



Knox Wise

2024 Spring Edition

Outpatient Surgery: What to Expect on the Day of Surgery

HOPE & HEALING FOR
CHRONIC WOUNDS

CONVENIENT
LAB SERVICES

Knox Community
HOSPITAL



highlights from our CEO



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Your satisfaction with Knox Community Hospital and the services we provide is at the center of everything we do. It's why we measure and assess our performance so we can provide safe, high-quality care for our patients. One of the ways we achieve this is by seeking accreditation and certification for the programs we offer. This means patients can trust that the care they receive here meets the most rigorous quality standards. Learn more about these programs on page 7.

Whether you are having surgery for the first time or the fifth time, you may be feeling anxious about what to expect, how long you will be under anesthesia and what will happen immediately following your procedure. In this issue, we highlight our highly-skilled perioperative and surgical teams and the state-of-the-art technology they use to take care of you before, during and after your surgery.

When your doctor orders lab work, you need prompt and accurate results for timely diagnosis and treatment. Effective April 1, KCH offers extended evening and weekend hours at the Wright Family Medical Pavilion location – with no appointment necessary for most lab services.

For individuals battling obesity, diabetes or circulatory issues, chronic wounds can be a significant concern. KCH's Center for Wound Healing offers specialized treatment plans, led by our team of experienced doctors and nurses, to help you heal and regain your quality of life.

Our providers are always looking for minimally invasive ways to provide maximum results. Benign prostatic hyperplasia (BPH) is a common condition affecting many men over 45, impacting their quality of life. If you're seeking relief from bothersome urinary symptoms, the UroLift System provides a minimally invasive solution, often with shorter recovery times versus traditional procedures. Learn more about this option on page 5.

We hope you find this issue insightful!

Be well,

Bruce D. White, CEO



HOPE & HEALING FOR CHRONIC WOUNDS



You are not alone if you have a persistent wound that you can't get to heal. Nearly 70 million people,

about 1 in 4 families, have a member who suffers from a chronic wound, and nearly 1.8 million new patients will be diagnosed with a chronic non-healing wound this year alone. Thirty percent of those people will unfortunately end up getting an amputation due to not getting treatment.

We are proud to say that we have an accredited Center for Wound Healing at KCH. This allows the community access to state-of-the-art outpatient clinical wound care and hyperbaric medicine. We specialize in advanced wound care, using a variety of clinical treatments,

therapies, and support services to treat chronic wounds. Our staff is a unique team of doctors, advanced providers, and nurses who are all dedicated experts in their field and know how to handle a wide range of circumstances when it comes to healing wounds.

Anyone who has a wound that has not begun to heal within four weeks or has not completely healed within six weeks can benefit from our Center's treatment plans. We pride ourselves on our treatment plans, which are specialized to the patient and include the latest clinical tools and traditional clinical practices.

One of the most advanced tools we use in our Center is Hyperbaric Oxygen Therapy (HBOT). Wounds need oxygen to heal, and HBOT increases our blood

cells' oxygen by three times the average amount. Increasing the amount of oxygen allows the body to promote faster healing. Patients lay inside a chamber with 100% pressurized oxygen greater than sea-level pressure. This is not uncomfortable for patients; they quickly get used to the Hyperbaric Chamber!

The best part about the Wound Center is that you can avoid the 'red tape'. You do not need a provider referral, although we encourage you to inform your providers about your wounds so they can ensure you are promptly getting the care you need. Upon arrival, each patient meets with our staff for a consultation, and the treatment team will develop personalized treatment based on your needs.

"We specialize in advanced wound care, using a variety of clinical treatments, therapies, and support services to treat chronic wounds."

Patients dealing with non-healing wounds may be referred for evaluation and treatment, or they may self-refer by calling 740.393.HEAL (4325)





WHAT TO EXPECT ON THE DAY OF SURGERY

When you choose Knox Community Hospital for your surgical needs, you entrust your care to a dedicated Perioperative Services Team working together to ensure you have a smooth and positive surgical experience.

Perioperative Services is comprised of seven different departments: Pre-Surgical Screening (PSS), Ambulatory Surgery Unit (ASU), Endoscopy, Heartburn, Operating Room (OR), Post Anesthesia Care Unit (PACU), and Central Sterile (CS). Each of these departments plays a vital and different role in caring for the patients that choose Knox Community Hospital to provide their surgical care.

Each member of our Perioperative Services Team plays a crucial role in caring for our surgical patients. The PSS department works closely with the anesthesia providers to ensure that patients are safe to receive anesthesia. The PSS registered nurses collect patients' medical history as well as patients' home medication lists.

Knowing the home medications that patients take is an important piece of the perioperative puzzle.

There are medications that are affected by anesthetics and medications that can prolong bleeding time. The PSS nurses

collaborate with anesthesia to order the necessary laboratory and diagnostic tests to ensure the best outcomes after surgery.

The ASU department is the first department to greet and care for patients on the day of surgery.

