COMMUNITY REVIEW 2016

APPALACHIAN REGIONAL HEALTHCARE

Caring FOR OUR NEIGHBORS
Appalachian Regional Healthcare (ARH) strives to provide the best care to patients who seek treatment in our hospitals and outpatient facilities. In 2016, with that responsibility firmly at the forefront, ARH added new services and technology through partnerships with other leading healthcare providers, and further eliminated our residents’ need to leave the area for care.

Our commitment to improving the health and well-being of our ARH communities didn’t stop there. ARH staff throughout the region held nearly 2,000 community-outreach and health-education events to teach the public about the importance of preventive screenings. More than 154,000 people took advantage of these free services, and several participants were alerted to potentially serious medical conditions of which they had been unaware.

If you were to attach a monetary value to these efforts, ARH’s community benefit activities in Fiscal Year 2016 would total nearly $1.2 million. However, adequately attaching a dollar amount to these outreach efforts is difficult because the care, compassion and selfless giving of our employees to those in need is priceless.

We encourage you to learn more about our healthcare system in this Community Review where we highlight just a few of the many ways ARH is reaching out to keep our communities well.

Sincerely,

Joe Grossman
President and CEO
Appalachian Regional Healthcare

ARH COMMUNITY-BENEFIT ACTIVITIES
Provided nearly $1.2 million in community benefits
Served more than 154,000 community members
Held more than 1,800 community-outreach events

CARING FOR OUR NEIGHBORS
In FY 2016, the ARH system saw:

Inpatient admissions 34,275
Emergency Department visits 170,289
Outpatient visits 655,747
Births 1,429
Outpatient surgeries 13,039
Home Health visits 5,838
Physician Practice visits 303,890

IN 2016, ARH provided close to $58 million in uncompensated care.
ARH VITALS

ARH STATISTICS

Employees 5,000

Physicians 600

Volunteers 254

Volunteer Chaplains 145

Local Advisory Council Members 160

Trustees 17

ARH’S ECONOMIC IMPACT

Annual payroll $233,359,995

Payroll taxes and employee benefits $96,458,943

Property taxes $450,109

Sales tax $515,047

Taxes to help fund Medicaid programs in KY and WV $10,036,056

Property, plant and equipment improvements $6,827,013

ARH NEIGHBORS

“Many thanks to Dr. John Williamson and the OB and surgery nurses for the excellent care we received when our beautiful boy Cassius was born. Everyone was so kind and accommodating in the hospital and during clinic visits. We chose you because we had such an amazing experience when our daughter Layla was born at Middlesboro ARH in 2013. You treated us like family. That’s why you will always be special to us!”

—Valerie Cornelius

“When I needed extended care, my local ARH hospital admitted me to their Swing Bed Program. My physician checked on me regularly, and the nurses and physical therapists took care of me until I was strong enough to go home. The caring ARH staff helped me get through the worst time of my life. Thank you from the bottom of my heart.”

—Edna Lambert

“At 32, I was diagnosed with stage four colon cancer. When the doctor said ‘you have cancer,’ I first was in disbelief and then I prayed about where to go for treatment. I chose ARH Cancer Center because of their highly skilled oncologists and affiliation with UK Markey Cancer Center. ARH and UK Markey joined me in my fight against cancer and provided quality care here at home.”

—Captain Paul Campbell, Hazard Police Department
As the newest addition to the ARH system, Barbourville ARH Hospital:
- Launched a new Senior Care Program for patients who deal with depression, grief, loneliness and other life challenges.
- Expanded its Rehabilitation Department to include speech therapy and occupational therapy.
- Established nursing clinical rotations with Union College, Lincoln Memorial University and Southeast KY Community & Technical College.

MIDDLESBORO ARH HOSPITAL Care
- Named to the Top 500 of the 2016 HomeCare Elite™, the Middlesboro ARH Home Health Agency was recognized again as one of the top-performing home-health agencies in the nation.
- Middlesboro ARH Hospital expanded service lines in cardiology and radiology by adding two invasive cardiologists to the ARH Cardiology Associates group, and a radiologist certified in breast imaging who performs ultrasounds and breast biopsies.

