World-class Pediatrics, Close to Home

Expanded Pediatric Services Offer Peace of Mind for Northshore Parents
Optimal Care for Every Patient
Prevention, Communication are Quality Network Focus

St. Tammany Quality Network has a three-pronged mission: improving quality of care, improving the health of the Northshore population and lowering the cost of care that reflects evidence-based best practices.

A focus on prevention shapes STQN’s efforts to encourage optimal health in the regional population, including among patients with diabetes, hypertension or other chronic conditions.

“As physicians, we are looking for ways to communicate and how to align how we care for patients with the best practices that lead to the exceptional health outcomes.”

Michael Hill MD, STQN medical director

The effort involves close examination of the period before and after patient hospitalization.

“We want to look at the full picture. Was there a social factor? Was there something that was not identified? We want to know exactly what happened so we can make changes and reduce readmissions,” Nevers said.

STQN is also developing a disease registry to identify possible gaps in care among patients with chronic conditions that put them at elevated risk for hospitalization. The idea is to identify opportunities for screenings or closer follow-up care to keep patients as healthy as possible and out of the hospital. Close communication between physicians is part of the equation.

“Better communication among care providers is key,” said Dr. Hill. “As physicians, we are looking for ways to communicate and how to align how we care for patients with the best practices that lead to the exceptional health outcomes.”

Every Patient

Raising the Roof 2017 Benefits STH Foundation

The Northshore Home Builders Association’s 2017 Raising the Roof for Charity Raffle House event supports St. Tammany Hospital Foundation and two other local nonprofits. Raffle tickets are $100 each. The grand prize drawing is June 1.

This year’s raffle house is a 2,311-square-foot home on Steepchase Drive in Abita Springs’ Money Hill Plantation development. Built by Highland Homes LLC, the four-bedroom, three-bath property is designed with an open floor plan that includes a study and wine cellar. It is valued at $427,000.

Net proceeds from this year’s home will benefit St. Tammany Hospital Foundation, New Orleans Mission – Giving Hope Retreat and Miracle League Northshore.

Early bird drawings for cash prizes will take place through late May.

Raffle tickets are available for purchase in the hospital gift shop and at multiple locations across the Northshore.

Get Your Raffle Tickets

Tickets are available for purchase at the following locations across the Northshore: StTPH Gift Shop All STPH locations Women’s Pavilion Outpatient Pavilion Stone Creek Oil & Vinegar River Chase Cleaners Metairie Bank Northshore locations Northlake Medical Supply Christwood Community Center Mile of Smiles DDS Honda of Covington PJs in St. Tammany Parish Hospital

Tickets may also be purchased online at raisingtheroof.net/STHF.
Step One: BOND TOGETHER
STPH Teaches Skin-to-Skin, Rooming In

Maternal-infant bonding in the minutes and hours after birth is vital to the well-being of both mother and infant. St. Tammany Parish Hospital implemented a number of new, evidence-based best practices to encourage bonding in the immediate hours after birth and immediate days following. This promotes maximum emotional and health benefits that last a lifetime for both mother and infant.

Its efforts include extended skin-to-skin contact directly after birth, a best practice whose benefits to mother and baby include quicker stabilization of body temperature and heart rate.

Babies born at STPH are immediately placed on the mother’s chest after delivery, a practice that sets the stage for exclusive and successful breastfeeding, explained Sharon Moore RN, clinical coordinator for STPH Women and Children’s Services.

Babies remain atop their mother’s chest while they are rubbed down and their vital signs checked rather than carried across the delivery room for such procedures, as in the past. The baby’s initial bath is also delayed longer than in the past to extend skin-to-skin contact with the mother.

Babies now remain close during much of the recovery, held by their mother’s support person in the minutes after delivery by C-section. The family unit then moves together to a private room to complete the mother’s recovery with her baby skin-to-skin.

“Keeping baby and mother close to each other is also the focus of a practice called rooming in, which encourages mothers and infants to stay in the patient room together rather than sending the infant to the nursery. Research shows that both baby and mother sleep better when the baby is kept close to the mother, although not in the same bed,” Moore said.

Planning the baby’s close contact with mothers gives the mother the chance to learn the baby’s hunger cues and allows for on-demand feeding—another evidence-based best practice, she said. Mothers who originally did not plan to breastfeed are also more likely to try nursing when their baby is within reach, research shows.

