

An in-depth look at...

Columbus Community Hospital 2020-2021

Where your health matters.



From Columbus' first physician, Dr. Charles B. Stillman, to the current members of the Columbus Community Hospital staff who are fighting the COVID-19 pandemic, Columbus residents always have been blessed with high-quality health care.

CCH itself has a long history in the community: It can trace its roots back more than 140 years to when the Sisters of St. Francis of Perpetual Adoration established St. Mary Hospital in 1879. CCH as we think of it today was established in 1972 when St. Mary Hospital and Behlen Memorial Hospital merged.

Now, CCH is a not-for-profit hospital governed by a local board of directors, licensed by the Nebraska State Board of Health and accredited by the Joint Commission. It's a 50-bed acute care facility certified for swing beds with an additional 14 ambulatory outpatient beds and four skilled nursing beds.

CCH's 153,000-square-foot facility is located in the northwest part of Columbus. During the 2020-21 fiscal year, the hospital was nearing completion on a \$35 million expansion and renovation project. The hospital also provides additional services through the Healthpark Medical Office Building, Columbus Wellness Center, CCH Child Care Center, CCH South Campus, Humphrey Medical Clinic and Premier Physical Therapy.

Mission:

Our Mission is to improve the health of the communities we serve.

Vision:

Our Vision is to compassionately deliver the state's highest quality patient care.

Values:

Integrity

Compassion

Accountability

Respect

Excellence





Michael Hansen, FACHE
President/CEO

A Message From Our CEO:

I have worked in health care for more than 35 years, and my career has taken me to several states, but I consider myself extremely fortunate to have found a position at CCH. That's because this community appreciates and supports its hospital in a way I haven't seen elsewhere.

This special relationship became particularly clear in the past year as we responded to the COVID-19 pandemic. This was a historic challenge, but as a hospital and community, we faced it together. As our health care providers were working on the front lines, community members stepped up to donate homemade masks and other protective equipment. Our community committed to safety precautions, and through it all, it also has offered encouragement and thanks.

These are difficult times, but through the hard work of our staff and the support of our community, CCH wasn't just able to survive this past year – we were able to thrive.

Despite the challenge of COVID-19, our hospital made substantial progress on our \$35 million expansion and renovation project, which is set to be completed later this year. We also added upgrades to our technology, and announced plans to build a field house and open a senior behavioral health unit.

Please read this report to learn more about how we are working to give back to a community that has given us so much. It highlights our accomplishments during the fiscal year of 2020-21, from May 1, 2020 to April 30, 2021.



Board of Directors 2020-21

Brett Bonwell – Chair
Jeff Gokie – Vice Chair
Michael Hansen – Secretary
Julie Haney - Treasurer
Stan Emerson

Jeffrey Gotschall, MD
Clark Lehr
Sarah Pillen
Abbie Tessorndorf
Bryan Schmidt

Tim Tooley
Daniel Rosenquist, MD
Joan Keit, MD

Expanding Our Facility

CCH broke ground on a \$35 million expansion and renovation project on April 5, 2019. The hospital has continued regular operations throughout the renovation process, which leaders expect to complete by the end of 2021.

The largest structural change as part of the project was a new, expanded surgical services area that was completed in October 2020. It includes operating rooms and a pre- and post-op area. The roomier operating rooms incorporate the newest technology, and a new outpatient surgery department and post anesthesia care unit also are part of the renovation.

The hospital's maternal child health department received upgrades as part of the renovation, and the updated unit opened in March 2021. It now occupies 18,400 square feet, which is nearly double its previous size. The secure unit includes eight labor, delivery, recovery and postpartum rooms; a surgical suite; four postpartum rooms; and a larger neonatal intensive care unit.

Workers also renovated or improved several other areas of the hospital during the construction project, including the radiology department, kitchen, staff offices, gift shop, chapel and the cafeteria, which added a new Java City Coffee bar.

Fieldhouse

In February 2021, CCH announced its plans to build a new fieldhouse. The multipurpose fieldhouse will be an indoor sports and fitness facility that will provide exercise and wellness opportunities for all ages.

Initial designs of the facility anticipate it will be approximately 200,000 square feet and cost approximately \$34 million. The hospital plans to break ground on the fieldhouse in fall 2021, and leaders expect the project to take approximately 12-18 months.

The fieldhouse will offer a wide variety of fitness and recreation areas, both indoor and outdoor. It also will have running and walking tracks and space for some of CCH's physical therapy and rehabilitation services. CCH will manage and operate the facility, but the YMCA also will offer programs and activities there.