Numerous tasks are performed in ASU prior to patients arriving in the surgery area. Because of these tasks, patients should arrive to ASU 90 to 120 minutes prior to their scheduled surgery time. The ASU nurses are responsible for getting the patient ready for surgery by assessing the patients to ensure that there have been no changes in their medical condition since they were scheduled for surgery. The ASU registered nurses are responsible for asking the patients when they took their last dose of home medications, completing any clipping of body hair needed for the surgical procedure, giving the pre-op medications ordered by either the surgeon or anesthesia, and starting the IVs. Giving instructions to our patients and their families on what to anticipate the day of surgery is another role of the ASU nurse.



“Each member of our Perioperative Services Team plays a crucial role in caring for our surgical patients.”



The OR, PACU, and CS teams are responsible for assisting with the daily function in the OR during procedures, the recovery of patients post procedure, and the cleaning of instruments used daily. During surgery, our expert team of highly trained and experienced

surgeons, scrub techs, certified registered nurse anesthetists and anesthesiologists use the latest cutting-edge technology to ensure minimal pain, bleeding, and recovery time, even with robotic-assisted or minimally invasive surgery.

These procedures include but are not limited to general surgery, bariatrics, vascular, orthopaedics, gynecology, urology, ENT/Oral, podiatry, ophthalmology, robotic surgery, and endoscopy. We are committed to your well-being.

The KCH Endoscopy department is another team within the Perioperative department, where services are provided for both diagnosis and treatment of gastrointestinal disorders such as peptic ulcer disease and heartburn, detecting inflammation and bleeding, and precancerous and cancerous tissues of the upper and lower GI tract.

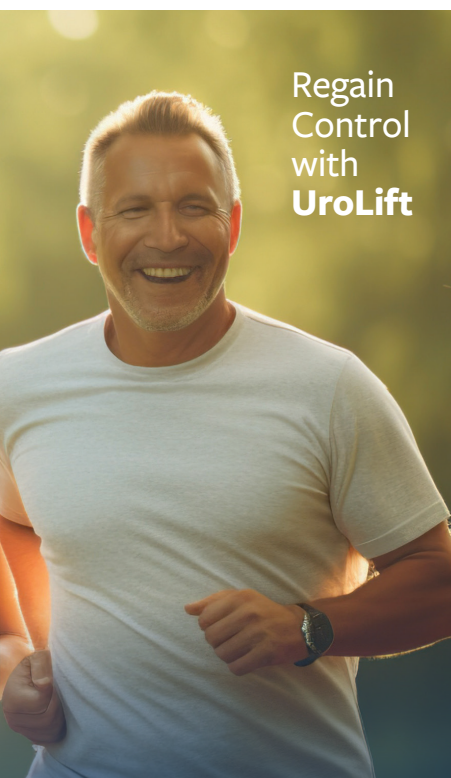
Most surgery patients will start the first phase of their recovery in the PACU, where they are connected to monitoring equipment designed to assist the nurses in returning patients to their pre-surgery level of functioning. Once patients meet the criteria to leave PACU, they then arrive in ASU to continue to recover from surgery and awake from anesthesia.

Once the patient meets the criteria for discharge home, the ASU nurse ensures that patients and families are educated about further recovery and the “dos and don’ts” once they are home.

All post-surgical patients and the adult assuming responsibility for the patient receive discharge instructions prior to leaving ASU.

It is extremely important that patients follow the pre-operative instructions that are given in the surgeon’s office as well as PSS. Everyone that is receiving anesthesia for their procedure needs to have a ride to and from Knox Community Hospital and have a responsible adult that can stay with them.

Once scheduled for surgery at Knox Community Hospital, know that the Perioperative Services staff work hard to ensure that you have a pleasant and safe experience. Perioperative Services staff strive to provide excellent customer service. Often the staff are caring for patients that they know from the community. As always, your well-being is our top priority.



Regain
Control
with
UroLift

A MINIMALLY INVASIVE APPROACH TO **ENLARGED PROSTATE**

Enlarged prostate, also known as benign prostatic hyperplasia (BPH), can significantly impact your quality of life. If you’re seeking relief from bothersome urinary symptoms, the UroLift System offers a minimally invasive and potentially life-changing solution.

What is UroLift?

Unlike traditional procedures that involve heating, cutting or removing prostate tissue, UroLift uses tiny implants to gently lift and hold the enlarged tissue, opening the blocked urethra and alleviating urinary issues.

This innovative approach boasts several advantages:

- Minimally invasive
- Safe and effective
- Rapid symptom relief
- Preserves sexual function
- Usually covered by insurance
- Faster recovery

If you’re struggling with BPH symptoms, consult with a urologist to discuss your individual needs and determine if UroLift is the right approach for you. Take back control of your urinary health and reclaim your quality of life with this innovative technology.



WRIGHT FAMILY MEDICAL PAVILION LAB IS NOW OPEN



CONVENIENCE

WFMP LAB OPEN TO SERVE

In order to better serve our patients, KCH is opening the Wright Family Medical Pavilion (WFMP) Lab.

