

HEALTH CONNECTIONS

A Publication of Good Samaritan

**From Walker to
Dance Floor**
One woman's amazing
joint replacement journey



The Future of Orthopedic Surgery Has Arrived

Welcome

Welcome to our 2017 spring/summer edition of Health Connections. Our number one priority at Good Samaritan is to provide excellent patient care. Whether you receive this care in the hospital, a physician's office, or clinic, we want to ensure that you are being taken care of by dedicated individuals who have a passion for healing. We strive every day to make a positive impact on the lives of our patients and build trusting relationships. In an environment centered around excellence, Good Samaritan is focused on providing an atmosphere where you can trust your emotional, spiritual and physical needs will be met.

In this edition, you will read about a patient who was able to return to her active lifestyle with the help of our Orthopedic team. With the new advancements in technology, our patients are able to receive state-of-the-art care and return home sooner than ever before. Our progress in orthopedics continues to increase with the recent purchase of the Stryker Robotic-Arm. Good Samaritan is the FIRST in our region to revolutionize knee and hip replacement surgeries. This robotic arm technology is an innovative procedure that will provide a quicker recovery and better outcomes for our patients.

You will also read about some of our community health initiatives in this edition. Providing free health services to individuals in our service area allows us to ensure we are working to improve wellness initiatives throughout the communities we serve. Many families are still struggling to afford needed health care and providing clinics, screenings and health programs in our 10-county service area allows us to offer accessible health care to more individuals.

Good Samaritan strives to remain on the forefront of change and will never stop working to provide world-class care. We are extremely proud of what we have accomplished and equally excited about our future. Our more than 1,900 employees have the same mission every day and that is to provide safe, state-of-the-art patient care to our friends and neighbors. Because of you, we are Good Samaritan.

With my most sincere appreciation,



Rob McLin
President and CEO



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Good Samaritan Award Winner



Donna Stoops

*Primary Care / Medical Home
Resource Specialist*

Good Samaritan presents a Shining Star Award each month to an employee who, on a regular basis, goes beyond that which is expected in their job responsibilities. Out of the 12 winners each year, one is selected for a special recognition. Of the Shining Stars in 2016, Donna Stoops was honored with the Good Samaritan Award.

Donna Stoops always goes above and beyond for her patients and is the perfect example of selflessness and kindness. She will gladly work late to help her patients get to food pantries on time and come in early to transport patients to appointments. Always striving to come up with new ideas to help her patients, Donna decided to start a scarf, hat and glove give-a-way during the coldest months of the year. Patients were encouraged to pull a scarf or hat left on random trees throughout the community with a note attached that said "take and keep warm". The best example to demonstrate Donna's kindness is when she helped a couple, who were patients at Good Samaritan's Medical Home, move out of their home that was being foreclosed on, and into their new apartment. These selfless acts of kindness are just a few examples of what Donna does for her patients every single day and why she received this year's Good Samaritan Award.

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Interested in receiving the latest health information and news for FREE? Visit us online at gshvin.org/e-newsletter to register for one or more of the following e-newsletters below:



Keeping Well E-Newsletter

Our free e-newsletter with up-to-date health information and the latest news from Good Samaritan will arrive in your inbox every month.



This Week in Health E-Newsletter

This Week in Health delivers the latest health news to your inbox every Friday. Covering topics as diverse as new research, product recalls and lifestyle recommendations, this informative e-newsletter will help you stay in the know with a fresh look at the week's top headlines.



Pregnancy E-Newsletter

Expectant mothers and fathers can also choose our free weekly pregnancy e-newsletter. Our Pregnancy e-newsletter follows you through the various stages of pregnancy, offering timely tips and articles and practical, interactive tools that can help take some of the worry out of this time in your life.



New Parent E-Newsletter

Welcome to parenthood! Now that your precious one is in your arms and growing quickly, you may have questions about your child's development and any issues you experience along the way. This newsletter is designed especially for new parents. Once a month you will receive timely information related to the growth of your child. The New Parent e-newsletter provides information to parents of newborns and children up to 3 years of age.

