



St. Tammany
PARISH HOSPITAL



New Lung
New Life

STPH Pulmonary Rehab Helped
Patient Prepare for Transplant



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
commdept@stph.org



A MAGICAL EVENING

St. Tammany Hospital Foundation honored 2014 donors with a spring event at Tchefuncta Country Club themed "The Magic in What We Do... is You."

"2014 was another million dollar year for the foundation," says Charley Strickland, the foundation's executive director. "We are fortunate to have so many community members and hospital employees who give so generously."

Highlights of the event included:

- Heartfelt remarks by Hank Miltenberger, a member of the foundation Board of Councilors, who was a patient at St. Tammany Parish Hospital after a biking accident in 2009.
- A celebration of those members of the foundation family who are new to the Donor Wall of Honor or whose generous donations enabled them to reach the next plateau of giving.
- The presentation of The Adrian Award to Honda of Covington for years of in-kind support to both the Get Lucky! Golf Tournament and Night of Fashion. The award was accepted by Laurie McCants, managing partner.

Since its inception, the foundation has raised more than \$13.4 million to sustain the healing work of the physicians and staff of St. Tammany Parish Hospital.

About the Foundation

Founded in 2003, the foundation is a 501(c)3 nonprofit governed by a volunteer board of community leaders committed to the development of relationships and financial resources to support the healthcare programs, projects and services of STPH which is a self-supporting not-for-profit community hospital that receives no tax funding. The full 100 percent of each gift is used to fund programs, equipment and facilities at STPH. Contact Charley Strickland, 985-898-4141, to donate.



1202 S. Tyler St.
Covington, LA 70433

Telephone 985-898-4141
Fax 985-871-5744
Email: foundation@stph.org
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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Charles Ann Strickland
Executive Director

THINK YOU'RE ALLERGIC TO PENICILLIN?

Have you been tested to know for sure? *Chances are, you aren't...*

THE FACTS

Up to 90 percent of patients who think they are allergic to penicillin are not allergic when assessed by skin testing. This means almost **9 out of every 10 patients who claim to have an allergy to penicillin aren't allergic** and can safely take penicillin and related antibiotics.¹

How could I not be allergic?

Over-reporting of penicillin allergies happens for many reasons. The most common are:

- Symptom confusion: A rash, originally thought to be caused by penicillin, may have been caused by the illness for which you were being treated.
- Immune system change: Many patients outgrow allergies as their immune system matures, so even if you were truly allergic, you may not be now.

Penicillin is a safe, effective antibiotic treatment that has fewer side effects than many stronger alternatives. It also is a very affordable treatment.

Why does it matter?

- Cost: More aggressive antibiotics often cost more than penicillin and related drugs. In fact, patients with a penicillin allergy can pay as much as 60 percent more for treatment than those without an allergy.²
- A more appropriate treatment: Penicillin often is the preferred treatment for infections. Being treated with penicillin can provide a more specific treatment with fewer side effects.
- Combat drug resistance: Using stronger antibiotics can increase the development of antibiotic resistance and can make it harder for your body to fight infections, which means newer antibiotics may not work if you need them for a more serious illness in the future.

When should I be tested?

Get tested before you get sick or need to be hospitalized for any reason. Although you can be tested at any time, having access to penicillin antibiotics can make any visit to the hospital or urgent care less expensive. Many penicillin allergic patients are automatically offered alternative antibiotics that

are more costly. Penicillin allergy testing is simple, safe and reliable, and only takes about two hours.

How the test works

- Prick/puncture testing: Your physician or nurse will apply skin tests to your arm that will help indicate if a true penicillin allergy exists. If you receive a positive result, the test stops at this stage. However, you are more likely to have a negative result. This step takes about 20 minutes.
- Intradermal testing: If prick/puncture testing is negative, your nurse will conduct intradermal testing. This consists of a few small injections usually placed on your upper arm, just below the skin's surface. This step takes about 20 minutes.
- Oral challenge: The last step of the testing is an oral challenge of penicillin to confirm a negative test result. This usually involves receiving a test dose under observation, which will last 60 minutes.

Is getting tested right for you?

You may want to consider getting tested for a penicillin allergy if:

- It has been more than five years since your last reaction to penicillin.
- You grew up thinking you were allergic to penicillin.
- You have a history of reaction to penicillin antibiotics.

