

Columbus Community Hospital

Where your health matters.



2019

Columbus Community Hospital (CCH) is a not-for-profit, 47-bed, acute care hospital that is certified for swing beds with an additional 14 ambulatory outpatient beds and four skilled nursing beds. Established in 1972 by the merger of St. Mary's Hospital and Behlen Memorial Hospital, CCH is governed by a local board of directors, licensed by the Nebraska State Board of Health and accredited by the Joint Commission.



QUICK FACTS:

Our People:

Columbus Community Hospital is made up of:

- More than 740 employees
- An active medical staff of 48 physicians, representing 14 medical specialties
- An additional 20 specialty services brought to the community on an intermittent basis by visiting physicians
- More than 230 volunteers



Our Services:

- 24-hour level III trauma care
- Acute rehabilitation
- Aquatic therapy
- Birth and infant care
- Cancer survivor programs
- Cancer treatments
- Cardiac rehabilitation
- Concussion Management Clinic
- Diabetes education
- Diagnostic imaging
- Dietitian services
- Emergency services
- Endoscopy
- Healthy Families Program
- Home health care
- Hospice
- Infusion services
- Inpatient pharmacy
- Intensive care
- Interpreter services
- Laboratory services
- Lifeline
- Neonatal intensive care
- Occupational health services
- Orthopedic services
- Otolaryngology services
- Rehabilitative services: occupational therapy, physical therapy and speech therapy
- Respiratory care
- Sleep lab
- Social work
- Sports medicine program
- Surgery – inpatient and outpatient
- Surge joint replacement program
- Volunteer services
- Wound, ostomy and continence care



RENOVATION AND EXPANSION PROJECT

Columbus Community Hospital will break ground on a \$35-million renovation project in spring 2019. The renovation will primarily impact the surgical services, maternal child health and radiology departments of the hospital.

The largest structural change will be an expanded surgical services department, which will be built to the north of the existing surgical services department. It's expected to include five operating rooms with space dedicated for operations, endoscopic procedures and same day surgeries. A separate addition on the first floor will include a new cardiopulmonary rehabilitation department. As part of the renovation, the maternal child health department will be also be updated after a move to the third floor. The updated unit is expected to include eight rooms for labor, delivery, recovery and postpartum (LDRPs), along with four additional rooms for postpartum care. The hospital will continue regular operations throughout the renovation process, which is expected to be completed by the end of 2021.

Total Annual Admissions for 2018

Inpatient Admissions:	1,849
Swing Bed Admissions:	135
Newborns:	589
Emergency Visits:	11,988
Outpatient Surgical Procedures:	3,226
Inpatient Surgical Procedures:	655

TELE-PSYCHIATRY PROGRAM

Thanks to a partnership with Bryan Telemedicine, Columbus Community Hospital patients will now have around-the-clock access to a board-certified psychiatrist without leaving CCH. Through the program, CCH attending physicians will have access to a mobile telemedicine cart that can be wheeled into each patient's room. A CCH nurse or physician can then connect to a board-certified psychiatrist from Bryan Telemedicine who specializes in a variety of mental health issues, including suicidal ideation, severe depression, bipolar disorder and schizophrenia, among other issues. After each consultation, local providers will work collaboratively with the psychiatrist to determine the best course of action for each patient.

COLUMBUS PLASTIC SURGERY

Columbus Community Hospital is proud to announce the addition of Columbus Plastic Surgery which opened in January 2019. The practice is the first plastic surgery clinic in Columbus and is located in the hospital's Healthpark Medical Office Building.

Columbus Plastic Surgery offers the services of Dr. Sanjay Mukerji, who is board-certified in plastic surgery and has been in practice for more than 20 years. Dr. Mukerji will serve local patients by providing cosmetic services and post-trauma reconstructions.

He specializes in a variety of surgical and nonsurgical cosmetic procedures, including: breast augmentation, tummy tucks, liposuction, rhinoplasty, BOTOX® cosmetic procedures, dermal fillers, chemical peels and other cosmetic procedures. Dr. Mukerji also offers treatment and repairs for skin cancers, skin grafts, poorly healing wounds and other conditions that require reconstructive plastic surgery.

