

# **Executive summary**

Nebraska's hospitals serve as health and wellness cornerstones and as economic engines of their communities. The information in this publication contains examples of how community benefits provided by Nebraska hospitals improve the health of individuals and the quality of life of entire communities and regions, making the state a better place to live, work, learn and grow.

Community benefits extend beyond the scope of traditional care and are provided by hospitals in lieu of tax payments. Often, the extent of community benefit services — and associated costs — is neither publicly recognized nor understood.

It is no longer just about patients coming through the doors of the hospital. While Nebraska hospitals have consistently been leaders and partners to help build strong, healthy communities, now, hospitals are being called to defend their nonprofit status and increase their accountability and contributions to their communities.

Nebraska's hospitals improve the health of individuals and the quality of life of entire communities and regions, making the state a better place to live, work, learn and grow 24 hours per day, 7 days per week

Hospitals care for the sick and injured, regardless of their ability to pay or the net cost to the hospital. Beyond charity care, bad debt and unpaid costs of public programs (Medicaid and Medicare), Nebraska hospitals also support professional medical education, subsidized health services, medical research and more inside their walls. Beyond the brick and mortar, hospitals also provide community health improvement services, community building activities and cash and in-kind donations to local organizations.

These non-traditional community benefits — both on the hospital campus and beyond — improve individual and community health, increase access to care and enhance the quality of life in the community.

Nebraska hospitals also stimulate the state's economy by providing essential jobs throughout the state, contributing millions of dollars into the state's economy. They employ more than **42,600 Nebraskans**, resulting in more than **42,400 additional jobs** in the state being created due to hospitals buying goods and services from other local businesses.

Nebraska's hospitals are always there when needed – illness, injury, treatment, rehabilitation, education, wellness care, prenatal care and caring for patients and families at the end of life. Hospitals contribute significantly to the goal of improving the overall health of Nebraskans, while focusing on aiding the less fortunate. This is not done out of obligation, but out of a sense of mission and purpose.

The hospital and health care industry has continued to face mounting challenges and obstacles. Nebraska's hospitals and health systems have also faced challenges and disappointments, but they have celebrated successes.

Despite these adversities, Nebraska's hospitals consistently provide nationally-recognized, award-winning excellence in quality, patient care, patient satisfaction, state-of-the-art technology and Meaningful Use of information technicology to name just a few.

Hospitals are well versed on adapting and doing more with less, all the while focusing on providing better quality and better patient outcomes and experiences in the pursuit of more efficient, cost-effective care — and doing it with kindness and compassion.

Nebraska's hospitals and health systems remain committed to providing access to high-quality, affordable health care while innovatively transforming Nebraska into a center of excellence. The NHA remains committed to empowering you and other health care leaders with the knowledge, information and support that enables you to act boldly and decisively to benefit your patients, employees, communities and future generations.

# **Hospitals are economic engines**

Hospitals are economic engines, providing stability and growth in the state. In addition to their direct economic impact on our state's economy, the business and household needs of hospitals and their employees create a "multiplier" effect that supports thousands of additional jobs and billions in additional economic activity.

A strong health care sector improves quality of life and helps Nebraska attract and retain businesses and jobs. Major employers from other economic sectors will not locate nor stay in communities that lack strong health care.

Nebraska hospitals also inject billions into state and local economies. According to the AHA survey, Nebraska hospitals were directly responsible for nearly \$5.3 billion in hospital expenditures and more than \$2.5 billion in salaries and wages.

In addition to providing competitive wages and salaries, hospitals contribute to the tax base of communities through payroll and other taxes. The direct impact of hospitals as employers and purchasers is only part of the story. A strong health care network, in which hospitals play a key role, adds to the attractiveness of a community as a place to locate a business, settle or retire. Hospitals are needed to expand and attract business, keep young people and families in Nebraska and to ensure the future economic vitality of our state's communities.

Nebraska's hospitals are diverse, ranging from small, rural hospitals to large, teaching hospitals in urban areas. Every hospital in Nebraska is important to the economic viability of the communities they serve.

Nearly all of Nebraska's hospitals are nonprofit. In exchange for the benefits of nonprofit status, hospitals are required to fulfill a unique role in their communities, which consists of three parts:

- 1. Reinvesting the assets of the organization in a way that expands and improves access to health care for the community.
- 2. Investing their resources to educate and train health care professionals.
- 3. Providing care to the poor regardless of their ability to pay.

Nebraska's nonprofit hospitals shouldered \$1.27 billion

in efforts to improve the

in efforts to improve the health of all Nebraskans

Nebraska's hospitals serve as the safety net of the state's health care system, providing services regardless of an individual's ability or willingness to pay. In 2016, Nebraska's hospital incurred more than \$661 million in uncompensated care through unpaid costs of charity care, Medicaid and Medicare, and other public programs.

Coupled with their contributions to educating Nebraska's future health care workforce, research and community building and health education activities, Nebraska's hospitals shouldered more than \$1.27 billion of the state's efforts to improve the health of all Nebraskans.

### **Government-sponsored health care**

Hospitals receive reimbursement from the government that are less than the costs incurred by the hospital for providing medical care to Medicaid and Medicare patients. The shortfall is considered a community benefit because hospitals reduce the government's financial burden by covering the shortfall.

On average, Nebraska hospitals experience negative margins of 14 percent for Medicare and 17 percent for Medicaid with Disproportionate Share Hospital (DSH) payment, or 27 percent without DSH payment. DSH payment is an additional payment received by hospitals that have a disproportionately large number of low-income patients.

In many instances, Medicare and Medicaid payments are based on outdated information that does not accurately reflect the changing nature of health services, such as new equipment, new technologies and the rising cost of supplies. Despite the fact that Medicare and Medicaid do not pay hospitals enough to cover the cost incurred by the hospitals caring for patients, hospitals welcome Medicare and Medicaid patients, and provide the same quality care for all patients.

In 2016, Nebraska hospitals lost more than \$555 million because of undercompensated care for Medicaid, Medicare and other public programs.

# **About this report**

This report represents 60 voluntary responses from the Nebraska Hospital Association's 89 member hospitals, which represents 66 percent of the NHA's membership. The report represents only the results from participating Nebraska facilities — no extrapolation was made for hospitals that did not participate.

The information presented within this report provides just a sampling of the broad, substantial and enduring commitment hospitals make to their communities.

#### The NHA survey was designed to report community benefits in nine categories:

- 1. Benefits for low-income/public programs
- 2. Community benefits services
- 3. Health professions education
- 4. Subsidized health services
- 5. Research
- 6. Cash and in-kind donations
- 7. Community building activities
- 8. Community benefit operations
- 9. Other

In addition to the aforementioned categories, "bad debt" is also included in this report. Hospitals shoulder the burden of bad debt when patients are unwilling to pay their bills and decline to apply for charity care.

