

LiveWell

2018
AUTUMN ISSUE

A GENESIS HEALTHCARE SYSTEM PUBLICATION

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Genesis
HEALTHCARE SYSTEM

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No one likes to have surgery. Tina Cummings was glad she had one surgery – instead of two or three. Read how she avoided multiple surgeries due to new technology at Genesis.

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The Genesis Perry County Medical Center (GPCMC) opened in mid-August. Look inside for an up-close view of the emergency department in Somerset that is providing life-saving care for the residents of Perry County.

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Happenings

Read about our recent awards for Cancer and Heart care, see our latest graduates of the Nurse Residency Program, plus find other new developments at Genesis.

genesishcs.org



ACHIEVING SURGICAL EXCELLENCE RIGHT HERE IN OUR COMMUNITY

New Genesis Center of Surgical Excellence

I am pleased to announce that we have created the Genesis Center of Surgical Excellence. The Genesis Center of Surgical Excellence has a team of highly skilled general and trauma surgeons with complementary expertise who provide thorough 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/structural heart 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 Rothermel, 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 surgeon, 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 pages, 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 trauma surgery by our expert teams, we're committed to providing the best possible care for you.

Matthew J. Perry | Matthew J. Perry, President & CEO

WELCOME TO NEW PHYSICIANS



Mohamed Ahmed, M.D. Interventional Cardiology

Mohamed Ahmed, M.D., has joined the Genesis Heart, Lung & Vascular Group, specializing in interventional cardiology.

Dr. Ahmed earned his bachelor of medicine & surgery at the University of Khartoum, in Khartoum, Sudan. He completed a residency in internal medicine at Henry Ford Hospital, Henry Ford Health System, in Detroit, Michigan. Dr. Ahmed completed his interventional cardiology fellowship at Harvard Medical School in Boston, Massachusetts.

He then went on to complete a structural heart fellowship at the University of Massachusetts in Worcester. Dr. Ahmed is located at the Genesis Heart & Vascular Center, 955 Bethesda Drive, first floor, Zanesville. His phone number is (740) 454-0804. He is accepting new patients by physician referral.



Corey A. Jackson, D.O. Orthopedic Surgery

Corey A. Jackson, D.O., has joined the Genesis Orthopedic Group, specializing in general orthopedics and adult reconstruction. Dr. Jackson earned his

doctor of osteopathic medicine degree at the Ohio University College of Osteopathic Medicine in Athens, Ohio. He completed an orthopedic surgery residency at Affinity Medical Center in Massillon, Ohio. He then began his career as an orthopedic surgeon as the founding member of Southeastern Ohio Orthopedics. Dr. Jackson is located in the Genesis Neuroscience & Orthopedic Center, 955 Bethesda Drive, Zanesville. His phone number is (740) 586-6828. He is accepting new patients by physician referral.



Michael Kunstmann, D.O. Vascular Surgery

Michael Kunstmann, D.O., is a vascular surgeon who has joined the Genesis

Heart, Lung & Vascular Group. He earned his doctor of osteopathic medicine at Ohio University College of Osteopathic Medicine in Athens. He completed his general surgery residency and vascular surgery fellowship at Doctor's Hospital in Columbus, Ohio. Dr. Kunstmann has been in practice since 2001 and brings an array of vascular knowledge and surgical expertise to Genesis.

Dr. Kunstmann is board-certified in vascular surgery and is a member of the American College of Osteopathic Surgeons, American Osteopathic Association, Ohio State Medical Association and the Society for Vascular Surgery. Dr. Kunstmann's office is in the Genesis Heart & Vascular Center, 955 Bethesda Drive, first floor, Zanesville, and his phone number is (740) 454-0804. He is accepting new patients by physician referral.



Jeremy Rich, M.D. Otolaryngology

Jeremy Rich, M.D., has joined the Genesis Medical Group, specializing in otolaryngology (ear, nose and throat, [ENT]). Dr. Rich received his doctor of

medicine degree at The Ohio State University College of Medicine and Public Health in Columbus, Ohio. He completed his residency in otolaryngology-head and neck surgery at the National Capital Consortium in Bethesda, Maryland. He is board-certified by the American Board of Otolaryngology. Dr. Rich is located at the Genesis ENT Group office at 2945 Maple Ave., Zanesville. Call (740) 454-0158 to make an appointment.



Abimbola Shofu, M.D. General Cardiology

Abimbola Shofu, M.D., has joined the Genesis Heart, Lung & Vascular Group, specializing in general cardiology. Dr. Shofu completed her internal medicine

residency at Meharry Medical College in Nashville, Tennessee, and her cardiovascular disease fellowship at the University of South Alabama in Mobile. She achieved numerous honors throughout her training including chief cardiology fellow, heart team committee representative, core curriculum committee representative and chief internal medicine resident.

