

# BALANCE



St. Vincent  
Randolph Hospital

body ■ mind ■ spirit<sup>®</sup>

[randolph.stvincent.org](http://randolph.stvincent.org)

summer 2009

**IMPROVING  
ACCESS TO  
HEALTH CARE**

**YOUR ROLE IN  
MEDICATION  
SAFETY**



# MVP Kids

Partnering With Peyton Manning for Children's Health

# YOUR HEART— In Perfect Rhythm

If you have trouble exercising or find you often feel weak or dizzy, don't automatically place blame on simply being out of shape. You could be experiencing atrial fibrillation (A-Fib), a dangerous condition that could lead to stroke.

**CURRENTLY AFFECTING MORE THAN 2 MILLION** people in the United States, A-Fib is the most common heart rhythm disorder, also called arrhythmia. The Indiana Hospital Association estimates that from July 2007 to June 2008 nearly 21 percent of patients older than age 65 released from Indiana hospitals had a primary or secondary diagnosis of atrial fibrillation.

To improve the heart health of those in Indiana, St. Vincent Health opened the Atrial Fibrillation Center of Excellence at St. Vincent Heart Center of Indiana to serve as a comprehensive

center for education, diagnosis and treatment of A-Fib disorders.

"Atrial fibrillation is a common disorder with a variety of treatment options," said Eric Prystowsky, M.D., director of the clinical electrophysiology laboratory at St. Vincent Heart Center of Indiana. "Given the number of therapies available for arrhythmia patients, deciding on the most appropriate one to pursue can be quite confusing. The Atrial Fibrillation Center of Excellence is designed to educate patients about their options."

## Getting Back in Rhythm

A-Fib treatment options may vary depending on a number of factors including age and other health risks. A-Fib Center of Excellence experts work with patients to customize therapy regimens, which range from prescription medications able to control heart rate to minimally invasive procedures that restore normal heart rhythm to cure the condition. The A-Fib Center's comprehensive diagnostic and treatment options ensure each guest receives the focused, quality care necessary to repair the arrhythmia.

"Unlike some medical conditions, atrial fibrillation does not come with a one-size-fits-all cure," Dr. Prystowsky said. "Each patient requires a care regimen tailored to his or her specific needs, and that is what the A-Fib Center of Excellence provides."

## Know the Signs

Atrial fibrillation can ultimately lead to stroke, heart failure or worse. Fortunately, the disorder can be effectively managed or even cured. The chances of developing atrial fibrillation increase as you age, and symptoms can include:

- + Chest pain or pressure
- + Confusion
- + Fainting
- + Fatigue
- + Palpitations or a thumping sensation in the chest
- + Shortness of breath
- + Weakness

For more information on the Atrial Fibrillation Center of Excellence, call 317.338.AFIB (2342).

*Left to right: Benzy J. Padanilam, M.D., and Eric Prystowsky, M.D., electrophysiologists from The Care Group Cardiology, review a patient's cardiac electrical activity. Stereotaxis, a robotic navigation system, is used in the treatment of atrial fibrillation.*



# Transforming Lives

## One Kidney Transplant at a Time

Patients with kidney failure, especially those with diabetes, know the importance of having every lifesaving treatment available nearby. Ben Jones, a 58-year-old self-employed Realtor® from Elwood, is a testament to this level of care.

**BEN, WHO RECEIVED DIALYSIS** three times a week for the last couple of years, has the distinction of being the St. Vincent Indianapolis Hospital Renal Transplant Program's first kidney transplant recipient in January 2009.

"I'd previously been diagnosed with diabetes and had known for several years that my kidneys were getting worse," Ben said. "I started dialysis in May 2006 and was placed on the kidney donor list at another hospital in the region."

Ben planned on receiving a kidney from his son when Ben's St. Vincent nephrologist told him about the new transplant program launching at St. Vincent. Ben knew St. Vincent was the right fit, and on the very night his son was scheduled to arrive from Florida to donate a kidney, Ben received a call informing him that a perfect match kidney was available from the donor list. He received his new kidney during a three-hour operation on Jan. 7, 2009, with his son in town for support.

"It was amazing to finally launch this program and begin transplantations here," said Mary Ann Palumbi, R.N., B.S., C.C.T.C., executive director of Transplant Services for St. Vincent Indianapolis Hospital. "We have had a comprehensive heart transplant program for more than two decades, so our staff was more than prepared to see the Renal Transplant Program to fruition."



