

the power to change lives

UnityPoint Health - Trinity Regional Medical Center UnityPoint at Home UnityPoint Clinic Berryhill Center 2023
TRINITY FOUNDATION
IMPACT REPORT



## MISSION

To improve the health of the people and the communities we serve.

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## WELCOME

Reflecting upon the past year, I am immensely grateful for your unwavering support and generosity. Your contributions have profoundly impacted countless lives, and I cannot thank you enough for being the driving force behind our mission. Your remarkable dedication to our cause reminds us that great opportunities to have an impact seldom come our way, but small ones are always present. Your continuous support, whether through financial contributions, volunteering your time, or spreading awareness, is a testament to the power of small opportunities.

In this annual impact report, you will read about how your support has impacted the lives of patients and families. Healthcare is about fostering well-being, disease prevention, treatment, and enhancing quality of life. Having a robust healthcare system provides a solid backbone for our community. Not many of us make it through a lifespan without needing the expertise of local healthcare. Your generous contributions to Trinity Foundation have provided funding for equipment and programming and direct patient assistance.

First, you will read about the work our team is doing to ensure the best outcome for every patient, every time. Care coordination is the secret sauce that bridges the gap among all care team members by establishing clear lines of communication and collaboration to meet the diverse needs of our patients.

You will also read how we are working to advance surgical care in our region. Research shows that receiving care locally can significantly impact patient outcomes and quality of life. Trinity Foundation has made small, but significant investments to increase efficiency and prevent delays.

Finally, you will read about a program that promotes early literacy and language development. Reach Out and Read is a nationally recognized program used by our primary care and pediatric providers to encourage the habit of reading to children from an early age. As an avid reader, it warms my heart to know that Trinity Foundation supports this essential program.

Your donations have directly impacted the lives of patients and their families, offering them hope, healing, and a chance at a brighter future. The impact of your generosity extends far beyond the walls of our hospital. Your kindness and generosity inspire others to join us in our mission, creating a ripple effect of compassion and care that spreads far and wide. Your belief in the power of small opportunities has ignited a spark of change that will continue transforming lives for years.

I want to express my appreciation for your unwavering support. Your commitment to making a difference truly humbles me. I promise to continue using your donations wisely, ensuring that every dollar is utilized to its fullest potential and every small opportunity is seized to bring comfort, healing, and hope to those who need it most.

Once again, I extend our deepest gratitude to you, our esteemed donors. Your support has made a world of difference, reminding us that great opportunities may

be rare, but the small ones that surround us every day have the power to change lives.

With sincere appreciation,

Carol Grannon

**Executive Director Trinity Foundation** 



# CARE Coordination

Care coordination at UnityPoint Health - Fort Dodge is essential in ensuring patients receive comprehensive, efficient, high-quality care. This critical function involves the seamless organization and integration of healthcare services across providers, settings, and disciplines to meet the diverse needs of patients. Our Care Coordination team, which consist of nurses and social workers, collaborate with patients, their families, and physicians to ensure a smooth transition home or to the next level of care. They connect patients with supportive resources and services. By facilitating communication, collaboration, and continuity of care, care coordination not only enhances patient outcomes but also reduces healthcare costs and improves overall patient satisfaction.

"Patients typically receive care from various providers, specialists, and facilities, leading to a sometimes disjointed and inefficient experience," stated Jake Crimmins, Regional Director of Care Management. "Care coordination takes on a variety of looks. Sometimes, it involves advocating on the patient's behalf to ensure they receive the benefits or care they need and deserve. Other times, it involves providing medications, transportation, or home medical equipment to ensure a successful transition to the next level of care. Regardless of the need, Trinity Foundation is a valued partner. I know when I call Trinity Foundation for assistance, they will be quick to step up and provide what we need to best serve the patient," said Crimmins.

Care coordination can be complicated, but it can also be as simple as providing clothing to patients when they leave the clinic or hospital. "We have patients come to the clinic or hospital for services, and their clothes are not hygienic. In some situations, the clothes have been cut off for lifesaving measures,"

Care coordination takes on a variety of looks to meet the diverse needs of patients.



said Emily Larson, Patient Advocate and Experience Partner. "Infection prevention measures require the clothes be placed in a sealed bag. The patient can take them home, but the bag cannot be opened until the patient has left our facility," stated Larson. The Diversity, Equity, and Inclusion Committee organized the Caring Clothes Closet to support these patients and provide suitable clothing to wear home. "Most of the clothing is donated by UnityPoint Health - Fort Dodge employees, and Trinity Foundation donated funding for shelving and clothing racks tokeep the 'closet' organized," noted Larson.

Due to infection prevention measures, all donations must be new with tags.

