



Tri-City Medical Center



**Tri-City
Medical
Center**

ANNUAL REPORT TO THE COMMUNITY

2016

Welcome to Tri-City Medical Center's Annual Report to the Community

The objective of this report is to present information about the achievements of our medical center during this past year to valued members of our community.

Mission

To advance the health and wellness of the community we serve.

Vision

Be recognized as a healthcare system of choice in our community.

Values

The needs of our patients come first.

WHO WE ARE

Tri-City Medical Center has served our community for over 50 years and is one of the largest employers in North San Diego County. As a 397 bed, full-service acute care hospital with three primary care clinics and over 700 physicians practicing in over 60 specialties, Tri-City is vital to the well-being of our community and serves as a healthcare safety net for many of our citizens. Tri-City's importance to our community is exemplified by the current success we have achieved by being one of only three hospitals in San Diego County to achieve six consecutive "A" Leapfrog ratings in patient safety along with several national accreditations and excellent clinical outcomes. Our Gold Seal of Approval® from the Joint Commission displays our commitment to safe and effective patient care for the residents of the community we serve.

Having the second busiest emergency room in San Diego County reinforces the need for Tri-City Medical Center in our District. We also operate the only Level III Neonatal Intensive Care Unit (NICU) in North County, as well as an Orthopaedic & Spine Institute, Cardiovascular Health Institute, Neuroscience Institute, and the Tri-City Wellness Center in Carlsbad, recognized as one of the best wellness centers in San Diego County. We pride ourselves in specializing in women's health, robotic surgery, cancer and emergency care.

Tri-City Medical Center has continuously operated with the goals of providing the most advanced medical service, the best medical education, and the most caring emotional support to the communities it serves.



Tri-City Medical Center

ADVANCED HEALTH CARE...FOR **YOU**

Affiliated with
UC San Diego Health
CARE NETWORK™



ABOVE: Director Laura Mitchell, Director Julie Nygaard, Director Larry Schallock, Director Ramona Finnila, CEO Steve Dietlin, UCSD Physician Tom Moore, MD, UCSD CEO Patty Maysent, Director Cyril Kellett, Director RoseMarie Reno, Chairman Jim Dagostino.



Now there's
EVEN MORE
advanced healthcare
for **YOU**

Tri-City Medical Center is now affiliated with UC San Diego Health Care Network.

What does this mean for you & your family?

An even greater range of speciality & subspecialty services provided to patients in our community. So whatever comes your way, you can get well close to home.

(And now there are more health insurance plans accepted by our providers than ever before!)



ABOVE: Chairperson Dagostino & Director Schallock at the Tri-City Medical Center Carlsbad Marathon & Half on January 18, 2016. The next marathon will take place January 15, 2017, where we will be rooting on our Lucky 13 Team - Read more about the Lucky 13 on page 21. **RIGHT:**

Flag raising with Donate Life organization, Lifesharing in support of National Donate Life month in April & in honor of Amber Masden, Oceanside resident who donated her organs, tissue and corneas to benefit others.



LEFT: Friends, donors, physicians, and members of the board Jim Dagostino, Ramona Finnila, Larry Schallock, Julie Nygaard & Laura Mitchell attend the Tri-City Hospital Foundation ceremonial ribbon cutting for the new 512 CT Scanner in May, with Dr. Donald Ponec alongside CEO Steve Dietlin - For more about the CT scanner turn to page 18. **BELOW:** Julie Nygaard presents Tom Reeser of KOCT with the Community Healthcare Alliance Committee grant for healthcare programming in our local community, this past June. Each Tri-City Medical Center Board of Directors meeting can be viewed on KOCT, local channels 18 or 19, on ATT Uverse, or Video on Demand at www.KOCT.com. Board meetings are filmed live & take place on the last Thursday of every month. Tune in and stay involved with us!





ABOVE: Director RoseMarie Reno & Director of Cardiac Rehabilitation, Dr. Karim El-Sherief. **TOP LEFT:** Directors Dagostino, Mitchell, and Finnilla with Tri-City & UCSD clinical staff during the "dry run" for the new Intraoperative Radiation Therapy technology, the first of its kind in San Diego - Read more about the IORT on page 19. **BOTTOM LEFT:** Directors Schallock, Mitchell & Kellett are introduced to the IORT machine for delivering concentrated radiation (they were surprised that it was so compact!) **BOTTOM RIGHT:** Directors Nygaard, Kellett, & Finnilla pose in front of the new GE Revolution 512 CT Scanner - Read more about the new CT Scanner on page 18.

TRI-CITY MEDICAL CENTER'S BOARD OF DIRECTORS

“ I am so pleased that the Tri-City Healthcare District has secured its clinical and quality future by partnering with UCSD. The board with administration is planning to secure it's financial future by proposing partnering with the Department of Housing and Urban Development (HUD) of the US Government. Both are in keeping with the original promise made to the citizens back in 1961, by providing quality healthcare to the communities of Vista, Oceanside, and Carlsbad in their own backyard. I and my colleagues on the board are so fortunate to be able to have had this opportunity to deliver these safeguards. ”

JIM DAGOSTINO, CHAIRMAN OF THE BOARD



Tri-City Healthcare District's mission is to advance the health and wellness of the community we serve. Tri-City is in fact owned and governed by the community it serves and I'm fortunate to have the opportunity to collaborate with many community partners including the medical staff, nurses, auxiliary, foundation, employees and Board of Directors to deliver this mission. The commitment of so many community stakeholders to provide excellent clinical outcomes is impressive. The needs of Tri-City's patients come first as is demonstrated by the sixth consecutive Leapfrog Hospital Safety Score of Grade A. The Leapfrog Group is nationally recognized for objectively measuring safety based on clinical outcomes data. Grade A is the highest safety rating possible and Tri-City is one of only three hospitals in San Diego to receive an A rating. Six consecutive A's does not happen by accident. It takes the commitment and collaboration of many working together toward a common community goal.

