How do you connect with the pulse of a community?
Barnes-Jewish Hospital is known regionally, nationally and even internationally for its reputation as one of America’s best hospitals.

But it is the people who work here every day, in partnership with our Washington University physicians, who make the real difference. Our team members are nearly 10,000 in number and they make a tremendous difference in the lives of our patients and their families. Not only do they use their clinical skills to diagnose and treat our patients, they reflect our ICARE values integrity, compassion, accountability, respect and excellence.

Our values are demonstrated in the way we care for the community outside our walls as well. It is important to us that we connect with the pulse of St. Louis—our hometown, our community. We want to make sure that St. Louisans right here at home can benefit from our research, our learnings, our innovations. That's why our focus on community benefit is led by people like an internal medicine resident who takes health screenings and education to barbershops in north St. Louis, filling a critical need for the community we serve.

We are expanding and improving that access to care with the Center for Outpatient Health, which opened in 2012. By offering the latest technology in an updated and spacious environment, we are creating a better experience for our patients. Primary and specialty care, provided by our medical residents and supervised by attending Washington University physicians, provides a crucial service to people who might not otherwise have access to care. It is also an important part of our mission as we train the next generation of health professionals.

In this report to the community, you will also learn about groundbreaking care in cancer, heart and vascular, transplant and the neurosciences. While we share stories about individual patients, there are countless others who benefit from the care we provide. Much of this is made possible by gifts to The Foundation for Barnes-Jewish Hospital. From research, medical and nursing education to social support services for our patients, gifts to The Foundation support the work we do. I want to thank all our generous donors who make it possible for us to live our mission of taking exceptional care of people.

Thank you for taking the time to view our report to the community. We hope this new format is engaging and creates a lasting impression. Let me know what you think by sending me a note at AskRich@bjc.org. I’d love to hear your feedback.

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BJC HealthCare Group President

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*Vice President, Patient Care Services and Chief Nursing Officer*

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The Foundation for Barnes-Jewish Hospital supports top-ranked Barnes-Jewish Hospital, Washington University School of Medicine, The Alvin J. Siteman Cancer Center and Goldfarb School of Nursing at Barnes-Jewish College.

When you give to The Foundation for Barnes-Jewish hospital, you give where care matters most.

2012 Support Awarded

- **Research** $11,288,402
  Gifts like yours are supporting major research across a broad spectrum of disciplines such as cancer, heart disease, diabetes, transplant and more. For example, researchers are conducting a clinical trial testing several new drugs that hold promise of better therapies for heart failure and heart transplant patients. The drug trials are nearing completion; the next stage is formal approval by the Food and Drug Administration so the drugs can be used with patients in the clinic setting.

- **Education & Scholarships** $3,166,847
  Gifts like yours support nursing scholarships at Goldfarb School of Nursing at Barnes-Jewish College to prepare nurses for the increasingly complex health care needs of patients in the years to come. In 2012, The Foundation provided $430,015 in scholarships to nursing students.

- **Other** $3,628,732

2012 Gifts Received

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2012 Support Awarded

- **Research** $11,288,402
- **Patient Care & Support** $2,221,202
  In 2012, gifts to The Foundation helped more than 11,000 patients in financial need. Gifts like yours helped fund medications sent home with patients, medical equipment, home health visits, transportation, lodging, utilities and rent to put patients on a healthier, safer track when they leave the hospital.
- **Education & Scholarships** $3,166,847
- **Community Outreach** $1,882,108
  Through gifts like yours to The Foundation, Barnes-Jewish Hospital gave more than 32,000 flu shots to the community in 2012. Gifts also supported programs such as AWARE (Assisting Women with Advocacy Resources and Education). In 2012, AWARE’s Client Assistance Fund provided assistance to 100 patients and employees experiencing abuse by a partner with obtaining goods and services necessary for the health, safety and well being of themselves and their children.

