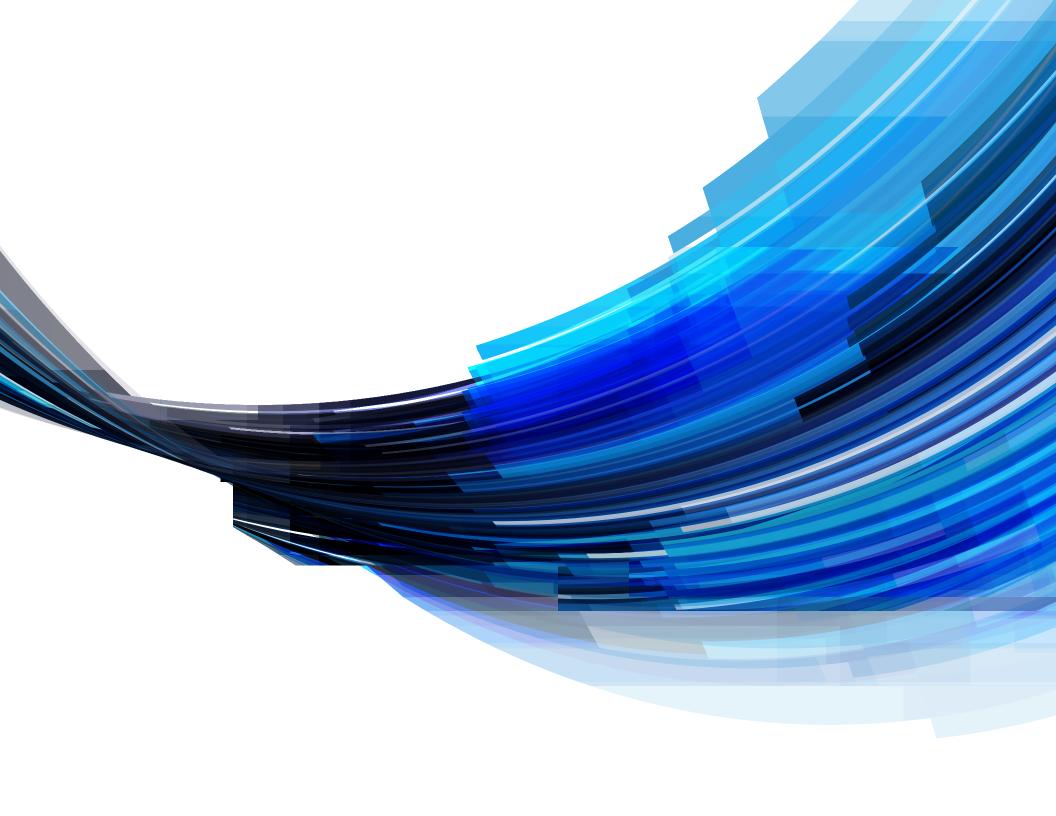
## MOMENTUM

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# MOMENTUM

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2017

*noun* mo•men•tum \ mō-'men-təm, mə- \ *plural* momenta \ -'men-tə \ *or* momentums

- p. Physics: A quantity used to measure the motion of a body, equal to the product of the body's mass and its velocity. Also called *linear momentum*.
- 2. **a.** The force or energy exhibited by a moving body.
  - **b.** The driving force or advancing strength of a development or course of events.
- 3. Philosophy: An essential or constituent element; a moment.

++ **Centegra**HealthSystem



Like other hospitals in Illinois and across the nation, Centegra made changes to remain viable within the ever-changing health care industry. Generations of community members have trusted Centegra Health System to bring leading health care services close to home. Our desire to deliver the best care pushes us to grow and change. As a community health system, it is our privilege to create meaningful connections with patients as we help you achieve healthier lifestyles.

Every patient interaction fuels our momentum toward our vision: to be the community leader for a better life. In the past fiscal year, Centegra gave more community members access to the care you need by opening a new hospital, welcoming new providers to our Medical Staff and through the introduction of new programs. We made changes to ensure the most important services can remain within McHenry County and its surrounding communities.

