

Heart to Heart



Timing is Everything:
Serendipity, Compassion and
Hypothermia Save Local Lawyer



1202 South Tyler Street
Covington, LA 70433
(985) 898-4000
www.stph.org

Our Mission

Our mission as a not-for-profit hospital is to provide integrated healthcare services to the individuals and community of western St. Tammany Parish and surrounding areas. These services include education and prevention, a full range of diagnostic services, and both patient and outpatient care, all of which help to ensure continued good health.

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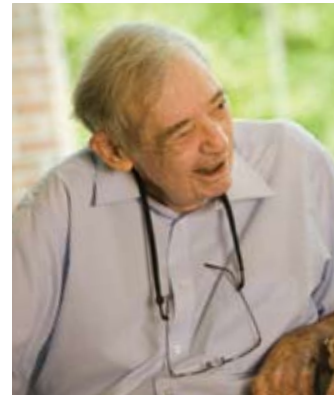
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Rufus Upton Lea Made the Ultimate Gift



“In death, as in life, he displayed a generosity of spirit and treasure that we are not likely to see again soon...”

Rufus Upton Lea, a long-time patient and friend of St. Tammany Parish Hospital, passed away on Tuesday, July 29, 2008. He made the ultimate gift by remembering the St. Tammany Hospital Foundation in his will. He was the husband of the late Marianne Spetz Lea.

Both Mr. and Mrs. Lea were diagnosed with cancer and utilized many services of the hospital and the Cancer Resource Center for years.

Dr. Adrian B. Cairns, Jr., chairman emeritus of the foundation board of trustees, was a dear friend of Lea. For the past fifteen years, they attended support groups and meditation sessions at the Cancer Resource Center with Dr. Cairns driving Lea in his last months.

“Upton was a singular individual and there will never be another like him. He was funny, generous, intelligent and inspirational. His living through treatment for five different major cancers was nothing short of miraculous. In death, as in life, he displayed a generosity of spirit and treasure that we are not likely to see again soon. I miss him a lot,” Dr. Cairns remarks.

In devising his will, Lea worked carefully with his late wife’s goddaughter, Julia Pearce, an attorney specializing in financial planning. Together they crafted his will to provide for surviving family members as well as numerous favorite charities.

“It was important to Upton to support the organizations that touched both he and Marianne’s lives in such an important way. His generosity both in life and in death will no doubt be remembered for many years to come,” said Pearce.

Bequests made through wills play an important role in securing the future of hospital programs, projects, facilities and equipment. These types of commitments also enable donors to make gifts that may not have been possible during their lifetimes.

Should you wish to leave a bequest in your will to the foundation, call Charley Strickland at 898-4141 or go to www.sthfoundation.org/giftplanning. Click on Bequest Language. Through your ultimate gift, you will become a member of the Legacy of Caring Society and will be honored with a plaque on the Foundation Donor Wall of Honor in the hospital lobby.

STPH Brings Perinatology to Covington

For years, expectant Northshore moms at high risk for complications traveled to see perinatologists (obstetricians specialized in high-risk pregnancy, who work closely with patients’ obstetricians).

St. Tammany Parish Hospital now offers this world-class expertise at twice-monthly clinics for patients whose higher-than-normal risk factors call for genetic counseling, amniocentesis or other specialty care.

“It’s more convenient and safer because there’s no long drive, and these mothers often feel a sense of urgency to see an expert quickly,” says Richelle Dufour, RN, head of the New Family Center, which averages 120 to 135 deliveries per month.

Likely patients for perinatology include those with

abnormal blood tests linked to advanced maternal age; mothers carrying multiples; patients with history of pregnancy complication or loss; women whose membranes rupture prematurely or who have heart disease, high blood pressure or other special monitoring conditions, says Renee Byrd, director of maternal child services. The perinatologists work closely with the patient’s obstetrician and STPH labor, delivery and neonatal intensive care staff to safely plan for special circumstances.

Perinatology clinics are held every other Monday in the STPH Labor and Delivery Department. Physicians interested in referring patients, call Trisha Jones, (985) 898-4690. Patients should consult with their obstetrician about this resource.



