

# health Connections

Seasonal Newsletter of Spencer Hospital

## PREVENTION, DETECTION, TREATMENT, & CARING

YOUR BREAST HEALTH GUIDE

### INSIDE THIS ISSUE

- 3D Mammography
- Breast Cancer Basics
- Annual Report Statistics
- and much more!*



# A Message TO OUR COMMUNITY

## AN OVERARCHING OBJECTIVE: BECOMING HEALTHIER TOGETHER.

For many years, Spencer Hospital has dedicated itself to be the healthcare organization where you receive Care You Trust. From People You Know.

That commitment has been more than a marketing expression. The hospital's skilled medical staff and devoted healthcare team – many of whom you know personally – have long offered access to quality care and a wide range of services right here at home.

### It remains true.

As healthcare evolves, hospital leadership has revised and advanced Spencer Hospital's mission to the communities it serves by pledging to be the catalyst to become ...

### Healthier Together.

Over many decades, Spencer Hospital and its affiliated medical staff have collaborated to maintain a system of care that's among the finest in the State of Iowa. Through the support of a proud community, the hospital and its physicians have ensured access to the best in diagnostic technology, advanced surgical care and state-of-the-art treatments.

### That commitment will continue.

But it will also be critical for Spencer Hospital and its partners to engage our communities in new ways. Healthcare resources will become relatively more limited as government and insurance companies adapt

reimbursement models. The hospital's purpose will increasingly transition beyond caring for the sick and injured to more actively striving to improve community health.

Frankly, to maintain the exceptional medical community we all value, resources will have to be utilized even more prudently. This will require taking actions to make our communities healthier – beyond traditional community education and public health initiatives – to reduce the incidence of chronic health conditions such as diabetes, heart disease and cancer, which frequently are induced by lifestyle choices.

### Spencer Hospital is working with its partners everyday to bring innovation to our systems of care.

We are offering more convenient access to services; emphasizing preventative care; more actively managing the care of those with chronic disease; reducing readmissions to the hospital; engaging area employers to promote healthier life styles for their employees; and more.

At the individual level this must mean eating better, exercising more, monitoring our own health and visiting a family doctor annually, or promptly when a health concern arises. Personal responsibility is at the foundation of improving most societal systems, including healthcare.

**The challenge ahead can't be sugar-coated.** And it won't always be easy. As health policy in America changes in the years and decades ahead, the extent to which the Spencer medical community will remain a regional leader will depend largely on achieving one overarching objective – we must become Healthier Together.

I hope you enjoy this issue of Health Connections, which shares service and technological enhancements Spencer Hospital has introduced in support of your good health. As always, our dedicated healthcare team values the trust you place in us to be your community and regional hospital.



Bill Bumgarner, President

# SPENCER HOSPITAL 2016 ANNUAL REPORT

## TEAMWORK



**543** FULL & PART-TIME STAFF MEMBERS



**MISSION** Spencer Hospital is dedicated to promoting healthier lives.

**VISION** Spencer Hospital, in collaboration with its medical staff, will be recognized as an exceptional regional healthcare center.



**41** PHYSICIANS PROVIDING CARE



**123** VOLUNTEERS

## HEALTHCARE

**270**



BABIES BORN

**5,991**



SURGERIES PERFORMED

**9,778**



EMERGENCY VISITS

**12,695**



DIAGNOSTIC IMAGING PROCEDURES

**128,454**



LABORATORY TESTS

**11,985**



RADIATION TREATMENTS

**\$31.1M**

Annual Payroll and Benefits

**\$13.2M**

Purchases from Iowa Businesses

**\$905K**

Charity and Uncompensated Care

## COMMUNITY

### Board of Trustees

John Cotton, Chair; Neal Conover, Vice Chair;

Dr. Gary Van Hofwegen; Steve Lensing; Julie Christensen



**IF YOU KNEW THAT YOUR ODDS OF WINNING THE LOTTERY WERE 1 IN 8, WOULDN'T YOU BUY A TICKET?** A woman's chance of developing breast cancer in her lifetime is also 1 in 8. Doesn't it make sense to have a screening mammogram?

Also, did you know with early detection of breast cancer, the five-year survival rate is nearly 100 percent?

