



2019

YEAR IN REVIEW

ARKANSAS
HEART
HOSPITAL®

HIGHEST
EXPECTATIONS
IN QUALITY
EXCELLENCE
THROUGH INNOVATION
ACCOUNTABILITY THROUGH OWNERSHIP
RESILIENCE
WITHOUT
COMPROMISE
TEAMWORK
WITH RESULTS



CONTENTS

VOL. 3 | OFFICIAL ARKANSAS HEART HOSPITAL 2019 YEAR IN REVIEW

- 04 | REFLECTION
- 08 | EXECUTIVE TEAM & BOARD OF DIRECTORS
- 10 | MEDICAL STAFF
- 12 | HEART MATTERS
- 14 | QUALITY & OUTCOMES

SPOTLIGHTS

- 16 | HEART SUMMIT TURNS 20
- 18 | A FIVE-STAR EXPERIENCE
- 20 | WORLD-CLASS IMAGING
- 22 | ENCORE ON THE RISE
- 24 | A PROGRAM WITH PURPOSE
- 26 | AHH GARDEN GROWTH
- 28 | HYPERBARIC BENEFITS

FEATURES

- 30 GET RHYTHM**
KEEPING A STEADY BEAT: INSIDE THE HEART RHYTHM INSTITUTE
- 42 FIVE-STAR CARE CLOSE TO HOME**
CONVENIENT CARDIOLOGY: AN INSIDE LOOK AT OUR STATEWIDE CLINIC NETWORK
- 50 CONQUERING COMPLEX CASES**
CHIP PROGRAM USES TECHNOLOGY AND TEAMWORK TO HELP OUR SICKEST PATIENTS
- 54 PUPPY LOVE**
HOW PET THERAPY IS HELPING PATIENTS COPE AND RECOVER

WELCOME TO OUR 2019 YEAR IN REVIEW.

Dear Arkansans,

I am very proud and honored to release this review of our activities in 2019. We, as a family, have had many highlights and many favorite moments.

As I reflect on our humble beginnings, I am struck by the exponential growth we have been blessed with. We began our journey in 1997 out of the overwhelming need for specialized cardiac care for Arkansans. Since then, we have seen growth in many different areas, including heart surgery. Though our footprint of clinics has not really changed significantly this year, we have, in fact, seen increased numbers of new patients with growth of about 15% year over year, as well as growth in the number of patients who need heart surgery. We are very proud and honored to be able to help so many souls.

One of our most significant accomplishments in 2019 was being designated a five-star hospital by the Centers for Medicare and Medicaid Services (CMS). We are one of only 293 five-star hospitals in America, and one of only two five-star hospitals in Arkansas. We are proud to be recognized for our commitment to outstanding patient care.

This year, we proudly celebrated 20 years of Heart Summit. Our program this year had a special emphasis on live cases from our cath lab and OR. All of them had spectacular outcomes and were delightful teaching tools. We also had a special emphasis at our Heart Summit on longevity, and had three separate speakers who are world experts come and give us their view of the future of human survival.

We additionally have had a strong interest in the use of hyperbaric medicine for alternative rejuvenation of a variety of diseases. Many on our team traveled to Tel Aviv, Israel, in order to visit the Sagol Hyperbaric Center and also to attend the Baromedical Society annual meeting. Evidence there was overwhelmingly positive that the use of hyperbaric oxygen for neurocognitive function is present and it is our belief we will be heading in that direction in the near future as well.

I would also like to say that we are probably most proud of the preservation of our family values culture inside our hospital and 30 clinics. Nothing keeps us bound together and marching in the same stride as the culture we express to each other and to our patients.

I submit this review with thanks to the very brilliant physicians and staff who continue to use their energy and spirit to help in the healing of Arkansans.

All my best,



Bruce E. Murphy, MD, Ph.D., FACC
Chief Executive Officer



A

VISIONS

VOICE

OF

FROM

OUR

THE

PRESENT

PAST

**OCTOBER 26,
1996**

ON THIS DATE, DR. BRUCE MURPHY'S PLAN FOR THE FUTURE OF ARKANSAS HEART HOSPITAL WAS PUBLISHED IN THE ARKANSAS TIMES.

WE PRESENT THIS HISTORIC TEXT IN ITS ORIGINAL FORM - A TESTAMENT TO THE EARLY DRIVE AND VISION THAT HAS SHAPED OUR PATIENT-FOCUSED CULTURE .

ARKANSAS
HEART
HOSPITAL

ARKANSAS HEART HOSPITAL SIGNALS A MEDICAL MILESTONE

BY BRUCE MURPHY, M.D. • MEDICAL DIRECTOR, ARKANSAS HEART HOSPITAL

THE OPENING OF THE ARKANSAS Heart Hospital in early 1997 will be a preeminent step forward in the delivery of quality health care in Arkansas. Over the past 40 years, specialization has led to most of the advances in American medicine. The development of a specialty hospital for a field as important as cardiac care is both logical and progressive.

Equipped with state-of-the-art technology and backed by a well-trained support staff, the state's leading cardiologists and cardiovascular surgeons on the staff of Arkansas Heart Hospital will be able to practice medicine in a facility built to enhance their performance and improve patient outcomes.

Certainly the ultimate beneficiaries will be patients, who will have access to new technology and new surgical techniques in a

facility specially designed for the efficient and effective delivery of cardiac care and treatment. The need is evident in Arkansas, with its above-average population of residents age 65 and over. As the population ages, the demand for cardiovascular services will continue to increase.

Arkansas Heart Hospital will provide the infrastructure that is needed to keep pace with both an aging population and the revolutionary advances in cardiac medicine. The facility is being built to realize the full potential of the tremendous progress in cardiovascular medicine and to provide physician specialists with the environment they need to translate medical advances into better patient care.

A medical first for Arkansas, the specialized Arkansas Heart Hospital will be only the

second of its kind to open in the United States. The three-story structure will occupy 148,000 square feet on 12 acres of wooded landscape near the intersection of Shackleford Road and Interstate 430 in Little Rock.

ADVANCED TREATMENT OPTIONS

All the newly developed alternatives in addition to traditional open heart surgery and medication will be available to cardiac care patients at Arkansas Heart Hospital. Among the procedures that the facility is equipped and staffed to provide are balloon atherectomy, directional coronary anastomomy and rotational atherectomy, intracoronary ultrasound, coronary bypass surgery, valve replacement surgery and cor-

rection of congenital heart disease problems.

Recent research supports the benefits of the kind of specialized cardiac care to be found at Arkansas Heart Hospital. Patient studies indicate that new treatments for heart patients result in lower mortality rates after heart attacks. The *New England Journal of Medicine* reported in April that a survey of patients in the Minneapolis-St. Paul area — conducted by University of Minnesota public health researchers — showed a 15% decrease in the death rate among men and a 25% decrease among women compared with patient outcomes a decade earlier, before the new treatments were introduced.

A separate study presented in November 1995 at the annual meeting of the Ameri-



Arkansas Heart Hospital now under construction.

can Heart Association showed that Medicare patients who had suffered heart attacks had a higher survival rate when treated by cardiologists.

INTEGRATED DELIVERY SYSTEM

Diagnostic equipment, operating suites, outpatient facilities and in-patient rooms have all been designed according to a pe-

tient-focused plan for Arkansas Heart Hospital. A heart bypass surgery patient, for example, will not be moved from five or six different rooms during a five-to-seven-day stay as can happen in traditional hospital settings.

The physicians who will staff Arkansas Heart Hospital are an experienced cardiovascular specialty team. Often asked to serve on advisory boards or as consultants

DEDICATED TO THE DIAGNOSIS AND TREATMENT OF HEART DISEASE, ARKANSAS HEART HOSPITAL WILL:

- Team state-of-the-art technology and a highly trained support staff with Arkansas' leading cardiologists and cardiovascular surgeons.
- Give top priority to the medical needs and convenience of its patients.
- Provide the highest-possible level of heart care.
- Design and furnish comfortable waiting rooms and public areas for patients' families.
- Offer total cardiac care on an in-patient and outpatient basis.
- Operate a 24-Hour Heart Emergency Center.

- Include primary care physicians and specialists on its medical staff.
- Create more than 300 new jobs.
- Be an active corporate citizen.
- Be easily accessible east of S. Shackleford Road near the intersection of Interstate 430.
- Open in early 1997.

For More Information, Call:

Arkansas Heart Hospital
1701 S. Shackleford Road
Little Rock, Arkansas 72211
(501) 219-2300

for the nation's leading manufacturers of cardiovascular devices, they will continue to introduce successful new technologies and techniques.

