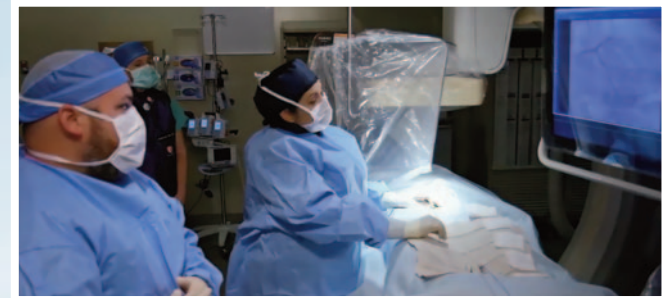


LEGACY



EXCELLENCE



TRUST



2021 ANNUAL REPORT

2124 14th Street ▪ Meridian, MS 39301
601.553.6000 ▪ AndersonRegional.org



By the Numbers

Emergency room visits = 33,399

Inpatient admissions = 9,021

Babies born = 988

Surgical cases performed = 9,017

Outpatient registrations = 211,892

Clinic visits = 133,631

Days of care provided to inpatients = 49,225

Charges forgone to provide charity care = \$26,611,392

Paid employees = 1,201

Salaries, wages and benefits = \$101,902,790

Support Groups & Classes

Anderson offers a variety of free support groups and classes to the community.

Alzheimer's Support Group

Breastfeeding Class

Childbirth Class

Diabetes Support Group

Infant Safety Class

Multiple Sclerosis Support Group

Newborn Care Class

Sibling Class

Stroke Support Group

Tobacco Cessation Class



Anderson and the Community Health Improvement Network (CHIN) joined forces to provide COVID vaccines during a free, community wide "Lunch and Learn" event at Freedom Rock Fellowship Church. Anderson Hospital Medicine Specialist Dr. Hatem Mourad gave valuable information to the attendees, dispelling the myths behind the COVID vaccine. Anderson also provided COVID shots at its on-campus vaccine clinic throughout 2021.



Anderson Regional Health System sponsored a Health Fair at Northpark Church in October and Collinsville First Baptist Church in November. Nurses provided flu shots, both regular and high dose (65 years and older), free blood sugar and blood pressure screenings and body mass index analysis. Other Anderson representatives were on-site to answer questions about cancer treatments, heart health, sleep disorders, diabetes management, digestive health and chronic wounds.

LEGACY EXCELLENCE TRUST



Dr. Eric Pearson is guided by Dana Smith in putting his "survivor" mark on the 2021 Handprints of Hope canvas. It is created each year at Anderson Regional Cancer Center to celebrate how our nationally recognized cancer treatments help thousands of patients like Dr. Pearson.



Leadership3

Message from President & CEO.....4

Award-Winning Heart Care6

Supporting Local Cancer Patients8

Birth Center Recognition9

New Stent Technology10

Race Ambassador Knows Challenge.....12

Screening Push14

Diabetes Center Recognized.....15

MCC Nursing Scholarships.....16

Scarless Hysterectomy18

Contributions20

Support Groups & ClassesInside Back

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

Board of Directors



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



Gay Hill



Jan Farrington



Dr. Shawn Anderson



Thad Quarles



Dr. John Clay



David Vowell



Brad Huff

Medical Staff Officers



Dr. Muzaffar Rahat
Chief of Staff



Dr. William Billups III
Past Chief of Staff



Dr. Hans Tulip
Vice Chief of Staff



Dr. Daniel McKiever
Secretary



Dr. James Wallace
Chief of Surgery



Dr. Shea Hailey
Chief of Medicine

Executive Team



Dr. Keith Everett
Chief Medical Officer



Steven Brown
Chief Financial Officer



Betty Cryer, RN, MSN
Chief Nursing Officer -
Outgoing



Dr. Wes Garrison
Chief Nursing Officer -
Incoming



Wanda Cooper
Vice President
of Professional Relations



Denton Farr, FACHE
Vice President
of Operations



John G. Anderson, FACHE
President and CEO

Legacy. Excellence. Trust. These three words resonate with us at Anderson Regional Health System as we continue to provide premier community health care.

When my grandfather, Dr. Jeff Anderson, founded this hospital in 1928, he felt strongly there was a need for improved, advanced, local care in order to keep patients closer to home. He mortgaged his house and his possessions to keep the hospital open. The Great Depression brought very hard times and many people could only pay with produce from their own gardens.

Excellence & Caring Run Deep

That story, and others like it, helped form our legacy and speaks volumes about what this organization considers its bedrock. We are family oriented, we are family originated and we hold on to the family values that guide our daily operations.

