

2018 Economic & Medical Impact on Our Community

Total Economic Impact

\$363,867,713

60,078

Cumulative days of care for inpatients



\$15,768,325

Charges forgone to provide charity care



38,060

Emergency room visits



12,741

Inpatient admissions



1,202

Babies born



10,111

Surgical cases performed



57,382

Clinic visits



160,785

Outpatient registrations



1.403

Paid full-time & part-time employees



\$84,092,095

Salaries, wages & benefits



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Our Mission

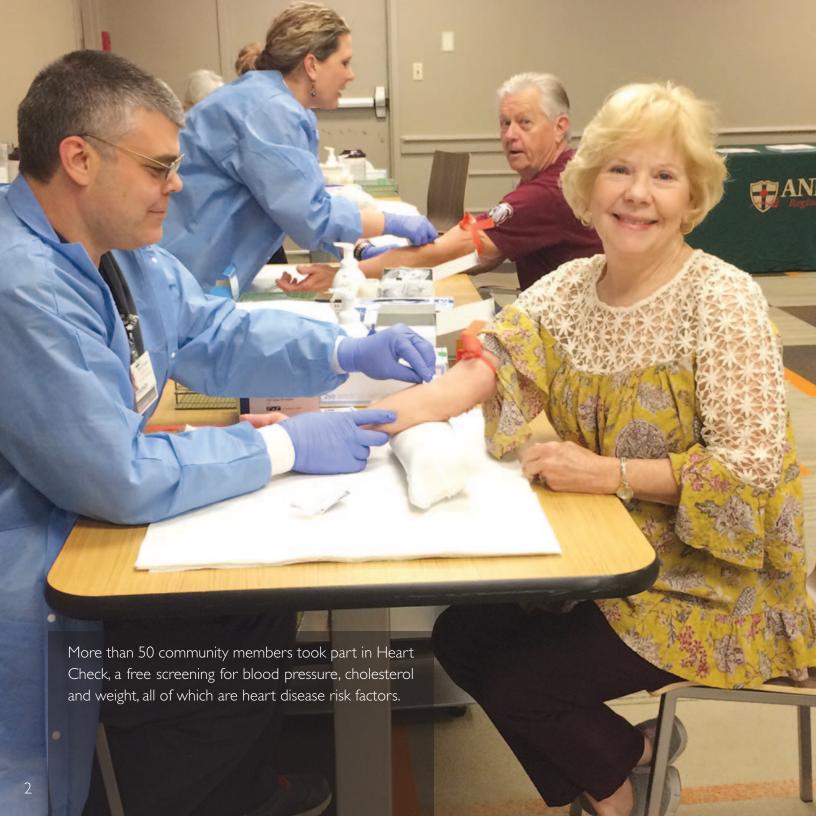
To continue our heritage of healing and improving life for the people we serve.

Our Vision

To be the healthcare provider of choice.

Our Values

We recognize:
Respect
Trust
Dignity
Responsiveness



Standing Together

Community — as defined by Webster's dictionary — is a people of commitment living in a particular area. It's a feeling of fellowship with others; the sharing of common attitudes, interests and goals. A community brings people together, enabling them to accomplish things they couldn't do alone.

The people of Anderson Regional Health System make up a health care community, an essential part of the community at large. We focus on providing preventive and therapeutic health care and on making health care accessible and attainable for all. This focus leads us to support all of our greater community's philanthropic efforts.

Each one of us here at Anderson is a part of this community where we live and work. We are a supportive group proud to call Lauderdale County and the surrounding counties home. We share common goals with the larger community in order to make our home a better place to live and thrive.

