



*Helping People
Live the Healthiest
Lives Possible®*


Intermountain
Dixie Regional Medical Center
Healing for life®

Your patient experience is very important to us. If you would like to give feedback, or to participate in one of our patient-centered care councils, please call (435) 251-2108. Thank you.



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Dixie Regional
is the referral center for

250K

people in the tri-state region of
southern Utah,
southeastern Nevada
and **northwestern Arizona.**



A HANDSHAKE AND A PROMISE

When it comes to providing quality healthcare to the roughly 250,000 people in the tri-state region of southern Utah, southeastern Nevada and northwestern Arizona, Dixie Regional Medical Center's not-for-profit mission is clear — to help people live the healthiest lives possible.

Thanks to medical technology and trained professionals on a level rarely found in a county of this size, Dixie Regional offers sophisticated services including brain and complex spine surgeries, trauma care, open-heart surgery, newborn intensive care, comprehensive cancer care including precision genomics and an on-site LiVe Well Center to help clients get well and stay well.

In addition, the Dixie Regional Medical Center Foundation provides a unique opportunity for donors to improve lives. Through the foundation, generous donors bring to life innovative research, community programs, life-saving technology, enhanced facilities and recruitment of skilled clinical experts. The foundation is led by volunteer board members who ensure gifts are used as donors intend, and provide the greatest

benefit to those we serve, opening the door for people to get healthy and stay healthy.

Southern Utah healthcare and community philanthropy roots run deep. Dr. Donald A. McGregor rallied the community to open Washington County Hospital in 1913. It was renamed McGregor Hospital four years later. Then in 1952 county residents pooled resources to build and open Dixie Pioneer Memorial Hospital on the west side of the current Dixie Regional Medical Center 400 East Campus.

In 1975 Pioneer Memorial expanded to accommodate growth and was renamed Dixie Medical Center. With a handshake and a promise to provide excellent care to southern Utah, Intermountain Healthcare purchased the hospital from the county in 1976. In 1990 the word "Regional" was added to the name. Dixie Regional Medical Center River Road Campus opened in 2003, greatly advancing healthcare in the region.

Currently the largest construction project ever to take place in Washington County is under way as Dixie Regional adds more than 500,000 square feet to the River Road Campus. The expansion more than doubles the size at an estimated cost of \$300 million. ~

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*Our mission:
to help people live
the healthiest
lives possible®*
”



Ascending to new Heights in Healthcare

Launching the largest construction project in the history of Washington County, the roughly 500,000-square-foot expansion of Dixie Regional Medical Center's River Road Campus will consolidate all of the hospital's services from the 400 East Campus to River Road with additional new beds and services.

The expansion has been guided by patient input from the beginning and will incorporate what Terri Kane, Vice President of Intermountain's Southwest Region and CEO of Dixie Regional Medical Center, refers to as "lean design," meaning the entire space takes patient perspective into consideration. Everything from the easily accessible stairwells to the walking paths and healing gardens, the new campus will maximize efficiency and flow of design, all while being easy to navigate for patients, visitors, employees and physicians.

"Our Patient-centered Care Council has been especially instrumental in the layout of the new hospital rooms," said Lisa Ames, chair of the council. "We spent physical time in the space, considering the needs of the patient through our personal experiences. We are pleased that our ideas were integrated into the new design."

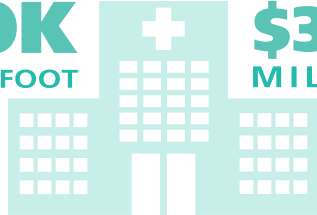
The increase in square footage will take shape as three connected buildings housing services for women, children and newborns (including newborn intensive care), as well as the neuro-rehabilitation center for stroke and other neurologically impaired patients, same-day surgery, wound clinic, IV therapy, diabetes clinic, hyperbaric medicine clinic, behavioral medicine and more.

In addition, a free-standing cancer center will be added to the east side of the River Road Campus.

"We are pleased that our ideas were integrated into the new design."
LISA AMES,
CHAIR OF DIXIE'S PATIENT-CENTERED CARE COUNCIL



500K
SQUARE-FOOT



\$300
MILLION

The expansion of **DIXIE REGIONAL** is the largest construction project in Washington County history.



