

SPIRIT *of* HEALTH

 St. Vincent HEALTH
Saint John's Health System



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Saint John's Opens Research Institute

Saint John's Health System is establishing Saint John's Research Institute to provide patients access to state-of-the-art medications and technology.

Through clinical trials, patients gain access to cutting-edge drugs and technology. Patients volunteer to use new drugs or technologies as they move through the FDA approval process and into initial utilization.

Saint John's has been conducting Phase 3 clinical trials on cancer treatment since 1997 through the Saint John's Cancer Center. Phase 1 and 2 cancer treatment trials began at Saint John's in 2005.

With the inception of the new research institute, we will expand our research to include Phase 1, 2, and 3 clinical trials for drugs and medical equipment for many different diseases and conditions.

Laura Sylvester, RN, will coordinate the research institute. Laura comes to us with a background in research, having served as the Quality Management Coordinator at both St. Vincent's Bariatric Center and the Eli Lilly Company. She will be working closely with the Research & Regulatory Affairs Department at St. Vincent's to coordinate all aspects of the research studies, including: writing

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Drs. Elaine du Plessis, Stephen Lugo and Denise Thompson

New OB/GYN Specialist To Deliver Babies at Birthing Center

Dr. Elaine du Plessis, a specialist in obstetrics and gynecology, will be joining Drs. Stephen Lugo and Denise Thompson of Women's Health Specialists in July.

Dr. Du Plessis earned her medical degree from the University of Pretoria, South Africa, and completed her residency at Sparrow Hospital, Michigan State University, East Lansing, Mich.

"Every woman is unique," said Dr. Du Plessis. "Each woman has specific and distinctive problems requiring an

individualized approach to her management plan. I believe in providing comprehensive and compassionate obstetric and gynecological care for all women throughout the many phases of their lives."

She is accepting patients into her practice. Prospective patients may call now at 683-3280.

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for More Information about
Saint John's Birthing Center.*



Extraordinary Care

Valerie Morgan will look back at her time spent with the Saint John's Birthing Center staff with great fondness.

The arrival of a healthy baby is at the forefront of her memories, clouding a less than smooth pregnancy that included multiple visits to the Saint John's Birthing Center for tests.

"It (her labor and delivery) was a very positive experience and I love everyone at Saint John's," stated Morgan. "Getting ready to leave is really bittersweet and we will come back to visit. Everyone was so genuine and I appreciated their prayers."

"They even brought in a cake and cards on my birthday," she added with a smile.

Saint John's Birthing Center knows what a mother wants when she is bringing her new bundle of joy into the world – an easy delivery as possible with the best care available for her child and herself. Measures have been put in place at Saint John's Birthing Center to make the birthing experience as worry free and comfortable as possible for mom, baby and family.

Naturally, the birth of the baby is the main focus of the Birthing Center, but the comfort of the mother is just as important. Labor care packs are now distributed to each new mother with necessities for her stay, such as shampoo, lotion,

Caring for Mothers-to-be

The Saint John's Birthing Center offers state-of-the-art Labor, Delivery, Recovery, Postpartum (LDRP) rooms for all patients. Infants stay in the patient rooms; however, if a mother needs time to rest, she can place the infant in the care of the nursing staff.

Additional features offered include:

- **Free educational classes** are offered, including prenatal, sibling, breast feeding and infant safety.
- **Massages** available to new moms.
- Advances are also being made in the care of the newborns at Saint John's Birthing Center. A state-of-the-art color **ultrasound machine**, with a small monitor for the mother to watch, and three new fetal monitors have been added to the unit.
- **Bilicheck** is used to scan the infant's forehead to determine his/her bilirubin levels instead of a heel stick. The unit has also acquired a more intense bili light that is approximately the size of a fist.
- For mother's who choose to breastfeed, a trained **lactation consultant** is on staff to assist with different feeding techniques.
- **Professional photography** packages are now offered by local photographers Angie Poore-Mollenkopf and Dale Pickett.

and Comfort at Saint John's Birthing Center

hand cleanser, socks, lip balm, and a dental cleanser. Insulated travel mugs are provided to hold ice chips during labor and then mothers can use them for other beverages after delivery. Saint John's also supplies diaper bags to new parents with additional educational material for the care of their infant. New mothers also have the option to receive a massage as well.