In this Annual Report, we share how we stand together — with our families, friends, coworkers and neighbors — to accomplish great things for all of us in the East Mississippi/West Alabama area. We continuously advance health care offerings to better serve our patients, plus play an active role in real growth for this community. And that means the world to our Anderson community. **Thank you for standing with us.**





Board of Directors



Joseph M.S. Anderson, D.Min. Chairman



Dr. Shawn Anderson



Jan Farrington



Gay Hill



Dr. John Clay



Bill Crawford



Thad Quarles



David Vowell

2018 Medical Staff Officers



Dr. John BlackwellChief of Staff



Dr. Otis GowdyPast Chief of Staff



Dr. Jennifer RodriguezVice Chief of Staff



Dr. William Billups IIISecretary



Dr. Hans TulipChief of Surgery



Dr. Muzaffar RahatChief of Medicine

Executive Team



Dr. W. Scot Bell, JDChief Medical Officer



Steven BrownChief Financial Officer



Betty Cryer, RN, MSN Chief Nursing Officer



Wanda Cooper Vice President of Professional Relations



Denton Farr Vice President of Operations







New Surroundings for Children's Clinic

Anderson Children's Medical Clinic moved to its new space on the third floor of Medical Towers 3 in 2018. The spacious clinic boasts bright colors, fun artwork and convenient and covered access from either the walkway over 22nd Avenue or the parking complex.

Jennifer Tucker, MHRF, Clinic Manager, said, "This has been a long time coming. As patient volume increased year after year, it was apparent we needed a long-term plan to better accommodate our current patients, as well as extra space to add more providers. The layout of the new clinic is more user-friendly for our providers and families, providing greater efficiency in our growing clinic."

Anderson Children's Medical Clinic is led by Dr. Deanna Price, Dr. Robert Eubanks, Joanna Warren, CPNP-PC and Toni Harris, CPNP-AC.

Children's of Mississippi Specialty Clinic Opens

Children in the Meridian area can now receive the specialty care they need



close to home at the new Children's of Mississippi specialty clinic. Neurology and orthopedic clinics began in 2018 and child development, cardiology, hematology/oncology and endocrinology clinics will be available in 2019.

Telehealth clinics in urology, child development, genetics and endocrinology are available at the clinic, as are the services of the Child Safe Center.

"Children's of Mississippi seeks to help all Mississippi children reach their full potential. Offering care closer to home for Meridian families is part of that mission," said Guy Giesecke, CEO of Children's of Mississippi. "We're proud to care for these children through the University of Mississippi Medical Center's affiliation with Anderson Regional Health System in Meridian."



Games Promote Awareness at Go Red for Women

Go Red for Women was a night of games, prizes and awareness about women's heart health issues. More than 175 people attended the event, held at the MSU Riley Center. Sponsored by Anderson Regional Health System, Cardiovascular Institute of the South, American Heart Association and The Meridian Family of Stations, the event featured health care experts and a game-show style format to test the knowledge of attendees. Speakers included:

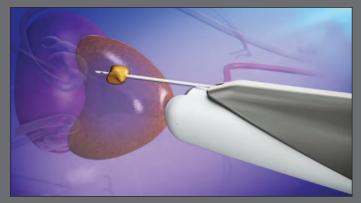
- Jennifer Rodriguez, MD Interventional Cardiologist
- \bullet Awad El-Ashry, MD Cardiothoracic Surgeon
- \bullet Andrea Goodwin, MD Obesity Medicine Specialist
- \bullet Sarita Elizabeth Cox, ND, LAc Naturopathy and Acupuncture
- Adam Hodges General Manager, Anderson Health & Fitness Center



Anderson Utilizes Most Advanced Prostate Biopsy Technique

The next generation of prostate cancer detection, the UroNav Fusion Biopsy System[®], was introduced to Anderson Regional Medical Center in the spring of 2018. This state-of-the-art technology has dramatically changed how urologists diagnose and treat prostate cancer.

Traditionally, men who had an elevated Prostate Specific Antigen (PSA) level or irregular digital rectal exam (DRE) underwent a "blind" prostate biopsy. During this procedure, a needle is used to remove tissue from multiple



quadrants in the prostate. The procedure is called "blind" because the physician was unable to look inside the prostate as the biopsy was performed. While an effective method for prostate cancer detection, this approach was limited to analyzing only the tissue gathered. Unfortunately, blind biopsies could at times sample tissue adjacent to a tumor without actually penetrating the tumor. This meant that detection could have been missed.

