

Advancing Rural Health

Illinois Small and Rural Hospitals

Because of their geographic location, smaller size and demographic mix, Illinois small and rural hospitals face a unique set of challenges:

- ▶ More dependent on Medicare as a government payer;
- ▶ Financially constrained;
- ▶ Often located in physician and mental Health Professional Shortage Areas; and
- ▶ Often the sole providers of health-related services in their communities.

Despite these challenges, Illinois' small and rural hospitals continue to transform the delivery of healthcare and provide the highest quality care to the communities they serve.

Here's their story.



Your trusted voice and resource

86

Illinois Small and Rural Hospitals

42%

of all Illinois hospitals

\$13.7b

Annual Economic Impact

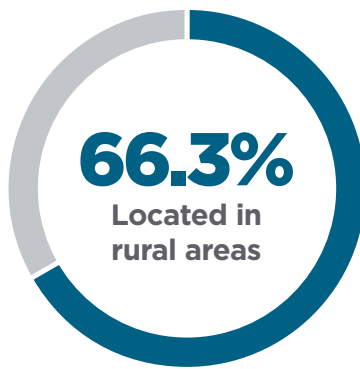
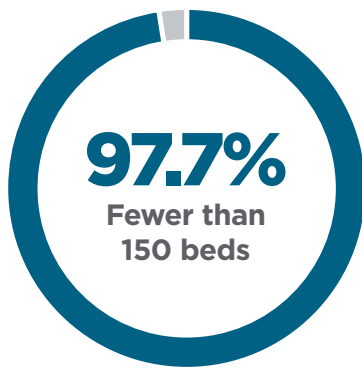
New This Year

We explore how hospitals are ensuring access to obstetrical (OB) services despite unit closures.



Small and Rural Hospitals Account for 9.8–22% of Hospital Utilization in Illinois

Outpatient Visits	22%
Beds	12.9%
Admissions	12.8%
Inpatient Days	9.8%

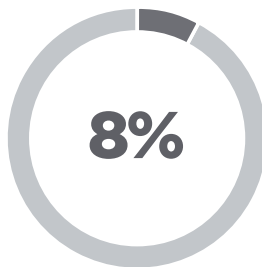


Treat a Larger Portion of Older Patients

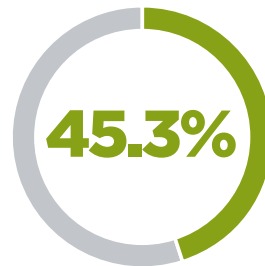
Age 85 and over:



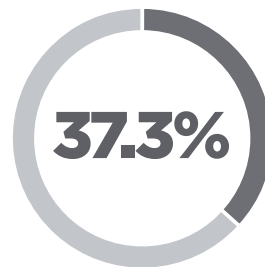
compared to other hospitals



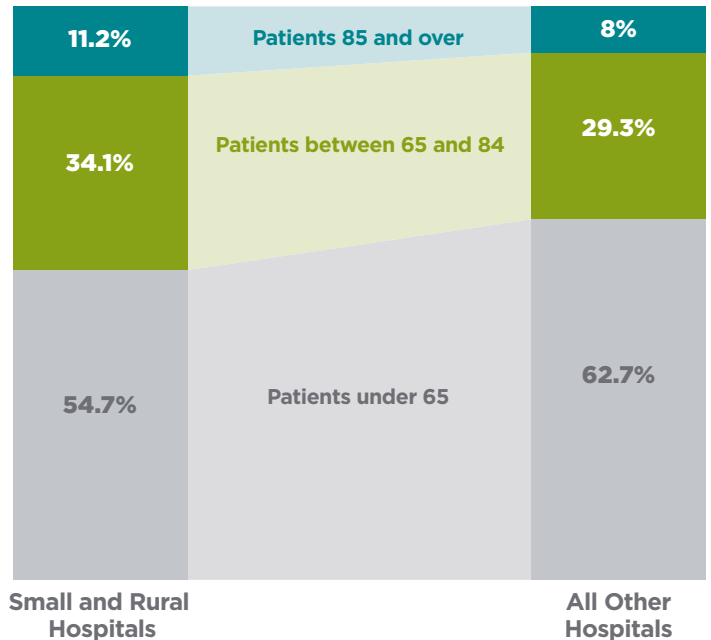
Age 65 and over:



compared to other hospitals



Small and Rural Hospitals Treat More Elderly Patients (Percent of Patients)



Source: IHA COMPdata, 2021 (based on inpatients only)

