

GRMC

HEALTH CURRENTS

ADVANCED MEDICINE. PERSONAL TOUCH.

ROOTED IN OUR COMMUNITY

What is your *passion*? What aspects of your community are near and dear to your *heart*? How do you want to make a *difference* in life— positively impact others and leave a *legacy*?

Those questions have led many to consider a donation to the Guadalupe Regional Medical Foundation, often with specific direction on how best to invest those funds. Many Foundation supporters have been contributing to the hospital for many years, in small steady increments that over time have become significant in value.

Some of our recent donations have been large—such as the Baptist Health Foundation's grant to the Guadalupe Clinic, or the Najim Family Foundation providing a new fetal medicine ultrasound machine. Some donations have led to the creation of an endowment, such as the first responders' Bras for a Cause fund for cancer care, or the estate of Craig and Selma Smith's bequest for the new special care nursery. Local organizations such as GVEC, Knights of Columbus, United Way and Seguin Rotary have all provided financial support toward a specific program or unit at GRMC.

Two of our hospitalists, Juan Arenas, MD, and Sarah Lester, MD, recently initiated a Raise the Bar challenge for the hospital's medical staff to invest in advancing staff education for the care of critically ill patients.

As you read this newsletter and learn of the many ways that the hospital gives to Seguin and its outlying region, please consider an end-of-year donation to the Guadalupe Regional Medical Foundation. Your gift will help us continue our mission of providing technologically advanced medical care and caring, benevolent services for the citizens of Seguin and surrounding communities. Included in this mailing is an envelope, which provides a convenient opportunity for you to further share your blessings with us and to specify how you would like your gift to be used.

Guadalupe Regional
MEDICAL CENTER

Advanced Medicine. Personal Touch.



In this issue

3 Local partnerships
make us stronger

GRMEDCENTER.COM

WINTER 2018

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Giving back to the community, investing in our future

In addition to the many medical and surgical services GRMC offers, the Medical Center has a long history of wide-ranging outreach programs.



Throughout the year, **GRMC staff members** unload trucks and sort and distribute food to grateful families and individuals in our community. This past year, with money raised by hospital staff, GRMC purchased and distributed approximately 33,000 pounds of food to over 1,800 Guadalupe County families.

The **Guadalupe Clinic** has been providing care to uninsured and underinsured patients with chronic illness since 2012. Recently the clinic has expanded its scope to include women's healthcare and well-woman exams. Nearly 1,000 patients have benefited from the caring staff at the clinic, who work diligently to prevent healthcare crises and keep families healthy.



The **Prescription Assistance Program (PAP)** is a vital resource that provides medication assistance to low-income individuals with chronic illnesses. Last year the PAP dispensed over 40,000 prescriptions to more than 1,500 patients, for a total value of almost \$12 million.



The **Teddy Buerger Center** provides services for a wide range of mental health needs, including anger management, chemical dependency, domestic violence, employee assistance and outpatient mental health services. In addition, the **Heritage Program for Seniors** provides care related to prolonged periods of sadness, anxiety or unresolved grief.

As part of GRMC's Heritage Program, our **transportation services** assist patients who have difficulty getting to and from scheduled GRMC appointments. With two accessible vans for people with disabilities, GRMC provided more than \$75,000 in transportation services to our patients last year.

The **Inpatient Rehabilitation Services Department** at GRMC provides a Stroke and Recovery Support Group for members who are interested in joining a network to aid in successful recoveries. This support group provides the opportunity to share concerns and solutions for the changes that occur after a stroke, and aids in the successful recovery of stroke survivors.



GRMC's Pastoral Care Department offers a **cancer support group** and a **grief support group**. Cancer Connections assists those who have had cancer and their families through the healing process. Our grief support group gives the community a network to help people through the grieving process and provide an outlet for coping with the loss of a loved one.

Our **Palliative Care** specialists guide members of the community through the process of creating a living will and advance directives, ensuring clear communication and that expectations are specified well before such a need arises.

Working together

PARTNERSHIPS MAKE US STRONGER

GRMC prides itself on connecting with other significant entities in the community, including the Seguin Chamber of Commerce and local businesses, such as through the Industrial Counsel. In addition, GRMC has many other partnerships:

HOSA

Through the HOSA (Health Occupations Students of America) organization and in coordination with Seguin and Navarro high schools, GRMC has employed students in our Laboratory Department, ER, Inpatient Rehabilitation Unit, Cardiopulmonary, Medical and Surgical floors, Pharmacy, Materials Management, Bio-Med, Nutrition Services, and Physical Therapy.

Seguin ISD

GRMC collaborates with Seguin ISD to bring awareness of the tragic consequences of underage drinking and driving. Shattered Dreams is an educational initiative that involves the dramatization of an alcohol-related crash for young students, complete with family involvement, local police and EMS response, as well as transportation to GRMC's ER.

Texas Lutheran University

We are proud to be in partnership with our local university, Texas Lutheran University, allowing us to provide one-on-one on-site training to students in their nursing and kinesiology student rotation programs. At GRMC, we believe in building future healthcare leaders and work to provide a positive learning environment to those pursuing careers in healthcare.

