Local Stroke Patient Receives a Lifesaving ‘Shot’
NEW YEAR, NEW VISION

“UNITE THE PARISH BY being the community’s first choice for all health and wellness needs by leading innovations to make care more convenient, coordinated, comprehensive, and advanced in order to offer the very best value.”

In 2018, we revised our vision to better state our goals for the future. Thanks to the ongoing support of our community, we want to go beyond providing only primary and emergency care to the sick. We also want to offer seamlessly coordinated care that saves patients time and money. We want to work with other organizations to expand access to services that enhance the quality of life for our entire community. We want to tap into technology that saves lives and promotes better health. We want to both heal and keep well.

In this issue, we hope our level of commitment to our new vision is loud and clear. We are partnering for stroke care, expanding access to therapy, and offering support not only for diabetics, but for pre-diabetics.

Looking forward to being a part of your wellness team in 2019.

Mary Ellen Pratt, FACHE, CEO

Time Is BRAIN

THE HARD FACTS
According to the Centers for Disease Control and Prevention (CDC), every 40 seconds someone in the United States has a stroke, and every four minutes someone dies of one. Stroke is a leading cause of both death and serious, long-term disability in the U.S.

Eighty-seven percent of strokes are “ischemic,” meaning that blood flow to the brain is blocked—often due to a blood clot. Therefore, when it comes to a stroke, “Time is brain.”

TELESTROKE IN YOUR COMMUNITY
According to the CDC, chances of survival increase when emergency room treatment starts quickly. Patients who reach the ER within three hours of their first symptoms have a higher likelihood of survival and often have less disability.

Understanding the importance of timely treatment during a stroke, St. James Parish Hospital partners with Ochsner Medical Center to provide “telemedicine” to our patients. When you present to the ER with suspected stroke symptoms, our emergency team quickly sets up cutting-edge technology that allows a neurologist at Ochsner to conduct a remote patient “visit.”
A Survivor’s Story

On August 29, Mrs. Linda St. Pierre went to work as a volunteer at the hospital. She did her job well and felt fine. It was a seemingly normal Monday evening until she started to walk into the kitchen and fell. Her speech began to slur, and she could not walk. Her son-in-law, a former EMT, recognized stroke symptoms and knew she had to get to the hospital fast. This is where Mrs. Linda’s memories end.

Unbeknownst to her, she was rushed to St. James Parish Hospital, where she was hooked up to monitors, assessed by a neurologist at Ochsner, and given the “shot”—the medication that she believes saved her life and livelihood.

After she was stabilized and medicated, she was transferred to Ochsner Medical Center for additional monitoring and testing to ensure the blood clot to her brain was gone. Thanks to treatment at St. James Parish Hospital, she returned home safely with only a prescription for baby aspirin—walking, talking, and ready to volunteer again.

“A Survivor’s Story

On August 29, Mrs. Linda St. Pierre went to work as a volunteer at the hospital. She did her job well and felt fine. It was a seemingly normal Monday evening until she started to walk into the kitchen and fell. Her speech began to slur, and she could not walk. Her son-in-law, a former EMT, recognized stroke symptoms and knew she had to get to the hospital fast. This is where Mrs. Linda’s memories end.

Unbeknownst to her, she was rushed to St. James Parish Hospital, where she was hooked up to monitors, assessed by a neurologist at Ochsner, and given the “shot”—the medication that she believes saved her life and livelihood.

After she was stabilized and medicated, she was transferred to Ochsner Medical Center for additional monitoring and testing to ensure the blood clot to her brain was gone. Thanks to treatment at St. James Parish Hospital, she returned home safely with only a prescription for baby aspirin—walking, talking, and ready to volunteer again.

Act FAST

Treating a stroke quickly can reduce damage to the brain. If you think someone may be having a stroke, act F.A.S.T. and perform the following simple test:

- **F**—**Face**: Ask the person to smile. Does one side of the face droop?
- **A**—**Arms**: Ask the person to raise both arms. Does one arm drift downward?
- **S**—**Speech**: Ask the person to repeat a simple phrase. Is the speech slurred or strange?
- **T**—**Time**: If you see any of these signs, call 911 right away.

In the event of a possible stroke, call 911 and choose the closest ER.

St. James Parish Hospital doesn’t want to save just your life—but also your **quality** of life. We want to save your brain, your livelihood, and your independence.

THE ‘SHOT’

Did you know that a simple “shot”—if utilized in a certain window of time—could save your life? The drug tPA (tissue plasminogen activator) is the only FDA-approved treatment for ischemic strokes. TPA is a medication given through an IV that works by dissolving blood clots and improving blood flow to the brain.