*St. Vincent kidney transplant patient Ben Jones (center) credits his courageous and successful fight for life to the ongoing support of his nephews, clockwise from top left, Jaylen Tunnell, 12; Jackson Tunnell, 9; Jacob Bell, 2; and Jarren Tunnell, 5.*

### On the Mend

Ben's nephrologists continuously monitor his progress through blood work, but Ben doesn't need that data to feel the transplant's effect on his quality of life.

"I can't say enough about the care I received from everyone in the Renal Transplant Program," he said. "I feel like

I have a new lease on life, and I'm anxious to get out there and enjoy it. My wife and I can travel now, which we couldn't do in the past."

**For more information about St. Vincent Transplant Services, call 317.338.6701.**

### Care Designed for You

St. Vincent Indianapolis Hospital launched its Renal Transplant Program in January 2009, offering residents of Indiana living with end-stage renal disease another option for kidney transplantation.

The Renal Transplant Program—conducted in partnership with Cleveland Clinic—offers individuals the advanced, patient-centered care they've come to expect from St. Vincent Health. The comprehensive care offered by the program includes transplant services, an 11-bed inpatient unit and an outpatient Transplant Clinic on Naab Road.

"The driving force behind the Renal Transplant Program was to enable patients to receive a kidney transplant while remaining under the care of their local nephrologists," said Bashir Sankari, M.D., surgical director of the Renal Transplant Program. "The administrator and physicians here all have experience running successful renal transplant programs, and we know this program has the potential to improve the lives of many."

# Covering Your HEALTH

## Are You Eligible?

To qualify for the Healthy Indiana Plan, you must meet the following requirements:

- + Be between the ages of 18 and 64
- + Be ineligible for health insurance through your employer, Hoosier Healthwise or Medicaid
- + Earn 22 to 200 percent of the federal poverty level (less than \$20,000 for a single adult or \$40,000 for a family of four)
- + Have been uninsured for at least six months

Nearly 46 million Americans are living without healthcare coverage. Fortunately, for residents of Indiana, the Healthy Indiana Plan is bridging the gap between patients and access to important medical services.

■ TO PROVIDE MORE affordable health insurance to those in need, the state of Indiana and Governor Mitch Daniels developed the Healthy Indiana Plan (HIP), a new insurance option for uninsured individuals.

“This innovative plan opens the door to health care for those who are uninsured or struggling to maintain a job in this tough economy,” said Mindy Winningham, L.S.W., A.T.S., health access coordinator at St. Vincent Randolph Hospital. “We have seen an overwhelming response of people seeking aid from HIP.”

### A Closer Look at the Plan

Indiana’s plan provides coverage to uninsured parents and adults without children who are not eligible for Medicaid and have household incomes between 22 and 200 percent of the federal poverty line. A single adult earning less than \$20,000 or families of four earning less than \$40,000 likely meet the basic financial requirements.

HIP requires participants to make a reasonable financial contribution each month toward a Personal Wellness Responsibility (POWER) account, which is similar to a health savings account. The required contributions vary depending on each participant’s income, ranging from 2 percent of income for those below the poverty line to 5 percent of income for

some participants with incomes between 150 and 200 percent of the poverty line.

The services covered by HIP include physician services, prescriptions, diagnostic exams, home health services, outpatient and inpatient hospital services, hospice, preventive services, family planning, and case and disease management.

### Promoting Healthy Living

The plan also provides incentives for participants to stay healthy, be value- and cost-conscious and utilize services in a cost-efficient manner.

“HIP includes free preventive services—such as annual physicals, mammograms and colorectal screenings—covering up to \$500 a year,” said Mindy. “These services help participants avoid costly services by catching health problems early and encouraging patients to adopt healthier lifestyles.”

During the annual renewal time, participants who received all of their age- and gender-appropriate preventive services are rewarded with a rollover of their remaining balance in their POWER accounts to their new accounts for the upcoming year.

**To find out if you qualify for the Healthy Indiana Plan or for assistance with the application process, contact Mindy Winningham at 765.584.0929.**



# Eliminating Medication Errors

It takes a team effort to phase out one of the most serious problems in health care today: medication errors. The staff at St. Vincent Randolph Hospital is committed to making sure medications are prescribed and administered safely and accurately, but patients have an important role to play as well.



