

# Caring:

The Reason for Everything We Do

**Fremont Area Medical Center 2005**



"Fremont Area Medical Center is vital to our economy as one of Fremont's largest employers and the provider of well-paying careers," says Bart Qualsett, Executive Vice-President, Fremont National Bank and Trust Company. "Nobody has had a greater impact on the combined health of our people and the health of our community."



## Educational Programs and Support Groups

Fremont Area Medical Center has always worked hard to reach out to the community, and 2005 was no different. From prenatal, postpartum, and breastfeeding education to the Living with Cancer Support Group and Joint Center seminars, FAMC offered knowledge and an understanding ear to residents of the surrounding area.

During the past year, approximately 600 people participated in FAMC's free Food for Thought programs. Topics covered during 2005 included stroke, Pilates, colon cancer, breast cancer, aquatic therapy, advance directives, asthma, dysphasia, Medicare Part D, diabetes and exercise, basic first aid, senior strength training, and holiday cooking light.

The Consumer Health Libraries at FAMC were also a benefit to many community members who wanted to discover the answers to their pressing healthcare questions. In addition, diabetes education served more than 160 people in the Diabetes Self-Help program, and monthly attendance at the Diabetes Support Group grew to nearly 35 people!



## By the Numbers

From July 1, 2004, to June 30, 2005, Fremont Area Medical Center's 891 full- and part-time staff members...

- ...performed 4,885 surgeries...
- ...provided 36,349 physical, occupational, and speech therapy sessions...
- ...assisted in 490 births...
- ...helped 14,137 people in need of emergency care...
- ...made 5,781 home care visits...
- ...completed 43,187 imaging procedures...
- ...conducted 6,616 radiation treatments...
- ...carried out 462,658 laboratory tests...
- ...touched 8,100 people's lives through the occupational medicine program...
- ...performed 900 free pre-sports screenings...
- ...served 304,519 meals...
- ...washed 1,074,909 pounds of laundry...

The staff at FAMC is also invested in the surrounding area, working to make sure you and your loved ones are as healthy as possible. The below chart shows some of the impact FAMC had beyond the Medical Center walls during the 2005 fiscal year.

<b>Traditional Charity Care</b> (healthcare services offered free of charge or on a discounted fee schedule to individuals who meet pre-determined financial criteria)	<b>\$1,297,969</b>
<b>Community Health Education and Outreach</b>	<b>\$137,750</b>
<b>Nonbilled Community Services</b>	<b>\$70,040</b>
<b>Unpaid Costs of Public Programs</b> (Medicare and Medicaid shortfalls, which are deficits created when FAMC receives payments that are less than the cost of care for public program beneficiaries)	<b>\$10,047,826</b>
<b>Subsidized Health Services</b> (subsidized health services generate little or no income and most likely would not exist if not provided by hospitals)	<b>\$740,113</b>
<b>Cash and In-Kind Donations</b>	<b>\$3,095</b>

One of the most significant community benefits contributed by Fremont Area Medical Center is uncompensated healthcare—healthcare services provided to the uninsured and underinsured.

## Health Fairs and Community Health



In 2005, Fremont Area Medical Center had great success through health fairs and wellness promotions. Here are just three examples of them.

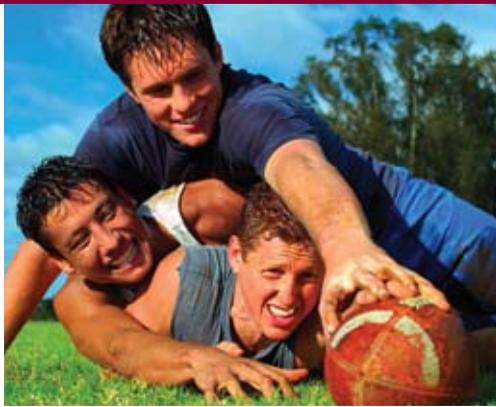
**Health Tracks**—Thousands of people attended Health Tracks to undergo health screenings including wellness profiles (653), testing for blood in their stools (350), body composition tests (361), blood pressure examination (345), glaucoma testing (120), and more.

