

SUMMER 2020

Health connections



We are Fisher-Titus



FISHER | TITUS

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Putting your health and safety first

A message from Dr. Brent Burkey PRESIDENT & CEO, FISHER-TITUS



What a year 2020 has been so far! During this unprecedented time, as the COVID-19 pandemic events developed at Fisher-Titus and around our county, the consistent theme I noticed in our staff and community that I wanted to spotlight was Teamwork.

When an event as impactful as COVID-19 occurs, it can either cause a divide in people, or pull people together. As I watched the team at Fisher-Titus be there for one another, from cross-training in other areas to prepare for an influx of COVID-19 patients, to working around the clock ensuring we are meeting the health care needs of our community, I was so impressed by how everyone came together, without divide, to support one another.

The same can be said for you, our community. The outpouring of support we received was a true blessing. From delicious food for staffs on all shifts and departments, handmade masks and bouffants, and beautiful art projects from our local school children and messages of support, the staff at Fisher-Titus was truly overwhelmed with gratitude. Equally deserving of our thanks was your dedication to staying home and physical distancing. I know it wasn’t easy, but your contributions to flattening the curve early on to slow the spread of COVID-19 in our community, helped us to avoid strains on our health system seen in other areas of the country, and for that, you should be extremely proud and know that we are extremely grateful.

We look forward to welcoming you back to our medical center and ambulatory locations. Please be assured that we are taking every step to keep you safe. We are practicing physical distancing and continue to clean and sanitize our facilities frequently. In addition, when visiting any of our locations, you will be asked to wear a mask and will be screened for any COVID-19 symptoms.

As we continue to navigate the uncertainty of this pandemic and what else 2020 may throw at us, one thing is for sure – we will do it together. Because...together, we are Fisher-Titus.

From the bottom of my heart, thank you.


Brent Burkey, MD

team

We are Fisher-Titus

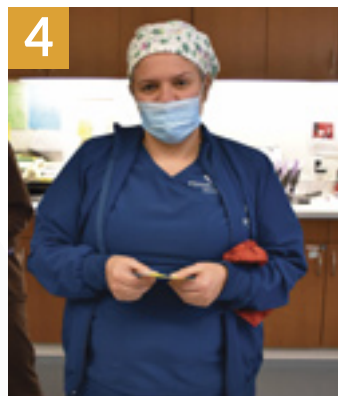


“Everyone came together, without divide, to support one another.”

DR. BRENT BURKEY



Roughly 100 employees were cross-trained to be able to fill needed roles during the pandemic.



The staff at Fisher-Titus was truly overwhelmed with gratitude.



1: Staff from the patient floors stand with the sign outside Fisher-Titus honoring their dedication to our patients. 2: Lab staff stand by the machine that allows them to perform COVID-19 testing in-house. 3: Respiratory therapists participate in training while wearing donated face shields. The bands for the shields were 3D printed and donated by local businesses, schools, and community members. 4-5: Emergency Department and ICU staff show off the handmade caps donated by the community.

[Some pictures in this issue of Health Connections were taken before mask and social distancing measures were in place.]

our foundation



Janotta & Herner spent a Saturday building floors for the tents set up to handle a possible influx of patients due to COVID-19.



Ken Ganley and leadership pose with pies Ken donated as a treat for the entire Fisher-Titus family.



North Central EMS employees enjoy meals donated by the community.



ICU staff pose with their handmade bouffant caps, sewn and donated by local volunteers.

An Outpouring of Support



The people of this community are incredibly generous, and together we can meet any challenge.

The challenges of COVID-19 have provided us with so many lessons. One of those lessons has been how interconnected we all are. Another lesson has been that the people of this community are incredibly generous, and that together we can meet any challenge. In that spirit, the Fisher-Titus Foundation celebrates the many generous individuals, businesses, and organizations that have stepped up and supported our staff and our response.

We have received hundreds of donations from the community in support of our staff and our operations, including: tens of thousands of PPE (including those received by Fisher-Titus and directed to Huron County EMA), thousands of meals and snack items, hundreds of care items for our Norwalk Memorial Home and Carriage House residents and employees, and so much artwork in support of our staff. We are so humbled by your kindness and support.

If you are looking for a way to support our pandemic response, please consider a tax-deductible gift to the Fisher-Titus Foundation's Crisis Response Fund. Your gift will help us fund the supplies, equipment, facility improvements, training and assistance we need to protect our staff, patients, and community through this pandemic. For more information or to donate, call the Foundation Office at **419-660-2528** or visit fishertitus.org/foundation.

Thank you,

Angie Smith
Director, Fisher-Titus Foundation



2019 Fisher-Titus Foundation Annual Report

Thank you for your support in 2019! Because of your generosity, the Fisher-Titus Foundation was able to help fund equipment, technology, supplies, program needs, and patient assistance for Fisher-Titus, Norwalk Memorial Home, North Central EMS, and The Carriage House. Here are a few highlights:

Zoll X-Series Defibrillators for North Central EMS' fleet of ambulances.

Sponsorship of the Pediatric Therapy Program's Sensory Friendly Family Events and Summer Camps.

Prescription assistance for patients.

Certification and equipment to bring the Music and Memory Program to residents of Norwalk Memorial Home and The Carriage House.

Supplies and equipment for the Pediatric Therapy Program.

Hoyer and Sarah Lifts for patient and employee safety.

Mammograms for income qualified community members.

Athletic equipment to prevent concussions for area school districts.

Comfort items for cancer patients from the Oncology Care and Share Fund.

A mamaRoo baby swing for the OB Department.

Replacement IV poles for patient rooms.

