



New shoulder. New outlook.

*Arthritis gave Brenda debilitating shoulder pain.
A reverse total joint replacement gave her relief.*



HEALTH CONNECTIONS

FISHER-TITUS NEWS AND EVENTS
AUTUMN 2018

HEALTH CONNECTIONS

AUTUMN 2018

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FISHER | TITUS
HEALTH



A SPECIALIZED
SOLUTION FOR
**SHOULDER
PAIN**

Brenda Cramer of Willard with her four year-old grandchildren Taven Garcia and Luke Hughes

A REVERSE TOTAL JOINT REPLACEMENT RETURNED BRENDA CRAMER'S SHOULDER TO FULL FUNCTION.

In 2017, lifelong Willard resident Brenda Cramer experienced a one-two punch of health issues. First, the 69-year-old retiree was diagnosed with breast cancer – that outcome was a success.

"I'm doing fine," Brenda says.

Soon after her cancer diagnosis, she started to have severe pain in her right shoulder. "The pain was just unreal, but it wasn't consistent," recalls Brenda.

"One day I would be fairly good, the next day it would be almost unbearable and sometimes the pain would go down my arm to my elbow."

A JOINT REPLACEMENT JOURNEY

Brenda had had two knee replacements performed at Fisher-Titus Medical Center by orthopaedic specialist Michael Powers, DO of NOMS Access Orthopaedics. Following her successful cancer surgery in the fall of last year, Brenda went to see Dr. Powers about her shoulder at the NOMS office on the Fisher-Titus campus in Norwalk. Opting to begin with conservative treatment, he treated her with cortisone injections to relieve her pain and referred Brenda to his partner and fellow orthopaedic surgeon Jason Brown, DO.



Jason A. Brown, DO
Orthopaedic Surgeon
NOMS Access Orthopaedics

Dr. Brown is fellowship trained in Orthopaedic Sports Medicine and has specialized in total shoulder joint replacement since he began practicing in North Central Ohio in 2014. He performs between 30 and 40 shoulder replacements per year.

"Brenda was having difficulty reaching her right arm overhead and was experiencing pain with any

motion at all," Dr. Brown says. "Her pain and reduced range of motion were affecting her quality of life."

A COMMON CAUSE

Following Brenda's in-office X-rays, Dr. Brown diagnosed her condition – a very common one in patients Brenda's age. "The cause of her pain was degenerative osteoarthritis of the shoulder," says

Dr. Brown. "Because of Brenda's advanced arthritis, age and activity level, I recommended a right reverse total shoulder arthroplasty, which I also felt would provide a much easier recovery for her compared to a standard shoulder replacement."

According to Dr. Brown, with a reverse replacement the orientation of the shoulder's ball and socket joint is literally reversed: the ball is placed on the socket side, and the socket is placed where the ball would normally be. "In addition to arthritis, if a patient like Brenda does not have a strong rotator cuff, the joint will typically not function as well following a standard shoulder replacement," Dr. Brown says. "The reverse procedure is a better option in that case."

The surgeon performed the reverse joint replacement on Brenda's right shoulder this past March at Fisher-Titus Medical Center ... just 20 minutes from her home. "Dr. Brown told me exactly what he would do and how he would do it and the Fisher-Titus surgical staff went above and beyond what I expected," Brenda says. "They were accommodating and made sure I was comfortable. I couldn't ask for more than how I was treated there."

Brenda came home the day after her surgery with a restriction on lifting and an awareness that her recovery could be painful for a while. "I was uncomfortable the first week, but by the beginning of the second week I had no pain," Brenda says. "I was amazed, and I had to remember to not overdo things – I was carrying groceries into the house because I was pain-free."

THE BEST POSSIBLE RECOVERY

Brenda saw Dr. Brown for her third follow-up appointment at the end of September. The shoulder specialist told her he didn't need to see her for a full year. "I'm doing well, no problems and even the scar really isn't that noticeable," says Brenda. "I would tell anyone that Fisher-Titus is the place to go for this kind of surgery, and that Dr. Brown is a great orthopaedic surgeon who is very kind and concerned."

