



Annual Report

2022

By the Numbers

 **4 Hospitals**

 **3,826**
Employees

 **2,171**
Births

621 Medical Staff

378
Licensed Beds

17,577
Inpatient Discharges

724
ICU Discharges

79,038
ED Visits

192
Special Care Nursery Discharges

 **11,307** Surgeries
(Inpatient & Outpatient)

226,486
Primary Care Clinic Visits

518,619
Outpatient Registrations

Our Mission:

We are dedicated to improving the health and well-being of all the people in the communities we serve.

Our Values

The values of SIH reflect the philosophy of its founders and guide the work of all who serve within the organization:

Respect. Recognizing and valuing the dignity and uniqueness of each person.

Integrity. Adhering to strong moral and ethical principles in all we do.

Compassion. Responding to the feelings and needs of each person with kindness, concern and empathy.

Collaboration. Communicating and working with others for the benefit of all.

Stewardship. Responsibly using, preserving and enhancing our human and material resources as a not-for-profit, community-controlled organization.

Accountability. Holding ourselves and those around us responsible for living the values and achieving the vision of Southern Illinois Healthcare.

Quality. Striving for excellence in all we do.

A Message to Our Community

Heading straight into the storm. That's how I describe the courageous acts of care among our physicians, advanced practice providers, nurses and staff when the COVID-19 pandemic reared its head three years ago. Today, like many others, our health system is evolving and finding new equilibrium as we heal from the upheaval.

In the midst, SIH persevered. SIH Memorial Hospital of Carbondale received prestigious national recognition for heart attack care, its 10th such honor in consecutive years. Our Level II Trauma Center undoubtedly saved lives and more than doubled initial projections. We pressed on with a major expansion at the SIH Cancer Institute in Carterville, where 400 patients receive care each day. Bariatric surgeons introduced a new procedure at SIH Herrin Hospital, the loop duodenal switch, one of the latest advancements in weight loss surgery. SIH St. Joseph Memorial Hospital, in step with our values of Compassion and Respect, developed creative, meaningful ways to support staff. We also grew to a four-hospital system as we welcomed Harrisburg Medical Center into the SIH family. I would be remiss if I didn't include SIH Community Benefits and the SIH Foundation for representing our values of Integrity and Stewardship in supporting our region through the pandemic.

Through it all, our commitment to care never wavered. As a not-for-profit health system, we stand in the gap for all patients in the communities we serve. Between FY2011 and FY2021, SIH provided \$1 billion in uncompensated care, fulfilling our mission to provide care regardless of an individual's ability to pay.

I'd also like to take this opportunity to reflect on my 22-year career at SIH, which ends December 2022 upon my retirement. I'd like to thank our staff, boards, foundation boards, community partners and patients for their steadfast support. It's been a privilege to serve you.

Sincerely,
Rex Budde
President & CEO



Retiring SIH President
and CEO Rex Budde

Expanding Access to Trauma Care in Southern Illinois



Roy Danks, DO, trauma medical director, and Kilali Iyalla, MD, trauma surgeon

November 2019, the closest trauma centers were located in St. Louis and Evansville, 40 minutes away by helicopter.

“One of the most hopeless things you can do is follow an ambulance to St. Louis or know that a loved one has been put on a helicopter and you have to get to them,” said SIH Vice President and SIH Memorial Hospital of Carbondale Administrator Al Taylor.

Community Impact

In its first year, the hospital doubled its initial projections. Leaders expected to treat about 300 trauma patients; however, the team treated 773 individuals. That number rose to 1,033 in 2022. The majority of cases stem

In trauma care, there’s something called the golden hour. It’s that crucial period where every second counts.

“Research shows patients who receive care within the first hour of severe injury have better outcomes,” said SIH System Director of Trauma Services Garrett Burton. “Treating the patient within that critical time frame can mean the difference between life and death.”

from falls (particularly involving the elderly), motor vehicle accidents and penetrating traumas, such as gunshot wounds.

The trauma program involves a “house-wide effort,” which includes the emergency department, trauma and orthopedic trauma surgeons, neurosurgeons, intensive care, rehabilitation and support staff and Herculean efforts from ground and air ambulance crews.

