

2007-2008 Community Benefit Report



Health Fairs and Screening/Wellness Programs

FAMC's **Health Tracks** marked its 23rd anniversary in 2008. The event promotes health and wellness in a fun and informal setting. FAMC's **Health Tracks on the Road** served nearly 500 people from the Arlington, Cedar Bluffs, Dodge, and North Bend communities.

In 2008, more than 1,000 people had their blood pressure screened at FAMC's **monthly clinics** held at the Fremont Family YMCA, the Fremont Mall, and the Fremont Hy-Vee store. More than 1,500 people received low-cost wellness blood profiles.

Working toward better colon cancer awareness, FAMC joined the **American Cancer Society** and **Three Rivers Public Health District** in providing free colon cancer screening kits. In March 2008, 300 kits were made available at Fremont pharmacies. The FAMC Laboratory processed these kits at no charge.

In an effort to keep the surrounding communities healthy during flu season, FAMC contributed \$12,000 to make flu vaccines available through the **Three Rivers Public Health District**.

FAMC provided 55 blood draws for the **Heart Healthy Eating, Activities, Resources, and Training (HHEART)** program. The HHEART program offers health education and support to minority and underrepresented women in the Fremont and other Dodge County communities.

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Fremont Area
Medical Center
staff strives
to provide the
best care to
the community.
Throughout the
last year, we
have improved
and introduced
services, welcomed
new physicians,
and began
construction on the
East Campus. Here
are highlights from
the past year.
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Involvement in Schools

■ Nearly 500 third graders from area elementary schools toured Fremont Area Medical Center during the 2008-09 school year. FAMC also provided these children with promotional information, educating them about the benefits of a tobacco-free lifestyle.

■ FAMC continued their ongoing partnership with Clarmar Elementary School. Eight FAMC employees provided nearly 200 hours of tutoring to students needing homework assistance or serving as a mentor through the TeamMates program. Eighty Clarmar first and second graders received information from a dietitian on maintaining a healthy heart, and at the Clarmar Science Day, students received information about proper handwashing to prevent the spread of germs.

■ Approximately 150 people attended a presentation on Halloween Safety at the Bell Field Family Night Program in October, and 200 students from Grant and Washington Elementary Schools received information on nutrition and exercise.



■ FAMC hosted the Northern Nebraska Area Health Education Center's Health Careers Camp, providing the opportunity for 12 students to learn about healthcare career opportunities during the weeklong camp.

■ FAMC athletic trainers provided approximately 8,000 hours of coverage to nine schools and logged more than 12,000 traveling miles. The Sports Medicine Department at FAMC and Heartland Orthopaedic and Sports Medicine hosted a Coaches Appreciation event, which featured

James Dobson, Strength Coach at the University of Nebraska at Lincoln. FAMC's Infection Control Practitioner was included with a panel that educated 140 coaches from the region on Methicillin-resistant *Staphylococcus aureus* (MRSA).

■ During the school year, the Saturday Morning Sports Injury Clinic provided free assessments and evaluations to 250 high school and college athletes for their acute or chronic sports injuries. FAMC Orthopaedic Surgeons, along with Medical Center staff, provided coverage for the Sports Injury Clinics.

■ FAMC and the FAMC Medical Staff teamed up to provide 830 student athletes from 14 area schools with free sports screenings.

■ FAMC provided donations for area post-prom parties to support a safe and fun evening.





Community Outreach

- During the year, more than 120 Fremont Area Medical Center employees gave the gift of life through two American Red Cross bloodmobile events held at FAMC.
- FAMC employees provided monthly meals to the Care Corps Homeless Shelter.
- At the annual Day of Sharing event benefiting the Dodge County Low Income Ministry, FAMC employees donated a record four tons of food, 200 toys, and \$2,000 in cash.
- FAMC employees donated more than \$10,500 to the United Way/Community Health Charities Drive.
- FAMC once again served as a corporate sponsor for the Relay for Life and honored cancer survivors with a gift and provided water for all participants.
- Each holiday season, FAMC employees volunteer to ring bells for the Salvation Army.
- In honor of EMS Appreciation Week, a free barbecue dinner was offered to 250 area first responders (fire, rescue, and law enforcement employees and volunteers).

Well City Initiative

The Well City Initiative is a program designed to decrease absenteeism and healthcare costs for Fremont area employers by promoting healthy lifestyles amongst employees. With 27 participating companies, the ultimate goal of the program is to achieve national Well City status for the city of Fremont. To help achieve this goal, FAMC encouraged more than 130 participants' healthy eating and exercise habits through a series of presentations and seminars.



Education and Support Groups

Fremont Area Medical Center's first **Diabetes Expo** in October 2007 was a huge success and included:

- free health screenings
- medical panel
- cooking and exercise demonstrations
- diabetes product information and demonstrations

In an effort to decrease future incidences of diabetes, FAMC started a **Prediabetes Education Class**, which had 21 participants. In addition, FAMC also offers a Diabetes Self-Management Training Program, which has been completed by 194 individuals since its creation.

Nearly 200 women participated in the **Well Woman** health series. The series, which was presented by OB/GYN physicians, offered educational programs specific to the needs of women, including **chronic pelvic pain, osteoporosis, and dementia**.

FAMC also created **A Time to Heal**. This 12-week program offers a holistic approach to helping women diagnosed with breast cancer.

FAMC offered a nine-week weight-management program, **Create Your Weight**, taught by a registered dietitian.

Support groups for diabetes, fibromyalgia, celiac sprue, and breast cancer, were also offered, as well as specialty groups like **Living With Cancer, American Chronic Pain, and Grief**.