Thank you for supporting our first \$10,000 Blooming Cash Raffle!

The \$10,000 Blooming Cash Raffle sold 1,596 tickets, raising \$17,330 for North Central EMS Zoll X-Series Monitors. With your support, we will add two more heart monitors in 2020!

The heart monitors, which guide CPR and defibrillation and report heart function data back to the hospital, were implemented in July 2019. Since then, the average door to balloon time for patients with a blockage has decreased 21 minutes or 25%, saving lives and heart muscle!

Congratulations to our winners!

- **\$10,000 Grand Prize Winner:** Dr. Julie Roberts of Norwalk.
- **\$1,000 Early Bird Prize Winner:** Bob Opper of Willard.

Watch out for the raffle again in February 2021!



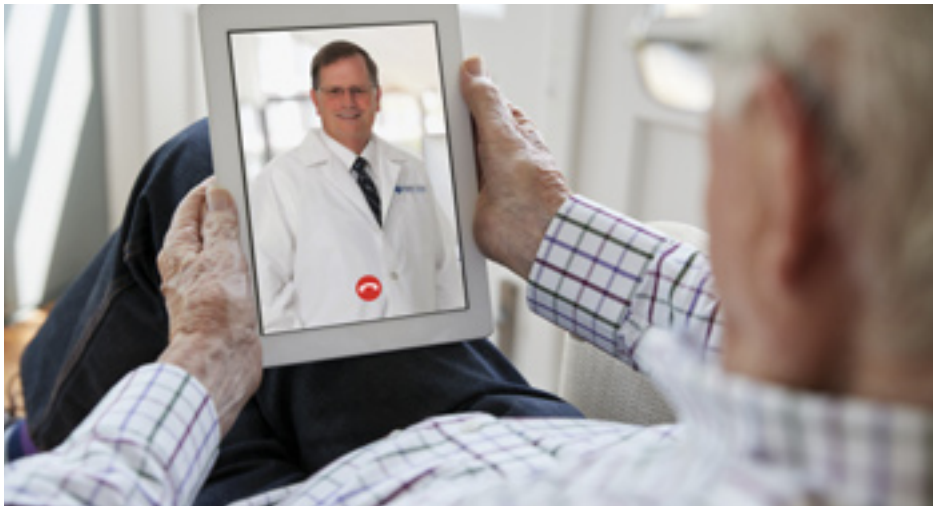
**\$17,330
RAISED**



31st Annual Fisher-Titus Foundation Golf Tournament

- Benefitting the Crisis Response Fund
- Wednesday, August 5, 2020
- 12:30 p.m. Shotgun Start
- Eagle Creek Golf Course
Norwalk, Ohio

For registration or sponsorship information, call 419-660-2920 or visit fishertitus.org/golf.



The Care you Trust Now more accessible than ever.

With every service provided, Fisher-Titus aims to deliver the right care, right here to patients in our community. But equally as important to providing the right types of services for our patients is making those services as accessible as possible. Thanks to some advanced technology, we have made seeking care with Fisher-Titus providers easier than ever before.

Virtual Visits with Fisher-Titus Medical Care Providers

In the midst of the COVID-19 pandemic, Fisher-Titus began looking at ways to continue providing care to patients who needed to seek health care services. It was important for our Fisher-Titus Medical Care providers to be able to offer the same level of care while limiting unnecessary contact and trips outside the home for patients.

To meet those needs, Fisher-Titus Virtual Visits was established.

To schedule a virtual visit with a Fisher-Titus Medical Care provider, patients can simply call their provider's office and let the scheduler know they'd like to be seen through a video or phone visit. Additionally, patients can request on-demand visits with Fisher-Titus Medical Care providers through the Amwell app by using the service key "FISHERTITUS." These appointments will be billed out through insurance at their normal rate, just as if they were being seen in person in the office.

For more information, visit: FisherTitus.org/VirtualVisits

Coming Soon: Online Scheduling

An online scheduling tool will launch this summer. This will allow patients to go online to schedule appointments with Fisher-Titus providers.

Watch our website and our Facebook page for more information to come.

While this service was launched quickly to fill an immediate need during the coronavirus pandemic, Fisher-Titus is looking at ways to continually improve the virtual visit experience for patients. Over the next year, there are plans to have additional availability for virtual visits as well as a simpler process for requesting a visit.

COVID-19 Virtual Screenings

As another way to care for patients during the coronavirus pandemic, a special virtual COVID-19 screening tool in partnership with Amwell was launched in early April.

Any patient experiencing COVID-19-like symptoms could request a virtual screening and get further direction from the provider on what their next steps should be. This screening tool allowed more patients to be screened and since they never had to leave home, reduced the risk of spreading COVID-19.

3 ways to get the care you need.



1 Primary Care



2 Convenient Care



3 Virtual Visits

behavioral health



The New Normal

Renee Leber, LISW-S

Many people have been grieving their “pre-COVID” lives where we were free to congregate, shop, eat, and leave the house whenever we pleased. We have to realize that we are going through a grieving process for those lives and everyone will be in their own stages of grief at different times: shock and denial, pain and guilt, anger, bargaining, depression, acceptance, and hope.

It was reported by all Huron County law enforcement agencies, that between January 1, 2020 and April 14, 2020, there was 26% increase in rates for suicidal individuals/mental health reports compared to the same period in 2019. While we were “flattening the curve” of the pandemic, mental health symptoms and trauma responses were increasing.

Many symptoms of anxiety and depression have increased in frequency and severity due to isolation, restricted access to distractions outside of the home, uncertainty, feeling choices or freedoms have been taken, basic

living needs not being met, and health related stressors.