Dr. Shofu is located at the Genesis Heart & Vascular Center, 955 Bethesda Drive, first floor, Zanesville. Her phone number is (740) 454-0804. She is accepting new patients by physician referral.



Thai Trinh, M.D. Orthopedic Surgery-Sports Medicine & Shoulder Surgery

Thai Trinh, M.D., has joined the Genesis Medical Group, specializing in orthopedic sports medicine and shoulder surgery. Dr. Trinh's professional interests include open and arthroscopic surgery of the shoulder, elbow, hip and knee and clinical and research interests in ACL ligament injury and reconstruction, rotator cuff repair, shoulder replacement and hip impingements.

Dr. Trinh received his doctor of medicine from The Ohio State University, his orthopedic residency at Mount Carmel Health System in Columbus and completed a sports medicine and shoulder surgery fellowship at the University of Michigan.

Dr. Trinh is a member of the American Orthopedic Society for Sports Medicine and the American Academy of Orthopedic Surgeons. He is located at the Genesis Orthopedic Sports Medicine office at 950 Bethesda Drive, Building 5, Zanesville. His phone number is (740) 586-6828.



MEET OUR NEW NEUROSURGEON

Nathan Amor, D.O., FACOS Neurosurgery

Dr. Amor joined the Genesis Neurosurgery Group in July, specializing in neurosurgery. He finds his nontraditional roots, before becoming a doctor, help him have more empathy for his patients. He didn't make the leap directly from high school to medical school like many other doctors. "I come from a blue-collar family," he said. After high school he worked several jobs. One day an opportunity arose to participate in spinal cord surgery research on rats, and Dr. Amor was hooked.

"What we do is hard but also extremely rewarding. We can make some drastic improvements in our patients' lives," Dr. Amor said. "I have patients look at me with tears in their eyes because they feel so much better."

Dr. Amor completed his residency in neurological surgery at OhioHealth Grant Medical Center in Columbus. He has worked in the Columbus market at a large tertiary care center since completing his training in 2015. In addition to his neurosurgery practice, Dr. Amor is a clinical assistant professor for the Ohio University Heritage College of Osteopathic Medicine.

Dr. Amor and the neurological staff's scope of practice includes the evaluation and treatment of acquired brain injury, Alzheimer's disease, back and neck pain, brain and spinal cord tumors, carpal tunnel syndrome, degenerative disc disease, epilepsy, Guillain-Barre syndrome, meningitis, nerve compression syndrome, Parkinson's disease, seizures, sleep disorders, spinal cord injury and stroke.

He is excited about immunotherapy and the treatment's promises. "That's the future for cancer treatment," he said. He also appreciates Genesis' use of neuro navigation to minimize brain tumor trauma. It uses image-guided neurosurgery aids in the accurate resection of brain tumors to avoid removing cells. "Each cell could be a memory," Dr. Amor said.

Dr. Amor lives with his wife and baby in Pickerington. They also have older children from a previous marriage. While Dr. Amor loves to read in his spare time, he has a passion for board games and owns nearly 700. "I have some pretty obscure ones such as Twilight Imperium," he said.

Dr. Amor is located at the Genesis Neuroscience & Orthopedic Center, 955 Bethesda Drive, Zanesville, and his phone number is (740) 586-6828.

QUALITY TRAUMA CARE WHEN A CRISIS HITS

Expert Teams Provide Life-saving Care

Heather Shepherd drove home from a bustling day at work, motivated by back-to-school energy and anticipating a relaxing night with her husband, Jim. What began as a routine ride home turned catastrophic when an oncoming car came into Heather's lane as it attempted to avoid hitting the car in front of it. The force of that initial collision caused Heather's sedan to spin 180 degrees, pushing her into another lane, where a vehicle abruptly broadsided her.

"I have hardly any memory of it. I remember seeing headlights, but that's it. The next thing I knew, I was getting loaded into an ambulance," Heather said. Heather doesn't remember the crash's impact but does recall the pain. "I was having an extremely hard time breathing," Heather recalled. "When first responders asked if anything else hurt, I said to check my foot. It was cockeyed and really weird."



To hear more of Heather's story click the video above.



Heather Shepherd is able to enjoy backpacking at a local park again thanks to the expert care she received for her life-threatening injuries by specially trained physicians and teams at Genesis.

Designed for Trauma and the Golden Hour

Research proves that patients who receive care at accredited trauma centers within the first hour – called the golden hour – have increased chances of survival. That's why the state of Ohio mandates that severely injured patients receive care at a nationally accredited trauma center. It's also why Genesis Hospital's trauma center earned Level III verification by the American College of Surgeons.

