

# SPIRIT *of* HEALTH

 St. Vincent HEALTH  
Saint John's Health System



Volume 8, No. 4, September 2005

## Construction Begins on ER Expansion

In and around the Saint John's Emergency Department throughout the next year, patients will notice some new tools – backhoes, cranes and pneumatic hammers.

Construction of the expanded Emergency Department will begin in September. By the Fall of 2006, Saint John's will unveil a state-of-the-art ER that focuses on increase patient privacy, comfort and convenience.

The number of patient care areas will increase from the existing 21 to 30. All rooms will be private and will include TV and telephone.

As patients enter, they will be met by staff members who will assess their condition. Registration information will be docu-

mented electronically at the patient's bedside. Computers in each room will facilitate electronic order entry. Saint John's is a leader among hospitals nationwide in the development and implementation of computerized physician order entry. The system assists physicians and ancillary staff in reducing errors that could be caused by misinterpretation of handwriting or re-entry of information, and it speeds the process for ordering tests, treatments and therapies.

The new Emergency Department will feature specialty treatment areas for pediatrics, gynecology, psychiatry, ear/nose/throat conditions, and eye injuries.

The new addition will be

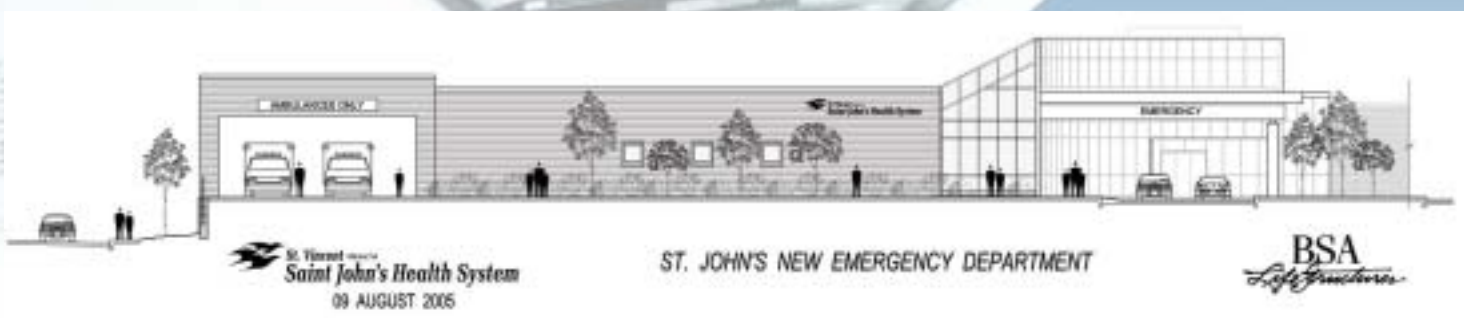
constructed to the south and west of the existing building. It will expand the department to 18,000 square feet.

Beginning Sept. 6, the following parking and entrance changes will be in effect because of construction.

\* Existing Emergency parking lot will be closed. A new parking lot has been established south of the Roby Medical Office Building.

\* Patients can be dropped off at the enclosed ambulance bay. Parking attendants will provide free valet service. Cars should use the right lane; ambulances will use the left lane.

\* The west end of 22nd Street will be closed.



# Cancer Center Earns Commission on Cancer Approval with Commendation

The Saint John's Cancer Center has earned its three-year approval with commendation from the Commission on Cancer (CoC) of the American College of Surgeons.

The Approval Program, a component of CoC, sets quality-of-care standards for cancer programs and reviews the programs to ensure they conform to those standards. Approval by the CoC is given only to those facilities that have voluntarily committed to providing the highest level of quality cancer care and that undergo a rigorous evaluation process and review of their performance. To maintain approval, facilities with CoC-Approved Cancer Programs must undergo an on-site review every three years.

