Guild Supports Hospital with Retail Therapy

Months After Stroke, Mrs. Clark Goes to Europe
Jim Carey Distributing earned this year’s STHF Spotlight Award, nicknamed, “The Adrian,” in honor of Adrian B. Cairns Jr. MD, first chairman of the STH Foundation Board of Trustees.

Past recipients of the award include Liberty Self Storage, Mele Printing, Christwood Retirement Community and Honda of Covington, among others.

This year’s speakers included Nicole Suhre, newly named foundation executive director, who thanked attendees for their record-breaking support in 2015, and Bruce Boyea, nutrition services director for the state Department of Health and Hospitals, who addressed the donor perspective on behalf of the National WIC Association, which awarded a significant grant to the STPH Community Wellness Center in 2015 for nutritional initiatives.

Foundation Trustee Mary Lee and Foundation Associate Colleen Bonvillain read aloud names of donors whose previous year’s giving afforded them a plaque on the Donor Wall of Honor or whose gift achieved a new plateau of giving.

Guests capped off the evening with a champagne bar and sumptuous dessert buffet.
Golfers hit the greens in May to support the St. Tammany Hospital Foundation for the fifth annual Get Lucky! Golf Tournament on lucky Friday the 13th.

Since 2012 the tournament has raised nearly $240,000 for world-class healthcare at St. Tammany Parish Hospital.

2016 tournament winners were Resource Bank, first place; Regional Radiology, second place; and Parish Concrete, third place.

Sponsored by Canteen Vending Services, the day of fun, food and friendly competition at Tchefuncta Country Club began with lunch by Mugshots followed by food and beverages from local vendors on the course and a chance to win one of two vehicles from Honda of Covington. The post-play fun included a buffet with open bar and a “Lucky Friday” after-party sponsored by STPH regional partner Ochsner Health System.

Successful Transition after Discharge
STPH Transitional Care Clinic Prevents Readmissions

St. Tammany Parish Hospital’s new Transitional Care Clinic provides treatment and services to reduce hospital readmissions among high-risk patients.

Patients who are older or have multiple chronic conditions such as heart failure and COPD are especially vulnerable as they transition from hospital to other care settings, including home or long-term care facilities.

Confusion over changes in prescriptions or other aspects of care is frequently to blame when a patient’s condition worsens, and he or she returns to the hospital for readmission, explained Craig Seichsnaydre MD, STPH hospitalist.

STPH caregivers call high-risk patients within 48 hours of discharge to check on their wellbeing. Since the clinic opened in February, qualified patients also receive appointments for the Transitional Care Clinic within seven to 14 days of discharge.

The appointments provide a chance for patients and family members to ask additional questions about their treatment and care regimen.

STPH’s new electronic health record gives the Transitional Care Clinic staff immediate, comprehensive access to patient health information and gives the patient online access via MyChart.

“We talk with patients while they are in the hospital, but it can be a challenge for patients to remember. There is so much information to absorb that sometimes there is still misunderstanding,” said Dr. Seichsnaydre. “This is an additional opportunity to help them understand medication, results of earlier tests and their ongoing care.”

Patricia Perilloux was seen at the clinic several times during her 30-day transition period after hospitalization at STPH for a heart attack. Dr. Seichsnaydre made adjustments to her medication and arranged for supplemental home oxygen.

The clinic staff also helped 66-year-old Perilloux find a local primary care physician, something she had not had a chance to do after a recent move to Covington.

“I had really good care all around,” said Perilloux, who was not readmitted during the 30 days after discharge. “Now I’m all set up with my own doctor, too.”

The Transitional Care Clinic is located in the Paul D. Cordes Outpatient Pavilion one mile south of the main hospital campus.
Heart to Heart Vol 12: No 3 Summer 2016

Guelda Clark spent spring 2016 planning for a summer trip to London and Paris. That the 80-year-old Covington grandmother was gearing up for a two-week trip to Europe is remarkable given her recent medical history. Last fall, Clark experienced an ischemic stroke that left her temporarily unable to walk or speak.

“I’ve bounced back,” Clark said. “I have so much to be thankful for.”

Clark’s story shows the importance of immediate medical treatment in minimizing the long-term effects of stroke on brain function and improving the odds of survival. Her treatment also demonstrates an important element of the strategic partnership between St. Tammany Parish Hospital and Ochsner Health System: expanding patient access to state-of-the-art neurosciences treatment to ensure the best outcomes for stroke patients.