Spencer Hospital is committed to helping you successfully detect and beat breast cancer through employing health professionals with specialized training; and by investing in technology to enrich diagnostic and treatment capabilities. Recently, Spencer Hospital added three-dimensional mammography technology to its array of diagnostic imaging services for enhanced patient care.

Three-dimensional (3D) mammography combines traditional mammography with advanced breast tomosynthesis technology. 3D mammography still requires breast compression, yet during an exam, an X-ray arm also sweeps in a slight arc over the breast, taking multiple images. A computer then converts the images into a stack of thin layers, allowing the radiologist to review the breast tissue one layer at a time.



# 3D MAMMOGRAPHY

*NOW AVAILABLE AT SPENCER HOSPITAL*

# enhanced diagnostics for you

“The hospital and its radiologists are excited to provide 3D mammography to our patients,” said Mary Brosnahan, Spencer Hospital’s Diagnostic Imaging director. “Over time, studies have demonstrated 3D imaging enhances images of tissue abnormalities, particularly for women with dense breasts. The three dimensional views enable our radiologists to better visualize the breast tissue from a variety of angles.”

The hospital, based on the recommendation of its radiologists, acquired a Hologic Genius 3D mammography system after assessing a range of 3D systems.

“This system allows us to more effectively pinpoint the size, shape and location of abnormalities, which leads to better detection and greater peace of mind for our patients,” commented radiologist Dr. Charlie Crouch.

Crouch pointed out that a study printed in a 2014 edition of the Journal of the American Medical Association found that the Genius 3D Mammography exam resulted in a 29% increase

in the detection of all breast cancers and a 41% increase in the detection of invasive breast cancers, along with a 15% decrease in women recalled for additional imaging.

Mindy Sylvester, RN, Women’s Health Coordinator and a Breast Health Navigator, noted: “Since we began offering this service, we have had several breast cancer survivors with known dense

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**“ONE SIMPLE TEST. LESS THAN  
30 MINUTES. SCHEDULE YOUR  
POTENTIALLY LIFE-SAVING  
MAMMOGRAM TODAY! CALL  
(712) 264-6181 FOR AN  
APPOINTMENT”**

breast tissue have their annual mammograms with us. They are more confident with the 3D mammography, knowing that it is the best screening technology to help identify any normal and abnormal breast changes.”

JaMae Dau, registered mammography technologist and Breast Health Navigator, explained that 3D images can be likened to a book as “pages” of images are provided, enabling the radiologist to page through the breast tissue one layer at a time, whereas compared to traditional 2D mammography the tissue would be overlapping.

“Spencer Hospital is committed to the fight against breast cancer,” Brosnahan stated. “In addition to providing state-of-the-art technology, we have highly skilled registered mammography technologists, breast health navigators and radiologists. Our wish is for all women to be familiar with the recommended guidelines for breast cancer screenings and to schedule their mammograms accordingly.”

While insurance coverage for mammograms may vary, the American Cancer Society recommends women age 40 and over have a conversation with their physician about having routine screening mammograms. Also, all women should know how their breasts normally look and feel and report any breast changes to a health care provider right away.

While some imaging centers use the 3D capability only when patients meet specific medical criteria, Spencer Hospital will use the 3D system on all mammography patients unless the patient requests traditional two-dimensional mammography. To schedule a screening mammogram, call the Spencer Hospital diagnostic imaging department at (712) 264-6500.

## DID YOU KNOW?

**8 OUT OF 9 DIAGNOSED WOMEN HAVE NO FAMILY HISTORY OF BREAST CANCER.**



**YOUR BREASTS ARE 3D  
SHOULDN'T YOUR MAMMOGRAM BE, TOO?**

# EXCEEDING EDUCATIONAL STANDARDS

ADDITIONAL CERTIFICATION ENHANCES PATIENT CARE



**THE FIVE RADIOLOGIC TECHNOLOGISTS WHO ARE REGISTERED IN MAMMOGRAPHY AT SPENCER HOSPITAL.** From left to right: Teresa Snyder, Lisa Loreth, JaMae Dau, Anne Netsch, and Laura Wagenaar.

**IN ORDER TO PERFORM MAMMOGRAPHY SERVICES, DIAGNOSTIC IMAGING TECHNOLOGISTS ARE REQUIRED TO COMPLETE A 40 HOUR PROGRAM APPROVED BY THE FOOD AND DRUG ADMINISTRATION (FDA).** At Spencer Hospital, additional certification is required to ensure an exceptional mammography program.

