

Evangelical Community Hospital 2012 Community Benefit Report

CONNECTING THE DOTS





IMAGE FOR LIFE: SCAN REVEALS NEED FOR LIFE-SAVING SURGERY

Robert “Bob” Simpson of Watsontown felt just fine; but, when reading the newspaper one day, his wife noticed an article about the upcoming Image for Life screening at Evangelical Community Hospital. She convinced him they should make an appointment. Little did he know that his agreeing to go may have saved his life.

Image for Life has grown in popularity over the last two years. Participants receive an abdominal ultrasound to look at the gallbladder, kidney, and pancreas; a vascular screening to examine the arteries and veins; a pulmonary screen to observe basic lung function; an EKG to interpret the activity of the heart; a blood pressure check and a physician consultation to review all of the results. Valued at over \$3,800, the screens are provided for a fee of \$125 for each participant.

For Bob, the Image for Life screening revealed a large blockage in his carotid artery, the one that provides the main blood supply to the brain and is located on the side of the neck. Without the vascular screening, he would have never known the blockage existed. As an active guy, Bob was out at least once a week taking part in his favorite sports and felt healthy.

During the consultation, Todd Stefan, MD, FACS, Medical Director of the Peripheral Vascular Lab, talked to Bob about the blockage, his increased risk of stroke, and treatment options.

“Giving up one morning for testing has given me more time with my wife, kids, grandkids, and ‘greats’—that is priceless.”

—Bob Simpson

“In Bob’s case, we found an 80 percent blockage of his carotid artery. We always want to do as much as we can to prevent life-threatening episodes rather than having to respond after damage is already done,” said Dr. Stefan. “Therefore, we prefer to intervene prior to stroke occurrence rather than after it is too late.”

Bob didn’t hesitate; he wanted surgery to correct the blockage as soon as possible. Before long he was undergoing a carotid endarterectomy by Stefan’s skillful hands. The artery was opened through an incision in the neck, and the plaque was removed by

separating it from the wall of the artery. Removing the plaque reduced the risk of stroke.

“Dr. Stefan was excellent in the way he consulted me on what I needed to do to avoid a stroke in the future. I had no doubt surgery was the right step in taking care of my health,” said Bob.

After surgery, Bob was amazed with the results. “I immediately felt a difference in the pressure around my neck and head. It turns out, even though I had no symptoms, I was being affected by the blockage. Giving up one morning for testing has given me more time with my wife, kids, grandkids, and ‘greats’ – that is priceless.”

Bob’s wife of 47 years, Sharon, said, “those tests gave us the motivation to be more proactive about our health, including being aware of our lifestyle. We went to Image for Life for assurance that we were in good health; we walked away with the priceless gift of more time with one another.”

Accessible patient programs, health education, preventative screenings, and affordable care are central to Evangelical Community Hospital's mission.

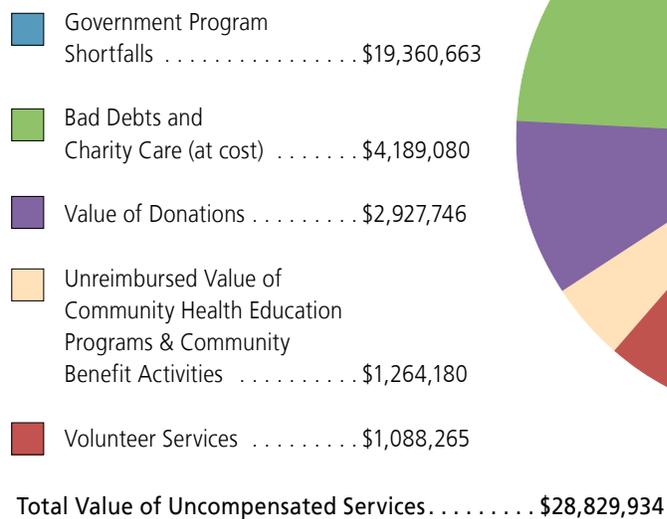
Each year Evangelical extends its scope of care and outreach to the community at-large. Through these efforts Evangelical is a virtual hospital without walls, providing health and wellness programs to people of all ages—in retail and grocery stores, in schools, and in community centers.

In fiscal year 2012, Evangelical invested more than \$28.7 million in community benefit initiatives, offering education and outreach, health screenings, health fairs, immunization clinics, and countless other services.

Outlined in this Community Benefit Report are just a few examples of how Evangelical is connecting the dots to meet the needs of our community.



