

# An Anchor of Our Community

Community Benefits Report 2007



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# An Anchor of Our Community

At Rush University Medical Center, providing the best possible care for patients isn't just our job: It's our mission. And it's at the heart of everything we do. Since our founding in 1837, we have dedicated ourselves to serving the people in our West Side neighborhood, in Chicago and beyond.



A key component of Rush's "patients first" mission is meeting the health care needs of all patients, regardless of their ability to pay. We treat every patient as we would treat members of our own family — with compassion, understanding and respect for their unique needs.

So it's not surprising that the University HealthSystem Consortium (UHC) has twice awarded Rush the highest possible score — 100 percent — for "equity of care" during the annual quality and safety benchmarking studies it conducts of its member institutions. This ranking measures whether patients receive the same quality of treatment and have the same outcomes regardless of their gender, race or socioeconomic status. This is just one of the reasons UHC has named Rush one of the nation's "top-performing hospitals" two years running.

As further evidence of our dedication to the community, Rush University Medical Center and Rush Oak Park Hospital provided more than \$155 million in community benefits in fiscal year 2006 — more than 15 percent of our annual operating expenses — to the West Side, the people of Chicago and, indeed, to the people of this region. Part of that was \$100.4 million in unreimbursed, but much needed, care that Rush provided to its patients.

How can Rush afford to do this? As a nonprofit organization, any revenue that is left after paying expenses is reinvested in our institution for such things as new equipment, building repairs and hiring staff. A significant part of this goes into services that benefit patients: free care for patients who cannot pay and care for patients whose government insurance does not pay all of our costs; and critical medical services that operate at a financial loss but are necessary for the community's health.

As an academic medical center, Rush also subsidizes health and medical research that focuses on improving patient care, now and for future generations, by covering expenses not funded by private or government grants. We also use revenue to subsidize the education of the next generation of health care providers whose tuition and grants do not cover Rush's actual costs of educating and training these individuals. And we fund a variety of vital programs that help meet the specific health needs of our community and beyond.

Perhaps the most important contributions come from the many students, faculty and staff at Rush who generously donate their time and skills both within and outside the Medical Center. Their efforts, only some of which are detailed in this report, include numerous health outreach projects in which Rush partners with neighborhood clinics, churches, schools and other centers to provide health screenings and vital health information for underserved youths and adults of all ages.

For Rush, charity truly does begin at home. The West Side and Chicago are more than just where the Medical Center happens to be located. Fifty-six percent of Rush's 8,100 employees live in Chicago, and we believe a hospital should give back to the place that the majority of us are proud to call home. Thanks to our strong and constant presence in the community, our neighbors can take comfort in knowing that we are here to help whenever they need us.

The mission of Rush University Medical Center is to provide the very best care for our patients. Our education and research endeavors, community service programs and relationships with other hospitals are dedicated to enhancing excellence in patient care for the diverse communities of the Chicago area, now and in the future.

# About Rush

From physicians to students to support staff to nurses, everyone at Rush University Medical Center has one common purpose: to provide the very best care to patients. Guided by our shared values and mission, Rush is dedicated to enhancing patient care through research, education and community service.



Rush University Medical Center is a nonprofit, tertiary care academic medical center located on the West Side of Chicago. Rush encompasses a 613-bed hospital serving adults and children; the 61-bed Johnston R. Bowman Health Center, which provides medical and rehabilitative care to older adults and people with short- and long-term disabilities; the 176-bed Rush Oak Park Hospital and Rush University. Rush University is home to one of the first medical colleges in the Midwest and one of the nation's top-ranked nursing colleges, as well as graduate programs in allied health, health systems management and biomedical research. The Medical Center also offers more than 70 highly selective residency and fellowship programs in medical and surgical specialties and subspecialties.

Together, these entities support Rush's mission: to provide the very best care for our patients. Our education and research endeavors, community service programs and relationships with other hospitals are dedicated to enhancing excellence in patient care for the diverse communities of the Chicago area, now and in the future.

Since our founding in 1837 with a charter for Rush Medical College, Rush has been a national leader in academic medicine. Year after year, Rush is consistently ranked by *U.S. News & World Report* as one of the top medical centers in the country. In 2005 and 2006, Rush was named a "top performing hospital" by University HealthSystem Consortium. Many of our physicians are routinely listed among *Chicago* magazine's "Top Doctors." And Rush's nurses have twice been awarded Magnet status, the highest honor a hospital can receive for outstanding achievement in nursing services. Rush was the first medical center in Illinois caring for adults and children to receive this prestigious designation, and the first in Illinois to earn a second four-year designation.