Tri-City treated over sixty-five thousand patients in the Emergency Department last year and has one of the busiest Emergency Departments in San Diego County. In order to improve care delivery, decrease wait times and provide an improved patient experience, Tri-City expanded the emergency triage area, purchased and installed the most advanced 512 CT Scanner available and opened a Crisis Stabilization Unit. The GE Healthcare Revolution™ CT Scanner is faster, with improved resolution and lower radiation exposure. The Crisis Stabilization Unit was opened in order to better serve patient mental health needs in the most appropriate setting. This provides for an improved patient experience for patients with mental illness and Emergency Department patients.

The affiliation agreement with UC San Diego Health Care Network aligns with Tri-City's mission to advance the health and wellness of the community we serve, as well as Tri-City's vision to be recognized as the healthcare system of choice in our community. Collaborating with San Diego's world-class academic health system leverages the combined strengths of Tri-City and UC San Diego Health to provide expanded access to locally-provided healthcare services. Solidifying the affiliation agreement required the collaboration of many, particularly the medical staff of both entities. UC San Diego Health faculty have performed cardiothoracic surgeries and neurosurgeries at Tri-City and the two entities have joined together to perform Intraoperative Radiation Therapy (IORT) at Tri-City. IORT is an early stage breast cancer treatment that introduces a single dose of radiation therapy immediately following a lumpectomy with a goal of avoiding extended periods of radiation. We remain excited and energized by this opportunity to build on and enhance patient care services offered to the community we serve.

As we look to the future, campus development comes into focus. While the Neonatal Intensive Care Unit and labor and delivery departments are being remodeled and steps have been taken to improve care delivery and decrease wait times, a long-term campus development plan is necessary to address seismic compliance, additional parking, ED expansion and additional community needs. In order to properly address these issues a campus development concept has been prepared and Tri-City has entered into a Joint Powers Agreement with the City of Oceanside to allow Tri-City to exercise the city's statutory design-build authority. The design-build approach combines both architect and contractor into a single point of responsibility in order to improve project quality, minimize time delays and reduce costs.

Access to long-term capital to support hospital operations and campus development is critical in order to deliver our mission to the community we serve. Instead of asking the public for bond funding Tri-City is pursuing long-term financing, and following a successful meeting in Washington, D.C. with the U.S. Department of Housing and Urban Development (HUD), Tri-City has been invited to submit an application for mortgage insurance. A successful HUD financing, or an alternate long-term financing opportunity, would allow Tri-City to refinance current debt in order to release capital for operations and campus development.

These are exciting times at Tri-City made possible through the collaboration of many committed community partners and governed by the community Board of Directors that you, the Community, chose to govern Tri-City. Let's look forward to continued delivery of the highest quality healthcare and a positive future together at our community hospital, Tri-City Medical Center.

A handwritten signature in dark ink, appearing to read 'Steve Dietlin'.

STEVE DIETLIN
Chief Executive Officer



FUTURE CAMPUS DEVELOPMENT

Tri-City Medical Center strives to be a healthcare leader for North County residents, and as the community grows, so must we.

State regulations require hospitals to comply with specifications to withstand earthquakes that the region is prone to experience. In order to both meet those regulations and increase our ability to provide the healthcare services of our community, Tri-City will be retrofitting or adding onto multiple areas on our current campus.

- NEW parking structure
- NEW Emergency Department to assist 70,000+ people that will utilize our emergency room each year
- Build/retrofit hospital to be seismically compliant
- Adding more private patient rooms to provide an even greater patient care



Check out the video!
www.tricitymed.org/future



A WORD FROM OUR CHIEF OF STAFF

When people ask me about how things are going at Tri-City, I can't help but share how optimistic about the future I am these days. While the campus may lack shiny new marble floors, the unwavering investments in patient safety resulted in Tri-City receiving its 6th consecutive Hospital Safety Score of Grade A this last spring (www.hospitalsafetyscore.org). With so many confusing measures of achievement and performance cluttering the healthcare landscape, the non-profit Leapfrog Group is committed to promoting transparency in the U.S. healthcare system and has become the gold standard in objectively measuring safety and quality. In fact, the Johns Hopkins Armstrong Institute for Patient Safety and Quality assessed the data independently and concluded that a patient who chooses care at a C grade hospital has a 35% higher risk of avoidable death compared to a patient who chooses their care at an A grade hospital like Tri-City.

With a district board comprised of exceptional leaders, each bringing a wealth of experience with a diversified skill-set, they have charted a new course for Tri-City, not just for today, but for the next decade and beyond. Chosen to captain Tri-City in these exciting times, CEO Steven Dietlin is a proven leader who advocates for creating a patient centric organization, and brings years of experience in healthcare finance. He is, once and for all, the leader with a progressive vision that Tri-City has long deserved.

But what lies ahead shouldn't overshadow what's happening now.

- A newly installed **GE Revolution™ CT scanner**, the first of its kind in southern California, offering a glimpse into the future of imaging with higher image resolution at a fraction of the radiation exposure.
- A spine institute now recognized as a national **leader in minimally invasive robotic spine surgeries** with one of the most robust programs in California.