Bryan Burns Family Memorial Chapel

The Bryan Burns Family Memorial Chapel at St. Tammany Parish Hospital was dedicated on December 5, 2008. Bryan D. “Billy” Burns, Jr. gave the chapel dedication gift to the St. Tammany Hospital Foundation last summer in recognition of the excellent care that he personally received at the hospital. During one of his last stays in the hospital, Burns took a few minutes to say a prayer in the chapel and sing *Amazing Grace*. He passed away on August 2, 2008 at the age of 80.

In addition, Burns wanted to preserve the memory of his father, Bryan D. Burns, by requesting that the flag presented at his father’s funeral have a place of honor in the chapel. Bryan D. Burns served in World War I in the United States Army.

The Burns family has a rich history in Covington according to Harry A. Warner, a founding member of the foundation board of trustees and longtime friend of Burns, “Billy was a true Covingtonian in total. He loved this city. His love of family, friends, history and events was most important in his lifetime. His humor will be missed by all.”

When Charley Strickland, executive director of the foundation, met with him in his home last summer, he said of his donation, “I am making this donation as an investment in the foundation. I expect a good return on my investments, and this one is no different.”

Burns explained that his gift was a challenge to the citizens of Covington and the Northshore to support your community by supporting your community hospital. He especially wanted to recognize the endeavors of the employees of the hospital in raising \$116,300 for hospital projects and programs in the 2008 We Care Employee Campaign.



Bryan Burns III, son of Billy Burns, is pictured with family members, Lindy Stonecypher, Dawn Burns, Bette Burns, Brooke Burns and Barbara Hebert.



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Our Mission

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

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Achieve Balance for Better Health

For women busy with work and family, taking time for an evening stroll or a good night's sleep might seem like a luxury they can ill afford.

But finding time for rest and physical activity are essential components of weight management and good health, says Melissa Gispert, a nutritionist and registered dietician who coordinates the Women's Lifestyle & Weight

women reach the recommended weekly minimum of 150 minutes of physical activity. Parking far from the entrance to the store or swapping an hour of television for housework or gardening helps burn calories and boost energy.

Rest, the flip side of movement, is also critical to good health. Women need at least seven hours of sleep a night, since those who get less are more likely to be overweight, Gispert notes. Research shows that if you are sleep deprived, your body produces more stress hormones, which promotes "belly fat" and may also increase appetite.

Her strategy for weight management likewise reflects a balanced approach. So-called "dashboard dining" isn't a no-no, for instance, but women who make regular stops at the drive-thru window should choose grilled instead of fried meats, substitute a side salad with low calorie dressing instead of fries, and choose a diet soda or water to drink. Other tips include eating breakfast to jump-start the metabolism, keeping a journal to prevent "calorie amnesia" and using a salad plate to keep portions from inching into super-size territory.

Gispert customizes meal plans to fit the lifestyles of program participants and make it easier for them to stick with a weight-loss plan. Participants do not need a doctor's referral to sign up for the program.

More information is available by calling 898-3776.

Management Program at St. Tammany Parish Hospital. "The key is balance," she says. Busy women can find that balance by treating physical activity like any other appointment in a hectic schedule. But even women who can't find long stretches of time for exercise can reap its benefits—from stress reduction to lower blood pressure—by working bursts of activity into the day. At work, hand-delivering documents, or taking the stairs or fitting in a quick walk at lunch can help

Exercising on the Go

- Hand-deliver documents at work
- Take the stairs
- Take a walk during your lunch break
- When parking in a lot or garage, park far from the entrance
- Swap an hour of television for housework or gardening

CancerFit Program Energizes from Within

When Charlotte Johnson underwent treatment for lung cancer, the 66-year-old retired secretary figured the best weapon against fatigue and weakness was rest.

Johnson's view changed after taking part in the pilot program of CancerFit, an eight-week exercise and wellness program for individuals in treatment and recovery that St. Tammany Parish Hospital began offering last summer.

Sessions are designed to maximize the benefits of exercise on the effects of treatment, from stress and depression to nausea and fatigue that for Johnson, as with many patients, left her unable to complete ordinary tasks.

"Exercise helped me regain my strength," Johnson says.

STPH offers CancerFit in partnership with the West St. Tammany YMCA. After a physical therapist's evaluation, participants work out with YMCA trainers according to customized fitness plans. STPH wellness sessions on nutrition and relaxation are designed to enhance health and protect against cancer recurrence.

