

Fall 2007

HealthWorks

Health care news and information

Caring for life.

St. Mary's Changes in Cardiology

St. Mary's Medical Center welcomes Kansas City Cardiology and its cardiac specialists. The group, with offices at Research Medical Center and a new facility in Lee's Summit, are the sole providers of cardiac care at St. Mary's.

Kansas City Cardiology has been in the area for more than 25 years providing quality, comprehensive cardiovascular care. The group includes two electrophysiologists (heart rhythm specialists), five interventional cardiologists and seven diagnostic imaging specialists.

"We are thrilled to have Kansas City Cardiology providing our cardiovascular care," says Cynthia Peters, RN, director of St. Mary's Heart Center. "These physicians have a reputation for providing patient-centered, quality care. With this group, we anticipate substantial growth in our cardiovascular services."

"This is a great collaboration," says David Ireland, business director for the practice. "St. Mary's Medical Center and Kansas City Cardiology share the same values and priorities. We're excited about providing the residents of Eastern Jackson County full-service, quality care close to

St. Mary's ER *Fast and Efficient*

This summer, St. Mary's Medical Center started offering a 30-minute guarantee to Emergency patients. Every patient coming to our ER will see a doctor within thirty minutes of coming through the door. It was a bold move and it's working.

"We want patients to know we respect their time," says Debbie Gengler, RN, Emergency Room director. "We are not going to leave them waiting unnecessarily." As part of this initiative, processes throughout the medical center have changed and continue to change.

ER Treatment times can be dependent on many other medical center departments. Improvements include faster turn around times for lab and x-ray.

"Quality care remains our focus," says David Dickerson, MD, ER physician. "We are not rushing patients; we take the time to listen to them; listening is key in diagnosis and treatment. Time saved comes from improving processes. I've worked in many ERs during my career, and this is the most efficient one I've been in—it was even before we implemented the 30-minute guarantee, and it just keeps getting better."

St. Mary's Emergency Department sees more than 28,000 patients a year. But volumes increased over the summer. "Even with the increased volume, we've cut our 'door to doctor' time by 17 minutes," says Gengler. "Our length of stay has dropped almost 45 minutes."

Patient satisfaction scores have also gone up. When patients are not seen by a doctor within 30 minutes of their arrivals, they are given a pair of passes to a movie theatre. "Some patients don't know about the guarantee, so they are pleasantly surprised," says Gengler. "Some will decline the passes, but we encourage them to take them. We respect their time—and this is one way we can show it."

To receive a free pocket first aid kit, call 816-228-3335.



John Hallier, RN, with Ruth Ann Danley who was being treated for a broken wrist. Danley waited only 15 minutes before being seen by an ER physician.

Carondelet Health Names

FEO

Fleury Yelvington is on board as Carondelet Health's President and Chief Executive Officer. Yelvington comes to Kansas City from St. Mary's of Michigan in Saginaw, where she has served as President and Chief Executive Officer since 2004.

Yelvington has an impressive record spanning more than 23 years as a health care administrator working for St. Mary's of Michigan, Bayview Health System in Tampa, Shands Hospital at the University of Florida in Gainesville and University Medical Center in Jacksonville. She received her Master of Business Administration and Master of Health Services Administration degrees from the University of Florida in Gainesville and holds a Bachelor of Arts degree also from the University of Florida. During her graduate work, she completed her residency at St. James University Hospital in Leeds, England. She has also worked in government as aide to the mayor of Jacksonville, Florida.

"Fleury's focus on developing state-of-the-art clinical practices, on building strong physician partnerships through joint ventures and physician recruitment efforts, and on creating a reputation for quality health care and community involvement exhibit the visionary and strategic thinking Carondelet Health seeks in its leadership," states Richard Beyer, chairman of the Carondelet Health Board of Directors.

"I look forward to contributing to Carondelet Health's growth and presence in the Kansas City market and investing energy in the faith-based health care ministries provided by St. Joseph Medical Center, St. Mary's Medical Center and its many affiliates," says Yelvington, "My husband, (Barry Solomon, MD) and I are looking forward to becoming active and involved members of the Kansas City community."

