

# Healthcare Council Report

Volume 22, Issue 3

Summer, 2015

HEALTHCARE COUNCIL OF THE NATIONAL CAPITAL AREA  
QUARTERLY REPORT

**HCNCA**

SAVE THE DATE!



## 2015 HEALTHCARE COUNCIL/PREMIER FALL CONFERENCE

**"Healthcare: Leading Amidst Disruption"**

November 12, 2015

Gaylord Hotel, National Harbor, MD

HCNCA/Premier offer a full day of educational and networking opportunities for healthcare executives.

Don't miss this fourth annual event.

### Stay Connected

[www.healthcare-council.org](http://www.healthcare-council.org)



@HCNCA

HC  
NCA

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2015

HEALTHCARE COUNCIL OF THE NATIONAL CAPITAL AREA  
CENTERPARK II - FIRST FLOOR 4061 POWDER MILL RD, STE 100 CALVERTON, MD 20705 PH: 301-731-4700

**SAVE THE DATES!****DIVISIONAL MEETINGS:****CFO Executive Forum Meeting/Round Table**

August 11, 2015, 12 - 1:30 PM, Doctors Community Hospital, Board Room. Future Dates: September 8, October 13 & November 10, 2015. CONTACT: Camille Bash, CFO Ex. Forum Chair, 301-552-8028, [cbash@dchweb.org](mailto:cbash@dchweb.org)

**COO/VP's of Administration Executive Forum Meeting**

CONTACT: Kevin J. Mell, COO Ex. Forum Chair, 301-774-8773, [kevin.mell@medstar.net](mailto:kevin.mell@medstar.net)

**CMO Executive Forum Meeting**

CONTACT: Lawrence Ramunno, M.D., EMO Ex. Forum Chair, 202-537-4655, [lramunn1@jhmi.edu](mailto:lramunn1@jhmi.edu)

**IT Divisional Meeting**

CONTACT: Nathan Read, IT Division Chair, 202-715-4299, [Nathan.Read@gwu-hospital.com](mailto:Nathan.Read@gwu-hospital.com)

**Volunteer Divisional Meeting**

No regional meeting due to the National Conference at Orlando World Resort September 19 - 22, 2015.

CONTACT: Pam Fogan, Volunteer Services Division Chair, 301-896-3093, [pfogan@suburbanhospital.org](mailto:pfogan@suburbanhospital.org)

**HR Divisional Meeting**

August 12, 2015, 12 PM & November 12, 2015, 12 PM. CONTACT: Dennis Parnell, HR Division Chair, 301-869-3951 (Home), 240-750-4927 (Cell), [DennisLparnell@gmail.com](mailto:DennisLparnell@gmail.com)

**Quality Divisional Meeting (DCAHQ)**

The Board meets regularly throughout the year. Meetings are held periodically. CONTACT: Constance Yancy, DCAHQ (DC Association of Healthcare Quality), President, 202-721-7163, [cyancy@hscsn.org](mailto:cyancy@hscsn.org)

**Supply Chain Divisional Meeting (MASSHM)**

July 24, 2015, 8 AM, Sheraton, Columbia, MD; October 8, 2015, Sheraton, Columbia, MD. CONTACT: Nicole Mazzei-Williams, President, 443-890-4414, [nicole@jumptech.com](mailto:nicole@jumptech.com)

**Rehab Divisional Meeting**

September 10, 2015, 12:15 - 1:45, Sibley Memorial Hospital, Renaissance Building. CONTACT: John Baker, Rehab Division Chair, 301-639-6611, [john.baker@bakerrehabgroup.com](mailto:john.baker@bakerrehabgroup.com)

**Pharmacy Divisional Meeting**

September 23, 2015. CONTACT: Ursula Tachie-Menson, Pharmacy Division Chair, 202-476-2697, Pager - 202-259-1404, [UTmenson@childrensnational.org](mailto:UTmenson@childrensnational.org)

**NEW NURSE LEADERSHIP FORUM TO BE FORMED (see page 3 for more details):****Nurse Leadership Forum Meeting/Round Table**

CONTACT: Dr. Simmy Randhawa, Co-Chair, Director for Clinical Information Systems & Professional Development at Children's National Health System, [SRANDHAW@childrensnational.org](mailto:SRANDHAW@childrensnational.org); Co-Chair, Adam Winebarger, MSN, RN, CCM, Director of Nursing at United Medical Center, [awinebarger@united-medicalcenter.com](mailto:awinebarger@united-medicalcenter.com).