“Each of our technologists takes great pride in assuring the highest quality images while doing her best to help the patient be at ease during an exam,” said Mary Brosnahan, Diagnostic Imaging director. “This includes a commitment to earn a special certification and complete continuing education.”

Brosnahan explained that all technologists must first be certified in radiography prior to beginning the FDA mammography training program. The 40-hour FDA program includes training in breast anatomy and physiology, breast positioning, compression, quality assurance and control, breast implant imaging and more. Also, a prospective mammogram technologist must observe a minimum of 25 mammograms performed by a qualified mammographer, and maintain 15 hours of continuing education.

“The FDA training is the baseline for mammographers; however, we require our mammographers to also be certified by the American Registry of Radiologic Technologist (ARRT), which is the world’s most prominent organization offering credentials in medical imaging,” Brosnahan explained.

“This requires additional study and testing. Upon earning certification, which all our mammography technologists have done, they earn the credentials of RT(R)(M). I believe this additional training along with our commitment to patient comfort, makes Spencer Hospital’s mammography team a model for excellence for a community hospital.”

## DID YOU KNOW?

**A WOMAN’S CHANCE OF DEVELOPING BREAST CANCER IN HER LIFETIME IS 1 IN 8.**

# STEREOTACTIC BREAST BIOPSY

FOUNDATION FUNDING BRINGS BIOPSY CAPABILITIES IN-HOUSE

**NEEDING A BREAST BIOPSY CAN BE VERY STRESSFUL FOR PATIENTS.**

However, the process has become a bit more comfortable and much more convenient, thanks to the support of donors to the Spencer Regional Healthcare Foundation. The Foundation funded the technology, which complements Spencer Hospital’s new 3D mammography system, to provide image-guided biopsies.

When a radiologist detects a suspicious area on a mammogram image, he may recommend a patient have a breast biopsy. This is an outpatient procedure whereby a small sample of the questionable tissue is removed by the radiologist using the imaging capabilities of the 3D mammography unit. Once removed, the tissue sample is sent to be analyzed by a pathologist, with results provided to the patient’s physician in three to five business days.

Prior to acquiring the new technology, stereotactic breast biopsies were performed in a mobile unit which came each week to Spencer Hospital. Patients would first register for

services within the hospital, then were escorted to the mobile unit parked adjacent to the emergency department.

“We’re very excited that the addition of three-dimensional tomosynthesis enables us to perform biopsies in the comfort of our Women’s Center which provides a higher level of comfort and convenience,” remarked Mary Brosnahan, Diagnostic Imaging director.

“The convenience of having the technology in-house allows us to schedule patients any day of the week, reducing the wait time and worry time,” Brosnahan said. “Typically a patient is in and out of the Women’s Center in 45 minutes from start to finish and most women can resume their normal activities the same day of the procedure.”

She added: “We’re very appreciative of the support of Foundation contributors, whose generosity funded the image-guided biopsy technology for the mammography system. Together, we’re all working to provide the best diagnostics and care for our patients close to home.”

# NAVIGATING TOGETHER

PROFESSIONALS PROVIDE RESOURCES AND REASSURANCE



**OUR CERTIFIED BREAST HEALTH NAVIGATORS ARE HERE TO WALK YOU THROUGH THE ENTIRE PROCESS FROM SCREENING TO TREATMENT.** JaMae Dau, Registered Mammography Techologist, Kristy Connor, Abben Cancer Center Social Worker, and Mindy Sylvester, Nurse Educator, are all trained professionals who will be with you every step of the way and to answer any questions you may have if you receive a breast cancer diagnosis. Receiving a negative diagnosis is scary, but these three women are there to guide you and provide assistance for any need, from answering questions to being a listening ear.

# BREAST CANCER BASICS

THE AMERICAN CANCER SOCIETY SHARES BREAST CANCER FACTS

**BREAST CANCER STARTS WHEN CELLS IN THE BREAST BEGIN TO GROW OUT OF CONTROL.** These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancer) if the cells can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. Breast cancer occurs almost entirely in women, but men can get breast cancer, too.