Take the time to think about what you need the most and what you feel you are grieving the loss of during this process. As the “stay at home” orders are lifted and people go back to work, and children are able to go back to their childcare providers, look at what you can start to implement back into your routine. Create genuine personal connections, get outside and be physical, and reconnect with your community. Visit your local boutique shops, swap out your library books, schedule those hair appointments, eat at your favorite hometown

restaurants, and take time to find new local services that you can support as they help you.

Be aware that some symptoms like panic and heightened sensitivity to social settings could still linger. New worries may come to mind and symptoms may even heighten as you start engaging in this “new normal”. Know that it’s to be expected in these situations and try relaxation techniques and deep breathing before you go out. If these symptoms persist or cause concern, then seek out support from your peers and from professionals. And remember, we are all going through the experience together, so you are not alone.

Fisher-Titus Behavioral Health

The Fisher-Titus Behavioral Health team provides psychiatric diagnostic evaluations for all ages and offers individual, couples, and family counseling, and medication management for all psychiatric diagnoses including:

- Anxiety
- Depression
- Mood disorders
- Psychotic disorders
- Autism
- Bipolar disorders
- Adjustment disorders
- Emotional disturbances
- Disruptive behavior
- Parenting concerns
- Trauma and abuse
- Family issues
- Grief

The Fisher-Titus Behavioral Health team encourages patients to live healthy lifestyles and promotes the use of coping skills and self-care in the form of exercise, deep breathing techniques, journaling thoughts and feelings, and more.

We offer a complete range of outpatient mental health services, provided by our licensed staff. We also offer virtual visits. Learn more by calling **419-668-0311**.

Symptoms of anxiety and depression have increased in frequency and severity due to isolation.



A New Concept in Rural Health Care

North Central EMS Community Paramedicine

Earlier this year, North Central EMS (NCEMS) was awarded a grant from the Ohio Department of Health (ODH) for a Community Paramedicine Rural Pilot Program. This grant provides up to \$225,000 over a three-year period to implement a Community Paramedicine program focused on providing health care in rural areas.

Caring for Patients Right Where They Are

Community Paramedicine is a new concept in rural health care. It expands the role of the paramedic from the traditional emergency setting. North Central EMS will work with Fisher-Titus to identify patients who have difficulty accessing primary care services. Paramedics will provide scheduled, in-home care to improve long-term health outcomes of the medically underserved and improve the quality of life of patients with chronic diseases.

“The program will address gaps in primary care services by performing in-home health assessments for medically vulnerable populations and will reduce the cost of providing care for chronic conditions for both Fisher-Titus and NCEMS,” said Ashley Ballah, Director, North Central EMS.

The program is already in place helping patients in the communities NCEMS serves. With the implementation, Fisher-Titus expects

to reduce Emergency Room visits, 911 calls, and readmissions to the hospital. By checking in on patients at home, paramedics in partnership with primary care providers can assess whether the patient needs further treatment at the ER, possibly avoiding unnecessary trips.

Community Paramedicine in Action

For a patient to enter the Community Paramedicine program they must first be identified as a potential candidate and referred by a physician, case manager, or an EMS crew member. From there, the visit is scheduled by the North Central EMS Field Operations manager.

Through the program, patients can avoid unnecessary hospital visits but also have their symptoms evaluated before they become more serious and require hospital admission.



Ashley Ballah, Director, North Central EMS

“This is especially beneficial to patients who are going home without home health or for whom home health cannot be there right away,” said Dr. Christina Canfield, Fisher-Titus Family Medicine-Wakeman physician. “It helps us to get ‘eyes’ on the patient to help with medication questions or even get vitals for patients.”



“The purpose of community paramedicine is to help patients manage their health conditions at home thus avoiding expensive care in the ER or admission to the hospital.”

“While they are with the patient, I’m able to talk directly with the paramedic to immediately get the feedback I need. They can also send documentation to our office that is then added to the patient’s chart,” Dr. Canfield added.

“I can do a complete physical exam and vital signs on our patients. I’m able to contact the family physician and consult with them to come up with a plan of care that can help the patient stay at home,” Rob Beaudin, Paramedic with North Central EMS explained. “If necessary, the patient’s family physician can take the information I gather while with the patient and adjust medications. I can also speak directly with the patient’s caregiver and discuss the care plan.”

Paramedics can provide a number of assessments and treatments as determined by the patient’s physician. These may include home safety inspections, patient assessment, measurement of vital signs like blood pressure, pulse, respiratory rate, weight, and pulse oximetry, and even collection of lab samples such as blood and urine samples. While there, paramedics can also provide education specific to the patients caring for themselves at home and do medication inventory to ensure patients are complying with taking their prescribed medication.

“The program benefits the community by addressing gaps in health care that result in patients overutilizing the Emergency Room and/or require frequent admissions,” said Beaudin. “The purpose of community paramedicine is to help patients manage their health conditions at home thus avoiding expensive care in the ER or admission to the hospital.”

The Community Paramedicine program helps patients who may have trouble accessing care

get the care they need by acting as a bridge between their provider and the hospital.

According to Beaudin, “the role of the community paramedic is to work with the patient’s Primary Care physician to address their medical conditions in the home so that they do not escalate into conditions that require emergency treatment and/or hospitalization.”

“I think patients are sometimes worried about calling EMS for questionable symptoms and this may help alleviate that fear,” Dr. Canfield explained. “The more we work as a team to help care for our complex chronic patients, the better their care will be!”



Join the North Central EMS Team!