**FOR NEARLY FOUR YEARS, ST. VINCENT Randolph Hospital** has focused on medication reconciliation, a process of comparing the medication orders a patient receives while in the hospital to the medications he or she takes at home. The goal is to avoid dosing errors and harmful interactions between drugs.

“We began working on medication reconciliation on the recommendations of the Institute for Healthcare Improvement and The Joint Commission,” said Lisa Geesy, R.N., C.P.H.Q., quality manager for St. Vincent Randolph Hospital. “Research by those organizations and others shows a system of medication reconciliation can significantly decrease drug errors.”

## Partners in Safety

When a patient arrives at the hospital, some of the first pieces of information nurses request are the names of medications the patient currently takes. Often, however, it can be difficult to obtain accurate medication information due to frequent prescription changes or the altered mental status of some senior patients. This can be a particularly difficult process for elderly patients who take multiple drugs.

Other factors also combine to make obtaining medication histories a potential concern for physicians and nurses. For example, many patients visit multiple physicians for different types of care or have their prescriptions filled at several pharmacies.

“Care can be delayed when medical staff must spend time compiling a list of a patient’s current medications,” Lisa said. “The most helpful thing patients can do is keep an updated list of their current medications with them at all times and present it any time they visit a physician’s office or hospital.”

In addition to a list, patients are encouraged to bring their pill bottles with them when they visit St. Vincent Randolph Hospital. When a patient is discharged from the hospital,

medical staff will reconcile new medications prescribed with the ones the patient is already taking. An updated medication list will be sent home with the patient.

“Medication reconciliation is a vital part of keeping patients safe in the hospital,” Lisa said. “The most important aspect of the process is open and honest communication about medications between patients and staff.”

Visit [randolph.stvincent.org](http://randolph.stvincent.org) and look under “Featured Links” to download a free medication management card.

