

HEALTH *for* Life

SUMMER 2007

St. Mary's Medical Center
Nicklaus Children's Hospital

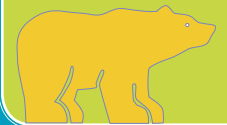


GIVING BACK ^{to our} Community

THE FULTON QUADS:
Four Times the Joy

Quality Care
in the Step-Down Unit

» Find the
Nicklaus Bear
and win!
See page 2 for details



Dear Neighbors:

I am pleased to send you the first issue of our new community publication, featuring our 2006 Community Benefits Report. Inside, you will find details about many of the activities that St. Mary's Medical Center and Nicklaus Children's Hospital have been involved in over the past year. We take our accountability to the communities we serve very seriously.

Since its establishment in 1938 through its continued successful operation today, our facility provides healthcare services to thousands of area residents each year. St. Mary's Medical Center and Nicklaus Children's Hospital provide a significant amount of uncompensated and charity services to those in need. Additionally, St. Mary's Medical Center and Nicklaus Children's Hospital pay a substantial amount of taxes and other public obligations that help support various community services including schools, parks and law enforcement agencies.

As we approach our 70th anniversary, we are dedicated to improving the quality of care and services we offer to our community, and we realize our continued success is largely dependent upon our ability to meet the growing needs of Palm Beach County residents. Last year we invested \$13 million in facilities and technological improvements to the hospitals and have initiated a master plan project that identifies areas of renovation, expansion and replacement of much of the facilities. As we look to the future, we are dedicated to better serving our community and allowing our facilities to best reflect the comprehensive and award-winning services already offered at St. Mary's Medical Center and Nicklaus Children's Hospital.

All of us at St. Mary's and Nicklaus Children's Hospital are proud of our long and rich history in Palm Beach County, the specialized services we offer, the outstanding team of qualified nurses that serves our patients daily, and the caliber of physicians who choose to join our medical staff. Please take a moment to review the information provided in our Community Benefits Report.

We look forward to caring for you and your family now and in the future.

Sincerely,

Davide M. Carbone, CHIEF EXECUTIVE OFFICER
St. Mary's Medical Center | Nicklaus Children's Hospital



**St. Mary's Medical Center
and Nicklaus Children's
Hospital**
901 45th St.
West Palm Beach, FL 33407
(561) 844-6300
www.stmarysmc.com
www.nicklauschildrenshospital.com

CHIEF EXECUTIVE OFFICER:
DAVIDE M. CARBONE
EXECUTIVE EDITOR:
KIMBERLY ELOE
PUBLISHER: ERIKA WHITE
DESIGNER: CARRIE DIERKS
MANAGING EDITOR:
LISA PRICE
CONTRIBUTING WRITERS:
DANIEL BRANTLEY,
JIM CASEY, GABRIELLE
FERNANDEZ, ANNA
FISCHER, JENNY HAVRON,
HEATHER HENNING,
LESLEY LANDRU, KIKI
THOMPSON

Health for Life is published quarterly as a service of St. Mary's Medical Center and Nicklaus Children's Hospital. It is not intended to provide personal medical advice, which should be obtained directly from a physician. If you have a health issue or concern, please contact your healthcare provider.

St. Mary's Medical Center | Nicklaus Children's Hospital

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ST. MARY'S
Medical Center

Nicklaus Children's Hospital

Find the Bear,
Win a First-Aid Kit

Find the Nicklaus Children's Hospital Bear hidden on pages 2-7, then call (561) 882-9100 or e-mail SMH-News@tenethealth.com with the location, your name and full address to receive a free first-aid kit.

► **ON THE COVER:** Employees at St. Mary's Medical Center and Nicklaus Children's Hospital use their talents to touch the lives of people daily.

2006

Community Benefits Report



St. Mary's Medical Center and Nicklaus Children's Hospital senior management team (left to right): Davide M. Carbone, Chief Executive Officer; Joey Bulfin, Chief Nursing Officer; Scott Manis, Chief Operating Officer; Tom Schlemmer, Chief Financial Officer

Every day, St. Mary's Medical Center and Nicklaus Children's Hospital work to enhance the health of Palm Beach County residents.

Here are a few ways St. Mary's and Nicklaus Children's Hospital impacted the community in the past year.

Care and Compassion for Those in Need

At St. Mary's and Nicklaus Children's Hospital, the promise to provide exceptional healthcare services isn't limited to those who can pay. In 2006, St. Mary's contributed approximately \$46.8 million in charitable care and

\$48.5 million in unpaid patient care, for a total of more than \$95 million in uncompensated services.

