2012 COMMUNITY BENEFITS REPORT FAIRFIELD MEMORIAL HOSPITAL

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STEELD MEMORIAL HOSPITAL



It is an honor to present you with this year's Community Benefits Report, as testimonial of Fairfield Memorial Hospital's dedication to our promise of positively influencing the health of those we serve. As you read, you will learn how FMH is living its mission by providing you with the most dedicated, caring providers and staff and vital services our community deserves, while also serving as a strong base for our community's financial well-being.

This past year has brought many achievements and challenges as we continue to provide quality healthcare services to our community. As 2012 was and future years will be interesting for the healthcare industry, these uncertain times are related to State and Federal legislation having direct impact on how our services will be offered. However, challenges can have a positive strength in the end as discipline, mission-oriented strategy, adaptability, and decisiveness will direct our services for the betterment of our community's health.

Fairfield Memorial Hospital is proud of our accomplishments, and we promise to continue fulfilling our mission through new investments in our hospital-based services, our ongoing initiatives to integrate the delivery of care so that it centers on the unique needs of each patient, our work to enhance access to care, and our collaboration with others to improve health and wellness for all.

Sincerely

Katherine J. Bunting

Katherine J. Bunting, PhD, MSN, LNHA Chief Executive Officer

economic impact community



Rural communities are wonderful places to live and work, which is why nearly one in five Americans call them home. Some of the more fortunate rural communities are also home to a rural hospital - which is often the economic foundation of the community, as well as the primary provider of care. In a comprehensive study of the economic importance of Fairfield Memorial Hospital on the local economy, it was found that FMH has a staggering and positive impact on the area's economical strength. Study findings show that FMH in one year alone:

MPLOYED 274 PEOPLE

GENERATED SALARIES AND BENEFITS OF \$12,636,156

INVESTED \$1,287,097 IN CAPITAL EXPENDITURES

GENERATED \$42,017,921* OF ECONOMIC ACTIVITY

GENERATED \$17,784,329* OF HOUSEHOLD EARNINGS

CREATED APPROXIMATELY 950 JOBS IN WAYNE COUNTY (OUTSIDE OF HEALTHCARE)

These numbers tally only a fraction of the economic impact of our hospital on our local economy. As we spend dollars for operating and capital expenditures, we are creating jobs and payroll in other businesses in our community.

These numbers clearly demonstrate that FMH will be a major factor in future economic development in our area, as well as the primary provider of healthcare services to our community members.

*Source: The U.S. Department of Commerce

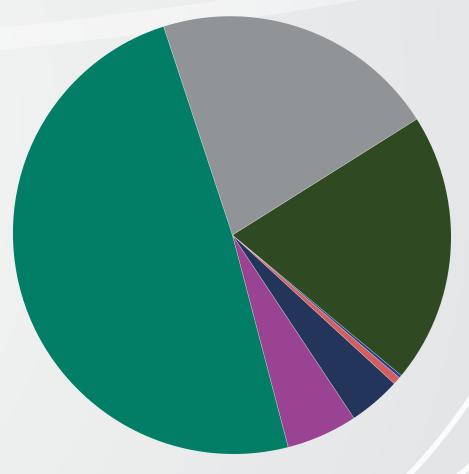
Fairfield Memorial Hospital provided \$38.4 million dollars of charity care, uncompensated care, and community benefits for those in Wayne County and the surrounding communities in Fiscal Year 2012.

We are committed to making the citizens of our community healthy - from individuals and families to schools and neighborhoods. FMH is devoted to meeting the healthcare needs of all residents, regardless of their ability to pay. We strive to be highly efficient and good stewards of our resources while working to improve the health and healthcare in the

It's more than healthcare services at our hospital. It's also the people helped by our outreach programs and other care that make our community a healthy place to live.

CHARITY CARE	\$1.498.404
UNCOMPENSATED CARE	
UNREIMBURSED MEDICARE	\$18,848,975
UNREIMBURSED MEDICAID	\$8,085,166
UNREIMBURSED INSURANCE	\$7,682,687
COMMUNITY EDUCATION	\$67,771
HEALTH PROFESSIONS EDUCATION	l\$217,801
\$38,410,139	

benefits



"FMH strives to be the best and to constantly improve.

Therefore, each and every employee who calls FMH home understands they play an active role in delivering our Promise to the communities we serve."

Katherine Bunting, PhD, FMH CEO

our promise

In the summer of 2012, Fairfield Memorial Hospital developed a new patient centered program called "Promise" that is designed to admit patients to the hospital in order to keep them as close to home as medically advisable. The Promise program's mission is to have qualified medical staff scheduled to cover call of inpatients and outpatients 24 hours a day, 365 days a year, with positive attitudes toward the hospital mission and who are dedicated to meeting the patients' needs with minimal transferring to out-of-town facilities.

In order to fulfill this mission, a Promise Team of physicians was formed, including: Kyle Kakac, MD, Christopher Ballard, MD, Wesley Thompson, MD, Steven Mitchell, MD, Marla Lafikes, MD, and Nicole Fyie, MD (joining the Promise team in August 2013). The Promise Team physician on call is charged with taking over inpatient care, leaving more time for the outpatient treating physicians to work in the clinical office setting without decreasing access to patients.

In addition to the physicians who are committed to your care at FMH, there is a Multidisciplinary Committee that meets on a regular basis to enhance communication in order to provide a coordination of care and service. Multidisciplinary Committee members include but are not limited to members from Social Services, Utilization Review, Nursing Personnel, Pharmacy, Dietitian, Therapy Services, and Respiratory Therapy.

It is FMH's goal to lower length of stay of patients, lower cost per case, and improve reimbursement through better documentation, along with higher patient, nursing, and referring physician satisfaction. After developing this patient-centered program, FMH is not only keeping your loved ones close to home, but we have also developed a more attractive environment to retain and recruit physicians, all while creating more net revenue for the hospital, making the Promise program a Win/Win/Win endeavor.





our services

Fairfield Memorial Hospital provides dedicated doctors, caring nurses, and the most modern HOME HEALTH SERVICES technology. We offer numerous services, including:

MEDICAL/SURGICAL UNIT & INTENSIVE CARE UNIT (ICU)

The Medical/Surgical Unit consists of all private rooms with state-of-the-art monitoring systems and is staffed by a dedicated team of clinical staff. The ICU is able to stabilize and support any patient from neonatal to geriatric. The patients are also in constant visual contact with nursing staff.