The WFMP offers an overall feeling of quality and access, allowing us to improve the patient experience through convenience and accessibility.

Those needing lab services may register at the second-floor entrance of the WFMP, next to the Ann Schnormeier Center for Birthing Care. From there, patients will be directed by registration staff. Parking is available in the upper lot.



Making health care convenient for the community is our priority. KCH is opening the WFMP Lab effective April 1, with extended evening and weekend hours. The best part is that your lab orders do not have to be from a KCH provider. As long as you have your lab order in hand, or your doctor sent the order electronically to the KCH Lab, you can walk into the lab at your convenience. The only exception to that is for glucose tolerance testing and Therapeutic Phlebotomy; those two tests require a scheduled appointment.

The KCH Lab is a full-service, state-of-the-art lab that performs about one million tests per year; they are responsible for outpatient lab draws, and they collect and perform testing for the Emergency Department as well as for hospital inpatients. Our Lab is staffed with highly qualified professionals such as Medical Laboratory Scientists, Medical Laboratory Technicians, Anatomic Pathology Technicians, Medical Laboratory Assistants, Lab Processors, Lab secretaries, and Outreach Phlebotomists who travel to nursing facilities and private homes to obtain blood samples.



WRIGHT FAMILY MEDICAL PAVILION

Monday - Friday | 6:30 AM - 6:30 PM

Weekends | 7:00 AM - Noon

For lab hours by location, go to www.kch.org/laboratory

Sharing Recognition and Accreditations

Knox Community Hospital strives to bring you the best health care possible. One way we can measure how we are doing is through our Accreditations; for a service line to be accredited, it means that they are meeting or exceeding a set of standards that a nationally recognized organization has set. Typically, these standards are based on patient outcomes, quality of patient care, and the ability to maintain these things long-term. We are excited to announce we have many re-accreditations and new achievements to demonstrate excellent quality in our services.

STROKE SILVER QUALITY ACHIEVEMENT AWARD



Our stroke program has received the 2023 American Heart Association's Get With The Guidelines® - Stroke Silver quality achievement award for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines, ultimately leading to more lives saved and reduced disability.

COMMISSIONS ON CANCER RE-ACCREDITATION



The cancer program at KCH has been re-accredited by the Commission on Cancer (CoC), a program of the American College of Surgeons, an accreditation that we have had since 2010. Accreditation represents our ongoing commitment to ensure quality cancer care from screening and diagnosis to treatment. CoC standards include adhering to nationally recognized entities on surgical resection, chemotherapy, immunotherapy, and radiation therapy.

JOINT REPLACEMENT RE-ACCREDITATION



Joint Commission Accredited Hospital

The total joint replacement program has been awarded the 2023 Joint Commission re-certification for total hip and total knee. This program has been nationally recognized since 2017. Our commitment to our patients and programs is to utilize evidence-based policies, procedures, and guidelines to ensure quality and safety.

DIABETES EDUCATION RE-ACCREDITATION



This accreditation comes from the Association of Diabetes Care & Education Specialists (ADCES). This accreditation is a standard of diabetes education practices by CMS and the CDC. KCH has the only outpatient diabetes program in the county that offers these services. We strive to improve care, health status reporting, and alignment with population health goals.

OUTPATIENT PHARMACY NEW ACCREDITATION



ACCREDITED Specialty Pharmacy

We are proud to announce that it has earned URAC accreditation and is now considered a Specialty Pharmacy. The Outpatient Pharmacy has demonstrated its commitment to quality care, enhanced processes, patient safety, and improved outcomes by achieving this status.

Other Accreditations



Total Hip Replacement Gold Seal of Approval®



Total Knee Replacement Gold Seal of Approval®



KNOX WISE COMMUNITY EVENTS

DIABETES SUPPORT GROUP

- Second Thursday of each month
Main Hospital,
3rd Floor Meeting Room
5:00 – 6:00 PM

PARKINSON'S SUPPORT GROUP

- Third Wednesday of each month
Center for Rehab & Wellness (MV)
1:30 – 2:30 PM

BLOOD DRIVES

- April 18
Education Resource Room
12:00 – 5:00 PM

POSTPARTUM SUPPORT GROUP

- First Friday of each month
Wright Family Medical Pavilion,
2nd Floor Classroom
1:00 – 2:00 PM

WEIGHT MANAGEMENT SUPPORT GROUP

- Last Thursday of each month
Education Resource Room
5:00 – 6:00 PM

DOC TALKS – FREE TO THE COMMUNITY

- May 2 – Barry George, MD
The Astounding History & Progress
of Cardiovascular Medicine
Education Resource Room
5:00 – 6:00 PM
- June 11 – Emily Woods, DO
Obstetrics & Gynecology
Education Resource Room
5:00 – 6:00 PM

**To learn more about support groups,
visit www.kch.org/support**