

VIM & VIGOR

SPRING 2018 • \$2.95

MGH
MARION GENERAL HOSPITAL

Feel Like a ROCK STAR

33 small steps toward
achieving your goals

PLUS Dwayne Johnson is no mere mortal, but we can learn from his approach to fitness

SURGERY CENTER
LEADS THE WAY
WITH EXPERT CARE

**MGH Named
a Most Wired
Hospital**

FIRST HEALTH EXPO
A SUCCESS



Congratulations ON MAGNET STATUS!



MAGNET IS:

recognizing healthcare organizations that provide

NURSING EXCELLENCE.

Recognizing quality patient care, nursing excellence and innovations in professional nursing practice; the

Magnet Recognition Program®

provides consumers with the ultimate benchmark to measure

the QUALITY OF CARE

they can expect to receive.

MGH is **one** of 469 hospitals out of 6,300 in the nation to achieve **MAGNET STATUS.**



FOR NURSING EXCELLENCE

Contents

SPRING 2018

THE BIG STORY

Yes, you can achieve your goals. But you need a plan.
PAGE 14



FEATURES

9 Going for It
Need some inspiration? Read this timeline of major goals achieved.

10 Rock Solid
Movie star Dwayne Johnson seems to get bigger and buffer with every film. What can us regular people learn from his routine?



14 Eyes, Meet Prize
You've got goals—a better diet, a happier home, more mobility. Now you need a strategy.

22 Yes, Weight Loss Is Possible
Dropping pounds is difficult, but real people, much like you, have done it.

28 The Problem with Perfect
Being hard on yourself won't help you master nutrition, exercise, work or parenting.

52 Wired for Success
MGH was once again named Most Wired hospital by the American Hospital Association's Health Forum survey.

54 Promoting Community Health
The first MGH Health Expo helped community members gauge how healthy they really are.



IN EVERY ISSUE

- 2 Opening Thoughts
- 3 Life in General
- 6 Volunteer Services
- 7 Donations
- 8 Ask the Expert
- 32 The Quick List
- 33 This Just In
- 38 The Truth About the Postpartum Period
- 40 How To: Live Better with Arthritis
- 42 Quiz: Freak Out or Chill Out?
- 44 At a Glance: Breast Cancer Screening
- 46 In the Market: Radishes
- 48 Health by the Numbers: Distracted Driving
- 56 Community Connections

What's healthier, ketchup or hot sauce?
PAGE 34



49

Leading the Way
Marion General Hospital's Surgery Center is dedicated to providing expert clinical care.

MOVING FORWARD

Spring is a time to reflect on past successes, and to plan for future growth



Once the holidays have been enjoyed by all and the new year is underway, I begin to impatiently await the warm breezes and the first sight of blooming flowers and trees.

The breezes and flowers are a signal that God is once again providing a rebirth and growth of all that is around us. It is a sign of hope, energy and positive direction. For me, it also becomes a time to embrace things that went well the previous year and to look for ways to grow.

One of the most memorable events of 2017 that immediately came to mind was the first Marion General Hospital Health Expo. The MGH staff and employees took up an idea that would positively impact the residents of our community and ran hard with it. That first expo was phenomenal. Read more on page 54.

After witnessing the community participation and receiving feedback on the expo, we have made it a 2018 goal to have an even bigger and better expo, reaching out further and positively touching more lives in our community. I hope to see you all there.

In 2018, community members can also look forward to MGH's addition of hyperbaric healing to our services at the Wound Care Clinic. Hyperbaric medicine, which uses concentrated oxygen to encourage healing internally, can help patients with hard-to-heal or nonhealing wounds reclaim their quality of life. Turn to page 4 to learn more.

MGH is also proud of its designation as a Most Wired® hospital—the eighth time we've received the honor. We're committed to strategically embracing new technologies that will help us serve our patients better. You can read more about the Most Wired award on page 52.

This spring, please take the time to enjoy the rebirth and growth that has been provided us. Thank you.

Stephanie Hilton-Siebert
President/CEO
Marion General Hospital



VIM & VIGOR

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Stephanie Hilton-Siebert

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MANIFEST

WELCOME, NURSE PRACTITIONERS



Alyssa Malone, NP-C, earned her Master of Science in nursing (family nurse practitioner) from Ball State University in Muncie, Indiana. She earned bachelor's degrees in nursing from Indiana Wesleyan University in Marion, Indiana, and in public relations from Huntington University in Huntington, Indiana.