**Total** $22,187,291
Ranked among the nation’s *elite hospitals*

Since 1992, Barnes-Jewish Hospital has made *U.S. News & World Report’s Honor Roll of Best Hospitals* every year.

In 2012, that meant ranking #6 overall, out of 4,793 hospitals analyzed.

**Barnes-Jewish was also ranked in 15 *U.S. News* specialties:**

- #10 Cancer
- #13 Cardiology & Heart Surgery
- #15 Diabetes & Endocrinology
- #9 Ear, Nose & Throat
- #13 Gastroenterology
- #14 Geriatrics
- #10 Gynecology
- #8 Nephrology
- #9 Neurology & Neurosurgery
- #11 Ophthalmology
- #8 Orthopedics
- #13 Psychiatry
- #8 Pulmonology
- #15 Rheumatology

**2012 BARNES-JEWISH HOSPITAL STATISTICS**

- **Staffed beds**: 1,190
- **Licensed beds**: 1,288
- **Residents/Fellows**: 799
- **Employees**: 9,728
- **Physicians**: 1,771
- **Inpatient admissions**: 59,379
- **Outpatient surgeries**: 20,991
- **Emergency department visits**: 86,490
- **Inpatient surgeries**: 19,417
2012 Selected Honors and Accomplishments

- **Highest honor in nursing: Magnet redesignation in 2013**
  The first adult hospital to earn Magnet designation in 2003, we worked throughout 2012 to earn redesignation. The hospital is only one of eight in Missouri to earn Magnet designation, which recognizes quality patient care and nursing excellence.

- **Consumer Choice Award for 17th consecutive year**
  Hospitals recognized by health care consumers in more than 300 markets throughout the United States for having the highest quality and image. Barnes-Jewish Hospital was the highest ranked hospital on the list in the St. Louis area for the 17th consecutive year.

- **Joint Commission Gold Seal of Approval**
  
  **JOINT COMMISSION ACCREDITED PROGRAMS** in long term care and behavioral health care

  **JOINT COMMISSION ADVANCED CERTIFICATION** in lung volume reduction surgery, stroke, ventricular assist device

  **JOINT COMMISSION CERTIFICATION** in epilepsy, joint replacement-hip, joint replacement-knee

- **American Stroke Association/American Heart Association: Gold Plus Performance Achievement Award**
  Get with the Guidelines-Stroke (GWTG-Stroke) Gold Plus Performance Achievement Award

- **Best Fed Beginnings**
  Barnes-Jewish Hospital was one of 89 hospitals selected to participate in Best Fed Beginnings, a first-of-its-kind national effort to significantly improve breast-feeding rates and help hospitals become Baby-Friendly designated.

- **U.S. FDA Approval: Approval by the U.S. Food and Drug Administration (FDA) of fenestrated endovascular stent grafts**
  Surgeons at the Washington University and Barnes-Jewish Heart & Vascular Center are among few in the nation providing a new alternative to patients diagnosed with complex abdominal aortic aneurysms (AAA).

- **The DAISY Award**
  Barnes-Jewish began using the DAISY Award program in 2012 to honor exemplary nurses. A national nursing recognition program, the DAISY Award winners represent some of the hospital's best qualities in patient care.

- **New Nurse Training**
  Training new nurses and physicians is critical to the hospital’s vision to be national leaders in medicine. Last year, 2,076 undergraduate nursing students were trained through clinical rotations and the nurse preceptor program at Barnes-Jewish Hospital.

- **Lifeline Gold Award**
  **American Heart Association’s (AHA) Mission: Lifeline Gold Award.**
  The award recognizes the success of Barnes-Jewish Hospital and its physician partners at Washington University School of Medicine in providing quality care to heart attack patients. Barnes-Jewish is the only St. Louis area hospital to receive this recognition.