CARDIOPULMONARY AND CARDIAC REHABILITATION

The Cardiopulmonary Department is involved in the evaluation, treatment, management, and care of patients with deficiencies and abnormalities associated with the heart and lungs. It is staffed with a Registered Nurse, a Certified Respiratory Therapist, and two Registered Respiratory Therapists with over 85 years of combined experience.



The Home Health Department consists of a team of Registered Nurses, a full Therapy staff, and office professionals dedicated to providing quality care to individuals in the comfort of their own homes.

24-HOUR LABORATORY SERVICES

FMH's Laboratory has some of the most advanced technology available today, in addition to being staffed by some of the most highly educated individuals in the field with several Master's and Bachelor's Degrees to their credit.

DIABETES EDUCATION

FMH was Southeastern Illinois' first Certified Diabetes Self-Management program recognized by the American Diabetes Association. Led by a Registered Nurse, the program provides individual educational sessions, group classes, and diabetes support groups to assist in the management of diabetes.

SLEEP STUDIES

Sleep studies are offered by appointment at Fairfield Memorial Hospital through the office of Sajjan K. Nemani, MD. These tests help determine if a patient has obstructive sleep apnea in order to select the best treatment.

NUTRITION SERVICES

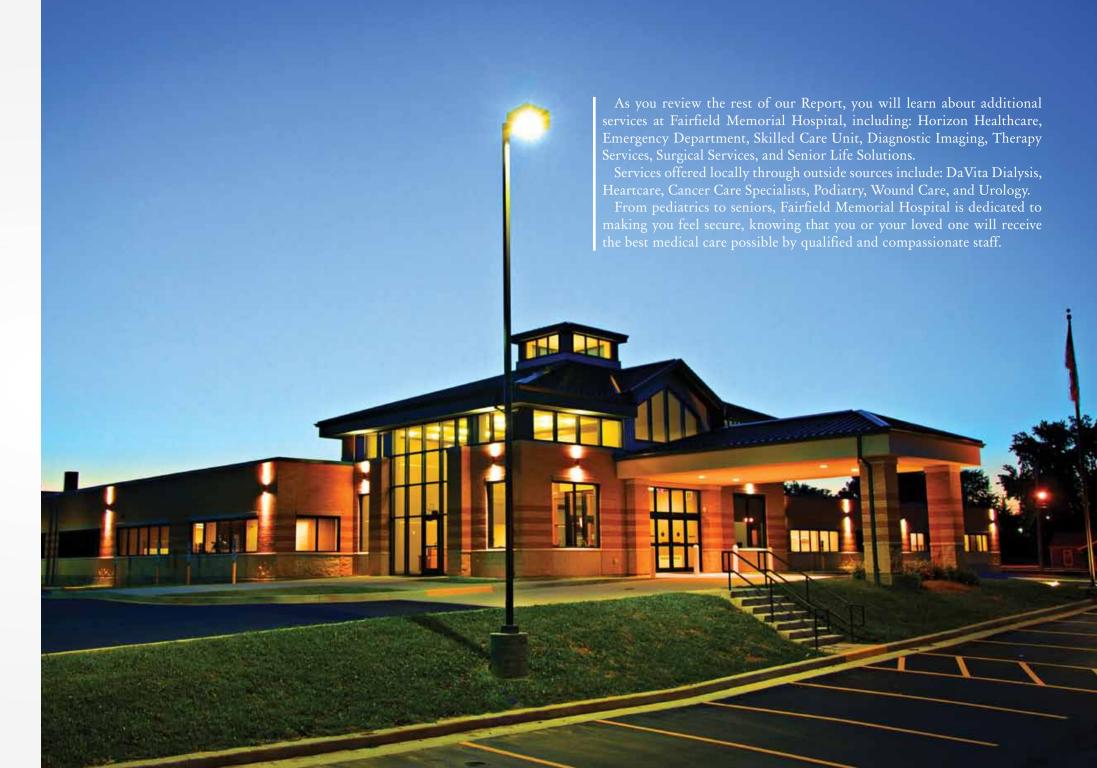
FMH staffs a full time Registered Dietitian who assesses patients at high nutritional risk and makes recommendations to their physicians based on their needs. The dietitian offers nutrition assessments and provides in-depth nutrition education for outpatients with a variety of health concerns. In addition, she leads a Bariatric Support Group.

SOCIAL SERVICES

Members of Fairfield Memorial Hospital's Social Services Department are here to help residents, patients, and families understand and cope with the social, psychological, emotional, and medical issues resulting from an illness. They also help them plan for future healthcare needs through education and referrals to appropriate community resources.

PHARMACY

The Pharmacy team consists of a Board Certified Pharmacist, along with Pharmacy technicians who have national certifications.



wound care

Fairfield Memorial Hospital is proud to announce the opening of its new outpatient Wound Care Clinic. This new clinic is managed by Illinois Wound Care Specialists who has been in operation providing wound care services for over five years. Fairfield Memorial Hospital is pleased to announce that Kyle Kakac, MD, and Phil Blaich, PA-C, are the treating providers for this program, along with a Registered Nurse, Board Certified in wound care. This team comprised of caring professionals works together to offer outcome-driven comprehensive wound management. They are extensively trained in advanced wound care techniques and use superior wound care modalities and customize each treatment plan to the patient's individual needs.

The Wound Care Clinic has been designed to treat patients with chronic or slow healing wounds that have shown little or no signs of healing over the course of a month or two. The goal of the clinic is to significantly increase the wound healing rate of patients and help avoid unnecessary amputation. The wound care team has had tremendous success with an average healing rate of 85% while decreasing the time to heal.

The mission of Wound Care Specialists is to create the optimum environment to foster resolution of the chronic wound through the use of non-cytotoxic products and by keeping the wound in the acute phase. This promotes limb salvage through early intervention and decreased recidivisim by utilizing advanced wound management protocols tailored to the individual needs of the patient.

Wound Care Specialists has attained a consistent history of wound resolution rates statistically higher than those found nationally. Their patients have benefited from decreased treatment time resulting in lower medical costs, less recidivism, and increased limb salvage. The staff is outcome-driven with the ultimate goal of resolving wounds and assisting the patient with the resumption of activities of daily living.

The Wound Care Clinic sees patients with: diabetic ulcers, pressure ulcers, venous stasis ulcers, infected or necrotizing wounds, trauma wounds, arterial ulcers, dehisced surgical wounds, complex soft tissue wounds, compromised skin grafts and flaps, osteomyelitis [bone infection], and impaired skin integrity.

The Wound Care Clinic is located in FMH's Medical Arts Complex, Suite E, and is open each Wednesday. To schedule an appointment, please call Illinois Wound Care Specialists at 1-877-295-2273.



