

ACMC *Pulse*

Spring 2015

Bringing the best to Ashtabula County



**ACMC Center
for Heart Care
now open**

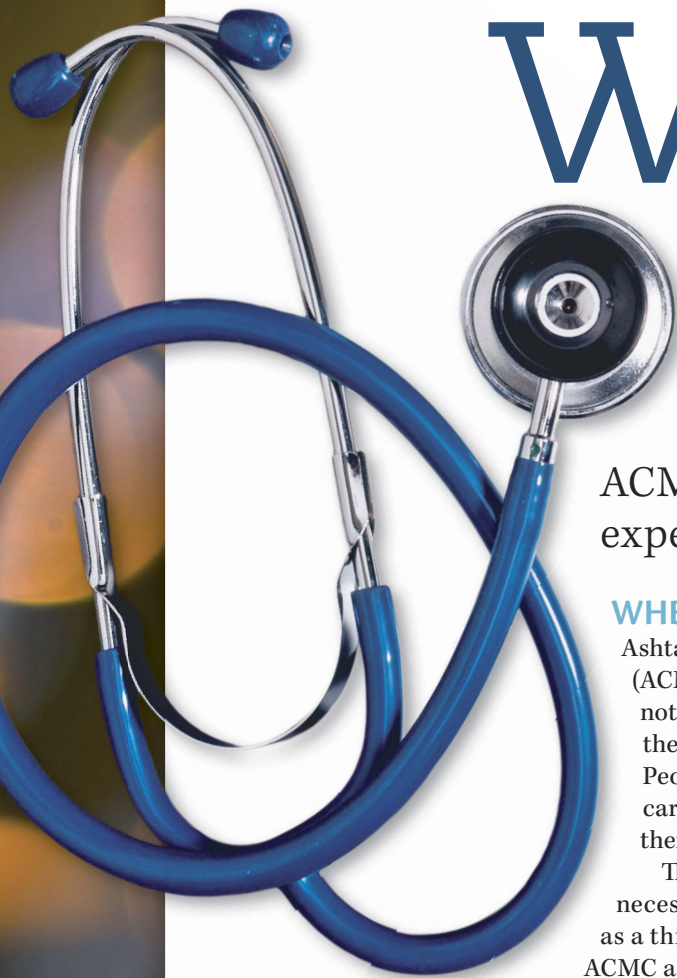
**ACMC invests millions
in technology, services**



AKIM W. CHOUKSY, M.D.
Allergy & Immunology

Ashtabula County
Medical Center
ACMC Healthcare System

An affiliate of
Cleveland Clinic



Who are we?

ACMC Healthcare System has the knowledge, expertise and technology you need

WHEN I AM ASKED about Ashtabula County Medical Center (ACMC) Healthcare System, I'm not asked about the buildings or the latest piece of technology. People want to know about our caregivers—their personalities, their abilities, their compassion. That tells me people don't necessarily see our organization as a thing or an "it." They see ACMC as the people who work there.

We remind our caregivers that they are the face of ACMC Healthcare System. From the time someone walks in the door, the essence of ACMC is on display. We convey a message to that patient through our faces, our body language and in every way we care for them. Every encounter is an opportunity for us to show patients and visitors that we consider their health and comfort our top priority.



● Michael Habowski,
ACMC president
and CEO

“When we treat patients at ACMC, we are treating our friends and neighbors.”

Home Health; Glenbeigh; and, in part, Community Care Ambulance Network.

Serving our community

When you look at a map of where our caregivers live, the majority live in Ashtabula County. Others live near Glenbeigh's outpatient treatment centers in Beachwood, Niles, Erie, Rocky River, Canton and Toledo.

I think that's important to note, because it means we live, shop, go to church, perform community service and raise our families in those same communities.

When we treat patients at ACMC, we are treating our friends and neighbors.

Two stories within this issue of *Pulse* showcase the impact we have on Ashtabula County. One highlights our commitment to bringing the best physicians and technology here. The other describes our economic impact on Ashtabula County.

I'm proud of the financial and social impact we have on Ashtabula County.

That's one reason I cringe when someone tells me they chose or were directed to seek healthcare outside of Ashtabula County when those services are available close to home. You do not have to drive far for the healthcare you need. We have more than 100 physicians within the ACMC Healthcare System that see patients

Our broad reach

We are 1,300 physicians, nurse practitioners, physician assistants, nurses and nonclinical caregivers who work across northeast Ohio and northwest Pennsylvania. That comes as a surprise to most people, who think of ACMC Healthcare System as “just” the hospital in Ashtabula. But we are much more than that.

ACMC Healthcare System is composed of the hospital; ACMC Foundation; Ashtabula Regional

“We have more than 100 physicians within the ACMC Healthcare System that see patients full time in Ashtabula County.”

full time in Ashtabula County. ACMC is your community hospital.

We've got you covered

Here's my challenge to you: The next time you need to see a specialist, look us up first. Our mix of ACMC and Cleveland Clinic specialists cover the gamut from allergies to vascular disease. Our team of physicians, physician assistants and nurse practitioners has the knowledge and expertise to treat you right here at ACMC. We support them with the best equipment money can buy. And we tie it all back into Epic electronic medical records so you and your physician can track your tests, lab results and prescriptions.

If you don't need a specialist, our family physicians and nurse practitioners are here to help you manage your overall health and well-being, whether you need a routine health checkup or are dealing with an acute or chronic illness. For nonemergency health needs, we offer ACMC Express Care in Ashtabula, Conneaut and Jefferson. And our Emergency Department doors are always open when your health problem is a true emergency.

You can read more about our physicians and services throughout *Pulse*. Then, when you have a healthcare need, come see us. We've been here for more than 110 years, we'll be here when you need us and we'll be better than ever.

