

2024 | Hospital and Nursing Annual Report

Celebrating Excellence



St. Mary's Regional Hospital



Intermountain Health St. Mary's Regional Hospital

Serving the healthcare needs of western Colorado and eastern Utah for more than 125 years, St. Mary's is the largest major medical and referral center between Denver and Salt Lake City. St. Mary's is a catholic hospital and provides Level II Trauma, NICU, Comprehensive Stroke and Chest Pain Center services for the region. St. Mary's is part of Intermountain Health, a nonprofit health network that provides comprehensive, coordinated care through 33 hospitals, more than 400 physician clinics, and home health, hospice, mental health and safety-net services in Colorado, Utah, Idaho, Nevada and Montana. St. Mary's is nationally recognized for patient safety as well as its high performance in specialty care

Hospital Fast Facts

For Year-End 2024

Year Founded	1896
Full-Time Equivalents	1,753
Medical Staff	900
Inpatient Admissions	25,369
Emergency Visits	42,226
Licensed Beds	346
Births	1,282
Community Benefit (2023)	\$82.2 Million

Community Health 3-Year Focus Areas

- Education
- Health Implications
- Healthcare Access



Caring for Our Communities

Significant Health Needs - By the Numbers



1,673

Individuals received injury prevention training for bike safety, Stop the Bleed, and fall prevention.



167

Community members experiencing homelessness were treated at the Day Center by caregivers from St. Mary's Residency Program.



1,718

Individuals served through Rose Hill Hospitality House, which provides overnight accommodations for out-of-town patients.

821

Students completed hands-on clinical rotations at St. Mary's in nursing, radiology, dietary nutrition, mental health, spiritual care, healthcare leadership, and emergency medical services.



2024 Nursing Review

We express our sincere gratitude to all caregivers who have worked long hours, picked up extra shifts, switched from days to nights, were floated to another department, or helped in any other way. Your dedication and determination in helping each other and serving our patients is extraordinary.

We are a strong nursing team!



346 Beds



33,546 ED Visits



14,268 Admissions



8,794 Surgeries



70,961 Patient Days



1,282 Deliveries



>600 Student Nurses Hosted by
SMRH



Nurses by the numbers



- **1,074** nurses choose to work at St. Mary's Regional Hospital
- More than **263** nurses have greater than 10+ years of experience
- **82** RNs completed the Nurse Residency program with an **87.8%** 1st year retention rate.

Nursing Professional Practice Model

Intermountain Health Nursing Division collaborated on a new enterprise-wide Nursing Professional Practice Model (NPPM). With input from over 3,000 nurses, the framework defines our nursing practice to guide patient care and empower nurses. Introduced and integrated in 2024 across councils, departments, and practice, the model will continue to elevate nursing



Council Achievement's

Safety Protocols:

- Transport Guidelines
- HAPI Huddle Form
- FALLS Debrief Form
- SHARPS Injuries Assessment
- Joint Commission Action Plans

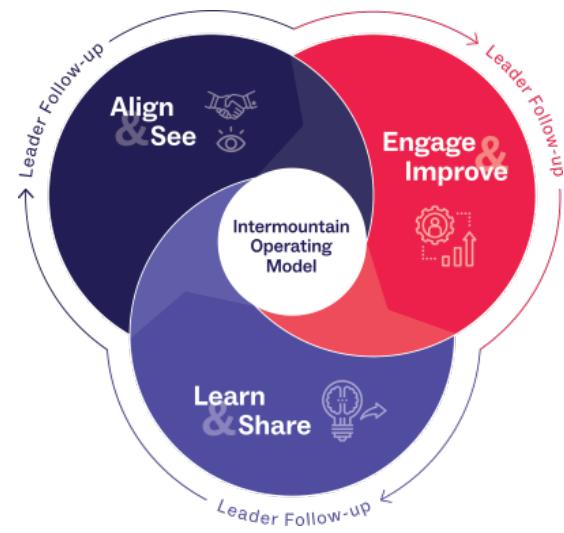
Quality:

- Road to Zero
- Best Alert
- Safety Swarm
- PSA Expectations
- BMAT
- Safe Patient Mobility
- Smart Pump Cleaning
- Sling Process

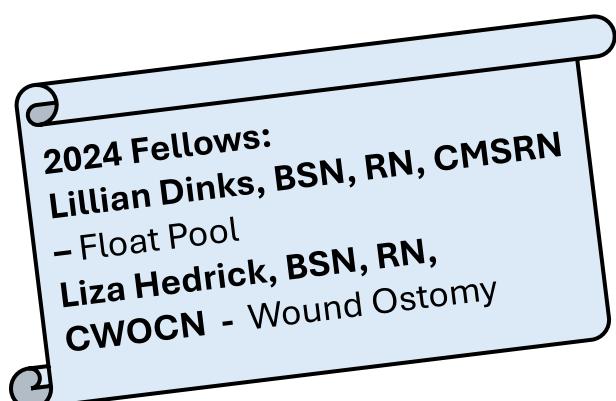
Transformational Leadership

Transformational Leadership is defined as:

- Future-ready leadership requires vision, influence, and clinical expertise. It values innovation, amplifies voices across roles, and empowers nurse leaders to shape organizational change through collaboration with clinical nurses.



