INSIDE THIS ISSUE:

A MESSAGE FOR THE COMMUNITY
page 2

ADENA LEADS THE REGION WITH DA VINCI® ROBOTIC SURGERY
page 3

"FRIDAY NIGHT LIGHTS" SAFER FOR LOCAL ATHLETES THANKS TO ADENA TRAINERS
page 4

LOCAL HIGH SCHOOL ATHLETES RECOGNIZED
page 5

ADENA HOME HEALTH AND ADENA HOSPICE CELEBRATE ACCREDITATION
page 5

"GRANDMA" BRINGS HOME ANOTHER ROSE
page 6

EXPLORE A CAREER IN NURSING
page 6

SUPPORT GROUP GUIDING PATIENTS TO BETTER HEALTH
page 7

ADENA CANCER CENTER OPENS DOORS TO PATIENTS AND VISITORS
page 8

SHARING YOUR EXPERIENCE HELPS GUIDE ADENA’S FUTURE
page 8

ADENA JACKSON WELCOMES PATIENTS AND NEW PHYSICIANS
page 9

GREENFIELD’S LAB RECEIVES NATIONAL ACCREDITATION
page 9

NURSES MAKE PATIENT’S FINAL WISH COME TRUE
page 10

ADENA’S RESIDENCY CLINIC OFFERING HEALTHCARE SERVICES
page 10

FORMER INVESTIGATOR BRINGS UNIQUE BACKGROUND TO ADENA PAIN MANAGEMENT
page 11

PILOT PROGRAM TO HELP DRUG-ADDICTED MOMS-TO-BE
page 12
CARING FOR OUR COMMUNITY THROUGH TECHNOLOGY AND COMPASSION

Our ever-changing healthcare environment brings excitement through new technologies and advancements. It also gives us the opportunity to reflect on the personalized care Adena Health System provides to those who live in our communities. This issue of Adena Today offers a bit of each.

In this edition, you will learn about Adena’s exciting entry into robotic surgery. With the recent arrival of the da Vinci® Surgical System, Adena Health System is now the only healthcare provider in southern Ohio - south of I-70 and east of I-71 - offering patients robotic surgery options. Robotic surgery is giving our patients access to state-of-the-art, minimally invasive surgery performed close to home right here at Adena. As you will read, this surgery often results in faster recovery times, and gets patients back to their lives sooner than traditional surgical methods.

While technology and innovation are essential in delivering quality healthcare by today’s standards, the commitment to personalized care by Adena employees is critical in our core values and meeting the individual needs of our patients. From the sports medicine team, which is safeguarding the health and safety of area high school athletes, to the nurse who granted a dying patient’s simple wish to have her hair styled, I'm confident you will recognize the dedication of Adena’s healthcare professionals to each patient we serve.

Adena Health System’s commitment to our patients is paramount to our mission - to heal, to educate, to care. The health of our community has never been more at the center of what we do. As we enter the Holiday Season, I want to take this opportunity to wish you and your family all the best and good health in the coming year.

Sincerely,

Mark Shuter, President and CEO
Adena Health System

Is there a particular health topic you want to read about? Or would you like to share a story? If so, please send an email to smiller4@adena.org with your idea. Put "Story Idea" in the subject line.
Robotic surgery has been used for several years in many metropolitan hospitals. Now, Adena Health System is giving our patients the benefits afforded by robotics with the da Vinci® Surgical System™.

This new technology is offering patients access to surgery that is minimally invasive and gets them back on their feet sooner. “Robotic surgery is the next step in laparoscopy,” said Chief Medical Officer Dr. John Fortney. “Adena is currently using the da Vinci surgical robot for many abdominal surgeries, hysterectomies and prostatectomies.”

Robotics give surgeons more precise access to complicated areas of the body, and helps patients heal and get back to their lives more quickly.

**First in Our Region**

For years, people in southern and southeastern Ohio have had to travel to urban cities to have robotic surgery performed. Now, Adena has launched a robotic surgery program, making it the only hospital system in the region (south of I-70 and east of I-71) offering patients access to this state-of-the-art technology.

“By having a surgical robot on site, Adena’s patients won’t have to struggle with the cost and trouble of traveling away from home for some medical procedures,” added Dr. Fortney. “It is also convenient for families to attend the surgeries of their loved one and help care for them as they recover.”

