REACHING OUT TO SERVE YOU

COMMUNITY BENEFIT REPORT

A SPECIAL EDITION OF LiveWell 2017

Genesis HEALTHCARE SYSTEM

geneshcs.org
Our Mission
To provide compassionate, quality health care

Our Vision
Genesis is committed to being a health care team whose care exceeds the expectations of our patients and community.

Our Values
Compassion • Excellence • Innovation • Trust

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Today and Tomorrow
Providing you the highest quality health care experience is our focus every day at Genesis. True excellence in patient care and service is the heart of our mission to serve this community. We accomplish this mission in many creative ways.

In this special edition of LiveWell, the Community Benefit Report, you’ll read about identified community needs and ways we’re reaching out to meet those needs. Our community members share how we’ve helped them gain access to care, manage weight and diabetes, prevent injuries and reduce addictions.

I’d like to share with you our exciting outreach initiatives in 2017. Access to care is an identified health need in the area Genesis serves. A recent health needs assessment survey by the Perry County Health Department showed access to care as being the biggest barrier to Perry County residents when seeking health care. Early in 2017, we announced plans to build a 7,500 square foot ED and renovate the existing 10,250 square foot outpatient facility in Somerset. We know having a fully equipped ED in Perry County will help save lives.

Another outreach to help you gain access to care is OneCall. We created one phone number that you can call to establish a family doctor that fits your individual need. Our scheduling specialists help you find the right doctor for you in a location that is close to your home or work.

Having a family doctor is essential to good health. Chances are that you or someone you know has had difficulty trying to make an appointment. We’re now able to see patients sooner thanks to new physicians located throughout our area. 2017 was one of the biggest recruitment years in Genesis history with 17 new physicians brought on staff. Read more about our new physicians inside this edition.

You’ll read about our collaboration with other organizations in the community to extend a helping hand to those who are suffering from addictions. Partnering with other agencies helps us serve the youngest members of our community, babies born to moms with addictions.

Serving you involves more than providing care within the hospital walls. In 2017, our outreach and benefit to the community totaled $28.7 million. We’re proud to serve you and look forward to caring for you and your family whenever you need us.

Matthew J. Perry
President & CEO

WHAT IS COMMUNITY BENEFIT?
A woman from Nashport who had a stroke joins the Genesis Stroke Support Group and finds friends who will help guide her as she recovers. A man from New Lexington gets the surgery he needs despite being uninsured. A little boy learns how to be safe with a baby and be the best big brother he can to his sister soon to be born. These are just a few examples of ways we offer a benefit to the community.

Our Community Benefit Program includes all the services, classes and events that Genesis provides to meet the community’s most pressing health needs and to promote health and healing and includes health education and health promotion in the community; health screenings by clinicians for the uninsured and underinsured; support groups and self-help programs; free education of health professionals; clinical experiences for health care students including nursing students; free or discounted health services for people who can’t afford to pay; and uncompensated care created because Medicaid and Medicare payments are less than the cost of care.

We work with local organizations who are also dedicated to improving the health of our communities. Together, we create and distribute a survey to determine the greatest health needs in our community, and we look at the resources available to prevent and treat these issues.

The survey is circulated throughout the community. Key leaders in the community are also surveyed on opinions on health issues.

Using the survey results and health data gathered, we complete a Community Health Needs Assessment that identifies and prioritizes the health needs. An implementation strategy is created to describe how Genesis will address the needs that were identified in the assessment. You can find the current Community Health Needs Assessment and Community Benefit Implementation Strategy on our website at genesishcs.org > About Us > Caring for the Community.

In this Community Benefit Report, you’ll learn about some of our efforts to address four of the areas of need outlined in our current implementation strategy including:

- Helping you gain access to care
- Managing weight and diabetes
- Preventing injuries
- Improving mental health and reducing addictions

In 2017, Genesis worked vigorously to address areas of need identified in the Community Health Needs Assessment. Genesis remains committed to serving you, your family and your health and well-being.
Improving access to quality health care was an identified need. We improved access to care by making it easier to see patients sooner and in more locations, thanks to the new OneCall scheduling specialists. Beth wanted to make sure she had a doctor in her new community, and she appreciates this service to help her gain access to care.

