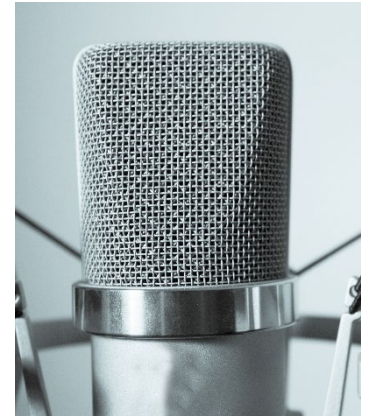


Reception Room

- **Good evening!** The meeting will start shortly.
- **Participants are muted** on entry.
- **Check the chat box:** Information about the hearing, including information about how to access captions and view the slides, is available there.
- **To view captions for this event:** You can view captions in Teams by clicking the More (...) button in the Teams window, then “Language and Speech,” and choose "Turn on live captions." You can also view the captions on the web at: <https://www.streamtext.net/player?event=MNDOH&start=0>.
- **If you have any technical issues,** please visit the [Microsoft support page for Teams](#) or email Health.HRDCommunications@state.mn.us.





Essentia Health Fosston Public Hearing

Closure of Labor and Delivery Services
January 30, 2024

PROTECTING, MAINTAINING AND IMPROVING THE HEALTH OF ALL MINNESOTANS

Your moderator for today's hearing:



Stacy Sjogren (Show-gren)
Management Analysis
and Development
Senior Consultant

Tennessean Warning

- **The Minnesota Department of Health is hosting this public hearing to inform the public as required by law.**
- **Your comments, questions, and image, which may be private data, may be visible during this event.** You are not required to provide this data, and there are no consequences for declining to do so.
- **The virtual presentation may be accessible to anyone** who has a business or legal right to access it. By participating, you are authorizing the data collected during this presentation to be maintained by MDH. MDH will be posting a transcript of this meeting to the website.
- **To opt out of the presentation, please exit now.**

6:05 p.m. – Introductions

6:10 p.m. – Welcome from MDH Health Regulation Division Director

6:15 p.m. – Overview

6:20 p.m. – Essentia Health Fosston Presentation

6:50 p.m. – Public Comments and Questions

7:20 p.m. – Essentia Health Fosston Closing Remarks

7:25 p.m. – Conclusion

7:30 p.m. – Public Hearing ends

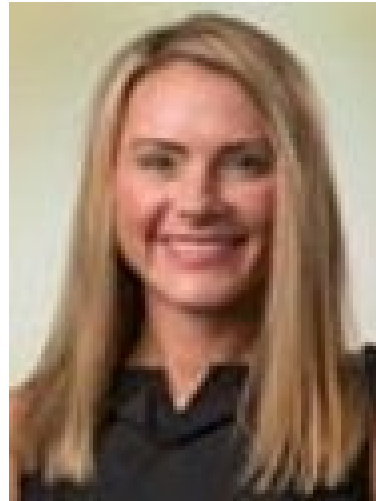
Introductions



Maria King,
MDH Health
Regulation Director



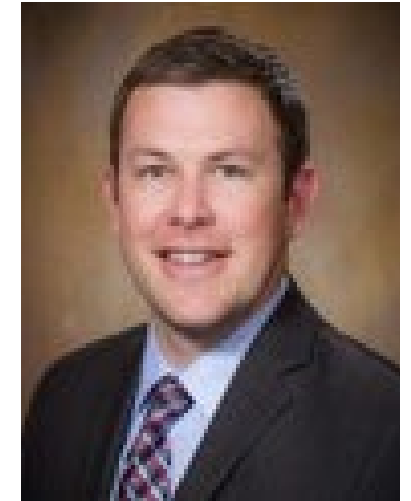
Mark Thompson,
MD
President, Essentia
Health West Market



Stefanie Gefroh, MD
Associate Chief Medical
Officer, Essentia Health
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Division Chair of
Women's and Inpatient
Children's Services



Tanner Goodrich
Senior Vice
President of
Operations,
Essentia Health
West Market



Callen Weispfennig
Administrator,
Essentia Health-
Fosston

Public Hearing Overview

- **The Minnesota Department of Health serves as a facilitator** to ensure there is public discussion and engagement for any proposed closure, reduction of services or relocation of services for a hospital or hospital campus as outlined in ([Minnesota Statutes Sec. 144.555](#)).
- **This statute gives MDH the authority to hold the meeting and to inform the public** but not to change, delay or prevent the proposed changes, closures or relocations.