Participants get a clear sense of progress because measurements of strength and other factors are repeated at the end of the program. The functional wellbeing of the pilot group rose by 110 percent, for instance, while emotional wellbeing increased by 78.8 percent, notes Michelle Fell, manager of outpatient rehabilitation.

"Participants get wonderful support from each other," Fell says. Adds Chryl Corizzo, director of the Cancer Resource Center, "They come

because they want to feel better but also to see others make progress."

Upon conclusion, participants can continue with membership in the YMCA or with a customized program to follow at home. Participants also can take part in STPH's new CancerFit Walking Program, which is open to patients, survivors and caregivers.

A doctor's order is required to participate in CancerFit. The cost is \$199. Community members interested in supporting CancerFit scholarships are invited to call the STH Foundation at 898-4141.

More information on CancerFit is available by calling 871-6092.



Patients Eat What They Want, When They Want It

St. Tammany Parish Hospital encourages a healing environment for patients. Healing arts, evidence-based design, the new private rooms and free valet parking all exemplify that commitment.

Perhaps the most enjoyable step in this direction is Preference Dining, serving patients what they want to eat, when they want to eat it within the guidelines set by their physician. This is a radical change from typical hospital food service in which a set menu is delivered on a standing schedule.

"When people are sick, they want comfort food," says Abry Crosby, executive chef at St. Tammany Parish Hospital. "If breakfast is comforting to them, and they want it for dinner, that's what we make for them."

The resort-style, room-service program offers an extensive menu that includes entrees from slow-cooked pot roast to grilled salmon, as well as breakfast items available until 7 p.m. Meals are prepared to order and delivered to patients' rooms within 45 minutes.

"We don't load one set meal on trays and deliver them on schedule," explains Crosby. "Patients receive a menu based on the diet their physician prescribes. They review it and call us with their selection. Less than an hour later, they're enjoying exactly what they wanted."

Menu items are modified to meet dietary requirements of 14 different diets, from liquid to sodium-restricted to carbohydrate-controlled, says Kathy Hill, head of food service. Menus are designed to help patients make selections within their dietary restrictions. Preference Dining specialists provide information regarding the diet; explain how to place orders; and take orders for those who are unable to place orders themselves.

"Preference Dining is about more than delicious, healthful nutrition," Hill adds. "It also helps patients understand the special dietary guidelines their physician needs them to follow, so they continue to make good choices once they return home."

"While they are here, they get in the practice of making appropriate choices," she continues. "Diabetic patients learn to identify carbohydrates and to choose the correct number for each meal."

Catherine James, a Preference Dining specialist, says patients enjoy both the learning process and the freedom to choose foods they enjoy, even when dietary restrictions apply to them. "They like the flexibility of having options about when and what to eat," James says.

More information is available by calling 898-4062.

Grilled Vegetable Salad

Chef Abry Crosby likes to mix the ingredients of this innovative grilled salad to reflect the changing seasons. Add cranberries in winter or switch to strawberry vinaigrette in summer, he suggests. "It's great any time of year," he says. Pair it with low-fat meat or fish for a delicious, healthful entrée salad.

Ingredients:

- 2 Portobello mushrooms, gills removed
- 1 eggplant, cut crosswise into ¾-inch-thick circles
- 1 zucchini, halved lengthwise
- 1 yellow squash, halved lengthwise
- ½ pound asparagus, lower stalks trimmed
- 1 pint cherry tomatoes (keep raw)
- 1 red onion, cut in ½-inch slices (rings intact)
- ½ tablespoon garlic, chopped
- ¼ pound ricotta salata cheese, crumbled
- 1 cup olive oil
- ⅓ cup red wine vinegar
- 10 basil leaves, chopped
- ¼ cup orange juice
- 1 tablespoon honey
- ¾ teaspoon black pepper, ground
- ¼ teaspoon salt
- 6 ounces mixed baby greens

1. Mix olive oil, vinegar, garlic, pepper and salt in a bowl.
2. Lightly brush mushroom tops and onion slices with oil mixture.
3. Toss asparagus with one tablespoon of oil mixture.
4. Toss eggplant, zucchini and squash with three tablespoons of oil mixture.
5. Add basil, orange juice and honey to remaining oil mixture for dressing.
6. Grill all vegetables separately, two minutes on each side, then chill for 15 minutes to stop cooking process.
7. Cut all vegetables into pieces.
8. Mix all vegetables together in a bowl, adding raw tomatoes and tossing with dressing.
9. Serve atop baby greens, with ricotta as garnish.