Assisted by a versatile and cross-trained support staff, the cardiologists and cardiovascular surgeons at Arkansas Heart Hospital will provide patients with full cardiac diagnostic testing and interventions. By pairing their experience and professional performance with the best equipment available for heart catheterization labs, operating rooms and intracoronary devices, Arkansas Heart Hospital will save lives and money in the delivery of enhanced cardiac care.

The integrated delivery system available at Arkansas Heart Hospital should be attractive to health care plans. The facility will provide the most appropriate care in the most appropriate setting with substantially lower overhead and increased operating efficiencies.

MEDICAL STAFF

The medical staff of Arkansas Heart Hospital will encompass all medical disciplines. Primary care physicians and specialists will be on staff to respond to any medical conditions or complications associated with heart disease.

In addition, patients can continue to see the physicians and specialists of their choice for treatment other than cardiac care. Their personal doctors will have staff privileges to provide continued care for patients at Arkansas Heart Hospital.

Cardiac care patients at Arkansas Heart Hospital also may choose from a full comple-

ment of health professionals to discuss preventive strategies that will best promote healthful lifestyles.

SERVICES

Arkansas Heart Hospital will offer complete cardiac care on both an in-patient and outpatient basis, and also staff a 24-hour Heart Emergency Center. Designed for the care, comfort and convenience of its patients, the facility will include 84 private-occupancy in-patient rooms — with space to expand to 112 beds — six diagnostic cardiac catheterization labs and three cardiac surgical suites. Families of patients will find comfortable waiting rooms and public areas.

Initially, Arkansas Heart Hospital will employ 200 people. Employment is expected to increase to 321 full-time employees when the facility is fully operational, with an estimated annual payroll of \$12 million.

ARKANSAS HEART HOSPITAL

Located at I-430 and
South Shackleford Road
Little Rock, Arkansas

THE EXECUTIVE TEAM & BOARD OF DIRECTORS



EXECUTIVE TEAM FRONT ROW FROM LEFT Rachelle Younce, Dr. Bruce Murphy, Andrea Nelson, Ashley Hixon, Richard Skeens, Marbie Mitchell, Deedra Walker
BACK ROW FROM LEFT Drew Jackson, Jacob Robinson, Kevin Nelson, Brian Cahalan, Derek Cox, Gerald Songer

BOARD OF DIRECTORS FRONT ROW FROM LEFT Chris Dent and Kim Leverett
BACK ROW FROM LEFT Dr. Scott Beau, Bob J. Nash, Dr. James Kane, Dr. CD Williams, Jim Guy Tucker, Charlie Smith, and Dr. Bruce Murphy



ARKANSAS HEART HOSPITAL IS A WORLD-CLASS FACILITY
BUILT FOR PATIENT-FOCUSED CARE.

WE
ARE
A
FAMILY
HOSPITAL

WE ARE A FAMILY OF PROFESSIONALS WHO TREAT EACH OTHER
- AND OUR PATIENTS - AS FAMILY.

Scott Archer, MD
 Scott L. Beau, MD, FACC
 Greg Bledsoe, MD
 Samuel Bledsoe, MD, FACS, FASMBMS
 Jim Box, MD



Bruce Burton, MD
 Peyton Card, MD
 Ian M. Cawich, MD
 Scott Darnell, MD
 Loretta DePalo, MD



Jerry Dixon, MD
 Earl W. Feurtado, MD
 Patrick J. Flaherty III, DO, FACC
 Joe Forney, MD, FACC
 Kristofer Freeland, MD



JD Fuller, MD
 D. Andrew Henry, MD, FACC
 Michael David Huber, MD, FACC
 James J. Kane Jr., MD, FACC
 Wesley Lane, MD



Carl Leding, MD, FACC
 Irina Lendel, MD
 Vasili Lendel, MD, FACC
 Monica Lo, MD, FACC, FHRS
 Greg Loyd, MD



Gary McCallum, MD
 David Mege, MD, FACC, FACP, FSCAI
 Mark Myers, MD
 Gary Nash, MD
 Michael T. Nolen, MD



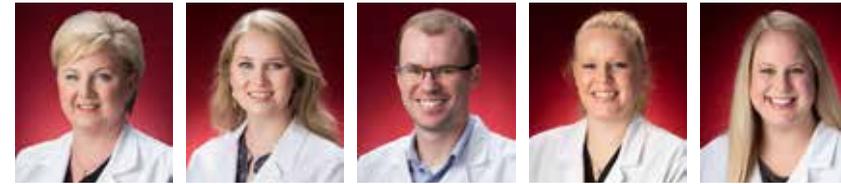
Andre Paixao, MD
 Dan Pritchett, MD
 Vijay Raja, MD
 Paulo A. Ribeiro, MD, Ph.D., FACC, FESC
 William Rollefson, MD, FACC



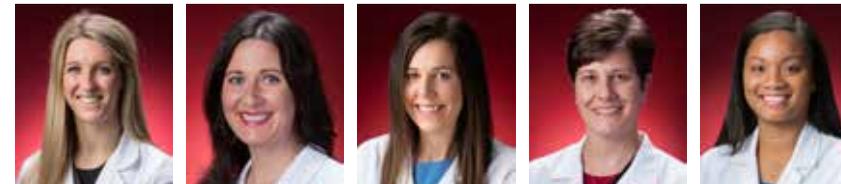
Daniel Sherbet, MD
 Athanasios Stoyioglou, MD
 Dylan Thaxton, MD
 Sudarone Thihalolipavan, MD
 Justin White, MD



CD Williams, MD
 Wilson Wong, MD, FACC



Rose Alfano, APRN
 Lane Atwell, APRN
 Eric Bain, APRN
 Sarah Baker, APRN
 Marissa Boggs, APRN



Karli Bradley, PA-C
 Lindsay Chalmers, APRN
 Abby Connerly, APRN
 Beth Crowder, APRN
 Donna Davis, APRN



Cassidy Estes, APRN
 Nick Fazio, APRN
 Jessica Fite, PA-C
 Kelly Hall, APRN
 Annabeth Hazlewood, APRN



Susan Hernandez, APRN
 Lisa Ivy, APRN
 Felicia Johnson, APRN
 Sarah Jones, APRN
 Cassandra Love, APRN



Lauren McBride, APRN
 Crystal Meziere-Brahmbhatt, APRN
 Hannah Mitchell, APRN
 Amber Moody, APRN
 Amanda Mullins, APRN



Shea Oxford, APRN
 Hetal Patel, APRN
 Krysten Pilkington, APRN
 Julia Ponder, APRN
 Janine Rutherford, APRN



Angela Simmons, APRN
 Ada Sochanska, PA-C
 Giny Spickes, APRN
 Patrick Stage, APRN
 Sydnie Thessing, APRN



Sara Thompson, APRN
 Dee White, APRN, DNP
 Becky Young, APRN

HEART MATTERS :

A NEW SEASON

A

simple prayer changed the trajectory of Chaplain Shelby Smith's life. For 19 years, Smith served at a church in Little Rock. After studying a passage in the Old Testament, he found himself realizing there may still be work to be done outside of his church. While he was feeling fulfilled, he felt called to a new adventure. "So I simply prayed, 'Lord, if there's a new adventure out there for me, I am open. I am open to it, where as I hadn't been open before,'" he said. Six weeks after praying those words, his phone rang, and at the beginning of 2019, Smith came on board as the new hospital chaplain for Arkansas Heart Hospital.

Smith is not just available for families and patients – he is a confidential ear to staff

at Arkansas Heart Hospital as well. Admittedly, he views this role as one of an encourager to the large, diverse staff. "I like to be able to provide a safe runoff for our employees. They get going at such a fast pace that at some point they will need to slow down. I like to give them a pat on the back or some words of encouragement to let them know that I see them. I get the opportunity to be a sounding board for them; a safe place where they can verbalize their feelings." Smith aims to help provide balance when pressures of work, home and life get heavy. "To perform at your best, you must have a work and life balance. Our families need us healthy and our work also demands that we perform at a high level. Work/life balance is essential in order to achieve this."

Smith admits that being a hospital chaplain was never a goal of his, but this is exactly where he knows he needs to be for this season of life. "I get to do what I love to do and what I feel God has equipped me to do. Being a member of the staff here at the Heart Hospital is definitely a 'get to' for me and I am enjoying this new season of life."



AHH AT A GLANCE

NEWS & NOTES FROM AROUND THE HEART



CONTINUED SUCCESS IN CONWAY

The Conway clinic is our only facility outside of Little Rock that features hyperbaric chambers and a cath lab – both of which saw major success in 2019.