NORTH CENTRAL RADIOLOGY

North Central Radiology merged with Columbus Community Hospital in October 2018, but the practice has a long history in the area. North Central Radiology has been serving Columbus and the surrounding area for more than 40 years.

The three radiologists at North Central Radiology: Dr. John Beauvais, Dr. Anthony Krueger and Dr. Matthew Pieper are all members of the American College of Radiology, the Radiologic Society of North America and the American Roentgen Ray Society. They interpret radiography (X-ray), computed tomography (CT), magnetic resonance imaging (MRI), positron emission tomography (PET), mammography, ultrasound, fluoroscopy, bone density (DEXA) and nuclear medicine exams, among other medical imaging.

DRS. SELL AND ANDERSON JOIN CCH HUMPHREY MEDICAL CLINIC



CCH's Humphrey Medical Clinic is the primary care clinic in Humphrey, Nebraska. The clinic cares for patients of all ages – from infants to geriatrics. It has been providing exceptional health care to Humphrey and area residents for more than 30

years. That quality care is expected to continue as the clinic goes through a transition in providers.

In December 2018, Dr. Milton Zadina – who had practiced at the clinic since it opened in August 1987 – announced his retirement from the clinic. As of January 2019, Dr. Michelle Sell and Dr. Kipton Anderson started seeing patients at the clinic. They are joined by Lois A. Franzen, APRN-C, FNP and Deb Papstein, LPN.



COLUMBUS GENERAL SURGERY

In May 2018, Columbus Community Hospital and Columbus General Surgery joined forces with the goal of providing excellent health care, close to home.

The three surgeons at Columbus General Surgery: Dr. Ronald L. Ernst, Dr. Myron E. Morse and Dr. Jeremy S. Albin are all board-certified by the American Board of Surgery and are members of the American College of Surgeons. They provide a variety of surgical procedures in the field of general surgery, a surgical specialty that focuses on abdominal organs, such as the colon, small intestines, stomach, liver, pancreas and gall bladder. General surgeons also deal with diseases involving the skin, breast and hernias.

Procedures at Columbus General Surgery include, but are not limited to, treatments for the following:

- Gastrointestinal pathology
- Breast pathology
- Skin lesions
- Thyroid nodules
- Varicose veins

WALK WITH A DOC

Columbus Community Hospital 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.



QUICK FACTS:



Our Facility:

- Columbus Community Hospital is a 153,000 square foot hospital constructed in 2002. It is located on 80 acres in the northwest part of Columbus.
- In 2012, the hospital completed a 30,000 square foot addition. This allowed for expansion of the Emergency Department, increased patient privacy in the registration area and created a women's imaging center.
- In fall 2015, CCH collaborated with the YMCA to open the Columbus Wellness Center on adjacent property. Most of the Rehabilitative Services department moved to the Columbus Wellness Center and the pediatric rehabilitation service, Wiggles & Giggles Therapy for Kids™ moved there from their off-site location.
- In August 2017, the 14,000 square foot, state-licensed, CCH Child Care Center opened. It gives CCH employees a convenient child care option.
- The hospital offers two aquatic therapy locations with Rehabilitative Services at the Columbus Wellness Center and Premier Physical Therapy.
- CCH's south campus houses offices for the medical outreach services of Home Health and Hospice, Healthy Families and Occupational Health Services.

HEALTHCASTS

Columbus Community Hospital's new podcast series, Healthcasts, offer listeners practical, useful advice for a lifetime of good health. In convenient 10-minute segments, CCH's knowledgeable physicians and health experts provide valuable health information on topics like managing weight to keeping your heart beating strong. The podcast series is located on CCH's website, www.columbushosp.org, and each episode is available to download from Google Play, iTunes, iHeartRadio, Spotify, Stitcher and TuneIn.



IOVERA° TREATMENT

Columbus Community Hospital now offers the iovera° treatment, an innovative approach to blocking pain, as part of the hospital's standard of care. The iovera° treatment is a clinically proven, non-opioid, long-lasting pain management solution that uses the body's natural response to cold to relieve pain.

