HOSPITAL HIGHLIGHTS

Below is a quick summary of what’s been happening and what’s to come at St. James Parish Hospital. More information about events can be found in our local newspapers, on our website calendar, www.sjph.org/events, and through the hospital’s Facebook page, www.facebook.com/StJamesParishHospital.

**The FLU SHOT FAIR Is Coming to Town**
After last year’s particularly active flu season, people are encouraged to get vaccinated. St. James Parish Hospital will once again make the process easy by allowing patients to walk in without an appointment during several weeks in October. In addition, we will offer vaccinations after hours through our Urgent Care.

**St. James Parish Hospital Awarded Safety Grant**
We were recently chosen as 1 of 14 hospitals to receive a safety grant sponsored by the Louisiana Hospital Association Trust Funds. These grants allow us to implement new improvement initiatives and purchase supplies that help us offer our community even higher-quality and safer care.

**Awards and Accolades**
St. James Parish Hospital was recently honored as a Community Agency Action Hero by the St. James Parish Government for our work and dedication to the health and wellness of our local senior citizens. In addition, our hospital was awarded four national Aster Awards for excellence in advertising, marketing, and public relations.

**PSA Screenings Start Sept. 24**
A prostate specific antigen (PSA) screening is a simple blood test that may alert a physician to further investigate a possible issue. The test does NOT require fasting. Men age 50 and older are encouraged to have the screening done annually. Those with a family history or at higher risk should begin at age 40 or 45.

**Don’t Miss Our Fall Puberty Classes**
St. James Parish Hospital will be offering its Boys’ and Girls’ Puberty Classes on November 6. The class is fun, educational, and taught with clinically accurate facts. A parent or guardian is required to attend.

ACCESS TO THE CARE YOU NEED

Our multitier approach to health has us consistently focusing on helping the sick get healthy while helping the healthy stay healthy. Expanding access to healthcare and wellness services is one way we are working to achieve this goal.

As summer winds down, St. James Parish Hospital is preparing for a busy fall. We are excited to offer a variety of events geared to the entire family. Men are invited to participate in our Men’s Health Awareness activities, our entire community is encouraged to walk in to our convenient Flu Shot Fair for vaccinations, and kids are being offered puberty classes.

In addition to an active calendar of events, we are excited to share information about Chronic Care Management for patients who have two or more chronic conditions.

Happy fall, y’all.

Mary Ellen Pratt, FACHE, CEO

For more information about events or to RSVP, visit www.sjph.org/events or call 225-258-5952.
IN THE PAST

St. James Urology Clinic, a department of St. James Parish Hospital, is now offering lithotripsy for patients suffering from kidney stones. Lithotripsy is a noninvasive technique for treating kidney stones in which ultrasound shock waves are passed through the body. An ultrasound is first used to pinpoint the location of stones, followed by the procedure, which breaks stones into tiny granules that can be passed through urine.

In addition to relief from extreme pain, this procedure offers many other benefits to patients. Because lithotripsy is a “no-scalpel” procedure, complications are less likely and recovery time is shorter than with traditional surgery.

Clay Boyd, MD, urologist at St. James Urology Clinic, sees patients in the Medical Plaza located on the same campus as the hospital. If you believe you may be a candidate for lithotripsy or you need general urology services, call 225-258-2070 to schedule an appointment. Dr. Boyd sees outpatients on Monday, Wednesday, and Friday.

“A FOCUS ON MEN’S HEALTH

Join us for a Men’s Health Lunch-n-Learn in September. In addition, our $5 PSA screenings will be offered from 8 a.m. to 5 p.m., September 24-28 (no fasting required). Register in the hospital lobby.

Luncheon RSVP—www.sjph.org/events or call 225-258-5952

“In those patients who are thought to be good candidates for lithotripsy, about 70%-90% are found to be free of kidney stones within three months of treatment.”

—WWW.KIDNEY.ORG
Do You Have Two or More Chronic Conditions?

St. James Parish Hospital offers Chronic Care Management to help Medicare patients who have two or more chronic conditions. Rather than simply treating patients experiencing complications, our goal is to help patients better manage their care to reduce complications and emergencies in order to remain as healthy and functional as possible.

WHAT IS A CHRONIC CONDITION?
As defined by the Centers for Medicare & Medicaid Services (CMS), a chronic condition is one expected to last at least 12 months or until the death of the patient. Chronic conditions place the patient at significant risk of death, acute exacerbation/decompensation, or functional decline.
“Chronic conditions, such as heart disease, stroke, cancer, type 2 diabetes, obesity, and arthritis, are among the most common, costly, and preventable of all health problems. As of 2012, about half of all adults had one or more chronic health condition(s). Of these, 1 in 4 adults have two or more conditions, with the likelihood increasing as we age.”

—CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

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<th>WHO QUALIFIES?</th>
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<td>· Patients who are traditional Medicare patients</td>
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<td>of our primary care clinics (Lutcher Family Clinic, St. James West Bank Clinic, and Poche Medical Clinic)</td>
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<td>· Patients who have had a recent Annual Wellness Visit or a visit with their primary care physician</td>
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<tr>
<td>· Patients who have been diagnosed with two or more chronic conditions. (Example: A patient who has diabetes and hypertension or a patient undergoing treatment for cancer who also has heart disease)</td>
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<th>WHAT PATIENTS CAN EXPECT</th>
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<td>· To develop a continuous relationship with our Care Coordinators</td>
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<td>· To work with our Care Coordinators to develop a personalized care plan and goals</td>
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<td>· Ongoing calls and/or appointments to discuss referrals, consults, test results, and goals</td>
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<td>· Additional 24/7 support as needed through a nurse hotline</td>
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<th>OVERALL GOALS</th>
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<td>· To improve care coordination among all physicians/specialists treating the patient</td>
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<td>· To maintain or improve patient well-being and functionality</td>
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<tr>
<td>· To prevent or reduce complications, ER visits, and readmissions associated with chronic conditions</td>
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Our well-rounded team not only works together to create personalized plans that help athletes get stronger and faster after injuries, but also focuses on evaluating and treating muscle imbalances and dysfunctional movement patterns to help prevent reinjury.

Cameron Amato, Athlete,
St. James Parish Hospital PT Grad

Therapy Tailored to ATHLETES

As the River Region’s largest therapy provider, St. James Parish Hospital’s Rehab Team can offer athletes from any background a powerhouse of education and experience.

EXPERIENCE IN VARIOUS BACKGROUNDS
• Football
• Baseball
• Tennis
• Basketball
• Volleyball
• Swimming
• Dancing
• Cheerleading
• Soccer
• Powerlifting

SPECIALIZED SPORTS-RELATED TREATMENTS
• Sports-simulated activities
• Plyometric focus
• Biofeedback
• Agility drills
• Dynamic stability activities
• Mobilization

We recognize that athletes have specialized goals that require our team to remain up to date with the latest evidence-based research and treatment plans. Therefore, our staff is continually expanding its education and obtaining advanced certifications. We offer a multidisciplinary approach that combines physical therapy with various rehab tools, such as Graston Technique, dry needling, joint mobilization, and kinesio taping.

We also maintain great relationships with local orthopedic physicians. We know that collaboration between the patient and all caregivers can be a key component to healing.

From chronic overuse injuries to acute sprains, strains, tears, and fractures, we take pride in being part of the journey that helps our local competitors get back to competing. To schedule an appointment, call 225-258-5934. We offer outpatient therapy services from 8 a.m. to 4:30 p.m. Monday through Friday. Extended hours—7 a.m. to 7 p.m.—are also available by appointment.
When he’s not in school, you will most likely see Cameron Amato running, jumping, and catching on some type of turf. Being active is just part of his life. Last soccer season, all that moving came to a halt when Cameron tore the meniscus in his right knee. At that very moment, he didn’t just lose the ability to run, jump, and catch—he lost part of his identity as an athlete.

Sideline

“I started rehab at St. James Parish Hospital after my surgery,” Cameron says. “At that point, I couldn’t run, so sports were out of the question. The therapy team focused my initial treatment on goals that helped decrease my swelling and pain and restore my range of motion so I could move on to different techniques and sports drills that allowed me to focus on strength and speed.”

“By the time I finished my rehab program at the hospital, I felt great. I was ready to run and get back to my normal workouts. It was perfect timing because baseball season was just starting. I would recommend all of my friends and anyone who is as passionate as I am about sports come to the hospital when they need therapy. The therapists understood how important sports are to me and knew how badly I wanted to get back to playing. My passion wasn’t treated as a hobby, but a way of life. They pushed me to get back to 100 percent and knew how important it was to me to feel like myself again on the field.”

“As an athlete, I want to recognize another one of my teams. Thank you to the St. James Parish Hospital therapy team for working with me to achieve my goals and get back to playing all the sports I love.”

—CAMERON AMATO: COMPETITOR, ATHLETE, SPORTS ENTHUSIAST
WATCHING YOUR WOUND

Several factors affect how long it takes a wound to heal, such as the type of wound you have and your age, health condition, and general lifestyle.

While many variables can alter the wound-healing process, we wanted to highlight a handful of potentially serious symptoms that may warrant a call to your primary care provider or wound care doctor.* Patients who have recently undergone surgery or have compromising health conditions, such as diabetes, should be particularly diligent about watching their wounds.

Symptoms That Deserve Special Attention:

- **Worsening pain or pain that doesn’t get better**—Pain should usually begin to improve over several days. If it doesn’t, it may indicate a problem.
- **A foul odor**—A bad or worsening smell from a wound may indicate an infection or dying tissue.
- **Thick discharge**—Seeing clear fluid during the beginning of the wound-healing process is usually normal, but if the liquid becomes thick and changes color, it may be infected.

- **Significant swelling or redness**—Redness and swelling should improve after several days if a wound is healing correctly.
- **Prolonged fever**—If you have an open wound along with fever—specifically 100 degrees Fahrenheit or above for over four hours—you should contact your physician.
- **The 30-days rule**—Most wounds should heal or show considerable improvement within 30 days. If not, additional care is recommended.

St. James Parish Hospital’s wound care team consists of skilled physicians, certified nurse specialists, and technicians. Our team utilizes advanced techniques and creates personalized wound management plans for patients.

Our Wound Care Center, a department of the hospital, is located in David Reynaud Medical Plaza. For more information or to schedule an appointment, call 877-295-2273.

*Learn more at www.advancedtissue.com.

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St. James Parish Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Our facility also provides free language services.

ATENCION: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. ATTENTION: Si vous parlez français, des services d’aide linguistique vous sont proposés gratuitement.

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To RSVP, visit www.sjph.org/events. Click the event or class and fill out the online registration form. If you do not have access to a computer, call 225-258-5952.