Table of Contents

2 Baptist Heart Hospital
3 Noninvasive Procedures
4 Cardiac Invasive Procedures
6 Patient Outcomes
7 Peripheral Vascular Procedures
8 Electrophysiology Procedures
11 Cardiac Rehabilitation
12 Congestive Heart Failure Clinic
12 Cardiovascular Referral Coordinator

About Baptist Health

Driven by our commitment to provide comprehensive health care that our community can depend on for life, Baptist Health includes:

Prevention services delivered through Baptist Primary Care and community health programs.

Advanced treatment from outpatient procedures to inpatient care at our hospitals throughout Northeast Florida – plus specialized services through Baptist Heart Hospital, Baptist Cancer Institute, Pavilion Women’s Services and Wolfson Children’s Hospital.

Healing services and amenities that support physical, emotional and spiritual well-being, including the therapeutic use of gardens, art, play, music and pets.
Letters from Heart Hospital Leadership

In 2005, Baptist Health opened the new Baptist Heart Hospital. With the establishment of this state-of-the-art facility, significant attention in the community has been drawn toward the cardiac program at Baptist and the high quality of service provided by Baptist Health cardiologists and cardiovascular and thoracic surgeons.

For many years, cardiologists at Baptist have seen high success rates for invasive interventional procedures that are far above national averages. In the hands of Baptist physicians, complication rates have been exceedingly low. Together, these trends demonstrate that patients can expect excellence from the cardiologists at Baptist Heart Hospital.

We are proud of our comfortable, patient-friendly facility. Our professional staff, as well as the nursing and support personnel, have a consistent attitude of caring and compassion.

I hope this report helps the medical and patient community of North Florida to recognize the continued strength and high quality of the Baptist cardiac program.

Paul H. Dillahunt, II, MD
Chief, Section of Cardiology
Medical Director, Cardiac Rehabilitation
Baptist Medical Center Downtown

Since its founding by cardiologist Larry Birch, MD, in 1968, the goal of cardiac services at Baptist Medical Center Downtown has always been to offer our patients the best there is. Some of our innovations have included the first coronary angiogram in a community hospital in Northeast Florida (1968), the first coronary balloon angioplasty in Jacksonville (1981) and the first totally digital coronary imaging laboratory in the region (1994). Volume of all services has grown tenfold as new noninvasive imaging has been added. Management of rhythm disturbances with ablation, pacemakers and defibrillators is burgeoning.

Our newest innovation - Baptist Heart Hospital - is a culmination of 38 years of efforts to give our caregivers the tools commensurate with their enormous skills and our patients an environment they deserve.

We will continue to pursue and achieve these worthy goals of care and innovation in our fabulous new home, Baptist Heart Hospital.

Joel P. Schrank, MD, FACC
Medical Director, Cardiac Laboratories
Baptist Medical Center Downtown
In October 2005, Baptist Health opened Northeast Florida and Southeast Georgia’s first and only hospital just for heart patients, the 175,000-square-foot Baptist Heart Hospital. The four-floor hospital features:

- Three cardiac catheterization laboratories (including one lab for peripheral vascular procedures)
- Two electrophysiology procedure rooms
- A Congestive Heart Failure Clinic
- Three video-equipped, “smart” operating suites
- 88 private patient rooms
- Two intensive care units (48 beds)
- The Cardiac Rehabilitation program at Wolfson Wellness Center
- On-site pharmacists, respiratory therapists and family liaisons

All diagnostic, treatment and surgical suites are located within the Harden Cardiovascular Center. Critically ill heart patients are placed in a coronary care unit, comprised of eight intensive care units, eight interventional beds, and eight progressive telemetry beds.

Baptist Heart Hospital offers a full range of surgical services, including three dedicated open-heart suites, eight recovery bays and 16 cardiovascular intensive care unit beds, with around-the-clock critical care.

The centralized design of the Heart Hospital allows close contact between the noninvasive cardiologists, invasive cardiologists, the electrophysiologist and cardiac surgeons, on a daily basis.

The location of the Heart Hospital adjacent to the remodeled Emergency Center at Baptist Medical Center Downtown ensures that heart patients receive the quickest care possible when seconds count. A futuristic, circular and adjacent helipad for the Life Flight air ambulance service enables critical patients to be whisked to the Emergency Center or surgery.

All of these services offered in one convenient location give patients the advanced cardiac technology they require in a family-centered environment that caters to their personal needs.
The latest noninvasive procedures for diagnosing and treating some forms of cardiovascular disease are performed in the Harden Cardiovascular Center.

The **tilt table test** is designed to evaluate how the body regulates blood pressure or vaso-vagal syncope in response to some very simple stresses.

**Synchronized cardioversion** can contribute to the restoration and maintenance of optimal health by attempting to convert atrial arrhythmias to normal sinus.