To learn more about the complete range of orthopaedic surgical services available at Fisher-Titus Medical Center, including shoulder, elbow, wrist, hip, knee, foot and ankle procedures, call 419-660-4300 or visit fishertitus.org/orthopaedic-surgery.



(L) Jeffrey Claridge, MD
Trauma Surgeon and Director,
Trauma Services, MetroHealth
(R) Brent Burkey, MD
President, Fisher-Titus Health

FISHER-TITUS HEALTH AND METROHEALTH ANNOUNCE TRAUMA PARTNERSHIP

Fisher-Titus Health and The MetroHealth System of Cleveland have announced a new partnership that will enhance the level of trauma services available at Fisher-Titus Medical Center.

"We are excited to partner with this locally and nationally recognized provider of trauma care," says Brent Burkey, MD, President, Fisher-Titus Health. "Through our collaboration with MetroHealth, more trauma patients will be able to receive care at Fisher-Titus and remain in our community rather than have to be referred to another city."

As a part of this partnership, a MetroHealth team that includes physician and operational leadership will begin to co-manage the trauma program at Fisher-Titus starting this fall. Early in 2019, specialized trauma surgeons will begin working in coordination with Fisher-Titus physicians and staff to provide trauma care for patients.

"We know that patients want to receive care closer to home, and we are proud to bring our expert trauma services to the residents of Norwalk and the

surrounding communities," says Bernard Boulanger, MD, MBA, Executive Vice President and Chief Clinical Officer, MetroHealth. "This partnership allows patients to remain close to their families as they recover."

Fisher-Titus is a Level III Trauma Center, a designation earned in 2009. In a Level III Trauma Center, surgical specialists are available 24 hours a day to provide comprehensive care to patients with traumatic injuries, and to coordinate transfers to a higher-level trauma facility when warranted.

"As we continue to proactively address the challenges of the ever-changing environment in the health care industry," says Dr. Burkey, "strong collaborations such as this are critical to ensuring our community continues to have access to excellent care, and to sustain our success as an independent community hospital offering the highest level of care to our patients close to home."

SUPPORTING OUR COMMUNITY

Fisher-Titus gives back to the communities we serve in many ways. As a not-for-profit, we are dedicated to providing community members access to quality health care regardless of their ability to pay; addressing the broader health and social needs of the community-at-large; advancing medical knowledge; and demonstrating charitable purpose.

COMMUNITY HEALTH IMPROVEMENT SERVICES & COMMUNITY BUILDING

\$488,680

56,130 PERSONS SERVED

Activities or programs offered for improving community health, including reduced-cost health screenings, support groups, health education events and children's programs.

CASH & IN-KIND CONTRIBUTIONS

\$241,963

Contributions to support our community partners and other nonprofit organizations that address the health and well-being of our community.

HEALTH PROFESSIONS EDUCATION

\$132,787

141 PARTICIPANTS

Provides internships, instructors, classroom space and clinical training for students in vocational and college health programs.

FINANCIAL ASSISTANCE

\$4,623,215

Includes free or discounted health services provided by Fisher-Titus financial assistance programs to people who cannot afford to pay; costs not reimbursed by Medicaid; and losses from unpaid patient bills.