"Dr. Kakac and PA Blaich are passionate about serving their community and meeting the needs of patients. In addition, Dr. Kakac serves as the Medical Director of FMH's Diabetes Education program and, therefore, understands the need for wound care, especially amongst those with diabetes."

Katherine Bunting, PhD, FMH CEO

foot care in this community."
Kathryn Comstock, DPM



In order to help meet the significant need for specialized foot care in the area, S. Thomas Sehy, DPM, FACFAS, founder of Page Foot & Ankle of St. Louis, MO, expanded his practice to include an office in Fairfield in 2009, which is now being staffed by Kathryn T. Comstock, DPM. Dr. Comstock acquired her Doctor of Podiatric Medicine from Des Moines University and performed her podiatric residency from SSM DePaul Health Center in St. Louis, MO.

"I thoroughly enjoy coming to Fairfield to see patients in order to help meet the great need for

The Podiatrists and staff are dedicated to delivering the finest comprehensive foot and ankle care to you and your entire family. They provide quality, individualized care to our patients using up-to-date, proven techniques. They treat all aspects of the foot and ankle, including: foot and ankle surgery, wound/infection care, diabetic foot care, heal pain, ankle pain/injuries, bunion pain, hammer toes, corns, warts, calluses, ingrown nails, pinched nerves, peripheral neuropathy (nerve damage), skin disorders, neuromas, fungal toenails, athlete's foot, sports injuries, pediatric foot care, and custom shoe inserts (orthotics).

The Podiatry Office is located in the FMH Medical Arts Complex, Suite C, and is open each Wednesday from 9 a.m. – 5 p.m. and every other Friday from 9 a.m. – 3 p.m. In addition to the Fairfield Office, the Podiatrists also currently have offices in Flora, Mt. Vernon, Centralia, and St. Louis. To schedule an appointment with either provider, call 1-877-248-3668.

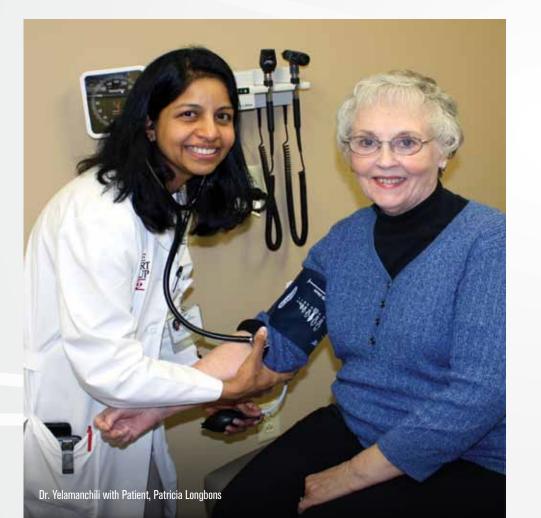
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heart care

Heartcare is committed to providing quality heart and vascular services, with a compassionate and caring spirit to everyone. Our physicians and staff are in the Fairfield community often and are committed to give the best continuity of care that is just a heartbeat from home. The satellite clinics further enhance our relationship with your local physician and hospital, thus boosting the cardiology services in your community. The cardiology clinics in Fairfield are located within the hospital proper, with a physician team member scheduled often each week. The Heart Group physicians that provide service to your area include: Sridhar Banuru, MD; Chandrashekar Kumbar, MD; R. Scott Starrett, MD; Satyam Tatineni, MD; Richard Wepsic, MD; and Prasanna Yelamanchili, MD. When Heartcare clinics are taking place, the cardiologist may also be requested to see hospitalized patients for consultation. In addition to clinical office hours, the Heartcare staff is able to order nuclear, regular and chemical stress tests, EKGs, event monitors, pulmonary function tests, and Holter monitor testing, as needed locally. You, the patient, are our first priority, and your well-being is our greatest concern. This is why it is our goal to provide you and your family comfort by keeping you close to home for office visits, hospitalizations, and testing when medically advisable. For appointment information, you can contact Heartcare by calling 800-432-7868.

"I am very appreciative of the ability to see my heart doctor locally and avoid the long drive to see a specialist."

Patricia Longbons, Heartcare Patient





oncology

Irene Dy, MD, and Jane Manalo, MD, medical oncologists with Cancer Care Specialists of Central Illinois, Inc. (CCSCI), are proud to serve the patients of the local community. They offer oncology and hematology services at the Fairfield Oncology Clinic located within the new FMH Medical Arts Complex, Suite D. The Oncology Services suite is specially designed to meet the needs of the Oncology patients and their providers.

These physicians bring a wealth of expertise together with a variety of special interest areas for treating cancer and blood disorders such as anemia, breast cancer, colon cancer, lung cancer, lymphoma, and other malignancies. Cancer Care Specialists provides new patient consultations and follow-up appointments, chemotherapy, immunotherapy, hormone therapy, pain management, and options for National Cancer Institute research trial participation. In order to better serve patients, Family Nurse Practitioner Kristi Toennies joins Dr. Dy every week to assist with patient care. Certified by the American Nurses Credentialing Center and an Advanced Oncology Certified Nurse, Toennies assesses patient needs, provides health exams, orders diagnostic tests, and oversees administration of patient treatments at the clinic.





CCSCI patients describe these providers and their staff as competent, caring, compassionate, helpful, and considerate. The Oncology Team promises to help each patient and their family during what is often a difficult and frustrating time. Whether giving a treatment, educating patients and their families, or just showing a simple smile, CCSCI's caring and compassionate team provides support to patients and their families each and every day.

"Fairfield Memorial Hospital made a promise to meet the needs of the Oncology patients and providers, and we feel the Oncology Suite provides a spacious infusion room that is decorated with a lot of natural light, which makes it a nice, therapeutic environment for those receiving infusion therapies and for the providers to deliver exceptional care." Katherine Bunting, PhD, FMH CEO

Oncology Services are available in FMH's Medical Arts Complex, Suite D, every Tuesday and Thursday. If you would like to schedule a consultation or seek more information about the Oncology Services, call 618-847-8296.

promising future

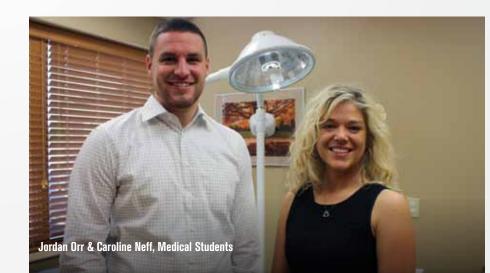
To continue building on our solid team of providers, we have reached out to Fairfield natives currently in medical school. Caroline Neff and Jordan Orr are two such students who have contracted with FMH to return and practice in our community.

