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Screening exams help detect health issues earlier
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To visit our Web sites, scan the QR code below with your mobile phone.

mauryregional.com  mauryregionalfoundation.com
Maury Regional among Top 15 Health Systems for third time

Maury Regional Healthcare System has been recognized among the 15 Top Health Systems in the nation for the third time by Truven Health Analytics™, a leading provider of data-driven analytics. They are the only system in Tennessee to make the 2015 list which was announced in the April 20 edition of Modern Healthcare magazine.

“I am proud of our employees, physicians and volunteers who are dedicated to achieving excellence in the care and service we provide for every patient, every day. Their dedication to clinical excellence and patient-centered customer service have culminated in the system receiving this recognition,” said CEO Alan Watson.

The 2015 Truven Health 15 Top Health Systems study analyzed data from 341 health systems and 2,841 member hospitals to identify 15 U.S. health systems that achieved superior performance based on a composite score of nine measures of care quality, patient perception of care, episode-of-illness cost and operational efficiency. Among the key findings in the study were:

• Lower Cost per Episode: The winning 15 Top Health Systems spent 7 percent less per care episode than non-winning peer systems.

• Better Survival Rates: The winning systems also experienced 1.2 percent fewer deaths than non-winning peer systems.

• Fewer Complications: Patients of the winning health systems had 5 percent fewer complications than patients in other systems.

• Better Patient Safety and Core Measures Adherence: The top health systems had a 10.9 percent better patient safety performance and better adherence to core measures of care than their peers.

Truven Health Analytics™ researchers analyzed public information that included Medicare cost reports, Medicare Provider Analysis and Review (MEDPAR) data, core measures and patient satisfaction data from the Centers for Medicare & Medicaid Services Hospital Compare Web site. Truven Health researchers have analyzed and reported on the performance of hospitals since 1993.

“This year’s health system winners are setting the national standard for higher quality, efficiency and patient perception of care, which together mean higher value for each community served,” said Jean Chenoweth, senior vice president for performance improvement and 100 Top Hospitals programs at Truven Health Analytics.

“These leadership teams are transforming their systems more rapidly than their peers, and they are, or stand to become, outstanding partners with employers and other stakeholders in setting goals for improving community health.”

This award comes on the heels of Maury Regional Medical Center (MRMC) being recognized for the second time as an Excellence Award winner by the Tennessee Center for Performance Excellence, Tennessee’s only statewide quality program patterned on the national Baldrige Performance Excellence Program, which was established by President Ronald Reagan in 1987.

In addition, MRMC was recently recognized as a Planetree Designated® Patient-Centered Hospital for its achievement and innovation in the delivery of patient-centered care. MRMC is one of only 28 hospitals in the United States, and the first in Tennessee, to receive the Patient-Centered Designation since the program’s launch in 2007.

To learn more about the Truven Health Analytics recognition, visit 100tophospitals.com.
International travel increases this time of year and requires individuals to take the necessary steps to protect their health and that of others, which usually means vaccinations. Whether preparing for a vacation, study abroad or a mission trip, it is important to plan in advance.

“Most countries strongly recommend certain vaccines for visiting and some are a requirement for entry into the country. There are vaccines that are administered in a series of shots and others must be given a minimum number of days prior to travel, so it is important to prepare for vaccination early,” said Nurse Practitioner Reba McCoy, who is the coordinator of the Travel Medicine Clinic at Maury Regional Medical Center.

The Travel Medicine Clinic has specially trained staff who can help determine which vaccinations are required for specific destinations and can also administer the vaccine. The clinic is open from 7 a.m. until 3:30 p.m., Monday through Friday. Before scheduling a vaccination appointment, a travel questionnaire must be completed and forwarded to the clinic. More information and the questionnaire are available online at [http://www.mauryregional.com/travelmedicine.htm](http://www.mauryregional.com/travelmedicine.htm) for the convenience of the public.