Depending on the patient’s circumstances, the Health System is now utilizing robotics for: gallbladder surgeries, hernia repair, colon surgery, and small intestine resection; as well as gynecological procedures such as hysterectomies; and prostate removal for male patients.

**Benefit to the Patient**

Robotic technology enables the surgeon to make small incisions and maneuver tiny instruments in areas of the body that are traditionally difficult to access with the human hand. The result is a minimally invasive procedure that has multiple benefits for the patient. “With a small incision and the use of wristed instruments, we see less trauma to the body,” said Dr. Bill Sever, a general surgeon at Adena. “When using the da Vinci, the patient doesn’t have as much pain as with traditional surgery, muscles function sooner and recovery times are faster.”

Eighty-nine year old, Osie Deal of Mt. Tebo (Ross County) is one of more than a dozen patients to benefit from Adena’s robotic surgery program in its first weeks. Osie had a partial colectomy performed by Dr. Sever. “A traditional surgery would have required a six to eight-inch incision and weeks to recover,” he said. “Instead, she had three small incisions to accommodate the robotic instruments, and was ready to be discharged from the hospital within 48 hours.”

Within two weeks, Osie was back to her normal routine, caring for her home and playing music at her church. “I can’t believe it has healed as fast as it has,” said Osie. “I was surprised how quickly I have been able to get out and get around after such a procedure. I can do almost anything.”

Adena’s investment in the da Vinci® Surgical System is an investment in the future of medicine in our region and in the healthcare of every patient.

To learn more about Adena’s robotic surgery program, visit www.adena.org/robot. Or to make a donation to this and future technology endeavors at Adena Health System, go to www.adena.org/foundation.
For 11 years, Adena Sports Medicine has provided athletic training services to area high schools at no charge. These services include educating coaches and athletes on safe practices, evaluating and treating injuries, rehab services and more. The goal of the program is to help prevent injuries, keep athletes safe and ensure maximum care and recovery should an injury occur.

Since 2002, the program has grown with eight trainers now covering athletes at eight area high schools. Lead athletic trainer, Shane Wells, who has been with the program since its inception, is excited to see how the program has grown and its impact on the students and the community.

“Just five years ago I had hoped we’d eventually have 10 trainers,” Wells says. “I never thought we’d get so close, so soon.” Wells adds Adena Sports Medicine receives calls from schools as far away as Dayton, and has a waiting list of high schools hoping to work with Adena.

The current roster of staff and schools includes:
- Shane Wells, ATC, at Oak Hill High School;
- Amber West, ATC, PTA, at Adena High School;
- Shannan Hegarty, ATC, at Piketon High School;
- Candice Lefevre, ATC, at Unioto High School;
- Trina Owings, ATC, at Southeastern High School;
- Janey Richards, LAT, ATC, at Waverly High School;
- Lisa Chaffin, MS, ATC, CSCS, at Zane Trace High School;
- Andrea Anderson, ATC, at Chillicothe High School.

Trainers are with their school teams every day for practice, cover all Junior Varsity and Varsity home games, and travel to away games with the Varsity football team. While trainers spend more time with football teams due to the number of players and higher risk, they also support teams in soccer, volleyball, tennis, cross-country, basketball, wrestling, baseball, softball and track and field.

Injuries that occur on the field and are treated at Adena Sports Medicine can include common sprains, muscle strain, fractures and dislocations. Because the trainers have developed relationships with the student athletes, it is seamless for the Adena Sports Medicine team to work with the injured student and their parents to ensure the child has an appointment with Adena the same day or within 24 hours.

Medical staff can expertly treat these conditions, and work with the trainers to make sure students don’t return to the playing field until they are physically ready. This collaboration is just one example of Adena’s commitment to the well-being of the community and to keeping all athletes safely in their game.

To learn more about Adena’s Sports Medicine program, visit www.adena.org/sportsmed.
The Adena Athletes of the Month program highlights outstanding senior high school athletes.

Sponsored by Adena Sports Medicine, the program recognizes one senior female and one senior male student each month. Winners will be selected from a group of up to four finalists per gender. The program will run through April 2013.

