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Like most independent rural hospitals, Princeton Community Hospital is confronting many of the same challenges including payer/patient mix, skyrocketing drug costs, uncertainty regarding Medicare and Medicaid expansion, workforce shortages, and the opioid epidemic. In addition to these challenges, PCH worked their way out of a devastating cyber attack of 2017, implemented a new electronic health record and started developing new relationships to build cooperation across the health care landscape in southern West Virginia.

Although we bore the weight of these disparities over the past fiscal year, we can report with great optimism that significant progress was made in expanding access to comprehensive care in our community through a variety of new service lines.

New Mercer Medical Group affiliates were established including MMG Nephrology (Dr. Abbas El-Khatib), MMG Neurology (Dr. William A. Merva), and MMG Women’s Health (Dr. Kenneth J. Baker).

Athens Medical Center welcomed Dr. Mark A. Yost in August. Dr. Yost is an Athens native and he looks forward to establishing a thriving family practice in his hometown.

Earlier this year, PCH became the first hospital in West Virginia, and one of only 22 hospitals nationwide, to obtain Hip and Knee Replacement Center of Excellence Certification from DNV-GL, an international accredited registrar and classification society headquartered in Hovik, Norway.

Recently, PCH launched a new Cardiac Rehab program under the directorship of Mark Mustard. The department provides an individualized treatment plan for the cardiac patient that includes evaluation of physical activity, nutrition education, and stress management. Additionally, a new smoking cessation initiative, administered by Veronica Brooks, is seeing positive results as it confronts one of the leading causes of death in this area.

The West Virginia Hospital Association honored PCH last fall with the Gold Honors 2018 Achievement Award in recognition of the hospital’s outstanding work in the areas of antibiotic stewardship, breastfeeding initiatives, Emergency Department Information Exchange (EDIE), Hospital Improvement Innovation Network (HIIN), influenza vaccination, opioid stewardship, and tobacco cessation assistance.

A significant portion of the past year was devoted to the planning, training, and implementation of the latest electronic health record (EHR) called Meditech EXPANSE. PCH, The Pavilion, and all MMG affiliates were heavily involved in the launch of this innovative EHR that now unites our network with a more seamless, efficient, and unified experience for the patient.

In late 2018, PCH became the first and currently the only hospital in West Virginia to offer the latest in prostate imaging for patients with suspected recurrence of prostate cancer. Axumin (Fluciclovine) PET/CT provides a chance for a cure, and Dr. Dana Olson’s efforts in bringing this innovative technology to southern West Virginia will be featured in the following pages.

We will also look at The Behavioral Health Pavilion’s Aisha Reikow, MSN, PMHNP-BC; Nathan Rowe, PMHNP-BC, CEN; and Ted Webb, PA-C, and the work they do in the community through new counseling opportunities at Athens Medical Center, outreach to area nursing homes, and improved outpatient treatment options.

Established by Dr. Gopal M. Pardasani, the PCH Foundation Cancer Care Fund and the significant work it does in providing financial assistance to our cancer patients, will be highlighted as well.

On June 27, 2019, PCH signed an agreement to acquire Bluefield Regional Medical Center from the subsidiaries of Community Health Systems, Inc. (CHS). Finalized and approved on October 1, 2019, the acquisition will be addressed fully in next year’s annual report.

We are enthusiastic about the new partnership with BRMC and by the opportunity it offers to build upon certain service lines and to ensure greater medical access and strengthen delivery of health care in our area.

This, along with the fact that 2020 will mark the 50th anniversary of the founding of Princeton Community Hospital, means that the coming year will be one in which we look back with heartfelt nostalgia and forward with the greatest enthusiasm.

Respectfully yours,

Jeffrey E. Lilley
Chief Executive Officer

James “Rusty” Sarver, III
President, PCH Board of Directors
Significant progress was made in expanding access to comprehensive care in our community through a variety of new service lines.