Businesses generally consider bad debt as a cost of doing business. However, hospitals face a challenge at the time of admission to identify those who need care, but (for whatever reason) cannot or will not pay for it. This tends to blur the line between bad debt and charity care. Hospitals differ from traditional businesses in that other businesses can refuse to provide a service or product. In contrast, hospitals serve as the safety net of Nebraska's health care system and provide services regardless of an individual's ability or willingness to pay.

To ensure report reliability and validity, standardized reporting guidelines were utilized by each member hospital. These guidelines were adapted, with permission, from the "Catholic Health Association's Community Benefit Reporting: Guidelines and Standard Definitions for the Community Benefit Inventory for Social Accountability," and included instructions aligning with IRS Form 990 and the accompanying Schedule H.

The data represents the aggregate results of the community benefits inventory for each reporting hospital's fiscal year 2016 activities. Nebraska's hospitals are committed to providing access and quality care to everyone. That is why nearly \$825 million was invested in 2016 to provide services for public programs, including Medicaid and Medicare, charity care, subsidized health services, health professionals education and research.

### **Bad debt**

Hospitals shoulder another burden known as bad debt when patients are unable or unwilling to pay their bills and decline to apply for charity care. In 2016, bad debt incurred by hospitals exceeded \$326 million. Hospitals serve as the safety net of the health care system and must provide many services regardless of an individual's ability or willingness to pay. In contrast, other industries can refuse to provide a service or product.

With rising numbers of uninsured, increases in health insurance premiums and greater use of plans with high deductibles and co-payments, bad debt is the fastest growing segment of uncompensated care for hospitals. Due to the uncertainty of many variables associated with the implementation of the Patient Protection and Affordable Care Act, the majority of Nebraska's hospitals have more than doubled their budgets for bad debt.

### **Charity care**

Charity care is free or discounted health and health-related services offered to individuals who cannot afford health care because they have inadequate resources and are either uninsured or underinsured. **Charity care is reported in terms of costs, not charges.** 

As the number of uninsured and underinsured grows, so does the need for charity care. Because of the high costs of health care and insurance, hospitals are bearing a significant portion of the financial burden imposed by this population — more than **\$107 million** in 2016 — and that amount continues to grow each year.

Recognizing this increasing need, Nebraska hospitals have established financial aid policies to assist patients who cannot afford hospital care.

# **Community benefits defined**

### **Health professions education**

Through medical instruction, internships, residencies, fellowships and allied health education programs, our state's hospitals are striving to ensure high quality care is accessible throughout Nebraska. Nebraska hospitals invested nearly **\$71 million** to educate current and future health care providers and help close the provider gap in rural areas of the state.

### **Subsidized health services**

Subsidized health services are necessary health services provided for the community, despite a financial loss to the hospitals. Many hospitals operate a 24-hour emergency room, 365 days per year, which is open to all individuals regardless of ability to pay. Other examples of subsidized services that qualify as community benefits include burn units, specialty services for women and children, trauma care, behavioral health services, palliative care, community clinics and neonatal intensive care units.

In 2016, Nebraska hospitals experienced a financial loss of nearly **\$83 million** to provide necessary health services to their communities.

### Research

Medical research is the cornerstone of advancements in the technology and practice of medicine and Nebraska hospitals are actively engaged in research studies and clinical trials in an effort to advance medical treatments, and improve outcomes for patients locally and around the world. In 2016, Nebraska hospitals committed nearly **\$10 million** to help contribute to research that will ultimately improve quality and care.

Nebraska hospitals also led efforts to promote healthy habits, such as hand washing and safe teen driving, and educated Nebraskans to prevent health hazards, such as poisoning and drug and alcohol use. From health fairs, back to school programs, immunizations, cancer awareness, job shadowing opportunities for students, grief and abuse support, community education on a variety of health related topics and more, Nebraska's hospitals are reaching out to all citizens of the community, actively engaging them to be cognizant of the health-related choices they make and how to prevent injury and illness in an effort to promote a happy, healthy, active lifestyle.

Nebraska's hospitals are a cornerstone of our state's economy and the communities they serve. A large portion of Nebraska's economic activity would not exist without hospitals. It is vitally important to have a financially sound health care system that efficiently provides accessible, comprehensive, high-quality health care services and promotes health and wellness to all Nebraskans.

The role Nebraska hospitals play in their communities and the state extend beyond the care provided inside the hospital. Communities also rely on hospitals to provide health and safety education, improve the health status of the communities they serve and make available free or low-cost services that will help residents address the root causes of health problems.

Hospitals also act as an economic engine in their communities by providing jobs for local residents, purchasing goods and services from area businesses and acting as a collaborative partner in economic development.

### **Community-building activities**

Community benefit activities are designed to address the root causes of health problems such as social, economic and environmental problems that contribute to poor health. The types of programs included in this category support workforce development, training programs and occupational therapy services to provide employment and leadership skills training, job shadowing for students interested in health careers, and economic development support to help revitalize low-income areas and businesses.

Nearly **\$3 million** in community-building activities was provided by Nebraska's hospitals in 2016.

### **Community health improvement services**

Hospitals provide services and activities designed to improve the community's health. These services and activities extend above and beyond routine patient care, including participating in health fairs, free and reduced-cost health screenings, support groups for patients and families and education on various health topics to the community at large. This category also includes outreach efforts to improve access to care for vulnerable populations.

Nebraska hospitals contributed nearly **\$21 million** toward community health improvement services in 2016.

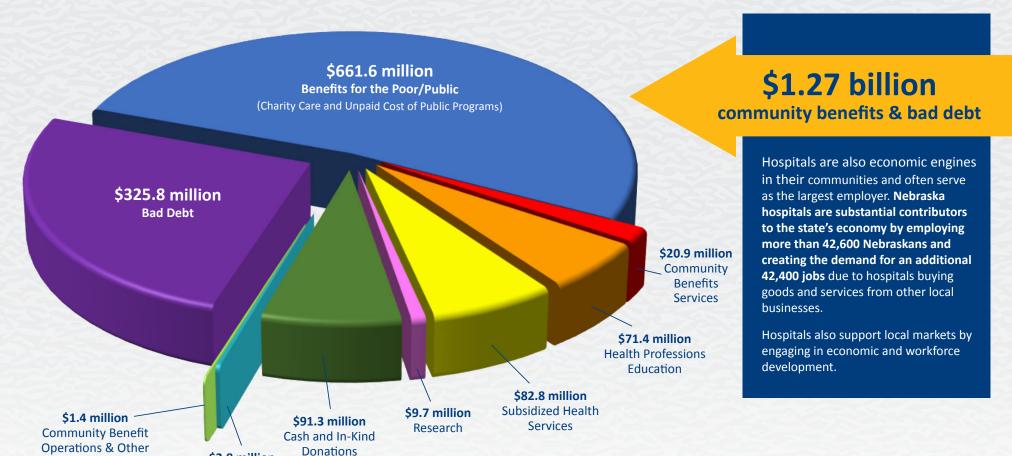
## **Community benefits provided by Nebraska hospitals in 2016**

Every year the Nebraska Hospital Association conducts a survey of its member hospitals to measure the amount of community benefits that have been provided statewide. However, what do the numbers really mean? The fact is that the impact of the community benefits that are provided by Nebraska's hospitals goes far beyond the numbers. The true impact of these programs is personal and positively impacts the lives of individuals across the state.