## Our Investment in the Community

**Total** community benefits and services **\$155,223,142**

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<b>Unreimbursed care</b>	<b>\$100,436,557</b>
Charity care and financial assistance	\$3,382,736
Expected payments not paid	\$31,894,884
Costs not covered by reimbursements for Medicare and Medicaid	\$65,158,937
<b>Support for education programs</b>	<b>\$34,958,347</b>
<b>Support for research programs</b>	<b>\$12,397,000</b>
<b>Subsidized health services</b>	<b>\$3,913,329</b>
<b>Language-assistance services</b>	<b>\$345,921</b>
<b>Donations</b>	<b>\$202,668</b>
<b>Volunteer services</b>	<b>\$1,555,546</b>
<b>Other community benefits</b>	<b>\$1,413,774</b>

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The information in this document is taken from the annual summary report of community benefits prepared for the Illinois attorney general's office. Only a portion of Rush's financial assistance programs described on the next page meet the definition of charity care in the annual summary report provided to the attorney general's office; those that do not qualify are not included in the amount reported above. Further explanation of terms is available on the next page.

Note: Because participation in community service activities (such as providing free care at homeless shelters) by medical students, physicians and other staff is on a volunteer basis, and because these low-income and homeless populations do not receive “charity care” as defined by the Illinois attorney general, the cost of the time of physicians, students, residents and employees at Rush, and the cost of the care they provide, are not reflected in any of the numbers on page 4.

### **Charity care and financial assistance**

This is the cost to provide services to patients who lack the means to pay and who were qualified for charity care or financial assistance under one of Rush’s policies. Rush provides free care to patients with income levels under 250 percent of the federal poverty guidelines who provide information that allows Rush to properly identify them. Care is provided at cost to patients who make up to four times the federal poverty level, and interest-free payment plans are also available. Rush also provides a 50 percent discount for all patients without insurance, regardless of whether a request is made for financial assistance.

### **Expected payments not paid (also known as “bad debt”)**

These are expected payments that were not paid for health services that Rush provided. Expected payments are those due to Rush after our discounts to insurers, government payers and patients who are responsible for their own bills. Payments that cannot be collected from patients who fail to provide required information to identify them for financial assistance must be categorized as “bad debt.”

### **Costs not covered by reimbursements for Medicare and Medicaid**

These are the costs for government-sponsored health care (Medicare and Medicaid) that are greater than the amount for which we receive reimbursement.

### **Subsidized health services**

Rush provides services in response to community needs that, because they operate at a financial loss, must be subsidized from other revenue sources. These services include pediatrics, primary care clinics and palliative care, among others.

Rush provides primary and preventive care to uninsured individuals and families. Through this approach, which draws upon the services provided within physician clinics maintained at Rush as well as our community service projects, Rush hopes to reach patients before emergency department visits are required for crisis medical treatment.

### **Donations**

Included in this figure are donations of goods and services, such as meeting space and equipment, to assist other community health care efforts.

## Among the Top Hospital Providers of Medicaid Days in the State

Rush believes quality health care should be accessible to everyone. When people come to Rush, they can rest assured that they will receive the absolute best care — even if they can't afford to pay for that care. The “equity of care” at Rush, which has twice been recognized by University HealthSystem Consortium, involves the provision of medical services that are frequently at a financial loss to the institution. However, this is part of the greater community benefit that Rush is proud to offer.

### Inpatient Days for Patients Eligible for Medicaid

1. Saint Mary and Saint Elizabeth Hospitals	92,969
2. University of Chicago Hospitals	69,672
3. Sinai Health System	69,480
4. John H. Stroger, Jr. Hospital of Cook County	59,217
5. University of Illinois Medical Center	55,651
6. Advocate Christ and Hope Children's Hospitals	52,687
<b>7. Rush University Medical Center</b>	<b>50,041</b>
8. Northwestern Memorial Hospital	45,253
9. Swedish Covenant Hospital	38,947
10. Advocate Northside	37,670
11. Saint Bernard Hospital and Health Care Center	35,018
12. Children's Memorial Hospital	33,326

### Inpatient Admissions for Patients Eligible for Medicaid

1. Saint Mary and Saint Elizabeth Hospitals	18,475
2. Sinai Health System	14,496
3. University of Chicago Hospitals	11,375
4. Advocate Christ and Hope Children's Hospitals	9,393
5. University of Illinois Medical Center	9,305
6. John H. Stroger, Jr. Hospital of Cook County	9,055
7. Mercy Hospital and Medical Center	8,412
8. Northwestern Memorial Hospital	8,230
<b>9. Rush University Medical Center</b>	<b>8,157</b>
10. Norwegian American Hospital	7,928
11. Swedish Covenant Hospital	7,851
12. Advocate Northside	7,798

Source: Illinois Department of Healthcare and Family Services (formerly Department of Public Aid), for 2006

# Providing Valuable Health Information and Preventive Care

When it comes to good health, prevention truly is the best medicine. So at Rush, we focus on giving people the tools they need to avoid medical crises and to improve their quality of life.

