Our Goal Is to Serve You

In the Advocate Trinity Hospital Office for Mission & Spiritual Care, we see the connection between health and faith on a daily basis. In each issue of Connections, we bring together news and messages from our hospital and its staff which we hope will help you with your ministry of faith. In this issue:

- Dr. Paul Crawford, a nephrologist and long-standing friend to Trinity Hospital, has a strong message for faith leaders on kidney health and lifestyles.
- Learn not only about volunteers’ training and their day to day work but also about the health benefits of volunteering.
- Jon Bruss shares his plans for further improving our excellent nursing staff – plans which may directly affect members of your congregation.

I am eager to hear your thoughts about Connections. Please let me know what you would like us to include in a future issue. And thank you for once again connecting with us at Trinity Hospital.

Rev. Brenda Jackson, Vice-President, Mission & Spiritual Care

Well-Trained Patient Care Professionals

We at Trinity Hospital have embarked on a journey to be designated as a Nursing Magnet hospital by 2012, a status that only 3% of hospitals nationally achieve.

With that goal in mind, we have already made considerable headway:

- We have reduced our nursing staff vacancies to be below the average in Chicagoland.
- We have improved our ratio of nurses to patients; it is now as good or better than national averages.
- We have staffed a clinical education department to train our nurses.

Having well-trained patient care professionals is one key aspect of our future. Our vision is to be a nationally recognized community hospital with top 10% health outcomes and patient satisfaction.

I look forward to telling you about our clinical programs in the next issue of Connections.

Jon Bruss, President, Advocate Trinity Hospital
Advocate Trinity Hospital Outpatient Programs and Services

- Trinity Hospital offers a wide range of outpatient testing.
- We pride ourselves on having outpatient programs which provide easy access for both physicians and patients.
- Many of our programs, testing modalities and clinics offer same or next day appointments.
- We even offer walk-in clinics on certain days. (For example, mammographies are available on a walk-in basis on Thursdays.) All that is required when making an appointment is an order from your clinician and a pre-certification for certain tests or procedures. Valet parking is free for outpatient services.

Below are some of the outpatient programs as well as contact and scheduling information for them:

<table>
<thead>
<tr>
<th>Outpatient Program, Department, Clinic</th>
<th>Program Description</th>
<th>Contact and Scheduling Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ambulatory Surgery/Outpatient Surgery</td>
<td>Outpatient surgery scheduling</td>
<td>773-967-5232</td>
</tr>
<tr>
<td>Endoscopy Services</td>
<td>Gastroscopy, colonoscopy, ERCP, PEG insertion, PEG replacement, esophageal banding, esophageal dilatation, flexible sigmoidoscopy, liver biopsy, abdominal paracentesis and bronchoscopy</td>
<td>773-967-5774</td>
</tr>
<tr>
<td>Breast Imaging</td>
<td>Digital screening and diagnostic mammograms. CAD/computer aided detection, a computer over read of every screening mammogram. Ultrasound breast exams, stereotactic breast biopsies and vacuum assisted ultrasound breast biopsies. Needle localizations prior to surgery and sentinel node procedures. Breast Health Specialist Breast Reconstruction</td>
<td>773-967-1000 773-967-5418 773-967-5488</td>
</tr>
<tr>
<td>CT/Computed Tomography</td>
<td>2 CT scanners, a 16 and a 64 slice scanner. We perform all procedures including CT guided biopsies and CT angiography. We use techniques that enable us to image “gently,” using low radiation doses. MRI: We perform MR Angiography (MRA), musculoskeletal MRI including joint, spine and soft tissue extremities, MRI of the brain and MRCP exams. Ultrasound: All sonographic exams including OB, vascular, abdominal, breast, biopsies and drainage procedures. Nuclear Medicine: Cardiac stress imaging, sentinel node, body, brain, bone, lung and GI scans. General Radiology: All imaging studies including GI work both upper and lower GIs, IVPs hysterosalpingograms and cystograms</td>
<td>773-967-1000</td>
</tr>
</tbody>
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Kidney Month:
A Message to Faith Leaders
by Dr. Paul Crawford

- Chronic Kidney Disease (CKD) affects over 26 million Americans.
- End Stage Renal Disease (ESRD) impacts over 400,000 Americans who are blessed to have the life saving treatment of dialysis to replace some of the kidney function loss.
- 45% of ESRD is due to Diabetes Mellitus. 27% of ESRD is due to Hypertension.

My interpretation of the above data is that greater than 70% of kidney failure is due to preventable causes. So, if we vigorously control hypertension and diabetes mellitus, thousands of patients will not need dialysis or kidney transplant. Kidney transplant is the treatment of choice for kidney failure, but for various reasons, patients do not pursue kidney transplant options as they should.

Lack of awareness is the single most modifiable risk factor for making a significant impact on patients, families, doctors, nurses, social workers, and pastors serving our community suffering with Chronic Kidney Disease.

Currently, I am treating father and son; mother and daughter; grandmother and grandson as well as the children of my first patients from 10 to 25 years ago. Something is very

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Volunteers in Action

Committed volunteers promote Advocate Trinity Hospital’s mission in countless ways. Among this circle of volunteers are the lay Ministers of Care who assist the Office for Mission & Spiritual Care by providing spiritual support to patients of the Catholic faith.

These non-ordained Catholic Church members provide a variety of support to patients. They visit with patients and offer them prayer books, rosaries and Holy Communion that has been consecrated by a parish priest. All the volunteers are members of parishes within Trinity Hospital’s service area.

Each volunteer participates in 12 hours of training that is conducted at and supported by Trinity Hospital. The training is facilitated by a priest or other Catholic Church professional. Every volunteer completes this training and a full-day Trinity Hospital orientation before beginning patient visits.