"Our trauma center at Genesis contains the specialists, nurses, facilities and resources necessary to immediately care for traumatic injuries. If you're bleeding to death, you can't wait an hour, so we have a designated program to evaluate and expedite care immediately," said Stuart Chow, D.O., medical director, Genesis Emergency & Trauma Services.

Collaboration Makes Emergency, Advanced Surgeries Succeed

Upon Heather's arrival at Genesis Hospital, the trauma team identified a life-threatening abdomen injury. Due to the accident's force, Heather's diaphragm was severely torn. Her stomach was pushing up through the tear and into her left chest. In addition, every rib on the left side of her chest was broken. She was in shock, in severe pain and having difficulty breathing.

"Heather received immediate surgery to repair the tear in her diaphragm. That night she also received surgery on her ankle to help it begin healing. She stayed in our Intensive Care Unit (ICU), with our teams watching her closely. With rib fractures, patients can slowly accumulate blood from the broken ribs, and that can become life-threatening," Dr. Chow said.

That's exactly what happened to Heather. Blood from within the marrow of the broken rib bones pooled around her left lung, collapsing it. James Adamo, M.D., pulmonary critical care, was called in to see Heather when her lung collapsed. "She had what we call a 'white out,' meaning no air was going to that lung at all."



James Adamo, M.D.
Pulmonary/Critical Care Specialist

Dr. Adamo recommended surgically placing a chest tube to reduce fluid around the lung, and he performed bronchoscopy to dislodge and clear mucus blocking Heather's bronchial tubes. Dr. Adamo, like other board-certified specialists at Genesis, collaborates closely with the trauma team to ensure patients receive personalized, expert care. "We strategically integrate our care, and patients benefit from us working together at an advanced level," Dr. Adamo said. After the fluid around Heather's lung drained, she started feeling a little better, but one major problem loomed: Every time Heather took a deep breath, her ribs moved, cracked and continued breaking. The pain was excruciating.

"We performed another surgery for Heather called rib fixation. We placed the ribs back in anatomical alignment and then screwed in plates to hold them in the correct position. We stabilized six ribs that way," Dr. Chow said. This highly advanced surgery, which remains uncommon for Level III trauma centers, restored Heather's normal breathing pattern and decreased her pain tremendously.

"The rib fixation surgery – like so much done for me at Genesis – was above and beyond," Heather said. "Dr. Chow said he thought it would really help, and it did. In fact, it was an absolute game changer for me."

"There's such peace of mind knowing that Genesis' high quality care is right here in town for our moments of crisis."

- Heather Shepherd

A Remarkable Recovery – Close to Home

Heather spent eight days at Genesis Hospital and endured five surgeries. She then stayed at a local rehabilitation facility before returning to her home in Nashport. "It meant so much to me to be close enough to my community so that my husband, friends and co-workers could routinely visit me. Having them there was a big part of my recovery," Heather said. "There's such peace of mind knowing that Genesis' high quality care is right here in town for our moments of crisis." It's been a year of steady recovery for Heather, and she's made remarkable progress. She resumed golfing and even ventured out for her first backpacking trip since the accident.

"We hear stories like Heather's, about people returning to normal lives, and it makes everything we do worth it," Dr. Chow said. "Because we're the only trauma center in this area, we can make a big difference in the community – and that means a lot to me."

THREE HERNIAS REPAIRED

One Robot-assisted Surgery

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 parked her beloved mountain bike she enjoyed as a hobby, stopped doing yoga, and had even limited her everyday physical movements.

"I'm busy, so I 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.



To hear more of Tina's story click the video above.

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.

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 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 told Tina that usually patients recover from robot-assisted surgery with full activity within two weeks of the procedure. On the other hand, traditional surgery, repairing all three hernias at one time, would be too much for a patient to handle in terms of pain and recovery. So for Tina, she would have had two or three traditional hernia repair surgeries, with four-week recovery times for each procedure," Dr. Rothermel said. The robotic surgery offers other benefits too, like reduced bleeding, less pain, decreased risks of infection and lower incidences of chronic pain.

During the procedure, the surgeon sits near the patient in a console that provides 3D visualization of the patient's organs and tissues. The surgeon performs the procedure by utilizing a device that maneuvers the robot's arm and its attached instruments. The arm moves over the patient, and the instruments can articulate with movements as agile as the human wrist and with exact precision.

"My confidence in Genesis quadrupled during this experience."

- Tina Cummings

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.

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."

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 robotics 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 robot can only 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 robotic-assisted surgery at genesishcs.org.