Enhancing the Local Community

In addition to \$13 million in capital funds reinvested in facilities and technologies, St. Mary's and Nicklaus Children's Hospital supported the local economy through employee compensation, local property taxes and local sales taxes. With 1,600 employees in 2006, St. Mary's

and Nicklaus Children's Hospital paid more than \$76.8 million in salaries, wages and benefits. This included \$6.1 million in payroll taxes. St. Mary's and Nicklaus Children's Hospital also paid approximately \$3.4 million in sales and property taxes and \$2.3 million in indigent care taxes.

Additionally, the hospital offers many services to serve the needs of our area's growing population. Included are free health lectures, seminars, classes and



support groups; a variety of health screenings, including blood glucose, cholesterol and blood pressure checks; and a 24-hour physician referral and community health information hotline at (561) 882-9100 or toll-free at (888) 888-3873.

St. Mary's and Nicklaus Children's Hospital also provide an informative Web site that links visitors to information on health topics, community events and patient care services offered by the hospitals. The Web sites can be accessed at www.stmarysmc.com and www.nicklauschildrenshospital.com.

Our Volunteer Heroes

At St. Mary's and Nicklaus Children's Hospital, volunteers are hailed as heroes every day. Volunteers provide assistance to patients, visitors and staff and do so much more. These dedicated individuals work throughout the hospital in a variety of departments and roles, and they are always welcomed. Volunteering provides community members with a rewarding opportunity to match their talents and interests while helping the hospital staff. They have a standing invitation to share their heart, talents, interests and compassion!

The volunteer program assists the hospital staff through these and other programs:

THE CUDDLER PROGRAM. Volunteers with the cuddler program rotate throughout Nicklaus Children's Hospital, providing comfort and support to ill children by helping with coloring, giving hugs and more. This group of volunteers always brightens the day for pediatric patients.



Clinical and Technological Accomplishments

Over the past 15 months, St. Mary's dedication to area residents can be seen in many ways, including in service improvements and in expenditures for medical equipment and furnishings. Here are some of the details:

- improved patient flow for pediatric outpatient services
- gained reaccreditations from the Joint Commission, Regional Perinatal Intensive Care Centers, and Pediatric and Adult Trauma
- replaced furnishings in Nicklaus Children's Hospital and Waters 2 and 3 buildings
- opened a new 22-bed Step-Down Unit (Read more on page 7.)
- installed a picture archiving and communications system (PACS)
- replaced patient monitors in Intensive Care Unit and Step-Down Unit
- installed a 32-slice computed tomography (CT) scanner
- installed Opus software
- installed a digital, portable X-ray unit
- acquired 13 new anesthesia machines
- established internal peripherally inserted central catheter (PICC) line service
- replaced linear accelerator
- installing CliniComp, Horizon Patient Folder and MediLinks software (electronic medical records)

PET THERAPY PROGRAM. These volunteers bring smiles to patients and staff at St. Mary's and Nicklaus Children's Hospital. The special, talented dogs and their owners help in the healing process by visiting and entertaining patients.

THE TEEN PROGRAM. The teen volunteer program allows students the opportunity to gain firsthand knowledge of a hospital's daily activities. Many of St. Mary's and Nicklaus Children's Hospital physicians and nurses volunteered at the hospitals as teenagers and were inspired to pursue careers in the medical field.

Those interested in the volunteer program can contact Shawne Gilbert, Director of Volunteer Services, at shawne.gilbert@tenethealth.com or call (561) 882-2998.

Giving More Than Medical Services

Partnering with local and national organizations dedicated to serving the needs of community residents, St. Mary's and Nicklaus Children's Hospital provided financial support, volunteers and event sponsorships that helped fulfill needs of these groups. Financial support from the hospital to these and other organizations totaled more than \$175,000 in 2006.

Organizations and events that received support from St. Mary's and Nicklaus Children's Hospital and their employees during 2006 include:

- American Diabetes Association
- American Cancer Society
- Con El – Palm Beach Diocese
- Cystic Fibrosis Foundation
- Epilepsy Foundation
- Healthy Mothers/Healthy Babies Coalition
- Juvenile Diabetes Research Foundation
- Komen Foundation
- Leukemia and Lymphoma Society
- March of Dimes
- Nicklaus Children's Health Care Foundation
- Palm Beach County Safety Council
- Quantum House
- Samaritan Gardens Health Clinic
- Sickle Cell Foundation
- United Way of Palm Beach County

Numbers at a Glance

In 2006, St. Mary's Medical Center and Nicklaus Children's Hospital invested in Palm Beach County through taxes, salaries, charity care and more. Here's a look at how the hospitals contributed to the community last year.