We are now hiring paramedics to join our committed team of caregivers at NCEMS.

Apply today at fishertitus.org/careers to learn more about our recent starting pay increase.

Read more on page 15 about how one of our NCEMS Paramedics started her dream job!



Embarking on a **Cancer Journey** We are with you **every step** of the way.

A cancer diagnosis is something no one expects. As you go through treatment you may have a lot of questions about the process, but you may also want a support team there to comfort you on this journey.

At Fisher-Titus Cancer Care Center, we treat our patients like family. From diagnosis to survivorship and everything in between, we are right there with you to celebrate the victories and fight with you through the challenges. For over 20 years, Fisher-Titus has cared for cancer patients close to home as if they were our own family. No matter where you are in your journey, our team is here to support you.

Prevention and Screening

Detecting cancer early is key for treating cancer. Sometimes there may be signs or symptoms that something is wrong like lumps, sores that will not heal, abnormal bleeding, persistent indigestions, and chronic hoarseness.

However, sometimes there are no noticeable symptoms. This is why it's important to complete the regular screenings recommended by your doctor. These may include the following:

- Breast – Screening mammograms
- Colon – Colonoscopy
- Lung – CT scan of the lungs
- Skin – Visual exam of the skin
- Cervical – Pap smear and/or HPV test
- Prostate – Prostate Specific Antigen (PSA) blood test or Digital Rectal Examination (DRE)

If you are unsure what screenings you should be getting regularly, talk to your doctor. They can take into consideration your age and any risk factors you may have to determine which screenings you should be getting and how often.

Accessing Care Close to Home

There's a comfort in being close to your home and your family as you face life's challenges.

At the Fisher-Titus Cancer Care Center, you have access to some of the latest diagnostics and treatments including the early detection screenings listed on the left, diagnostic imaging, radiation services, surgery, rehabilitation, and support services.

We provide these services for many different types of cancers including:

- Breast cancer
- Lung cancer
- Gastric cancer
- Prostate cancer
- Kidney cancer
- Melanoma
- Brain cancer
- Colon/rectal cancer
- Pancreatic cancer
- Bladder cancer
- Lymphoma/leukemia
- Ovarian cancer
- Head/neck cancer
- Multiple myeloma

Survivorship

A cancer journey typically does not end when a patient is told they are "cancer free." Through survivorship programs, patients can go beyond being physically cancer-free and maintain a healthy lifestyle mentally, emotionally, spiritually, and physically.

After completing treatment, your survivorship journey may include a variety of services, including:

- Physical or occupational therapy
- Behavioral Health
- Nutrition
- Financial
- Radiology
- Lab
- Nursing
- Primary Care

The Cancer Survivorship Program at Fisher-Titus is currently being expanded. Watch for more information on the new program coming soon on our website and Facebook page.





What to Expect

The good, the bad, and the awkward.

Jackee Porter, RN, BSN, OCN, Oncology Nurse Supervisor

There are a lot of words, thoughts, and emotions that can describe a cancer journey. Patients may find there are good days, there are bad days, and then there are the really awkward days. We often refer to this as the good, the bad, and the awkward.

THE GOOD

Patients gain new perspective on life and they learn to slow down and enjoy the little moments.

Patients often gain new family in the doctors, nurses, secretaries, medical assistants, and other members of their health care team. They find strength they never knew they had, strength that cancer tried to strip from them. Many find new faith or maybe they become more faithful. A cancer patient finds themselves a beautiful reflection of life and spirit.



Val Christian ringing the bell as she completes her treatment at Fisher-Titus.

THE BAD

Patients have sometimes described their diagnosis as a tailspin.

Patients may struggle to find stable ground or to gain control. Some are afraid to share their news with their loved ones for fear of being treated differently. There are multiple appointments and new routines to learn. The patient might have chemotherapy, surgery, or radiation. All three are scary, but necessary. There are tears, fears, anxiety, and feelings of being overwhelmed.

Patients will be moved through the care coordination process quickly as time now matters. Time matters to reduce the growth of the disease or to gain quality of life. But, there are also limits to what can be offered and end of life discussions may have to happen, sometimes too soon. Although these bad conversations may be necessary, our team here at Fisher-Titus will walk you through them and make sure you have the best care possible. We are often a hand to hold or a shoulder to cry on as you navigate these tough talks.

THE AWKWARD

Cancer leaves chance for some awkward moments.

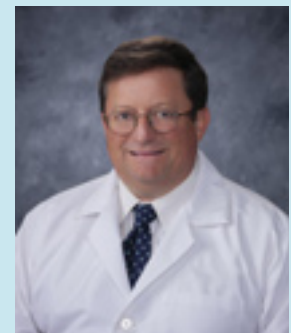
Moments like picking out a wig and needing help to ensure it fits just right. Or when treatment has left a patient so weak that they now need help going to the bathroom—a potty partner. Sometimes it's hard asking for help. Paying bills and buying food can become difficult and it's often a conversation no one wants to have. There are body changes from treatments and the cancer itself. This can leave a patient not fitting quite right into their clothes. Who knew someone could actually gain weight while going through chemotherapy? That goes against all the preconceived notions about chemotherapy, right? In any awkward moment along the cancer journey, take comfort in knowing that we have seen it all and we will embrace those moments along with you.

The good, the bad, and the awkward of the cancer journey are moments in time that should be embraced with confidence in the care you choose...the care given by the people who choose you.

Get to know our Medical Oncologists



Dr. Timothy Adamowicz



Dr. James Fanning

Read about the newest members of the Cancer Care Center team on **page 17**.