However, there are a few cases where a penicillin allergic reaction is severe enough to disqualify you from being tested:

- Stevens-Johnson syndrome
- Toxic epidermal necrolysis
- History of anaphylaxis when given penicillin antibiotics

Talk to your doctor about penicillin allergy testing. Schedule your appointment with the STPH Infusion Suite by calling 985-898-4429

¹ Salkind, JAMA, May 16, 2001- Vol. 285, No. 19 | ² Macy, E., JACI 1998; 102:281-5

Talk About Get Lucky

The St. Tammany Hospital Foundation held its 2015 Get Lucky! Golf Tournament Friday, April 17, a shining sunny spring day amid a series of 10 torrential rain days. The event raised nearly \$43,000 for the foundation's mission, sustaining the healing work of the physicians and staff at St. Tammany Parish Hospital.

Highlights of the tournament included sumptuous food and specialty drink stops along the course, unique gifts for all golfers, and the ever-popular back porch chipping contest. Event sponsor was Canteen Vending Services, and Ochsner Health System hosted the after party. The hole-in-one contest was presented by Honda of Covington.



Unsurpassed Care for Northshore's Youngest Patients



Partnership Means New Pediatric Specialists Close To Home

St. Tammany Parish Hospital's increasingly comprehensive pediatric services include a just-opened Covington subspecialty clinic and enhanced pediatric treatment capacity in its expanding emergency department.

Its strategic partnership with Ochsner Health System has created new opportunities to respond to rising demand for pediatric specialty care and other needs amid the continuing influx of young families to the Northshore.

One in three patients in the emergency department, for instance, is under age 17, said Kerry Milton RN, chief nursing officer.

Providing additional specialized care for children through physician recruitment and other efforts has created a range of pediatric services that is unmatched in western St. Tammany Parish.

"There is a need to respond and care for our changing population on the Northshore," Milton said. "To do that, we are adding specialized medical services to allow families to remain here to get the care they need."

New and improved access to pediatric specialty care augments

St. Tammany Parish Hospital's established active staff of 40 local pediatricians, a 10-bed all-pediatric inpatient unit and round-the-clock access to board-certified neonatologists in its level III neonatal intensive care unit.

Its range of outpatient pediatric services includes physical therapy, occupational therapy and speech therapy.

The June opening with Ochsner Hospital for Children of the pediatric subspecialty clinic on Tyler Street reflects a pediatric strategy that was a core focus for STPH leadership in 2014.

Ultimately, the clinic's staff will comprise 16 Ochsner pediatric subspecialists in cardiology, oncology, orthopedics, nephrology, infectious disease, neurology, gastroenterology, surgery and urology.

"We are excited about the partnership, and pediatrics is one of the areas where we see great opportunities with St. Tammany," said Vincent R. Adolph MD, interim chair of pediatrics at Ochsner Hospital for Children.

On the main campus, the emergency department expansion will deliver specialized treatment areas and equipment for pediatric emergency and trauma patients, further highlighting the hospital's commitment to

comprehensive pediatric care. Pegged for completion in early 2016, the expansion will include five pediatric emergency examination rooms and a pediatric trauma room.

Dedicated pediatric waiting space will feature kid-friendly elements to provide diversion and comfort to children and their parents.

"To have that separate space will be a big benefit," Milton said.

A newly formed group of STPH emergency physicians and nurses will focus on continuous improvement in emergency care, including the expanding focus on pediatrics, she added.

"The highly specialized staff on the hospital's inpatient pediatrics unit further define what separates this hospital from others serving Northshore families," said Cindy Ingram, director of women and children's services.

Registered nurses with more than 100 years of combined pediatric experience, including at some of the nation's best-known children's hospitals, staff its all-pediatric inpatient unit.

Its team of pediatric hospitalists, led by Eduardo Hernandez MD, consults closely throughout the day with a pediatric nurse practitioner available at all times, Ingram noted.

"This is a child-centered unit," Ingram said. "Everything here is focused on kids, from the advanced training of the medical staff to features like the game and book room to kid-sized beds and a large aquarium down the hall."