SUBSIDIZED HEALTH SERVICES

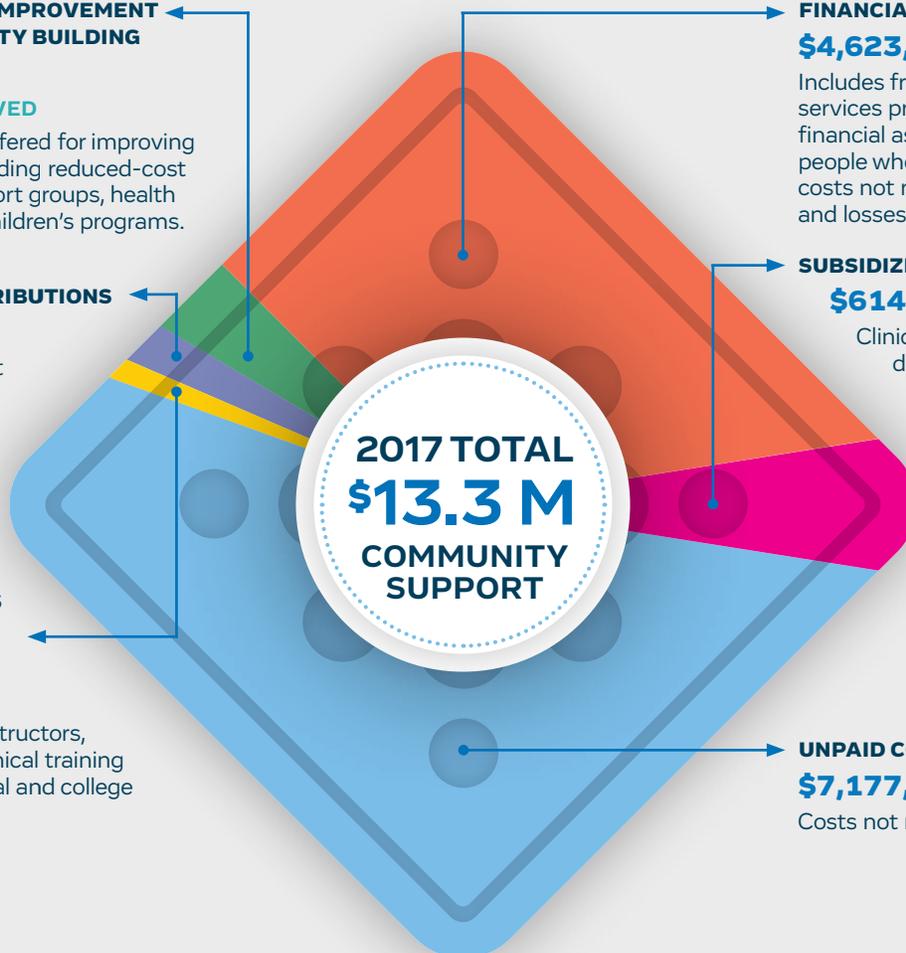
\$614,365

Clinical services provided despite a financial loss.

UNPAID COST OF MEDICARE

\$7,177,615

Costs not reimbursed by Medicare.



SERVICES PROVIDED | BASED ON 2017 STATISTICS

PATIENT CARE

Emergency Dept. visits	30,155
Newborns delivered	579
Surgical cases:	
• Inpatient	1,203
• Outpatient	7,562
Inpatient admissions	3,840
Imaging tests	60,750
Clinical Lab tests	1,069,885
Rehabilitation visits	165,626

OUTREACH CARE

Home Health visits	18,251
Outpatient Lab patients	35,729
Norwalk Memorial Home residents	382
Carriage House residents	67
Convenient Care visits	10,916
Physician office visits	55,962
Kaiser Community Pharmacy prescription orders	38,555

FOCUS ON QUALITY AND EXCEPTIONAL SERVICE

- ♦ Rural & Community Top Hospital
- ♦ Healthcare Facilities Accreditation Program
- ♦ Level III Trauma Center
- ♦ Primary Stroke Center
- ♦ Accredited Cancer Program
- ♦ Accredited Laboratory
- ♦ HomeCare Elite® Top Home Health Agency
- ♦ Kaiser Community Pharmacy, Respiratory Care Accreditations
- ♦ American College of Radiology CT, MRI, Mammography and Nuclear Medicine Accreditations
- ♦ HealthCare's Most Wired® Award
- ♦ Norwalk Memorial Home, Top U.S. News Nursing Home
- ♦ American Association of Respiratory Care, Quality Respiratory Care Award
- ♦ ASGE Quality Endoscopy Unit Recognition



Fisher-Titus robotic-assisted
hysterectomy surgeon
Kristin J. Kruse, MD, FACOG

Wakeman resident Tammy Altomare began experiencing abnormally heavy and prolonged pelvic bleeding during her 30s. It was still recurring in her 50s.

“By then,” Tammy says, “I shouldn’t have been bleeding at all because of menopause.”

An ultrasound and biopsy of Tammy’s uterine lining in the spring of 2017 showed nothing of concern ...

A SOPHISTICATED SOLUTION TO A COMMON WOMEN'S HEALTH ISSUE

ROBOTIC-ASSISTED HYSTERECTOMY AT FISHER-TITUS ENABLES A BETTER, FASTER RECOVERY.

