

HEALTH MATTERS



FALL 2016
COMMUNITY REPORT EDITION

*Maury Regional acquires
da Vinci Xi robotic surgical system*

*New \$12 million
Critical Care floor*

*Women's Center now offers
3D mammography*

*NICU and Foundation
celebrate 10 years*

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New Critical Care floor to open in November 2016

Eleven months ago, Maury Regional Medical Center began the demolition and reconstruction of the fifth floor of the patient tower to establish a new 28,000 square foot Critical Care Department with modern equipment and enhanced amenities for families and visitors. The new floor will begin serving patients in November.

The \$12 million project combined units housed on the first and second floors and increased the number of critical care rooms from 24 to 26. 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 and increasing efficiency for both patients and staff
- Patient lifts in every room that assist in mobilizing patients, reducing the risk of respiratory complications, improving outcomes and increasing safety
- 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

“To relocate the services housed on the fifth floor and to completely renovate was a major feat. I want to commend the staff and physicians who worked diligently to design and construct a state-of-the art facility that is patient- and family-centered,” said CEO Alan Watson.



Join Us!
**Critical Care Ribbon Cutting
& Open House**
Monday, October 24
5:30-7 p.m.
Maury Regional Medical Center
Fifth Floor
1224 Trotwood Avenue
Columbia, TN 38401

*Critical Care Nurse
Kaysha Beavers (right)
explains the features of
the equipment boom to
Respiratory Therapist
Robin Weaver.*

Maury Regional acquires da Vinci Xi robotic surgical system

Maury Regional Medical Center recently acquired the da Vinci Xi Surgical System. The Xi is the fourth and latest generation of the da Vinci system, a tool that utilizes advanced robotic, computer and optical technologies to assist the surgeon during an operation.

The system can be used across a spectrum of minimally invasive surgical procedures and has been optimized for surgeries in the areas of urology, gynecology, thoracic, cardiac and general surgery. MRMC will first use the

da Vinci Xi Surgical System for urological cases with other specialties to be determined. Urologist John Coursey, M.D., joined the medical staff this month and will be the first to utilize this technology, conducting procedures that include prostatectomy (removal of the prostate gland), complete or partial nephrectomy (kidney removal), sacrocolpopexy (pelvic prolapse procedure) and pyeloplasty (procedure to correct a blockage that has occurred between the kidney and the ureter).



“ . . . special instruments and computer software that allow the surgeon to operate with enhanced vision, precision, dexterity and control . . . the surgeon is 100% in control of the robotic-assisted da Vinci System . . . ”

“The da Vinci system enables physicians to perform minimally invasive surgery with exceptional precision that typically results in fewer complications, less blood loss, a shorter hospital stay and faster recovery. Maury Regional’s investment in this robotic surgical system is a reflection of its commitment to provide physicians with the latest tools to achieve exceptional outcomes for their patients,” said CEO Alan Watson.

This \$2 million system has a 3D high definition (3D-HD) vision system, special instruments and computer software that allow the surgeon to operate with enhanced vision, precision,

dexterity and control. The 3D-HD image is highly magnified and the da Vinci instruments have mechanical wrists that bend and rotate to mimic the movements of the human wrist – allowing the surgeon to make small, precise movements inside the body. As with all da Vinci Surgical Systems, the surgeon is 100% in control of the robotic-assisted da Vinci System, which translates his/her hand movements into smaller, more precise movements of tiny instruments inside the patient’s body.

The system’s immersive 3D-HD vision system provides surgeons a highly magnified view, virtually extending their eyes and hands into the patient. Key features include:

- A new overhead instrument arm architecture designed to facilitate anatomical access from virtually any position.
- A new endoscope digital architecture that creates a simpler, more compact design with improved vision definition and clarity.
- An ability to attach the endoscope to any arm, providing flexibility for visualizing the surgical site.
- Smaller, thinner arms with newly designed joints that offer a greater range of motion than ever before.
 - Longer instrument shafts designed to give surgeons greater operative reach.

The da Vinci Xi System is an expandable technology platform that is designed to accommodate and seamlessly integrate a range of current technologies, as well as future innovations, in areas such as imaging, advanced instruments and anatomical access.

For more information about surgical services at Maury Regional Medical Center, visit MauryRegional.com.



Women's Center now offers 3D mammography

The Maury Regional Women's Center is excited to offer Genius™ 3D Mammography™ exams, developed by Hologic, Inc. Utilizing advanced imaging technology, Genius™ 3D exams are clinically proven to significantly increase the detection of breast cancers, while simultaneously decreasing the number of women asked to return for additional testing.*

“The Maury Regional Women's Center is committed to providing the latest technology to detect breast cancers in the earliest stages, when treatment is most effective. By offering 3D mammography, we can more effectively pinpoint the size, shape and location of abnormalities. This leads to better detection and greater peace of mind for patients,” said Blair Butler, M.D., radiologist and medical director for the Women's Center.

In conventional 2D mammography, overlapping tissue is a leading reason why small breast cancers may be missed and normal tissue may appear abnormal, leading to unnecessary callbacks. A Genius exam includes a three-dimensional method of imaging that can greatly reduce the tissue overlap effect.

A Genius exam includes both 2D and 3D images. During the 3D portion of the exam, an X-ray arm sweeps in a slight arc over the breast, taking multiple images. A computer then converts the images into a stack of thin layers, allowing the radiologist to review the breast tissue one layer at a time. A Genius exam requires no additional compression and takes just a few seconds longer than a conventional 2D breast cancer screening exam.