“We prepare on a daily basis for all types of traumas. Our well-trained staff are ready to take care of patients in Carbondale and beyond,” said Roy Danks, DO, trauma medical director.

Joseph Haake, MD, emergency physician and EMS medical director, compares watching the trauma team assemble and treat patients to watching a NASCAR pit crew.

“Everybody is firing on all cylinders,” he explained.

Advanced Training

The Level II Trauma Center designation also ushered in opportunities for enhanced training. The hospital offers a trauma nurse specialist course consisting of six to 12 weeks of college-level graduate work. SIH emergency physicians and trauma surgeons are certified Advanced Trauma Life-Support (ATLS) instructors and provide advanced trauma life-support training for physicians and advanced practice providers.

“We’re also exploring pre-hospital trauma training, which could bring specialized training to local emergency service providers,” said Dr. Haake.



ARCH Air Methods expanded operations with a dedicated base at the Southern Illinois Airport in Murphysboro to support SIH Memorial Hospital of Carbondale’s Level II Trauma Center.

Keeping Hearts Healthy at SIH

Did you know SIH Prairie Heart Institute in Carbondale is nationally recognized for heart attack care and the only program offering open-heart surgery in Southern Illinois? The expertise of SIH cardiothoracic surgeons and Prairie Cardiovascular cardiologists combine to offer a plethora of advanced procedures, ranging from valve replacements to treatments for atrial fibrillation, abnormal heart rhythms and more.

Patients like Evelyn Williams of Herrin benefit firsthand from this collaboration. Williams suffered a major heart attack with multiple blockages and went into cardiogenic shock. In addition to a stent to open the near total blockage of her right coronary artery and placement of a pacemaker, cardiologists temporarily implanted an Impella®, the world's smallest heart pump, to support her weakened heart muscle and provide blood flow to vital organs. What's equally, if not more, remarkable is the speed in which Williams received her life-saving care: 61 minutes. That's the time which elapsed from the moment she arrived in the emergency room at SIH Herrin Hospital to the very second her heart attack was stopped in its tracks inside the cardiac catheterization lab at SIH Memorial Hospital of Carbondale.



Left to right: Krishna Cherukuri, MD, interventional cardiologist; Russell McElveen, MD, cardiothoracic surgeon; Gangadhar Malasana, MD, interventional cardiologist



Evelyn and Terry Williams

SIH Memorial Hospital of Carbondale Among Nation's Top Performing Hospitals for Heart Attack Treatment

For the 10th consecutive year, the American College of Cardiology recognized SIH Memorial Hospital of Carbondale with the Chest Pain – MI Registry Platinum Performance Achievement Award.

The national quality award recognized the hospital's commitment and success in implementing a higher standard of care for heart attack patients. In doing so, the hospital reached an aggressive goal of treating patients as outlined by the American College of Cardiology/American Heart Association clinical guidelines and recommendations.

SIH Memorial Hospital of Carbondale was one of only 240 to receive Platinum status in 2022 and was featured in the U.S. News & World Report "Best Hospitals" guidebook.





Providing Hope for Cancer Patients

Since opening its doors as the region's first comprehensive cancer center, the SIH Cancer Institute is a beacon of hope. Today, nearly 400 patients a day receive care at the Carterville facility, a number which quadrupled since the Institute saw its first patient in 2015.

"What we saw was a real acceptance of the team-based approach to care and the beautiful facility. The volumes grew much faster than we expected. It became quite apparent that we underestimated the initial need," said SIH President and CEO Rex Budde.

