



Knox Wise

2023 Fall Edition

**Birthing
Team
Delivers**
Top Notch
Care



CANCER CENTER
YOU CAN TRUST

ADVANCED PRACTICE
PROVIDERS

Knox Community 
HOSPITAL



highlights from our CEO



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Having a baby is a special time in a family's life. Many decisions need to be made from picking out a car seat to choosing a doctor and hospital to entrust with your pregnancy care and delivery. KCH is proud to be chosen by hundreds of women annually who elect to have their babies here. Allie Bennett is one of those women and you can read about her experience giving birth to her firstborn in this issue.

KCH is proud to employ many advanced practice providers (APPs), like nurse practitioners (NPs) and physician assistants (PAs), who work alongside our physicians in our primary care and specialty practices.

These professionals can diagnose illnesses, create and oversee treatment, prescribe medications and serve as healthcare providers. Having NPs and PAs on staff means we have more providers available, which may translate into easier access to care. Turn to page 3 to learn more.

For the past 45 years, the Foundation for KCH has been blessed with loyal donors who have invested in vital new technologies and essential programs including the Time is Muscle campaign, which is focused on raising funds to help purchase new portable/bedside cardiac monitoring units. These units are vitally important for early identification and intervention of people suffering from a cardiac emergency.

Every year, about 805,000 people in the United States have a heart attack. The longer oxygen and blood flow is cut off to the heart, the more irreversible damage is done. On page 8, learn how to recognize the early warning signs of a heart attack and what you should do.

Finally, I'm happy to share that our Center for Cancer Care is accredited under the American College of Surgeons Commission on Cancer Accreditation Program. This means patients can trust that the care they receive at KCH adheres to the most rigorous quality standards. Learn more about this accreditation and all the cancer services we offer in this issue, including radiation therapy.

As always, it's my privilege to share all the good work going on at KCH.

Be well,

Bruce D. White, CEO



ROLE OF AN ADVANCED PRACTICE PROVIDER

The role and value of advanced practice providers in the medical field is often misunderstood. Advanced practice providers play a critical part in providing quality health care. At KCH, we employ over 50 advanced practice providers who work with the physician(s), typically a medical doctor (MD) or doctor of osteopathy (DO), and the nursing staff.

One of the myths about advanced providers is that a physician supervises them. In fact, the relationship is more of a collaborative partnership in caring for the patient. "Each advanced provider is independently licensed, and we typically learn under a nursing model of care versus a medical model," stated Kody Green, CNP. Both approaches are valid and important in health care.

"In partnership with the patient and the physician, we provide holistic care with a strong focus on building trust-based relationships," said Kody.

Another myth is that the advanced provider has a very limited menu of services they are able to provide for patients. In fact, these health care professionals provide physical exams, order and interpret diagnostic tests, prescribe medications and develop treatment plans.

According to the American Association of Nurse Practitioners, NPs provide a wide range of health care services, including: the diagnosis and management of acute, chronic and complex health problems; health promotion; disease prevention; health education; and counseling to individuals, families, groups and communities.

Patients at KCH have provided comments about their advanced practice providers:

"Michele Yarman, CNP, is outstanding in her field. This provider listens and is very resourceful. Her professionalism is spot on. I appreciate her dedication to each patient."

"Amber (Morrison) is one of the best and most thorough health care providers anyone could ask for."

"Sierra (Presley) is one of the most down to earth health care providers I have ever dealt with. I love her demeanor and bedside manner!"

"Kody Green is very professional and kind and showed sincere interest in my health."



"Having Physician Assistants in an office provides patients with more appointment opportunities. Because our Physician Assistants (PA's) are specialized, they have knowledge and experience with the urological issues our patients face. They spend time with patients to answer questions and provide information. They are also able to order imaging and labs and prescribe medications, just as the doctors do. I cannot imagine our office without our PA's. The patients love them and we get many positive comments on the care they provide."

– Dr. Brown, Urologist

Advanced Practice Provider titles include:

- Certified Nurse Practitioner (CNP)
- Physician Assistant (PA)
- Certified Registered Nurse Anesthetist (CRNA)
- Certified Nurse Midwife (CNM)
- Clinical Nurse Specialist (CNS)
- Advanced Clinical Practitioner (ACP)



Birthing team delivers top notch care



FIRST TIME MOM SHARES HER BIRTH EXPERIENCE AT KCH

When first time mom Allie Bennett was looking for a hospital to deliver her first child, she didn't look any further than her own backyard. Knox Community Hospital, which is a short drive from her home, was the natural choice.

Opened in 2020 inside the Wright Family Medical Pavilion, the Ann Schnormeier Center for Birthing Care features eight labor, delivery, recovery and post-partum (LDRP) suites, wireless fetal monitors so moms can get up and walk around while in labor and a state-of-the-art operating suite for both scheduled and unplanned cesarean section deliveries.