With UroNav, urologists are able to target a tumor with more precision.

With the UroNav Fusion Biopsy, a patient with an elevated PSA and/or irregular DRE starts by having a multiparametric MRI image of their prostate gland, as ordered by their physician. This type of MRI is useful in detecting suspicious lesions in the prostate. The MRI image is then fused with an ultrasound image to help pinpoint questionable areas of the prostate for needle biopsy. The UroNav Fusion Biopsy System is the tool that allows physicians to look at the prostate, in real-time, via a three-dimensional image on the UroNav's computer monitor. The 3D image clearly displays areas of suspicion that require biopsy. This clarity and precision helps eliminate the need to take multiple random biopsies. It also allows the physician to pinpoint exactly where they need to biopsy. Additionally, it can also help detect aggressive tumors that may have otherwise been missed.







Anderson won 3rd Place during Meridian's Annual Christmas Parade. The float committee, comprised of Anderson employees, promoted organ donor registration with the theme "Don't be a Grinch... Donate Life!"

Many departments at Anderson spread Christmas cheer during the holidays with toy donations to local organizations such as Hope Village for Children, Wesley House and Care Lodge.

Lunch & Learns Keep Community Informed

Dr. Cody Aull of Anderson Ear, Nose & Throat Center discussed "Allergies in the South."



Anderson's Karla Bailey, RD, gave a large group of attendees the facts on "Adopting a Mediterranean Diet" — which included samples of olive oil.

Matt Espey of Anderson Health & Fitness Center led a session on "Fatigue & Exercise."





A supply drive for Hurricane Michael relief efforts yielded a truck full of items (above), including bottled water, paper products, gloves, rakes, shovels, diapers, etc., that were delivered to the Red Cross for distribution to affected areas. Participating were Anderson staff, the Meridian Police Department, EMEPA, Wells Lamont, Georgia Pacific and others.

Anderson Health & Fitness Center launched CrossFit for Kids early in 2018, a method for teaching Greg Glassman's CrossFit techniques to children ages 3-18. Based on the principle of mechanics, consistency and then intensity, the program emphasizes the importance of excercise throughout childhood and adolescence. Anderson offers classes after school and on Saturdays. CrossFit coaches Adam Hodges, Casey Mancini and Reva Coate attended a two-day workshop in New Orleans to obtain credentialing prior to the establishment of this new offering.



Copeland Tillery, above, has worked hard since starting the CrossFit for Kids program — as her before and after photos show. The before pic was taken in April; the after in July.

Anderson's Support of Nursing Education





2018 MCC Scholarship Recipients — Front row (from left): Janice Anderson (Anderson), Dr. Joe Anderson (Anderson), Betty Cryer (Anderson), John G. Anderson (Anderson), Jan Farrington (Anderson), Dr. Betty Davis (MCC) and Dr. Scott Elliott (MCC). Back row (from left): Wanda Cooper (Anderson), Benjamin Leake (scholarship recipient), Shelly Booth (scholarship recipient), Shimeka Smith (scholarship recipient), Jeffery Chancellor (scholarship recipient), Crystal Moreno (scholarship recipient), Tramaine Luckett (scholarship recipient), Karen Grochowski (scholarship recipient) and Dr. Scot Bell (Anderson).

Programs Enhances Workforce Training

Our region is fortunate to have the following four colleges offer a curriculum for local students to pursue nursing careers: Meridian Community College, East Central Community College, East Mississippi Community College and University of West Alabama. Anderson is proud to partner with these schools in many ways, including mentoring students throughout their nursing education, finding innovative ways to use supplies, serving on health care boards and awarding scholarships.

Nursing Students in the Real World

During the first semester of nursing school, nursing students begin learning about regulatory requirements from Anderson staff, and soon after they are introduced into the clinical setting.

Nursing students begin their clinical rotations with the supervision of their instructors in the hospital setting until they are comfortable with the expectations.