Leadership and performance



ACMC recognized for excellence

Ashtabula County Medical Center (ACMC) received several awards in 2014 commending the high level of service and care we provide.



ONE OF AMERICA'S 100 TOP HOSPITALS FOR:

- ✓ Best process of care.
- ✓ Best outcomes of care.
- ✓ Best efficacy of care.

The SafeCare Group ranked ACMC 31st in the nation for its provision of healthcare services based on three criteria domains—Quality, Patient Safety and Efficiency.



A NATIONAL LEADER IN SAFETY

The Leapfrog Group gave ACMC an A rating for patient safety based on publicly available data and evidence-based national measures of hospital safety.



A TOP PERFORMER ON KEY MEASURES

The Joint Commission recognized ACMC for attaining and sustaining excellence in performance on accountability measures for heart attack, pneumonia and surgical care.



A TOP WORKPLACE

ACMC was named a Top Workplace in northeast Ohio by *The Plain Dealer* for the fourth consecutive year, placing 12th on the list of Top 25 Workplaces for large employers. The ranking is determined solely on employee feedback and tabulated through *The Plain Dealer* Top Workplaces.

Ashtabula County Medical Center (ACMC) nurse Stephanie Laird, RN, shows ACMC Healthcare System President and CEO Michael Habowski the features of new patient beds now in use. ACMC invested \$800,000 in the beds to improve patient care, comfort and safety.



ACMC patient safety: 3 success stories

- 1 Ashtabula County Medical Center (ACMC) has gone more than 1,600 days (over four years) without a central line-associated blood stream infection.
- 2 ACMC has not had a case of ventilator-acquired pneumonia (VAP) in more than eight years.
- 3 ACMC's rate of *Clostridium difficile* is approximately half the rate found in hospitals across the country.

ACMC leads the way

 In several categories,

AS THE ONLY full-service hospital in Ashtabula County, it may seem obvious to say that Ashtabula County Medical Center (ACMC) is a leader in healthcare in the county.

However, what is often unknown or overlooked is that ACMC is a *national* leader in healthcare. And that isn't just ACMC tooting its own horn. Independent, third-party industry groups that monitor healthcare across America confirm that statement.

Recognized for success

"ACMC is among the top hospitals in several categories, most of which focus on safety and high quality care," said ACMC Healthcare System President and CEO Michael Habowski. "Our focus is on providing the best healthcare right here in Ashtabula County. It's gratifying when an independent

organization recognizes the success of that focus."

Two of the most recent national announcements show why ACMC is among the top healthcare facilities in the U.S.

The Joint Commission, the leading accrediting body for hospitals in the U.S., recognized ACMC as a Top Performer in three categories—heart attack, surgical care and pneumonia. ACMC is the only hospital in Ashtabula County or Lake County to be recognized in three categories. The Top Performer distinction means ACMC ranked among the top 25 percent of hospitals in the United States.

High scores for safety

ACMC was also the only hospital in Ashtabula County or Lake County to receive the highest score possible for patient safety. ACMC received an A rating from The Leapfrog Group, a national nonprofit organization using the collective leverage of large purchasers of

ACMC Healthcare System:

THE ACMC Healthcare System—Ashtabula County Medical Center (ACMC); ACMC Foundation; Ashtabula Regional Home Health; Glenbeigh; and, in part, Community Care Ambulance

Network—is the leading provider of quality healthcare in Ashtabula County. But it is also so much more.

With over 1,300 employees, ACMC Healthcare System is the largest employer in Ashtabula County and has a significant impact on the economic health of the entire county.

Based on the 2015 budget, the ACMC Healthcare System will put \$86 million in salaries, wages and benefits into the Ashtabula County economy and will contribute \$840,000 in income tax revenue to the city of Ashtabula in 2015. When you consider the school and property taxes paid by our caregivers, the shopping our caregivers do at local stores, and the goods

and services ACMC purchases from local businesses, you can see the full scope of the economic impact the system has on our county.

"First and foremost, we focus on providing great care to every patient who walks through our doors," said ACMC Healthcare System President and CEO Michael Habowski. "That's what everyone expects from a healthcare provider. But we also understand and accept our role in the economic health of Ashtabula County."

Strong growth

The ACMC Healthcare System has experienced significant growth over the past few years at a time when the county's overall economy has been stagnant. At the hospital alone, the equivalent of 160 full-time jobs has been added since 2011.

The addition of employees also increased the availability of services to residents of the county. The opening of the Conneaut Family



ACMC is a national leader in healthcare

healthcare to initiate breakthrough improvements in the safety, quality and affordability of healthcare for Americans.

The data compiled compares how often a patient received proper treatment as outlined by procedures and protocols. Data is also checked to see what happens to a patient while they are receiving care within the facility.

“The data used in the scoring process is unbiased—ACMC cannot choose which data to report,” Habowski said. “We don’t even choose whether or not to participate in the survey. The Leapfrog Group pulls the data for all hospitals, so the results of this survey are truly independent.

“This score is not a reflection of just one year,” he added. “It comprises almost three years

of outcomes-based information that shows a consistent pattern of patient safety provided by our caregivers.

“Each day, we focus on how we can improve the safety of our patients and the care they receive,” Habowski said. “The recognition from these third-party companies is validation that our focus is spot-on. It also aligns with our goal of keeping healthcare local so patients and their families do not have to travel out of town for quality, safe care. They can—and will—find nationally recognized, top-level care right here at ACMC.”

ACMC 31st in the nation

ACMC ranks among the safest hospitals in the nation. It ranks 31st on the newly released 2014 to 2015 100 SafeCare Hospitals® list compiled

by The SafeCare Group. The list ranks the best overall performance among 3,500 acute care, nonfederal hospitals. This distinction uniquely identifies the country’s best healthcare institutions based on robust, evidence-based criteria of the Affordable Care Act.