Act 55 Uncompensated Services



Community Health Needs Assessment

Identifying the greatest health needs of the community is the first step in effectively addressing those needs.

In April 2012, Evangelical Community Hospital helped to lead a community health needs assessment as a member of ACTION Health, a collaborative partnership that includes Bloomsburg Hospital, Bloomsburg University, Evangelical Community Hospital, Geisinger Medical Center, and Geisinger-Shamokin Area Community Hospital. Regional health needs were identified during the assessment, including expanding access to affordable healthcare, improving healthy behaviors, and enhancing community development, especially transportation.

Over the next year, Evangelical will proactively offer programs, screenings, and initiatives to address the greatest needs in our community. The 2012 Community Health Needs Assessment can be found at evanhospital.com/communityneeds.

Teen Smoking Cessation Program

According to the 2012 Surgeon General's Report, one in four teens smoke, causing reduced lung function and early onset of coronary heart disease, among a host of other serious yet preventable health conditions. Nearly 90 percent of adult smokers started as teens, and one-third of them will eventually die from a tobacco-related disease.

Midd-West School District, located in western Snyder County, recognizes the risks of tobacco use among teens and the need to provide cessation programs to students. Midd-West's school nurse, Ann Murray, contacted Evangelical's Community Health Education Department for help in providing education and cessation resources to students.

In response to the need for teen-specific cessation programs, Evangelical modified the existing four-step QuitSmart smoking cessation program for adults. Tammy Heim, Nurse Educator,

worked with Susan Sidler, Assistant Director of Respiratory Therapy and certified QuitSmart leader, to develop the youth program. "It was important to empower teens to make their own decision to quit while providing them with the tools they need to be successful in the long-term," said Sidler.

The result was a three-step program focused on educating youth about the health risks of smoking, providing positive alternatives, and teaching methods for how to quit.

"Each year, Midd West would run a tobacco cessation program with about one or two students participating. This year, with Evangelical's help, a record number of students expressed interest

and actually convinced friends to attend with them," said Murray.

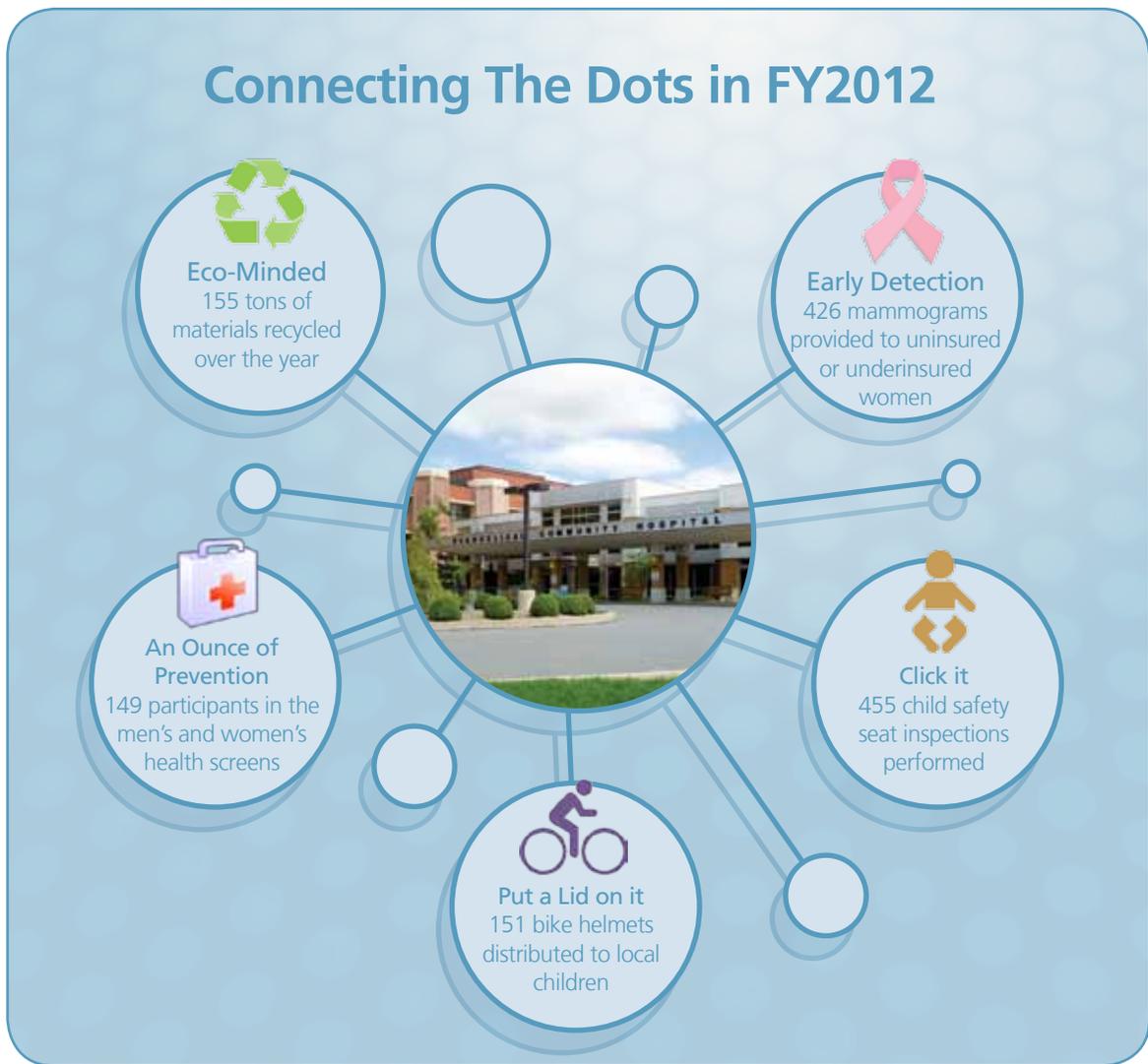
Three, 30-minute sessions were conducted by Heim on-site at Midd-West High School over the course of six weeks. "During the first session, students were given tools such as journals, gum, and stress balls to help them overcome the urge to smoke," said Heim.