Jeffrey E. Lilley
Chief Executive Officer

James “Rusty” Sarver, III
President, PCH Board of Directors
First in State to Offer New Innovative Prostate Cancer Screening

With the recent availability of the FDA-approved Positron Emission Topography (PET) imaging agent, Axumin, or Flucluclovine F18, Princeton Community Hospital became the first and currently the only hospital in West Virginia to offer the latest in prostate imaging for patients with suspected recurrence of prostate cancer based on elevated prostate specific antigen (PSA) levels following prior definitive treatment (prostatectomy or radiation/brachytherapy).

This agent is employed using the new GE Discovery IQ PET/CT scanner to allow identification of local recurrence of prostate cancer earlier than many other available methods.

Radiologist Dana Olson and Director of Diagnostic Imaging Sherri Snead have worked persistently to bring this new prostate cancer evaluation option to PCH.

Dr. Olson said, “It was important to bring this innovative new capability to PCH. We were already doing prostate work here. I had requests from our radiation oncologist, Dr. Joseph Baisden, and from our urologist, Dr. Can Talug, to pursue this option for these difficult patient situations. Dr. Baisden had previously sent patients for this exam to UVA. Because of the proximity of PCH to Winston-Salem where the agent is produced and with the nature of the timing and logistics, I wanted to see if we could bring it to our state and to our Community Hospital.”

Director of Diagnostic Imaging Sherri Snead said, “As the director of the department, I work very closely with the radiologists as we research new technologies and modalities to offer these innovative types of exams. We are a very forward-thinking institution. We are always looking for the latest and most effective technology to provide better treatment outcomes for our patients. Dr. Olson approached me over a year ago to discuss the possibility of bringing Axumin (Fluclovine) PET/CT to PCH. We did a great deal of research to determine how best to design and implement the program. Since the timing of the test is crucial, working out the schedule with the patient is of utmost importance. The delivery of the isotope here must coincide with the patient being ready for the exam.”

Axumin (Fluclovine) is a radioactive pharmaceutical with a half-life of two hours. This means that the activity is down to one-half in two hours and down to one-fourth in four hours. It needs to be used as soon as practicable. Unlike conventional PET exams with FDG, Axumin exams are carried out immediately on receipt of the agent. PCH is the West Virginia facility that is geographically closest to the source; therefore, the isotope has the best agent activity level. That, along with the program, training, experience, and commitment, enables the hospital to provide this unique health care service.

Prostate cancer is very common and some believe that every male will develop this if they live long enough. Most people do not die from it. There is a wide spectrum of the disease. There is the prostate cancer that never progresses or progresses very slowly, and then there is prostate cancer that metastasizes and takes your life. Prostate cancer is the second most common cause of cancer related death in men.

Dr. Olson said, “Princeton Community Hospital was the first medical facility in West Virginia to have Breast MR ACR (American College of Radiology) accreditation. In the course of developing the breast program, it turned out that many of the same imaging methods could be applied to the prostate. Our radiation oncologists here at PCH developed a method for using MR to improve the radiation therapy for prostate cancer with improved accuracy and with less morbidity. This has been presented at national meetings and shows that medical progress can take place at the community level. Dr. Can Talug (Mercer Medical Group Urology) became interested in doing MR-guided prostate biopsies and PCH became the first hospital in the region to perform MR-guided ultrasound fusion prostate biopsies in early 2018.”

Sherri Snead remarked, “We take a great deal of pride in being a leader in the areas of CT, MRI, PET/CT, mammography, nuclear medicine, diagnostic radiology, and ultrasound, and in bringing state of the art technology to our immediate service area as well as to the state of West Virginia.”

Dr. Olson added, “We put a lot of time and effort into our accreditations. Not all medical institutions do it, or feel they need to, but accreditation is the gold standard that indicates excellence in the field. I’m excited to have another first for Princeton Community Hospital. We were the first in the state with ACR Breast MR accreditation and it is exciting to be first with this new prostate imaging option for our community-owned hospital. Prostate cancer can be such a grim subject and this new exam gives hope to patients suffering from the disease. Axumin PET/CT is a good service for the community. This represents a more focused approach in the treatment of prostate cancer and offers a pathway to the future and a better societal handling of this potentially deadly disease.”
It is exciting to be first with this new prostate imaging option for our community-owned hospital.