INTERMOUNTAIN PRECISION GENOMICS — TRANSFORMING CANCER CARE

8

Taking unprecedented strides to transform the future of cancer care, the Intermountain Precision Genomics team is at the leading edge of this breakthrough science that identifies particular cancer-causing mutations and specifically treats those mutations.

Using innovative technologies through next-generation sequencing, the team's research, published by the American Society of Clinical Oncology, shows that, on average, late stage cancer patients receiving precision genomics are living twice as long as those receiving traditional therapy — and quality of life is better.

Intermountain offers the most advanced next-generation sequencing available. Patients have a dramatically improved chance for discovery of a treatable gene mutation. Actionable mutations are detected in about 80% of patients. No other entity has comparable success.

A worldwide collaborative of scientists, physicians and researchers (a molecular tumor board) regularly reviews cases and recommends care options. Medical Director Lincoln Nadauld, MD, PhD, helped develop genomic medicine at Stanford University and is actively involved with the university's research. Intermountain is uniquely positioned to advance research

and monitor outcomes. "We are the only entity that tests, treats, measures outcomes and improves care (including survival, cost, and side-effect reduction)," said Dr. Nadauld. "We also own the nation's largest bio repository which stores more than four million tissue samples used for the advancement of cancer (and other) research." ~



STANFORD UNIVERSITY

recently partnered with

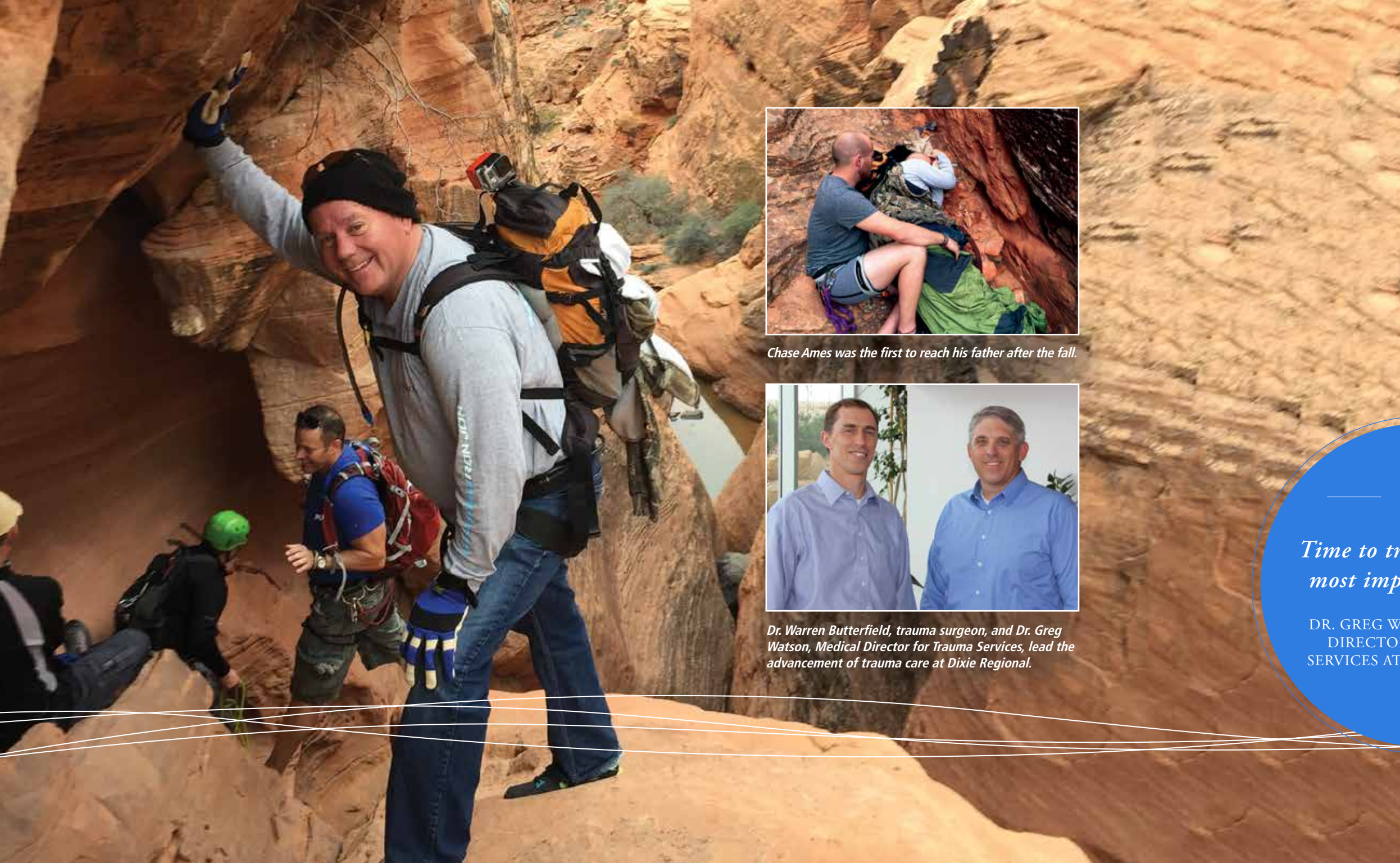
**INTERMOUNTAIN
PRECISION GENOMICS**

We are the only integrated healthcare system in the nation that tests, treats, measures outcomes and makes improvements which have demonstrated improved survival, cost, and side-effect reduction.

“

*Taking unprecedented
strides to transform
the future of
cancer care*





Chase Ames was the first to reach his father after the fall.



Dr. Warren Butterfield, trauma surgeon, and Dr. Greg Watson, Medical Director for Trauma Services, lead the advancement of trauma care at Dixie Regional.

ADVANCING TO A LEVEL II TRAUMA CENTER — THE JOHN AMES STORY

Dixie Regional Medical Center is currently undergoing the process of elevating from a Level III to a Level II Trauma Center. A trauma center features round-the-clock specialized treatment for the most critical of injuries: emergency medicine, general surgery, orthopedic surgery, neurosurgery, anesthesiology, radiology, and more.

“Time to treatment is the most important thing,” said Dr. Greg Watson, Medical Director for Trauma Services at Dixie Regional. “We don’t always have the luxury of time to get these patients to another facility. It is amazing to have state-of-the-art equipment and skilled physicians and surgeons right here.”