- She is board certified by the American Academy of Nurse Practitioners.
- She joins the talented practitioners and staff at MGH Marion Family Practice, at 1391 N. Baldwin Ave. in Marion.



Cristy Mullinix, NP-C, earned her Master of Science in nursing (family nurse practitioner) from Indiana Wesleyan University in Marion, Indiana. She earned a bachelor's degree in nursing from Indiana University in Kokomo, Indiana.

- She is board certified by the American Academy of Nurse Practitioners.
- She joins the talented practitioners and staff at Family Medicine Center – Gas City, at 4781 Kay Bee Drive in Gas City.

► Staff Certifications



Kara Esslinger, patient access representative in Patient Access, recently became a certified healthcare access associate from the National Association of Healthcare Access Management.

A two-year MGH employee, she lives in Converse with her husband, Joseph, and has two sons, Adam, age 7, and Jacob, age 22 months. She enjoys reading and baking with her boys.

“I have a wonderful team of co-workers who are supportive and also enjoy learning. They have provided a great atmosphere for me to advance in my area.”



Crystal Shoemake, BSN, RN, emergency department, is now certified by the Board of Certification for Emergency Nursing. She earned her bachelor's degree in nursing from the University of Alabama at Birmingham.

Shoemake lives in Marion with her husband, Timothy, their daughter, Ava Diann, and dog, Bama. She enjoys spending time with her family, going out with friends and watching Netflix.

A five-year employee, she enjoys working at MGH because of “the people I work with. The team in the emergency room is amazing!” ■

HYPERBARIC HEALING

Additional advanced wound care option coming to MGH Wound Care Clinic



Everyone has heard that “time heals all wounds,” but evidence-based medicine shows that without interdisciplinary advanced therapies, some wounds can take months or even years to heal. Marion General Hospital Wound Care Clinic will soon add hyperbaric medicine to the advanced therapy options available for its patients.

Rather than have patients travel long distances to receive this advanced level of wound care, MGH Wound Care Clinic’s new program can offer the latest techniques to people close to home. These advanced wound-healing services will be a fine complement to the quality care already available at MGH Wound Care Clinic and at the hospital.

The MGH Wound Care Clinic will house two hyperbaric oxygen chambers for hyperbaric oxygen therapy. The therapy works by surrounding the patient with 100 percent oxygen at higher-than-normal atmospheric pressure. This increases the amount of oxygen in the patient’s blood and, in the case of wounds, allows red blood cells to pass more easily through the plasma into the wound to heal from the inside out. Diabetic foot wounds are an excellent

example of wounds that may benefit from this type of treatment.

Relaxing on a bed encased with a large see-through acrylic shell, patients can watch movies on television screens mounted above the chamber while hearing the movies and conversing with others outside the chamber through a speaker system. The only physical sensation resulting from the treatment is a slight pressure on the eardrum—similar to the feeling when an airplane lands—as the air chamber is pressurized.

The new Advanced Wound Healing Services Program illustrates Marion



General Hospital’s commitment to providing our patients and members of the community with high-quality and comprehensive healthcare. With the new hyperbaric chambers and advanced therapies, MGH can help patients with hard-to-heal or nonhealing wounds reclaim their quality of life. ■

SLEEP SERVICES ACCREDITED BY ACHC

Marion General Hospital’s Sleep Lab has been accredited by the Accreditation Commission for Health Care (ACHC) for Sleep Services.

Achieving accreditation is a process where healthcare organizations demonstrate compliance with national standards. Accreditation is the gold standard by which the medical community and the public can evaluate sleep medicine services.

“Accreditation inspires a high level of confidence for our patients and referring physicians,” says Tom Oney, MGH’s director of Ancillary & Support Services. “This is an important step that represents the hospital’s continued commitment to providing the highest level of care to our patients. We are extremely proud of this

achievement and the tremendous effort on the part of the staff that made this major accomplishment.”

The MGH Sleep Lab is located at the Northwood Medical Center at 1387 N. Baldwin Ave. It specializes in the diagnosis and treatment of sleep disorders, including snoring, sleep apnea, insomnia and restless legs syndrome. Sleep testing can also be arranged in the home setting and is offered during daytime hours at the lab if appropriate.