With our quarterly community newsletter, *Discover Rush*, we provide tips about how to get and stay healthy to more than 200,000 homes in Chicago and surrounding areas. We also offer a multitude of ongoing wellness events — nearly all of which are free of charge — to educate people about a variety of health topics, for preventive care and for additional information about existing illnesses. In fiscal year 2006, Rush offered 37 wellness programs, with more than 1,800 people attending.

To meet the unique physical and emotional needs of older adults and the people who help care for them, Rush offers two free programs designed to address the issues associated with aging: RUSH Generations (through Rush University Medical Center) and AGE-WISE (through Rush Oak Park Hospital). Both programs are designed to help keep older adults vital for years to come. They supply valuable health information to the aging community and offer a variety of free programs and services highlighting health promotion, disease prevention and early detection, and education for older adults and caregivers. In fiscal year 2006, AGE-WISE offered 115 free classes, serving more than 3,800 older adults. Nearly 600 older adults and their caregivers benefited from RUSH Generation's two health fairs, which included free screenings and health information.

RUSH Generations also maintains the Anne Byron Waud Patient and Family Resource Center. This free community resource helps older adults and caregivers of older adults access information about specific medical problems, learn about the aging process, find a qualified facility or caregiver,

explore home health care options, obtain funding for care and more. In fiscal year 2006, the Waud Center served approximately 2,500 patients and their family members.

### Securing the Access and Benefits People Need

To help them pay their medical and hospital bills, Rush maintains a patient eligibility service that focuses on ensuring that patients who do not have insurance receive the coverage they may be entitled to under various federal and state programs. During fiscal year 2006, this service obtained coverage for 558 initially uninsured patients, representing more than \$27 million in health care charges.

In addition to helping to secure insurance coverage for these patients' medical bills, this service also assists patients with obtaining other benefits they may qualify for, such as social security and disability, which helps patients well beyond their visit to Rush.

To meet the needs of our Spanish-speaking patients and their families, Rush maintains a staff of four full-time and two part-time employees who act as Spanish-language interpreters. In fiscal year 2006, Rush invested \$196,000 in costs for this service and another \$149,000 in costs to maintain a staff of non-Spanish-language and sign-language interpreters to make quality patient care more accessible to Chicago's diverse population.

### Vital Support for Caregivers in Need

Dorotta\* and her family were at a crossroads. Her elderly mother, Ewa\*, a first-generation Polish immigrant, had Alzheimer's disease. Despite the physical, emotional and spiritual challenges of caring for people with dementia, Dorotta and her siblings wanted their mother to live at home.

But the Polish-speaking homecare worker the family had hired to help take care of Ewa two years earlier was starting to suffer from burnout. As Ewa's disease progressed, the demands of the job increased to the point that the homecare worker was no longer able to meet them.

"She didn't originally come to us looking to be a 24-hour caregiver, but the job morphed into that," Dorotta says. "It was hard, because she had been a good caregiver for quite some time, but you could tell she had reached her limit emotionally. We were on the fence about whether we could retrain her or needed to hire a new caregiver."

Then, during a visit to Rush, Dorotta met Vanessa Fabbre, MSW, director of the Anne Byron Waud Patient and Family Resource Center. After listening to Dorotta's story, Fabbre knew precisely how to help.

"She provided me with a wealth of information in a very short period of time," Dorotta says. "She put me in touch with a Polish social worker, who helped me realize that we needed to let our current caregiver go. And she told me about all of the programs and services I could avail myself of at Rush and in the community."

Thanks to the Waud Center's myriad resources, the family found a new homecare worker who was looking for an around-the-clock, live-in position. She has embraced the job, giving Ewa the physical and emotional support she needs.

Dorotta and her family also found a network at Rush — including a support group for family and friends of people with dementia — that will enable them to continue providing the best possible care for their mother.

*\*The names in this story have been changed to protect the family's identity.*

# Educating the Next Generation of Health Care Providers

We're proud to serve as a training ground for future generations of health care providers. Since opening in 1972, Rush University has had the privilege of awarding degrees to more than 11,000 doctors, nurses, researchers and allied health professionals.

The men and women who graduate from Rush are well prepared to use their skills and compassion not only to create successful careers, but to make a difference in the lives of others.

Rush students learn from world-renowned teacher-practitioners — men and women who practice what they teach — in an environment where knowledge is continually being advanced, and collaboration and openness are valued. Rush students are taught to seek out and share knowledge. And, just as important, they learn to treat patients with great respect and understanding: to treat the whole patient, not just the medical problem.