Athletic Directors and coaches nominate senior athletes that they feel have the grades, the athletic skill, leadership qualities, and a proven dedication to their community to represent their school. The public (students, parents and fans) have the opportunity to vote for their choice on Facebook.

Winners are notified and announced in local newspapers. Each month’s winner is eligible to apply for the $2,000 Adena Athlete of the Year scholarship. The Athlete of the Year’s school will receive $500 toward its athletic program.

To be sure you know when athletes from your school are nominated, “like” Adena on Facebook at www.facebook.com/adenahealthsystem.

Adena Home Health and Adena Hospice have received three-year accreditation from the Accreditation Commission for Health Care, Inc. (ACHC). Adena Home Infusion, DME and Respiratory was accredited by ACHC in late 2011.

“The quality of home care can vary from one organization to another,” said Mark Shuter, Adena President and CEO. “Accreditation by one of the country’s most stringent surveyors assures our patients that Adena’s home health and hospice services are among the best in the nation.”

Accreditation is a means of measuring organizational management, internal processes, patient safety practices and service outcomes. In general, organizations that have earned ACHC accreditation are most serious about maintaining the quality of services and products they provide.

Adena’s Home Health and Hospice provides healthcare services and support to families and patients in Ross, Pickaway, Hocking, Vinton, Jackson, Pike, Highland and Fayette counties.
It had been a little over 26 years, but John Rose Jr.’s 1964 Dodge Polara, pulled out of Adena Medical Center on October 31 with another baby inside. The first time was in 1986 when that baby was his son, John Rose III. This time it was his granddaughter, Kenadi Leanne Rose, John III’s baby girl.

The Polara, which the family has named “Grandma”, had spent some time in John’s garage. But when his son called him to tell him Kenadi was on her way, he also asked his father to get the same car that brought him home from Adena Medical Center running again.

“I thought that it would be special for my son to bring his daughter home in the same car that brought him home years ago,” said the proud grandfather.

Rose Jr., whose son, daughter and now granddaughter were all born at AMC, praised the staff of the Women and Children’s Unit.

“Both the ladies were all great and very professional,” he said with a smile.

The Polara, which the family has named “Grandma”, had spent some time in John’s garage. But when his son called him to tell him Kenadi was on her way, he also asked his father to get the same car that brought him home from Adena Medical Center running again.

“I thought that it would be special for my son to bring his daughter home in the same car that brought him home years ago,” said the proud grandfather.

Rose Jr., whose son, daughter and now granddaughter were all born at AMC, praised the staff of the Women and Children’s Unit.

“The ladies were all great and very professional,” he said with a smile.

EXPLORE A CAREER IN NURSING

Adena and Wright State University invite you to learn more about earning a Bachelor of Science in Nursing (BSN) degree. Plan to attend our Open House to learn more about this exciting opportunity. Academic advisers will be on site to review transcripts and answer questions about program requirements.

MONDAY, DECEMBER 17, NOON - 4 PM
KENWORTH AUDITORIUM
PACCAR Medical Education Center, on the Adena Medical Center Campus
446 Hospital Road, Chillicothe, OH 45601

TO LEARN MORE AND GET YOUR NURSING CAREER STARTED, CALL 740-779-8558.
SUPPORT GROUP GUIDING PATIENTS TO BETTER HEALTH

Chronic diseases are those the patient will likely live with for the rest of his or her life. Conditions like congestive heart failure can be difficult for patients, especially when it comes to adapting their lifestyle and living successfully. Four years ago, Adena nurse navigators created the heart failure support group to help patients manage their chronic condition at home.

The group meets every other month (with a break in the winter) as a way for CHF patients to learn more about managing their illness, and find ways to help keep symptoms at bay. “Our goal is to create a community of support for anyone living with heart failure, and those who care for them,” said Lori O’Hearn, RN BSN. “We want to provide ongoing support to our patients as they make the necessary lifestyle changes that will help them maintain health and avoid exacerbation and hospitalization.”

Hospital readmissions for chronic disease are high on the radar for Adena and every healthcare organization. In the near future, hospitals and physicians will be fined by the Centers for Medicare and Medicaid Services (CMS) for readmissions of patients with chronic diseases such as CHF. Through education and guidance from groups like the CHF Support Group, it is hoped that our patients will become ill less often.