ACHC is a not-for-profit organization that has stood as a symbol of quality and excellence since 1986. Accreditation by ACHC reflects an organization’s dedication and commitment to meeting standards that facilitate a higher level of performance and patient care.

CALL



Helping You Heal

For more information about the MGH Wound Care Clinic, call **765-660-6670**.



Marion General Hospital employees celebrate the hospital's Magnet recognition.

MGH ACHIEVES MAGNET RECOGNITION FOR THIRD TIME

Program requires hospitals to meet rigorous standards for nursing excellence

▶ Marion General Hospital has attained Magnet recognition again, a testament to its continued dedication to high-quality nursing practice. The American Nurses Credentialing Center's Magnet Recognition Program® distinguishes healthcare organizations that meet rigorous standards for nursing excellence. This credential is the highest national honor for professional nursing practice.

Receiving Magnet recognition for the third time is a great achievement for MGH, as it continues to proudly belong to the global community of

Magnet-recognized organizations. Just 469 U.S. healthcare organizations out of more than 6,300 U.S. hospitals have achieved Magnet recognition; MGH joins only 23 other hospitals in Indiana.

"Magnet recognition is a tremendous honor and reflects our commitment to delivering the highest quality of care to this community," says Stephanie Hilton-Siebert, president/CEO. "To continue to earn Magnet recognition is a great accomplishment and an incredible source of pride for our nurses. Our repeat achievement of this recognition underscores the foundation of our excellence

and values that drive our entire staff to strive harder each day to meet the healthcare needs of the people we serve."

Research demonstrates that Magnet recognition provides specific benefits to healthcare organizations and their communities, such as:

- ▶ Healthcare consumers have more confidence in the overall quality of a hospital if it has achieved the level of excellence established by the Magnet Recognition Program.

- ▶ Magnet-designated facilities consistently outperform other facilities in recruiting and retaining nurses, resulting in increased stability in patient care and patient satisfaction.

- ▶ Because quality nursing is one of the most important factors in enlisting high-caliber physicians and specialists, Magnet status becomes an attractive force that extends to the entire facility.

Healthcare organizations must reapply for Magnet recognition every four years based on adherence to Magnet concepts and demonstrated improvements in patient care and quality. An organization reapplying for Magnet recognition must provide documented evidence to demonstrate how staff members sustained and improved Magnet concepts, performance and quality over the four-year period since the organization received its most recent recognition.

"It takes a total commitment from everyone within an organization to become Magnet," said Cindy Futrell, chief nursing officer. "By being recognized as a Magnet hospital and following industry-leading healthcare standards and accountability, Marion General Hospital will continue to provide extraordinary care to the entire region." ■

MAKE A DIFFERENCE

A message from MGH Auxiliary President Karen Koontz



Karen Koontz

Marion General Hospital's volunteers unselfishly give of their time and talents to help in the mission of caring for others. They serve in many capacities, providing information, escorting patients and visitors,

giving assistance in the auxiliary gift shop, sorting mail, assisting on nursing units and the emergency department, acting as couriers and messengers, and so much more.

Volunteers are special people who choose to assist MGH in its mission of providing excellent patient care.

There is no gift more generous, more touching or more appreciated than the

gift of your time. If you have a desire to do meaningful work, and make a few new friends in the process, consider volunteering at MGH.

Applications to volunteer are in the volunteer office. Or visit www.mgh.net and click "Volunteer Services" for the option to apply online.

Join the team. Make a difference. Be a volunteer!



GIVE



Join Our Team

Call Sheila Stewart at **765-660-6410** to learn more about the many volunteer opportunities available at MGH.

MGH GIFT SHOP



When someone you care about is a patient at Marion General Hospital, it is not always possible to be there in person. The friendly volunteers in the MGH gift shop will help you choose a gift by phone and deliver

it for free to the patient's room. You may place your order by calling **765-660-6416**. For your convenience, you may pay for your purchases using Mastercard or Visa.

The MGH gift shop is the perfect place to find gifts for all occasions—cards, magazines, flowers, balloons, stuffed animals, baby items, jewelry, scarves, fashion

items, and seasonal décor for home and garden. The gift shop is the major fundraiser of the MGH Auxiliary, with all profits donated to the hospital for patient and hospital needs.



Loretta Sampson volunteers in the MGH gift shop.