As we celebrate the past year's achievements, we also anticipate the new ways we will enhance the care our patients receive. Through partnerships, program development and strategic growth, Centegra Health System will continue to provide patients high-quality health care, right here in our community. We remain committed to helping you and your family get well and stay well so you can get the most out of life.

Sincerely,

Michael S. Eesley Chief Executive Officer Centegra Health System

**Thomas A. Carey** Chairman Centegra Health System Board of Governors

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## COMMUNITY EMBRACES CENTEGRA HOSPITAL-HUNTLEY

In its first year of operation, Centegra Hospital-Huntley became the health care services hub for patients from McHenry and Kane counties. The Huntley campus fulfilled a promise to the community that Centegra had made more than a decade before the hospital's August 9, 2016, opening.

"We demonstrated our commitment by bringing advanced, compassionate care to the Huntley area," said Michael S. Eesley, Chief Executive Officer. "The unique campus is easily accessible by patients from many communities, and it offers the best of inpatient, outpatient and wellness services."

Hospital services include a Level II Trauma Center, intensive care, the Family Birth Center and inpatient pediatric care provided through a partnership with Ann & Robert H. Lurie Children's Hospital of Chicago. Patients receive life-saving heart care in the hospital's cardiac catheterization laboratory.

The Huntley hospital also became the home of the Centegra Hip & Knee Replacement Center, where patients receive joint replacement surgeries from a highly skilled team. In the summer of 2017, the Centegra Weight-Loss Surgery Center also moved to Centegra Hospital-Huntley.

By the end of its first year of operation, the hospital's Medical Staff and Associates already had become rooted in their new roles within the community. They celebrated the close relationships developed with patients and with each other, and looked forward to caring for future generations of community residents.



"The unique campus is easily accessible by patients from many communities, and it offers the best of inpatient, outpatient and wellness services."

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## NATIONAL RECOGNITION FOR QUALITY

"Centegra's patients are receiving health care that ranks among the best in the nation. We are proud to be recognized for providing that care right here in our community."



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#### Centegra Hospital-McHenry and Centegra Hospital-Woodstock achieved national recognition in 2016

when the Centers for Medicare and Medicaid Services introduced star ratings for overall hospital quality of care. The star ratings were created to help patients make informed choices about where they receive care.

Centegra Hospital-McHenry was one of 83 hospitals in the nation to receive a five-star rating, which put the hospital among the top 2 percent in the nation for quality. Centegra Hospital-Woodstock achieved four stars, ranking among the top 20 percent of hospitals in the nation. The majority of hospitals received three stars.

"It is not easy to provide this level of care," said Kumar Nathan, MD, President, Huntley Hospital and Centegra Clinical Effectiveness. "Quality is something our patients have come to expect from us, and our team members hold each other to incredibly high standards."

The star ratings grouped 57 quality measures into seven categories: mortality, safety of care, readmissions, patient experience, effectiveness of care, timeliness of care and efficient use of medical imaging.

Peggy Norton-Rosko, MSN, RN, NEA-C, Senior Vice President and Chief Nursing Officer, said "quality" means Centegra's Associates are doing what is right for patients. "Centegra's patients are receiving health care that ranks among the best in the nation," Norton-Rosko said. "We are proud to be recognized for providing that care right here in our community."





## COMMITMENT TO EDUCATION

Centegra Health System's commitment to continuing education extended as Medical Staff and Associates welcomed residents for additional training. Through a partnership with **Chicago Medical School at Rosalind Franklin University of Medicine and Science**, internal medicine residents receive training at Centegra Hospital-McHenry and in Centegra Physician Care clinics. Centegra physicians serve as faculty and teach the residents during the three-year program.

A new **Nursing Residency Program** provides the highest level of support for new graduate nurses throughout their first year as Centegra Associates. Nursing residents receive personalized clinical orientations, monthly seminars and access to specialty training. Through collaboration with experienced mentors, the nursing residents learn about the high-quality care and heartfelt culture of Centegra Health System.

Believed to be the first of its kind in the nation, the **Youth Residency Program** gives seniors from Huntley High School the opportunity to experience intensive job shadowing and mentorship with physicians and Associates at Centegra Hospital-Huntley and other clinical locations. Students watch cardiac catheterizations, view live births and witness the ways hospitalists and nurses provide inpatient care.