The iovera° system uses an innovative process to form a targeted cold zone surrounding peripheral nerve tissue to immediately block the nerve from sending pain signals. The system is specifically designed to create a temporary, reversible nerve block through a process called Wallerian degeneration that is followed by predictable regeneration of the nerves. CCH's use of iovera° is part of the hospital's effort to explore non-opioid pain management techniques, since the abuse of opioids is a concern across the country.

BRIGGS & BARRETT PROJECT

Columbus Community Hospital is joining the fight to reduce the risk of Sudden Infant Death Syndrome (SIDS) by partnering with the Briggs & Barrett Project. The Briggs & Barrett Project was created by two mothers in Norfolk, Nebraska who each lost a son to SIDS and Sudden Unexpected Infant Death (SUID).

Thanks to this partnership, new parents who deliver at CCH will receive a Halo Sleep Sack and a copy of an educational book, which are meant to promote safe sleep practices from day one. The materials teach parents that they can reduce the risk of SIDS and other sleep-related infant deaths by placing babies on their backs for all sleep times and removing blankets or toys from sleep areas.



ROCK STEADY BOXING

CCH's Rehabilitative Services is now offering Rock Steady Boxing (RSB) classes at the Columbus Wellness Center. Rock Steady Boxing is a non-profit organization that gives people with Parkinson's disease hope by improving their quality of life through a noncontact fitness curriculum. During the RSB classes, exercises are adapted from boxing drills. They vary in purpose and form, but all of them are rigorous and are intended to delay or stop the loss of participants' functional abilities.

RSB classes have proven that anyone, in any stage of Parkinson's, can lessen their symptoms and lead a healthier and happier life. Science is showing that intensive exercises, like those performed in Rock Steady Boxing, may be neuro-protective, actually slowing disease progression and the loss of functional abilities.

PATIENT NAVIGATION PROGRAM

To better serve area residents who have been diagnosed with cancer, CCH has developed a patient navigation program and created the positions of oncology nurse navigator and oncology social worker. In fall 2018, Adrian Tasa, RN, BSN, OCN, was hired as CCH's first oncology nurse navigator and Shelby Czarnick, CMSW, LIMHP, was hired as CCH's first oncology social worker.

These positions were created to help better educate and prepare patients for cancer treatment. Tasa and Czarnick will connect with patients soon after their cancer diagnosis and guide them through the entire process of their cancer treatment. Patient navigation programs and positions like these have been shown to improve patients' timely access to medical treatment, as well as patients' comfort level with, and understanding of, the health care system.

NATIONAL DIABETES PREVENTION PROGRAM

The National Diabetes Prevention Program (NDPP) at Columbus Community Hospital is an evidence-based, affordable, lifestyle change program designed to help people with prediabetes reduce their risk of Type 2 diabetes and improve their overall health.

In this yearlong 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 started offering the program in 2017, participants have lost an average of five to six percent of their body weight and averaged more than 200 minutes of activity each week. The program received national recognition in 2018.

LEAPFROG SAFETY SCORE – STRAIGHT A'S

Columbus Community Hospital has again been recognized for its commitment to patient safety with an "A" grade in The Leapfrog Group's Fall 2018 Hospital Safety Score. Of the Nebraska hospitals that receive a hospital safety grade from The Leapfrog Group, CCH was the only facility to receive an "A" grade.

The Leapfrog Group is a national nonprofit organization that collects and reports information on more than 2,600 hospitals across the country. The Leapfrog Group then assigns letter grades to hospitals based on their records of patient safety. CCH has earned an "A" grade for seven consecutive scoring cycles, maintaining a "Straight A" record. According to The Leapfrog Group, this is the nation's most prestigious honor for patient safety.