Critical Access Hospitals—A Vital Subset



Definition of Critical Access Hospital:

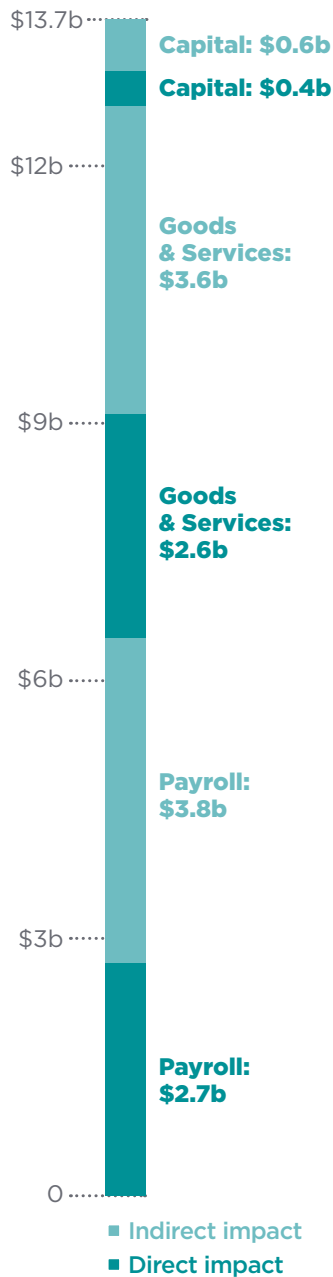
▶ Less than 26 acute care beds

▶ Average length of stay—no more than 96 hours

Economic Engines and Jobs that Bolster Working Families

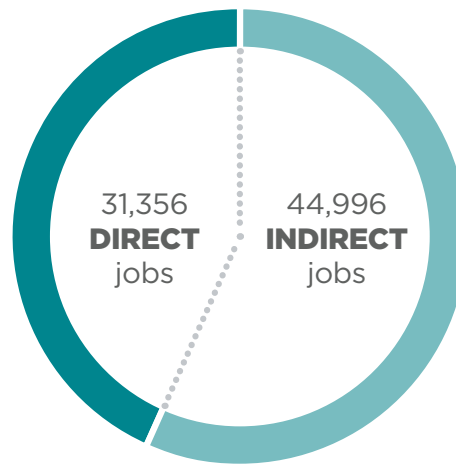
\$13.7b

Economic impact



76.4k

Jobs impact



16.1%
of the state's hospital workforce

Each year Illinois' small and rural hospitals pump \$2.7 billion into the state and local economies in the form of employee salaries and benefits. These salaries are then spent within their communities, generating an additional \$3.8 billion in economic activity and 44,996 jobs in industries that support hospitals and their employees.

