

# HEALTH CURRENTS

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## A high-five for joint care

GRMC'S FIVE-STAR RATING PLACES IT IN TOP 15 PERCENT NATIONWIDE

The ratings mean that joint replacement surgery patients at GRMC had a below-average rate of complications and mortality and that GRMC performed better than 85 percent of hospitals. Hospitals with outcomes that are above average to a statistically significant degree receive a five-star rating.

### JOINT EFFORTS AT GRMC

Years ago, people suffering from severe chronic pain caused by injuries or illnesses such as arthritis had little choice but to endure their conditions. Today, the highly skilled board-certified surgeons at GRMC are replacing joints with shoulders, hips, knees and ankles made from strong, durable materials, enabling more than 200 GRMC patients each year to significantly improve the quality of their lives.

The comprehensive orthopedic surgery program at GRMC, known for the excellence of its physicians and exceptionally low infection rates, includes orthopedic trauma, sports medicine, adult reconstruction (total joint replacements) and spine surgery. Infection rates at GRMC for these surgeries are about half the accepted national rate. In addition, complication rates from surgery are low for GRMC's patients.

"We have an excellent total joint program. Our results are real numbers that compare very favorably to other hospitals locally and nationally," says

—Continued on page 2

Guadalupe Regional Medical Center has received a five-star rating for the quality of its joint replacement surgery program from HealthGrades, the leading independent healthcare ratings company. HealthGrades rates the quality of nearly 5,000 U.S. hospitals. Five-star ratings, the highest possible, indicate statistically better patient outcomes. The national rating places GRMC in the top 15 percent of nearly 5,000 hospitals providing orthopedic surgery.

Highlights of GRMC's 2009 scores in the HealthGrades study include five-star ratings for:

- Total knee replacement.
- Hip fracture repair—for the second year in a row.

"This is a prestigious and significant award, reflecting our commitment to excellence," says GRMC CEO Robert Haynes. "The contributions of our physicians and staff members and the quality healthcare they provide made this designation possible. This is objective statistical evidence that we are performing at a very high level compared to other hospitals."

### A GREAT ORTHOPEDIC TEAM

"We are so proud of this achievement," says GRMC's Chief Nursing Officer Kim Deese. "Our orthopedic surgeons, Drs. Deetjen, Sahni and White, and a broad range of our hospital departments—including the OR, surgical floor, anesthesia, rehab, dietary, housekeeping, pharmacy, lab, imaging and ER—all contribute to the

total care received by our patients. To be among the top 15 percent of hospitals is a true honor, and we recognize everyone on the team for these outstanding results."

In addition to the excellence of physicians and staff, GRMC's administration attributes the high ratings to a variety of initiatives: hospital quality expert Quint Studer's Hardwiring Excellence program, GRMC's Code of Excellence, and specific quality and service goals set in each department.

"We're focused on excellence every day," Haynes says. "We've worked hard to align everyone on common hospitalwide goals for both clinical and service excellence."

### TOP-NOTCH CARE

GRMC's five-star ratings were included in the 11th annual *HealthGrades Hospital Quality in America* study, which analyzed more than 41 million Medicare hospitalization records from 2005 to 2007 at the nation's approximately 5,000 non-federal hospitals.

Each hospital receives a star rating based on its patient outcomes in terms of mortality or complication rates for each procedure or treatment. For example, complications can include hospital-acquired infections, heart and lung difficulties during or after surgery, and excessive bleeding.

During the past year, surgeons performed more than 200 joint replacements in Guadalupe Regional Medical Center's state-of-the-art operating rooms, significantly improving the quality of patients' lives.



Got an emergency? Use the front door.



While we complete work on our new state-of-the-art emergency facility, walk-in ER patients are asked to use the hospital's front lobby entrance. When the new emergency facility opens late this year, it will have expanded to 25 beds.

In the meantime, we remain ready to serve all emergency needs.

