



Drive-up Direct Access Testing for Respiratory Conditions

The Bellevue Hospital now offers drive-up Direct Access Testing for respiratory conditions. This service allows community members to order their own respiratory lab tests, when they want them, at an affordable price without a physician's order.

The drive-up respiratory testing is designed for patients with symptoms of COVID-19, influenza, RSV and strep throat. Drive-up testing is available Monday - Friday, 8:00 a.m. - 5:00 p.m. There are no weekend testing hours available.

Appointments are not necessary, but pre-registration is required. To pre-register, call 419.483.4040, Ext. 0.

Testing available through the drive-up Direct Access Testing for respiratory conditions include:

- COVID-19 Antigen Test - \$25
- COVID-19 PCR Test - \$100
- Influenza A & B Test - \$40
- RSV Test - \$40
- Strep Throat Test - \$20



Only credit card payments will be accepted for this respiratory testing. Payment information will be taken over the phone during the pre-registration process. If someone wants this testing processed through insurance rather than pay out of pocket, then a physician order is required.

Patients using the drive-up testing location should enter the hospital's 1400 W. Main Street location from the County Road 302 entrance. Patients should then follow the yellow drive-up testing signs and proceed to the testing lanes on the east side of the hospital's campus. Patients should remain in their vehicles until a TBH staff member arrives.

For more information on laboratory services and Direct Access Testing, visit bellevuehospital.com.



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.



CALENDAR of Events

For more information, or to register for the events listed, call 419.483.4040 and reference the extension numbers listed below. Information on TBH screenings, programs and events also can be found on our website at bellevuehospital.com and on The Bellevue Hospital Facebook page.

COMMUNITY HEALTH PROGRAMS

WEDNESDAY, FEBRUARY 1

Morning Health Break

8:00 a.m. – 10:00 a.m.

TBH Conference Room

Free blood pressure and fasting glucose checks. Educational literature, a light breakfast and a registered nurse to answer health questions. At 9:00 a.m., a member of TBH's Rehabilitation Services Department will be discussing "Healthy Aging and Activity." Reservations not required. Pre-registration is required if Direct Access Lab testing is needed. Direct Access Tests include:

- A1C Screening (\$20)
- Complete Blood Count with Metabolic and Lipid Panel (\$50)
- Lipid Panel Screening (\$20)
- PSA (Prostate) Screening (\$30)
- TSH (Thyroid) Screening (\$25)
- Vitamin D (\$35)

To pre-register for lab testing, call 419.483.4040, Ext. 0.

FRIDAY, FEBRUARY 10

Red Cross Bloodmobile

10:00 a.m. – 3:30 p.m.

TBH Burson Conference Room

Open to the public. To donate, you need to weigh between 110-350 pounds, be at least 17 years old, and be in good general health. Appointments required. To schedule an appointment, call 1-800-Red-Cross, or visit www.redcrossblood.org and enter sponsor code BELLEVUEHOSP.

THURSDAY, FEBRUARY 16

Mature Audience Luncheon

11:30 a.m. – 1:00 p.m.

*Bellevue Society for the Arts
205 Maple St., Bellevue*

A speaker from Wakeman Maple Farms will be presenting. The public age 55 and older is invited to attend. The lunch fee is \$3. Reservations are requested. INFO: Ext. 6610.

SUPPORT GROUPS

TUESDAY, FEBRUARY 21

M.O.M.S.

10:30 a.m. – 11:30 a.m.

TBH Burson Conference Room

All new mothers and their babies welcome. This free class is facilitated by a certified lactation consultant and discussions include breastfeeding topics, life adjustment challenges and sleeping habits. INFO: Ext. 4611.

TUESDAY, FEBRUARY 21

Diabetes

12:30 p.m. – 1:30 p.m.

TBH East Conference Room

TBH's Diabetes Education Department provides specialized education to help adults and children with diabetes maintain a healthy lifestyle. The support group is free and open to the public. Topics of discussion include diet, exercise, medication and monitoring. INFO: Ext. 4303.

Whatever Your Goals May Be, We'll Help Keep You on Track

Rehabilitation Services at TBH

The Bellevue Hospital provides highly trained rehabilitation professionals who are focused on helping patients achieve and maintain active healthy lifestyles through exercise and education. Individualized evaluations are offered with flexible scheduling and short wait times.