CHIP AND CLUB CHIP

Columbus Community Hospital offers the Complete Health Improvement Program (CHIP). CHIP is an affordable lifestyle enrichment program designed to reduce disease risk factors through lifestyle modification. CHIP courses are offered in 18, one-hour sessions over three months. In these sessions, participants learn about positive lifestyle changes through entertaining, educational videos and discussions. 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 can also join Club CHIP, a support group for people who have successfully completed the program. Club CHIP meetings are held once a month in the Columbus Wellness Center's multipurpose room.



BUMP & BEYOND PREPARED CHILDBIRTH CLASS

Columbus Community Hospital offers Bump and Beyond Prepared Childbirth Classes which teach expectant parents about labor and delivery, comfort techniques, medical procedures, cesarean births, as well as information on newborn and postpartum care. The class is offered in three-week evening or weekend express options. The classes cost \$30 per couple for each series of classes and Spanish interpreters are available upon request.

PHYSICIAN RECRUITMENT



Dr. Sanjay Mukerji (January 2019)

Dr. Sanjay Mukerji has started seeing patients at Columbus Community Hospital's brand-new Columbus Plastic Surgery Clinic. Dr. Mukerji completed his bachelors of medicine and surgery at All India Institute of Medical Sciences in New Delhi, India. He completed his residency in plastic surgery at

George Washington University Medical Center in Washington, D.C. He is board-certified in plastic surgery and is a member of the American Society of Plastic Surgeons.

Dr. Venkata Kolli (August 2019)

Dr. Venkata Kolli, psychiatrist, is expected to begin practice in Columbus in August 2019. Dr. Kolli will split his time between Good Neighbor Community Health Center's Behavioral Health Clinic and CCH's outpatient clinic. Dr. Kolli is board-certified in adult and child psychiatry and will be able to see patients from age four through adulthood.

Dr. Shawn Brandenburg (August 2019)

Dr. Shawn Brandenburg will join Columbus Orthopedic & Sports Medicine Clinic in August 2019. Dr. Brandenburg completed his Bachelor of Science in biotechnology with a minor in chemistry from the University of Nebraska at Omaha in 2005. He completed his orthopedic residency at Metro Health Hospital in Wyoming, Michigan and will be completing the Hedley Orthopaedic Adult Reconstruction Fellowship in Phoenix, Arizona this summer. He is a member of the American Academy of Orthopedic Surgeons, American Medical Association and American Osteopathic Association, among others.

BIKE SHARE

CCH has worked with local nonprofit group, Columbus in Action (CIA), to bring a Bike Share program to Columbus. Now, Columbus residents and visitors will be able to explore the city on two wheels by renting a bicycle for a small fee. Bike Share bikes are available at Columbus Community Hospital, the Columbus Wellness Center and Ramada - River's Edge Convention Center. To ride, users download a free app using their smartphones. The app, called Movatic, is available in the App Store and on Google Play. After each use, the bicycle can be returned to the kiosk location where it was originally rented.



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

CARFIT AND BIKE FITTING EVENTS

Columbus Community Hospital has offered CarFit and bike fitting events to ensure its community members are safe and comfortable on the road.

CarFit is a community-based program that provides a quick, yet comprehensive check on how drivers and their vehicles work together. Much like a tailor alters clothes for a better fit, a trained CarFit professional recommends minor alterations that can help drivers have better and safer trips inside their vehicles.

CCH also held a bike fit seminar and fitting that offered similar services to cyclists. The event taught cyclists how to alleviate common pain issues that may be associated with cycling and attendees were encouraged to bring their bikes to be personally fitted.

FOOD THOUGHTS AND COOKING CLASSES

Columbus Community Hospital'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 like Cooking for a Healthy Blood Pressure, Plant-based Cooking and Meals with Hidden Healthy Foods. The classes cost just \$15.

VIP VALET SERVICE

Going to the hospital when you are sick or recovering from an injury can be very tiring. If you add a long walk to the front door, trouble finding a parking spot or unfavorable weather, that visit can become even more challenging. That's why Columbus Community Hospital has added a valet parking service. The service, called VIP: Very Important Patient Valet Parking, is now offered at no cost to patients and their families.

P.O. Box 1800
Columbus, NE 68602-1800
402-564-7118
www.columbushosp.org