Centegra's residency programs expand the health system's ability to care for patients and make it possible to provide high-quality education to the community's future health care providers.



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## JOURNEY TO MAGNET REDESIGNATION

**Centegra Health System began its Journey to Magnet Redesignation as part of its commitment to superior quality in nursing care.** The health system first achieved Magnet recognition from the American Nurses Credentialing Center in 2013. It is the highest national honor for nursing practice.

Magnet-recognized organizations consistently demonstrate:

- Higher patient satisfaction with nurse communication, availability of help and receipt of discharge information
- Lower risk of 30-day mortality and lower failure-to-rescue rates
- Lower rates of falls

Currently, less than 10 percent of U.S. health care organizations have achieved Magnet recognition. An organization that reapplies for Magnet status must provide documented evidence of how Associates sustained and improved Magnet concepts, performance and quality over the four-year period since the organization received its most recent recognition.

ANCC evaluates how well leaders transform the organization to meet changing needs, empower staff members and prepare them to face all challenges, promote exemplary professional practice, foster innovation and measure and evaluate outcomes.



Currently, less than 10 percent of U.S. health care organizations have achieved Magnet recognition, the highest national honor for nursing practice.



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## CENTEGRA AND NORTHWESTERN MEDICINE EXTEND LETTER OF INTENT

## **Centegra Health System and Northwestern Medicine extended a nonbinding letter of intent as part of their ongoing commitment to an affiliation.** The health systems expect to sign a definitive agreement in 2018.

If approved, this powerful union will combine Centegra's exceptional community-based care with Northwestern Medicine's world-class academic health care expertise. Northwestern Medicine shares Centegra's commitment to clinical excellence with a focus on patient-centered care. Its seven hospitals include Northwestern Memorial Hospital, which was ranked No. 1 in Chicago and Illinois as well as 13th in the nation, according to the U.S. News & World Report 2016-2017 Honor Roll of America's Best Hospitals.

The health systems continue to determine how Centegra will integrate with Northwestern Medicine, including opportunities to increase the depth of Centegra's clinical capabilities, enhance physician collaboration and improve efficiencies to provide the best-possible care for patients and their families.

The affiliation will go through a series of regulatory reviews and approvals before a final closing date can be determined.



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Northwestern Medicine shares Centegra's commitment to clinical excellence with a focus on patient-centered care.

## CENTEGRA ADDRESSES CHANGING HEALTH CARE LANDSCAPE

In June 2017 Centegra announced plans to address financial challenges that were a result of changes throughout the health care industry. The largest change was to centralize all acute inpatient care to Centegra Hospital-McHenry and Centegra Hospital-Huntley.

Although acute inpatient care would no longer be offered in Woodstock, Centegra achieved its priority of maintaining Emergency Room, Inpatient Behavioral Health and outpatient services and physician offices at Centegra Hospital-Woodstock.

The system also received approval from the Illinois Health Facilities and Services Review Board in November 2017 to relocate Comprehensive Physical Rehabilitation from Centegra Hospital-McHenry to Centegra Hospital-Woodstock. The Centegra Hip & Knee Replacement Center and the Centegra Weight-Loss Surgery Center were centralized to Centegra Hospital-Huntley to provide patients exceptional care from highly skilled team members in one location.

As part of the June announcement, Centegra shared additional future plans to relocate or centralize other services to become more efficient. In every instance, the health system was still able to provide much-needed services within the county.



Centralizing services means Centegra can continue to offer exceptional care in a more efficient manner to members of our community.