In the second semester of nursing school, nursing students begin giving bed baths, turning patients and taking vital signs while under the close supervision of their preceptor. As graduation nears, the students become proficient in patient-care tasks such as wound care, starting an IV, inserting a catheter and documentation as they work alongside a nurse. This hands-on experience prepares students to properly care for their own patients after they have passed the nursing board examination.

Anderson also offers an "extern" program for students from the University of Southern Mississippi, Mississippi University for Women, ECCC and MCC, in which they work in a paid position while pursuing their degrees. Externs are paired with a preceptor nurse to practice their nursing skills while under experienced supervision. This program provides an excellent transition from college to career and is sponsored in part by the Mississippi Hospital Association.

Donating Supplies

What happens to expired hospital supplies and equipment that is out of use? Many of these items are donated to the local nursing, allied health and surgical tech programs for use in training and skill building. Ross Collins Vocational-Technical Center on the Meridian High School campus is also a recipient of supplies and equipment no longer being used by the hospital.

Experts Making a Difference

Several Anderson representatives serve on Advisory Boards for MCC and ECCC. These individuals provide recommendations on a wide array of topics, including ways to enhance curriculum so students are better prepared when they begin working in a clinical setting.

Nursing Scholarships

This marked the 30th year Anderson has given scholarships to nursing students at MCC. Seven Associate Degree Nursing Program students were awarded scholarships to assist in their pursuit of becoming health care professionals. The recipients were outstanding nursing students who received the honor based on scholastic ability, nursing excellence, the recommendation of MCC faculty, an application and a written essay on why they chose nursing as a career.

Nursing is the core service of any hospital, filling close to 600 positions across Anderson Regional Health System. The relationships formed with the students and professors at these institutions create a direct pipeline for continuous recruitment of well-trained, high-level nurses.



Members of the Anderson team joined hundreds of participants at the first Allie Cat Run & Festival, honoring the life of Alexandra "Allie" Garnett Carruth, who gave the gift of life through organ donation. The event kicked off Donate Life Awareness Month by celebrating lives made possible through generous organ and tissue donors and the recipients whose lives they saved. Members of the Anderson team were out in full force, staffing the First Aid booth.





The First Annual **Baby Bump Expo** was held at Meridian's Union Station for new moms and moms-to-be. Anderson Regional Birth Center was well represented and Felecia Brown, CNM, (below), was a featured speaker at the event.





Anderson Chest Pain
Center received a three-year
reaccreditation in 2018.



New Cardiovascular Horizons (NCVH) held its first annual "Cardiovascular Update for the Medical Community" in October at the MSU Riley Center. Dr. Craig Walker, NCVH founder, and Dr. Wes Bennett, cardiologist at Cardiovascular Institute of the South, co-chaired the day of continuing education sponsored by Anderson Regional Health System. The event provided an opportunity for regional healthcare providers to learn about state-of-the-art advances in cardiovascular medicine, network with local peers and connect with industry representatives. The meeting highlights included updates in the diagnosis and treatment of coronary artery disease, peripheral artery disease, rhythm management disorders, structural and valvular heart disease, and venous disease.



Anderson Regional Health System joined others in 2018 to sponsor the East Mississippi Baby Café – Meridian. Baby Café is a drop-in center offering free breastfeeding support and assistance from professionals and other moms. Participants meet every other Monday at Fifteenth Avenue Baptist Church.





Anderson's New 3D Mammography is "Genius"

It is estimated that more than 260,000 American women were diagnosed with breast cancer in 2018. The good news is the five-year survival rate is nearly 100 percent when breast cancer is detected early.

To aid early detection efforts, Anderson Regional Breast Center began using the Genius™ 3D Mammography™ exam. Genius 3D exams are clinically proven to increase early breast cancer detection and are more accurate than conventional 2D mammograms, detecting up to 65 percent more invasive cancers.

Dr. Amy Coleman, Lead Interpreting Physician at Anderson Regional Breast Center, explained the benefits of a 3D mammogram. "With 2D mammography, overlapping tissue is a leading reason why small breast cancers may be missed. A Genius 3D Mammography exam includes a three-dimensional method of imaging that reduces the tissue overlap effect and provides a clearer, more accurate image."