“This is a great honor to be named among the top 100—the top 50, in fact—hospitals in the country by The SafeCare Group,” said Habowski. “It confirms what we’ve known for a long time: You don’t have to leave the county for great healthcare. The SafeCare Group ranked ACMC 31st in the nation after reviewing publicly available data on patient safety, as well as patient satisfaction. This should reassure our patients and their families that ACMC is the hospital to choose in Ashtabula County.”

Improving Ashtabula County’s economy

Health Center last March brought ACMC primary care, physical therapy, radiology/mammography and lab services to Conneaut. The expansion of the Jefferson Family Health Center also brought physical therapy and radiology, as well as additional lab services, to the Jefferson area. ACMC Express Care opened in Ashtabula, Conneaut and Jefferson. All of these investments in healthcare created jobs and enhanced ACMC’s commitment to making quality care easily accessible.

Myth busters

“Our goal is to be the best community hospital and to keep you close to home for the care you need,” Habowski said. “There is a myth that you have to leave Ashtabula County to receive high-quality, advanced

care. We’re disproving that myth with every patient we see. Patients can receive 90 percent of the care they need right at ACMC.”

In fact, that myth costs the local economy almost \$112 million every year. “We know that \$56 million leaves Ashtabula County every year when patients who live here are admitted to hospitals in Lake, Geauga, Cuyahoga and Erie counties,” Habowski said. “Doubling that to \$112 million by including outpatient visits and procedures is probably a conservative estimate.”

Imagine the impact of recapturing 75 percent of that \$112 million.

“Retaining \$84 million is a win-win-win for Ashtabula County,” said Habowski. “ACMC wins by being able to invest more in technology, services, infrastructure and hiring caregivers.

Patients win because they will have even greater access to healthcare providers and services. And our local communities win, because those millions of dollars will go back into taxes for improving our cities and schools and into our local businesses.”

The business of care

Most people don’t like to think of a hospital or healthcare system as a business, but that’s exactly what it is. It’s the business of taking care of people and, through those actions, keeping the local economy healthy.

No organization can stand alone without the support of its community. When you choose ACMC for your healthcare, you’re doing more than receiving great care. You’re also supporting the health and well-being of the entire county.

ACMC'S WORLD-CLASS PHYSICIANS

Bringing the BEST to Ashtabula County

IT'S 2015 and time, once and for all, to clear up the misunderstanding that you must leave Ashtabula County to receive high-quality healthcare.

"It's pretty common for people to believe they have to go to a larger city or a bigger hospital to receive the best medical care," said Ashtabula County Medical Center (ACMC) President and CEO Michael Habowski. "That simply isn't true for Ashtabula County residents."

Recruiting the best

Because of a concerted focus on meeting the needs of our communities, ACMC has recruited world-class physicians to Ashtabula County to provide medical care where it is needed most.

"When people hear about the caliber of physicians practicing at ACMC, they are amazed. For example, one of the leading ear, nose and throat (ENT) surgeons in northeast Ohio practices full time at ACMC. The

former director of the Allergy & Immunology Clinic at MetroHealth joined ACMC last year. Four cardiologists from Cleveland Clinic, the No. 1 heart hospital in the country, see patients full time at ACMC," Habowski said.

ENT surgeon Michael Papsidero, MD, joined ACMC three years ago, after leading several physician groups and networks. He was the founder and president of Gateway Medical Group, a multispecialty group with more than 100 physicians. He served as president and managing physician for the Cleveland ENT and Facial Surgery Group, as well as the managing physician for Northern Ohio Otolaryngology Network, which was composed of 35 physicians in seven counties.

"I came to ACMC to get back to what I love—the day-to-day interaction with patients," Dr. Papsidero said. "Leading the physician groups and networks was important work, but there is nothing as satisfying as talking with a patient to diagnose an illness or injury, then treating them or performing surgery on them to make them better."

Filling a need

Northeast Ohio's eminent allergy immunologist Akhil Chouksey, MD, joined ACMC last year to fill a need within the community.

"There is a great need for allergy and immunology services here in Ashtabula County, and I do envision creating a 'center of excellence' for such services here at ACMC," said Dr. Chouksey. "Since my arrival here, we have diagnosed several patients with primary immune deficiency disorders who are now receiving immune globulin replacement therapy successfully. Our allergen immunotherapy program has been benefiting patients with severe allergies, chronic sinusitis and asthma. It is indeed a very satisfying experience."

ACMC has more than 100 physicians, nurse practitioners and physician assistants in over 28 specialties—all right here in Ashtabula County, all right here at ACMC.



Akhil Chouksey, MD (left), and Michael Papsidero, MD

New providers enhance the care available in our community



CARDIOLOGIST Hari

Dandapantula, MD, Cleveland Clinic, specializes in general cardiology, nuclear cardiology,

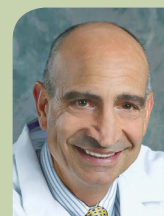
heart failure/heart attack, coronary artery disease, pulmonary hypertension, heart valve disease and peripheral vascular disease. He is board-certified in internal medicine, cardiovascular medicine, nuclear cardiology and critical care medicine. Dr. Dandapantula is also an author, with several articles written for *Chest Journal*, the official publication of the American College of Chest Physicians.



CARDIOLOGIST Gregory Wood,

DO, Cleveland Clinic, specializes in interventional cardiology, adult cardiovascular

disease, nuclear cardiology, coronary artery disease, heart attack, heart failure, heart valve disease, peripheral artery disease and cardiac catheterization. He is board-certified in internal medicine, cardiology, nuclear cardiology and interventional cardiology. Dr. Wood earned his doctorate of osteopathic medicine at Philadelphia College of Osteopathic Medicine and completed his fellowship in Browns Mills, New Jersey.