Senior Behavioral Health Unit

The renovation and expansion project presented CCH with the opportunity to offer new services. When the maternal child health department moved to the third floor, the department's previous space became available. After research and a study by an outside consulting firm, CCH determined there was a shortage of geriatric psychiatric beds within a 50-mile radius of the hospital.

To meet that need, CCH will use that space to house a 10-bed senior behavioral health unit that will serve older adults who have mental health conditions such as depression, anxiety and bipolar disorder. We will offer the program in partnership with Horizon Health Behavioral Health Services, a Texas-based organization that focuses on hospital-based behavioral health. The unit is designed for short-term stays of 10 to 14 days and is expected to open in fall 2021.

CCH Foundation

The mission of the CCH Foundation is to build goodwill and financial support for CCH.

During the 2020-21 fiscal year, the foundation contributed to the following projects, among others:

- Support for the hospital's fight against COVID-19.
- An EPIQ Elite diagnostic ultrasound system.
- A geriatric simulation system for the simulation lab.
- The Briggs & Barrett Project.
- In-home oxygen for qualifying Medicare patients who cannot afford their initial oxygen supply.
- Scholarships for area students.
- CCH Cares Employee Relief Fund.
- Support for programs including:
 - A Time to Heal.
 - Healthy Families Program.
 - Hospice.
 - Precious H.E.A.R.T.S. memorial services.
 - Parkinson's therapy through Rehabilitative Services.
 - Thrive Cancer Rehabilitation Care.

Want to learn more about the foundation's work? Visit the foundation page at www.columbushosp.org.

Quick Facts:

By The Numbers:

- Employees – More than 900
- Physicians – 52
- Medical specialties – 14
- Specialty services – 15
- Visiting physicians – 110
- Volunteers – More than 250



Physician Recruitment

CCH is committed to offering comprehensive health care services. That's why it actively recruits and develops long-term relationships with physicians to meet the growing needs of the communities it serves.

In the 2020-21 fiscal year, a total of 10 physicians and nine mid-level providers were successfully recruited. This includes providers in orthopedics, otolaryngology, cardiology, pathology, OB/GYN, concussion management and emergency medicine.

Are you looking for a doctor or specialist? Check out the Find a Physician feature on the CCH website to obtain more information on medical specialties, board certification and clinical interests.

Volunteer Services

From May 2020 through April 2021, most volunteers were furloughed throughout CCH due to the COVID-19 pandemic.

Volunteers hosted six fundraising events with proceeds totaling \$11,926.50 in 2020. However, several of these events were held virtually because of the COVID-19 pandemic. Volunteers also assisted with six on-site blood drives, which collected a total of 149 units.

TOTAL ANNUAL ADMISSIONS

Inpatient Admissions:	2,242
Newborns:	575
Emergency Visits:	11,004
Outpatient Surgical Procedures:	1,998
Inpatient Surgical Procedures:	457



Community Benefit Summary

TRADITIONAL CHARITY CARE \$901,501

These are health care services provided free of charge, or at a discounted fee schedule, to people who meet predetermined financial criteria. As required for government reporting, this figure is based on calculated costs, not charges to patients.

COMMUNITY HEALTH EDUCATION AND OUTREACH..... \$118,649

This includes activities carried out to improve community health and health care services that are subsidized because they meet an identified need in the community.

- Complete Health Improvement Program.
- Meals on Wheels – more than 11,000 people served.
- National Diabetes Prevention Program taught by registered dietitians.
- Walk with a Doc events hosted by Occupational Health Services.
- Healthy Families network – which offers educational support and resources to more than 340 families.
- Free interpreter services.
- Bump and Beyond prepared childbirth classes.
- Stop the Bleed training sessions.

UNPAID COSTS OF PUBLIC PROGRAMS..... \$2,945,208

Medicare and Medicaid shortfalls are deficits created when Columbus Community Hospital receives payments from the government that are less than the cost of care for public programs.

HEALTH PROFESSIONAL MEDICAL EDUCATION\$19,455

This covers scholarships and funding for health professionals' education.

TOTAL AMOUNT OF COMMUNITY BENEFIT \$3,984,813

CCH Recognized for its High-Quality Care

In fall 2020, CCH was designated as a Blue Distinction® Center for Maternity Care by Blue Cross and Blue Shield of Nebraska, an independent licensee of the Blue Cross and Blue Shield Association. Blue Distinction Centers are health care facilities recognized for their expertise and efficiency in delivering specialty care. In 2020, the Blue Distinction Centers for Maternity Care Program was expanded beyond traditional outcome measures to include assessments of internal quality improvement, data collection and dissemination, and internal protocols that better address clinical quality and equity issues in maternity care.