STPH pediatric nurses are a vital component in a nationally recognized hospital nursing staff, including its 2015 Pathway to Excellence honor from the American Nurses Credentialing Center. The hospital is one of just three in Louisiana—and 130 globally—to receive the distinction.

"Children are a lot different from adults, and our medical staff is highly experienced in the special care they need," Ingram said. "We are offering more and more specialized services so families can get all the care they need right here in our community."

"Everything here is focused on kids, from the advanced training of the medical staff to features like the game and book room to kid-sized beds and a large aquarium down the hall." - Cindy Ingram



Access Your Health Records Conveniently and Securely Online



St. Tammany Parish Hospital's primary and specialty clinics, with the exception of the Family Medical Clinic in Franklinton, have launched patient portals so you can view your records securely online at STPH.org/MyChart. Family Medical Clinic and all hospital inpatient and outpatient departments will go online in November.

Primary and specialty care clinics include the St. Tammany Physicians Network offices in Covington, Mandeville and Madisonville, the Bone and Joint Clinic, Covington Cardiovascular Care and Northlake Surgical Associates.

You can securely use MyChart to help manage and receive information about your health, including:

- Request medical appointments
- View your health summary from the MyChart electronic health record
- View test results
- Request prescription renewals
- Access trusted health information resources
- Communicate electronically and securely with your medical care team



To sign up, visit STPH.org/MyChart and click the Sign Up Now link to request an online activation code. You also

may be issued an activation code during your clinic visit. Use this code, user ID and password during account activation. Once you have activated a MyChart patient portal account and the hospital goes live later in the year, your hospital and clinic records will all be automatically integrated into your MyChart account.



3-YEAR PROJECT OPENS UNIT, CONTINUES EMERGENCY EXPANSION

3 North Features Large, Soothing Patient Rooms

Twenty-one newly completed private patient rooms at St. Tammany Parish Hospital highlight the hospital's embrace of healing arts to promote patient wellbeing.

Meanwhile, steel beams rising behind the new unit denote continued progress on the multiphase \$21-million construction project, the hospital's largest expansion in a decade.

Driven by continuing growth on the Northshore, the multi-year project expands the emergency department by 8,600 square feet and creates specialized treatment capabilities for pediatric and geriatric emergencies and trauma care.

The 3 North addition similarly reflects rising demand for healthcare on the fast-growing Northshore. Each of the large, private rooms in the newly opened medical/surgery unit features soothing, interactive lighting provided through St. Tammany Hospital Foundation's Healing Arts Initiative.

Handheld controls allow patients to modify lighting options such as ceiling fixtures that emit slowly changing colors and soft, amber night lighting.

Like other Healing Arts projects across the STPH campus, the lighting reflects research on the beneficial impact of art and music on patient

Each of the large, private rooms in the newly opened medical/surgery unit features soothing, interactive lighting provided through St. Tammany Hospital Foundation's Healing Arts Initiative.

wellbeing, including factors such as stress and immune response.

"All of this goes back to what we've learned about how to promote healing in patients," said Sharon Toups, chief operating officer.

Other design elements of 3 North, which opened in May, include rubber tile flooring to minimize sound and separate family and patient zones in each patient room.

Outside the hospital, daily activity and large scale equipment underscore progress on expansion of the emergency department. The current phases include construction of new treatment areas for pediatric emergencies and a new, kid-friendly pediatric waiting area.

Work is also underway on a permanent walk-up entrance to replace the recently opened temporary entrance and a new general emergency waiting area.

All elements of this phase of work are slated for completion in early 2016.

Additional work this summer includes improvements to optimize the safety of emergency department visitors crossing 11th Street, said Randy Willett, project manager. Residents can expect a new crosswalk, new signage and new lighting to improve pedestrian safety.

The final phases of the project will conclude in 2016.

Local Artists Featured at Patient Unit Opening

St. Tammany Hospital Foundation's Healing Arts Initiative unveiled its first rotating exhibit of local artists' works at the hospital's ribbon cutting for its new 3 North patient unit.

Local artists Gretchen Armbruster, Tanya Dischler, Jax Frey, Carol Hallock and Marcia B. Holmes were the first five artists to participate in this creative endeavor.

Healing Arts Initiative Chairman Mary Lee says, "We are honored that these artists have placed their works with us as part of the state's very first rotating healing arts gallery."