Throughout the years, this foundation and legacy has directed us to build an organization committed to excellence and to serving the needs of the community. Today we are a center for award-winning heart care, receiving the Platinum Performance Achievement Award three years in a row from the American College of Cardiology NCDR Chest Pain - MI Registry.

Our legacy, our hard-working staff and our excellence in health care have led to a humbling level of trust within the large community we serve. An example of this trust can be seen in the high level of expertise and compassion shown by the team of oncologists, nurses and support staff at Anderson Regional Cancer Center who provided advanced radiation treatments to 402 patients in the past year.

In this year's annual report, you'll read about these and other highlights from the past year including a new life-saving procedure, the importance of cancer screenings, high rankings for our birth center and ways we are giving back to our community. As always, thank you for "Standing Together" with us and allowing our physicians and staff to care for you and your family.



Award-Winning Three Years in a Row

For the third year in a row, Anderson Regional Medical Center has received the American College of Cardiology Platinum Performance Achievement Award.

For the 2021 award, Anderson was one of only 212 hospitals nationwide to receive the honor. The award recognizes Anderson's commitment and success in implementing a higher standard of care for heart attack patients and signifies Anderson has reached an aggressive goal of treating these patients to standard levels of care as outlined by the American College of Cardiology/American Heart Association clinical guidelines and recommendations.

"The cardiac team at Anderson continues to set and

achieve high goals that improve the outcomes of our heart attack patients and in turn, save lives. Receiving this award for three years in a row demonstrates that our physicians and staff have a strong, impressive commitment to provide patients with the most advanced cardiac care in this area," said John G. Anderson, President and CEO of Anderson Regional Health System.

It takes two consecutive years of sustained achievement performed at the highest measured levels to earn a Platinum Performance Award. Anderson has exceeded these standards of excellence from 2017 through 2021, thus receiving this prestigious award for three consecutive years.

"As a Platinum Performance Award recipient, Anderson has established itself as a leader in setting the national standard for improving quality of care in patients with acute myocardial infarction," said Michael C. Kontos, MD, FACC, chair of the National Cardiovascular Data Registry Chest Pain – MI Registry Steering Subcommittee, and cardiologist at Virginia Commonwealth University Medical Center. "By meeting the award requirements set forth in the registry for each of these years, Anderson has demonstrated a commitment to providing reliable, comprehensive treatment for heart attack patients based on current clinical guideline recommendations."



Community Supports Cancer Patient Benevolence Fund

The Annual Christmas Tribute to raise funds for the Cancer Patient Benevolence Fund was held in December, raising more than \$5,800 from generous donors — many of whom called into our live radio show hosted by The Radio People and 97OKK. Participating in the radio show was Dr. Caleb Dulaney, Radiation Oncologist (above right); Ginny Ruffin, Social Worker/Patient Navigator; and Amanda Cassell, CPBF donor. Over the past year, the fund has assisted more than 226 local cancer patients with expenses not covered by insurance such as wigs, medication, transportation to appointments at the Cancer Center and more.



Providing Time to Say Goodbye

A Newton County mother has used her grief over losing a baby to help others. On June 15, 2020, Heather Ferguson gave birth to a son, baby Grant, who survived only a few hours due to a kidney disorder.

To honor the first year of his birth, Heather came up with an idea for a fundraiser for a “Cuddle Cot.” This unique device cools a deceased baby's body, allowing the family to spend a little more time with the child, to take pictures and to make hand prints and foot prints.

“There is a group on Facebook I follow that has other mothers who had children that passed away,” said

Heather. “I wanted to do something for Grant this year for his birthday, so I decided to look into purchasing a Cuddle Cot. I started a fundraiser on Facebook and it blew up. People started donating — parents, grandparents, sisters — because everybody has someone they know who has lost a child.” Heather raised almost \$3,500 in only a month and she hopes to continue her efforts.

Donator Heather Ferguson (left) is pictured above with (from left) Patti Ball, RN; Dr. Elizabeth Trest; and DeAnna Richmond, RN, Nurse Manager L&D/OB.

Birth Center Receives High Marks in CDC Survey

The Maternity Practices in Infant Nutrition and Care (mPINC) Survey, conducted by the Centers for Disease Control and Prevention, is a national survey of newborn feeding practices in hospitals that provided maternity services in 2021. Anderson Regional Birth Center exceeded the national average in every category.

Immediate Postpartum Care	100
(National Average 83)	
Rooming-In	90
(National Average 76)	
Feeding Practices	90
(National Average 82)	
Feeding Education	100
(National Average 93)	
Discharge Support	100
(National Average 79)	
Institutional Management	100
(National Average 71)	

New Stent Technology

Aids Cardiac Patients with Small Vessels

With heart disease remaining the leading cause of death for Mississippians, Anderson Regional Medical Center added another advanced treatment option for cardiac patients who have small blood vessels.