In spring 2021, CCH was named one of the Top 20 Rural & Community Hospitals in the United States by the Chartis Center for Rural Health. CCH was the only hospital in Nebraska included on the list. The selected hospitals were identified through the Hospital Strength INDEX®, the most comprehensive and objective assessment of U.S. rural prospective payment system hospital performance. The determining factors for the top 20 rural and community hospitals were based on eight indices: inpatient market share, outpatient market share, quality, outcomes, patient perspective, costs, charge and financial efficiency.



CCH responds to COVID-19

Like all health care organizations, CCH spent most of 2020 responding to the COVID-19 threat. That spring, CCH created marketing campaigns that urged community members to stay safe and stay home, and implemented internal safety precautions such as visitor restrictions, COVID-19 screenings and mask requirements. It also cancelled hospital events or moved them online.

In mid-March 2020, the hospital cancelled elective surgeries, and that May, CCH hired and trained medical screeners who started performing COVID-19 screenings at local businesses, offices and manufacturing plants. CCH resumed elective surgeries in June 2020.

That month, CCH also became a TestNebraska site and started offering drive-thru COVID-19 testing. The TestNebraska initiative was a partnership between the state government and private companies to increase COVID-19 testing and reduce the virus' spread.

In January 2021, CCH began collaborating with the East Central District Health Department to administer COVID-19 vaccines to the public. In early April 2021, CCH announced it was closing its TestNebraska site, effective at the end of the month, as more testing options had become available at clinics and retail pharmacies. At the end of April 2021, CCH had largely resumed all its usual operations, even as it maintained several COVID-19 safety precautions.

In total, CCH cared for a total of 324 COVID-19 patients and administered over 8,000 vaccinations.

Healthy Lifestyle Programs

CCH's mission is to improve the health of the communities it serves. The hospital offers a variety of services and health and wellness programs so community members can take charge of their health.

Because of the COVID-19 pandemic, CCH briefly paused several of these programs or moved them online during the 2020-21 fiscal year. By the end of April 2021, many of these programs had resumed and in-person and online options were available.

National Diabetes Prevention Program

The National Diabetes Prevention Program at CCH is designed to help people with pre-diabetes reduce their risk of Type 2 diabetes and improve their overall health. In this year-long program, participants meet in a group with a trained lifestyle coach for at least 16 sessions during the first six months, and then sessions once or twice a month for the rest of the year. The lifestyle coach helps participants make small changes to their lifestyles that can lead to big results. Since CCH began offering the program in 2017, participants have lost an average of 5% to 6% of their body weight and averaged more than 200 minutes of activity each week. The program received national recognition in 2018.

CHIP and Club CHIP

CCH offers the Complete Health Improvement Program, an affordable lifestyle enrichment curriculum designed to reduce disease risk factors through lifestyle modification. CHIP courses are available in 18 one-hour sessions over three months. At various points throughout the program, participants take part in blood draws and health risk assessments, which help track their progress. Following their participation in the program, participants also can join Club CHIP, a support group for people who have successfully completed the program.

Food Thoughts and Cooking Classes

CCH's dietitians offer a variety of programs to educate community members on nutrition and healthy eating. Their free Food Thoughts program gives community members the opportunity to interact with nutrition professionals in weekly, one-hour sessions. CCH dietitians and certified diabetes educators also lead monthly cooking classes, which cover topics such as Cooking for a Healthy Blood Pressure and Meals with Hidden Healthy Foods. The classes cost \$15.

Walk with a Doc

CCH hosts a Walk with a Doc event the third Tuesday of each month at various locations across Columbus. During these events, community members are invited to walk and talk with CCH's health care providers. These events encourage physical activity in people of all ages and they are a great way to get out, get active and enjoy all the benefits that come from walking. The free events last about an hour. No registration is necessary and no special gear is needed.

Other healthy lifestyle programs offered by CCH include:

- BikeFit and CarFit events.
- Bike Share (through a partnership with Columbus in Action).
- Bump and Beyond prepared childbirth classes.
- CCH Healthcasts.
- Community Lunch & Learn events.
- Rock Steady Boxing for people with Parkinson's disease.
- SNAP Camp.
- Support groups.

Little Free Library

In July 2020, CCH expanded its health education and outreach by opening a Little Free Library on its campus. The Little Free Library, which is located near the CCH Child Care Center at 3970 Health Parkway, is accessible to the public 24 hours a day, seven days a week. The purpose of the library is to encourage reading in community members of all ages. CCH filled the library with books to teach children about health and wellness. Spanish and English books are included.