Nebraska's hospitals serve as the safety net in each of their communities and strive to improve the health and wellness of their patients.

**In 2016, Nebraska hospitals contributed nearly \$1.27 billion** (\$326 million of that in bad debt) to support programs that benefited their communities.

These programs included providing free care to individuals that were unable to pay, absorbing the unpaid costs of public programs such as Medicare and Medicaid, offering community education and outreach, providing scholarships and residencies for health professionals, subsidizing health services that are reimbursed at amounts below the cost of providing the care, conducting research, and incurring bad debt from individuals that choose not to pay their bills.



\$2.8 million
Community Building
Activities

### **PROGRAMS & SERVICES**

FY 2016 net community benefit

•	ommunity benefit
Benefits for the poor/public programs	\$ 661,631,951
Traditional charity care	107,049,816
Unpaid cost of public programs:	
Medicare	
Medicaid	, ,
Other public programs	
Community benefits services  Community health education and outreach	
Community-based clinical services	
Health care support services	
• •	
Health professions education	
Scholarships/funding for health professions	
Residencies and internships	67,553,678
Other	1,199,104
Subsidized health services	\$ 82,751,115
Emergency and trauma care	5,162,329
Neonatal intensive care	81,877
Community clinics	1,656,429
Hospital outpatient services	28,262,933
Women's and children's services	374,358
Subsidized continuing care	1,027,646
Behavioral health services	3,958,755
Palliative care	0
Other subsidized health services	42,226,788
Research	\$ 9,713,281
Cash and in-kind donations	
Community building activities	
Physical improvements and housing	
Economic development	•
Community support	
Environmental improvements	•
Leadership development/training	
Coalition building	
Advocacy for community issues	38,288
Workforce development	1,982,334
Community benefit operations	1,109,384
Other	331,254

TOTAL COMMUNITY BENEFITS ......\$ 941,972,537

BAD DEBT ...... \$ 325,776,454

## Charity Care & Upaid Cost of Public Programs

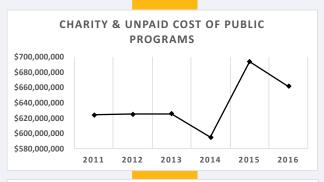
Charity care is free or discounted health services provided to persons who cannot afford to pay and who meet the organization's financial assistance policy criteria. Charity care is reported in terms of costs, not charges.

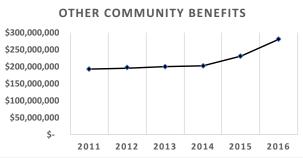
#### **Other Community Benefits**

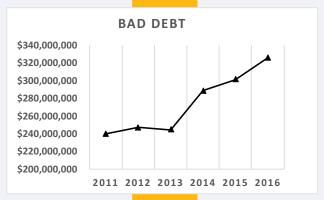
Community benefits are programs or activities that provide treatment and/or promote health and healing as a response to identified community needs.

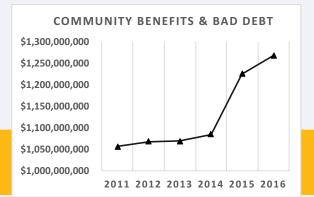
#### **Bad Debt**

Bad debt is uncollectible charges, excluding contractual adjustments, arising from the failure to pay by patients whose health care has not been classified as charity care.









## **Medicare cuts**

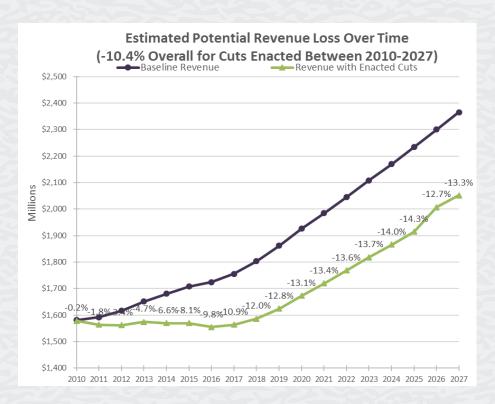
Cuts Enacted (2010-2027): Legislative	
ACA Marketbasket Cuts	(\$1,627,736,400)
Sequestration	(\$463,942,900)
Medicare DSH Cuts	(\$317,164,900)
ATRA Coding	(\$166,453,200)
PAMA CLFS Adjustment	(\$36,347,300)
Bad Debt at 65%	(\$9,508,100)
MACRA Post Acute MB Cut	(\$5,223,000)
Total Legislative Cuts	(\$2,626,375,800)
Cuts Enacted (2010-2027): Regulatory	
Coding Cuts	(\$803,336,600)
LTCH SN Adjustment	(\$118,732,900)
340B Reduction	\$47,433,600
Total Regulatory Cuts	(\$874,635,900)
Quality Based Payment Reform (2010-2027)	
Quality	(\$45,570,400)
Total Cuts Enacted	(\$3,546,582,100)

From 2018 to 2027, Nebraska hospitals could face the potential for more than \$3.4 billion in additional cuts in Medicare reimbursement that are being considered by Congress and CMS.

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Cuts Under Consideration (2018-2027)		
Rural Cuts (CAH & SCH)	(\$3,072,951,800)	
Outpatient Department Payment Cuts	(\$56,376,700)	
IME/DGME based on National Pool	(\$187,021,525)	
Post Acute Cuts	(\$47,867,600)	
Bad Debt Elimination	(\$43,820,700)	
Extention of 2% Sequestration (2026-2027)	(\$88,348,000)	
<b>Total Cuts Under Consideration</b>	(\$3,496,386,325)	
Repeal of National Rural Floor BN	\$42,988,200	
Total	(\$3,453,398,125)	

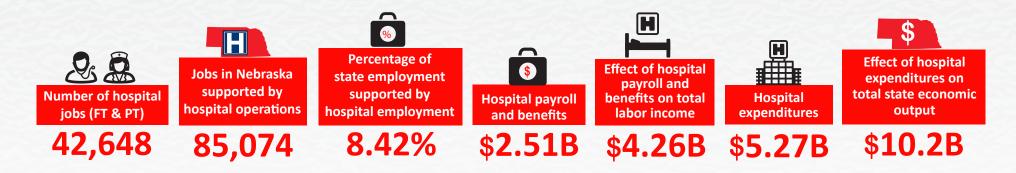
While hospitals provided \$1.27 billion in community benefits included bad debt during 2016, it wasn't easy. Since the inception of the Affordable Care Act (ACA) in 2010, Nebraska hospitals have experienced significant reimbursement reductions at the Federal level.

