



Since its inception in 2011, *Women For Health* has made several generous gifts to The Valley Hospital. Below is more information on the impact of each gift from *Women For Health*.

Their first gift to Valley provided funds for the purchase of two Lucas CPR Chest Compression Systems for use in Valley's Mobile Intensive Care Units (MICU). This state of the art technology provides uninterrupted chest compression, allowing EMS rescuers and other healthcare professionals the ability to administer consistent and effective chest compression. Use of this technology has allowed The Valley Hospital's MICU personnel to exceed the national average of return of spontaneous circulation in the pre-hospital environment. The Valley Hospital was first in its EMS consortium to have this equipment in their emergency vehicles – because of *Women For Health*. (\$30,000)

In 2012, *Women For Health* elected to provide funding for The Valley Hospital's *Done in a Day* program. This "never been done before" program was designed to meet the health screening needs of a population of women whose access or lifestyle issues interfere with scheduling appropriate wellness screenings. In 2014, the program's name and mission evolved based on feedback from the population the program served. It is now called *Thrive!* and it is a free membership program that provides women of all ages with unique opportunities to learn how to improve their own health and the health of their families. The *Women For Health* gift is used to underwrite these educational programs. (\$60,000)

In 2013, *Women For Health* elected to provide funding to the Palliative Care program at The Valley Hospital. This program has been helping seriously ill patients and their families for over a decade with the services of the program's interdisciplinary team of doctors, nurses, social workers, chaplains, pharmacists, dietitians, respiratory therapists, and volunteers. The team is committed to caring for patients with life threatening diseases at all points in their illness, from initial diagnosis, up to and including end of life care, if appropriate. In addition to relieving suffering by providing pain and symptom management, the team is also available to assist with important healthcare decisions. The funding provided by *Women For Health* will be used to employ a part-time social worker to meet the needs of those patients and families who the team feels are not being attended to at the desired level, allowing services to be provided to more patients than are currently served, increasing patient visits by 1,500 per year. (\$90,000)

In 2014, *Women For Health* elected to provide funding to The Valley Hospital's Simulation Lab. Simulation learning is a bridge between classroom learning and real life situations. With its origins in the military and the airline industry, simulation is now coming of age in health care. This type of adult learning helps us to evaluate individual and team performance, and hands-on skills in high risk situations. High tech simulation mannequins and computer generated scenarios are the core of this type of learning. Simulation first came to Valley in 2013 with the purchase of a female mannequin, Noelle, and her baby, Hal, through the generosity of the Van Houten Foundation. Thanks to *Women For Health*, Valley's mannequin family has grown to include an adult male (as yet unnamed); plus provide for the additional purchase of Limbs and Things, which are various body parts used to develop competency in specific tasks and skills such as IV starts, catheterization, chest tube insertion, etc. (\$120,000)



In 2015, *Women For Health* elected to provide funding to Valley Home Care's Home-Based Palliative Care Program. Palliative care is for those patients and families living with long-standing, chronic medical conditions that impact their lives in significant ways. They are frequently readmitted to the hospital for painful and aggressive treatments that don't truly improve their quality of life. They are stuck in the gap between home care and hospice. Home-Based Palliative Care will bridge that gap. Funds from *Women For Health* will provide staff training, hire a Nurse Practitioner to perform in-home consultations with patients and their families, and develop marketing materials to spread the word about this new program. (\$150,000)

In 2016, *Women For Health* elected to provide funding to The Valley Hospital Fertility Center's Reach for Hope program which provides financial assistance and hope in the form of fertility preservation options to qualified oncology patients. The advancements of cancer treatments are increasing survival rates; however, these treatments can harm a patient's fertility or cause sterility in a variety of ways. Patients who preserve their fertility prior to cancer treatment have an extra incentive to persevere through the surgeries, radiation, and chemotherapy; keeping their hopes alive that one day they can start or grow their family. The Valley Hospital Fertility Center is committed to offering fertility preservation options, such as egg and embryo freezing, for cancer patients. Because the cost can be inhibitive for young cancer survivors, The Valley Hospital Fertility Center's Reach for Hope program reduces the qualified oncology patient's financial responsibility for her IVF cycle, making it possible for them to make their dream a reality. Funds from *Women For Health* will be used for the patient's ultrasounds, hormonal blood tests, retrieval charges, and cryopreservation and storage of embryos or oocytes. This gift will make fertility preservation a viable option for many women. (\$170,000)