From Walker to Dance Floor

The feeling of constant pain is not something any of us dream of experiencing. But what if it was your reality? Every time you stood, walked, got in your car, or sat for a long period of time, it was agonizing. Your daily activities that were once second nature now were impossible and you had to rely on help from others. This living nightmare was a reality for Lawrenceville resident Erma Vance. At 69 years young, this spunky and fun grandma who loved to dance and wear high heels was forced to use a cane or walker to get around due to her constant hip pain. Realizing she could not live in discomfort anymore, Erma decided it was time to seek help.

Erma's pain started gradually, but then became worse over time. As a Registrar Clerk in the Bursars Office at Vincennes University, she spends most of her workday behind a desk at a computer. Sitting for a long amount of time was excruciating for Erma and walking to meetings or down the hall was even worse. The relief from a series of epidurals for her discomfort began to stop working and everyday tasks were becoming unbearable. "I felt like a bother to my family and co-workers," remembered Erma. "I wasn't getting around very well and didn't have the freedom I was used to having. Simple things like going to the grocery store were embarrassing to me because I had to use the electric carts to get around."

Deciding it was time to take the next step, Erma and her primary care physician felt that the best way to relieve her pain was surgery. She was referred to Dr. Gregory Whitsett, an orthopedic surgeon with Vincennes Orthopedics at Good Samaritan, and the two hit it off right away. "Dr. Whitsett is a very kind, caring and compassionate surgeon," Erma stated fondly. "I felt like he was one of my kids."

Dr. Whitsett found that Erma had severe osteoarthritis in both of her hips that were causing her to walk with a severe limp. Erma's first surgery was on December 14, 2014 using the posterior approach on her left hip. "It was a miracle the recovery I had," said Erma. "I don't know why I didn't have the surgery sooner."

Her second hip replacement was on December 21, 2015 on her right hip. Dr. Whitsett performed the surgery using the anterior approach, which was new to Good Samaritan at the time. The anterior approach is less invasive, has a faster recovery time, no postoperative hip precautions and a reduced risk of dislocation in patients. "The recovery for the anterior approach was phenomenal," said Erma. "It was a miracle. I had a zip and a zap and was walking pretty good when I left the hospital."



"The anterior method is a muscle-sparing surgery where we approach the hip joint between two muscles whereas the more traditional posterior approach splits the muscle in order to get to the hip joint," said Dr. Whitsett. "The benefit of the anterior approach is you don't have to wait for the split muscle to repair. There are no restrictions after surgery and recovery is easier and quicker for most patients."

"No pain. That's the biggest difference after the surgery. I was back to my normal self in no time and have been improving ever since."
- Erma Vance

After both of her surgeries, Erma spent some time recovering in the hospital at the Joint Replacement Center. The atmosphere in the Joint Replacement Center is different than a typical hospital stay. While participating in group education, group therapy and celebration luncheons, patients develop a comradery with each other that lasts a lifetime.

"The Joint Replacement Center, now that was an experience," laughed Erma. "Melinda Carie and her team were outstanding! We laughed and giggled like school girls and instantly clicked. I made some great friends. It felt like an adult day camp and we encouraged each other and joked around. It was just great."

Melinda Carie, Clinical Pathway Coordinator at Good Samaritan's Joint Replacement Center, echoed Erma's

sentiments. “Erma was a great patient and she is an even better person. She and I have remained in contact through Facebook and she also volunteered to be a patient speaker at a Joint Replacement seminar. She is an excellent example of a patient who has regained lost mobility since having her joints replaced.”

From her first appointments with Dr. Whitsett and his team to her physical therapy sessions at Vincennes Orthopedics, Erma is more than happy to let everyone know about her great time while at Good Samaritan. “It is a beautiful facility filled with friendly staff that make you feel welcome,” boasts Erma. “There are excellent nurses providing excellent care and the personal attention is not something you find at other health care facilities. When I drive by the hospital I am proud to say, “that’s my hospital.”

Now living pain free, Erma is back to doing what she loves. She enjoys being with her friends and family, playing cards, working, exercising, relaxing at home with her pets, and of course, dancing. One of her biggest passions in life is her love for her church and Jesus Christ. As a choir singer at First Baptist Church in Vincennes, Erma can once again sing her praises without being in pain.