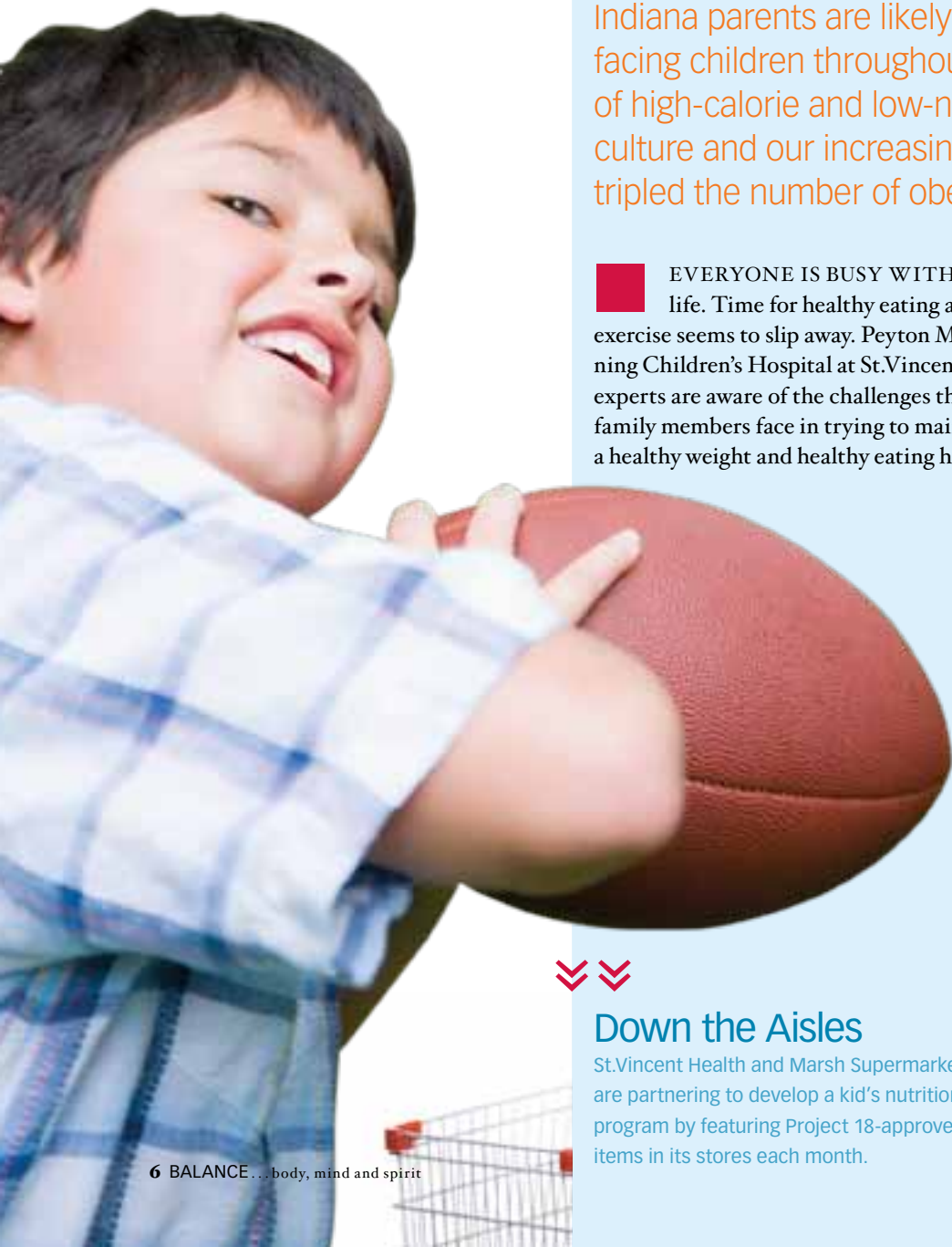


## Medication List Quick Tips

- + In addition to pharmaceuticals, include inhalers, herbal supplements and nutritional supplements on your medication list.
- + Include on your list any medication allergies.
- + Add information about how you take your medications, especially if you split pills.
- + Share your list with a family member so someone else has access to the information in case of emergency.



# Team Up With Peyton Manning to Tackle Childhood Obesity



Indiana parents are likely aware of the obesity epidemic facing children throughout the United States. The spread of high-calorie and low-nutrient foods throughout our culture and our increasingly sedentary lifestyles have tripled the number of obese children and teens.

■ EVERYONE IS BUSY WITH life. Time for healthy eating and exercise seems to slip away. Peyton Manning Children's Hospital at St. Vincent experts are aware of the challenges that family members face in trying to maintain a healthy weight and healthy eating habits.

## Proof in the Numbers

The increase in foods high in calories and low in nutritional value, along with our increase in sedentary activities such as being on the computer, watching TV and playing videogames, is a challenging obstacle that is necessary to overcome.

Consider this season's alarming stats:

- One in three children in Indiana is now overweight.
- Overweight is now the most common medical condition of childhood, according to the American Academy of Pediatrics.
- Overweight adolescents have a 70 percent chance of becoming an overweight or obese adult. The risk increases to 80 percent if one or both parents are also overweight, say data from the Office of the United States Surgeon General.

If these trends continue, by 2030, 86 percent of adults will be overweight or obese, according to MedLine.

Our children are developing unhealthy lifestyle habits that are becoming increasingly accepted. The time is now crucial to develop a good defense against the continuation of those poor habits and to replace them with ways to ensure a better quality of health.



## Down the Aisles

St. Vincent Health and Marsh Supermarkets are partnering to develop a kid's nutritional program by featuring Project 18-approved items in its stores each month.



## Choices for Champions

Follow Super Bowl-winning quarterback Peyton Manning's lead and fill your family's training table with nutritious foods to help your child make healthy eating choices.

**Give them six**—or at least five—fruits or vegetables each day to be incorporated into meals or eaten as snacks. ○

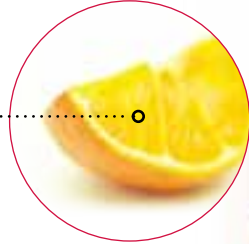
**Go for the goal** of serving lean meats and other protein sources, such as beans, eggs, fish and nuts.

**Get fibered up** by choosing whole-grain breads and cereals.

**Push them back** on fat intake by using broiling, grilling, roasting and steaming as cooking methods instead of deep frying.