Adam Rothermel, M.D.
General Surgeon and Director
Genesis Center of Surgical Excellence

INSIDE LOOK AT THE 24/7 EMERGENCY DEPARTMENT AT GENESIS PERRY COUNTY MEDICAL CENTER

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.



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 Cochrane, 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.



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 Psychiatric Care; 6 beds in the Psychiatric Intensive Therapy 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.



Sleep Disorders Center staff are pictured in front of the Center.

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) 454-4725.

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 2916 Van Gader Drive, Zanesville. Call (740) 453-0661 for questions about being referred to the Center.



Adam Rothermel, M.D. (left) and Stuart Chow, D.O., are surgeons in the Genesis Center of Surgical Excellence.

Special Program for Victims

Genesis has 13 Sexual Assault Nurse Examiners (SANE). The registered nurses are specially trained in medical forensics 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.



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.

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. These specialized caregivers help patients in the hospital with diets and also provide Wellness education in the Garden Café at Genesis Hospital. If you need help improving your diet, we have outpatient registered dietitians in Genesis Diabetes & Nutrition Education.

Our dietitians provide outpatient nutrition counseling to patients of all ages, including children. They also provide individual counseling, teach group classes and help patients in the Genesis Heart & Vascular Rehabilitation and Pulmonary Rehabilitation programs. Genesis Diabetes & Nutrition Education is in the Medical Arts Building II, Suite 200, 751 Forest Ave., Zanesville, and the phone number is (740) 454-4568. You can also find more information about these services at genesishcs.org.



The registered dietitians at Genesis are specially trained to help our community members learn to eat better.

PREVENTING DIABETES

Genesis Diabetes Program Helps Local Woman

"The diabetes educators at Genesis listen to you, answer questions and present the health information in an easily understandable way."

- Donna Taylor

Donna Taylor looks forward to being outside again enjoying life after changing her eating habits and improving her health with the help of the Diabetes & Nutrition Education team at Genesis.



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." The diabetes education helped Donna avoid developing diabetes. "I'm eating healthier, and I am happy my A1C is getting lower. Be honest with yourself and take action to learn more about how to improve your health," she said.

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 genesishsc.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) 454-4336 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

HAPPENINGS



Registered Nurses and facilitators represent the Nurse Residency Program.

Nurse Residency Program Celebration

Genesis 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 standards for quality cancer care. This certification is important to our community and to Genesis because ASCO is the most internationally acknowledged authority on clinical care.

Our cancer practice first achieved QOPI certification in 2012. In applying for recertification, Genesis Cancer Care Center had to again meet QCP's requirements, which include participating in a voluntary comprehensive site assessment and successfully meeting the standards and objectives of the QOPI® Certification Program.



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: StrokeSM 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.

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.



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

Genesis Hospice Receives Donation from Follies Family

Genesis Hospice Care received a \$25,000 donation from the annual variety show put on by the Follies Family at Secrest Auditorium in Zanesville. The show raises money for community members unable to afford hospice care and to provide medications and supplies for those being cared for at home by Genesis Hospice. The Follies Family cast is made up of volunteers who have been inspired by Genesis Hospice. For more information, go to Folliesfamily.com.



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

Keep Your Eyes on the Road Not on Your Phone

Genesis HealthCare System welcomed the AT&T It Can Wait campaign, which reminds drivers that distracted driving is never OK. The virtual reality experience was in the lobby of the Genesis HealthPlex to allow employees and visitors to see what it's like to come face to face with the real dangers of distracted driving.

Nearly 9-in-10 people engage in smartphone activities while driving. But when you're behind the wheel, those activities can put you and everyone else on the road in danger. Genesis cares about our community – please remember It Can Wait, and don't text and drive.



Pictured, left to right, are Matt Perry, president & CEO, Genesis; Jack Butterfield, M.D., and Dan Scheerer, M.D., chief medical affairs officer, Genesis.

Jack Butterfield, M.D., Excellence in Healthcare Award

Jack Butterfield, M.D., was recognized as a top performer in outpatient services for Patient Experience by Professional Research Consultants, Inc. (PRC). Dr. Butterfield also scored in the 100th percentile for the Overall Doctor Rating on the Clinicians and Group Consumer Assessment of Healthcare Providers and Systems survey in 2018. This survey was administered to patients at his practice in Roseville. Dr. Butterfield is a recently retired PrimeCare of Southeastern Ohio family practice physician.



Participants meet new physicians at Genesis, while enjoying dessert, at the Spirit event in September. Pictured is Corey A. Jackson, D.O., a new orthopedic surgeon.

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.

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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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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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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