CARDIOLOGY NURSE PRACTITIONER Ben Meola, CNP,

has more than 30 years experience in cardiology and

heart care. He practiced for the past four years as a nurse practitioner on the Cardiovascular Intensive Care Unit at Cleveland Clinic. Meola also served as director of cardiac rehabilitation at Mt. Sinai Medical Center. He is a nursing graduate of Kent State University.



PSYCHIATRIST Samar El-Sayegh,

MD, provides office-based assessment, diagnosis and treatment of adult patients suffering

from a mental health issue. Dr. El-Sayegh will see patients affected by depression, anxiety, bipolar disorder, schizophrenia and a variety of other mental health issues. She has treated patients for more than 10 years in Ashtabula. Dr. El-Sayegh completed her residency in general psychiatry and a fellowship in psychosomatic medicine at Cleveland Clinic. She is certified in psychiatry and psychosomatic medicine. Dr. El-Sayegh has co-authored articles on social anxiety and obsessive-compulsive disorder.



PULMONOLOGIST Sanjay Srivastava,

MD, specializes in lung disease and breathing disorders such as COPD, asthma, emphysema

and lung cancer. A graduate of Rush University, Dr. Srivastava completed his fellowship and residency at the University of Kentucky following an internship at Loyola University. Dr. Srivastava has also completed research projects on drug use to prevent tumor development and growth. He is a member of the American College of Physicians and is certified by the American Board of Internal Medicine.



CONTACT US

Call today for an appointment with one of our providers: 440-997-6969.



VISIT US

Our providers practice full time at The Ashtabula Clinic, 2422 Lake Ave., Ashtabula, OH 44004

ACMC

Center for Heart Care

ACMC invests \$1 million in center to diagnose and treat heart disease

ASHTABULA COUNTY MEDICAL CENTER (ACMC) Healthcare System is continuing its commitment to improving access to quality healthcare in Ashtabula County by investing \$1 million to renovate space above the cardiac catheterization lab to create a comprehensive ACMC Center for Heart Care.

The project created 13 exam rooms, a medical/triage room, a front desk and a waiting area. The renovated space adds almost 4,500 square feet for patient care. It houses the offices of the four Cleveland Clinic cardiologists who practice full time at ACMC. Those offices were previously located on the first floor of The Ashtabula Clinic.

Addressing heart disease

The ACMC Center for Heart Care now includes the cardiac catheterization lab; cardiac services, which includes testing such as echocardiograms, electrocardiography (EKGs), stress tests, Doppler imaging and Holter monitoring; cardiac rehabilitation; and the physician offices.

“This investment isn’t just about adding physical space. It’s about responding to the needs of our communities,” said ACMC Healthcare System President and CEO Michael Habowski. “Heart disease is the leading cause of death in Ashtabula County. ACMC is at the forefront of providing care to better diagnose and treat heart disease right here in Ashtabula County.”

Habowski added that ACMC’s affiliation with Cleveland Clinic, the No. 1 hospital for heart disease in the U.S., makes it easy for patients to receive world-class care without leaving Ashtabula County. “Our model of care is to bring the

medical expertise to Ashtabula County, as opposed to those providers who direct patients to out-of-county hospitals.”

A winning combination

The complement of providers, coupled with the technology and facilities at ACMC, is unmatched by any other hospital or healthcare system in the county.

The Cleveland Clinic cardiologists who practice full time at ACMC are Hari Dandapantula, MD; Perry Fleisher, MD; Adriana Rosario, MD; and Gregory Wood, DO.

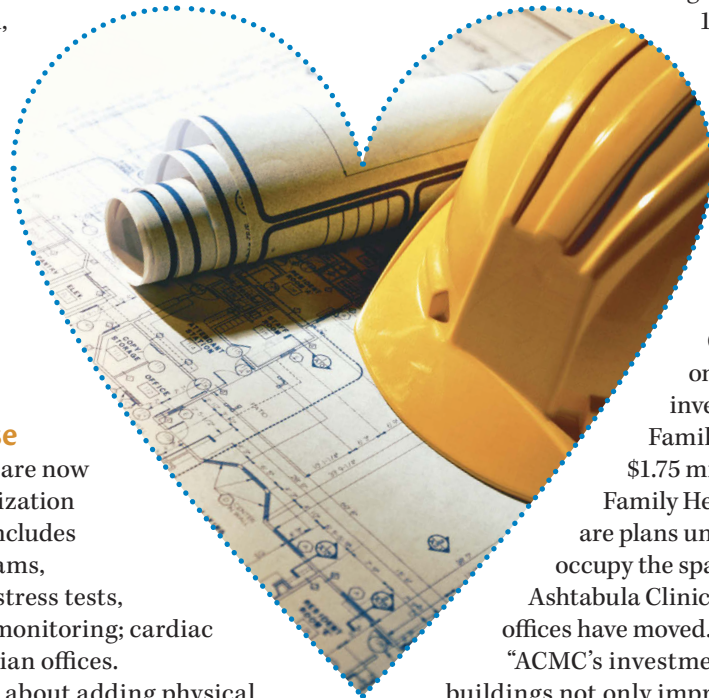
Together, they have a combined 102 years of experience.

Additionally, Ben Meola, a cardiology nurse practitioner who works alongside the physicians, has more than 30 years of experience.

Keeping care local

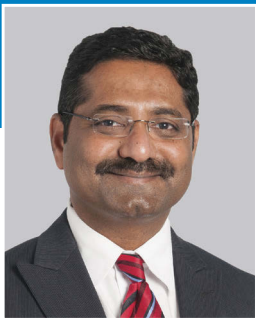
The investment to create the Center for Heart Care comes on the heels of the \$1.3 million invested to develop the Conneaut Family Health Center and the \$1.75 million to expand the Jefferson Family Health Center in 2014. There are plans underway for new services to occupy the space on the first floor of The Ashtabula Clinic now that the cardiologists’ offices have moved.