Every health profession — medicine, nursing, allied health — faces alarming shortages of well-educated, dedicated people at a time when aging Baby Boomers are creating a burgeoning demand for health care workers. Rush is committed to providing programs to educate the health care workforce of the future. To help meet this need, in fiscal year 2006, Rush provided nearly \$35 million in unreimbursed costs to educate and train future physicians, nurses and allied health professionals — many of whom practice in Illinois upon graduation.

Rush is committed to continuing to subsidize education programs to provide highly trained physicians, nurses and allied health professionals, not only to Rush, but to the larger health care community.

### **Rush Community Service Initiatives Program**

Rush has developed programs to expose students to the myriad public health disparities in the Chicago area, while also providing valuable services to disadvantaged communities. The Rush Community Service Initiatives Program (RCSIP) helps create a network of ongoing community service programs (some of which are detailed later in this report) in which Rush medical students volunteer with attending physicians from Rush. Although student participation in RCSIP is strictly voluntary, and students do not receive academic credit for their involvement, more than 80 percent of Rush Medical College students volunteer in one or more activities. The hope is that students exposed to such diverse populations and settings will become more culturally competent as providers, which will serve them well as future physicians.

### **Interdisciplinary Student Program**

Modeled after the Rush Community Services Initiatives Program in Rush Medical College, RU Caring brings together students from all disciplines (including medical, nursing, audiology and occupational therapy students), providing them the opportunity to develop and hone clinical, interpersonal and leadership skills while learning to work with colleagues from other health disciplines and helping the community.

In May 2006, students participating in RU Caring volunteered their energy and unique talents at a health fair in an effort to bring better health care to West Side residents. At the health fair, more than 300 children and adults from the near West Side received free health screenings at the United Center thanks to a partnership with the United Center, the Salvation Army and RU Caring. At the health fair, students worked under the supervision of attending physicians, nurses and faculty from Rush to provide health screenings for chronic diseases such as hypertension, asthma and diabetes. Services at the event included school physicals, immunizations, bone scans, audiology screenings, eye care (including glaucoma screenings), a memory clinic for older adults, developmental counseling, body mass index measurement, rapid HIV testing and mammograms.

RU Caring also spearheaded clinical services at a health fair on the near Southwest Side in August 2005, where they provided services to more than 300 children in the predominantly Latino neighborhood. Services at the event included lead, blood pressure and blood glucose screenings, as well as dental exams, immunizations and general physical exams.



Rush University includes Rush Medical College, the College of Nursing, the College of Health Sciences and the Graduate College.

Nearly 15 percent of Rush Medical College graduates practice in the Chicago area. Additionally, nearly 20 percent of Rush College of Nursing graduates play an active nursing role in the Chicago area.

# Advancing Medical Care Through Research

Because Rush is an academic medical center, research and clinical care come together in innovative and inspiring ways. Discoveries in the labs lead to advances in patient care, while observations in clinical settings inspire research studies designed to improve the way we treat patients — now, and in the future.



This type of “translational research” at Rush has led to significant breakthroughs in patient care throughout the years, such as the development of an artificial knee implant designed specifically to fit a woman’s anatomy. Rush also serves as a testing ground for the latest clinical innovations, including a new in-home monitoring device that is changing the way physicians monitor patients with implanted cardiac defibrillators.

Another focus of research at Rush is on the health of large, distinct populations or communities, such as the Study of Women’s Health Across the Nation (SWAN) described on the next page. Joint research projects in basic science, clinical science services and epidemiology look for new ways to improve the health of vulnerable communities and bridge the widening gaps in the health care system. In this way, research at Rush is an incubator for exciting advances in medicine.

In recognition of this important mission and its value on the health and well-being of the community, during fiscal year 2006 Rush provided \$12.3 million to support unreimbursed expenses to maintain these research activities. The following is just a small sampling of research conducted at Rush throughout the fiscal year that advances medicine, thereby improving patient care.

### **The Study of Women’s Health Across the Nation**

Rush isn’t just serving as a leader in women’s care today. Rush continues to play a lead role in developing women’s health care for the future — and is getting help from more than 3,300 women in Chicago and across the nation to do it.

The Study of Women’s Health Across the Nation (SWAN) is a multicenter, multiethnic, community-based study designed to characterize the biological, symptomatic and psychosocial changes that occur during the menopausal transition and the effects of these changes on women’s health during and after the transition. The current grant continues to track changes in participants’ reproductive hormones, bleeding patterns, symptoms, bone loss, cardiovascular risk factors, blood pressure, body size and other related characteristics. It’s also focusing on linking the mid-life experience to age-related outcomes (e.g., cognitive function, urinary incontinence) and chronic diseases (e.g., diabetes, hypertension).