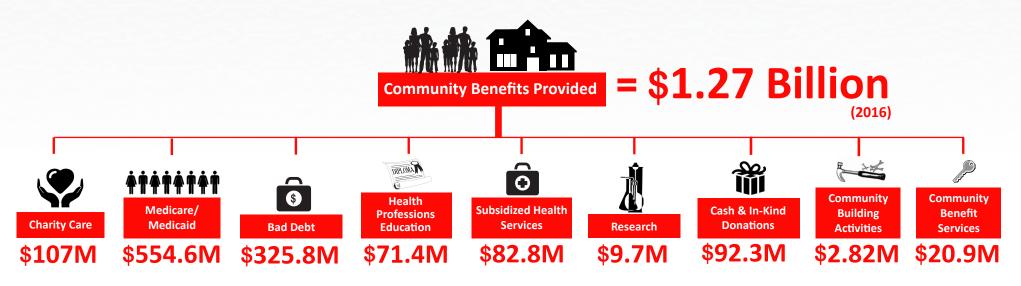
From 2010 through 2027, Nebraska hospitals will incur over \$3.5 billion in cuts to Medicare payments.



# **Stimulating the economy**

The contribution of Nebraska hospitals to their communities extends far beyond their role as cornerstones of health care. They are economic engines, providing stability and growth in the state—even when the economic recession is affecting their own financial stability.





Source: 2016 NHA Community Benefit Survey

Source: AHA analysis using BEA RIMS-II (2007/2015) multipliers for hospital NAICS Code 622000, released Dec. 2016, applied to American Hospital Association Annual Survey data for 2015. Hospital jobs are total part-time and full-time jobs. Hospital labor income is defined as payroll plus benefits. The percent of total employment supported by direct and indirect hospital employment is based on 2016 BLS data. Employees on non-farm payrolls by state and selected industry sector, not seasonally adjusted.

\*Multipliers released in 2010 and subsequent years no longer include the national level multipliers needed for the U.S. summary row. BEA RIMS-II (1997/2006) multipliers released in 2008 and applied to 2015 AHA annual survey data were used instead.

# **Brodstone Memorial Hospital - Superior**



# Weight Loss Success with Smart Moves Class

Smart Moves is an evidence-based program that teaches participants ways to eat healthier, exercise and make a lifestyle change to prevent diabetes. One in three people have pre-diabetes and many don't know it. A weight loss of 5 to 7 percent greatly reduces the risk of diabetes.

Brodstone Memorial held its first class in 2016 with 25 hospital employees participating. Sixty percent lost their goal of 5-7 percent weight reduction, with 2/3 of those meeting a 10 percent weight loss or more. Two classes were held in 2017 with a total of 34 participants. Nearly 50 percent met or exceeded their goal of the 5-7 percent weight loss with most of the remaining participants showing significant success as they were close to their goal. The 2018 class also has two sessions with a total 33 participants. This class teaches a lifestyle change so participants may maintain or continue to lose weight.

Why does Smart Moves work? Two local people were trained as Smart Moves coaches. The class meets weekly for the first 16 weeks, and then continues for a total of 26 sessions. Private weighins are conducted, however personal weight loss is not discussed. Topics of discussion include sleep, humor, stress and recipe sharing. Proper footwear when exercising, what to do when you have a slip up and how to get back on track are also discussed. Participants are encouraged to increase physical activity, eat smaller portions and make just a few changes to decrease the number of fat grams in their diet. Having the support of others is also very beneficial. A private Facebook group was organized, where tips and recipes continue to be shared.



Brodstone's Smart Moves program recently received CDC recognition and is working toward a Medicare and private insurance reimbursement. There is a cost for this class. Other organizations have charged as much as \$455 for this program. Brodstone Memorial Hospital has chosen to support this process and has held the cost for each participant to \$150 a year.

"This class has definitely opened my eyes," said Lorri, a participant in this year's class. "It certainly makes you focus on your health. My biggest thought is that I realized what a fine line there is between being healthy and unhealthy." Lorri cautioned, "It is definitely not an instant change. The participant has to buy into the fact they are ready to get healthy. The lifestyle coach gives us the tools, but the individual must decide how to use them. You have to be ready for some change in order to succeed. We have to take care of ourselves. No one can do it for us."

Others have also been very supportive of the class, by reporting, "I realized how much exercise made me feel better." "I was amazed how just portion control makes a difference." "I like getting creative with food and learning about the different varieties of fruits and vegetables."

# **Great Plains Health - North Platte**





Flying to the Rescue

All eyes were on the sky on the last day of September when the Great Plains Health LifeNet helicopter made a special appearance at the annual Kids' Discover event at Mid-Plains Community College South Campus.

"There is a real sense of excitement on the ground when the helicopter lands and takes off, and as the crew, we love being part of that," says Kellie Mahanes RN, flight crew nurse.

Since 2014, the Great Plains Health LifeNet air ambulance program, which includes the Eurocopter 135 twin-engine helicopter and a fixed-wing airplane, has been instrumental in transporting critically ill patients between Great Plains Health and other hospitals, as well as responding to scenes of emergency. Both serve an approximately 250-mile radius of North Platte and have flown 350 missions since January 2017.

Public appearances like the one at Kids' Discover are part of the job for the flight crews, who take special pride in their work. "We are typically managing an emergency situation, so special events like these are great opportunities for our neighbors and friends to see us in a non-emergent situation, and for us to share how we are able to bring great care even to people in the more remote parts of our service area," says Mahanes.

Once the helicopter landed at the Kids' Discover event, it didn't take long for families to gather to talk to the crew and look inside the specially designed interior.

"Both the helicopter and airplane are equipped like ICUs for intensive care and life support, and are staffed by a pilot, nurse and flight medic," explains Ryan Penrose, business development manager for Air Methods, which owns and operates LifeNet air ambulance for Great Plains Health. "The comment we get often at events like these is that people can't believe how tight the interior is."

The other most frequently asked questions are about what it's like to be a flight nurse, medic or pilot.

"We are always cognizant that the kids we talk to at events like Kids' Discover could be future emergency responders," says Penrose. "It's exciting to share our passion and excitement with them." "We really enjoy coming to events like these," says Teresa Farnsworth, area manager for Air Methods. "Great Plains Health is a terrific partner for us. They believe in the power of community engagement and support in every way possible, just as we do."



#### The LifeNet Air Ambulance Program

- + Featuring the Eurocopter 135 twin-engine
- + Serving a 250-mile radius of North Platte
- + Completed 350 missions since January 2017

# **Boone County Health Center - Albion**



### **Know Your Numbers**

Healthy middle-aged men don't usually have their PSA levels checked. Women who feel well don't bother getting tested for diabetes. These screenings and others are expensive and inconvenient.