Serves six.



TIMING IS EVERYTHING:

SERENDIPITY, COMPASSION AND HYPOTHERMIA SAVE LOCAL LAWYER

It was a hot Monday in August when Covington attorney Harry Pastuszek Jr., 65, stepped onto a treadmill at the West St. Tammany YMCA, determined to restart his fitness routine after disruptions from summer travel.

Minutes later, Pastuszek's heart stopped, sending him careening forward and breaking his nose as he lost consciousness and collided with the workout equipment.

Nearby, Steve Harwell, RN, an intensive care nurse at St. Tammany Parish Hospital, was lifting weights. He rushed to assist Pastuszek, applying electric shocks with a defibrillator and administering chest compressions as YMCA staffers called for the ambulance that transported Pastuszek to the STPH Emergency Room.

Pastuszek's heart was saved, and 11 days later he underwent bypass surgery to correct blockages in his arteries. But his brain might have been damaged forever without a cutting-edge treatment at STPH to prevent brain injury in cardiac-arrest patients.

COOLING THE BODY TO SAVE THE BRAIN

STPH is the only Northshore hospital to use hypothermia protocol to prevent brain damage in cardiac-arrest patients who exhibit poor neurological function. Using special cooling blankets, intravenous fluids and cold water pumped into the stomach through a nasal tube, nurses lower the patient's body temperature from 98.6 ° F to 89-92 ° F for 24 hours to reduce the brain's need for oxygenated blood. Reducing the need for oxygen is crucial because cardiac arrest interrupts the flow of blood, potentially causing permanent injury to brain tissue. Patients are sedated during the procedure, which must begin within six hours after cardiac arrest.

STPH began using the therapy in 2007 after working with experts across the nation to develop procedures based on national recommendations. Coincidentally, Harwell was leading the team of nurses developing the hospital's use of the treatment at the time of Pastuszek's heart attack. Harwell's knowledge of hypothermia protocol was more than theoretical

in Pastuszek's case. Hours after his intervention at the YMCA, Harwell arrived at the hospital and took charge of Pastuszek's care as he was moved from the emergency room to intensive care. There, Harwell and a cardiologist agreed the cooling process was necessary after Pastuszek exhibited poor neurological response.

"We moved quickly, because we were close to that six-hour mark," recalls Harwell, who cared for Pastuszek during his first two days in intensive care.

Teresa Krutzfeldt, RN, head of critical care, calls the treatment "the most exciting procedure" she has seen in 27 years in nursing. In Pastuszek's case, the therapy preserved his brain function but also allowed him to undergo heart surgery August 15. "We would not have been able to do that without good brain function, so saving his brain saved his heart, too," Krutzfeldt says.

SUCH COMPASSIONATE CARE

For Ann Pastuszek, Harry's recovery is as much a story of compassion as medical marvels. The Pastuszek's 26-year-old daughter, Joanna, was home alone when she received a call from the YMCA reporting Harry's injury. In the rush that followed, Ann and Joanna were unsure of Harry's condition, an agony prolonged by the fact that they beat the ambulance to the hospital.

"As each part of our family arrived, we were shown such compassion," Ann says. "And it just kept coming, for our daughter Irene from Albany, N.Y., our son Harry III from Alexandria, Va., his wife and their children, my daughter's boyfriend, our other family members; it didn't matter who we were, the nurses and staff just reached out to us, embraced us and kept us informed and cared for."

She adds, "Through the weeks that followed, everyone showed us that level of commitment."

That care continued after Harry's discharge August 22 with a 12-week program at STPH Cardiac Rehabilitation. That phase of recovery is critical, since rehabilitation can reduce the risk of a fatal heart attack by 25 percent, notes Jan Fox, RN, program supervisor.

These days, Harry Pastuszek is back at work, with his wit, legal expertise and sense of gratitude firmly intact. "I was in the right place at the right time, and Nurse Harwell was, too," he says.