- **Center for Outpatient Health Opens**
  This new facility on the Washington University Medical Center campus provides an upgraded environment with improved access to services for thousands of St. Louisans who have difficulty affording or accessing health care.
Top medical staff, immediate action make all the difference in rare obstetric emergency

Recordia Kennedy had had three uneventful deliveries before the birth of her son David. Always a healthy person, Recordia had no reason to suspect that David’s birth would be vastly different, but it was.

Recordia seemed healthy on Feb. 26, 2012, according to her bedside nurse that day. Her delivery was progressing normally until she reached stage 2 of labor and then things started to deteriorate. She told her nurse, “I feel like I can’t breathe,” coughed for about 10 seconds and then became unresponsive.

A maternal fetal medicine physician arrived and delivered baby David within two minutes. Meanwhile, the acute care, obstetric nursing and anesthesia teams worked together for about 45 minutes, bringing Recordia back to life. She had suffered an amniotic fluid embolism (AFE), which means that amniotic fluid, fetal cells or other substances had entered her bloodstream, causing an allergic-like reaction which stopped her heart. AFE also causes the lungs to fail and impacts multiple organs in the body. It is a rare and deadly complication, one which most women don’t survive. Most survivors live with permanent neurological problems.

Barbara Leighton, MD, Washington University physician and chief of obstetric anesthesiology at Barnes-Jewish Hospital, who was interested in AFE, had previously researched animal studies on the complication and had developed a combination of drugs that could save a life. When medical staff administered the drugs to Recordia, they worked.

Recordia was in a coma for three days and spent a few weeks in the hospital after David’s birth. “It was really a traumatic episode,” she says. “But everyone was such a good team and they treated me and my kid like family.”

How we benefit the community

In 2011, Barnes-Jewish Hospital provided more than $208 million in free medical care, professional health education, medical research and community outreach. Our community programs connect with the needs of St. Louisans, to improve the quality of life for everyone.

- Prenatal care classes: **483 persons attended**
- Preparation for childbirth classes: **459 persons attended**
- Teen pregnancy center: **756 persons visited**

On the Pulse...

Out of nearly **3,300 annual deliveries** at Barnes-Jewish Hospital, **76 percent are high risk**. Education and preparation are two key ways we work to give babies the best start in life, and give their moms peace of mind.
Foundation-funded scholarships to the Goldfarb School of Nursing at Barnes-Jewish College support the next generation of nursing professionals

Foundation support of Goldfarb nursing students directly impacts patient

A critical component in Recordia’s recovery was the immediate and knowledgeable response of her medical team—a response that was led by the nurses at her bedside. We know that the future of health care is highly-educated nurses, and that’s why The Foundation for Barnes Jewish Hospital supports the Goldfarb School of Nursing at Barnes-Jewish College. Our generous donors support scholarships, awards, technology, research, endowments, educational programs or other needs.

$430,015
IN SCHOLARSHIPS
AWARDED TO GOLDFARB OF NURSING STUDENTS

160
SCHOLARSHIPS
Customizable fenestrated stents plant the seed for a faster recovery

Seventy-three-year-old A.G. Overfelt’s abdominal aortic aneurysm (AAA) was discovered in early 2012. An AAA is a diseased, weakened and bulging section of the wall of the aorta. Until recently, the only option for some patients was an open surgical procedure. The size and location of A.G.’s aneurysm made intervention a necessity but the hospital where he sought treatment delivered some bad news. “With your kidney problems, heart problems and lung problems, we can’t help you here,” he recalls hearing. “The aneurysm was in a difficult location for a normal stent and because of those other health conditions, they didn’t want to open me up.”

In April 2012, the Food and Drug Administration approved the use of fenestrated endovascular stents. Customized for the specific anatomy of each patient, the stents are made of a fabric tube supported by a metal framework with carefully positioned holes to allow blood to continue to flow to the kidney and intestinal arteries.

“That’s when I was sent to Dr. Sanchez. He told me about the new device and said he could help me,” says A.G. “By that point, I couldn’t even spend time outside because it was too much effort for me.”