Giving mothers and babies the opportunity for restful time together is the goal of another recent STPH initiative to encourage maternal-infant bonding.

“Both baby and mother sleep better when the baby is kept close to the mother rather than being sent to the nursery. Research shows that both baby and mother sleep better when the baby is kept close to the mother,” Moore said.

Quiet time benefits both mom and baby.

STPH T eaches Skin-to-Skin, Rooming In

“STPH is so pleased to begin this relationship with our neighbor, Metairie Bank (Northshore),” said Nicole Suhre, executive director of St. Tammany Hospital Foundation. “We are grateful for the trust they have put in the foundation to steward their generous contribution and are excited about all of the good that we can do for families in our community through this partnership.”

The partnership touches close to home for Paul A. Myers IV, market president for Metairie Bank Northshore.

Both his children were born at St. Tammany Parish Hospital, and Monster Mash is a not-to-be-missed tradition in the Myers family. He is also a graduate of Boot Camp for New Dads, the STPH Parenting Center’s boot-camp-style class for fathers-to-be.

“One of our purposes as a community bank is to enrich the lives of those in our community, and for us this is an investment that does that,” Myers said.

“This community is growing, and we want it to know we are here to grow with it.”

As in past years, 100 percent of proceeds raised by Monster Mash 2017 will support the STPH Parenting Center, which promotes family well-being through low- and no-cost classes and workshops in parenting and child development.

In nearly three decades Monster Mash has evolved from trick-or-treating in the halls of the hospital to a beloved community tradition that draws more than 4,000 people to downtown Covington’s Bogue Falaya Park for Halloween-themed fun.

Metairie Bank Northshore’s local roots date to 2006, when it opened its first Northshore branch in Mandeville. In August 2016, it opened a second location in Covington next to St. Tammany Parish Hospital. It is the oldest and largest bank headquartered in Jefferso Parish, celebrating 70 years in 2017.

“Monster Mash provides a fun and safe environment for children within our community and even outside of it,” Myers said. “That’s something we want for all families, so we jumped at the chance to show our support of this phenomenal event that supports the important work of the STPH Parenting Center.”

Metairie Bank Northshore Makes Multiyear Commitment to Monster Mash

A MONSTROUSLY Good Partnership

Metairie Bank Northshore has committed to a three-year title sponsorship of Monster Mash, a local tradition for more than 28 years and the only fundraiser for the St. Tammany Parish Hospital Parenting Center.

The bank’s substantial investment will extend beyond Monster Mash to include community events such as child car-seat safety checks at its Covington and Mandeville branches and financial literacy classes at the STPH Parenting Center.

Its support will contribute much needed funding to STPH Parenting Center programs that include Cuddle Buddies and Hay & Learns; infant and child CPR classes; First Steps visits to new mothers; breastfeeding support groups; and nutrition classes for all ages.

The STPH Parenting Center also offers teen-specific classes and workshops such as Teens & Boundaries and Safe Sitter. It ensures access to enrichment programs through Parenting Center scholarships to low-income families and car-seat donations to families in need.

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Sydney Salter learned to walk in 2016 with extra challenges to her emerging sense of balance: a hot pink cast around her left arm and a sling across the toddler’s shoulders to support it.

“She runs around these days like nothing ever happened,” said Allison Salter, Sydney’s mother.

The Covington girl was just 14 months old when she underwent surgery at St. Tammany Parish Hospital in August after rolling off her parents’ bed and fracturing her arm near the elbow.

“She didn’t fall far, but we thought right away that it was dislocated,” her mother recalled. “It was frightening because we knew something was wrong.”

Emergency professionals at STPH Emergency Department quickly established Sydney’s needs, including calling in pediatric orthopedist McCall Specialized Care McDaniel MD, who joined the Bone and Joint Clinic at STPH just two days before Sydney’s family rushed her to the hospital’s emergency department after her August tumble.

Dr. McDaniel’s expertise includes pediatric scoliosis, clubfeet, hip dysplasia, cerebral palsy and correction of limb deformities. Paying close attention to growth plates is of key importance to Dr. McDaniel, who sees patients up to age 21, many of them with fractures from falls and sports injuries.