Advanced trauma care has already made a difference in the lives of area residents. John Ames entered Johnson Canyon at Snow Canyon for a hike with friends and his oldest son. He didn’t realize he would leave with a shattered pelvis.

Ames was walking down a ridge between two rappels when he stepped in a divot, lost his balance, and fell. “My glove finger marks are still on that canyon

wall — all 38 feet down,” said Ames. “I couldn’t stop from falling, but I was lucky; the place I fell was the only one with a five-foot-wide landing on either side. If I’d fallen anywhere else, it would’ve been to my death.”

Immediately, one friend called 911. “My son, Chase, was the first to make it to me and give immediate care,” Ames said. “In those first minutes, he encouraged me and gave me the will to live.”

The Life Flight helicopter arrived for Ames quickly, but couldn’t find a place to land. Two crews rappelled in to bring Ames out, strapped to a board. It took four hours. Ames had to endure it without pain medication.

He suffered a fractured pelvis, broken rib, sacrum, tailbone and punctured lung. “The hospital had recently hired an orthopedic trauma surgeon, Dr. Warren Butterfield,” Ames said. “He said, ‘John, I’ve seen your X-rays, and you’ve got nothing to worry about. I’ll put you back together.’”

Butterfield’s job was just a matter of hours, but Ames’ recovery has taken many weeks of intense physical therapy. He is now doing well and said, “Our experiences helped us realize that you need something in life more important than yourself. We are grateful for expert healthcare and choose it as a cause to support.” ~

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Time to treatment is the most important thing.
DR. GREG WATSON, MEDICAL DIRECTOR FOR TRAUMA SERVICES AT DIXIE REGIONAL
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SOUTHERN UTAH NEUROSCIENCES INSTITUTE: PERSONALIZED, SKILLED CARE — THE NEPHI SEWELL STORY

12

When a football injury put Nephi Sewell on the sidelines of a sport that means the world to him, he wasn't sure how he would ever heal. But thanks to the high quality care he received at the Southern Utah Neurosciences Institute based at Dixie Regional, Nephi is on his way to having a second chance on the field.

"I feel normal," Nephi said. "Every day it's getting better." Diagnosed with a concussion and a neck injury, Sewell's family was thrown into a world no family wants to enter. However, in that world they found a level of care and concern for the entire family that is unsurpassed.

"For me, the overall level of care was excellent," said Gabriel Sewell, Nephi's dad.

