

MISSION IN ACTION: THE WAY WE INNOVATE

The last intervention in obstetrics to have an impact this size or larger was likely antibiotics.”

Todd Lovgren, MD, Methodist Women’s Hospital



Saving the Lives of Mothers

Foundation Donors Back Groundbreaking Research

The potential implications are dramatic — wide-ranging and life-saving. A research project, currently underway at Methodist Women’s Hospital, could change the way doctors treat high blood pressure in pregnant and postpartum women, and reduce readmissions after mothers give birth. Even more remarkably, it could ultimately impact maternal mortality rates and save the lives of countless women in Omaha and across the country.

“The United States has one of the worst maternal mortality rates in the developed world. The rate for women of color is twice the baseline for the rest of the population. They are disproportionately affected by high blood pressure in pregnancy,” said study leader Todd Lovgren, MD, a maternal-fetal medicine physician at Methodist Women’s Hospital.

He’s teamed with Joshua Dahlke, MD, also a maternal-fetal medicine physician at Methodist Women’s Hospital. They’re currently studying two drugs commonly used to treat hypertension during and following delivery: labetalol, the recommended first-line choice of medication, and nifedipine.

“About five or six years ago, we had a handful of mothers come to the Emergency Department — about six in a one-month period who were really sick after delivery, readmitted with things like heart failure and fluid in their

lungs,” Dr. Lovgren said. “We saw that as a huge red flag — why are these moms showing up so sick?”

More than 20% of the women who deliver at Methodist Women’s Hospital have hypertension. Drs. Lovgren and Dahlke reviewed about 150 charts and 70 readmissions. They found that mothers on labetalol had a 13% risk of readmission for blood pressure complications. By contrast, mothers on nifedipine had only a 3% risk of readmission. That discovery led to an almost immediate shift at Methodist Women’s Hospital.

“Our group has significantly changed our practice. We use nifedipine as the first-line choice for almost all of our patients now,” said Dr. Lovgren. “In the last year and a half, we’ve seen a drop in our readmission rate (for blood pressure complications) from 5 to 3.5%.”

The team has published two papers based solely on chart reviews (retrospective data). The first showed that moms with normal blood pressure at discharge are three times less likely to be readmitted. The second highlighted the readmission disparity (13% vs. 3%) between the two drugs.

“If you look at national guidelines on treatment, the two medications we’re comparing are considered equally beneficial. The reason why

(continued on inside)



Dr. Lovgren



Dr. Dahlke

is — there is a lack of randomized trials that compare the two,” Dr. Dahlke said.

Late last year, the team began enrolling patients for a randomized trial. The goal is 600 patients — 300 in a nifedipine group, 300 in a labetalol group. By early February, they’d enrolled 140 patients. Drs. Dahlke and Lovgren expect to have the study completed by the end of this year.

“Until this study is done, nobody is going to change their practice. With good data, we can provide some guidance to those who make the guidelines,” Dr. Dahlke said.

The research team includes three part-time research nurses funded by Foundation donors.

“This study would not be happening if we did not have research nurses. They spend 4-6 hours a day looking at charts, talking to patients, enrolling patients and looking at patient data. They’ve become absolutely galvanized about it,” Dr. Lovgren said. “This would not move forward without the generous gift of the foundation. I cannot express my thanks enough to the donors.”

The implications of the study are astounding. In the United States, hypertension during pregnancy accounts for approximately 7% of maternal deaths, with approximately 70% of these deaths occurring in the postpartum period.

“With proper management and medications, we’re hoping we can get our readmission rate down to 1 or 1.5% — a 75% reduction in readmission for hypertensive complications. If that correlates to a reduction in maternal mortality, that is huge,” said Dr. Lovgren.

He continued, “If you’re going to lower all-cause mortality for pregnant women even 5 or 10%, that’s the biggest intervention in obstetrics since we started treating infections with antibiotics. That’s what so interesting — this was the lowest hanging fruit on the tree, but nobody saw it before now.”

Why Your Donations Are So Important

Philanthropy is the fastest, most efficient way to ensure that Methodist can grow and innovate.

When you give to Methodist Hospital Foundation, 100% of your dollar supports vital projects and programs that would have been delayed or not possible at all.

