diabetes self-management education classes at Genesis. In the six-week class, Donna learned ways to improve her health including reducing food portions, limiting salt and cutting sugar consumption.

Learn to Eat Better
“Before taking the diabetes education class I didn’t realize the consequences of overindulgence in sugar and what it was doing to my body,” Donna said. High blood sugars can increase the risk of hardening of the arteries (atherosclerosis) and heart problems, eye problems that can lead to blindness, circulation and nerve problems, and kidney disease and kidney failure.

Donna learned the impact her habits were having on her health. “I was in a bad place in life. I ate to feel better. I would eat sweets, chocolate, cookies, potato chips… in front of the TV… by myself. I knew I was eating poorly, but I thought I deserved to feel better—in the moment.” The momentary lapses took a toll on Donna’s body, and she decided to make changes after seeing her A1C levels. “I’m a numbers person,” said Donna, who is an administrative assistant, in the accounting department at Genesis HealthCare System, “and the numbers didn’t lie.”

Donna’s advice is to recognize poor eating habits and learn ways to improve. “What would have happened if Donna hadn’t taken the diabetes education classes and changed her ways? I might have still been using sugar as the drug of choice,” she said.

“The diabetes educators at Genesis listen to you, answer questions and present the health information in an easily understandable way.” – Donna Taylor

Learn About Diabetes
November is American Diabetes Month, and Genesis is offering several programs or events to help you learn more about diabetes. Go to genesischs.org to find out more information about free programs or events.

Ongoing Education
Genesis is one of the few health care systems in the area providing the Diabetes Self-Management Education Program. The program is recognized by the American Diabetes Association (ADA) as providing quality self-management education and is offered mornings, afternoons or evenings. You can go to genesischs.org to learn more or call (740) 454-4568 to schedule the self-management education program like Donna did on the previous page.

Diabetes Exercise
There’s a special exercise program at the Genesis Physician Pavilion for anyone who has Type 1 or 2 diabetes or is prediabetic. Your friends and family may join the program at the same price if coming as a support person or an exercise buddy. Call (740) 454-4536 or 866-351-6688 to register. The cost is $60 for a 16-class session, and financial aid is available.

Diabetes Neighborhood Watch
You can learn more about the basics of diabetes self-care, feel the support of others, or share your knowledge with your community in the Diabetes Neighborhood Watch. This free, interactive, hands-on program will have rotating topics and is locally based. Meetings are in Crooksville, New Concord, Zanesville and McConnelsville. For more information, call (740) 454-4568.

Are You at Risk for Prediabetes?
What is prediabetes? It’s a warning sign that you’re at risk for getting type 2 diabetes. It means that your blood sugar is higher than it should be, but not high enough to be diabetes. A1C tests between 5.7 to 6.4 percent are considered prediabetic.

Most people with prediabetes don’t have any symptoms. But if you have prediabetes, you need to watch for signs of diabetes, such as:

• Feeling very thirsty
• Urinating more often than usual
• Feeling very hungry
• Having blurred vision
• Losing weight without trying
objectives of the QOPI® Certification Program. Successfully meeting the standards and which include participating in a voluntary recertification, Genesis Cancer Care Center certification in 2012. In applying for Our cancer practice first achieved QOPI most internationally acknowledged authority on clinical care. This certification is important to our community and to Genesis because ASCO is the recognized standards for quality cancer care. This certification is designed to support our nurses as they transition into professional nursing practice. Instructor-led classes address topics and issues that have been identified as important to success for new graduates. This program is ongoing, and a new group of residents starts every month. For more information on the Nurse Residency Program, go to genesishcs.org.

Nurse Residency Program Celebration
Genevieve has a Nurse Residency Program for new graduates. Recent graduates of an accredited RN program, who have obtained their license and have less than a year in an acute care hospital setting, are eligible for the program. The 12-month program is especially designed to support our nurses as they transition into professional nursing practice. Instructor-led classes address topics and issues that have been identified as important to success for new graduates. This program is ongoing, and a new group of residents starts every month. For more information on the Nurse Residency Program, go to genesishcs.org.