Visit fishertitus.org/cancer for more information about the Fisher-Titus Cancer Care Center.

There are tears, fears, anxiety, and feelings of being overwhelmed, but cancer patients often find strength they never knew they had.



Chad Stang unexpectedly became a **Trauma Warrior**

In October of 2018, Fisher-Titus partnered with MetroHealth in Cleveland to provide a higher level of trauma care close to home for the community.

Since then, care has been provided for has helped countless trauma patients at Fisher-Titus, a Level III Trauma Center since 2009. The partnership with MetroHealth enables us to increase our knowledge base, expand our expertise, and increase the level of care we provide to our patients who experience a traumatic injury.

One of these patients is Monroeville resident Chad Stang.

What started as a routine softball tournament on October 5, 2019 turned into a series of events Chad Stang will likely not soon forget.

While sliding to catch a ball, Chad collided with another player whose shoulder hit his stomach. Despite the incident, Chad finished that game and started the next game as a designated hitter.

While running to first on a hit, Chad noticed some lightheadedness. Knowing that one of his friends in the stands was an emergency nurse, he went to talk to her.

“I was telling her I almost passed out and ended up passing out in front of her,” Chad explained.

Still, he stayed for the remainder of the tournament.

As time went on, Chad began having muscle spasms starting in his shoulder and moving down his right side. When he got home, he tried to control the spasms by laying down with a heating pad and an ice pack, but they persisted. At that point he knew he had to seek help at the Fisher-Titus Emergency Department.

While sliding to catch a ball, Chad collided with another player whose shoulder hit his stomach...

By the time he arrived, Chad had enough discomfort that he was not able to lay flat without feeling pain.

“It was pretty miserable to lay down. I felt like I didn’t have any abs,” said Chad.

Chad was given medication and had some tests and it wasn’t long before he realized this may not be the routine injury he initially thought.

“While we were sitting there, we heard that my room was upgraded to trauma level 2 and we knew that wasn’t a good thing,” he said.

The doctor came to talk to Chad about his scans. The tests showed that he had a hematoma on his abdomen as well as blood on his liver and spleen and trauma to his colon. Because of his injuries, he was admitted for observation.

Three days later on October 8, Chad was having a particularly difficult day.

“I felt bad all day,” Chad remembered. “The TV was never on, my phone stayed on the stand.”

That evening, the STNA caring for Chad began checking on his heart. His heart rate was high and the care team began taking steps to stabilize his heart. Once stabilized Chad was moved to the ICU.

He wasn’t there long before Fisher-Titus/ MetroHealth Trauma Surgeon, Dr. Esther Tseng came to talk to him. She told him that his kidneys were failing, and he would need surgery as soon as possible.

About an hour later, Chad was wheeled into surgery.

Five hours later Chad woke up from surgery.

Chad remained at Fisher-Titus for the next ten days beginning his road to recovery.

Not having food since the day of his injury, it was a total of 10 days before he was able to eat solid food again. Over the course of his time in the hospital, Chad lost approximately 23 pounds.

“I worked out and played softball. To go from that to not being able to walk very far without my oxygen dropping and the nurses telling me I had to stop because they were afraid I was going to pass out was pretty crazy,” he said.

After 13 days, Chad was able to go home but the recovery process was not much easier. He had trouble lying on a flat bed and getting comfortable while sleeping.

Chad was off work from his job as District Manager for Huron County Soil and Water Conservation for six weeks and it took that long for his wound to fully heal. It was three months post-surgery before Chad could sit up from laying without using his arms to lift himself.

“It was a long process,” Chad recalled. “Thirteen days in a hospital is pretty crazy, but I definitely had great care.”

During this time, Chad also received care at home from Fisher-Titus Home Health and was having regular checkups with the MetroHealth Trauma team, mostly here in Norwalk.

“Dr. Tseng and the rest of the Fisher-Titus/ MetroHealth trauma team are all absolutely fantastic. It’s a huge, huge pick-up by

Fisher-Titus to have them in-house as trauma surgeons. They’re all awesome people,” said Chad.

Trauma Program Manager for the Fisher- Titus/ MetroHealth partnership Andrea Wetherill also expressed her gratitude for the MetroHealth trauma team.

“As a long-standing emergency nurse at Fisher- Titus and a resident of the community, I personally appreciate the onboarding of MetroHealth to support our trauma services,” Andrea said. “Taking care of trauma locally is not new to our emergency department; however, since the partnership began, we have been able to keep trauma care close to home. We do not want to see you hurt, but should an accident occur, we are here 24/7 to care for you!”

Previously, many patients were transferred to higher level trauma centers due to the complexity of their injuries. The same trauma surgeons that care for patients at MetroHealth main campus in Cleveland, care for the patients locally at Fisher- Titus so these more complex cases can be treated close to home.

MetroHealth is committed to maintaining outstanding local care to Norwalk and the surrounding communities.

“They bring years of knowledge, experience, and best care practices to our community not only for trauma, but also for acute care surgical needs,” Andrea added. “The partnership has led to so many successful recoveries,

many of which fully recuperated by strictly undergoing all acute and rehabilitation trauma services at Fisher- Titus,”

Finally, after four months, Chad was able to start working out again and he began preparing for his next planned surgery with Dr. Tseng.

That surgery took place at MetroHealth in Cleveland with Dr. Tseng on March 3, 2020.

“It’s crazy how different the two surgeries were. I was worried because of how long it took to bounce back last time,” he said.

This time, Chad was in the hospital for seven days and was able to resume a workout routine just five weeks later. He returned to work after only 13 days post-surgery to his job that requires frequent walking and site visits.