The **transesophageal echocardiogram (TEE)** is a specialized type of cardiac ultrasound that allows imaging of the heart by the use of a transducer mounted on a gastroscope and positioned in the esophagus behind the heart.

**Stress tests** are used to determine the amount of stress that a heart can manage before developing either an abnormal rhythm or evidence of ischemia. **Pharmacological stress tests** are used in people who are unable to exercise. A **nuclear stress test** helps to determine which parts of the heart are healthy and functioning normally and which are not. A **stress echocardiogram** can accurately visualize the motion of the heart’s walls and pumping action when the heart is stressed. It also may reveal a lack of blood flow that isn’t always apparent on other heart tests.
Three cardiac catheterization laboratories are used for diagnostic catheterizations, as well as interventional procedures that open blocked arteries without surgery. The latest imaging equipment, including intracoronary ultrasound for evaluation of a cross-section of the interior of the coronary artery, ensures that cardiologists can determine the level of blockage.

In addition to conventional percutaneous transluminal coronary angioplasty (PTCA, also known as balloon angioplasty), Baptist Heart Hospital cardiologists can perform radial artery catheterization through the wrist, which offers an alternate route for some angiography procedures. Coronary artery stenting utilizes conventional metal stents to keep cleared arteries open; new drug-eluting stents can often prevent restenosis following the procedure. High-speed rotational atherectomy, along with cutting balloons, remove plaque in clogged arteries, allowing revascularization where plaque is calcified. The Angiojet® thrombectomy system is a catheter-based technique for removing blood clots blocking the coronary artery.

Following cardiac interventional procedures, cardiologists use arterial puncture closure devices to increase patient comfort and safety, reducing blood loss while leading to earlier post-procedure mobility. Also for patient safety, Baptist Heart Hospital cardiologists use distal protection devices to prevent embolization that can occur when plaque and other debris are loosened during a coronary interventional procedure.
2005 FY Distribution of Invasive Cardiac Procedures

- **PCIs**: 20%
- **EP Studies**: 8%
- **Diagnostic Caths**: 58%
- **AICDs**: 6%
- **Ablations**: 3%
- **3-D Mapping**: 1%
- **Pacemakers**: 4%

### Total Invasive Cardiac Procedures

2003: 4300<br>
2004: 4500<br>
2005: 4800

### Total Invasive Cardiac Patients

2003: 3200<br>
2004: 3600<br>
2005: 4000
Baptist Heart Hospital offers a full range of percutaneous coronary interventions. Baptist Heart's complication and mortality rates for PCIs are lower by far than national averages provided by respected organizations such as the National Heart, Lung and Blood Institute—a division of the National Institutes of Health and the Department of Health and Human Services—and the Society for Cardiovascular Angiography and Interventions.

In 2003, of 934 PCIs, three patients went for emergency coronary artery bypass graft surgery (CABG); there was one patient mortality within 24 hours of the PCI procedure. In 2004, of 904 PCIs, four patients went for emergency CABG; that year, there was no patient mortality following a PCI. In 2005, of 957 PCIs, three patients went to emergency CABG; there was one mortality following a PCI.

<table>
<thead>
<tr>
<th>Year</th>
<th>PCI to Emergency CABG Rate</th>
<th>Mortality Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>Baptist Heart Hospital: 0.10%</td>
<td>Expected National Average: 0.10%</td>
</tr>
<tr>
<td>2004</td>
<td>Baptist Heart Hospital: 0.10%</td>
<td>Expected National Average: 0.10%</td>
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<td>2005</td>
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</tr>
</tbody>
</table>

Source: The expected national average rates are derived from an average of percentages provided by the National Heart, Lung and Blood Institute and the Society for Cardiovascular Angiography and Interventions.
Peripheral Vascular Procedures

One of the cardiac catheterization labs is used primarily for peripheral vascular procedures. This allows Baptist Heart Hospital to perform a full range of nonsurgical vascular procedures, including diagnostic angiography. Newer therapies are enabling patients with conditions like peripheral arterial disease (PAD) to avoid amputation and reduce or eliminate severe leg pain. Since the peripheral program began in August 2004, the number of procedures has increased dramatically.

Cardiologists with special training perform advanced therapies in the dedicated lab that include FoxHollow Silverhawk™ directional atherectomy for the safe removal of harmful plaque from blocked arteries in the legs. They also perform stenting of the renal, iliac, superficial femoral, and popliteal arteries, as well as stenting on smaller distal vessels below the knee. Those who suffer from coronary artery disease and PAD are able to have both conditions treated in one location since the catheterization lab is fully equipped for cardiac and peripheral procedures.

In addition, CryoPlasty Therapy is used to treat peripheral arteries using nitrous oxide gas to open the balloon and cool the plaque. Studies have shown that this treatment has a lower recurrence of blockage.
Two high-tech electrophysiology (EP) procedure rooms are utilized for treating patients with cardiac rhythm disorders. Treatments include pacemaker implantation, automatic internal cardiac defibrillators (AICDs) and ablative therapy for treatment of atrial fibrillation.