“ACMC’s investment in new services and buildings not only improves the health and well-being of Ashtabula County residents, but also helps improve the economic health of the county,” Habowski said. “By providing care here at ACMC, we’re putting money back into Ashtabula County’s economy rather than into the economies of Lake, Geauga, Cuyahoga and Erie counties. Doing that creates jobs and generates tax dollars for our cities and schools. Any facility that sends patients out of the county for care that can—and should—be provided here is striking at the heart of Ashtabula County’s economy.”

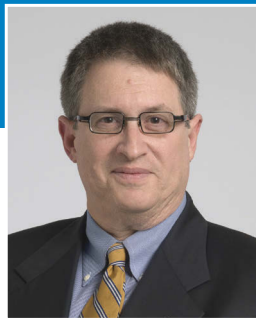


Learn more about ACMC’s heart care services at www.acmchealth.org/heartcare.

The nation's #1 heart care in Ashtabula County



Hari Dandapantula, MD



Perry Fleisher, MD



Adriana Rosario, MD



Gregory Wood, DO

Working at ACMC full time, Cleveland Clinic Cardiologists are dedicated to providing you and your family with high-quality care close to home, as well as 24/7/365 cardiology coverage. Welcoming new patients.

Ashtabula County Medical Center

2420 Lake Ave.

(440) 994-7622

www.acmchealth.org

**Ashtabula County
Medical Center**

ACMC Healthcare System

An affiliate of



AN EXTRAORDINARY COMMUNITY DESERVES EXTRAORDINARY CAREGIVERS.

At ACMC, we're dedicated to providing the highest standard of comprehensive, compassionate care right here in Ashtabula County. ACMC has physicians and providers in over 20 specialties who see patients on a full-time basis in Ashtabula County, so you don't have to leave home to receive the care you need and deserve.

To schedule an appointment, call (440) 997-6969.

If you are unable to get to your appointment, ACMC's Health Express shuttle is a free transportation service available to patients of ACMC and the physicians of The Ashtabula Clinic. The shuttle runs Monday through Friday, 8:30 am to 4:30 pm, on a first-come, first-served basis. Service is limited to patients who are able to board the shuttle unassisted by the driver. To schedule a ride, call (440) 992-1917 or 1-800-292-5707 at least 48 hours in advance of your appointment.

Ashtabula County Medical Center

ACMC Healthcare System

2420 Lake Ave. | Ashtabula, OH | (440) 997-2262

www.acmchealth.org

ACMC: Improving Ashtabula County's economy by keeping healthcare local

An affiliate of



The Ashtabula Clinic at ACMC. Your first choice for health.

Allergy/Immunology

Akhil K. Chouksey, MD

Cardiology

Ben Meola, NP

Family Practice

Heidi Aiflen, FNP

Catherine Bishop, DO

Emily Brown, FNP

James Chillcott, MD

Suk Choi, MD

Laxman Cingireddi, MD

Nathaniel Franley, MD

Jennifer Glaetti, FNP

Loreen Ibala, FNP

Bernadette Knez, FNP

James Lambros, DO

John Lee, DO

David Parker, MD

Peggy Reinhardt, FNP

Anthony Ruffa, DO

Susan PerDue Schultz, FNP

Jennifer Stauffer, FNP

Andi Tirounilacandin, MD

Harlan Waid, MD

Archie Wilkinson, MD

Gastroenterology

Ashok V. Kondru, MD

Lee Laney, MD

Internal Medicine

Robert Dlwgosh, MD

Edward Wiese, MD

Long Term Care/Rehab

Abdul Shahed, MD

Catherine Bishop, DO

Neurology

Kaitlyn J. Ferguson, PA

Preetha Muthusamy, MD

Stephen Selkirk, MD

OB/GYN

Suchada Chaiwechakarn, MD

Dan Lazarescu, MD

Soldrea Thompson, MD

Ophthalmology

Alexander Taich, MD

Orthopaedics

Rebecca Loomis, PA

John Posch, MD

Otolaryngology (ENT)

Cheryl Katavich, PA

Michael Papsidero, MD

Pain Management

John Hill, MD

Cynthia Campbell, NP

Pediatrics

Sathish Adigopula, MD

Jude Cauwenbergh, DO

Reham El Gammal, MD

Doris Miller, MD

Ruth Simon, NP

Podiatry

Michelle Dunbar, DPM

Psychiatry

Archana Brojmohun, MD

Samar El-Sayegh, MD

Pulmonology

Sanjay Srivastava, MD

Yisa Sunmonu, MD

Surgery

Evangelos Bibidakis, MD

Timothy O'Brien, MD

Urology

Mark Cabelin, MD

Vascular Surgery

Sang Won Dacri-Kim, DO

CLEVELAND CLINIC SPECIALISTS AT ACMC:

Cardiology

Hari Dandapantula, MD

Perry Fleisher, MD

Adriana Rosario, MD

Gregory Wood, DO

Electrophysiology

Mohamed Kanj, MD

Endocrinology

Laurence Kennedy, MD

High Risk OB

Mohammad Rajabi, MD

Oncology

Mohammad Varghai, MD

Orthopaedics

Mark Verdun, DO

Pediatric Cardiology

Thomas Edwards, MD

LAB SERVICES EXPANSION

ACMC makes \$500,000 technology upgrade

ASHTABULA COUNTY MEDICAL CENTER (ACMC) recently upgraded the blood chemistry analyzers used in its laboratory.

The new analyzers are used to identify diseases and deficiencies in a patient's blood and are capable of performing almost 100 different types of tests. Those tests include: basic lipid profiles, glucose, electrolytes, phosphorus, vitamin D, tumor markers, cancer markers and autoimmune concerns.