The American Heart Association considers the use of tPA, when applicable, a Class I recommendation due to its effectiveness.

A Survivor’s Story

On August 29, Mrs. Linda St. Pierre went to work as a volunteer at the hospital. She did her job well and felt fine. It was a seemingly normal Monday evening until she started to walk into the kitchen and fell. Her speech began to slur, and she could not walk. Her son-in-law, a former EMT, recognized stroke symptoms and knew she had to get to the hospital fast. This is where Mrs. Linda’s memories end.

Unbeknownst to her, she was rushed to St. James Parish Hospital, where she was hooked up to monitors, assessed by a neurologist at Ochsner, and given the “shot”—the medication that she believes saved her life and livelihood.

After she was stabilized and medicated, she was transferred to Ochsner Medical Center for additional monitoring and testing to ensure the blood clot to her brain was gone. Thanks to treatment at St. James Parish Hospital, she returned home safely with only a prescription for baby aspirin—walking, talking, and ready to volunteer again.

“A Survivor’s Story

On August 29, Mrs. Linda St. Pierre went to work as a volunteer at the hospital. She did her job well and felt fine. It was a seemingly normal Monday evening until she started to walk into the kitchen and fell. Her speech began to slur, and she could not walk. Her son-in-law, a former EMT, recognized stroke symptoms and knew she had to get to the hospital fast. This is where Mrs. Linda’s memories end.

Unbeknownst to her, she was rushed to St. James Parish Hospital, where she was hooked up to monitors, assessed by a neurologist at Ochsner, and given the “shot”—the medication that she believes saved her life and livelihood.

After she was stabilized and medicated, she was transferred to Ochsner Medical Center for additional monitoring and testing to ensure the blood clot to her brain was gone. Thanks to treatment at St. James Parish Hospital, she returned home safely with only a prescription for baby aspirin—walking, talking, and ready to volunteer again.

A Survivor’s Story

On August 29, Mrs. Linda St. Pierre went to work as a volunteer at the hospital. She did her job well and felt fine. It was a seemingly normal Monday evening until she started to walk into the kitchen and fell. Her speech began to slur, and she could not walk. Her son-in-law, a former EMT, recognized stroke symptoms and knew she had to get to the hospital fast. This is where Mrs. Linda’s memories end.

Unbeknownst to her, she was rushed to St. James Parish Hospital, where she was hooked up to monitors, assessed by a neurologist at Ochsner, and given the “shot”—the medication that she believes saved her life and livelihood.

After she was stabilized and medicated, she was transferred to Ochsner Medical Center for additional monitoring and testing to ensure the blood clot to her brain was gone. Thanks to treatment at St. James Parish Hospital, she returned home safely with only a prescription for baby aspirin—walking, talking, and ready to volunteer again.

“Part of my job is reviewing charts and stroke cases. Sadly, so many people wait too long. The clock starts ticking as soon as the first symptoms show up.”

—Sabrina Anderson, RN,
Clinical Documentation Specialist

THE ‘SHOT’

Did you know that a simple “shot”—if utilized in a certain window of time—could save your life? The drug tPA (tissue plasminogen activator) is the only FDA-approved treatment for ischemic strokes. TPA is a medication given through an IV that works by dissolving blood clots and improving blood flow to the brain.

The American Heart Association considers the use of tPA, when applicable, a Class I recommendation due to its effectiveness.

“Part of my job is reviewing charts and stroke cases. Sadly, so many people wait too long. The clock starts ticking as soon as the first symptoms show up.”

—Sabrina Anderson, RN,
Clinical Documentation Specialist

THE ‘SHOT’

Did you know that a simple “shot”—if utilized in a certain window of time—could save your life? The drug tPA (tissue plasminogen activator) is the only FDA-approved treatment for ischemic strokes. TPA is a medication given through an IV that works by dissolving blood clots and improving blood flow to the brain.

The American Heart Association considers the use of tPA, when applicable, a Class I recommendation due to its effectiveness.

 Joint Commission Reminder

We are accredited by The Joint Commission (JC)—an independent, not-for-profit, national body that oversees the safety and quality of health care. If you have concerns about patient care or safety, the JC urges you to contact Hospital Administration. If your concern cannot be resolved, the JC can be contacted online (click “Report a patient safety event”), by fax (630-792-5636), or by mail (Office of Quality & Patient Safety, The Joint Commission, One Renaissance Boulevard, Oakbrook Terrace, IL 60181).
“Direct access” simply means that state law no longer requires a physician referral or prescription for certain services. In 2016, Louisiana amended the state Physical Therapy Practice Act to allow patients to go directly to a physical therapist for evaluation and treatment. Making an appointment directly for a physical therapy assessment at St. James Parish Hospital may help patients who feel limited in their daily activities due to pain, unexplained and/or ongoing stiffness, and sudden problems with movement, strength, and flexibility.