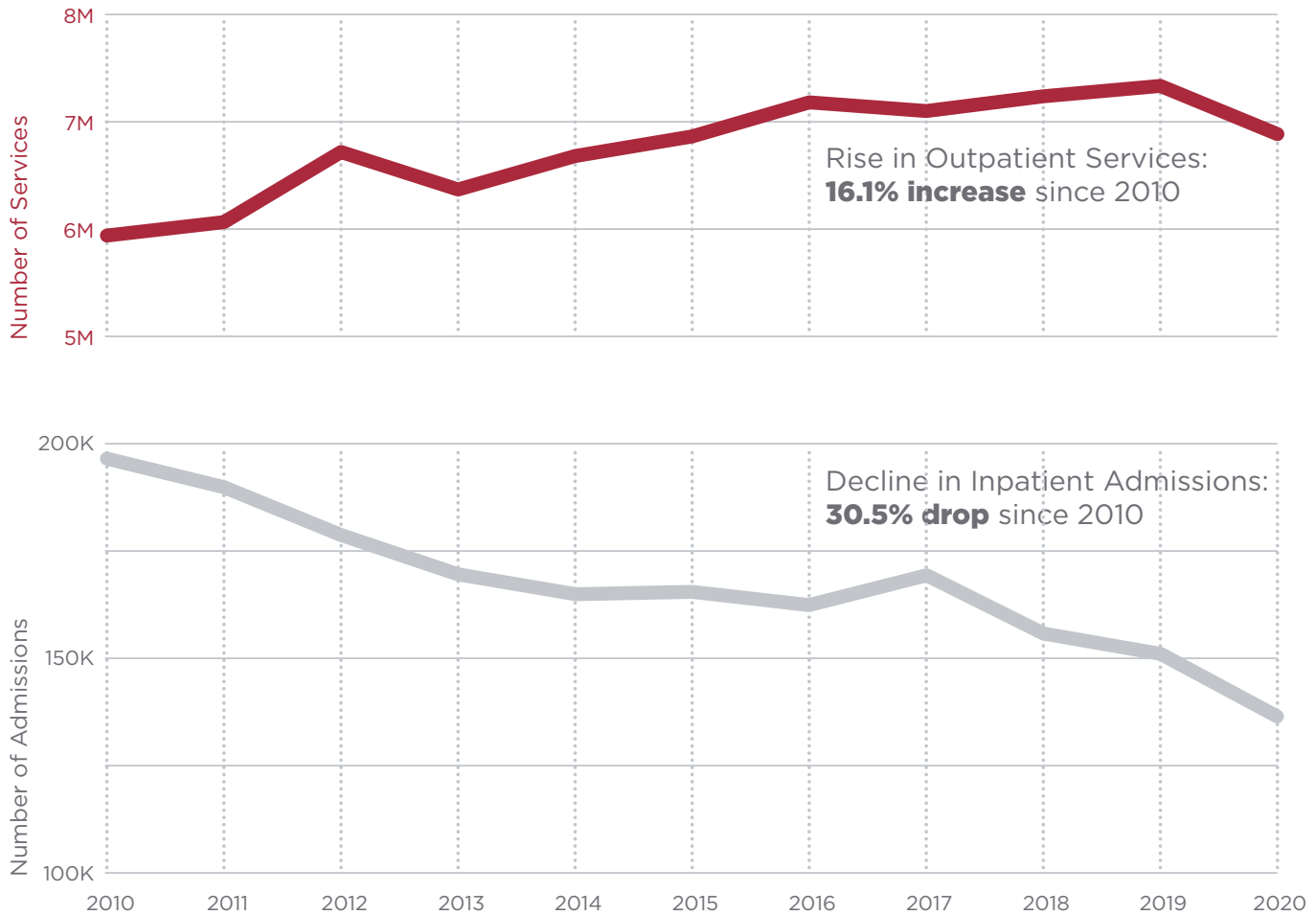
Small and rural hospitals also spend \$2.6 billion on goods and services annually. This leads to more spending within the state and local economies, generating an additional \$3.6 billion in economic activity.

Sources: IHA Economic Impact Report, 2022; AHA | Health Forum Annual Survey of Hospitals, 2020

Notes: Total economic impact includes direct spending and the ripple effect of that spending with the local economy. Indirect impacts are calculated by using a modeling system developed by the U.S. Bureau of Economic Analysis (BEA). BEA multipliers are applied to Medicare cost report data on jobs and spending to obtain the ripple effect of jobs and spending throughout the economy.

More Outpatient Care

Inpatient Decline Compared to Outpatient Growth

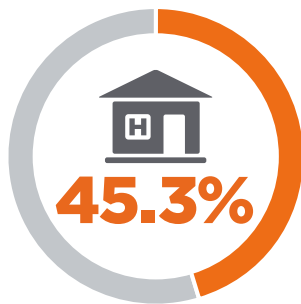


Illinois' small and rural hospitals provide a greater proportion of care on an outpatient basis than other hospitals. In 2020, they had 19.9 inpatient admissions per 1,000 outpatient visits compared to 43.8 inpatient admissions per 1,000 outpatient visits in other hospitals.

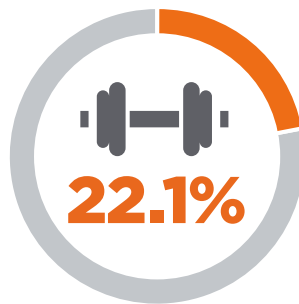
- ▶ **85.5%** of all surgeries in small and rural hospitals were performed on an outpatient basis in 2020.
- ▶ **71.9%** of their net revenue was from outpatient services compared to **47.4%** for all other hospitals.

As more services are provided in the outpatient setting, many rural funding programs have become outdated and fail to provide the intended financial stability.