The ever-changing exhibit occupies a special space in the new connecting bridge leading to the 3North entrance.

To get involved in the healing arts at St. Tammany, contact the St. Tammany Hospital Foundation at 985-898-4141.



New Treatment for Deep Venous Thrombosis Large Clots Pose Special Risks

Cynthia Garcia noticed swelling in her left leg last summer after a four-hour drive from her Mandeville home to Destin.

Upon return home, the seasoned prekindergarten teacher went to St. Tammany Parish Hospital's emergency room, where the staff used ultrasound to diagnose the cause of the edema: a large blood clot in her lower leg.

Board certified-cardiologist and vascular medicine specialist Sohail Khan MD removed the clot in the cath labs of St. Tammany Parish Hospital the following day, using a technique called catheter-directed thrombectomy.

Dr. Khan also discovered an anatomical defect in Garcia's vein that could have resulted in limb-threatening circulation problems if it had not been corrected with a stent during the minimally invasive, catheter-guided procedure.

Risk factors for deep venous thrombosis, or DVT, include family history of blood clots, pregnancy, obesity, recent surgery and extended sitting due to travel or hospitalization—almost

"She had a blockage that would have caused continuing circulation problems that eventually could have required amputation without a stent."

- Sohail Khan MD

certainly the immediate cause in Garcia's case.

Smokers and women who use birth-control pills also are at elevated risk for DVT.

The blood thinner Coumadin is the first line of treatment, but

large clots like Garcia's pose additional risks that may warrant more aggressive intervention, Dr. Khan said.

Those risks relate to size: It can take many weeks or months for a large clot to dissolve, increasing the danger that part of it will break off and travel to the lungs, heart or another organ. Large clots that linger in the body also can damage veins and cause permanent circulatory problems such as edema and skin discoloration.

Garcia's experience illustrates an important capability of STPH's new catheter-based system in the treatment of large clots: Blockages linked to an anatomical defect in the vein do not show up on ultrasound, Dr. Khan noted.

"She had a blockage that would have caused continuing circulation problems that eventually could have required amputation without a stent," he said.

For that reason, Dr. Khan recommends that patients prescribed a blood thinner for a blood clot also consult with a vascular specialist to determine if additional treatment is needed.

Garcia, meanwhile, is heading back to Florida this summer and feeling grateful for her treatment.

"I was so blessed to get the care I did," she said.



“I rolled in using a wheelchair and bottled oxygen, and 18 days later I second-lined out carrying my own bags, I got my life back.” – Chuck Perilloux

NEW LUNG, NEW LIFE

STPH PULMONARY REHAB HELPED PATIENT PREPARE FOR TRANSPLANT

Chuck Perilloux’s emphysema was so bad by 2013 that eating left him gasping for breath. Walking across the living room of his Madisonville home required a break after a few feet. Supplemental oxygen kept him alive, but the things he loved—playing with his grandkids, boating, hunting—were off limits.

His condition had confined him to a chair for months by the time he put his name on a waiting list for a lung transplant.

“I thought, ‘I’m just sitting here waiting to die. What do I have to lose?’” said the 66-year-old retired engineer. “I had nowhere to go but up.”

So began a journey that upended Perilloux’s life but ultimately allowed him to breathe on his own, regain his strength and get him back on the Tchefuncte River in his 18-foot fiberglass boat setting crab traps.

Perilloux credits pulmonary rehabilitation at St. Tammany Parish Hospital for helping him prepare physically and emotionally for his successful single-lung transplant in 2014.

Pulmonary rehab consists of exercise and other interventions designed to reduce the symptoms of chronic lung disease such as emphysema.

While it cannot cure lung disease, rehab slows lung deterioration, reduces the length and frequency of hospital stays, boosts strength and helps patients better manage their condition through education and support.

Improving quality of life and easing depression are other benefits, said Northshore pulmonologist Donald Kuebel MD.

“It provides overall improvement in strength that is a benefit to patients like Mr. Perilloux,” Dr. Kuebel said.

STPH therapists work with admitted patients during phase one of the hospital’s rehab program. Phase two comprises monitored, twice-weekly exercise sessions in the outpatient setting. Patients exercise independently during phase three, still benefiting from therapist oversight.