“Since then it’s been great. I’ve had no more issues and everything seems to be getting back to normal,” he said.

He’s slowly regaining his strength. After his first surgery, he said it took five months to gain eight pounds. This time he’s gained six pounds in two months.

While he’s not yet back to the level of activity he was pre-injury, Chad looks forward to getting back to lifting weights and playing softball.

“We are excited that Chad is in his final steps of recovery,” Andrea shared. “His resiliency makes him a trauma warrior!”

For more information on the Fisher- Titus/ MetroHealth trauma program, visit fishertitus.org/trauma.



“It was a long process. Thirteen days in a hospital is pretty crazy, but I definitely had great care.”

Getting into a Healthy Routine with Couch to 5K



Over the past few years, Fisher-Titus has hosted several sessions of Couch to 5K. Couch to 5K is a free nine-week program that helps participants work their way up to running, jogging, or walking their first 5K. Through this program, there have been many local success stories where participants were able to jumpstart a new fitness routine with Couch to 5K.



Erica Bowman

Erica Bowman of Sandusky completed her first Couch to 5K program in the fall of 2017 after learning about it on the radio.

“The program was fun and challenging,” Erica said of her experience that first time. “I have exercise induced asthma and training myself to breathe correctly while running

took time. The training program helped with the timing of runs and walks so I could concentrate on my breathing and endurance.”

Prior to Couch to 5K, Erica was not a runner.

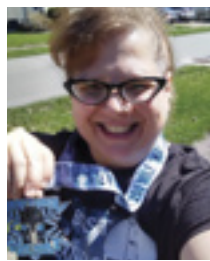
“I fell in love with running through the program,” she said. “I also made lifelong friends with whom I still get together three years later to walk/run the trails and complete races. I am even godmother to the son of one of my Couch to 5K friends.”

Since that first program, Erica estimates she has completed more than 50 5K races both virtual and local, six 10K races, and a 15K.

Erica says Couch to 5K drove her to aim higher and create more challenging goals for herself.

“I have run a 10K and I’m training to complete my first half marathon this summer,” Erica said. “My ultimate goal is to run a full marathon at Disney World for my 40th birthday in two years.”

There are many success stories of jumpstarting a new fitness routine with Couch to 5K!



Cyndy Kenne

Norwalk resident Cyndy Kenne completed Couch to 5K for the first time in spring 2017. According to Cyndy, at that time her health was not in the best place and she struggled to walk up a flight of stairs. But, she was able to complete the program and it helped her kickstart a new, healthier lifestyle.

Since completing her first program, Cyndy estimates she’s participated in Couch to 5K seven times.

“Couch to 5K has impacted my life in so many ways!” said Cyndy. “I have made new friends, lost weight, increased my confidence, met new people at races, and have gotten to travel to new places to race.”

In 2019, Cyndy completed 20 5K races and one 10K race. On April 1st of 2020, she also completed the Winter Warrior challenge where she walked 250 miles over the course of four months.

Cyndy wants to let people know that you don’t have to be an athlete to participate in Couch to 5K and start a new, healthy routine.

“I’m not a ‘jock’ who can lose a little weight and run a marathon,” she says. “I have a 75% obstruction in my throat that makes it difficult to breathe, I’m still not skinny but, I’m healthier than some people who are.”

She invites everyone to try the program.

“If I can do this, you can,” Cyndy said. “If you think you can’t, meet me on the trail and we can do it together!”



Join us at our next Couch to 5K session!

Ready to jumpstart a new routine? For more information on the Fall session coming soon, watch our [Facebook](#) page and [fishertitus.org/upcoming-events](https://www.fishertitus.org/upcoming-events)!

join our team

Start your Dream Job in Health Care at Fisher-Titus

We know our employees want more than just a job—they want a career that makes them feel empowered with opportunities for career growth and increased earning potential.

At Fisher-Titus, we have a variety of ways to help employees advance their careers, including educational assistance. This means that the sky is the limit – you can start out at an entry level position, use the tools we have available, and land that dream job you have been thinking about.

In fact, we have several current employees who have taken advantage of these tools. Some started out in non-clinical departments like dietary and environmental services and are now registered nurses, nurse managers, and more.



Meet April Woody, MSN, RN

April Woody, MSN, RN, always knew she wanted a career in the medical field. Not only does she have a passion for helping people, she knew that health care was something that was always going to be around, providing for a stable career.

And when looking for her first job in health care, she looked at Fisher-Titus.

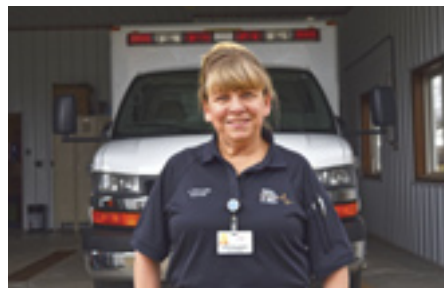


Meet Keaton Ruggles, RN

Keaton Ruggles always knew Fisher-Titus was a place he wanted to work – his mom also works at Fisher-Titus and it is close to home.

In 2014 while working at a pizza place in his hometown of New London, Keaton began to think about his career.

“I decided to apply at Fisher-Titus because I was going to school to get my STNA license and knew I wanted to work there as a Registered Nurse when I was done with nursing school,” he said.



Meet Cathy Robustellini, EMT-P

Cathy's Robustellini's career as an EMT began in 1980 after attending classes at EHOVE. Once certified, she worked part time at Norwalk Ambulance service.

In 1984, she completed her Advanced EMT Certification. That same year, Milan Fire/EMS and Norwalk Ambulance joined forces. Spear-headed by Fisher-Titus, the new organization became North Central EMS.

