

HEALTH matters

Thomas P. Timcho Appointed President and CEO

Following a 10-month nationwide executive search, the JRMC Board of Directors is pleased to announce the selection of Thomas P. Timcho as the new President and Chief Executive Officer. An eight-member search committee was thorough in its assessment of the best available candidates to lead Jefferson Regional.

"We set out to cast a broad net to consider all potential candidates," said Richard F. Collins, Jr., M.D., Chairman of the JRMC Board of Directors. "Tom was the clear choice for his leadership style and the rapport he has developed with the medical staff, the board and management team. His vision and deep roots in the Pittsburgh region have earned him great deal of respect among area health care leaders.

"We know Tom is a man of integrity and of action," added Dr. Collins. "He will lead this organization in a manner that is right for its patients, medical staff, employees and the communities we serve."

Mr. Timcho remained confident, yet cautious during the interim role, focusing the leadership team on the long-term viability of the organization. "Some of our plans are becoming a reality now, or will in the next six to 12 months," he said. "JRMC has performed 1,000 open-heart procedures since the beginning of our program in March of 2002. This program is only the beginning of what you can expect from JRMC."

Timcho, a former Army officer, served a tour of duty in Vietnam. He served in executive capacities at Children's Hospital and UPMC Health System, in addition to his service at Jefferson Regional.



Tom Timcho,
President & CEO
Jefferson Regional
Medical Center

Let Jefferson Regional's Rehabilitation Team Help You Regain Independence

Many area residents are able to live independently because of the Inpatient Rehabilitation Unit at Jefferson Regional Medical Center.

Loss of independence for daily living can be gradual; it can go unnoticed at first. But a progressive decline because of a stroke, arthritis, Parkinson's, or other debilitating disease can deteriorate into a more serious condition requiring a hospital stay.

Our goal at Jefferson Regional is to help patients achieve the optimum level of activity for daily living. With a referral from your doctor, you can obtain treatment at home or as an inpatient, if necessary.

Dr. Mehta, or his associate Dr. Olegario, personally plan your program and monitor your progress. Often, you or your loved one can return home without difficulty.

Don't accept limited ability to do the things you enjoy in life. Call 412-469-7000 for more information or visit www.jeffersonregional.com.

Patients Rate Jefferson Regional Oncology Unit *Number One!*

The professionalism and compassion exhibited by the 4 North unit of the hospital earned them *number one* ranking among peer hospitals in western Pennsylvania, according to Press Ganey.

Some areas rated *number one* by patients include: admission, skill of the nurses, concern for patient comfort and emotional needs, pain management and discharge preparation and instructions.

Oncology patients rated the hospital *number one* for cheerfulness and said that staff work together to provide care. Oncology care was rated *number one* overall.

DON'T FORGET YOUR FLU SHOT!

Before you know it, flu season will be in full swing. Get your flu shot by calling your primary care physician.

The orthopedic program at Jefferson regional Medical Center has been rated "Best overall in the City of Pittsburgh" by HealthGrades for 2005.

Support Group Meetings at Jefferson Regional Medical Center			
Event	Day	Time	Location
Alanon, Alateen	Wednesdays	8 p.m.	Bibro Pavilion
Alcoholics Anonymous (AA)	Wednesdays	8 p.m.	J Café
Emotions Anonymous	Wednesdays	Noon	Caste Village
Emotions Anonymous	Fridays	7:30 p.m.	Bibro Pavilion
Narcotics Anonymous	Saturdays	8 p.m.	J Café
Mental Health Family Education Group	Tuesdays	5:45 p.m.	3 SW Conf. Rm
Caregiver Support Group	1st Wednesday	2 p.m.	3 SW Conf. Rm
Cancer Caring Center Support Group	2nd Tuesday	7 p.m.	J Café
Lyme Disease Support Group	1st Thursday	7:30 p.m.	Bibro Pavilion
"Puff Pals" Pulmonary Support Group	3rd Thursday	2:30 p.m.	J Café
The Yearlings (Family Hospice crafts)	4th Tuesday	1 p.m.	Southminster House
Family Hospice Support Groups	1st Wednesday	7 p.m.	Baldwin Methodist
	2nd Tuesday	1 p.m.	Southminster House
	3rd Monday	7 p.m.	Unitarian-Universalist

Advice to Help You Evaluate Who You Should Trust with Your Health

National media attention was focused on New York-Presbyterian Hospital as Bill Clinton awaited coronary bypass surgery over the Labor Day weekend. The national spotlight put the hospital under a microscope.

CNN, for instance, reported that New York-Presbyterian medical records indicate a 3.93 percent death rate for coronary bypass operations performed in 2001; higher than the 2.18 percent overall rate for the 35 hospitals in the state that perform them. On the other hand, *U.S. News & World Report* lists New York-Presbyterian as the best hospital in New York and seventh best nationwide for heart care.

Seemingly conflicting reports from credible sources are not unusual for publicly reported medical data. The variety of organizations that produce these reports is like a bowl of alphabet soup: CMS, JCAHO, PHC4, PRHI, ECRI, and QIP, to name a few. To simplify the complex nature of medical data, reporting organizations boil the information down to a format that may be interpreted at a glance. For example, a green check mark is good but a red "X" is bad.

