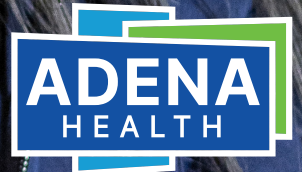


ADENA HEALTH

FOCUS

Volume 2 Issue 1

Our
people
are at
the
heart
of what
we do



Why I love what I do

Since the start of her health care career as a nursing student at the age of 18, Cheirstynn Lemaster has seen Adena Health as more than just a workplace.

“It’s been a sense of home since I’ve been here,” Cheirstynn says.

From day one, Cheirstynn says she has found both job satisfaction and advancement opportunities while doing the work she loves.

“Everyone has been very helpful in advancing my career and encouraging me the entire way to keep going in leadership roles,” she says.

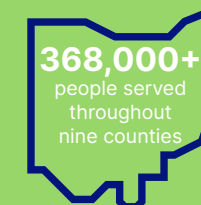
Her first nursing experience out of school was in Adena Regional Medical Center’s COVID-19 unit during the height of the pandemic. While she says it was eye-opening and often very emotional, it only further developed her love for providing critical care. It also helped her see the impact nurses have on patients and their families.

Now a charge nurse in the progressive care unit, Cheirstynn embraces Adena’s values – compassion, excellence, integrity, and trust – in helping to deliver high-quality care. She also enjoys helping lead other nurses as they care for patients, doing what they love.

“It’s a big family at Adena. We put our patients first, and they become family as well.”

2023 BY THE NUMBERS

2023 was another busy year. As the area’s largest employer and health care provider, Adena Health continues to deliver on its mission, “called to serve our communities” as it has for more than 125 years.



3,860,000+ patient encounters



90,000+ urgent care visits



12,000+ inpatient admissions



74,000+ emergency department visits



30+ doctors and advance practice providers hired



1,600+ caregivers hired



450+ nurses hired



more than \$1 million invested in community health funding



1,300+ babies delivered

Looking for a new career? Do you have a passion for caring for others?



We’re a team of nearly 5,000 individuals committed to the health and well-being of our communities.

Scan the QR code, or visit Adena.org/careers, to search all open positions and find your next career opportunity.



Life changing career



Coming from humble beginnings and early uncertainty over what she would do with her life, patient access representative Victoria Bauer is happy to share the significant impact working for Adena Health has had on her life.

In a life-defining opportunity, Victoria started working as a file clerk at what is now Adena Pike Medical Center. While it was entry-level work, Victoria said she took pride in saying she worked for a hospital so committed to serving its community and found fulfillment in her work.

“One of the things I’m very passionate about is pride in Adena,” Victoria says. “I just feel very fortunate and blessed to be a part of this organization.”

Victoria has felt firsthand how the health system’s commitment to caring for those it serves extends beyond just its patients, but also to its employees.

“Adena has provided so much for my family,” Victoria said. “It was truly a dream to be able to attend college because I never thought I would have that opportunity. With the help of Adena’s tuition assistance program, I was able to obtain my bachelor’s degree. For that, I am truly thankful, because not every organization does that.”



Scan the QR code to read more on Victoria’s journey with Adena Health.

AI helps flag cancer risk

Genetic testing helps identify hereditary cancers

Thanks to advancements in technology—and a simple text—Adena Cancer Center is helping patients receive more customized cancer care and even helping their families understand their risks.

After initial diagnosis, new cancer patients at Adena receive a text message asking them to complete a family health history. It sounds simple, but thanks to a genetics counseling partnership, that information goes through an analysis, powered by artificial intelligence, which identifies if the patient is at risk for genetic mutations that could benefit from further genetic testing. This technology not only helps expedite testing, but has allowed Adena to provide genetic testing to more qualified patients—nearly twice the national average.

“The portal flags patients and tells us right then and there who should get genetic testing,” says Angie Smith, BSN, RN, an oncology nurse navigator and genetic counseling coordinator. “The old system required human review, so it was much slower and more patients were missed.”

Although the patient being screened has already been diagnosed with cancer, genetic testing is important because it can help providers develop a more personalized treatment plan, Angie says.

This analysis can also alert family members that they might be carrying the genetic mutation as well. Adena will provide free genetic testing to a patient’s parents, siblings, and children. Often, carrying a genetic mutation increases the risk of some cancers, which means individuals may benefit from earlier and/or more frequent screenings or take steps to help prevent developing cancer.

If the person qualifies for genetic testing, most insurances pay without requiring a co-payment by the patient.

This technology is just one way Adena Cancer Center’s innovative patient-centered care ensures patients receive the best possible support and treatment from diagnosis to survivorship.

For more about Adena’s oncology services, locations, and providers, visit Adena.org/cancer.



'I owe my life to Adena'



Barbara Rasmussen wasn't aware of the danger she was in when, after undergoing a stress test in preparation for a scheduled surgery, she received a phone call informing her that a cardiologist wanted to see her the next morning.

She wasn't sure what it could be about, having not experienced any pain, fatigue, or other symptoms of a possible heart-related condition.

That's when Adena Health cardiologist Hafeez Hassan, MD, explained to her that something unexpected had turned up in her stress test and she need to undergo a catheterization to get a closer look at the vessels leading to the heart.

The procedure revealed the main artery to her heart – an artery often referred to as a widowmaker – was almost completely blocked and was collapsing. As the result of that discovery, Dr. Hassan was able to place a stent to open up the artery back up and strengthen blood flow to the heart.

Barbara got a better sense of just how precarious her situation had been when she went in for her six-month post-procedure checkup. She asked to see the images of what her artery looked like at the time of the surgery and she saw it appeared flat.

"I thought, wow, what a miracle, they told me that they didn't even know how I had been able to walk in to the hospital," Barbara remembered, then referencing the church-based origins of Adena Health's founding. "I told him that I know this is a Christian place and this is my favorite place to go for care. My doctor is here, my specialists are here, and I know God is here in this hospital because He's the one who brings patients to the hospital who really need the service. Just look at me, I had a widowmaker and didn't even know it."

Barbara now tells everyone that she owes her life to Adena.



I tell them they should be glad they have a facility that's this close to home and this good," the 72-year-old Chillicothe resident says. "I love my care team at Adena. To be saved from a widowmaker? That's a miracle."

Adena Health provides cardiac services in Chillicothe, Circleville, Greenfield, Jackson, Washington Court House, and Waverly. For more information about Adena's services and to watch Barbara's full story, visit Adena.org/heart.

Congratulations,
Certified by The Joint Commission
for both Advanced Total Hip and
Knee Replacement, awarded based
on meeting standards for quality,
consistency, and patient safety.

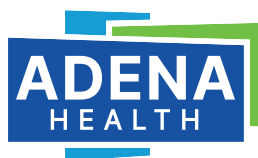
Learn more about our advanced services
at Adena Orthopedic and Spine Institute by
visiting Adena.org/AOSI.

**ONLY
ONE IN
CENTRAL
OHIO!**



We do what we love so you can too.

KOURTNEY B.
Obstetrics patient



After two years of struggling to conceive, Kourtney turned to the Women's Health Center at Adena. After just three months of personalized, patient-first treatment from our team of board-certified doctors, nurse midwives, and women's health experts, she became pregnant with her first child — then, two years later, her second. See all of Kourtney's story at Adena.org/Women.