The use of fidget blankets also proves beneficial for our patients. The lap-sized blankets keep the hands of patients with dementia busy. "A few months ago, I was part of a discussion regarding using fidget blankets," said Jenni Szalat, R.N., Director of Inpatient Services. "I knew we had an active sewing group at my church, St.

Olaf Lutheran. I connected with one of the group members and asked if the St. Olaf Sew Sisters would be interested in the project. The answer was yes. Trinity Foundation provided funding for supplies and since that day, the group has completed several blankets," said Szalat. The blankets are a useful tool for staff, and patients love the gift they are able to take home.

Trinity Foundation is proud to provide funding to ensure the best outcome for every patient every time. "Our mission is to improve the health of the people and the communities we serve. Our donors give us the ability to provide funding for transportation, lodging, prescriptions, home medical equipment, and even supplies for fidget blankets," stated Carol Grannon, Executive Director for Trinity Foundation. "The partnership between Care Coordination and Trinity Foundation not only improves patient outcomes but also enhances the patient experience and reduces healthcare costs. As healthcare continues to evolve, the partnership between Trinity Foundation and the Care Coordination team will be critical in ensuring that patients receive the comprehensive and high-quality care they deserve," stated Grannon.

Care coordination can be complicated, but it can also be as simple as providing clothing to patients when they leave the clinic or hospital.

Examples of the fidget blankets made by St. Olaf Sew Sisters

# ADVANCING SURGICAL CARE

Local hospitals often serve as the backbone of rural communities, and provide essential medical services that would otherwise require travel to larger metropolitan areas. While rural hospitals face unique challenges, they play a critical role in ensuring residents have access to quality healthcare close to home. Advanced surgical care is a priority for UnityPoint Health - Fort Dodge. Providing advanced surgical care to patients who would otherwise travel long distances for treatment is vital to addressing the region's health care needs.

Access to surgical care is crucial for treating a wide range of conditions, from routine procedures to lifesaving surgeries. Research shows receiving care locally can significantly improve patient outcomes and quality of life. By offering surgical services locally, UnityPoint Health - Fort Dodge can reduce barriers to care, improve patient access, and ensure timely interventions for those in need.

"Keeping up with technology and providing advanced surgical care in an efficient and reliable manner is a challenge for any organization," said Desiree Monaghan, Director of Surgical and Emergency Services at UnityPoint Health - Fort Dodge. "We have a skilled team of surgeons. I would choose them for my family or myself, and our surgery team is second to none," stated Monaghan. "We continually strive to keep equipment and processes updated to ensure the best outcome every time. Trinity Foundation has been an invaluable partner, providing funding for surgical equipment and funding for items that create efficiencies and prevent delays," commented Monaghan.

"We have made a significant impact in many small ways. Over the last couple of years, we have purchased items ranging in cost from \$6,000 to \$60,000," said Carol Grannon, Executive Director of Trinity Foundation. "In total, we have funded over \$300,000 in equipment that will enhance patient care, increase efficiency and prevent delays in scheduling."

One of the more popular investments has been steri containers. Steri containers are rigid, puncture-resistant containers that hold surgical instruments for specific surgical procedures. Historically, surgical instruments were wrapped in cloth and transported from the central sterile department to surgery. Before a procedure begins, the team examines the surgical pack to ensure there are no punctures. If there is a puncture, the pack must be reprocessed, causing duplication of work and a trickle-down delay for patients, surgeons, staff, and the patient's family.

"Imagine being scheduled for surgery at 12:00 noon. You are nervous but ready to go. You are also starving. You are relieved when a nurse and surgeon come in the holding area only to learn that your case is delayed another hour due to an unforeseen circumstance," said Jeni Willhoite, RN with the Surgery and Central Sterile department. Willhoite went on to say, "The number one cause of delay in surgical procedures at Trinity Regional Medical Center is puncture holes, or contaminated instruments trays. There have been zero delays due to contaminated instruments since switching to the steri containers. This has resulted in positive outcomes for patients and team members."

Another popular investment has been around cataracts. Recently, Trinity Foundation funded the purchase of additional cataract instrument trays and a cataract patient surgery table. The table allows surgeons to adjust the patient to provide comfort and the best positioning while under the microscope. This table also increases the safety and efficiency

of procedures for patients and the surgery team. "We have an impeccable turnaround time for cataract procedures, which is how we can do 22-24 procedures in an eight-hour day. The investments that have been made in surgery are critical to our patient experience, efficiency, and positive outcomes," noted Monaghan.

In addition to improving patient care, the availability of surgical services close to home has broader implications for our region's overall health and wellbeing. UnityPoint Health - Fort Dodge helps support local economy, creates job opportunities, and contributes to the region's sustainability by keeping surgical services local. Patients who receive care close to home are more likely to follow up on post-operative appointments, adhere to treatment plans, and engage in preventive care, leading to better long-term health outcomes and reduced healthcare costs.