Coronary Artery Disease (CAD), a type of heart disease that develops when the heart cannot deliver enough blood, is often caused by a buildup of plaque that causes the arteries to narrow. As CAD progresses, blood flow to the heart becomes more limited, which can trigger an attack.

The common treatment for narrow or blocked arteries is implanting a metal mesh coil, known as a stent, into the artery to regain blood flow.

Occasionally, patients who require a stent are found to have very small blood vessels that will not allow the stent to travel from the insertion site to the heart. In these cases, the treatment options have been very limited.

With the newest tool in use at Anderson, these patients can now receive a stent. The Medtronic Resolute Onyx 2.0 Drug-Eluting Stent (DES) is specifically designed for patients with small blood vessels. This stent enables cardiologists to treat patients who have small vessels with the same minimally invasive procedure that traditional stent patients undergo.

Anderson's first Resolute Onyx 2.0 stent procedure was performed by Dr. Wes Bennett, Interventional Cardiologist.

"Approximately 65 percent of smaller vessels are in critical locations of the heart, making them significant lesions to treat. With the addition of this technology, we now have the ability to provide the most appropriate treatment method to a broader range of patients with coronary artery disease," Bennett said.



Ginny Ruffin, below right, watches presentation during Queen City Race for Life and Street Strut.



Firsthand Knowledge

Race Ambassador Knows Challenge

As an oncology social worker at Anderson Regional Cancer Center, Ginny Ruffin regularly works with breast cancer patients. The last thing she expected was to receive a breast cancer diagnosis herself.

"I began having regular mammograms at age 40, and my mammogram in 2003 showed an abnormality, which after further workup and a biopsy, revealed breast cancer," said Ruffin, who was one of four ambassadors for the 2021 Queen City Race for Life and Street Strut held in October at Meridian Community College.

The annual event, hosted by the MCC chapter of Phi Theta Kappa, pays tribute to breast cancer survivors and current breast cancer patients, helps increase breast cancer awareness and raises funds for the Anderson

Cancer Patient Benevolence Fund.

At 41, Ruffin was diagnosed with infiltrating ductal adenocarcinoma with DCIS Grade 1.

"I was initially shocked since I had not felt a mass or suspected something was wrong," Ruffin said.

She underwent a right modified radical mastectomy with reconstruction and six cycles of chemotherapy. Though there were some challenging days during treatment, she continued working, which kept her busy and from dwelling on her diagnosis and side effects from treatment.

"As the oncology social worker at Anderson, I have always considered myself a compassionate person, but following my breast cancer journey, I am now able to know

firsthand many of the challenges of going through a breast cancer diagnosis," Ruffin said.

In 2010, she became a breast cancer patient navigator at Anderson Regional Cancer Center. In that position, she can guide newly diagnosed breast cancer patients through the healthcare system.

Ruffin credits her colleagues for offering a great work support system and the physicians and staff who guided her. "I was blessed with great family and friend support as well. I also have a strong faith in God that grew stronger during this process. Having a strong support system is so important as it helps lessen your stress and reminds you that you are not alone in this journey," she noted.

Her advice to others? Get regular mammograms.

Ruffin said, "I would encourage all women who are 40 years of age (and younger if you have a family history) to get regular mammograms. There are so many advances today in diagnosis and treatment. We have great medical care in Meridian with physicians and support staff who can make sure you know your options to get the best care possible. Don't be afraid to ask questions or seek medical care. Early detection really does save lives!"

Screening Push

In 2021, Anderson Digestive Health began a push to reach individuals over the age of 45 with information about the benefits of colonoscopies. Anderson Digestive Health offers routine Open Access Colonoscopy screenings for colon cancer, which do not require a physician referral or a clinic visit with a gastroenterologist prior to the procedure.

In 2020, an estimated number of 147,000 new colorectal cancer cases were expected to be diagnosed in the United States and an estimated number of 53,000 deaths were expected to occur nationwide. About 1-in-20 Americans will develop colorectal cancer in their lifetimes. Colorectal polyps (benign abnormal growths) affect about 20% to 30% of American adults.

Colorectal cancer is preventable. Nearly all cases of colorectal cancer develop from polyps. They start in the inner lining of the colon and most often affect the left side of the colon and rectum. Detection and removal of polyps through colonoscopy reduces the risk of colorectal cancer.