STPH’s 2015 certification as an Advanced Primary Stroke Center means local emergency responders bring patients showing symptoms of stroke directly to the hospital if it is the closest emergency facility. Its partnership with Ochsner, a certified Comprehensive Stroke Center, gives STPH immediate, around-the-clock access to specialized medical expertise and technology to treat the most complex stroke cases.

Speed is essential to effective stroke treatment because the interruption of blood flow to the brain can destroy as many as 1.9 million neurons per minute. For that reason, understanding stroke symptoms such as sudden confusion, numbness and weakness—and immediately calling 9-1-1—is critical to optimal recovery.

Clark benefitted from well-informed and speedy decisions from the moment she first began experiencing signs of stroke last September. She was relaxing in her living room after dinner when she realized something was wrong and called out to her husband, Northshore dentist Bob Clark. When Dr. Clark saw his wife slumped in a chair, he did precisely what medical experts recommend: he called 9-1-1, calling the couple’s adult children only after an ambulance was on the way.

“He made a critical, smart decision about her care,” said Toby Tournillon, STPH neurosciences clinic nurse specialist. “Sometimes people think they can beat the ambulance by driving to the hospital themselves, but research shows you get professional treatment faster and you get stroke patients better care if you call the ambulance.”

Fast action is also crucial because the effectiveness of the only FDA-approved treatment for ischemic stroke depends on speed. Tissue Plasminogen Activator, or tPA, is the gold standard in stroke treatment, but in most cases it must be administered by intravenously within four and a half hours of onset of symptoms.

Clark received the clot-busting drug about 45 minutes after she arrived at STPH’s Emergency Department. She was also evaluated in the ED by an Ochsner vascular neurologist via telemedicine that enabled the specialist to see and hear Clark to determine the best course of treatment.

That assessment prompted transport by helicopter to Ochsner in New Orleans for possible clot removal. It turned out Clark did not need the additional procedure, called a thrombectomy, because she showed rapid improvement as the helicopter flew toward Ochsner.

“Her symptoms were resolving as she flew to Ochsner,” said Tournillon. “Her improvement was almost immediate as the clot dissolved.”

Clark continued her recovery during a 12-day stay at Ochsner, where a heart monitor was implanted into her chest for a heart condition. She returned to STPH for another 12-day stay that included intensive inpatient rehabilitation to improve her balance, strength and speech.

“These days Clark often walks at home unassisted and uses a cane for balance. She is nothing short of thrilled to be taking her first European vacation.

“My doctor says I’m ready to go,” she said with a smile.
**Safeguarding the Power of Antibiotics**

STPH Antibiotic Stewardship Team Stresses Right Dose and Right Duration

For its efforts in antibiotic stewardship, St. Tammany Parish Hospital was featured in a report from The Pew Charitable Trusts as a community hospital that is leading the way in the fight against antibiotic resistance. Antibiotics save lives by making once-lethal infections treatable. However, unnecessary use contributes to growing antibiotic drug resistance across the U.S. and exposes patients to serious side effects.

Infectious disease specialist Michael Hill MD leads the STPH antibiotic stewardship program that promotes optimal use of antibiotics. The program was created in July 2013 and includes clinical pharmacists, hospitalists, microbiologists and an infection preventionist.

"The big focus is to maintain antibiotic effectiveness," said Dr. Hill, who noted that up to 50 percent of prescribed antibiotics are unnecessary.

Prescribing antibiotics when they are not needed offers no clinical benefit and puts patients at risk for potentially serious adverse drug reactions and Clostridium difficile diarrhea. In some cases they are prescribed for viral infections and other conditions that will safely resolve on their own.

"These conditions include mild upper respiratory infections such as acute bronchitis that typically do not require antibiotics," Dr. Hill said.

The stewardship program reflects the Infectious Disease Society of America best practices that include a review of the need for long-term antibiotics. STPH recently installed medical software that prompts the hospital physician to review the necessity of antibiotics after two days of use.

Part of the stewardship program is physician and community outreach to assist in guiding primary care physicians and other specialties in proper antibiotic utilization, which includes a brochure for patient education emphasizing the appropriate use of antibiotics in urinary tract infections. The message continues to expand to additional settings in St. Tammany Parish through meetings with medical directors, nurse practitioners and nurses at long-term acute-care and skilled nursing facilities. Future initiatives include meetings with Northshore pediatricians and development of pediatric-focused patient education.

"Antibiotics are useful, but it is imperative that their use be limited to appropriate patients to prevent the development of antibiotic resistance," Dr. Hill said.