"Trinity Foundation plays a vital role in helping us sustain an efficient and skilled surgery department," stated Shannon McQuillen, Vice President of Operations for UnityPoint Health - Fort Dodge. "By expanding surgical capabilities, adopting innovative technologies, and investing in our workforce, we continue to meet the evolving healthcare needs of our patients and contribute to the health and vitality of our region," commented McQuillen.

"Our commitment to advancing surgical care is a testament to our dedication to patient-centered care and a reflection of our mission to improve the health of the people and the communities we serve," said Grannon.



Cataract Tray - With the purchase of additional cataract trays and steri containers, the surgery team can now perform 22 cataract procedures in a day with no delay.



New and old Steri Containers - A new steri containers is shown alongside the old method of securing and transporting surgical instruments.

Members of the Central Sterile team and Surgery team show off a few of the new steri containers. The new steri containers prevent unnecessary delays for patients and the surgery team. Showcasing the new steri containers are Catherine Cygan, Certified Central Sterile Technician, Jennifer Willhoite, RN, Surgery, and Suzie Thornton, Central Sterile Technician.

# PROMOTING

"Sharing reading and moments that matter" is the tagline of a national program called Reach Out and Read. This program aims to promote literacy from birth to age five.

In 2017, Megan Hopp, an Advanced Practice Provider with UnityPoint Clinic Kenyon Road - Family Medicine, submitted a grant to Trinity Foundation requesting \$5,000 to begin a Reach Out and Read program. Hopp saw this as a perfect opportunity to start the literacy conversation with parents. "The program is designed to be quickly and simply integrated into your practice," said Hopp. Primary care providers and APPs receive training to deliver literacy guidance to parents and caregivers of children from infancy through five years of age, and each child receives an age-appropriate book during the well-child visit. By the time the child is five years old, they have a library of ten books.

Age-appropriate guidance centers on the importance of frequent and early exposure to language, looking at board books and naming pictures, rhyme, and repetition to gain phonemic awareness during toddlerhood, and reading interactively and asking open-ended questions to preschoolers. The providers also use this opportunity to model reading aloud and introduce it as another way to support positive interactions between parent/caregiver and child.

According to Hopp, receiving a book during an appointment makes children feel special and excited. "We can gauge the child's exposure to books outside the office by observing their reaction to the books provided,"

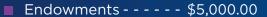
stated Hopp. A generous grant from Trinity
Foundation established the library. Thanks to the
annual Employee Giving Campaign, the program
is self-funded through donations from dedicated staff,
leaders, and providers. "We love this program because
it provides a platform to start the literacy conversation
with parents, but it also ends the visit with a positive
experience for the child," said Hopp.

The children eagerly anticipate receiving their books and often request to have them read before leaving the room. Hopp and her staff take pride in selecting classic books that parents enjoy reading to their children. They also choose books that revolve around healthy eating, vegetables, and how to grow food, as they spark meaningful conversations about leading a healthy lifestyle. The Reach Out and Read program has become an integral part of our community, promoting early literacy and fostering a love for reading among children.

Since 2017, Trinity Foundation has provided start-up funding for three additional clinics. "I believe in and support this program," said Deb Zemke, Board Chair for Trinity Foundation. "Engaging parents in conversation about the importance of reading, providing guidance and resources, and emphasizing the cognitive and emotional benefits of early literacy will make a lasting impact on the lives of children and families," stated Zemke.

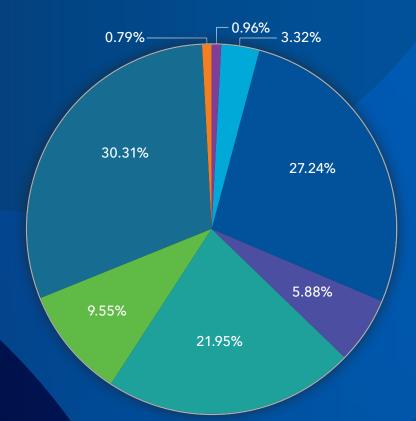


# DISTRIBUTION OF SIPP()R



- Scholarships - \$17,266.59.16
- Department Support & Staff Development - -\$141,561.16
- Diabetes Center - \$30.536.41
- Norma Schmoker Cancer Center - - - - \$114,059.37
- Hospice & Paula J. Baber Hospice Home - - - - \$49,603.02
- Unrestricted Support - - - - - - - \$157,483.95
- Radiating Hope Capital Campaign - - - - - - \$4,099.79

TOTAL: \$519,610.29



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#### \$200,000 +

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