



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 resident 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 ad valorem tax funding.

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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.

"The focus is looking at what we can do to prevent illness and encourage wellness," said Michael Hill MD, a St. Tammany Parish Hospital infectious disease specialist and STQN medical director.

The work of the physician group is regional in scope. Its 246 members include St. Tammany Physicians Network doctors and independent Northshore physicians aligned with STPH that represent about 40 areas of specialization. STQN members are also part of the OHS accountable care organization for Medicare beneficiaries.

Formed approximately four years ago, STQN initiatives are leading to new procedures and even a new patient clinic at STPH. A post-acute clinic at the Paul D. Cordes Outpatient Pavilion opened in 2016 to expand access to follow-up care and prevent hospital readmissions among high-risk patients recently discharged from the hospital.

Identifying the reasons for hospital readmissions as a means to reduce them is a continuing focus for STQN in 2017, explained Julie Nevers RN, STQN clinical analyst.

"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

- Michael Hill MD, STQN medical director

exceptional health outcomes."

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. Closer communication between physicians is part of the equation.

The effort involves close

examination of the period before

and after patient hospitalization.

"We want to look at the full

that was not identified? We want

picture—Was there a social

factor? Was there something

Strategies are also being developed to close gaps in care for patients who have been diagnosed with Congestive Heart Failure, CHF, or Chronic Obstructive Pulmonary Disease, COPD. STQN is gathering patient-specific data to best identify patients that need early interventions to improve quality of life for at-risk populations. The goal is for the physician care team and the patient to jointly develop a plan based on best practices that minimizes symptoms of these chronic diseases and improves activities of daily living.

"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."







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 3.

This year's raffle house is a 2,351-square-foot home on Steeplechase 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 shady side porch. 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 guild gift shop and at multiple locations across the Northshore.

GetYour RaffleTickets

Tickets are available for purchase at the following locations across the Northshore:

STPH Gift Shop
All STPN 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.



1202 S. Tyler St. Covington, LA 70433

Telephone 985-898-4171 Fax 985-871-5744

Email: foundation@stph.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.

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"We leave the baby skin-to-skin

until the first successful breastfeeding

or, if the mother has a different

feeding plan, for the first full hour."

Sharon Moore RN, clinical coordinator for

STPH Women and Children's Services

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, evidencebased best practices to encourage bonding in the initial "magic" hour 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.

"We leave the baby skin-to-skin until the first successful breastfeeding or, if the mother has a different feeding plan, for the first full hour," Moore said.

Babies who arrive via C-section also stay close to their mothers to enhance bonding. In the past, babies were moved to the nursery while their mothers recovered in the operating room after the procedure.

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.

Keeping the baby close also 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.

New "quiet time" between 1:30 and 3:30 p.m. in STPH's labor and delivery unit ensures that new moms have ample opportunity to observe their babies and ask nurses questions about caring for their newborns.

"There is so much to learn in the first few days after a baby's arrival," Moore said. "Quiet time benefits both mom and baby."

A MONSTROUSLY Good Partnership

Metairie Bank Northshore Makes Multiyear Commitment to Monster Mash

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

Its support will contribute much needed funding to STPH Parenting Center programs that include Cuddle Buddies and Play & Learn; 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.

"The foundation 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.

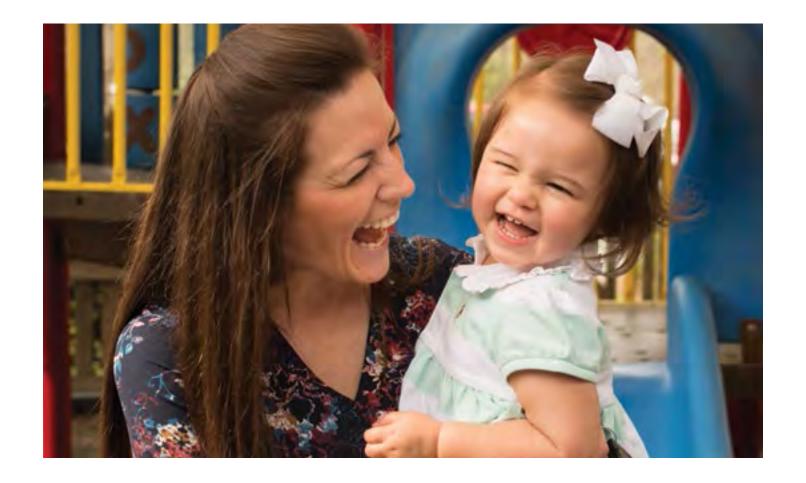
Metairie Bank Northshore's local roots date to 2006, when it opened its first Northshore branch in Mandeville. In August 2016, it opened a second location in Covington next to St. Tammany Parish Hospital. It is the oldest and largest bank headquartered in Jefferson Parish, celebrating 70 years in 2017.

"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."



Specialized Care for Northshore Children

PEDIATRIC ORTHOPEDICS IS NEWFST AREA OF BROADER EXPERTISE





"WE WATCHED HER CARRY SYDNEY INTO THE OPERATING ROOM, AND WE KNEW SHE WAS IN GOOD HANDS."

