

Columbus Community Hospital

Where your health matters.



2020

Columbus Community Hospital (CCH) is a not-for-profit, 47-bed, acute care hospital that is certified for swing beds with an additional 14 ambulatory outpatient beds and four skilled nursing beds. Established in 1972 by the merger of St. Mary's Hospital and Behlen Memorial Hospital, CCH is governed by a local board of directors, licensed by the Nebraska State Board of Health and accredited by the Joint Commission.



QUICK FACTS:

Our People:

- Columbus Community Hospital is made up of:
- More than 740 employees
- An active medical staff of 49 physicians, representing 14 medical specialties
- An additional 20 specialty services brought to the community on an intermittent basis by visiting physicians
- More than 200 volunteers



Our Services:

- 24-hour level III trauma care
- Acute rehabilitation
- Anesthesia
- Aquatic therapy
- Birth and infant care
- Cancer treatment and survivor programs
- Cardiopulmonary rehabilitation
- Child care center
- Community wellness and education programs
- Concussion management clinic
- Diabetes and health education
- Diagnostic imaging
- Dietitian services
- Emergency services
- Endoscopy
- Healthy Families Program
- Home health services
- Hospice programs
- Hospitalists
- Illness and injury support groups
- Infusion services
- Inpatient hemodialysis
- Inpatient pharmacy
- Intensive care
- Interpreter services
- Laboratory services
- Lifeline
- Neonatal intensive care
- Occupational health services
- Oncology patient navigation program
- Opioid services
- Orthopedic services
- Otolaryngology services
- Plastic surgery
- Psychiatry
- Rehabilitative services: occupational, physical and speech therapy
- Respiratory care
- Simulation lab
- Skilled nursing unit
- Sleep lab
- Social work
- Sports medicine program
- Stroke care
- Surgery – inpatient and outpatient
- Surge joint replacement program
- Swing bed unit
- Volunteer services
- Wound, ostomy and continence care



RENOVATION AND EXPANSION PROJECT

Columbus Community Hospital broke ground on a \$35-million renovation project on April 5, 2019. The renovation will primarily impact the surgical services, maternal child health and radiology departments of the hospital.

The largest structural change will be an expanded surgical services department, which will be built to the north of the existing surgical services department. It will include five operating rooms with space dedicated for operations, endoscopic procedures and same day surgeries. A separate addition on the first floor will include a new cardiopulmonary rehabilitation department. As part of the renovation, the maternal child health department will be also be updated after a move to the third floor. The updated unit is expected to include eight rooms for labor, delivery, recovery and postpartum (LDRPs), along with four additional rooms for postpartum care. The hospital will continue regular operations throughout the renovation process, which is expected to be completed by the end of 2021.

Total Annual Admissions for 2019

Inpatient Admissions:	1,747
Swing Bed Admissions:	123
Newborns:	573
Emergency Visits:	10,698
Outpatient Surgical Procedures:	3,269
Inpatient Surgical Procedures:	646

TELE-PSYCHIATRY PROGRAM

Thanks to a partnership with Bryan Telemedicine, Columbus Community Hospital patients have around-the-clock access to a board-certified psychiatrist without leaving CCH. Through the program, CCH attending physicians have access to a mobile telemedicine cart that can be wheeled into each patient's room. A CCH nurse or physician can then connect to a board-certified psychiatrist from Bryan Telemedicine who specializes in a variety of mental health issues, including suicidal ideation, severe depression, bipolar disorder and schizophrenia, among other issues. After each consultation, local providers work collaboratively with the psychiatrist to determine the best course of action for each patient.

COLUMBUS PLASTIC SURGERY

Columbus Community Hospital is proud to announce the addition of Columbus Plastic Surgery which opened in January 2019. The practice is the first plastic surgery clinic in Columbus and is located in the hospital's Healthpark Medical Office Building.

Columbus Plastic Surgery offers the services of Dr. Sanjay Mukerji, who is board-certified in plastic surgery and has been in practice for more than 20 years. Dr. Mukerji specializes in a variety of surgical and non-surgical cosmetic procedures and serves local patients by providing cosmetic services and post-trauma reconstructions.

PATIENT CARE AWARD

Columbus Community Hospital received a 2019 Excellence in Patient Care Award in July 2019 from Huron's Studer Group. CCH was recognized with this award for receiving an overall quality rating of 5-stars from the Centers for Medicare & Medicaid Services. Excellence in Patient Care Awards are presented annually to a select group of partner organizations from Huron's Studer Group. The results are measured by the Hospital Consumer Assessment of Healthcare Providers and Systems patient experience survey that is required by CMS. Organizations receive awards when they demonstrate overall improvement in areas such as patient satisfaction, and employee and physician engagement.