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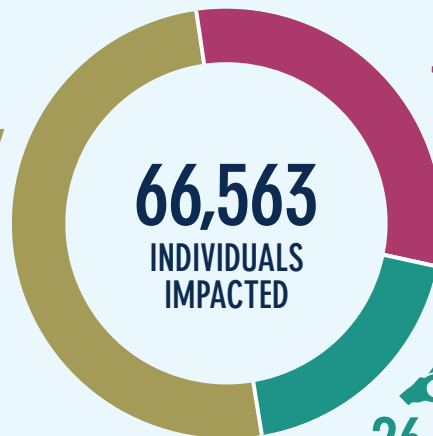
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2022 BY THE NUMBERS

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Way We Care, Educate
and Innovate

Your generosity powers our impact.


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SCHOLARSHIPS
& EDUCATION




14,366
COMMUNITY
SERVICES


26,960
CANCER &
CHARITABLE CARE

A New Emergency Department

You Did This!

Our new Methodist Hospital Emergency Department is a true community resource — funded by our community. Your generosity made this \$25 million expansion and renovation possible!

In early February, we opened the project's third and final phase, which included a new registration area and waiting room, two triage beds, and a new ED parking lot. All told, our ED team is now working with double the space (22,000 square feet) and twice as many patient rooms (from 12 to 24).

You understood the need for more privacy, less waiting and easier access. You understood the need for safe rooms to accommodate those experiencing mental health crises. You understood the need for an enhanced space to care for the victims of sexual assault, domestic violence, human trafficking and elder abuse.

We are grateful. Our ED team is grateful. During an incredibly challenging three years, it makes all the difference knowing our communities support this life-saving work.



Scan this QR code for additional content, including more pictures of our new ED and a special thanks to you.



Thank You

Thanks to you and your support, Methodist Hospital Foundation is:



Funding an expansion at Methodist Women's Hospital to **increase** access and strengthen health care for all women in our region



Budgeting almost **\$4.9 million** in 2023 for scholarships and continuing education to help train and retain skilled health care workers



Making more than **60 salaries** possible overall at Methodist Hospital, Methodist Women's Hospital and Methodist Physicians Clinics

Make a Difference for Now and Forever.

- Life Income Gifts — CRUTs and CGAs
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Our team would be happy to answer your questions. Contact Dana Ryan, philanthropy officer, at (402) 354-4825 or Foundation@nmhs.org.

Named Scholarships at Nebraska Methodist College — The Josie Harper Campus: **How Do They Work?**

Have you thought about honoring someone special with a named scholarship at NMC? Our team would be happy to discuss the process with you:



\$60,000 Option

- Allows you to name the scholarship after yourself or someone you want to honor
- One-time gift or payments made over time
- 5% distributed annually once the scholarship is fully funded

Greatest Scholarship Needs

- Transfer Nursing Student Scholarships
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- Military Scholarships

For more information about naming a scholarship, contact Dana Ryan, philanthropy officer, at (402) 354-4825 or Foundation@nmhs.org.



Carolyn Nelson Becker and her sister, Anne Nelson-Emmerich, wanted to find just the right way to honor their mother, retired nurse Joan J. Nelson. A graduate of Nebraska Methodist College (NMC), Joan was one of the founders and first nurses to staff SkyMed in Omaha. Her daughters opted to establish a scholarship at NMC in their mother's name: the **Joan J. Nelson Scholarship**.

Serving the Foundation & Its Donors

Professional Advisory Committee

Methodist Hospital Foundation is grateful for the expertise and guidance of our Professional Advisory Committee (PAC).



Stacie Neussendorfer, JD, CFP®, CAP®, CKA®, senior lead advisor at Foster Group, is just one member of our PAC. We're excited for you to get to know her.

What drew you to a career in finance/financial planning?

"Financial planning involves many of the skills I learned in law school and ultimately boils down to helping people, which is why I went to law school in the first place. People come to me looking for the answer to a problem or question they have, like 'How do I get a paycheck now that I am retired?' or 'How do I leave money to my children without it causing entitlement?' I love that I get to help people every day."

What do you consider the biggest reward of your work?

"Giving is joyful. It evokes positive feelings in the person giving, especially when they know their gift can help someone else or their community. For many people, the benefit that immediately comes to mind by giving through

one's estate plan is the tax break to the estate and the potential avoidance of federal estate tax. However, leaving a gift through one's estate plan is so much more.