“Congratulations to our associates, medical staff



and volunteers in the Cancer Center on this award of excellence,” said Saint John's President Kyle De Fur. “Saint John's Cancer Center has been at the forefront of cancer care in Madison County since 1979. This award is an important validation of the hard work and dedication of everyone associated with our program.”

Saint John's Cancer Center brings the best care possible to our patients through our dedicated staff and advanced technology. We offer some of the most knowledgeable and caring medical oncologists, radiation oncologists, therapists, nurses, dietitians, and spiritual counselors — all working together to bring the best care to the patient.

Last year, the Cancer Center acquired a new Intensity Modulated Radiation Therapy (IMRT) linear accelerator. The IMRT is the latest available technology in the nation for radiation therapy. With IMRT technology, the level of energy can fluctuate throughout the beam, delivering higher doses to only the tumor tissue and sparing the surrounding normal tissue.

For more information about the Cancer Center, call 646-8358.



# Father, Daughter Share Hip Replacement Experience

John Vaughn and Barbara Souders both lead active lifestyles. However, when the quality of life began to deteriorate for this father-daughter duo, they both knew something had to be done.

John, 80, thought he had simply strained a muscle in his hip riding his bicycle or working in the yard. The pain persisted and continued to limit his daily activities, so he sought medical attention. John found that the nagging pain was arthritis. After a year of different treatments, John decided it was time to have surgery. John had his hip replacement surgery on March 8.

"I am very pleased that I had the surgery," said John. "It is wonderful to not have any of the aches and pains."

Barbara, 52, had lived with increasing pain since 2001. When other treatment options were no longer helping, she decided to go ahead with surgery on May 3, just 2 months after her father.

"It got to the point where I couldn't do a lot of activities," said Barbara. "I would have to wear my boots to work in the winter and then ask one of the girls to zip them for me because I couldn't lean over to do it any longer. I couldn't even shave my legs without a lot of pain. They said I had the hip of a 90-year-old woman."

"One of the hardest parts was not being able to pick-up my grandson. I wanted to get the surgery over with before the next grandchild comes, so that I can spend time with them," said Barbara. Then, with a smile, she admits another reason for the

surgery, "I couldn't go shopping. It was upsetting to not be able to do it."

Both John and Barbara attended the Saint John's Joint Replacement Center's Joint Effort educational program. This program offers patients and their families a step-by-step guide to joint replacement. Patients and their families receive educational materials and attend a class to prepare them for the events that take place before, during, and after the joint replacement. Topics covered include pre- and post-op, diet, rehabilitation, and discharge.

"The class helped a lot," said Barbara. "I knew exactly what was going to happen."

"The class was wonderful," said John. "It helped explain what items to move out of the house to prepare for my coming home and tips on preparing items, like building up chairs with padding so they are easier to get in and out of."

Barbara went on to praise the manual of the entire process, which is given to each patient. "It really helped. The class also helps the caregiver so that they know what to expect."

After surgery, John used Saint John's Home Care for his post surgery needs. A nurse from Saint John's Home Care would draw blood and administer rehabilitation at his residence. "They were very nice," said John. "It was nice to not have to go out for anything."

Barbara, on the other hand, ventured over to the Ambulatory



Services Center for her follow-up, often with the help of her husband of 31 years, and did rehabilitation on her own using the exercises her therapists had given her.

They agreed that it is nice to be so close to home and receive quality care.

Currently, the joint replacement patients and the specialized staff are housed on Five South. The Saint John's Joint Replacement Center will open at its new location beside Bennett Rehabilitation later this fall. The new Center will offer specialized care for those recovering from joint replacement surgery. The unit will have 10 patient rooms, and a community room for meals or other activities. A feeling of community will be emphasized through the option for group rehabilitation therapy sessions.

For more information about the Joint Replacement Center, contact Jean Brancazio-Pearl at 646-8531.



## Experienced Physicians Provide Quality Care at Med One Centers

Med One Urgent Care Centers offer quality care, coupled with over 100 years of experience. The physicians on staff often rotate between the two Med One locations, so the North and the South sites offer ample experience and quality care any day of the week.