"We are a family centered birthing center focused on providing state-of-the-art care to every woman and baby who walks through our doors," said Brittany Tutorow, BSN, RN, C-EFM, CLC, director of the center. "Every family that is cared for in our birthing center is truly a part of the KCH family."

Allie said when she walked into KCH at 41 weeks pregnant, she wanted nothing more than a routine, uneventful birth story that ended with a healthy baby boy.

"I was scheduled for an induction with Dr. Kristen Witham," she said. "She talked me through each step of the induction process, what to expect, and gave me the peace of mind I needed. I'm someone who likes to know what's coming and she made sure I did."

Allie said her nurses that day made a world of difference in helping to keep her anxiety in check.

"I was greeted by the sweetest nurse, Carly, who helped me through the process of induction, got my medications and IVs going, and prepared me for what was ahead," she said.

After 11 hours of intense labor, Allie was ready for her epidural.

"The anesthesiologist made me feel at ease and talked me through the epidural while I was contracting and holding my sweet husband's hands," she said.

At the shift change, Allie was met by a new group of nurses who would help keep her comfortable and calm as she approached delivery.

"My nurses, April, Josie and Bailey, were hands down my heroes that day," said Allie. "Bailey kept me calm with her caring and gentle presence. April kept me focused. She helped me change positions and got my baby in the position needed to come out. In addition, Josie calmed my nerves,





“She taught me the first of many lessons I would learn as a new mom – I had to take care of myself first in order to be able to take care of my son.”

– Allie Bennett

talked me through postpartum care, and never made me feel anything less than human. She was there to hold me up during the most difficult moments and she looked at me as if I was a warrior.”

After her 8lb, 9 oz. son, Bo, was delivered, the nursing team noticed Allie was having trouble regulating her blood pressure.

“My blood pressure refused to come down,” said Allie. “It was continually rising and falling. My body was not regulating from all the anxiety and excitement.”

While still giving the new family time to bond, Dr. Witham and the nurses kept a close eye on Allie. After a full day of rest and many tests, Dr. Witham decided to transfer Allie to another hospital.

“She gave me the bottom line of what high blood pressure can do during and after birth,” said Allie. “She held my hand, talked me through the process and reassured me I’d be OK.”

Allie said it was the first of many lessons she would learn as a new mom.

“I had to take care of myself first in order to be able to take care of my son,” she said.

In those moments after giving birth, and even after being transferred, Allie feels grateful that she gave birth at KCH.

“In those scary and hard moments when I was most vulnerable, I was able to put my faith and trust in Dr. Witham and the care team at KCH to do what was needed for the best outcome,” she said. “They made me feel empowered, strong and capable. Giving birth truly is a miracle. Whether it’s vaginal or cesarean, your first or your fourth kid, you’re in good hands at KCH.”

Brittany says Allie’s testimony is part of what she finds most rewarding working in a small, rural, community hospital.

“I love seeing the impact we have on the community,” she said. “It’s so rewarding to see patients and their families in the community and have them recognize you. It’s special to see the child you helped bring into the world months or even years later.”



**For more information,
call 740.393.9730 or visit
kch.org/ann-schnormeier-center-birthing-care**





RADIATION THERAPY CLOSE TO HOME

Cancer Care You Can Trust



A **QUALITY PROGRAM**
of the **AMERICAN COLLEGE**
OF SURGEONS

"You have cancer" is something none of us ever wants to hear. But the fact is about 1.9 million new cases of cancer are diagnosed each year in the United States. One thing that is vitally important to most cancer patients is receiving care close to home where they can be surrounded by their support system.

Knox Community Hospital's Center for Cancer Care offers a full spectrum of services and treatments for cancer patients including:

- Biotherapy
- Radiation Therapy
- Chemotherapy
- Diagnostic Imaging
- Diagnostic Procedures
- Immunotherapy
- Laboratory Testing
- Nutritional Counseling
- Oncology Rehabilitation

Of the treatment plans offered, radiation therapy can be one of the most time consuming.

"With most radiation, patients must come in five days a week for several weeks," said Barbara Stiltner, RT(T) Chief Radiation Therapist, The Center for Cancer Care. "Being close to home means less time spent traveling. Since we are a smaller campus, we have ample parking right next to where we do our radiation treatments."

Barbara said the care at KCH stands out because of the hospital's smaller size.

Proud to be
an ACS Accredited
Commission on
Cancer Program



Knox Community Hospital's Center for Cancer Care has been accredited under the American College of Surgeons (ACS) Commission on Cancer (CoC) Accreditation Program since 2009. The CoC, a program of the ACS, is a consortium of professional organizations dedicated to improving survival and quality of life for patients with cancer.

As a CoC-accredited institution, KCH also becomes an ACS Surgical Quality Partner.