Large clinical studies in the U.S. and Europe have demonstrated the positive benefits of a Genius 3D Mammography™ exam. The largest study to date on breast cancer screening using the Genius exam was published in the June 25, 2014 issue of the Journal of the American Medical Association (JAMA).¹ Findings include:

- A 41% increase in the detection of invasive breast cancers.
- A 29% increase in the detection of all breast cancers.
- A 15% decrease in women recalled for additional imaging.

The breast is a three-dimensional object composed of different structures located at different heights within the breast. These structures can overlap and cause confusion when viewed as a flat two-dimensional image. This



confusion of overlapping of tissue is a leading reason why small breast cancers may be missed and normal tissue may appear abnormal, leading to unnecessary callbacks. Using breast tomosynthesis technology, the Hologic system creates a 3-dimensional image of the breast structure, which enables radiologists to more clearly see through overlapping tissue to detect cancers, often at an earlier stage.

According to Women's Center Administrative Director Dana Salters, the medical imaging community anticipates that this will evolve to become a standard of care, which is why the medical center invested \$529,000 to purchase this advanced technology. However, the Women's Center at Maury Regional Medical Center will continue to offer women their choice of either a conventional 2D or the Genius™ 3D exam.

Most insurance will cover the 2D portion of the exam. Cigna, Medicare and Medicare Advantage currently cover the 3D portion as well and other insurance providers are expected to follow.

If your insurance provider will only cover a conventional 2D exam, that portion will be filed with your insurance and apply to your deductible. The 3D portion will be your responsibility and must be paid at the time of the exam. The 3D portion is affordably priced at \$95 if not covered by insurance.

¹Friedewald SM, Rafferty EA, Rose SL, Durand MA, Plecha DM, Greenberg JS, Hayes MK, Copit DS, Carlson KL, Cink TM, Barke LD, Greer LN, Miller DP, Conant EF, Breast Cancer Screening Using Tomosynthesis in Combination with Digital Mammography, JAMA June 25, 2014

*Compared to 2D Mammography



NICU celebrates 10 years

The Neonatal Intensive Care Unit (NICU) at Maury Regional Medical Center is celebrating its 10th anniversary. The very first patient was admitted on October 16, 2006 and 10 years later the NICU has cared for more than 1,700 children and their families.

“Babies who are premature or who need a higher level of care after birth may need to stay as many as seven days in the hospital. Ten years ago, we wanted to provide families the opportunity to stay closer to home to visit and bond with their baby without the stress of traveling long distances. This service has touched the lives of so many families and—as the number of OB-GYN physicians continues to increase

in Maury County—will provide a much-needed service for generations to come,” said Chief Nursing Officer Deborah Lumpkins.

Maury Regional’s NICU, in collaboration with Monroe Carell Jr. Children’s Hospital at Vanderbilt, is an eight-bed neonatal intensive care unit that is staffed with neonatal physicians, neonatal nurse practitioners, registered nurses and respiratory therapists specially trained to provide a more acute level of newborn care. The unit’s state-of-the-art equipment includes a cardiac monitoring system, ventilators and intensive care isolettes.

Report to the Community

Fiscal Year 2016

Maury Regional Health serves more than 250,000 men, women and children who call southern Middle Tennessee home, including:



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

Combined Discharges.....	18,997
Emergency Department Visits.....	72,744
Urgent Care Clinic Visits.....	13,207
FQHC Visits	24,543
Births.....	1,446
Surgeries	11,200
Cardiac Catheterizations	1,832
EMS Runs	22,985
Family Health Group Encounters	276,346

Economic Impact

Employees.....	2,768
Payroll	\$153,071,793
Benefits.....	\$35,865,317
Charity Care & Bad Debt (unreimbursed care)	\$13,102,064

Contributions to Maury County

Annual Contribution in Lieu of Taxes.....	\$900,000
Free Health Services for Inmates.....	\$430,310
School Athletic Trainers	\$179,764

Contributions to the Region

Ambulance Service Support (Maury, Lewis & Wayne counties)	\$320,206
Community Services (screenings, etc.)	\$394,900

Maury Regional Health Care Foundation celebrates 10 years

The Maury Regional Health Care Foundation celebrated its 10th anniversary on June 27. The Foundation was established in 2006 to provide support, health care services and a caring environment for deserving individuals not able to obtain appropriate care.

As the Foundation has grown, so have the range and depth of the health care programs and services it offers. Community partnerships throughout the region have further strengthened the Foundation's presence and impact on the communities served by Maury Regional Health.

According to Foundation Executive Director Joe Kilgore, over the past 10 years, the organization has funded more than \$1.6 million in programs and services benefiting community members in need. These programs include medication assistance, a food bank, transportation assistance, educational support, community health initiatives and employee assistance.

“As we celebrate the Foundation's first decade and look toward the future, we are grateful for the leadership of our board as well as the generosity of our employees, physicians, volunteers and community partners who support our mission to improve the lives of individuals and families across the region,” said Kilgore.

Because all administrative expenses are covered by the medical center, all gifts donated to the Foundation directly benefit the community. To learn more about the Foundation or make a gift, visit MauryRegionalFoundation.com or call 931.380.4075.

WAYS TO GIVE

The Maury Regional Health Care Foundation works to expand health care services and community outreach programs throughout southern Middle Tennessee. Administrative expenses for the Foundation are funded by Maury Regional Health, so donors can feel confident that dollars received go directly to the community and those in need.

Maury Regional Health Care Foundation is designated as a 501(c)(3) charitable organization and donations are tax-deductible. The Foundation offers various ways to give, including:

- A general donation
- Donation to a specific fund
- Honor or remember someone
- Recognize a caregiver (Extraordinary Hero)
- Establish an endowment
- Leave a legacy through planned giving

For a complete list of funds or to donate, visit MauryRegionalFoundation.com.

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Columbia, Tennessee 38401

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