

IN GOOD HEALTH

WINTER 2023



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MESSAGE FROM THE PRESIDENT

HAPPY NEW YEAR!

I hope your holiday season was filled with merriment and fond memories.

As we transition from the season of giving and gratitude and into a new year full of hope and new opportunities, I would like to take the opportunity to share a few accomplishments made at McLaren St. Luke's to enhance patient care experience over the past year.

In 2022, our team of health care professionals:

- Opened a fifth location for rehab services in November. The new location is located in Perrysburg on Lighthouse Way, near the McLaren St. Luke's Family Medicine Residency Clinic. Services offered include physical therapy, dry needling and new Solo Step equipment, an overhead tracking harness that protects patients with balance or mobility challenges from falls.
- Helped achieve our accreditation by The Joint Commission as a Primary Stroke Center, and we launched a new TeleStroke program, which further enhances the delivery of care for stroke patients. Read more about this on page 4.
- Remained committed to caring for patients with chronic conditions, illnesses and injuries, COVID-19, influenza, RSV, and other communicable diseases.

Additionally, McLaren St. Luke's is once again able to accept Paramount Elite insurance and have seen patients return for care at our WellCare offices and for outpatient and inpatient care at the hospital.

While we continue to focus on enhancing access to care and new services, I would be remiss if I did not share our efforts in continuing to elevate the patient experience. Every day, I receive compliments about our compassionate team of medical professionals who are working hard to improve the health and wellbeing of our patients. Most recently, a few notes included:

- "All the staff were professional and personable, going above and beyond to make sure I was comfortable and well taken care of! You have some fantastic people working there!"
- "The nurses at McLaren St. Luke's were just so caring, friendly, and knowledgeable! I couldn't have been in better hands, and I would recommend this hospital, and its staff to anyone. This was my first time at McLaren St. Luke's, and it was a wonderful first experience there!"

"As we head into a new year, I would like to thank you for entrusting your care to McLaren St. Luke's. I wish you peace, good health and prosperity in 2023."



*Jennifer Montgomery, MSA, RN, FACHE
President & CEO
McLaren St. Luke's*



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McLAREN ST. LUKE'S NEWS

Jim Vitale, McLaren St. Luke's newest Physical Therapist, is a lifelong Toledo native and proud Bowling Green State University graduate. Upon graduation from the Medical College of Ohio Physical Therapy program and followed by two years as a clinician in a local hospital setting, he had the opportunity to enter as a partner in a private practice.



Jim's over 39 years of experience taught him how important it was to listen, be responsive to the needs of the patient, and provide a meaningful service each visit. Being able to facilitate improvement in the quality of life and see patients gain back the activity they desire, continues to produce a profound sense of accomplishment.

Why did you decide to come to McLaren St. Luke's Rehabilitation Center?

I have an extensive background in orthopedic physical therapy care, and the opportunity to work closely with the McLaren St. Luke's orthopedic specialists' team certainly was very appealing. In my four months of seeing their work and outcomes, it is easy to see how deserved their reputations were. Once I had the opportunity to meet and work with the members of the rehabilitation staff, it was clear that our philosophies aligned. The primary interest in the patient is evident.

Why would someone need physical therapy?

We have the opportunity to work with and treat a wide variety of issues including muscle, joint, and tendon injuries from trauma or overuse. Those with spinal pain, arthritic conditions, and post-surgical cases including total joint replacements are frequently seen in our clinics. In addition, our patients are referred for troubles with balance, vertigo, and weakness from various neurological problems or general deconditioning.

How do you track a patient's performance?

We strive to provide a clear plan and achievable goals from the outset, and in turn, monitor our patient's response to treatment every visit. Providing a vision for expectations and making sure the proper needs are met is critical.

Do you need a doctor's order to see a physical therapist?

It is best to have a referral for physical therapy from your physician, provided you plan on using your health insurance for coverage. Importantly, referrals from all physicians outside of the McLaren St. Luke's network are welcomed.

Jim is fully committed to his patients, colleagues, and the community. He is accepting new patients at McLaren St. Luke's Outpatient Rehab. Call 419-893-5957 to make an appointment.

TELEMEDICINE TRANSFORMS STROKE TREATMENT

Every year, more than 795,000 people in the United States have a stroke, making this condition the fifth cause of death and a leading cause of disability. McLaren St. Luke's has installed new telemedicine technology in the Emergency Department, ensuring that patients have access to rapid decision-making for treatment during the critical period following the onset of stroke symptoms. This technology assures that clinical therapies such as clot removal and clot-busting drugs can be applied quickly and effectively, resulting in better outcomes for the patient in regaining blood flow to affected areas in the brain, thus minimizing long-term disability.

What is TeleStroke?