Coleman continued, "Two-dimensional mammography can also cause normal tissue to appear abnormal. This leads to unnecessary callbacks for additional imaging, causing patients to worry. Studies show that the need for additional imaging with a 3D mammogram is reduced up to 40 percent compared to 2D alone."

Women will notice little difference between a conventional 2D and a 3D mammogram. The exam takes about the same amount of time and the positioning is the same. The real difference is the information available to the doctor.

"The Genius system is recommended for women of all ages and breast densities and allows us to more accurately pinpoint abnormalities. This leads to better detection and greater peace-of-mind for our patients," Dr. Coleman said.



Anderson Staff Takes CPR Training to the Next Level

Anderson Regional Medical Center was the first acute care hospital in Mississippi to take CPR training to the next level by implementing the American Heart Association's Resuscitation Quality Improvement (RQI®) program.

"RQI is a new and truly innovative program that has transformed the way hospitals view CPR competency for their staff," said Lisa Primiani, Development Manager for the American Heart Association's Resuscitation Quality Improvement program, Greater Southeast Affiliate. "Currently, hospital staff members are required to attend a CPR class once every two years. Our science has proven that CPR skills decay in as little as three months."

Enter RQI. Hospital staff members practice their CPR skills at the point of care (on a hospital floor), using real-time audio-visual feedback in 10-minute sessions every 90 days to achieve and maintain high-quality skills.

Kim Riley, Anderson Project Coordinator and AHA-Training Center Coordinator, said, "The RQI program makes CPR a regular practice for our clinical personnel. When using RQI, they feel more confident with their skills, and RQI Analytics prove that CPR quality is improved."

"Currently CPR and respiratory skill testing takes place in an instructor-led arena. Testing every two years not only allows for degradation of skills, but you must also factor in the subjectivity involved in instructor evaluations. Embracing the use of the RQI system gives effective, consistent feedback to all learners, fostering competency and improving patient outcomes," said Melissa Mason, BSN, Critical Care Educator and AHA-Faculty/Instructor.

The RQI program has been developed through a unique collaboration between the American Heart Association and Laerdal Medical, wherein the Association provides expertise in evidence-based research and best-practice guidance, and Laerdal Medical provides proven simulation/learning

Medical Stabilization Service Helps Patients Battling Addiction

The use and abuse of alcohol and/or other chemicals can disrupt a person's life in many ways. Without proper treatment, continued substance abuse can result in loss of employment, break-ups of marriage and family, loss of self esteem, changes in personality and even death.

In an effort to address the needs of these individuals, Anderson Regional Medical Center began offering an inpatient program to assist patients in overcoming withdrawal symptoms from drug and alcohol addictions.

The program is offered through **New Vision**[™], a hospital-based medical stabilization and withdrawal management service. New Vision is a service line of SpecialCare Hospital Management of St. Charles, Missouri, which has been providing this service in acute care hospitals across the nation for more than 26 years.

New Vision provides adults (ages 18 and over) who are misusing certain substances — such as alcohol and prescription drugs — with medically supervised inpatient stabilization during withdrawal. The inpatient stay usually lasts three days and includes pre-screening, assessment, admission, medical stabilization and discharge planning. Upon admission, an assessment is completed with an evaluation of the patient's medical history, a physical, a laboratory workup and nursing assessment. Discharge planning occurs prior to the patient leaving the hospital, and the patient is referred to appropriate community based treatment programs to help prevent relapse and continue treatment.





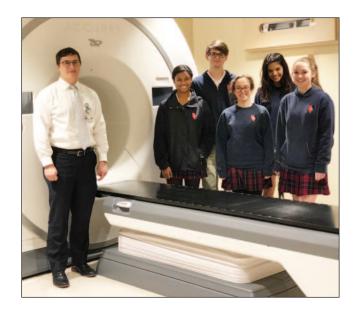
In recognition of Breast Cancer Awareness Month, Anderson Regional Breast Center offered **free 3D mammograms** to 46 uninsured women in the community. Early detection is the key in the treatment of breast cancer.