Using a team-based care approach, the physicians and specialists with the Neuro Institute create a collaborative environment to ensure care is delivered seamlessly from one discipline to the next. Offering everything from brain surgery to spine care, sleep medicine, neurology, physiatry and pain management, the team works to treat all symptoms at once using both surgical and non-operative approaches.

Dr. Mark Stouffer's surgical skills "gave me a second chance to do what I want to do and opened my eyes to other things as well," Nephi said. "I'm very grateful." ~



**OUR
NEUROSURGERY
TEAM
HAS VERY LOW
POST-OPERATIVE
INFECTION RATES
JUST .7%
(2015 AND 2016 YTD)
THE NATIONAL
BENCHMARK IS 2%**

“

They gave me a second chance to do what I want to do.

NEPHI SEWELL





THE LIVE WELL CENTER HELPS CLIENTS GET WELL, STAY WELL AND LIVE WELL — THE TIFFANY GUST STORY

When clients walk into the LiVe Well Center at Dixie Regional Medical Center, not only are they working with a team of highly trained physicians, dieticians and therapists, they're interacting with people like Tiffany Gust. She knows first-hand the vital role healthy living plays in maintaining a long, productive life.

"I believe fitness saved my life," Gust said.

At age 42, Gust felt she was at the height of her physical fitness. A medal-winning triathlete, dancer and exercise specialist, Gust never expected she would experience a stroke. But she did. On three separate occasions.

Unbeknownst to Gust, she had been living her life with a hole in her heart and two blood disorders, the combination of which led to three transient ischemic attacks, or TIA

strokes. After undergoing a procedure to repair her heart, Gust can relate to clients coming to the LiVe Well Center so they can maximize their health in a whole new way.

"I really feel like that experience infuses a sense of gratitude for your health," Gust said. "The LiVe Well Center instills in me the importance of flexibility, balance and strength training." ~



"I believe fitness saved my life."
TIFFANY GUST

WALKING FOR 2.5 HOURS

21
MINUTES
A WEEK | **A DAY**

CAN CUT YOUR RISK OF HEART DISEASE BY

30%

YOUR BEST INTEREST AT HEART — THE LOUIS JAMES CHRISTENSEN STORY

16

When faced with health problems, it's comforting to find a group of people who are willing to go above and beyond to ensure you have excellent care. That's exactly what Louis James Christensen found when he received the news that his aortic valve was not functioning properly.

Faced with two options: open-heart surgery or a less-invasive transcatheter aortic valve (TAV) repair, Christensen said his care providers were "instrumental in getting the right people to perform the procedure."

But the care didn't end there. Following his hospital release, the cardiopulmonary rehabilitation team welcomed Christensen, outlined their expectations for his recovery and implemented a program to help him achieve his goal.

"It's comforting to know what is going to happen," Christensen said. "They're very attentive, very qualified. They have your best interest at heart."

Christensen has been amazed at the rebuilding of his 87-year-old body, and he credits the support he received from the cardiopulmonary rehab team for much of that.

"I ran into a group of people trying to help me help myself," Christensen said. "I think they went over and above the call of duty to get me where I am." ~