“There are special considerations with young patients,” she said. McDaniel’s arrival at STPH was a homecoming of sorts for the Northshore native: she attended Covington High School with Allison Salter and her now-husband, Glenn Salter, who is a football coach at the school.

“We watched her carry Sydney into the operating room, and we knew she was in good hands,” said Allison Salter. Sydney left STPH the day after surgery with pins in her arm beneath a soft cast. Four days later, Dr. McDaniel put her arm in a hard cast colored bright pink with purple hearts. The family made regular visits to Dr. McDaniel for the next several weeks so the physician could change Sydney’s cast and monitor her progress during the healing process.

Sydney, who turns two in June, is fearless again after what her mother described as a seamless healing process.

“Nothing stops her,” Allison Salter said.
The Giving Guild

The 110 members of the St. Tammany Hospital Guild love the hospital in a way that can be quantified, at least in part: together they contribute roughly 23,000 service hours to STPH each year. The tally of hours doesn’t tell the whole story of the guild’s giving, of course. Its volunteers’ acts of kindness include greeting visitors and helping them find their way to appointments and patient rooms, spending time with hospice patients so caregivers can run errands or take a break, and escorting patients as they are discharged.

The hospital’s gift shop is operated by the guild with proceeds donated to St. Tammany Hospital Foundation.

The guild also funds twice-a-year scholarships for hospital employees through bakery and jewelry sales. These scholarships help employees pursuing degrees in nursing or allied health pay for their education.

“The guild provides the opportunity to help others, and one of its mechanisms to do that is through the scholarships,” said Ken Lane of Folsom, a retired college professor and K-12 teacher who is president of the guild and volunteers on Monday afternoons at the front desk.

The guild also makes a considerable financial contribution to the hospital each year. Now in its sixth decade, the guild donated $10,000 to the St. Tammany Hospital Foundation for 2017, up nearly $20,000 from the year before. Its donations to the foundation since 2003, mostly generated through gift shop sales, total more than $169,000.

“The guild never cease to amaze us,” said Nicole Suhre, STPH Foundation executive director. “Their generosity is humbling, and we are deeply grateful for the hospital’s youngest patients.

For some patients, a bedside chat with a guild volunteer might be the only such visit that day or week,,” said Shirley Primes, STPH volunteer coordinator. “Our volunteers are there for them so they can do that. Each volunteer might be the only such visit that day or week, and one of its mechanisms to do that is through the scholarships,” said Ken Lane of Folsom, a retired college professor and K-12 teacher who is president of the guild and volunteers on Monday afternoons at the front desk.

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Funds raised by the guild support a range of needs at STPH, from blanket warmers to keep patients cozy and patient-room refurbishments to wheelchairs and toys for the hospital’s youngest patients.

For some patients, a bedside chat with a guild volunteer might be the only such visit that day or week, said Shirley Primes, STPH volunteer coordinator. “Sometimes a patient just wants to talk, and our volunteers are there for them so they can do that,” Primes said. “Our volunteers are looking for whatever they can do to make the stay more comfortable in any way they can.”

The guild is recognized at the partner level with a plaque on the foundation’s donor wall of honor in the STPH main lobby.

For information about volunteering with the St. Tammany Hospital Guild, contact Shirley Primes at 985-898-4008.

It’s All About the Patient

St. Tammany Cancer Center Hosts Gastrointestinal Multidisciplinary Team

Through collaboration and technology in the St. Tammany Cancer Center, retiree Winifred Orr is cancer free and planning a trip to Italy with her husband, Jim. Her treatment for pancreatic cancer involved multidisciplinary review and endoscopic ultrasound.

St. Tammany Parish Hospital launched the multidisciplinary team for the treatment of cancers of the gastrointestinal tract in 2016.

Additionally, in August 2015 the hospital added technology for diagnosing GI cancers via endoscopic ultrasound, the best modality for viewing cancers in the pancreas and other organs near the stomach.

Cancers of the GI system, including stomach, pancreas, esophagus, colon and rectum, are among the most prevalent forms of the disease.

GI cancers diagnosed at STPH are reviewed by a multidisciplinary team of expert physicians who gather twice a month at St. Tammany Cancer Center. The team brings together radiologists, oncologists, pathologists, gastroenterologists, surgeons and other physicians and allied health professionals involved in each patient’s care.