Med One has five full-time physicians on staff: Drs. David Beeson, Harold Benedict, Richard Hehner, Kevin Smith, and William Wolfe.

- Dr. Beeson is certified by the American Board of Family Practice and has worked in private practice and in urgent care for more than six years.
- Dr. Benedict is certified by the American Board of Family Practice and is certified to do FAA physicals. He has been a practicing physician since 1965.

- Dr. Hehner is certified by the American Board of Internal Medicine and has been in private practice for almost 18 years with 10 years urgent care experience.

- Dr. Smith, an Anderson native, has been the medical director of the Med One Urgent Care Centers since the opening in 1995. He is board certified in Ambulatory Medicine and a certified medical review officer. With over 8 years experience in healthcare, Dr. Smith is the only physician in Madison County certified in Ambulatory Medicine.

- William Wolfe specializes in occupational and preventive medicine and has over 30 years experience in the healthcare field.

Med One Urgent Care Centers provide treatment for minor injuries and illnesses, industrial medicine/worker's compensation services, physical examinations and laboratory and radiology services.

**Med One has two locations to serve you:**

- **Med One North,**  
1801 North Scatterfield Road  
7 a.m. to 6 p.m.,  
Monday - Friday;  
10 a.m. to 6 p.m., Weekends  
646-6330
- **Med One South,**  
4925 Scatterfield Road  
9 a.m. - 9 p.m., Daily  
646-6331

# Help Available Locally for MS Patients

Education and support can now be found locally for those with multiple sclerosis (MS). Saint John's introduces the Multiple Sclerosis Clinic, offering services to those at any stage of multiple sclerosis. Services offered in the Clinic will include: injections and infusions, baclofen pump refills, injection training, screening for therapies, and educational information provided by an MS-certified nurse specialist.

According to the National Multiple Sclerosis Society, multiple sclerosis is a chronic, unpredictable disease of the central nervous system (the

brain, optic nerves, and spinal cord). It is thought to be an autoimmune disorder, meaning the immune system incorrectly attacks the person's healthy tissue.

The MS Clinic at Saint John's will focus on education and matching participants with proper resources.

"The MS Clinic is much like a hub of a wheel. We know the services that people will qualify for and then send them to the spokes to reach the appropriate services," explains Kathy Glass, RN, MSCN, and coordinator of the clinic. Glass knows all too well how frustrating it can be to

find services and information needed by MS patients. Her husband has lived with MS for over 10 years.

"We want people to feel comfortable enough to call and simply ask if what is happening to them at that moment is normal," said Glass. "Our goal is to be the go-between for patients and the neurologists — to give answers, directions, or arrange for appointments. It is important to empower the participants to take care of themselves."

For more information, contact the MS Clinic at 646-8612.

## Physical Therapy Offers Help for Bladder Control Problems

Do you wince every time you have to sneeze, cough, or laugh a good belly laugh? Do you worry more about the location of the restroom than what food you will order when visiting a restaurant?

According to Physical Therapist Laura Carroll, millions of American men and women suffer from involuntary loss of bladder or bowel contents.

"This condition, called incontinence, affects people of all ages and often leads to embarrassment, avoidance of social activities, decreased physical activity, depression, and can even interfere with employment."

The Carl D. Erskine Rehabilitation Center offers help for bladder or bowel control problems (incontinence) through physical therapy facilitated by specially trained physical therapists.

Incontinence is a symptom, not a disease itself, that may be caused by nervous system injuries, pelvic injury or surgery, and/or changes associated with the aging process. Incontinence is not, however, a normal result of aging. In many cases, incontinence is caused by weakness in the pelvic floor muscles. The pelvic floor muscles form a sling, like a hammock, supporting the bottom of the pelvis and aiding in controlling the flow of urine and bowel contents. If the pelvic floor muscles are weak, one may experience accidents during certain activities or movements such as jumping, lifting, running, sneezing, or

laughing. Weakness in the pelvic muscles may also contribute to "overactive bladder," when a sudden, strong, and uncontrolled urge to urinate or empty the bowels catches a person by surprise.