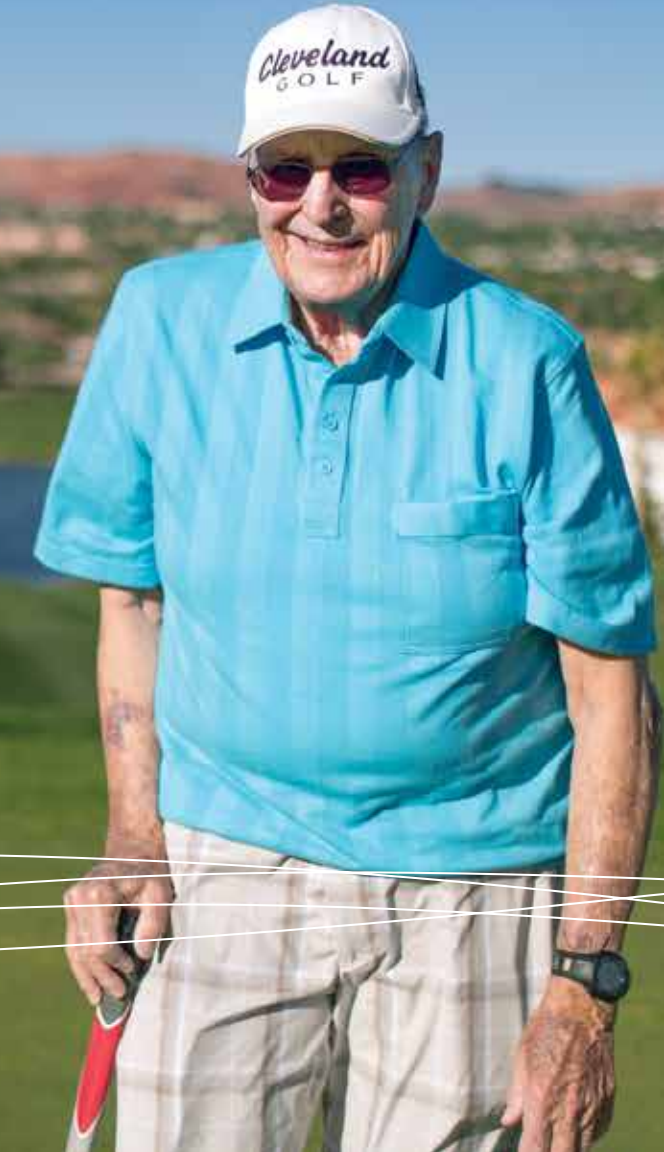
“
It's comforting to know what is going to happen. They're very attentive, very qualified. They have your best interest at heart.

LOUIS JAMES CHRISTENSEN

DIXIE REGIONAL
IS



in the nation for having the lowest 30-day readmission rates for heart failure patients.





U.S. INFANT MORTALITY RATE
6 per 1,000 live births
DIXIE REGIONAL
INFANT MORTALITY RATES ARE

0 IN 2016 (YTD)
1 IN 2015
0 IN 2014
.5 IN 2013



“
He is truly a miracle.
JESSICA CAMPBELL

NEWBORN INTENSIVE CARE PASSION AND COMPASSION — THE WESTON CAMPBELL STORY

When Joseph and Jessica Campbell brought their first baby boy home from the hospital, they never imagined just a few weeks later he would be transported via Life Flight to Dixie Regional Medical Center.

The diagnosis for baby Weston turned out to be Citrobacter meningitis, one of the most fatal types of the disease.

With holes forming in his brain, his body weak and seemingly lifeless at times, Weston’s condition was very serious. Jessica recalled the neonatologist, Dr. Patrick Carroll, had tears when relaying the news. “I knew it wasn’t good, if the doctor was crying,” she said.

Jessica remembered the NICU staff and Dr. Carroll being so supportive, even though Dr. Carroll himself was going through a particularly difficult time, having just lost a 20-gestational-week baby of his own.

Such passion and compassion resonated with Jessica. “He totally should have been thinking about himself,” she said. “He just lost his son and there he was thinking about mine.”

Although Weston’s CRP (C-reactive protein, a nonspecific marker for infection and inflammation) levels were at 34.4, higher than doctors had ever seen, after six weeks of treatment, those levels were cut in half — enough to prevent the need for brain surgery.

The Campbells credit Weston’s recovery to faith and the NICU staff’s excellent care.

“He is truly a miracle,” Jessica said. ~



Above: Weston in the NICU.
Left: Weston and his older brother, Drake.

CONNECT CARE AND OTHER TELEHEALTH INNOVATIONS

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Taking quality healthcare accessibility to the next level, Intermountain Healthcare's Connect Care system brings all the knowledge and personal assistance of a highly trained provider to homes, or wherever patients happen to be.

Using a secure audio and video connection, patients experiencing basic cold and flu symptoms or other minor health problems can speak with an Intermountain clinician using their computer or an app available for smart phones. Patients should be prepared to sign up using their legal name so it will match to the existing Intermountain medical record.

"It works like Skype or Facetime, but with the security of a medical record," said Dr. Will Daines, Medical Director of Connect Care. "It gives you another convenient option for accessing care."

Connect Care aims to offer patients the kind of quality they are accustomed to with all of Intermountain Healthcare's programs while increasing the accessibility and convenience and keeping costs at a minimum. Connect Care is \$49 per use and is covered by some insurance plans. In addition, users have the continuity of care with their regular physicians who can access notes from the Connect Care call and follow up as needed.