“Today, I am the only full-time employee that has been with North Central since its inception 34 years ago,” said Cathy.

Featured Positions

Point of Care Technicians (POCTs) assist with patient care activities in order to help health care providers with a variety of technical and clinical clerical procedures in the patient care area. Minimum requirements are a high school diploma and a passion for helping people.

STNAs perform various duties assisting the staff nurses in the treatment and optimal safe care of residents of Norwalk Memorial Home and patients at Fisher-Titus Medical Center. Minimum requirements are a high school diploma, completion of a nursing assistant program, good communication skills, and a passion for helping people.

An STNA and a POCT assist in patient care in a variety of ways, including:

- Transporting patients safely via wheelchair or stretcher
- Bathing
- Obtaining vital signs and/or specimens
- Positioning, lifting, and turning
- Maintaining knowledge of the plan of care for patients or residents and carrying out the plan to ensure personal care needs are met while following standard precautions to prevent the spread of illness
- Documenting work performed in the electronic medical record
- Working collaboratively with the interdisciplinary team and reporting any changes observed in the condition of the patient or resident
- Attending to needs of patients or residents by answering call lights and being proactive in meeting needs of patients or residents
- Maintaining a high regard for confidentiality and privacy

To read their full stories and learn more about how you can start your dream job at Fisher-Titus, visit fishertitus.org/dreamjob!



Building Better Care for Our Community

Over the course of the last year, there were many areas of opportunity identified to enhance the patient experience through improving and enhancing our physical locations for providing care.

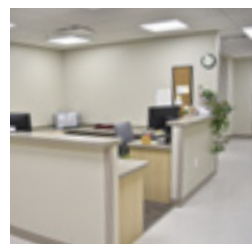
Fisher-Titus Family Medicine New London Ribbon Cutting

On February 17, the ribbon was cut at Fisher-Titus Family Medicine – New London and patients have been seeing Dr. Jeffrey Harwood and Nurse Practitioner Haley Robuck in the new space since then.

With 3,500 square feet, the new building has two medical office suites. One suite is occupied by Fisher-Titus Family Medicine with the second reserved for future community health-related services such as additional providers or specialty clinics. The building has eight patient exam rooms, two nurse stations and work areas, and office space for physicians and other providers.

This project is a continuation of the long commitment to health and wellness in New London by Fisher-Titus. New London patients, village leaders, and residents have shown great support during this project and Fisher-Titus looks forward to continuing serving them in the years to come.

Fisher-Titus General Surgery Consolidation



Recently completed is the Fisher-Titus General Surgery office consolidation. Previously at two separate locations on Executive Drive and in Medical Park 3, Drs. Minier, Schmidt, Nill, and Said are now seeing patients in this renovated space in Medical Park 3. This renovation not only modernized the office space but

also allows all four general surgery providers to see patients in the same office on the Fisher-Titus campus making it more convenient for both providers and patients.

The new space has a total of 10 exam rooms and two procedure rooms as well as ample space for all four providers and the General Surgery staff.





The Surgery Center of North Central Ohio Construction

In October of 2019, ground was broken on the Surgery Center of North Central Ohio in on Route 250 in Norwalk, adjacent to the current location of Fisher-Titus Convenient Care and Northern Ohio Foot and Ankle Specialists.

The Surgery Center is a jointly-owned venture between Fisher-Titus, surgeons from Fisher-Titus Digestive Health, NOMS Access Orthopaedics, NOMS Ear, Nose, and Throat, Northern Ohio Foot and Ankle Specialists, and North Central Eye Associates, along with Health Care Facilities Partners which will be responsible for the management and operations of the center. Health Care Facilities Partners is known for ambulatory surgical center operational excellence. It successfully manages surgery centers throughout the U.S. including the Erie Shores Surgery Center in Sandusky which Fisher-Titus is also a part of.

Offering over 12,000 square feet of space, the Surgery Center includes pre- and post-surgical areas, three operating rooms, and a procedure room. Construction on The Surgery Center has resumed and we anticipate its completion in October 2020.



Since 1987, Janotta & Herner has partnered with Fisher-Titus on more than 100 projects ranging from ground-up new construction to interior and exterior office renovations.

A History of Partnership: Fisher-Titus and Janotta & Herner

Working with Fisher-Titus on all the above projects is local design and building contractor, Janotta & Herner.

Since 1987, Janotta & Herner have partnered with Fisher-Titus on more than 100 projects ranging from ground-up new construction to interior and exterior office renovations.

The historical timelines of both organizations reflect parallel paths of growth, community improvement, and employee benefits. According to Janotta & Herner, over the last 57 years many hundreds of the company's employees have utilized the services provided by Fisher-Titus.

"The employees of Janotta & Herner are very fortunate to have such high-quality medical care available in our small community," says Mark Chase of Janotta & Herner. "The partnership between Fisher-Titus and Janotta & Herner is more than business; it is personal."

Building on this over 30-year relationship, Janotta & Herner stepped up to support Fisher-Titus during the COVID-19 pandemic. As part of the plan to prepare for a possible surge in patients, Fisher-Titus set up tents outside the Emergency Room that could be used for triaging patients. Janotta & Herner sent a crew to help with the flooring inside the tents. Additionally, they along with Erie Construction Company, MTD Products, and Newcomer Concrete Services, donated much-needed personal protective equipment (PPE) to Fisher-Titus including N95 masks, safety goggles, and safety glasses



Who's New at Fisher-Titus?

