

# TRINITY TODAY

A newsletter for associates and volunteers of Trinity Regional Health System

## Trinity announces intent to build \$61.3 million heart/ED expansion

Trinity has proposed the building of a 90,000 square-foot, three-story expansion of its Heart Center and emergency department (ED) at Trinity Rock Island, pending regulatory approval from the State of Illinois. The \$61.3 million construction project – located at the front of the hospital – is the largest in the facility's history. The expansion is designed to improve patient safety and privacy, better coordinate care, reduce operational costs and accommodate increased demand.

“Over the past 40 years, Trinity has consistently kept current with changes in medical advances and technology; however, very few capital improvements to the Rock Island facility have been made,” said Trinity President and CEO Rick Seidler. “The rapidly increasing number of patients in the emergency department, cardiac treatment unit and psychiatric crisis service areas has stretched these units beyond capacity. The need is critical.”

As ED volumes continue to grow, workflow is a challenge. Many treatment bays have been converted into double rooms with only a thin curtain separating the two beds. During peak times the department has even had to set up hospital beds or chairs in hallways

as triage stations to accommodate patient volume.

State behavioral health facility closures also add to the capacity issue. When former state hospital patients are sick, out of medication or simply confused with no place to go, they often come to the ED. There are an increasing number of patients who are combative, disruptive or even suicidal upon arrival. The new ED will include a six-bed Crisis Stabilization Unit for those patients in distress.

In addition about 10 percent of ED patients receive cardiac-related diagnoses. Trinity Rock Island's three cath labs already operate at 80-90 percent capacity on any given day, so there is little room in the schedule to accommodate emergency cases like heart attacks. Space constraints also prevent the unit from having testing and diagnostic equipment. Patients must be moved down a long corridor for diagnostic imaging and subsequent treatment in the main hospital's testing area. By increasing the amount of time needed before treatment can start, there is a greater potential for further heart muscle damage.

The new plans also call for diagnosis, treatment and follow-up cardiac rehabilitation to be coordinated under

one roof. Not only will this make care more convenient for patients, it will also help physicians more easily collaborate.

The project will be funded through a combination of internal reserves and borrowing through Trinity's parent company, Iowa Health System.

Trinity's Certificate of Need application is scheduled to go before the Illinois Facilities and Planning Review Board on March 26, 2013. If approved, Trinity plans to break ground in June 2013 with construction completed by summer 2015.

Navigant Healthcare, one of the country's top-ranked healthcare management consulting firms, has assisted Trinity in retaining the design services of Cannon Design, a nationally recognized healthcare design firm, who is working in partnership with Gere Dismar Architects of Rock Island and Paragon Commercial Interiors of Davenport. Additionally, the engineering for the project is being provided by Rock Island firms KJWW Engineering and Missman Engineering. Pepper Construction, a national builder, along with Russell Construction, a local Quad-Cities construction firm, have formed a joint venture and were chosen as the general contractor for constructing the expansion in partnership with local trade contractors.



## HR is on the move!

The Human Resources department will be on the move at the end of February to a new, consolidated location at the Regency Plaza building, located just across the street from Trinity Rock Island's 24th Street entrance. The new location now will house all HR, recruiting, employee health, training, employee development and benefits functions under one roof.

The department will still be easily accessible; all phone numbers and interoffice mailing addresses will remain the same. In addition, the department will maintain a satellite office on the Rock Island campus for those situations needing one-on-one exchanges.

# Free event promotes benefits of physical activity on heart health

Trinity's Spirit of Women program will present its second annual "Day of Dance," from noon to 4 p.m., Saturday, Feb. 23, at the RiverCenter, 136 E. 3rd St., Davenport. The day will feature a variety of dance performances and demonstrations as well as free blood pressure checks, body mass index (BMI) testing, health risk assessments and a health fair.

According to the Report of the Surgeon General on Physical Activity and Health published by the Centers for Disease Control and Prevention in 1996, more than 60 percent of American adults are not regularly physically active. In fact, 25 percent of all adults are not active at all.

Yet, significant health benefits can be obtained by including a moderate amount of physical activity on most, if not all, days of the week. Physical activity reduces the risk of premature mortality in general, and of coronary heart disease, hypertension, colon cancer and diabetes mellitus in particular. Physical activity also improves mental health and is important for the health of muscles, bones and joints.

Trinity joined the Spirit of Women Hospital Network, a national coalition

of hospitals and healthcare facilities in 100+ U.S. communities, in January 2012. Utilizing a variety of means, Spirit of Women hospitals give women easy access to the knowledge and tools that are vital to helping them make informed healthcare decisions for themselves and their families.

While there is no cost to attend Day of Dance, women may sign up for the Spirit of Women program while attending. All female Trinity associates qualify for a free membership, while male associates may give a special woman in their life free access. Normal cost for the one-time membership fee is \$10, which gives members access to free lectures on women's health topics, advance notice of upcoming workshops, screenings and special events, a free e-newsletter and members-only discounts on activities and at area merchants.