Breast cancers can start from different parts of the breast. Most breast cancers begin in the ducts that carry milk to the nipple (ductal cancers). Some start in the glands that make breast milk (lobular cancers). There are also other types of breast cancer that are less common.

A small number of cancers start in other tissues in the breast. These cancers are called sarcomas and lymphomas and are

not really thought of as breast cancers.

Although many types of breast cancer can cause a lump in the breast, not all do. There are other symptoms of breast cancer you should watch for and report to a health care provider.

**IT'S ALSO IMPORTANT TO UNDERSTAND THAT MOST BREAST LUMPS ARE NOT CANCER,** they are benign. Benign breast tumors are abnormal growths, but they do not spread outside of the breast and they are not life threatening. But some benign breast lumps can increase a woman's risk of getting breast cancer. Any breast lump or change needs to be checked by a health care provider to determine whether it is benign or cancer and whether it might impact your future cancer risk.

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## CERTIFIED FITTER APRIL GREEN

SPECIAL CLOTHING MAY BRING BALANCE, STYLE FOR BREAST CANCER SURVIVORS



**IF A WOMAN RECEIVES A BREAST HEALTH DIAGNOSIS WHICH REQUIRES SURGERY, SHE MAY SEEK SPECIAL CLOTHING OR A BREAST FORM TO HELP REGAIN HER PHYSICAL BALANCE AND TO SUIT HER PERSONAL STYLE GOALS.** Help in making those choices can be found close to home.

April Green, of Avera Home Medical Equipment of Spencer Hospital, recently completed extensive training to become a certified fitter to assist women in finding the right options for their personal comfort and peace of mind.

April explained that post-surgery, a patient typically brings a personalized prescription and her insurance information to an appointment at the home medical equipment location. A few samples of breast forms and undergarment apparel are available to see and touch; however, she said patients have access to a wide array of items through special order to fit each individual's measurements and preferences.

"It's very rewarding to work with these beautiful women who put their trust in me to help them feel as comfortable as possible," April commented. "I like getting to know my patients on a personal level which is both fun and also beneficial as we work together to meet their needs and wishes."

Avera Home Medical Equipment of Spencer Hospital is located in the Spencer Medical Arts Building, south of the hospital campus and adjacent to Avera Medical Group Spencer's main lobby.

**To schedule a fitting or for additional information, please contact April at (712) 580-3923.**

# QUICK CARE SERVICES

HELPING YOU FEEL BETTER SOONER; NOW EXPANDED TO SATURDAYS



## "MOM! I DON'T FEEL SO GREAT."

When your child comes home from school with a cough or headache in addition to their backpack, it's reassuring to know that Quick Care services at Avera Medical Group Spencer are available each weekday afternoon and on Saturdays to help your child – or you – feel better sooner.

"Quick Care at Avera Medical Group Spencer offers patients quality care for urgent concerns in the comfort of a familiar setting," commented family practice physician Dr. Hilary Kerrick. "Our Quick Care services are designed for anyone who has a sudden illness or minor injury to address, including community members who haven't aligned with a family practice physician and for visitors to our area."

Nate McCormick, clinic manager for AMGS, added: "Quick Care services are designed to provide same day diagnosis and treatment of minor illnesses to get patients on their way to feeling better sooner. Quick Care does not replace the emergency room for critical care nor does it take the place of routine appointments and more comprehensive scheduled exams with a patient's physician."

Seeking Quick Care services at Avera Medical Group Spencer assures continuity of patient care.

"When you're seen at Quick Care, the provider available may not be your primary physician," Dr. Kerrick explained. "However, all providers at Avera have access to your health records which will ensure individualized and safe care with the ease of follow up with your regular physician. Having such access to health records also eliminates delays caused by waiting for needed information."

Quick Care is available each weekday afternoon, from 3:30 to 6:30 Monday through Thursday and 3:30-5 pm on Fridays, and as of early March, Quick Care is also available on Saturdays from 8 am to 1 pm.

Avera Medical Group Spencer, a department of Spencer Hospital, is a family practice group which includes 13 physicians trained in family medicine and six family medicine advanced practice providers.