In 2017, *Women For Health* elected to provide funding to Valley Medical Group's Pediatric and Adolescent Mental Health program. Despite the best efforts of competent and well-intentioned parents and caregivers, many children have mental health programs that interfere with normal development, school, social and home life. These are the most common health issues faced by our nation's school-aged children. According to the 2016 Child Mind Institute Children's Mental Health Report, one in five children suffers from a mental health or learning disorder, and 80% of chronic mental disorders begin in childhood. There is an urgent need to identify the signs of these conditions early in life if children are to get the care and support they need to thrive. In answer to that need, Valley Medical Group expanded its pediatric special care services in January of 2016 with the additional of psychiatry services for children and adolescents. Board-certified child and adolescent psychiatrist, Kai-Ping Wang, M.D., is treating children, teenagers, and young adults, with the help of his team of specialists in Psychiatry, Social Work, and Counseling. They treat children ages 6 to young adulthood with depression and other mood disorders, anxiety, attention deficit/hyperactivity disorder, eating disorders, and other behavioral health issues. They use a holistic family approach to treating patients by maintaining peace and composure and projecting an atmosphere of kindness while integrating psychotherapy, psychopharmacology, and parent involvement with an emphasis on the development of emotional health and resilience. The gift from *Women For Health* helps many families who cannot afford the services, the cost of which is oftentimes not fully reimbursable. (\$160,000)



In 2018, *Women For Health* elected to provide funding to establish the 3-D Printing Core Lab Program. 3-D printing is a novel technology proven exceptionally helpful in enhancing diagnosis and treatment of many diseases, especially in the management for cardiovascular interventions, neurosurgical interventions, orthotics and prosthetics. Every year, 3-D printing offers more and more promise in the healthcare field. Some circles argue that it is creating a revolutionary frontier for medicine. 3-D printing creates an increased understanding of complex anatomical relationships, and allows healthcare workers to stay innovative by adding an additional layer of patient-specific care. Scanning images (CT, PET, MRI) are converted to a digital computer file, translated to a format that be read by a 3-D printer, and printed into a three-dimensional object. Creating and printing patient-specific models allows clinicians to look at a patient's specific anatomy and practice on the customized model prior to surgery. Use of this modern technology is helping clinicians be better prepared, which can significantly reduce surgery time and lead to better outcomes. Establishing an in-hospital 3-D printing lab with the grant from *Women For Health* will lead to improved patient care and outcomes, while maintaining Valley Health System's leadership role in quality, safety, and technology. (\$130,000)

In 2019, *Women For Health* elected to provide a grant that would fund The Valley Hospital's Research Project titled *Use of a Structured Exercise Program to Prevent Deconditioning and Improve Surgical Outcomes in Breast Cancer Patients Receiving Neoadjuvant Chemotherapy*. With breast cancer patients receiving neoadjuvant chemotherapy (medication administered prior to surgery), deconditioning can set in early as a variety of health issues emerge. Furthermore, there has also been substantial evidence confirming the relationship between physical fitness and more favorable perioperative outcomes. Controlled trials in this area have not been sufficient to draw reliable conclusions about the efficacy of exercise as an intervention, the optimal characteristics of the intervention, or the impact on quality of life. Valley's physicians in Oncology and Cardiology, working with the team in Clinical Trials, are seeking to investigate this relationship, and perform a clinical research trail to evaluate the effect of a supervised 12-week exercise program in patients undergoing neoadjuvant chemotherapy for breast cancer. With the grant from *Women For Health*, Valley can fully fund this research project and, at its conclusion, hope that the results from the pilot study will influence larger scale studies in this field.