"We use the blood chemistry analyzers for most of the tests we do," Laboratory Director Dana Skaggs said. "The new analyzers replaced five different units and combined three different forms of testing, which dramatically decreases our turnaround times and improves efficiency."

ACMC Healthcare System President and CEO Michael Habowski said the number of lab tests performed at ACMC is substantially more than a hospital of ACMC's size would typically perform. The chemical analyzers at ACMC perform 1.2 million tests each year.

"Our goal is to keep as much healthcare here in

Ashtabula County as possible," he said. "The new analyzers make it possible for the blood drawn at ACMC to remain here for testing rather than sent to an out-of-town reference lab."

Having the blood analyzed locally means patients and referring physicians receive results faster and can begin a plan of care sooner if one is needed.

The technology upgrade doesn't just improve patient care and turnaround times—it is also a financial savings for the hospital.

"The cost of the blood chemistry analyzers is \$500,000, but we will see significant savings—possibly millions of dollars—throughout the life of the units because of efficiencies and a reduced cost of supplies for the analyzers," said Habowski.

For more information, call 440-997-6627 or visit www.acmchealth.org.

ACMC's outpatient lab offers blood draws from five primary locations on a walk-in basis:

Ashtabula County Medical Center

Monday through Friday, 6 a.m. to 6 p.m.

Saturday, 7 a.m. to 1 p.m.

Conneaut Family Health Center

Monday through Thursday, 7 a.m. to 5:30 p.m.

Friday, 7 a.m. to 3:30 p.m.

Saturday, 7:30 a.m. to noon

Jefferson Family Health Center

Monday through Friday, 7 a.m. to 5:30 p.m.

Saturday, 8 a.m. to noon

Harbor Family Health Center

Monday through Friday, 7:30 to 11:30 a.m.

North Kingsville Family Health Center

Wednesday and Friday, 8:30 to 10:30 a.m.





Your healthcare in **your** **community**

WHEN YOU ARE SICK, the last thing you want to do is travel a long distance to see a physician. The same is true for routine tests and treatment. The administrators at Ashtabula County Medical Center (ACMC) understand this and have expanded services and invested in facilities and technology so you can stay close to home to receive the care you need. In early 2014, ACMC opened Conneaut Family Health Center to make it easier for members of the Conneaut community and surrounding areas to access a family physician and hospital services. Conneaut Family Health Center houses family physician Anthony Ruffa, DO, as well as digital mammography, digital x-ray, laboratory services, physical therapy and ACMC Express Care.

In late 2014, ACMC tripled the size of the Jefferson Family Health Center, which houses five family physicians: Catherine Bishop, DO; Laxman Cingireddi, MD; Nathaniel Franley, MD; David Parker, MD; and Andi Tirounilacandin, MD. The expansion allowed ACMC to begin offering digital x-ray, laboratory services, physical therapy and ACMC Express Care in Jefferson.

Expansive convenience

In 2015, ACMC opened the new Harbor Family Health Center; the office of family physician James Lambros, DO; and laboratory services. And in March 2015, ACMC added an Express Care location in Ashtabula, right on the ACMC campus.

That looks like a lot of growth and activity, but ACMC Healthcare

System President and CEO Michael Habowski said there was one purpose throughout every project—patient convenience.

“We are on a mission to bring healthcare to you. ACMC Healthcare System has invested more than \$5 million to expand services and facilities throughout the county to make it easier for you to receive the care you want. With everything ACMC has to offer, there is very little reason to leave Ashtabula County. At ACMC, you’ll find nationally recognized healthcare—right in your backyard.”

ACMC Express Care is a walk-in, no-appointment service in Ashtabula, Conneaut and Jefferson for patients age two and older who don’t need the advanced care of an Emergency Department.



Typical conditions diagnosed and treated at Express Care include (but are not limited to):

- Bites, stings and rashes (as well as other minor skin conditions).
- Cellulitis.
- Cold and flu.
- Conjunctivitis and styes.
- Cuts, scrapes and bruises.
- Infections (sinus, upper respiratory, urinary tract, ear, nose, throat).
- Minor back and shoulder pain (without history of trauma).
- Shingles, ringworm, impetigo.
- Simple sprains and strains.
- Stomach aches.

ACMC Express Care is the only minor-treatment facility in Ashtabula County backed by a full-service Emergency Department. That is important because sometimes a minor illness or

injury can actually be something more serious. If it is, Express Care patients can take comfort in knowing they are connected to a full-service Emergency Department with physicians in 28 specialties available 24/7. ACMC Express Care is also fully integrated with the hospital's electronic medical record, so the treatment and results of testing done through Express Care are immediately available the next time you see your physician or provider in the office.

Laboratory services are offered on a walk-in basis. Blood will be drawn for routine tests including CBC (complete blood count), cholesterol, blood sugar, triglycerides, immune system disorders, clotting issues, anemia, infections, hemoglobin, hematocrit, metabolic panel, blood enzymes and more.

Physical therapy is led by ACMC's licensed physical therapists who evaluate and treat patients affected by a variety of conditions including stroke, back, neck or extremity pain; musculoskeletal injuries; nerve injuries; balance and dizziness conditions; fractures; joint replacement; athletic injuries; coordination problems; and work-related injuries.

Digital x-ray is offered on a walk-in basis. X-rays can be used to identify pneumonia, pulmonary edema, kidney stones, gallstones, bowel obstructions, broken bones and more.

Digital mammography is offered by appointment and is the gold standard tool for diagnosing breast cancer. A digital mammogram uses the same compression as a traditional exam, but the test is much faster—no waiting for film to be developed; immediate evaluation of the image quality; ability to adjust image for brightness, darkness, or contrast and size. To schedule your mammogram at Conneaut Family Health Center, call the ACMC Centralized Scheduling number at **440-997-6590**.