CONWAY WOUND CARE HBOS UP 28%
CONWAY CATH LAB PATIENTS UP 21%

STARTING STRONG

Resilient Hearts Cardiac Prehabilitation helps patients prepare for surgery and is improving outcomes through education, fitness training and counseling.

41% GROWTH IN TOTAL PREHAB PATIENTS

FINISHING STRONGER

The Strong Hearts Rehab Center in Russellville is helping patients achieve optimal recovery through exercise, nutritional education and more.

RUSSELLVILLE TOTAL ICR/CR SESSIONS UP 77%

NEW MRI MAKES WAVES WITH PATIENTS

Our new MRI is a more comfortable experience for patients, and it's reflected in the numbers, with **TOTAL RADIOLOGY MRI PATIENTS UP 98%**

VEIN & VASCULAR TEAM BEGINS WOUND CARE OUTREACH

In 2019, Our Vein & Vascular team added wound care services to clinics in Russellville, Searcy, Hope, Helena, Magnolia and El Dorado. In addition to their regular vein and vascular services, the team now also offers services including dressing changes, wound VAC and treatments for pressure and diabetic foot ulcers.



DEE WHITE, MSN, APRN, DNP | LANE ATWELL, APRN | SARAH BAKER, MSN, APRN | JESSICA FITE, PA-C | CASSANDRA LOVE, MSN, APRN, AGPCNP-BC | AMBER MOODY, APRN



ARKANSAS HEART HOSPITAL CARDIAC CLASSIC 2019

The 2019 Cardiac Classic was another huge success, thanks to the riders who participated from Arkansas and surrounding states.

WE HAD 415 TOTAL RIDERS AND RAISED OVER \$30,000 FOR CHAMPIONS FOR HEALTH



Diabetes & Endocrinology

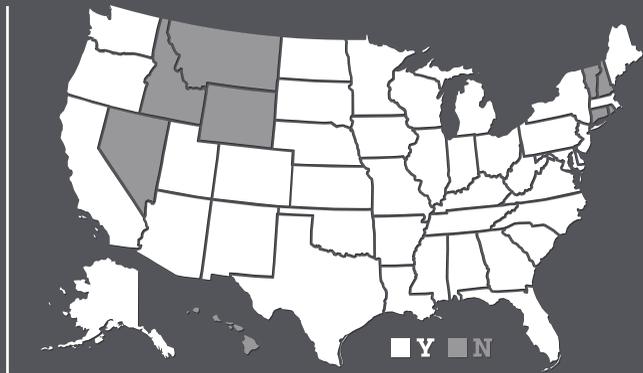
In its first full year of operation, our Diabetes & Endocrinology program exceeded expectations with **573 NEW PATIENTS**

AHH IMPACT

2019 BY THE NUMBERS

Patients depend on us for their cardiac care. It is a responsibility we take very seriously. So Arkansas Heart Hospital is continually expanding services, investing in local communities, exploring new technologies and leading the way in innovation. While numbers do matter – more, greater, better, higher – we never lose sight of our commitment to each individual patient. Their successes are the ones we celebrate most.

WE'RE SERVING MORE HEART PATIENTS THAN EVER BEFORE



WE TREATED PATIENTS FROM

41 STATES
AT OUR HOSPITAL & CLINICS

OVER 125,000 OFFICE VISITS

▲ UP 25%

VALVES



UP 7%

ER VISITS

UP 5%

ADMITS & DISCHARGES

COMPLEX ABLATIONS UP 39%

STRUCTURAL HEART CASES UP 43%

BARIATRIC SURGERIES UP 60%

18% NEW PATIENT GROWTH

THE SUMMIT TURNS 20

ARKANSAS' PREMIER
CARDIOVASCULAR CONFERENCE
CELEBRATES MILESTONE WITH
RECORD TURNOUT.



This year we proudly celebrated the 20-year milestone of bringing our cardiovascular conference to practitioners and health care professionals across the state. The Heart Summit is known for its relevant, insightful and entertaining topics and cases. This year was no exception. Once again, we had an impressive faculty that brought their expertise to life through a variety of live cases, debate and didactic lectures. We experienced our largest ever in-person attendance with more than 500 doctors, nurses, PAs, APRNs, dietitians, pharmacists, rad techs, respiratory techs, coders and others present for our two-day event. We also added a new component this year – live streaming. Hundreds of viewers experienced the summit via live stream, with approximately 100 of those receiving CME credit.



Dr. Bruce Murphy greets the 2019 Heart Summit. Longevity was a major focus this year, with renowned guest speakers including Dr. Aubrey De Grey, Dr. Rhonda Patrick (pictured left) and Dr. Branden Rosenhan.



At Arkansas Heart Hospital, our history of awards and recognition reflect our commitment to patients and their overall experience.

A FIVE-STAR EXPERIENCE

AHH ADDS TO STELLAR REPUTATION WITH FIVE-STAR CMS RATING AND AHA GOLD STAR AWARD FOR STEMI_s.

At AHH, we don't strive for awards, although we've been fortunate to receive many. 2019 brought with it high recognition and praise with the prestigious five-star rating given by the Centers for Medicare Services. We were one of two Arkansas hospitals and one of 293 hospitals, nationwide, to receive this distinction. The award is based on seven criteria, including quality of care, safety and patient satisfaction. The star system was created by CMS to help the public better understand the measurements by which they evaluate hospitals. "The public is very familiar with five-star hotels, five-star restaurants. They recognize a star rating," said Mary Willis, RN, vice president of quality and risk. "Patients that come here like us and think we do a good job. When they see that we are a five-star hospital, they understand that means we are really good." We also received the Gold Star Award for STEMI_s given by the American Heart Association. This award recognizes treatment of patients who experience severe heart attacks. While we are obviously proud of these accomplishments, patient experience is what really matters. "Our true reward is continuing to serve patients in a place that can be depended on for the right diagnosis, a superior outcome and an incredible experience along the way," said Dr. Bruce Murphy. "Our patients are family."

WORLD-CLASS IMAGING

AHH ADDS TO MEDICAL IMAGING SERVICES WITH NEW DXA SCANNER AND VANTAGE MRI.

At AHH, we care about your heart – and your health. That's why we offer the latest state-of-the-art diagnostic imaging technology. Our vast array of imaging services includes X-rays, nuclear scans, ultrasounds, echocardiograms and CT scans. This year we also added a GE Lunar iDXA scanner and a Canon Vantage Titan™ MRI. Our DXA scanner is the most advanced DXA system with high clarity, precision and image resolution. It is an easy, noninvasive way to receive a detailed snapshot of body composition. It is also an important tool for bone health. Osteoporosis causes more than 8.9 million fractures annually, so chances are you or someone you know is affected. A quick DXA scan provides a measurement of bone density and predicts the risk of bone fracture in the next 10 years. Our new Canon Vantage Titan™ MRI reflects our commitment to patient-focused care. It features quiet technology for easier communication with patients, and has the widest bore available to easily accommodate larger individuals. It has superior image quality with contrast-free imaging for patients with renal impairment. A neuro-imaging package will be added soon, allowing more neurovascular, neuro-oncology and neurodegenerative scanning capabilities.



Our new DXA scanner measures body composition and bone density with a high degree of accuracy.

ENCORE ON THE RISE

**AHH'S NEW HOSPITAL
IN SALINE COUNTY
EXPERIENCES SIGNIFICANT
PROGRESS IN 2019.**

Construction is well under way for Arkansas Heart Hospital Encore Medical Center. Encore will be an acute, innovative cardiac care hospital with a primary focus on adult obesity and peripheral vascular disease. The approximately 87,985-square-foot building will include private inpatient beds, a full-service emergency department, two cardiac catheterization labs, two operating rooms, a post anesthesia care unit, MRI, CT, nuclear medicine, X-ray, cardiac PET and more. On August 21, 2019, AHH and our partners on the Encore project gathered with Saline County community members in Bryant to celebrate the final installation of major steel. Leading up to the topping out ceremony, 30,000 cubic yards of dirt had been excavated, 175,000 cubic feet of concrete was poured (with more to come), and 910 tons of steel utilized. As of early November, mechanical, electrical and plumbing is being installed in the wall and overhead on the first floor, framing is occurring in the first and second floors, top portions of the sheet rock is being installed on the basement and first floor, the precast panel install is complete, fireproofing is complete on first, second and third floors, and much more. Significant progress with much more to come! We look forward to opening Arkansas Heart Hospital Encore towards the end of 2020.

AUGUST 21, 2019
Members of the AHH executive team pose with the ceremonial steel beam, which was installed at the Encore Medical Center topping out ceremony.

A PROGRAM WITH PURPOSE

DIABETES & ENDOCRINOLOGY PROGRAM EXEMPLIFIES THE AHH MODEL FOR PATIENT-FOCUSED CARE.