Nestled adjacent to the Crab Orchard Wildlife Refuge, the SIH Cancer Institute recently underwent a 20,000-square-foot expansion which included:

- A state-of-the-art laboratory with additional registration carrels, draw stations and an onsite blood bank
- A shared waiting room for laboratory and rehabilitation, with space for 20 chairs and wheelchairs
- Additional medical oncology exam and consultation rooms
- Larger parking lot with a new ambulance entrance and access from Shawnee Trail Drive

SIH Cancer Institute



Kathryn Lewis, MD, and Michael Little, MD, radiation oncologists at the SIH Cancer Institute

- Expanded grounds
- Major equipment upgrades, including the TrueBeam STx – an advanced image-guided radiation therapy system to treat complex cases of cancer
- Over 50 new art pieces incorporating nature and a soothing atmosphere of healing and wholeness

The SIH Cancer Institute is the recipient of the Outstanding Achievement Award by the Commission on Cancer from the American College of Surgeons. The program is one of a select group of U.S. healthcare facilities with accredited cancer programs to receive this national honor. The SIH Cancer Institute is also part of the prestigious Siteman Cancer Network in St. Louis, Missouri. Led by Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine, the network provides cancer prevention and control strategies and genomic and genetic testing. The affiliation provides Southern Illinois patients with streamlined access to highly specialized treatments and technologies, including bone marrow transplantation, proton therapy and clinical trials.

Patient and Donor Perspectives

"I thought of all of those people taking care of me and how they have to do that over and over again. This place is worth its weight in gold."

Jackie Mueller of Carterville, a breast cancer survivor, shared that sentiment while reflecting on her care at the SIH Cancer Institute.

"I was able to stay here, and it meant everything," said Mueller. "I was just so happy to be able to come here because they said, 'Do you know where that is?' and I said, 'Yes. I live five minutes away.'"

Mueller recalled being cared for like family.

"We felt like that, too. Jackie was so positive and so focused on her battle and treatment. She was treated like an aunt, a mom, or a sister," said Lori Cohen, radiation oncology manager.



Jackie Mueller of Carterville (wearing pink sweater) and members of her care team formed a close bond during her treatment.

SIH Foundation

A Journey of Hope and Healing

Philanthropy touches every aspect of SIH. As a not-for-profit healthcare system, it defines us as an organization. Now more than ever, SIH relies on the charitable contributions of Southern Illinoisans through the SIH Foundation.

"Every dollar goes to the charitable area you designate. Our initiatives provide financial assistance to our most vulnerable patients and community members during their cancer treatment or upon discharge from a hospital. We work every day to lessen their financial burden so they can concentrate on wellness and recovery. We also fund equipment and improvement projects at our SIH hospitals and the SIH Cancer Institute in order to provide the best healthcare services to our community," said SIH Vice President of Community Affairs Woody Thorne.

"For many years, much of the charitable donations we made were on a national level. When we saw what was taking place at the SIH Cancer Institute, we repurposed everything we did in the future so that the majority of our donations went locally. We just found that the cancer center hit a nerve with us. No one plans to have cancer. No one's family plans to have cancer," said Mike Monchino of Herrin, donor and SIH foundation board member.

To make your own impact on cancer care, visit sih.net/foundation.



Artist Suzann Starchild Shepard created and dedicated this painting in honor of her daughter, Melissa Elaine Weger, who died suddenly and unexpectedly at the age of 47 from an aggressive form of leukemia. A cancer survivor herself, Shepard also dedicated the piece in honor of healthcare workers everywhere for their courage and compassion.

Bariatric Surgery Solutions at SIH

SIH Herrin Hospital is home to the organization's successful bariatric surgery program, a recognized center of excellence for quality outcomes since 2013.

Obesity is the most common chronic illness in the United States. Today, an estimated two-thirds of American adults are overweight or obese – a number that's more than doubled since 1980. Research shows that once obesity is established, diet and exercise alone have a limited capacity to provide a long-term solution.

The good news is bariatric surgeons from SIH New Life Weight Loss Center provide three life-saving options at Herrin: gastric bypass, gastric sleeve surgery and, new in 2022, the loop duodenal, or D-Switch, procedure.

"This is a surgery that, like a sleeve gastrectomy and gastric bypass, involves both a restrictive (reducing stomach size) and malabsorptive procedure. It offers very good weight loss outcomes and greater resolution of co-morbidities like diabetes and sleep apnea," said Salim Hosein, MD, bariatric and laparoscopic surgeon.

SIH New Life Weight Loss Center comprises a multidisciplinary team including Dr. Hosein and fellow Bariatric Surgeon Anne Hardy-Henry, MD, as well as advanced practice providers, a licensed clinical social worker, trained nurses, registered dietitians and a comprehensive support group for patients before, during and after surgery.