“
*It gives you another
convenient option for
accessing care.*

DR. WILL DAINES,
MEDICAL DIRECTOR OF
CONNECT CARE

The launch of Connect Care marks the first major expansion of Intermountain's robust telehealth strategy into homes. Eventually, Connect Care will expand to address more conditions and connect patients to primary care physicians and specialists such as dermatologists, psychiatrists, dieticians, and more. To access Connect Care now, go on-line to www.intermountainconnectcare.org.



OF PEOPLE IN THE U.S.
GO ON-LINE TO FIND
HEALTH INFORMATION.

NOW
they can consult with
an INTERMOUNTAIN
DOCTOR that way, too.

THE PATIENT SAFETY
MOVEMENT FOUNDATION
RECENTLY HONORED

INTERMOUNTAIN
HEALTHCARE



healthcare institutions that demonstrated the most lives potentially saved by eliminating preventable deaths.



“
Everyone’s care was exceptional and I’ve recovered fully.
GARY BAKKE

THE STRENGTH OF A SYSTEM — INTERMOUNTAIN HEALTHCARE — THE GARY BAKKE STORY

Dixie Regional Medical Center is part of one of the nation’s leading not-for-profit healthcare systems — Intermountain Healthcare. Intermountain is widely recognized as a model system, earning national and local rankings by providing excellent care at an affordable cost.

Dixie Regional serves as the primary referral center for sophisticated healthcare services in southwestern Utah, southeastern Nevada and northwestern Arizona. Several smaller hospitals also provide care in the region, often sharing expertise and information quickly.

In Gary Bakke’s case, the collaboration between Garfield Memorial Hospital, Life Flight and Dixie Regional saved his life and helped him heal from a serious cycling crash.

Last spring, Gary and his son, Dan, were heading to St. George from Wisconsin, and made a stop at Bryce Canyon. “Dan rode his motorcycle and I, my bicycle,” said Bakke. He was going about 32 mph when he hit a sink hole.

Fortunately he was wearing a helmet, but the full impact of the crash was taken by his face.

A witness called 911 and the emergency team at Garfield Memorial stabilized Bakke. Intermountain Life Flight transported him to Dixie.

Most of the bones in his face were crushed. “I had a two-inch cut in my tongue, four teeth missing from my lower jaw, a minor fracture in my skull and some minor brain bleeding,” Bakke said. He spent 14 days in the hospital; nine in intensive care. “Everyone’s care was exceptional and I’ve recovered fully. I wish there were words more powerful than ‘Thank you.’”



Left: Gary Bakke with his wife Debbie after the accident. Above: Gary Bakke today fully healed.

VOLUNTEER SERVICES — THE VALERIE FUERST STORY

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The presence of volunteers is felt throughout the hospital, from warmly greeting patients and visitors as they enter, to offering patients encouragement as they deliver flowers or mail. These extraordinary individuals offer a wealth of experience and a special spirit of dedication as they attend to their duties — from pet therapy to the Handcrafter’s Guild.

An example of this service excellence is found in Valerie Fuerst, a volunteer in the gift shop. Although the shop was scheduled to be closed on Christmas Eve, Valerie volunteered to come in for the day just in case someone might need their services.

As it would happen, Linda Hudson had traveled from Cedar City for surgery during winter break at Southern Utah University. She was crossing her fingers to be back home for Christmas Eve to celebrate with her daughter, Samantha, and her parents. However, her surgical recovery time prevented her from making the trip home with family the following day.

When Linda’s mother and daughter arrived on Christmas Eve morning to check on her post-surgery, they felt heartbroken arriving empty handed.

“When I saw the gift shop was open my heart just stopped. I never expected someone to be there volunteering that day,” said Linda’s mother, Regina Pabo. With Valerie’s



Left: Linda Hudson with her daughter, Samantha, and mother, Regina Pabo.
Right: Valerie Fuerst in the gift shop.

assistance, Regina and Samantha picked out a beautiful silver charm necklace and other goodies.

“Valerie’s service that day provided a gift not found on the shelves,” Pabo said. “My granddaughter was able to give her mommy a gift for Christmas. It was a stressful time for us, but everyone’s kindness just made it so nice.” ~

“
*Valerie’s service
that day provided
a gift not found on
the shelves.*

REGINA PABO



In 2015, volunteers at
Dixie Regional
Medical Center provided
40,328
hours of service,
more than any other
Intermountain hospital.