"We are so blessed to have these young people of our community seeking careers as physicians. Homegrown physicians provide our hospital with a stability that ensures the best care for many years to come. We want to support their success, and therefore, have done our best to help them with educational expenses," stated FMH CEO, Katherine Bunting, PhD.

"Upon completing my residency, I will be returning to Fairfield. I have been astounded by the tremendous amount of support I have received from people in the community. The letters, cards, and words of encouragement have been continuous, and I am honored to have the opportunity of returning to give back to the people who have given so much to me throughout the many phases of my education," stated Caroline Neff, Medical Student.

Jordan Orr, Medical Student, stated, "FMH has played a huge role in beginning my medical career by not only providing financially, but also with continual support and encouragement. It has been very encouraging to receive such support and to know that FMH is excited for me to complete my training and return home to care for my community."

Fairfield Memorial Hospital continues to foster a promising future through the Health Careers program, South East Illinois Area Health Education Center, partnerships with local colleges, and outreach to aspiring medical providers.



"When I decided to return home upon completion of my residency, Fairfield Memorial Hospital was more than willing to help me on my journey. The administration has provided me with a tremendous amount of encouragement. I am so appreciative of their financial support and equally grateful for the opportunity to work for such a fantastic hospital. I could not be happier to be joining such a wonderful team at Horizon Healthcare. The office professionals, nurses, physician assistants, and doctors at Horizon are a fantastic group of individuals committed to providing top-notch care to our community. I am so excited to become a part of their family." Nicole Fyie, MD



NICOLE FYIE, MD (AUGUST 2013)

Nicole Fyie, MD, tops the list of natives to be returning as new physicians, joining Horizon Healthcare in August of 2013.

Dr. Fyie is currently in her last year of Family Medicine Residency at Deaconess Family Practice Residency Center in Evansville, IN, and will complete her residency in June. She graduated with honors from the University of Illinois at Urbana-Champaign with a Bachelor's Degree in Health Planning and Administration in 2006, and earned her medical degree from the University of Illinois College of Medicine at Rockford in 2010.

doctors directory

FAMILY PRACTICE





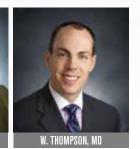












EMERGENCY MEDICINE -















CARDIOLOGY







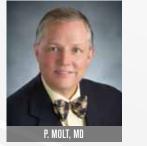








SURGERY



PEDIATRICS -







NEUROLOGY













PATHOLOGY















RADIOLOGY-





PHYSICIAN ASSISTANTS -

ONCOLOGY-





In the spirit of keeping you well and well informed, only the following providers are employees of the hospital: Christopher Ballard, MD | Wesley Thompson, MD | Kyle Kakac, MD | Marla Lafikes, MD | Phil Blaich, PA-C | Lois Dishman-Cooper, MPAS, PA-C | Kayla Bell, PA-C | Alex King,

Fairfield Memorial Hospital Association contracts the following practitioners for specific dates and services:

CRNA | Kimberly King, CRNA | Nicole Fyie, MD (Aug. 2013)

Michelle O'Neill, MD | Rodney Beeler, MD | Daniel Doolittle, MD Bo Schneider, MD | Robert Reynolds, MD | Scott Roustio, MD Jim Gruber, MD | Douglas Frankel, MD | Steven Mitchell, MD

All other physicians on staff at Fairfield Memorial Hospital are not agents or employees of the hospital. Therefore, you will receive a separate bill for their services.

horizon healthcare

"Healthcare continues to evolve with increasing use of technology. Our progressive group met with government standards of 'meaningful users' through our use of NextGen, July 2012. We continue to enhance our software as the standards are greatly expanded each year. Horizon's entire team plays a role in achieving the standards as requirements begin at our registration process and continue through the patient's experience by offering their Patient Plan after each visit, as well as the ability to receive their records in an electronic format, as opposed to paper."

Julie Aman, CMPE, Director of Physician Practice at Horizon Healthcare



Horizon Healthcare is still growing and making advances to provide the best medical care possible to its patients. For over a year now, Horizon Healthcare has been offering their services from within their suite in the new FMH Medical Arts Complex that opened in May of 2011. The new office space has not only provided patients with a modern facility, but provides space for the continued growth and future delivery of primary healthcare.

USING ELECTRONIC HEALTH RECORDS

As Horizon continues to optimize the use of their Electronic Health Record (EHR), the physicians and staff use NextGen software, which is certified for meaningful use. As the physician champion, Marla Lafikes, MD, attends NextGen User Group meetings. In addition, Shaylene Todd, RN, is the Electronic Health Record Leader, and she assists clinical staff in achieving the most benefit from our EHR system, which includes working on customizations to fit practice needs. With the help of these "super-users," Horizon is planning continued enhancements over the next year to include the newest software updates, lab interface, and a patent portal for patient secure access to their information. In addition, Horizon enrolls in NextGen's on-line learning curriculum and provides the experience for users to test their workflow in a test database practicing on real information.

The patients of Horizon Healthcare now have available a Plan Summary of their visit. Their medications are reconciled at each visit and can be provided to the emergency department, hospital, or third parties as needed, and the patients are able to receive an electronic copy of their record.

SOLID TEAM

Horizon's team of providers has grown to currently include four medical doctors and three physician assistants: Christopher Ballard, MD; Wesley Thompson, MD; Kyle Kakac, MD; Marla Lafikes, MD; Lois Dishman-Cooper, MPAS, PA-C; Phil Blaich, PA-C; and Kayla Bell, PA-C. Nicole Fyie, MD, will join the team in August of 2013. Horizon Healthcare provides the following services to meet your needs: acute and chronic health problems, well/preventative visits, lab testing, work-related physicals and injury cases, DOT physicals and drug screens, upper gastrointestinal endoscopy, colonoscopy, weight management, tobacco cessation, joint injections, skin lesions treatment, colposcopy, family planning, skilled nursing care and nursing facility physician services, and hospital care. Primary care providers at Horizon utilize and refer to specialist and other facilities, as needed.



skilled care unit

BEST NURSING HOMES 2012

U.S. News & World Report displays data about nearly every nursing facility in the United States, updating the information every guarter and using it to rate and rank the nursing homes. Fairfield Memorial Hospital's Skilled Care Unit was the only nursing facility in Wayne County to be named on the 2012 Best Nursing Homes list with an overall 5-star rating.