Nursing Research Fellows



The Nursing Research Fellowship Program is a 12-month program consisting of a 12-week didactic sequence that starts in January, followed by the application of learning through the development and conduct of a research study.

2024-2025 Nursing Research Fellow continued project:

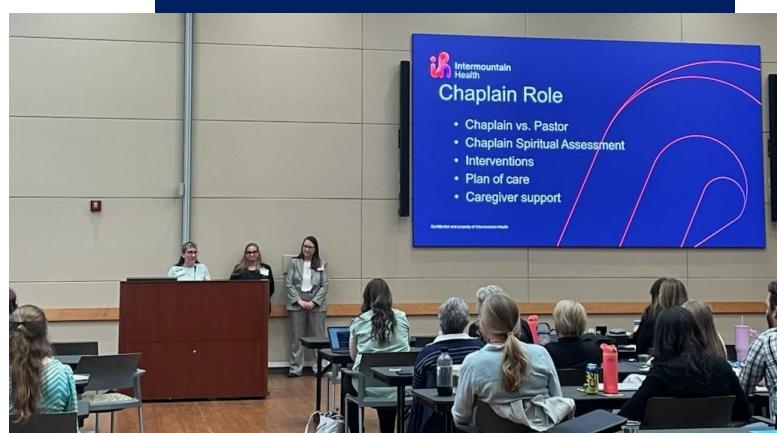
- What is hospital Nurses' Comfort with Technology?
 - The purpose of this internal study is to understand the bedside nurse's attitude towards information communication technology (ICT) in an acute care setting.

Evidence-Based Practice (EBP)

At St. Mary's Regional Hospital, we are committed to patient-centered care that integrates the best available evidence derived from research, individual expertise, and patient/family values to achieve optimal outcomes. EBP is the foundation of our nursing practice and clinical decision making. We are committed to ensuring our practice is current, safe, and that patients achieve high quality outcomes.



EBP Presentations



Work in Interprofessional Teams



Structural Empowerment

Structural Empowerment is defined as:

- The organization's mission, vision, and values come into practice to achieve desired outcomes
- Outcomes are achieved through the organization's structures, policies, and procedures that empower caregivers



46%
Certified Nurses



\$5,250/ year
Undergraduate and
graduate tuition
reimbursement



86.45%
Nurses with BSN or
higher



73
Nurses who
completed iAspire



274
Simulation Sessions



>\$729,000.00
in SMRH Tuition
Reimbursement/PEAK Education
Payments for Nursing
Departments

Exemplary Professional Practice

Patient experience surveys for Nursing Care encompasses nine categories that contribute to our Likelihood to Recommend metric. Magnet requires reporting on four of these categories, with performance exceeding benchmarks for eight consecutive quarters.



St. Mary's to Give \$3 million to Grand Junction Rec Center

Intermountain Health St. Mary's Regional Hospital in Grand Junction is donating \$3 million to support the city's new Community Recreation Center (CRC) at Matchett Park, reinforcing Intermountain's commitment to helping area residents live the healthiest lives possible.

The donation is one of the largest donations the hospital has ever given and the first donation to a community recreation center for Intermountain Health.

"St. Mary's has been dedicated to improving the health of our community since 1896, and we proudly continue this commitment by supporting the new rec center," said St. Mary's President Bryan Johnson. "This will be a principal place where Grand Junction residents will go to improve their health. We see it as more than a place to exercise. It's a community gathering place that promotes healthy living."

The proposal was approved with first reading at City Council last night with an opportunity for public input and moves to final approval for the naming of the aquatic area as Intermountain Health St. Mary's Regional Hospital Pools at its next meeting on March 6, 2024.

"Grand Junction City Council has as one of our strategic goals the health and safety of our community," stated Mayor Anna Stout. "Today's exciting announcement by a key partner in that effort, Intermountain Health, makes a significant impact on our shared objective to care for the health of our residents and impact their quality of life in meaningful ways. I am deeply appreciative of this donation to our new Community Recreation Center which will allow us to truly maximize the success of our new center dedicated to healthy living."

The City of Grand Junction plans to build a multipurpose community recreation center of more than 100,000 square feet on 205 acres of Matchett Park. The CRC will include sport courts, a walk/jog indoor track, a six-lane lap pool, an expansive leisure pool with a lazy river, a plunge pool and water slides, a warm therapy pool, a comprehensive fitness/weight area, community rooms, and meeting spaces. The total budget for the project is estimated at about \$82 million, and completion is tentatively set for early 2026.