Park and enter at the Temporary Main Entrance at Court and Moss streets.

## GRMC NEWS



**Robert Haynes,**  
Chief Executive  
Officer

### Achieving our Vision

As this issue of *Health Currents* arrives in homes, we are just a few months away from the opening our new inpatient tower on the west side of our hospital campus. The west tower will provide us with a state-

of-the-art Maternity Services floor, including seven maternity labor rooms; two separate c-section operating suites; and luxurious, well-appointed private rooms and suites for mothers and families.

The second floor will provide an entirely new medical floor with all private rooms for acute care patients. The third floor will house various nonclinical departments that will be moved as we remodel the main campus. After the final relocation of these departments, the third floor will be available to accommodate projected growth in our area over the next five to ten years.

Thank you for your patience as we work through the many challenges of building a state-of-the-art Medical Center for our community. We look forward to a great year here at Guadalupe Regional Medical Center as we continue to grow and to serve our patients and their families' needs for excellent healthcare.

Sincerely,

Robert Haynes, FACHE  
Chief Executive Officer

### GRMC Home Health among the elite for third straight year



Guadalupe Regional Home Health Services has been named to the 2008 Home Care Elite, the compilation of the most successful home care providers in the United States. This prestigious designation names the Medicare-certified agencies whose performance measures in quality of care

and quality improvement are among the top 25 percent of home healthcare providers nationwide. This is the third year in a row that Guadalupe Regional Home Health Services has received this important award.

"These achievements reflect Home Health Services' ongoing efforts to hardwire excellence," says GRMC's CEO Robert Haynes. "The award also demonstrates their commitment to our patients. The contributions of our home health staff members and the excellent care they provide make these achievements possible and are evidence that they are performing at a high level of quality." ❖



### New Foundation executive director brings years of experience

Guadalupe Regional Medical Center announces the appointment of Dorothy Wiley as the executive director of the Guadalupe Regional Medical Foundation. In addition to overseeing the management of the Foundation, Wiley will continue in her capacity as GRMC's marketing and public relations director. Her new title will be Executive Director Foundation and Marketing.



**Dorothy Wiley**

A veteran marketing and public relations professional, Wiley brings more than 30 years of executive experience in healthcare marketing to her new position. During her career, Wiley successfully led many teams and projects. As vice president of a 25,000-employee

healthcare provider, Wiley managed the corporate public relations, investor relations and marketing services departments. At GRMC, Wiley first served as a consultant helping to create the Medical Center's 2006 Strategic Plan and was instrumental in helping GRMC implement numerous marketing and public relations initiatives.

"Wiley's energy, commitment and senior level experience are valuable assets and will help the Foundation play an even greater role in Guadalupe Regional's future success," says GRMC CEO Robert Haynes.

Guadalupe Regional Foundation Board Chair Phil Seidenberger concurs, saying, "We are pleased that a professional of Wiley's caliber and a dedicated member of GRMC's staff has accepted this position." ❖

## High-five

—Continued from page 1

Orthopedic Surgeon Jack Deetjen, MD.

Dr. Deetjen joined the GRMC medical staff in July 1992. He and G. Steven White, MD, another board-certified orthopedist who has practiced in Seguin since 1984, often assist each other in surgery, providing their patients the benefit of two orthopedic minds thinking through the surgery. Their well-established reputations for excellence in joint surgery and orthopedic care helped cement the decision of Irvin Sahni, MD, to establish his orthopedic and spine surgery practice in Seguin in August 2003.

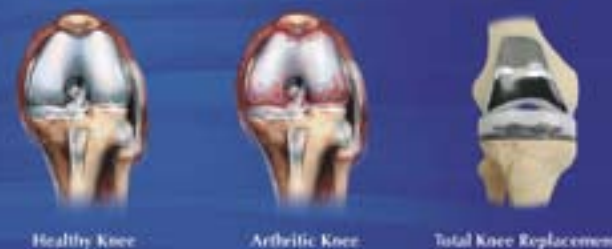
### WHEN JOINTS HURT

Medicines, exercise, and heat or cold applications may provide some relief from joint pain.