Because a new mom's eating schedule may not coincide with typical meal times, the Saint John's Food Service now offers room service to Birthing Center patients. Patients can now choose from a variety of menu options. The meal is prepared to their specifications and delivered to their room. However, if it is only a snack that a patient or family member is seeking, then they can visit the complimentary snack area located on the unit or the snack cart that makes rounds periodically.

In the event that extra attention is needed, the Saint John's Birthing Center also has a level two nursery so the infants can receive that added attention. Because Saint John's is a health ministry of St. Vincent Health, our patients have direct access to St. Vincent's Women's Hospital's level three nursery if an infant needs additional medical care.

Security of the new bundles of joy is always



on the minds of the caregivers at the Saint John's Birthing Center. In addition to being a locked unit, new color security cameras have been installed to monitor the activity on the unit. As before, identification bracelets with a common number are given to the infant and mother to ensure that no one but the mother is given the infant. To increase the level of assurance, an identification bracelet is given to the father and common number is on the clamp placed around the infant's umbilical cord. These additions are to ensure parents that they are in a safe, secure, and comfortable environment during their miraculous event.

For more information, call 646-8117.

Physicians Who Deliver Babies at Saint John's Birthing Center



Jeffrey Blake, MD
141 W. 22nd St., #309
646-8569



Elaine du Plessis, MD
2020 Meridian St., #220
683-3280



Doug Lawson, MD
141 W. 22nd St., #215
649-4833



Stephen Lugo, MD
2020 Meridian St., #220
683-3280



Denise Thompson, MD
2020 Meridian St., #220
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Women's Center Acquires Advanced Technology

Saint John's Women's Center has acquired two Fischer Imaging SenoScan digital mammography units.

The SenoScan increases the visibility in the dense breast tissue by 33 percent. The system reduces radiation up to 40 percent, provides the industry's highest image resolution and has a large field-of-view to comfortably accommodate virtually any size woman with its unique curved breast support. Furthermore, SenoScan digital image output enables breast-scanning images to be transmitted within minutes for physicians to review. As a result, the patient receives faster results, decreasing patient anxiety.

"We are very excited to have digital mammography at Saint John's," said Dr. Kari Helms, a radiologist. "It offers many advances over standard screen film mammography, including the ability to manipulate and enhance images as well as faster acquisition time leading to a shorter exam time. These advantages will improve our ability to detect breast cancer."

Saint John's Women's Center has also added the technically advanced service of magnetic resonance (MR) imaging of the breast. The use of MR imaging is a complimentary tool used with mammography



and ultrasound to evaluate breast abnormalities.

Breast MR imaging is an excellent problem-solving technology, particularly effective for evaluating young or augmented breasts. Using the MR imaging for breast evaluations helps to clarify abnormalities found in mammograms and ultrasounds, because it provides greater information about the soft tissue of the body than other imaging procedures.

For more information or to schedule an MR or mammogram, contact the Saint John's Women's Center at 646-8284.

Janelle Burke, Breast Care Coordinator at the Saint John's Women's Center, offers her assistance to women who have been diagnosed with breast cancer. She can provide education as they face decisions about treatment. She connects patients with local support services as needed. Janelle also works closely with Hands and Hearts, Saint John's breast cancer support group. The group meets on the first Tuesday of each month at 6:15 p.m. at the Saint John's Cancer Center. For more information, call 683-3284.



Osteoporosis Options

There are several options at Saint John's for the treatment and detection of osteoporosis.

Detection

Saint John's Women's Center has acquired a new DEXA bone density scanner to improve ability to detect the early signs of osteoporosis.

The new unit offers higher image resolution and improved quality, which allows for easier identification of anatomical landmarks and artifacts during the analysis. In addition to better imaging, the scan process is faster, therefore reducing the exam time.

"We are excited to be able to offer the best in bone densitometry to our patients and clinicians," explained Craig Mitchell,

director of Radiology. "We have the capability to do dual femur, total body, and vertebral fracture. These are features we were not able to do with our other equipment."