A FRESH PERSPECTIVE

Advanced robotics-trained surgeon and OB-GYN Kristin Kruse, MD, joined Fisher-Titus Women's Health in the fall of 2017. This past May, Tammy saw Dr. Kruse for the first time at age 59 for her routine women's health exam. The physician noticed a suspicious discrepancy between Tammy's ultrasound and endometrial biopsy results the year before.

Dr. Kruse scheduled her new patient for a hysteroscopy and D&C (dilation and curettage) at Fisher-Titus Medical Center to examine her uterine tissue. The procedures revealed the polyp. "Tammy's pathology showed a pre-cancerous condition," says Dr. Kruse.

A CLEAR OPTION FOR TAMMY

In early June, they discussed Tammy's options. "When she told me it was a pre-cancerous lesion, Dr. Kruse was very good about giving me the facts and letting me decide," recalls Tammy. "One option was to keep an eye on it and see what happened."

Dr. Kruse advised Tammy about progesterone therapy and observation with repeating biopsies. "However, her pathology had a risk of up to a 40 percent chance of underlying cancer," says Dr. Kruse, "so after our discussion she opted for a hysterectomy."

Tammy learned that Dr. Kruse specializes in robotic-assisted hysterectomy, a procedure that gives the surgeon maximum accuracy within the smallest possible incisions. The advanced robotics system at Fisher-Titus also enables a patient to make a fast return to daily activities. "The robotic approach was especially appropriate for Tammy because of her other existing conditions," Dr. Kruse says.

Tammy's motivation for choosing the leading-edge surgical solution was even more basic. "At this point in the game, why take a chance with cancer?" says the mother of three and stay-at-home grandma of seven, who range in age from 12 months to 13 years. "It's not like I was going to have more children and at my age there's so little estrogen in my ovaries, I didn't need them. So I opted for the complete hysterectomy."

THE ROBOTIC APPROACH AT FISHER-TITUS

On July 11, Dr. Kruse performed a robotic-assisted total laparoscopic hysterectomy with bilateral salpingo-oophorectomy on Tammy at Fisher-Titus Medical Center. Her patient went home the same day.

"I had a fast, excellent recovery and I don't recall having pain afterward," Tammy says. "Dr. Kruse and the staff did a great job – they made me feel at home and told me what to expect every step of the way."

Tammy's only restrictions immediately following her surgery were to lift no more than 10 pounds and refrain from strenuous activity. "I'm blessed because I tend to heal very quickly," Tammy says, "so the lifting restriction was a challenge at first because of my grandbabies. I'm one of those grandmas who loves to scoop them up when they run to me!"

THE ROBOTIC APPROACH AT FISHER-TITUS

Now, nearly five months after her hysterectomy and one month after her 60th birthday, Tammy is doing better than ever, with no abnormal bleeding and renewed confidence about her health. "I feel great, and the cancer worry hanging over my head has gone away," says Tammy. "I definitely recommend Dr. Kruse because she cares about you, and she knows her stuff. The Fisher-Titus staff is excellent, and the robotic-assisted procedure gave me a full, fast, clean recovery."

To learn more about robotic-assisted hysterectomy and the full range of advanced techniques available at Fisher-Titus Medical Center, visit fishertitus.org/robotic-surgery.



James D. Kasten, MD
FACOG



Kristin J. Kruse, MD
FACOG



Michael R. Nill, MD
FACS



Eric R. Schmidt, MD
FACS

Board-certified obstetrician/gynecologists
Drs. Kasten and Kruse have advanced training and certification in robotic-assisted gynecological procedures.

Dr. Kruse also has single-site robotics training.

Board-certified general surgeons

Drs. Nill and Schmidt have advanced training and certification in robotic-assisted hernia repair.

FINDING BREAST CANCER EARLY



MAMMOGRAMS ARE KEY TO EARLY DETECTION

Breast cancer can develop at any time, and the earliest, most effective way to detect the disease is with annual mammograms. There have been cases where a woman had a normal mammogram result one year and then the following year, breast cancer was detected. The longer the time between screenings the more time the cancer has to grow, making it harder to treat once it is discovered.

