A new name for a renewed commitment of care

Aspirin and heart attacks

Urgent Care

Meet the Specialists

Vascular Clinic
Greetings!

This is an exciting time in our organization’s history. We are evolving from a 107 year-old community hospital into an integrated health system of hospital services, therapy centers, physicians and medical equipment.

This integration is necessary for us to continue growing and providing excellent healthcare to our community. It also requires a new name that encompasses all our entities: River Valley Health Partners. As this name implies, we are all partners in this new system with a single shared goal: the well-being of you and your family.

Our new name also has a new logo, which you will start seeing throughout our community. The stylized river and hills describe a healthcare system that is as stable as the local geography and deeply rooted in our community. Our new logo pays homage to our strong and successful history, while positioning us to meet your healthcare needs for generations to come.

As we transition to our new name and look, we welcome your questions and feedback. After all, this is your hospital, your community and your future, too. We invite you to share the future of River Valley Health Partners and our exciting transformation.

Very truly yours,

Kenneth Cochran, RN, FACHE
President & Chief Executive Officer
River Valley Health Partners
Email: kcochran@elch.org
Aspirin and heart attacks

Most heart attacks occur in the day, generally between 6 a.m. and noon. Having a heart attack during the night—when the heart should be at rest—means that something unusual happened.

So, if you’ve been told to take an aspirin or baby aspirin once a day, heed this advice: take it at night.

The reason? Aspirin has a 24-hour half-life; therefore, if most heart attacks happen in the wee hours of the morning, the aspirin’s strength will be strongest in your system at that time.

There are other symptoms of a heart attack aside from pain in the left arm and chest pain. There may also be intense pain in the chin or jaw, as well as nausea and sweating, although these symptoms occur less often.

Most people who suffer heart attacks while sleeping do not wake up. Sometimes, however, the chest pain is strong enough to wake a person from deep sleep.

If that happens, follow these instructions:

1. Immediately dissolve two aspirins in your mouth and swallow them with a bit of water.
2. Call 911—or call a neighbor or family member and tell them you are having a heart attack.
3. Tell the person that you took the aspirins.
4. Sit on a chair or sofa near the front door and wait for their arrival.
5. Do not lie down!
6. Follow the instructions of the emergency responders.

Please talk to your family doctor if you’ve experienced any of these symptoms or if you have questions about heart health. Also, consult with your doctor about taking a daily dose of aspirin.

(Source: Cardiologist, Dr. Virend Somers, Mayo Clinic)

Urgent Care

Your child comes home from school and has a fever. Or, it’s a Sunday afternoon and you cut yourself while preparing dinner.

Your doctor’s office is closed for the day and you hate to call the home, but what else can you do?

Head to the Urgent Care Center at East Liverpool City Hospital.

Located within the hospital’s emergency room, the Urgent Care Center at East Liverpool City Hospital is staffed seven days a week from 11 a.m. to 11 p.m. to treat minor illnesses and injuries. Patients will be quickly seen by a certified physician assistant and a team of nurse practitioners, certified emergency nurses and other specialized medical personnel.

The Urgent Care Center offers care and treatment for minor illnesses and injuries including colds, rashes, cuts, sprains, sinus infections, sore throats, allergic reactions and other less serious complaints.

If you need more complex care, East Liverpool City Hospital’s emergency physicians are just steps away. Likewise, laboratory and medical imaging services are onsite, too.

East Liverpool City Hospital’s Urgent Care Center offers full-service medical care for life’s little bumps and bruises.
A NEW NAME FOR A RENEWED COMMITMENT TO CARE

Through good times and bad, our hospital has survived 107 years by committing itself to this community. Today, we're introducing a new name that extends that commitment into the future: River Valley Health Partners. It represents all our efforts to compete and grow, partnering with our community for good health, good jobs and outstanding care.

We’re here to stay

Healthcare is on the brink of enormous change. Our aging population requires more expensive care. Medical knowledge and technology are rapidly advancing. And the money to pay for it all is tighter than ever.

Hospitals across the country are searching for ways to maintain high-quality care with shrinking resources. To capture a profitable flow of patients, many large metropolitan health systems are buying up smaller community hospitals.

We will not let that happen here.

Community hospitals like ours are committed to the health of their neighbors. They provide the majority of care a community needs, keeping patients close to home near the support of family and friends. Rather than treating patients as a revenue stream, we see ourselves as true partners in the health of those we serve.

New leadership and ideas

When Ken Cochran took the reins as president in 2010, he brought a wealth of experience helping hospitals
compete and grow. He saw good things here but knew we could do better. He initiated a research project to learn how East Liverpool City Hospital was viewed by local residents, board members and physicians.

That research painted a picture of a hospital that was old and tired. Even though we had added facilities and services, patients were turning to other providers for care. We were obviously not offering enough of what you wanted most in a community hospital: outstanding specialists and cutting-edge, patient-centered services.