**Did You Know?**

According to Neal Hartman, a senior lecturer in managerial communication at MIT Sloan School of Management, here are 7 steps to running the most effective meeting possible:

Make your objective clear

Consider who is invited

Stick to your schedule

Take no hostages (no conversation monopolizers allowed)

Start on time, end on time

Ban technology

Follow up

<http://www.forbes.com/sites/forbesleadershipforum/2014/02/05/seven-steps-to-running-the-most-effective-meeting-possible/>

**A Successful 2015 Breakthroughs****Conference and Exhibition:**

The recent Breakthroughs conference was held at the Gaylord National, National Harbor, Maryland. It was an excellent opportunity for healthcare providers to connect with peers, innovators, subject matter experts and thought leaders in the most meaningful ways. The Healthcare Council was pleased to collaborate with Premier on this annual event.

## HEALTHCARE COUNCIL ANNOUNCES THE FORMATION OF A NURSE EXECUTIVES FORUM

May 28 a small group of nurse leaders from four different hospitals met to discuss a hospital collaborative with Qualaris, a member of the Healthcare Council's vendor groups. During the meeting it was recommended that a nurse leadership forum for the region would be valuable. Dr. Simmy Randhawa, Director for Clinical Information Systems and Professional Development at Children's National Health System and Mr. Adam Winebarger, MSN, RN, CCM, Director of Nursing at United Medical Center have recently agreed to co-chair the group. Currently, planning meetings are underway to launch the first Nurse Executive Forum in September.

The purpose of the forum:

*This Division has been established to provide a forum for Nurse Executives who are leading care for patients in the Washington, DC, Maryland and Virginia areas. The purpose of the groups is to address issues that are faced by nurse executives and to enhance knowledge. Topics for discussion will include emerging trends in healthcare administration, advances in nursing research, education and practice, and current legislative and policy decisions. This forum will also facilitate opportunities for networking and collaboration with colleagues across the tristate area.*



**Dr. Randhawa** has been a pediatric nurse for 20 years, working in various acute and critical care pediatric settings at The Hospital for Sick Children in Toronto, Canada and at Children's National. She received her Bachelor's degree in Nursing from the University of Toronto in 1995, her Master's degree in Health Care Administration/Business Administration from the University of Maryland in 2005, and her Doctor of Nursing Practice from The George Washington University in 2010. In 2011 she was appointed Adjunct Assistant Professor at The George Washington University, School of Nursing. She currently also serves as a board member for the DC Board of Nursing and was elected to the Vice-Chair role by her fellow board members in 2014. Nationally, she has held several leadership roles in various professional organizations and currently is a member of the

CHA Clinical Quality Improvement Subcommittee, CERNER Pediatric Leadership Council, AONE, ANIA and ANA.