One of the newer departments at AHH is diabetes and endocrinology. Led by Beth Crowder, Ph.D., APRN, and Dr. Irina Lendel, this department offers evaluation and treatment for diabetes mellitus, thyroid disease, parathyroid disease, adrenal disease, pituitary disorders and osteoporosis. "Dr. Murphy has always focused on improving cardiac care for Arkansans," Crowder said. "Adding this service line fosters and complements both inpatient and outpatient cardiology care, as many endocrinology abnormalities affect cardiovascular complications. The No. 1 killer of diabetics is a cardiovascular event." The program will soon expand outside of the Little Rock metro area via satellite clinics and telemedicine. There are also plans to become a certified insulin pump center. As Crowder explained, the program's success is a shining example of the AHH model. "What I have realized as I have grown in both this practice and service line is the growth of the AHH culture from within our employees, now into our patients. Patients who are being seen by our cardiologists have developed a love and a trust for all AHH care providers, and those patients want to keep their care within this system. They want to be a part of the AHH family. This concept truly exemplifies our patient-centric model, and patients have caught on."



Beth Crowder, Ph.D., APRN, meets with a diabetes patient in the Little Rock Clinic. The program will soon expand to Conway, Russellville and Searcy.



All of the seeds for our garden start in the greenhouse. There are also native plants and flowers for campus landscaping and beautification projects.

AHH GARDEN GROWTH

AHH CULINARY DEPARTMENT'S NEW ON-SITE GREENHOUSE PROMOTES THE HEALING POWER OF FOOD.



During the summer of 2019, a new addition was added on the south side of our Little Rock clinic – the AHH greenhouse. The 320-square-foot, lean-to structure is the result of hard work and planning by our full-time gardener Jon Berman. This climate-controlled space is helping our culinary staff get a jump on the growing season, and enabling them to have greater access to the foods that are truly healing our staff and patients. As an on-site propagation facility, all of the seeds for the garden start their journey in the greenhouse. Here you will find broccoli, radish sprouts, peppers, cabbages, lettuces, tomatoes and a variety of herbs. These foods were specifically chosen for their high bioactives, which help turn off the fires of inflammation and support healing in the body.

HYPERBARIC BENEFITS

**AHH WOUND CARE
& HYPERBARIC CENTER
EXPLORES NEW USES FOR
HYPERBARIC THERAPY.**

Earlier this year, our hyperbaric team had the pleasure of visiting and learning from The Sagol Center for Hyperbaric Medicine and Research in Tel Aviv, Israel. Scientists from all around the world presented their research findings at the Hyperbaric Medicine & the Brain annual EUBS conference. Previously researched and proven indications of hyperbaric oxygen therapy consists of diabetic foot ulcers, osteomyelitis, carbon monoxide poisoning and air or gas embolisms. However, emerging aspects are being shown to conclusively benefit immune system diseases, wounds on the brain, acute and chronic strokes, and multiple kinds of dementia. Statistically significant improvements in overall neurological ability, such as memory, executive function, attention and information processing speed, are just a few of the benefits noted with the use of HBOT in participants. With the support of MRI images of the brain, highly significant changes in brain perfusion were shown in the group receiving HBOT. Arkansas Heart Hospital's Wound Care and Hyperbaric Center is proud to offer advanced modalities that focus on slowing down the hallmarks of cognitive aging and improving quality of life for our patients.



New research shows hyperbaric therapy provides conclusive benefits in many new areas, including overall neurological function.



GET

KEEPING A STEADY BEAT: INSIDE
THE HEART RHYTHM INSTITUTE AT
ARKANSAS HEART HOSPITAL

RHYTHM

ARKANSAS HEART HOSPITAL'S HEART RHYTHM INSTITUTE IS ONE OF THE PREMIER ELECTROPHYSIOLOGY DEPARTMENTS IN THE COUNTRY.

The department is led by Scott Beau, MD, medical director; Monica Lo, MD; Sudarone Thihalolipavan, MD; and Wilson Wong, MD. Additionally, the fellowship program for electrophysiology at UAMS has expanded to three fellows who rotate through the Heart Rhythm Institute. The department runs smoothly thanks to the dedicated teams of schedulers, RTs, RNs and APNs supporting the mission.

AHH is one of the top centers in the country in terms of volume and outcomes. 2019 featured expansion to a third electrophysiology lab and continued advancement of our successful lead expansion program, supported by Kristopher Freeland, MD, cardiovascular surgeon. “Our atrial fibrillation program has expanded, and now includes conversion procedures for patients with long-term persistent atrial fibrillation, resulting in a viable option for restoration of and maintenance of sinus rhythm in patients previously limited to rate control therapy,” said Dr. Beau. “Also, our left atrial appendage closure program has provided an effective alternative to patients who otherwise would need long-term oral anticoagulation therapy.”

Dr. Lo credits new catheter and mapping technology as an asset to providing good outcomes. “We were the first in the U.S., second in the world to test the Tacticath SE catheter, which provides sensor-enabled pressure guidance during ablation therapy to minimize the risk of injury, and our involvement helped lead to its FDA approval.” Another tool, the HD Grid, used for mapping (which allows doctors to see abnormal electrical signals),

is providing more data in both VT ablations and complex atrial ablations, specifically by localizing scar tissue in the heart and leading to focused ablation, providing the patient a cure.

For Dr. Thihalolipavan, the year brought more complex cases, from left atrial and complex flutters, post-surgical atrial fibrillation and complex PVC cases to complex VT cases, including epicardial VT (treated using catheters on the outside surface of the heart). Additionally, a personal accomplishment for “Dr. T” is the performance of around 300 successful cases without using fluoroscopy. “Fluoroless cases are faster, safer and more efficient,” he said. “The lack of fatigue that comes with not having to stand in lead all day has actually allowed me to do more in a given day, allowing patients to get earlier access to care.” Currently at AHH, about 90% of these cases are without fluoroscopy.

2019 marked 35 years working as a physician for Dr. Wong, and his 18th year at AHH. For him, the leadless pacemaker and subcutaneous ICD are highlights of the year. The leadless pacemaker offers an alternative to traditional pacing systems by eliminating the need for permanent transvenous leads while providing therapy for bradyarrhythmias. Similarly, the S-ICD works to treat patients who are at risk for ventricular arrhythmias, including VT and VF, without need for intravascular wires, leading to fewer complications and improved outcomes.

The future of electrophysiology is extremely exciting and the team looks forward to even greater advances in 2020. ●



Dr. Monica Lo and the EP team are embracing innovations in the cath lab – with new catheter and mapping technologies providing better outcomes.



SCOTT

BEAU

MD, FACC

WITH THE ENCORE MEDICAL CENTER OPENING IN THE FALL OF 2020, WE LOOK FORWARD TO FURTHER EXPANSION AND THE ABILITY TO TOUCH ADDITIONAL LIVES.

“ ”