Scheduling and services

ACMC Express Care and laboratory services are walk-in services that do not require an appointment. To schedule an appointment for physical therapy or radiology services, check with your physician for a referral. To schedule physical therapy, call **440-997-6680**. To schedule a digital mammogram, call **440-997-6686**.

While most of the new services are available five or six days a week, the hours vary. See the latest hours and any additional services at www.acmchealth.org.

CONNEAUT FAMILY HEALTH CENTER

Conneaut Plaza, 354 W. Main Road

- ✓ ACMC Express Care.
- ✓ Family physician.
- ✓ Digital mammogram.
- ✓ Digital x-ray.
- ✓ Laboratory services.
- ✓ Physical therapy.

JEFFERSON FAMILY HEALTH CENTER

234 N. Chestnut St.

- ✓ ACMC Express Care.
- ✓ Family physicians.
- ✓ Digital x-ray.
- ✓ Laboratory services.
- ✓ Physical therapy.

HARBOR FAMILY HEALTH CENTER

1230 Lake Ave.

- ✓ Family physician.
- ✓ Laboratory services.

NORTH KINGSVILLE FAMILY HEALTH CENTER

6441 South Main St.

- ✓ Family physician.
- ✓ Family nurse practitioner.
- ✓ Laboratory services.

ED, EXPRESS CARE OR DOCTOR'S OFFICE?

Choosing the right level of care

MOST PEOPLE recognize an emergency—heart attack, broken bone, serious burn—but where do you go if you have a minor illness or injury?

“There are times when an Emergency Department visit is appropriate, but many illnesses and injuries can be seen at Express Care. You should see your family practitioner for wellness issues such as chronic disease management or illnesses that linger longer than 10 days,” said Ashtabula County Medical Center (ACMC) Emergency Department Medical Director Imraan Haniff, MD. “Another benefit of choosing any of these services is that your medical records are maintained in MyChart, so you and your family practitioner have access to the tests and treatment.”

The right level of care can also save you time and money.

Some insurance companies charge different rates for urgent care, while Express Care is the same co-pay as a doctor's office visit under most plans. Ask your insurance provider for details about your plan and your co-pay.

ACMC Healthcare System President and CEO Michael Habowski said, “Our Express Care is the only facility that is backed by a full-service Emergency Department under the guidance of one of the best ER physicians in northeast Ohio. ACMC Express Care offers convenient locations around the county, and our physicians and nurse practitioners ensure that if you need further treatment beyond your initial office visit, they refer you to a physician or service at ACMC, so you receive the best treatment right here in Ashtabula County.”

DR. HANIFF OFFERED THESE TIPS FOR DECIDING WHETHER AN ILLNESS OR INJURY REQUIRES A VISIT TO ACMC'S EMERGENCY DEPARTMENT, EXPRESS CARE OR A PHYSICIAN'S OFFICE.



CHOOSE ACMC'S EMERGENCY DEPARTMENT

These types of situations require immediate medical care:

- ✓ Bleeding that cannot be stopped.
- ✓ Coughing up or vomiting blood.
- ✓ Drug overdose or suspected poisoning.
- ✓ Extreme emotional distress including suicidal or homicidal thoughts.
- ✓ Head injury or major injury to the body or limbs.
- ✓ Injuries caused by violence such as gunshot wounds.
- ✓ Loss of consciousness.
- ✓ Severe burns.
- ✓ Signs of a heart attack or stroke (sudden, severe pain; chest discomfort; loss of muscle control; difficulty breathing or speaking).
- ✓ Sudden fall.
- ✓ Sudden paralysis.
- ✓ Vehicle crash.



CHOOSE EXPRESS CARE

ACMC's Express Care provides care for nonemergency injuries or illnesses for anyone ages two and up. Types of situations where Express Care is appropriate include:

- ✓ Bites, stings and rashes (as well as other minor skin conditions).
- ✓ Cellulitis.
- ✓ Cold and flu.
- ✓ Conjunctivitis and styes.
- ✓ Cuts, scrapes and bruises.
- ✓ Earaches.
- ✓ Infections (sinus, upper respiratory, urinary tract, ear, nose and throat).
- ✓ Minor back and shoulder pain (without history of trauma).
- ✓ Seasonal allergies.
- ✓ Shingles, ringworm and impetigo.
- ✓ Simple sprains and strains.
- ✓ Sports injuries.
- ✓ Stomach aches.



CHOOSE PRIMARY CARE

Your primary care physician is there for first diagnosis and continuing care for a variety of acute and chronic health concerns. They also provide health education, wellness checkups, screenings and specialist referrals. If you are an established patient, your physician may also be able to see you for:

- ✓ Checkup before you begin a new exercise program or prior to travel.
- ✓ Colds, flu and sinus problems that do not go away after 10 days.
- ✓ Recurring pain such as frequent headaches.
- ✓ Renewal of prescriptions.
- ✓ Suspected pregnancy (schedule an appointment with your OB-GYN).

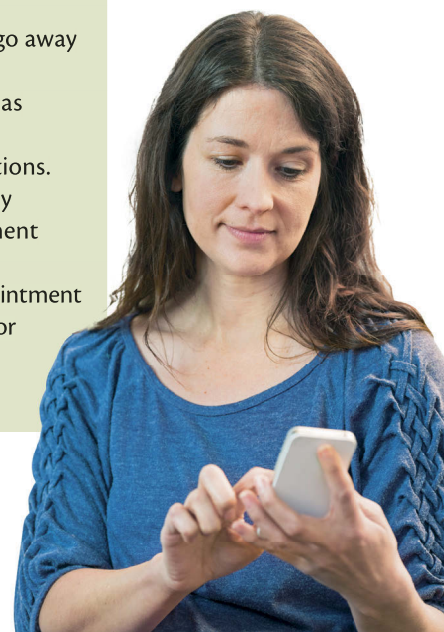
To schedule an appointment with a family physician or nurse practitioner call **440-997-6969**.