For more information visit the Web site or call:
931.540.4279
Maury Regional Medical Center (MRMC) in Columbia has been formally recognized as a “Planetree Designated® Patient-Centered Hospital.” This recognition by Planetree, Inc. recognizes MRMC’s achievement and innovation in the delivery of patient-centered care. MRMC is one of only 28 hospitals in the United States, and the first in Tennessee, to receive the Patient-Centered Designation since the program’s launch in 2007.

“Over the past four years, our physicians, caregivers and volunteers have implemented a substantial number of initiatives and practices that are designed to enhance the experience for our patients and their families,” said CEO Alan Watson. “We are pleased that these efforts to become a more patient-centered organization have resulted in this designation by the Planetree organization.”

More than 60 specific criteria address components of a patient-centered health care experience, including patient-provider interactions, access to information, family involvement, the physical environment, food and nutrition, spirituality, arts and entertainment, and integrative therapies. In addition, the criteria focus on how the organization is supporting its caregivers, opportunities for caregivers, patients and families to have a voice in the way care is delivered, and the ways that the organization is reaching beyond its walls to care for its community.

As part of the designation process—which included a site visit by representatives from Planetree—focus groups with recent MRMC patients, families and current caregivers validated that specific patient-centered policies are in place, including non-restrictive visiting hours and a shared medical record policy; that caregivers at all levels are involved in the implementation of patient-centered care; and that the organization’s physical environment is a healing one. The process also included a review of the hospital’s performance on publicly reported patient satisfaction and quality of care measures. All designation determinations are made by an independent committee of health care experts and CEOs from previously designated hospitals.

Maury Regional is the first patient-centered designated hospital in Tennessee

Only 28 hospitals designated in the nation

Only 28 hospitals designated in the nation Only 28 hospitals designated in the nation
Three facilities within the Maury Regional Medical Center group of providers offer physical therapy services to address the specific needs of women. Therapy is designed to decrease pain and improve quality of life by addressing issues such as pelvic pain and urinary dysfunction. Women may benefit following:

- Childbirth
- Hysterectomy
- Bladder surgery

Treatment programs typically include one session per week for a period of 12 weeks with a therapist who has specialized training in women’s health. A physician’s order is required. For more information, contact one of our facilities.

**Women’s Therapy Locations**

Maury Regional Physical Therapy
858 W. James Campbell Boulevard
Columbia, Tennessee 38401
931.380.4014

Spring Hill Physical Therapy
1003 Reserve Boulevard, Suite 310
Spring Hill, Tennessee 37174
931.486.1544

Lewis Health Center Physical Therapy
617 W. Main Street
Hohenwald, Tennessee 38462
931.796.6216
Screening exams help detect health issues earlier

Maury Regional Medical Center and many of its affiliate facilities offer valuable screenings that enable individuals to identify common health issues at more treatable stages.

“Advances in imaging technology have enabled physicians to detect a variety of health issues, often before any signs or symptoms may be present,” said Blair Butler, M.D., a radiologist on the medical staff at Maury Regional Medical Center. “For example, we are able to detect breast cancers less than one centimeter in size, long before a woman might be able to feel any lump in her breast.”

A variety of wellness screenings may be scheduled without a physician’s order. Studies are interpreted by board-certified radiologists and the results are provided to the patient to share with their primary care physician.

Screening mammograms utilize digital technology to identify abnormalities in the breast tissue. The American Cancer Society and American College of Surgeons recommend that all women age 40 and older receive a screening mammogram annually. Most insurance will cover the cost of the examination.

Vascular screenings use ultrasound technology and can detect blockages in the circulatory system. These screenings can help to reveal peripheral artery disease, stroke and abdominal aortic aneurysm. The cost is $45 each or $100 for three exams.

Organ screenings also use ultrasound technology. These screenings search for stones or abnormal growths—such as cancer—in the gallbladder, kidney, liver, pancreas and thyroid. Organ screenings are $60 each or $225 for all five exams.

Wellness screenings are designed for individuals who do not have symptoms and who have not been diagnosed with a disease. To schedule a screening at a facility near you, call 931.380.4044.