The study, which began in 1994, will help scientists, health care providers and women learn how mid-life experiences affect health and quality of life during aging. It’s a first step toward helping women remain vital throughout their “golden” years.

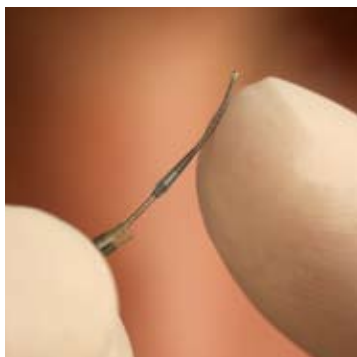
### **Addressing Behavioral Problems in Children**

Helping parents who are struggling with their children’s behavior problems is the goal of the Chicago Parent Program (CPP), a successful parenting skills program developed by faculty of the Rush College of Nursing. In 2006, the CPP received a tremendous boost when the National Institutes of Health awarded Rush a record \$2.9 million grant to study ways to increase participation in the program. The 12-week program, which is offered through day care centers serving low-income African-American and Latino communities in Chicago, equips parents of 2- to 4-year-old children with preventive parenting and positive child discipline strategies to help avoid and decrease child misbehavior. The new, five-year study will build on the

CPP's success by implementing strategies to increase parent attendance and participation levels in the program. It will look at incentives such as offering the program in Spanish and providing a discount in the parent's portion of the program fee.

### **Can Community Health Workers Improve Disease Management?**

Diabetes is a growing problem, and Hispanics, particularly Mexican Americans, are especially hard hit by this illness. As many as 24 percent of Mexican Americans in the United States between the ages of 45 and 74 have diabetes. And Mexican Americans are more likely to die and suffer from diabetes complications, such as kidney failure, heart disease and blindness than non-Hispanic whites. In an ongoing study, researchers at Rush are studying ways to help Mexican Americans with diabetes by investigating whether community health workers recruited from the community and trained to provide culturally appropriate diabetes education can promote proactive self-management. The study is charting the progress of community health workers from two predominantly Mexican-American neighborhoods on the Southwest Side of Chicago.



### **Stopping a Stroke in Its Tracks**

Stroke is the third-leading cause of death in the United States, behind heart disease and cancer. But current treatments are often not effective or are difficult to administer in the very short three-hour treatment window, after which lasting damage may occur. Marking a significant stride toward a new solution, physicians at Rush were among the first in the Midwest to begin testing a new, minimally invasive approach to treat this devastating problem. The Penumbra Stroke System is a nonsurgical treatment that uses suction and catheterization techniques to remove blood clots in large brain vessels that cause acute ischemic stroke, or a blockage of blood flow to the brain. The system rapidly restores blood flow and limits damage in the brain caused by stroke. Currently available devices use a corkscrew-shaped coil to snag the blood clot but make the extraction of rigid clots difficult. And, unlike other stroke treatments, Penumbra can be used up to eight hours after the onset of stroke and has the potential to minimize injury to the blood vessel wall, marking a potential major advancement in stroke treatment.

## Socialization May Keep Alzheimer's Disease at Bay

Having close friends and staying in contact with family members offers a protective effect against the damaging effects of Alzheimer's disease, according to research by physicians at Rush. While other studies have shown people with more extensive social networks were at reduced risk of cognitive impairment, this study by David A. Bennett, MD, and his colleagues from the Rush Alzheimer's Disease Center, is the first to examine the relationships between social networks and how Alzheimer's disease affects the brain.

Researchers studied elderly people without known dementia who are participating in the Rush Memory and Aging Project, a study of aging and Alzheimer's disease that involves more than 1,100 volunteers across northeastern Illinois. "We found that many elderly people whose brains had the tangles and plaques associated with Alzheimer's disease didn't clinically experience cognitive impairment or dementia," says Bennett.

Tangles (nerve cells that are bunched together and knotted) and plaques (dead cells and deposits of proteins) are usually seen in the brains of people diagnosed with Alzheimer's disease. But in the study, participants with larger social networks experienced less decline (as measured in cognitive tests) than participants with smaller or no social networks, despite the fact that their brains had the tangles and plaques indicative of Alzheimer's disease.

"Identifying factors associated with the ability to tolerate the pathology of Alzheimer's disease has important implications for disease prevention," says Bennett. "Previous studies suggest one factor is education. Now we know that healthy and frequent interactions with friends and family have a positive impact as well."

Rush provides a full range of medical services to the community, including an emergency department open to everyone, 24 hours a day, seven days a week regardless of the ability to pay.