As the proud Official Health Partner of the Grand Junction Community Recreation Center, St. Mary's will contribute an additional \$1.5 million to create a physical therapy clinic at the CRC, with appointments also available for primary care visits. Co-locating these services increases access to care and proactively addresses the health needs of the community. Clinic patients will use CRC wellness amenities, such as the warm therapy pool, with the support of a physical therapist. Once their treatment is complete, patients will be encouraged to continue to use the CRC as part of their long-term wellness journey.

"St. Mary's is dedicated to being part of the solution to controlling healthcare costs and ensuring the residents have access to the right level of care, at the right time, in a location convenient for them," said Johnson. "We're proud to support the CRC and look forward to seeing the positive impact it will have on the health of our community."

St. Mary's will also collaborate with the City of Grand Junction to provide wellness education and health events to community members at the new CRC.



Inspiring 21-year-old battling terminal brain cancer defies odds, graduates college

January 9, 2024

At 21 years old, Andy Smith has endured and accomplished more than many people his age. When Andy graduated from high school in the spring of 2020, he was voted most athletic, was a four-time letterman, served on the Leadership Team and was loved by his peers. That fall, he enrolled in Colorado Mesa University (CMU) and joined a semi-pro rugby team. His goal was to become a sports psychologist and work with New Zealand's professional rugby team. Within a couple of months, Andy began experiencing headaches and was in a lot of pain, so his parents took him to St. Mary's Medical Center for an MRI. They discovered a peach-sized tumor resting on his brain stem under his cerebellum. Andy was diagnosed with Medulloblastoma type 4, a form of brain cancer that typically affects younger children. He was immediately flown to Denver to undergo surgery.

"Andy disengaged from any type of fear," said Lisa Smith, Andy's mother. "He knew the surgery was risky, but he wanted to be as happy and comfortable as he could be. That's the type of person he is."

"When I found out I had a tumor, I didn't necessarily put two and two together that it could be cancerous or kill me," said Andy. "I put it in my head that it's a part of me now, so I guess it's deserving of a name. I named my tumor Benji."



The doctors were able to remove Benji, but the surgery left Andy paralyzed on his left side. He spent the next 52 days at Children's Hospital Colorado. He then went back to St. Mary's and spent the next year undergoing 15 radiation treatments, eight rounds of chemotherapy, and physical, occupational and speech therapy. Eventually, he learned to walk again. The St. Mary's Foundation utilized Sister Michael Patient Compassion Funds to support Andy's trip for a clinical trial at Children's Hospital in July 2023. They also provided funding for him and his family to stay in a hotel for nine days while he was there undergoing treatment.

Andy was in remission for two months before the cancer returned and spread to his spine. He began the clinical trial and three types of chemotherapy, but when the treatments began drastically affecting his memory, he chose to stop. Through it all, he lived in his own apartment with a roommate and attended classes at CMU. He was determined to graduate college.

"I did it when everyone told me I couldn't, and I did it all with cancer," said Andy. "I don't like being underestimated. I was told by people with PhDs that I wouldn't be able to go to college while undergoing treatment, but I graduated with a 4.0. I believe there's a first for everything and I thought that I could be that first."

"We knew it was a risk when Andy went in for surgery three years ago," Lisa said. "Every day since then has been a gift. He is the most determined person I know. He returned to school and made the President's List and Dean's List and worked at the university during treatment. He persevered through so many struggles and always did so with joy and a smile on his face."

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While at CMU, Andy met his mentor, MacKenzie Lewis, or Mac as he calls her. She was his rugby coach and worked in the Admissions Office. Andy began working with her and mentoring students by teaching them good study habits as a peer coach. He gave tours to prospective students and loved taking them to Houston Hall.

"It's CMU's oldest building on campus," Andy said. "It's refurbished but has its original tiling and it's a really special place because every Maverick has walked on those floors. I love sharing that history. It's also where the psychology building is, and I always knew I wanted to be a counselor."

After years of treatment and many second opinions, Andy was told that no other medical intervention could be done, and he recently entered comfort care. His mom called Mac to let her know his prognosis and Mac decided they were going to surprise him with his college degree. Andy's primary nurse at St. Mary's, Michelle Paraday Bibeau, who Andy's mom said is like family, helped organize the celebration at the hospital, along with Sara Reim.

"It was God's doing that we were able to get all of our family and Andy's friends there with an hour's notice," said Lisa.

The room was full of St. Mary's staff, family and friends. Andy's sister presented him with his cap and gown and the president of CMU attended to personally hand Andy his diploma and congratulate him on the incredible work he had done. He was named a pillar for his virtues and resilience and for demonstrating what it means to be a Maverick.

"The graduation ceremony was incredible, and I was very proud to put the ceremonious clothes on because I've worked so hard to get here," said Andy. "But I'm not done. If I'm able to, I'd still like to be able to finish my last semester. I'm an example that giving up is always an option but it's never a choice. I took the advice my parents gave me to enjoy life because it truly is a gift. I always say the best way to wake up in the morning is to look out to the East to see the sun. No matter what happened yesterday, it's a new day. My time is limited, so I choose to enjoy my time. I can only promise this moment right now."



Intermountain Health Core Values



The Power of We