- Work has begun on **remodeling the labor and delivery suites**, coupled with the soon to begin build-out of all **new private Neonatal Intensive Care Unit suites**.
- This September, Tri-City opened a **Crisis Stabilization Unit**, one of only two in San Diego County, to better serve the needs of our behavioral health clients, while alleviating the impact on the emergency room.
- Recently completed in the emergency room lobby is the new **Team Triage bay** that allows for simultaneous evaluation by our nursing team and clinicians, providing care for those with urgent but not emergent needs at the point of contact, thereby reserving emergency room beds for the most seriously ill. This should have a dramatic impact on waiting room times.
- The soon to be developed **Institute for Clinical Effectiveness**, a joint venture with leading healthcare technology platforms, where Tri-City physicians will not only aggregate data but utilize that data to generate predictive analytic algorithms with real world applicability. This will pave the way to better outcomes and quality for the future.
- Of course, one of the most exciting developments is the newly formed **affiliation between Tri-City Medical Center and UC San Diego Health Care Network**. The future of healthcare lies in finding synergies between organizations that are mutually beneficial, not only driving down the cost of care but improving the overall quality of care. Leveraging the pioneering research capabilities and subspecialty care that UCSD possesses benefits Tri-City district residents by enhancing the comprehensive network of care that can be delivered locally. For once, we can have our cake and eat it, too! Primary and secondary care in the hands of trusted community doctors who not only have cared for us in North County for generations but excel at delivering that care, yet at the same time, world-class tertiary/quarternary care delivered in our own backyard guided by physicians who have a vested interest in our health and well-being. The specifics are rapidly evolving and soon to be finalized. Stay tuned!

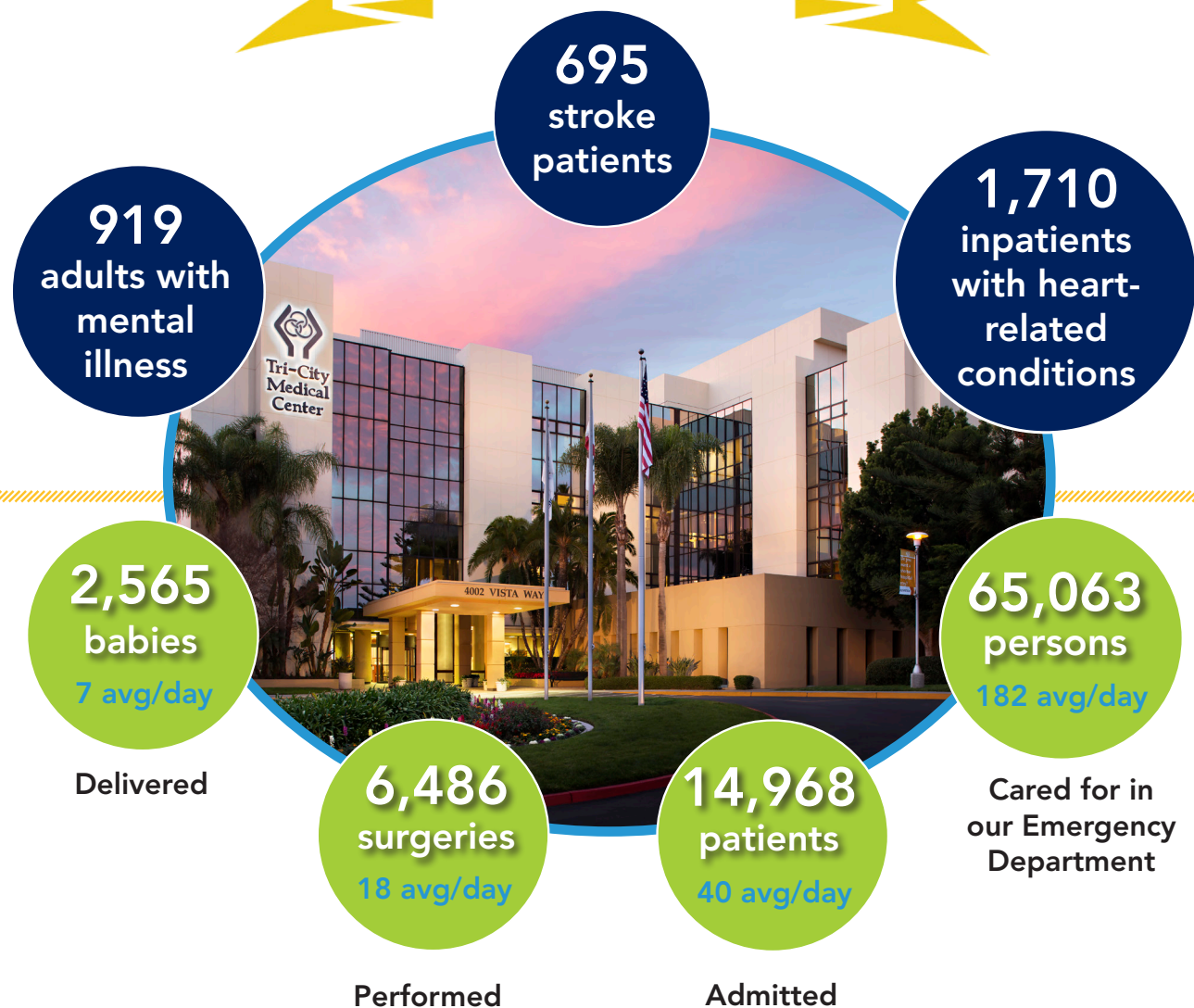
The nurses and ancillary staff continue to amaze me on a daily basis, going out of their way to show the true heart of Tri-City. Many of you who have experienced the care here at Tri-City can attest to that. Delivering great quality lives at the heart of every patient interaction we as a medical staff are fortunate enough to be a part of, and being awarded the highest standard of quality in North County was never our destination. Rather, it is an ongoing journey that requires adaptability, a collaborative effort that centers around our patients, and a heavy dose of humility. Yet with all the exciting new endeavors occurring at Tri-City, it's hard not to be optimistic about the future of healthcare at our local community hospital, Tri-City Medical Center.

Gratefully,
Gene Ma, MD, FACEP
Chief of Staff, Tri-City Medical Center



In Fiscal Year 2016 Tri-City Medical Center

Delivered top-level treatment to



In addition, TCMC



Had the **2nd busiest Emergency Department** in all San Diego County.



Restored hope to parents by caring for **622 premature babies or newborns with special needs** in our Level III Neonatal Intensive Care Unit, the only one in North San Diego County.