Colonoscopy is considered the “gold standard” of diagnostic tests for colon cancer. Because of the overwhelming success of colon cancer detection by screening colonoscopies, the disease has become one of the most preventable forms of cancer. Colon cancer is highly treatable, with 90% of patients beating it when detected early. Screening via a colonoscopy typically starts at age 45 in patients with average risk. Those at higher risk are usually advised to receive their first screening at a younger age.



Anderson Recognized by American Diabetes Association

Anderson Diabetes Center received recognition in 2021 from the American Diabetes Association (ADA) for outstanding service through its Diabetes Self-Management Education and Support program. The ADA's Education Recognition Certificate is a prestigious honor that represents the Center's ability to provide high-quality education, which is an essential component of an effective diabetes treatment program.

The Education Recognition Certificate is awarded to centers that have a staff of knowledgeable health professionals who can provide participants with comprehensive information about diabetes management.

This recognition provides diabetes programs with a national standard by which to measure service quality

and assures patients that they will receive high-quality service. Anderson Diabetes Center voluntarily applies for this recognition every four years.

Terri Patterson, Certified Diabetes Care and Education Specialist and Program Coordinator, said, "Since 1991, Anderson Diabetes Center has offered a comprehensive diabetes treatment and education program. We find great value in maintaining our ADA accreditation."

Anderson President and CEO, John G. Anderson, said, "The team at Anderson Diabetes Center is second-to-none. This is demonstrated by their dedication to stay at the forefront of knowledge in evidenced-based practices for diabetes management and in helping patients achieve an optimal level of health."

Daud Certified in Headache Medicine



Dr. Zaineb Daud

About 60 million Americans live with chronic headaches, one of the most preventable and treatable neurological conditions. With a recent certification by the National Headache Foundation, Dr. Zaineb Daud has been formally recognized for her enhanced expertise in headache treatment and prevention. Dr. Daud utilizes the newest treatment options, including Botox injections and occipital nerve blocks, providing much needed relief for patients.

MCC Nursing Students Receive Anderson Scholarships

Nine years ago, Cineka Evans was the mother of a very sick child. Her son, Daunte, had a heart transplant when he was two. Five years later, he lost his battle with Hodgkin's and Burkitt lymphomas. He was eight years old.

"When I was younger, I was told, 'When you find your pain, you will discover your passion,'" Evans said. From her painful trial, Evans' passion for helping others was renewed. "I realized that nurses were the hands that cradled and cared for the most vulnerable in their time of need," she explained.

"After Daunte's death, and the birth of my second child, Julius, I set out to make my dream of becoming a nurse a reality," she said.

Today, Evans, 36, of Clinton, is closer to her dream. Beginning her third semester of study in Meridian Community College's Associate Degree Nursing Program, Evans is getting a financial helping hand as the recipient of the William Gunn Esq. Scholarship that Anderson Regional Health System awards.

For 33 years, ADN students at MCC have been the beneficiaries of scholarships from Anderson.

This year, Evans and six other MCC nursing students received scholarships to help them with their career goals, and they were feted at a nursing scholarship luncheon at the health care facility, where the importance of nursing and nursing education was underscored. "The partnership we have with Anderson is fundamentally important," said MCC President Dr. Thomas Huebner in remarking that MCC is grateful for its relationship with Anderson.

John G. Anderson, Anderson President and CEO, said there had been no greater affirmation of the

importance of the partnership with MCC and the nursing program.

"During 2021, as we all continued to be tested by the challenges of the worldwide pandemic, there's been one heralded group of professionals who have been tested beyond limit," he said in describing nurses.

Anderson also noted that Anderson Regional Medical Center was the third busiest hospital in the state for five months at the beginning of the pandemic. A vast majority of the nurses treating patients, he said, were those who received their education from MCC.

Other scholarship recipients included Kennedy Woodard, Zetra Alonso, Eugenia Norton, Ashley Ward, Mandi Tallent and Gabrielle Jones.

Woodard, 21, of Vicksburg, received the Dr. William Jeff Anderson Scholarship. Dr. William Jeff Anderson founded Anderson Infirmary in 1928. Dr. Anderson's vision for the future and his commitment to providing quality medical care for the residents in East Central Mississippi and West Central Alabama are the foundation of what has now grown to be Anderson Regional Health System.

Receiving the Dr. William J. Anderson Jr. Scholarship was Alonso, 30, of Meridian. Dr. William J. Anderson was the son of Dr. Jeff Anderson, founder of Anderson, and followed in his father's footsteps as a general surgeon at Anderson. He served actively on the Board of Directors for many years and was involved in the leadership of the hospital.