Location and Hours

The gift shop is on the first floor near the Main Lobby and is staffed by volunteers (hours subject to availability of volunteers):

Monday, Thursday and Friday	9 a.m. – 4 p.m.
Tuesday and Wednesday	9 a.m. – 7 p.m.
Saturday	10 a.m. – 4 p.m.
Sunday	1 p.m. – 4 p.m.

MGH MEMORIAL GARDEN

Honoring former MGH employees, physicians and volunteers

► The Marion General Hospital Memorial Garden, in the courtyard west of the cafeteria, was built in memory of former Plant Engineering Supervisor Fred Gause and made possible by a generous donation and support from the MGH Auxiliary. The garden honors MGH employees, physicians and volunteers who have died by displaying their names and departments on engraved bricks set around the base of a tranquil fountain.

GIVE



Purchase a Memorial Brick

Bricks to honor MGH employees, physicians and volunteers who have died can be purchased for a minimum of \$50. Call Volunteer Services at **765-660-6410** for more information.

MARION GENERAL HOSPITAL ENDOWMENT FUND

In 1994, the Marion General Hospital Endowment Fund was started to accept donations to support the hospital's mission and vision for our Healthcare Community. Donations to the fund are sincerely appreciated. Call 765-662-0065 or mail to:

**The Marion General Hospital Endowment Fund
Community Foundation of Grant County, Indiana Inc.
505 W. Third St.
Marion, IN 46952**



Stephanie Hilton-Siebert, president/CEO, addresses Memorial Garden supporters during a ceremony held during National Hospital Week. In 2017, 137 people were honored.





UNDERSTANDING POLYCYSTIC OVARIAN SYNDROME

▶ Polycystic ovarian syndrome is a problem in which a woman's hormones are out of balance. It can cause problems with your periods and make it difficult to get pregnant. PCOS also may cause unwanted changes in the way you look. If it isn't treated, over time it can lead to serious health problems, such as diabetes and heart disease. Most women with PCOS grow many small cysts on their ovaries. That is why it is called polycystic ovarian syndrome. The cysts are not harmful but lead to hormone imbalances. Early diagnosis and treatment can help control the symptoms and prevent long-term problems.

CALL



We Can Help You Manage PCOS

For more information or to schedule an appointment at Marion General Hospital Obstetrics & Gynecology, please call **765-660-7580**.

Vinodha Nagesh, MD,
MGH Obstetrics &
Gynecology



Q **What is polycystic ovarian syndrome (PCOS)?**

PCOS is the most common cause of irregular menstrual cycles or no cycles, excess hair growth, moderate to severe acne not responding to the topical agents, obesity and infertility in young women.

Q **Can PCOS be diagnosed in adolescents?**

Yes, if the above-mentioned symptoms persist for more than two years after menarche.

Q **How is PCOS treated?**

Oral combination contraceptives (birth control pills) improve the menstrual irregularity, acne and excess hair growth. For obesity, calorie restrictions and increased exercise may be needed.

Q **My mom and sister had PCOS. Am I at risk, too?**

Yes, PCOS is partly heritable. About half of sisters are affected. Other causes are obesity from excess eating and lack of exercise.

Q **Is PCOS associated with long-term health problems?**

Yes. If not taken care of, PCOS can lead to high blood pressure, diabetes, morbid obesity and high cholesterol. ■

THIS JUST IN

GOOD-FOR-YOU NEWS, CUES AND REVIEWS

BREAST CANCER ON THE RISE, BUT SO ARE SURVIVAL RATES

It sounds bad, but there is good news within: The number of women living with the most severe form of breast cancer is increasing in the United States, but median and five-year survival is improving, according to a National Cancer Institute study.

The number of women with metastatic breast cancer—where the disease has spread to other organs—increased by 4 percent from 1990 to 2000 and by 17 percent from 2000 to 2010. The number is expected to continue growing, with a 31 percent increase projected from 2010 to 2020.

Researchers think the aging of the U.S. population is playing a role in the increase, and that improvements in treatment are helping with survival rates, particularly for younger women. The five-year survival rate among women who were diagnosed between ages 15 and 49 has doubled from 18 percent in the 1990s to 36 percent this decade.

CALL



Learn More About MGH's Cancer Program

For more information about treatment and services at MGH's cancer program, call **765-660-7800**.

