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Lodi Hospital offers rehabilitative care close to home when you need it most

When you or your loved one has suffered a debilitating illness or injury, being close to your friends and family is often a priority. That's why finding care close to home is especially important for those in need of rehabilitation.

"As a critical care access hospital with 20 swing beds, Cleveland Clinic Akron General Lodi Hospital offers patients a high level of skilled nursing care and access to both inpatient and outpatient rehab services for a wide range of conditions," says Andrea Owen-Shearer, nurse manager.

Some of those conditions include joint replacements, fractures, spinal cord injuries, wound care, long-term IV antibiotic administration, stroke and other neurologic conditions, vestibular (inner ear) therapy, balance issues, chronic pain, heart failure and debilitating chronic obstructive lung disease.

Inpatients have access to physical, occupational and speech therapy, nutrition services, social services, skilled nursing and diagnostic testing. An average inpatient length of stay is 10 to 14 days but varies depending on a patient's needs and progress.

"Since we use the same therapists, the continuity of care is nice for inpatients who transition to outpatient care because they get to work with the same team," said Owen-Shearer. "For inpatients at other facilities wishing to relocate closer to home, we have case managers and social workers who can help with that process."

Patients being able to access care when they need it most is a priority for the hospital.

"The average wait time for an outpatient appointment is usually less than one week and every one of our patients receives one-on-one care in dedicated 45-minute sessions with a seasoned physical, occupational or speech therapist," says Christi Banasek, manager of Rehabilitation Services. "We aim for two to three sessions per week for at least a month or more.

"We're proud to be a local facility caring for local residents in a patient-friendly atmosphere," she adds. "Our therapists have decades of experience, and we look forward to continuing to care for the people of our community."

A physician referral is required for therapy. To learn more about the rehabilitative services offered at Lodi Hospital or to schedule an appointment, visit [LodiHospital.org/Rehab](https://www.lodihospital.org/Rehab)

Oatmeal-Maple and Raisin Cookies

The oatmeal cookie is a classic. This recipe is made with maple and vanilla for natural sweetness, and the simple whole grains of oat and flaxseed for that delicious chew.



INGREDIENTS

1 cup oats, old-fashioned rolled
2/3 cup bran oats
2 tablespoons flaxseed meal
1/2 cup raisins
3 tablespoons maple syrup
1/2 cup oat milk (or other milk, as desired)
1 tablespoon vanilla extract

DIRECTIONS

Preheat oven to 350 F.

Toast oats until golden brown. Watch carefully so they don't burn.

While oats are toasting, put remaining ingredients in the above order in a medium bowl. Add toasted oats and mix well.

Put 10 to 12 tablespoons of dough on a non-stick baking sheet and flatten with the back of a fork.

Bake for 25 minutes, or until slightly golden on edges. Check often to prevent burning.

NUTRITION INFORMATION

Serving size: 1 cookie

Calories: 90 | Total fat: 2 g | Saturated fat: 0 g
Trans fat: 0 g | Cholesterol: 0 mg | Sodium: 0 mg
Carbohydrate: 18 g | Dietary fiber: 2 g | Sugar: 8 g
Protein: 3 g

Prevent and Reverse Heart Disease by Caldwell Esselstyn, MD.



Lodi nurses provide age-friendly care with NICHE Program

In February 2022, the Nurses Improving Care for Healthsystem Elders (NICHE) program was implemented at Lodi Hospital with the vision that all adults age 65 and over should receive age-friendly, exemplary nursing care.

“85% of the patients we admit and care for on Lodi’s East Wing are 65 years or older,” says Andrea Owen-Shearer, nurse manager. “We felt that the NICHE program was a great fit due to the population of older adults we see.”

The NICHE program begins with a 12-week training for a core group of nurses. After completion, the team is responsible for implementing a change project on one unit. The team chose to develop a Comprehensive and Restorative Skin and Wound Care Program on Lodi East Wing, where there are both rehabilitation and inpatients. Since this program has been integrated into the patient care routine, no new skin issues have been reported.

“Through this program we learned about how we, as nurses and a hospital, can identify the needs of the older adults and how to meet those needs to support their care,” says Owen-Shearer.

Another part of NICHE is having a Geriatric Resource Nurse (GRN) who focuses on identifying geriatric-specific issues including age sensitive interventions and care strategies. Having GRNs on the nursing units to share their expertise is important for supporting and working with patients, families and fellow staff members. Currently, Lodi Hospital has 11 GRNs.

There are four levels for a hospital to achieve with NICHE: Early, Progressive, Senior Friendly and Exemplar. In July 2023, Lodi Hospital was recognized in the Early Program Stage and is working toward Progressive.

Lodi Hospital applies for Pathway to Excellence® Designation



Lodi Hospital has applied for the American Nurses Credentialing Center's (ANCC) Pathway to Excellence® designation, which recognizes a health care organization's commitment to creating a positive practice environment that empowers and engages its caregivers. Lodi began the comprehensive review process in late 2022 and is projecting to complete document submission for the program in June 2024. The Pathways to Excellence® program contains six overarching standards: shared decision-making, leadership, safety, quality, well-being and professional development. Exemplifying these standards creates a positive work environment, which is proven to improve both patient care and nurse satisfaction. The ANCC Pathway to Excellence® Designation leads to a better overall hospital experience for patients, including improved quality of care, patient safety and satisfaction.

Jessica Godfrey MSN, RN, NPD-BC, CPHQ | Manager Safety & Quality

COMMUNITY HEALTH SCREENINGS



Lodi Hospital offers health screenings at locations throughout Medina and northern Wayne counties. Our complete lipid profile screening is only \$15 and includes triglycerides, total cholesterol (HDL/good cholesterol and LDL/bad cholesterol), cholesterol ratio and glucose. Blood pressure and glucose testing are FREE at these events. For the complete lipid profile cholesterol test, a 10-12 hour fast is required. For the glucose test only, a 2-hour fast is required.

Upcoming dates and locations include:

Lodi Hospital

8 – 11 a.m. | Tuesday, Nov. 7 & Dec. 5

Goodwill Industries Wadsworth

12 – 2 p.m. | Tuesday, Nov. 7 & Dec. 5

Goodwill Industries Medina

12:30 – 2 p.m. | Thursday, Nov. 9

JBF Senior Estates

8 – 11 a.m. | Thursday, Nov. 9 & Dec. 14

Drug Mart Lodi

12 – 2 p.m. | Monday, Nov. 13 & Dec. 11

Westfield Village Hall

9 – 11 a.m. | Monday, Nov. 13

Drug Mart Wadsworth

9 – 11 a.m. | Tuesday, Nov. 14 & Dec. 12

T/A Truck Stop

12 – 2 p.m. | Tuesday, Nov. 14 & Dec. 12

Medina Senior Center

12:30 – 2 p.m. | Thursday, Nov. 16 & Dec. 21

Sheetz (Burbank)

9 – 11 a.m. | Tuesday, Nov. 28

Marc's Stores (Medina)

12 – 2:30 p.m. | Tuesday, Nov. 28

Cloverleaf Recreation Center

8 – 11 a.m. | Friday, Dec. 1 & Dec. 29

Rittman Recreation Center

9 – 11 a.m. | Monday, Dec. 11

Wayne Co. Public Library

Rittman Branch

12 – 1:30 p.m. | Tuesday, Dec. 19

Questions?

Call 330.948.5544.

For a complete list of upcoming screenings, visit LodiHospital.org/Events or scan the QR code.