Members of the team review the patient’s full medical record as they work together to formulate the patient’s individual treatment plan.

The GI cancer team is an outstanding example of collaboration with specialists from Ochsner Health System, Mary Bird Perkins Cancer Center, STPH and community physicians.

STPH gastroenterologist Nathan Ramsey MD is a founding member of the GI cancer team, which is also called a tumor board or tumor conference.

“It’s a proven method to improve patient care,” said Dr. Ramsey.

In the cancer center, Orr received chemotherapy and radiation and then underwent surgery at Ochsner Medical Center in New Orleans to remove about half of her pancreas last year.

Additional pathology after her surgery determined that she had neuroendocrine cancer of the pancreas, a less aggressive form of pancreatic cancer.

STPH’s commitment to diagnosis and treatment of GI cancers includes the availability of endoscopic ultrasound on the Northshore.

Use of the equipment involves inserting a tiny scope down an anesthetized patient’s throat and into the stomach, where ultrasound creates a detailed picture of the surrounding organs. The scope can be used to pass a needle through the wall of the stomach to take a tissue sample, which can then be tested by a pathologist after the procedure.

The technology has been available on the Northshore for roughly a year, where Dr. Ramsey and his associates at the Gastroenterology Group have used it in about 100 procedures.

Orr, a 74-year-old Covington grandmother is doing well these days. As an avid traveler, she is happy to be planning her trip to Italy.

“When you feel good, you have lots of energy and want to do things,” she said. “I’m ready for new challenges.”

- Winifred Orr

St. Tammany Cancer Center
Staying Healthy, Staying Home
Technology Gives STPH Home Health New Way to Track Patient Wellbeing

Karen Plescia used to lay awake worrying about her mother, 88-year-old Grace Plescia, who has chronic obstructive pulmonary disease and other serious health conditions. Karen struggled to determine when a change in how her mother was feeling required a visit to the doctor or even a trip to the emergency department.

New patient monitors used by St. Tammany Parish Hospital’s Home Health program provide up-to-date measures of patient wellbeing to nurses and physicians. The monitors also provide peace of mind to patient caregivers like Karen Plescia.

“We take a reading every morning and I can tell her that everything is okay,” she said. “I have the confidence to reassure her because I can see that what was happening with her treatment.”

STPH Home Health provides an array of services to homebound patients, from skilled-nursing care such as wound care to physical, speech and occupational therapy, nutritional services and IV therapy.

Home visits by registered nurses are fundamental to home health. The visits provide an opportunity for nurses to explain to patients and caregivers what signs and symptoms to watch for and the importance of what is typically multiple daily medications.

“We rarely have a patient on fewer than 10 different medications, so it’s important to go over each one and the dose carefully,” said Renée Christman RN of STPH Home Health.

The new at-home monitors let nurses and physicians know quickly and early if there is a change in the patient’s health, said STPH Home Health’s Delindye Sharp RN. The monitors automatically transmit once-a-day readings of weight, pulse, blood pressure and blood-oxygen levels. The technology alerts the nurses if the patient has not taken the readings that day.

STPH Home Health nurses review the readings and follow up with the patient, their caregiver and their physician as needed. Nurses also send patients’ physicians weekly trend reports comprised of daily readings.

Vital signs and other measures captured by the home monitors help nurses and physicians take quick action if a patient’s condition changes, explained Jennifer Leotet RN of STPH Home Health.

Sudden weight gain by a patient with CHF, for instance, may signal a buildup of fluid around the patient’s heart. In some cases, even a one-time adjustment in medication to control edema may correct the problem and keep the patient out of the hospital, Christman explained.

“Catching a change early is critical,” she said.

Making early adjustments has helped Grace Plescia stay at home since she began receiving home-health visits from STPH nurses a few months ago.

“Home is where she wants to be,” said Karen Plescia. “It’s very important to all of us that she is able to stay here.”

Delivering Hope
The Ormans Needed Encouragement. Basket of Hope Delivered It.

Ashlynn Ruby Orman’s late-December arrival made for a memorable Christmas 2016 for Blake and Breann Orman of Franklinton.