A partnership in good health

Our response was swift and dynamic. We created an affiliation with UPMC cardiologists, giving heart patients access to national quality care right here in our own hospital. We opened an urgent care center for minor emergencies, saving patients valuable time and keeping our ER free for more serious cases. We built a new breast health center, giving women a caring, healing environment all their own. We opened a wound care center so patients with non-healing wounds could receive the very latest care without leaving home. And we renovated sections of the hospital to make it more welcoming to you and your family.

But that research went even further. We also tested the idea of a new name, asking participants how they felt about several names and listening closely to their responses. River Valley Health Partners was the unanimous choice. It described a local hospital that, like its residents, grew up on the water in a gentle valley. And it redefined the hospital’s relationship to our community, describing a true partnership between our hospital and our patients and families. At River Valley Health Partners, everyone has an equal stake in our organization.

Just as you are more than a patient, we are more than a hospital. Our family looks forward to growing with yours in the months and years ahead.
Orthopedic excellence close to home

Thanks to our new partnership with six highly regarded orthopedic surgeons, there’s no reason to leave home for the latest musculoskeletal care. The Association of Specialty Physicians has an excellent reputation in Beaver, PA. Led by Dr. Carolyn Engle, they’ve now opened an office in the Calcutta Medical Arts Building, bringing their expertise to the East Liverpool area and our operating rooms.

“This partnership demonstrates the willingness of big city physicians to work with the hospital to provide care,” said Kenneth Cochran, President and CEO. “ELCH is determined to provide excellent health care, right here at home.”

From diagnosis to recovery, the group provides comprehensive orthopedic services. They offer a full spectrum of care related to the bones, muscles, tendons and nerves:

- Arthroscopy (minimally invasive surgery)
- Joint replacement surgery
- Spine surgery
- Foot and ankle surgery
- Hand surgery
- Sports medicine
- Treatment of degenerative and inflammatory conditions (arthritis, tendonitis)
- Treatment of traumatic injuries (fractures, joint dislocations)

New general surgeons offer more procedures

The hospital recently partnered with two general surgeons to bring even more advanced treatments to our area. Dr. Joseph Ambrose and Dr. Joseph Yurich offer additional expertise in laparoscopic (minimally invasive) surgery as well as other general surgery procedures. These include colonoscopy, port insertion, lesion removal, hernia repair, gall bladder removal, appendectomy and surgeries of the abdomen, breast, thyroid and more.

The new surgeons join Dr. John Madison in providing excellent general surgical care. All are backed by East Liverpool City Hospital’s well-trained, experienced surgical team and state-of-the-art surgical equipment, including the latest laparoscopic equipment for less invasive procedures. These may result in a faster recovery, less scarring, less pain and better outcomes. The surgeons’ offices are conveniently located on State Rt. 170 in Calcutta, offering consultations and complex surgeries close to home.
The ELCH Vascular Clinic recently opened to help patients who are experiencing circulatory problems, especially in their legs. Located in the hospital’s emergency department, the Vascular Clinic is open every other Wednesday.

Patients should be evaluated first by their primary care physician and then referred to the clinic, where they will be seen by Dr. Vardhan Reddy, who specializes in cardiovascular surgery.

The Vascular Center will provide care for area residents who must travel out of town for such care. Soon, post-surgery patients will be seen in the clinic following surgeries for femoral/popliteal bypass.

To make an appointment, please call 330-386-2014.

Dr. Nicole Wade recently joined the ELCH medical staff and is one of the newest members of River Valley Physicians.

Specializing in family medicine, Dr. Wade has a special interest in pediatrics and women’s health. She earned her medical degree from the Ohio University College of Osteopathic Medicine, and is board certified by the American Osteopathic Board of Family Practices.

Dr. Wade served as chief intern at Christie Riverside Medical Center in Wichita, Kansas, and completed her residency at the University of Wisconsin.

She is accepting new patients at her office in the Delta Professional Complex, located at 16687 St. Clair Ave., East Liverpool. Call 330-932-0183 to make an appointment.
East Liverpool City Hospital invites you to the following events. This schedule may change, so please call the listed number if you are interested in any of the offerings.

**Heart Saver First Aid and CPR**
May 1, July 31 and October 30  
Education Conference Room  
Fee: $25  
This American Heart Association course will teach basic first aid principals for medical and injury emergencies. It is designed for non-healthcare professionals (such as persons in business and industry who may be expected to respond to emergencies in the workplace), parents, grandparents, babysitters, daycare providers, teachers, lifeguards and coaches. The course is also appropriate for healthcare professionals including nurses, paramedics, pharmacists, clinical students. This is a five-hour class.  
Call 330-386-2670 to register.