Last summer, days before Pastuszek's heart attack, Harwell was named an STPH Ambassador, a distinction bestowed on staff members who embody the hospital's philosophy of care. "Even without his actions that day he would have received this," says Krutzfeldt. "I call him the beacon of the night shift."



Harry working out on the rowing machine at the STPH Cardiac Rehabilitation Center.



Steve Harwell, RN



Harry Pastuszek Jr. is pictured with wife, Ann Pastuszek, and daughter, Joanna Pastuszek.

Invest in your Hospital Foundation

Charitable Gift Annuity rates are holding steady as certificates of deposit rates decline.

Make a donation to the St. Tammany Hospital Foundation that is a win-win proposition.

You win because you get an income tax deduction for more than half of the donation and an income for the rest of your life that is partially tax-free.

The foundation wins because you have made a major gift to benefit the hospital.

With a charitable gift annuity, a donor age 75 receives an annuity for life based on a rate of 6.7%. The rates are capped at age 90 at 10.5%.

Want to know more? Contact Charley Strickland, executive director of the foundation at 898-4141 or cstrickland@stph.org.



Standing left to right: Lori Murphy, Ken Latham, Harry Warner and Judge John W. Greene. Seated: Dick Knight and Julia Pierce.

Foundation Announces 2009 Executive Committee

The board of the St. Tammany Hospital Foundation begins 2009 with new leadership. Covington architect Ken Latham is the chairman of the board, a title previously held by retired surgeon Adrian B. Cairns Jr., MD, a founding board member who has been named chairman emeritus.

Latham will head the new six-member executive committee with the following members: Lori Murphy, vice chairman; Dick Knight, secretary/treasurer; Julia Pearce, chairman of the governance committee; and at-large members, Harry Warner and Judge John W. Greene.

Latham takes the helm of the board as it embarks on its sixth year raising funds for the not-for-profit hospital, the sole beneficiary of its efforts. In its first five years, the foundation raised \$4 million for STPH. This success reflects contributions of grateful patients and their family members as well as businesses, corporations and foundations from not only the Northshore, but also throughout Louisiana and the Southeast.

STPH employees have supported the foundation through four employee campaigns. A record-breaking \$116,300 was raised from 850 employees in the 2008 WE Care Employee Campaign. These funds provide a cashless system in the cafeteria to benefit employees, visitors and patients' families, plus the ongoing Healing Arts Initiative and Learning Together, an employee education program.

The foundation's support of STPH is crucial in allowing the hospital to provide resources to the community such as the Parenting Center,

the Community Wellness Center, Hospice and the Cancer Resource Center, says Charley Strickland, the foundation's executive director.

"These mission driven programs are offered as a service to the citizens of the Northshore. STPH is committed to providing these essential outreach programs to make our community the best it can be," Strickland says.

Other STPH projects funded through the foundation include a Call for Funding to the hospital to utilize unrestricted funds. A few of the numerous projects, programs and equipment provided through the years include a Giraffe Omni bed for the smallest micropreemies in the Neonatal Intensive Care Unit, a rehabilitation playground for both pediatric and adult patients at the Outpatient Pavilion, and the golf cart ambulance that serves patients who are airlifted to STPH.

One of the challenges of the foundation's first years was boosting awareness of STPH and its service to the community, says Cairns. "We used to call it the best kept secret on the Northshore," he says. But recognition of the unique combination of state-of-the-art technology, award-winning healthcare quality and personalized care at STPH has grown steadily, notes Latham. "We have reached the tipping point where donors see the foundation as the valuable, mature asset that it has become. Supporting the foundation supports the health of our community," he says.

Individuals and groups interested in contributing to the foundation are asked to call Charley Strickland at 898-4141.

Killing Germs and Saving Lives

Staph (Staphylococcus Aureus and the Methicillin-resistant strain known as MRSA) lives on as many as one-third of Americans at any given moment. It is commonly found in the nose and mouth and on the skin, particularly where the skin touches, such as groin, joints and hands.

"Surgery patients are especially vulnerable to infection if they have staph on their skin because it can get from the surface into the body via the incision," Teena Strand-Parker, RN, head of pre-operative services, says.