**Hold them** to only occasional fast food and nutrient-poor foods, such as candy and chips.

**Dump the sports drinks** and other sugary drinks in favor of water and milk.



“Data from 2004 show 15.6 percent of Indiana children ages 10 to 17 were obese—meaning having a body mass index of 30 or greater,” explained Anne Coleman, R.N., administrator for Peyton Manning Children's Hospital at St. Vincent. “Helping children establish healthy eating and exercise habits is important because children who are obese are at an increased risk of Type 2 diabetes, depression and heart disease as they grow older. This is why we teamed with Peyton Manning—he is great at reaching out to kids.”

### Making Health Fun

A three-time NFL MVP and quarterback for the Indianapolis Colts, Peyton Manning is leading Indiana children to better health with Project 18—a new community- and school-based program from Peyton Manning Children's Hospital at St. Vincent. It is designed to educate Indiana residents on the risks obesity poses and to encourage Indiana residents to lead healthier, more active lifestyles.

“Childhood obesity affects the entire community,” said Joanne Hilden, M.D., medical director at Peyton Manning Children's Hospital at St. Vincent and leader of the medical advisory team for Project 18.

“We all are responsible to reach out and try to address this issue in a fun and positive way. That's where Project 18 helps.”

### A Guide for Parents

In addition to teaching children how to lead healthier lives, Peyton Manning Children's Hospital at St. Vincent offers parents help in identifying and addressing their children's issues with weight.

“Good nutrition and exercise are imperative to help give our kids a fighting chance at better health,” Dr. Hilden explained. “Programs like L.I.F.E. for Kids and Project 18 enrich our communities as we invest in our children's future.”

Look for the Project 18 mobile unit at upcoming events throughout Central Indiana this summer. Interactive exhibits illustrate the connection between food choice and excess fat, as well as the limitations of carrying excess fat. Children also can sign up for the Project 18 Challenge and receive e-mails and tips for living a healthy lifestyle.

Visit [project18.stvincent.org](http://project18.stvincent.org) for recipes, exercise tips, to upload your own videos and more.

## Be a Good Food Role Model

Parents' eating behaviors have the greatest impact on the way children eat now and in the future. Help your child form healthy eating behaviors by reinforcing what he or she learns in Project 18 with your own good habits.

+ Drink water and milk instead of sodas.

+ Limit the amount of junk food in your home. ○

+ Never skip meals, especially breakfast.

+ Relieve stress with exercise and hobbies or listen to music instead of eating.

+ Serve moderate portions to curb overeating.

+ Try new foods but don't force your child to do the same.

+ Turn off the television during mealtimes.



**Administrator** Francis "Cheech" Albarano  
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St. Vincent Randolph Hospital is a member of St. Vincent Health, the state's largest faith-based healthcare system with 18 ministries serving 45 counties in Central Indiana. | The Spirit of Caring™ close to home.



## How's Your Respiratory Etiquette?

Respiratory etiquette is about more than manners—it's a group of practices that help prevent the spread of infections in healthcare facilities, schools, businesses and even your own home.

**SECRETIONS FROM THE NOSE OR MOUTH SPREAD** respiratory infections from person to person through small, airborne droplets or by contamination of objects touched by hands that have come into contact with respiratory secretions.

Growing up, you were probably taught to cover your mouth when you had to cough or sneeze. Respiratory etiquette goes further, recommending you also:

- Use a tissue to catch and contain any respiratory secretions.
- Discard the tissue and clean your hands immediately before touching anything.

Hand cleaning can be performed using soap and water or an alcohol-based hand sanitizer. Tissues should not be reused, and cloth handkerchiefs are not recommended because of the potential to contaminate your hands, pockets and any other items that come into contact with handkerchiefs.

Sneezing or coughing into your sleeve is acceptable if tissues are not available or you can't wash your hands right away. Using the fabric of your upper sleeve to catch your cough or sneeze keeps contamination away from your hands—and anything your hands touch. However, this practice is not recommended if you are picking up and holding small children.

### Spread the Word

Teach respiratory etiquette to your family. If you are a business owner or manager, teach your employees these practices. Signs for common areas, restrooms or break rooms are available at [cdc.gov](http://cdc.gov) under "Cover Your Cough."

One person with poor respiratory etiquette can spread a cold, influenza (flu) or other respiratory illnesses to many unsuspecting people. Help stop the spread of germs, which can make you and others sick, by using respiratory etiquette.