Important Providers of Community Healthcare Services



Rural Health Clinic



Fitness Centers



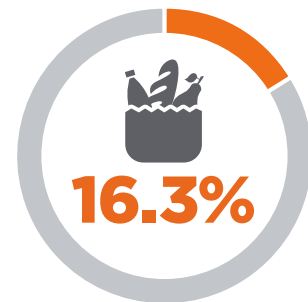
Home Health



Transportation Services



Crisis Prevention Services



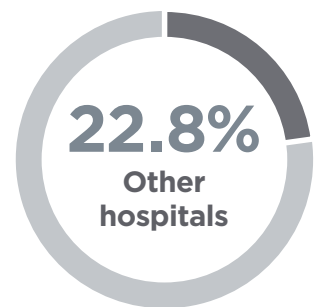
Meals on Wheels

In addition, the percentage of small and rural hospitals providing community-based services has grown over the last decade (2010–2020). The percent providing:

- ▶ **Alcohol/Drug Abuse services** grew by 100%
- ▶ **Freestanding outpatient centers** grew by 14.3%
- ▶ **Dental services** grew by 66.7%
- ▶ **Crisis Prevention services** grew by 7.1%
- ▶ **Fitness Centers** grew by 18.8%

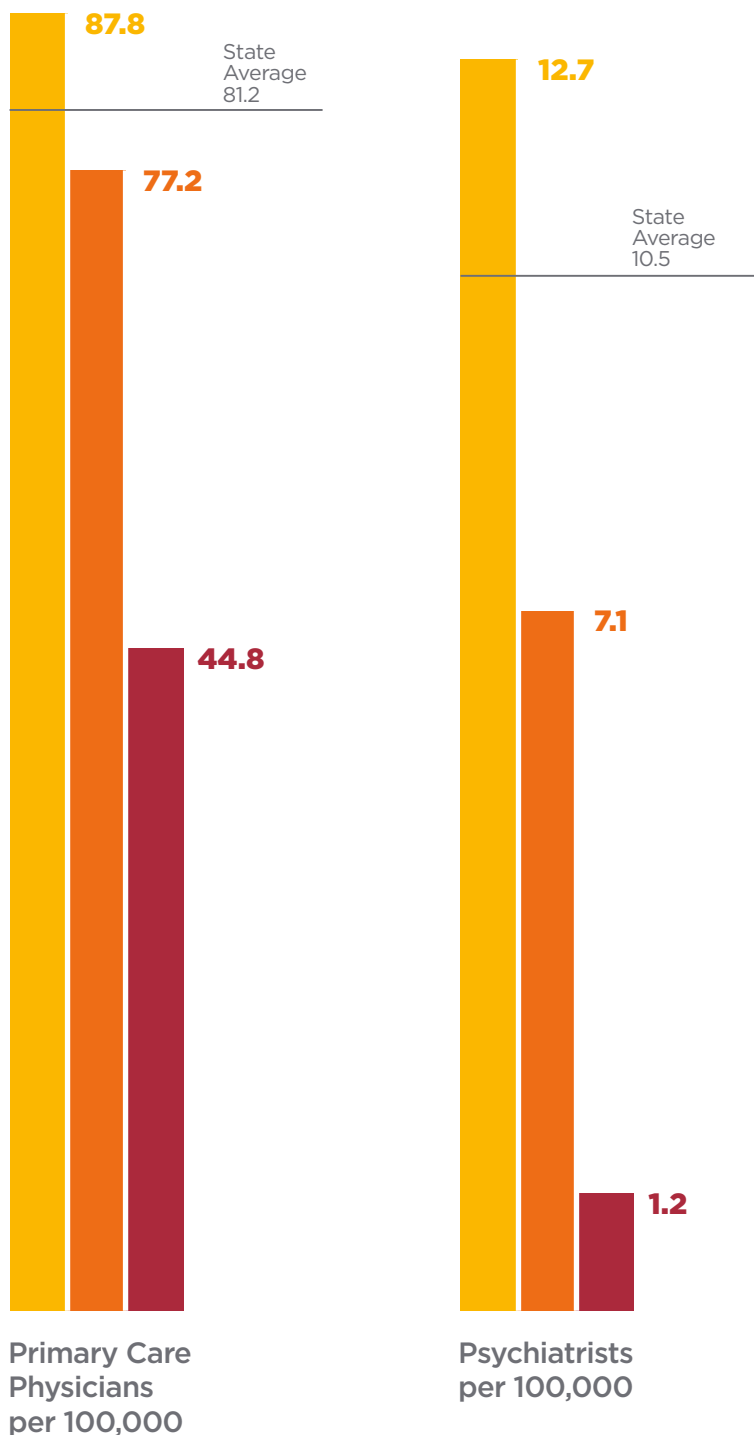
Inpatient Days in Long-term Care Setting

Many small and rural hospitals provide long-term care. In hospitals providing this service, **52.7%** of inpatient days take place in the long-term care setting. This compares to **22.8%** of inpatient days for all other hospitals.