To fight this possibility, St. Tammany Parish Hospital follows national best practices for germ eradication and constantly reinforces

"...we have joined a national movement in hospitals called Go For Zero, in which our goal is zero infections in the hospitals."

the single most effective measure for killing bacteria: making sure patients, families, physicians, surgeons and the entire hospital staff frequently and vigorously wash their hands, explains Linda Polo, RN, head of infection prevention.

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Strand-Parker adds, "Surgical patients undergo a very specific and vigorous cleaning process to disinfect their skin before surgery. We also ask patients to report any skin aberrations that may represent an infection, such as pimples, boils and rashes. These may delay the surgery until they are cleared up, and that is better than risking infection to stick to a schedule."

In addition to the standard germ eradication procedure that involves the patient cleansing at home with special materials, heart bypass patients will be piloting a new procedure that takes infection prevention a step further.

Before surgery, the bypass patient's nose is swabbed and the specimen cultured to see if the patient has staph. If the culture is positive, the patient thoroughly disinfects using special antimicrobial scrubbing sponges, antibacterial nasal cream and mouth rinse. The patient receives IV antibiotics within 60 minutes of incision and stays in a private room to ensure the infection is not spread to others.

"Our rates of infection are well below national benchmarks, which indicate that our efforts are working," says Polo. "That's what keeps us motivated to continue the Go For Zero Campaign."

More information is available by calling STPH Infection Prevention at 898-4683 or Pre-Op at 898-4464.

Fighting Childhood Obesity with Yummy Food and Fun on the Run

Too many snacks and soft drinks contribute to childhood obesity, but eating habits are just one aspect of a surge in childhood obesity over the past 20 years.

"Just as challenging is the lack of physical activity," says Diane Navoy, RD, LDN, a clinical dietician at St. Tammany Parish Hospital who is certified in childhood nutrition.

Getting kids on the move does not mean sending them to the gym. Just playing is a good option, as are biking and walking, says Navoy, who encourages parents to be on the lookout for missed opportunities for informal exercise. "I see kids using electric scooters and golf carts as transportation in their neighborhoods when they could be walking, biking or skating," she says.

Still, good eating habits are crucial to helping children avoid too much weight. Navoy reminds parents that they have control over what foods come into—or stay out of—the house. "If ice cream is somebody's downfall, it might be best not to have it around. Save it for a special, occasional treat," she says. Eating breakfast is also important, but children should not be forced to clear their plates at any meal.

"They should eat until they are satisfied, period," Navoy says.

Understanding portion size, limiting soda and juice consumption and eating meals together—with the television off—are other healthy habits. Teaching kids to read labels and help prepare meals also can make food a source of positive interaction, experts say.

Ultimately, helping children stay active and make good food choices has lifelong impact, Navoy says, since overweight children are more likely to become overweight adults at greater risk for maladies from heart disease to cancer.

"They aren't eating for today but for the rest of their lives," she says. More information is available by calling 898-4063.



“Boot Camp” Gives New Dads Real-life Skills



Robert Racine pictured with Boot Camp veteran André Jeansonne and his children Brody and Brielle.

In a world cluttered with advertisements for baby products and expert advice on raising children, Robert Racine’s message to expectant dads may come as a surprise.

“You don’t need much else beyond a mom and a dad who are committed to taking care of their baby together,” he says. “The rest is pretty superficial.”

Racine, a father of three, delivers that message of encouragement and teamwork at St. Tammany Parish Hospital’s Boot Camp for Dads, a hands-on, guys-only Saturday-morning workshop aimed at building the confidence and skills of fathers-to-be.

Using concepts from a nationwide program, the workshop guides rookie dads through ways to support the mother of their baby, starting with those fuzzy days after birth. The focus is on nurturing a supportive relationship between parents to benefit the child and encouraging new dads to get involved from day one, Racine says.

“It’s lighthearted, but it’s also about seeing things like giving a bath as a way to connect with your child,” Racine says.

STPH’s program, which is unique among area hospitals, also provides expectant dads with the chance to see real dads in action. Workshop veterans are invited back with their infants in tow to meet the rookies and give them a chance to ask questions, hold the babies and even change diapers.

“The rookie dads see other men taking care of tiny babies, so they see for themselves that dads can do this,” says Lynda Jeansonne, STPH maternal-child health educator.