“Anyone who is living with joint pain knows how unbearable it can be every day,” said Erma. “Having my hip replacements at Good Samaritan was the best decision I have made and it has made the greatest impact on my life. My experience was amazing and I highly recommend Good Samaritan Orthopedics to everyone. Why go anywhere else?”

Learn more about Erma’s story and orthopedic surgery at Good Samaritan by visiting gshvin.org/jointreplacement.



Dr. Whitsett checks Erma’s progress after her hip replacements during an office visit at Vincennes Orthopedics.



Dr. Whitsett’s nurse, Lucy Hurst, Erma and Dr. Whitsett, became fast friends during Erma’s time in the hospital and Vincennes Orthopedics.

THE FUTURE OF ORTHOPEDIC SURGERY HAS ARRIVED

Meet the Mako Open House

Wednesday, August 2
4 to 6 p.m. (EST)
Same Day Surgery Center

- First Robotic Arm Technology in Region
- Less Invasive Surgery
- Quicker Recovery
- Less Pain
- Better Outcome
- Patient Personalization
- Higher Level of Surgical Accuracy

If you have knee or hip pain and are considering joint replacement, call one of our orthopedic surgeons today or visit us online at gshvin.org/mako to learn more and to RSVP for the open house.

 **Good Samaritan**
Joint Replacement Center

Quest Orthopedics
2121 Willow St.
Vincennes, IN
812.882.6637

Vincennes Orthopedics
520 S. Seventh St.
Vincennes, IN
812.882.6972



Community Impact

Impact on Health

Emergency Room Patient Visits	40,992
Outpatient Visits.....	540,140
Inpatient Admissions.....	6,875
Rehabilitation Admissions.....	645
Neurodiagnostic Exams.....	1,855
Babies Delivered.....	494
Respiratory Tests / Procedures.....	127,439
Dayson Heart Center Tests / Procedures ...	35,927
Laboratory Tests / Procedures.....	1,196,665
Physical Medicine Treatments	89,939
Average Length of Stay	4.8 Days
Radiology Tests / Procedures.....	75,192
Trauma Activations	567

Impact on Economy

Charity Care	\$3,784,710
Annual Payroll.....	\$104,731,847
Number of Employees	1,933
Foundation Scholarships Awarded	\$38,100
Cost Per Day to Operate.....	\$637,809
Local Goods Purchased	\$13,033,740
<small>(This number includes goods & services within our 10-county service area, excluding bank services)</small>	
Donations Made to Local Organizations	\$56,374
United Way Employee Donations	\$85,114

Good Samaritan serves 253,237 residents throughout 10 counties in southwestern Indiana and southeastern Illinois.

2016 Community Benefits Report

Spring Screenings



Women have a habit of neglecting their own health. This is why Good Samaritan hosts the “Spring Screenings” event every year. In June of 2016, the 11th annual women's health event encouraged 293 women attending to make their own health a priority. Numerous free-of-charge

health screenings were provided as well as information about health, nutrition, exercise and stress relief.

Men's Health Tune Up



Men often fail to pay attention to their health. This is why the annual “Men's Health Tune Up” is just for them. The 2016 event, attended by 549 men, offered a variety of free health screenings and information. Clinicians were also on hand to educate men about their health and steps to live a healthier lifestyle.

Hands-Only CPR



Proper training for performing CPR is essential. In 2016, Good Samaritan's Clinical Informatics and Education Department provided an estimated 100 free hands-only CPR sessions. Hands-only CPR is without mouth-to-mouth breaths and can be used

on teens and adults who suddenly collapse in an “out-of-hospital” setting (such as at home, at work or in a park.)

Germ Busters



Hand washing is important for preventing the spread of countless illnesses, including the cold and flu viruses, especially in children. The Germbusters program teaches students the correct way to thoroughly wash their hands and the health benefits of doing so.

Community Health Services at Good Samaritan brought the Germbusters program to 123 first grade students and preschool / daycare children in 2016.

Fit Kids



Good Samaritan is fighting obesity in children with its Fit Kids program. The program targets third, fifth, seventh and ninth graders. Registered nurses spend three, 30 to 45 minute sessions with students in Vincennes Community, Vincennes Catholic, South Knox and North Knox school

corporations promoting healthy food habits and healthy activity. Throughout 2016, there were 2,976 children who participated in Fit Kids.