Physical therapists who are specially trained in the area of incontinence use behavioral techniques to teach patients to manage, if not eliminate their symptoms. Patients are educated about normal bladder functioning and habits that may help or harm their progress. For example, many patients experience significant relief just by drinking more water and decreasing caffeine and alcohol in their diet. Correct training of the pelvic floor muscles (often called Kegel exercises), is an essential part of continence rehabilitation and ultimately gaining control of the patient's symptoms.

At the Carl D. Erskine Rehabilitation Centers, Carroll and physical therapist Debbie Weisenborn use a caring, private approach to treating incontinence. Other areas of specialty include pelvic pain, chronic constipation, and complications from gynecological or prostate surgeries.

A doctor's referral is required. Therapy generally lasts approximately 4-16 sessions. Medicare, Medicaid, and commercial insurances are accepted.

For more information, contact either Carl D. Erskine Rehabilitation Center location in Anderson: 2020 Meridian Street, Suite 170, 646-8663 and 2602 Enterprise Drive, 608-3970.

# Special Offerings at Saint John's

**The Drugs that Kids Use**—A Lunch and Learn session sponsored by the Saint John's Anderson Center. Sept. 15, Noon. Anderson Center Auditorium, 2210 Jackson St. Free. Call 646-8444 to register.

**Intervention: How to Help Someone Who Doesn't Want Help** — A Lunch and Learn session sponsored by the Saint John's Anderson Center. Nov. 17, Noon. Anderson Center Auditorium, 2210 Jackson St. Free. Call 646-8444 to register.

**Safe Sitter** — Baby sitting preparation program for boys and girls, ages 11 to 13. The \$40 fee includes materials, snack and a backpack of supplies. Call 646-8669 to inquire about upcoming class dates.

**Childbirth Preparation, Cesarean Section, Breastfeeding, Sibling Class** — Call 646-8117 for free upcoming sessions.

**Freedom from Smoking** — Participants learn what triggers their smoking and how to change those triggers in this American Lung Association program. For more information, call 646-8669.

**Outpatient Diabetic Education** — Saint John's comprehensive diabetes education program helps individuals self-manage the disease and avoid complications. The material is presented over three class sessions. Daytime and evening class options are available. For more information, call 646-8178.

**Heartsaver CPR AED** — Learn cardiopulmonary resuscitation and relief of foreign-body airway obstruction. Call 646-8669 for information.

**Medical Nutrition Counseling** — Register licensed dietitians provide individual counseling for various diet situations. Call 646-8197 for information.

**Hands and Hearts Breast Cancer Support Group** Saint John's Cancer Center is offering Hands and Hearts, a support group for breast cancer patients. The group is facilitated by medical professionals and cancer survivors. First Tuesday of each month starting at 6:15 p.m. at the Saint John's Cancer Center. Call 683-3284 for more information.

## Discounted Mammograms Offered

Mom, wife, sister, daughter ... a woman's life is filled with so many important activities that it is sometimes hard to take a few moments for herself. However, those few moments can save a woman's life. Getting a mammogram only takes a few moments and can detect breast cancer in the earliest stages, when the chances of a cure are high.

Saint John's Women's Center, in cooperation with Madison County Imaging, P.C., are offering discounted mammograms for \$65. Certificates will be on sale for the discounted mammograms from Sept. 19-30.

Saint John's discounted mammogram program includes screening with Image Checker technology. ImageChecker digitally analyzes mammograms, meticulously reviewing each film and marking any areas that warrant a second look by the

interpreting radiologist.

Appointments must be scheduled by Sept. 30 and mammograms must be completed by Oct. 28, 2005.

The coupons may be purchased from two locations:

- **Saint John's Cashier's office**, in the main lobby of Saint John's Medical Center, Monday through Friday from 9 a.m. to 4:30 p.m.
- **Ambulatory Services Center Registration**, 2020 Meridian Street, Suite 150, Monday through Friday from 8 a.m. to 4 p.m. (Cash or check only.)