"The honor of being named on the U.S. News & World Report list of Best Nursing Homes is a testament to the quality of care our team of professionals on the Skilled Care Unit provides residents. This rating placed us in the top 9% of nursing homes in Illinois," stated Fairfield Memorial Hospital's Chief Executive Officer, Katherine Bunting, PhD, LNHA.

The U.S. News & World Report rankings are built on data from Nursing Home Compare, a consumer website run by the federal Centers for Medicare and Medicaid Services (CMS). CMS sets and enforces standards for all nursing homes enrolled in Medicare or Medicaid. (For government purposes, a nursing home is defined as a Medicare or Medicaid facility that provides 24-hour nursing care and other medical services.) The data for Nursing Home Compare come from regular health inspections carried out by state agencies and from the homes themselves. Based on that information, CMS assigns an overall rating of one to five stars to all nursing homes. Homes are also given one to five stars in how well they do in the health inspections, in providing enough nurses, and providing a high level of quality of care.

"Fairfield Memorial Hospital staff work effectively and efficiently for the benefit of the patients and residents we care for. Our Skilled Care Unit Director, Tonya Clymer, RN, leads a great team, and behind every great leader is a solid group of professionals who not only care about their patients, but also have a passion for helping others," stated Bunting.

The Skilled Care Unit at Fairfield Memorial Hospital provides short-term skilled care nursing and services to those who require medical care, nursing care, and/or rehabilitation services. Under the direction of the patient's physician, the FMH Skilled Care Unit can provide: physician services, 24-hour pharmacy services, physical therapy, occupational therapy, speech therapy, respiratory therapy, skilled nursing services, medication, blood transfusion, wound care, discharge planning, and daily activities. Skilled Care is available to all Medicare, private pay, and private insured geriatric patients.



COMFORT CARE

There is a special area of our Skilled Care Unit at Fairfield Memorial Hospital that truly sets us apart, and that is the Comfort Room. The Comfort Room was made possible in part by the family of Betty Wick-Green, who came up with the idea in tribute of their mother. It provides a more relaxing atmosphere for family members to be with a terminally ill loved one in their waning hours. Fairfield Memorial Hospital is fortunate to have two rooms designated for family support, and it is our promise to provide compassionate staff with smooth, competent hands working with skill and precision to care for you and your loved ones.



Brandi Anderson, CNA | Paige Wells, RN | Raven Smothers, CNA | Mona Rae Harris, RN | Erin Phillips, RN | Gina LeMond, RN | Sylvia Flethcher, CNA, Unit Secretary Not Pictured: Debbie Anderson, LPN | Jane Bailey, RN | Bonnie Catton, Activities Director Chelsea Bittles, RN | Becky Marsh, RN | Kathy Tibbs, RN | Taylor Belmont, CNA | Lisa Solomon, CNA | Kristen Wright, CNA | Sheilah Skinner, CNA | Tabitha Conrad, CNA | Courtney Bailey, CNA | Sherry Davis, CNA | Cecilia Longbons, CNA

"It was an honor to be recognized nationally as there were many deserving award recipients at the conference. As a small hospital, we work with few resources, and to be considered as part of the 38 finalists is a wonderful accomplishment."

Susie Devoy, RN, Director of Senior Life Solutions

awards

SENIOR LIFE SOLUTIONS CHARITABLE SERVICE AWARD

Fairfield Memorial Hospital's Senior Life Solutions' program was honored this past year at the National Hospital Charitable Service Conference in Atlanta, GA, and will be honored for the second time in February 2013. Jackson Healthcare presented Fairfield Memorial Hospital in 2012 with an award for being among the top 38 hospital program finalists, and FMH has been slated amongst the top hospitals again in 2013. At this conference, the top ten Hospital Charitable Service Award finalists are awarded \$10,000 each. The Hospital Charitable Service Awards is a national program seeking best practices in reaching out to America's underserved in sustainable ways.

ABOUT FMH SENIOR LIFE SOLUTIONS

Fairfield Memorial Hospital's Senior Life Solutions is a confidential place where change occurs with the assistance of staff providing therapeutic interventions. These interventions are explored during group discussions of life challenges and transitions leading to healthy ways to cope in the present and future. There are three therapy groups a day, along with a nursing group in which education is provided on medication management, disease processes, and mind/body connections. Each client has the ability to teach and learn from others, thus creating a bond and essentially their own support group. The program treatment lasts for 6-12 weeks (2-4 days per week) and provides follow-up care after discharge. Individuals who have graduated from the program attend a monthly alumni meeting where each client has the opportunity to share their experiences and triumphs. The program is unique for this region and serves the communities in Wayne, White, Edwards, Clay, Richland, and Jefferson counties.



ICAHN AWARDS

It is our promise here at Fairfield Memorial Hospital to continue to find innovative ways to improve the health of our community. This year, FMH was among the top three hospitals in the state to be awarded "Innovation of the Year" honors from the Illinois Critical Access Hospital Network during its Fall CAH Conference. Fairfield Memorial won the honorable mention designation for its "Senior Life Solutions' Coffee Club" program. Senior Life Solutions, Health Careers (SEI-AHEC), and the Diabetes Self-Management Education programs were also awarded Certificates of Merit.

Participants were encouraged to submit innovations implemented at their respective hospitals that initiated a new approach to improve patient relationships, developed a new process flow or life-safety improvement, found creative ways to motivate and inspire staff, or fostered a successful community project.

"The stigma associated with mental health, along with being a small rural community where everyone knows everyone, was robbing seniors in our area from the quality of life they deserve. Senior Life Solutions' Coffee Club was a way to reach out and connect with seniors in order to educate them on the importance of their mental health and the impact it has on their lives," said Susie Devoy, RN, Senior Life Solutions Director.

"The creation of this Coffee Club has allowed us the opportunity to assist many senior citizens in our community," added Devoy.

The Health Careers program was recognized for helping students develop an interest in health professions. The program is fulfilling its mission to inspire, train, recruit, and retain a diverse and broad range of health professionals to practice in rural communities where the need is the greatest. Since October of 2011, SEI-AHEC has made contact with 1,444 students, and 19 students have successfully completed CNA training and certification through this program.

Fairfield Memorial Hospital's Diabetes Self-Management Program continues to make strides and be recognized since being the first accredited program in Southern Illinois back in 2001. The Diabetes Education team has been educating the community through outreach programs and prevention education. This has been done through support groups, marketing, and medical nutritional therapy. Success factors of this program include a 67% improvement in Hemoglobin A1C levels after one year of treatment and support group growth by seven-fold over the last 18 months.