**Advanced Cardiac Life Support**  
April 16 and October 16  
9 a.m. to 2:30 p.m.  
Education Conference Room  
Fee: $35 for recertification  
$25 for the course manual  
This American Heart Association course is designed to teach participants advanced cardiac life support (ACLS). It will teach a systematic approach to dealing with people experiencing cardiopulmonary emergencies and sudden death. It is designed for healthcare professionals including nurses, physicians, paramedics and respiratory therapists.  
Call 330-386-2670 to register.

**Healthcare Provider CPR and Recertification**  
Last Monday of each month (except holidays)  
9 a.m. and 3 p.m.  
Education Conference Room  
Fee: $10  
This American Heart Association course is designed to teach basic life support (BLS) and cardiopulmonary resuscitation (CPR) of the adult, infant and child. It will teach how to recognize and respond to life-threatening emergencies such as cardiac arrest, respiratory arrest and foreign-body obstruction. The course is intended for healthcare professionals.  
Call 330-386-2670 to register.  
Participants must register at least one week in advance.

**Childbirth Class**  
Free  
This class is designed to train expectant parents in breathing/relaxation techniques and what to expect during labor and delivery. Topics of discussion include pain medications, c-section deliveries, infant care and breastfeeding. The class is held in the Obstetrics Department and is intended for expectant mothers who are six to seven months pregnant and their significant others.  
Call 330-386-2015 for more information.

**Breastfeeding Preparation Class**  
First Saturday of every month (except holidays)  
9 a.m.  
Free  
The class is provided by the Obstetrics Department, during which participants receive practical evidence-based information and support to help enhance the breastfeeding experience. It is especially helpful for expectant and new moms!  
Call 330-386-2015 to register.

**Breastfeeding Support Group**  
First Saturday of every month (except holidays)  
11 a.m.  
Free  
This class is provided by the Obstetrics Department and is designed for breastfeeding moms and their babies. Moms receive instruction on breastfeeding techniques by a certified lactation consultant along with information and support to help enhance the breastfeeding experience.  
Babies are weighed each week.  
Call 330-386-2015 to register.

**Diabetes Education Class**  
July and September (dates TBA)  
4-6 p.m.  
Free  
Education Conference Rooms  
This eight-hour class is broken up into three sessions (three evenings). The class covers a wide range of topics including diabetes disease process, acute complications, long term complications, foot care, eye care, nutrition, medications, exercise and glucose testing. The class is provided through the Cardiac Rehabilitation Department and is especially helpful for those who are newly diagnosed, those having difficulty managing the disease or those who need a refresher.  
Call 330-386-2005 for dates and to register.

**Arthritis Aquatic Class**  
Monday, Wednesday and Friday  
11 a.m. to Noon  
$30 for the six-week session  
$10 for YMCA members  
The Therapy Center at the Calcutta YMCA  
The Arthritis Foundation Program is an educational and recreational exercise program that teaches participants to manage symptoms, maintain independence and enjoy life. It is suitable for any adult with any type of arthritis. Participants must have consent from their physicians and be able to walk independently or with assistive devices. If in a wheelchair, you must be able to enter and exit the pool with a ramp.  
Call 330-386-2054 to register.

**Autism Support Group**  
Dates and times vary.  
Free  
East Liverpool City Hospital and The Therapy Center in Calcutta  
This program provides participants with information about caring for autistic spectrum disorders. It is designed for caregivers, and provides chances to share resources and network with other caregivers. It is also helpful to family members, teachers, healthcare providers and anyone interested in learning more about autism spectrum disorders.  
Call 330-386-2054 for information.

**You Can Quit!**  
Stop Smoking Program  
Dates and times vary.  
Free  
Education Conference Room  
This six-session outpatient course is designed to provide information, resources and support for anyone wanting to stop smoking. Classes are taught by certified smoking cessation instructors.  
Call 330-386-2670 or 330-386-2005 to register.

**National Hospital Week Events**  
May 7  
KIDS POSTER CONTEST  
HOSPITAL TOURS  
PATIENT EDUCATION PRESENTATIONS  
TIMES (TBA)  
NUTRITION  
LIFELINE  
DIABETES  
May 8  
KEEPING YOU HEALTHY, presented by Dr. Nicole Wade  
FREE Blood Pressure Screenings  
May 9  
ADVANCE DIRECTIVE ASSISTANCE in the main lobby  
For more information on activities planned 330-386-2002.

Note: Upon request, ELCH also offers other classes for groups of eight to 10 people. The fees vary. To request a group session or to find out what is scheduled, call 330-386-2670. These classes include:

**ECG Interpretation**

**Heartsaver CPR**

*East Liverpool City Hospital (OH-134/9-1-13) is an approved provider of continuing nursing education by the Ohio Nurses Association (ONB-001-91), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. Conflict of Interest: The planners and presenters have declared no conflict of interest for the events listed. Commercial Support/Sponsorship: There is no commercial support or sponsorship for the listed events. Criteria for Successful Completion: Attendance of 80 percent of the event and submission of a completed evaluation form.*