

HEALTH MATTERS

Maury Regional Medical Center
Fall 2015 – Community Report Edition



*Critical Care renovation
will consolidate services*

*Outpatient Imaging
facility now open*

*Maury Regional recognized
for patient safety*

CONTENTS

Critical Care renovation will consolidate services	3
Outpatient Imaging facility now open	4-5
MRMC CEO Alan Watson elected to state leadership roles	6
Maury Regional recognized for patient safety	6
Prepare for cold and flu season	7
MRMC and affiliates report to the community	8
Maury Regional Health Care Foundation community report	9-11

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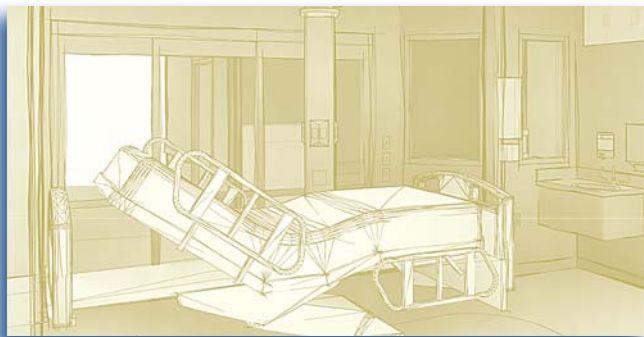
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Critical Care renovation will consolidate services

Work recently began to consolidate critical care services offered by Maury Regional Medical Center (MRMC).

Critical care units currently on the first and second floors will be relocated to a consolidated 28,000 square foot space on the medical center's fifth floor. The project will increase the number of critical care rooms from 24 to 26 and is expected to be completed in 2016.



Processes were used in the design to maximize function and efficiency. Enhanced features of the new critical care area will include:

- Larger rooms that include an alcove with a sleeper sofa for visitors and private bathroom for the patient
- Booms that enable equipment to be powered from a central ceiling arm, reducing fall risks for both patients and staff
- Patient lifts in every room that assist in mobilizing patients and reducing back injuries among staff
- A family/friends common area that includes a sleep room, large kitchenette and shower facilities for loved ones
- Family consult room that enables physicians to privately discuss care with family members

Outpatient imaging facility now open

Renovations were recently completed to provide for a full-service outpatient imaging area at MRMC. Space on the medical center's ground floor adjacent to the inpatient imaging area is now a reception, registration and exam area for all outpatient computed tomography (CT), diagnostic X-ray and ultrasound services, as well as open MRI.

CT, ultrasound and diagnostic X-ray relocated to the new space at the medical center from the Outpatient Pavilion after radiation therapy services joined other cancer services at the Cancer Center at Columbia Mall.

Patients who need outpatient imaging services are able to use the entrance marked Outpatient Imaging, as well as designated parking located in front of this entrance.

“By offering registration and testing in the same location, we hope to provide easier access and a more efficient process for our patients,” said Imaging Director Pam Williams.

The outpatient imaging entrance is open 6:30 a.m. until 6 p.m., Monday through Friday. Patients who need outpatient imaging tests at other times and on weekends should go to the Admitting Office on the medical center's first floor.

The Outpatient Pavilion continues to offer certain outpatient MRI exams, along with pre-surgical testing chest X-rays and women's imaging—mammography and bone densitometry. Patients scheduled for those services should register on the first floor of the Outpatient Pavilion. All MRI services are expected to be relocated to the new outpatient imaging area in 2016.



OASIS

 MAURY REGIONAL

OUTPATIENT IMAGING

CEO Alan Watson elected to state leadership roles

Maury Regional Medical Center CEO Alan Watson has been elected to new leadership roles with the Tennessee Hospital Association (THA) and the Hospital Alliance of Tennessee (HAT), having served on the boards of both organizations for three years.

On September 30, the membership of THA elected and installed its board of directors for 2016 at the association's annual meeting in Nashville. Watson will serve as chairman-elect of the board and become chairman during the 2016 annual meeting. THA is the premiere organization in Tennessee that promotes and represents the interests of all hospitals and health systems. THA serves as an advocate for health care organizations and the patients they serve. It also provides education and information for its members, and informs the public about hospitals and health care issues at the state and national levels.

Watson was also elected the chair for HAT on September 29. HAT promotes the value and benefit of not-for-profit community hospitals in Tennessee through public policy and lobbying regarding governmental issues that impact hospitals, including tax exemption, community benefits, managed care and other matters.



WATSON



Pictured following the THA Awards ceremony are Board Chair Doug Williamson, Dickens, Dr. Edwards, Murrell and CEO and THA Chair-Elect Alan Watson.

Maury Regional recognized for patient safety

Maury Regional Medical Center was presented the Patient Safety Leadership Award from the Tennessee Hospital Association on October 2.

Chief Medical Officer Chris Edwards, M.D., Critical Care Nurse Manager Ginger Dickens and Infection Prevention Director Lynnelle Murrell were presented this award for their leadership efforts to reduce catheter-associated urinary tract infections (CAUTIs).

Their success in reducing CAUTIs in critically ill patients who commonly require a urinary catheter resulted in zero cases in Critical Care since November 2014. Garnering state and national attention for their success, these individuals were asked to serve as the state clinical project lead on the Stop CAUTI Cohort 9 project. The medical center was also chosen for a recent site visit by the American Hospital Association and Health Research and Education Trust because it was one of the few hospitals in the U.S. to have a reduction in CAUTI during Cohort 7.