In recent years, Dr. Randhawa's work has focused on quality, safety, education and technology implementation. In 2007 she implemented the Pediatric Early Warning Score at Children's National, in an effort to reduce cardiopulmonary arrest through early detection; the success of this work led to the adoption of this early warning tool across Children's National. In 2010 her accomplishment was published in the Western Journal of Nursing Research. Also in 2010, her doctoral work focused on addressing monitor alarm fatigue, and she led a research team in developing and implementing clinical algorithms designed to reduce the frequency of clinically insignificant monitor alarms through the customization of monitor alarms based on patient status. This work also highlighted the autonomous and independent role of the nurse in improving care at the bedside. In 2011 Dr. Randhawa represented the Society of Pediatric Nurses on the Children's Hospital Association's Reducing IV Infiltrate's Collaborative Advisory Board, developing a toolkit with other key experts to prevent patient harm. She presented this work on behalf of the Children's Hospital Association at the Association for Vascular Access Symposium in Sept 2013. Most recently, she lead the implementation of several technology solutions including patient assignment solutions, interdisciplinary plans of care, and mobile devices for communications and alerting. Dr. Randhawa also co-lead an internal campaign at Children's National to raise funds to establish an Endowed Chair in Nursing Research. The campaign successfully raised over \$300,000 from nursing, and the Chair was established in 2014. This work was published in the October 2014 edition of Nursing Administration Quarterly.



**Mr. Winebarger, DON** has clinical and operational responsibility for all inpatient nursing units, central staffing, resource, including enterprise patient placement/throughput. He also is responsible for overall nursing practice at UMC. His background is in care management and he was previously manager of care management and patient care services at United Medical Center. Before joining UMC he was with Blue Cross Blue Shield Association, as Manager of the Member Services department, responsible for the medical appeals process for the nationwide Federal Employee Program (FEP). As a clinical nurse leader he believes providing the best, evidence-based care requires a strong passion for delivering compassionate nursing care and improving the patient experience. He has a proven track record of implementing programs to enhance care coordination efforts as well as working with IT partners to leverage technology in an effort to promote communication with outside agencies and ultimately leading to lower lengths of stay. In addition, he has a track record of forming strategic relationships

with community resources to better provide resources for patients with various psychosocial issues that hinder their ability to receive timely follow-up care.

Adam received his BSN from Waynesburg University and an MSN in health systems leadership from Loyola University, New Orleans. He is also a board certified case manager. Adam is an active member of the Case Management Society of America and a Community Advisory Board Member for the Whitman-Walker Clinic.

Please join me in welcoming Simmy and Adam as co-chairs for the Nurse Executives Forum.

## Lavelle Joins HCNCA Board



JOE LAVELLE, CHIEF OPERATION OFFICER (COO) of Inova Fairfax Medical Campus and Sr. VP of Inova, was named to the Healthcare Council of the National Capital Area (HCNCA) Board of Trustees in April.

Joe Lavelle has over twenty five years of progressive leadership in healthcare organizations, including both for-profit and not-for-profit health systems, as well as acute care and specialty hospitals. Moreover, he has extensive experience in managed care and physician practice management and has built a successful track record in the areas of cost management, program/revenue development, and coordination/clinical integration activities and physician/hospital alignment.

Prior to joining Inova Fairfax, Joe served as the EVP/COO of the Central Georgia Health System a 637 bed level 1 trauma center and teaching facility and was responsible for the start-up and management of their clinically integrated Physician-Hospital Organization. Mr. Lavelle has also served in senior management roles with an HCA facility and National Medical Enterprises (now Tenet).

Mr. Lavelle holds a Bachelor of Sciences Degree in Health Planning and Administration from the Pennsylvania State University and a Masters of Business Degree in Finance & Investments from the George Washington University. He is a Fellow with the American College of Healthcare Executives and a Fellow with the Advisory Board.

### Did You Know?

Our eyes can distinguish up to ten million color surfaces and take in more information than the largest telescope known to man.

## THE BOARD CORNER:

Top 15 Non-profit Board Governance Mistakes (from a Legal Perspective) posted by Ellis Carter and listed as post to Charity Lawyer Blog.