"It gave us great pleasure to be awarded top honors among the 51 Illinois Critical Access Hospitals for creating innovative ways to better serve our patients and the community on a daily basis."

Katherine Bunting, PhD, FMH CEO





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emergency department

BURN TRAINING:

It is a top priority at Fairfield Memorial Hospital to provide our nurses with continuing education so they can care for the community with the most up-to-date treatments. This year our nursing team has attended an in-service on "Burns, Trends in Treatment." After learning about the new trends and treatments, nurses were presented case studies regarding different types and degrees of burn patients. They then identified the correct treatment plans, determined if the patient was stable or critical, and learned how to package the patient for immediate transport to a burn facility.

"This sort of education becomes extremely valuable when a crisis hits and the training turns into natural responses by the staff," stated Debra Spillman, CMSRN, BSN, FMH Education Coordinator.

EMERGENCY PREPAREDNESS:

Fairfield Memorial Hospital strives to be emergency prepared at all times. In order to further be prepared, staff has gone through JumpSTART Training. The JumpSTART Pediatric MCI Triage Tool is the world's first objective tool developed specifically for the triage of children in the multi-casualty/disaster setting. Under triage is addressed by recognizing the key differences between adult and pediatric physiology and using appropriate pediatric physiologic parameters at decision points.

In addition to this training, Fairfield Memorial Hospital was awarded a grant to purchase additional supplies, which could be crucial in any emergency surge situation.

STANDBY EMERGENCY DEPARTMENT APPROVED FOR PEDIATRICS

FMH has recently been certified as a Standby Emergency Department (ED) Approved for Pediatrics. It is FMH's goal to be the first choice in pediatric emergency services for this community in preventing and reducing childhood and adolescent death and disability resulting from illness and injury. FMH's experienced ED Physicians are trained in the care of pediatric patients through residency training, clinical training, or practice. Our hospital has 24-hour in-house ED Physician coverage, and there are three Pediatricians on staff, all Board Certified. The ED has an RN Staff who are skilled in Pediatric care, as well as extensive Emergency care with education including ACLS/PALS/TNCC/SANE. Fairfield Memorial Hospital embraces the journey towards Continuous Quality Improvement for all who place their trust in us and seek our services in times of need.

Tracy Taylor, RN, ED Nurse Manager, stated, "The designation as a Standby Emergency Department approved for Pediatrics is significant for a facility of our size due to equipment needed to meet the criteria. We have worked hard to be given this designation, and I am honored to have the opportunity to be part of the process in achieving this designation."

"In an emergency situation, staff must be prepared to remain focused and think quickly in order to do the best for all who turn to us for immediate care, and this training will be critical upon the occurrence of a disaster."

Tracy Taylor, RN, ED Nurse Manager







SUI SICAL SCHWICES "Surgery is a team sport. Our OR staff works together every day to provide the highest standard of up-to-date surgical services for our patients." Patrick L. Molt, MD, FACS, General Surgeon

With each new year, we see innovations in technology that improve the way we approach surgical interventions. Recently, we have seen vast improvements in visualization and instrumentation in minimally invasive surgeries. Once "open" procedures, these improvements have reduced incisions, post-procedure pain and complications, and decreased recovery time. At one time, surgeries, such as hysterectomies and gallbladder procedures, required a hospital stay of several days. Together with these improvements and our very skilled and respected General Surgeon, Patrick L. Molt, MD, "same day" surgery is possible for procedures that formerly required more lengthy stays.

At our hospital, we have recently purchased scopes and instrumentation that allow procedures to be done through incisions so tiny they require no suture closure. Many procedures that were deemed impossible to perform through laparoscopic methods are now possible with a new instrument, which safely reduces the removed organ into small removable particles. What this means to the patient is a faster recovery and less postoperative discomfort.

In the field of endoscopy, better visualization means better diagnosis and treatment in a safe, expedient method. Patients are treated and return home in a few hours. Fairfield Memorial Hospital has the latest technology from Olympus in endoscopy, and endoscopy services are by Wesley Thompson, MD, and Steven Mitchell, MD.

It is our promise at Fairfield Memorial Hospital to ensure you the best possible surgical outcome in the comfort of your hometown hospital today and for many years to come.

Surgical Services: General Surgery, Gynecology, Urology, Endoscopy, Ophthalmology, Podiatry Outpatient services: endoscopy procedures, bone marrow aspirations, paracentesis, CAT scan biopsy, angiography, esophageal motility studies, ambulatory pH studies, intravenous infusions

Peri-operative Services: general anesthesia, spinal and epidural anesthesia, pain management, intravenous sedation, regional blocks

General Surgery: thyroid and parathyroid surgery, breast surgery, abdominal surgeries, laparoscopic surgical procedures, gallbladders, appendectomies, open abdominal procedures, colon surgery, gynecologic procedures, hysterectomies, sterilization procedures, skin and soft tissue tumors (benign and malignant), diagnostic, venous access for chemotherapy, antibiotic therapy, TPN



diagnostic imaging

Fairfield Memorial Hospital has accomplished Registered Radiographers on staff to provide you or your loved ones with around the clock Diagnostic Imaging. We are equipped with a Picture Archiving Communication System (PACS), which allows a specialist the ability to consult with the radiologist and family physician. In addition, we offer a variety of modalities including X-ray, CT, MRI, fluoroscopy, ultrasound, nuclear medicine, PET scan, mammography, and DEXA (bone density).

The CT (also called computed tomography or a CAT scanner) has become one of the most important tools to diagnose head and spine injuries, lung and liver disease, cancer, tumors, blood clots, internal bleeding, and other diseases and illnesses. CT exams are especially useful in the emergency department, where faster diagnosis can be lifesaving for trauma cases like auto accident victims.



Digital Mammography at FMH is accredited by the American College of Radiology (ACR). The accreditation signifies that FMH has met and continues to meet the stringent nationally accepted standards for mammography. The system is operated by the technologists who are board certified in mammography.

The MRI services are provided via mobile unit through Associate in Medical Imaging. The mobile service partnership with Associate in Medical Imaging gives Fairfield Memorial Hospital the ability to provide the community with the latest in imaging, as the machine was recently updated.