For example, sodium is detrimental to the health of a CHF patient, but it’s often difficult for patients to know what they need to do in order to limit their sodium intake. Recognizing this, Adena’s nurse navigators who plan and execute the meetings offer participants information and ideas for food alternatives that are lower in sodium, and less likely to exacerbate CHF symptoms.

Blane Richardson, 77, of Frankfort has been coming to the CHF Support Group meetings since 2010. He suffered a major heart attack in 2008, and continued heart trouble led to having a defibrillator implanted in 2009. Blane was in an out of the hospital at that time because of his CHF. In October 2010, Dr. Allen Shaw connected Blane with Nurse Navigator Susan DePugh, RN BSN, who told him about the CHF Support Group.

Blane began attending regularly and has not been readmitted to the hospital in over two years. “It has been great,” he said. “This was kind of a triangular set up between me, Dr. Shaw and Susan, and the support group. We work together so well.” He credits the education he’s receiving at the support group as helping him to limit the amount of sodium in his diet, which has helped him lose more than 50 pounds and cut the dosage of his diuretic medication in half.

About 15 to 25 people attend the group sessions every other month. Friendships have developed between the members and staff, and there is a strong sense of camaraderie among all of the participants who are learning together and living decidedly healthier lives.

“It’s so far beyond some paper a doctor would hand you,” Blane adds. “Information leads to knowledge and knowledge leads to wisdom. I’m so pleased with how things have worked out. This group has really been a major factor in my life.”

To learn more about Adena’s CHF support group, call 740-779-7718.
More than 150 patients, former patients and family members took the time to attend an open house at the Adena Cancer Center. The event provided an opportunity for the community to tour the new facility, and to meet the staff, which includes two oncologists who joined Adena this summer.

The new physicians are Dr. David Adam Jones, a Radiation Oncologist; and Dr. Jeffery VanDeusen, a Hematologist and Medical Oncologist. Dr. VanDeusen’s specialty is in diagnosing and treating cancer and blood disorders. Dr. Jones’ expertise is in varied techniques of radiation oncology.

Adena President and CEO Mark Shuter was in attendance and praised the entire Cancer Center staff, “The addition of Drs. Jones and VanDeusen to our outstanding Cancer Center team, ensures our patients have access to expert care when they need it most.”

The Adena Cancer Center offers comprehensive care for patients battling many forms of cancer. Specialty programs focus on cancers of the breast, lung, colorectal, head and neck, as well as blood cancers such as leukemia and lymphoma.

To learn more about the Adena Cancer Center, visit www.adena.org/cancer.

SHARING YOUR EXPERIENCE HELPS GUIDE ADENA’S FUTURE

A key component of delivering outstanding customer service is listening to what customers have to say, and using that feedback to improve service. Over the past several months, nearly 300 people have shared their opinions by becoming members of Adena’s Customer Opinion Panel.

“The opinions of our patients (and staff) are paramount in Adena’s strategy and decision-making process,” says Ty McBee, system director of business development. “Participating in our Customer Opinion Panel is a great opportunity to have your voice heard, and allow us to build the information that we receive into our operations.”

Word of mouth from people who have used Adena’s services has a tremendous impact on assessing their quality and value. It also helps us in developing future strategy. For example, current participants are helping us better understand why people in our region choose to go to Columbus or other metropolitan areas for care. This information reminds us of the need to continually update our communities of the service and quality that exist here at Adena.

If you are interested in participating in the Customer Opinion Panel, visit http://adena.micropanel.com. There is a minimal time commitment of 10 to 15 minutes, once or twice a month, and all interactions are conducted online. Once registered and verified, participants will be eligible to win a Kindle Fire.
ADENA JACKSON WELCOMES PATIENTS AND NEW PHYSICIANS

Adena Jackson Family Practice and Pediatrics opened its doors to patients and prospective patients offering a tour of the facility and the opportunity to meet our staff, including two new physicians. The physicians are Dr. Kevin B. Anderson, Internal Medicine; and Dr. Mario Bautista, a Board-certified Pediatrician.