We have made it easier to see patients sooner and in more locations, thanks to the new OneCall scheduling specialists. Beth called the number and talked to a scheduling specialist, who helped her find a doctor close to home. "It was easy, and both my husband and I were able to get an appointment quickly," Beth said. She was glad she could talk directly to a scheduling specialist, who helped her find a doctor close to home. "It was easy and both my husband and I were able to get an appointment quickly."

Beth believes a family physician is important because if you get sick, you can obtain an appointment and don’t have to try to find a doctor when you’re not feeling well. Beth wanted to make sure she had a doctor in her new community, and she appreciates this service to help her gain access to care.

OneCall
OneCall was established so our friends and family have access to a family doctor. The OneCall number is (740) 455-7500, and is available Monday through Friday from 7 a.m. to 6 p.m.

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We have doctors’ offices located throughout the region. Some offer extended hours, vaccines, same-day appointments depending on availability and care for all ages except newborns. The OneCall number is (740) 455-7500, and is available Monday through Friday from 7 a.m. to 6 p.m.

Researchers at the Journal of Health Affairs found that patients with a family doctor have better management of chronic diseases, lower overall health care costs, and a higher level of satisfaction with their care.

Genesis Perry County Medical Center
In 2017 we held a ground breaking for the new Genesis Perry County Medical Center (GPCMC) in Perry County to create better local access to health care. A recent Community Health Needs Assessment survey by the Perry County Health Department showed access to care as being the biggest barrier to Perry county residents when seeking health care. The GPCMC will have a 24/7 full service Emergency Department (ED), advanced radiological imaging services, laboratory, physical therapy, cardiac diagnostic testing and specialist physician services such as cardiology.

Perry County does not have a hospital, urgent care facility or ED. Local Emergency Medical Services (EMS) have to transport patients out of the county existing in critical delays in care. In cases of trauma, heart attack or stroke arriving within 60 minutes of the onset of symptoms increases the chances of survival. Located within 12 minutes of 75 percent of the county’s population, a first-class Emergency Department in Somerset will save lives.

The Emergency Department will be a full-service facility, with board-certified emergency physicians and specially trained registered nurses, emergency medical technicians and other critical support staff. The ED will be capable of accepting and treating any emergency patient. Treat attack, stroke, complex medical conditions, serious injuries and much more. The GPCMC will help provide the community with life-saving access to care.

NurseLine 24/7
The Genesis NurseLine is a free phone service to answer health questions. In 2017, nearly 23,100 calls were made to the NurseLine. Our six-county area has been benefiting from the NurseLine since 1993. Staffed by registered nurses specially trained to assess the caller’s situation and ask about symptoms, the NurseLine nurses help decide the best course of care, direct callers to emergency help when necessary or provide self-care tips. The NurseLine number is (740) 455-4949 or 800-455-4949.

New Providers in 2017

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<th>Specialty</th>
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Heart & Vascular Rehab Gym
Carrie Carter exercises in the at Genesis Hospital.

“I feel wonderful, and I’m not short of breath anymore. I’m able to enjoy walking with Southeastern Ohio has a higher percentage of adults diagnosed with diabetes compared to the Ohio average – 10.1 percent in our area compared to 8.9 percent for Ohio. The number of adults in our community with diabetes increased 12 percent from 2004 to 2012. Our exercise program is open to people with diabetes, including those who have been diagnosed with pre-diabetes, and a support person. The program includes one-on-one fitness assessment, exercise plan and guidance by exercise specialists, and 1,444 participated in the Diabetes Exercise Program in 2017. Weekly mini-education classes are held and include dietitians, pharmacists, nurses, an exercise physiologist and behavioral health counselors.

Diabetes Exercise Program
The diabetes exercise program, as part of GRIP helps people with the condition learn how to better control their condition. It’s the only medically supervised comprehensive program in the community. The gym provides a safe and comfortable place to exercise at a reasonable cost and also has scholarships available.

Personal Story
Carrie Carter is glad there’s an exercise and educational program available at Genesis at a reasonable cost to help improve her health. She started exercising after her husband was sitting there waiting on him to get done exercising, and I thought, ‘I could be out there exercising, too.’”