- **Physical therapy** can improve strength, balance and functional mobility allowing return to previous level of independence and lifestyle. The goal is to identify physical impairments that can be the result of injury or disease and through therapeutic activity restore daily function.
- **Occupational therapy** can provide upper limb strengthening, hand dexterity, and cognitive retraining. Occupational therapy's main focus is to help individuals regain full or maximal independence with daily life skills.
- **Speech therapy** can aid with improving speech, language, memory, concentration and swallowing through an individualized treatment approach. Speech therapy aims to maximize a person's functional communication, cognition or swallowing skills impacted by illness, accidents or delay.

- **Aquatic therapy** is an effective treatment option for people with a variety of physical conditions and disabilities. The water's buoyancy reduces the effects of body weight and weight-bearing forces, allowing individuals to perform therapeutic exercises more easily.
- **Pediatric therapy** at TBH provides outpatient physical, occupational and speech-language therapy to children with disabilities, developmental delays and acquired injuries. The goal of pediatric therapy is to provide adaptations as needed and maximize each child's ability to function as independently as possible allowing for growth and development.

TBH's Rehabilitation Services Department is committed to enhancing the quality of life for those who experience illness, injury or disability through a comprehensive team approach. All patients will need a physician's order to begin their rehabilitation process.

For more information about Rehabilitation Services at TBH, call 419.483.4040, Ext. 4279 or visit bellevuehospital.com/services/rehabilitation-services.

Sip Smarter! Replace Sugary Beverages with Healthier Choices

Information from the American Heart Association



During American Heart Month, take a minute and think about what you drink in a typical day. Unless you are a true water lover, you may be getting some extra, unneeded calories through

sweetened soft drinks, sodas, iced tea, coffee, juice, and energy and sports drinks. Here are some facts that may surprise you:

- Most Americans consume nearly 20 teaspoons of added sugars each day. That's more than TRIPLE the recommended daily limit for women and DOUBLE for men.
- Sugar-sweetened beverages like soda and energy or sports drinks are the number one source of added sugars in our diet.
- A 12-ounce can of regular soda has about 150 calories and 10 teaspoons of added sugar.

Here are some tips on how to switch to healthier drinks that will quench your thirst and still taste good:

- **Read nutrition labels and ingredients** – Beverages like energy drinks can be deceiving. While advertisers may say they

are healthy, usually they are loaded with calories and added sugars. Common forms of added sugars are sucrose, glucose, fructose, maltose, dextrose, syrups, concentrated fruit juice, agave and honey. Look at the label carefully because one container may be more than one serving, doubling or tripling the added sugars you're getting.

- **Cut back slowly** – If you have sugary drinks like sodas and sweetened teas on a regular basis, start cutting back now. Mix half sweetened and half unsweetened while you get used to less sugar, and gradually reduce the sweetness.
- **Choose water** – Replace sugary drinks with water. That can seem like a challenge if you aren't a fan. Here's how to drink more water:
 - Carry a refillable water bottle or keep a cup at your desk to make water the easy choice.
 - Add slices of your favorite fruits for a boost of flavor.
 - Try seltzer or sparkling water if you prefer fizzy carbonated drinks.
- **Sip a smoothie** – When you're in the mood for something sweet or need an afternoon energy boost, skip the coffee and soda and try a budget-friendly homemade smoothie! Blend frozen fruits and veggies with plain, low-fat yogurt, milk or water.

Rusuci Anne CPR Simulator Arrives at TBH

The Bellevue Hospital recently received a Rusuci Anne simulator doll with help from The Bellevue Hospital Foundation. Rusuci Anne, also known as Rescue Anne, is a training mannequin used for teaching cardiopulmonary resuscitation (CPR) to emergency and healthcare professionals in both pre-hospital and in-hospital environments.

TBH's team of certified American Heart Association (AHA) instructors will use the CPR simulator doll to teach hands-on basic life support and advanced cardiovascular life support training.

"Our AHA instructors inquired about the possibility of getting an updated CPR simulator mannequin so our clinical staff could practice critical care skills on a more technically advanced, life-like simulator," said Carrie Mason, RN, MSN and clinical educator at TBH.

