

Hope grows here

Methodist Richardson is working to meet your family's needs

Methodist Richardson Medical Center has come a long way from our roots as a community hospital that served the neighborhoods of Richardson and far North Dallas. We are now a destination facility for patients who know our reputation and our specialties.

People have traveled to Methodist Richardson from 45 counties across Texas and four other states. They come here because hope grows here.

Here are just a few ways we expanded our care in 2016:

- We established the Center for Surgery and Digestive Diseases, specializing in the treatment of complex gastrointestinal conditions, including pancreatic, liver, colorectal, esophageal, gastric, endocrine, and bile duct issues. Located in the Methodist Richardson Cancer Center, the center comprises a team of surgical specialists and offers comprehensive, multidisciplinary care, including diagnostic, surgery, and oncology services.
- The first robot-assisted Whipple procedure in Collin County was performed at Methodist Richardson. This complicated surgery for pancreatic cancer patients is minimally invasive and can be lifesaving. It gets patients on the road to recovery quickly so they can begin chemotherapy or radiation therapy.
- Methodist Richardson Cancer Center added the Varian TrueBeam™ linear accelerator, which offers image-guided radiotherapy for treating tumors with pinpoint accuracy.
- In November, we opened a new Level II Nursery. This addition added 12 more NICU beds to help us care for critically ill infants.



Cheyna Noble welcomed the care her son, Zaxon, received in Methodist Richardson's new Level II Nursery. It's a space dedicated to helping the tiniest miracles achieve milestones.



HONORING LIVES DEDICATED TO SERVICE

At the 2016 Yellow and Black Tie Gala, the Methodist Richardson Medical Center Foundation honored Ray and Cynthia Noah with the Legacy Award. This award is bestowed on those who have made a difference in the community through their commitment, leadership, and gifts.

Ray served the city of Richardson for many years, first as mayor from 1968 to 1983 and then as a long-sitting municipal judge. Cynthia is currently on the Foundation board. The couple has been instrumental in raising significant funding to support the growth and expansion of Methodist Richardson.

Methodist Richardson President Ken Hutchenrider Jr., FACHE (left), and Methodist Richardson Foundation Board Chairwoman Colleen Halbert (right) congratulate Ray and Cynthia Noah, who received the 2016 Legacy Award for their service to the hospital and the community.

NUMBERS TO KNOW

9,442

The number of people Methodist Health System employed throughout the Metroplex in 2016.



2017

This year, Methodist Health System aims to be the healthiest health system in America. We're well on our way with these recognitions in 2016:

- Healthiest Employer in North Texas by the *Dallas Business Journal* for the second year
- Platinum-Level Fit-Friendly Worksite by the American Heart Association for the fourth year
- Health Champion Designation from the American Diabetes Association's Wellness Lives Here™ campaign
- Well Deserved Award from UnitedHealthcare for our worksite wellness program.



1,540

The number of people employed by Methodist Richardson Medical Center in 2016.

3 The number of years Methodist Health System has been part of the Mayo Clinic Care Network. Methodist is the first and only health system in Texas participating in the network, which gives physicians at Methodist the opportunity to consult with those at Mayo Clinic.

Learn more at Answers2.org.

13

The number of consecutive years that Methodist

Health System has been named among the Best Places to Work by the *Dallas Business Journal*. The health system also ranked among the 150 Great Places to Work in Healthcare by *Becker's Hospital Review* for the sixth year running.

22 weeks, 6 days



The age of the youngest surviving preemie born at Methodist Richardson. In 2016, we celebrated Ruby Silva's first birthday with her family, neonatologists, and NICU nurses.


1,811


Number of babies born at Methodist Richardson Medical Center in 2016.




90

Methodist Health System is looking forward to celebrating its 90 years of service in 2017. Follow us on social media for all the ways we'll be commemorating the occasion.

 /MethodistHealthSystem
/MethodistRich

 @mhshospitals
@methodistrich

 /MethodistHealthDFW

 /MethodistHealthSystem

Check out the latest issue of *Shine* magazine at MethodistHealthSystem.org/Shine or on our new app, available for Apple and Android devices.