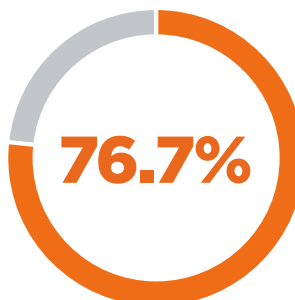
Critical Workforce Shortages

Rural Counties Face Physician Shortages

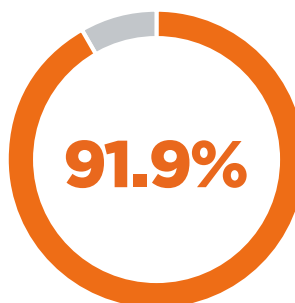


- Large urban counties
- Other urban counties
- Rural counties

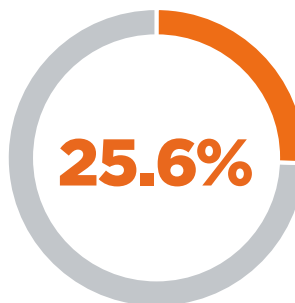
Physician and Mental Health Shortages



of small and rural hospitals are in areas designated as a Health Professional Shortage Area (HPSA) for primary care physicians



are in areas designated as a HPSA for mental health professionals



are in Medically Underserved Areas (MUA)

Source: Health Resources & Services Administration, Area Health Resources Files, 2020-2021; Health Resources & Services Administration, HPSA/MUA data as of April 18, 2022

Hospitals in Action: Improving Lives and Communities



Providing Health Screenings and Healthy Food

At-risk communities often have limited access to both healthcare and nutritional food. **FHN Memorial Hospital** in Freeport addresses both issues with its Mobile Rx Program. Through a partnership with the Northern Illinois Food Bank the program provides residents with medical screenings and healthy food at the same time. FHN also offers wrap-around services, connecting program participants with social service agencies when needed. This dual approach reduces food insecurity, as well as emergency department visits for vulnerable populations.

Improving Emergency Preparedness

HSHS St. Joseph's Hospital, Breese brought together hospital leaders and frontline healthcare professionals to enhance workplace safety through a strategic collaboration with county officials and other hospitals. The hospital team standardized and improved drills, education and supplies. These efforts resulted in optimized emergency response and enhanced coordination with emergency medical services—better protecting both patients and staff in the event of a crisis.

Reducing Opioid Prescribing

A multidisciplinary team at **Genesis Medical Center, Aledo** employs several interventions to reduce opioid prescribing and save lives. Staff from the hospital and its family practice clinic established a pain management clinic; launched an alternative prescribing improvement program; and implemented patient opioid contracts and drug testing. Emergency department staff also limited opioid dispensing. As a result, opioid prescribing has dropped by 49%—preventing \$1.1 million in healthcare and justice costs, plus lost productivity.

Investment:
Contracted pain service



Savings:
Fewer addictions



Reduced opioid prescriptions



Fewer opioid addictions



Reduced total economic burden

Addressing Childhood Obesity

Lincoln Memorial Hospital partnered with Lincoln Elementary School District 27 to reduce childhood obesity and promote healthy habits from a young age. Hospital staff worked with educators to enhance the Coordinated Approach to Child Health program, which incorporates health lessons into the curriculum and increases movement during the school day. Lincoln Memorial also helped the school add more fresh and local foods into kids' meals, improving overall well-being.



Improving COPD Patient Education

Patients with chronic obstructive pulmonary disease (COPD) find support at **Fairfield Memorial Hospital's** Better Breathers Club. The hospital in southern Illinois uses a multidisciplinary approach for COPD management, training staff as certified pulmonary disease educators and providing educational materials at patients' bedsides. Through community education, Fairfield Memorial prevents hospital stays and reduces healthcare costs for COPD patients.

Preventing Hypoglycemia in Inpatients Receiving Insulin

Washington County Hospital in Nashville took action on hypoglycemia, which is common among inpatients receiving insulin. The hospital's multidisciplinary team re-educated clinical staff on the different types of insulin, proper use of point-of-care monitors and two-person verification. Leaders also worked with the hospital's electronic medical record (EMR) vendor to enhance insulin order sets. These evidence-based interventions have reduced adverse drug events (ADEs) and decreased length of stay.

