

2006-2007 Community Benefit Report



Health Fairs and Community Education

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Fremont Area Medical Center is constantly improving to better serve the community. As part of that improvement, we began construction on a new Imaging Center, welcomed new physicians, and made the entire campus smoke-free. In addition to the growth, FAMC provided much-needed community services throughout the area this past year.
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FAMC's **Health Tracks** had its 22nd anniversary in 2007. The event promotes health and wellness to those served by FAMC.

Historically, the event has been held on the Medical Center campus, but now FAMC has taken the event on the road, as well. FAMC's **Health Tracks on the Road** served nearly 300 people as the event visited the communities of Valley, Scribner, Dodge, and North Bend.

Like the Health Tracks held at FAMC, these events featured health screenings and information presented by FAMC professionals. A separate event, **Health Tracks Junior**, provided a fun atmosphere for around 250 kids and their parents to learn about health and safety. The **Bike Rodeo** was a big hit with nearly 175 participants.

FAMC screened more than 1,000 people at the **monthly blood pressure clinics** offered at the Fremont Family YMCA, the Fremont Mall, and the Fremont Hy-Vee store. More than 2,600 people received low-cost wellness blood profiles. Additional free screenings offered included body fat analysis, carpal tunnel screening, and bone density evaluation.



The **Speakers Bureau** reached more than 1,500 individuals through presentations to a variety of community groups.

The “**Well Woman**” health series kicked off with a program on Hormone Replacement Therapy. The series will continue to offer programs on various topics specific to the needs of women. Women of all ages can benefit from this series. Since early detection is key, a **mammography promotion** offered women a free spa kit to encourage them to schedule a mammogram.

In an effort to increase awareness and the importance of early colon cancer detection, FAMC teamed up with the Three Rivers District Health Department and the American Cancer Society to provide **free screenings**. Screening kits were available at participating Fremont pharmacies and community events. FAMC’s Lab processed nearly 150 samples, with five positive results.

With the increasing incidence of diabetes, **FAMC’s Diabetes Education Programs** provided vital information to those with the disease. Nearly 200 people received diabetes education during the year. FAMC’s “Taking Charge” Diabetes Self-Management Training Program earned the prestigious American Diabetes Association Education Recognition Certificate for being a quality diabetes

self-management education program. Planning also began for the first Diabetes Expo held in the fall of 2007.

A program, **Cardiovascular Disease: Reducing Your Risks**, was attended by 65 people and offered ideas for a healthier lifestyle.

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

Support Groups

FAMC helped to facilitate a variety of support groups during the year including: Diabetes, Fibromyalgia, Celiac Sprue, Living with Cancer, Breast Cancer Support Group, Multiple Sclerosis, American Chronic Pain, and Bereavement.





Involvement with Schools

- Fremont Area Medical Center volunteers toured with 422 third graders during the past year. To promote a tobacco-free lifestyle, volunteers provided students with information on the dangers of tobacco use.
- More than 2,000 elementary students were encouraged to pledge to a tobacco-free lifestyle through pep rallies with FAMC staff. Each student was given a badge reading "FAMC and I agree to be tobacco-free."
- FAMC participated in events at Grant Elementary and Washington Elementary schools and provided information on disease prevention and safety. Nearly 200 people benefited from this information.
- FAMC continued to be a business partner to Clarmar Elementary School. During the year, a new tutoring program began in which FAMC volunteers go to Clarmar Elementary School and provide tutoring for students.
- For the second year, FAMC hosted the Northern Nebraska Area Health Education Center's Health Careers Camp. Thirty-five staff members shared information with 15 students about healthcare career opportunities during the weeklong camp.
- FAMC athletic trainers provided nearly 10,000 hours of coverage to nine schools and logged nearly 18,000 miles. An annual Coaches Clinic was offered to provide education about conditioning, safety, sports psychology, and sports nutrition. A summer conditioning program was offered to high school and college athletes. During the school year, the Saturday Morning Sports Injury Clinic provided 280 free assessments and evaluations to high school and college athletes for their acute or chronic sports injuries. Around 700 athletes from 13 area high schools received free pre-participation sports screenings.
- FAMC provided donations for area post-prom parties to support a safe and fun evening.



Special Programs

Fremont Area Medical Center and the FAMC Auxiliary teamed up to provide peace of mind and independence to people through the **Lifeline** personal response service. Lifeline celebrated its 20th anniversary at FAMC and currently has around 200 subscribers and received approximately 3,000 true calls for help last year.

A full range of **American Heart Programs**, including Basic Life Support (Initial and Renewal), Community First Aid, Community CPR, Advanced Cardiac Life Support (Initial and Renewal), Pediatric Advanced Life Support (Initial and Renewal), and Home Alone and Babysitting classes, began in February 2007. In addition to the scheduled classes at FAMC, personalized on- or off-site training for groups and businesses also can be arranged.