During your initial visit, we will review your medical history and conduct an extensive evaluation that will allow our team to determine an effective, personalized plan of care for you. In addition, if the results of our examination lead us to believe you need to consult with another healthcare professional, we will refer you to the appropriate provider.

“In the age of health care reform, state legislatures continue to seek solutions that will expand access to the health care services the citizens of their state need while also addressing the growth in health care costs. ... Eliminating the referral requirement is one step to making health care more accessible to more people.”

—WWW.APTA.ORG
(AMERICAN PHYSICAL THERAPY ASSOCIATION)
All members of our impressive team of physical therapists have completed graduate-level education and extensive clinical training in the examination, evaluation, and diagnosis of patients with functional limitations, impairments, and disabilities, and in determining appropriate interventions. Collectively, our team members have many years of experience in a wide range of specialties.

Studies show that early physical therapy intervention positively affects outcomes. In addition, physical therapy may reduce healthcare costs, opioid use, and the likelihood of surgery. If you are injured or suffering, you may be able to schedule a physical therapy appointment to start treatment without waiting for an appointment with a specialist.

**FACTS FOR THE PATIENT**

- Direct access applies only to physical therapy services at this time. Occupational and speech therapy still require a referral/order.
- Our team will conduct an extensive evaluation to determine a plan of care within the scope of physical therapy.
- If our therapists determine there is a medical issue outside of physical therapy or if there is a need for diagnostic testing, you will be referred to your physician.
- Legally, you must be referred to a physician if measurable improvements are not made within 30 days.
- Your personal insurance benefits will determine individual requirements for direct access.

**THE LOUISIANA LAW**

As stated by the Louisiana Physical Therapy Board, on June 6, 2016, Senate Bill No. 291, amending the Louisiana Physical Therapy Practice Act found at La. R.S. 37:2418 et seq., became law, allowing patients direct access to physical therapy.

A summary of the changes in the law is as follows:

- A physical therapist possessing a doctorate degree or five years of licensed clinical practice experience may implement physical therapy treatment without a prescription or referral.
- A physical therapist treating a patient without a prescription or referral must refer the patient to an appropriate healthcare provider if, after 30 days of physical therapy treatment, the patient has not made measurable or functional improvement.
- No physical therapist shall render a medical diagnosis of disease.

To schedule, contact our Therapy Department at 225-258-5934.
THE TRUTH

Hurts

THE BACKSTORY
The U.S. Department of Health and Human Services (HHS) states that after pharmaceutical companies advised the medical community in the late '90s that patients would not become addicted to opioid pain relievers, healthcare providers began prescribing these medications at higher rates. This eventually led to widespread misuse of not only prescription opioids, but also illegal drugs (hhs.gov/opioids).

THE CURRENT STATE
In 2017, HHS declared a public health emergency in regard to the opioid epidemic due to increases in misuse, overdoses, and opioid-related deaths. Opioid overdoses accounted for a record-breaking 42,000+ recorded deaths in 2016, and 40% of these deaths involved a prescription opioid. According to samhsa.gov, “prescription drugs are misused and abused more often than any other drug, except marijuana and alcohol.”

Specifically in Louisiana, nearly all tracked indicators are evidence of the growing problem. The state is seeing steady increases in overdose deaths, emergency room admissions, and over-prescribing. To combat the epidemic, in 2018 the Louisiana Department of Health (LDH) received over $24 million in grant funding from the Centers for Disease Control and Prevention (CDC) and HHS. The grant will allow the LDH to advance prevention and response activities (such as creating a new voluntary opioid refusal form), increase access to medication-assisted treatment and substance abuse/mental health services, and improve surveillance technology with the goal of obtaining higher-quality, more timely data.

2015 National Survey on Drug Use and Health

The percentage of people who chose “Relieve Physical Pain” as the main reason for their last episode of prescription pain reliever misuse was 63.4%.

DID YOU KNOW?
St. James Parish Hospital offers a range of cutting-edge tests that help physicians diagnose various causes of pain. Certain types of back pain may require a test called a myelogram, which assesses issues in the spine. Our Radiology Department can often schedule these tests more quickly and can easily send results to any physician. Patients can simply request their test be done locally and contact us at 225-258-5953 to schedule.

Www.sjph.org

Www.sjph.org
PILL-FREE PAIN MANAGEMENT
The 2015 National Survey on Drug Use and Health reported that approximately one-third of the adult population were past-year users of prescription opioids, with over 11 million people misusing pain relievers. When asked the reason for their misuse, relief from physical pain was number one.