Carrie signed up for 16 sessions of the Genesis Risk Intervention Program (GRIP), began exercising three times a week at the Heart & Vascular Rehab Gym, learned how to eat healthier in the GRIP educational sessions and lost 50 pounds. “I was going down a bad road, and my health probably would have deteriorated.” Before participating in GRIP, she couldn’t bend over to tie her shoes and got short of breath walking a short distance. Carrie and her husband exercise at the Heart & Vascular Rehab Gym three times a week. “I feel wonderful, and I’m not short of breath anymore, I’m able to enjoy walking with my granddaughter and participate in Walk With A Doc.”

Genesis Risk Intervention Program (GRIP)
The GRIP program is available for anyone who wants to improve blood pressure, help lower cholesterol levels, lose a little weight or just get in shape in a medically supervised gym. Before starting, the program includes an evaluation by a rehabilitation specialist to design a plan that meets needs and goals.

A team of nurses and exercise physiologists oversees the plan and helps community members adopt a healthier lifestyle. 1,812 community members participated in GRIP in 2017. GRIP is the only medically supervised comprehensive program in the community. The gym provides a safe and comfortable place to exercise at a reasonable cost and also has scholarships available.

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REACHING OUT TO PREVENT INJURIES

Need
The No. 1 reason people in our area come to the Emergency Department (ED) for traumatic injuries is due to falls. More than 28 percent of our community is older than the age of 79, many of whom live alone and have a fear of falling. While helping the aging population, and the younger generations, learn how to prevent falls and other injuries by offering fall and injury prevention programs at no cost.

Personal Story
Preventing Falls
Genesis offers education to address those concerns through fall prevention classes, Senior Lifestyles & Injury Prevention (SLIP) and Matter of Balance (MOB). The classes teach the most common causes of falls, how to prevent falls and provide a fall-risk assessment screening. About 160 community members participated in these programs in 2017.

The classes are open to all ages, and there is no limit to the number of times you can take a class to prevent falls. Shirley Van Allen has attended at least six sessions of MOB. The reason she goes repeatedly? She learns something new every time. Shirley, age 79, has not fallen but knows what to do if she does.

In case you do fall, the MOB class teaches how to check yourself for injury before you get up. Shirley gains more confidence with each session she attends due to the experiences shared by class members. "Some of the people who come to class tell how they fell and might be caused from something I never thought of before," Shirley said, "and then I learn from it." While the class structure is the same, she learned something new each session from information shared by others in the group.

Matter of Balance
Matter of Balance classes are more in-depth compared to SLIP, are designed to help individuals manage falls and include exercises to help with balance. The class addresses the fear of falling, changes in eye sight and hearing, and decreased mobility—all which can increase a fall risk. Also included in the MOB classes are balance techniques and exercises proven to decrease fall risks.

Stop the Bleed
Genesis Hospital provided free community training and life-saving kits in 2017 to 716 members of our community as part of the Stop the Bleed campaign. Stop the Bleed is a national campaign to provide bystanders in emergency situations the tools and knowledge to control life-threatening bleeding.

Genesis was the first in the area to offer the training. "This is a free service to help our community members learn to help save a life before first responders arrive," said Stuart Chow, DO, medical director, Genesis Emergency & Trauma Services. Training was provided to Morgan, Perry and Muskingum county’s school teachers and administrators in 2017.

Driving Simulator at Area Schools
Car crashes are the second leading reason people in our area go to the ED for traumatic injuries. Every day in the U.S., more than nine people were killed and 5,000 injured in crashes as a result of distracted driving. Genesis Emergency & Trauma Services teach accident prevention to young people.

In 2017, 4,439 area school students learned about distracted driving with the aid of a driving simulator, and the hazards of driving while under the influence of drugs and alcohol. The driving simulator provides experience in scanning, recognizing hazards and defensive driving skills as part of ThinkFirst, a presentation for schools and organizations to help children, teens and young adults learn how to reduce the risk of injury using hands on activities.