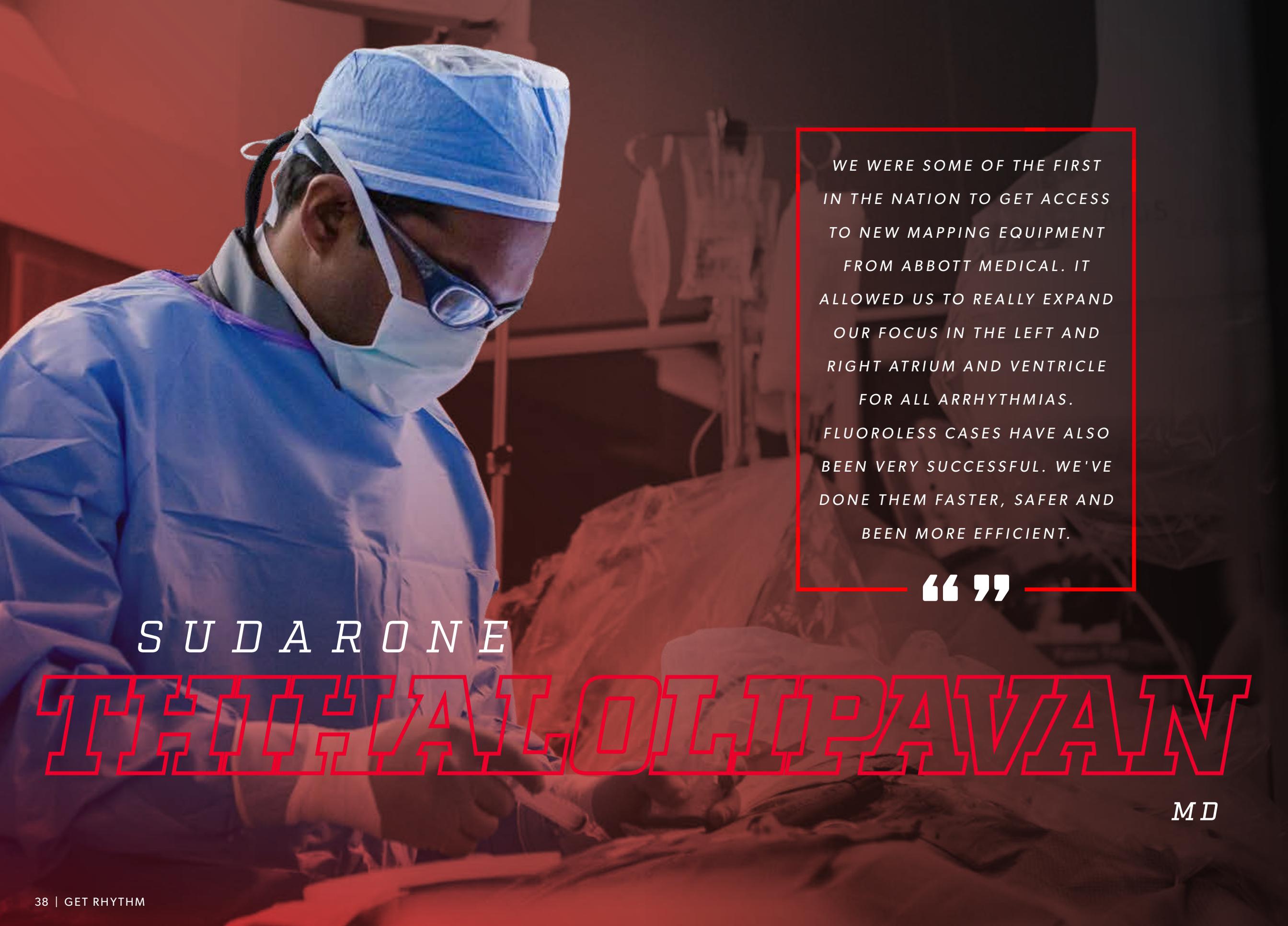
MONICA

LO

MD, FACC, FHRS

WE HAVE A GREAT REPUTATION.
NOT JUST PHYSICIANS, BUT
THE ENTIRE STAFF. PATIENTS
KNOW THEY CAN GET THE BEST
CARE FROM CHECK-IN TO POST-
PROCEDURAL CARE.

“ ”



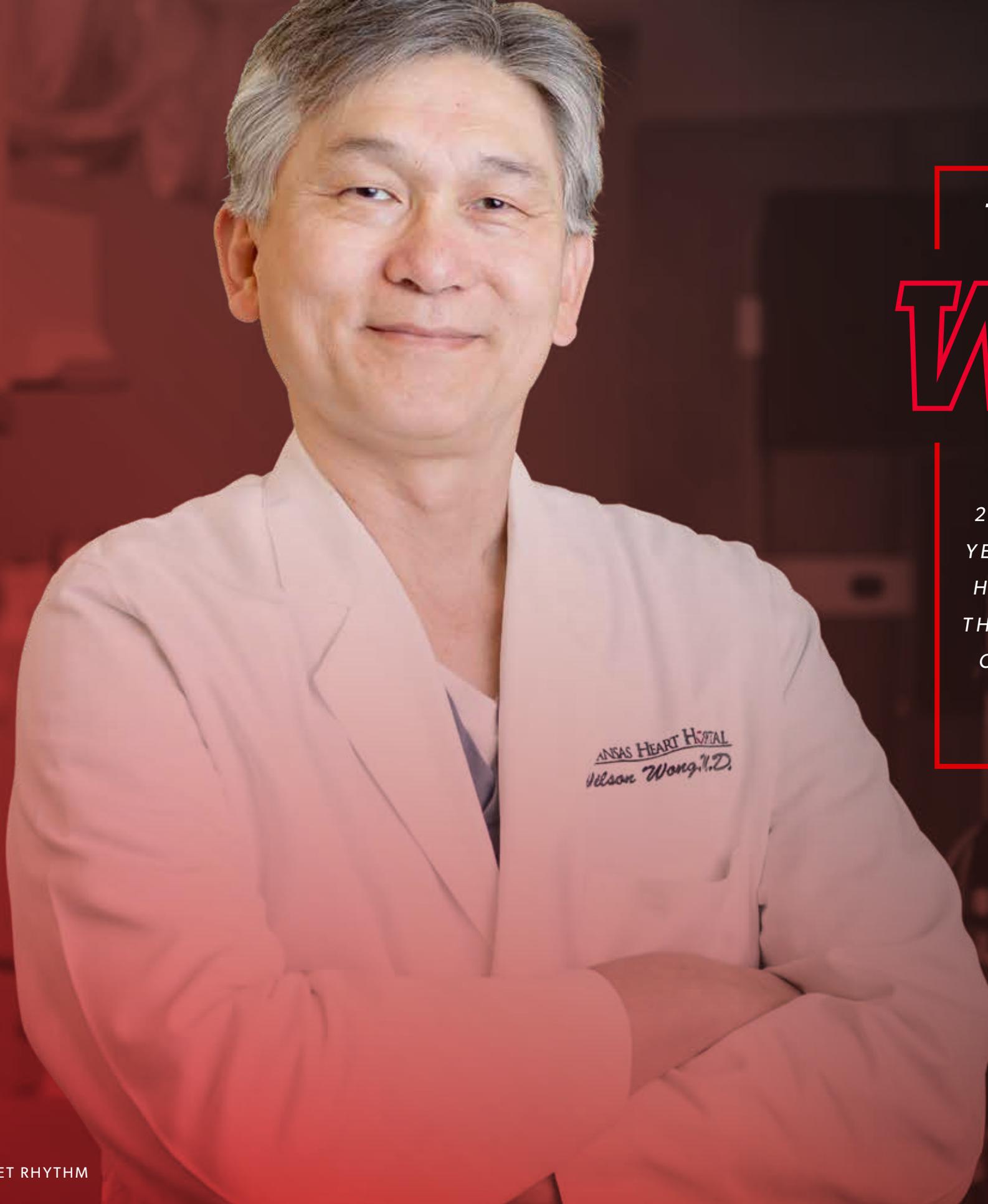
WE WERE SOME OF THE FIRST
IN THE NATION TO GET ACCESS
TO NEW MAPPING EQUIPMENT
FROM ABBOTT MEDICAL. IT
ALLOWED US TO REALLY EXPAND
OUR FOCUS IN THE LEFT AND
RIGHT ATRIUM AND VENTRICLE
FOR ALL ARRHYTHMIAS.
FLUOROLESS CASES HAVE ALSO
BEEN VERY SUCCESSFUL. WE'VE
DONE THEM FASTER, SAFER AND
BEEN MORE EFFICIENT.

“ ”