The program also tackles issues such as coping with a crying infant, supporting breastfeeding mothers and recognizing postpartum depression.

The workshops are open to the community. Sessions are held from 9 a.m. to noon on one Saturday of every other month in the hospital’s first-floor conference rooms. The \$10 cost includes refreshments and a souvenir T-shirt. More information is available by calling 898-4083.

New Technology Brings 3-D in Focus

With introduction of a state-of-the-art biplane imaging system, St. Tammany Parish Hospital Radiology Department is expanding its ability to diagnose and treat patients for stroke, back pain, uterine fibroids and cancer.

The new digital technology will give radiologists and specialists enhanced three-dimensional angiograms, which for patients, means faster, more accurate diagnoses, less exposure to radiation and decreased need for X-ray dye. The new equipment allows the physician to create two views of the body at one time, without having to move the patient or equipment.

“This is cutting-edge equipment that will allow us to handle more complicated cases and expand the services we offer,” says Daniel Harlin, MD, an STPH interventional radiologist.

Interventional radiologists like Harlin and his partner Richard Vanderbrook, MD, are specially trained to do invasive procedures. Optimal images of the body are critical for interventional radiologists performing procedures as delicate as injecting glue into a spinal fracture, notes Pat Maltese, head of radiology.

“If you are placing a needle into a patient, you can not only see where you are aligned right to left but also how you are aligned in depth,” Maltese says. “It’s really the latest, greatest technology for interventional radiology.”

The biplane unit will be installed in an expanded, modernized room in the first-floor Radiology Department. The installation will be complete by March 1.



STPH Practice Administrator Dionne Williams and STPH Project Manager Randy Willet confer on final architectural details at the practice’s new office on Gardenia Drive.

Growing to Serve

St. Tammany Parish Hospital continues its Strategic Growth Initiative launched after Hurricane Katrina’s devastation increased the parish census to 2010 population projections.

Evidence-based design in the newest nursing unit, Four South, makes a hospital stay as comfortable as possible for patients and families while providing staff the best possible environment for delivering care. The 14 new private rooms are the hospital’s first step in a long-term building plan to add approximately 100 new

private rooms. The balance of the new rooms is planned for the future fifth and sixth floors.

Meanwhile, the hospital’s growth initiative continues outside the main building as well. STPH constructed a new building on Hwy. 21 for the Covington office of St. Tammany Physicians Network and the STPH Sleep Disorders Center.

“This month, we are moving those two services from the Tchefuncte building into their new space,” Chief Operating Officer Sharon Toups says, “so that we may begin the project that will ultimately erect a state-of-the-art medical office building across Tyler from the hospital. An ambulatory surgery center is in architectural stages and slated for construction this year as well.”

In the meantime, we continue to move forward with the Riverside project at 8th and Tyler (the former Schoen Funeral Home). This project is better integrating the property into the overall STPH campus, providing additional office space, fixing drainage issues along Harrison and improving parking capacity including 126 new spaces.

“We view Riverside as the first focal point as residents and visitors enter the city of Covington,” Toups explains, “and as such, we want it to reflect the character, beauty and natural surroundings that the city of Covington and our hospital campus are known for, including landscaping with old and new trees, bushes and blooming plants. The final scene will be one we can all be proud to point to as the first business at the entrance of our city and our neighborhood.”

Community Hospital Always at the Ready

St. Tammany Parish Hospital drills and practices emergency operations on an ongoing basis, and 2008 presented a number of opportunities to put those plans to real use.

STPH activated emergency operations in advance of Hurricane Gustav August 31 and returned to normal operations Sept. 4. Although Hurricane Ike did not strike Louisiana, related flooding disrupted the normal lives of St. Tammany residents, but it did not affect operations at the largest hospital in the parish. Likewise, when severe winter weather brought a snowstorm on Dec. 11, STPH remained under normal operations and provided all needed services.

When standard sources of power, phone and cable are interrupted, STPH relies upon onsite emergency sources. Staffing plans and back-up resources keep all services working at the hospital, including all clinical needs and comfort amenities. Patients even continue to enjoy Preference Dining room service.