However, catching problems early can save a life and greatly improve long-term health outcomes. For that reason, Boone County Health Center developed a community outreach program called "Know Your Numbers."

For three days each fall, with one simple blood draw, patients get \$500 worth of screenings for just \$50. Tests include diabetes, lipids, kidney function, liver, anemia, infection, thyroid, iron (for women) and prostate (for men).

The process is quick and simple for patients. No appointment is necessary and no insurance is submitted. Results are available in the Patient Portal within 72 hours or mailed within 10 days. If outside the normal range, patients are encourage to make an appointment with their primary care provider for further recommendations.

Primary care providers love the benefits Know Your Numbers brings their patients. They encourage attendance starting at age 20 and repeating every five years if results are normal. Over the years, many patients have been screened who wouldn't have been otherwise, and many local employers offer Know Your Numbers as one of their employee benefits.

In 2019, Know Your Numbers will celebrate its 10<sup>th</sup> Anniversary. In those 10 years, more than 6,500 people have been screened and many have experienced the health benefits of early detection and treatment.

# **Ogallala Community Hospital - Ogallala**



### **Stepping On & Stepping Up**

Banner Health's mission is making health care easier, so life can be better.

Banner Health Ogallala Community Hospital offers the "Stepping On Program," which is injury prevention for 65 and older that have fallen or have a fear of falling. The focus is on balance, strength, moving safely, home hazards, advance exercise, vision and falls, community safety, footwear, medication management, bone health, sleep, getting out and about, weather and uneven ground. Also provided is a home visit, a three-month follow-up and a reunion of class participants.



Ogallala also provides Head Start physicals, Boy Scout physicals, children's education, senior education, lobby lectures, supports the food pantry, holds a Lose 4 Life Weight Loss Class, Grief Support Group and Prenatal Classes. We are also a blood drive location, serve food at the Senior Center, and provide rehab and provider staff for sidelines at high school games, as well as youth sports camp. We also have a variety of staff on various groups, committees and boards.



Nebraska Medicaid cuts have had a significant impact on people in our community. Banner Health offers a basic financial assistance, enhanced financial assistance and presumptive discounts to bring costs down for patients with income restraints.

One example is a patient who was in a serious auto accident could not work for more than a year. Disability is a long process and we were able to offer financial assistance with his bill.

OCH's Patient Advocacy department that was able to help two patients who could not afford their very expensive infusion medications. They provided them assistance to work with drug companies to allow them patients to receive the treatments they needed.

Examples of cost reduction and/or quality improvement initiatives that have been or will soon be implemented.

- Initiatives include medication reconciliation, ortho total joints, CLABSI, CAUTI, SSI, hand hygiene, transmission-based precautions, C-diff testing, TST tool for hand hygiene, education and process improvement for EVS staff.
- Implemented a Cognitive Aid Manual in each OR to assist staff with any unexpected outcomes.
- Patient advocate for billing questions.
- System-wide supply savings initiative to reduce costs for patients.

# **St. Francis Memorial Hospital - West Point**



important role in fulfilling the mission of Franciscan Care Services.

# Working as a Team: Volunteers at Franciscan Care Services

Volunteers play a very important role in fulfilling the mission of Franciscan Care Services (FCS). They generously share of their time, talents and treasures, as together with the staff at FCS, they respond to the needs of the local community.

At St. Joseph's Retirement Community, 15 volunteer receptionists spent over 1,410 hours in 2016 welcoming visitors, answering phones, passing mail and serving as an information resource. There were also eight volunteers who spent 2,012 hours helping with activities for residents, including bingo, sewing, birthday parties, Happy Hour, resident sewing and a gift shop.

In addition at St. Joseph's Retirement Community, a group of 11 Ambassadors help with the annual resident/family picnic, operate a gift shop and organize other fundraising events. In 2016, their recorded time was over 1,414 hours and their talent resulted in a contributed treasure of \$11,545.60. They provided funds for refurbishing the pond at the front entrance.

At St. Francis Memorial Hospital, organized volunteers serve in the departments of Patient Care, Outpatient Services, Surgery and Pastoral Care, Archives and involved in Patient Family Engagement committees and meetings. In these areas, 22 persons spent over 1,371 hours in service at the hospital. Many volunteers recruited spouses, friends and family that equal over 200 hours.

St. Francis Memorial Hospice has 25 volunteers who do patient visits, providing over 197.45 hours of service in 2016. Eight volunteers serve on a Hospice Advisory Board, giving over 19 hours of their time. A local pharmacist is a member of a Hospice Interdisciplinary Team providing 21 hours of service.

St. Francis Memorial Hospital Auxiliary consists of 105 members who give of their time and talent to provide financial support to the hospital. Their activities include luncheons, raffles and operation of a gift shop. In 2016, they contributed over 1,438 hours of service and \$10,000 for a Gene X-pert Molecular tester.

St. Joseph's Retirement Community has 19 Foundation board members and St. Francis Memorial Hospital has 19 Foundation boards on which area community members serve. The financial contribution of the St. Joseph's Retirement Community Foundation Board for charity care in 2016 was \$60,000 to help defray the cost of charity care. They also volunteered 103.5 hours of time. The financial contribution of the Foundation board to education of 27 employees and scholarships for young people of the surrounding area in 2016 was \$55,434. The board raised \$59,062.18 toward the purchase of a Shimadzu Radspeed x-ray system. They also provided 114 volunteer hours. Franciscan Care Services, Inc. board of directors volunteered 154 hours.

# **Jefferson Community Health & Life - Fairbury**



### **Assisting Students on the Path to Health Care Careers**

Jefferson Community Health & Life (JCH&L) works with Southeast Community College (SCC) in Beatrice as a site for LPN practical nursing training. An estimated 60 students learned in our facility in 2016. Nursing students utilize meeting room space at JCH&L, as well as take part in clinical practice. Medical students come regularly for rural rotations to learn from local physicians. JCH&L provides an apartment for the medical students to stay in during their time in Fairbury, and also provides them use of our wellness center during their stay. Five medical students utilized our facility in 2016.

JCH&L offers the Lillian Hansen Reesman RN Memorial Nurses Scholarship Fund. Scholarships are offered from this fund established in 1980. Only interest is used from this \$10,000 perpetual fund donated by the Reesman family to provide nursing scholarships. Scholarships are provided as interest funds are available.

One \$500 scholarship was awarded in fiscal 2016. The JCH&L auxiliary provides a scholarship for students pursuing an education in the medical field. The \$400 scholarship is given from the auxiliary's funds, and the number of scholarships given each year is based on the auxiliary's funding availability and the number of requests.

JCH&L hosts job shadowing for students through Fairbury High School's anatomy and physiology class, through the Southeast Community College-Fairbury High School Career Academy program and for interested individuals. This year, shadowing opportunities were also arranged for students as a part of the SCC Career Academy and other individuals who were interested. A total of 36 students participated in shadowing opportunities.