1. Failure to Understand Fiduciary Duties.
2. Failure to Provide Effective Oversight.
3. Deference to the Executive Committee, Board Chair or the Organizational Founder.
4. Micro-managing Staff.
5. Avoiding the Hard Questions.
6. Insufficient Conflict Management.
7. Lack of Awareness of Laws Governing Tax-Exempts.
8. Operating with Outdated, Inconsistent Governing Documents.
9. Airing Disagreements Outside the Boardroom.
10. Failure to Cultivate Board Diversity.
11. Recruiting and Selecting Board Members without Due Care.
12. Failure to Educate and Motivate Board Members.
13. Failing to Document Actions Appropriately.
14. Failing to Review Program Effectiveness and Efficiency and Take Appropriate Follow-up Actions.
15. Failing to Hold Executives (and Nonparticipating Directors) Accountable.

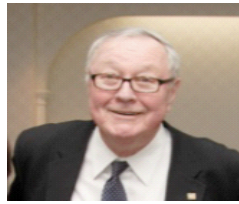
## SHARED SERVICES

About National Capital Area Shared Services  
National Capital Area Shared Services (NCASS) is a regional GPO, a wholly-owned subsidiary of the Healthcare Council of the National Capital Area (a non-profit association of providers in Maryland, Virginia and the District of Columbia). It has documented hundreds of millions in savings and cost containment since 1972. NCASS joined the Premier healthcare alliance as a group affiliate in 2008 and signed with Yankee Alliance as a collaborative member in 2013.

**MEET THE HCNCA BOARD**



**Michael M. Barch**  
Chair  
Senior Vice President,  
Business Development



**Hugh Eagleton**  
Vice Chair  
Board Member  
Emeritus  
Children's National  
Health System



**George B. Wilkes, III**  
Immediate Past Chair  
Former Board Member  
CareFirst, Inc.



**Les Pitton**  
President  
Healthcare Council of  
the National Capital  
Area



**Calvin Brown**  
Treasurer  
Board Member  
Emeritus  
Dimensions Health  
System



**Ryan Frederick**  
Secretary  
Founder & Principal  
Point Forward  
Solutions



**Michael J. Chiaramonte**  
Trustee  
President & CEO  
Michael J.  
Chiaramonte &  
Associates



**Richard "Chip" Davis, PhD**  
Trustee  
President, Sibley  
Memorial Hospital



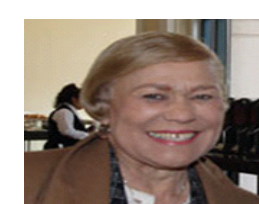
**Conan Dickson**  
Trustee  
Senior Director,  
Business Development  
Johns Hopkins  
Medicine



**Joseph Lavelle**  
Trustee  
COO, Inova Fairfax  
Medical Campus



**Gene Milton**  
Trustee  
President and CEO  
GM Executive  
Coaching

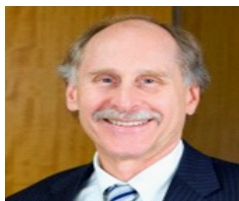


**Omega Logan Silva, MD**  
Trustee  
Professor Emeritus,  
Medicine  
George Washington  
University

*Let all your things have their places; let each part of your business have its time.-Ben Franklin*

*"Leadership and learning are indispensable to each other." ~ John F. Kennedy*

*"A leader is a dealer in hope." ~ Napoleon Bonaparte*



**Robert G. Brewer, Jr.**  
Attorney  
Legal Counsel  
Lerch, Early & Brewer,  
Chartered

*"One's philosophy is not best expressed in words; it is expressed in the choices one makes... and the choices we make are ultimately our responsibility." ~ Eleanor Roosevelt*

## MEET OUR ASSOCIATE MEMBERS:

To learn more, contact Cheryl Thomas at [cethomas@healthcare-council.org](mailto:cethomas@healthcare-council.org)

- Adventist University of Health Sciences
- Anthelio Healthcare Solutions Inc.
- AtSite
- Brother's Brother
- CGI Healthcare Solutions Group
- Dixon Hughes & Goodman
- Doctor Up
- Fotheringill & Wade, LLC
- Guide to Retirement Living SourceBook
- Tucker & Meltzer
- The HSC Foundation and National Youth Transitions Foundation
- HR on Call
- National Immigration Forum
- Lerch, Early & Brewer, Chartered
- Maryland National Capital Homecare Association
- National Quality Forum
- Second River Healthcare Press
- The Synergy Organization



## 6 Ways to Become a Better Listener

Active listening creates greater understanding and builds stronger relationships. By practicing it, you can improve both oral communication and interpersonal skills.