KETCHUP VS. HOT SAUCE

Which condiment is healthier?

Condiments are flavor enhancers, secondary to the main food act. But if you're not careful, these supporting characters can take over the meal by adding sugar and salt.

Let's put two popular sauces to the test: ketchup and hot sauce.

One tablespoon of popular varieties of ketchup contains 4 grams of sugar, the equivalent of one teaspoon. The sweetness comes from ingredients such as high fructose corn syrup, an added sugar.

So if you consume a few tablespoons of ketchup at one meal—not hard to do when you're eating a burger and fries—then you've had the equivalent of two teaspoons of sugar. That's about 30 percent of the daily added sugar recommendation for women and 20 percent of the daily recommendation for men.

By comparison, most hot sauces have a short and simple list of ingredients: peppers, vinegar and salt. Both hot sauce and ketchup can be salty, but hot sauce is the winner again, with 35 milligrams of salt per serving compared with ketchup's 160 milligrams.

THE VERDICT? Time to get spicy. Liven up your meal with hot sauce instead of ketchup so you don't eat more sugar and salt than you intended.





LEADING

the Way

*Marion General Hospital
Surgery Center dedicated
to expert clinical care*

BY **TERRI COUSE**



The Department of Surgery at Marion General Hospital, with a long tradition of excellence in clinical care, continues to lead the way in improving patient outcomes with leading-edge surgical care. The delivery of the highest attainable quality of surgical care is the primary mission of the department.

Both inpatient and outpatient surgeries are performed in the department's nine operating suites, three endoscopic suites and two minor procedure rooms. The department includes a preadmission testing department, same-day surgery center, anesthesia department, ambulatory care department, central processing, post-anesthesia care unit and endoscopy department.



Above: A child uses an iPad demonstrating laparoscopic suturing during a tour of the Surgery Center at the MGH Health Expo.

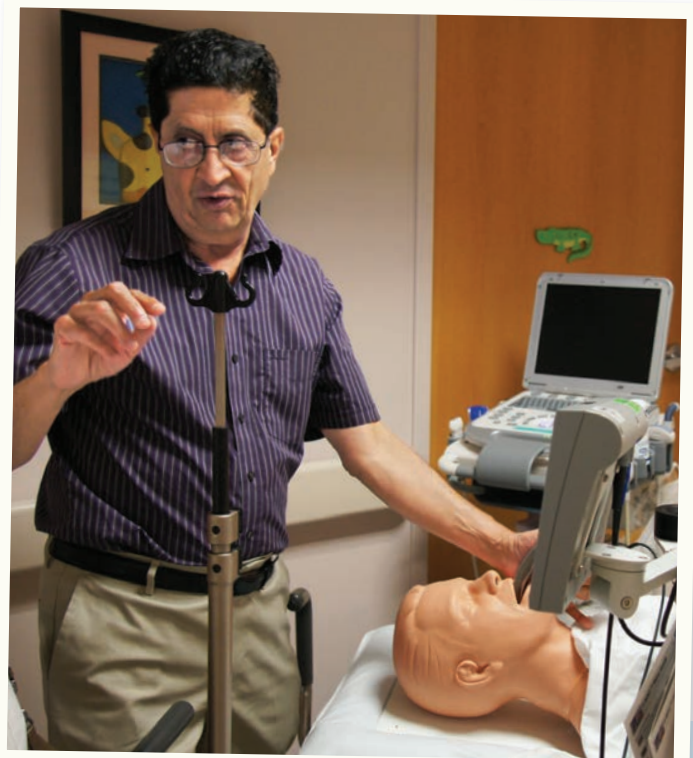
Types of surgeries include general surgery, urology, otolaryngology (ENT), plastic surgery, orthopedics, gastroenterology, gynecology, pediatric dentistry, oral surgery and podiatry.

The center is known for its cutting-edge surgical procedures, allowing patients to return home quickly. Our Stryker 1588 video towers with AIM technology are state of the art, allowing for the most advanced laparoscopic procedures.

Our excellent staff of surgeons constantly work to improve quality of care in the surgery department. These surgeons—together with registered nurses, certified surgical technicians, certified sterile processing technicians and technical support personnel—work hand in hand with departments such as radiology, emergency, laboratory and pharmacy.