Addressing Access to Care:

In September 2020, CCH started offering the Very Important Patient (VIP) Transportation Service to increase access to health care. The curb-to-curb service provides free transportation for non-emergency patients who have no other means of transportation. The drivers bring the patients to their appointments and take them home afterward. While the majority of rides are provided to patients in Columbus, the service has been extended as far as Central City, which is about 40 miles away.

Reviewing Our Year in Advancements

MEDICAL:

CCH's vision is to compassionately deliver the state's highest quality of patient care, so it continually works to improve its technology. During the 2020-21 fiscal year, the hospital added new equipment to its simulation lab, radiology department and maternal child health department.

In May 2020, CCH received grant money from The Leona M. and Harry B. Helmsley Charitable Trust to purchase LUCAS mechanical chest compression devices for use during the COVID-19 pandemic and beyond. The LUCAS® Chest Compression System delivers consistent, reliable and uninterrupted chest compressions. It has been shown to improve the quality of chest compressions and help sustain circulation during prolonged resuscitation attempts.

In fall 2020, the CCH Foundation helped fund the purchase of a \$5,500 geriatric simulator for the hospital's simulation lab. The simulator helps health care professionals better understand a variety of age-related physical challenges. It joins the other lifelike simulators in the lab that represent adult and pediatric patients, as well as a birthing mother and a newborn. These simulators give health care professionals hands-on training with complex medical scenarios without any risk to patients.

As part of its expansion and renovation project, CCH added new equipment to its radiology department that can reduce scan time and improve imaging. In July 2020, Shared Medical Services also started offering positron emission tomography (PET) scans at CCH with a new, digital scanner that allows for better image quality, more detail and faster scan times.

In November 2020, CCH became the first hospital in the state — and one of the first 10 hospitals in the country — to use the Jada® System to control and treat postpartum hemorrhage and abnormal postpartum uterine bleeding. The Cleveland Clinic, one of the largest hospitals in the country, named devices like Jada® as part of its "Top 10 Medical Innovations of the Year" for 2021.

ORGANIZATION:

In January 2021, CCH entered into new partnerships to provide air and ground medical transportation. Effective Jan. 11, CCH became a new air ambulance base for LifeNet, a subsidiary of Air Methods, the nation's largest air transportation service. As part of this move, an air ambulance helicopter is now stationed at the hospital for the first time. The air ambulance base is staffed by a 12-member crew including pilots, flight nurses, flight paramedics and mechanics. The base will serve residents of Columbus, Fremont, Albion, Central City, Schuyler, David City, Aurora and other communities surrounding Columbus. CCH also recently established a new partnership for medical ground transportation with Priority Medical Transport, which operates multiple advanced life support and basic life support ambulances.

COMMUNITY:

CCH holds a variety of events throughout the year to promote health and wellness and encourage community involvement.

Because of the COVID-19 pandemic, CCH cancelled several of its regular events during the 2020-21 fiscal year or turned them into virtual or drive-thru events. By the end of April 2021, CCH had started to hold in-person events again.

The 10th annual We Can Run, Walk and Roll — a race designed to break down barriers of physical disabilities — was cancelled because of the pandemic. However, CCH held a virtual We Can Run, Walk and Roll health challenge in its place from October 19-25, 2020. Participants were asked to log their physical activity and share a picture through the Columbus Community Hospital Facebook page for a chance to win prizes. As part of the challenge, the hospital encouraged people to contribute toward the purchase of AmTrykes — adaptive tricycles for people with disabilities.

One of the first large, in-person events CCH held since the COVID-19 pandemic started was the Parkinson Wellness Symposium on April 26, 2021, at the Ramada Inn River's Edge Convention Center. At the event, experts provided information on the challenges of managing Parkinson's disease, new opportunities and alternative treatments for people with Parkinson's, and more.

In March 2021, CCH again started offering holiday events by hosting its 10th annual Eggsperience Celebration. The event — for children ages 2 to 7 — turned into a drive-thru celebration. Community members drove to the hospital's main entrance where they were greeted by the Easter Bunny, who handed out treat bags for each child. Attendees also were able to use CCH's Little Free Library, which had been stocked with Easter books for children.



2021 Community Calendar

Having trouble keeping up with all the events, programs and classes offered at CCH? Stay up to date by visiting the CCH calendar of events at www.columbushosp.org.



[columbushosp.org](https://www.columbushosp.org)

4600 38th St. • P.O. Box 1800
Columbus, NE 68602-1800
402-564-7118