SUDARONE

THEPPATLOTTIPAVAN

MD



WILSON

WONG

MD, FACC

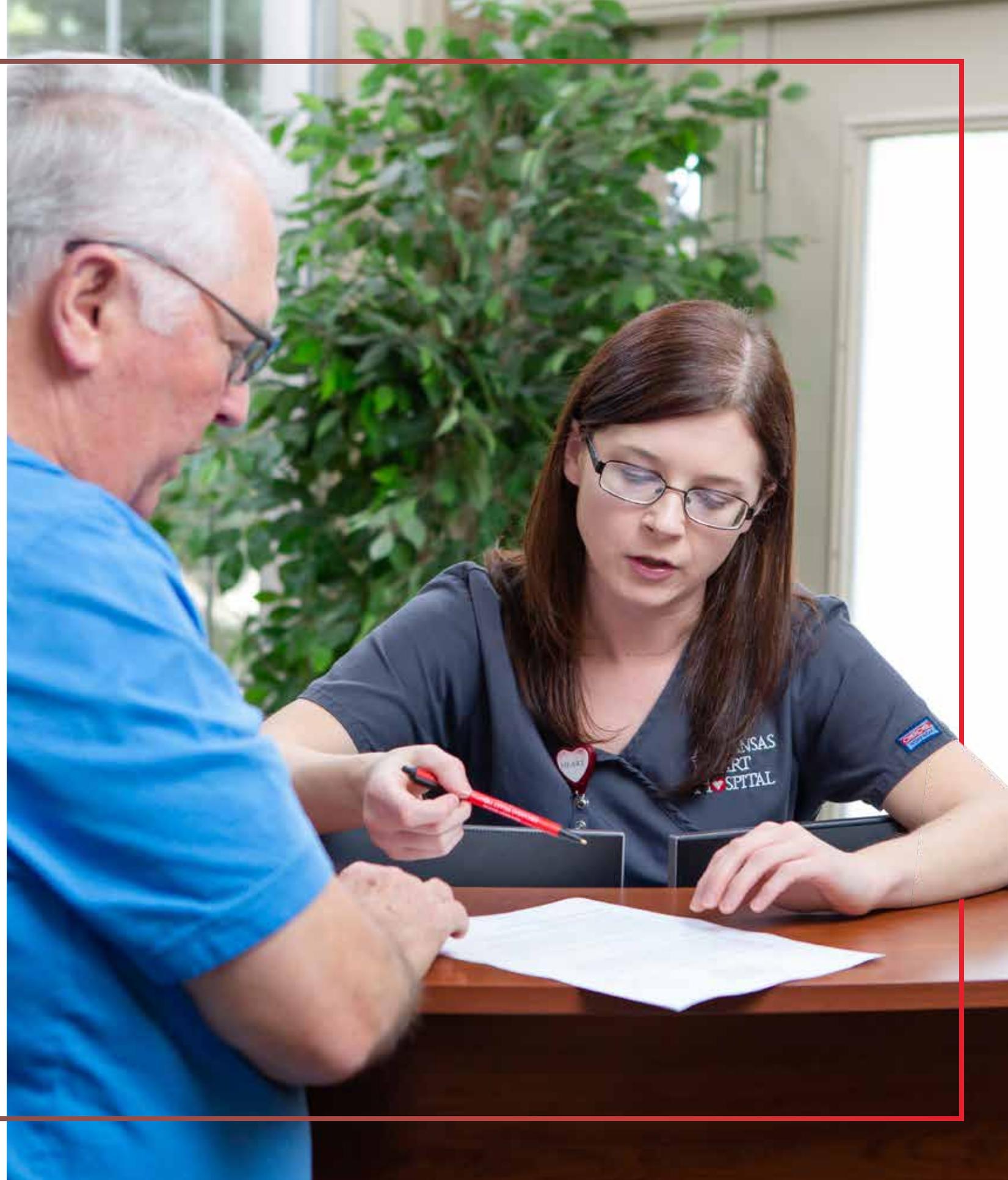
2019 WAS A VERY SUCCESSFUL YEAR FOR THE EP PROGRAM. WE HIT A NUMBER OF MILESTONES THAT ARE REFLECTED IN PATIENT OUTCOMES AND PROCEDURAL COMPETENCY.

“ ”

5-STAR CARE CLOSE TO HOME

**CONVENIENT CARDIOLOGY:
AN INSIDE LOOK AT OUR
STATEWIDE CLINIC NETWORK**

Sylvia Spears, medical assistant, greets a patient in the Searcy clinic. In our clinics, patients always find an experienced, compassionate staff – ensuring the best experience.

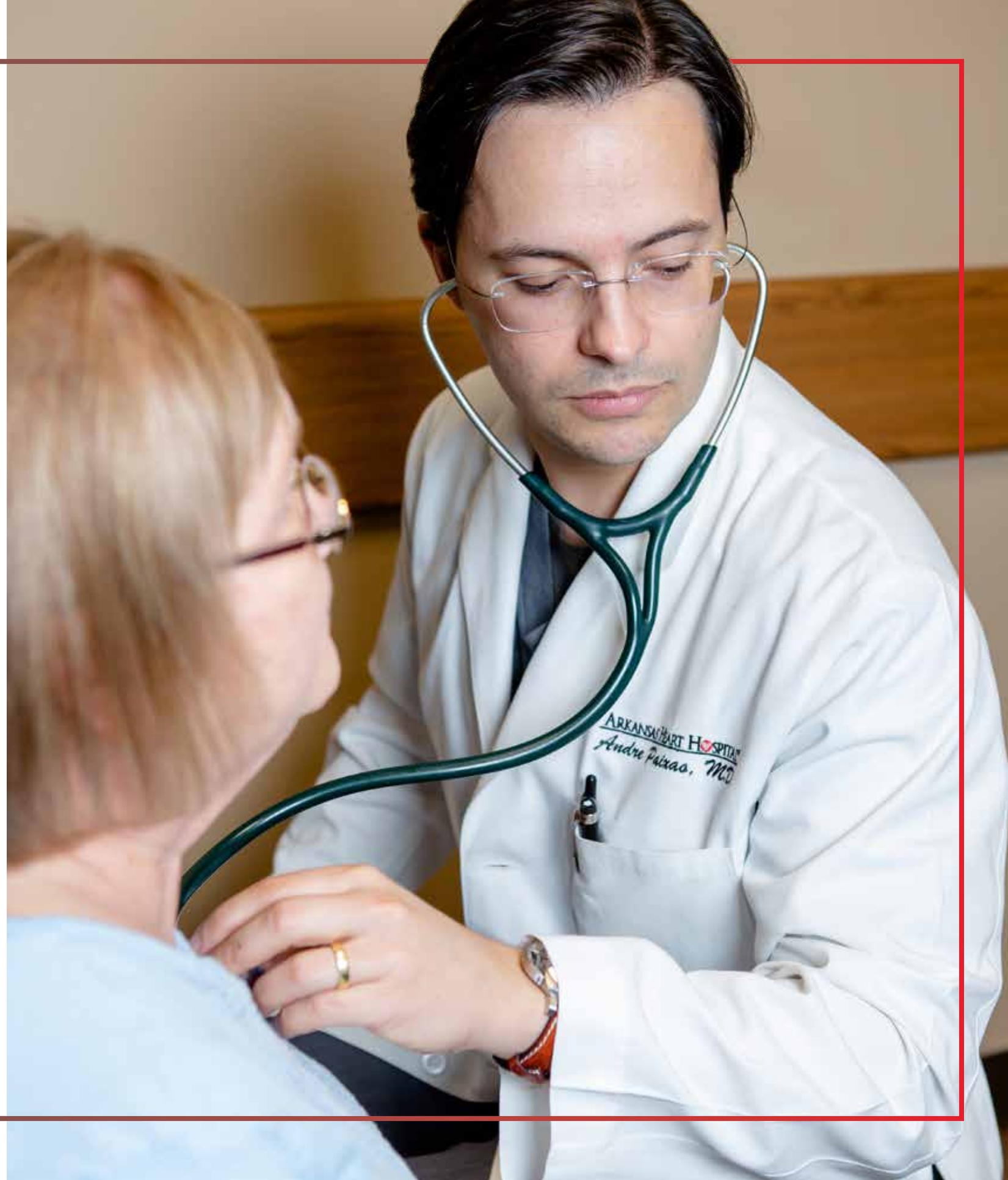


30

**ARKANSAS HEART HOSPITAL
CLINICS BLANKET THE STATE
- FROM MOUNTAIN HOME TO
EL DORADO, CLARKSVILLE TO
HELENA-WEST HELENA.**

“It’s all about taking the services to the patient. We want every patient in Arkansas to have access to the same quality of cardiovascular care as we provide in our Little Rock Clinic without having to drive several hours to receive it,” said Dalana Huckaby, RN, director of outreach clinics. Seven of the thirty clinics are full-time cardiology clinics which serve the following areas: Conway, El Dorado, Hot Springs, North Little Rock, Saline County, Searcy and Russellville. Over the last two years, we have expanded our services to include the Malvern Diagnostic Clinic, which provides internal medicine and primary care, along with cardiovascular services.