Can (John) Talug, M.D.  
Mercer Medical Group Urology

Shannon Hiling, APRN, FNP-C  
Mercer Medical Group Urology

Dana O. Olson, M.D.  
Diagnostic Radiology  
MRI & Nuclear Medicine  
Princeton Community Hospital
Since its founding in the spring of 2010, The Behavioral Health Pavilion of the Virginias has filled a critical mental health care need in southern West Virginia and southwest Virginia.

The Pavilion is able to provide a comprehensive continuum of behavioral health care that includes step-down services in the form of intensive outpatient programming, traditional outpatient counseling, and medication management. This facilitates greater continuity in patient care including better communication and coordination with the patient’s other health care providers.

Over the past decade, there have been numerous success stories from the inpatient program, partial hospitalization program, and outpatient clinics. The Pavilion has helped depressed college students stay in school and graduate, they have helped parents to overcome mental illness that would have otherwise rendered them ineffective at home and work, and they continue to provide a stable and safe environment for patients to recover and re-establish normalcy in their lives.

With the important new work of their nurse practitioners and physician assistants, The Pavilion continues to reach far beyond the walls of their physical location to impact the lives of area residents in meaningful ways.

Aisha Reikow, MSN, PMHNP-BC – Ms. Reikow received her associate’s degree from Jefferson Community College, Fort Drum, New York. While serving in the army, she earned her bachelor’s degree at Immaculata University, Immaculata, Pennsylvania; and later her master’s at the University of Pennsylvania in Philadelphia. Ms. Reikow has worked as a nurse practitioner at The Pavilion since 2014.

Having begun in August, Ms. Reikow travels to Athens Medical Center two days each month, the first and third Monday, to provide mental health medication management for Athens residents and Concord University students. If therapy is warranted, patients will be referred to The Pavilion for outpatient counseling.

Mr. Webb said, “I do inpatient care here, but since December 2018, I am also expanding outpatient services. When patients are discharged from inpatient status, scheduling follow-up appointments has been difficult, even at facilities like Southern Highlands. I am able to expedite outpatient follow-ups through our Structured Outpatient Program (SOP). SOP facilitates faster follow-up appointments and medication management, thus reducing readmission rates. We have seen a steady growth in outpatient services over the past year.”

Nathan Rowe, PMHNP-BC, CEN – Mr. Rowe completed his psychotherapy (counseling) for individual and groups with Life Strategies in Beckley, West Virginia, and his child and adolescent medicine management at Healing Waters in Cedar Bluff, Virginia. He completed his education with adult/older adult medicine management rotation at The Pavilion with Dr. Jeffry Gee. Mr. Rowe joined The Pavilion in September 2018. He is continuing to expand access to care through consultation at nursing facilities in the area.

Mr. Rowe said, “We make suggestions to the attending providers at the nursing facilities regarding the residents’ psychotropic medication prescriptions. We started at a nursing and rehab center in Mercer County and we recently expanded into McDowell and Summers counties. There is a high percentage of patients on psychotropic meds. I review their medical records and speak with them to ensure the medications are appropriate and safe. If I feel that their attending physician should look at different options for medications, then I make those suggestions. Clearly, the resident’s physician makes the medication changes. I am there as a specialty service resource for them.”
With the important new work of their nurse practitioners and physician assistants, The Pavilion continues to reach far beyond the walls of their physical location to impact the lives of area residents in meaningful ways.
It was not until after his wife received a cancer diagnosis in 2013, that retired PCH pathologist Dr. Gopal M. Pardasani understood the full financial impact of cancer care. He realized that many of his fellow citizens in southern West Virginia, particularly the working poor and those without adequate insurance, could not bear the financial burden of treatment.

As a result of that experience, Dr. Pardasani and his wife made the decision to establish the Princeton Community Hospital Foundation Cancer Care Fund to assist local oncology patients.