For patients like Tracie Graham of Benton, the results were life-changing. She lost 111 pounds within a year of surgery.

Tracie Graham, patient



"I was unable to cross my legs before; I can cross my legs for the first time, in like, four years. It's just the little things that people take for granted," said Tracie. "The surgery is a tool...it's not part-time; it's a life. It's something that I did to change my life. I've got a totally new journey now and my whole life ahead of me again."

Salim Hosein, MD,
 bariatric and
 laparoscopic surgeon



COVID-19 Relief Fund Provides Hope

The COVID-19 pandemic cast a glaring spotlight on decades-entrenched health disparities in Southern Illinois, predominately in the areas with unstable housing and food insecurity. Thanks to well-established partnerships, SIH, through its foundation and generous donors, rapidly mobilized a COVID-19 Relief Fund to help 38 community, faith-based and social service organizations fill basic needs. Those same relationships further cemented COVID-19 vaccination efforts, particularly in minority neighborhoods, as the region moved toward recovery.

With over 45,000 Southern Illinoisans reliant on food pantries, SIH COVID-19 Relief Funds helped provide safe refrigeration and storage for the Southern Illinois Food Pantry Network. SIH also assisted the Carbondale Warming Center to expand operations to 24/7 support of homeless individuals. As foundational food and shelter needs were met through ongoing collaborations, SIH, in cooperation with the Regional Hospital Coordinating Center, or RHCC, for Region 5, established mobile vaccination clinics with the Illinois National Guard across 24 counties. Through that endeavor, vaccines were provided for nearly 11,000 individuals.

"From loss of income to shuttered schools and support services, the poor, elderly and minority families were among the hardest hit. We know that 20% of a person's health and well-being are related to access to care and quality of services. The physical environment and social and behavioral determinants drive 80% of health outcomes. At SIH, we stand committed to removing barriers and creating pathways for equitable care," said SIH System Director of Community Health and Community Benefits Angie Bailey.

SIH Health Ministry Graduate
 Assistant Fanta Saidou prepares for
 spring planting at the Cultivating
 Care Community Garden at First
 Presbyterian Church in Marion.



L to R: Cody Moake, City of Marion; Rev. Wade Halva, Faith in Place; Cami Horn, Salvation Army of Southern Illinois; Toni Wright, University of Illinois Extension; Angie Bailey, SIH



Teneshkia Wright, assistant director, Carbondale Warming Center; Carmalita Cahill, executive director, Carbondale Warming Center; Angie Bailey, SIH System Director of Community Health and Community Benefits; Fanta Saidou, SIH Community Benefits

Community Benefits and Direct/Indirect Economic Impact

SIH's mission goes beyond our walls. We want to make a real difference in the communities we serve. SIH is dedicated to its calling as a not-for-profit health system with a commitment to provide care for all patients, regardless of their ability to pay.

TOTAL SIH COMMUNITY BENEFIT: \$175,951,860

Unreimbursed Services (at cost) | FY 2022: Care provided at free or discounted rates for low income, uninsured or underinsured patients.

\$161,424,976

Unfunded portion of government-sponsored medical care*

*Medicare and Medicaid

\$7,101,256

CHARITY CARE
Free or discounted care to those in need

Community Benefit Programs | FY 2022

Improving health and quality of life extends beyond diagnosis and treatment. This includes education and outreach.



\$861,494
Community Health Improvement



\$1,372,368
Grants, Contributions, Sponsorships



\$562,121
Community Building Activity

Many patients need services which cost more to deliver than the provider receives. This assistance would not be available otherwise.



\$1,421,221
Subsidized Health Services

Investments advancing health and healthcare services.