No insurance will be billed for patients receiving the \$65 mammogram from the coupon purchase. The \$65 discounted fee includes the hospital charge, radiologist charge, digital mammogram, and ImageChecker technology.

The discounted mammograms are available for women age 35 or older, with no breast implants, no breast disease symptoms, no current or previous breast cancer and who have not had a mammogram within the last 12 months.

### Marie's Hope Available to Uninsured Women

Saint John's Health System provides free mammograms to uninsured women who meet income guidelines through the Marie's Hope Program year-round. Marie's Hope was established in 2001 to provide important women's health screenings to women without insurance who meet income guidelines. The program honors former Saint John's Vice President Sister Marie Bush, CSC. The program is administered through Woman to Woman Health Care, 646-8532.

# Saint John's Earns JCAHO Gold Seal

Saint John's Health System has earned a Gold Seal of Approval from the Joint Commission on Accreditation of Healthcare Organizations by demonstrating compliance with the Joint Commission's national standards for quality and safety.

"We sought accreditation for our organization because we want to demonstrate our commitment to patient safety and quality care," says Kyle De Fur, president. "We view obtaining Joint Commission accreditation as another step toward achieving excellence."

Saint John's accomplishments reflect a team spirit that radiates from the entire organization.

Upon completing their weeklong visit, the JCAHO surveyors shared many observations about Saint John's. One surveyor stated that she has had the opportunity to survey hundreds of hospitals over the years and Saint John's is the cleanest hospital she has ever seen. The Environmental Services staff members are busy around the clock with scheduled maintenance and spot cleaning.



"The associates in the Environmental Services Department are dedicated individuals who strive to do the very best they can each day," said Director Steven Lee. "We have 51 individuals in the department who are very aware of their roles in making sure the appearance of the facilities on campus gives those being cared for here the confidence that they are in clean and safe surroundings."

Saint John's also was complimented for the deep sense of mission reflected by associates. "One surveyor stated that he was heartened by how alive the mission is here," De Fur recounted.

Rooted in the loving ministry of Jesus as healer, we at Saint John's are committed to serving all persons with special attention to those who are poor and vulnerable. Our Catholic health ministry is dedicated to spiritually centered, holistic care, which sustains and improves the health of individuals and our community.

The award of accreditation is for a three-year period ending 2008.

"The national standards are intended to stimulate continuous, systematic and organization-wide improvement in an organization's performance and the outcomes of care," says Kurt Patton, executive director, Hospital Accreditation Program,

Joint Commission. "The community should be proud that Saint John's Health System is focusing on the most challenging goal — to continuously raise quality and safety to higher levels."

Founded in 1951, the Joint



Commission on Accreditation of Healthcare Organizations seeks to continuously improve the safety and quality of care provided to the public through the provision of health care accredi-

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tation and related services that support performance improvement in health care organizations.

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The Spirit of Caring is alive at St. Vincent, represented by the three doves of our logo, flying proudly in an integrated formation, depicting the three aspects of holistic healing - body, mind and spirit. Saint John's Health System strives to deliver to our patients and families extraordinary patient care every day, with the three doves as our guiding symbol.