[MyCareer@VA](#) shares the six active listening skills that you can build to help you master the art of listening.

### 1. Be Present

Put yourself in a [learning mindset](#) instead of coming to a conversation with the goal of sharing your own viewpoints. Let the speaker complete his or her thoughts without interrupting. Pay attention to your body language. Maintaining eye contact, leaning in, and nodding your head show that the speaker has your full attention. You can also prevent distractions and show that you're engaged by putting your phone away and closing out of email.

### 2. Put Yourself in the Other Person's Shoes

Practice putting yourself in the speaker's place as you listen. When your opinion is different, try to understand instead of offering your perspective. It shows respect, but also lets you take in new information that will help you understand his or her point of view.

### 3. Check Your Understanding

Find appropriate times during the conversation to confirm that you understand what the speaker is saying. One technique is to paraphrase the speaker's message and emotion. Try using statements like "It sounds like you're concerned about..." or "What I'm hearing from you is... Is that correct?" Then, give the speaker the opportunity to clarify misunderstandings.

### 4. Ask Clarifying Questions

Use open-ended questions to gain a better understanding of anything that's unclear. Instead of asking the speaker "Did you already try the new process?" try asking "What are your thoughts about the new process?" Open-ended questions – rather than leading questions or those that only require a yes or no answer – help you get more information.

### 5. Summarize

Capture themes of the conversation by putting key ideas into broad statements. In a conversation with a coworker, you might say "You've made good points about our meetings. They need to be shorter and follow a more consistent structure." Summarizing ensures you and the speaker are on the same page about what's been discussed.

### 6. Add Input (at the Right Time)

The final step in active listening is sharing your own point of view. Choose carefully when and how to add input. The best time to share your suggestions is after the speaker has come to a stopping point and you understand his or her point of view. That way, you can represent your perspective while also identifying where you share common ground. This step helps you and the speaker work together effectively.

## Interested in Joining the Healthcare Council?

Healthcare Council continues to develop its All-Inclusive, Broad-Based Association of Members to accurately reflect the Providers of Care doing business in its service area encompassing Maryland, the District of Columbia and Virginia. It is committed to creating and providing opportunities for new members and associates while keeping member dues low. It serves its members with detailed communications and professional contacts, partnerships, timely educational programs, surveys, collaborative efforts, and strategic alliances.

To learn more about joining the Healthcare Council and/or participating in our Shared Services, please contact Cheryl Thomas at 301-731-4700 or visit us at: <http://www.healthcare-council.org/membership.html>.

## Hospitals Partner to Create Targeted Guide to Seniors, Families and Expected Parents

Virginia Hospital Center and Reston Hospital Center are two local medical centers who have partnered recently to publish custom branded resources reaching the senior and expectant parent markets.

The concept was developed by HCNCA Member, SourceBook Specialty Media, which is a wholly-owned subsidiary of The Washington Post that publishes Guide to Retirement Living SourceBook and several other guidebooks. Working with Virginia Hospital Center, SourceBook Specialty Media developed an easy to read resource that is completely branded to the VHC marketing parameters and promotes the hospital center's vast programs and services for seniors and their families. The resource guide also includes an extensive directory of organizations and community partners.

SourceBook Specialty Media handled all the design, editorial, distribution, and coordinated sponsorship which enabled the resource to be published free of charge to VHC and raised funds for the Virginia Hospital Center Foundation.