\$3,208,424
Medical Education and Research



3,826
Number of SIH Employees



9,316
Number of Direct and Indirect Jobs

Direct Economic Impact

\$395,543,195
SALARIES & BENEFITS

\$393,824,358
GOODS & SERVICES

\$31,222,000
CAPITAL

\$820,589,553

Direct & Indirect Economic Impact

\$947,681,941
SALARIES & BENEFITS

\$943,563,779
GOODS & SERVICES

\$74,742,346
CAPITAL

\$1,965,988,066



Every three years, SIH Community Benefits completes a Community Health Needs Assessment (CHNA) to gain insight into challenges facing patients and families in 11 Southern Illinois counties. It's the culmination of rigorous research and collaboration involving 800 individuals in public and community health, social service organizations and a diverse group of community partners. As a result of these long-standing relationships, progress has been made in improving access to care through initiatives focused on mental and dental health, transportation, chronic disease screening, prevention and management, cancer prevention and screenings and addressing the social determinants of health.

The 2021 SIH CHNA shapes ways in which we continue to build on our mission to improve the health and well-being of all people in the communities we serve.

"When you look at this data, you can see we have higher numbers of persons living in poverty and lower median family income and a higher percent of students eligible for free and reduced lunch as compared to both Illinois and the US. We know many in our area are literally living in poverty and facing a variety of health issues," said SIH System Director of Community Health and Community Benefits Angie Bailey.

2021 SIH CHNA Community Health Improvement Priorities:

Issue #1 Social Determinants of Health

Access to Care, Hunger/Food Access, Housing and Poverty

Three-Year Objective

Reduce health disparities among the most vulnerable in the area, i.e., those who are homeless, food insecure and unable to receive needed medical screenings and treatment.

48.7%

of households with children in the SIH service area are living below 200% of the poverty level

Issue #2 Behavioral Health

Mental Health and Substance Misuse

Three-Year Objective

- Achieve care coordination among behavioral health providers and intervention specialists.
- Ensure those in need of services are provided quality care in a safe, stigma-free manner.

Between
32.7 – 45.8%
of adults have poor mental health

23%
of 10th graders surveyed reported seriously considering suicide

40%
of 10th graders reported feeling sad or hopeless

Community Health Needs Assessment

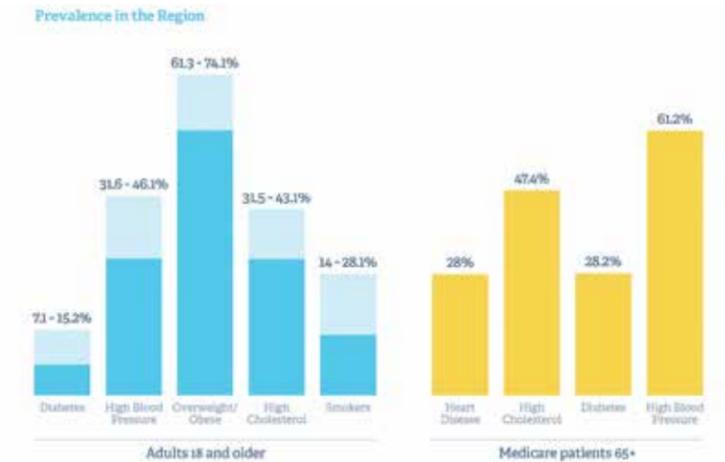
Issue #3 Chronic Disease Prevention, Management and Treatment

Focusing on Cardiovascular Disease, Stroke and Diabetes

Three-Year Objective

Achieve reduction in patients with chronic disease and increase treatment.

Chronic Disease



Angie Hampton, CEO, Egyptian Health Department; Matthew Winkelman, MD, SIH Primary Care Harrisburg; Naeem Qureshi, MD, SIH medical director of Behavioral Health



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Harrisburg Medical Center is Now Part of SIH

Harrisburg Medical Center (HMC) became part of the SIH Family in 2021, solidifying a long-standing relationship since 2012.

“The commitments made by SIH will help ensure the longevity of HMC as well as create enhancements across several lines of medical services, technology, infrastructure and career paths for employees. The affiliation, directly and indirectly, will be a huge economic boost to our region. It’s truly a win-win-win for HMC, SIH and the people who live and work in our service areas,” said HMC Board Chairman Dennis Murphy.

The move cemented existing cooperation in areas such as telemedicine, general surgery, urology, podiatry, primary care and physician recruitment. The 71-bed hospital serves six southeastern Illinois counties: Saline, Gallatin, Hardin, Pope, White and Williamson. HMC is also home to the only inpatient behavioral health program in the southernmost 16 counties.