According to the 2017 Huron County Health Assessment, only 45 percent of Huron County females over the age of 40 had a mammogram last year. Mammograms help save thousands of lives annually by detecting breast cancer early, when it is most treatable.

3-D MAMMOGRAM TECHNOLOGY

Your breast tissue is three-dimensional. Your mammogram should be, too. That's why Fisher-Titus Medical Center offers advanced 3-D mammogram technology.

If it's time for you to have a mammogram, be sure to discuss it with your physician. For more information on 3-D imaging technology at Fisher-Titus Medical Center, visit fishertitus.org/3d-mammography.

"The 3-D mammography exam allows doctors to examine your breast tissue layer by layer," says Karen Darr, Director of Imaging Services, Fisher-Titus Medical Center. "Instead of viewing all of the complexities of your breast tissue in a flat image offered by conventional 2-D mammography, 3-D mammography reveals fine details no longer hidden by the tissue above or below."

WHAT TO EXPECT DURING YOUR EXAM

A 3-D mammography exam is very similar to a conventional 2-D mammogram. The technologist positions you, compresses your breast, takes images from several different angles, then views them at a computer workstation to ensure that quality images have been captured for review.

A radiologist — a physician specializing in diagnosing diseases and injuries using medical imaging techniques — then examines the images and reports the results to your physician or directly to you.

HAPPY HOLIDAYS?

FISHER-TITUS BEHAVIORAL HEALTH OFFERS WAYS TO RECOGNIZE AND BEAT THE STRESS OF THE SEASON.



**Mary A. Peters, DNP
MSN, CNP, RN**

Family Nurse Practitioner
working in the role of
psychiatry



**Renee Leber, LISW-S
MSSA**

Licensed Clinical
Therapist



**Ken Murray, PhD
LPCC-S**

Licensed Counselor

For many, the weeks leading up to Thanksgiving and continuing through New Year's Day represent a time of joy and celebration. For many others, the holidays are a time of stress and isolation.

"Especially this time of year, it's important to follow your medication schedule, be mindful of mixing medications with alcohol and engage socially at least two to three times per week," says Mary A. Peters, DNP, a Family Nurse Practitioner working in the role of psychiatry at Fisher-Titus Behavioral Health. "A minimum of 15 minutes of exercise-related activity most days of the week can also help battle the emotional burden that can bloom during this season."

Finding just the right gift for everyone on your shopping list or creating the perfect holiday party experience can lead to feelings of stress and inadequacy, too. Fisher-Titus Behavioral Health Licensed Clinical Therapist

Renee Leber, LISW-S, urges you to know the warning signs of stress in these situations.

"If you're crying, isolating or getting angry with yourself or other people, that's when you need to make self-care a priority," Renee says.

"Set aside at least 10 minutes of 'alone time' to de-stress before bed, do a morning ritual to boost your self-esteem and never hesitate to reach out to someone you trust for support."

Some — especially older adults — experience loneliness because they don't have family and friends in their lives. This solitude may become more intense this time of year and lead to depression — or worsen it if you're already living with it. "If you don't have close personal connections we encourage socializing by volunteering in the community," says Fisher-Titus Behavioral Health Licensed Counselor Ken Murray, PhD, LPCC-S. "Often the easiest way to help yourself is to help other people, especially during the holidays."

If you're having difficulty this season as a result of stress or feelings of depression, Fisher-Titus Behavioral Health can help with individual, couples or family counseling. For details or to schedule an appointment, call 419-668-0311 or visit fishertitus.org/behavioral-health.





South Central Trojan Timmy Jayes carries the ball in a game against the Danbury Lakers.

PROTECTING OUR STUDENT ATHLETES

CONCUSSION PREVENTION GRANT IS MAKING SPORTS SAFER IN AREA HIGH SCHOOLS

This year, the Fisher-Titus Rehabilitation Department expanded its Comprehensive Concussion Management Program offered to the North Central Ohio community. As a proactive dimension of it, this past spring the hospital and the Fisher-Titus Foundation launched a Concussion Prevention Grant program for the 2018-2019 school year.