Investment:
Training & EMR Update

\$4.4k
\$195k

Savings:
Decreases ADEs



Decreases mortality



Decreases length of stay



Provides evidence-based care and best practices

Hospitals in Action: Improving Lives and Communities



Getting Hospital-Level Care at Home

Patients as far as 60 miles from **Blessing Health System** in Quincy can get hospital-level care in their home as part of a three-year study called the Rural Home Hospital Project. Home care includes twice-a-day nurse visits and a daily telehealth check-up with a physician. Patients also wear a patch monitoring vital signs, which their physician can check via computer or phone. The study seeks to build, launch and evaluate a nationwide home healthcare program serving rural residents.

Reducing Behavioral Health Readmissions

To meet the complex needs of behavioral health patients, **OSF HealthCare Saint Elizabeth Medical Center** in Ottawa enhanced protocols across departments. Patients receive psychiatric evaluations and therapy appointments within seven days of inpatient discharge. The hospital also provides telehealth, case management appointments, medication assistance and safety plans at the time of discharge. Together, these actions have decreased readmissions, which reduces delays in the emergency department (ED) and improves overall patient outcomes.

Investment: Staffing time



Increases access to behavioral healthcare



Decreases care delays



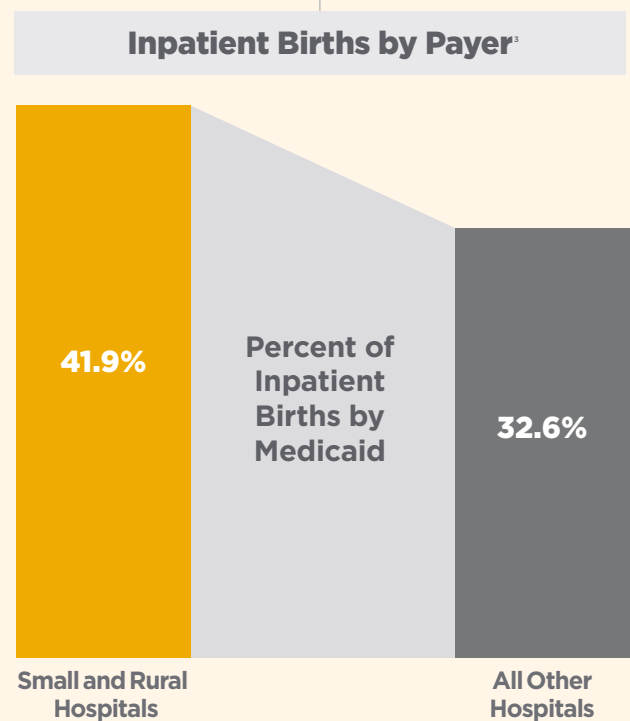
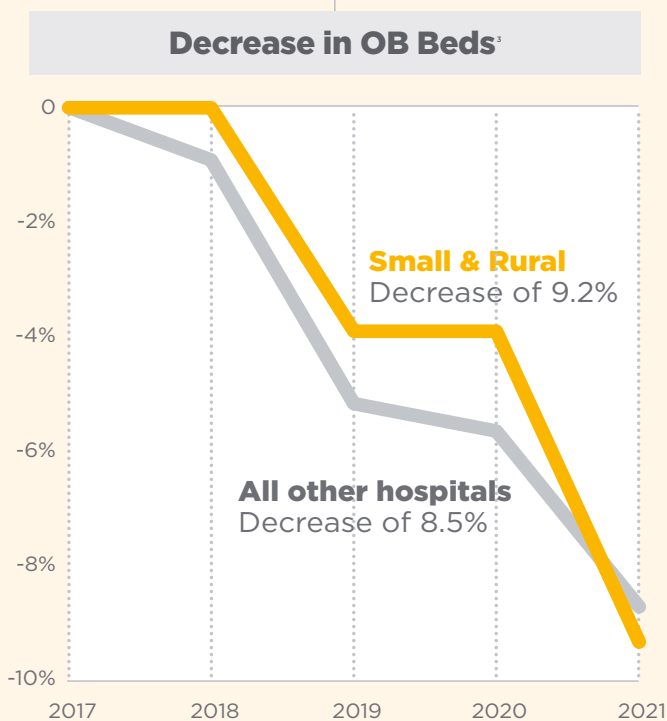
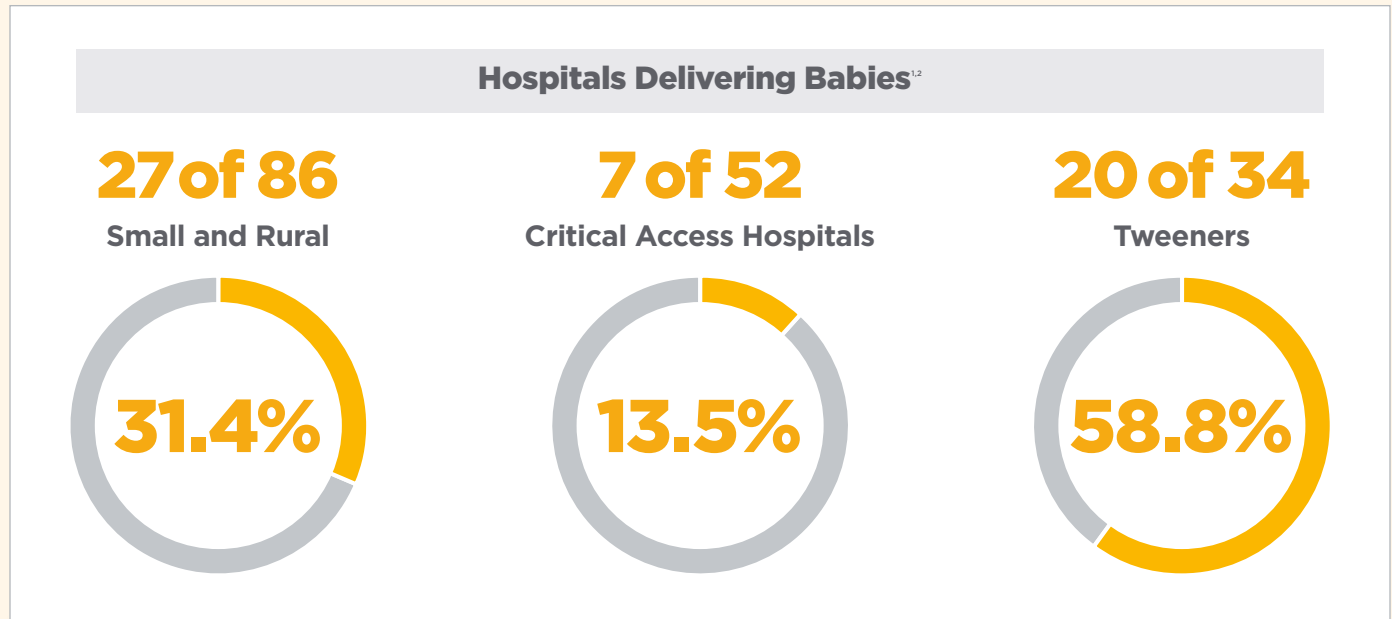
Improves patient outcomes

