

# The Continual Pursuit of Excellence

## Cardiovascular Disease and Diabetes Prevention Program

### Exceeding expectations.

Community Medical Center's Cardiovascular Disease and Diabetes Prevention Program has been recognized by the Montana Department of Public Health and Human Services (DPHHS) for its successful implementation of a primary prevention program. In a collaborative project promoting healthy lifestyle change, CMC and the state are working together to prevent Type 2 diabetes and cardiovascular disease.

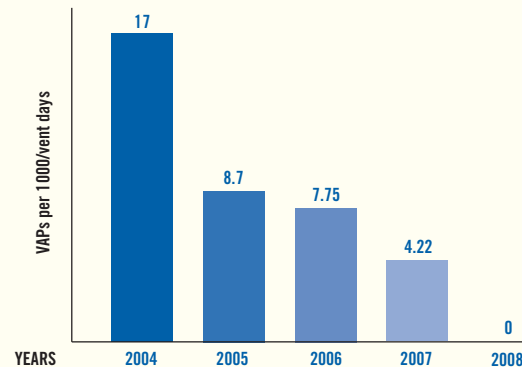
CMC is one of four pilot sites in Montana selected to teach the lifestyle change curriculum of the national Diabetes Prevention Program to participants at high risk of cardiovascular disease and diabetes. In the past nine months, the CMC team has enrolled 96 participants. Eighty-seven individuals have completed the program, exceeding a goal of 50 percent retention. Total weight loss was 1,208 pounds, resulting in an average of 13.9 pounds per participant.

"The staff at Community Medical Center has played an integral role in the implementation of the Montana Cardiovascular Disease and Diabetes Prevention Program," said DPHHS bureau chief Todd Harwell. "We commend them on this excellent work."

## VHA Clinical Performance Improvement Award

### Excelling at improvement.

Recently, Community Medical Center received a VHA Clinical Performance Improvement Award for reducing the number of Ventilator-Associated Pneumonias (VAPs) at the hospital. VAPs occur when patients are placed on ventilators. These patients—who no longer have the benefit of their body's natural filters—become vulnerable to respiratory illnesses such as pneumonia.



Through the efforts of CMC's ICU and Respiratory Services team members, the number of VAPs has declined since the inception of the VAP Reduction Project in 2004. For the past 13 months, there have been no VAPs at CMC.

Community Medical Center aims to advance clinical performance through best-practice and evidence-based strategies. Receipt of the VHA Clinical Performance Improvement Award is an affirmation that we are working hard to abide by our core value of quality, that we aspire to the best in clinical practice, in an arena of safety and transparency.

## CARF Accreditation

Commitment to quality.



Community Medical Center's Rehabilitation Institute of Montana (RIM) was recently re-accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). According to the survey outcome issued to CMC by CARF, the board, staff and management of the Rehabilitation Institute of Montana at Community Medical Center have put considerable effort into developing the full continuum of care for RIM patients.

In particular, according to CARF, RIM has recognized that the state of Montana has the second highest per capita rate of brain injuries in the United States and developed multiple programs to serve the citizens of Montana. "The continuum is recognized as one of the strengths of the organization," said the survey results.

CARF cited RIM for excellent performance in the following programs: Community Bridges, Home and Community Based Services, the WORCenter, and inpatient and outpatient services, including stroke specialties.



From day one.

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