\$1.3 billion

Methodist Health System's 2016 economic impact, including from income and benefits provided for employees.

\$149.6 million

How much Methodist Health System provided in unreimbursed charity care in fiscal year 2016.

METHODIST RICHARDSON MEDICAL CENTER ADVISORY BOARD

Back row, from left: David Bonnet, MD; Judy Martin; Michael Spence; Methodist Richardson President Ken Hutchenrider Jr., FACHE; Julie Yarbrough; Dan Johnson; Carol Norton,

MD; the Rev. Clayton Oliphint, DMin; and Andrew Chaffin; (front row): Mindy Manson; Frank Leftwich; Nhan Nguyen, MD; William (Bill) Keffler; Joe Snayd; Ronald Poff; and Gerald Bright



WE PROUDLY SUPPORT THESE LOCAL CHAMBERS OF COMMERCE

- Garland Chamber of Commerce
- Murphy Chamber of Commerce
- Richardson Chamber of Commerce
- Sachse Chamber of Commerce
- Wylie Chamber of Commerce.

A heart for wellness: How we're reaching the community

Methodist Health System and Methodist Richardson Medical Center are improving the health of our community with these initiatives:

- **Methodist Generations.** This program offers a variety of wellness activities, social events, and educational outreach for people ages 55 and older.
- **Asian Breast Health Outreach Project (ABHOP).** Last year, this program provided 618 mammogram screenings, 127 diagnostic exams, and 22 biopsies. ABHOP also provided breast health education to uninsured and underinsured Asian-American women.
- **Mobile mammography.** Methodist's mobile mammography unit brought breast cancer screening directly to 2,603 women this year, including 1,559 in the Methodist Richardson service area.
- **Diabetes education.** A monthly support group offers tips for managing diabetes, including diet, exercise, and insulin use.
- **Methodist Alliance for Patients and Physicians (MAP²).** This accountable care organization (ACO) improves and saves lives through coordinated care for more than 55,000 people. These patients have seen overall improvement in health measures, as well as a lowered overall cost of care. For these efforts, MAP² has achieved national recognition for the quality of care given to patients.



Breast cancer survivors and the supportive women in their lives enjoyed a spot of tea — as well as crafts and pampering — at Methodist Richardson's second annual Mad Hatter Tea Party.



Lourdes San Diego, RN, shares first-aid tips with a little girl attending the Teddy Bear Clinic.



Methodist Richardson's Angels of Hope team walks the track in the American Cancer Society's Relay for Life – Plano/Richardson.

Where you saw us in 2016

We were proud to offer or sponsor these and other community events and organizations:

- Altrusa of Richardson
- American Heart Association Dallas Heart Walk
- Corporate Challenge
- Girl Scouts of Northeast Texas
- Gobble Hobble, benefiting Boys and Girls Club
- Leadership Richardson and Wylie
- Mad Hatter Tea Party
- Murphy Maize Days
- Network of Community Ministries
- Plano, Richardson, and Wylie ISD education foundations

- Plano, Richardson, and Wylie ISDs
- Relay for Life
- Richardson Adult Literacy
- Richardson Reads
- Sachse Fallfest
- Santa's Village
- Teddy Bear Clinic
- The Warren Center
- Wildflower! Music and Arts Festival
- Wylie Arts Festival
- Wylie Championship Rodeo.

In honor of the fallen officers from the Dallas police shooting in July 2016, Methodist Richardson held a prayer service and sent a signed banner of support to the Dallas Police Department.



Rocking the night away, Methodist Richardson proudly sponsored the Wildflower! Music and Arts Festival. Employees volunteered to hand out glow-in-the-dark safety bracelets to concert-goers.

The hippest generation

Methodist Richardson's orthopedics program and brand-new Joint Academy keep active adults moving



The anterior approach to hip replacement allowed Karen Dubrow, 51, to recover faster.