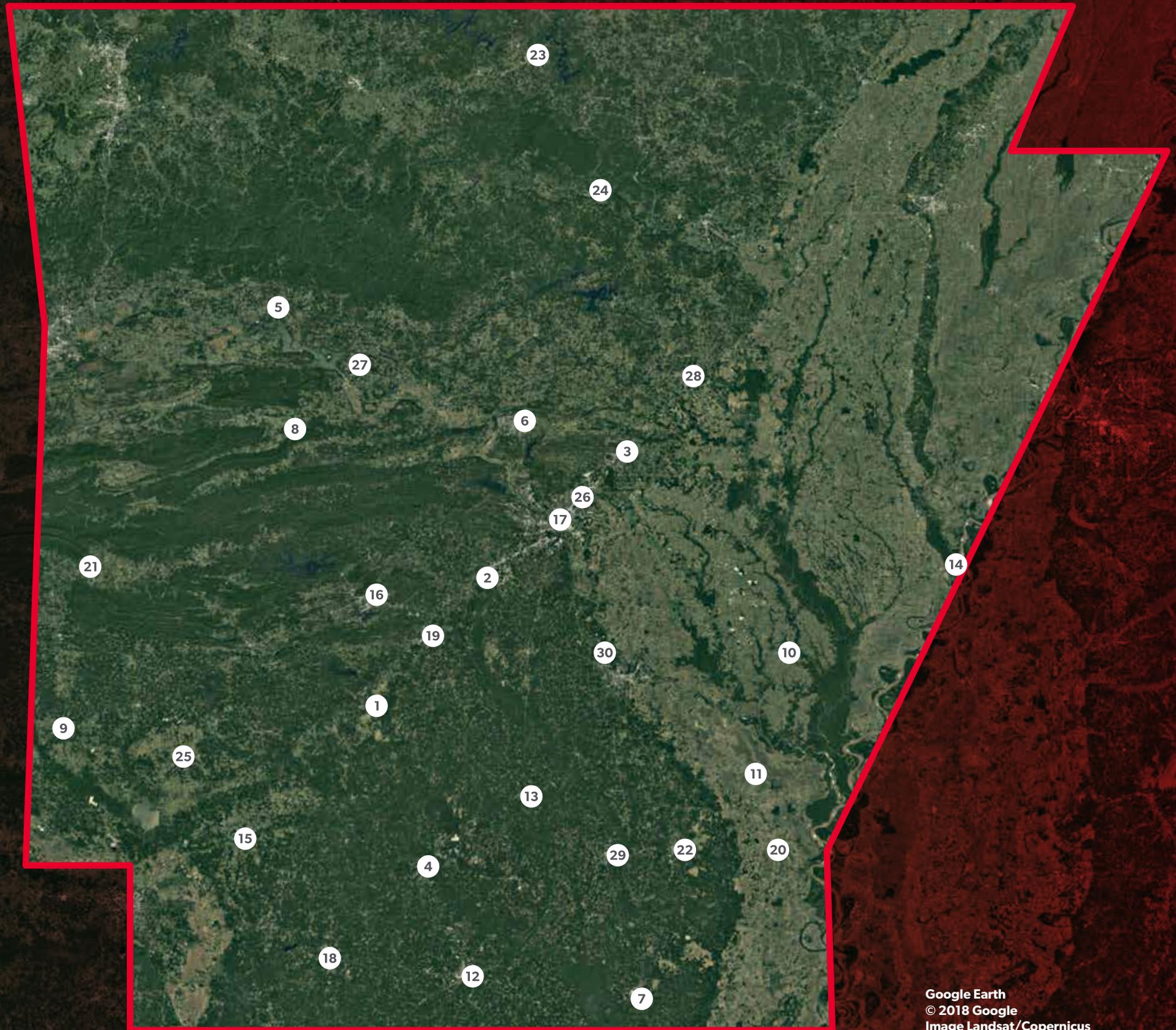
Dr. Andre Paixao sees a cardiology patient in the AHH Hot Springs Clinic. Our Hot Springs Clinic also offers wound care services with our vein and vascular team.



FROM THE DELTA TO THE OZARKS

Arkansas Heart Hospital is the only hospital in the state dedicated to cardiac care. But we know convenience matters, too. That's why we have 30 clinics in local communities throughout Arkansas – making the best in heart health easier for our patients. From diagnostic screenings and early detection to pulmonary services and medication management, we make specialization incredibly convenient.

- | | |
|------------------------|-----------------------|
| 1. ARKADELPHIA | 16. HOT SPRINGS |
| 2. SALINE COUNTY | 17. LITTLE ROCK |
| 3. CABOT | 18. MAGNOLIA |
| 4. CAMDEN | 19. MALVERN |
| 5. CLARKSVILLE | 20. MCGEHEE |
| 6. CONWAY | 21. MENA |
| 7. CROSSETT | 22. MONTICELLO |
| 8. DANVILLE | 23. MOUNTAIN HOME |
| 9. DE QUEEN | 24. MOUNTAIN VIEW |
| 10. DEWITT | 25. NASHVILLE |
| 11. DUMAS | 26. NORTH LITTLE ROCK |
| 12. EL DORADO | 27. RUSSELLVILLE |
| 13. FORDYCE | 28. SEARCY |
| 14. HELENA-WEST HELENA | 29. WARREN |
| 15. HOPE | 30. WHITE HALL |



Google Earth
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Image Landsat/Copernicus

When visiting our full-time outreach clinics, patients are able to do more than just see their provider for an office visit. “We try to make the clinics a one-stop shop for the patients. We have expanded our services at our clinics in such a way that we are more cardiovascular care centers and not just clinics.” Huckaby said. The service lines provided in our clinics include lab collection, Coumadin monitoring, EKGs, echocardiograms, treadmill stress test, nuclear stress testing, vascular ultrasounds, device checks, endocrinology and a telemedicine program. In addition to the service lines provided in most Arkansas Heart Hospital outreach clinics, the Conway Cardiovascular Care Center also has an outpatient cardiac catheterization lab where we perform angiograms, right heart catheterizations, noncomplex interventions, cardioversions and TEEs.

IT'S ALL ABOUT TAKING THE SERVICES TO THE PATIENT.

For years we have had “clinics within clinics.” We began with the Vein & Vascular Institute, which provides peripheral vascular evaluation and treatment to patients in our full-time clinics and in several of our satellite clinics. In 2019 the Vein & Vascular Institute began an Outreach Wound Care program to help the patients who are unable to drive to our Conway or Little Rock Wound Care centers. Additionally, we offer device clinics, endocrinology clinics and telemedicine clinics in several of our full-time and satellite locations.

We have recently extended our reach and coverage in El Dorado and the surrounding cities by adding Athanasios Stoyioglou, MD, a full-time cardiologist, to our El Dorado clinic. In addition to seeing patients in El Dorado, “Dr. Stoy” sees patients in our Camden and Magnolia clinics.

We are extremely proud of the continued growth of our outreach program and the opportunity that we have to provide exceptional health care to the great state of Arkansas. ◉

Our El Dorado team offers the best cardiac care in the region. In 2019, Dr. Athanasios Stoyioglou joined Angela Simmons, APRN, in our El Dorado Clinic. He also sees patients in Camden and Magnolia.





CONQUERING COMPLEX CASES

**AHH CHIP PROGRAM USES TECHNOLOGY AND
TEAMWORK TO HELP OUR SICKEST PATIENTS**

**Dr. Vasili Lendel and the CHIP physicians
at AHH use a multidisciplinary approach
for complex patients.**

INNOVATION IS ONE OF OUR FOUNDING PRINCIPLES.

Over the last couple of years, a small group of dedicated physicians have been using a new technology with the most complex high-risk indicated patients (CHIP). The CHIP physicians at AHH use a multi-disciplinary heart team approach for optimal management of these complex patients in the setting of coronary intervention or cardiothoracic surgery. The objective of the CHIP program is to provide therapy options for the sick group of patients and improve their quality of life. Often, this includes the use of a left ventricular mechanical assist device: the Impella.

The Impella pump is placed in the left ventricle of the heart as mechanical support that helps increase cardiac output and subsequently improve blood pressure during complex procedures or in cases where the patient is in cardiogenic shock. "When used in a high-risk procedural setting, the device acts as a prophylactic safety belt and allows the cardiologist to treat the patient's heart artery stenosis without worrying if the patient is getting enough blood to their brain," CHIP Program Coordinator Patti Hanson said. This new way of doing things is a huge benefit to a large subset of patients who are really

sick and wouldn't necessarily be able to undergo an intervention or surgery without it.

The intentional focus of the CHIP program is to develop a treatment pathway that is consistent and allows for repetition and anticipation in a planned, structured procedure environment. "I've seen some miracles walk out of the hospital that traditionally would not have had that result by using older technology," Hanson said. "We've done over 100 Impella-supported patients in the last year. These high volumes have resulted in a level of efficiency and comfort that without a doubt improve quality of care and quality of life for the patient."