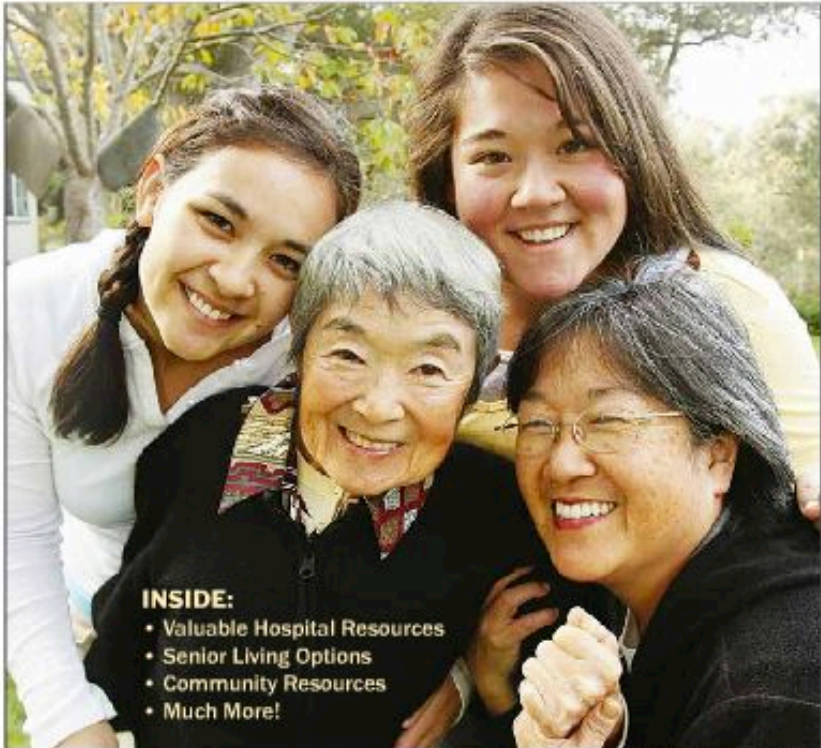
Reston Hospital Center has recently published a Community Resource Guide using SourceBook Specialty Media. While the publication is developed under the same platform as the VHC Senior Resource Guide, it is completely unique with RHC branding and elements that are unique to the surrounding community.

Both medical centers are currently working with SourceBook Specialty Media to develop resources for expectant parents using the same concept.

Complimentary Copy

VIRGINIA HOSPITAL CENTER

## Senior Resource Guide



**INSIDE:**

- Valuable Hospital Resources
- Senior Living Options
- Community Resources
- Much More!

Virginia Hospital Center:  
The Highest Value Provider in the  
Washington, DC Metro Area

100 TOP HOSPITALS 2015

50 TOP CARDIOVASCULAR 2014

### Did You Know?

Arlington, VA (April 2, 2015) – Virginia Hospital Center, for a remarkable third year, has been named one of America's 100 Top Hospitals® by Truven Health Analytics™. In addition, Virginia Hospital Center is the only hospital in the Virginia, Washington, DC and Baltimore region to be honored this year.

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Reston Hospital Center Excels in Patient Safety - Awarded an "A" in Spring 2015  
Hospital Safety Score.

Designed to rate how well hospitals protect patients from accidents, errors, injuries and infections, the latest Hospital Safety Score honored Reston Hospital Center with an "A" – its top grade in patient safety. Reston Hospital has maintained an A grade since the Fall of 2013.

## CURRENT EVENTS & AREA NEWS



☀️ **Inova Health Center:** Stottlemeyer, the former CEO of Acentia, was named CEO of Inova Health's Center. Todd Stottlemeyer, a familiar figure in Northern Virginia technology circles, will be the new CEO of the Inova Health System's Center for Personalized Health at the former ExxonMobil campus. Stottlemeyer was most recently CEO of Falls Church-based technology contractor Acentia LLC, which was purchased in March for \$300 million by Reston-based Maximus Inc. He will begin his new job with Inova in early July. This is a return to Inova for Stottlemeyer, who was previously executive vice president and co-chaired the strategic initiative to build the Inova Translational Medicine Institute. He is already an Inova board member.