The main operating room has staffing available 24 hours per day, seven days a week. The surgery department performs most minor and major procedures, in virtually every surgical specialty, with an average of 20,000 procedures each year. The high volume allows our surgeons to continually sharpen their skills, resulting in better outcomes for patients.

In addition to providing excellent surgical care to patients, our staff is known throughout the community for their compassionate and caring attitudes. ■



Dr. Dhan Raj, anesthesiologist, explains airway management during surgical cases to visitors touring the Surgery Center.

MEET THE PROVIDERS (Department of Surgery)

Anesthesia

Michael Carter, MD
 Brett Gildea, MD
 Kyle O'Bryan, CRNA
 Megan O'Bryan, CRNA
 Dhan Raj, MD
 Arvind Surendran, MD
 John Todorczuk, DO

Gastroenterology

Daniel Barrido, MD

General

Michael Gunter, MD
 Jeffrey Miller, DO
 Tamy Perng, DO
 Douglas Rex, DO
 Jeremy Wilson, DO

Obstetrics and gynecology

Nagesh Anjinappa, MD
 Kristine Knapp, MD
 David Moore, MD
 Vinodha Nagesh, MD
 Shawn Swan, MD

Oral and maxillofacial surgery

Charlie Cox, DDS

Orthopedic

Salil Rajmaira, MD
 Michael Roper, MD

Otolaryngology (ENT)

Tim Gillum, MD

Pediatric dentistry

Ajay Joshi, DDS, MSD

Podiatry

Jason Gray, DPM

Pulmonology

Jitendra Patel, MD

Urology

George Geier, MD
 Karen Jacobs, DO

CALL



Learn More

For more information about treatment and services, call the MGH Surgery Center at **765-660-7400**.



Above: Yvonne Riffil, RN, MGH Surgery Center, talks to visitors about prostheses and X-rays during a tour at the Health Expo.

Left: Craig Peel, BSN, RN, administrative director of surgical services, introduces the surgery team with a display during the MGH Health Expo.



Wired for Success

MGH once again named Most Wired® hospital

BY **TERRI COUSE**

HealthCare's
**most
wired**®
WINNER 2017



For the eighth time, Marion General Hospital was named one of the Most Wired® hospitals and health systems in the nation.

Technology is making it easier for patients and providers to interact, thus improving communication, safety and patient-provider relationships. New tools are helping patients become more actively involved in their care and maintaining their health, according to results of the 19th Annual Health Care's Most Wired® survey, released by the American Hospital Association's Health Forum.

According to the survey, Most Wired hospitals are using smartphones, telehealth and remote monitoring to create more ways for patients to access healthcare services and capture health information. Other 2017 results show:

- 76 percent of hospitals surveyed offer secure messaging with clinicians on mobile devices.



- More than 40 percent provide real-time care management services to patients at home for diabetes and congestive heart failure.

“We are excited to be named as a Most Wired hospital for the eighth time,” says Emmanuel Ndow, chief information officer at MGH. “This recognition demonstrates the high quality and value that our great, highly skilled team continually produces. It continues to encourage us to be innovative in our strategic use of technology and validates our commitment for continued transformation of the health of our community by providing the best quality care outcomes for our patients.”

New tools are helping patients become more actively involved in their care and maintaining their health.

Innovation in patient care embraces emerging technologies and underscores the need for secure patient information exchange. Hospitals have increased their use of sophisticated IT monitoring systems to detect patient privacy breaches, monitor for malicious activities or policy violations and produce real-time analysis of security alerts.

Most Wired hospitals are transforming care delivery with knowledge gained from data and analytics. They are investing in analytics to support new delivery models and effective decision-making, and they are training clinicians on how to use those analytics to improve quality, provide access and control costs.

Detailed results of the survey and study can be found in the July 2017 issue of *Health & Hospitals Network* magazine. A full list of winners can be found at www.hhnmag.com. ■

- When patients need ongoing monitoring at home, 74 percent use secure emails for patients and families to keep in touch with the care team.
- 68 percent simplify prescription renewals by letting patients make requests on mobile devices.
- 62 percent add data reported by patients to the electronic health record to get a better picture of what is going on with the patient.
- Nearly half of the hospitals are using telehealth to provide behavioral health services to more patients.
- 40 percent offer virtual physician visits.