AWARDS AND RECOGNITIONS

- **Becker’s Hospital Review** — showed Dixie tied for first in the nation for lowest 30-day readmission rates from heart failure.
- **Consumer Reports** — listed Dixie Regional as the **8th top hospital in the nation** for patient safety and respect.
- **American Heart/Stroke Association** — presented **Get With The Guidelines Stroke Gold Plus** and **Heart Failure Gold Plus awards** to Dixie.
- **The American Heart Association** — named Dixie’s Primary Stroke Center and STEMI programs **Centers of Excellence**.
- **Stanford University** — partnered with Intermountain Precision Genomics (based in St. George) to help late stage cancer patients live longer with higher quality lives.
- **Analytics MD** — gave Dixie an **“A” grade**.
- Dixie was featured by the **American Heart Association** in **U. S. News & World Report** for **best heart and stroke care**.
- Dixie passed the tri-annual **Joint Commission Survey** with the fewest findings ever.
- Dixie’s Neuro Rehabilitation Unit outcomes are in the **top 10% of the nation**, according to **Unified Data Systems**.
- **Women’s Choice Award** — named Dixie **One of America’s Best Hospitals** in the following categories: **Patient Experience, Orthopedics, Obstetrics, Heart Care** and **Stroke Center**.
- **Becker’s Hospital Review** — recommended Terri Kane as one of **America’s 50 Rural Hospital CEOs to Know**.
- Dixie Regional received the **Patriotic Employer Award** from **Employer Support of the Guard and Reserve**.
- **The U. S. Marines** — honored Dixie Regional for providing great care to their corps.
- **The Joint Commission** — recertified Dixie as a **Center of Excellence for Joint Surgery**.
- **The American College of Surgeons** — certified Dixie as a **Center of Excellence for Bariatric Surgery**.
- **Medicare** — designated Dixie Regional a **4-Star Hospital**.

- The 500,000-square-foot, **\$300 million expansion project** at River Road was announced.
- **The nation’s first fluoroles electrophysiology** procedure was performed at Dixie Regional, garnering system and national attention.
- Dixie began doing Y-90 procedures to treat liver cancer.
- **Simply Birth Suite** — opened at Dixie, offering safe, unmedicated childbirth.
- **A new access center for behavioral medicine** opened for patients of partnering agencies.



Dr. Jotham Manwaring explains neck and spine health to patient Mckenna Tew.

DIRECTORY OF SERVICES

Emergencies	911	Intermountain WorkMed	251-2630
River Road InstaCare	688-6300	Jubilee Homes	688-4509
Acceleration	251-2256	Lab	688-5022
Administration	251-2101	LiVe Well Center	251-3793
Behavioral Health Access Center	688-4343	Medical Records	251-2304
Billing Questions	688-5300	Nutrition Services — Community	251-3789
Cancer Services	688-4175	Patient Information	251-1000
Community Health Information Center	251-2222	Physician Referral	251-2299
Communications	251-2156	Rehabilitation Services	251-2250
Diabetes Education	688-3408	Same Day Surgery	251-1590
Employment Opportunities*	251-2122	SelectHealth Insurance	251-2107
Financial Counseling	251-1065	Social Services	251-2445
Foundation	251-2480	Southern Utah Neurosciences Institute	251-6800
Human Resources	251-2122	Speakers Bureau	251-2156
Hyperbaric Oxygen Therapy	688-6868	Volunteer Opportunities	251-2130
Imaging Services	251-1701	Women’s and Children’s Services	688-4430
Infusion Therapy	688-6868	Wound Clinic	688-4293
Intermountain Homecare, Hospice & Medical Equipment	251-2367		