“Overall, with increased medical collaboration and systematizing of best practice protocols, we’ll work together to improve quality of care, patient safety and patient satisfaction,” said SIH Board Chair Dr. Robert Mees.

SIH Behavioral Health Services Available

Naeem Qureshi, MD, is the medical director of SIH’s Behavioral Health program, which includes the Mulberry Center at SIH Harrisburg Medical Center, a 31-bed inpatient psychiatric unit, as well as emergency departments across SIH’s four hospitals, five outpatient psychiatric clinics and nursing homes.



Dr. Qureshi is a physician champion for community health improvement efforts involving access to care. Dr. Qureshi notes sobering data from the 2021

SIH Community Health Needs Assessment, which shows depression, suicidal thoughts, substance misuse and deaths of despair are higher locally compared to state and national averages.

“Thoughts of suicide are prevalent. As a nation, 40% of 10th graders have symptoms of major depressive disorder. We’re dealing with a huge national crisis. Even substance abuse, 5% of 10th graders, one in each classroom, have used drugs. We didn’t see those numbers when I was in medical school. I’m afraid to know what it will be like when we get the data from the pandemic, when kids didn’t go to school and have meaningful social connections,” said Dr. Qureshi.

SIH recently expanded behavioral health services to meet the significant need. A major focus is to reduce stigma.

“People don’t always feel comfortable or safe talking about their struggles. We want to create a strategy to provide service at their doorstep. We have to create education for teachers, families and members of our community to recognize signs of depression, substance abuse and provide help sooner,” said Dr. Qureshi.

“We don’t want to be too late. We want to help people when and where they need us.”



SIH Supports Bachelor of Science in Nursing Degree at SIUC

One of SIH's core values is collaboration. A powerful example involved the creation of a Bachelor of Science in Nursing (BSN) program at neighboring Southern Illinois University Carbondale. SIH provided the initial \$1 million for SIUC to establish curriculums with three tracks: a traditional four-year bachelor's program, an RN to BSN degree-completion program and an accelerated BSN program.

"This is for the greater good of Southern Illinois. It gives students an important option to continue their education, while SIH and SIU work together to develop strategic programs in clinical nursing care," said SIH Chief Nursing Officer Jennifer Harre.

The SIUC BSN program also aligned relationships with area community colleges for nursing students in pursuit of a BSN in a cost-effective manner.

Scott Collins, director of the university's School of Health Sciences, said, in addition to increasing enrollment for SIU, the program created opportunities for area healthcare institutions, including physicians' offices, hospitals and clinics, to have access to locally trained bachelor's degree-level nurses.

"It's exciting for the Carbondale campus to have a high-demand program like this come aboard with tremendous community support," Collins said.



Irene Robertson, patient care tech

SIH Recognized for *Commitment to Care*

ICAHN Award Recipient

SIH **St. Joseph Memorial Hospital's** commitment to care in fostering positive employee experiences during the ongoing pandemic received formal recognition from the Illinois Critical Access Hospital Network. The hospital was one of four in Illinois honored with an IMPACT award. The ICAHN Impact Award recognized the hospital for establishing meaningful, creative ways to motivate and inspire staff.

Relying on the results from an employee engagement survey on resiliency, the hospital's leadership and culture teams developed resources and tools to reduce stress and burnout and improve physical and mental well-being.

"The first goal involved a new rounding process for leaders to check in with staff and determine what help and resources they needed. The second was to initiate an end-of-shift debrief where teams took time to dialogue and decompress so they could leave on a good note," said Johnna Smith, nurse

executive. Another objective involved creating a relaxation room for staff, providing a dedicated, safe space to reset and recharge.

Irene Robertson, patient care tech, uses the space often.

"Being able to rest my eyes and focus on what needs to be done for the rest of the shift is comforting. The space gives me a lot of peace and comfort. I like the 'take what you need, leave what you can' cabinet. I always leave something inspirational behind to lift someone else up," said Robertson.





SIH Board of Trustees

April 1, 2021 – March 31, 2022

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