Worked alongside our physicians on **30 clinical research studies** including interventional radiology, pregnancy, oncology, diabetes and infection control & treatment.



Continued to provide care through our Cardiovascular Health Institute, Orthopaedic & Spine Institute, and Neuroscience Institute.



Continued to lead in **robotic spine surgery** using the first Mazor Robotic Renaissance™ System in the county.



Established a hip preservation program, a nationally recognized shoulder program and cutting edge options for joint replacement.

AWARD WINNING CARE

Tri-City Medical Center holds over 20 accreditations, awards & achievements!



Tri-City Medical Center earned its **6th consecutive 'A' rating** for exceptional patient safety from the nationally-recognized Hospital Safety Score Leapfrog Group.

Tri-City Medical Center is 1 of only 3 hospitals in San Diego County to receive 6 consecutive "A" ratings!

The Hospital Safety Score is the gold standard rating for patient safety, compiled under the guidance of the nation's leading patient safety experts and administered by The Leapfrog Group, a national, independent nonprofit organization.

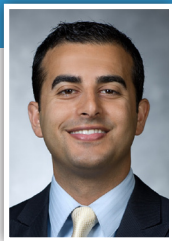


Tri-City Medical Center was again awarded the **Mission: Lifeline® Gold-Plus award, Mission: Lifeline® Gold Receiving**, and the **Get With the Guidelines Gold-Plus Award** from the American Heart Association for providing life-saving heart attack & stroke treatment.

The Mission: Lifeline® Gold-Plus award is in recognition of Tri-City Medical Center achieving a score greater than 75 percent on all Mission: Lifeline Receiving Center Quality Measures as well as achieving at least a 75 percent achievement on First Door to Device time under 120 minutes for STEMI transfer patients from other facilities.

Fully Accredited by Joint Commission

The Joint Commission, the national organization that establishes standards for healthcare quality and safety, has again awarded Tri-City Medical Center its Gold Seal of Approval® and accreditation. The accreditation recognizes healthcare efforts in areas such as patient rights, medication management, and infection control.



Leading the Way in Surgical Technology

Tri-City Medical Center is a leader in robotic surgery, specifically the Mazor Robotics Renaissance for spine surgery. The 1000th surgical case in California was conducted at Tri-City and the hospital is in fact a training location for many surgeons in the region!

▶ **Dr. Payam Moazzaz** has performed over 400 surgeries utilizing Mazor technology, making him the most experienced Mazor surgeon in the nation!

DID YOU KNOW?

...that Tri-City Medical Center is one of the largest employers in North County with an employee count of over 2,100 and an annual payroll of approximately \$190 Million in salaries and benefits? These are dollars that go right back into our community.

REINVESTING IN OUR COMMUNITY

As a district hospital, all revenue generated gets reinvested into the facility. This has allowed Tri-City Medical Center to provide the following in the last year:



Over \$6.2 Million

In charity and uncompensated care.



\$300,000

In grants to organizations that support our healthcare district.



Over \$500,000

To community educational programs, non-profit organizations, and event sponsorships.



Over \$190 Million

In salaries and benefits of employees - not including the income of doctors with privileges at TCMC or their staff.

DID YOU KNOW?

...that while Tri-City Medical Center receives \$9 Million from tax revenues, it gives back over \$10.5 Million to the community in the form of charity, uncompensated care, grants & sponsorships?

Conducting **473 major joint surgeries** throughout the year - predominantly on hips & knees.

Contributing about **78,000 volunteer hours every year** through the Tri-City Hospital Auxiliary.

Sponsoring over 100 events every year that contribute to the growth of the Tri-City area community.

Continuing to provide the **Tri-City Benefit Program** that includes free flu shots, cafeteria discounts, valet parking, and more.

Creating the **Tri-City Healthcare Network** to bring you quality primary care & specialties close to home.

Recruiting needed physicians in multiple specialties including: Obstetrics and Gynecology, Urology, Cardiology, Primary Care, and Neurosciences.



We are also reinvesting in our community by:



2016 CHAC GRANT AWARDEES

Each year the TCHD Board of Directors allocates funds for healthcare projects of non-profit agencies located in and serving residents of North County. These funds are allocated through a grant process, coordinated by the Community Healthcare Alliance Committee (CHAC). The CHAC is comprised of members of the community from agencies like local chambers, the fire department, school districts, and many more. This committee meets monthly to contribute to the ongoing discussion about what the needs of our community are and how Tri-City can best serve our area. This year \$300,000 was distributed, 100% of which was reinvested back into our healthcare district.

To find out more about the grant application visit Tricitymed.com/CHAC

This year awardees included: Boys & Girls Club Vista, Casa de Amparo, Community Resource Center, Fraternity House, Inc., Interfaith Community Services, KOCT Oceanside Community TV Corp., Mama's Kitchen, Miracle Babies, NAMI – National Alliance on Mental Illness, North County Health Services, North County LGBTQ Resource Center, North County Lifeline, Operation HOPE, Pacific Cancer Fitness, Palomar Family Counseling Services, Inc., The Brother Benno Foundation, The Elizabeth Hospice Foundation, Vista Community Clinic, Women's Resource Center.

You're invited to the **30th** NICU Reunion

30 years of helping babies make a splash in the world

Saturday, September 10
11am - 3pm

Tri-City Medical Center, 4002 Vista Way, Oceanside 92056

YOU make the difference!
TRI-CITY HOSPITAL
FOUNDATION
Est. 1964



30th Neonatal Intensive Care Unit Reunion

ABOVE LEFT: Directors Ramona Finnila & Julie Nygaard with Dr. Hamid Movahhedian at the Tri-City Medical Center NICU Reunion with a young NICU graduate and his mother. **ABOVE RIGHT:** 33 week-old NICU graduate Ellie June with parents in a shirt they had made especially for the occasion.