Videoconferencing capabilities are also offered, including possible programs for professionals in the community. A total of 71 educational and administrative programs were offered, including a number of opportunities for staff education, meetings and clinical visits.

# **Bryan Medical Center - Lincoln**





# Bryan and Local Businesses Partner to Prevent Type 2 Diabetes

At a routine doctor's visit last fall, Rich Soukup of Valparaiso got alarming news, he was at high risk for type 2 diabetes, with its frightening possible consequences of stroke, heart disease, kidney disease, blindness and amputation.

In short, his blood sugar levels were too high, so he was what his doctor called "pre-diabetic."

That's where Bryan's Diabetes Prevention Program and Rich's employer, Kawasaki Motors Manufacturing, stepped up to help.

Last fall, he took classes at Kawasaki through Bryan's program. Rich was encouraged to lose weight and improve his nutrition and overall fitness so the pre-diabetes might go away, and he might not get type 2 diabetes.

"Now that was a relief," says Rich, "but it meant making big changes to eat a healthier diet and somehow fit a lot more exercise into my life." "Type 2 diabetes can be a huge workforce issue. We've already partnered with eight local businesses to decrease their employees' risk," explains certified diabetes educator Kathy Helmink, RN, of the Bryan Diabetes Center.

"Diabetes is a serious chronic illness costing employers about \$69 billion every year in medical expenses and lost productivity. Research shows that people with diabetes have about twice the medical expenses of those without the disease, and that it's much cheaper to prevent diabetes than treat its consequences."

Kawasaki partnered with Bryan in 2016 to assist employees like Rich. Kawasaki wellness coordinator Luke Gifford says, "Kawasaki has a long-term commitment to employee wellness, with on-site fitness facilities, inhouse smoking cessation and weight management programs and now, the diabetes prevention partnership with Bryan.

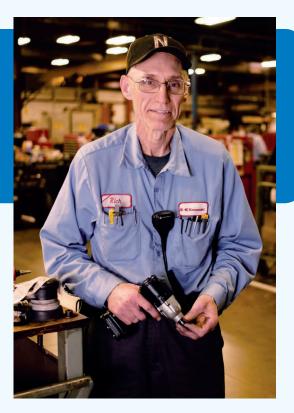
"When I joined Kawasaki in 2016, 10 percent of our workforce in Lincoln had type 2 diabetes, and nearly 50 percent were pre-diabetic," says Luke. "So helping those people not develop diabetes was a top-priority focus."

Diabetes is a serious chronic illness costing employers about \$69 billion every year in medical expenses and lost productivity.

Kathy shares more about Bryan's partnership with businesses to prevent diabetes type 2. "One in three American adults has pre-diabetes, but the great majority of those people don't know it. Without intervention, 15-30 percent of them will develop diabetes within five years.

"In our year-long Diabetes Prevention classes, people learn healthy cooking techniques using many of their favorite recipes and foods, and how to deal with problems like stress that can lead to overeating. We also talk about how people can fit regular exercise into their lives, which can be no small challenge," she says. "A great thing about the class environment is that people really support one another in what they're doing to improve their health.

"Bryan Medical Center is the only place in Lincoln offering the National Diabetes Prevention Program, which was created by the U.S. Centers of Disease Control and Prevention in 2011," she adds. "It's based on medical research showing that lifestyle changes are the most effective way for people with prediabetes to keep from progressing to type 2 diabetes.



Less than a year after enrolling in the Bryan Diabetes Program, Kawasaki employee Rich Soukup lost nearly 40 pounds, got his blood sugar levels back to normal and improved his health so that his risk for developing type 2 diabetes was greatly reduced.

"And we know the NDPP helps prevent or delay type 2 diabetes, because people who participate in the program cut their diabetes risk by half."

Rich is one of those success stories — eight months after starting Bryan's Diabetes Prevention classes, he's lost nearly 40 pounds, exercises at least three times a week, and his blood sugar levels are back to normal. "I would tell anyone thinking about joining the Diabetes Prevention classes that they are well worth the time," Rich says. "You get all kinds of information about foods that are good for you and find there are lots of people out there going through the same experience you are."

"I really applaud Kawasaki Motors for investing in employee wellness and continuing to push the envelope of wellness programming," says Kathy. "And at Bryan, we're very happy to be a part of that."

Bryan provides Diabetes Prevention classes onsite at corporate locations and at Bryan East Campus, Bryan West Campus and Bryan LifePointe Campus.

# **Boys Town National Research Hospital - Omaha**



### A Team Approach to Life-Changing Care: Boys Town Craniofacial and Cleft Lip/Palate Clinic

There is a life-changing transformation after the first surgery for a child with a cleft lip, but at Boys Town National Research Hospital, surgery is only the beginning of the comprehensive care surrounding patient families.

Kari and Scott College are the parents of Noah and Eli, who were adopted from China. Both boys were born with similar cleft lip and palate conditions, but on opposite sides. Kari and Scott share the playful idea that their boys balance each other out with their clefts and believe that their similar experiences have added to their special brotherhood bond.

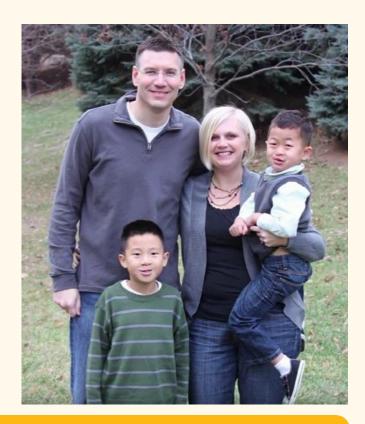
"We were referred to Boys Town National Research Hospital for craniofacial," said Scott. "At first we didn't know what to think. What does this mean for our family? Now we know it means everything."

The accredited interdisciplinary craniofacial and cleft lip/palate team follows about 500 children from infancy to adulthood, as many craniofacial conditions require attention over time for changing issues related to growth and development. From the initial visit, each family is surrounded by a team of physicians and specialists who provide medical, clinical and educational services and family support.

"As an interdisciplinary team, it's our obligation to find the very best providers we can for our patients, and I think we've done that," said Edward Kolb, M.D., Chief Medical Officer and Vice President of Operations at Boys Town Hospital. "Our ear, nose and throat (ENT) surgeons and audiologists apply cutting-edge technology and forward-thinking ways of approaching ear abnormalities and the hearing loss that frequently accompanies craniofacial and cleft lip and palate. We also have a developmental pediatrician who only cares for kids who have developmental challenges."

To get good care, a child with these problems needs to see a number of different medical specialists. At Boys Town Hospital, patients have a team who collectively come up with a plan tailored to the patient's individual needs.