Texas Blood and Tissue Center

In conjunction with the South Texas Blood and Tissue Center, GRMC hosts an on-site blood drive every two months for the Seguin community. Last year, GRMC staff members donated enough blood to help save 180 lives.

One-Eighty

At GRMC, we help people head in the right direction with the 180 Program—a hospital-based, inpatient withdrawal stabilization service for people who have decided to stop using alcohol, opioids and other drugs, including prescription medications. Patients are treated medically and with professional support to effectively manage the symptoms of withdrawal while ensuring safety, comfort and confidentiality. We make sure every patient leaves with a tailored discharge plan of follow-up care to help maintain sobriety.

Bluebonnet Trails Community Services

The partnership between GRMC and Bluebonnet Trails Community Services aids and supports the community with mental health and developmental disabilities through an Extended Observation Unit. This means that patients who need mental health crisis intervention can receive inpatient crisis services after being discharged from the ER at GRMC. This allows patients to benefit from crisis stabilization, prompt psychiatric intervention and family involvement throughout treatment.

SANE

The SANE (Sexual Assault Nurse Examiner) Program at GRMC ensures that exams are processed and properly coordinated with the Children's Advocacy Center, Seguin Police Department, Guadalupe County Sheriff's Department, and the Department of Protective and Regulatory Services.

Nationally recognized. Locally loved.

Healthgrades, the national leading online resource for extensive information about physicians and hospitals, has once again named GRMC as a 5-star performer in Hip Fracture Treatment for the 11th year in a row, Total Knee Replacement for the fifth year in a row, Vaginal Deliveries for the fourth year in a row and Appendectomy for the

third year in a row.

We are also the proud recipient of the Healthgrades 2018 Patient Safety Excellence Award™ for the second year in a row and the 2018 Outstanding Patient Experience Award™. Combined, these two recognitions place GRMC among the **top 2 percent** of all short-term acute care

hospitals in the nation.

GRMC has also been voted “Best Place to Work” for four years in a row, and many of our staff members have been recognized for the excellent personal touch they provide patients each day.

Both national and local recognition of our facility is evidence of the efforts our dedicated medical staff and

clinical teams make every day to ensure the very best quality outcomes for the patients who trust us with their care. We are excited to continue our mission of bringing advanced medicine to our community and providing key workplace attributes like career opportunities, culture and values to our staff.



Giving thanks and joy

As the holiday season approaches, thoughts often turn to giving thanks for our blessings—and a desire to celebrate and share these blessings with our family, friends and neighbors.

As members of the GRMC healthcare team, we are provided the opportunity to reflect on our blessings year-round. Every aspect of our profession revolves around the miracle of life, the marvel of modern medicine, the interconnectedness of families, the fulfillment of teamwork, and the joy of caring for and giving to others. In this, our GRMC team feels particularly blessed to be an integral part of this community.

This *Health Currents* edition provides an overview of the wide range of medical and community services provided by GRMC. Perhaps one of these programs or patient needs particularly inspires a passion in you? If so, **we urge you to consider making a tax-deductible donation through the Guadalupe Regional Medical Foundation. There are various programs listed on the enclosed envelope so that you can tailor your intentions.** We are also happy to meet with individuals, couples, families and organizations to explain possibilities to make a difference in the scope of care and services provided by the hospital. Estate planning consultations can also be arranged for those who want to continue their legacy for future generations.

In this season of Thanksgiving, we give thanks to our community for the ongoing support and confidence you have given GRMC and GRMF.



Elaine Bennett,
CEO of Guadalupe
Regional Medical
Foundation

We've grown!

EXPANDING TO SERVE YOU BETTER



In addition to GRMC's focus on community services, the Medical Center remains concentrated on continued facility growth and expansion of services. A multi-year, many-phased construction project has recently been completed, providing these significant new improvements:

- **The seventh OR Suite and second Cardiac Cath Lab** will now accommodate the growing patient demand as well as offer expanded space for new technology, including the da Vinci Xi robot and future procedures.
- **The new Birthing Center Triage Unit and Special Care Nursery**, as well as added capacity for labor and delivery suites.
- **Wellness Center Women's Dressing Room remodel**, which was updated to enhance the comfort and flow for guests.
- **The public dining room** now offers improved access throughout the café as well as a large new salad bar and a tranquil outdoor eating space.
- **The Inpatient Rehabilitation Unit remodel**, which includes a brand-new ultramodern kitchen and nurses station.

Elevating the level of care

Complementing the already robust scope of medical care provided at GRMC, we are pleased to announce two recent additions to our medical staff:



ZACHARY NASH, MD

Dr. Nash received a medical degree from the University of Oklahoma Health Science Center.

He completed a general surgery residency at the University of Texas Health Science Center in San Antonio and a vascular fellowship at Houston Methodist Hospital. He offers vascular services to Seguin and surrounding communities as part of the Mission Cardiology medical group. His practice includes dialysis access and treatment for peripheral arterial disease, complex venous disease and aortic disease.



