

Fall 2019

Keeping older adults on their own two feet

Falls are the leading cause of injury we see in OhioHealth Trauma. They are especially common among older adults. And because falls don't always require hospital care or stubborn adults refuse care, EMS see even more falls than we do.

At OhioHealth, we strive to provide top-notch trauma care, but preventing injuries to begin with is our primary goal. We offer many services in multiple counties at little to no cost, to help elderly patients avoid falls. Our Trauma Injury Prevention program partners with the Area Agency on Aging to host workshops and balance classes that teach people strategies for fall prevention, including:



[DOWNLOAD THE GUIDE](#)

- **A Matter of Balance** – Using goal setting techniques, participants increase their activity level, improve strength and balance, and overcome concerns about falling. Participants meet for two hours weekly over eight weeks.
- **Stepping On** – Over the course of this seven-week program, participants learn exercises and strategies proven to reduce falls and increase confidence. Meetings are two hours each week.
- **Tai Chi** – This ancient Chinese art uses gentle, flowing movement to improve strength, functional mobility and balance.

To learn more about programs in your area, contact our Injury Prevention Coordinators:

- OhioHealth Grant Medical Center
Teresa Polisen: (614) 566-9301
- OhioHealth Riverside Methodist Hospital
Emily Yang: (614) 566-4426
- OhioHealth Mansfield Hospital
Wendy Gunder: (419) 520-2897

IN THE FIELD

Meeting patient needs for better health

*Kathy Taylor, BSN, RN
STEMI Coordinator; Cardiovascular Outcomes Manager
OhioHealth Grant Medical Center*

Emergency Medical Services sees first-hand the challenges many of our patients face daily. Every time you step into their environment, you understand more about the strain inadequate housing, food, transportation and social support place on patients navigating healthcare. Because of your insight, you often also become the person patients trust, and call when they need help or have nobody else to turn to.

Community Paramedic programs are popping up across the country to bridge the gap between healthcare systems, outpatient services and community resources. They address patient needs that are often not identified until you step into a patient's home.

OhioHealth Grant Medical Center has been piloting a Community Paramedic program for the past two years. The program is focused on cardiac patients, particularly congestive heart failure, open heart surgery and structural heart disease patients. Already, the program has many success stories from the enormous amount of medical, social and environmental interventions completed.

SEE ONE PATIENT'S STORY

If your fire or EMS department has a Community Paramedic team and needs to connect with OhioHealth about patients in your community, contact us at EMSCommunityParamedics@OhioHealth.com or (614) 566-7632. More information is also available at OhioHealthEMS.com/Paramedics.

SERVICE LINE FEATURE

Get ready for the Trauma Care Conference!

*Elizabeth Naber, MSN, RN, CCRN-K
Senior Consultant for Trauma Services
OhioHealth Grant Medical Center*

On Monday, November 18, trauma professionals will come together in the Hilton Columbus at Easton to kick off our annual Trauma Care Conference, brought to you by the OhioHealth System Trauma Team. This two-day seminar grows more innovative and exciting each year!

REGISTER NOW

This year, our theme is 10,000 ways to survive in Ohio. We'll learn evidence-based trauma care practices from case studies that include motor vehicle crashes, farming injuries and sports concussions. And we'll draw inspiration from our keynote speakers:

- Samuel R. Browd, MD, PhD, FACS, from Seattle
- David Mulder, MD, FRCS, FACS, from Montreal
- Kechi Okwuchi, a finalist on America's Got Talent

Don't miss out! For more information, contact Elizabeth Naber at Elizabeth.Naber@OhioHealth.com.

Please visit OhioHealthEMS.com for more information about our EMS programs.

EDUCATION CALENDAR

EMS Quarterly Update

OhioHealth Grant Medical Center
Saturday, November 2

EMS Regional Quarterly Updates

OhioHealth Dublin Methodist Hospital
Friday, November 22

Trauma Care 2019

Hilton Columbus at Easton
November 18–19

EVENT DETAILS

CASE STUDY

See how EMS response and notations contributed to the care of a patient involved in a motor vehicle crash.

READ MORE

DIRECTOR'S CORNER

School is in session!

*Holly Herron, DNP, RN, CNP
System Director, OhioHealth EMS*

The start of fall means back to school, EMS included. We have many new and ongoing educational events planned throughout the 47 counties served by OhioHealth to meet your needs closer to home. A few you might not have heard of include:

EMS Night Out continuing education series. Once a month on Wednesdays from 7–8:30 p.m. at OhioHealth Grady Memorial Hospital and OhioHealth Mansfield Hospital.

Quarterly EMS Night Out CE and Regional Conference. February 18 from 3–9 p.m. at OhioHealth Berger Hospital. More information to follow.

Second Annual Regional Conference. Friday, November 22, from 9 a.m. to 3 p.m. at OhioHealth Dublin Methodist Hospital.

We also offer many additional CE opportunities and EMT and Paramedic training. Visit OhioHealthEMS.com for details.

FAST FACTS: EMS EDUCATION

*Tom Summanen, MS, AT
Sports Medicine Supervisor
OhioHealth Athletic Trainer
Outreach*

All concussions are serious. Learn why, along with other facts about this traumatic brain injury.

GET THE FACTS