



COMMUNITY LETTER

News from St. Joseph Medical Center

APRIL 2009

Carmen F. Deyesu

Chair

Operating Board of Directors

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Chair

Foundation Board of Directors

Dear Friends,

In this time of economic challenges and uncertainty for businesses and families, it is comforting that some things remain the same. At St. Joseph Medical Center, we continue to serve our community with confidence just as we have since our founding 146 years ago.

In health care, stability is maintained through continual upgrades in technology, procedures and facilities to help improve the lives of those we serve and to build healthier communities. Along those lines, we are pleased to share with you an update about St. Joseph Medical Center and its growing national reputation for excellence.

Exciting Changes and Growth

By now, we hope you have seen the stunning new entrance and Heart Institute, as well as the Cardinal Keeler Spiritual Center. The dedication and grand opening on December 8 was an historic moment, celebrating the heart and spirit of St. Joseph Medical Center as we cut the ribbon for the largest addition to the facility since the hospital moved to Towson 45 years ago. Many members of the community gathered in the magnificent rotunda and spilled into the hallways and second level to catch a glimpse of the festivities. It was a great day for the medical center and we were pleased that so many of you were able to join us!

Adjacent to the new entrance, in St. Joseph's Cancer Institute, medical professionals have added cutting-edge "radiosurgery" to the arsenal of tools to help treat cancer. This alternative to traditional surgery uses slender, focused radiation beams to remove inoperable tumors. The innovative new treatment is performed at St. Joseph's Radiation Oncology Center with a high-tech machine called a linear accelerator, equipped with thin, metal, sliding mechanisms that shape and direct the radiation beam. Right now, radiosurgery is used mainly for inoperable brain tumors.

The Cancer Institute is also participating in a national pilot study to help develop new ways to detect, treat and prevent cancer. Called The Cancer Genome Atlas project, the study will help the National Institutes of Health gain a better understanding of the complex genetic alterations that lead to cancer. The St. Joseph Cancer Institute is one of two Catholic Health Initiatives (CHI) facilities that will lead the early stages of the project.

Adding to the list of centers for specialized care, The Inflammatory Bowel Disease Center recently opened. The IBD Center is a new specialized treatment area for patients with Crohn's disease, ulcerative colitis and other conditions that can have urgent, painful symptoms and interfere with work and daily activities. The center is maximizing current



“We want you to know how much we appreciate the compassionate care you have afforded us over the years. You not only listen to all our concerns but you explain in great detail the reasons for your diagnosis and possible solutions.”

advances in treatment while championing a new concept of care. A team of experts assembles to provide each patient one solid plan, in one place, that provides the best individualized treatment. St. Joseph treats more IBD patients than any other area hospital.

This year’s benefit Gala: Life in Motion puts the focus on a long-standing center of excellence at the Medical Center—The Orthopaedic Institute—and raises funds for the Orthopaedics Fund for Nursing Excellence as well as new registration and waiting rooms for all patients. And, thanks to the generosity of our donors, the Foundation expects to meet or exceed the fundraising accomplishments of last fiscal year.

Community Accolades

St. Joseph Medical Center is a proud member of Catholic Health Initiatives (CHI), a national nonprofit health organization that includes 77 hospitals. We have been part of CHI for more than a decade and continue to reap the benefits of this partnership and connection to a network of other medical centers across the country.

Day after day, staff members at St. Joseph transform lives, not just through exceptional medical treatment, but also through the manner in which they treat patients. To celebrate Doctor’s Day on March 30, we encouraged patients to share their stories of physicians from St. Joseph Medical Center. It has been wonderful to receive hundreds of notes sent in recognition of the skill and commitment of our doctors. (See excerpts at left and right)

Some St. Joseph staff members were recognized through *The Daily Record* Health Care Heroes Awards. Gail Cunningham, M.D., director of emergency services, was honored in the list of heroes for her mission work as part of The Village Wellness team in Karatu, Tanzania. Nancy Conner, recently retired director of spiritual care, received the Health Professionals Award for St. Joseph’s Chaplaincy Education Program. Donna Costa and Neil Goldberg, M.D. were among the award finalists.

And, once again—for the eighth time—St. Joseph Medical Center has been named one of the nation’s 100 Top Hospitals® for Cardiovascular Care by Thomson Reuters.

Excellence in Care

So often we talk about the remarkable quality at St. Joseph Medical Center. As we were preparing this letter, we asked the experts to share with us a few examples that we could include. These items were offered with genuine pride:

- St. Joseph stands among a select few medical centers in the country to complete the rigorous Joint Commission Survey with zero RFIs (Requirement for Improvement). Our triennial Joint Commission survey, in February 2008, resulted with this remarkable outcome. These surveys are extremely rigorous and intended to identify opportunities for improvement in delivery of care by this external regulatory agency. To receive zero RFIs is external validation of St. Joseph’s extraordinary quality.
- St. Joseph’s Rapid Response Team increases patient survival rate by 233 percent. The national average for survival for a Code Blue (CPR/Medical Emergency) is 15 percent. Our rate is 50 percent.
- We are 137 percent better than the national average at reducing hospital acquired infections (HAI). Our team is at the forefront nationally at preventing hospital acquired infections based on successful hand hygiene protocols. The National average of HAI reduction is 40 percent. St. Joseph is better than 95 percent over the last 3 years.