The second session focused on accountability. It included reviewing the students' journals and reinforcing positive changes and progress. By the third and

final meeting, all students had reduced their use of cigarettes and set goal dates to quit smoking.

"I really wanted to quit smoking because of how it will affect my health in the future because my grandfather had lung cancer," said one student who completed the program. "Evan's smoking cessation program really helped me and made me a stronger person. I actually believe in myself now."

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High School Healthcare Internship Program

As the need for health services drives ever-upward, Evangelical Community Hospital is cultivating the next generation of healthcare providers. The High School Healthcare Internship Program offers local students the opportunity to explore healthcare career options through hands-on learning.

Beginning in 2003, the High School Healthcare Internship Program has continued to expand, growing from as few as 10 participants to more than 20. To be eligible, local students must be in their junior or senior year of high school with at least a 3.3 GPA.

The program consists of 72 hours of training: 32 hours in the classroom and 40 hours of one-on-one interactions with clinical staff. Hospital nurse educators teach the students a variety of skills, including lifting and transfer techniques, and patient care methods. They also receive CPR certification.

Students then participate in five, day-long rotations through various departments within the hospital. The goal of the program is to



Tessie Savage, RT (R)(MR), reviews MRI images with intern Megan Spangler.

expose students, regardless of their specific interests, to a diverse selection of health-related careers, from physical therapy to plant engineering. As a result, some students change their academic focus. For example, students interested in nursing may find they are better suited for a career in imaging services once they have completed the rotation.

The internship program can be an eye-opening experience for the students. “When I came into the program at Evangelical, I had no idea what to expect,” said Hannah Walter, a junior at Mifflinburg Area School District. “The staff really took the time to make sure I understood every aspect of patient care. Now I have a clear vision of my path as a care provider.”

And the staff finds the program as enriching as the students. “I love encouraging young people to go into medicine,” said Tamara Silvagni, a registered nurse who worked with Walter. “It feels good to pass on the experience I’ve acquired over the years. I really work hard to make sure these students understand that patient care always comes first.”

Nurturing and encouraging young people who have an interest in medicine can have a profound impact on the organization as a whole.

“The greatest reward of the program is helping to shape tomorrow’s care providers. It’s an added bonus when we see the students come back after they’ve graduated and continue their careers at Evangelical,” said Paul Tarves, Vice President–Nursing Administration.



Tamara Silvagni, RN, explains supply procedures to Hannah Walter, student intern.



State Recognition

The High School Healthcare Internship Program was recognized in 2008 by the Hospital and Health System Association of PA (HAP) for workforce development in the healthcare field.



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One Hospital Drive
Lewisburg, PA 17837
(570) 522-2000
www.evanhospital.com



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