** Visit our website at www.intermountain.jobs and follow us on Facebook and Twitter.*

DIXIE REGIONAL MEDICAL CENTER GOVERNING BOARD

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Steve Caplin, Chair



John Ames



Blake Arnold, MD



Daren Barney



Janice Brooks



Gayle Carter, MD



Brian Chadaz



Brett Christiansen, MD



Mark Corry



Kevin Ence



Cyndi Gilbert



Carole Grady



Cory Gubler



Shawn Guzman



Jim Jensen



Terri Kane



Jack Renouf



Aaron Sandvik



Steven Van Norman, MD

DIXIE REGIONAL MEDICAL CENTER FOUNDATION BOARD

29



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James Abel



Josh Bevans



Glenna Beyer



Brian Chadaz



John Cottam



Larry Eggert, MD



Cyndi W. Gilbert



Kurt Johnson



Terri Kane



Scott Keller



Greg Kemp



Rhett Long



Heidi Obray



Travis Seegmiller



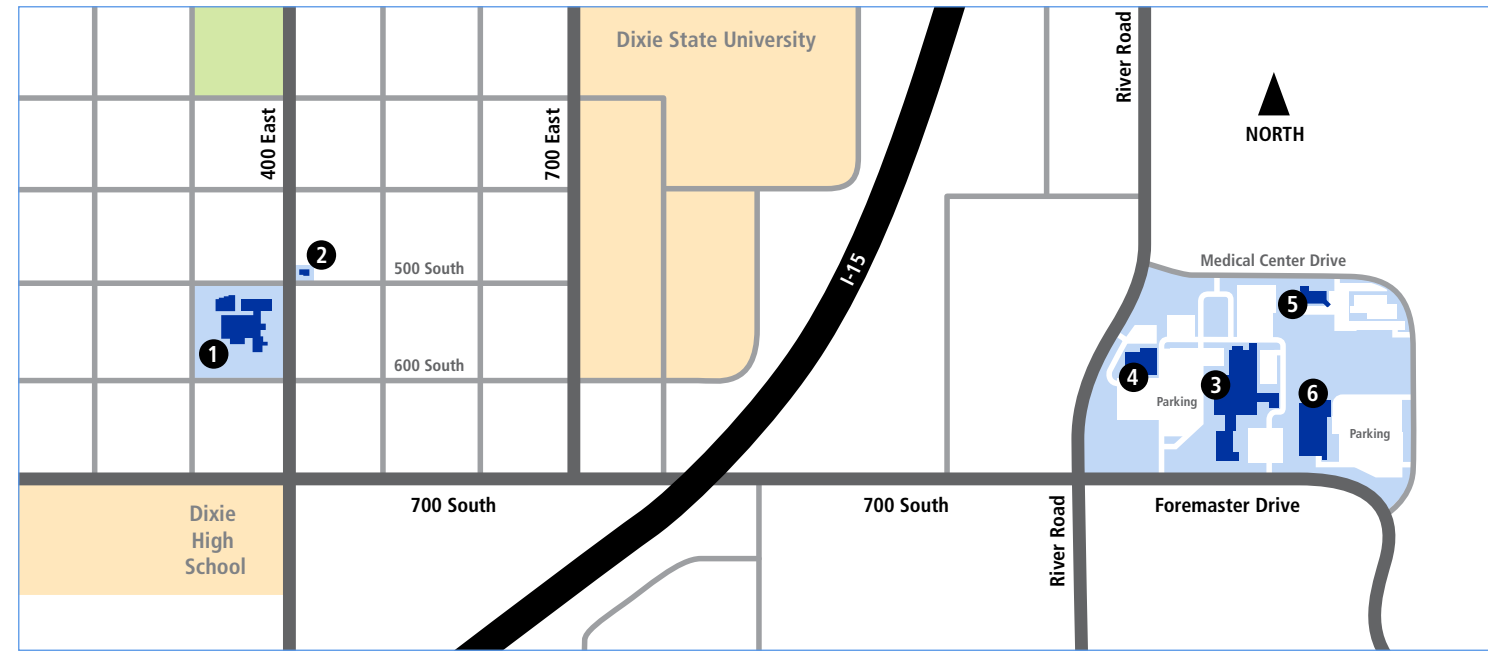
Patricia
Shoemaker-Glessner



Dara Tancredi



Tracey Welsh



1. Dixie Regional Medical Center 400 East Campus

544 S. 400 East, St. George, UT 84770 • 435.251.1000

2. Jubilee Home I (Charitable lodging)

409 E. 500 South, St. George, UT 84770 • 435.251.2123

3. Dixie Regional Medical Center River Road Campus

1380 E. Medical Center Drive, St. George, UT 84790 • 435.251.1000

4. Intermountain River Road Clinic & InstaCare

577 S. River Road, St. George, UT 84790 • 435.688.6300

5. Jubilee Home II (Charitable lodging)

1485 E. Medical Center Drive, St. George, UT 84790 • 435.251.2123

6. Dixie Regional Health & Performance Center

652 S. Medical Center Drive, St. George, UT 84790 • 435.251.1000



Intermountain®
Dixie Regional
Medical Center