HARLAN ARH HOSPITAL Care
- Harlan ARH Hospital received Level-IV Trauma Center designation from the Kentucky Department for Public Health during the 2016 Kentucky Trauma and Emergency Management Symposium. Harlan ARH is one of 18 hospitals in the state to earn this designation.
- To advance services and better meet the needs of the community, Harlan ARH secured new surgical equipment for endoscopic ultrasound used for GI tumors and cancer staging, and cystoscopic lithotripsy for removal of kidney stones. Harlan ARH also added a full-time radiologist, a full-time hospitalist and a part-time podiatrist to its medical staff.
HAZARD ARH REGIONAL MEDICAL CENTER Cares

To advance services and better meet the needs of the community, Hazard ARH:
- Launched a new Wound Care Center with hyperbaric oxygen chambers for faster healing.
- Opened a new Breast Center, offering 3D mammography, ultrasound and biopsy services at the ARH Medical Mall.

"You just don't know how grateful I am to the staff at the ARH Breast Center for the care they gave me and their fast action after my mammogram. The ultrasound the next day, the biopsy 3 days later. God and the Breast Center helped save my life and I am forever grateful."
—Tammy Sumner, breast-cancer survivor

- Established a medically supervised service for opioid abuse.
- Added podiatry service for patients who need specialized care for their feet.

MARY BRECKINKRIDGE ARH HOSPITAL Cares

- Mary Breckinridge ARH Hospital was honored for its outstanding quality metrics and community outreach on stroke prevention and education. The hospital received the Shining Star Award from the Stroke Care Network, which is affiliated with UK Health Care and Norton Health Care.
- The hospital also launched a much-needed Saturday Clinic that provides urgent healthcare services for families in Leslie County.

BECKLEY ARH HOSPITAL Cares

Beckley ARH Hospital is very involved in community outreach, and one of its best attended community programs is the “Well I’ll Bee” seniors program, which draws 300 seniors monthly. Physicians and clinical professionals share valuable health information during lunch, and the group participates in social activities. “I so enjoy going to ARH’s ‘Well I’ll Bee’ program,” says Susie Meluski, a Bee member for 17 years. “The monthly meetings are fun and informative. Plus everyone has a lot of laughs, gets to sing and even has a chance to win nice door prizes. I love that I can see friends and network with a large group of people my own age.”

McDOWELL ARH HOSPITAL CARES

- McDowell ARH Hospital was recognized as being among the nation’s top performing critical access hospitals for its overall excellence in quality by the National Organization of State Offices of Rural Health and Vantage Health Analytics.
- McDowell ARH made advances in hospital Cardiology Services by adding a part-time cardiologist who sees patients in our Specialty Clinic weekly, and performs stress echo testing along with a certified echo technician.
- McDowell ARH began the Handwriting Without Tears program. Occupational therapists evaluate muscle strength, endurance, coordination and motor control necessary for handwriting. Handwriting Without Tears uses developmentally appropriate, multisensory techniques to improve fine-motor skills.
MORGAN COUNTY ARH HOSPITAL Cares
- Morgan County ARH Hospital focused on community health through Lunch & Learn educational programs. While dining at the hospital, attendees learned about topics such as heart disease and women's health.
- The hospital also hosted a Pretty in Pink community reception, including presentations on breast-cancer awareness and a Summer Scrubs program for high-school students interested in pursuing healthcare careers.

SUMMERS COUNTY ARH HOSPITAL Cares
- Summers County ARH Hospital supported the community through the annual Convoy of Hope event, offering free healthcare services to approximately 3,000 guests, and the Walk for Her Lifetime event, which raised funds for local breast-cancer patients.
- The hospital conducted two blood-screening events and served approximately 1,000 community members, and in October hosted two breast-cancer awareness events focusing on the importance of mammogram screenings.