Savings: ED boarding/holding

Spotlight on OB Services

Solutions to Address Reductions in Services

Faced with low reimbursement from Medicaid and low patient volume, some rural hospitals have been forced to close obstetric units in order to remain viable. As a result, patients have to travel longer distances for some prenatal services and delivery. Hospitals have come up with creative solutions to provide this care.



¹Does not include Touchette Regional Hospital ²Source: Illinois Department of Public Health ³Source: IHA COMPdata 2021 (IP claims only)

NON-BIRTHING HOSPITALS

- | | | |
|-----------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------|
| 1 Carle Eureka Memorial Hospital | 22 HSHS Holy Family | 40 OSF St. Luke's Medical Center |
| 2 Carle Hoopeson Community Memorial Hospital | 23 HSHS St. Joseph's Hospital - Highland | 41 OSF St. Paul Medical Center |
| 3 Carlinville Area Hospital | 24 Illini Community Hospital | 42 Pana Community Hospital |
| 4 Clay County Hospital | 25 Iroquois Memorial Hospital and Resident Home | 43 Pinckneyville Community Hospital |
| 5 Community Memorial Hospital | 26 Jersey Community Hospital | 44 Red Bud Regional Hospital |
| 6 Crossroads Community Hospital | 27 John and Mary E. Kirby Hospital | 45 Rochelle Community Hospital |
| 7 Fairfield Memorial Hospital | 28 Kindred Hospital Sycamore | 46 Salem Township Hospital |
| 8 Fayette County Hospital | 29 Lawrence County Memorial Hospital | 47 Sarah D. Culbertson Memorial |
| 9 Ferrell Hospital | 30 Marshall Browning Hospital | 48 Sparta Community Hospital |
| 10 Franklin Hospital | 31 Mason District Hospital | 49 SSM Health St. Mary's Hospital |
| 11 Genesis Medical Center - Aledo | 32 Massac Memorial Hospital | 50 St. Joseph's Memorial Hospital |
| 12 Hamilton Memorial Hospital | 33 Memorial Hospital - Chester | 51 St. Margaret's Health - Spring Valley |
| 13 Hammond-Henry Hospital | 34 Mercy Hospital & Medical Center - Harvard | 52 Swedish American Medical Center Belvidere |
| 14 Hardin County General Hospital | 35 Midwest Medical Center | 53 Taylorville Memorial Hospital |
| 15 Harrisburg Medical Center | 36 Morrison Community Hospital | 54 Thomas H. Boyd Memorial Hospital |
| 16 Heartland Regional Medical Center | 37 Northwestern Medicine Woodstock Hospital | 55 Union County Hospital |
| 17 Herrin Hospital | 38 OSF Holy Family Medical Center | 56 Wabash General Hospital |
| 18 Hillsboro Area Hospital | 39 OSF Saint Clare Medical Center | 57 Warner Hospital & Health Services |
| 19 Hopedale Medical Complex | | 58 Washington County Hospital |
| 20 Horizon Health | | |
| 21 HSHS Good Shepherd Hospital | | |