Local property and sales tax	\$3,421,977
Employee compensation and benefits	\$76,800,971
Payroll taxes	\$6,078,889
Indigent care taxes	\$2,332,000
Charity care	\$95,341,721
Total medical care	\$736,043,152
Capital improvements to the facility	\$8,425,441
Improvements to buildings and grounds	\$4,061,859



Capital Funds Reinvested

In order to continue providing quality care to the community, St. Mary's reinvested \$4,061,859 for the hospital's facilities and grounds. An additional \$1,371,832 was used to purchase a new computed tomography (CT) scanner; \$250,000 went toward purchasing new patient beds; and an investment of \$2,768,749 brought new patient monitors, pumps and other essential medical equipment. The hospital accomplished this while exceeding financial performance expectations in 2006.

St. Mary's and Nicklaus Children's Hospital Employees from the 2006 Great Strides walk to benefit the Cystic Fibrosis Foundation

"Our leadership is focused on improving the optimum environment for patients, physicians and staff alike," says Scott Manis, Chief Operating Officer at St. Mary's. "By meeting specific needs identified by physicians and staff to help improve patient care and expand the quality, capability and capacity of our services, everyone benefits."

Four Babies

to

Love

Catherine and Michael Fulton chose The Birthplace at St. Mary's Medical Center to welcome their quadruplets into the world.



After years of trying unsuccessfully to have a baby, the Fultons finally turned to *in vitro* fertilization. They were both overwhelmed and overjoyed when an initial ultrasound showed three fetuses, and their excitement grew when a second ultrasound revealed that one fetus had split. Now, Catherine carried four babies, including a set of identical

twins, which occurs in approximately 8 percent of quad births, according to the most recent statistics from the U.S. Bureau of Statistics.

A Healthy Pregnancy

Catherine carried her four babies for 33 weeks (normal gestation lasts about 40 weeks)—a remarkable situation according

around 29 weeks.

On the day of the birth, the Fultons' delivery room was bustling with at least 13 physicians, nurses and technicians. About 8:30 a.m., four healthy babies were delivered via caesarean section. They included three girls, Camryn, Lindsey and Avery, and one boy, Brendan. The babies spent three to four weeks in the Neonatal Intensive Care Unit at St. Mary's, where Camryn and Brendan required oxygen for a few days, while the two smallest, Lindsey and Avery (identical twins), needed no breathing assistance.

"We just wanted one baby," says Catherine. "to have four is...a blessing. We are very excited that we have our family all together and they are healthy."

For more information about The Birthplace at St. Mary's or prenatal and postnatal classes, call (561) 882-9100 or visit www.stmarysmc.com.

Safety check: If you have young children, Nicklaus Children's Hospital, in conjunction with the Safe Kids Coalition and the Nicklaus Children's Health Care Foundation, invites you to attend one of our monthly child safety car seat checkups. The event is held the second Friday of each month at 5325 Greenwood Avenue in West Palm Beach. Appointments are limited. Register by calling (561) 422-9578. Bring your child, car seat and vehicle.

to Gary M. Cohen, MD, OB/GYN, who helped deliver the quads this past January. Dr. Cohen says many quadruplets deliver

Caring for the Smallest Patients

Giving birth is a unique experience for every family. That's why The Birthplace at St. Mary's Medical Center offers informative education sessions with topics ranging from newborn baby care to breastfeeding to sibling classes, as well as patient-focused care in comfortable and home-like surroundings.

St. Mary's Level III Neonatal Intensive Care Unit (NICU) is one of only 12 state-designated Regional Perinatal Intensive Care Centers in Florida with a neonatologist and anesthesiologist available around the clock. This allows parents to take comfort in knowing that each baby born with special needs receives the highest quality of expert care. Our comprehensive services continue into a child's pediatric years, too. Nicklaus Children's Hospital at St. Mary's is dedicated to providing excellence in care 24 hours a day, 7 days a week.



Enhanced Care for Patients

St. Mary's Medical Center Step-Down Unit offers comprehensive, award-winning care for patients who need round-the-clock monitoring.