NOMS Access Orthopaedics Surgeon David Pocos, DO, got the ball rolling. "I worked with the Fisher-Titus Athletic Training team to develop a grant program with student athlete safety in mind," says Dr. Pocos. "This is a public health initiative with a direct community benefit."

This \$25,000 grant was offered to schools utilizing Fisher-Titus Athletic Training services. Norwalk, St. Paul, Monroeville, Western Reserve and South Central high schools received \$5,000 per school for the purchase of equipment and testing to minimize concussion risk. The matching grant enables a school to receive up to \$5,000 from Fisher-Titus when it spends an equal amount. Schools select from six types of five-star ranked football helmets; soccer headgear; baseball and softball helmets; and neurocognitive baseline and post-injury impact testing packages.

South Central High School became an enthusiastic grant partner this summer when it ordered 12 VICIS Zero 1 football helmets for its varsity Trojans players. The current model of VICIS headgear is the NFL's number-one safety-rated helmet.

"Through the Fisher-Titus grant we doubled the number of helmets we were planning to purchase for our high-impact players and those who've had concussions in the past," says Darren Hunt, Athletic Director, South Central High School. "Our players love the VICIS helmets."

South Central plans to utilize a potential second Fisher-Titus Concussion Prevention Grant to purchase more helmets in 2019. "No helmet can absolutely prevent a concussion, but the VICIS helmets greatly reduce the risk and minimize the severity," says Jake Rospert, ATC, FMS, Head Trainer, Athletic Services, Fisher-Titus Medical Center.

"This grant further demonstrates that Fisher-Titus is committed to the wellness of our community," says Mary Helton, MA, CCC-SLP, Vice President, Ancillary Services, Fisher-Titus Medical Center. "Supporting participation and safety in youth sports is just one example of our focus on community health."

With its Concussion Management Program and Concussion Prevention Grant, Fisher-Titus is taking strides to optimize the safety of area student athletes.

FISHER-TITUS HAS ANOTHER REASON TO “SMILE”

AMAZON IS GIVING BACK, AND THE FISHER-TITUS FOUNDATION IS A RECIPIENT.



The Fisher-Titus Foundation — the philanthropic arm of Fisher-Titus Health — has registered as an official nonprofit in AmazonSmile, a fundraising program offered by the Seattle-based e-commerce giant.

Now Amazon customers can sign up to purchase items on smile.amazon.com, an identical Amazon website that donates 0.5 percent of eligible items' purchase prices to the charity of the customer's choice. Jill Kinser, Director, Fisher-Titus Foundation, asks that North Central Ohio Amazon customers choose the Foundation as their nonprofit recipient. "This wonderful program is Amazon's way of giving back to the places where they do business," Kinser says. "It's easy, it's free and it benefits Fisher-Titus patients and the communities we serve."

To sign up, go to this unique AmazonSmile page: smile.amazon.com/ch/34-1476937

After providing your amazon.com password, you'll link to a familiar Amazon page stating that your eligible purchases will support the Fisher-Titus Foundation.

Once you've signed up — at no cost — go to smile.amazon.com each time you want to buy something online. Amazon's 0.5 percent donation will be deducted from the regular prices of eligible items — there's no markup — and you will experience no difference in your amazon.com shopping experience.

Ultimately, AmazonSmile is a simple way for every computer and mobile device owner in North Central Ohio to support an organization actively committed to advancing health care in the region.

"The Fisher-Titus Foundation provides funds that support Fisher-Titus Health through the purchase of leading-edge technology and enhanced education programs for patients and staff," says Kinser. "Every community donation translates to continually improving patient care at Fisher-Titus Medical Center."

Kinser says the Foundation received approximately \$250,000 in donations in 2017. Recent initiatives the organization helped to fund include a new 3-D mammography machine, newborn diagnostic imaging technology and emergency response radio equipment. "With the Foundation and our community members participating in the AmazonSmile program," she says, "we're hoping to greatly increase that annual amount for the benefit of the entire region."

For more information about the Foundation's partnership with AmazonSmile, contact Jill Kinser at jkinser@ftmc.com or 419-660-2528.



amazon smile



FISHER-TITUS FAMILY MEDICINE WELCOMES FAMILY PHYSICIAN **KAITLIN SCHWERER, DO**

A North Central Ohio native, Dr. Kaitlin Schwerer joins Gregory Grant, DO, and the team at Fisher-Titus Family Medicine in Milan following her residency at Firelands Regional Medical Center. Dr. Schwerer cares for adolescents and adults.