St. Mary's Employee of the Year

Sue Bruckner, payroll specialist, has worked in Accounting throughout her career, so you might think numbers are her passion. But you'd be wrong. Bruckner says it's the people at St. Mary's making a difference.

Sue Bruckner was recently named St. Mary's Medical Center's Employee of the Year. And in the 20 years she's been with St. Mary's, she says the best thing about it is that she's gotten to know so many people. "I know that sounds hokey but it really is true," says Bruckner. "St. Mary's is a good place to work."

Coworkers say she is patient and "helps everyone with a caring attitude. No question is too large or too small."

A lot has changed during her time at St. Mary's, but Bruckner says, she enjoys the challenge. "I'm not a computer person, but everyday I learn something new. It keeps me stimulated."

In some ways, Bruckner does hang on to the "good old days." One of her hobbies is antique hunting. She also enjoys traveling to our national parks, but "always by car."

For job opportunities within Carondelet Health, go to www.carondelethealth.org, or call 816-943-JOBS (5627).



Fleury Yelvington, Carondelet Health President and CEO



Sue Bruckner, St. Mary's Employee of the Year

Hip Resurfacing Now at St. Mary's

Each year, an estimated 400,000 Americans have hip replacement surgery. The number is expected to rise as baby boomers age. Patients are sometimes told to wait as long as they can before having hip replacement surgery, because the new hip, good for about 20 years, may wear out before they do.

The FDA recently approved an alternative to replacement—hip resurfacing. The procedure has been getting a lot of attention this year and demand for it is growing. Right now in the metro area, only a fraction of orthopedic surgeons offer hip resurfacing.

"Hip resurfacing can be more technically challenging than a replacement," says David Paul, DO, with Orthopedic Surgeons, Inc. at St. Mary's Medical Center. He was trained last spring to perform hip resurfacing. "The procedure actually takes longer—it is major surgery and not everyone is a candidate for it. But younger, active people are very interested in this option because it may mean fewer restrictions after surgery."

Both total hip replacement and hip resurfacing involve placing a metal cup in the hip socket. The difference is in what happens to the leg that fits into the socket. With resurfacing, the damaged part of the bone is smoothed out and covered with a metal cap, similar to how a dentist covers a tooth with a filling, according to Dr. Paul.

"We see excellent results with resurfacing," says Dr. Paul. "But the biggest advantage is the conservation bone. If, after several years, the resurfacing wears out—just like total joints do—the bone is still there and a total replacement is still an option. When total joint replacements wear out, the surgery to replace the hip again can be much more difficult due to the bone loss from the first replacement."

St. Mary's Joint Replacement Center, hosts a free seminar about knee and hip replacements each month. For details and times, call 816-228-3335.

Joint Replacement Options Starts with One-on-One Attention

St. Mary's Joint Replacement Center believes in one-on-one attention. Each person scheduled for knee or hip replacement at St. Mary's hears from Anna Walker, PT, before surgery. She is the coordinator of St. Mary's Joint Replacement Center and a valuable resource to patients.

What is Joint Replacement?

A total joint replacement removes the worn bone of a joint and replaces it with a metal and/or plastic prosthesis allowing the joint to regain normal function. Most people needing joint replacement surgery have damage due to arthritis or injury. The implant relieves pain and improves the mobility of the joint.

Patients usually have a lot of questions about what to expect before and after their surgeries. Patients are provided with an orientation package and Walker visits with each patient individually well before their replacement surgeries. She helps patients prepare for surgery, provides information for a smooth recovery and discusses discharge plans.

"I need to know what the patients' goals are, so our Joint Replacement Team can help achieve them," says Walker. "Planning for joint replacement is not 'one size fits all'. Some people plan on going to a rehabilitation center or skilled nursing facility for therapies, and take a more traditional approach. Others want to be able to go home after discharge and go through our intensive program in the Joint Replacement Center."

Team Approach to Wellness

The joint center's medical team includes surgeons, physicians, nurses, occupational and physical therapists specially trained and dedicated to caring for patients receiving total joint replacement. Patients in the joint center program are encouraged to use additional support from family or friends--someone to act as another set of eyes and ears and take an active role in the patient's recovery.