However, if pain from arthritis, injuries or other joint problems is severe, your physician may discuss surgery as a treatment option.

Joints are among the most hardworking parts of your body. The good news is that these worn-out joints can be replaced. And for those who decide to have this surgery, there's more good news. Hospital stays for the procedures are shorter than ever before, normally just a few days. And most patients who undergo total hip replacement begin standing and walking with assistance the day after surgery, and resume most normal light activities within three to six weeks. Specially trained nurses and physical therapists are assigned to patients to assist with their inpatient stay. In addition, GRMC offers comprehensive post-hospital therapy through its inpatient rehab and outpatient therapy programs. ❖

#### THE KNEE JOINT



## Your expert team

Orthopedic surgeons practicing at GRMC are:

■ Jack Deetjen, MD, 830-379-8371

■ Irvin Sahni, MD, 830-379-8800

■ G. Steven White, MD, 830-379-9492

## FOUNDATION

# Foundation launches 3-year Capital Campaign

**\$2 MILLION-PLUS GOAL SET TO PARTICIPATE IN GRMC'S EXPANSION**

**T**he Guadalupe Regional Medical Foundation Board of Directors has announced the launch of their three-year "Giving. For Life." Capital Campaign. The Campaign officially began Jan. 1 and has set a goal of raising more than \$2 million to participate in the \$100 million expansion of the Medical Center currently underway.

Guadalupe Regional Medical Center (GRMC) is renovating and expanding its existing facilities into an ultramodern healthcare complex. When GRMC's expansion is finished, the hospital will more than double in size, augment its technological sophistication and have a sleek, contemporary appearance. The expansion will increase GRMC's square footage to 260,000, triple the size of the emergency room and expand the hospital's healthcare services.

## FIRST-CLASS HEALTHCARE

Foundation Board Chair Phil Seidenberger, who is also executive vice president and general manager of CMC Steel in Seguin, explains that "the expansion, financed through HUD, will provide the region and area physicians with a first-class Medical Center. What the Foundation Board and Capital Campaign Committee want to accomplish with this Campaign is to help GRMC achieve its Vision—to be an elite, technologically advanced

Medical Center. We can do that by providing the funds for enhancements and projects—such as a hyperbaric chamber—that will be enhancements to patient care."

The Foundation has set a large goal because they have an opportunity to make a significant impact, says GRMC CEO Robert Haynes. "The number of people in need of healthcare continues to grow," he says. "Over the next 10 years at GRMC, more than 7,500 babies will be born, at least 50,000 people will be admitted for care, 30,000 will have surgery and more than 300,000 patients will receive emergency care."

## GIVING. FOR LIFE.

Foundation Executive Director Dorothy Wiley adds, "The 'Giving. For Life.' Capital Campaign is an opportunity for the entire region to participate in the future of healthcare for our area. Achieving our goal will require the time, talent and treasure of many of our region's citizens. I am confident that the generous support of our Capital Campaign by citizens of the many communities GRMC serves will enable the Medical Center to continue to excel for generations to come. Every



**MAKE YOUR MARK:** Anyone who gives can play a part in building our region's healthcare future.

contribution will make a difference, whether your gift is large or small or somewhere in between—you can make a difference—by Giving. For Life."

Approximately half of GRMC's employees have already begun making contributions to the Campaign, and their pledges total more than \$165,000.

"These generous supporters of our Capital Campaign are thanked and commended for their participation in a very worthwhile goal—achieving healthcare excellence and helping to provide our region with an elite Medical Center," Wiley says. ❖

CLIP AND MAIL

## Yes, I'd like to participate in the "Giving. For Life." Campaign

Name (please print) \_\_\_\_\_

Title \_\_\_\_\_

Phone (daytime) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

E-mail address \_\_\_\_\_

Enclosed is my tax-deductible gift in the amount of \$ \_\_\_\_\_

Check # \_\_\_\_\_ (Please make checks payable to Guadalupe Regional Medical Foundation.)