A physician's referral is needed. For more information, call 646-8284.

Treatment with Therapy

The Carl D. Erskine Rehabilitation Center offers a program for the treatment of osteoporosis that focuses on the whole person. The program uses education as a tool in preventing and treating the symptoms related to osteoporosis.

Therapists are able to educate and treat the patient on:

- how to manage pain,
- improve posture,

- reduce risk of fracture and falls,
- and instruct in safe weight-bearing exercises to increase bone mass.

Patients need to be referred to the Erskine Osteoporosis Program by their physician. A physical therapist will evaluate a patient's strength, flexibility, posture, pain, and educational needs at the first session. Data collected from the evaluation will be used to determine a personalized treatment program. (Length of the treatment depends on the needs of the individual.)

For more information, call Carl D. Erskine Rehabilitation Center at 646-8663.

Reduce Embarrassing Moments

Does the thought of a good belly laugh make you cross your legs in horror? Fret no longer. The Carl D. Erskine Rehabilitation Center offers help for incontinence through physical therapy facilitated by a specially trained physical therapist, Laura Carroll, DPT.

Incontinence is typically treated with a conservative approach first, such as using physical therapy or medications. A physical therapist who is specially trained in the area of incontinence uses behavioral techniques to teach patients to manage, if not eliminate their symptoms.

At the Carl D. Erskine Rehabilitation Centers, Carroll uses a caring and private approach to treating incontinence. 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), are an essential part of continence rehabilitation and ultimately gaining control of the patient's symptoms. Other strategies include abdominal and hip strengthening, manual techniques, electrical stimulation, and biofeedback. These techniques are successful in treating both urge and stress incontinence.

To determine the proper method of treatment, a thorough history is taken, as well as an assessment of the soft tissue and muscles of the pelvic floor, pelvis, and back. Individual treatment plans are based on findings during the initial assessment and patient response during the course of treatment.

For more information, contact Carroll at the Carl D. Erskine Rehabilitation Center location at 2602 Enterprise Dr., 608-3970.



Special Offerings at Saint John's

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.

Prostate Cancer Support Group — The Man to Man Support Group meets on the third Tuesday of each month at the Saint John's Cancer Center lobby. For more information, call 646-8358.

Heartsaver CPR AED — Learn cardiopulmonary resuscitation and relief of foreign-body airway obstruction. Aug. 28, 5:30 p.m. Call 646-8669 for information.

Friends and Family CPR — open to individuals who want to learn basic CPR. Class does not qualify for credentialing. Call 646-8669 to inquire about upcoming class dates.

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.

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

Grief and Loss — A free Lunch and Learn presentation sponsored by Saint John's Anderson Center. July 20, Noon, Anderson Center Auditorium, 2210 Jackson St. Call 646-8444 to register.

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.

How Do I Go On? — This grief support group meets the second and fourth Thursdays of each month from 10 a.m. to Noon, South Meridian Church of God, 2402 Meridian St. Free. Call 646-8179 for more information.

Shapedown — This national pediatric weight management program is designed for youth ages 6-18. Families learn how to increase physical activity, proper nutrition and how to build self-esteem. There is no diet to follow. For more information, call 646-8669.

Camp Hope — A grief support camp for children, ages 5-19. Free. Sept. 9-10. For more information, call Saint John's Hospice at 646-8179.

HealthCheck

Madison County health care providers and health/social services agencies will be providing free health screenings and information at the annual Madison County HealthCheck.

The free event will be conducted:

- Friday, Oct. 13, 9 a.m. to 7 p.m., Mounds Mall
- Thursday, Oct. 19, 3 to 7 p.m., Leeson Building, Elwood.



Cardiac Rehabilitation's New Sunny Disposition

The Center for Cardiac Health recently moved to a new, more patient-friendly location on the first floor of the Roby Medical Office Building, 121 W. 22nd St., Suite 110. The new facility offers the same quality services. The difference is the bright window-



lined facility, easier access to parking, and it is in close proximity to The Care Group offices.