Essentia Health Fosston Presentation

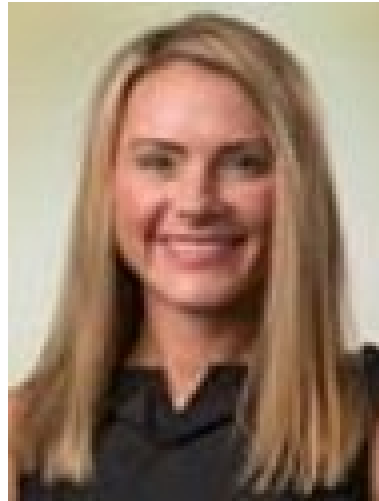
Essentia Health Fosston will provide information on the closure of its labor and delivery unit.

- **An explanation by the hospital's representatives of the reasons for diverting** their labor and delivery services to St. Mary's Regional Health Center.
- **A description of the actions that Essentia Health Fosston will take** to ensure that residents in the hospital's service area have continued access to the health services being modified.

Welcome Essentia Health Fosston Representatives



**Mark Thompson,
MD**
President, Essentia
Health West Market



Stefanie Gefroh, MD
Associate Chief Medical
Officer, Essentia Health
West Market
Division Chair of
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Administrator,
Essentia Health-
Fosston

We are called to make a healthy difference in people's lives.

Safe Newborn & Mom Care

Essentia Health-Fosston

January 30, 2024



Essentia Health

Agenda

- Resources needed for a safe, high-quality delivery
- Why we are making this change
- Challenges surrounding labor and delivery in rural hospitals
- More complex maternity care, practice standards evolving
- What is a shared care model and how does it benefit patients?



Mark Thompson, MD

President, Essentia Health West Market



Stefanie Gefroh, MD

Associate Chief Medical Officer, Essentia Health West Market
Division Chair of Women's and Inpatient Children's Services



Tanner Goodrich

Senior Vice President of Operations, Essentia Health West Market



Callen Weispfennig

Administrator, Essentia Health-Fosston

Transitioning to a safer care model

OUR COMMITMENT TO YOU:

- Lead with integrity as health care providers
- Engage in crucial conversation
- Uphold Essentia's highest priority — do no harm
 - **Safety and well-being of mothers and babies is our first consideration**
- Put our best thinking, resources and people together in pursuit of safe, reliable mom and newborn care
- Provide additional resources
- Be respectful, compassionate, caring and kind

OUR ASK FROM THE AUDIENCE:

- Be active listeners for the next 90 minutes so we can focus on the information

Patient safety story



Pregnancy, childbirth complications among women ages 18-44

CONDITIONS	PREVALENCE RATE PER 1,000		
	2014	2018	CHANGE 2014-2018
PREGNANCY COMPLICATIONS			
Gestational Diabetes	126.6	147.5	16.6%
Preeclampsia	54.2	64.5	19.0%
CHILDBIRTH COMPLICATIONS			
Eclampsia	1.1	1.7	57.9%
Cardiomyopathy	1.5	2.1	39.0%
Embolism	2.0	2.7	32.0%
Sepsis	1.7	2.5	45.1%
Transfusion	8.5	7.8	-7.8%
Respiratory Distress	0.7	1.0	46.4%

BCBS NATIONAL DATA

Complications arise in 8% of all pregnancies [[Johns Hopkins Medicine](#)]