The electrophysiologists at Baptist Heart Hospital implant conventional pacemakers, along with biventricular pacemakers, which restore rhythm through cardiac resynchronization and improving heart function in patients.

AICDs are used to treat life-threatening ventricular arrhythmia. They automatically shock inside the heart and terminate arrhythmia within a few seconds of its happening. An outpatient procedure performed under local anesthesia, AICDs allow patients to return to normal activities in a few days. The dramatic increase in AICD implantation procedures at Baptist Heart Hospital is due to the completion of research studies showing that use of the devices in a larger group of patients is beneficial, in combination with rate-controlling medications; previously, patients were considered for the device only if they had severe disease.
Also on the increase at the Heart Hospital are ablation procedures for treating atrial fibrillation. Using three-dimensional electromagnetic mapping, the electrophysiologist maps the arrhythmia and uses echocardiography to define the positions of a percutaneous catheter. With ablation, the area of the heart from which arrhythmia is generating is cauterized utilizing the catheter, which restores normal heart rhythm. Ablative therapy is not new, but using this procedure for atrial fibrillation is.

The use of AICDs and ablation therapies often corrects atrial fibrillation, rather than just controlling its symptoms, and can be utilized prophylactically before a patient’s condition progresses.

To treat patients most effectively, the EP procedure rooms have some of the latest diagnostic and therapeutic equipment, including biplane fluoroscopy and intracardiac echocardiography.
Cardiac Rehabilitation is a physician-referred outpatient program. It is a comprehensive multi-disciplinary intervention program designed to help improve or stabilize the patient’s cardiac condition and cardiac symptoms, while enhancing his or her overall quality of life. Through a program of EKG-monitored exercise and a series of educational classes, patients are able to achieve an increase in functional outcomes, as well as modify cardiac risk factors to help prevent further disease progression. Cardiac Rehabilitation works closely with referring physicians to ensure a safe and beneficial, individualized plan of care.

The Cardiac Rehabilitation Clinic is housed at Baptist Heart Hospital. The Baptist Medical Center Beaches Cardiac Rehabilitation Clinic recently moved into a larger space located in the Wilson/Epstein Rehabilitation and Diagnostic Center and has the latest technology in monitoring systems.

Cardiac Rehabilitation is comprised of registered nurses, exercise specialists, dietitians, psychologists/chaplains, medical directors and other staff.

The Centers for Medicare and Medicaid recently announced coverage for cardiac rehabilitation services following PTCA/stenting, valve repair/replacement and heart or heart/lung transplants. These newly covered diagnoses have been added to those already covered, including stable angina, CABG and myocardial infarction (within 12 months).

Last year, the Baptist Beaches Cardiac Rehabilitation Program had 5,142 visits, while during the same time period, the Baptist Downtown Cardiac Rehabilitation Program had 3,623 visits.
Congestive Heart Failure Clinic

The Congestive Heart Failure Clinic at Baptist Heart Hospital is available for patients for whom oral therapy and diet monitoring has not been successful. Staffed by registered nurses who are trained in intravenous therapy and ACLS-certified, the clinic provides educational reinforcement, regular monitoring of kidney function, condition assessment, and IV medications to help relieve the symptoms of heart failure. The medications may strengthen the heart muscle contraction, improve energy levels and hopefully, will ultimately prevent multiple hospitalizations.

Regular communication is maintained between the nursing staff and the referring cardiologist, primary care physician, and consulting specialty physicians.

Since 2003, when visits were tracked, the program has seen its volume nearly double in 2005, and to date in 2006, the average number of visits has increased to 108 a month.

Cardiovascular Referral Coordinator

Physicians who refer patients to Baptist Heart Hospital for cardiovascular services have access to our referral coordinator, who is available 24 hours a day, seven days a week.

The referral coordinator works as a liaison with any physician who has admitting privileges to Baptist Medical Center Downtown and can facilitate admitting patients to Baptist Heart Hospital for diagnostic and therapeutic cardiac procedures, including emergency admissions, as well as transfers from offices or hospitals to Baptist Heart Hospital. In addition, the referral coordinator can provide families of patients with information on community resources, such as lodging.

Baptist Heart Hospital’s circle of care provides state-of-the-art diagnosis, treatment and rehabilitation services to patients throughout the region, from Alma, Georgia, to St. Augustine, from Lake City to the Jacksonville Beaches.
Contact Information

Cardiac Rehabilitation
904.202.4200

Cardiovascular Referral Coordinator
904.202.9469 (office)
904.889.1823 (pager)
904.686.5045 (cell)

Congestive Heart Failure Clinic
904.202.9177
904.818.8762 (pager)

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