In the past five years over 325 individuals, including 11 PCH employees, have been assisted with medication, nutritional supplements, home care equipment, travel expenses, hotel accommodations, and other personal needs.

Fifty patients have been provided travel funds to assist with 477 trips for treatment. The first patient received help in October 2014 for travel to Wake Forest. Since 2014, the Cancer Care Fund has distributed a total of $34,608.

Dr. Pardasani said, “I always assumed that a cancer diagnosis was difficult emotionally and physically for a person and their family, but I never realized how financially burdensome it could become until my wife was diagnosed with cancer a few years ago. When we saw firsthand how many extra expenses we had and how many bills were coming in, it made us think about other people who were going through similar circumstances. We wanted to do something to help ease the financial burden for those who might be struggling to make ends meet. Our donation in 2013 was made to start the Cancer Care Fund. Since then, PCH Foundation has helped build and grow this fund to help hundreds of people in our community. We are proud to be part of an organization that cares so deeply about our community.”

Fundraisers for the Cancer Care Fund are held throughout the year under the direction of PCH Foundation Director Crystal Mabe. The activities include the annual Evening of Hope celebration, jewelry and linen sales, and dinner theatres.

Nearly all of the Cancer Care Fund recipients are patients in our own fully accredited Cancer Center.

The PCH Cancer Center is accredited by the American College of Surgeons Commission on Cancer. Our outpatient treatment therapy includes chemotherapy and radiation. In 2018, the Cancer Center had 6,081 visits and in 2019, 6,447 visits.

Additionally, in October 2018 PCH launched a new non-contrast Low Dose CT (LDCT) lung cancer screening program for patients at high risk for lung cancer. The Cancer Center’s Julie Lilly is the lung cancer screening navigator.

Cancer Committee Chairperson Dr. Rowena Chambers said, “The diagnosis of cancer is devastating. It is responsible for 600,000 deaths per year in the United States. Advances in treatment have had an impact. There will be 30% more cancer survivors in 2020 compared to 2010.

“This comes at great cost. While most of it is borne by third-party payers (Medicare and Medicaid), the balance many times is left to the patients in the form of high premiums, high deductibles, copays, and balance billing. “Our community has a disproportionate number of uninsured and underinsured population. A significant portion of them were already struggling before the diagnosis of cancer. Financial distress victimizes cancer patients a second time.

“To address this, our cancer program is supported by the PCH Foundation Cancer Care Fund. We are a close knit community. What affects one member affects us all. We may not be able to totally eradicate all distress associated with cancer care, but we do our best to help in every way.”
I always assumed that a cancer diagnosis was difficult emotionally and physically for a person and their family, but I never realized how financially burdensome it could become until my wife was diagnosed with cancer a few years ago.

Dr. Rowena Chambers
Cancer Committee Chairperson

Crystal Mabe
PCH Foundation Director

Dr. Gopal M. Pardasani
Retired PCH Pathologist and Founder of the PCH Foundation Cancer Care Fund
Net Revenue $152,667,710
Expenses $150,292,677
Revenue Available for Reinvestment $ 2,375,033

Hospital Patients Served
Emergency Room Visits 39,685
Outpatient Visits 244,314
Surgery Cases 5,780
Admissions 8,173
Births 531

Community Impact
Total Number of Employees 1,232
Annual Salaries and Benefits $ 72,298,371

Charity Care
Charity Care Provided in Fiscal Year 2018 $ 2,344,098

Year-by-Year Comparison

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Expanding Access to Comprehensive Care in Our Community
Quality

- July 2018: PCHA’s Medical Imaging achieved the American College of Radiology accreditation for the new mobile CT scanner. The gold standard in imaging accreditation, this designation assures patients that PCHA is providing the highest level of image quality and safety.

- July 2018: Mercer Medical Group’s ENT physicians, Dr. Mark Lentner and Dr. Mark Weitzel successfully passed their oral boards to become fully board certified.