Fisher-Titus Pulmonary Medicine Welcomes Three New Providers

Three new providers at Fisher-Titus Pulmonary Medicine will rotate to provide more coverage for the hospital and outpatient clinics than ever before. Additionally, Pulmonary Medicine will now be seeing patients for clinics in the Snyder/White Heart and Vascular Center at Fisher-Titus Medical Center, closer to other services patients may need and closer to patients admitted to the hospital, making this location more convenient for both Pulmonary Medicine patients and providers. For more information, visit fishertitus.org/pulmonary.

Basem Haddad, MD

Dr. Haddad joined Fisher-Titus in 2019 as the Medical Director of the Sleep Center. Board certified in pulmonary disease, critical care, and sleep medicine, Dr. Haddad has expanded his services at Fisher-Titus to include Pulmonary Medicine.

A graduate of Damascus University, Dr. Haddad completed his Fellowship in Pulmonary and Sleep Medicine at the Southern Illinois University School of Medicine and his Fellowship in Critical Care Medicine at the University of Pittsburgh. Dr. Haddad also completed a Residency in Internal Medicine at the Lutheran Medical Center in Brooklyn, NY.



Bashar Salem, MD

Dr. Salem is a Pulmonologist board certified by the American Board of Internal Medicine and the American Board of Pulmonary Medicine.

Dr. Salem earned his Doctor of Medicine at the University of Aleppo. Following his education, he completed an Internal Medicine Internship and Residency at the University of Texas Health Science Center in Houston and a Pulmonary and Critical Care Fellowship at MetroHealth Medical Center/Case Western Reserve University in Cleveland.



Lisa Wallace, MSN, ACNP-BC

Lisa will serve Pulmonary Medicine patients as an Acute Care Nurse Practitioner. Lisa has intensive care experience as Regional Critical Care House Officer at Cleveland Clinic Avon Hospital and in the Intensive Care Unit at Cleveland Clinic Fairview Hospital.



We are always looking at how we can best serve our patients. One way we do this is through the addition of new providers and services. Read more about some of these new faces here.

We are committed to providing the Right Care, Right Here for patients in our community.

Fisher-Titus Heart & Vascular Welcomes Vascular Surgeon

Ayemen Ahmed, MD

Dr. Ahmed is a Vascular Surgeon, board certified by the American Board of General Surgery. He joins Dr. Mohamed Osman to provide expanded Vascular Surgery services to patients in our community.

A graduate of the University of Khartoum in Sudan, Dr. Ahmed completed residencies in Categorical General Surgery at the University of California San Francisco and in Preliminary General Surgery at the University of Minnesota and The Mayo Clinic. He also completed a Vascular Surgery Fellowship at the Cleveland Clinic.

For more information, visit fishertitus.org/heart.



Fisher-Titus Convenient Care Welcomes Nurse Practitioner

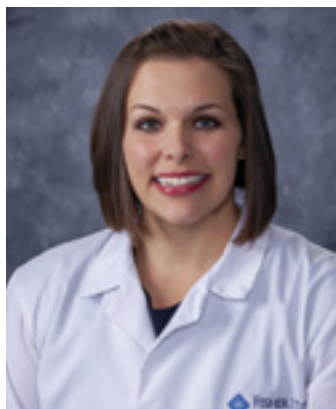
Katie Howell, APRN, CNP

Katie is a member of the American Academy of Nurse Practitioners and the Ohio Association of Advanced Practice Nurses.

A graduate of Ashland University where she earned her Bachelor of Science in Nursing, Katie completed her Master of Science in Nursing—Family Nurse Practitioner in 2019 from the University of Cincinnati. She also attended The Ohio State University's pre-nursing program.

Fisher-Titus Convenient Care in Norwalk is open from 9 a.m. to 8:30 p.m. Monday–Friday and 9 a.m. to 3 p.m. Saturday and Sunday. They treat a variety of acute non-emergency illnesses and minor injuries with no appointment necessary.

For more information, visit fishertitus.org/convenient-care.



Fisher-Titus Cancer Care Center Welcomes Medical Oncologists

The Fisher-Titus Cancer Care Center is excited to welcome back two familiar faces. Along with the specialized nursing team, radiologists, and surgeons, Medical Oncologists/ Hematologists James Fanning, MD and Timothy Adamowicz, MD of NOMS Oncology will be part of the care team for patients to continue receiving top notch cancer care in Norwalk. Both physicians are board certified in Internal Medicine and Medical Oncology.

Timothy Adamowicz, DO

Dr. Adamowicz received his medical degree from Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania. He did his internal medicine residency at Hahnemann University Hospital in Philadelphia, Pennsylvania and his fellowship where he was the Chief Oncology Fellow at the Nevada Cancer Institute, a part of University of Nevada School of Medicine in Las Vegas.



James Fanning, MD

Dr. Fanning received his medical degree from The Ohio State University College of Medicine in Columbus, Ohio. He completed an internal medicine internship and residency at The Ohio State University Hospital and a fellowship in hematology/oncology at Duke University Medical Center in Durham, North Carolina.



Fisher-Titus is proud to have a 237 member medical staff representing 35 medical specialties.



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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.



When you arrive at a Fisher-Titus facility, you will be asked to:

- 1 Wear a mask.
- 2 Maintain social distancing.
- 3 Complete a health screening that will include a temperature check.

These extra steps allow us to safely welcome you back into our facilities and continue to provide quality patient care.

To learn more, visit fishertitus.org/access.

Your Health and Safety come First.

As life begins to return to normal and we welcome you back to our facilities, you can take comfort in knowing we have taken several extra precautions for your protection and for the protection of our employees.