



ST. JOSEPH HOSPITAL
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MEDICAL STAFF BRIEFS



A PUBLICATION FROM THE ST. JOSEPH HOSPITAL MEDICAL STAFF OFFICE

Back to Budget Update

From Larry K. Ainsworth, President and CEO

St. Joseph Hospital relies on three major sources of income: operations, philanthropy and our investment portfolio. To meet our financial goals, all three income sources must be operating at projected levels. During the fiscal year ended June 30, 2009 these income sources were severely challenged.

- Income from operations fell below budget for FY09 with operating income of \$9.9 million, a \$986,000 negative variance to target and a \$16.9 million reduction from FY 2008.
- Like operations, philanthropy also fell below budget, contributing only 51% of the projected target.
- SJO suffered staggering losses to its investment portfolio in excess of \$24 million – a 13% drop in value since June 2008.

The Hospital posted a total net loss of \$19.1 million, representing a \$35.3 million negative variance to target and a \$37.2 reduction in net income from prior year.

In response to these challenges, which have been felt across SJHS, and to ensure the Hospital is positioned to sustain the mission and achieve its strategic goals, proactive steps were taken to achieve system-wide improvements of \$100 million for FY 2010. As previously reported, a “Back to Budget” Plan was implemented in February 2009 to reduce costs, along with a freeze on capital spending to immediately preserve cash. In addition, a management and employee pay freeze, benefit changes and a workforce reduction were implemented in July across all Orange County ministries within the St. Joseph Health System (SJHS).

The Hospital continues to be proactive and transparent in communicating financial performance and Back to Budget tactics with all stakeholders. Management is confident that the Hospital is appropriately positioned to weather these uncertain economic times and financial performance will improve in FY 2010. Please feel free to speak with any member of the Executive Management Team regarding any questions you may have about the Hospital’s financial performance or cash preservation tactics.

Campus maps found here

To receive a supply of up to 100 campus maps for your patients, please email: Jennifer.Duerksen@stjoe.org.

Moving forward with an EMR

Automatic printing of most inpatient reports stopped on August 31. St. Joseph Hospital physicians and clinicians will now utilize the Meditech EMR to view patient data. Individuals will be able to print at the time of viewing, if necessary.

The following patient reports/results will not be filed in the inpatient paper chart:

- Echocardiogram Report, Spirometry Report
- Laboratory results, Clinical Laboratory summary
- Pathology Report, Cytology Report
- Imaging Reports – CT, US, MRI, NucMed and X-ray
- Dictated reports: History & Physical, Consults, Psychiatric evaluations, procedural and operative reports, and the Discharge Summary

These reports/results can be viewed in the Meditech EMR. Physicians can print after viewing, if necessary.

If you have questions about the Meditech EMR or need a password reset, call **Vira Estrada-Morse** at (714) 771-8000, x17870.

What’s a doctor to do? Call BHS

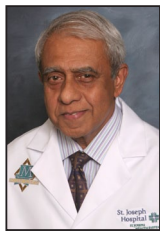
What do you do for patients with such severe anxiety due to medical issues that they can’t function? We now have an option through the Behavioral Health Outpatient Partial Hospitalization program. It’s called “Psychosocial Interventions for Medical Issues” and is designed to address the whole person by incorporating treatment of emotional issues that follow life-changing medical diagnoses, such as renal failure, diabetes, cancer, etc. Some of the tools that patients will develop are: how to deal with fear and change, how to manage their feelings of grief and loss as related to their prior level of functioning, and how to use new, positive coping skills to effectively live their lives and engage in future planning. Learn more by contacting **Dr. Debbie Hutchinson**, (714) 771-8085.

Bipolar Symposium coming to Balboa Bay

Save the date for the 2nd annual Bipolar Symposium on Saturday, October 10, 2009, 8 am - 3 pm at the Balboa Bay Club & Resort. The registration fee of \$129 includes breakfast and lunch. Speakers will be Drs. **Himasiri De Silva**, **Geoffrey Phillips**, **Hanaa Fam**, **Vinayak Shanbhag** and **Dan Kraft**, LCSW. To register call 1-866-714-1777.

In the trenches with Himasiri De Silva, MD

Psychiatrist and Medical Director,
Behavioral Health Services



Dr. De Silva, what's your history?

I was sick of shoveling snow when I moved to Orange County from Cincinnati, OH, in 1979 as a new physician. I applied for privileges at several area hospitals, but within two years gave up my other affiliations to stay here. I was attracted to the mission of St. Joseph Hospital. I am a Buddhist and the non-profit mission and values (Dignity, Service, Excellence and Justice) here mirror my own beliefs about treating patients.

I have a private practice in Orange with my wife, Constance De Silva, MD, and Vinayak Shanbhag, MD. In my outpatient and inpatient practice I concentrate on mood disorders. I find psychiatry extremely satisfying, much more than financially. It's wonderful to give someone suffering from depression and thoughts of suicide the hope and help they need to get back to their life and family.

I'm proud to say that St. Joseph Hospital's Behavior Health Services are undoubtedly the best in the county. We have an excellent psychiatric staff that is very devoted almost exclusively to St. Joseph Hospital, and

personnel who put the patient first. The Administration is very committed to keeping and improving the service. A few years ago Tom Loates came to the then-new position of administrative director, and he's very committed and knowledgeable. We also have an excellent manager of Outpatient Services, Dr. Debbie Hutchinson. The chemistry among all of us is very good and there is a lot of enthusiasm to accomplish our plans, such as the medically compromised, bipolar and dual diagnosis tracks we now offer to outpatients.

What changes would you make in your field?
I'd like to see more objective evaluation and measurement of patients for a more accurate diagnosis, and with that more evidence-based medicine practiced. Primary care doctors are doing a good job of recognizing psychiatric illness. However, we still need to make sure they have the tools to rule out other conditions. Not only does inappropriate treatment for a condition such as bipolar waste time, it can complicate the problem. Not providing adequate care is very costly, and not just in terms of health-care. With prolonged illness, patients are not productive, but rather a burden to society, with billions wasted in lost wages.

Differentiating depression and bipolar dis-

order is one of the objectives of our 2nd annual Bipolar Symposium on Saturday, October 10, at the Balboa Bay Club. It was well attended and received last year and I expect another very worthwhile program this fall.

What are your personal interests?

I have three grown children. One of my proudest days was when my son, neurologist Neelantha De Silva, MD, decided to join St. Joseph Hospital's Medical Staff. My daughter practiced psychiatry with me here for a short time before taking a teaching position with the University of New Mexico, and my middle son is in finance. Along with family time I enjoy playing tennis and trying to grow orchids.

Board-certified psychiatrist and American Psychiatric Association (APA) Distinguished Fellow Himasiri De Silva, MD, came to the U.S. from Sri Lanka after earning his medical degree. From 1994 to 1996 he was president of the Orange County Psychiatric Society and from 2001 to 2007 a representative in the APA Assembly. He has served as a reviewer for Electro Convulsive Therapy (ECT) and bipolar guidelines adopted by the nation. Dr. De Silva has been honored at the national and local levels by the Depression and Bipolar Support Alliance (DBSA), and was chairman of the national DBSA's Professional Advisors Committee.



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