Sept. 10, hundreds of thriving families, ranging from newborns to grandparents, came to Tri-City Medical Center to celebrate the 30th anniversary of the Neonatal Intensive Care Unit. The unit has been caring for the community's tiniest and most vulnerable patients since 1986 and is currently the only level III NICU in North County.

Families enjoyed reuniting with the doctors and nurses, showing off their growing children and teens and partaking in a hearty BBQ accompanied by shaved ice and cupcakes. They were joined by roaming Star Wars characters, a check in from the tooth fairy and the medical center's therapy dogs. An enthusiastic troupe of MiraCosta College volunteers assisted with games in a tented activity zone and the background music almost drowned out the exuberant hammering of kids attacking their DIY projects, coordinated by Home Depot volunteers. The medical center's various departments were also on-hand to share details about the wealth of resources and support services offered by the community hospital.

Lifelong bonds have formed between the specialists, caregivers, parents and families who have been a part of the intense love and dedication that comes with caring for a delicate NICU baby. Tri-City Medical Center celebrates these important relationships every 5 years during this reunion. This year there were over 1000 attendees. For more images of this event check out our Facebook page!



FAST FACTS: NEONATAL INTENSIVE CARE UNIT

- The NICU sees close to 600 babies each year, and its team works day and night to ensure each family feels close to their little ones
- Tri-City Medical Center's 29-bed NICU nursery is the largest in North County
- The NICU opened in 1986, and today is the only Level III NICU in North County, providing the highest level of neonatal care and most advanced technology available in the region
- Tri-City's NICU has board certified neonatologists on-site 24 hours a day, 7 days a week – this team includes:
 - Dr. Hamid Movahhedian (Dr. Mo), MD, FAAP, Chief of Division of Neonatology, NICU Medical Director
 - Dr. Pedro Paz, MD, MPH, FAAP, Associate NICU Medical Director, Staff Neonatologist
 - Dr. Ramana Uher, MD, FAAP, Staff Neonatologist

FAAP = Fellow of the American Academy of Pediatrics. Pediatricians who maintain their FAAP designation have obtained board certification in pediatrics and made an ongoing commitment to lifelong learning and advocacy for children.

- Other in-house staff include neonatal nurse practitioners, registered nurses trained in neonatal care, occupational and physical therapists, certified lactation consultants for breastfeeding support, neonatal nutritional specialists, neonatal respiratory care practitioners and social workers



Tri-City Medical Center is the first hospital in San Diego County to employ NicView webcams in the neonatal intensive care unit (NICU) - The system was implemented in December 2012 and includes a password protected portal that enables parents to view their infants in the NICU from anywhere in the world from any web-enabled device at any time.

- In its first year alone, Tri-City's NicView system served families on every continent in the world and allowed for close to 39,000 camera views
- Each day, nurses write notes to babies' families with updates on how they're doing and what progress they've made, which are displayed via the NicView camera system.
- Staffers report 99 percent of NICU families use the service

Looking to the Future

CRISIS STABILIZATION UNIT

After many months of planning, Tri-City Medical Center has opened a Crisis Stabilization Unit (CSU) to provide 24-hour psychiatric medical care to adult patients experiencing a serious mental health crisis.

The psychiatric care is provided in the hospital on an outpatient basis for patients 18 and older seeking psychiatric care voluntarily or placed under an involuntary hold in keeping with state law. All CSU patients are medically screened first in the medical center's Emergency Department before being triaged and admitted to the CSU for stabilization. Where necessary, the CSU will also facilitate inpatient hospitalization. The CSU is staffed by an interdisciplinary team consisting of psychiatrists, psychologists, psychiatric mental health nurse practitioners, registered nurses, licensed marriage and family therapists (MFT), licensed social workers, and supervised MFT and post-graduate interns and trainees, and peer support and family support specialists.

"We formed the Crisis Stabilization Unit to better serve members of our community who are in need of mental health services," said Steve Dietlin, CEO, Tri-City Medical Center. "It ensures they get the specialized care they need quickly as well as coping strategies, medication intervention, and supportive referrals after they are discharged."

The new Crisis Stabilization Unit accepts walk-ins from the Tri-City Medical Center emergency room, outpatient referrals from the hospital's partners in the North County community and patients dropped off by county law enforcement including the county's Psychiatric Emergency Response Team (PERT) and local police.

According to the American College of Emergency Physicians, psychiatric emergencies are a national healthcare crisis. Crisis stabilization programs like the one developed by Tri-City Medical Center in conjunction with the County of San Diego, seek to provide solutions that work for patients and providers.

After patients are discharged from the CSU, every effort will be made to effectively connect or re-connect patients to outpatient providers or psychiatric facilities.

NEONATAL INTENSIVE CARE UNIT & LABOR/DELIVERY REMODEL



We have begun the remodel of these two imperative departments with construction slated to be completed late 2016.

We anticipate that this will assist us in welcoming 400-500 more babies each year. Currently Tri-City Medical Center welcomes approximately 2500 babies on an annual basis, and each is welcomed with a brief chime of the Brahms lullaby that is heard throughout the hospital. That's 7 sweet lullabies per day!

The expansion of our level III neonatal intensive care unit will allow for the care of even more fragile newborns while staying close to mom during the first several hours when it matters most. Moms and babies will have their own separate rooms with the ability for Dad to stay overnight.

Rooms can be named after you or your family!
For more information on donating a room visit:

www.tricityhospitalfoundation.org





YOU make the difference!

TRI-CITY HOSPITAL FOUNDATION

For more than 50 years, Tri-City Hospital Foundation has played an important role in promoting philanthropy and well-being in our community. With the support of generous donors, we have funded over \$46 million dollars in programs, services, and capital needs for Tri-City Medical Center.

This year the proceeds from the annual Diamond Ball (with special guest Jay Leno!) will benefit Tri-City Medical Center's Women & Newborn Services. We expect that the remodel of this unit will assist in the delivery of 500 additional babies each year and allow families to stay together during the birth of North County's smallest residents.