ACCLARENT TRUDI™ NAV SYSTEM

Columbus Community Hospital purchased the ACCLARENT TruDi™ Nav System, an electromagnetic navigation system for ear, nose and throat surgeries, in fall 2019.

The ACCLARENT TruDi™ Nav System allows ENT physicians to track and display the real-time location of the tip of navigated instruments during intranasal surgical procedures. At CCH, the system is used for endoscopic sinus surgery and other types of ENT procedures. The system enables CCH's otolaryngologists to better serve patients with sinus disease, allergies and nasal polyps.

The purchase of the ACCLARENT TruDi™ Nav System was funded by the CCH Foundation.

DRS. SELL AND ANDERSON JOIN CCH HUMPHREY MEDICAL CLINIC



CCH's Humphrey Medical Clinic is the primary care clinic in Humphrey, Nebraska. The clinic cares for patients of all ages – from infants to geriatrics. It has been providing exceptional health care to Humphrey and area residents for more than 30 years.

In December 2018, Dr. Milton Zadina – who had practiced at the clinic since it opened in August 1987 – announced his retirement from the clinic. In January 2019, Dr. Michelle Sell and Dr. Kipton Anderson started seeing patients at the clinic. They are joined by Lois A. Franzen, APRN-C, FNP and Deb Papstein, LPN.



MAKO ROBOTIC-ARM ASSISTED SURGERY SYSTEM

In summer 2019, Columbus Community Hospital became one of the first hospitals in the area to offer robotic-arm assisted total knee, partial knee and total hip replacements with Stryker's Mako Robotic-Arm Assisted Surgery System.

With the Mako Robotic-Arm Assisted Surgery System, orthopedic surgeons can control sizing and implant position based on a preoperative CT scan. While the orthopedic surgeon still does the operation, the Mako Robotic-Arm Assisted Surgery System is brought into position to make the cuts.

When bone cuts are performed with this robotic-assisted technology, there are benefits for patients after surgery, such as:

- Less trauma to surrounding tissue
- Shorter hospital stays, and
- Less post-operative pain

INPATIENT HEMODIALYSIS

Columbus Community Hospital added a new inpatient hemodialysis service in August 2019. In the past, hospitalized patients at CCH who required dialysis were transferred to other facilities to receive that care. Through this new service, CCH inpatients are able to receive dialysis at the hospital. The new inpatient hemodialysis service is a partnership between CCH, Bryan Telemedicine, Dialysis Center of Columbus, and Nephrology Care, LLC.

WALK WITH A DOC

Columbus Community Hospital hosts a Walk with a Doc event the third Tuesday of each month at various locations across Columbus. During these events, community members are invited to walk and talk with CCH's health care providers. These events encourage physical activity in people of all ages and they are a great way to get out, get active and enjoy all the benefits that come from walking. The free events last about an hour. No registration is necessary and no special gear is needed.

QUICK FACTS:



Our Facility:

- Columbus Community Hospital is a 153,000 square foot hospital constructed in 2002. It is located on 80 acres in the northwest part of Columbus.
- In 2012, the hospital completed a 30,000 square foot addition. This allowed for expansion of the Emergency Department, increased patient privacy in the registration area and created a women's imaging center.
- In fall 2015, CCH collaborated with the YMCA to open the Columbus Wellness Center on adjacent property. Most of the Rehabilitative Services department moved to the Columbus Wellness Center and the pediatric rehabilitation service, Wiggles & Giggles Therapy for Kids™ moved there from their off-site location.
- In August 2017, the 14,000 square foot, state-licensed, CCH Child Care Center opened. It gives CCH employees a convenient child care option.
- CCH's south campus houses offices for the medical outreach services of Home Health and Hospice, Healthy Families and Occupational Health Services.

HEALTHCASTS

Columbus Community Hospital's new podcast series, Healthcasts, offers listeners practical, useful advice for a lifetime of good health. In convenient 10-minute segments, CCH's knowledgeable physicians and health experts provide valuable health information on topics like managing weight to keeping your heart beating strong. The podcast series is located on CCH's website, www.columbushosp.org, and each episode is available to download from Google Play, iTunes, iHeart-Radio, Spotify, Stitcher and TuneIn.



IOVERA° TREATMENT

Columbus Community Hospital now offers the iovera° treatment, an innovative approach to blocking pain, as part of the hospital's standard of care. The iovera° treatment is a clinically proven, non-opioid, long-lasting pain management solution that uses the body's natural response to cold to relieve pain. CCH's use of iovera° is part of the hospital's effort to explore non-opioid pain management techniques, since the abuse of opioids is a concern across the country.