Senior Lifestyles & Injury Prevention
Senior Lifestyles & Injury Prevention (SLIP) classes offer seniors an overview of risk factors. The free class provides tips to decrease the risk of falling such as changes in the home including better lighting, grab bars/handrails, decreased clutter and removing throw rugs. Fall-risk assessments in SLIP include an evaluation on getting in and out of a chair, walking a short distance and measuring how many times you can sit down and stand up in 30 seconds.
The mother was successful in her withdrawal treatments, attended the required hours and comprehensive plan to address addiction for mothers and babies beginning with the first visit to their obstetrician. Physicians agree that the way to reduce the risk of a baby born with addiction is to help pregnant moms with addiction. Hoover shares the story of a woman who delivered her daughter at Genesis and tested positive on the day of delivery. The pregnant mother obtain support for inpatient or outpatient drug treatment. Genesis has reached out to help moms follow a plan to help both mother and child. Physicians and OB/GYNs to screen pregnant moms for substance abuse. If they test positive, Genesis collaborates with organizations in the community to help the pregnant mother obtain support for inpatient or outpatient drug treatment.

Clinical Pathway to a Healthy Family
Helping Pregnant Moms Suffering from Addictions
Physicians agree that the way to reduce the risk of a baby born with addiction is to address the addiction in a clinical, safe way with the mother during her pregnancy. Genesis has reached out to help moms follow a plan to help both mother and child have a healthy outcome. Genesis Women’s Services is collaborating with primary care physicians, OB/GYNs and ON-Q™ to develop protocols to address maternal addiction. Genesis collaborates with organizations in the community to help the pregnant mother obtain support for inpatient or outpatient drug treatment. Sue Hoover, director of Genesis Women’s Services, and the staff extend a helping hand to help pregnant moms with addiction. Hoover shares the story of a woman who delivered her daughter at Genesis and tested positive on the day of delivery. The woman understood that she needed help to become drug-free and raise her daughter. The new mom was willing to do whatever it took to help her daughter. She agreed to the pathway established by community providers that included assessments, rehabilitation treatments, visitations and random screenings. The mother was successful in her withdrawal treatments, attended the required hours of outpatient treatment programs, and tested drug-free at each random test. A success story, the mom is now mentoring other women who are experiencing addiction while pregnant.

Addiction Support Group
The Genesis Addiction Support Group began in 2017, is one of the few support groups in the community for families and friends of those suffering from addiction. The free support group meets monthly, and offers family and friends the opportunity to share their experience with another intelligent to support self-help groups.

“Drug and alcohol not only affect the substance user, but strongly impact family members, friends and loved ones,” said Jaycie Evec, chemical dependency counselor, Genesis Behavioral Health. “Support groups allow you to receive real-world advice and develop a stronger understanding of the disease, as well as help you to realize you’re not alone in this. There is hope, and you can overcome the feelings of being overwhelmed.”

New Vision™
As the leading health care provider in the region, we responded to the addiction crisis in an efficient, results oriented way to provide comprehensive care for patients with drug and alcohol related issues. We partnered with New Vision, a specialized company who works with health systems to operate a voluntary, medical stabilization service treating adults in need of medical stabilization, including withdrawal management, for drug and alcohol overdose and abuse. New Vision brings treatment protocols as well as ways to help those suffering from opioid addiction follow-up counseling. The comprehensive care stabilizes the patient, so they can effectively transition to community based treatment. A discharge plan is developed before the patient leaves the hospital, which can include outpatient and long-term rehabilitation and follow-up counseling.

Nationally Known Speaker Addresses Addiction
Genesis partnered with other organizations in our community to bring award winning journalist David Sheff to Zanesville in September 2017. We worked with New Vision, a specialized company who works with health systems to operate a voluntary, medical stabilization service treating adults in need of medical stabilization, including withdrawal management, for drug and alcohol overdose and abuse. Genesis Behavioral Health. “Support groups allow you to receive real-world advice and develop a stronger understanding of the disease, as well as help you to realize you’re not alone in this. There is hope, and you can overcome the feelings of being overwhelmed.”

ON-Q Pain Pump
A non-narcotic pain management system was made available to Genesis surgery patients in 2017. The ON-Q Pain Pump uses localized pain medicine to clinically proven to reduce pain, speed recovery and improve the overall patient experience without the risk of addiction and reduces potential narcotic-associated side effects.

Tobacco use is one of the most preventable risk factors to reduce disease and death. The prevalence of tobacco use in our area averaged 24 percent, which is 8 percent above the Ohio average. We reached out in creative ways in 2017 to help reduce tobacco use.