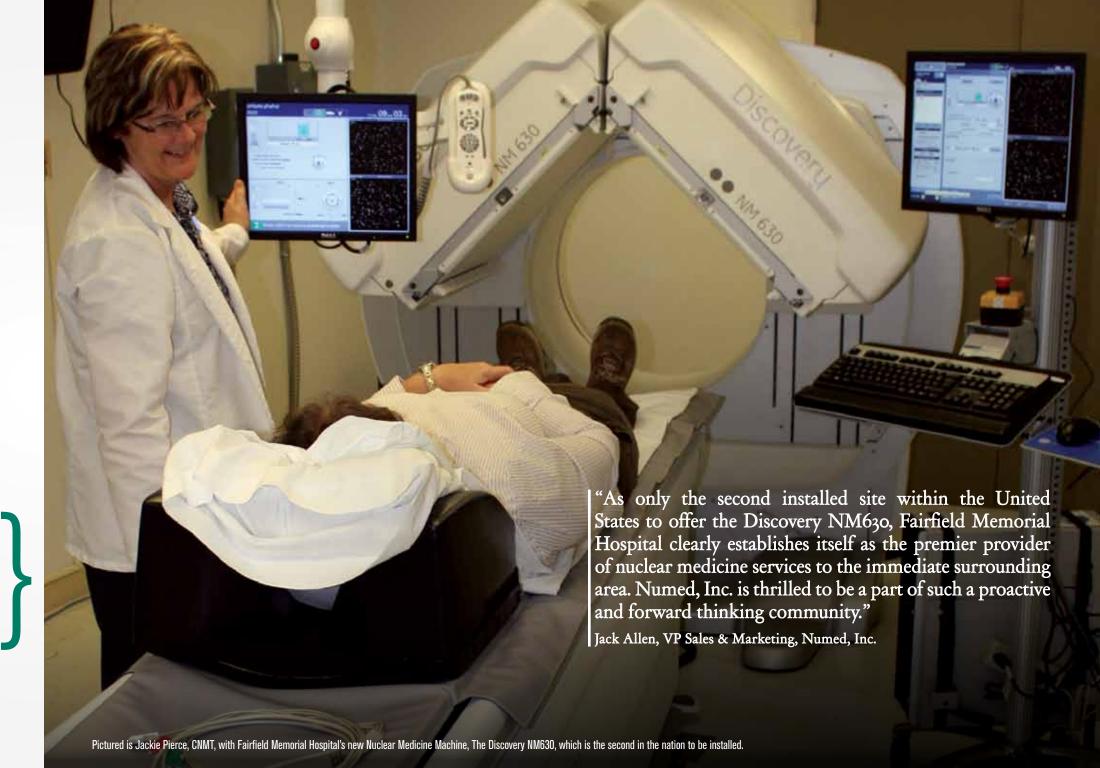
PET/CT is the leading diagnostic tool for many types of cancer, coronary heart disease, and neurological problems. PET/CT is the most advanced, whole body imaging tool available and is an invaluable clinical test for both adults and children.



Fairfield Memorial Hospital has acquired a state-of-the-art ultrasound, LOGIQ E9, from GE Healthcare, which provides a remarkable level of ultrasound quality. Ultrasound, also known as sonography, creates images of internal body structures and organs for diagnostic medical purposes. Fairfield Memorial Hospital's Diagnostic Imaging Team is able to provide more confident, accurate diagnosis as a result of the images using the technology of this system.

The Nuclear Medicine department was the second location within the United States to receive the Discovery NM630™ system. With this innovative system, the doctors at Fairfield Memorial Hospital have the ability to detect, characterize, and quantify cardiac disease in patients. This Nuclear Medicine machine provides outstanding resolution and quality imaging of how blood is transferred between the heart and the rest of the body. This system represents a gigantic leap in state-of-the-art nuclear medicine technology and quality patient care. Whether detecting specific organ function, metastatic cancer, or heart disease, the Discovery NM630 provides the capability to perform such studies and provides information regarding a patient's condition better than ever before.

Healthcare quality and efficiency have become national issues; however, as you have read, the Diagnostic Imaging Department at Fairfield Memorial Hospital has taken all the important steps toward improving both and being a leader in advancements.



physical therapy

Fairfield Memorial Hospital offers specialized therapy services to help patients achieve their maximum potential and return to a healthy lifestyle. Collectively offering traditional modalities like electrical stimulation, ultrasound, VitalStim therapy, aquatic therapy, iontophoresis, cervical and lumbar traction, manual therapy techniques and a variety of exercise, treatment plans are focused toward achieving goals.

SERVICES PROVIDED BY THERAPY SERVICES INCLUDE:

Physical Therapy: acute pain or injury; postoperative orthopedic conditions of the upper and lower extremities; neurological disorders or postoperative neurological conditions; chronic pain or pain syndromes; stroke rehabilitation; aquatic therapy (hydrotrack); sports injuries; balance disorders; wound care and management; developmental delay

Occupational Therapy: upper extremity injuries of the elbow, wrist and hand; postoperative orthopedic conditions of the elbow, wrist and hand; custom splint fabrication; overuse and repetitive stress injuries; Lymphedema management; wheelchair management; stroke rehabilitation; training ADLs (activities of daily living)/self care retraining; developmental delay

Speech Language Pathology (Speech Therapy): apraxia, aphasia, dysarthria, cognition, swallowing, voice disorders

Industrial Rehabilitation: Meets the needs of the injured worker and their employers in an effort to reduce cost of lost time because of injuries.

Functional Movement Screenings: Tests that are performed by a Physical Therapist who assesses movement patterns and scores each motion to identify a patient's weakest link. Also identifies if the patient is compensating in a way that might be harmful to the body, which can result in future injury or pain.

Occupational/Physical Performance Testing (O/PPT): Tests that help a provider determine the patient's ability to return to work and/or establish work restrictions following an accident or injury. It is also done to match the injured worker to their duties and essential functions of their specific job

Individuals of all ages will benefit in a variety of settings with a physician referral, including: Outpatient, Inpatient, Skilled Care, and Home Health.

Outpatient therapy services are available weekdays from 7:00 am to 5:30 pm. For more information, contact the FMH Therapy Services Department at 618-847-8256.





health careers

Fairfield Memorial Hospital continues to be a leader in educating future healthcare workers. of taking a manual blood pressure. The arm allows the student to practice proper placement This is the fifth year for the Health Careers Course, which is a dual credit course offered through Fairfield Memorial Hospital, Frontier Community College, and the local high schools. This health science technology program, Health Careers, was designed in 2008 for high have the same pressure. school seniors who are interested in pursuing a career in the healthcare field. The classes meet at Fairfield Memorial Hospital for about two hours a day during the academic school year. Overall, the program provides students with pertinent, real-world, career information and career exposure to the various healthcare fields, thus allowing students to make informed decisions about a career in healthcare.