Dr. Schwerer earned her Doctor of Osteopathic Medicine from the Ohio University Heritage College of Osteopathic Medicine. She is certified by the American Board of Family Medicine and is a member of the American Academy of Family Physicians and American College of Osteopathic Family Physicians.

Fisher-Titus Family Medicine
2114 State Route 113 East • Milan
419-499-7600



FISHER-TITUS FAMILY MEDICINE WELCOMES CERTIFIED FAMILY NURSE PRACTITIONER **JAMES ARNOLD, SR.**

James Arnold, Sr., FNP-C, joins the Fisher-Titus Family Medicine team and currently cares for patients in Wakeman. Before joining Fisher-Titus as a Certified Family Nurse Practitioner, James worked at Mercy Regional Medical Center locations in Lorain and Amherst, specializing in Family Medicine and caring for patients in the Emergency Department.

He earned his Master of Science in Nursing from Maryville University in St. Louis, Missouri as a Family Nurse Practitioner. He is a member of the American Academy of Nurse Practitioners.

Fisher-Titus Family Medicine
24 Hyde Street • Wakeman
440-839-2226



FISHER-TITUS ENDOCRINOLOGY WELCOMES CERTIFIED PHYSICIAN ASSISTANT **NAMRATA KUMAR**

Namrata Kumar, PA-C, joins Vikram Kumar, MD, at Fisher-Titus Endocrinology. Namrata has both inpatient and outpatient experience treating adult endocrinology conditions. She earned her Master of Science in Physician Assistant Studies from Daemen College in Amherst, New York. Namrata is a member of the American Association of Physician Assistants and the Ohio Association of Physician Assistants.

Dr. Kumar and Physician Assistant Namrata Kumar see patients at Fisher-Titus Endocrinology on the first and third Thursdays of each month from 9 a.m. – 4:30 p.m.

Fisher-Titus Endocrinology

282 Benedict Avenue • Suite 950 • Norwalk

419-660-2895



NEW BEGINNINGS PEDIATRICS WELCOMES CERTIFIED NURSE PRACTITIONER **BLAIR MAYFIELD**

Blair Mayfield, CPNP, joins Fisher-Titus and New Beginnings Pediatrics. Her clinical experience includes working for Rainbow Babies and Children's Hospital in Cleveland.

Blair earned her Master of Science in Nursing from the University of Akron Nursing School. She is a member of the National Association of Pediatric Nurse Practitioners and the Ohio Association of Advanced Practices Nurses.

As a Certified Nurse Practitioner, Blair sees patients at both **New Beginnings Pediatrics** locations:

282 Benedict Avenue
Medical Park 2 • Suite B • Norwalk

419-668-9409

1400 West Main Street
Building 1 • Suite G • Bellevue

419-483-4122



FISHER-TITUS HOME HEALTH

NAMED A 2018 HOMECARE ELITE TOP AGENCY

The Fisher-Titus Home Health Center has been named a Top Agency of the 2018 HomeCare Elite®, a recognition of the top-performing home health agencies in the United States. This marks the sixth time Fisher-Titus Home Health has ranked as a Top Agency in addition to being named a Top 500 Agency in 2006.

The agency provides home care for patients of all ages including skilled nursing services; medical social workers; home health aides; and physical, occupational and speech therapies. A PASSPORT provider, the Home Health Center is a Medicare-certified agency with the Ohio Department of Health. It is also a member and adheres to the professional standards of the Ohio Council for Home Care and the National Association for Home Care.

"Our Home Health team is dedicated to managing patients' health situations," says Debbi Cullen, Director, Fisher-Titus Home Health. "Through teamwork and collaboration they serve our patients with high quality and compassionate care."

The Fisher-Titus Home Health Center provides skilled services to residents of Huron and Erie counties and portions of Sandusky, Seneca, Lorain, northern Richland and northern Ashland counties.

HomeCare Elite annually identifies the top 25 percent of Medicare-certified agencies and highlights the top 100 and top 500 agencies overall.