# COLLEEN HART, HOSPICE NURSE

HELPING PATIENTS FIND COMFORT THROUGH CARING



**“IT IS SUCH AN HONOR TO BE A PART OF A TEAM THAT IS ABLE TO BRING COMFORT TO A PATIENT AND THEIR FAMILY ON THEIR END OF LIFE JOURNEY.”**

Colleen Hart began her professional career as a teacher and spent her free time as a hospice volunteer. After finding the experience so fulfilling and being touched by so many

patients, she made a career change. She returned to college and received her nursing degree with the goal of working with hospice patients. Colleen has been with Hospice of Spencer Hospital for twelve years, and below she shares a little about the passion she has for hospice care.

*“I am allowed the privilege to witness courage, optimism, and hope on a daily basis. Being a hospice nurse is deeply rewarding when closure can be facilitated between patients and their loved ones. It is very fulfilling to be able to manage a patient’s pain or anxiety so they are able to enjoy the time they have. The biggest reward I receive from hospice nursing is patients and their families sharing their lives with me. It is so humbling to play a part in such a delicate time in someone’s life.”*

Hospice of Spencer Hospital: Ask for us by name. For more information, call (712) 264-6380.

## RECOGNIZING CO-WORKER ACHIEVEMENTS

Danette Forbes, Director of Warner Dialysis Centers, earned her Bachelor of Science in Nursing in December from Briar Cliff University.

Emily Stalzer, RN, Intensive Care Unit, earned her Bachelor of Science in Nursing from Mercy College of Health Sciences.

Laura Johnson, MA, CCC-SLP, Speech Language Pathologist in Rehab Services, received her certification in LSVT LOUD Voice Treatment.

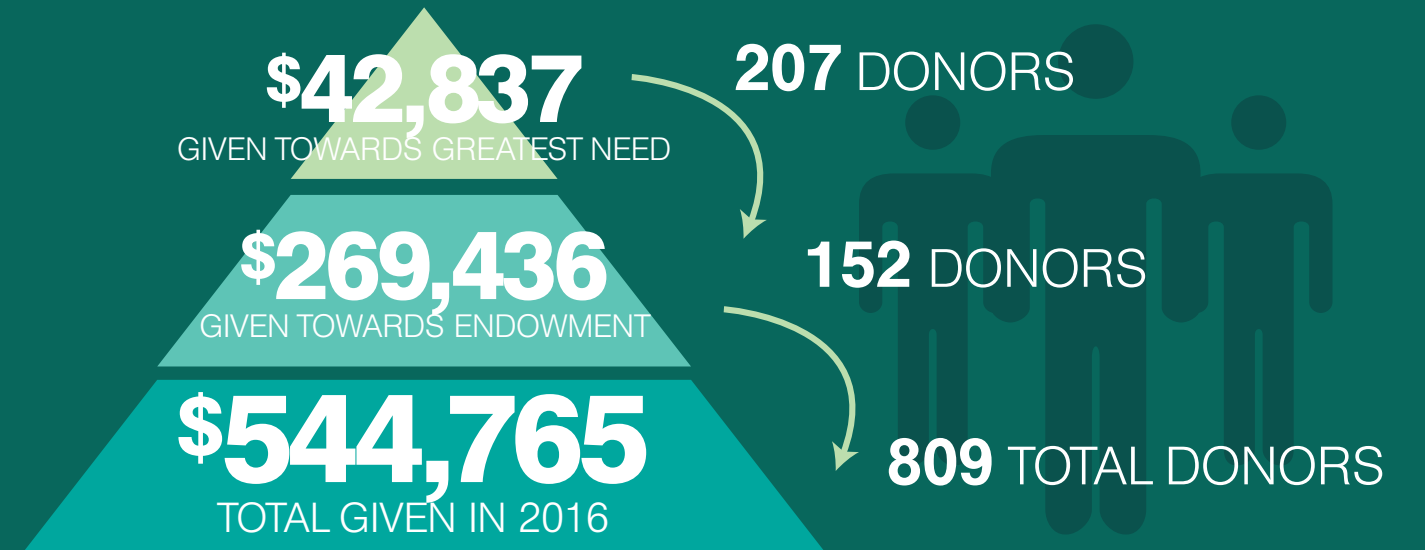
Jordan Reed, DPT, Director Rehabilitation Services and Laboratory, is part of a team of authors whose poster presentation, “Immediate Effects of Preoperative Pain Neuroscience Education for Patients Undergoing Total Knee Arthroplasty: A case series” was accepted for presentation at the Iowa Physical Therapy Association Spring Conference. An original research paper with the same title and authors was also accepted for publication in Physiotherapy Canada, the journal of the Canadian Physiotherapy Association. Jordan’s fellow authors include Emilio Puentedura, PT, DPT, PhD, OCS, FAAOMPT, Adriaan Louw, PT, PhD, and Kory Zimney PT, DPT.