"We reached out to Dennis Sabo, TBH Foundation director, to see if the Foundation could help cover the cost of the Rusuci Anne doll. Within two weeks, the Foundation had helped us secure the funding and had it ordered," continued Mason.

"TBH's staff does an amazing job educating our clinical workers and keeping them up-to-date with their certifications and continuing education," said Sabo.

"Since we do most of this education in-house, it saves our employees time and money not having to take these refresher courses outside the hospital. To that end, it is important to keep up with equipment and supplies for that education. CPR simulators cost a minimum of \$10,000 and higher – some well over \$50,000. The Foundation is delighted to help support this purchase, one that will help train the current generation of healthcare workers and beyond."

Rusuci Anne simulates a wide variety of human vitals and functions including heart rate, respirations, pulse oxygen levels and blood pressure.

The mannequin features a realistic airway which mimics spontaneous breathing and allows staff to practice endotracheal intubation. Resuci Anne's technology also includes EKG monitoring and allows live defibrillation with automatic heart rhythm changes after defibrillation. With extensive vascular features, the simulator also helps staff practice intravenous insertions.

"We are so thankful to have the Rusuci Anne simulator available for staff training," said Mason. "This tool will help TBH staff improve critical thinking skills and allow them to apply learned theory to hands-on practice."

For more information on The Bellevue Hospital Foundation and how you can support TBH and the community, visit tbhfoundation.com.



Don't forget to keep blankets, a flashlight and bottled water in your car during the winter months in case of an emergency.



*****ECRWSSSEDDM*****
POSTAL CUSTOMER

TBH Staff Step into Action to Comfort Victims During Recent Turnpike Accident

In the early afternoon of Friday, Dec. 23, The Bellevue Hospital received a call from the Sandusky County Sheriff's Office advising of a multi-vehicle accident on the Ohio Turnpike and the possibility of TBH receiving an influx of patients from the accident. At the time, the leadership team didn't know what to expect, but started preparing for potential patients and gathering a group of staff members who were on standby and ready to respond if needed.

TBH soon learned the magnitude of the 50-vehicle crash and that patients were coming to the Emergency Department. A majority of the patients were travelers with families who were displaced with no vehicle or place to stay.

"TBH family members strive to live our core values of Communication, Accountability, Relationships, Empathy, and Safety and Quality daily," said Timothy Buit, TBH's president and CEO. "In this crisis, our staff applied all our core values as they cared for patients and families. I am extremely proud of everyone who stepped up to be the calm during such a traumatic time for these accident victims."

Despite the Level 3 conditions, many TBH staff members reported in to assist and still others stayed over to help. The ER received 15 patients, along with their family members and three dogs. One patient was admitted and the others were discharged. Because of the treacherous road conditions, TBH staff sprung into action to set up accommodations for six families, including their four-legged family members, in TBH's Medical Surgical Unit.

"We had to think quickly," said Chasity Baptista, senior director of nursing. "Everyone worked in collaboration and with compassion to prepare and care for these families."

Just a few of the many examples of their kindness include:

- Nutritional Services provided 20 meals for patients and family members. Additional meals were prepared and kept in the unit

as well as a food cart for those staying overnight.

- One family had a small child who needed diapers and someone traveled to the store to purchase some.
- A staff member chose to stay in the room for the weekend with Jordan, a teenage patient who had been displaced from family—all who were at nearby hospitals with varying severity of injuries. The staff member only left for four hours on Christmas Eve to spend time with her own family.
- Staff went above and beyond their duties to provide comfort to Jordan. Presents were bought, funds were raised to help the family and two small celebrations were organized for her to open Christmas and birthday gifts. Two staff members even brought in suitcases to replace those damaged in the accident.
- A local veterinarian was called in to care for a dog who had suffered injuries from the accident and staff raised money to pay for the vet's services.

"The kindness of the staff, of multiple positions, comforted another person in their tragedy and uncertainty," said Jordan's dad. "Your staff became the epitome of compassion, being an example of what health care should be, caring not just for the physical health, but also the emotional and mental health in those moments for my daughter Jordan."

In total, the 50-vehicle crash resulted in four deaths and 51 injured, who depending on severity were sent to local and regional hospitals.



Jordan, a teenage patient who was displaced from her family during the accident, takes a photo with TBH staff during her stay.