## FY2017 FINANCIALS & STATISTICS

#### Communication

Calls to 877-CENTEGRA	16,640
Visits to Centegra.org	1,090,478

#### **Community Benefits**

Charity care	\$6,505,000		
Government-sponsored			
indigent health care	\$65,078,000		
Other community			
benefits	\$5,253,955		
Community benefit ha	ours 82,180		

Visits & Wellness	
Behavioral Health	
outpatient sessions	6,978
Centegra Health Bridge Fitness Center members	15,393
Centegra Physician Care (CPC) visits	323,253
Companies served by occupational medicine	1,121
Emergency Department visits	69,851
Flight for Life flights	437
Home Health visits	24,661
Immediate Care center visits	42,514
Wellness program	
attendees	8,117
Wellness screenings	11,641
Wound Care visits	9,068

#### Inpatient Care & Procedures

Babies born	1,710
Cardiac cath procedures	3,287
Hip and knee replacement	s 890
Hospital beds	413
Open-heart surgeries	218
Outpatient imaging procedures	190,255
Outpatient laboratory procedures	339,078
Patients admitted to hospitals	16,969
Sleep lab procedures	1,913
Surgeries	12,453

#### **Team Members**

Associates	4,375
Centegra Physician Care (CPC) providers	253
Physicians on staff	643
CPC hours volunteered at Family Health Partnership Clinic	311
Volunteer hours (to Centegra)	57,528

#### **Consolidated Expenses**

		Labor	53%
		Purchased Services & Other	· 22%
		Supplies & Drugs	15%
		Capital Costs	5%
		Interest	2%
		Repairs & Maintenance	2%
			1%

## CENTEGRA HEALTH SYSTEM COMMUNITY SUPPORT

- Centegra Family Health Fest
- Tours of Centegra Hospital-Huntley
- Centegra Health Strong Woman Event
- Community events in partnership with the Northern Illinois Food Bank
- Physician lectures
- Community expos in McHenry and Northern Kane counties
- Community parades in McHenry and Northern Kane counties

#### Sponsorship Highlights

- American Cancer Society
- American Heart Association
- American Lung Association
- Big Brothers Big Sisters of McHenry County
- Boys & Girls Club of Dundee Township
- CASA of McHenry County
- Chamber of Commerce Memberships
- Family Health Partnership Clinic
- Girls on the Run of Northwest Illinois
- Journey Care Foundation
- Leadership Greater McHenry County
- McHenry County Children's Health & Safety Fair
- McHenry Parks & Recreation Department
- National Alliance on Mental Illness
- NISRA Foundation
- Pioneer Center for Human Services
- Raue Center for the Arts
- Rosecrance Foundation
- Sun City Huntley
- Turning Point
- United Way of Greater McHenry County



In FY17, Centegra sponsored more than 230 community events.

## ACCOMPLISHMENTS AND ACCREDITATIONS

Centegra continues to bring high levels of health care expertise to our community. Our commitment to excellence has placed us among the best in the nation for quality.

#### Truven Top Health System

Truven Top Health System Awards compare health systems' levels of quality achievement and five-year rates of improvement in an effort to compare performance improvement strategies relative to other health systems across the nation. In the 2017 report, Centegra Health System ranked among the top in the nation, scoring at the 92nd percentile in quality performance and a 78th percentile in rate of improvement.

#### Leapfrog Safety Recognition

The McHenry and Woodstock hospitals received "A" ratings in the Spring 2017 Hospital Safety Scores announced by The Leapfrog Group, an independent nonprofit organization that drives quality, safety and transparency in health care. The Hospital Safety Scores are released biannually and rate how well hospitals protect patients from preventable medical errors, injuries and infections within the hospital. In Fall 2016, McHenry received an "A" rating and Woodstock received a "B."

#### Internal Medicine Residency – Rosalind Franklin University

Centegra Health System and the Chicago Medical School at Rosalind Franklin University of Medicine and Science collaborated throughout the year to offer an Internal Medicine Residency Program. In June 2017, Centegra welcomed its second class of eight residents. The 16 current residents are splitting their time between Centegra Hospital-McHenry and Centegra's outpatient facilities and are working with independent physicians and specialists.

#### Top 25 Hospital in Illinois

U.S. News & World Report ranked Centegra Hospital-McHenry as No. 18 in the Best Hospitals in Chicago issue and No. 23 in Illinois. The hospital was high performing in the heart failure, orthopedics and pulmonary disease categories. Centegra Hospital-Woodstock received the highest rating for its treatment of heart failure.