- ALLISON SALTER, MOTHER



ydney 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 McDaniel MD, who placed pins in Sydney's arm during the two-hour surgery. STPH is expanding ease of access to pediatric specialists as the number of Northshore families with young children like Sydney continues

The hospital's commitment to specialized pediatric care includes a separate pediatric area of its emergency department. It also partnered with Ochsner Health System to open a Covington subspecialty clinic that offers pediatric cardiology, surgery, gastroenterology, pulmonology and endocrinology.

STPH strives to provide more than specialized medical staff and equipment to youngsters. Both the pediatric ED and the new subspecialty clinic are decorated with whimsical artwork made possible through

donations to St. Tammany Hospital Foundation.

The hospital's commitment to additional pediatric specialists includes fellowship trained pediatric orthopedist McDaniel, 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

Volunteers Make a BIG Difference

The 150 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 \$50,000 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 ceases to astound us," said Nicole Suhre, STH Foundation executive director. "Their generosity is humbling, and we are deeply grateful to them for their support."

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

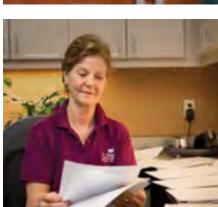
The guild is recognized at the partner level with a plaque on the foundation's donor wall of honor in the STPH main lobby.

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 Ranney MD is a founding member of the



"When you feel good, you have lots of energy and want to do things. I'm ready for new challenges."

Winifred Orr

GI cancer team, which is also called a tumor board or tumor conference.

"It's a proven method to improve patient care," said Dr. Ranney.

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. Ranney and his associates at the Gastroenterology Group have used it in about 300 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."





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 everything is all right."

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 Renee 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 Delindy 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.

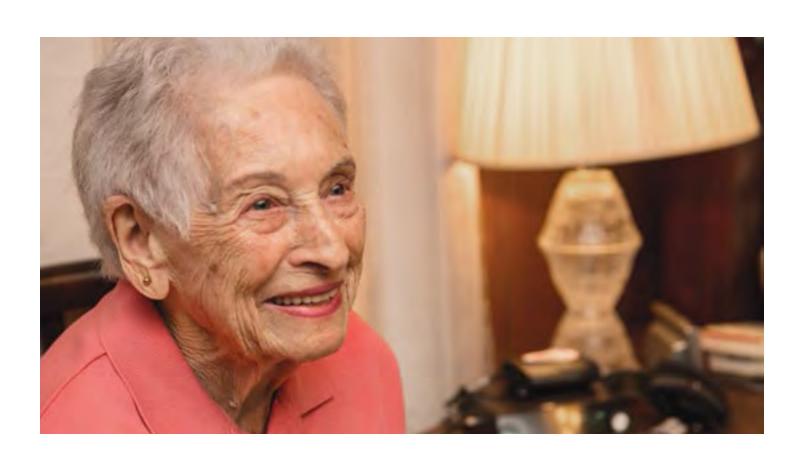
Vital signs and other measures captured by the home monitors help nurses and physicians take quick action if a patient's condition changes, explained Jennifer Ledet RN of STPH Home Health.

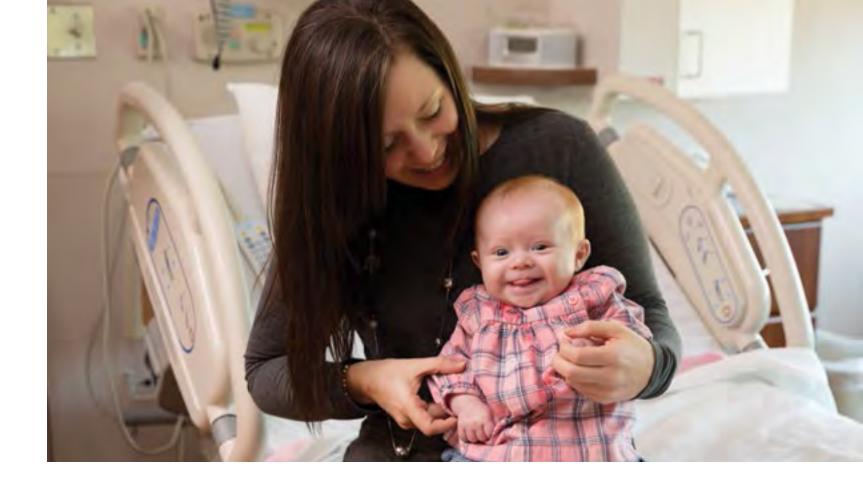
Sudden weight gain by a patient with CHF, for instance, may signal a buildup of fluid around the patient's heart. In some cases, even a one-time adjustment in medication to control edema may correct the problem and keep the patient out of the hospital, Christman explained.

"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

"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.

Addilyn Ruby Orman's late-December arrival made for a memorable Christmas 2016 for Blake and Breanne 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 21 at St. Tammany Parish Hospital.

"We just fell in love with her," said Blake Orman.

Hours after the baby's birth, the couple's bliss 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

"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

"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

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.

"There is no other feeling like knowing that somebody cares about what you are going through," Blake Orman said.

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.

"She is just wonderful," Blake Orman said. "We're all doing great."

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, and 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. - 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. 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

Smoking Cessation 2017

Paul D. Cordes Outatient 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.

