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Patient Care Advances, Future Growth Highlight CMH Group Annual Meeting

On Tuesday January 22, the CMH Group, Inc. held its 2007 Annual Meeting. The CMH Group functions as an umbrella organization that comprises Cortland Regional Medical Center (CRMC), the Cortland Memorial Foundation, CMH Services, and the Groton Community Health Care Center.

Brian Mitteer, CRMC President/CEO, remarked that 2007 was another successful year for Cortland Regional Medical Center and the other members of the group. It was a year that saw “CRMC strengthen its commitment to provide quality healthcare, with skill and compassion, to Cortland and the surrounding communities”. Mitteer shared information on highlights from the past year, and offered a glimpse of plans for the coming year:

- Introduced innovative new equipment to assist in diagnosis and treatment such as:
 - Digital mammography and breast MRI to strengthen women’s health services
 - The rehab car for transfer training, along with the functional living apartment, assists patients in performing “real life” tasks (Rehabilitation Services)
 - First hospital in Central New York to offer impulse oscillometry testing for young patients (Respiratory Care)
 - AutoPulse CPR compressor to more effectively treat adult cardiac arrest patients (Emergency Services)

- Partnered with other area regional organizations to improve care in specific areas: St. Joseph's (dialysis services), University Hospital (stroke care), and Syracuse University at Utica College (bachelors in nursing program).
- CRMC received community recognition from the J.M. Murray Center, which selected the medical center as its "Employer of the Year" for its efforts to integrate people with disabilities into its workforce.
- Growing confidence in Cortland Regional doctors, nurses, and other professionals contributed to a 3% increase in inpatient admissions and 9% increase in surgeries over 2006.
- Community use of many CRMC outpatient services also increased during the past year, including: respiratory care tests (15%), prompt care visits (11%), laboratory tests (8%), and medical imaging tests (5%).
- Due to increases in service volume and prudent fiscal management, CRMC generated revenues of \$76.1* million, a 5.5%* increase over 2006, with an operating gain of \$2.7* million. (*preliminary numbers – unaudited, subject to change)

Mitteer observed that while 2007 was a year of significant accomplishment, he looked forward to 2008 "with great excitement". He noted that the state approval process for a new surgical and obstetrical addition had been initiated and anticipated a spring 2009 ground break for the project. Mitteer also pointed to other 2008 goals for CRMC which include: implementing a new stroke telemedicine program with University Hospital, completion of renovations to the maternity and labor and delivery areas, and pursuing a comprehensive physician recruitment plan.

In addition to CRMC, accomplishments noted by the other three affiliates included:

- The Cortland Memorial Foundation continued growth of its endowment fund, which helps support the purchase of new equipment for the Medical Center. It also increased the overall number of donors through programs such as the Higgins Society, the Physician and Employee Campaigns, and the Community Appeal.
- CMH Services continued trend of growth in oxygen sales, which is its primary revenue source, and added 142 new patients in 2007. Other service areas experienced impressive increases over the previous year: sleep aid equipment (up 53%), post mastectomy products (up 20%), and power mobility products (up 4%)
- At a time when other nursing facilities have seen a decline, Groton Community Health Care Center continues to have one of the higher occupancy rates (93%) in the area. Other achievements at GCHHC included completion of a very successful compliance survey and collaboration with CRMC to improve nursing administration and staff in-service education.

The meeting concluded with a presentation by the evening's special guest speaker, Joanne Badman, Safety Coordinator for Cortland Regional Medical Center. Badman reviewed the medical center's recent emphasis on disaster preparedness and the importance of networking with other community agencies in time of crisis.

"Community networking is crucial", said Badman. "to alleviate chaos in time of crisis. We need to train and coordinate the response together."

She indicated that much time has been devoted to designing hospital-wide plans and educating staff on how to handle various scenarios. Over the past three years, 15 different disaster exercises had been conducted, including decontamination, bomb threat, mass smallpox vaccination, armed intruder, and infant abduction. Badman pointed out that all these exercises

were conducted along with other community agencies such as the Cortland Fire Department, Cortland Police Department, SWAT Team, and Cortland County Health Department.

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