



Knox Wise

2022 Winter Edition



Expanding Care Across the County

BARIATRIC SURGERY
GIVES PATIENT
NEW LEASE ON LIFE

2020-2021
COMMUNITY REPORT

Knox Community
HOSPITAL





highlights from our CEO



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Bruce D. White, CEO

We all have many things to look forward to in the year ahead. At the top of our list is continuing to help people in this community live life to its fullest. That means access to quality healthcare through wellness, preventive, acute, or disease management services.

One of the most difficult diseases someone may have to manage is their own or a family member's addiction to drugs or alcohol. Knox County's health needs assessment identifies addiction issues as among the top three community healthcare needs. Addiction is a highly complex issue with significant personal and societal impact.

There are no simple answers. But Knox County has an informed and supportive partner for those interested in taking the first critical steps out of addiction. On page 3, read how KCH's NewVision withdrawal management service provides help to those on that journey.

There will soon be many resolutions to eat healthier, exercise more, and lose unwanted and unhealthy weight. One patient shares her personal journey with the help of our Center for Weight Management. Not only did she lose the desired weight, she was also able to reverse her type 2 diabetes and high blood pressure. We were honored to be a part of Jessica's accomplishment. We hope you are inspired by her story on page 4.

On page 5, Serina Crouso, R.N., Director of the new Acute Rehabilitation Unit at KCH, shares her passion for helping people regain independence following illness or injury. Crouso's team of highly qualified medical staff helps patients return home to enjoy life after their recovery process.

One year ago we broke ground for our expansion project in Centerburg which is now scheduled to open in early 2023. Pages 6 and 7 tell you about services and amenities the building will feature to make health and wellness even more accessible for people who live and work in that community. Keep an eye on our web and Facebook sites for official opening dates.

We believe that taking care of your health is the most important investment you can make. We also know healthcare costs are significant (we're patients too!) and we are working to try to help. KCH provides a service called MDSave which offers upfront, predictable pricing on medical procedures that you can buy online, at a reduced rate, and then schedule to receive at your convenience. To learn more go to mdsave.com/knox.

Happy New Year,

Bruce D. White, CEO



Medical stabilization for addiction withdrawal AVAILABLE AT KCH

Since opening its doors in 2013, KCH's NewVision program has helped to medically stabilize 1,932 patients in need of withdrawal management. Our addiction detox services helps those 18 and older who are experiencing acute withdraw from alcohol, opioid medications, fentanyl, heroin, benzodiazepines, stimulants, cocaine, crack, methamphetamine and kratom.

The NewVision Staff is the first step to recovery. We do not have a wait list—the same day you are ready to get help we are here and ready to help you. The only requirement is that you must be in withdrawal at the time of your admission. Withdrawal can be scary and in some cases fatal. This is why we have staff helping you 24/7 so you can withdraw as comfortably and safely as possible.

According to Chris Drake, administrator of NewVision, a typical length of stay is three to five days. While in the hospital, staff work with patients to help them find appropriate treatment and rehabilitation programs following their detox.

“We start work on aftercare as soon as a patient enters our service,” said Drake. “Whether a patient wants long-term inpatient or outpatient aftercare we will help them find the right program and have an appointment set before they are discharged.”

You do not need to have a referral to be admitted into the program. NewVision accepts Medicaid, Medicare and all commercial insurances accepted by the hospital. To learn more about the program criteria, call 740.399.3893. NewVision does not admit patients undergoing an emergency. If you or a loved one is experiencing a life-threatening crisis, call 9-1-1.



BARIATRIC SURGERY

GIVES NEW LEASE ON LIFE

Mount Vernon Woman Loses Almost Half Her Body Weight



Time for a change

As the secretary for the General Surgery department at KCH, Jessica Fawcett watched many people undergo weight loss surgery with general surgeon Dr. Aevan McLaughlin. Overweight since her 20s, Jessica empathized with their plight since she had tried many different methods to lose weight.

“I did low-carb diets and Weight Watchers,” she said. “I joined a gym and exercised, but eventually I got tired of it and would go back to my old habits. It was a vicious cycle.”

“My health was in jeopardy. I was a type 2 diabetic, had high blood pressure and polycystic ovarian syndrome. I knew if I didn’t lose weight, I was going to die young.”

When she hit 34 years old and her highest weight of 315 lbs, Jessica knew it was finally time to do something about her weight.