“He wasn’t a good candidate for an open surgical repair,” says Luis Sanchez, MD, Washington University chief of vascular surgery at Barnes-Jewish Hospital. “This new fenestrated stent allowed us to repair the aneurysm while keeping the recovery time to a minimum. It’s less invasive with a lower complication rate and shorter recovery time. All those things were imperative for a patient like Mr. Overfelt.”

Although regular checkups and one adjustment were required, A.G. is grateful for the new technology. “It’s a relief. The other doctors told me they couldn’t do anything for me.”

How we benefit the community

In addition to providing medical care that helps patients like A.G., Barnes-Jewish Hospital also provides community health improvement programs that spread better health and health care throughout the region.

- **34,488** community flu shots
- **3,267** free health screenings—Including **811** blood pressure screenings
- **11,498** attendees at health fairs
- **122,098** attendees at community education lectures and events

On the Pulse...

More than **5,000** vascular procedures are performed each year at Barnes-Jewish Hospital.
Funding new ways to treat abdominal aortic aneurysm

Through generous donor support of The Foundation, research progress is being made in treating abdominal aortic aneurysm (AAA). One clinical trial is testing a new aortic stent graft, the Zenith fenestrated endograft, developed to treat patients with complex aortic aneurysm. The stent graft allows physicians to treat aneurysm occurring very close to adjoining kidney arteries and is the only one of its kind available for use in such cases. The stent features small openings, or fenestrations, that can be positioned to allow blood to pass into the renal arteries.

Each device is custom-made to suit each patient’s unique anatomy. Since the trial began, the device has received Food and Drug Administration approval so it can be used to help more patients.
Finding cancer care a breeze in South County

Charles Watkins says he’s thankful for the treatment he received for prostate and bladder cancer at the Alvin J. Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine right here in St. Louis. He’s also grateful to now be able to receive follow-up care at the cancer center’s newest satellite location, which provides cancer care to residents in south St. Louis County and surrounding areas in Missouri and Illinois.

Siteman Cancer Center-South County opened in January 2013, near the intersection of Interstate 55 and Butler Hill Road. Siteman also operates satellite cancer centers at Barnes-Jewish West County Hospital in Creve Coeur, Mo., and Barnes-Jewish St. Peters Hospital in St. Peters, Mo.

“Because we are the largest provider of cancer care in the region, our patients often travel long distances to be treated,” says Siteman Director Timothy Eberlein, MD. “Our new south county location allows patients to see Washington University physicians and receive world-class cancer care closer to their homes and families.”

The 37,000-square-foot outpatient center offers physician consultations, chemotherapy and radiation therapy. Multidisciplinary care is provided by medical oncologists, radiation oncologists and surgeons. Patients may see as many as three physicians and have their treatment plan determined in one visit.

Charles had two years of treatment—including chemotherapy, radiation and hormone therapy for his cancer. He now visits Siteman Cancer Center-South County for monitoring and treatment as needed.

“Everybody is there to find a cure for cancer,” he says.

On the Pulse...

Siteman urologic surgeons are renowned for performing nerve-sparing radical prostatectomies, in which small tumors can be removed with fewer long-term side effects. Siteman has completed more than 1,850 of these operations—the second largest number in the world.

10,636
97

In 2012, 97 women were screened as part of the Show Me Healthy Women breast & cervical cancer screening program

Siteman Cancer Center support groups, classes and programs had 10,636 participants in 2012.
Foundation-funded research seeks better treatments for prostate cancer

The Foundation supports dozens of cancer research projects

These projects are making progress in prevention and more effective treatments with fewer side effects and better patient outcomes.