Karen Dubrow is a lifelong athlete who was part of the original Title IX generation. She did triathlons, played soccer in college, and is a black belt in two martial arts. But it wasn't a contact sport that took her down. It was a game of laser tag with her family.

At just 51, Karen needed her hip replaced. As a physical therapist, she turned to her friend orthopedic surgeon Diane Litke, MD, on the medical staff at Methodist Richardson Medical Center. Karen had what's known as the anterior approach to hip replacement. It's a minimally invasive procedure that allows for a shorter recovery process. Patients have experienced:

- Less pain, which means fewer medications
- Getting on their feet faster, often the same day as surgery
- Shorter hospital stay

- Faster rehabilitation
- Quicker return to normal activities.

Methodist Richardson has earned full certification and The Joint Commission's Gold Seal of Approval® for its program for hip, knee, and shoulder replacement. The Gold Seal reflects a standard of excellence that demonstrates the highest level of care for patients.

Methodist Richardson recently launched its Joint Academy, a program to help prepare joint replacement candidates for their upcoming procedures. Patients learn what to expect before, during, and after their hospital stays, including pain management and physical therapy. The idea behind the Joint Academy is that better informed patients lead to better outcomes and a faster return to normal activities.

As for Karen, she is back to treating patients and taking part in her favorite sports. The jury is still out on laser tag.

Learn more about the orthopedics and joint replacement programs at Methodist Richardson at [MethodistHealthSystem.org/Ortho](https://www.methodisthealthsystem.org/Ortho).

A nonprofit 501(c)(3) organization, Methodist Health System is affiliated by covenant with the North Texas Conference of the United Methodist Church. To support any of Methodist's vital healthcare and community programs, call Methodist Richardson Medical Center Foundation at 469-204-6990 or visit [MethodistHealthSystem.org/RichardsonFoundation](https://www.methodisthealthsystem.org/RichardsonFoundation).

Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff, including those being referenced in the articles contained in this publication, are independent practitioners who are not employees or agents of Methodist Richardson Medical Center, Methodist Health System, or any of its affiliated hospitals.

The Methodist Alliance for Patients and Physicians (MAP²) is an independent legal entity and is established for purposes of managing the health of the communities served by Methodist Health System by arranging for high-quality healthcare services, while reducing the growth in healthcare expenditures through enhanced care coordination. The physician members of MAP² are independently practicing practitioners and are not employees or agents of MAP², Methodist Health System, or any of its affiliated hospitals.

Shining achievements

Methodist Health System

- 11 nurses honored in *D Magazine's* Excellence in Nursing Awards.
- Among *Hospitals & Health Networks* magazine's "Most Wired" in the nation for the sixth consecutive year.
- Longtime board member Levi H. Davis honored with Kerney Laday, Sr. Trustee of the Year Award from the Dallas-Fort Worth Hospital Council.
- 160 physicians among the *D Magazine* Best Doctors in Dallas.
- 22 Methodist Family Health Centers and Medical Groups recognized at the highest level by the National Committee for Quality Assurance for their patient-centered medical home programs.

Methodist Richardson

- Four-star rating in overall hospital quality from the Centers for Medicare & Medicaid Services.
- First in Methodist Health System to achieve accreditation from the American College of Radiology for Breast MRI.
- American Heart Association Mission: Lifeline® Silver Receiving Quality Achievement Award.
- Get With The Guidelines® - Stroke Silver Plus Achievement Award from the American Heart Association and American Stroke Association.
- Continued certification by The Joint Commission as an Advanced Primary Stroke Center.
- American College of Surgeons Commission on Cancer accreditation.
- Pathway to Excellence® designation from the American Nurses Credentialing Center.
- One of only four hospitals in the country to receive the 5 Rings Award from IntelliCentrics.
- Robert A. Warriner III, MD, Center of Excellence award for Methodist Richardson Wound Care and Hyperbaric Center.
- Blue Distinction® Center for maternity care by Blue Cross Blue Shield.
- National Accreditation Program for Breast Centers accreditation by the American College of Surgeons.