

# Sutter Health



*Innovating*

*Transforming*

*Listening*

## The Age of Innovation

### Sutter Health Launches Online Annual Report

Innovations are happening across our Sutter Health network. From our commitment to implement a systemwide electronic health record to opening convenient Sutter Express Care medical clinics, we're making tremendous strides in transforming the delivery of care.

In this new age of innovation, Sutter Health is also transforming the way we communicate with those we serve.

This summer, Sutter Health replaced its traditional, printed annual report with our first-ever Web-based, electronic and interactive report. This innovation allows us to provide a virtually unlimited audience with comprehensive information about our not-for-profit family of doctors, hospitals and other health care service providers.

Our annual report features compelling video stories from our patients, community partners and your colleagues. It also includes interactive Web pages where visitors can view Sutter Health's advance-

ments in clinical quality; pioneering efforts in patient safety, charity care and community partnerships; as well as financial information and vital statistics.

The online annual report is among the most interactive and innovative of its kind – both within and outside the health care industry. What's more? The Web-based annual report represents a "green" approach and helped preserve almost 11 trees!

"Sutter Health is taking an innovative approach to delivering health care, so it makes sense to extend that transformational vision to communicating with those we serve," says Patrick Fry, Sutter Health president and CEO. "It's part of a new culture within Sutter Health where we continuously innovate, re-imagine and

re-invent what we do to deliver the absolute best for our patients and communities."

"We want to hear what you think about our new annual report," adds Fry. "Log on to <http://sutterhealth.org/annualreport>, and let us know by clicking the 'we're listening' button. I look forward to hearing from you."



*Our Sutter Health family is comprised of some of the most respected hospitals, doctors and other health professionals in Northern California.*

*By working together, sharing ideas and best practices, we partner with each other and our patients to provide the highest quality, most personalized care possible.*

#### Did you know?

Thanks to your enthusiasm and support, our Sutter Health system has been named the top fundraising team in Northern California for the March of Dimes WalkAmerica event for the fifth year in a row.

This year employees from around Sutter Health raised nearly \$600,000, and since 1997 we've collectively raised over \$2.9 million. These vital funds help provide lifesaving treatments for premature babies fighting for survival in our neonatal intensive care units, as well as research to find the cause of premature birth.

## Sutter Health Helps Ease Nursing Shortage

Marianne Kuykendall R.N., always loved the medical field. "I was especially drawn to the teaching and caring aspects of medicine. The more I learned about nursing, the more I knew it was the job for me," she says.

Kuykendall, who works in the critical care unit of Alta Bates Summit Medical Center and graduated from Sutter-affiliated Samuel Merritt College, is among the approximate 1,000 new nurses Sutter Health has helped place in communities across Northern California over the past three years as a part of our network's multiple efforts to ease the state's nursing shortage.

"When I was applying for nursing school, I heard only great things about Samuel Merritt College and its program," says Kuykendall.



Upon graduation, Kuykendall was thrilled to find a permanent position in Sutter Health, at Alta Bates Summit Medical Center. "I like working within Sutter Health because it's always growing and striving for better patient outcomes and satisfaction," adds Kuykendall. "Luckily, I had the opportunity to do a rotation at Alta Bates Summit during school. It was such a positive experience and great environment that I knew it was where I wanted to be."

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## A top-notch workplace

Sutter Health is proud of its efforts to create an environment that supports nurses, and in 2006 our network's retention rate was 91 percent compared to 86 percent both statewide and in Northern California, as reported by the California Hospital Association. The number of vacant positions across our network also is declining.

Sutter's recruitment and retention gains are a result of our system's efforts to transform health care for all of our constituents, including our valuable em-

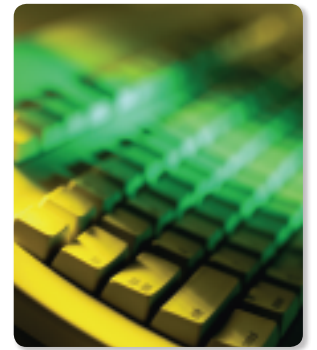
ployees. Through our comprehensive, systemwide strategy that includes expanding education and training programs, improving salaries and benefits and making a multimillion-dollar investment in patient safety technologies, we're helping nurses continually improve their skills so we can consistently provide extraordinary care to our patients.

"I plan on doing this for a long time," concludes Kuykendall. "It's the place for me."

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## Sutter Health Jumps Ahead as a Top Workplace for IT



Sutter Health has been selected, for the fifth year in a row, as a top workplace for information technology professionals by IDG's *Computerworld* magazine. Our Sutter Health family of physicians, hospitals and other health care service providers ranked 18th across the entire IT industry and second among health systems nationally.

Sutter Health jumped ahead 24 slots on *Computerworld's* Best Places to Work in IT list from last year.

"I believe this is due in part to our growing investment in our EHR and unmatched commitment to patients," says Jon Manis chief information officer for Sutter Health. "As a leader in patient safety, information technology is a fundamental component of Sutter Health's commitment to providing patients the highest levels of clinical quality, premiere access to care and affordable services."

Everybody plays a role in transforming our health care system to achieve even better levels of care for our patients. So we've created this new section of *Inside Sutter Health* that will feature you and your colleagues talking about what "transformation" means to you. How are you making a difference for our patients, their families and each other?

When was the last time you had your blood pressure checked?

High blood pressure often has no symptoms. But a blood pressure check is a simple, important test that helps us understand what's going on inside your body. On our next *Your Health*, we'll give you some good reasons why you may want to have yourself tested more often.

Bay Area KPIX-CBS Channel 5  
Tuesday, Aug. 7 at 7 p.m.

Greater Sacramento and San Joaquin Valleys: KCRA NBC Channel 3  
Sunday, Aug. 12 at 10 a.m.

Los Banos: Channel 14  
Every Tuesday at 7:30 p.m.

## Hot, Hot, Hot! Have a Fun, Safe Summer

Everyone under the sun knows you should wear sunscreen. Even though a recent study is challenging the effectiveness of sunscreen, it's important to remember that if you don't protect your skin from the sun, you increase your risk of developing skin cancer.

According to Vicky Casares, lifestyle coach for Sutter Health Partners, here are some things you can do to help protect yourself from skin damage.

- Limit sun exposure when the sun's rays are the strongest, from 10 a.m. to 4 p.m.
- Use sunscreen with active ingredients that block UVA and UVB rays. The Sun Protective Factor (SPF) should be a minimum of 30. Apply 30 minutes before going outside.
- Different brands of sunscreen may work differently, so shop around for the one that suits your needs.
- Despite a recent study, sunscreens should be used everyday, including cloudy days and reapplied often (at least every 2 hours), especially after swimming (even if it says waterproof).
- Avoid tanning salons. Artificial UV radiation is just as bad for your skin as too much sun. Most tanning devices use UVA rays, which have been shown to go deeper into the skin and contribute to premature wrinkling and skin cancer.
- Wear tightly woven clothing, a broad-brimmed hat and UV-protective sunglasses.

Tips sponsored by



Learn more about Sutter Health Partners at [www.sutterhealthpartners.com](http://www.sutterhealthpartners.com)

Correction: In June's *Decoding Food Labels* article it stated that the current daily recommendation for sodium is less than 24 milligrams. It should have stated 2,400.

*Inside Sutter Health* is a publication designed to help create connections among the many employees, physicians and volunteers working in the diverse environments that comprise our not-for-profit network. Our goal is to keep you informed with the latest information and news occurring within Sutter Health. If you would like to submit a story idea, please e-mail [insidesutterhealth@sutterhealth.org](mailto:insidesutterhealth@sutterhealth.org).

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