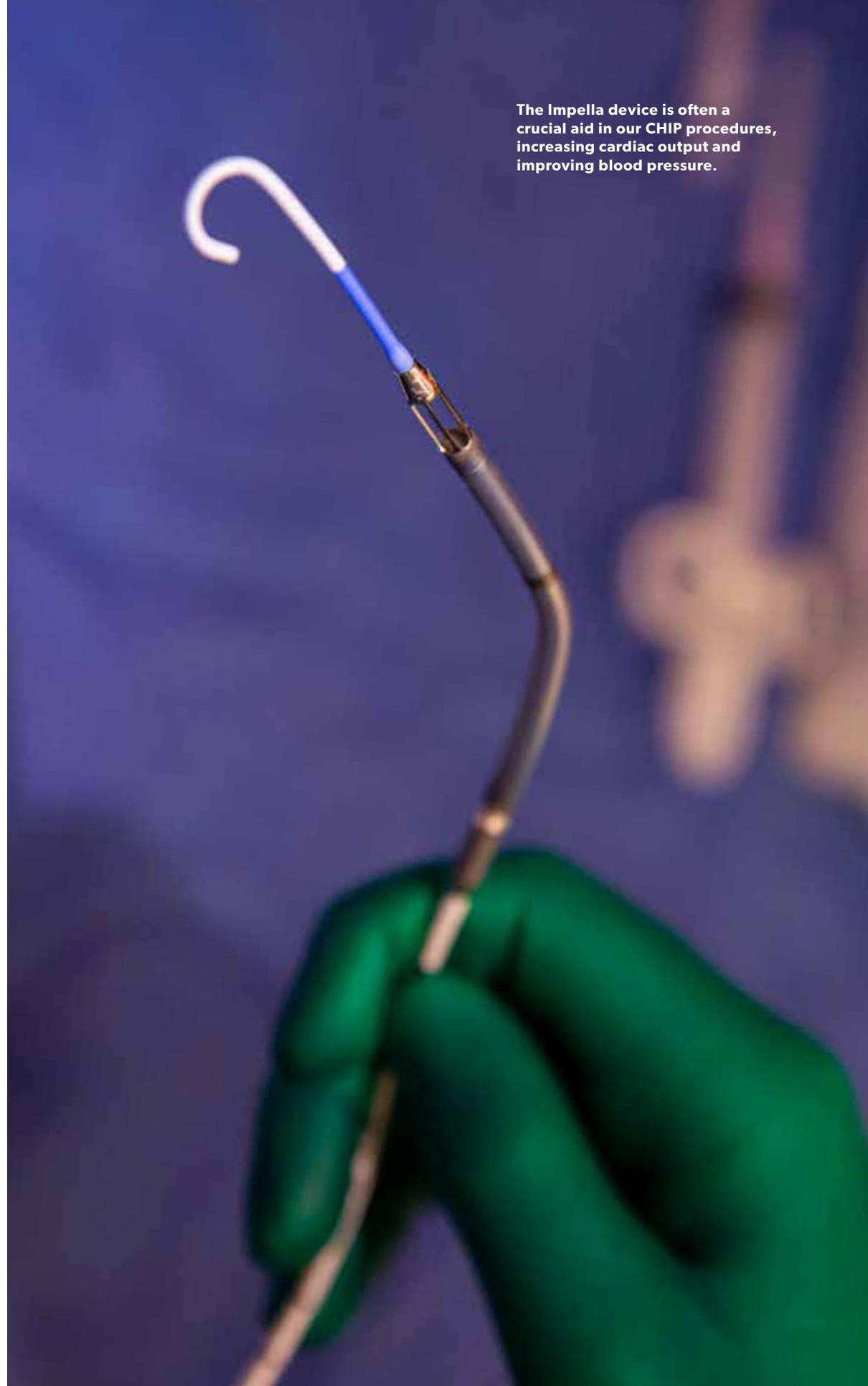
Our cardiogenic shock patients on Impella support have a very different management plan that our physicians have embraced. The success of our CHIP program at Arkansas Heart Hospital is directly related to the commitment of our CHIP physicians and the utilization of the heart team approach to develop patient treatment strategies in the most challenging of patient disease processes. It is truly an exciting time of growth in technologies at Arkansas Heart Hospital. 🌟

**OVER
100**

**IMPELLA-
SUPPORTED
PATIENTS**

**IN
2019**

The Impella device is often a crucial aid in our CHIP procedures, increasing cardiac output and improving blood pressure.





**PET THERAPY: MEET THE FURRY
FRIENDS HELPING PATIENTS
COPE AND RECOVER**

Therapy dog Yeti sits with an AHH patient. Research suggests that the human-animal bond promotes hope and healing – helping patients feel better and happier.

PUPPY LOVE

DOGS ARE MAN'S BEST FRIEND.

It came with little surprise when Dr. Murphy and Dr. Williams suggested to Mary Willis, RN, vice president of quality and risk, that the hospital implement a pet therapy program. Arkansas Children's Hospital offers such a program, and immediately put Mary in touch with Able Paws – a nationally recognized pet therapy program. The dogs and their handlers participate in extensive training, must pass a test every two years and are insured. Every detail is thought out, right down to what a dog can eat and how it's cleaned before coming into a hospital.

The program at AHH is in its third year. Each dog is vetted by Able Paws. Once agreed upon, the dog and owner spend time getting comfortable learning the elevator and floors, and meeting staff. "We don't require them to be kenneled, we let them walk in on a leash," Willis said. "When it's raining or cold, we let them park in wound care parking. They wear an ID badge just like we do so that if you see a therapy dog you know they are ours by the badge. They are employees, too!" Handlers also have badges, are given a TB skin test and are offered flu shots. Both come to orientation so new staff can get acquainted.

There is no set schedule and the dogs are allowed to come and go as they please. "We make rounds with them, especially when they are brand new," Willis said. "The general rule is we stop at the nurse's station and say is there anyone special who you think would like to visit with a dog today? Or is there anyone we shouldn't see? Some of the nurses will know that this particular person knows the dogs are here and would like to see them. There's something soothing about petting a dog." Most of the dogs who visit are larger, so they can lay their heads on a patient's bed. Of course there are regulars. "We have one very loyal dog named Lucy and she's partially blind. Her handler is a lawyer and he works all week. He's faithful to come at 2pm on Sunday afternoons and everybody talks about Lucy. She's a standard poodle."

Patients aren't the only ones who benefit from a furry visit. "The patient might be too sick to realize the dog is there, but the family needs them," Willis said. "Employees benefit, too. Our staff needs our chaplain and our dogs. They have stressful days, too. The staff will get on the floor and love on the dogs." Fifteen dogs visit the hospital and clinic.

"Getting this started has been one of the most fun things that I have done in my entire career. We can thank Dr. Murphy and Dr. Williams because they are dog lovers and really pushed getting this program started." 🐾

Although patients are the main focus of the program, their families and AHH employees also benefit from encounters with our therapy dogs. During stressful times, a visit from one of these furry friends can brighten the day and boost morale.



YETI

LABRADOR RETRIEVER

HANDLER: GEORGANN

THERAPY DOG SINCE 2017

FAVORITE TOYS

Tennis ball & her plush "baby"

FAVORITE ACTIVITIES

Dock diving, retrieving and her jobs around the house: dog dishes to the sink after meals, emptying trash into the compactor and retrieving any dropped objects

FAVORITE TREAT

Anything & everything (true Lab fashion)

GREATEST ACCOMPLISHMENTS

Being a Pet Partner therapy dog and spreading her happy spirit and love for everyone

**YETI IS SWEET, LOVING
AND EAGER TO PLEASE
WITH AN ACTIVE
CURIOSITY!**





LUCY

STANDARD POODLE

HANDLER: ALLAN

**THERAPY DOG
SINCE 2015**

FAVORITE TOY

Tennis ball

FAVORITE ACTIVITY

Playing chase with another dog

FAVORITE TREAT

Cheese

GREATEST ACCOMPLISHMENT

Melting people's hearts

**LUCY WAS BORN
BLIND AND WAS
RESCUED BY HER
HANDLER AT 10
WEEKS OLD. SHE HAD
CATARACT SURGERY
AT 18 MONTHS,
WHICH RESTORED
HER VISION.**

EMILY

CAVAPOO

HANDLER: CARLA

THERAPY DOG SINCE 2018

FAVORITE TOY

My Grinch Toy

FAVORITE ACTIVITIES

Going for walks, hospital visits and
wagging my tail

FAVORITE TREAT

Nudges

GREATEST ACCOMPLISHMENTS

Working as a therapy dog & loving
both adults and children

EMILY LOVES
WAGGING HER
TAIL AND ENJOYS
VISITING NURSE
STATIONS AS
MUCH AS VISITING
PATIENTS.





BAXTER

MINIATURE GOLDENDOODLE

HANDLER: MARY

**THERAPY DOG
SINCE 2018**

FAVORITE TOY

Any toy I can tug

FAVORITE ACTIVITY

Chasing squirrels away
from the bird feeder

FAVORITE TREAT

Cheese

GREATEST ACCOMPLISHMENT

Becoming a therapy dog

**ALTHOUGH BAXTER
IS AN EXCELLENT
THERAPY DOG WHO
LOOKS SO SWEET
AND INNOCENT, HE
IS OFTEN CALLED . . .
THE “DEVIL DOG.”**

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This project would not have been possible without the contributions, commitment and expertise of our dedicated staff. Thank you.



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