

# Annual Report

## 2021

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[WWW.batemanhornecenter.org](http://WWW.batemanhornecenter.org)

# Message From Our Executive Team

Bateman Horne Center (BHC) successfully navigated 2021, our second full year under COVID health protocols, with important advances in the battle against myalgic encephalomyelitis/chronic fatigue syndrome, fibromyalgia, and now long COVID (ME/CFS, FM, LC). Continued support from generous donors and grantors combined with a second federal Paycheck Protection Plan CARES grant (PPP) made this possible. Telehealth is here to stay and has proven to be an important and viable consult delivery tool for care especially with remote and less-mobile patients.

BHC said goodbye to a long-time provider associate to retirement and hired two new providers who have quickly embraced the BHC mission and are delivering high quality services under the mentorship of Drs. Bateman and Yellman. This additional capacity gave BHC a unique opportunity to see a group of long COVID patients experiencing long hauler syndrome. This experience provided unique insights to the symptomatic characteristics of patients in their first year of a post-viral syndrome.

BHC's proactive approach to studying and assisting long COVID patients opened the door to expanded research partnerships with the University of Utah and existing NIH partners. BHC added several high-quality research coordinators that brought a new level of proficiency and expertise to help drive these opportunities.

BHC also strengthened its position as the leader in the production and distribution of educational resources for patients and specifically for providers. We expanded our website offerings and virtual trainings, and have been engaged as the recognized experts on these illnesses for several 2022 Project ECHO® (Extension for Community Healthcare Outcomes) series with key academic partners.

The future is challenging but full of promise as BHC seeks funding to expand provider capacity, drive innovate research, and expand educational reach. We continue to make a difference in the lives of those who suffer from ME/CFS, FM, and LC.

The following report highlights some of BHC's 2021 successes. Thank you for helping make BHC's Mission Possible.

Your BHC Executive Team



Lucinda Bateman, MD  
Medical Director



Suzanne Vernon, PhD  
Research Director



Rob Ence, MBA  
Executive Director

# Mission Possible

The Bateman Horne Center (BHC) is a non-profit, interdisciplinary Center of Excellence where clinical care, research, and education meet to collectively advance the diagnosis and treatment of myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), fibromyalgia (FM), post-viral syndromes, and related comorbidities.

- ▶ BHC provides expert consultation and experienced clinical care providing patients with a differential diagnosis and health management plan.
- ▶ BHC drives innovative and emerging research pathways to define core signs, symptoms, and decrements in specific functioning.
- ▶ BHC provides educational resources and programming to informed by our research and clinical care.



*BHC is the organization with the greatest promise to improve the lives of those impacted by ME/CFS, FM and post-viral illnesses because of our unique model of clinical care, research, and education.*

# Program Highlights

## 2021 Milestones

### Clinical Care

The pandemic inserted BHC into the global conversation of post-COVID-19 sequelae (PASC or long COVID). BHC contributed its voice and experience and:

- Added two additional advance practice clinicians to expand capacity.
- Lectured and mentored several specialties across the health care spectrum.
- Engaged long COVID patients and collaborated with the U of Utah Long COVID clinic and its providers.

### What's Next

- Expand provider and support teams.
- Mentor and train providers.

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### Research

Eligible patients participated in a variety of ongoing research opportunities including biomarker discovery, developing point-of-care measures, and clinical trials. These efforts drive real-time learning by generating knowledge and data that are translated into innovative research projects and partnerships, educational assets, and inform clinical care.

- Worked with first year long COVID patients to demonstrate that early diagnosis and management can mitigate progression and inform the root causes of ME/CFS/FM.
- Long COVID patients participated in BHC's NIH-funded ME/CFS research to determine the similarities and differences between ME/CFS and long COVID.
- Partnership formed with the University of Utah on the NIH PASC Initiative.
- BHC's unique collective of ME/CFS/FM and post-viral expertise continues to be in demand for research collaborations.

### What's Next

- Expand academic partnerships.
- Conduct BHC sponsored research.

### Education

BHC created education that transforms the way patients are cared for. BHC accelerated its activities to bridge the gap and translate the science into clinical practice throughout 2021 highlighted by:

- Increased repository of online resources making BHC's website the respected/trusted source for researchers, clinicians, patients, and their care network.
- Lectured and held continuing education events reaching over 800 clinicians across the United States, Canada, United Kingdom, Australia, New Zealand, and Norway.
- Served as an active participant, consultant, and mentor to the long COVID Alliance, University of Utah Health, Utah Medical Association, Canada's ICanCME Research Network, and others.
- New video series on ME/CFS, Orthostatic Intolerance, and long COVID with an aggregate viewership of 30,000 + in the first five months of release.
- YouTube asset views during the past 18 months exceeds 210,000 with over 100,000 viewed hours.
- Support groups, Q&A sessions with BHC providers.