#### High School Residency Program

The High School Residency Program class at Centegra Health System completed its inaugural year in May 2017 with 24 Huntley High School seniors earning certificates marking their completion of this unique experience. In the program, students spend at least two and a half hours every week shadowing mentors at the hospital in more than 20 units. Centegra's partnership with Huntley Community School District 158 continues with another class of Huntley High School students joining the High School Residency Program in the 2017-18 school year.

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#### **Healogics Center of Distinction**

Centegra Wound & Hyperbaric Center was named a Healogics Center of Distinction for the third straight year, achieving or exceeding outstanding clinical and operational results in 2015, 2016 and 2017. Centegra also opened a second Wound & Hyperbaric Center in McHenry in June 2017, giving patients convenient options for wound care in McHenry and northern Kane counties.

#### National Accreditation Program for Breast Centers Reaccreditation

In October 2017, the Centegra Gavers Breast Center earned its third consecutive award with the National Accreditation Program for Breast Centers. The breast center is one of 38 NAPBC-accredited centers in Illinois, and met all 28 NAPBC standards.

## Commission on Cancer Accreditation and Outstanding Achievement Award

Centegra Hospital-McHenry has a three-year accreditation with commendation from the American College of Surgeons Commission on Cancer. The cancer program at McHenry was awarded the Outstanding Achievement Award for the fourth consecutive survey cycle.

#### Chest Pain Center Accreditation from American College of Cardiology

In October 2017, the American College of Cardiology Accreditation Services recognized Centegra Hospital-McHenry and Centegra Hospital-Huntley for demonstrated expertise and commitment in treating patients with chest pain. The hospitals earned full three-year Chest Pain Center Accreditation with Primary PCI.

#### **Stroke Accreditation**

Both Centegra Hospital-McHenry and Centegra Hospital-Huntley received Advanced Primary Stroke Certification through The Joint Commission in 2017. This designation recognizes that both hospitals make exceptional efforts to provide better outcomes for stroke patients and are committed to improving stroke care in the community.

#### Blue Distinction Center for Maternity Care

Centegra Hospital-McHenry achieved the Blue Distinction Center for Maternity Care by Blue Cross and Blue Shield of Illinois effective January 1, 2018. This recognition highlights hospitals that provide high-quality, affordable maternity care.

#### **3-Star Rating**

Centegra Hospital-McHenry achieved the Society of Thoracic Surgeons 3-Star Rating for isolated coronary artery bypass grafting surgery. This was Centegra's fourth consecutive time to achieve a 3-Star Rating for quality of CABG procedures among hospitals across the country. This rating puts Centegra in the top 12 percent of the nation for isolated CABG surgeries.

#### Leading Stroke Treatment

The American Heart Association and American Stroke Association awarded Centegra Hospital-McHenry and Centegra Hospital-Woodstock top honors for providing leading stroke treatment in 2016. McHenry earned the Get With The Guidelines-Stroke Gold Plus with Target: Stroke Honor Roll Elite achievement award, and Woodstock received the Get With The Guidelines-Stroke Gold Plus. McHenry was awarded the Stroke Honor Roll Elite for the quick administration of tissue plasminogen activator (tPA), which improves the quality of patient care and outcomes.

## FY2017 FOUNDATION DONORS

### PLATINUM - 1,000,000+

Anonymous (2) Foglia Family Foundation Family of Chuck and Helen Ruth

#### DIAMOND - \$500,000+

Anonymous Carey Electric Contracting, Inc. Curran Group, Inc. Gavers Community Cancer Foundation McHenry Radiologists & Imaging Associates

#### GOLD - \$100,000+

American Community Bank & Trust Eileen Breitzke Charitable Trust Centegra Health System Auxiliary Michael and Denise Eesley Scott and Barbara Gilleland Mike and Judy Luecht Gary and Cheryl Rabine Sage Products, LLC

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Foundation builds financial support for Centegra Health System as we strive to meet the growing needs of the communities we serve. Through the work of the Foundation, contributions are secured that support patient care, medical equipment upgrades and educational activities and programs.

The Centegra Health System

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## EXECUTIVE OFFICERS

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Pasquale Bernardi, MD President, Centegra Physician Care

Kumar Nathan, MD President, Huntley Hospital and Centegra Clinical Effectiveness

**Rachel Sebastian** President, Centegra Hospital-McHenry

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