Some of that important research is focused on prostate cancer. In one study supported by The Foundation, researchers are comparing a combination of MRI techniques to see which provides a more accurate location of the cancer. Improved methods to detect the precise tumor location would allow more targeted treatments to destroy the tumor while sparing normal tissue. Additionally, better MRI techniques would allow closer monitoring of small tumors and they would be useful for biopsies.
iMRI technology gives brain hemorrhage survivor a bright future

“I was taking college algebra and some other classes, just going along in my daily life,” says Danny Strobbe, 22, of his memories of the fall of 2010. “Everything was great. And then the next thing you know, I’m in the hospital, and everything changed.”

An excruciating headache brought Danny to Barnes-Jewish Hospital, where tests revealed his brain had hemorrhaged. In January 2011, Michael Chicoine, MD, Washington University neurosurgeon at Barnes-Jewish Hospital, performed a craniotomy to stop the bleeding, and a second surgery to relieve pressure. “Because the vascular irregularity that caused Danny’s hemorrhage was located in deep and critical areas of the brain, we didn’t make an aggressive attempt to remove it at first,” says Chicoine. “Complete removal could have caused paralysis, coma or even death.”

A second hemorrhage in September 2011 pushed Danny’s doctors to use a new technology, intraoperative magnetic resonance imaging, or iMRI, to try to remove as much of the malformation in Danny’s brain as possible. The iMRI, the most advanced technology available, gave the surgical team a view of their progress in real time in the operating room. “Using this technology in the third surgery allowed for nearly complete and safe removal of the abnormality, allowing Danny to avoid the serious consequences these malformations can cause,” says Chicoine.

How we benefit the community

Members of the SMART (Stroke Management and Rehabilitation Team), conducted free stroke risk assessments for 843 members of our community.

On the Pulse...
The highly specialized and experienced Washington University neurosurgeons at Barnes-Jewish Hospital perform **200-300 neurointerventional procedures** each year. Patients also have the opportunity to participate in unique clinical trials, giving them access to the latest techniques and therapies available.
Generous gifts to The Foundation for Barnes-Jewish Hospital have supported key research into brain aneurysm and brain hemorrhage.

Support brings new hope for patients with brain hemorrhages

One research study uses MRI capabilities to investigate how the brain uses energy in patients with bleeding in the brain (intracerebral hemorrhage or ICH). Until recently, inadequate blood flow to the brain was considered to be a key factor in secondary brain injury following ICH. This breakthrough research suggests that the secondary brain injury may be due to disturbances in how the brain uses energy instead. This new research and understanding could open the door to an entirely new treatment approach for patients with ICH.
2012 Stories

SHERONDA THOMAS, St. Louis, Missouri

Center for Outpatient Health brings convenient, comprehensive care to the community

When Sheronda Thomas found out she was pregnant with her third child, she was excited but also concerned. Diagnosed with type 2 diabetes in 2003, Sheronda had worked hard to maintain a healthy lifestyle and take care of herself for her sons, ages 14 and 18.

Early in her pregnancy, Sheronda wasn’t feeling well and was diagnosed with hyperglycemia, or high blood sugar, on a visit to Grace Hill Health Center. She was sent to the Barnes-Jewish Hospital emergency department for treatment. Once out of danger, Sheronda was referred to the Barnes-Jewish OB/GYN Clinic in the new Center for Outpatient Health for ongoing care. Opened in early 2012, the Center for Outpatient Health consolidated and upgraded five clinics, including the OB/GYN Clinic, which had been located in an older building on campus.

During her visits to the clinic, Sheronda was monitored closely. Babies born to women with diabetes, especially those with poor diabetes control, are at greater risk for birth defects and for having larger than normal babies. Sheronda attended a class with a diabetic educator and a nutritionist who shared additional ways to manage her diabetes during the pregnancy. This included learning to give herself insulin injections and to check her blood sugar, which she did six times each day.

“I really had to change my eating habits even more than I already had. Having to check my blood sugar so often was intense but definitely worth it,” says Sheronda. “My daughter, Zion, was induced only one week early. She was a healthy 7 pounds, 12 ounces at birth and is thriving.”