Norton, 39, of Philadelphia, was awarded the Dr. William J. Anderson III Scholarship. Dr. Anderson was the son of Dr. William J. Anderson and the grandson of hospital founder Dr. Jeff Anderson. Dr. Anderson III



At the awards ceremony were, front row, seated from left, Betty Cryer, Jan Farrington, John G. Anderson, Dr. Thomas Huebner and Dr. Lara Collum. Back row from left are Dr. Joe Anderson, JoAnna Barnes, Cineka Evans, Kennedy Woodard, Gabrielle Jones, Mandi Tallent, Eugenia Norton, Zetra Alonso and Ashley Ward.

was a general surgeon from 1962 until his retirement in 1998. Dr. Anderson III served as president and chairman of the board of directors at Anderson until his death in October 2002.

Ward, 31, of Laurel, was the recipient of the Dr. Jeff Hollingsworth Scholarship. Dr. Hollingsworth, the grandson of Dr. Jeff Anderson, was a cardiovascular surgeon at St. Dominic in Jackson and served on the board of directors at Anderson. He was instrumental in creating the cardiac catheterization and the cardiac surgery departments in the hospital. Dr. Hollingsworth passed away in 1986.

Tallent, 23, of Columbus, received the Reuben S. Johnson Memorial Scholarship. Johnson began his 47-years of service to Anderson Regional Medical Center in 1947. He was instrumental in the successful transformation of the hospital from a small infirmary to

what became Anderson Regional Medical Center. Johnson also served as the internal management consultant from 1976 until his death in 1994.

Evans, 30, featured at the beginning of this story, received The William Gunn Esq. Scholarship. Gunn began his service to the medical center in 1965 as Secretary to the Board of Directors and General Counsel for the hospital. In 1967, he became a member of the Board of Directors and continued his faithful service until his death in August 2001.

Jones, 19, of Meridian, was the recipient of the Anderson Board of Directors Scholarship. Each board member brings individual expertise and leadership that enhances the quality of care given to patients.



Scarless Hysterectomy

Women who are considering a hysterectomy now have a new, totally scarless surgical option at Anderson Regional Medical Center. Dr. Elizabeth Trest of Meridian OB-GYN is performing the advanced gynecologic technique known as vNOTES® (Vaginal Natural Orifice Transluminal Endoscopic Surgery), the state's first surgeon to do so.

Dr. Trest has completed extensive training on this innovative approach to hysterectomy that she says enhances the patient's experience.

"As a surgeon, I am continually seeking training opportunities to offer the most advanced techniques to my patients," said Dr. Trest. "Because it is a less invasive option than laparoscopic or traditional hysterectomy, vNOTES provides many benefits to my patients, including less time in the hospital, faster recovery, decreased pain and no visible scarring."

The vNOTES technique, which uses the vagina as the surgical access route, is the newest approach to hysterectomy procedures. For the surgery, a vNOTES device known as the GelPOINT® V-Path transvaginal access platform is placed through the vagina into the pelvic cavity, giving access to the uterus, fallopian

tubes and ovaries. The GelPOINT V-Path device is the means by which the abdomen is inflated with carbon dioxide gas to give the surgeon the space needed to see and operate. A high-definition camera and laparoscopic instruments are inserted through the device, allowing surgeons to operate with the utmost precision and visualization. Once the surgery is completed, the GelPOINT V-Path is removed and the gas is evacuated.

Surgical societies have long seen the benefits of vaginal hysterectomy, but the procedure was rarely performed because of the difficulties involved in seeing and accessing critical anatomy. vNOTES solves these challenges through the use of innovative technology.

"The vast majority of patients who have the vNOTES hysterectomy will be able to leave the hospital the same day they were admitted. I know many of my patients will appreciate the fact they can return to their busy lives more quickly and get back to what matters most," said Dr. Trest.



Dr. Elizabeth Trest

Contributions

American Heart Association
Boy Scouts of America - Choctaw Area Council
Boys and Girls Club of East Mississippi
Care Lodge
Clarkdale High School
Community Health Improvement Network
Cystic Fibrosis Foundation
Diabetes Foundation of Mississippi
East Central Mississippi Trauma Care
East Mississippi Business Development Corporation
Fellowship of Christian Athletes
Free Clinic of Meridian
Hope Village for Children
Junior Auxiliary of Meridian
Lamar School
Lauderdale County Sheriff's Department
Meridian Community College
Meridian High School
Meridian Youth Soccer Organization
Meridian Symphony Orchestra
MIDD-Meridian
Mississippi Children's Museum — Meridian
Newton County School District
Parent Circle Support Group
Queen City Athletics
Union Public School District
West Lauderdale High School