FISHER-TITUS MEDICAL CENTER PULMONARY REHABILITATION PROGRAM CERTIFIED BY INDUSTRY LEADER



The Fisher-Titus Pulmonary Rehabilitation Program has been recognized as a leader in the field of cardiopulmonary rehabilitation, earning certification by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

Pulmonary rehabilitation programs are designed to help people with pulmonary conditions like chronic obstructive pulmonary disease (COPD) and pulmonary fibrosis breathe better.

The Fisher-Titus program includes exercise, education, counseling and support for patients and their families. Its critical goal is to improve the quality of life for those living with chronic lung disease. This is accomplished through individualized strength and endurance training, and by providing participants with the skills to manage their symptoms.

Pulmonary rehabilitation at Fisher-Titus is a 12-week program, followed by an optional maintenance component. A physician referral is required to participate. The program has been AACVPR certified since 2015.



DELIVERING A BETTER EXPERIENCE

THE BIRTHING CENTER'S ADVANCED FETAL MONITORING SYSTEM MAKES LABOR AND DELIVERY SAFER FOR MOM AND BABY.

The Birthing Center at Fisher-Titus Medical Center is introducing a wireless, Bluetooth-based fetal monitoring system that enhances the safety and comfort of both mother and baby from the moment mom is admitted to the Birthing Center.

"The advanced system monitors fetal and maternal heart rates as well as uterine activity so we can

observe mom's contraction pattern during labor," explains Megan Smith, BSN, RN, Birthing Center Interim Manager.



Megan Smith, BSN, RN
Interim Manager
Fisher-Titus Birthing Center

The technology is known as the Novii™ Wireless Patch System, designed and manufactured by Monica Healthcare. Fisher-Titus is one of only 20 facilities in the state offering this advanced fetal

monitoring technology, and the only hospital in North Central Ohio. "Novii uses a cable-free, peel-and-stick patch that allows mom to walk around, sit in a chair, use a birthing ball and easily shower throughout the labor process," Smith says.

The Wireless Patch System is a welcome alternative to the previous technology, which required the mother to wear a restrictive belt connected to wires. The new system not only enables greater comfort, it delivers data to the fetal monitors with more consistency.

"Moms love the freedom to move around," says Smith, "and our nurses appreciate Novii's accuracy and detail."

Novii is the latest capabilities upgrade for the specialized Fisher-Titus Birthing Center team, which includes multiple anesthesiologists, board-certified OB/GYNs, a laborist – a hospital-based OB/GYN available to examine patients and evaluate the progress of labor – and certified lactation consultants for mothers who choose to breastfeed their newborn.

"The Birthing Center is licensed to care for 14 moms and 15 babies, and features a dedicated C-section suite," Smith says. "We deliver between 500 and 600 babies each year."

To learn more about the Novii fetal monitoring system and the full range of services the Fisher-Titus Birthing Center offers families, visit fishertitus.org/birthing-center.



Fisher-Titus Health Connections is a community publication distributed by Fisher-Titus Health. For more information about our services and programs, or to be added to our mailing list, please contact the Marketing & Public Relations Department, Fisher-Titus Medical Center, 272 Benedict Avenue, Norwalk, OH 44857. Call 419-660-2925 or visit fishertitus.org.



TAKE ACTION TO PREVENT THE FLU

The timing of flu season is unpredictable, but seasonal flu activity can begin as early as October and last until May.

It's not too late. If you haven't done so, Fisher-Titus recommends that you schedule a visit with your primary care provider to get a flu shot. You can schedule your annual check-up at the same time, if you are due for one. And if you're a Medicare beneficiary, your seasonal flu vaccine may be covered. Check with your doctor to be sure.

Even healthy people get the flu, and it can be serious. Everyone aged six months and older should get a flu vaccination. This means you. This season, protect yourself — and those around you — from influenza.

If flu symptoms hit and you can't see your regular doctor, Fisher-Titus Convenient Care in Norwalk and Willard gives you quick access to care.

LOOKING FOR A PRIMARY CARE DOCTOR?

For a full roster of Fisher-Titus primary care physicians, visit Find a Physician at fishertitus.org.