As a primary care physician, Dr. Anderson works with patients in preventing and managing chronic disorders such as diabetes, thyroid disorders, osteoporosis, high cholesterol, high blood pressure or other conditions by using effective treatments and education. In addition, he has a specific interest in Type 2 diabetes care. Dr. Bautista has been caring for children in the region for a number of years. He served as a general pediatric practitioner in Jackson, prior to joining Adena.

GREENFIELD’S LAB RECEIVES NATIONAL ACCREDITATION

Adena Greenfield Medical Center’s laboratory has received accreditation from the College of American Pathologists (CAP). CAP accreditation assures patient’s they are receiving the highest standard of care for their laboratory testing needs.

Adena Greenfield’s Laboratory Services plays an integral role in patients’ diagnosis and recovery. “We strive to offer the best and most accurate laboratory services for our patients,” said Byron D. Smith, M.D., facility director. “Receiving accreditation, based on our quality of service, processes and skilled staff, means our patients can rest assured that their lab testing has been handled properly and completely for the most accurate results.”

CAP inspectors examined the laboratory’s records and quality control of procedures for the preceding two years. Inspectors also examined laboratory staff qualifications, equipment, facilities, safety program and record, and overall lab management.

Adena Greenfield’s Lab performs a broad range of diagnostic testing services, upon physician order. Scheduled services are provided Monday through Friday. Inpatient, emergency and urgent services are provided 24 hours a day, seven days a week.

ADENA ER
Do you know the symptoms of a stroke?

www.adena.org
PICTURED: MARTA STITT, ASST. NURSE MANAGER 2A; TRISHA MCVICKER, RN; DEB EVANS, NURSE MANAGER 2A

NURSES MAKE PATIENT’S FINAL WISH COME TRUE

Every day, the men and women who perform patient care at Adena do extraordinary things for their patients, without ever expecting to be formally recognized for it. But isn’t it nice when they are?

Recently, leaders attending Adena’s Management Huddle were brought to tears when they learned of the extraordinary measures Trisha McVicker, a nurse on unit 2A, went to in order to make a patient’s final days something special.

Trisha was assigned to care for a patient who was admitted to the unit in the last days of her life. The patient had been transferred from the nursing facility where she lived, and as a result had missed her standing hair appointment. The patient was upset at having missed the appointment and told Trisha she really just wanted to have her hair done. There may have been a divine reason why Trisha was assigned this patient on that particular day – in addition to being an RN, Trisha is a licensed cosmetologist.

Trisha brushed the woman’s hair, but felt she needed to do more for her. When she rounded with the social worker and her manager, Marta Stitt, Trisha told them, “All that the patient wants is to have her hair done.” Marta’s response, “Let’s make it happen.”

Marta went out to buy hair products and a curling iron. Other nurses in the 2A family took over Trisha’s patients for a while, and she gave the patient exactly what she needed at the time – some TLC and a great hairstyle. Later that day, the patient was brought to a family room on 3B where she lived just a few more days. Her family will be forever grateful for the compassion showed by Trisha and her 2A colleagues.

At the Adena management meeting, Trisha was presented with a Certificate of Appreciation for going above and beyond duty. She tearfully told the group, “I would have been mortified that day if I wouldn’t have done that. It made my day and it made her day. This is why I became a nurse and I’m really happy to be a part of Adena.”

ADENA’S RESIDENCY CLINIC OFFERING HEALTHCARE SERVICES

Adena is hosting its first class of physician interns. In addition to learning through specialty rotations, the six intern physicians are treating patients in the new Adena Family Medicine Residency Clinic, and providing a full spectrum of family-focused medical care.

Under physician supervision, the interns are gaining valuable hands-on experience in caring for patients. The clinic is a tremendous option for patients who may not have a primary care physician, or are in need of follow-up treatment from a previous physician or Emergency Department visit.

The Adena Family Medicine Residency Clinic is located between the double doors of the West entrance to the Adena Medical Center in Chillicothe. The physician interns are seeing patients on Tuesdays and Thursdays from 1 to 5:30 p.m. To make an appointment, call 740-779-4134.
FORMER INVESTIGATOR BRINGS UNIQUE BACKGROUND TO ADENA PAIN MANAGEMENT

John Whittington, D.O., R.Ph., joined the staff of Adena Health Pain Management this summer, after several years with the Ohio Board of Pharmacy. An expert in the field of pain management, Dr. Whittington brings a unique perspective to Adena, having spent much time working with law enforcement to combat “pill mills” in southern Ohio.