"For some, it is a way to honor someone important to the giver. This is evidenced by numerous scholarships at our educational institutions. It is also a way to address an issue that may have impacted the giver directly, like a terminal illness/disease or social issue like feeding the poor or racial injustice. For others, it may be a way to teach their heirs about giving or leaving a legacy. Philanthropy and the 'why' behind it is different for each person, but ultimately, it benefits everyone."

What's an experience you're really looking forward to this year?

"Wow, that's a tough one. Our youngest turns 16 this summer, which means she will be driving. While part of me is excited for her to reach this milestone, it also means she will be around the house less and is that much closer to becoming an adult. It is bittersweet."

Methodist Legacy Society

Join Generations of Generosity

When you become a member of the Methodist Legacy Society, you're helping our patients and our communities today and tomorrow. Your planned giving ensures we will always be able to live our mission and support the way Methodist cares, educates and innovates.

The Methodist Legacy Society recognizes special friends who remember Methodist Hospital Foundation or Nebraska Methodist College in their estate plans.

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Frank C. "Bud" Weaver
Fred Weeks
Dr. & Mrs. James Wheeler
And our friends who wish to remain anonymous

Learn more about Methodist Legacy Society and the forever impact of your gift. Contact Dana Ryan, philanthropy officer, at (402) 354-4825 or Foundation@nmhs.org.

Your Planning Roadmap

Estate planning is an opportunity to create your legacy and make our communities healthier places to live.

If you've put off writing your will or making plans for your estate, you're not alone. Don't wait to take the first step.

Beyond Retirement: Your Planning Roadmap is a free resource to help launch your planning journey. Request a copy using the enclosed reply envelope or download now at MethodistHospitalFoundation.org/YourLegacy.

Your Journey Starts Here

If you've put off writing your will or making plans for your estate, you're not alone. Estate planning is not a chore. It is an opportunity to create your legacy.

Don't wait to take the first step—you may actually feel relieved as you get things in order. Plus, you can rest easy knowing that you are setting your family up for success. And that's a legacy for which you can be proud.

Here are five straightforward steps you should take on your planning journey:

- STEP 1: Know what you have.** Your first task in planning is to figure out what you have. Your inventory should include:
 - Assets, including the estimated value and whether they are held in your name, jointly or in certain states, as community property
 - Debts and liabilities
 - Life insurance information, including policy specifics such as owner and beneficiary
 - Retirement and savings plans along with named beneficiaries
 - A list of charitable organizations close to your heart
 - The location of your will or other documents
- STEP 2: Make key decisions.** An up-to-date will or trust is the most important tool in your planning journey. Without this vital document, state law will divide your estate according to a rigid formula that probably won't match what you want. Don't go one step further without deciding which people and organizations you want to benefit through your will.
- STEP 3: Choose your team.** You don't have to go it alone with estate planning. Put together a strong team to help with this journey. *Turn the page to see a list of major players.*
- STEP 4: Make it official.** One of the last steps in your planning journey involves sitting down with your estate planning attorney to create your new estate documents. Before this meeting, take time to review your decisions and the list you've made so your wishes are clear. This information is useful for when your attorney evaluates your individual circumstances and walks you through tax and financial concerns. You are thinking about adding a gift to your will. Our staff is happy to meet with (and any other team members you wish to include) to answer any questions you may have, with no obligation.

Beyond Retirement: YOUR PLANNING ROADMAP

METHODIST HOSPITAL FOUNDATION

Your Methodist Legacy

WHAT'S INSIDE:

**Safeguarding the
Health of New Moms:**
Innovative Research
You Made Possible



**Gratitude for a Grand
Opening:** Inside Our New
Emergency Department



Naming a Scholarship:
How Does That Work?



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Community of Retired Employees

Stay up to date on retiree gatherings, free continuing education through Nebraska Methodist College, volunteer opportunities, Health System news, and ways to make a difference with Methodist Hospital Foundation.

Methodist CORE *happy hour*

Don't miss out — we have our first happy hour event scheduled for April 20! Email your contact information to Dana Ryan at foundation@nmhs.org or call (402) 354-4825.