☀️ **Brooke Grove Foundation:** Dennis Hunter Appointed LifeSpan Chair Elect. Brooke Grove Foundation Vice President Dennis Hunter was recently appointed as chair elect of the board of directors of LifeSpan Network. He started serving in that role January 2015 to the end of 2016 before becoming board chair for the 2017-2018 term.



☀️ **Asbury Communities:** Ed Thomas, retires from Asbury May 31, 2015 after serving as President & CEO since 1987. Asbury Communities is a not-for-profit management organization dedicated to "developing vibrant retirement living communities for today's seniors," according to its website. Five establishments in Maryland, Pennsylvania and Oklahoma are encompassed under its umbrella – including Gaithersburg, MD and Asbury-Solomons, a continuing care retirement community in southern Calvert County.



☀️ **Asbury Communities:** June 1, 2015, Doug Leidig became President & CEO of Asbury Communities, Inc. As a member of the Asbury system of continuing care retirement communities, Asbury Methodist Village congratulates Doug on his appointment. Prior to Doug becoming CEO he served as Chief Operating Officer. He succeeds Edwin C. Thomas III, who served as Asbury's President and CEO since 1987 before announcing his retirement earlier this year. Asbury Methodist Village is the 12th largest CCRC in the country and proudly calls Montgomery County, Maryland home. As part of the not-for-profit Asbury system, Asbury Methodist Village provides a complete continuum of care including independent living options such as courtyard homes, villas, and spacious apartments, as well as assisted living suites, skilled nursing residences, memory support and rehabilitation therapy services.

☀️ **Maryland Hospital Association Reports:** The waiver Maryland received from the federal government to change the way hospitals are paid appears to be working, saving \$100 million its first year, the Maryland Hospital Association's President, Carmela Coyle reported. In 2014, the Centers for Medicare & Medicaid Services approved a five-year agreement that exempts the state from Medicare rules in favor of setting its own rates, as long as it meets certain conditions. Among those conditions, the state agreed to cap hospital revenue growth and save Medicare at least \$330 million.



☀️ **Virginia Hospital Center (VHC):** VHC was recently presented with the 2014 Outstanding Achievement Award by the Commission on Cancer (CoC) of the American College of Surgeons (ACS). Virginia Hospital Center is one of a select group of only 75 U.S. healthcare facilities with accredited cancer programs to receive this national honor for surveys performed last year. The award acknowledges cancer programs that achieve excellence in providing quality care to cancer patients. "Virginia Hospital Center is extremely proud to receive such a prestigious award," said James B. Cole, President and Chief Executive Officer. "It is a direct result of the dedication, compassion and commitment of our physicians, staff and volunteers. We are humbled that our patients allow us into their lives during such personal moments, and we always strive to achieve the highest quality care for them."



### Did You Know?

64% Willing to Trying Non-traditional Ways of Seeking Medical Attention

Truven Health MarketScan Research Database survey reports that 64% of survey respondents said they are open to trying new, non-traditional ways of seeking medical attention or treatment if the price is right; 18% would try regardless of price.

## CURRENT EVENTS & AREA NEWS, CONTINUED

**Frederick Memorial Hospital:** Frederick Memorial Hospital is expanding its award-winning oncology program into a fully integrated, comprehensive Cancer Institute. Earlier this year the FMH Board of Directors approved a new location for the Frederick Memorial Hospital Cancer Institute. Instead of building the new state-of-the-art facility on the hospital campus, it will be located at FMH Rose Hill. Almost \$10 million of the \$15 million needed has been reached, according to the most recent campaign update.