Living with complications

- Anoxic (lack of oxygen) brain injury to newborns
- Cerebral palsy
 - The annual cost of direct care for a child with cerebral palsy, who cannot walk, is \$43,687 [[National Library of Medicine](#)]
- Paralysis
- Seizures
- Failure to thrive of newborn
- Death (mother and/or baby)

Rural hospital administrators: Best practices on labor and delivery services

Study: Hospital leaders reported the minimum number of annual births needed to safely provide labor and delivery care was **200**

STUDY RESPONDENTS:

34%

Lead critical
access hospitals

65%

Are located in
rural counties

52%

Have experienced a
decline in births

Requirements for safe labor

- Credentialed caregivers (physicians) with OB emergency intervention capabilities, including surgical OB capability
 - 20-minute response time to C-section emergency
- Emergency response training and experience for distressed newborns
- 24/7 coverage by team of caregivers — anesthesia, physicians, advanced practice providers, nursing and ancillary services

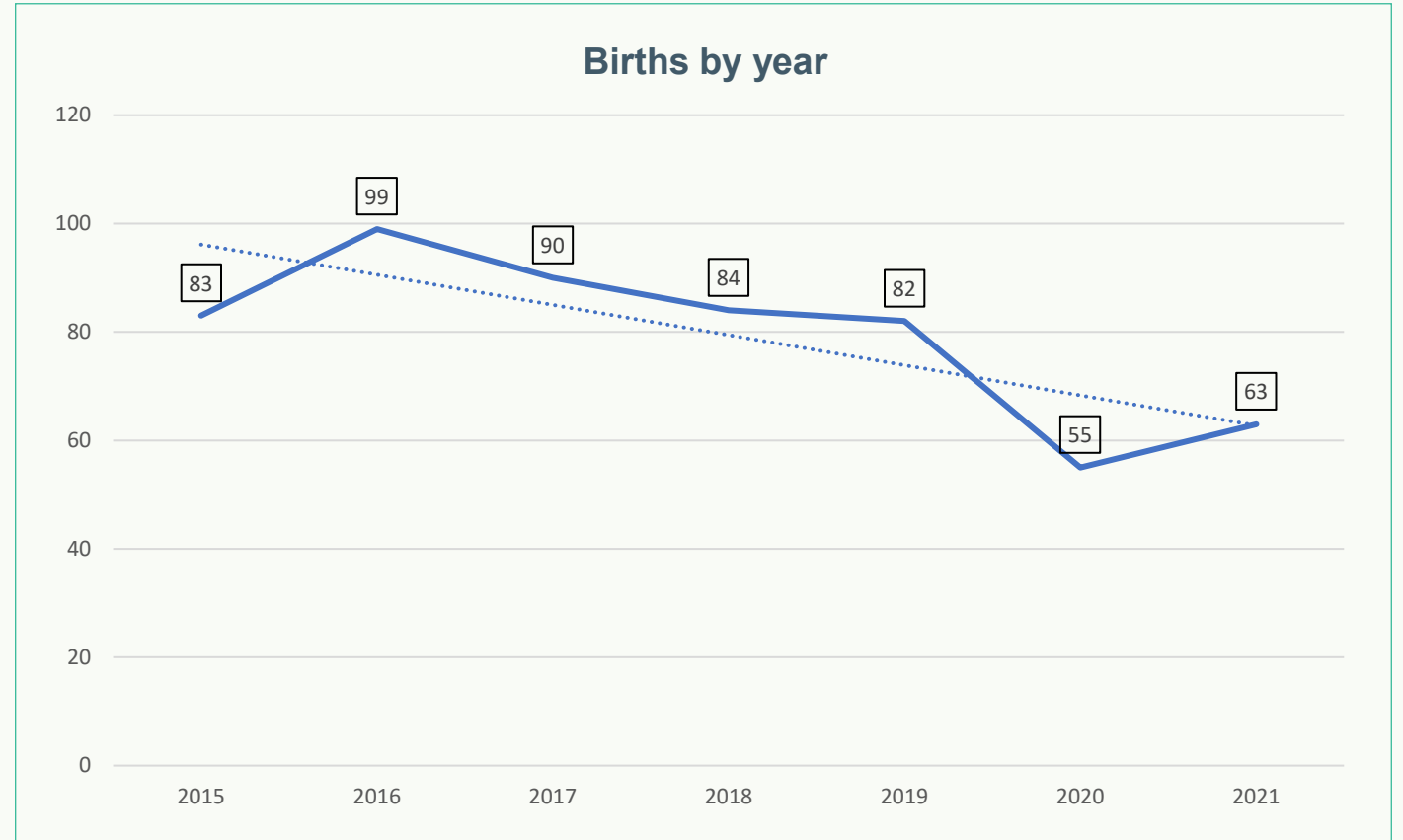
Fosston births



72 births

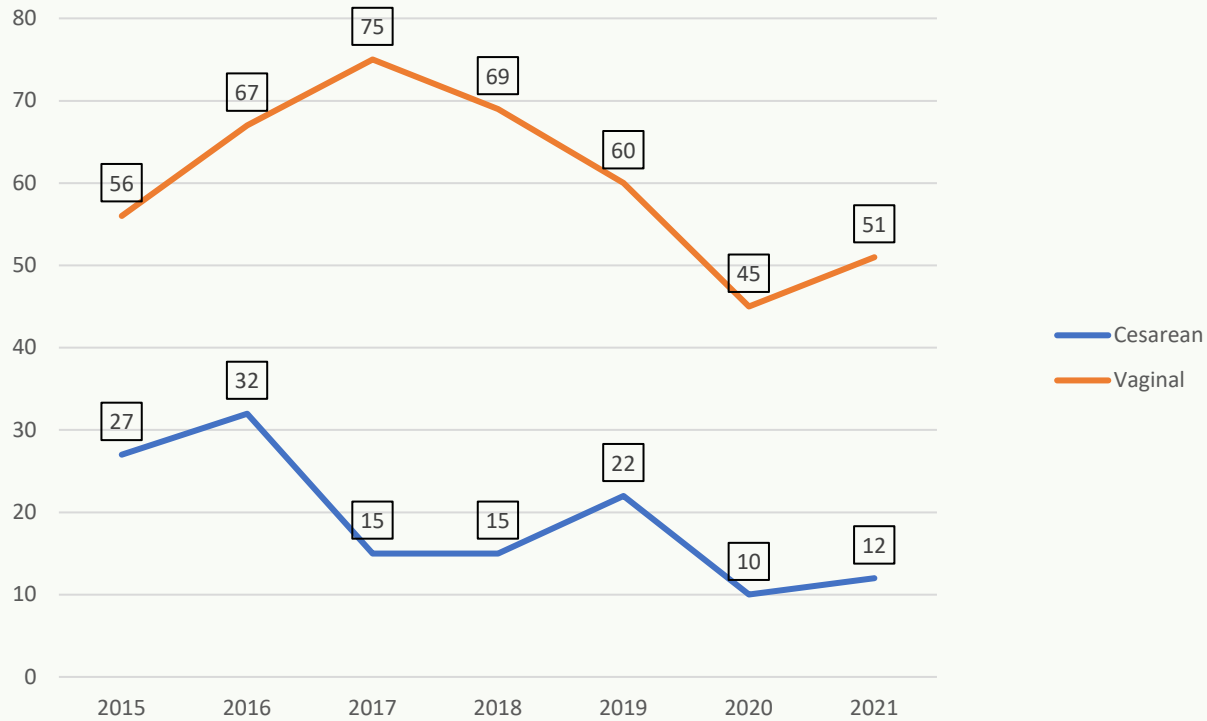
Annual average for the last five years (2017-2021)