- August 2018: PCHA’s Lab achieved a two-year accreditation from the College of American Pathologists (CAP), a peer-based inspector model that represents the most respected world-wide organization. Seven CAP surveys with specialties from hematology to blood bank reviewed the entire spectrum of the hospital’s lab test disciplines. This accreditation ensures that PCHA’s lab is compliant with the most scientifically rigorous requirements in the industry.

- August 2018: PCHA’s Lab achieved a second accreditation from the Joint Commission. Shortly after the CAP survey, Joint Commission reviewers conducted an announced on-site survey. This survey focuses on high quality and safe lab processes and follows lab specimens throughout the lab from time of collection to time of result reporting.

- August-September 2018: Medical Imaging received American College of Radiology (ACR) accreditation for all three of its new nuclear cameras. PCHA is the only hospital in southern West Virginia to hold this highly regarded status. In addition, the department received ACR re-accreditation on the in-house MRI unit.

- September 2018: PCHA received awards from the West Virginia Hospital Association for outstanding work in the “Commitment to Excellence Honors Program.” The hospital received the award for achievements in WVHA’s health initiatives which include Antibiotic Stewardship, Breastfeeding Initiative, Care Transitions, ER Information Exchange, Hospital Improvement Innovation Network, Influenza Vaccination, Opioid Stewardship, Tobacco Cessation and WVHA Discharge Data.

- November 2018: Princeton Community Hospital became the first hospital in West Virginia to offer the latest innovative prostate cancer screening, using the PET imaging agent Axumin, an FDA approved radioactive isotope with a half-life of two hours. Radiologist Dana Olson and Medical Imaging Director Sherri Sneed researched, designed and implemented the program. This screening offers prostate cancer patients with biochemical recurrence the best chance for a cure.

- November 2018: Medical Imaging began its Low Dose CT Lung Screening Program. This screening uses a special x-ray that takes multiple pictures; then combines the images into a detailed picture. A study of early detection of lung cancer has shown that this technology can reduce mortality for those at high risk of the disease and provide more precise data and more advanced capabilities in data analysis and management.

- December 2018: Dr. David Mullins announced that Princeton Community Hospital is at 100% for all three accountability measures of the Commission on Cancer’s accreditation programs including breast radiation after breast conserving surgery, combination chemotherapy for hormone receptor negative breast cancer, and adjuvant hormone therapy for hormone receptor positive breast cancer.

- February 2019: Medical Imaging received American College of Radiology’s designation as an ACR Lung Cancer Screening Center.

- March 2019: PCHA’s Orthopedic Center became the first center in West Virginia and only one of 22 centers nationwide to obtain DNV-GVL’s Hip and Knee Replacement certification as a Center of Excellence.

- PCHA’s Sleep Lab received reaccreditation in 2019 from the American Academy of Sleep Medicine, demonstrating the department’s commitment to the highest quality of care in the diagnosis and treatment of sleep disorders.

Safety

- PCHA’s Education Department provides the hospital’s staff with the latest education and skills training programs throughout the year. These programs ensure that staff are properly trained to use new equipment, new technologies and to provide services to our patients with the latest standards of care. In addition to ensuring the safety and quality of care inside our facilities, many of the Education Department’s classes are made available to the community.

- During FY 2019 PCHA employees and members of the community earned certifications for:
  - Advanced Cardiac Life Support
  - Non-violent Crisis Intervention
  - Pediatric Advanced Life Support
  - Trauma Nursing Core Course
  - Critical Care Review
  - Neonatal Resuscitation
  - Electrocardiogram
  - Cardiac Pulmonary Resuscitation
  - CPR and First Aid

- Throughout the year, the Education Department also provides training programs for updated regulations, new equipment, changes and updates to standards of care and skills competencies including:
  - Skills Day for Certified Nursing Assistants
  - Nurse Extern and Graduate Nurse Skills
  - MRI Safety
  - Trauma
  - Intravenous Therapy
  - Wound Vac/Ostomy Care/Aspira Drain
  - Central Line Care
  - Restraint and Seclusion Training
  - Emergency Preparedness/Fire Safety/Evacuation
  - Disinfection, Containment & Transport
  - Venous Thromboembolism/Chest Tubes
  - In-services for Masimo, Hover Matt/Jack, Nurse Call, Elixigs, Abbott Glucometer, Cardiac Cath teaching packet and bedside Medication Verification/Reconciliation