LEVEL I

- | | | |
|---------------------------------------------------|---------------------------------------|----------------------------------------------------------|
| 1 Crawford Memorial Hospital | 3 HSHS St. Francis Hospital | 6 OSF St. James - John W. Albrecht Medical Center |
| 2 Gibson Area Hospital and Health Services | 4 Lincoln Memorial Hospital | 7 Touchette Regional Hospital* |
| | 5 Memorial Hospital - Carthage | |

LEVEL II

- | | | |
|-----------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------|
| 1 Anderson Hospital | 9 HSHS St. Joseph's Hospital - Breese | 15 Northwestern Medicine Valley West Community Hospital |
| 2 Blessing Hospital | 10 Jacksonville Memorial Hospital | 16 OSF - St. Elizabeth Medical Center |
| 3 Carle Richland Memorial Hospital | 11 Katherine Shaw Bethea Hospital | 17 OSF - St. Mary Medical Center |
| 4 CGH Medical Center | 12 McDonough District Hospital | 18 Sarah Bush Lincoln Health Center |
| 5 FHN Memorial Hospital | 13 Morris Hospital & Healthcare Centers | 19 SSM Health Good Samaritan Hospital |
| 6 Genesis Medical Center - Silvis | 14 Northwestern Medicine Kishwaukee Hospital | 20 St. Margaret's Health - Peru |
| 7 Graham Hospital | | |
| 8 HSHS St. Anthony's Memorial Hospital | | |

LEVEL IIE

- | |
|----------------------------------------------|
| 1 SIH Memorial Hospital of Carbondale |
|----------------------------------------------|

Spotlight on OB Services

Rural OB Solutions

Gibson Area Hospital and Health Services, Gibson City

This Critical Access Hospital has been providing OB services to eight counties in east central Illinois since it opened in 1952. At eight clinics, family practice physicians with OB training see patients. Six of these providers share call duties and OB coverage, with recruitment efforts aimed at expanding the team.

Patients as far away as 50 miles come to Gibson Area Hospital and Health Services (GAHHS) to deliver. Every year, the hospital brings between 225 and 250 babies into the world, or about half the deliveries in its market.

In 2024, GAHHS invested over \$3 million into a new, state-of-the-art OB unit with five

labor and delivery rooms, a dedicated C-Section suite, and nursery unit. The hospital has partnered with UI Health to open a rural track family practice OB residency. Second- and third-year residents will work at GAHHS for their entire residency, learning rural medicine. The first resident joined the hospital on Jan. 1, 2022.

Jersey Community Hospital, Jerseyville

While this tweener hospital no longer delivers babies, it still provides OB services for its patients. An employed OB/GYN sees patients in Jerseyville, but delivers at Alton Memorial Hospital in Alton—about 20 miles away. This physician also is part of the Alton Memorial Hospital call group.

This creative arrangement has made it possible for families to receive OB services and deliver without driving long distances. Jersey Community Hospital is located in western Illinois outside of St. Louis.

Crawford Memorial Hospital, Robinson

The OB physician at this Critical Access Hospital in eastern Illinois identifies patients with complicated or high-risk pregnancies who need maternal-fetal medicine services. Every first Wednesday of the month those patients can meet with a maternal-fetal medicine specialist via telemedicine instead of having to travel. In the first three months of 2022, Crawford Memorial Hospital provided these services to seven women.





Our state's small and rural hospitals—
and the individuals and communities
they serve—**need your support.**

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JUNE 2022

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