When reading these reports, exercise caution before making a decision regarding your health care, advises JRMC's Director of Performance Improvement, Margaret Irwin. "Information can be oversimplified, or the report can be misleading for the casual reader." Irwin suggests that the public should focus on understanding what each individual report represents.

Generally, data are obtained from what physicians and nurses write in medical records. Standardized codes are applied to aspects of care. The codes are consistent from hospital; to hospital, however, physicians consider personal details in each patient's case. "For instance, a patient may or may not be given a medication based on patient-specific information," Irwin explains. "So, a public report may indicate a lower

than normal percentage of patients received that treatment, but the report does not reference the physician's consideration in a specific case."

We can easily compare the fuel consumption for a car because a mile is always a mile and a gallon of gas is always a gallon of gas. Health care is comprised of individuals whose medical history varies from case to case.

"At Jefferson Regional, we know that certain amenities and behaviors can not be factored into a data report," Irwin says.

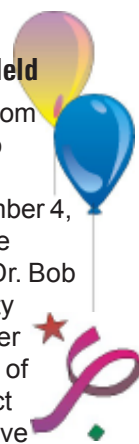
You always should discuss information with your health care providers when considering which organization you would trust with your health.

Annual Diabetes Fair to be Held

Join us and representatives from a dozen or more vendors who specialize in diabetes-related products on Thursday, November 4, from 10 a.m. to 3 p.m., on the second floor of the hospital. Dr. Bob Laux and Duquesne University pharmacy students will answer medication questions. Plenty of educational materials, product demonstrations, raffles and giveaways will be available.

Knee and Hip Pain Seminars

Monthly seminars provide a free, individualized assessment of your joint pain, possible causes and treatments by our trained and certified patient care manager. Call 412-469-7100 for upcoming dates and to register.



COMMUNITY EVENT CALENDAR

Call (412) 469-7100

JEFFERSON
REGIONAL MEDICAL CENTER
Medical excellence closer to home

Date(s)	Event	Sponsor	Time
Thursdays	Mall Walkers Century III Mall	Emergency Department	8 to 10 a.m.
Oct. 26	The Emotional Body Series "Neuropsychiatric Disorders and Emotional Health" Dr. Joseph Cvitkovic & Nancy Glass, RN		11 a.m. to 1 p.m.
Oct. 27	Managing Irritable Bowel Syndrome & Constipation	Dr. Alphonso Barbati	5 to 6:30 p.m.
Nov. 2, 4, 9 & 11	"Take Control of Your Diabetes"	Patient Education	6 to 8 p.m.
Nov. 3	Female Urinary Incontinence	Dr. Vijay Athani	5 to 6:30 p.m.
Nov. 4	Diabetes Fair at Jefferson Regional Medical Center		10 a.m. to 3 p.m.
Nov. 4	Medical Career Explorers	Jefferson Regional	7 p.m.
Nov. 10	Chronic Neck and Back Pain	Dr. Eric Chamberlin	5 to 6:30 p.m.
Nov. 16, 18, 22 & 23	"Take Control of Your Diabetes"	Patient Education	6 to 8 p.m.
Dec. 1	Women & Migraines	Dr. Richard Kasdan	5 to 6:30 p.m.
Dec. 7	The Emotional Body Series "Chronic Pain and Emotional Health" Dr. Joseph Cvitkovic & Dr. Guillermo Borrero		11 a.m. to 1 p.m.
Dec. 14	Knee & Hip Pain Seminar	Orthopedics	10 to 11:30 a.m.

Community Programs for Oncology Patients

A collaborative effort between JRMC and the UPMC Cancer Center located in the South Hills Medical Building

Nov. 16	Conservation of Energy and Simple Body Strengthening Cindy Olson, RN	5:30 to 7 p.m.
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"Well Worth It"

West Mifflin WalMart Pharmacy

Free Health Activities

Free Jefferson Regional 2005 Health Calendars - while supplies last!

Oct. 21	What Happens in the O.R.	Operating Room Personnel	11 a.m. to 1p.m.
Oct. 26	Free Balance Test	JRMC Physical Therapy	11 a.m. to 1 p.m.
Oct. 26	Healthy Lung Month	JRMC Cardiac Rehab Unit	11 a.m. to 1 p.m.
Oct. 28	"Ask the Dietician"	JRMC Food & Nutrition Services	10 a.m. to Noon
Nov. 2	Ask the Diabetes Educator	Toni Thalman, CDE, Wound Care	10 a.m. to 1 p.m.
Nov. 4	COPD Awareness	JRMC Respiratory	11 a.m. to 1 p.m.
Nov. 5	Free Hearing Tests	JRMC Audiology	9 a.m. to 1 p.m.
Nov. 6	Ask the MD	Dr. Lisa Goss	10 to 11 a.m.
Nov. 9	Ask the Diabetes Educator	Toni Thalman, CDE Wound Care	10 a.m. to 1 p.m.
Nov. 11	Lung Cancer	JRMC Oncology	1 to 3 p.m.