* About one every five days

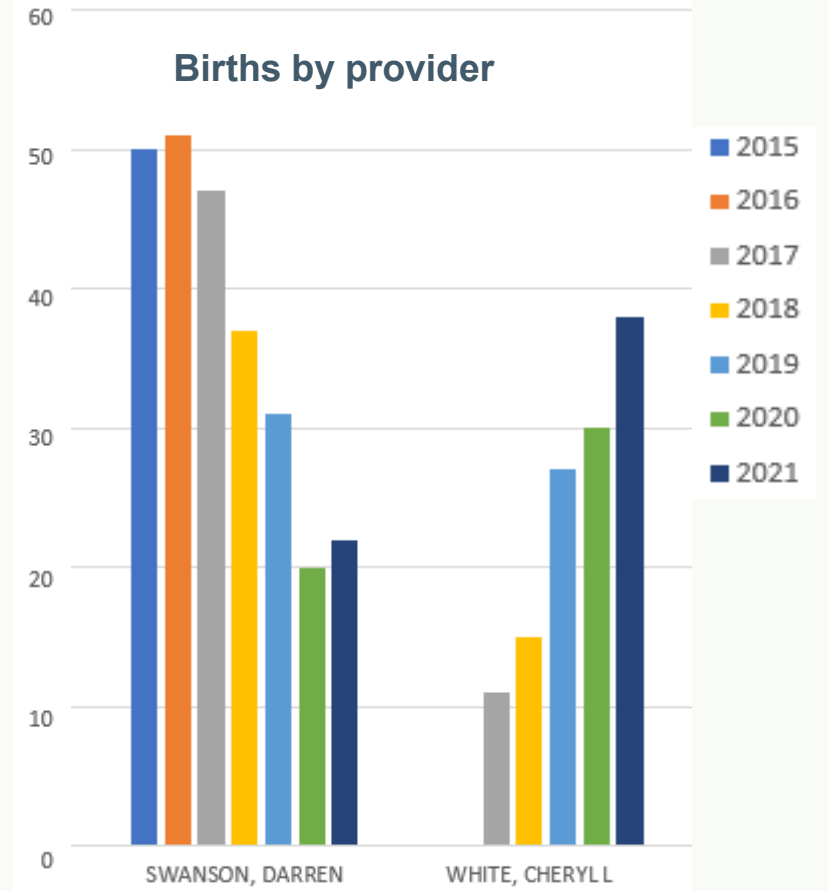


Fosston births, continued

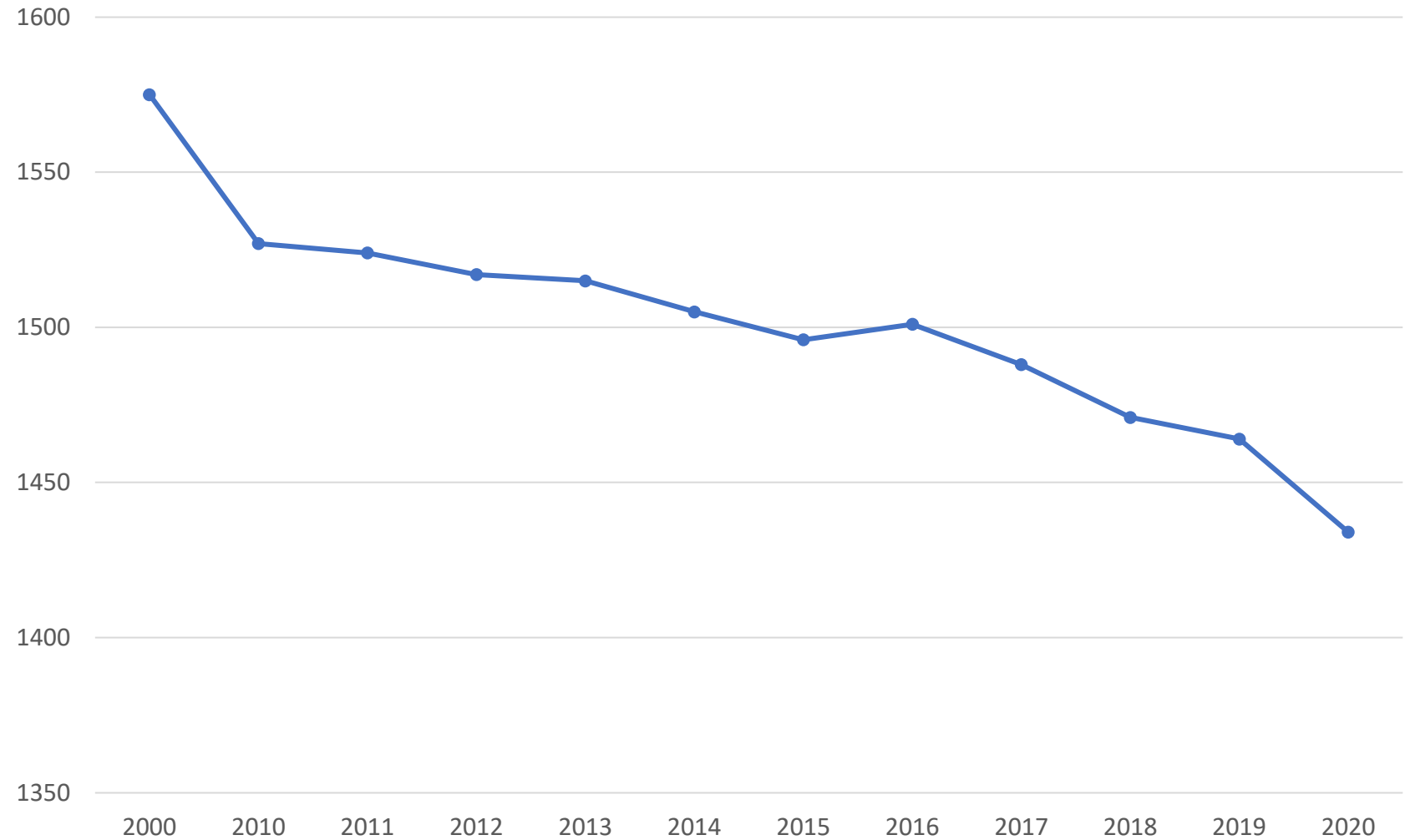
Types of births by year



Births by provider



Fosston population 2000-2020

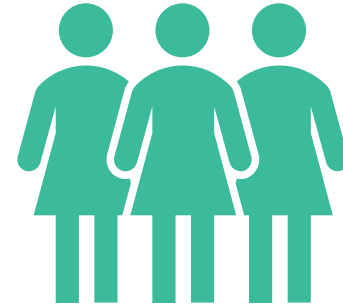


2000 population: 1,575 | **2020** population: 1,434 (about a 9% decline)

Source: [U.S. Census Bureau](#)

Looking ahead

Fosston service area



-4.9%

Expected decline of females of childbearing age in the Fosston area in the next five years

	Fosston Market	State of Minnesota	United States
	2023-2028 % Change	2023-2028 % Change	2023-2028 % Change
Females (15-44)	-4.9%	0.7%	0.2%

Data on low-volume birth centers

Maternal outcomes at rural hospitals hinge on delivery volume

- “Excess severe maternal morbidity (complications) in lower-volume rural hospitals” [[MedPage Today](#)]
- Increased risk of severe maternal morbidity (complications) for low-risk and higher-risk OB patients who delivered at rural hospitals with low birth volumes [[JAMA Network](#)]
- Low-risk patients giving birth at low-volume rural facilities (10-110 birth annually) had more than double the risk of severe maternal morbidity [[JAMA Network](#)]

We are called to make a healthy difference in people's lives.