FAMC received **CEU Provider Status** by the Nebraska Nurses Association as an official provider of continuing nursing education. The accreditation makes it more convenient for FAMC nursing staff and any other nurses who work or reside in the area to fulfill their continuing education requirements.

The **Health in Balance: A Balance and Fall Prevention Program** was created by FAMC's Rehabilitation Department. It is aimed at identifying modifiable risk factors and implementing individualized exercise programs and other strategies before the first fall has occurred.

FAMC provided **free non-emergency transportation** nearly 5,000 times during the year. The service is available to those who cannot provide transportation to FAMC for themselves and live in Fremont, greater Dodge County, Cedar Bluffs, and Arlington.

FAMC tries 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 Social Services Department**.

Tobacco-Free Campus

Intense efforts throughout the year were aimed at educating the community and staff about the **Tobacco-Free Campus** initiative that was effective July 1, 2007. The use of tobacco products is no longer permitted on **Fremont Area Medical Center** premises. FAMC instituted this change to demonstrate our commitment to the health and safety of our patients, employees, and community. In preparation for this change, FAMC offered an increased number of tobacco cessation classes: a one-day class was offered in addition to the traditional six-week class schedule.

Around 250 people attended a **Great American Smokeout** event in November.

A poster contest with local elementary school students increased community awareness. Assistance has been provided to patients, visitors, and staff to help them comply with this new policy.

Let's
Clear the
Air



Community Outreach

- The American Red Cross held two bloodmobile events during the year with nearly 120 donors participating.
- Fremont Area Medical Center employees provided monthly meals to the Care Corp Homeless Shelter.
- The annual “Day of Sharing” was held in December with employees donating more than 2 tons of food, \$2,000 cash, and 293 toys and clothing items to the Dodge County Low Income Ministry.
- During the year, FAMC employees donated more than \$18,000 to the United Way/CHAD campaign.
- FAMC was again a corporate sponsor for the Relay for Life by providing water for participants and a bingo tent for cancer survivors and participants.
- The Materials Management Department coordinated donating items that are outdated, are soon to be outdated, have damaged packaging, are opened but not used, are in excess quantity, or are no longer needed or used by the Medical Center. Donations are frequently given to charitable organizations such as the Orphan Grain Train, Mercy Ships, or FAMC’s sister hospital in Kenya.
- Each year FAMC employees volunteer to ring bells during the holidays for the Salvation Army.
- Annually, FAMC holds an appreciation event for area EMS personnel. This year’s event featured a barbecue dinner hosted at the Medical Center.

New Physicians

FAMC recruited five physicians to the Medical Staff during the year, representing the medical specialties of Pulmonary Medicine, OB/GYN, Family Practice, Nephrology, and Orthopaedic Surgery. This marks the first time that FAMC has a full-time Pulmonologist and Nephrologist available at the Medical Center.





Awards and Commendations

- Fremont Area Medical Center was awarded the Gold Seal of Approval, the top honor awarded by The Joint Commission.
- The American College of Surgeons Commission on Cancer awarded FAMC's cancer program the highest level of recognition the Commission awards.
- FAMC's Joint Center received a 5-star award and the Emergency Department received a 4-star award from Professional Research Consultants for Patient Satisfaction.
- FAMC's Radiology Department received an excellent rating for mammography from the U.S. Food and Drug Administration Survey that was completed during the year.
- FAMC received the Peak Performance Award for Employee Safety from the Nebraska Safety Council.
- FAMC received the Gold level Well Workplace Award from WELCOA in 2006.

Employment

FAMC employs nearly 900 people, making it one of the largest employers in Dodge County. The economic impact of the Medical Center is substantial to the area.



Well City Initiative

To date, 51 companies have shown interest in the **Fremont Well City initiative**. This initiative is designed to improve employee health and productivity, while decreasing healthcare costs and workplace absenteeism. Twenty-seven companies are actively pursuing their Well Workplace awards to work toward achieving a Fremont Well City status.



By the Numbers

From July 1, 2006 to June 30, 2007, Fremont Area Medical Center's staff members...

- ...performed 4,792 surgeries...
- ...provided 27,083 physical, occupational, and speech therapy sessions...
- ...assisted in 431 births...
- ...helped 13,017 people in need of emergency care...
- ...made 5,515 home care visits...
- ...completed 44,767 imaging procedures...
- ...conducted 6,201 radiation treatments...
- ...carried out 500,582 laboratory tests...
- ...touched 11,000 people's lives through the Occupational Medicine Program...
- ...served 343,365 meals...
- ...washed 1,049,304 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)	\$1,601,636
Community Health Education and Outreach	\$332,527
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)	\$7,679,655
Subsidized Health Services (subsidized health services generate little or no income and most likely would not exist if not provided by hospitals)	\$772,131
Cash and In-Kind Donations	\$55,792

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