Because the key to treating a stroke is immediate medical attention, TeleStroke is a program that connects hospitals to neurologists allowing patients to receive the highest level of care. The McLaren Stroke Network is only one of a few in the nation where every stroke patient is seen by a stroke-trained interventional neurologist in minutes, any time day or night. When a patient exhibits stroke-like symptoms in the Emergency Department, emergency doctors perform the necessary diagnostic tests, but they also work with neurologists via real-time video conferencing, for a complete patient evaluation.

How does TeleStroke work?

The TeleStroke System allows the interventional neurologist to beam into the patient's bedside from a remote location and access the patient, review CT scan images, and discuss the best options for the patient with the physician on-site and the patient's family.

"Adding this platform is a significant advancement to our program. It can save patients from the devastating effects of a stroke," said Cheryl Herr, Director of Emergency Services at McLaren St. Luke's.

By providing patients with quick access to this type of specialized evaluation, patients:

- Receive timely treatment close to home
- Reduce the need for travel unless highly specialized care is required
- Receives high-quality, specialized care to minimize the effects of the stroke

This technology has already garnered recognition from the American Heart Association and American Stroke Association. The Joint Commission has designated McLaren St. Luke's as a Primary Stroke Center.



SPOTTING A STROKE

There are many warning signs of a stroke and being able to identify them is extremely important – B.E. F.A.S.T.

-  **B BALANCE**
Sudden loss of balance
-  **E EYES**
Sudden trouble seeing
-  **F FACE**
Uneven or crooked smile
-  **A ARMS**
Arm hanging down
-  **S SPEECH**
Speech is slurred or drooling
-  **T TERRIBLE HEADACHE / TIME**
Sudden onset of headache / **Time to call 9-1-1**



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Going straight to the ER is always the best plan if you think you are having a stroke. It could save your life. A proper diagnosis can help you get the treatment you need. Also, a physician can help modify your medical therapy, whether it's your blood pressure, cholesterol, weight, or encourage a healthy lifestyle to aid in the prevention of any future stroke.

PATIENT SPOTLIGHT

Joy was new to the area after moving to Perrysburg from Nova Scotia, Canada. She came to McLaren St. Luke's Emergency Room via EMS because she was experiencing chest pain throughout the day and then began experiencing nausea and indigestion. While being transported she had a heart attack. Dr. Charles Gbur, an interventional cardiologist, met her in the Emergency Room and performed a cardiac catheterization. She learned she needed a coronary artery bypass graft. She knew her family had a history of heart disease. Joy recalls her father passing away at the age of 40 during a heart catheterization.

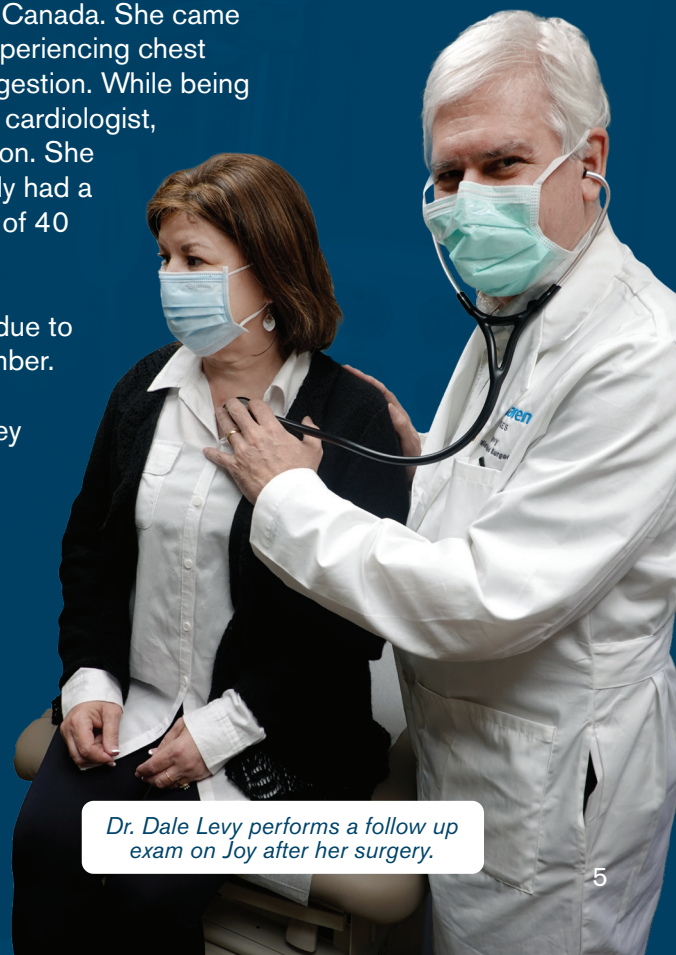
She chose to stay at McLaren St. Luke's instead of going out of town due to the attentive nurses, caring doctors, and feeling like she was not a number.