### What's Next

- New and deeper academic collaborations.
- New provider materials and mentoring opportunities.

# Strategic Value Proposition

## **Global End Goal**

People with ME/CFS, FM, post-viral syndromes, and related comorbidities live improved lives through universal access to evidence-informed, precision medicine.

## **Mission**

We empower patients, advance research, and improve clinical care for all those impacted by ME/CFS, FM, post-viral syndromes, and related comorbidities.

## **Vision**

We envision a world where patients with ME/CFS, FM, post-viral syndromes, and related comorbidities are readily diagnosed, effectively treated, and widely met with empathy and understanding.

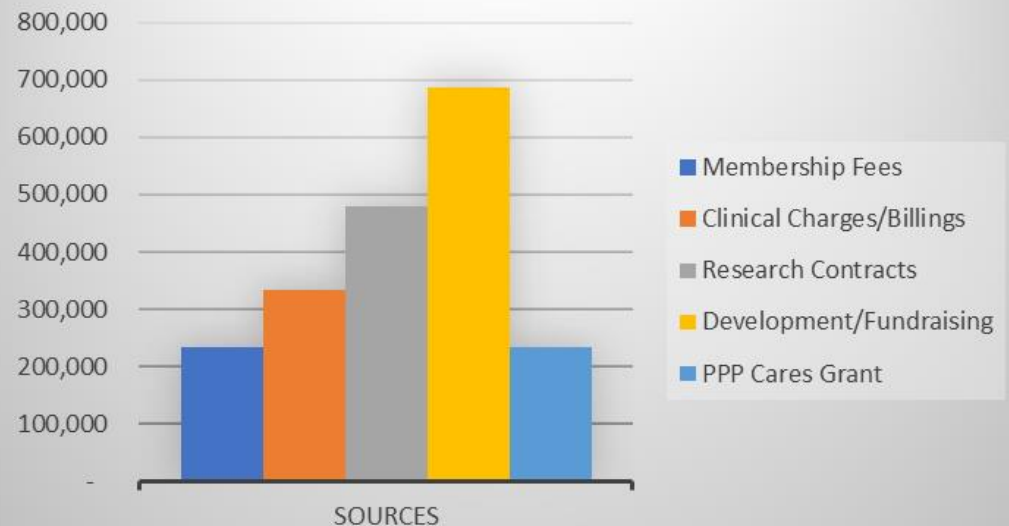
## Supporting BHC's Mission Possible

BHC addresses the real-world of ME/CFS, FM, and post-viral syndrome limitations including narrowed options for patients to access quality clinical care, underfunding of research initiatives, and need for informed educational resources for patients and healthcare providers.

## Funding Priorities and Opportunities

- Provider Education - creation and production of resources, mentoring.
- Friends of Shauna B Horne - financial support of clinical care for financially vulnerable individuals.
- Innovative Research - Fosters BHC-led research projects.
- Provider Recruitment - Assists in recruitment and training new providers.

## 2021 BHC Revenue Sources



# Message From The Board Chair



## Board of Directors

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**Jessica Turner**

**Rob Ence, Executive Director, MBA, (Advisory)**

The Board of Directors is pleased to report that 2021 was a very productive and rewarding year for BHC. Operating in the second year of the COVID-19 era, research projects formerly on hold were re-opened and new opportunities with academic partners were formed, some with a focus on long COVID studies. Clinical care added two experienced advance practice clinicians and expanded other clinical and research coordinating staff. The clinic team engaged long COVID patients to significant effect so that future care will be better informed on first year post-viral impact on patients and the parallels with ME/CFS.

The educational program, academic collaborations, and support groups achieved unexpected heights and have positioned BHC as the go to organization for provider education and mentoring. The entire BHC team continues its deep commitment to mission and purpose.

The Board of Directors has performed its governance in a professional and collaborative manner. Three new members were welcomed to the board and one retired. We continue to provide oversight on accountability for BHC while representing our community of stakeholders.

Our Mission Possible theme accurately describes our universal belief in our work and acknowledges that regardless of our team's talent and intentions, none of this would be possible without your generosity and foundational support. Please continue to support our efforts.

Mary Sue Rominger, Board Chair

**BHC Community:** The Board of Directors are stewards of the efforts and talents of those who have built this organization and represent the needs and values of the BHC Community which is defined as patients and their advocates, healthcare providers, researchers, and community educators.