- St. Joseph's overall mortality rates are less than half of what is predicted based on the severity of cases treated. Sepsis mortality (a dangerous inflammatory response due to infections) is the number one cause of death at a hospital. Our extremely low mortality rate places us in a select group of top 15 percent of hospitals in the country.

Mission Continued

Members of our founding congregation, the Sisters of St. Francis of Philadelphia, continue to have a presence in the lives of our staff members, patients and families. Their mission of loving service and compassionate care is at the core of the institution and its daily work.

Some people, even our most loyal supporters of the hospital, are not fully aware of the broad range of community service to which St. Joseph Medical Center is committed. In one year alone, the hospital logged nearly \$6.2 million in benefits to low income patients. Overall, more than \$8 million in community benefits were committed.

Community programs range from the St. Clare Medical Outreach program's involvement with the Esperanza Center serving Hispanic immigrants in Baltimore to the international ministry preventing malaria in 21 villages in Tanzania. Through health screenings, educational programs, and support groups, the hospital continually provides services to help the community.

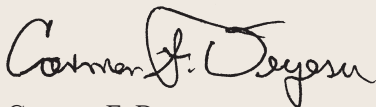
As part of the recent renovation process, we unearthed the sealed metal box holding artifacts from the cornerstone of the former St. Joseph's building on Caroline Street, as well as the 1965 cornerstone from the Towson building. This fall, there will be a special ceremony in which the contents of the cornerstones will be revealed to staff members and the community. We will combine these artifacts with those so lovingly contributed to the time capsule assembled at the grand opening of the expansion. A new cornerstone combining the three parts of our history will be created. It will be a powerful symbol of the stability and progress we are so blessed to have at St. Joseph Medical Center.

You are an important part of the success of St. Joseph Medical Center. As the hospital's gift, we would like to send to you a copy of the 10th edition of *Sacred Stories*: inspiring stories written by the employees, physicians, volunteers, and board members who carry out the mission of Catholic Health Initiatives each day. Please contact the Foundation Office at 410-337-1397 to request your free copy.

We also invite you, at any time, to schedule a behind-the-scenes tour of the hospital's new facility. Thanks to supporters like you and the exceptional staff at the hospital, we continue to maintain the St. Joseph brand of care—always expert, always personal, and always faith-filled.

With blessings to you and your family during this season of Easter and Passover, we are

Sincerely yours,



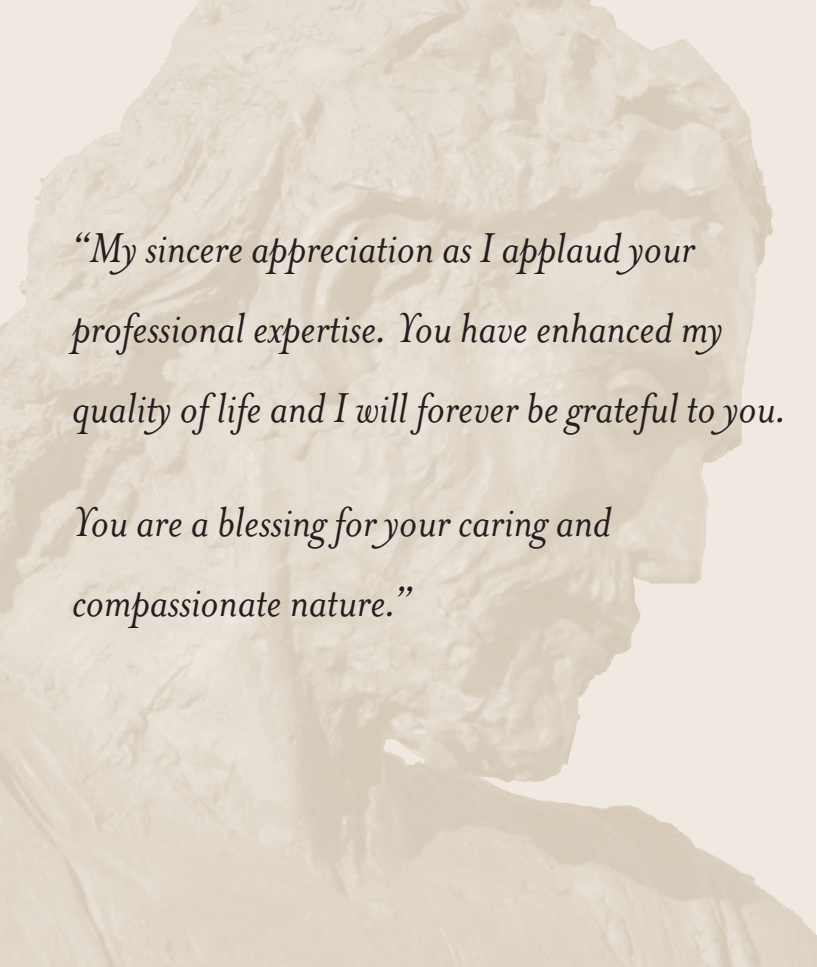
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“You elicit hope while practicing medicine. Compassion and expertise—a wonderful mix.”



“My sincere appreciation as I applaud your professional expertise. You have enhanced my quality of life and I will forever be grateful to you.

You are a blessing for your caring and compassionate nature.”

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† CATHOLIC HEALTH
INITIATIVES

St. Joseph Medical Center

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