When patients have chronic pain, one of the first treatment options that come to mind is medication. The use of pain medication—especially for chronic pain or after surgery—opens the door to dependency, which can be not only costly, but dangerous and ultimately ineffective, as the root of the problem may never be found.

St. James Parish Hospital has a team of therapists highly experienced in providing physical therapy that can not only offer long-term, effective pain management, but also benefit patients through faster healing, improved mobility, and increased strength.

**PT can help manage pain.** Specialized techniques and therapeutic exercises can help mobilize joints, restore muscle function, and reduce or eliminate pain. These benefits can last long-term if exercises are continued as prescribed.

**PT can help avoid surgery.** PT can help some patients avoid surgery by helping to heal injured tissue and facilitate mobility—often eliminating pain.

**PT can prevent injuries.** Therapists are trained to identify muscular and/or skeletal weakness in the body in order to analyze the likelihood of injury and create a custom treatment plan to target and strengthen muscle groups and joints in these areas.

**PT improves mobility and balance.** Even activities of daily living can be difficult to return to after a serious injury or surgery. PT helps to restore mobility and improve coordination so that people can get back on their feet—literally—more safely. Therapists are trained to identify and treat post-surgery or general movement-related issues.

**PT can help manage age-related issues.** PT assists with recovery from surgeries such as knee, hip, and joint replacements by building strength, restoring joint function, easing swelling, reducing pain, and increasing circulation. In addition, PT can help alleviate arthritis and osteoporosis-associated pain.

---

**SPECIALTY Therapy**
In addition to physical, occupational, and speech therapy, our therapy team is experienced in a range of treatments and specialty programs such as:

- Pain Management
- COPD Rehab
- Incontinence Therapy
- Movement Disorder Diagnosis/Therapy
- Skilled Rehab
- Athlete-tailored Therapy
- Pre-hab (PT before surgery)

---

The CDC recommends nondrug approaches, such as physical therapy (PT), over long-term or high-dosage use of prescription pain medications.
SJP HAS A TEAM TO BEAT DIABETES,
and We Choose YOU.

THE ODDS
According to the Centers for Disease Control and Prevention and the American Diabetes Association:
- 30 million+ people in the U.S. have diabetes, and 1 in 4 don’t know it.
- Over a third of our entire population has prediabetes, and 90% don’t know it.
- About 32,000 people in Louisiana are diagnosed with diabetes each year.
- Diabetics pay twice as much for health care.

The number of adults diagnosed with diabetes has tripled in the past 20 years, causing heart disease, stroke, amputations, kidney disease, and blindness. Diabetes-related complications can be costly, serious, and deadly.

TOGETHER, Let’s Beat the Odds
Complications are more likely and severe among people whose diabetes is not well managed. St. James Parish Hospital has supported our diabetic community through monthly peer groups, educational events, and screenings. We’ve also recently begun offering Chronic Care Management through our Medicare Wellness Program. We are now excited to team up with our patients through Diabetes Self-Management Support (DSMS)—a proven strategy to reduce complications and costs associated with diabetes.

Our program will be supported by several clinical departments of the hospital and led by a certified DSMS “Coach.” Our coach is being trained to help patients implement and sustain the skills needed to self-manage diabetes by learning about each patient individually and helping them create an individualized plan. The program will begin with an in-person consultation followed by a series of sessions and ongoing support.

Who Qualifies and How?
Diabetics and prediabetics referred by a physician or nurse practitioner (with insurance approval).

The Game Plan:
- Offer you behavioral, educational, psychosocial, and clinical support
- Help you feel better
- Improve your quality of life
- Prevent complications
- Better control your symptoms
- Reduce your medical expenses

FEBRUARY
- Diabetes Support Group Feb. 12, 2 p.m. (Meeting Room)
- Healthcare Provider/BLS CPR Feb. 14
- Heartsaver CPR/First Aid Feb. 19

MARCH
- Diabetes Support Group March 12, 2 p.m. (Meeting Room)
- Healthcare Provider/BLS CPR March 14
- Heartsaver CPR/First Aid March 19
- Girls’ and Boys’ Puberty Class (to be determined)

APRIL
- Diabetes Support Group April 9, 2 p.m. (Meeting Room)
- Healthcare Provider/BLS CPR April 11
- Heartsaver CPR/First Aid April 16

* Unless otherwise noted, classes begin at 8 a.m., and classes and events will be held in the Community Education Room at David Reynaud Medical Plaza, next to St. James Parish Hospital. The Meeting Room is in the Hospital.

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 225-258-2074.