BRIGGS & BARRETT PROJECT

Columbus Community Hospital has joined the fight to reduce the risk of Sudden Infant Death Syndrome (SIDS) by partnering with the Briggs & Barrett Project. The Briggs & Barrett Project was created by two mothers in Norfolk, Nebraska who each lost a son to SIDS and Sudden Unexpected Infant Death (SUID).

Thanks to this partnership, new parents who deliver at CCH receive a Halo Sleep Sack and a copy of an educational book, which are meant to promote safe sleep practices from day one. The materials teach parents that they can reduce the risk of SIDS and other sleep-related infant deaths by placing babies on their backs for all sleep times and removing blankets or toys from sleep areas.

PATHWAY TO EXCELLENCE DESIGNATION

Columbus Community Hospital was designated as a Pathway to Excellence® organization through the American Nurses Credentialing Center in June 2019. According to the ANCC, the Pathway to Excellence® program is the "premier designation for healthy work environments" that recognizes "health care organizations that demonstrate a commitment to establishing the foundation of a healthy workplace for staff." CCH is one of only three hospitals in the state to achieve this designation.

ROCK STEADY BOXING

CCH's Rehabilitative Services is now offering Rock Steady Boxing classes at the Columbus Wellness Center. Rock Steady Boxing is a non-profit organization that gives people with Parkinson's disease hope by improving their quality of life through a noncontact, boxing-based fitness curriculum. RSB exercises vary in purpose and form, but all of them are rigorous and are intended to delay or stop the loss of participants' functional abilities.

RSB classes have proven that anyone, in any stage of Parkinson's, can lessen their symptoms and lead a healthier and happier life. Science is showing that intensive exercises, like those performed in Rock Steady Boxing, may be neuro-protective, actually slowing disease progression and the loss of functional abilities.

PATIENT NAVIGATION PROGRAM

To better serve area residents who have been diagnosed with cancer, CCH has developed a patient navigation program. In fall 2018, Adrian Tasa, RN, BSN, OCN, was hired as CCH's first oncology nurse navigator and Shelby Czarnick, CMSW, LIMHP, was hired as CCH's first cancer support service specialist. Since the program was started in 2018, Judy Pribnow, LPN has also joined the program as a part-time oncology nurse navigator.

Patient navigation programs and positions like these have been shown to improve patients' timely access to medical treatment, as well as patients' comfort level with, and understanding of, the health care system.

NATIONAL DIABETES PREVENTION PROGRAM

The National Diabetes Prevention Program at Columbus Community Hospital is designed to help people with prediabetes reduce their risk of Type 2 diabetes and improve their overall health.

In this yearlong program, participants meet in a group with a trained lifestyle coach for at least 16 sessions during the first six months and then sessions once or twice a month for the rest of the year. The lifestyle coach helps participants make small changes to their lifestyles that can lead to big results. Since CCH started offering the program in 2017, participants have lost an average of five to six percent of their body weight and averaged more than 200 minutes of activity each week. The program received national recognition in 2018.

LEAPFROG SAFETY SCORE – STRAIGHT A'S

Columbus Community Hospital has again been recognized for its commitment to patient safety with an "A" grade in The Leapfrog Group's Fall 2019 Hospital Safety Score.

The Leapfrog Group is a national nonprofit organization that collects and reports information on more than 2,600 hospitals across the country. The Leapfrog Group then assigns letter grades to hospitals based on their records of patient safety. CCH has earned an "A" grade for nine consecutive scoring cycles, maintaining a "Straight A" record. According to The Leapfrog Group, this is the nation's most prestigious honor for patient safety.

TOP 100 RURAL & COMMUNITY HOSPITAL

In February 2019, Columbus Community Hospital was named one of the Top 100 Rural & Community Hospitals in the United States by The Chartis Center for Rural Health, an advisory and analytics firm dedicated to supporting rural and community hospitals. The award is regarded as one of the health care industry's most significant designations of performance excellence. CCH was one of only two Nebraska facilities to be recognized.

CHIP AND CLUB CHIP

Columbus Community Hospital offers the Complete Health Improvement Program, an affordable lifestyle enrichment program designed to reduce disease risk factors through lifestyle modification. CHIP courses are offered in 18, one-hour sessions over three months. At various points throughout the program, participants take part in blood draws and health risk assessments which help track their progress.

Following their participation in the program, participants can also join Club CHIP, a support group for people who have successfully completed the program.