Tri-City Hospital Foundation has contributed to a variety of innovative hospital initiatives, both large and small. From the GE Healthcare Revolution™ 512 CT Imaging System to the introduction of harmonicas in our pulmonary rehabilitation program, the generous support of our community and employees over the past fiscal year has had a substantial impact on enhancing TCMC's level of care.

In the past year, donors have contributed over \$1.7 Million in support of keeping advanced healthcare, close to home and for that we can't thank you enough.

For more information on how you can support Tri-City Medical Center visit

www.tricityhospitalfoundation.org

YOU make the difference!
TRI-CITY HOSPITAL
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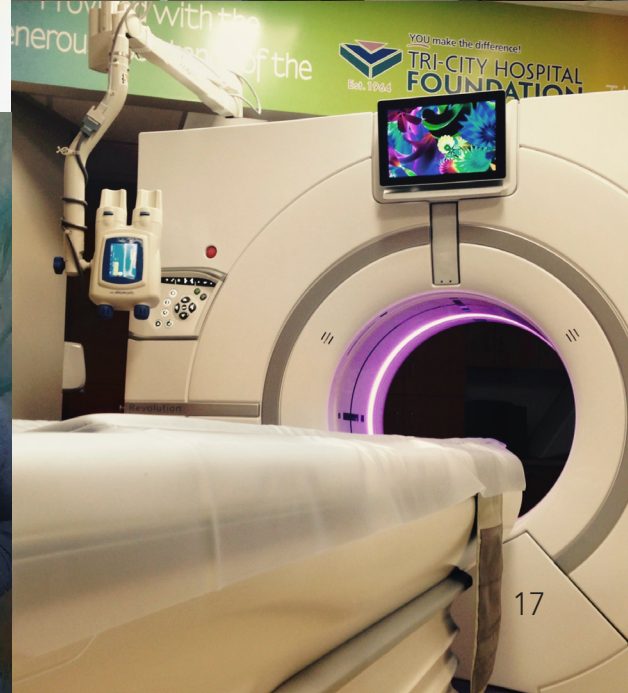
Presents an Evening
with
Jay Leno

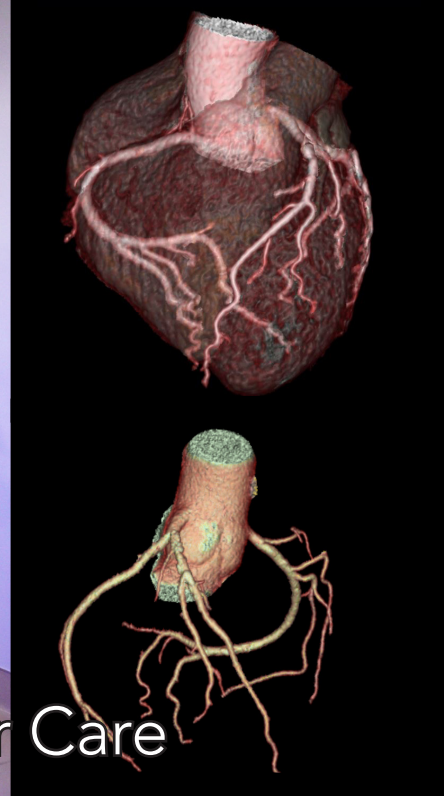
Diamond Ball

Saturday, November 12, 2016

Omni La Costa Resort & Spa
2100 Costa Del Mar Road | Carlsbad, CA 92009

TICKETS AVAILABLE NOW





Advancing Your Care

ABOVE LEFT: Directors Julie Nygaard & Jim Dagostino with the 512 CT Scanner. **ABOVE RIGHT:** Actual images taken by the 512 CT Scanner to demonstrate varied options available when viewing heart scan information.

GE Healthcare Revolution™ CT Scanner

The most advanced Computer Tomography technology from General Electric is now being used at Tri-City Medical Center enabling radiologists to make the quickest, most accurate diagnosis possible for patients. This scanner is designed for use across multiple clinical areas and has already had a dramatic impact on the delivery of care at Tri-City.

This is the first GE "Revolution" CT scanner operating in Southern California! With the new technology Tri-City is transitioning from slice counts to volumetric scanning - which means we can now take the information and make 3D images in any plane. Dr. Donald Ponec, Radiology Medical Director, San Diego Imaging, states, "This technology allows us to obtain images of any part of the body with greater efficiency, higher diagnostic quality and a considerable reduction of radiation dose."

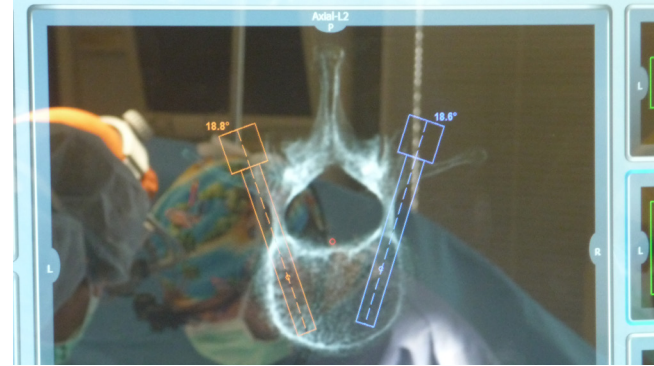
The addition of a second advanced CT scanner in the medical center is expected to improve overall patient flow, especially in the Emergency Department.

What makes the 512 CT Scanner so great?