EMMANUEL NDOW NAMED ON “100 COMMUNITY HOSPITAL CIOs TO KNOW” 2017 LIST

Emmanuel J. Ndow, MBA, CPHIMS, CHCIO, chief information officer at Marion General Hospital, was named on the “100 Community Hospital CIOs to Know” 2017 list.

The CIOs on this list all lead the health IT teams at community hospitals and health systems. The individuals highlighted have implemented



Emmanuel J. Ndow

electronic health record systems, lead cybersecurity initiatives and oversee telehealth and telemedicine programs. Community hospital CIOs must be skilled

at building teams and working across departments to build and deliver a successful health IT infrastructure.

Ndow’s career in information technology spans 23 years, with 12 of those years served at MGH. He earned his bachelor’s degree from Wabash College and his master’s degree in business administration from Indiana Wesleyan University. Ndow is a member of the American College of Healthcare Executives, the College of Healthcare Information Management Executives and the Health Information and Management Systems Society.

The Becker’s Hospital Review accepted nominations for this list and developed the final list based on editorial research.



The inflatable mega heart exhibit was a real attention-getter.



PROMOTING Community Health

First MGH Health Expo helped individuals and families find out how healthy they really are BY **TERRI COUSE**



The MGH Health Expo on Sept. 9 was a success as people of all ages gauged their health.

With more than 30 booths testing blood pressure, air flow, cholesterol and other health issues, the expo offered something for everyone's interests. MGH staff featured health information, interactive exhibits and demonstrations.

Attendees visited information booths to learn more about MGH services and

receive health and wellness resources. Once they moved through the stations and got "passports" stamped, participants were eligible for a variety of door prizes.

Event coordinators note they had more than 800 visitors, including more than 100 people for health screenings, and say meeting community members' needs for health promotion, education and prevention was a positive experience.

"The services and care we provided

at our first expo no doubt improved the health and lives of many in our community," says Stephanie Hilton-Siebert, president/CEO. "At the same time, it provided a wonderful opportunity for MGH to reach out and openly showcase our skilled, professional, patient-friendly style of healthcare to many that have not seen it or realized it existed."

The Health Expo got underway with 135 walkers taking part in the

“We spent more time at the heart booth, since Oliver had a major heart attack with a stent put in last year. We were amazed to see how small an actual stent is, and the heart functionality displayed on a computer.”

—Oliver and Linda Marshall, Claypool, Indiana

annual MGH Heart Walk. The family fun continued with tours, meet-the-doc sessions, cooking demonstrations, hands-on CPR demonstrations and more, including an appearance by Doc McStuffins. The inflatable mega heart exhibit was an excellent education tool and attention-getter.

The Medical Foundation was there to collect blood donations and had more than 50 blood donors. A team of skilled phlebotomists also took blood samples for a variety of health screenings, including glucose, electrolytes, kidney, liver and thyroid, plus complete blood count and lipid profiles, to name a few. Hospital screenings could be scheduled at the event as well.

As Grant County’s only independent hospital, MGH is proud to serve this community, and hosting a health expo allows us to bring our mission to life in a fun and engaging way. MGH is committed to improving the health of the community, and we look forward to interacting directly with our neighbors to provide wellness education and tools that can lead to better health.

The Health Expo was held on the hospital campus from 8 a.m. to 2 p.m. Another expo is planned for fall 2018. ■



Stephanie Hilton-Siebert, president/CEO of Marion General Hospital, and her son, Carson, participated in the annual MGH Heart Walk.



Team members from the Physicians Practice Management office and Doc McStuffins.



The inflatable mega heart exhibit, an educational tool.

HEALTH EXPO BY THE NUMBERS

Estimated attendance: **800-1,000**
 Blue bags passed out: **850**
 Passports returned: **545**
 Community lab screenings: **193**
 Community lab vouchers: **34**
 Hospital screening vouchers: **5**
 Hospital screenings scheduled: **9**

Osteo screenings: **40**
 Skin cancer screenings: **65**
 Heart Walk participants: **135**
 Blood donations: **53**
 CPR demos: **60**
 Claim aid: **200+ conversations**

EVENTS & ACTIVITIES

Continuous education programs and support groups

Classes

Diabetes

Classes are offered monthly. Physician referral is required. For more information, call diabetes education at 765-660-6690.

Prenatal Education

Classes provided in conjunction with Family Service Society Inc. Classes are held at various times throughout each month. Please call 765-660-7893 or visit www.mgh.net for more information.