**Hispanic Health Fair**—The third annual Hispanic Health Fair was held on September 17. For this event, FAMC teamed up with Fiesta Fremont to celebrate ethnic diversity in the community. In addition to the free health education, the day was filled with fantastic music, a doubles dance and limbo contest, a martial arts demonstration, a soccer game and other sports activities, a salsa-making contest, a build-your-own taco bar, bingo, and more!

**Community Health Programs**—Offered in the community and at area businesses, more than 2,200 individuals participated in various wellness activities last year. Approximately 12 percent of those who participated had some abnormality detected, including Steve Bade, network specialist at FAMC who was diagnosed with Type 2 diabetes through a FAMC wellness program.

"I never had any of the typical symptoms of diabetes, so the diagnosis came as a complete surprise," says Steve, who now takes a couple of medications to manage his diabetes, has started watching his diet and exercising regularly, and is at his lowest weight since high school. "If it weren't for FAMC's community health efforts, I don't know if I would have found out that I have diabetes, and I strongly recommend everyone to get checked by their physician for diabetes regularly."





## Helping Area Schools

Fremont Area Medical Center was proud to foster strong relationships with area schools in 2005 through the following programs:

### Project Fit America with Trinity Lutheran Schools

Students participated in fitness challenges to boost physical activity with phenomenal improvements in four categories.

### Pre-Sports Screening/Athletic Training Help More Than 900 Athletes

Medical Center staff and local healthcare providers conducted free pre-participation sports screening to student athletes from 15 different high schools and provided athletic training service for 10 area schools.

### Sports-Injury Clinics Offered Each Saturday

Fremont physicians volunteered their time to offer free sports medicine clinics to injured athletes.

### Coaches Clinic

This course was offered to area high school coaches to provide education in the areas of conditioning, safety, sports psychology, and sports nutrition.

### Football Testing

Area high school football players were invited to take part in a performance-testing event, designed to increase students' exposure to college football programs.

### Educational Affiliations

The Medical Center maintains educational affiliations with more than 20 area high schools and colleges.

### Health Career Explorations Camp/Tours

Area students attended the weeklong day camp to learn about medical career opportunities. FAMC provided over 450 students the opportunity to tour the Medical Center during the school year.

### Grandfriends Program/School Partnership

At FAMC's A. J. Merrick Manor for the elderly, children were paired with a resident to brighten each other's day.

Along with the items mentioned above, FAMC also partnered with Clarmar Elementary School.

## Helping Area Businesses Promote Health and Wellness

In 2005, Fremont Area Medical Center's Wellness Works<sup>SM</sup> program partnered with more than 120 companies in the community representing over 8,000 covered lives. Employees of these businesses and those over 55 are invited to use a Wellness Center on-site at FAMC. Drug screening services are also offered to more than 200 area companies.

"Fremont Area Medical Center is one of the most important organizations in the Fremont area for many reasons, including the high level of healthcare patients receive, contributing to a better quality of life," says Bart Qualsett, Executive Vice-President, Fremont National Bank and Trust Company. "We are very fortunate to have the leadership and the commitment from the hospital to expand facilities and services."

In addition to community contributions, FAMC helps the local economy.

"In 1972, I became a volunteer at Fremont Area Medical Center. With time, change has come through the addition of new services to meet the healthcare needs of the community and expanded facilities to provide those services. In addition, staffing has increased. These changes not only enhance the quality of life in Fremont, but they have contributed to the economy," says Kathy Rhea, volunteer at Fremont Area Medical Center, FAMC Foundation board member, and local business owner.

Along with helping businesses, FAMC works closely with law enforcement and rescue personnel in emergency preparedness planning. For their dedication and service, Emergency Medical Service and law enforcement were honored at an appreciation in September.

"The Fremont Area Chamber and Fremont Area Medical Center are committed to the vision of being a Well City Community," says Jeff Christensen Chairman of the Board, Fremont Area Chamber. "By providing quality healthcare to our region and taking a leadership role in this initiative, our goals will be realized. We are proud to be partners in making wellness a priority."



# Special Services for Special Needs

In 2005, Fremont Area Medical Center made every attempt to care for those with special needs, including:

## Nonemergency Patient Transportation Aids in Travel

Thanks to a grant from the Hazel R. Keene Trust, FAMC purchased a 12-passenger bus to transport non-emergency patients from their homes to the Medical Center. The service is free and is offered to those who cannot provide transportation for themselves.