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## HEALTHCARE FOUNDATION AT A GLANCE



**8** Gifts made to Spencer Regional Healthcare Foundation fund held with the Clay County Community Foundation

**4** Gifts of Grain donations from local farmers and agricultural operations.

## YOUR HELP MAKES GOOD THINGS HAPPEN!

### HUGS SYSTEM



**The Hugs System** allows parents to move about freely with their baby in a protected zone and alerts staff if anyone wanders too close to the secured exit.

### EDUCATION



**Diabetic Education kits** for new patients encourage and assist them in managing their new diagnosis.

### MOBILITY



**The transfer pivot disc** makes getting out of bed or sitting in a chair, easier for hospice patients. Without the use of these discs, many patients would be bed bound.

# NEW TECHNOLOGY ENHANCES CARDIAC CARE

FOUNDATION DONORS HELP PURCHASE LUCAS COMPRESSION SYSTEM



Mark continues receiving hospital services through his enrollment in Cardiac Rehabilitation. He is pictured here with Korey Ebel, Exercise Specialist and Carolyn Hicks, RN.

Mark Bedore's day started off as usual, with no indication of the life-changing event that would occur later that morning. A coworker next to Mark had turned his attention away for a brief moment, and when he turned back he saw Mark had collapsed. Mark was experiencing a heart attack.

Overall a healthy 63 year old, doctors reported that Mark's heart attack occurred when plaque in his arteries broke loose and blocked his vessels.

"Thankfully, everyone in the company was trained in CPR," recalls Mark's wife Oxana.

For 10 minutes Mark's coworkers performed CPR until paramedics arrived on scene. After administering two shocks from an AED (automated external defibrillator), paramedics were able to continue CPR with the help of Spencer Hospital's new Lucas Compression System.

Strapped around the patient, the Lucas Compression System is an automated CPR unit which removes patient care variables such as emergency personnel fatigue, and also increases safety for EMTs while en route to the hospital.

"We are grateful for the many technologies used that day to help treat Mark, and we know we are blessed that he is here," said Oxana. "But Lucas [Compression System] was

there to help. It was like having another person there."

Mark was transported to Spencer Hospital and flown to Avera Heart Hospital in Sioux Falls. After a week-long hospital stay

Mark was

released. He continues cardiac rehab services three times a week

through Spencer Hospital's cardiac rehab department and was able to return to work just one month after his heart event.

"I feel extremely grateful for the quick response of all involved in my care," said Mark. "It truly was a team effort. Part of that team includes the generous donors to the Spencer Regional Healthcare Foundation who help secure new technologies, like the Lucas Compression System. To you, to Spencer Hospital, my co-workers and all those involved, thank you."

**For information on how you can make a difference through your support of local healthcare please contact the Spencer Regional Healthcare Foundation at 712-264-6226.**

## YOUR CARING SUPPORT THANK YOU

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Richard Kramer  
 By Gary & Denise Tolzmann

Harley Laidig  
 By Sara J. Olsen

Lee Larson  
 By Darlene White

## GARDEN OF LIFE NEW BEGINNINGS

**EACH SPRING LIFE BEGINS ANEW.** With Spring soon arriving, the Spencer Regional Healthcare Foundation and Hospice of Spencer Hospital invite you to remember a loved one or honor a special caregiver through a gift to the Garden of Life. Donors will be invited to personally plant a blooming flower in Spencer Hospital's Grand Avenue Park in late May. To make a gift, please use the designated option found on the donation form located on the following page. For more information, please contact Mindy Gress, foundation director, at (712) 264-6226 or email [giving@spencerhospital.org](mailto:giving@spencerhospital.org).