**As a member of Ascension Health and St. Vincent Health, we are called to:**

**Service of the Poor**

Generosity of spirit for persons most in need

**Reverence**

Respect and compassion for the dignity and diversity of life

**Integrity**

Inspiring trust through personal leadership

**Wisdom**

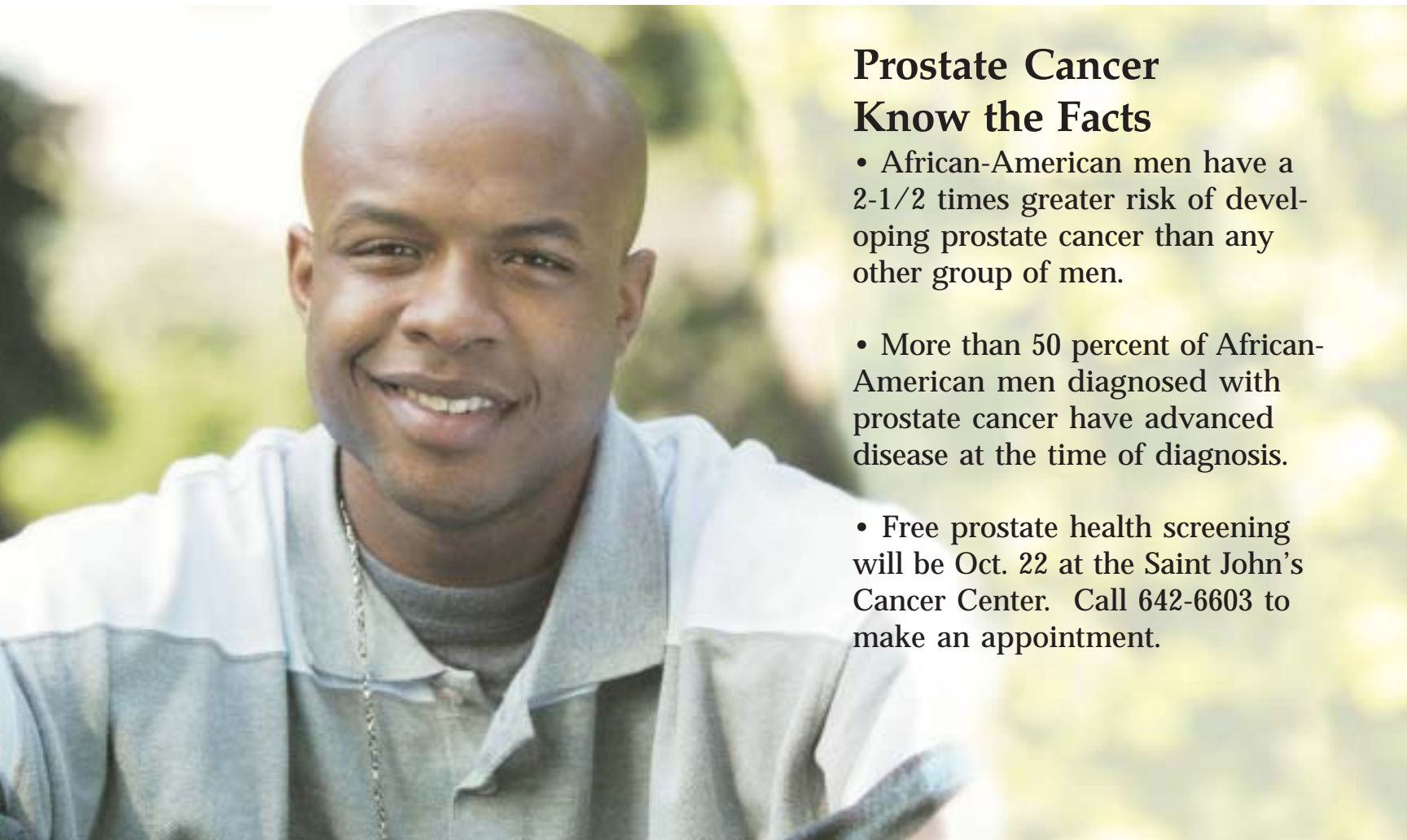
Integrating excellence and stewardship

**Creativity**

Courageous innovation

**Dedication**

Affirming the hope and joy of our ministry



## **Prostate Cancer Know the Facts**

- African-American men have a 2-1/2 times greater risk of developing prostate cancer than any other group of men.
- More than 50 percent of African-American men diagnosed with prostate cancer have advanced disease at the time of diagnosis.
- Free prostate health screening will be Oct. 22 at the Saint John's Cancer Center. Call 642-6603 to make an appointment.