In addition to the ENT surgeons, audiologists and developmental pediatrician, the comprehensive team includes speech-language pathologists, pediatric ophthalmologists and a genetic counselor from Boys Town Hospital, in collaboration with a fellowship-trained pediatric plastic surgeon and an oral and maxillofacial surgeon from the University of Nebraska Medical Center and an orthodontist and a pediatric dentist from Creighton University.



"We support the whole child, and I think that's part of what gives families hope for the future."

The craniofacial clinic also provides a convenience for families to see all these providers in one morning, at one location. "They definitely walked us through a step at a time, what was going to happen and what was going to happen in the future," said Scott. "They don't just stop after the surgery and say, 'You're done and you can recover on your own.' You have follow-up appointments, and they call and make sure everything is okay."

The College boys have received speech-language services at Boys Town Hospital for more than five years. "Eli is in school, and the kids don't realize he has experienced these surgeries and what he has gone through," said Scott. "I listen to other kids in his class and sometimes I'm like, 'Oh, he sometimes has better speech than they do.' His speech has come so far."

The Boys Town Craniofacial and Cleft Lip/Palate Clinic cares for pediatric patients in the Midwest, and may soon have an international impact due to following more internationally adopted children, like Eli and Noah. "The craniofacial clinic is a great example of community collaboration," said Kolb. "It's not about where the patient is seen or who sends a bill; it's about where the patient can get the best care."

"We went from a period where you wonder, are they going to be able to speak? Are they going to be able to develop language?" said Scott. "And now they have no problem speaking. There is plenty of speaking going on in the house. It's amazing where we have come in the last five years." In addition to cleft lip and palate services, the clinic provides comprehensive care and treatment for children with nasal speech caused by velopharyngeal insufficiency, genetic syndromes, facial asymmetry and ear deformities with or without hearing loss.

The craniofacial team exemplifies the mission of Boys Town, which is changing the way America cares for kids. "We keep our goal focused on the child," said Kolb. "From aesthetics to function, including good hearing and good speech that leads to good school performance. We support the whole child, and I think that's part of what gives families hope for the future."

## **CHI Health**



### *Imagine better health.*<sup>™</sup>

The Mission of Catholic Health Initiatives (CHI) is to nurture the healing ministry of the Church, supported by education and research. Fidelity to the Gospel urges us to emphasize human dignity and social justice as we create healthier communities.

CHI Health invested \$146 million in Community Benefit programs and financial assistance in FY16. This reflects our commitment, as a Community Benefit Organization, to care for vulnerable and underserved populations and to meet the needs of the communities we serve throughout Nebraska and southwest Iowa.

#### **Creighton University Medical Center-Bergan Mercy - Omaha**

In 2016, a Safe Sleep/Safe Ride program in partnership with OneWorld Community Health Center was launched. With CHI Health funding and OneWorld staff and leadership, the program serves pregnant women receiving care at OneWorld who do not have the financial resources to secure a car seat and/or safe sleep equipment. Women who attend an education course that includes safe sleep practices, appropriate car safety seat use and breastfeeding education, receive the safety equipment before they give birth so they are able to bring their newborn home from the hospital safely. The initial pilot will serve approximately 200 women in 2016-2017.

### **Good Samaritan - Kearney**

In partnership with the community, implemented the Second Step social/emotional learning curriculum in five of the nine schools systems and three community-based preschools in Buffalo County. The Second Step curriculum helps students manage their emotions and behavior to reduce physical violence and electronic bullying. Additional support also expanded opportunities for peer-mentoring and partnership with the Friends Program to engage students who are struggling and give them the support they need to succeed. Photo Voice, a photography project, also serves at-risk middle and high school students by using photography to help them better relate to each other and the community.

#### **Immanuel - Omaha**

Supported the Integrated School-Based Mental Health Program (ISBMHP). Through CHI Health's Behavioral Health Service Line, ISBMHP improves access to mental health services for students in elementary and middle schools in low-income neighborhoods. Three part-time and one full-time licensed independent mental health practitioners (LIMHP) work in six schools across the Omaha metro to provide services to students and train school staff to better support their students facing behavioral and mental health challenges. ISBMHP staff members educate school personnel on referring students to the program, supporting students in crisis and helping teachers develop intervention techniques to support the overall success of the student. The LIMHP provides one-on-one tailored therapy, using technology and other evidence-based strategies to help students develop coping skills, improve the ability to focus, listen, and sleep, and decrease anxiety, fatigue, depression and anger.

#### Lakeside - Omaha

Partnered with and provided funding to Project Extra Mile. This partnership launched a pilot to integrate an evidence-based screening process (SBIRT) used to identify, reduce and prevent problematic use, abuse and dependence on alcohol and illegal drugs into electronic medical records systems. This integration helped clinic-based staff to better address needs before a patient requires acute care in an emergency room. SBIRT was piloted and evaluated by the CHI Health Clinic team at a location that serves 8,800 patients, and following successful implementation, the team plans expansion to 13 other clinic locations.

### **Midlands - Papillion**

Provided staff and funding for two nurses serving six faith-based schools. The schools (Cornerstone Christian School, Gross Catholic High School, St. Bernadette, St. Columbkille, St. Mary's and St. Matthew's) serve more than 1,850 students in the Omaha area. Nursing staff conduct important health screenings and immunization tracking to ensure accurate management of health-related documents for the student body. The nursing staff also leads health and wellness initiatives for the school such as 5-4-3-2-1 Go!©, Healthy Families, seat belt safety and coordination for safety programs such as the DARE program. The nurses also promote dental health and provide referrals to other services to address mental health issues.

## **CHI Health**

#### Nebraska Heart - Lincoln

Trained 16 individuals in the lifesaving skills of CPR. This training is designed specifically for the layperson rescuer for occupational safety purposes, providing child or foster care and those who are simply bystanders at a public event. Nebraska Heart educated residents on how to alert dispatchers using their mobile phones, with the ultimate goal of having immediate CPR given to all victims of cardiac arrest. Nebraska Heart also offered a Women's Heart Program, providing a comprehensive cardiovascular evaluation, risk-factor assessment, exercise prescription, dietary evaluation and consultation, and educational seminars/workshops.

#### **Plainview**

Hosted a lab fair, at a subsidized price, for lab work and screenings for those in the community and across Pierce County. In FY16, more than 300 individuals attended. The results from the health screen Panel and PSA test performed are used for early disease detection and referral to necessary care. Participants are encouraged to discuss the results with their primary care physicians.

#### **Schuyler**

Provided middle and high school counseling services. Providing greater access to behavioral services within the local was identified due to the number of children involved in or close to crisis events. Through collaboration with CHI Health Schuyler, Region 4, East Central District Health Department and Schuyler Community Schools, CHI Health Schuyler provided funding to implement counseling in both the middle school and high school one day a week to provide students access to behavioral health services in a familiar environment.

