

HEALTH *e*news

THE BELLEVUE HOSPITAL



Support The Bellevue Hospital Foundation During Back-To-School Shopping

The beginning of the school year is fast approaching, and if you are busy shopping for back-to-school essentials online, we hope you consider shopping on AmazonSmile and choose The Bellevue (Ohio) Hospital Foundation as your charity of choice!



THE BELLEVUE HOSPITAL
Quality Care, Close To Home

Please enjoy our **HEALTH *e*news** to help keep you informed.

Join us on Facebook and visit our website at www.bellevuehospital.com. Upcoming events and programs listed inside. Please contact the Marketing Department at 419.483.4040, Ext. 4899 with any questions.



Shop for school supplies, clothing, shoes and more for everyone in your family at <https://smile.amazon.com/ch/34-4428205>.

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to The Bellevue Hospital Foundation whenever you shop, all year long.

New to AmazonSmile? You can set up your AmazonSmile account in just a few simple steps:

- Visit smile.amazon.com and select “Get Started.”
- Sign in using your pre-existing Amazon username and password or create an Amazon account if needed.
- Choose your charity of choice. When searching for The Bellevue Hospital Foundation, make sure you choose the Bellevue, Ohio location.

From there, happy shopping! Although you can change your charity at any time, we hope that you will keep The Bellevue (OH) Foundation as your charity of choice throughout the year.

Thank you for supporting The Bellevue Hospital Foundation. **Questions can be directed to Foundation Director Dennis Sabo at 419.483.4040, Ext. 4319, or to dsabo@bellevuehospital.com.**



CALENDAR *of Events*

For more information, or to register for the events listed, call 419.483.4040 and reference the extension numbers listed below.

WEDNESDAYS, AUGUST 10 & AUGUST 31

Drown's Garden Market

9:00 a.m. – 1:00 p.m.

TBH Main Station Café

Drown's Market of Green Springs will bring produce to TBH as a part of the hospital's efforts to support a healthy lifestyle. The garden market is open to the public and offers a wide variety of seasonal fruits and vegetables. Cash, check or credit card will be accepted. **INFO: Ext. 4625**



Information on TBH screenings, programs and events can also be found on our website at bellevuehospital.com and on The Bellevue Hospital Facebook page.



TUESDAY, AUGUST 16

M.O.M.S. Support Group

10:30 a.m. – 11:30 a.m.

TBH Burson Conference Room

All new mothers and their breastfeeding babies welcome. Discussion topics include feeding/nursing issues and sleep habits. The class is facilitated by a certified lactation consultant. Registration is not required. **INFO: Ext. 4611**

Offering Convenient Laboratory Services in Clyde

Many of the decisions doctors make about your care are based on laboratory results. Laboratory tests are critical to determining your diagnosis and helps your doctor make the best possible treatment recommendations for you.

Did you know that The Bellevue Hospital (TBH) has two locations for outpatient laboratory services? In addition to the lab at the hospital, TBH offers outpatient lab services in Clyde to provide patients in the service area a quick, convenient option close to home.

Located at 402 W. McPherson Highway, TBH's Clyde lab uses up-to-date procedures to manage routine diagnostic tests and screenings to provide your health care team accurate and

efficient laboratory results. TBH's testing specialties include:

- Hematology
- Chemistry
- Immunochemistry
- Urinalysis
- Immunology
- Serology

Outpatient laboratory services at the Clyde location are offered:

| | |
|---------------------|------------------------|
| Monday – Thursday | 8:00 a.m. – 4:30 p.m. |
| Friday | 8:30 a.m. – 11:30 a.m. |
| Saturday and Sunday | Closed |

Patients do not need to schedule an appointment for lab services. A physician order is required and patients may pre-register by calling 419.483.4040, Ext. 0.

Get Back on Track with Routine Vaccinations

Vaccinate

on time.

Getting vaccines at the recommended time is the best way to protect against **serious diseases.**

National Immunization
Awareness Month

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. We know the COVID-19 pandemic has impacted all aspects of life, possibly including your ability to attend important appointments and receive routine vaccinations. During NIAM, we encourage you to talk to your primary care provider to ensure you and your family are protected against serious diseases by getting caught up on routine vaccinations.

To see recommended vaccine schedules for adults and children, visit cdc.gov/vaccines. For a list of primary care providers at TBH, visit bellevuehospital.com/medical-providers.