"You don't get the personal care elsewhere. It was my birthday, and they sang Happy Birthday to me in the hospital," said Joy.

During her 10-day stay, Dr. Gbur, Dr. Dale Levy, and the nurse practitioners checked on her, answered all her questions, and calmed her fears.

Joy continues, "I would recommend this facility. All the nurses in the Intensive Care Unit and stepdown are on top of their game and are pleasant. Thanks again. What a dynamic team you all are!"

Joy is in cardiac rehabilitation at the hospital and is looking forward to traveling to Nova Scotia, crafting, and seeing her family.



Dr. Dale Levy performs a follow up exam on Joy after her surgery.



THE SECOND SET OF EYES ON YOUR HEART

One in every three deaths in the United States is related to heart disease. Some modifiable risk factors for heart failure include high blood pressure, diabetes, coronary artery disease, sleep apnea, obesity, and excessive alcohol and tobacco use.

Patients at risk for heart disease are monitored with Telemetry, a technological device that continuously monitors a patient's cardiac rhythm and heart rate. For patients recovering in the Intensive Care Unit (ICU), it is helpful for them to have a second set of eyes on each patient. If there is even the slightest change to a patient's vital signs, the monitor's alarm alerts nurses of the sudden change. The ICU utilizes cardiac monitoring on all its patients. Telemetry has become a standard in critical care settings to ensure the timely detection of changes such as arrhythmias.

Besides the ICU, McLaren St. Luke's has cardiac monitoring in the Emergency Department, operating rooms, peri anesthesia care unit, and stepdown units to monitor patients. Med Surg patients can also have telemetry monitoring.

This is conducted through a portable device that sends cardiac readings to a monitor room where a trained monitor tech closely observes patients' readings and reports anything of importance to the nurse.

When is Telemetry useful?

- Patient has heart disease or heart problems, such as a higher heart rate and risk of a heart attack
- Patient has lung problems such as blood clots or water retention in the lungs
- Patient undergoes an operation with an anesthetic, it is used to record the reaction and recovery

Experiencing chest pain or spending time at a hospital can sometimes be overwhelming for a person. Fortunately, Telemetry technology can provide comfort to a patient while spending time alone or falling asleep.

AMERICAN HEART MONTH



Tips To Improve Your Heart Health

1. Schedule an appointment with your physician, who can conduct a physical evaluation and test your blood pressure and cholesterol levels. If necessary, your physician can prescribe certain medications to control both.
2. Maintain a healthy diet and control your weight. Obesity is one of the leading contributors to heart disease.
3. Increase your physical activity. Join a gym or take up walking, make exercise part of your daily routine.
4. Monitor your alcohol intake and if you smoke, quit immediately. Cigarette smoke and alcohol are two factors that put individuals at an increased risk of heart disease.

We recommend making an appointment to see your physician for an annual exam. If you do not have a primary care physician, visit mclaren.org/stlukesdoctors to find the right provider for you.



McLAREN ST. LUKE'S FOUNDATION NEWS

Every year, the McLaren St. Luke's Foundation accepts donations from a variety of individuals. Each donor has a personal reason for supporting McLaren St. Luke's. This generosity helps us grow stronger and be better prepared to face the challenge of providing the best care for our patients. The financial support of our donors helps us to move forward with innovations, technology, and staff training and education as we continue to provide the highest standards in the delivery of health care to all who pass through our doors.

The Beacon Society is how we recognize our most generous supporters – individuals and corporations who make a minimum commitment of \$10,000 over a 10-year period. Gifts made through the Beacon Society will have a major impact on McLaren St. Luke's funding of new technology, lifesaving equipment, and capital improvements.



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The Pacesetter Club recognizes annual donors of \$100 or more. These contributions are used to help the hospital purchase medical equipment and technology, enhance clinical education and training for our staff, and invest in capital improvements.



Listed below are donors who made a gift between December 1, 2021 and November 30, 2022.

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All gifts to the McLaren St. Luke's Foundation, regardless of the amount, result in helping us to provide our patients with world-class clinical services in addition to compassionate care. These gifts touch the lives of many. Thank You.

For more information regarding the Beacon Society or Pacesetter Club, contact Kelle Pack, Foundation President, at 419-893-5961 or kelle.pack@stlukeshospital.com



Auxiliary Celebrates 85 Years of Service

In 1938, a group of 12 physicians' wives at Robinwood Hospital formed the first hospital Guild, the forerunner to today's McLaren St. Luke's Auxiliary, to raise funds to purchase equipment for the hospital. It soon became clear that fundraising would become an integral part of the Auxiliary's efforts.