As a compliance specialist with the Ohio Board of Pharmacy, Dr. Whittington was responsible for inspections and investigations of pharmacies and other prescribers. Routine inspections often showed evidence of illegal prescription activities at locations commonly referred to as “pill mills.” To help combat this growing problem, Dr. Whittington would often sit on stakeouts to gather evidence and then work with law enforcement to shut down the locations and prosecute offenders.

“Pill mills operate anywhere. These include upscale and impoverished areas alike,” says Dr. Whittington. “There is an underworld culture of drugs that flip flops between illegal and legal drugs.” Dr. Whittington adds he is committed to seeing an end to this cycle.

Dr. Whittington joined the Ohio Board of Pharmacy just prior to the implementation of the Ohio Automated Rx Reporting System (OARRS). OARRS is a prescription monitoring program maintained by the Board of Pharmacy, which assists healthcare professionals in providing better treatment for patients. There are many similar registries in the U.S. that are instrumental in monitoring the use of narcotics and tracking potential illegal pharmacy operations or individuals abusing prescription drugs. Whittington believes OARRS is a vital tool to battle pain medication abuse. “We'd be behind the eight-ball without this system," he says.

After six years with the Board of Pharmacy, Dr. Whittington decided it was time to seek a new opportunity. His neighbor, and now partner at Adena Pain Management, Kort Gronbach, MD, recommended Adena. “Adena has great foresight and growth potential, and is well-positioned to sustain itself for decades,” says Whittington of his decision to join Adena. “It is a wonderful regional hospital setting with support from the administration. It’s a good fit for me.”

Dr. Whittington works with the staff of Adena Pain Management to help patients return to normal, productive living. Patient services include various epidurals, cancer and emergency pain treatment, sympathetic blocks, nerve ablations and spinal cord stimulators, among others. One need Whittington sees is for increased pediatric pain management, a goal he hopes to see achieved while he is at Adena.

A scuba diving enthusiast, Dr. Whittington also assists law enforcement in local water search and rescue efforts. He has assisted many searches for bodies or weapons, and was involved with a dive to search for a weapon used in the death of Chillicothe Police officer Larry Cox in 2005.

Dr. Whittington earned his bachelor’s in pharmacy from The Ohio State University, and his DO from Ohio University College of Osteopathic Medicine in Athens. He performed his internship at Doctors Hospital in Columbus. Dr. Whittington is a Registered Pharmacist and certified in Family Practice by the American Osteopathic Board of Family Physicians.
Adena Health System is involved in a pilot program to treat drug-addicted pregnant women, before they give birth to an addicted baby. The program enables physicians to identify 10 pregnant women to participate in the program who are addicted to opiates. As part of the pilot, the mothers-to-be are prescribed Suboxone, a medication similar to Methadone to curb the need for narcotics. This will help to avoid or lessen the detrimental impact of the drugs on the unborn baby. Suboxone is approved in the treatment of pregnant women.

Adena Pediatrician Dr. Amy Luckeydoo spearheaded the project and worked with the Adena Health Foundation to secure funding for the pilot. Dr. Michelle Federer an Adena OB/GYN is collaborating with Dr. Luckeydoo on the project.

“The problem of drug-addicted moms - and ultimately the birth of drug-addicted babies - is alarming,” said Dr. Luckeydoo. “If we can intervene during the prenatal stage, these children will have a better chance for a healthier outcome, and we won’t have babies in treatment for extended periods to wean them off of narcotics.”

Dispensing Suboxone is just part of the equation toward healthier moms and babies. The pilot also includes counseling and social work support, which is key in getting the mothers clean and on to lifestyles that are better for themselves and their children. Mothers who are unable to go drug-free after the birth of their child may be eligible to receive Suboxone for one year postpartum.

Funding to begin the pilot program is coming from the Adena Health Foundation, which has secured a $7,500 grant from CareSource. “This is such a prevalent problem these days,” said Sandy Bryant of CareSource. “To ensure the health of our community, we feel it is extremely important to be involved and support Adena in undertaking this program to help mothers and children.”