St. Mary's Step Down Unit, located in the Waters Pavilion, includes 22 private rooms for patients who require 24-hour monitoring and care. Unlike an intensive care unit (ICU), the Step-Down Unit is specifically designed for patients who are able to interact with caregivers, yet still require complex care and intense monitoring.

“Our patients are primarily those recovering from surgical or trauma events or those with neurological diagnoses,” says Joey Bulfin, Chief Nursing Officer at St. Mary's Medical Center. “Nurses in this unit take additional courses related to trauma, brain and spinal cord injuries and work closely with hospital therapists and dietary staff to help meet patients needs and promote healing.”



St. Mary's Regional Medical Center recently received top honors from the American Association of Critical Care Nurses for having the best Critical Care Unit and Critical Care Nurse Leaders among Palm Beach County's 17 hospitals. Here, Chief Nursing Officer Joey Bulfin (left) congratulates nurse leaders Connie Rigg, RN; Mary Alent, RN. Joan Kilcullen, RN; and John Keating, RN.

spend more time with their patients to ensure patients can rest as comfortably as possible,” says Connie Rigg, Director of Critical Care, Step-Down Unit and Cardiology services for St. Mary's. “In addition, patients benefit from having private rooms equipped with upgraded amenities.”

The compassionate professionals at St. Mary's Medical Center and Nicklaus Children's Hospital are dedicated to providing expert care for patients. To learn more about St. Mary's, visit www.stmarysmc.com.



Suneet Kukreja, MD (left) and Jyoti B. Mohanty, MD (right) are proving leadership in the Cardiology department at St. Mary's Medical Center.

Welcome, Dr. Kukreja

St. Mary's Physician Services is pleased to welcome Suneet Kukreja, MD. Dr. Kukreja joins Jyoti B. Mohanty, MD, in providing leadership for the Cardiology department at St. Mary's Medical Center.

A cardiologist with 16 years of medical experience, Dr. Kukreja is board certified by the American Board of Internal Medicine. He is credentialed in advanced cardiac life support (ACLS), and his most recent training includes a clinical cardiology fellowship at Mount Sinai Medical Center in Miami Beach, Florida.

Prior to moving to Florida, Dr. Kukreja practiced at Detroit Medical Center and William Beaumont Hospital in Michigan. He completed additional training in cardiology at Wayne State University in Detroit and Spaulding Rehabilitation Hospital at Harvard Medical School in Boston, Massachusetts.

To schedule an appointment with Dr. Kukreja or Dr. Mohanty, call (561) 882-6060.

Meet... Chef Glenn Hixson



St. Mary's Medical Center and Nicklaus Children's Hospital are proud to introduce Glenn Hixson as their new executive chef.

In this role, Hixson will oversee food services for the facilities. He will assist with new recipe and menu development, food preparation monitoring and ordering.

Hixson is a graduate of The Culinary Institute of America. He has extensive experience in cuisine as a development chef for Darden Restaurants and as an executive chef for The Crab House Restaurant, The Grill 23 & Bar, Manhattan Community College and St. John's University.

The next time you grill chicken or fish, try one of Hixson's favorite recipes, "Tropical Fruit Salsa."

Tropical Fruit Salsa

This recipe blends savory with sweet for a zesty burst of summertime flavor that's perfect over jerk- or teriyaki-spiced grilled fish or chicken.

Ingredients:

- 2 cups ripe papaya, peeled and diced in ¼" pieces
- 1 cup mango, peeled and diced in ¼" pieces
- 3 tablespoons of green pepper, diced in ¼" pieces
- 1 tablespoon of red pepper, diced in ¼" pieces
- 2 tablespoons of red onion, diced in ¼" pieces
- 1 cup kiwi, peeled and diced in ¼" pieces
- 1 teaspoon jalapeno pepper, seeded and minced
- 1½ tablespoons of fresh mint, chopped
- 1½ tablespoons of fresh lime juice
- 3 fluid ounces of olive oil blend
- ¼ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper

To prepare:

Combine all ingredients in a stainless steel mixing bowl and fold together using a rubber spatula, taking care not to crush the fruit. Chill for one hour prior to serving as a tasty condiment atop grilled fish or chicken. After one hour, transfer salsa to a plastic container, then cover. This recipe will keep for up to two days in the refrigerator.

Did you enjoy the recipe? We want to know! E-mail your feedback to us at SMH-News@tenethealth.com.

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Nicklaus Children's Hospital
901 45th Street, West Palm Beach, FL 33407
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