- During FY 2019, Plant Operations continued infrastructure upgrades to ensure a safe environment of care:
  - Completed coping project with addition of protective metal caps
  - Overhauled one of three main chillers and upgraded boiler and pneumatic tube systems
  - Electrical infrastructure upgrades to improve reliability and redundancy
  - Installed trial UV lighting in air handling system to improve operating efficiency and infection prevention
  - Expanded and renovated Athens Medical Center
  - Renovated pediatric patient rooms, physical therapy, pulmonary rehab and medical records
  - Updated pharmacy layout and mechanical systems for new clean room standards
  - Reduced IT risk by providing additional cooling redundancy and leak prevention
  - Extensive upgrades to Central Sterile to reduce infection risk
  - Upgraded telemetry cockpit
  - Continued upgrade of heating and cooling in patient rooms
• During 2019 Clinical Engineering completed many projects to install and upgrade equipment and systems throughout the hospital and clinics:
  - Completed installation of new GE AISIS CS2 Anesthesia Machines in OR;
  - New Zimmer IntelliCart waste management systems replaced end-of-life Stryker units in OR. This system reduces red bag waste up to 70%;
  - New Lunar Bone Densitometer in Parkview for improved patient diagnostics;
  - Installed Primex wireless temperature monitors on OR Pre-Op and Inventory refrigerators for improved monitoring of medications;
  - Upgraded Philips telemetry system and monitors for 4E according to master plan;
  - Installed ScottCare Cardiac Rehab telemetry as a new service in Pulmonary Rehab;
  - Installed Bedcheck patient fall monitoring in patient rooms to improve patient safety;
  - Chemical delivery system on Synergy washers upgraded to Steris;
  - Complete upgrade of Ascom nurse call system to improve reliability;
  - Installed new camera system for Physical Therapy waiting area;
  - Added Mercer Medical Women’s Health equipment for new services.

• In 2019 the Women’s Center initiated the Newborn Fall/Drop Policy and Protocol to identify those mothers who are high risk for dropping their newborns. Mothers are scored on risk factors such as bottle vs. breastfeeding, vaginal vs. c-section delivery, and whether they suffered extreme blood loss leading to weakness and tiredness. Risk levels are evaluated by staff 24/7 and displayed on the main nursing station’s work-board. Appropriate interventions are implemented and maintained according to the mother’s needs from immediately postpartum until discharge.

• In 2019 the Women’s Center Nursery revised their NAS scoring system for newborns experiencing drug withdrawal after birth. The updated scoring system now includes two RN’s versus one RN who score the newborn which provides more conclusive and congruent scoring before adjusting the infant’s withdrawal medication.

• PCHA’s Vice President of Patient Care and Nursing Department Managers implemented daily patient-centered safety huddles. These safety huddles provide an opportunity for the executive, manager and charge nurse to discuss in detail patient circumstances, including risk of falls, pressure injuries, high risk medications, transmission-based precautions, indwelling catheters and central access devices. This communication has become an essential tool in making the necessary, proactive adjustments in staffing, assignments and the focus of the unit team to ensure patient safety.

### Customer Service

• PCHA’s Human Resources Department continued recruitment and retention efforts during 2019, providing benefit enhancements, increasing opportunities for management and employee communication and interaction and providing many employee activities throughout the year:
  - Hosted the annual “Employee Appreciation Night at the Ball/game” for approximately 475 employees and family members;
  - Implemented Daily Pay, a technology that empowers employees to meet emergency financial needs, financial goals and pay bills by giving them control of when they get paid;
  - Implemented a program for recognition of employee anniversaries with cards of appreciation for their service;
  - Organized staff luncheons for management and specific employee groups to recognize their service, address questions and concerns and get feedback on making the organization a greater place to work and grow;
  - Expanded Executive Team Rounding to include night shift.