OPIOID INTERVENTION PROGRAM

Columbus Community Hospital launched a new opioid intervention program in June 2019. The program is offered through Bryan Health's Bryan Independence Center, a substance use treatment center which offers inpatient and outpatient treatment for substance abuse. In the program, CCH physicians are able to refer patients who are misusing opioids/opiates to a telemedicine substance use assessment with one of Bryan's specialized intervention nurses.

BUMP & BEYOND PREPARED CHILDBIRTH CLASS

Columbus Community Hospital offers Bump and Beyond Prepared Childbirth Classes which teach expectant parents about labor and delivery, comfort techniques, medical procedures, cesarean births, as well as information on newborn and postpartum care. The class is offered in three-week evening or weekend express options. The classes cost \$30 per couple for each series of classes and Spanish interpreters are available.

★ ★ ★ ★ ★ FIVE STARS FOR QUALITY

In spring 2019, Columbus Community Hospital was named in a list of 293 hospitals that were given five stars for overall hospital quality through the Centers for Medicare & Medicaid Services. CMS' Hospital Compare website reports on quality measures for more than 4,500 hospitals nationwide. The system looks at mortality rates, safety of care, readmission rates, overall patient experience, effectiveness of care and timeliness of care, among other criteria. CCH was one of two Nebraska hospitals to receive the highest rating.

PHYSICIAN RECRUITMENT



Dr. Sanjay Mukerji (January 2019)

Dr. Sanjay Mukerji has started seeing patients at Columbus Community Hospital's new Columbus Plastic Surgery Clinic. Dr. Mukerji completed his bachelors of medicine and surgery at All India Institute of Medical Sciences in New Delhi, India. He completed his residency in plastic surgery at George Washington University Medical Center in Washington, D.C. He is board-certified in plastic surgery and is a member of the American Society of Plastic Surgeons.



Dr. Shawn Brandenburg (August 2019)

Dr. Shawn Brandenburg joined Columbus Orthopedic & Sports Medicine Clinic in August 2019. Dr. Brandenburg completed his Bachelor of Science in biotechnology with a minor in chemistry from the University of Nebraska at Omaha in 2005. He completed his orthopedic residency at Metro Health Hospital in Wyoming, Michigan and completed the Hedley Orthopaedic Adult Reconstruction Fellowship in Phoenix, Arizona. He is a member of the American Academy of Orthopedic Surgeons, American Medical Association and American Osteopathic Association, among others.



Dr. Venkata Kolli (August 2019)

Dr. Venkata Kolli, psychiatrist, started practicing in Columbus in August 2019. Dr. Kolli splits his time between the Good Neighbor Community Health Center's Behavioral Health Clinic and CCH's outpatient clinic. Dr. Kolli is board-certified in adult and child psychiatry and is able to see patients from age four through adulthood.

BIKE SHARE

CCH has worked with local nonprofit group, Columbus in Action, to bring a Bike Share program to Columbus. Now, Columbus residents and visitors are able to explore the city on two wheels by renting a bicycle for a small fee. Bike Share bikes are available at Columbus Community Hospital, the Columbus Wellness Center and Ramada - River's Edge Convention Center. To ride, users download a free app using their smartphones. The app, called Movatic, is available in the App Store and on Google Play. After each use, the bicycle can be returned to the kiosk location where it was originally rented.

CARFIT AND BIKE FITTING EVENTS

Columbus Community Hospital has offered CarFit and bike fitting events to ensure its community members are safe and comfortable on the road.

CarFit is a community-based program that provides a quick, yet comprehensive check on how drivers and their vehicles work together. Much like a tailor alters clothes for a better fit, a trained CarFit professional recommends minor alterations that can help drivers have better and safer trips inside their vehicles.

CCH also held a bike fit seminar and fitting that offered similar services to cyclists. The event taught cyclists how to alleviate common pain issues that may be associated with cycling and attendees were encouraged to bring their bikes to be personally fitted.

FOOD THOUGHTS AND COOKING CLASSES

Columbus Community Hospital's dietitians offer a variety of programs to educate community members on nutrition and healthy eating. Their free Food Thoughts program gives community members the opportunity to interact with nutrition professionals in weekly, one-hour sessions. CCH dietitians and certified diabetes educators also lead monthly cooking classes which cover topics like Cooking for a Healthy Blood Pressure, Plant-based Cooking and Meals with Hidden Healthy Foods. The classes cost just \$15.

VIP VALET SERVICE

Going to the hospital when you are sick or recovering from an injury can be very tiring. If you add a long walk to the front door, trouble finding a parking spot or unfavorable weather, that visit can become even more challenging. That's why Columbus Community Hospital has added a valet parking service. The service, called VIP: Very Important Patient Valet Parking, is now offered at no cost to patients and their families.



Our mission is to improve the health of the communities we serve.

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