“We’ve had people coming for 10 years to phase three,” said Missy Moore, STPH pulmonary rehab coordinator. “They understand that pulmonary rehab is a lifestyle change and that its benefits last only if you stick with it.”

Perilloux first began rehab during one of several hospitalizations at STPH for pneumonia. But therapy was vital in helping him prepare for his later lung transplant, which in addition to an in-depth patient-screening process required a four-month stay and frequent follow-up trips.

“Having strength and a positive attitude helped me tremendously,” said Perilloux, who continued with phase three rehab after his transplant. “My recovery has been excellent, and support from (the STPH) therapists is a huge part of that.”

His commitment to his health includes a daily regimen of 17 medications to prevent organ rejection and other side effects. He points to how he arrived at and left the transplant hospital last year to highlight how his life has changed.

“I rolled in using a wheelchair and bottled oxygen, and 18 days later I second-lined out carrying my own bags,” he said. “I got my life back.”



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

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 September 1 and 8 | 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

Saturday, September 15 and 22 | 7-9 p.m.

STPH Conference Room | Free

Learn helpful hints and what to expect when caring for your new baby. 985-898-4083

Boot Camp for New Dads

Saturday, September 19 | 9 a.m. to noon

STPH Conference Room | \$10

New dads learn from veteran dads about the realities of fatherhood, including caring for baby and mom.

ksupan@stph.org or 985-898-4435

Art of Breastfeeding

Monday, Sept. 21 and 28 | 6:30-8:30 p.m.

STPH Conference Room | 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

For the Kids

Play and Learn

Tuesdays Aug. 11, 18 and 25; Sept. 15, 22 and 29 | 9:30-10:15 a.m.

STPH Parenting Center | \$15/members, \$24/nonmembers

Parents and their children, 16 months to 4 years, play and learn together through music and movement, arts and crafts, and storytime.

ksupan@stph.org or 985-898-4435

Ballet

Wednesdays, Aug. 12, 19 and 26; Sept. 9, 16, and 23 | 9:15 to 10 a.m.

STPH Parenting Center | \$21/members, \$30/nonmembers

Kristen Zornman teaches ballet for motor skills in young children ages 2 and up.

ksupan@stph.org or 985-898-4435

Cuddle Buddies

Thursdays Aug. 13, 20 and 27; Sept. 10, 17 and 24 | 10:30-11 a.m.

STPH Parenting Center

\$6/members, \$12/nonmembers

Learning and support opportunity for parents and social time for babies with songs, stories and playtime.

ksupan@stph.org or

985-898-4435

Baby Chat for Siblings

Saturday, Sept. 12; June 30 | 10:30-11 a.m.

STPH Parenting Center | Free

Siblings of newborns understand the changes that occur when mom and dad bring home a new baby.

985-898-4435

For the Grown-Ups

Living Tobacco Free

Wednesdays, Aug. 5-Sept. 30 | 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 Aug. 24 and 31; Sept. 21 and 28 | 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

Breast Cancer Support Group

Tuesday, Aug. 4; Sept. 1 | 7-8 p.m.

Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital | Free

jfreudenberger@marybird.com or 985-276-6832

Grief Support Group

1st and 3rd Mondays | 7 p.m.

STPH Hospice Office

For parents who have experienced the loss of a child from infant to adult.

amarion@stph.org or 985-871-5974

Support and Share

Thursdays, Aug. 27; Sept. 24 | noon

to 1 p.m. | Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital | Free

Meet with other cancer survivors and caregivers. jfreudenberger@marybird.com or 985-276-6832

Fall Health Fair

Saturday, Sept. 12 | 8:30 a.m. to noon | STPH Outpatient Pavilion | Free

St. Tammany Parish Hospital will hold its sixth annual Fall Health Fair Sept. 12 at the Paul D. Cordes Outpatient Pavilion.

This free community event will offer diagnostic screenings and information on STPH health and wellness opportunities.

Screenings include peripheral artery disease (PAD), chronic obstructive pulmonary disease (COPD), body mass index (BMI) readings and ultrasound of the carotid artery. Other offerings during the 8:30 a.m. to noon event include cancer support education and

blood-pressure assessments. Screenings will be offered on a first-come, first-served basis; appointments are not necessary. Screenings are free to attendees, regardless of health-insurance status. For details, visit stph.org or call 985-871-6080.