"Several people are scheduled for joint replacement on the same day—creating a peer group," explains Walker. "We get patients up and walking the next day, and on the days following surgery, they have therapy as a group. Patients recover together, encourage each other and celebrate accomplishments together."

Walker says while patients using the more traditional approach go to an inpatient facility after discharge, those in the joint center program usually go home 3-4 days after surgery with home health and outpatient therapies.

Each month, St. Mary's offers a free seminar about knee and hip replacements, For details



Rachel Mack, PT, with Susan Rynearson one day after her knee replacement. Rynearson says she was very functional to get home.

500 Visits Many Miles, Countless Smiles

Eugene "Huey" Pounds has been a part of St. Mary's Cardiac Rehabilitation since October of 2001. And this summer, he celebrated his 500th visit to the program.

Pounds started Phase 2 after having a heart attack and bypass surgery. He continued with the Phase 3 self-pay maintenance program and became the first to reach the 500 milestone.

"I've come to realize how important exercise is for my heart," says Pounds. "I wouldn't do it on my own, but I'm there every Tuesday and Thursday. Those girls (cardiac rehab nurses) are so kind. Not just to me, but to everyone."

The admiration is returned. "Huey is special to both staff and his fellow patients," says Susan Brawner, RN, director of Cardiac Rehab. "He's jovial, quick-witted and has a very kind heart. He has an innate ability to make others feel comfortable and welcome when starting the program. We appreciate his long-term commitment to both cardiac rehab as well as St. Mary's Medical Center."

For more information on St. Mary's cardiac rehab program, call 816-228-3335.



Betsy Hodges, RN, Huey Pounds and Debra Echelmeier, RN, celebrate a milestone.

Gone to the Dogs

Pets Trigger "Feel Good" Hormones

Many know and have experienced first hand the joy of adoring brown eyes, a wet nose and wagging tail. The companionship of a pet gives its owner immeasurable satisfaction. But few realize how the presence of a pet can measurably improve physical health.

In a 2005 American Heart Association study, research on hospitalized heart failure patients showed that a 12-minute visit with a pet helped heart and lung function by lowering blood pressure, diminishing the release of harmful hormones and decreasing anxiety.

For years, the Carondelet Health long-term care facility of St. Mary's Manor has offered pet therapy to its residents. Now, patients at St. Mary's Medical Center can benefit from a visit with man's best friend through the Pets for Life program.

"Pets for Life has 23 years of experience in pet therapy in Kansas City," says Kathy Hoff, St. Mary's director of Volunteer Services. "We are looking for volunteer owners and their pets who would like to do something extra for our patients that can have both a physical and emotional benefit."

Pets participating in the program are carefully screened and have had a behavior test and checkup by a veterinarian. Those interested in becoming a pet volunteer must have owned their pet for a minimum of six months, and their pet must be at least one year of age, healthy and sociable and have no history of aggressive behavior.

To find out more about the animal-assisted therapy program, call Kathy Hoff at 816-655-5362.



Bill and Mary Waddington and their dog, Cooper, visit at St. Mary's. Cooper was recently honored as the longest-serving "Pets for Life" volunteer dog.

Screening Mammography Walk-Ins Welcome

Cancer specialists are worried about a recent trend in mammography. Research showed the percentage of women 40 and older saying they had a mammogram within the past two years slipped four percent over a five year period. It's particularly alarming, doctors say, because mammography use had been showing big increases since the 1980s.

Mammography is key in early detection of breast cancers because it can show changes in the breast up to two years before a patient or physician can feel them.

The "Call-Ahead Mammography" program is perfect for busy women. The Walk-In Mammogram program allows women to call ahead to find a convenient appointment on the same day. It's hoped that women who are at the medical center for any reason might schedule their mammograms while there.

We have expanded hours for easy scheduling. Call 816-228-3335 and mention "Call Ahead Mammography" for same day service.

From the Foundation

New Board Officers and Directors Announced

St. Mary's Medical Center Foundation welcomes its Board of Directors for fiscal 2008:

Officers

Debra Gildehaus, *Chair*
Kelly Hooker, *Vice Chair*
Craig Brandon, *Treasurer*
Paul Kinder, *Secretary*

New Members

Cathi Christina
Candy Hazelrigg
Max Jewell
Kim Roam
Richard Waldron

Special thanks to departing board member, Emagrace Colley, for her years of service on the former St. Mary's Board of Associates, and continuing as a founding member of the St. Mary's Medical Center Foundation Board of Directors.