**Back on the Dance Floor**

Outpatient Therapy at STPH Helped Stroke Patient Do What She Loves Best

Outpatient rehabilitation at St. Tammany Parish Hospital helped Patricia Moore regain strength, balance and the ability to walk after a stroke in 2015 left her unable to move the right side of her body.

Occupational and physical therapy at STPH also helped the 62-year-old grandmother get back to what she likes best: line dancing with members of her extended family at weddings and other celebrations.

"That’s what we do," Moore said.

Each year, about 700,000 people in the U.S. suffer a stroke, according to the National Institutes of Health. Roughly two-thirds survive and need rehabilitation to regain functions essential for daily life and maximum independence, including lost speech and movement.

STPH outpatient rehab includes therapy for neurological diagnoses like stroke as well as orthopedic therapy, hand therapy, lymphedema management and pediatric therapy.

For Moore, occupational and physical therapy sessions at STPH were transformative in her recovery. (Moore’s speech was not affected.)

She quickly progressed from a wheelchair to a walker after beginning outpatient therapy in early spring 2015. By summer, she was walking for progressively longer distances on her own, and leaving less on STPH physical therapist Cheryl Lyons for balance during therapy sessions.

"She just got better and better," Lyons said.

Getting therapy at STPH was important to Moore, who temporarily relocated from Chalmette to the Northshore to participate in therapy at the outpatient facility and to be close to her children and grandchildren.

"Seeing my grandchildren every day really helped me out," Moore said.

Her therapy was highly personalized from the beginning. After learning that Moore enjoyed line dancing, Lyons incorporated it into therapeutic motions and strength-building exercises. Lyons used popular line-dancing songs during Moore’s sessions, even taking a line-dancing class to better understand her patient’s goal of returning to the dance floor.

"I can do it," Moore said.

As for line dancing, she has already gone dancing three or four times since her stroke.

"I stay at the edge of the dance floor, but I can do it," Moore said.

Cheryl Lyons PT used popular line-dancing songs during Moore’s sessions, even taking a line-dancing class to better understand her patient’s goal of returning to the dance floor.
Employee Donor Wall Celebrates Giving

A secret to St. Tammany Parish Hospital’s healing work is the generosity of its employees. A new Employee Donor Wall celebrates staff support of a variety of St. Tammany Hospital Foundation equipment purchases, projects like the Healing Arts Initiative, an on-campus exercise/walking trail, dedicated pediatric emergency services in the expanded Emergency Department and much more.

“Generosity of Spirit, Dedication to Healing”

STPH employees and volunteers have given more than $1,067,000 since 2004 through the WE Care Campaign, in 2015, 624 employees and physicians donated more than $87,160 to the foundation, with the vision to enhance the services and care provided at STPH.

Gift Shop Offers More than Just Gifts

Members of the St. Tammany Hospital Guild serve diligently every day as volunteers at St. Tammany Parish Hospital. Beyond their devotion to departments throughout the hospital, Guild members are also the smiling faces in the St. Tammany Hospital Gift Shop.

The shop offers a variety of gifts, including plants, balloons, wedding and baby gifts, plus items for all occasions. The Guild uses all proceeds from Gift Shop sales to benefit the hospital. Each year the Guild awards $1,100 nursing and allied health scholarships to hospital employees. The Guild also uses their Gift Shop funds to benefit the St. Tammany Hospital Foundation each year. From their 2015 proceeds, the Guild donated $12,000 to the foundation.

St. Tammany Parish Hospital

Numerous national organizations have recognized St. Tammany Parish Hospital for the excellent standard of care and safety it provides patients. One of only 798 hospitals nationwide to earn an ‘A’ for safety, STPH ranks among the top hospitals in the United States, according to Hospital Safety Scores announced by The Leapfrog Group.

Receiving honors from the community only affords STPH the chance to turn the spotlight on dedicated staff, who always provide the highest quality care and comfort.

STPH received five-star ratings for 2016 by Healthgrades for Cardiac, Pulmonary, Gastrointestinal, Critical Care and Nine Years of Outstanding Patient Experience.

Five-star ratings are awarded annually to STPH by U.S. News & World Report, and are based on patient surveys completed during hospital stays. STPH received a five-star rating from U.S. News & World Report in 2016 for both Cardiac and Critical Care.

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The STPH Cardiac Center was the recipient of the 2017 New Orleans Leaders in Excellence Award. STPH also received national awards from Women’s Choice Award for Heart, Cancer, Orthopedic, Obstetrical Care and Patient Experience.