These Ministers of Care, who are either English speaking or Spanish/English bi-lingual, make themselves available to visit Catholic patients Monday through Friday each week.

We salute these dedicated volunteers who are vital to Trinity Hospital’s delivery of the highest quality of health care with a spirit of compassion!

Volunteer Your Way to Better Health

Exercise and a good diet provide enormous health benefits, but did you know that you can also improve your health by volunteering in your church and community? A growing body of research suggests that helping others also improves both physical and mental health.

People who volunteer regularly are likely to live longer, maintain lower blood pressures, have fewer incidences of heart disease, experience lower rates of depression and stress, enjoy greater functional ability and feel an improved sense of purpose and personal accomplishment.

Volunteering is a positive way of connecting with others and is proving to be especially beneficial to older adults. Studies show that older adults who volunteer for at least 2 hours a week (or 100 hours per year) are more likely to remain healthy and live longer than their non-volunteering counterparts.

National Volunteer Week, Celebrating People in Action, starts April 18, 2010. This is a good time to begin lending your time and support to your congregation and community. Make a difference: Become a volunteer.

Advocate Trinity Hospital offers a variety of volunteer opportunities. If you are interested in volunteering or being trained as a volunteer hospital visitor, email us your contact information at TRIN-Mission-SpiritualCare@advocatehealth.com or call 773-967-5099.

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wrong with this picture. We must come together as a community to combat these diseases of mass destruction. Uncontrolled diabetes mellitus, hypertension, heart attacks, strokes, and kidney failure have the same risk factors, most of which can be controlled to prevent these disease states.

For years I have cried aloud for our community to “know your numbers,” such as blood pressure, hemoglobin A1C and cholesterol. Yet, time and experience have taught me that knowledge of numbers is not enough and cannot motivate the imperative need for change in our community.

In the big picture of African-American health, community leaders must take a more active role and lead by example. We must be the standard bearers in the movement to change the lifestyles of our people. Due to the epidemic of obesity, our children and grandchildren are developing diabetes, hypertension and high cholesterol at ever younger ages. Never before in the history of this country has the life expectancy of our children been predicted to be less than the parents. This is now predicted for the 21st century.

It is even clearer to me that the members of our community must come together and take action to halt this inheritance of preventable diseases of mass destruction. Excuses are no longer acceptable and explanations are useless. The resources are available and we must forget about who is to blame. We must take the time to lay down our differences, roll up our sleeves, and dig in for a battle to save the physical lives and spiritual bodies of our community.

Prayer: Thank you, loving God, for the volunteers who give their time and energy to those in need. The compassion they offer and the faith they demonstrate provide comfort and hope beyond measure. Amen.
Q: I often visit patients at Advocate Trinity Hospital. I find that as my spirituality deepens I am interested in learning more about comforting people with end-of-life issues. Is there a class that develops skills in comforting the critically ill and their families?

A: The Advocate program of Clinical Pastoral Education (CPE) may be what you are looking for. It's an interfaith method of theological education, and many different kinds of people take these classes.

In CPE, the student learns pastoral skills under the supervision of a certified pastoral supervisor. Participants benefit from working with hospice patients and their families as skills in pastoral care are developed and approaches to understanding human relationships and spiritual needs are explored. Through introspection, honest critique and real learning, CPE participants become more aware of the needs of those to whom they minister -- and they learn about themselves at the same time.

There are several different options for CPE programs -- full time intensive, part time, residency programs and supervisory programs. The studies are divided between class time and direct, on-site clinical service. Most find the CPE program highly rewarding as well as challenging and enlightening. It might be the ideal next step for you.

Advocate offers CPE at a variety of sites in several health care settings, but to find out more about what Trinity Hospital has to offer regarding CPE, contact Reverend Brenda Jackson at brenda.jackson@advocatehealth.com.

Advocate Trinity Hospital Improves Its Mortality Index: What It Really Means

“Trinity Hospital’s mortality index improved from 0.56 in 2008 to .50 in 2009. That represents twenty-two lives saved because of improved care at our hospital. This improved mortality index also means that Trinity Hospital experienced twenty-nine fewer deaths than the norm in our six county region.”

Jon Bruss, President
Advocate Trinity Hospital

National Colorectal Cancer Awareness

March is National Colorectal Cancer Awareness Month. In 2009 nearly 147,000 new cases of colon cancer were diagnosed in the United States. Overall, colon cancer is the third most common cancer in men and women and the second leading cause of death among men and women combined. This cancer can be prevented or detected early, with recommended screening, when it can be more easily and successfully treated.

To assess your risk, talk to your physician. If you need a physician, please contact 1-800-3ADVOCATE (1-800-323-8622) to find one in your area.

Advocate Health Care
Advocate Trinity Hospital
2320 E. 93rd St., Chicago, IL 60617
773-967-2000

Other Advocate Health Care Facilities:
Advocate Christ Medical Center, Oak Lawn
Advocate Condell Medical Center, Libertyville
Advocate Good Samaritan, Downers Grove
Advocate Good Shepherd Hospital, Barrington
Advocate Illinois Masonic Medical Center, Chicago
Advocate Lutheran General Hospital, Park Ridge
Advocate South Suburban Hospital, Hazel Crest

Children’s Hospitals:
Advocate Hope Children’s Hospital, Oak Lawn
Advocate Lutheran General Children’s Hospital, Park Ridge

To continue receiving Connections, your email address must be current. Please inform us of any email address changes or other contact information: Email TRIN-Mission-SpiritualCare@advocatehealth.com or call 773-967-5184.