- .28 sub-second scanning vs. 4 second scans of 4 rotations with an older machine
- Ability to image patients that were impossible to scan before (like highly active babies)
- Instantaneous image data sets
- Enhanced Cardiac imaging capabilities (can capture SINGLE heart beats!)
- Emergent Stroke Analysis
- Enhanced Vascular Imaging Capabilities
- Cancer Staging 3D Fusion Technology
- Dramatic Radiation Reductions - 30% less than former scanner
- Contrast Dose Reductions
- Impact on patient experience - reduced wait times in the emergency room by over an hour

Mazor Robotics' Renaissance™ is a specially-designed surgical guidance system that allows surgeons to perform safer and more accurate spine surgeries. In a typical case this means physicians are planning surgeries days in advance, personalizing each spinal surgery to you. For patients, this means better outcomes with less pain, fewer complications and shorter recovery time. Renaissance is in daily use in leading hospitals with thousands of successful cases worldwide.

Tri-City Medical Center is the only facility in San Diego County that has this advanced technology, performed by two world-class physicians, Dr. Neville Alleyne & Dr. Payam Moazzaz. This system is transforming spine surgery from freehand procedures to highly accurate, state-of-the-art procedures with an over 98% accuracy rate in placing screws in the spine. Tri-City Medical Center is the west coast training facility for this advanced technology with the most experienced spine surgeon in the nation in Mazor robotic spine surgery, Dr. Payam Moazzaz.



TOP: Dr. Moazzaz and surgical assistants pose after the completion of 700th case performed at Tri-City. **BOTTOM:** View of spinal cord from above with placement of pedicle screws; left screw is orange to indicate less than perfect alignment enabling exact result during surgery.

For more information on minimally invasive spine surgery or Dr. Alleyne & Dr. Moazzaz visit Tricitymed.org/mazor

BREAST CANCER TREATMENT IN AS LITTLE AS 1 DAY



Dr. Kathy Toosie
Breast Surgeon

Intraoperative Radiation Therapy (IORT)

1 in 8 women will be diagnosed with breast cancer in their lifetime

Tri-City Medical Center is one of the first hospitals in San Diego County, and the first in North San Diego County, to offer intraoperative radiation therapy (IORT), performed on site by Dr. Kathy Toosie. Combining surgery and radiation, this form of treatment is designed specifically for stage-1 breast cancer & works by introducing a single dose of radiation therapy immediately after a lumpectomy.

The goal of this revolutionary procedure is to avoid unnecessarily exposing healthy breast tissue to radiation for extended periods of time, dramatically reducing side effects and the length of treatment. Typical radiation may span from 5 to 8 weeks, 5 hours per day, disrupting your life physically and emotionally. With the IORT procedure patients will leave the same day as treatment - with clinical outcomes comparable to traditional radiation.

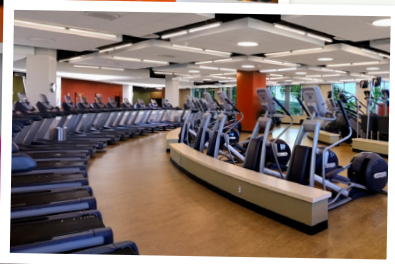
Accepting patients for this revolutionary treatment now!
For more information visit Tricitymed.org/IORT

Tri-City Medical Center WellnessCenter

THE ONLY HOSPITAL OWNED FITNESS
CENTER IN NORTH COUNTY

FAST FACTS:

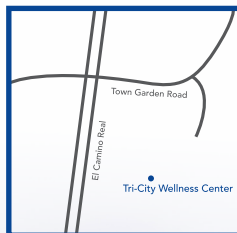
- Personalized Programming & Support
- Top-Notch Amenities
- Indoor Walk/Jog Track
- Lap, Warm Water, & Hydroworx Therapy Pools
- Kidz In Motion: Activity & Learning Based Child Care
- Healthy Cafe
- Full-Service Spa
- Onsite Physical Therapy & Cardiac Rehab
- Corporate Membership Program Available



WHAT MAKES US UNIQUE?

Tri-City Wellness Center is more than just a place to come and workout. The primary focus of the Wellness Center is to improve the quality of life of our members and the community through innovative programming, continuous support and education, top-notch amenities, and a cutting-edge approach focused on health management, and safe and effective disease management—for people in all stages of their health and wellness journey.

Offering over 130 group fitness classes a week, a full-service spa, executive-style locker rooms, indoor pools, safe and fun child care, medical and nutritional programs, and much more, our knowledgeable, supportive staff focuses on health, fitness and clinical integration for your total well-being.



**Your local, community club
in Carlsbad since 2009.**

CALL TODAY: (760) 230-8662
6250 El Camino Real
Carlsbad, CA 92009

Medical Integration

Tri-City Wellness Center's Medical Programs are designed to bridge the gap between recovery and independent exercise, to transition participants into a healthy lifestyle. We take a focused, detailed approach to cover all areas of fitness, with a consistent emphasis on cardiovascular fitness, strength training, and flexibility improvement. All wellness programs include a tailored program of exercise guidance, nutritional education, and strategies for behavior modification.

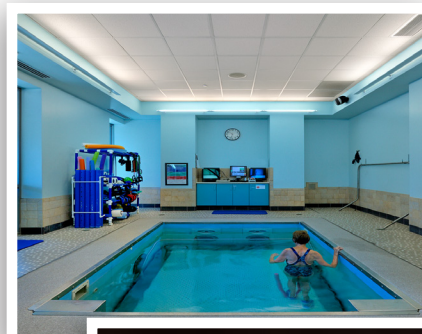
Our Medical Integration Programs include:

- Young at Heart
- Next Step: Orthopedic Fitness
- Diabetes Wellness and Arthritis Aquatics
- Pacific Cancer Fitness Program

In addition to their custom Medical Integration Program, you'll also receive:

- Regular assessments to track progress and obtain results
- Complimentary Active Education events on nutrition, aquatics, fitness, health coaching, and other topics designed to enhance your general health and well being
- Access to Tri-City Wellness Center

If you or someone you know may benefit from these programs, contact us today to learn more about our Medical Integration Programs.



DO YOU KNOW ABOUT THE LUCKY 13?