“I got tired of walking into a room and not knowing if I would be able to fit into a chair or if the chair would hold my weight,” she said. “Also, my health was in jeopardy. I was a type 2 diabetic, had high blood pressure and polycystic ovarian syndrome. I knew if I didn’t lose weight, I was going to die young.”

By this time Jessica had transitioned to a job in another hospital department, but she felt more than comfortable putting her care into the hands of the team in the Center for Weight Management. Her first appointment, with nurse practitioner Amy Ferenbaugh, involved reviewing her history with food and learning about what was expected of her.

“The Center offers both surgical options as well as a medical weight loss option for those who prefer a more conservative treatment,” said Jessica. “I knew I wanted the surgery, and I was told I had to achieve a certain body mass index for the surgery to be safely performed.”



Encouraging results

Jessica began taking weight loss medication, watched what she ate and exercised regularly. Within five months, she was able to get herself from 315 lbs to her surgical goal weight of 250 lbs. On December 8, 2020, she underwent a laparoscopic Roux-en-Y Gastric Bypass procedure. During the surgery a small stomach pouch was created, decreasing the size of Jessica’s stomach.

Now 164 lbs and 37 years old, Jessica has no regrets about having the surgery. She no longer experiences back pain or shortness of breath and can fit into chairs and booths in



Now 164 lbs and 37 years old, Jessica has no regrets about having the surgery.

restaurants. But even more important, Jessica was able to reverse her type 2 diabetes and hypertension. She no longer requires daily medications for either condition.



WEIGHT MANAGEMENT

The Knox Community Hospital Center for Weight Management is accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program®. To learn more email weightmanagement@KCH.org or call 740.399.3848. No referral needed.



ACUTE REHAB TEAM

Helps Patients Heal To Return Home After Illness or Injury



“Our nurses are passionate about encouraging patients to do as much as they can until they need help.”

And family members aren't the only ones boosting patients' confidence.

“Our nurses are passionate about encouraging patients to do as much as they can until they need help,” said Crouso. “They offer lots of reassurance, celebrate the small victories and give them a push to try harder when needed.”

Since the unit has eight beds, one of the perks is patients get lots of personalized attention.

For certified registered rehabilitation nurse Diane Elbin, getting to witness the small miracles that happen every day is what she finds most rewarding about her job. “As a team, we help give patients their life back,” she said. “We help get them home safer and stronger. With the right tools, education, and hard work we show them ways to overcome their limitations and do the normal things they never thought they could do again.”

Serina Crouso is passionate about her work in the hospital's Acute Rehab Unit. Now the unit's director, she previously served as a night shift floor nurse helping patients relearn activities of daily living following an illness or accident. In her current position, she helps to identify patients who could benefit from an acute rehab stay close to their home.

“Anyone who has experienced a loss of function from an injury or illness like a car accident, fall or brain injury and can tolerate a minimum of three hours of daily therapy, five to six times a week is eligible,” she said.

Prior to the unit opening, many patients had to go to Columbus or another location for acute rehab, which made it hard for families and caregivers to be a part of the recovery process.

“We want our patients to have a positive experience and not feel isolated,” Crouso said. “Families are welcome to come watch therapy, share meals or sit and watch a TV show with their loved one. Patients enjoy showing off their progress to family members and are motivated to work a little harder when they know someone is watching.”



For more information about KCH's acute rehabilitation services, or to schedule a tour, please call 740.393.3220.



YOU'RE INVITED!

In mid-January, 2023, the community will be invited to an open house at KCH Centerburg Health & Wellness to learn more about the services and amenities being offered there. Watch the hospital's website for more details: kch.org

CENTERBURG HEALTH AND WELLNESS

Expanding Care Across the County

Centerburg residents will soon have access to a number of health care services in one convenient location and under one roof, as Knox Community Hospital has a new facility opening in January at 3595 Columbus Road, Centerburg. Construction began about one year ago.

“With the growing number of young professionals and families, and an increasing number of seniors, Centerburg was a good location for KCH to expand within Knox County,” said Bruce White, CEO. “We’re excited to announce that the doors will be open in late January for patient services at this new location.”

Built with capital funds allocated by the hospital and generous donor support, the new building will house our current Centerburg primary care providers Dr. Rebekah Crawford, Dr. Shawn Reed and nurse practitioners Kody Green and Amber Morrison.