"The Surgical Quality Partner designation lets patients know we are dedicated to quality and self-improvement and we have been verified and accredited by the ACS," said Barbara Stiltner, RT(T) Chief Radiation Therapist, The Center for Cancer Care. "Patients can trust that the care they receive at Surgical Quality Partner hospitals adheres to the most rigorous standards in surgical quality."



"We are a small department and that allows us to spend more time with each patient, so patients don't feel like a number. We go out of our way to make this difficult time as easy as possible and give our patients and their families lots of personal attention."

– Barbara Stiltner, RT(T) Chief Radiation Therapist,
The Center for Cancer Care

Regardless of where a person was diagnosed, had surgery or received other cancer treatment, all patients are welcome to come to KCH for radiation treatment or any other therapies.

"We often get patients that come to us from surrounding counties," said Barbara. "We get referrals from outside physicians because many of them trust our department and know that we will take care of their patients' needs – including helping them navigate nonmedical needs that often accompany a serious illness like insurance and transportation issues."

Learn more about the services offered at KCH:
Radiation Oncology 740.393.5504
Medical Oncology 740.393.5551

[Click here to learn more about the Center for Cancer Care here.](#)



**FOUNDATION
FOR KCH**

Marks 45 Years

**OF INVESTING
IN GOOD
HEALTH**

The Foundation for Knox Community Hospital

believes every healthy community deserves convenient access to quality care. For the past 45 years, the Foundation for KCH has been blessed with loyal donors who have invested in vital new technologies and essential programs.

Through a series of campaigns, the Foundation has provided state-of-the-art medical equipment to the hospital, helped individuals in our community with their medical supplies and services, and played a crucial role in constructing the Wright Family Medical Pavilion and the Centerburg Health and Wellness Center.



Our new **Centerburg facility** was built to bring KCH health care services to the growing western side of Knox County. Featuring primary and specialty care services (OB/GYN, pain management, orthopaedic, podiatry and general surgery), outpatient imaging, laboratory, physical therapy, a medically-based fitness center and a therapy pool.

In 2022, the Foundation raised
\$1.4 million
from **615** different donors.

These funds supported the KCH expansion into Centerburg, cardiac monitors and patient needs such as cancer medications, glucose monitors, breast cancer treatment, and much more.

[CLICK HERE TO LEARN MORE ABOUT THE FOUNDATION FOR KCH.](https://foundationkch.org/donate)

TIME IS MUSCLE



The **Time is Muscle campaign** is raising funds to help purchase new portable/ bedside cardiac monitoring units. These units help gather detailed information on patients who come in with chest pain, syncope and/or irregular heart rhythms.

To **join us** in our mission to provide health care that exceeds the expectations of our community, please visit foundationkch.org/donate. Donations by check payable to **The Foundation for KCH** are also accepted; mail to 1330 Coshocton Avenue, Mount Vernon, Ohio, 43050.

HEART ATTACK?

CATCH THE SIGNS EARLY

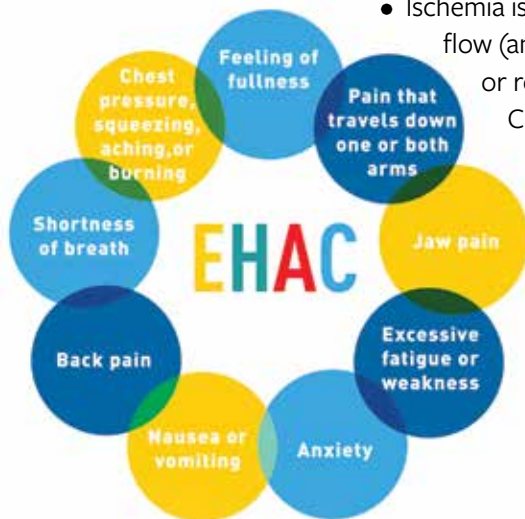
What is a heart attack?

- Your heart muscle needs oxygen to survive. A heart attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely.
- Coronary arteries supply the heart muscle with blood flow. They can become narrowed from a buildup of fat, cholesterol and other substances that together are called plaque.
- When plaque within a heart artery breaks, a blood clot forms around the plaque. This blood clot can block the blood flow to the heart muscle.

- Ischemia is a condition in which the blood flow (and thus oxygen) is restricted or reduced in a part of the body.

Cardiac ischemia is decreased blood flow and oxygen to the heart muscle. When damage or death to part of the heart muscle occurs due to ischemia, it's called a heart attack, or myocardial infarction (MI).

- About every 40 seconds, someone in the U.S. has a heart attack.



Don't wait to get help if you experience any heart attack warning signs. Some heart attacks are sudden and intense, but others start slowly, with mild pain or discomfort. Pay attention to your body and call **911** if you experience:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This can occur with or without chest discomfort.
- **Other signs.** Other possible signs include breaking out in a cold sweat, nausea, lightheadedness, or passing out (syncope).
- **Save a life, don't drive!**

Don't wait. Call 911. EMS can start life-saving procedures.