This program comes with many benefits to the student, giving the opportunity to rotate through all hospital departments and see first hand their contribution to healthcare. Students have the opportunity to earn dual credit from the college and high school, along with gaining the skills required to take the CNA exam.

SEI-AHEC

A new component that has enhanced our relationship with future healthcare professionals was the opening of South East Illinois Area Health Education Center (SEI-AHEC), which is located on the campus of Fairfield Memorial Hospital, Fairfield IL. The mission of AHEC is to inspire, train, recruit, and retain a diverse and broad range of health professionals to practice in rural communities The event brought first-year Rural Medical (RMED) and Rural Pharmacy (RPharm) students where the need is greatest. The SEI-AHEC serves the following counties: Wayne, Alexander, Edwards, Franklin, Gallatin, Hamilton, Hardin, Jackson, Johnson, Massac, Perry, Pope, Pulaski, Randolph, Saline, Union, Wabash, White, and Williamson. Beth D. Wilson RN, BSN, SANE, FMH Health Careers Course Instructor serves at the Director of the SEI-AHEC.

HEALTH CAREERS CAMP HELD

This past summer, SEI-AHEC in collaboration with SEIgrow, Fairfield Memorial Hospital, and Frontier Community College held a one day rural health careers camp. The camp was based at Frontier Community College with additional activities located at Fairfield Memorial Hospital. Thirty incoming freshmen and sophomore students from Wayne, Edwards, and Hamilton counties who have a budding interest in the health professions participated in the event.

EDUCATIONAL INSTRUCTION TOOLS PURCHASED

SEI-AHEC purchased a simulated blood pressure arm for educational instruction for the students participating in the Health Careers Course. The simulated blood pressure arm is a stand alone unit that allows for hands-on teaching of the technique needed to master the skill

of the blood pressure cuff and to feel the radial pulse. The system allows the instructor to vary the blood pressure and pulse readings, giving students realistic practice as no two individuals

"The ability to have hands-on training with the simulated blood pressure arm will increase student skill level and confidence before they come in contact with real patients." Beth Wilson, RN, BSN, SANE, Director of South East Illinois AHEC and Health Careers Instructor

MEDICAL AND PHARMACY STUDENTS VISIT

SEI-AHEC participated in the 2012 Southern Exposure event at Fairfield Memorial Hospital. from the University of Illinois Rural Health Sciences Campus at Rockford to a rural setting in order to give the students a better understanding of the advantages of practicing in a rural community. During the 2012 Southern Exposure, students were given a day and a half to learn about the opportunities and communities in the Southern Illinois area.

"This was an excellent opportunity to meet the future doctors and pharmacists interested in rural Illinois practice," stated Katherine Bunting, PhD, FMH CEO.

BRIDGE PROGRAM TO HEALTH CAREERS

Frontier Community College, in partnership with Fairfield Memorial Hospital, has an exciting new project coming in the spring of 2013. A Bridge Program to Healthcare Careers has been developed to assist adults with limited basic skills or limited English skills to enter and succeed in credit-bearing postsecondary education and training leading to career-path employment in high-demand middle and high-skilled jobs. The pilot Bridge Program features a three semester hour adult education class in math, reading, and English, as it relates to healthcare. Beth Wilson, RN, BSN, SANE, will be lead instructor for a two semester hour course that has total emphasis on healthcare.



volunteers

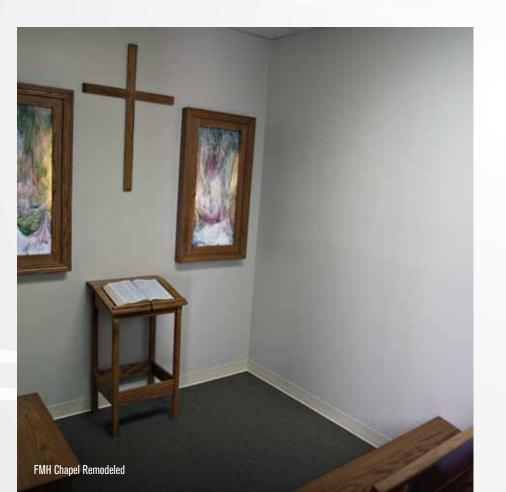
Volunteers provide crucial support services that are vital to the hospital and the well-being of our patients. Each day, willing volunteers come to FMH to donate their time and energy so that we can fulfill the mission of positively influencing the health of those we serve. Whether delivering flowers, guiding visitors, or helping in the gift shop, the volunteers make a difference. In only a year's time, 53 hospital volunteers cared enough to give 8,901 hours.

"The hours that were donated to our hospital over this past year are testimonials of the promise of support these individuals have made to our Hospital and our patients. Each of our volunteers cares deeply for those they serve," stated Charlotte St.Ledger, Volunteer Coordinator.

The volunteers not only assist each day with regular activities but also financially support the facility. During the past year, the FMH Auxiliary purchased an \$8,500 ultrasound table for the Diagnostic Imaging Department, three beds for the Med-Surg Department costing \$21,000, a \$2,800 Training Manikin for the Health Careers class, and renovated the Hospital Chapel. In addition to donating the funds for the Hospital Chapel renovation, there are also Chaplain Volunteers who provide spiritual care to patients and their families upon request.

"We appreciate the concern, emotional support, and spiritual counseling our Chaplains offer the patients and their families."

Charlotte E. St.Ledger, Volunteer Coordinator





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CONTRIBUTIONS JULY 1, 2011 - JUNE 30, 2012

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investing in healthcare excellence FAIRFIELD MEMORIAL HOSPITAL FOUNDATION



Due to the community's support of Fairfield Memorial Hospital (FMH) Foundation, FMH has been able to respond to the fluent changes in healthcare over the years by assisting the hospital in acquiring and maintaining the most modern medical equipment and technology along with other special projects. A perfect example of the commitment of the community was during the \$4.1 million expansion project. In 1998, the FMH Foundation raised over \$1.2 million to help with the renovation cost. This could not be accomplished without the financial promise and commitment of many individuals. With continued support, FMH Foundation will build a corpus for the purpose of strengthening and securing the hospital's future. The FMH Foundation board vows to be good stewards of your donations by "Investing in Healthcare Excellence," which will ensure a strong and healthy future for our community hospital.

Fairfield Memorial Hospital Foundation is a non-profit 501(c)(3) charitable organization. All contributions made to the Foundation are tax deductible as allowed by law. If you would like more information about our Donor Wall or assistance with making contributions, please contact Charlotte E. St.Ledger, Executive Director, at (618) 847-8297 or cstledger@fairfieldmemorial.org.

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