Prepare for cold and flu season



Fall is the beginning of the season for viral illnesses that are easily passed from person to person, usually through contact with moisture droplets on surfaces where the virus may live for hours. Common illnesses caused by a virus include:

- Cold
- Flu
- Bronchitis
- Respiratory Syncytial Virus (RSV)

There are a number of ways that you can protect yourself and your family:

Get vaccinated against the flu and pneumonia

– According to the Centers for Disease Control and Prevention (CDC), flu vaccine is the best way to prevent the flu. The best time to get your flu vaccination is from October through November; however, getting it in December or January can still be effective. With few exceptions, everyone six months and older should be vaccinated. If you have severe allergies (especially to eggs), a high fever, are pregnant or have moderate or severe illness, you

should first consult your health care professional before getting vaccinated.

Wash your hands – Viruses are frequently passed through coughing and sneezing. They are also passed by touching surfaces such as door knobs, shopping carts and counter tops that may be contaminated with droplets containing the virus. The CDC recommends washing hands frequently with warm, soapy water for at least 15 seconds. Alcohol-based rubs may be used when soap and water are not readily available.

Limit exposure to infected people – It is especially important to keep infants away from crowds for the first few months of life. Premature babies who may have underlying abnormalities are especially susceptible as is anyone with chronic medical conditions such as cancer, lung disease and diabetes.

Practice healthy habits – Eat a balanced diet, get enough sleep, exercise, try to keep your stress in check and, if you smoke, seek ways to break the habit.

Report to the Community

Fiscal Year 2015

Maury Regional Medical Center is the flagship for a group of affiliates that serve more than 250,000 men, women and children who call southern Middle Tennessee home, including:

- Marshall Medical Center
- Wayne Medical Center
- Lewis Health Center
- Maury Regional Spring Hill
- Satellite services in Lawrenceburg (laboratory and sleep center), Pulaski (physical therapy) and Chapel Hill (physical therapy)
- Family Health Group with 21 physician practices in Maury, Lewis, Marshall and Wayne counties



Utilization

The following figures reflect the use of all Maury Regional Medical Center facilities during the fiscal year ending June 30, 2015.

Combined Discharges.....	18,744
Emergency Department Visits.....	69,649
Urgent Care Clinic Visits.....	17,663
Indigent Care Clinic Visits	8,402
Births.....	1,505
Surgeries	11,637
Cardiac Catheterizations	1,842
Laboratory Tests	3,529,436
Imaging Procedures	156,789
Family Health Group Encounters	239,996

Economic Impact

Employees.....	2,686
Payroll	\$145,955,880
Benefits.....	\$34,036,239
Charity Care & Bad Debt (unreimbursed care)	\$16,661,344

Contributions to Maury County

Annual Contribution in Lieu of Taxes.....	\$900,000
Ambulance Service Support.....	\$210,654
Free Health Services for Inmates.....	\$762,915
School Athletic Trainers	\$167,665
Community Services (screenings, etc.)	\$631,116

MAURY REGIONAL HEALTH CARE FOUNDATION

2014-2015 COMMUNITY REPORT

In 2015, the Maury Regional Health Care Foundation funded more than \$215,000 in programs and services, bringing the total financial impact since its inception in 2006 to more than \$1.3 million.

“While it is difficult to ponder, one major health issue can have serious financial implications on anyone, even if you have financially prepared for the future. Our region also has a significant number of working poor and elderly individuals with limited incomes who face a health crisis every day. I am humbled by the requests the Foundation receives to assist patients and the challenges they face. Through the generosity of our donors, we are able to make a difficult and frightening situation a little more bearable by providing much needed assistance,” said Foundation Executive Director Joe Kilgore.

According to Kilgore, **every dollar donated to the Foundation directly benefits the community because all administrative expenses are covered by the medical center.** There are a variety of Foundation funds dedicated to assisting the needs of specified individuals and groups, ranging from those facing cancer to those needing food pantry assistance. Financial support received through the Foundation is used for projects that include:

- Funding medication, medical equipment and transportation expenses for patients
- Providing wigs, headwear, lymphedema compression garments and education for cancer patients
- Operating a hospitality home for cancer patients and families of neonatal and critical care patients
- Community health initiatives and community health education
- Funding to assist patients with chronic diseases maintain quality of life and reduce the likelihood of readmission

EVERY GIFT MATTERS

Donations of any amount, both individually and collectively, make a difference in the life of someone who resides in southern Middle Tennessee. Below are just a few examples of ways in which your donation might make a difference to another person:

\$10 – Generic prescription for one patient

\$25 – Gas card for a patient to drive for cancer treatments

\$50 – Blood pressure monitor for an elderly shut-in patient

\$75 – Wig for a cancer patient

\$200 – Mammogram for a woman with little or no insurance

\$1,000 – Life-saving AED for a school or public facility

Thank you to all of our donors, past and present, for enabling us to serve others.

“I would like to thank everyone who has supported the Foundation. Their generosity has enabled the Foundation to continue to expand the financial support and services needed by the most vulnerable members of our region,” said Kilgore.

Special thanks 2014-2015 contributors

(Donations received July 1, 2014 through June 30, 2015)

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