Smarter Technology Increases Patient Safety: IV Pumps Upgraded at TBH

Technology plays an integral part in strengthening the services The Bellevue Hospital (TBH) provides. Recently, TBH upgraded the IV pumps in all patient care areas.

“Patient safety is our top priority,” said Patty Semer, TBH’s vice president of administrative services. “The new ICU Medical Plum 360 IV pumps include smart technology and additional safety features that reduce the risk of medication errors, simplifies infusion setups and brings peace of mind to patients and the clinical staff.”

Unlike gravity-based pumps that need to be hung above a patient’s head, the Plum 360 can function at any height. The pumping mechanism pulls fluid directly from a secondary line, so the infusion bags can be hung where it is most convenient and comfortable for the clinical staff and patient. This feature also eliminates the risk for setup and pressure errors that can be common with traditional gravity-based pumps.

The Plum 360’s technology also allows clinical staff to deliver two compatible medications at independent rates through a single line, letting the secondary medication be delivered without having to stop a patient’s primary medication – simplifying the infusion process.

Alarms can be a major disruption at the bedside and IV pumps are often contributors to medical device alarms. One of the most common infusion pump alarms is for air in the IV line. While it is essential to keep air out of an infusion line, once the condition is detected, the pump must be stopped until the air is cleared, delaying patient treatment. For many infusion pumps, the air removal process requires disconnecting the line from the patient and manually drawing the air out of the tubing which takes time and introduces infection risk by opening the patient IV line. The Plum 360 features an air management system that reduces air-

in-line alarms. When the IV pump does alarm for air in the line, removal can be done quickly and easily while maintaining a closed system, reducing the risk of patient infection.



TBH’s Plum 360 pumps include ICU Medical MedNet software which features a customizable drug library and the ability to set drug infusion limits. A medication must be selected from the pumps drug library prior to the infusion beginning, reducing pump programming errors. The ICU Medical MedNet software is a direct link between the pumps and a patient’s electronic medical record (EMR). Programming a patient’s infusion directly from the EMR populates pharmacy-verified orders on the pump, saving time, improving efficiency and increasing patient safety by eliminating manual pump programming steps.

“Our patient care teams are happy with this new update,” said Semer. “The community’s health and well-being are top-of-mind at TBH as is the commitment to provide leading-edge technology to enhance patient care now and into the future.”

BACK TO SCHOOL: BE SAFE AND SMART



Pick a backpack that is the correct size, has padded back/shoulder straps and has reflective material.



Remind teen drivers to stay off their cell phones while traveling to school.

use extra caution and safely share roads with school buses, pedestrians and bicyclists.



Get the Facts and educate your kids on school and youth violence prevention.



Always use the crosswalk when one is available.



If your kids are playing sports in school, know your concussion ABCs.



Quality Care, Close To Home

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Need a DOT/CDL Physical?

TBH's Occupational Health Department offers DOT/CDL physical exams for only \$65. *Appointments Recommended*

Monday – Friday
8:00 a.m. – 4:00 p.m.
Call 419.484.5407

*****ECRWSEDDM*****
POSTAL CUSTOMER



Ease Muscle Pain with Dry Needling: *What you need to know*

Trigger point dry needling is a technique physical therapists use to treat pain and improve range of motion for muscles. During a dry needling procedure, thin, microfilament needles are injected into specific areas of the muscle to help start the muscle healing process. Because you're not being injected with a medication or other solution, it's called dry needling. The needle itself is the treatment.

Trigger points are knots in your muscles that develop when the muscle is fatigued or has an injury. Trigger points can cause pain and reduce muscle functionality. Inserting needles into these points helps release the knots to reduce pain. The needles stimulate a recovery response in the underlying muscular connective tissues, allowing physical therapists to target tissues they are not able to reach with their hands.

Trigger point dry needling is effective in treating a variety of pain issues, including:

- Arthritis
- Herniated discs
- Muscle and ligament strains
- Overuse injuries
- Sciatica
- Tendonitis
- Tennis elbow



Trigger point dry needling sessions usually last 30 – 45 minutes with a licensed physical therapist, specifically certified in dry needling. The time varies depending on the patient and the treatment. As with any physical therapy treatment, a physician referral is required to begin a dry needling program.

For more information, contact The Bellevue Hospital's Rehabilitation Services Department by calling 419.483.4040, Ext. 4279.