For more information regarding Trinity's Spirit of Women events and membership, please call (309) 779-2067 or visit [www.trinityspiritofwomen.org](http://www.trinityspiritofwomen.org).



**Day of Dance.com**  
FOR YOUR HEALTH



## Welcome new parish nurses

New Trinity parish nurses (L to R) Nathan Phelps, Pat Reiser, Julie Frutiger, Barbara Beeks, Carol Jackson and Susan Lanning, shown with Chaplain Bob Hansen, were anointed on Sunday, Jan. 20, at Salem Lutheran Church in Moline. Each of the nurses completed a 36-hour parish nurse basic preparation class for Trinity. The parish nurse program is a partnership between Trinity and churches in the Quad-Cities and surrounding region that promotes wellness in body, mind and spirit.

## A new year. A new you. A new US!

The Trinity Rock Island cafeteria renovations are complete. Not only are there more healthy choices, it's even easier to find them!

Look for this icon for options lower in calories, fat and sodium:

- Grab and go salads, sandwiches and wraps
- An expanded salad bar with more cut fruit, veggies and low-fat, pre-portioned salad dressings
- Hummus, baskets of fresh fruit, baked chips
- Low-calorie beverages
- A daily hot wellness special



Watch for special Wellness Wednesday activities all throughout National Nutrition Month in March.

## Trinity partners with AMT for patient transport

Trinity has entered into a long-term agreement with Advanced Medical Transport, a nationally recognized, accredited company that specializes in the provision of ambulance services, for emergent and non-emergent patient transport. AMT now will provide 9-1-1 call response to the Fire District of Blackhawk, Orion and Sherrard, Ill. Non-emergency patient transport

services for Iowa and Illinois begin in early February.

Having the new ambulance service means the hospital will have access to better technology and up-to-date equipment staffed by providers with the most advanced clinical skills for its patients in need of transport. The arrangement also enables AMT, which has additional

resources in Peoria, Pekin, Streator, Aledo, Illinois, and Iowa City, Iowa, to provide better back-up coverage for transport or 9-1-1 needs if patient volume dictates.

Wheelchair van transport needs are still being handled by Trinity Express, (309) 787-7315. Call (309) 787-1846 for all ALS and BLS, critical care and behavioral health ground transport needs.



## Service award changes coming

Trinity has begun collaborating with other IHS affiliates to re-vamp its service awards program as part of a new, comprehensive, total rewards program. The new system will be easier to use, offer more peer-to-peer recognition and provide more value to those being honored. Watch for more details from HR soon.

# System sustainability update

The Iowa Health System Sustainability team has been fast at work and has another success story to share. The team has reviewed all IT maintenance and support contracts throughout the system, which has resulted in a savings of more than \$2 million. By reviewing all service maintenance agreements, the team is able to consolidate or delete multiple agreements throughout the system.

“There were two questions the IT teams were asked,” said David Stark, Co-Leader, IHS Sustainability Program. “Are we using the right product to get us where we want to go, and what tools do we need to get rid of to do our job? We are very pleased with the progress our sustainability teams have made so far, and realize we are finding numerous other opportunities.”

The Ask David Intranet button has received several questions that we’d like to share with you.

## **Why is there a huge focus on sustainability all of a sudden?**

There are four strategic pillars within IHS’ long-term strategic plan. System sustainability is just one pillar. We’ve been working on developing a long-term, on-going process to improve our sustainability. We are now ready to share our plan and progress.

As you have heard, there are several factors that are affecting the healthcare industry today, and we believe that by being

proactive in our approach, Iowa Health System will prosper and become a strong and vibrant healthcare leader.

We know that with healthcare reform, our revenue is going to drop, our reimbursement rates will decline and utilization will decrease. We need to be good stewards of our resources for the long-term to build our future.

We are not alone in pursuing system sustainability. Many others across the nation are developing sustainable cost control efforts and strategies.

**Isn’t one of the benefits of joining a system so an affiliate can benefit from the cost savings like shared resources and bulk buying? In some of the success stories previously published, it looks like we weren’t bulk buying. Why is that?**

Iowa Health System has been following the best practice of shared resources and bulk purchasing for years. We have centralized and shared laundry processing, purchasing medical supplies, legal and billing services, transcription and more.

In regard to bulk buying, we have tightened our joint purchasing opportunities and recently launched a VHA contract to look at high-impact areas so as a system, we are able to make better purchases together and streamline this process.

**If you have a comment or suggestion to share with the Sustainability Team, go to the Intranet and submit your suggestion on the Ask David button.**



## ACE says: Be accountable!

The February ACES Standard of Behavior focus is accountability. That means associates are problem solvers, are on time for work and see tasks through to completion or closure. Accountability also means understanding what our responsibilities are to patients, customers and co-workers.