In 1951, after an expansion, Robinwood Hospital adopted the name St. Luke's Hospital. The Guild took on the name St. Luke's Auxiliary, as well. In 1970, the Auxiliary pledged \$100,000 toward the capital fund for the new hospital in Maumee. Since its inception, the organization has raised and donated over \$2.5 million. Fundraising events such as tea parties, fashion shows, and chocolate sales soon followed.

"But even during the pandemic, this group did not miss a beat," said Kelle Pack, Foundation President. "They held events virtually to raise money for the hospital. That just warmed my heart. The pandemic didn't stop them from fundraising."

Sheila, Auxiliary Co-President, who has been with the Auxiliary for over 20 years, said during her years in the Auxiliary, "A lot of things have changed in the world, and certainly in the medical field, everywhere. But, the one thing I know about the Auxiliary, is that we have a lot of love and loyalty to this hospital, which is so very important to the community." Sheila added the auxiliarians are great ambassadors of this hospital.

Over the years, monies from the Auxiliary have provided important items, including safety city helmets, stuffed animals for children, tomosynthesis technology for 3D mammography, renovations of the auditorium, telemetry equipment, and HoverJack lifts.

COMMUNITY CORNER



McLaren St. Luke's Rehabilitation Services opened its new office in Perrysburg. This addition is the fifth location and offers general physical therapy, vestibular rehabilitation, dry needling, and features a Solo-Step Harness System.



Over 200 pounds of expired and unused medications were secured on Drug Take-Back Day at the hospital. The Maumee Police Division, UToledo Pharmacy residents, along with S.A.I.L. (Substance Abuse Intervention League) assisted our staff.



For GivingTuesday, the McLaren St. Luke's Employee Engagement Committee organized a collection of food and hygiene donations for the Under One Roof Food Pantry in Maumee. *Pictured: Alison Avendt, VP & Chief Operating Officer for McLaren St. Luke's, Angela Long, Chief Nursing Officer/VP of Patient Care Services, and Jane Music, Under One Roof Food Pantry volunteer.*



McLaren St. Luke's was among 80 vendors at the Maumee Business Expo presented by the Maumee Chamber of Commerce. Over 300 attendees learned about the exceptional services offered in the Maumee area. *Pictured L to R: Jackie Young, Kristy Kohlman, Lindy Hansen, and Kelly Chamberlain.*

2023 LUNCH & LEARN SCHEDULE

All seminars are free of charge and held in the McLaren St. Luke's Auditorium

- 12-1 p.m.
- Masks are required
- A light lunch is provided

Call to reserve your seat at **419-897-8484** or reserve online: **mclaren.org/stlukesevents**



February 7
Dr. Dale Levy
Heart Disease

Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the U.S.

Learn about:

- Symptoms of heart disease
- Risk factors
- Treatment options
- Steps to protect your heart



March 7
Dr. Sherry Magrey
Take Charge of Your Diabetes

This seminar is designed to help you know the factors that influence your blood sugar level.

Learn about:

- Healthy eating with diabetes
- Discover diabetes management techniques
- Learn how medications can lower your risk for complications

2022 YEAR IN REVIEW

As we reflect on this past year, we are grateful for the opportunity to provide quality healthcare and education to the community. We look forward to a new year of providing the best technology, a wide range of services, and highly trained staff to meet the needs of the patients we serve.



Inpatient & Outpatient Encounters  **128,725**

Blood Pressure Checks  **225**

Collected for Community  **726**
LBS OF FOOD

Safety City Children  **840**
HELMETS

Educational Radio Interviews  **10**
SHOWS

Lunch & Learn  **5**
SEMINARS

Drug Take Back  **506**
LBS OF PILLS

Employee Community Service  **120**
HOURS

Community Talks  **61**

We want to hear from you! Getting feedback about what we are doing well helps reinforce those practices, and if there is something we can do a better job with, we want to know that too! Feedback about our services helps us to provide the best patient care possible and is shared with our staff regularly. Email us at mslcontactus@stlukeshospital.com.

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PARAMOUNT ELITE MEMBERS

YOU HAVE ANOTHER LOCAL CHOICE...AGAIN!

Paramount Elite subscribers (ProMedica's Medicare Advantage health plan) are once again able to receive in-network care at McLaren St. Luke's and WellCare Physicians Group.

McLaren St. Luke's, celebrating 50 years of serving northwest Ohio, offers compassionate and personalized care, convenient parking, and a wide range of health care services, including cardiovascular, stroke, spine and neurological, robotic surgery, orthopedic, and emergency services.

Welcome back! We look forward to serving you...again!