• PCHA’s Laundry and Surgical Services coordinated the implementation of the Cintas Scrub Dispensing Program to provide PCHA’s surgery departments, central sterile and Women’s Center staff and physicians with clean, pressed high quality scrubs.

• The Orthopedic Center began hosting reunion luncheons every two months for recent knee and hip replacement patients. The luncheons provide patients with the opportunity to compare their progress of recovery and rehabilitation after surgery.

• In October 2018, Dr. David Mullins, American Cancer Society’s “Real Men Wear Pink” representative for southern West Virginia organized Mercer County’s first 5K walk/run. The event was sponsored by PCHA’s Mercer Medical Group General Surgery to promote breast cancer awareness and cancer research.

• The Behavioral Health Pavilion Security Officer, Josh Hamby initiated and organized various team-building events for employees at the Pavilion in 2019. Josh’s initial goal was to provide his co-workers with fun-filled activities during the holidays. The result of Josh’s idea not only accomplished his goal, his idea developed into an employee sponsored effort to benefit community charities.

• PCHA welcomed Obstetrics/Gynecologist Dr. Kenneth Baker to Mercer Medical Group’s new Women’s Health practice. Dr. Baker will provide services across all spectrums of women’s health including pelvic surgery, infertility and services to address the health care needs of aging women.

• PCHA celebrated a milestone in 2019 by becoming the first hospital in West Virginia to offer birth tissue recovery. PCHA’s Women’s Center partnered with TriforLife Tissue Recovery Group based in Johnson City, TN, to offer this option for new mothers giving birth via c-section at PCHA. Women’s Center Director Sandy Counts spearheaded the effort after researching the process and the life altering benefits of living donor tissue practices. Since the program’s start over 2,000 skin grafts have been performed using birth tissue donated by patients at the Women’s Center. A single donation can help as many as 100 patients heal from burns, diabetic ulcers, corneal surface repair, and neurosurgical procedures. With plans for enhancing wound care at PCHA, this service will be particularly beneficial for our own patients.

• The Behavioral Health Pavilion began offering Spravato treatments in its outpatient program. Spravato is an FDA approved prescription medication administered in a nasal spray and used in conjunction with an oral antidepressant for adults with treatment resistant depression. The drug is given in a health care setting where the patient can be monitored for potential side effects. Applied twice weekly for the first four weeks, then once weekly for the next four weeks, the need and frequency of maintenance treatment is assessed. A recent clinical trial showed a 69% response rate and a 52% remission rate in patients having failed multiple antidepressant treatments previously.

• In the spring of 2019, a major expansion project was under way at PCHA’s Athens Medical Center to better serve the Athens community and Concord University. The renovation will provide additional space for walk-ins, new radiology services and new behavioral health services.

• One year after the launch of the PCHA’s Nurse Residency Program in May 2018, 26 of 28 new nurses who formed the first cohort graduated in May 2019. Initiated by Vice President of Patient Care, Rose Morgan and under her direction, the success of the first year of the program was the result of diligent work by PCHA’s nurse educators, nursing directors and nursing staff. Throughout the year all those involved continued to develop and shape the program to meet the needs of the graduate nurses, which included an individualized web-based component, a classroom component, and practical
application of skills learned in the classroom to patient care at the bedside. The program’s success is evident by the competency, confidence and skills acquired by the graduates during this year-long onboarding process.

- PCHA’s Volunteer Auxiliary provided the organization with another year of over 10,000 hours of service in 2019. In addition, their financial support provided the following benefits to the hospital and community:
  - Sponsored the Macey Whittaker SIDS Awareness project with proceeds providing sleep sacks for all newborns at PCHA;
  - Contributed $27,500 to the hospital to assist with programs and capital improvements;
  - Provided $7,500 for nursing and medical student scholarships;
  - Continued furnishing replacement car seats to the Emergency Department for children involved in car accidents;
  - Sponsored the Salvation Army’s “Angel Tree” project, providing 50 area children with Christmas gifts;
  - Continued furnishing outpatient oncology patients with blessing bags;
  - Continued providing the Children’s Home Society WECAN mentoring project with birthday boxes for participants.