Charge my gift to:  
 Master Card  Visa  
 Discover  American Express

Account number \_\_\_\_\_ Exp. date \_\_\_\_\_

- I also wish to pledge this same amount for the next two years.  
 Please send me yearly reminders until I have completed my pledge.  
 I wish to make a gift of stock. Please contact me to discuss my gift.  
 I wish to include the Foundation in my estate plan. Please contact me.  
 I wish to volunteer at a Foundation fundraising event.  
 I would like my gift to remain anonymous.  
 You have my permission to publicly recognize my gift.

Signature \_\_\_\_\_

Please clip and mail to:  
 Guadalupe Regional  
 Medical Foundation  
 1331 E. Court St., Suite 103  
 Seguin, TX 78155

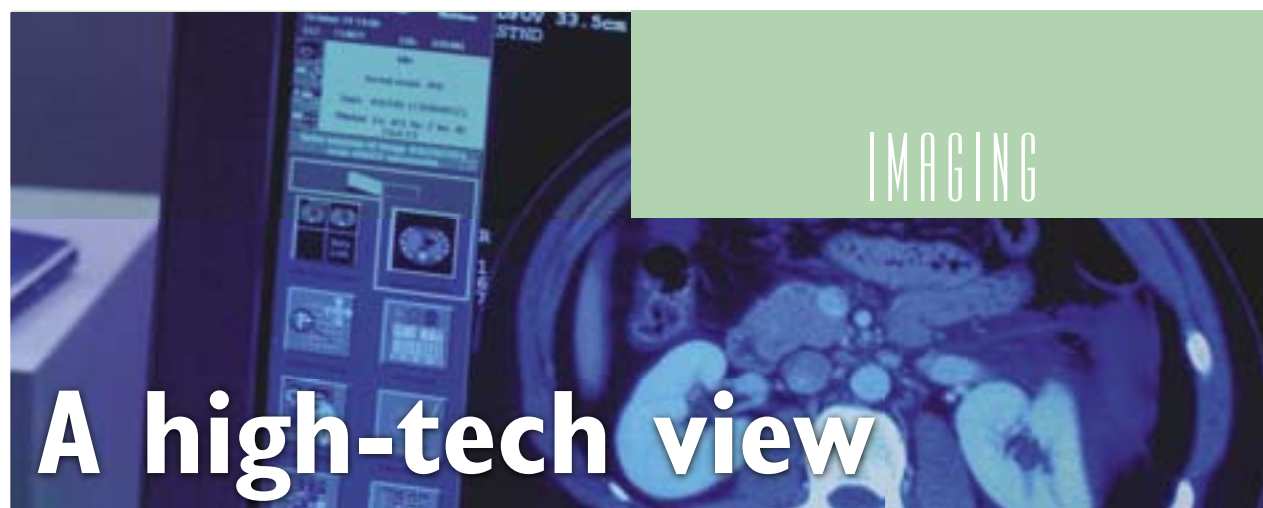


GUADALUPE REGIONAL  
 MEDICAL FOUNDATION  
 CAPITAL CAMPAIGN



For questions or inquiries, please call 830-401-7721 or e-mail us at [foundation@grmedcenter.com](mailto:foundation@grmedcenter.com). Thank you!

CLIP AND MAIL



## IMAGING

## A high-tech view

## GRMC welcomes new radiologists

The new medical staff for Guadalupe Regional Medical Center's Imaging Department comprises Kevin Barker, MD; Anson Cone, MD; Robert Thompson, MD; and Nelson Uzquiano, MD—all board-certified radiologists.



Kevin Barker, MD

These radiologists specialize in using imaging to help diagnose and treat many diseases and provide expert consultation in a timely manner to physicians ordering imaging tests.