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**Holy Cross Health:** Holy Cross Health in Silver Spring, MD recognized J. Manuel Ocasio, Chief Human Resources Officer, and awarded him the Dr. J.P. London Award for Promoting Ethical Behavior. The award was presented in June at the 14th Annual HR Leadership Awards Gala held in Pentagon City, Virginia. Among his many accomplishments, Mr. Ocasio was recognized for his leadership role in the implementation of the electronic health record at Holy Cross Health and his Just Culture algorithm. Mr. Ocasio is an active participant in numerous community-based initiatives aimed at increasing employability of marginalized persons in Montgomery County. He served as Chair of the Healthcare Council's Divisional Group from 2012 through 2013 and continues to be involved in the group's activities.



### Did You Know?

DC is Home of 3 of the Largest Healthcare Law Firms:  
Based on a blended score of healthcare lawyers employed in 2014 and AHLA membership as of April 30, Washington, D.C., has 3 of the largest healthcare law firms. Morgan, Lewis & Bockius employees 270 healthcare lawyers, Reed Smith employees 158 and DLA Piper employees 115. This was a ranking based on participating firms to Modern Healthcare's survey and the only ones considered.

### Did You Know?

New training material to help provide health care professionals with education necessary to care for people living with multiple chronic conditions was launched July 1, 2015 by the U.S. Department of Health and Human Services. The HHS Education and Training Resources on Multiple Chronic Conditions (MCC) for the Healthcare Workforce materials –a first of their kind– were created by the Office of the Assistant Secretary for Health, in collaboration with the Health Resources and Services Administration (HRSA).

### Did You Know?

Our lungs inhale over two million litres of air every day, without even thinking. Their surface area is large enough to cover one side of a tennis court.

### Did You Know?

Seniors only account for about 13% of the population but account for 30% of health care spending.

### Did You Know?

Rate of Uninsured Continues to Decrease:

The CDC released estimates from the 2014 National Health Interview Survey finding that the uninsured dropped 2.9 percentage points in 2014 to 11.5% from 14.4% in 2013. Other highlights from the report include: 1) In 2014, 36.0 million persons of all ages were uninsured at the time of interview and 51.6 million (16.5%) had been uninsured for at least part of the year prior to interview. 26.3 million (8.4%) had been uninsured for more than a year at the time of interview. 2) Among persons under age 65, 63.6% (170.4 million) were covered by private health insurance plans at the time of interview.

### Did You Know?

CDC Says US Deaths from Hypertension is Climbing:

According to a recent report from the Centers for Disease Control and prevention (CDC), the overall mortality rate associated with hypertension in the United States has increased 23% between 2000 and 2013. Heart disease, stroke, cancer, and diabetes accounted for 65% of all deaths with any mention of hypertension in 2000 and for 54% in 2013.



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**Council Vision:** "To meet the challenges of tomorrow by working together today"...and thereby to facilitate the care of the sick and to promote education and prevention programs that ensure healthier communities.

**Mission Statement:** The Council's mission is to promote and facilitate activities that result in the best quality of care to the sick and injured. The aim of the Council and its wholly-owned subsidiary, National Capital Area Shared Services, Inc., is to serve its membership in the development and promotion of programs and services that will enhance the members' ability to operate their organizations economically and successfully with integrity and competency.

The Council functions as a neutral intermediary to facilitate networking and to provide member driven services.

Healthcare Council is a not-for-profit 501(c)(3) corporation  
 The Council has opportunities for Associates: For membership information, call 301-731-4700

**"The Council":** The Healthcare Council of the National Capital Area, Inc. is an organization of Providers of Care consisting of hospitals and allied health care facilities located in Maryland, Virginia and Washington, DC. The purpose of the Council is to provide for members "strategic and business advantages" that no single institution or system can efficiently or economically develop alone. Council activities are implemented through a structure consisting of the Chairmen of the Boards and the Chief Executive Officers of our member organizations. Divisions of specific activity have been formed to carry on the ever changing tasks at hand. These divisions develop information and improve performance using cooperative networking, meetings, surveys, group discussion and analysis and continuing education programs.

*Healthcare Council Report is published by:*

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**Did You Know?**

- Our heart beats around 100,000 times every day or about 30 million times in a year.
- Our blood is on a 60,000-mile journey per day.