The **Speaker's Bureau** reached more than 1,000 people through presentations on a variety of topics, including information on diabetes prevention.

FAMC became a tobacco-free campus in July 2007. Recognizing the health threat of smoking, FAMC promoted a tobacco-free lifestyle by educating nearly 1,500 people on tobacco prevention and cessation. Presentations were given to K-12 students as well as college students, service groups, and employers.

Free **Childbirth Education Classes** were offered to over 300 people.

Free monthly **Joint Pain Seminars** provided treatment options to people suffering from knee and hip pain.





Special Programs

Fremont Area Medical Center and the FAMC Auxiliary work together to provide peace of mind and independence to people through the **Lifeline** personal response service. On June 30, 2007, there were 245 Lifeline subscribers.

More than 1,000 people participated in **American Heart** programs throughout the year, including CPR for Healthcare Providers, CPR for the Community, First Aid for the Community, Advanced Cardiac Life Support, Pediatric Life Support, and Home Alone and Babysitting classes.

FAMC maintained **CEU Provider Status** by the Nebraska Nurses Association as an official provider of continuing nurse education. More than 100 nurses attended seven CEU programs during the year. These programs are a convenient way for FAMC nursing staff and other nurses who work or reside in the area to fulfill continuing education requirements.

FAMC's **Business Health Services** served approximately 120 companies. Four to six educational programs were held throughout the year to discuss occupational issues with local company representatives and physicians.

FAMC provided free **non-emergency transportation** more than 5,000 times during the year. The service is open to residents of Fremont, greater Dodge County, Cedar Bluffs, and Arlington who cannot secure transportation to FAMC for themselves.

FAMC seeks to accommodate the needs of all non-English- and sign-language-speaking patients and families through our **Language Services personnel**. Emotional and spiritual needs are addressed through our **Chaplain and Medical Social Services Department**.

Awards and Commendations

- A. J. Merrick Manor received My InnerView's "Excellence in Action" award, a national honor recognizing exemplary nursing home quality care and service.
- FAMC's Emergency Department and Inpatient Care garnered 4-star awards from Professional Research Consultants (PRC) for Patient Satisfaction, placing them in the top 25 percent of PRC's national database.
- FAMC was named a top performer by the Centers of Medicare and Medicaid Services (CMS) for delivering high-quality patient care for acute myocardial infarction (heart attack).
- FAMC received the Nebraska Safety Council's highest workplace safety honor, the Peak Performance Award, for our outstanding workplace safety program.
- The American College of Surgeons Commission on Cancer awarded FAMC's cancer program accreditation with commendation, the highest level of recognition the Commission awards.



New Programs and Services

- In December 2007, Fremont Area Medical Center, with partial support from the FAMC Foundation, launched the **Medication Assistance Program** to assist patients through the maze of paperwork required to attain free or low-cost medication. The **Medication Therapy Management Program** was also added to assist patients in keeping medication costs down by reviewing a medication list and suggesting generic and therapeutic equivalents where applicable. By decreasing overall medication costs, people are more likely to get the medications they need. This program benefited 361 patients during the first six months, resulting in a cost savings of \$394,866.
- A new central **Fetal Monitoring System** was implemented, which allows OB nurses and physicians to monitor all women in labor from a centralized location at the main nursing station.
- FAMC officially opened its new 20,000-square-foot **Imaging Center** in May 2008, marking the completion of phase one of construction. This phase includes the new Women's Imaging Center, which offers digital mammography, stereotactic breast biopsy, magnetic resonance imaging (MRI) of the breast, 3D ultrasound, and bone density evaluation services.
- The **Senior Solutions Program** began in April 2008. The program provides individualized treatment through group, family, and individual therapy for adults 55 and older who suffer from psychiatric, emotional, or behavioral disorders.
- In early 2008, FAMC began **Inpatient Dialysis** for those who need to stay at the Medical Center for their care.
- Through the **Ageless Program**, participants can enjoy monthly educational seminars on a variety of health topics. This program is targeted to people ages 55 and older and offers special discounts to its members.
- FAMC OB/GYN specialists began using the **da Vinci® Surgical System** to perform hysterectomies.
- In addition to all of the new programs and services at FAMC, physicians specializing in **Interventional Radiology** and **Psychiatry** were added to the Medical Staff.





By the Numbers

From July 1, 2007 to June 30, 2008, Fremont Area Medical Center's staff members...

- ...performed 3,290 surgeries...
- ...provided 24,157 physical, occupational, and speech therapy sessions...
- ...assisted in 474 births...
- ...helped 13,415 people in need of emergency care...
- ...made 3,090 home care visits...
- ...completed 45,496 imaging procedures...
- ...conducted 5,290 radiation treatments...
- ...carried out 519,227 laboratory tests...
- ...touched 10,200 people's lives through the Occupational Medicine Program...
- ...served 389,570 meals...
- ...washed 1,053,522 pounds of laundry...

Traditional Charity Care (healthcare services offered free of charge or on a discounted fee schedule to individuals who meet predetermined financial criteria) **\$1,579,628**

Community Health Education and Outreach **\$333,718**

Unpaid Costs of Public Programs (Medicare and Medicaid shortfalls, which are deficits created when FAMC receives payments that are less than the cost of care for public program beneficiaries) **\$5,410,701**

Subsidized Health Services (subsidized health services generate little or no income and most likely would not exist if not provided by hospitals) **\$792,910**

Cash and In-Kind Donations **\$104,727**

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