National Literacy Day is recognized in September as a time to encourage young people to go to the library, pick up a good book and explore new worlds. Anderson's Toni Harris, CPNP-AC, reads to students at Parkview Elementary School as part of this effort sponsored by *The Meridian Star*.



Anderson WorkHealth was busy during the fall giving flu shots to many area companies. In the photo above, Libba Cooper, RN, gives a flu shot at Northeast Elementary School.



Students from Lamar High School got a close look at the advanced TomoTherapy® radiation treatment system while touring Anderson Regional Cancer Center. Dr. Caleb Dulaney, Radiation Oncologist, conducted the tour.



Community Screenings

A Skin Cancer Screening was held in May with the help of Dr. Lee Thornton and Dr. Kenneth Saul, who donated their time for the event.





Anderson held its first Healthy Heart Screening in 2018 and more than 30 area residents participated. Each received a HeartSaver® CT Scan, calcium score, complete lipid profile (total cholesterol, HDL, LDL and triglycerides, glucose level, blood pressure and heart rate) and an electrocardiogram (ECG). The ECG was read by cardiologists from Cardiovascular Institute of the South.

More than 90 men were seen during the annual **Prostate Screening**. Doctors Robert Dilworth, Mark Phillips and James Wallace of Anderson Urology Clinic of Meridian conducted the screenings.





Tom C. Maynor Rehabilitation Center received a threeyear accreditation from CARF (Commission on Accreditation of Rehabilitation Facilities). The accreditation decision report said, "Tom C. Maynor Rehabilitation Center

demonstrated substantial conformance to CARF standards... and is recognized for providing quality rehabilitation services. The leadership and personnel demonstrate a dedication to providing quality rehabilitation



services and embrace a core philosophy of continuous program improvement. The program demonstrates a commitment to the education of the staff and advancing the safety practices for inpatient rehabilitation." CARF also made a special mention of the Center's "Hope Fund," which provides community assistance to those impacted by unforeseen events and disasters.



Anderson Wound Healing and Hyperbaric Center was named a "Center of Distinction" by Healogics in 2018. Healogics is the nation's largest provider of advanced wound care services. Healogics and its affiliated companies see more than 330,000 patients per year through a connected network of Wound Care Centers®, partner hospitals, academic medical centers, patients and families.

The Wound Healing and Hyperbaric Center was also surveyed by their accreditation organization, the Undersea Hyperbaric and Marine Society (UHMS), a Joint Commission-deemed organization. The UHMS team measures compliance against 700-plus standards. During the exit conference, the physician surveyor shared the results of the survey, giving the center multiple commendations for the program and citing ONLY two findings out of 700 for action. By our calculations, that is a 99.998 percent success rate.



Anderson staff supported United Way of East Mississippi's "Stuff the Bus" campaign, gathering clothing and supplies for students in need.



Anderson Receives Silver Performance Achievement Award

Anderson Regional Medical Center received the American College of Cardiology's NCDR ACTION Registry Silver Performance Achievement Award in 2018.

The award recognizes Anderson's commitment and success in implementing a higher standard of care for heart attack patients and signifies that Anderson has reached an aggressive goal of treating these patients to standard levels of care as outlined by American College of Cardiology/American Heart Association clinical guidelines and recommendations.

The Center for Disease Control estimates more than 700,000 Americans suffer a heart attack each year. A heart attack occurs when a blood clot in a coronary artery partially or completely blocks blood flow to the heart muscle. Treatment guidelines include administering aspirin upon arrival and discharge, timely restoration of blood flow to the blocked artery, smoking cessation counseling and cardiac rehabilitation, among others.

To receive the ACTION Registry Silver Performance Achievement Award, Anderson demonstrated sustained achievement in the ACTION Registry for four consecutive quarters and has performed at the top level of standards for specific performance measures. Full participation in the registry engages hospitals in a robust quality improvement process using data to drive improvements in adherence to guideline recommendations and overall quality of care provided to heart attack patients.