Community Service

Car Seat Safety

Free service for parents and caregivers for inspection, fitting and instructions on proper installation of a child car seat. (Both child and car seat must be at inspection.) Call 765-660-6860 for appointment.

Date/Time: By appointment only

Location: MGH Parking Garage, 441 N. Wabash Ave.

Support Groups

(All support groups are free)

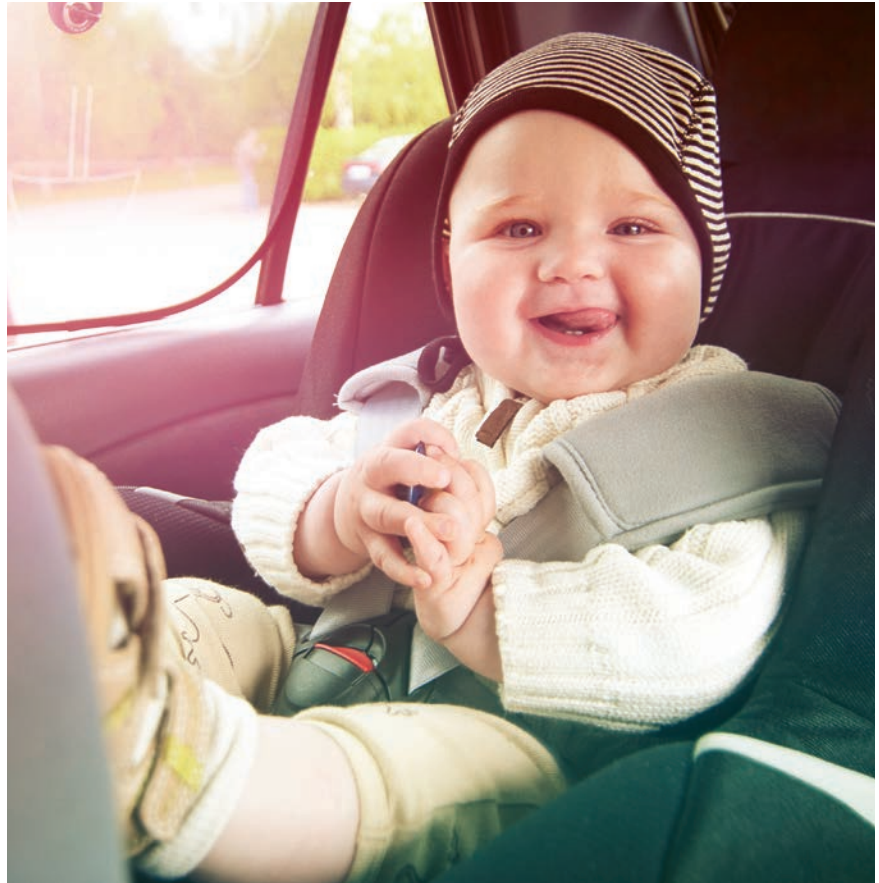
Bariatric Support Group

Support group for individuals who have had bariatric surgery or are interested in bariatric surgery, as well as those who are participating or wish to participate in medically supervised weight loss. Call 765-660-7133 for more information.

Dates: Meets the third Thursday of each month (does not meet in December)

Time: 6:30-8 p.m.

Location: MGH 330 Building, Conference Rooms 1-2, 330 N. Wabash Ave.



New Mom Group

A safe place to find support from other new and expectant mothers. Infant weight checks, feeding and nutrition, safety issues and postpartum depression are a few topics covered. Refreshments available. Call 765-660-6866.

Dates: Meets every Tuesday

Time: 1:30-3 p.m.

Location: MGH Fourth Floor, Lactation Office, 441 N. Wabash Ave.

Traumatic Brain Injury Support Group

Caregivers and survivors of all types of head injuries welcome. Discuss daily challenges of injured patients and their caregivers as they relate to independent living and returning to the workplace. The main focus is on providing social

CLASS 

Come Learn with Us

To register or learn more about our programs, please call the numbers listed or visit www.mgh.net (click "Events").

support. Call Ann Miller at 765-660-6360 for more information.

Dates: Meets the second Tuesday of each month

Time: 6:30-8 p.m.

Location: MGH Fifth Floor, Conference Room B, 441 N. Wabash Ave. ■

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MGH President/CEO Stephanie Hilton-Siebert