Feel better now!

ACMC Express Care has three walk-in locations. Visit www.acmchealth.org/expresscare for details. Or for an appointment with a family practitioner, call **440-997-6969**.

You do not need an appointment to visit ACMC's Emergency Department or Express Care.





ACMC Express Care

Three locations now open!

When you have a minor medical problem — a simple sprain, a minor cut, a sinus or ear infection — and need to feel better **now**, ACMC Express Care is fast and convenient.

Why should you choose ACMC Express Care?

Express Care is the only minor care provider in Ashtabula County supported by a full-service Emergency Department. That's important. You never know when that minor problem is really something major. If it is, you can take comfort in knowing the ACMC Emergency Department and physicians in 28 specialties stand ready 24/7/365 to care for you *right here in Ashtabula County*.

Express Care is connected to the same electronic health record system as ACMC. That's also important. It means your Express Care test results and plan of care will be immediately available for your regular ACMC physician or nurse practitioner to review during your next office visit.

Serving patients age 2 and older. You do not have to be a patient of The Ashtabula Clinic, Conneaut Family Health Center or Jefferson Family Health Center to utilize Express Care. Accepting most medical insurance plans. Express Care co-pays are similar to a physician office visit. Check your insurance policy to verify your co-pay.

The Ashtabula Clinic

2422 Lake Ave.

(440) 994-7550

Mon. – Fri. 9 a.m. to 8:30 p.m.

Sat. 9 a.m. to 2:30 p.m.

Conneaut Family Health Center

Conneaut Plaza

354 W. Main Road

(440) 599-2262

Mon. – Sat. 9 a.m. to 8:30 p.m.

Jefferson Family Health Center

234 N. Chestnut St.

(440) 576-8933

Mon. – Sat. 9 a.m. to 8:30 p.m.

ACMC: Improving Ashtabula County's economy by keeping healthcare local.

Ashtabula County Medical Center

ACMC Healthcare System

An affiliate of



ACMC PULSE is published as a community service for the friends and patrons of:

Ashtabula County Medical Center

2420 Lake Ave.

Ashtabula, OH 44004-4993

440-997-2262

www.acmchealth.org

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Enhancing our community's cancer care

ACMC Foundation provides for cancer treatment improvements in Ashtabula County

DONORS TO Ashtabula County Medical Center (ACMC) Foundation are providing financial support that will ultimately mean more cancer patients can be treated without leaving the county.

The Cancer Care building at ACMC is undergoing modifications that will provide additional private exam rooms, physician office space, additional infusion chairs and a dedicated oncology pharmacy. The cost of the work and new equipment is \$300,000.

"It is important to have quality cancer care available here in our county," said ACMC Healthcare System President and CEO Michael Habowski. "Patients undergoing chemotherapy should not have to face the added burden of traveling to receive their treatment. The renovated space will allow us to serve more patients right here at home."

Kathy Lines, LPN, a nurse with ACMC Cancer Services, spoke about



● Mohammad Varghai, MD

working with patients and families coping with cancer, adding a personal note when she talked about her mother's cancer treatment as well as her own. She described how cancer was a part of her family's history, and when her mother first needed treatment in 1976, there was no cancer

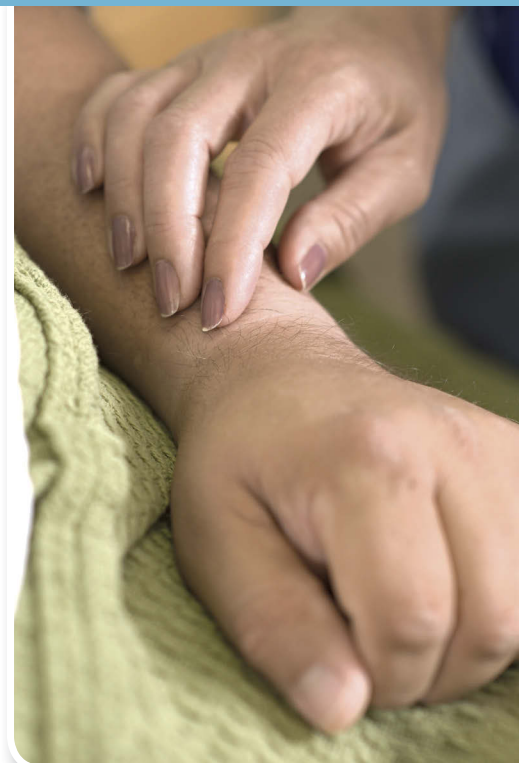
center in Ashtabula County.

"It was hard on her, and on our family, to travel out of the county to receive treatment," Lines said.

When Lines herself was diagnosed with cancer in 2007, the Cancer Center at ACMC was open.

"It made all the difference in the world to be here and not travel," she said. "The caring and compassion of the caregivers was outstanding. It is a blessing to have this in the community."

Lines praised the work of oncologist Mohammad Varghai, MD, who continues to work with ACMC officials to keep cancer care in Ashtabula County.



"Without ACMC and without Dr. Varghai, cancer patients would once again be forced to leave the county," she said. "But the dedication of ACMC and Dr. Varghai make it possible to keep cancer care local. Our patients tell us every day how much it means that they can come here."

Donors to the project have included a variety of individuals and groups, including the hospital and foundation boards, physicians, employees, area businesses and local residents, as well as several grants.

For more information about donating to the ACMC Foundation, call Executive Director Tami Netkowicz, CFRE, at 440-997-6605 or visit www.acmcfoundation.org.