To become involved with the St. Tammany Hospital Guild, contact Shirley Primes at 985-898-4008 or sprimes@stph.org.

Visit rewardsvsawards.com to learn about all of our recent honors.

Get Involved

Heart to Heart

Tying Patient Care to National Rank

Learn More

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Female patient satisfaction, clinical excellence and what women say they want from a hospital.

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STPH CALENDAR HIGHLIGHTS

As the Northshore’s community health network, St. Tammany Parish Hospital hosts events, meetings and opportunities for you to improve and maintain your physical and emotional well-being. We’ve provided a short sample of the many upcoming events below. Please check stph.org/calendar and your local newspaper for additional learning opportunities for individuals of all ages.

### For New Parents

**New Family Center Tours**
- New Family Center Tours
- 1st and 3rd Saturdays | 10 a.m. to noon
- STPH New Family Center | Free
- Learn about our private birthing suites, rooming in, skin-to-skin program and more. 985-898-4436

**Prepared Childbirth**
- Tuesdays, August 9 & 16, October 11 & 18 | 7-9 p.m.
- STPH Conference Room | Free
- Learn the physical and emotional changes that occur, how your baby develops throughout pregnancy, the signs and stages of labor, what to expect during childbirth and the breathing and relaxation techniques used during labor. Anesthesia options will be discussed. 985-898-4083

**Baby Care Basics**
- Tuesdays, July 26, August 23, September 27 | 7-9 p.m.
- STPH Conference Room | Free
- Learn helpful hints and what to expect when caring for your new baby. 985-898-4083

**Art of Breastfeeding**
- Mondays, September 19 & 26 | 6:30-8:30 p.m.
- STPH Parenting Center | Free
- Discuss benefits of breastfeeding as well as common concerns of the early breastfeeding period to create a positive and successful breastfeeding experience. 985-898-4083

**New Baby Support Group**
- Every Thursday | 11:15 a.m. to noon
- STPH Parenting Center | Free
- Join other mothers and their little ones to discuss child development and parenting tips with professionals as well as other parents. ksupan@stph.org or 985-898-4435

### For the Grown-Ups

**Living Tobacco Free**
- Wednesdays, September 14 – October 19
- Noon to 1 p.m. or 5:30-6:30 p.m.
- STPH Conference Room | Free
- Gain the tools and resources you need to quit smoking for good. 985-898-4468

**Co-Parenting Classes**
- Mondays, August 15 & 22; October 3 & 10 | 6-8 p.m.
- STPH Parenting Center
- $30/members
- $35/nonmembers
- For divorcing parents to learn methods and communication skills that help keep children out of a divorce. Children’s version available to help them as parents go through divorce. ksupan@stph.org or 985-898-4435

**Sister Survivors Support Group**
- 1st Tuesday of each month | 7 p.m.
- Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital
- Free
- Support group open to any female cancer survivor, whether currently receiving treatment or has completed treatment for any cancer diagnosis. jfreudenberger@marybird.com or 985-276-6832

**Grief Support Group**
- 1st Wednesday of each month | 3 p.m.
- STPH Madisonville Conference Room
- For adults who have suffered loss. dvanek@stph.org

**1 in 4 St. Tammany**
- 2nd Tuesday of each month | 6 p.m.
- STPH Women’s Pavilion Conference Room
- Supports mothers, fathers and their families that have experienced a pregnancy or infant loss. jsims@stph.org

### For the Kids

**Play and Learn**
- Tuesdays, August 9, 16 & 23; September 13, 20 & 27; October 4 & 25 | 9:30-10:15 a.m.
- STPH Parenting Center
- $15/members
- $24/nonmembers
- ksupan@stph.org or 985-898-4435

**Ballet**
- Wednesdays, September 7, 21 & 28 | 9:15-10 a.m.
- STPH Parenting Center
- $21/members
- $30/nonmembers
- ksupan@stph.org or 985-898-4435

**Cuddle Buddies**
- Thursdays, August 11, 18 & 25; September 15, 22 & 29; October 6, 20 & 27 | 10:30-11 a.m.
- STPH Parenting Center
- $6/members
- $12/nonmembers
- ksupan@stph.org or 985-898-4435

**Children in the Middle**
- Mondays, August 15 & 22; October 3 & 10 | 10 a.m. to noon
- STPH Parenting Center
- $10/per child
- 985-898-4435

### Returning this Fall …

![Gurney Games](image)