TUG VALLEY ARH REGIONAL MEDICAL CENTER Cares
- After learning of Kentucky’s requirement for students to receive CPR training before graduating high school, Tug Valley ARH Regional Medical Center developed a comprehensive CPR class to prepare students for unexpected emergencies and presented the class at a local middle school and high school.
- Tug Valley ARH staff conducted several student fitness events, serving more than 1,600 students at area elementary schools.

WHITESBURG ARH HOSPITAL Cares
- Recognized for outstanding patient safety, Whitesburg ARH Hospital received an A grade from the Leapfrog Group, a national, independent nonprofit that scores hospitals on patient safety.
- Whitesburg ARH participated in Down Home Family Night, providing free health screenings to more than 1,000 people at the community's Mountain Heritage Festival, and developed a “One Day Colonoscopy” program that improved the number of colon-cancer screenings.
Currently, the ARH Cancer Center is a 10,000-square-foot, state-of-the-art facility for cancer treatment. It offers patients advanced cancer treatment close to home. Sadly, we are battling a cancer epidemic like never before in eastern Kentucky. In our eight-county service area, there are approximately 1,800 new cancer cases diagnosed per year. This ever-increasing patient volume requires additional space at the ARH Cancer Center to accommodate the growing number of patients needing cancer care.

The ARH Foundation and UK Healthcare are working together on a $5 million capital campaign to expand the ARH Cancer Center, increase space, upgrade services and provide more opportunities to conquer cancer.

The new and renovated spaces will provide updated facilities, customized to meet the specific medical needs of our patients and our community, including:
- 8,000 square feet of needed space
- A new vault for a linear accelerator used in radiation treatments
- Eight exam rooms
- Expanded patient/family waiting areas
- Five restrooms
- 21 chemotherapy chairs
- Three private chemotherapy rooms

**ARH CANCER CENTER HIGHLIGHTS**

- **Patients treated per year**
  - 1,000
- **Hematologists/Oncologists on Staff**
  - 3
- **Radiation Oncologists on Staff**
  - 1
- **Chemotherapy treatments per year**
  - 3,000
- **Radiation treatments per year**
  - 4,400
- **Infusion Treatments per year**
  - 2,000

**Make a difference**
Visit [www.arhfoundation.org](http://www.arhfoundation.org) or mail gifts to:
ARH Foundation for Healthier Communities
Attn: Allison Baker
ARH System Center—Hazard
100 Airport Gardens Road
Hazard, KY 41701

The ARH Foundation accepts cash, checks or credit cards.
WEST VIRGINIA

Beckley ARH Hospital
306 Stanaford Road, Beckley
(304) 255-3000

Summers County ARH Hospital
1500 Terrace St., Hinton
(304) 466-1000

KENTUCKY

Barbourville ARH Hospital
80 Hospital Drive
Barbourville
(606) 546-4175

Harlan ARH Hospital
81 Ball Park Road
Harlan
(606) 573-8100

Hazard ARH Regional Medical Center
100 Medical Center Drive
Hazard (606) 439-6600

Mary Breckinridge ARH Hospital
130 Kate Ireland Drive
Hyden
(606) 672-2901

McDowell ARH Hospital
Route 122
McDowell
(606) 377-3400

Middlesboro ARH Hospital
2600 West Cumberland Ave.
Middlesboro (606) 242-1100

Morgan County ARH Hospital
476 Liberty Road
West Liberty
(606) 743-3186

Tug Valley ARH Regional Medical Center
260 Hospital Drive
South Williamson
(606) 237-1700

Whitesburg ARH Hospital
240 Hospital Road
Whitesburg (606) 633-3500

Appalachian Regional Healthcare, Inc.
ARH System Center—Hazard
100 Airport Gardens Road
Hazard, KY 41701

Appalachian Regional Healthcare is the
LARGEST HEALTHCARE SYSTEM
IN EASTERN KENTUCKY

Largest employer in southeastern Kentucky and the third largest private employer in southern West Virginia!

11 Home Health Agencies
9 Pharmacies
12 Home Care Stores
111 Hospitals
40 Clinics
5000+ Employees
600+ Providers

FIND US ON FACEBOOK:
www.facebook.com/AppalachianRegionalHealthcare
www.arh.org