STPH maintains two generators onsite, each independently capable of powering all services in the hospital including radiology, surgery, air conditioning, elevators and other power needs. When regular power fails, STPH runs the hospital on generator power and uses the second generator as back-up. The hospital has a back-up to city water supply to ensure drinking, sanitation, sterilization and all other water needs. Onsite fuel supply powers these resources, and predetermined usage plans ensure appropriate fuel and supply consumption to last five to six days. Private vendors and government resources are committed prior to the emergency to supply STPH should the hospital remain in emergency operations beyond its stores’ capabilities.



STPH Employees Help Out

STPH employees generously donated supplies and gift cards for Terrebonne General Medical Center employees affected by Hurricanes Gustav and Ike. The hospital rented a truck to transport all the cleaning, household and personal supplies. These generous gifts along with more than \$600 in gift cards were a gift from STPH employees grateful for the hospital employees around the country that reached out to us in 2005 after Katrina. TGMC’s administrator indicated this gift would go a long way in helping TGMC employees get back on their feet after the two storms damaged their homes.

STPH Calendar Highlights

As your community hospital, STPH hosts events, meetings and opportunities to improve and maintain physical and emotional wellbeing. A short sample of upcoming events is provided below, but please check www.stph.org and local newspapers for additional learning opportunities for individuals of all ages.

JANUARY						
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Pacemaker/ICD Support Group

Jan 21, Noon

Location to be announced due to move of Heart Center

FREE; For information about this program contact Debra at the STPH Pacemaker Clinic; 898-3733

Alzheimer's Support Group

Jan 28, Feb 25, Mar 25; Noon to 2 pm

Cordes Outpatient Pavilion

FREE; Support and information for caregivers of Alzheimer's patients; 898-4008

Let's Kick the Habit

Tuesdays, January 13 to March 10;

11:30 am to 12:30 pm

Cordes Outpatient Pavilion

FREE; This 8-week program is co-sponsored with Mary Bird Perkins Cancer Center, and can provide the tools you need to become tobacco-free; registration required; 898-4581

Incorporate Yoga into Cancer Recovery

Each Friday, 10 am to 11 am

Cordes Outpatient Pavilion

FREE; Learn to utilize restorative yoga and about its benefit in cancer recovery with this program co-sponsored with the Leonard Thomas HOS Foundation ; 898-4581

CancerFit: Where Healing Begins

Jan 20

Cordes Outpatient Pavilion/West St. TammanyYMCA
\$199 per participant; 8-week exercise and wellness program for those completing, or finished with, cancer treatment and want to regain strength, endurance and wellness; 871-6092

Infant/Child CPR

Jan 17, 9 am to 11:15am; Feb 18, 6 pm to 8:15 pm; Mar 11, 9 am to 11:15 am

STPH Parenting Center

\$20 per person, \$30 per couple; Learn the skills you need to know if your child is choking or stops breathing; registration required one week prior to class; 898-4435

New Baby Support Group

Each Thursday, 11:15 am to Noon

STPH Parenting Center

FREE; Join other mothers and their babies, ages birth to 7 months, for information and support; registration required; 898-4435

Breastfeeding Support Group

Feb 5, Mar 5, Apr 2; Noon to 1 pm

STPH Parenting Center

FREE; Join STPH's certified lactation consultant for questions and answers relating to breastfeeding your child. For mothers and expectant mothers; registration required; 898-4435

Children in the Middle

Jan 19 and 26, Feb 9 and 16, or Mar 23 and 30; 7 pm to 9 pm

STPH Parenting Center

\$20 per person, \$30 per couple; A 2-part series to help parents learn methods and communication skills that help keep children out of divorcing parents' issues; registration required by 1 pm on Friday prior to the first session; 898-4435.



STPH Mourns Loss of Commissioner

St. Tammany Parish Hospital board member Charles A. Frederick, Jr. passed away on Friday, August 29, 2008, at the age of 78.

Frederick served and supported St. Tammany Parish Hospital as a member of the Board of Commissioners from 1970 until his death.

"Mr. Frederick supported our hospital for so many years. He will always be remembered as a friend of St. Tammany Parish Hospital," STPH President/CEO Patti Elish says.

The Board of Commissioners purchased a brick in his memory for the hospital's meditation path bordering the pond and fountain.