As part of our commitment to advancing health and wellness, we hold a program making it possible for thirteen (13) lucky North County residents who have never trained for a half marathon to achieve their fitness dreams by offering a comprehensive training and fitness program. This special group, all of whom have or are currently overcoming health challenges, train with fitness experts at the Tri-City

Wellness Center in Carlsbad to prepare for the Carlsbad Marathon's 13.1-mile race to be held January 17, 2016!

Get to know our current amazing Lucky 13 team and follow their journey at: www.tricitymed.org/lucky13



Tri-City Healthcare Network

In this past year we have expanded upon the Tri-City Healthcare Network, giving patients in our community even more access to the highest level of care. Our business development department actively works to access the needs of our community and recruit top physicians in needed specialties, because you and your family deserve the very best.



1926 Via Centre, Vista, CA 92081
(760) 940-7000 • www.tricityprimarycare.com



Sam Baroudi, MD
Jeffrey Ferber, MD, FAAFP
Loran S. Novak, DO

Tri-City Primary Care is built on the experience of exceptional physicians skilled at caring for patients with a wide variety of health problems, from the common cold, to chronic conditions such as asthma, diabetes and high blood pressure. Our physicians work in partnership with top-rated specialists to deliver all-encompassing treatments to help keep their patients healthy.



3998 Vista Way, Suite C, Oceanside, CA 92056
(760) 385-8008 • www.radianceobgyn.com



Jan R. Penvose-Yi, MD

Board certified OB-GYN with a humanistic approach to patient care. The Radiance obstetric team provides an up-to-date approach tailored to providing a unique and memorable pregnancy and delivery experience.

Gynecologic care ranges from routine well exams to minimally invasive surgical procedures including the MonaLisa Touch fractional laser for menopausal women's health.



2375 S. Melrose Drive, Vista, CA 92081
(760) 305-1900 • www.clancymedicalgroup.com



Tara Clancy, DO
John Clancy, DO

Clancy Medical Group is a family-focused practice—both professionally and personally. Led by spouses Drs. Tara and John Clancy, the team at Clancy Medical Group specialize in osteopathic medicine, which includes treatment of diabetes, hypertension, congestive heart failure, chronic obstructive pulmonary disease (COPD), asthma, and autoimmune illnesses such as arthritis. They treat patients from six years of age to geriatric.

CONDUCTING CLINICAL RESEARCH

The mission of Tri-City Medical Center is for us to be the hospital of choice for healthcare needs by providing the highest quality healthcare. Research is an important part of fulfilling that mission. Our involvement in clinical research trials throughout San Diego County is crucial to finding better ways to prevent, detect and treat diseases.

Currently, TCMC has 27 to 31 clinical trials in the areas of drug, device, and biologicals, such as antibody therapeutics, being conducted at any given time. Sponsoring institutions consist of AstraZeneca, Bayer Healthcare, Cemptra, ContraVir, DeBiopharm, Janssen, Lutonix, Mazor Robotics, Melinta Therapeutics, ParaTek, Peregrine, Pfizer, The NIH Stroke Network and Xofig. Participating sites are Carr Cardiology, Coastal Surgeons, eStudy Site, North County Oncology, The Neurology Center of Southern California, The OrthoSpine Institute, San Diego Imaging and the VA San Diego HealthCare System. Studies focused on various cancer types, diabetes, stroke, vascular occlusions, flu, infections and hepatitis. We also have patients that participate in several cancer and joint registries which follow patients post treatment or surgery. We have served over 195 study subjects during the last fiscal year 2015-2016 with no serious adverse events.

For more information please see our website at **Tricitymed.org/Clinicaltrials**
The TCMC Clinical Research Department can also be reached at **(760) 940-7806**.

Current Clinical Trials

OCTOBER

Safety & Efficacy Study of IORT
Clinical research study of IORT Using the Xofig[®] Axxent[®] eBx[®] System at the Time of Breast Conservation Surgery for Early Stage Breast Cancer
© MONTH LONG EVENT (AUGUST) PST

NOVEMBER

Safety & Efficacy Study of IORT
Clinical research study of IORT Using the Xofig[®] Axxent[®] eBx[®] System at the Time of Breast Conservation Surgery for Early Stage Breast Cancer
© MONTH LONG EVENT (AUGUST) PST

DECEMBER

Safety & Efficacy Study of IORT
Clinical research study of IORT Using the Xofig[®] Axxent[®] eBx[®] System at the Time of Breast Conservation Surgery for Early Stage Breast Cancer
© MONTH LONG EVENT (AUGUST) PST

For more information on clinical trials currently available at Tri-City Medical Center visit
www.tricitymed.org/clinicaltrials

WE WANT TO HEAR FROM YOU



Each and every member of our community is important to the success of Tri-City Medical Center. It is owing to the community we serve that Tri-City exists at all and we take all feedback that we receive into account during our decision making process. Contact a patient relations specialist at Tri-City Medical Center by phone, email, or mail.

CALL (760) 940-3350

EMAIL Inquiry@tcmc.com

MAIL Attn: Patient Relations
Tri-City Medical Center
4002 Vista Way
Oceanside, CA 92056

Experience Tri-City Wellness Center and let us introduce you to a higher standard of fitness.



CUT OR TEAR HERE

 Tri-City Medical Center
WellnessCenter

COMPLIMENTARY
3-DAY
GUEST PASS

(760) 230-8665
www.tricitywellness.com

- Lap pool, warm-water activity pool & whirlpool
- Cushioned walk/jog indoor track
- Sauna & steam room
- Group exercise studios
- Individualized personal training
- Massage therapy & spa services
- State-of-the-art equipment
- Executive locker rooms
- Complimentary lockers, towels & toiletries

Call Today
(760) 230-8662

or register online at
Tricitywellness.com

TRI-CITY WELLNESS CENTER

6250 El Camino Real • Carlsbad, CA 92009

Cannot be combined with any additional offer. Single-use pass.
May not have used new member offers.