# Rush Collaborations Serve the Community

You won't necessarily find "perform community service" in the job descriptions for Rush University Medical Center or the academic curricula for Rush University. But it's quite common to see Rush employees and students working in Chicago's neighborhoods, lending their time and talents to provide vital services and support for people in need.

Rush's dedication to improving the community extends beyond its campus and involves everyone from students to physicians to support staff. In fact, many medical students choose Rush University as their medical school because of Rush's strong emphasis on community service. Their commitment is evident: Although they do not receive academic credit for their time and expertise, more than 80 percent of Rush Medical College students volunteer in one or more community service activities.

Perhaps this is because so many Rush faculty and other employees are strong role models, eagerly rolling up their sleeves and volunteering in the community. At Rush, the spirit of giving is alive year-round. Here are just some examples.

## **The Clinic at Franciscan House of Mary & Joseph**

Located on Chicago's near Northwest Side, this shelter provides a meal, a shower and a safe place to sleep for up to 235 men and 35 women each night, making it one of the larger overnight shelters in Chicago. Staffed weekly by Rush students and physicians, the clinic at Franciscan House of Mary & Joseph is the major source of medical care for many of the shelter's residents. In fiscal year 2006, 1,720 patients were seen at the clinic at Franciscan House of Mary & Joseph.

### **The Community Health Clinic**

At this nonprofit volunteer organization located 10 minutes north of the Medical Center, members of the community who cannot afford or are ineligible for medical insurance receive free preventive and primary health care services. One evening each week, students and physicians from Rush volunteer to provide services ranging from routine physical exams and immunizations to a full laboratory and pharmacy. In fiscal year 2006, the medical students at Community Health Clinic evaluated 433 patients.

### **Kids-Shelter Health Improvement Project**

A medical outreach team provides initial free health care services to homeless children and adolescents. The team includes an attending pediatrician from Rush, medical students from Rush and pediatric resident physicians from multiple teaching institutions, including Rush Medical College, John H. Stroger, Jr. Hospital of Cook County and the University of Chicago. Follow-up care is provided as needed at Rush. The medical outreach team travels to more than a dozen homeless facilities on the West Side to provide on-site medical services to children and adolescents.

### **Medical Outreach Van**

This program offers the opportunity to work with underserved populations directly on the streets of Chicago. The medical outreach van is a mobile health care delivery unit that provides free medical care to people who are homeless or low-income. As part of this program, students visit two principal locations: 16th and Cicero, and Lower Wacker Drive. At 16th and Cicero, the majority of patients are former or active drug users. The residents of Lower Wacker Drive are homeless. Through the experience of observing and interacting with these populations, students gain a better understanding of some of the social and health care challenges faced by these groups. In fiscal year 2006, 412 people benefited from this program.



Rush is the primary academic affiliate of the John H. Stroger, Jr. Hospital of Cook County. Stroger Hospital is one of the busiest and most venerable public hospitals in the nation, and provides a valuable training ground for Rush medical students and residents. Each year, more than 400 Rush students and postgraduate residents receive training at Stroger Hospital, in areas ranging from vascular surgery to breast cancer treatment. In addition, the vulnerable patient population at Stroger Hospital benefits from access to Rush specialists.



### **Pilsen Homeless Health Services**

Rush medical students, led by an attending physician from Rush, provide free health care for men, women and children in the Pilsen community. Co-founded by one of Rush's primary care physicians, this free clinic opened in 1994 to serve the unmet health care needs of the predominantly Mexican immigrant community. Since then, the clinic has earned the trust of the community and now serves a wider range of people. In fiscal year 2006, 208 people received services at Pilsen Homeless Health Services.

### **Rush Adolescent Family Center**

Established in 1973 through a partnership between the Medical Center and the Chicago Foundling Home Foundation, the Rush Adolescent Family Center was one of the first clinic-based programs in the country to address the growing problem of pregnancies among unwed teens. Since its opening, the center has provided prenatal care to more than 5,000 pregnant patients, contraceptive services to more than 19,000 patients and community-based pregnancy prevention education to more than 60,000 teens. In addition to these services, the center offers walk-in pregnancy testing, gynecological care, testing and treatment for sexually transmitted diseases, counseling services and prenatal education. The center's patient population is overwhelmingly low income, with more than 70 percent of patients receiving free care. In fiscal year 2006, the Rush Adolescent Family Center provided family planning services to 784 patients and prenatal care to 213 patients. The center also provided offsite reproductive educational services to more than 5,600 Chicago teenagers who attend area high schools.