"As a Silver Performance Award recipient, Anderson has shown it is a leader in implementing standards of care and protocols for its patients," said Deepak L. Bhatt, MD, MPH, FACC, Chair, ACTION Registry; Executive Director of Interventional Cardiovascular Programs, Brigham and Women's Hospital Heart and Vascular Center; and Professor of Medicine, Harvard Medical School. "By meeting the requirements set forth in the registry and establishing a culture of providing guideline-recommended therapy, Anderson is saving lives and improving outcomes for heart attack patients."



The Hospital Medicine Program at Anderson reached a 10-year milestone in 2018. Celebrating a decade of service were, from left: Dr. John Dickson, Dr. Hatem Mourad and Dr. Bruce Brown.

New Physicians at Anderson in 2018



Caleb Dulaney, MDRadiation Oncology



Jennifer Eubanks, MD *Medical Oncology*



Robert Eubanks, MDPediatrics



Valerie Evans, MDFamily Medicine



Adams Moore, MDRadiologist



Joel Moore, DO *Family Medicine*



Eric Plott, MDGastroenterolgy

Support Groups and Classes

Visit AndersonRegional.org for dates, times and details.

Alzheimer's Support Group

This group offers support, education and fellowship for Alzheimer's caregivers.

Big Brother! Big Sister!

There are many important lessons for big brothers and sisters to learn before that wonderful baby arrives. This class helps introduce children (ages 12 years and under) to the upcoming changes in the family.

Breastfeeding Class

Breastfeeding is the absolute best way to feed a baby because breast milk offers a lifetime of health benefits for both mom and baby. This class provides information on the "why to" and the "how to" of breastfeeding.

Childbirth Classes

As childbirth approaches, many questions about the labor and delivery process arise. These classes cover topics such as the discomforts of pregnancy, stages of labor, coping strategies, anesthesia options, surgical interventions, recovery care and more.

Diabetes Support Group

Individuals with diabetes can offer each other support at our Diabetes Support Group meetings. This group allows participants to share their experiences with diabetes, learn from others and discuss how they live with diabetes.

Infant CPR Class

This class is provided by an experienced nursery nurse and is designed to give new parents, as well as other caregivers, the basic information on what to do in emergency situations that might require the skills of infant CPR.

Newborn Care Class

This class is designed to give a new parent the confidence needed to care for the new baby. Everything from normal newborn behavior and characteristics at delivery to practical advice for daily care and other tips is included in this session.

Stroke Support Group

This group offers support, education and fellowship for stroke survivors and their caregivers.

Tobacco Cessation Class

Want to quit? This class provides motivational strategies in a supportive group setting. The six-week course is taught by a Certified Tobacco Treatment specialist.

Anderson Contributed to the Following Organizations in 2018

Alzheimer's of Mississippi

American Cancer Society

American Heart Association

Boys and Girls Club of East Mississippi

Care Lodge

Choctaw Area Council of Boy Scouts

Clarkdale High School

Community Health Improvement Network

Cystic Fibrosis Foundation

Diabetes Foundation of Mississippi

East Mississippi Business Development Corporation

Hope Village for Children

Junior Auxiliary

Lamar School

Lauderdale County Council on Aging

Lauderdale County Sheriff's Department

Meridian Community College

Meridian Little Theatre

Meridian High School

Meridian Public School District

Meridian Symphony Orchestra

Meridian Youth Soccer Organization

Mississippi Arts and Entertainment Experience

Mississippi Children's Museum

Mississippi Organ Recovery Agency

National Alliance on Mental Illness — Meridian

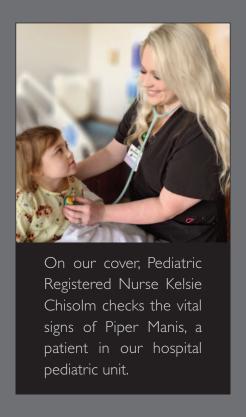
National Child Safety Council

Northeast High School

Parent Circle Support Group

Southeast High School

West Lauderdale High School





Advanced medicine. Compassionate care. Close to home.

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