Smoke Signals
Quitting Tobacco Use
We offered a free event to help anyone in our community quit tobacco use. The Spirit of Women event was held at Lowe’s Home Improvement in Zanesville in January 2017 and offered tips on how to quit the habit.

We even added a fun twist and had a local chef show participants how to smoke meat. The chef gave free samples, and attendees had the chance to win a smoker grill.
Other Forms of Economic Support

Genesis HealthCare System reaches out to the community in many ways. Genesis is a not-for-profit with a mission to provide compassionate, quality health care. We’re committed to meeting the health-related needs of our community members—regardless of ability to pay.

We partner with organizations throughout the community to identify health-related needs of the poor, the underserved and the community-at-large, and we strive to fulfill those needs. We pledge every dollar after expenses to develop services; provide financial and professional support and offer education and wellness programs that respond to the community’s health needs. Genesis’ quantifiable benefit to the community in 2017 was $28,687,000, which was 8 percent of our total operating expenses.

Charity Care—
Free or discounted health services provided to 2,479 people who did not have insurance or whose insurance left them with an out-of-pocket balance after payment was made. This amount is based on costs. Bad debt is not included.

Unpaid Cost of Medicare & Medicaid—
The shortfall created when payments received from Medicare & Medicaid are less than the cost of caring for patients.

Community Benefit Services—
More than 76,846 people benefited from activities such as free health screenings, educational programs and in-kind donations from Genesis.

Total Community Benefit = $28,687,000

Support from Employees

Genesis employees supported our community in a variety of ways in 2017, including:

- Donating to the United Way: $50,266
- Red Cross Blood Drives: 149 units collected from 5 drives
- Donating to Operation Feed: $1,800 raised provided 18,000 meals for families
- Food Charities: $1,074 raised through food sales in the Genesis cafeteria for local social agencies including Miracle League, Transitions, Big Brothers Big Sisters, Roseville Food Pantry, Trinity Full Gospel We Care Food Pantry, Somerset Food Pantry, Morgan County United Ministries Food Pantry, College Drive Presbyterian Church Food Pantry, Heartbeats, Forever Dads, First Putnam House, Shelter and Chris’s Table.

REACHING OUT TO BENEFIT OUR COMMUNITY: $28.7 MILLION

Other Forms of Economic Support

Genesis is a major driver of the local economy with 3,510 people employed and a payroll of $207 million. In addition to the ripple effect these payroll dollars make as employees make their homes in our community and support local merchants, our employees’ payroll taxes also make a sizable contribution to the area’s economic health:

- State of Ohio payroll taxes: $6.5 million
- Local payroll taxes: $1.75 million
- School taxes: $165,208

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REACHING OUT TO ACCOMPLISH MORE FOR YOU

Clinical Program Accomplishments

Genesis Perry County Medical Center

Genesis Perry County Medical Center (GPCMC) in Somerset held its groundbreaking in August of 2017.

"A" Grade for Safety

Genesis received an "A" Grade for being among the safest hospitals in the U.S. from one of the leading hospital safety rating organizations in the nation, The LeapFrog Group. See www.hospitalsafetyscore.org for more details about the Hospital Safety Score.

4-Star Award

We received a 4-Star rating from the Centers for Medicare & Medicaid Services (CMS) for Overall Hospital Quality listed on the Hospital Compare website.

Morrison House Renovations

Offered open house to share renovations at Morrison House and celebrated 30 years of providing compassionate inpatient hospice care.

A Star Award

We received a 4-Star rating from the Centers for Medicare & Medicaid Services (CMS) for Overall Hospital Quality listed on the Hospital Compare website.

Information Technology

Genesis Voted the Best

Genesis Hospital voted the best in Muskingum and Coshocton counties for medical care, home care, and best place to work in Muskingum County. The recognition is a result of a survey by the Zanesville Times Recorder.

Nursing Experience

Provided 1,570 clinical experiences for nursing and other health care students.

Most Wired

Genesis HealthCare System named one of Most Wired® hospitals by the American Hospital Association’s Health Forum.

MyChart Milestone

Exceeded 33,253 active users of MyChart®, the Epic feature in the electronic medical records that enables patients of physicians who are Epic users to access their own medical records online. The number of MyChart users increased by 7,000 patients in 2017.

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The Genesis Community Benefit Report is an annual publication of Genesis HealthCare System and a special edition of LiveWell.

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