### **The Ruth M. Rothstein CORE Center**

Rush collaborated with the Cook County Bureau of Health Services to create this facility, which is dedicated to providing a comprehensive range of outpatient care to individuals and families affected by HIV/AIDS and other infectious diseases. In fiscal year 2006, Rush provided \$200,000 in operational support to the CORE Center, and Rush leadership continues to serve on its board.

### **School-Based Health Centers**

The College of Nursing at Rush operates school-based health centers through the Chicago Public Schools at Richard T. Crane Technical Preparatory Common School and at Rezin Orr Community Academy High School. The Crane and Orr health centers increase adolescents' access to quality health care and provide medical services on school grounds, thereby helping students spend more time in school and less time out sick. The health centers provide comprehensive health care services, including risk assessments, health education, acute and chronic care, family planning, school and sports physicals, laboratory services and immunization services. The centers also provide assistance with benefits enrollment in programs such as Kidcare and the Women, Infants and Children program. During fiscal year 2006, nurses had 1,436 encounters at the Crane center and 1,402 encounters at the Orr center.



# Mentors in the Community

While many of Rush's community service efforts address pressing medical needs, Rush also partners with local organizations and neighboring communities to create programs that help them build toward a brighter future. A number of these endeavors focus on educating and mentoring children and adolescents to help them thrive — at home, in the classroom and throughout their lives.



## **BUDDIES Program**

The BUDDIES program matches Rush medical student volunteers with chronically ill children. Students do not administer any medical care or advice but rather act as mentors, advocates and, most important, friends. In the last fiscal year, 20 pediatric patients were helped by this program.

## **Casa Juan Diego Tutoring**

Casa Juan Diego is a youth center located in the nearby Pilsen neighborhood. Sponsored by St. Pius Catholic church, the center provides Latino youth from the ages of 5 to 17 years with academic, recreational and religious activities. Rush students volunteer to perform interactive, hands-on science experiments with groups of young children to encourage their interest in science. In addition, medical students assist older students with their homework or English language skills. During fiscal year 2006, 30 students received tutoring or other assistance services.

## **A Day in the Life of Rush University**

Rush Medical College held an event that invited high school students from throughout Chicago to experience an interdisciplinary approach to medicine. During fiscal year 2006, this program exposed 92 students to the many facets of being a physician at an academic medical center. Participants “managed” fictitious patients throughout the hospital including the anatomy lab, emergency department, operating room and recovery area.

## Health Educators

Medical student volunteers visit elementary and middle schools in nearby Chicago communities to teach kids about sexual and reproductive health, nutrition, hygiene, puberty and substance abuse. Volunteers teach at least one session each academic year. Each one-hour session covers age-appropriate topics for students who range from third to eighth grade. This program reached 220 children over the course of the last fiscal year.

## Henry Horner Tutoring Program

The Major Adams Academy serves children who live in the surrounding Henry Horner housing development, close to the United Center and Rush. The community is currently going through intense upheaval as families' homes are being torn down and neighbors are being relocated due to a Housing Urban Development rehabilitation plan. In an attempt to offer some sense of stability and support, Rush medical students are assisting first- through ninth-grade students who attend Major Adams with homework and other academic activities. In fiscal year 2006, 40 students received tutoring through this program.

### Opening Doors in the Community

Unlike most of her peers at Benito Juarez Community Academy, a high school located in Chicago's Pilsen neighborhood, Joanna Cerero not only attended college, she graduated and found a fulfilling career that reflects interests she identified as a teenager.

Cerero attributes her accomplishments to her relationship with Rush's Science and Math Excellence (SAME) Network, which began her freshman year of high school. As an intern, Cerero worked in Rush research laboratories as well as in the information services department; she also took science and math classes taught by Rush staff. And when it was time to think about college, Cerero took ACT preparation classes through SAME and received guidance applying to college and financial aid programs.

"I was the first one in my family to go to college, so there was a lot my family didn't know," she says. "The support I got from Rush really made a difference."

Once in college, Cerero continued working as an intern at Rush in the cancer program, where she was mentored by a staff computer ace who helped nurture her love of technology.

In May 2003, Cerero graduated from DePaul University. She landed a position in the Rush information services department where she works today as a network engineer and helps keep Rush's infrastructure humming. "Joanna is one of the hardest workers I've ever had," says Alden Brugada, manager of network services at Rush. "She's adept at troubleshooting and fixing problems right away."

Happy in her job and proud of the journey that got her there, Cerero is grateful for the SAME experience: "SAME opened doors for me and gave me the tools to help me get through college and do my job well."

### **Marah's Place Volunteers**

A shelter affiliated with Deborah's Place (an organization that provides housing for women), Marah's Place is an organization similarly dedicated to moving women out of homelessness and into housing. Students involved in the Marah's Place Health Education Program present health education seminars to women who use the shelter's services, including seminars on diabetes and mental, cardiovascular, breast, pelvic and gastrointestinal health. In fiscal year 2006, 104 women directly benefited from this initiative.