Primary Care Clinic



Good Samaritan's founding principle is that every person should have access to basic medical care, regardless of their ability to pay. The Primary Care Clinic offers high-quality patient care to individuals who do not have health insurance and those who have Medicaid. The fee is

based upon a sliding scale and determined by income. In 2016, there were 5,112 patient visits to the Primary Care Clinic.

Screening Mammograms



One in eight women in the United States will develop invasive breast cancer during their lifetime. Early detection is key to finding and treating breast cancer. Screening mammograms find cancers before they start to cause symptoms and ultimately save more lives. In 2016,

Good Samaritan's Breast Care Center performed 5,396 screening mammograms.

Convenient Care Clinic



At the Convenient Care Clinic, patients have access to medical care and diagnostic testing when their health care provider is unavailable. The clinic is dedicated to treating minor injuries and illnesses that need priority attention, instead of visiting the Emergency Department. In 2016, 11,247 individuals came to the Convenient Care Clinic.

23,600

Free Community Health Screenings Performed in 2016

62% of the **5,484** free blood pressure screens were abnormal

42% of the **1,895** free total cholesterol screens were abnormal

32% of the **1,328** free blood glucose screens were abnormal

28% of the **637** free HGB/A1C (hemoglobin test for diabetes patients) screenings were abnormal

16% of the **1,610** free Glomerular Filtration Rate (kidney function) screenings were abnormal

18% of the **78** free PAD (peripheral arterial disease) screenings were abnormal

5% of the **3,886** pulse oximetry screenings were abnormal



In 2016, 70 individuals participated in low dose CT lung screenings (LDCT). No exams resulted in a cancer diagnosis; however, three are being monitored for positive results of which one is considered suspicious and being monitored appropriately.



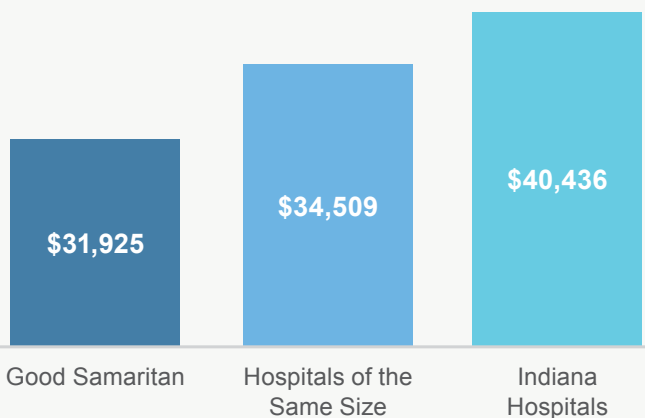
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2016 Annual Report

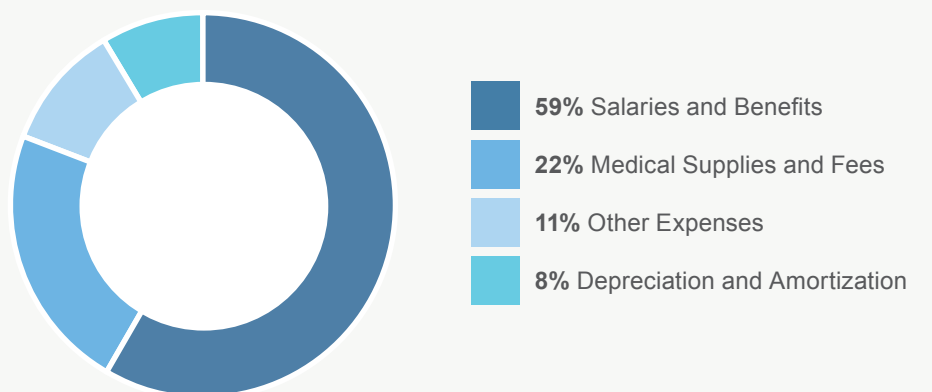
Gross Charge per Adjusted Discharge

Gross Charge per Adjusted Discharge represents the total charges generated by the number of patient discharges that are adjusted to reflect both the impact of inpatient and outpatient volumes.



Operating Expenses

Operating expenses of Good Samaritan allocated by category expensed.



Total Operating Expenses: \$232,800,351