#### St. Elizabeth - Lincoln

Provided financial support and volunteer physician time to host a clinic twice a month. In 2015-2016, "Clinic with a Heart" served more than 4,000 uninsured and underinsured patients by providing free medical, dental, vision, physical therapy, mental health, and hearing services. St. Elizabeth funding also supports the clinic's key services such as helping patients find permanent health care homes. Funding and staff time also supported the launch of a monthly health care clinic at CenterPointe, a clinic providing residential and outpatient mental and substance abuse treatment, rehabilitation, case management and housing programs to support a lifelong journey of recovery.

#### St. Francis - Grand Island

Provided funding and support in the development and sustainability of Third City Community Clinic. The clinic serves more than 3,300 uninsured and underinsured patients. Community Health Workers (CHWs) are available at Third City Community Clinic to better serve patients and coordinate their care. In addition, the CHWs provided eight families with an eight-week BodyWorks program, which is designed to help parents and caregivers of teens and preteens aged 9-14 years to improve family eating habits, goal setting, meal planning, shopping, portion size and physical activity.

#### St. Mary's - Nebraska City

Partnered with the local health department to offer Growing Great Kids. This an in-home visitation program for low-income and at-risk families in the five-county health district. The program, serving 25 to 30 families at a time, helps ensure healthy arrival and proper development of a new baby. Parents receive a visit once-a-week from a qualified nurse or social worker to help parents prepare for the birth of their child, initiate breastfeeding and help the child meet important developmental milestones as they grow through age three.

## **Participating member hospitals**

Avera St. Anthony's Hospital, O'Neill

Beatrice Community Hospital & Health Center, Beatrice

Boone County Health Center, Albion

Box Butte General Hospital Alliance

Boys Town National Research Hospital, Omaha

Brodstone Memorial Hospital, Superior

Bryan Medical Center, Lincoln

Butler County Health Care Center, David City

Callaway District Hospital, Callaway

Chadron Community Hospital & Health Services, Chadron

Chase County Community Hospital, Imperial

CHI Health Creighton University Medical Center - Bergan Mercy, Omaha

CHI Health Creighton University Medical Center, Omaha

CHI Health Good Samaritan, Kearney

CHI Health Immanuel, Omaha

CHI Health Lakeside, Omaha

CHI Health Midlands, Papillion

CHI Health Nebraska Heart, Lincoln

CHI Health Plainview, Plainview

CHI Health Schuyler, Schuyler

CHI Health St. Elizabeth, Lincoln

CHI Health St. Francis, Grand Island

CHI Health St. Mary's, Nebraska City

Children's Hospital & Medical Center, Omaha

Columbus Community Hospital, Columbus

Community Hospital, McCook

Community Medical Center, Falls City

Community Memorial Hospital, Syracuse

Cozad Community Hospital, Cozad

Crete Area Medical Center, Crete

Faith Regional Health Services, Norfolk

Fillmore County Hospital, Geneva

Fremont Health, Fremont

Great Plains Health, North Platte

Harlan County Health System, Alma

Henderson Health Care, Henderson

Howard County Medical Center, St. Paul

Jefferson Community Health & Life, Fairbury

Johnson County Hospital, Tecumseh

Kearney County Health Services, Minden

Madonna Rehabilitation Hospitals, Lincoln

Madonna Rehabilitation Hospitals, Omaha

Memorial Community Health, Aurora

Memorial Health Care Systems, Seward

Nebraska Medicine - Bellevue, Bellevue

Nebraska Medicine, Omaha

Nebraska Methodist Hospital, Omaha

Nemaha County Hospital, Auburn

Niobrara Valley Hospital, Lynch

Ogallala Community Hospital, Ogallala

Osmond General Hospital, Osmond

Pawnee County Memorial Hospital, Pawnee City

Phelps Memorial Health Center, Holdrege

Providence Medical Center, Wayne

Regional West Health Services, Scottsbluff

Rock County Hospital, Bassett

St. Francis Memorial Hospital, West Point

Thayer County Health Services, Hebron

Tri Valley Health System, Cambridge

Valley County Health System, Ord

West Holt Medical Services, Atkinson

York General, York

# The influential voice of Nebraska's hospitals



The influential voice of Nebraska's hospitals

#### **HISTORY**

The Nebraska Hospital Association (NHA) is a statewide health care trade association representing Nebraska's hospitals and health systems. The NHA was organized in 1927 as a result of an informal meeting called by Miss Homer Harris, superintendent of Clarkson, to discuss pending legislation which affected hospitals in the state of Nebraska. At that meeting, the NHA founded and appointed its first board of directors. Rev. Emil G. Chinlund of Immanuel was named president; Miss Blanche Fuller of Methodist was named vice president; Miss Ida Isaacson of Evangelical Covenant was named secretary; and Miss Homer Harris was named treasurer.

Since that time, the NHA has been representing and supporting the needs of Nebraska's rural and urban hospitals and health systems. The NHA supports and encourages its members in developing various health care delivery systems geared toward improving the health and well-being of each community.

The NHA is governed by a 19-member board of directors that works closely with its membership to provide them with state and federal legislative advocacy, health care trend and regulatory information, educational programming, communication, data reports and special services. Members rely on the NHA for information, education, advice and collaborative leadership to advance Nebraska hospitals' ability to provide exceptional health care.

Hospitals are the stewards of good health. Through our partnerships with representatives in the health care industry, legislators, government and citizens, the NHA is able to assist in the development of strong, healthy communities. The NHA has been the guiding force of its members since 1927. The NHA serves as the influential voice of its members in the health care legislative and public policy arenas, promoting delivery of quality health care and influencing public opinion of hospitals and health networks. Members depend on the NHA for information, advice, education and changes in health care regulations, legislation, trends and other issues.

#### **MISSION**

The mission of the Nebraska Hospital Association (NHA) is to serve its members by being the trusted leader to improve the health, well-being and quality of life of all Nebraskans.

#### **VISION**

The NHA's vision is to be the state's most influential, trusted and respected voice in health care policy and advocacy, a valued resource for information and knowledge, and a leader in patient safety.

#### STRATEGIC FRAMEWORK

The Nebraska Hospital Association has been the guiding force of its members since 1927. The NHA serves as the influential voice of its members in the health care legislative and public arenas, promoting delivery of quality health care and influencing public opinion of hospitals and health networks. Members depend on the Association for information,



advice, education and changes in health care regulations, legislation, trends and other issues.

To accomplish its mission and serve its members, the NHA has developed a strategic framework that consists of four pillars: Advocacy & Policy, Information & Knowledge, Strategic Collaboration and Quality & Safety.

To uphold these pillars, the NHA builds on a secure values-based foundation comprised of Integrity, Transparency and Accountability. Everything the NHA does is designed to assist our members in their quest to provide quality care to Nebraska's patients, families and communities. We are committed to expertly serving members with integrity, transparency, accountability and financial stewardship.



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