### **Maternal Advocates Program**

This program pairs medical students with expectant teen mothers involved with the Rush Adolescent Family Center. The volunteer serves as an advocate and source of support to the mother throughout the course of her pregnancy and sometimes following her delivery. Staff from the Adolescent Family Center refer expectant teen mothers to the program when they feel that the teen would benefit from a stable source of social support and mentorship. During the last fiscal year, 25 mothers received the attention and comfort of the Maternal Advocates Program.

### **Science and Math Excellence Network (SAME Network)**

Operated through the Department of Community Affairs, the SAME Network is a community service enterprise that was developed in response to the science, math and reading test scores in public schools surrounding Rush on the West and Southwest Sides of Chicago. Formed in 1990, the SAME Network was designed to create interest and improve proficiency in science and math. By providing scientific equipment, teacher training and a variety of hands-on experiences, the SAME Network offers these students the same opportunities to learn math and science as are available to students in more affluent areas. Since its launch in 1990, the SAME Network has grown to a collaboration between Rush and 45 elementary schools, six high schools, many local businesses and several other educational organizations. In fiscal year 2006, 5,334 children and teens benefited from the SAME Network's services.



### **Pediatrics AIDS – Big Sib Program**

In conjunction with Children’s Memorial Hospital, this program matches medical students as big brothers and sisters with children affected directly or indirectly by HIV. Rather than focusing on learning technical skills, this program concentrates on helping students learn the “people skills” needed to be a good doctor. In fiscal year 2006, 21 pediatric patients participated in the Big Sib Program.

### **Partnership With the Chicago Bulls’ Read to Achieve Program**

Rush University Medical Center is a proud partner of the Chicago Bulls and their Read to Achieve program. Initially launched in the fall of 2001, the National Basketball Association’s Read to Achieve program is a year-round campaign to help young people develop a lifelong love for reading and encourage adults to read regularly to children. To assist them in executing the Read to Achieve program, the Bulls enlist the support of players, coaches, front office management staff, broadcasters, local media members, Chicago dignitaries, education professionals and business leaders. Members of the Bulls’ All-Star Reading Team volunteer their time to assist with all aspects of the program.

### **The Scholars’ Program**

In 1995, the SAME Network instituted the Scholars’ Program in response to the Chicago Public Schools’ minimum standards for science achievement. While these standards were admirable, most of the schools on Chicago’s West and Southwest Sides did not possess — and, given budget constraints, could not afford to purchase — the requisite science equipment. In addition, teachers were not properly trained in the use of such equipment. In 1995, the SAME Network purchased two sets of science equipment for use in 25 schools. The equipment is rotated among the schools, and teachers have the option to request certain pieces to reinforce scientific concepts. The program also conducts training for teachers on how to use the equipment and incorporate it into a curriculum that has been developed and tailored to their needs. Over the last fiscal year, 870 students participated in the Scholars’ Program.

# Transforming Our Neighborhood and Beyond

As Chicago's West Side continues its rebirth, Rush will continue to play a part in its changing landscape. Renewing a commitment that began in 1837, Rush is investing more than \$800 million over the coming years in the West Side, and, indeed, in all of Chicago and beyond.

This investment includes a new hospital building, an orthopedic ambulatory center, renovations to existing hospital and outpatient facilities, improved parking and a new central power plant.



It's all part of the Rush Transformation — a term that describes our plans to invest in technology, build new facilities, improve patient care processes and reorient the entire campus around patients and their families. This represents a new way of thinking about health care and its effect on the community, which is why Rush is seeking Leadership in Energy and Environmental Design certification for both the new hospital and outpatient center. Designed to minimize environmental impact and maximize resource efficiency, these facilities will offer patients and visitors numerous places of respite — including a healing garden, family areas and green roofs.

Through our redevelopment plans, which call for pedestrian walkways, green spaces and shade trees, Rush will create a welcoming campus within the Illinois Medical District as well as a health care setting that is comfortable, comforting and even inspiring.

The campus transformation plans will continue our proud tradition of being a good neighbor and community resource. The new campus will carry on Rush's historic role as an anchor of Chicago's West Side and allow Rush to become an even greater resource for our community, city and region.

For more information about Rush programs and services and for an electronic version of this report, visit [www.rush.edu](http://www.rush.edu).



PLEASE NOTE: All physicians featured in this publication are on the medical faculty of Rush University Medical Center. Some of the physicians featured are in private practice and, as independent practitioners, are not agents or employees of Rush University Medical Center.



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