- On May 31, 2019, PCHA held the third annual Evening of Hope, an event designed as a celebration of life to honor and support cancer patients throughout the community and memorialize those people who lost their fight with the disease. The event raised over $30,000 with all proceeds used to assist PCHA cancer patients with the cost of medications, nutritional supplements, medical equipment and travel expenses.

- PCHA’s Health and Fitness Center continued its community outreach programs for preventive health and wellness as well as participating in community fundraising events:
  - Served over 4,000 members in 2019;
  - Served 65 students in the After-School Program and the Summer Day Camp Program;
  - Served over 175 children in Kids Korner/Kids Gym Child Care;
  - Served 40 participants of the PEIA Weight Management Program;
  - Participated in community events including blood drives for the American Red Cross and VA Blood Services, PCHA’s Evening of Hope, Autumnfest, the annual Women’s Expo and hosted two community health fairs as well as participated in various health fairs throughout the community.

**Finance**

- PCHA recognized an excess of revenues over expense in FY 2019 of $2.4 million. While the organization experienced a loss of $1.0 million from operations, nonoperating revenues contributed $3.4 to the overall positive change in net assets for the year.

- PCHA contributed $5.1 million in FY 2019 to fund the employees’ defined benefit pension plan. Contributions to the plan in fiscal years 2013-2019 totaled $48.7 million. PCHA’s Trust Committee has remained diligent in its efforts to attain the fully funded status for the plan. FY 2017 would have marked the final year in their original 5-year plan to fully fund the plan. Changes in accounting standards required for governmental tables added $22.8 million to the total pension liability in 2015, making the original 5-year goal impossible to meet. Subsequently, the committee has revised the plan annually based on the volatility of the pension plan investments to changes in the stock market. Funding of the plan is contingent upon the performance of the pension plan assets each year and PCHA’s ability to generate the cash required to achieve the full funding goal.

- PCHA invested $7.4 million in capital improvements and equipment in FY 2019, with the largest investment of $4.3 million for computer hardware, software, and labor to implement Meditech Expanse.

- PCHA’s Foundation initiatives and financial support during 2019 provided the following:
  - J.D. Muldoon, MD, Memorial Scholarship Program awarded $28,500 in scholarships to 20 area students pursuing careers in healthcare;
  - Evening of Hope celebrating cancer survivors raised over $30,000 for the Cancer Care Fund;
  - Lights of Love program funds provided over $11,000 of equipment including Bili Light for the nursery, two breast pumps for the Women’s Center, two geriatric chairs for The Pavilion and the renovation of three pediatric rooms;
  - Neighborhood Investment Program raised $68,500 for qualifying patients who need assistance with medical bills;
  - Cancer Care fund distributed over $10,000 to assist 130 cancer patients and their families with medications, dietary supplements, necessary medical equipment and travel expenses;
  - The Cancer Care Travel Assistance program distributed $5,000 assisting patients with 477 trips to treatment.
  - Hospitality Program funds provided lodging for PCHA patients and their families while undergoing treatments;
  - Golf Tournament 2018 funds provided 23 digital radios for Security and Plant Operations, flooring for The Parkview lobby, feedback mannequins for Education, patient recliners for 3-South and 3-West and waiting area furniture for Human Resources;
  - Continuing education funds provided course fees for PCHA employees to attend job-related workshops and seminars.

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**Congratulations to Dr. Generoso D. Duremdes On His 50th Anniversary With PCH!**

Princeton Community Hospital wishes to express its deepest gratitude to Dr. Generoso D. Duremdes for 50 years of compassionate care, loving kindness, medical excellence, and an unwavering devotion to his patients, the community, and this hospital.

Left to right: Dr. Janelle Duremdes, Dr. Generoso D. Duremdes, Dr. Gene Duremdes, and Mary Duremdes at the 50th Anniversary Celebration.
We owe our success to the hard work and dedication of our family of employees at PCH, The Pavilion, and all MMG Affiliates.