Anson Cone, MD

Radiologists recommend appropriate tests, interpret the results and use them to help care for patients.

GRMC's Imaging Department provides comprehensive, high-quality outpatient and inpatient diagnostic imaging locally in a comfortable, friendly atmosphere.



Robert Thompson, MD

## SAVE TIME AND GAS

"There's no need to go to San Antonio and endure traffic hassles," Dr. Barker says. "We can do all your testing here in Seguin. We can take orders from any physician, including San Antonio physicians. And the quality of our services is top-notch."

To schedule your imaging exams locally, please call **830-401-7745**.



Nelson Uzquiano, MD

## MEDICAL IMAGING TECHNIQUES THAT HELP DOCTORS HELP YOU

Sometimes doctors need to see inside the body to help diagnose or treat diseases. Often they can accomplish this without surgery—thanks to modern medical imaging.

The following brief descriptions cover some of the most commonly used techniques.

**X-rays** are the oldest and most often used imaging tests. The preferred way to diagnose broken bones, x-rays also have many other uses, such as to image the chest or to assess damage from arthritis.

X-rays are a form of radiation that can pass through the body, allowing an image to be recorded on the other side. Bones and other dense tissues absorb the most x-rays and appear light; soft tissues look dark because more rays pass through them.

A **mammogram** is a special type of x-ray exam used to image the breasts, often to screen for breast cancer. Mammograms can detect breast tumors early, when treatment has the best chance of success.

**Ultrasound** doesn't rely on radiation. Instead, the technology uses sound waves and their echoes to create pictures that can provide, among other things, a breathtaking first look at a growing fetus.

Ultrasound is also used to view internal organs, since it is very good at seeing soft tissues, and to guide biopsy tests. Doppler ultrasound can track blood flowing through vessels and is used to

detect narrowing in leg or neck arteries.

**CT—computed tomography**—scanning uses x-rays and a computer to create cross-sectional images of organs, blood vessels and other types of tissue—in great detail. For example, CT can show fibrous tissue in organs and other details that aren't visible with regular x-ray exams.

Multiple x-ray beams are sent through the body at different angles, producing thin images, or slices, that are assembled by a computer and viewed on a monitor.

CT is often used to get views of the head, abdominal organs or the pelvis. It can help detect cancer, spinal injuries and other conditions.

**MRI—magnetic resonance imaging**—also captures very detailed cross-sectional images, but with a strong magnetic field and radio waves instead of x-rays.

Some of the more common uses of MRI are to view the brain and the spinal cord to evaluate back pain.

## ADVANCING AND EXPANDING

Keep in mind that these imaging techniques have many more uses.

As technology advances, the ways that imaging is used to diagnose and help treat conditions are expanding all the time. ❖

Sources: American College of Physicians; American College of Radiology; Radiological Society of North America

GRMC offers high-quality imaging locally. To schedule an exam, call 830-401-7745.

## HEALTH CURRENTS

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## LETTER FROM A GRATEFUL MOTHER

## Four-year-old Max loves the ER



Four-year-old Max Kunde can't wait to go back to GRMC's ER, thanks to the friendly staff.

Just wanted to share with you a story about my son, Max Kunde, who has been a patient numerous times in the emergency room (ER) for recurrent chronic croup. We had recently been referred to a pediatric pulmonologist to get more answers as to why he was winding up in the ER so regularly. We got outfitted with a breathing machine and all the same medications and were set up at home for treatment.

Max had an episode the other day and needed a treatment, so I got set up and ready for him and said, "OK, Max, let's do the treatment," and he threw a royal fit. I said, "Max, if you don't do this, we are going to wind up back in the hospital," and he said, "Good, they make me feel better and give me a toy, and they are nice! So, let's go!"

Most people might dread going to the ER, but my 4-year-old can't wait. Thanks for creating such a warm and kid-friendly ER that my son can't wait to go back to!

—Lisa Kunde