## Language Services Coordination Bridges Gap

FAMC is making efforts to meet the needs of all non-English and sign language-speaking patients and families. To aid these families, FAMC provides Language Services personnel, who are available for one-on-one Spanish translation and other needed translation functions.

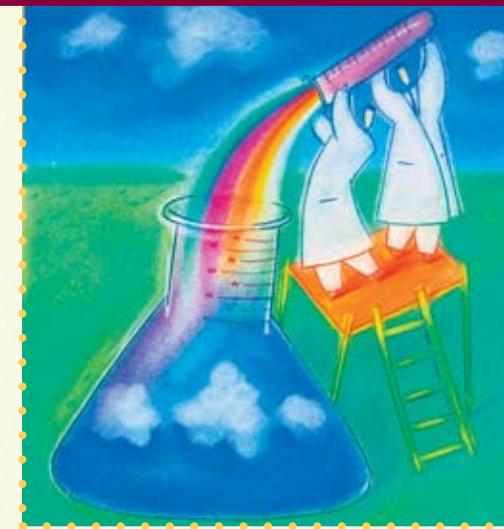
## Lifeline® Program Offers 24-Hour Assistance

Patients who wear the Lifeline® bracelet or necklace can push a button for 24-hour assistance in emergency situations. This button activates a designated phone line in the home, calling the Communications Department at FAMC. If a Lifeline® patient falls or needs assistance, emergency services will be dispatched to help.



## Technology Links FAMC to the World

In 2005, Fremont Area Medical Center used technology to improve patient care, such as the Picture Archiving Communication System (PACS), which uses the Internet to transmit imaging results to other healthcare providers. Also, FAMC partnered with Cerner Corporation to enhance patient safety and clinical care quality through the use of healthcare information technology. The electronic medical record tracks a patient's health history and hospital stay and makes the information readily accessible.



## Giving Back to the Community

Here's a look at how Fremont Area Medical Center enriched the community in 2005.

- In December, FAMC employees contributed more than 4,000 pounds of food, \$1,500, and 129 toys to the annual Holiday Food Drive.
- The United Way/CHAD-Employee campaign for 2005 raised almost \$14,000.
- Donations to the FAMC Foundation totaled nearly \$54,800. The Foundation funded scholarships for area high school and college students, materials for Hospice/Home Health, A. J. Merrick Manor Activities, Education and Outreach, the Diabetes program offered through Food for Thought, Health Tracks, materials for acute care, and the Family Crisis Connection.
- FAMC received a \$10,000 grant from Three Rivers Public Health Department to fund the Well-City initiative.
- Medical Center employees contributed an estimated \$4,000 in supplies to Katrina hurricane relief efforts.
- FAMC responded to the material and spiritual needs of people worldwide by contributing to Kenya Hospital and by participating in the Orphan Grain Train (OGT). OGT is a volunteer network that gathers donations of food, clothing, and medical supplies, and dispatches those donations to disadvantaged people on several continents.

FAMC took part in other outreach efforts through the Salvation Army, Habitat for Humanity, Care Corps Homeless Shelter, and American Red Cross. Employees of the Medical Center continue to provide countless donations of time and resources to enrich the local area.





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# Accomplishments with a Purpose

In 2005, the two local chapters of the National Safety Council—the Nebraska Safety Council and the Greater Omaha Chapter—recognized Fremont Area Medical Center for exceptional safety and health program results and accomplishments.

The Nebraska Safety Council presented FAMC with their highest honor, the “Peak Performance Award” at the 2005 Safety, Health, and Environmental Conference and Exposition. The Medical Center was the only healthcare facility to receive this award.

The Greater Omaha Chapter of the National Safety Council bestowed the “Award of Honor with Distinction” upon FAMC in acknowledgment of the Medical Center’s outstanding occupational safety and health program results and achievements for seven consecutive years.

Regional Administrator of the Centers for Medicare and Medicaid Services (CMS), Thomas Lenz, cited FAMC’s outstanding performance in the Premier Hospital Quality Incentive Demonstration Project. As one of only 124 hospitals in the nation to be awarded a pay-for-performance bonus based on evidence-based quality measures, FAMC has proven to be an industry leader in the quality arena.

FAMC also received the 2005 Cornerstone Award for commitment to community and economic development.

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