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Good Samaritan Medical Center Receives American Heart Association's Get With The Guidelines Heart Failure and Coronary Artery Disease Gold Quality Achievement Awards and Stroke Silver Achievement Award

WEST PALM BEACH, Fla.- March 2, 2010 — Good Samaritan Medical Center has received the Get With The Guidelines (GWTG)[®]–Heart Failure (HF) and Coronary Artery Disease (CAD) Gold Quality Achievement Awards from the American Heart Association, in addition to the American Heart Association/American Stroke Association's Get With The Guidelines[®]–Stroke Silver Quality Achievement Award. GWTG is a quality improvement initiative that provides hospital staff with tools that follow proven evidence-based guidelines and procedures in caring for heart failure and stroke patients to prevent future hospitalizations.

The GWTG-HF recognition signifies that Good Samaritan Medical Center has reached an aggressive goal of treating heart failure patients with 85 percent compliance for at least 24 months to core standard levels of care as outlined by the American Heart Association/American College of Cardiology secondary prevention guidelines for heart failure patients. For GWTG-CAD, the hospital demonstrated for 24 consecutive months that at least 85 percent of its eligible coronary patients (without contraindications) are discharged following the American Heart Association's recommended treatment guidelines.

Under GWTG–HF and CAD, patients are started on aggressive risk reduction therapies such as cholesterol-lowering drugs, beta-blockers, ACE inhibitors, aspirin, diuretics and anticoagulants while in the hospital. They also receive alcohol/drug use, thyroid management, and smoking cessation/weight management counseling and referrals for cardiac rehabilitation before being discharged.

“The full implementation of national heart failure guideline recommended care is a critical step in preventing recurrent hospitalizations and prolonging the lives of heart failure patients,” said Lee H. Schwamm, M.D., chair of the Get With The Guidelines National Steering Committee and director of the TeleStroke and Acute Stroke Services at Massachusetts General Hospital in Boston, Mass. “The goal of the American Heart Association's Get With The Guidelines program is to help hospitals like Good

Samaritan Medical Center implement appropriate evidence-based care and protocols that will reduce disability and the number of deaths in these patients. Published scientific studies are providing us with more and more evidence that Get With The Guidelines works. Patients are getting the right care they need when they need it. That's resulting in improved survival.”

“Good Samaritan Medical Center is dedicated to making our care for heart failure patients among the best in the country and implementing the American Heart Association’s Get With The Guidelines–Heart Failure and Coronary Artery Disease programs will help us accomplish this goal by making it easier for our professionals to improve the long-term outcome for these patients,” said Mark Nosacka, CEO, Good Samaritan Medical Center.

The Get With The Guidelines[®]–Stroke Silver Quality Achievement Award recognizes Good Samaritan Medical Center’s commitment and success in implementing a higher standard of stroke care by ensuring that stroke patients receive treatment according to nationally accepted standards and recommendations.

To receive the GWTG-Stroke Silver Quality Achievement Award, Good Samaritan Medical Center consistently complied for at least one year with the requirements in the GWTG–Stroke program. These include aggressive use of medications like tPA, antithrombotics, anticoagulation therapy, DVT prophylaxis, cholesterol reducing drugs, and smoking cessation. This twelve-month evaluation period is the second in an ongoing self-evaluation by the hospital to continually reach the 85 percent compliance level needed to sustain this award.

“The American Stroke Association commends Good Samaritan Medical Center for its success in implementing standards of care and protocols,” said Schwamm. “The full implementation of acute care and secondary prevention recommendations and guidelines is a critical step in saving the lives and improving outcomes of stroke patients.”

“The time is right for Good Samaritan Medical Center to be focused on improving the quality of stroke care by implementing Get With The Guidelines–Stroke. The number of acute ischemic stroke patients eligible for treatment is expected to grow over the next decade due to increasing stroke incidence and a large aging population,” said Nosacka.

GWTG–CAD, HF and stroke programs help hospitals increase the use of and adherence to the association’s secondary prevention guidelines for coronary artery disease and stroke. For HF and CAD, the programs include quality-improvement measures such as care maps, discharge protocols, standing orders and measurement tools. This quick and efficient use of guideline tools will enable Good Samaritan Medical Center to improve the quality of care it provides heart failure and coronary artery disease patients, save lives and ultimately, reduce healthcare costs by lowering the recurrence of heart attacks.

For stroke, the GWTG program uses the “teachable moment,” the time soon after a patient has had a stroke, when they are most likely to listen to and follow their healthcare professionals’ guidance. Studies

demonstrate that patients who are taught how to manage their risk factors while still in the hospital reduce their risk of a second heart attack or stroke. Through GWTG–Stroke, customized patient education materials are made available at the point of discharge, based on patients’ individual risk profiles. The take-away materials are written in an easy-to-understand format and are available in English and Spanish. In addition, the GWTG Patient Management Tool provides access to up-to-date cardiovascular and stroke science at the point of care.

According to the American Heart Association, about 5.7 million people suffer from heart failure. Statistics also show that, each year, 670,000 new cases are diagnosed and more than 277,000 people will die of heart failure. According to the American Heart Association/American Stroke Association, stroke is one of the leading causes of death and serious, long-term disability in the United States. On average, someone suffers a stroke every 40 seconds; someone dies of a stroke every four minutes; and 795,000 people suffer a new or recurrent stroke each year.

About Good Samaritan Medical Center

Good Samaritan Medical Center is a 333-bed acute care hospital, which has been providing sophisticated, personalized medical care to the populations of Palm Beach County and the Treasure Coast for more than 90 years.

As one of the area’s leading cancer centers, the hospital’s Cancer Institute provides comprehensive cancer services through the Comprehensive Breast Center, Gamma Knife Radiosurgery, and a Bone Marrow/Stem Cell Transplant Unit. The Surgical Institute offers patients minimally invasive surgical techniques through advanced surgical robotic technology. The hospital also cares for patients with known or suspected cardiovascular diseases through its Cardiac and Vascular Institute. Good Samaritan Medical Center was featured in a special advertisement in the “America’s Best Hospitals” 2010 issue of US News & World Report to commemorate their receipt of the *Get With the Guidelines* Coronary Artery Disease GOLD Award, GOLD Heart Failure Award, and SIVER Stroke Award. Certified as a Primary Stroke Center by the Joint Commission, Good Samaritan delivers timely, advanced protocols proven to save the lives and health of stroke patients.

In addition, Good Samaritan is proud to feature “Special Deliveries,” its maternity services department. The hospital houses The Newborn Suites, which are private recovery suites that offer quiet relaxation and wonderful amenities. Many additional services are available on the Good Samaritan Medical Center campus through the Sleep Disorders Center, a full-service, 24-hour Emergency Department, and a wide range of diagnostic and surgical outpatient services. Good is also home to The Palms Medical Detoxification, one of a select few hospital-based medically supervised alcohol and drug detoxification centers.

To learn more about Good Samaritan Medical Center, or to find a doctor, visit www.goodsamaritanmc.com or call 561-655-5511.

About Get With The Guidelines

Get With The Guidelines[®] is the American Heart Association/American Stroke Association’s hospital-based quality improvement program that empowers healthcare teams to save lives and reduce healthcare

costs by helping hospitals follow evidence-based guidelines and recommendations. For more information, visit [heart.org/quality](https://www.heart.org/quality)

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