Essentia Health's response



Essentia Health

Shared maternity care

- Increasingly common care model
- Local family physicians provide OB care for pregnant patients, including ultrasound, laboratory, check-ups
- Collaborate with OB/GYN specialist at the hospital where labor and delivery occurs
- Benefits include improved continuity of care, patient satisfaction, more favorable outcomes



OB services include entire pregnancy journey

AVAILABLE
IN
FOSSTON

- Preconception care: Counseling, meds, prenatal visits, etc.
- Prenatal care: Lab, ultrasound, education, monitoring, manage complications
- Delivery care: Complex/resources
- Newborn care: Resuscitation, education, lab, managing complications

AVAILABLE
IN
FOSSTON

- Postnatal care: Lab, education, managing complications



Shared care program performance & quality is monitored with multiple metrics via Essentia's Ambulatory Care Dashboard (ACD)

Detroit Lakes: Expert, compassionate care



Key takeaways

- Shared maternity care model provides coordinated care for Fosston families
- Mom and baby care is changing, becoming more complex
- Fosston hospital would likely remain a low-volume birthing center for the time being: There are risks associated that impact the well-being of moms and babies
- Recruiting of clinicians, maintaining surgical and nursing competency, and regulatory and credentialing requirements are often more complicated to maintain in low-volume birthing centers

Essentia Health is committed to the Fosston community



Essentia Health is committed to safety and quality care

What's next?

- We don't believe labor and delivery care can be offered in Fosston in a way that is safe and sustainable
- Essentia will continue to engage with the City about this important issue



Essentia is fully committed to remaining in this community

Keeping our patients at the center of this dialogue

- How do we fulfill our obligations to new moms in designing safe and sustainable models of obstetrical care?
- What information do you need from us as health care and community leaders?
- How do we best proceed in the face of environmental conditions such as population decline, workforce shortages and volumes needed to keep teams sharp and ready for obstetrical emergencies?



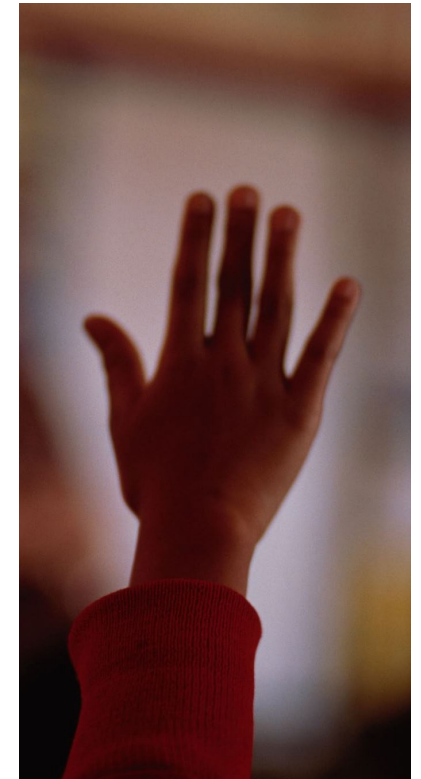
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Discussion