“Centerburg was an ideal spot for KCH to expand its services and increase healthcare access for residents within Knox County.”

In addition to primary care, the new center will also accommodate several specialty care practices, making health care a one-stop shop for patients. Specialty care services including OB/GYN and Cardiology will be joining Centerburg along

To view more photos and aerial video of the Centerburg construction project, go here: kch.org/centerburg-expansion





We are bringing a state-of-the-art medical fitness center TO CENTERBURG!

with a full list of other services available closer to opening. The site will also include a lab draw center and imaging (X-ray) services.

“The Health and Wellness center will also offer a separate waiting room and entrance for our sick patients when necessary,” said Christine Ingram, Vice President of Physician Services at KCH. “Since we have a mix of people visiting the building for everything from physical therapy to pregnancy care, we are taking extra measures to keep everyone safe.

“Patients coming in for a sick visit will be advised about the separate entrances and waiting areas when making their appointment,” she added.

Connections Fitness Center at Centerburg

In addition, the Centerburg building will include a Connections Fitness Center, our medically supervised health and fitness facility. They will offer diverse group classes such as HITT, Cycling, and Aqua Aerobics, along with open pool hours and personal training with expert staff who care about you and your health goals. Connections Fitness will give you all the tools to succeed in the Fitness Center and community, whether that’s nutrition counseling, access to healthy, ready-to-go meals for dinner, or discounts on massages for your recovery and relaxation.

Outside the building, the hospital plans to create a one-mile, paved walking path around the property and an outdoor exercise patio connected to the fitness center where exercise classes can be held during nice weather.

Last Chance for Our BEST Offer!

Start enjoying your membership at Centerburg High School immediately at the Centerburg location and be among the first to enjoy the new Connections Fitness upon the Grand Opening.

We’re bringing medical oversight, qualified staff, and healthcare integration into the safest environment to help you achieve and maintain a healthy lifestyle.

**REGISTER NOW BY CALLING 740.398.7108
OR STOP BY 28 N. CLAYTON STREET,
CENTERBURG, OH 43011.**



JOIN NOW &

SAVE

80% off
FOR THE FIRST 100 TO ENROLL



2020-2021

Community Report



Foundation Updates

Any community is only as strong as its health care system. Here in Knox County, we've been blessed to enjoy convenient access to quality healthcare through Knox Community Hospital. Your Foundation for Knox Community Hospital strives to expand that access for as many people as possible. Through successive campaigns, the Foundation has played a crucial role in the construction of the Wright Family Medical Pavilion, provided 3D Mammography equipment, upgraded diagnostic imaging, and more. None of this would have been possible without the generosity of our community. The Foundation may be providing your neighbor with diabetic supplies, such as testing equipment and strips, or your co-worker with needed transportation during their cancer treatment. With your continued support, we can give hope to future generations, right here in Knox County.



Marc Odenweller

TIME IS MUSCLE



Our current campaigns include Time is Muscle, focused on portable cardiac monitoring units for the Emergency Department—equipment that may help to save lives through rapid communication with interventional cardiologists. In addition, the Foundation has shared in the exciting development of the new KCH Centerburg Health & Wellness facility to provide expanded primary and specialty care services, along with physical therapy, a medical fitness center, and more, for the Centerburg community.

To learn more and support current efforts, go to foundationkch.org and click on the Campaign of your choice from the drop-down menu.

Wright Family Medical Pavilion opened in 2020!

At KCH, a recent point of pride is the Wright Family Medical Pavilion, which has made it possible for our patients to visit their primary care physician, get a referral for specialized care and see a medical specialist—all in one convenient location. No need to drive to Columbus or Cleveland. Increasing access to specialized care while also alleviating the hospital's critical need for more space has made a huge difference in the lives of fellow Knox County residents.

The Great Expectations campaign, which raised funds for the development of the Wright Family Medical Pavilion, from 2018 to 2022, resulted in

MORE THAN \$11 MILLION

To see the full list of donors to this campaign, go to foundationkch.org/donor-wall

Here's what some patients had to say:

"The new Wright Family Medical Pavilion is absolutely beautiful. Everything first-class! Knox Community Hospital is an incredible medical facility located in a small town in rural Ohio."