# giving

Linda Lou Lyon  
By Anonymous

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By Kim Brouwer

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By Jake & Courtney DeLoss  
By Andrew & Jeannette Hasley

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By Bess Madsen  
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By Chuck & Donna Tielbur

Carol Tolzmann  
By Gary & Denise Tolzmann

Bob Vaage  
By Patrick & Kristy Connor  
By Arvin & Beverly Schumann  
By Chuck & Donna Tielbur

Kris Van Berkum  
By Ruth Hansen  
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By Robert & Nira Rusk

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By Patrick & Kristy Connor

Sherry Zinn  
By Adam & Mindy Gress  
By Redge & Diane Berg  
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By Roger & Jackie Mann

**ENDOWMENT:**

By Stephen Avery  
By Chad & Angie Baldwin  
By Chris & Connie Bjornstad  
By Dale & Karen Brandt  
By Brian & Deb Brodersen  
By Bill & Karen Bumgarner  
By Lori Cam  
By Craig & Miriam Cantrall  
By CIVCO Medical Soulutions  
By Matt Cooper  
By John & Carol Lea Cotton  
By Dr. & Mrs. David Christ

**ENDOWMENT:**

By Clay County Cattlemen Association  
By Amie Croatt  
By Don & Melissa Cunningham  
By Paul & Candace Daniels  
By JaMae Dau  
By Dr. & Mrs. Philip Deffer  
By Steve Deutsch  
By Jamie Elbert  
By Farmers Trust & Savings Bank  
By Danette Forbes  
By Judy Fox  
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By Dee Hoger  
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By Merlyn & Sonna Winther  
By Dena Wintz  
By David & Debbie Woodcock  
By John & Susan Zulk

**ABBen GOLF CLASSIC:**

By Avera Home Medical Equipment, LLC  
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**Mail to Spencer Regional Healthcare Foundation, 1200 First Ave East, Spencer, IA 51301.**

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Street Address: \_\_\_\_\_ In Memory of: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ In Honor of: \_\_\_\_\_

Phone: \_\_\_\_\_

I would like my gift to be used for the endowment fund

I would like my gift to go to a designated department or service. Please list: \_\_\_\_\_

I would like to be an anonymous donor.

I would like my gift to go to the area of greatest need.

# Thank You for Your Support

Spencer Hospital is leading the way to better health.

Our success is made possible by the unwavering support of our community, physicians, employees and volunteers.

On behalf of the Spencer Hospital Board of Trustees, administration and healthcare team, we thank you for allowing us to continue our mission to provide compassionate, quality health care services to our communities.

## THE NATION'S TOP 100

SPENCER HOSPITAL REMAINS A LEADER AMONG RURAL & COMMUNITY HOSPITALS

**SPENCER HOSPITAL HAS AGAIN BEEN NAMED ONE OF THE TOP 100 RURAL & COMMUNITY HOSPITALS IN THE UNITED STATES, EARNING THE AWARD FOR THE SECOND CONSECUTIVE YEAR.** The nation's top hospitals are recognized annually by iVantage Health Analytics, Inc., a leading provider of healthcare analytics.

"Each day our medical staff and healthcare team strive to provide excellent care for our patients and to do so with skill and empathy," commented Bill Bumgarner, Spencer Hospital president. "It's rewarding for everyone when that commitment and effort results in being recognized among the top 100 community hospitals in the nation."

To identify top performing hospitals, iVantage aggregates hospital-specific data for 71 performance indicator variables across nine pillars of performance to provide an overall hospital strength index. The majority of data used in the study is derived from public sources, primarily the federal government. Areas in which these top hospitals particularly distinguish themselves include quality and outcomes; patient safety; patient satisfaction; and costs and charges. The median rural hospital earns an overall score of 50, while the median Top 100 hospital earns a 95.

"The data outcomes represent the culmination of on-going planning, monitoring and implementation activities that impact Spencer Hospital's systems of care," said Bumgarner. "They also reflect the dedication and commitment of our physicians and employees to adapt as needed to the challenges presented by an ever-changing healthcare industry. Our team performs at a high level, yet also realizes we must continually be open to even better ways to care for patients who place their trust in us."

Spencer Hospital was one of three Iowa hospitals recognized in the iVantage top 100. The other two Iowa hospitals are located in Fort Dodge and Newton.

Michael Topchik, senior vice president of iVantage, added: "It's more important than ever that rural hospitals proactively understand and address performance in the areas of cost, quality, outcomes and patient perspective. Our analysis shows that this group of top performers exhibits a focused concern for their community needs."