Essentia Health

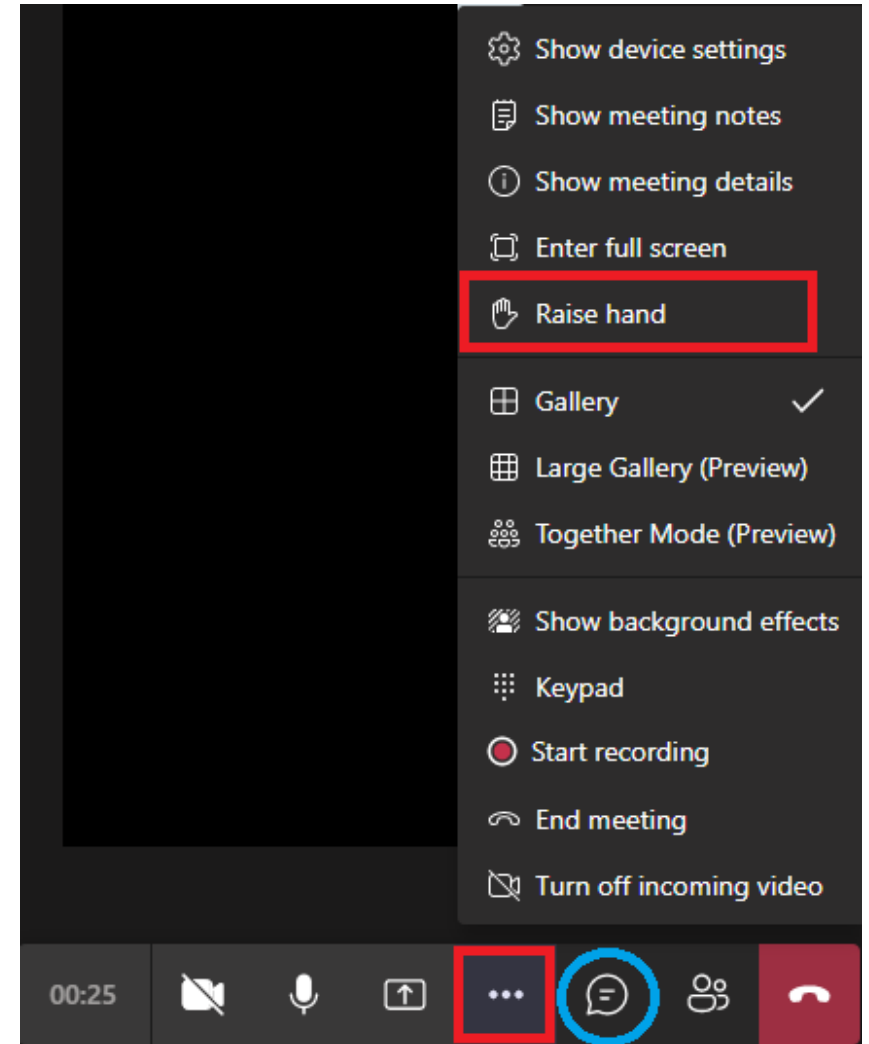
- **We welcome your comments and questions.**
- **Each person will have up to three minutes** to ask a question or provide public comment.
- **Please remember that the information you are sharing is being shared virtually for a public forum.**
- **Essentia Health Fosston will have up to three minutes to respond** to each of the questions and/or comments.



How to Comment

Two ways to ask a question or provide a comment:

1. Raise your hand (outlined in red).
 2. Click the Chat bubble (circled in blue) to open the chat.
- For phone attendees, press ***5** to raise your hand, and ***6** to unmute/mute yourself.
 - **We will select speakers** in order and add questions from the chat throughout the public comment period.
 - **Please be respectful.** Abusive, slanderous (comments meant to discredit or malign someone) and vulgar language will not be tolerated.



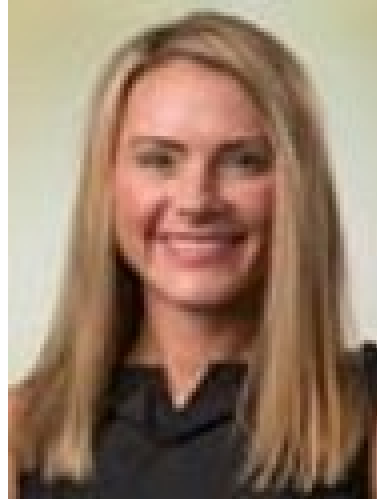
Last question with 5 minutes remaining



Essentia Health Fosston Closing Remarks



**Mark Thompson,
MD**
President, Essentia
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Callen Weispfennig
Administrator,
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Fosston

- Thank you for participating in the Essentia Health Fosston public hearing.
- The statute ([Minnesota Statutes Sec. 144.55](#)) gives MDH the authority to hold the meeting and to inform the public but not to change, delay or prevent the proposed changes, closures or relocations.
- You may provide comments or feedback on the [hearing website](#).
 - Comments for Essentia Health Fosston will be accepted until January 18, 2024.
- A transcript of the meeting will be available on the hearing website in 7-10 business days.



Maria King,
MDH Health Regulation Director

Thank you!

Health Regulation Division Federal Licensing Team

Health.HRD-FedLCR@state.mn.us