"Delivering my baby at Knox Community Hospital Ann Schnormeier Center for Birthing Care was an amazing experience for my family. We couldn't ask for a better nursing team and doctors who checked on us and ensured we were as comfortable as possible... You're all amazing!"



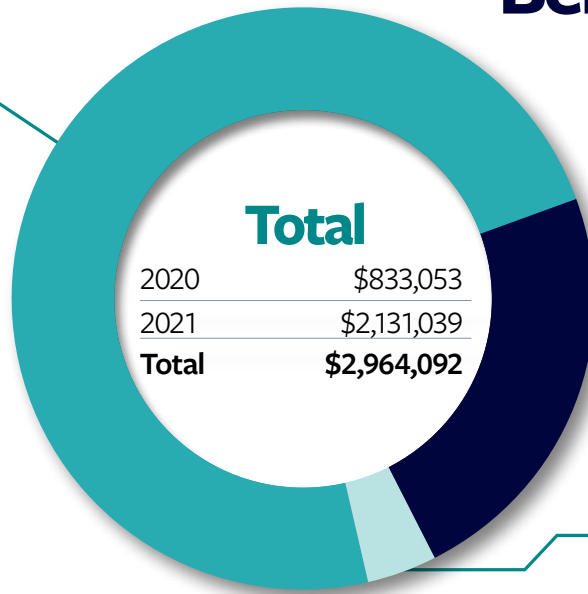


Community Benefit Statistics

2020-2021

Community Health Support and Screenings

2020	\$594,171
2021	\$1,567,955
Total	\$2,162,126



Health Profession Education

2020	\$177,699
2021	\$510,273
Total	\$687,972

Community Building Activities and Support

2020	\$61,183
2021	\$52,811
Total	\$113,994

Unreimbursed Care / Community Benefits 2020-2021

2020-2021 Unreimbursed Care	2020	2021	Total
Bad Debt at Cost	\$3,539,766	\$3,753,467	\$7,293,233
Net Charitable Financial at Cost	\$1,852,368	\$1,879,508	\$3,731,876
Medicaid Shortfall at Cost	\$6,747,856	\$2,888,897	\$9,636,753
Medicare Shortfall at Cost	\$5,344,256	\$5,832,484	\$11,176,740
Total	\$17,484,246	\$14,354,356	\$31,838,602

Unreimbursed Care reflects the difference between the actual cost of care provided by KCH and any payment or reimbursement received for that care.

By the Numbers

	2020	2021
Number of Emergency Department Visits	21,218	23,969
Number of Outpatient Visits	153,031	167,769
Number of Inpatient Discharges	3,558	3,873
	(ED Dashboard)	
Number of Surgeries and Procedures Performed	4,995	5,534
Number of Medical Imaging Tests	61,039	68,131
Cancer Patients	1867	1976
	(Recurring Admissions)	
Number of Wound Care Visits	498	578
	(Recurring Admissions)	

	2020	2021
Number of Cardiopulmonary Tests	18,071	20,532
Number of Outpatient Rehabilitation Therapy Patients	1,740	2,297
	(Recurring Admissions)	
Number of MRIs	2,716	2,984
Number of CT Scans	12,928	14,083
Number of Mammograms	3,943	5,176
Number of Occupational Health Treatments	518	537
	(Recurring Admissions)	

Accreditations & Awards

Knox Community Hospital is accredited by The Joint Commission. Accreditation of a hospital is critical for many reasons, but in general, it demonstrates our commitment to continuous improvement in patient care. In addition, KCH is proud to hold specific accreditations and certifications in several key service areas.



Joint Commission Accredited Hospital



Total Hip Replacement Gold Seal of Approval®



Total Knee Replacement Gold Seal of Approval®



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Helping Your Family Save!

Knox Community Hospital brings you affordable access to care and helps you save money on out of pocket healthcare costs, through MDsave. Whether you're uninsured, underinsured, have a high deductible health plan, have been denied authorization, or just simply need affordable options on out of pocket expenses, MDsave can help.

MDsave's online marketplace lets you search upfront, bundled medical procedure prices and buy the procedures you need with the click of a button—just like buying a plane ticket. Knox Community is able to offer lower pricing on the same quality care because MDsave makes the billing process more efficient. Flexible payment options with CareCredit and PayPal are also available to help you get the care you need without facing high out of pocket costs all at once. Learn more at KCH.org/MDsave



MD
save