

# Heart to Heart

St. Tammany  
PARISH HOSPITAL

## Guild Supports Hospital with Retail Therapy



Months After Stroke,  
Mrs. Clark Goes  
to Europe



1202 S. Tyler St.  
Covington, LA 70433  
985-898-4000  
www.stph.org

**Our Mission**

A full-service acute care facility committed to providing world-class healthcare and the latest technology, St. Tammany Parish Hospital delivers today's life-improving procedures with the utmost care to area residents with emphasis on wellness, preventive care and disease management close to home. STPH is a self-supporting not-for-profit community hospital; it receives no tax funding. STPH.org

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St. Tammany Parish Hospital  
Communication Department  
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# A Sweet Celebration of Dedicated Supporters

St. Tammany Hospital Foundation honored the generosity of 2015 donors, volunteers and friends during a sweet-themed celebration at Tchefuncta Country Club.

Dessert-inspired decorations, gold and pink colors, soft lighting, live jazz and individual Bundt cakes for every guest set the tone for the May 19 Donor Recognition Celebration, "You're Just Too Sweet."



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. This award is presented each year to an organization that has provided exceptional in-kind donations to the foundation. Rock Kendrick, current board chairman, presented the Adrian to Chuck Carey, company president, citing the company's generous support of the Get Lucky! Golf Tournament since its inception.

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.



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www.sthfoundation.org

**Our Mission**

The St. Tammany Hospital Foundation is a 501(c)3 nonprofit organization established to sustain the healing work of the physicians and staff of St. Tammany Parish Hospital.

**BOARD OF TRUSTEES**

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- Nicole Suhre, CFRE  
*Executive Director*



## 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 Seicshnaydre 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. The clinic also offers a range of diagnostic and therapeutic modalities, including radiology, laboratory tests, scans, intravenous fluids and medications.

STPH's new electronic health record gives the Transitional Care

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

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. Seicshnaydre. "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. Seicshnaydre 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.

## Golfers Get Lucky in Support of STH Foundation

*\$240,000 Since Inception*



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.





“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.”

– Toby Tournillon,  
STPH neurosciences clinic nurse specialist

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

**Act FAST and CALL 9-1-1 IMMEDIATELY at any sign of a stroke**

F	A	S	T
<b>FACE</b> Ask the person to smile. Does one side of the face droop?	<b>ARMS</b> Ask the person to raise both arms. Does one arm drift down?	<b>SPEECH</b> Ask the person to repeat a phrase. Is their speech strange?	<b>TIME</b> If you observe any of these signs, call 9-1-1 immediately.

1-800-STROKES (787-6537) • WWW.STROKE.ORG

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.

She continued with outpatient therapy five times a week this spring. “Balance was my biggest challenge,” said Clark, who said it also still sometimes takes her longer than before to recall words and names.

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.



# Remarkable Recovery

*Last fall Guelda Clark had a stroke. This Spring She Traveled to Europe.*



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.

**Better, Faster,  
Stronger – Together**



Chery 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.

## 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 leaning 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.

Moore's efforts were likewise exceptional. She supplemented her STPH therapy with her own workouts at the YMCA of Western St. Tammany, where a trained therapist and Moore's husband Robert, a longtime gym-goer, provided guidance and support. She used electrical-stimulation equipment at home to contract the muscles in her legs.

"Therapy is important, but you need to do more on your own if you really want to get better," Moore said.

"She was a star patient," Lyons said.

Moore has continued to head to the gym several times a week since completing therapy and returning home to Chalmette. She continues to gain motion and strength, including enough movement in her right arm to do more cooking these days.

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.

## 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.



## STPH and Ochsner Support American Heart Association

St. Tammany Parish Hospital and Ochsner North Shore are proud of the large turnout at the 2016 American Heart Association Heart Walk. Along with being a top sponsor of the walk, St. Tammany and Ochsner together raised more than \$20,000 for the American Heart Association. Heart disease is the leading cause of death in the United States each year, and AHA is having local impact in our service district.

### St. Tammany and Ochsner together raised more than \$20,000 for the American Heart Association.

AHA of Greater New Orleans has been awarded nearly \$10,000 of national internal funds to support and facilitate local cardiopulmonary resuscitation (CPR) education.

The funds will purchase approximately 400 Infant CPR Anytime® kits for parents of babies in neonatal intensive-care units (NICU) at both Slidell Memorial Hospital and St. Tammany Parish Hospital. Community CPR education and training is one of the main tactics identified by the American Heart Association as it aims to reach its 2020 Impact Goal: By 2020, to improve the cardiovascular health of all Americans by 20 percent, while reducing deaths from cardiovascular diseases and stroke by 20 percent.

# #RewardsVsAwards

## Tying Patient Care to National Rank



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 safest hospitals in the United States, according to Hospital Safety Scores announced by The Leapfrog Group.

or performing the procedure being evaluated.

Women's Choice named STPH one of America's Best Hospitals for Heart, Cancer, Orthopedic, Obstetrical Care and Patient Experience. This evidence-based designation is the only award that identifies the country's best healthcare institutions based on robust criteria that consider female patient satisfaction, clinical excellence and what women say they want from a hospital.

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. That's why the hospital is honored to have been voted the best hospital – for the 11th year –and the best hospice – for the third year – in the Northshore's Best poll.

These awards, along with the many others earned, show the community and nation the excellent care provided by St. Tammany Parish Hospital. However, STPH knows the true reward—the positive outcomes for patients, friends and neighbors.

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STPH received five-star ratings for 2016 by Healthgrades for Cardiac, Pulmonary, Gastrointestinal, Critical Care and Nine Years of Outstanding Patient Experience. A five-star rating indicates STPH's clinical outcomes are statistically significantly better than expected when treating the condition

Learn More  
Visit [rewardsvsawards.com](http://rewardsvsawards.com) to learn about all of our recent honors.



## 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 \$1,500 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 \$32,000 to the foundation.

**Get Involved**  
To become involved with the St. Tammany Hospital Guild, contact Shirley Primes at 985-898-4008 or [sprimes@stph.org](mailto:sprimes@stph.org).



## GENEROSITY OF SPIRIT, DEDICATION TO HEALING

### 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.

"If these walls could talk... they would speak of your generosity of spirit," said hospital CEO Patti Ellish at the unveiling of the wall listing the names of donors. "You set the standard of excellence here."

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.

# 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](http://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](mailto:ksupan@stph.org) or 985-898-4435

## For the Grown-Ups

### Living Tobacco Free

Wednesdays, September 14 - October 19  
Noon to 1 pm. 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 ...