BHUPINDER SANGHA, MD

Dr. Sangha, a critical care specialist, joined GRMC in November 2018. He brings a wealth of knowledge, being board-certified in internal medicine, nephrology and critical care. After receiving a medical degree, he completed three different residencies at LSU Health Science Center. Prior to coming on board at GRMC, he practiced at Baylor Scott & White in Waco. Dr. Sangha's expertise in critical care and treatment of complex kidney diseases heightens the level of care and broadens the scope of procedures and treatment options provided to patients in Seguin and surrounding communities.

Events WITH YOUR HEALTH

EDUCATIONAL CLASSES



Birthing Center classes

GRMC's childbirth class provides expecting parents with a forum to ask questions and learn about key issues surrounding childbirth, as well as prepare for labor and delivery.

Our breastfeeding class is a great way for expecting mothers to learn and prepare to breastfeed their newborn and gives them an opportunity to ask questions and voice concerns regarding breastfeeding.



Diabetes education

Diabetes 101 is an accredited diabetes education program taught by a licensed nurse, designed to educate participants on the overall care and management of their diabetes.

Gestational diabetes is an accredited diabetes education program taught by a licensed nurse that is designed to educate expectant mothers about possible diabetes complications during pregnancy, such as pre-eclampsia.



Outpatient Rehabilitation

Our monthly fall prevention classes focus on empowering all generations to be more proactive about preventing falls. Whether it is exercising to improve balance and strength, getting an eye exam, or making your home safer, our team has the tools to help you prevent falls.



First aid

GRMC's Stop the Bleed class teaches basic training in bleeding control so people are able to provide immediate, front-line aid until first responders can take over care of an injured person.

For more information on these educational classes at GRMC, please visit our website, grmedcenter.com.

COMMUNITY-FOCUSED EVENTS



Doc Talks

GRMC's monthly series of community chats, led by local physicians, provide a platform for physicians in the area to discuss a variety of important healthcare topics as well as answer your questions about your health. For a list of upcoming Doc Talks in 2019, please visit the Events page on grmedcenter.com.



'Love, Sweat and Tears' documentary screening

In collaboration with GRMC, Jodi Brannen, MD, FACOG, Guadalupe Regional Medical Group OB-GYN, hosts screenings of "Love, Sweat and Tears," a documentary breaking through the myths associated with the unavoidable life stage of menopause. Each screening occurs in an intimate and comfortable environment to promote open discussion at the completion of the viewing.



Get Heart Smart event

Cardiac health is important for both men and women, and at GRMC we believe in being a go-to health resource for all things healthcare-related. Our Get Heart Smart event offers a day of learning about maintaining a healthy heart and includes cooking demonstrations, screenings, local physicians answering all your heart-related questions, and so much more!

IN MIND



In honor of Breast Cancer Awareness Month, GRMC hosts this event with the intent to educate the community on the importance of breast health while creating an environment that promotes pampering, shopping and mammograms. We just wrapped our second annual Mammos and Mimosas event, and it was another great success of more than 300 in attendance.



Pistols & Petticoats

November kicks off National Hospice Month. Guadalupe Regional Medical Foundation sponsors the annual Pistols & Petticoats fundraiser event to benefit GRMC Hospice services. In 2017, Pistols & Petticoats raised \$90,000 to assist with end-of-life care for people of all ages in our community. This annual event features live Texas music, a Western-themed menu, a live auction and much more. For the past two years this successful event has sold out, so mark your calendars for Saturday, Nov. 16, 2019, at the Red Barn.



Unlike any other

GRMC is a one-of-a-kind organization.

We are the **only** jointly owned city/county hospital in all of Texas, and we are proud that we remain an independent, noncorporate hospital that is not supported by a tax district. New physicians and staff members who join our team frequently comment on the many uncommon and appreciated aspects of our organization:

We are quick to respond to requests, we are transparent and welcoming, and we function as a tight-knit family while maintaining top-level professionalism. Our success is built on a culture of quality, a dedication to excellence and a commitment to caring.

As a result, we often have the honor of accepting recognition and awards for outstanding performance as a healthcare provider, as an employer and as a business. Many of these awards have been highlighted in recent *Health Currents* newsletters, including national distinctions for patient safety, obstetrics, orthopedics and patient experience.

We now have yet another significant award to add to our list, further highlighting that GRMC is indeed a unique organization. Of the more than 4,500 hospitals in the United States, GRMC has been identified as being in the **top 2 percent of the nation**, one of only 65 hospitals in all 50 states noted for outstanding patient safety and patient experience.

All of us at GRMC are proud to be part of this unique organization, dedicated to the health and well-being of our equally unique community. As I celebrate the many blessings in my life and growing family this holiday season, I certainly give thanks for the opportunity to lead this special hospital and its staff and to ensure that we are continually giving back to this community. Wishing you all a safe, healthy and happy Thanksgiving and Christmas!



Robert G. Haynes,
FACHE, CEO

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