2015 brought many exciting changes to Bethesda Hospital. Along with a steadfast commitment to caring for our unique patients’ needs through specialty programs, services and staffing, this outcomes brochure also features clinical quality highlights from the past year.

Innovation, partnership and specialty care are three key elements to the Bethesda Hospital experience and we invite you to take a look at our offerings in these important areas.

On behalf of the Bethesda team, thank you for the opportunity to work together and for trusting us to provide the best possible care to your medically complex patients.
INNOVATION

- MyChart Bedside, a tablet-based app, was launched in December 2015. Patients and families can now see their medical chart, review daily schedules and test results, patient education, know their care team and more. Bethesda is the only hospital of its kind in the U.S. using this technology.

- Ultraviolet (UV) robot-infection prevention technology has been added to deliver the “next level of care” in preventing the spread of hospital-acquired infections.

- Daily occupational and physical therapy is now available and music therapy is offered to patients through a partnership with MacPhail Center for Music.

PARTNERSHIP

- We believe in making patient transitions to and from Bethesda seamless. Whether it's a local transfer, by air ambulance or involves an extra consult before a move, we are dedicated to creating transitions that are comfortable and safe for everyone.

- Seven-day-a-week admissions are standard and we are pleased to provide this service for our referral partners and patients.

- Bethesda leaders worked on a Habitat for Humanity home in St. Paul to help strengthen one of the social determinants of good health: affordable housing.

SPECIALTY CARE

- The Bethesda rehabilitation therapy unit is one of the largest in the state at 16,000 square feet and includes physical, occupational, speech, and recreation therapy.

- Our therapeutic recreation program utilizes art, music, plants for sensory therapy, reminiscing/memory projects and crafts. The program frequently partners with Northern Clay Center.

- Many of our therapy staff members have special training and certifications including: pressure mapping, MIST treatments, wound care, brain injury specialists, vestibular treatments, lymphedema specialists and distinctive training in the treatment of Parkinson’s patients (LSVT).

BETHELSDA PROGRAMS

Respiratory
Focuses exclusively on the most complex respiratory patients with severe respiratory failure or chronic respiratory disability. They mostly come directly from an ICU for ventilator weaning.

Complex medical
Provides expert care for patients who no longer require the services of a short-term acute-care hospital but still have multiple conditions and complex needs. Patients' primary diagnoses can include infection, wound care, post-surgical complications and gastrointestinal issues.

Medical behavioral
A unique program geared specifically to effectively treat concurrent medical and behavioral illness in the older adult patient.

Brain injury
Bethesda serves patients with brain injuries requiring extensive therapy needs, while addressing medical, behavioral and emotional needs.

Beyond Bethesda
Following care and rehabilitation at Bethesda a majority of our patients are discharged to skilled nursing facilities and residential homes.

Winning physician partnerships
Achieving exceptional inpatient and outpatient outcomes includes strong partnership between all of the patient's care providers. This includes:

- 24 hour, seven-day-a-week physician availability and rounding to respond to patient/family needs.

- Ongoing dialogue with referring hospital physicians to ensure smooth transitions and robust care plans.

- Epic MyChart electronic health record permits seamless flow of vital medical information from Bethesda to referral hospitals, patients and families.

- Specialty care including pulmonary medicine, neurology, plastic surgery, infectious disease, nephrology, psychiatry, geriatrics, palliative care and advanced-practice wound nurses.

- Interdisciplinary teamwork including family care conferences to facilitate care transitions.
OUTPATIENT SPECIALTY SERVICES
Bethesda Hospital provides a full spectrum of outpatient treatment options, education classes and support services. Of the nearly 10,000 annual patient visits, many were recently discharged from an inpatient hospital stay and required ongoing care for their recovery. Other patients came to us with no previous inpatient experience, simply seeking the unique quality programming we provide.

Our clinics include:
- Alzheimer’s and Memory Loss Clinic
- Brain Injury Clinic
- Concussion Clinic
- Capistrant Center for Parkinson’s Disease & Movement Disorders

Other therapy and testing services
Our team includes physicians, nurse practitioners, clinical psychologists, neuropsychologists, a licensed clinical social worker, a registered dietitian and physical, occupational, speech, and recreational therapists. To learn more or schedule an appointment call 651-326-2150.

To learn about class offerings visit healtheast.org/classes

PET THERAPY
“Annabelle,” one of our volunteers providing pet therapy along with her owner Sam Netherly, visits patients and staff twice a week. This Great Pyrenees beauty has a story of her own: she was rescued after being found in a street gutter with a litter of puppies. She brings gentle comfort, health and healing to all she visits.

2015 NUMBERS AT A GLANCE

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total patient admissions</td>
<td>1,189</td>
</tr>
<tr>
<td>Hospital capacity</td>
<td>140</td>
</tr>
<tr>
<td>Number of employees</td>
<td>653</td>
</tr>
<tr>
<td>Number of volunteers</td>
<td>138</td>
</tr>
<tr>
<td>Volunteer hours donated</td>
<td>12,850</td>
</tr>
</tbody>
</table>

207 of 277 or 75%, of patients admitted for weaning were weaned from a ventilator. The national average is 65% (Bethesda’s rate is 10% better than the national average).

AVERAGE LENGTH OF STAY
25.13 DAYS (FY16) compared to 30.25 DAYS (FY15) (Lower is better)

VENTILATOR ASSOCIATED EVENTS ACROSS ALL PATIENT ADMISSIONS
2 OCCURRENCES (New quality indicator introduced by the Centers for Disease Control. Lower is better)
Bethesda Hospital

is one of the largest, free-standing, not-for-profit LTACHs in the nation solely devoted to caring for chronically, critically ill, medically complex patients. We offer comprehensive specialty care to treat patients with multiple medical conditions and complex needs.

BETHESDA HOSPITAL
559 Capitol Blvd.  |  St. Paul, MN 55103
651-232-2228 (concierge line)

Call 651-232-2760 or toll-free 1-800-566-2720 for referrals or questions.

To learn more or get directions visit healtheast.org/bethesda

We welcome in-person tours or to take a video tour, visit healtheast.org/bethesda-tour

For more information on additional Bethesda Hospital or HealthEast services:

healtheast.org  |  651-326-CARE (2273)