Cancer Care Center Receives Recertification
The Genesis Cancer Care Center received recertification by the QOPI® Certification Program (QCP®), an affiliate of the American Society of Clinical Oncology (ASCO®). QCP builds on ASCO’s Quality Oncology Practice Initiative (QOPI®), providing a three-year certification for outpatient hematology-oncology practices that meet nationally recognized nursing practice. Instructor-led classes address topics and issues that have been identified as important to success for new graduates. This program is ongoing, and a new group of residents starts every month. For more information on the Nurse Residency Program, go to genesishcs.org.

Nationally Recognized Heart Failure Care
Genesis HealthCare System received the Get With The Guidelines®-Heart Failure Silver Plus Quality Achievement Award for our commitment to ensuring heart failure patients receive the most appropriate treatment according to nationally recognized, research-based guidelines founded in the latest scientific evidence. This award means we reached an aggressive goal of treating patients with 85 percent or higher compliance to core standard levels of care as outlined by the American Heart Association for one year. We also achieved 75 percent compliance in four out of 10 heart failure quality measures during the 12-month period. Quality achievement measures include evaluating the proper use of medications and aggressive risk reduction therapies. Before being discharged, patients receive education on managing their heart failure and overall health, get a follow-up visit scheduled, as well as other care transition interventions.

Stroke Gold Plus Award
Genesis received the American Heart Association/American Stroke Association’s (AHA/ASA) Get With The Guidelines®-Stroke Gold Plus Quality Achievement award and the Target: Stroke™ Elite award. These awards recognize our commitment to providing the most appropriate stroke treatment according to nationally recognized research guidelines based on the latest scientific evidence. This is the fourth consecutive year for the Stroke Gold Plus Quality Achievement award and the first time Genesis has received the award together with the Target: Stroke Elite award.

Genesis reached 85 percent or higher adherence to all Get With The Guidelines-Stroke achievement indicators for two or more consecutive 12-month periods and 75 percent or higher compliance with five of eight Get With The Guidelines-Stroke Quality measures to receive the Gold Plus Quality Achievement Award. To qualify for the Target: Stroke Elite award, we had to meet quality measures developed to reduce the time between the patient’s arrival at the hospital and treatment with the only drug approved by the U.S. Food and Drug Administration to treat a stroke due to restricted blood flow.

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Genesishcs.org. For more information on the Nurse Residency Program, go to genesishcs.org.

HAPPENINGS

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Keep Your Eyes on the Road Not on Your Phone
Genesis HealthCare System welcomed the AT&T It Can Wait virtual reality of texting while driving.

Folks Family representatives present a check for $25,000 to Genesis Hospice Care staff.

Genesishcs.org. For more information on the Nurse Residency Program, go to genesishcs.org.

Dessert With the Docs Is a Sweet Success
Genesis held its first Dessert With the Docs in September. More than 100 attendees had the opportunity to meet the newest members of the Genesis Medical Group and learn more about the medical care they provide to the community.

During the free event, participants enjoyed delectable desserts and also had the opportunity to win door prizes from the Spirit business partners. You can learn more about upcoming Spirit events at genesishcs.org.

Shane Love, Genesis Public Safety, participates in the AT&T It Can Wait virtual reality of texting while driving.

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LiveWell
is a quarterly publication of Genesis HealthCare System for members of our community.

If you would like to be added to or removed from the LiveWell mailing list, contact:
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Marketing & Public Relations
2503 Maple Ave., Suite A
Zanesville, OH 43701
(740) 454-5913

Email slacy@genesishcs.org
You can also find LiveWell on the Genesis website at genesishcs.org.

Stay up to date on what’s happening at Genesis between editions of LiveWell. Sign up for our quarterly email highlighting events, physicians, new programs or technology at genesishcs.org/email.

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President & CEO
Kelley Daspit, APR
Director, Marketing & Public Relations
Editor/Writer
Susan Davis
Writers
Suzanne Kridelbaugh
Jessica Poe
Scott Rawdon
Design/Photography
Dustin Lyons
Kasey MacLaine
Todd Yarrington – Yarrington Studios

Tree of Love
Lighting Ceremony

Come join us for the Tree of Love lighting ceremony. It’s free and open to everyone. There’ll be holiday music, entertainment and refreshments. Kick off your holiday season with this festive event.

The Tree of Love is an annual fundraiser by Genesis Volunteers. Find out how to make a donation for a tree, bulb or poinsettia by going to genesishcs.org > search Tree of Love.

Friday, Nov. 16
5:30 p.m. Music
6 p.m. Tree Lighting Ceremony
Genesis Hospital Main Entrance