The Center offers rehabilitative and preventive services, such as education on nutrition, disease management, and exercise, tailored to the specific needs of the client. Services are best suited for persons who have experienced a heart attack and/or cardiac intervention, such as coronary angioplasty, bypass surgery, or transplant. Oversight of the program is provided by The Care Group, Anderson.

The Center for Cardiac Health recently implemented a high-risk wellness program to prevent the progression of cardiac disease in the at-risk population. Criteria for the high-risk wellness program are two or more of the following risk factors:

- Sedentary lifestyle,
- Diabetes,
- Current smoker,

- Hypertension,
- Cardiac history with an event greater than one year old and has not attended phase II cardiac rehab,
- Age 55 years and older.

Patients are supervised by an ACLS certified exercise specialist or RN and are provided ongoing education about cardiac health and wellness. Participants have access to various types of exercise equipment and weight training at the Center.

High-risk wellness and cardiac maintenance are generally out-of-pocket services and are offered at the following competitive rates:

- Two days per week: \$32
- Three days per week: \$36
- Five days per week: \$40

A physician's order is required for both programs. For more information, call 646-8322.

Research Institute

Continued from Page 1...

proposals, monitoring trials, compiling and analyzing trial data, and summarizing trial results for publication in professional journals.

Nationally, clinical trials are conducted in cholesterol, depression, infectious disease, gastrointestinal disorders, diabetes treatment as well as many other treatment areas. Look for studies opening at Saint John's with opportunities for adults and children to participate.

Participation criteria must be strictly followed; therefore, some patients may be excluded from certain trials. Patients may be referred to the research program through their physician.

The Research Institute is located in the Ambulatory Services Building, Suite 110, 2020 Meridian St. For more information about the program, you may call Saint John's Research Institute at 648-4118.

Quality Care Recognized

Saint John's Health System earned a 5-star (out of a possible 5) rating for the treatment of heart attack in the latest HealthGrades study. HealthGrades is the nation's leading independent healthcare quality company. Saint John's is the only 5-star-rated hospital for the treatment of heart attack in the Kokomo-Muncie Area*

The latest HealthGrades' national study places Saint John's Health System among the top five percent of hospitals in the U.S. for clinical quality performance. Saint John's also was recognized for:

- Recipient of the HealthGrades 2006 Distinguished Hospital Award for Clinical Excellence™
- Recipient of the HealthGrades 2006 Pulmonary Care Excellence Award™
- Ranked best in the region* and 5-star rated for overall gastrointestinal procedures and surgeries
- 5-star rated for the treatment of respiratory failure.

(*areas are as defined on www.healthgrades.com.)

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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

Celebrating the
125th Anniversary of the Founding
of St. Vincent Indianapolis

Children, Teens Learn to Deal with Grief at Camp

Children and teenagers who have experienced the death of a loved one deserve special support as they grieve. Saint John's Hospice recognizes the special needs of grieving children and established Camp Hope to meet those needs.

The overnight camp provides an opportunity to share feelings of loss with other children and caring adults, and to learn that these feelings are normal.

Camp Hope will be held Sept. 9 and 10 at Camp Kikthawenund, just outside of Anderson. Camp will begin at 9 a.m. on Saturday and conclude at 1:30 p.m. Sunday after a memorial service and picnic for the children and their families. There is no charge to attend Camp Hope.

Call Saint John's Hospice at 646-8334 to register. There are a

limited number of spaces available.

The camp environment stresses fun and enjoyment, with the opportunity for brief, informal group discussions led by trained facilitators. Children may enjoy swimming, nature walks, arts and crafts, games, campfires and other fun activities.

The experience is not designed as therapy, but as an enjoyable way to gently teach coping skills and build self-esteem and trust.

"We find that teaching children early in life how to cope

effectively with loss, promotes better coping throughout their lives," said Rob Mifflin, bereavement coordinator.

This year Camp Hope will offer families the opportunity to attend a short educational program on Saturday morning as they deliver their children for camp. The free session supports family members as they strive to help their children cope with grief.

**Camp Hope Grief Camp
for Children/Teens
Sept. 9-10
Free**