The first-time parents, both 28, had delighted in waiting to see if they would have a boy or a girl. They were thrilled to welcome Addi, a blue-eyed redhead who weighed just under eight pounds when she was born December 31 at St. Tammany Parish Hospital.

“We just fell in love with her,” said Blake Orman. Hours after the baby’s birth, the couple’s life turned to worry after a routine screening indicated Addi had low blood sugar, a condition that is not uncommon in newborns.

The baby was moved to STPH’s Level III Neonatal Intensive Care Unit, where she received intravenous treatment to normalize her blood sugar over the next three days.

The Ormans spent hours in the NICU alongside Addi. Close communication with NICU nurses made an anxious time less so, Blake Orman recalled.

“We were worried to death, but the doctors and nurses were wonderful about answering any question we had,” he said. “It helped to understand what was happening with her treatment.”

A surprise delivery of another kind also cheered the couple. During their stay at STPH, the Ormans received books, toys, music and other treats from Louisiana Basket of Hope, a Covington-based not-for-profit organization that offers encouragement to pediatric patients and their families at hospitals across the region.

Ann Ollendike, who founded and runs the Louisiana chapter of the national group, understands from personal experience the need for encouragement during a child’s hospital stay. Her now 22-year-old daughter was born with a genetic syndrome that has required surgeries and lengthy hospital stays all her life. The artfully packaged gift baskets and totes with items for young patients, siblings and parents typically also include Bibles, uplifting music, games and mugs with tea and cocoa.

“There is no greater joy than to be able to offer encouragement to these families,” Ollendike said. “It is a gift of love from the community.”

The Ormans were deeply touched by the gift.

“We were worried to death, but the doctors and nurses were wonderful about answering any question we had. It helped to understand what was happening with her treatment.”

— Blake Orman

“The Ormans returned home to Franklinton on Christmas Eve, and have settled into a happy routine with Addi, a thriving baby who began sleeping through the night when she was just about a month old.

“She is just wonderful,” Blake Orman said. “We’re all doing great.”
For New Parents

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

**Prepared Childbirth**
Tuesdays, June 6 & 13 | 6 – 8 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.
For more information, contact 985-898-4083

**Baby Care Basics**
Tuesdays, May 8, June 12 & July 10
6 – 8 p.m.
STPH Conference Room | Free
Learn helpful hints and what to expect when caring for your new baby.
For more information, contact 985-898-4083

**Art of Breastfeeding**
Mondays, May 24 & July 5 | 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.
For more information, contact 985-898-4083

**New Baby Support Group**
Every Thursday | 11:15 a.m. – 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.
For more information, contact ksupan@stph.org or 985-898-4435

For the Kids

**Play and Learn**
Tuesdays, May 9, 16 & 23;
June 6, 13 & 20 | 9:30 – 10:15 a.m.
STPH Parenting Center
$15/members, $24/nonmembers
For more information, contact ksupan@stph.org or 985-898-4435

**Ballet**
Wednesdays, May 10, 17 & 24;
June 7, 14 & 21
9:15 – 10 a.m.
STPH Parenting Center
$21/members, $30/nonmembers
For more information, contact ksupan@stph.org or 985-898-4435

**Cuddle Buddies**
Thursdays, May 11, 18 & 25;
June 7, 14 & 21
10:30 – 11 a.m.
STPH Parenting Center
$6/members, $12/nonmembers
For more information, contact ksupan@stph.org or 985-898-4435

**Children in the Middle**
Mondays | 10 a.m. – noon
STPH Parenting Center
$10/ per child
For more information, contact 985-898-4435

For the Grown-Ups

**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. dvane@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

**Smoking Cessation 2017**
Paul D. Cordes Outpatient Pavilion
April 19 – May 24
June 7 - July 12
August 9 – September 13
September 27 - November 1
November 8 – December 13
Call 985-898-4468 or go to stph.org for more information or to register.

**STPH Foundation Events to Remember**

**National Volunteer Appreciation Week**
April 24 – 28

**Get Lucky! Golf Tournament**
April 27 | Money Hill Golf & Country Club
www.sthfoundation.org/golf | 985-898-4141

**GiveNOLA Day**
May 2
www.facebook.com/stthfoundation | 985-898-4141