How we benefit the community

Barnes-Jewish Hospital’s programs reach beyond the Washington University Medical Center campus to help the St. Louis community. In 2011, Barnes-Jewish provided more than $208 million in free medical care, professional health education, medical research and community outreach efforts.

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On the Pulse...

The majority of patients seen at the clinics in the new Center for Outpatient Health meet the requirements for Medicaid assistance.
Research leads to increased safety for patients with diabetes

The issue: About 25 percent of all patients admitted to Barnes–Jewish Hospital for any reason have diabetes, which can be more difficult to manage during an illness and hospitalization.

The research: In research funded by gifts to The Foundation for Barnes-Jewish Hospital, Garry Tobin, MD, a Washington University endocrinologist and diabetes specialist at Barnes-Jewish, studied ways to prevent episodes of severe low blood sugar (or hypoglycemia) in hospitalized patients with diabetes.

The result: Dr. Tobin developed a staff education program and a computerized insulin dosing alert system to identify in real time which patients are at risk for a hypoglycemic event. The system then alerts the medical team so preventive measures can be taken.

The impact: In the pilot study, hypoglycemic events were reduced by 68 percent.

The future: The study led to new pharmacy and therapeutic intervention policies. Because of its success, the process is being implemented hospital-wide, across other BJC HealthCare hospitals and is being shared with other health care facilities around the country.
Our first adult liver and lung transplant recipient gets back to living

William Drabant has battled cystic fibrosis since birth. Each year, the disease progresses and takes an even greater toll on his body.

Eventually, every day became a struggle for William—a struggle to breathe, a struggle to manage his constant cough. He needed a double lung transplant, but because he also had severe liver disease, his health was even more compromised.

“I was too tired and worn out to do almost anything,” he says.

Then, in August 2012, after a thorough assessment and time spent on the transplant wait list, William became the first adult at the Washington University and Barnes-Jewish Transplant Center to undergo a liver and double lung transplant. Only 55 such surgeries have been performed in the United States to date, according to UNOS, the United Network for Organ Sharing.

“Cases in which patients have severe lung and liver disease are unusual,” says G. Alexander Patterson, MD, Washington University chief of cardiothoracic surgery at Barnes-Jewish Hospital. Patterson was the surgeon for the lung transplantation portion of the procedure.

William is doing well and is back to enjoying the things he loves: hanging out with friends and family, and playing sports. And he’s thankful for the Transplant Center and the people who cared for him.

“My team—everyone from my surgeons to the respiratory and pulmonary therapists—was great,” he says. “I feel like a whole new person.”

How we benefit the community

Barnes-Jewish is committed to the total health of its patients, assisting them beyond the medical treatment they receive.

In addition to dollars provided for transportation costs for patients, Barnes-Jewish Hospital also supports programs such as:

- The Teen Pregnancy Center
- The AWARE Program for domestic abuse
- Art therapy programs
- Trauma prevention programs
- Goldfarb School of Nursing at Barnes-Jewish College fellowships, scholarships and awards
- Support groups

On the Pulse...

Of the 433 organ transplants performed at Barnes-Jewish Hospital in 2012, 33 were multi-organ.
Foundation-supported research may help increase the number of viable organs available

William Chapman, MD, a Washington University liver surgeon at Barnes-Jewish Hospital and the Eugene M. Bricker Chair of Surgery, is studying ways to better preserve livers for transplant. His study is assessing whether a warm preservation method for organs results in less tissue injury than the commonly used cold preservation method. Chapman’s method holds promise of minimizing tissue damage so more organs can be used for transplant.

Gifts to The Foundation’s transplant patient care fund help ease burdens
Not only do transplant patients undergo radical surgery and treatments to save their lives, but many travel far from home to await transplant in St. Louis. The financial burden of travel, lodging and meals away from home adds stress to an already stressful situation. Transplant patient care funds help these patients meet their essential care needs while relieving the financial strain on their household.