Emagrace Colley

Need Friends?

The Friends of St. Mary's is made up of individuals who believe in and support the mission of St. Mary's Medical Center. In August, members met at the Nelson Atkins Museum of Art, enjoying a reception and tour of the new Bloch Building. In mid-October, members will visit the American Jazz and Negro League Baseball Museums in the 18th and Vine district. If you would like information on joining the Friends of St. Mary's, call the

Childbirth Education at St. Mary's Offers Basics and More

Having a baby is a natural, exciting event for families but being prepared can make the experience even better.

St. Mary's Medical Center offers a variety of classes to families to prepare before and after the new addition arrives. Classes available at St. Mary's include:

- Childbirth Education—offered as a five-week series, or an all-day course
- Breastfeeding Basics
- Infant Care
- Big Sib, Little Sib
- Comfort Measures

Louise DeLaney is one of the educators at St. Mary's. She's experienced not only as a teacher, but has first hand knowledge to share—twice over. Her children are four and almost two years old. She's also a certified labor doula. A doula provides emotional, physical and informational support to women in labor. DeLaney describes it as “part birth coach, part friend, part mom to the mom—a constant presence to help support and advocate for the couple through the challenges that come with labor and birth.” “I've always had a fascination with pregnancy, birth and God's creative process,” says DeLaney. “And in childbirth, knowledge is power. I think it's important for women to know their options. Then they can make informed choices about what they want in their birth experiences.”

This year, DeLaney added the Comfort Measures class for moms wanting to minimize medications and interventions during childbirth. The class takes a more in-depth look at pain control and covers breathing, a variety of positions, massage, aromatherapy, guided visualization, contraction rituals and more. These topics are covered in Childbirth Education classes, but some women wanted more in-depth information. Participants must have attended Childbirth Education classes or be a second-time mom.

For a brochure with class information, dates and times, call 816-228-3335, or go to www.carondelethealth.org.



New mom, Alyssa Rhoades with baby Ava. Childbirth Education classes at St. Mary's can help prepare parents for the big event.

First Annual Bikers Ride Benefiting The Amputee Center of Excellence

Saturday, October 13

Registration begins at 8 a.m.

Ride begins at 10 a.m.

To register, contribute or volunteer, call Rhonda Sullivan at St. Mary's Manor, 816-228-0370.



Call Center

816-228-3335

Monday-Friday

Physician Referral - Joint Replacement Center

8 a.m. - 4:30 p.m.

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Public Relations
Carondelet Health
1000 Carondelet Drive
Kansas City, Missouri 64114

Non-Profit Organization
U.S Postage
PAID
Permit No. 1057
K.C. MO

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www.carondelethealth.org

Race for the Cure

The heat wave in August didn't slow down participation in the annual Susan G. Komen Breast Cancer Foundation's Race for the Cure. In fact, the Kansas City event drew more than 20,000 participants and raised a record \$800,000.



This year's event drew more than 20,000 walkers and runners - more than 100 from Carondelet Health

Walkers from St. Mary's Medical Center teamed with St. Joseph Breast Center to create Carondelet Health's largest team ever—more than 100 people strong.

Many of the "racers" are breast cancer survivors, or friends and family of breast cancer patients. More than a million people participate in the walks around the country. Twenty five percent of the money raised funds breast cancer research. The rest stays in the local region, to fund education, screening and treatment.

October is Breast Cancer Awareness Month—the perfect time to schedule a mammogram. Call 816-228-3335 to schedule.

HealthWorks is published three times a year by the Public Relations Department at Carondelet Health. Address correspondence to Public Relations, Carondelet Health, 1000 Carondelet Drive, Kansas City, Missouri 64114. 816-943-2838.

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St. Mary's Medical Center is an acute care facility of Carondelet Health, which also includes St. Joseph Medical Center, three long-term care facilities and home care services. Carondelet Health is a member of Ascension Health, the nation's largest Catholic nonprofit health system. Consistent with its mission to serve all people with special attention to those who are poor and vulnerable, Ascension Health provides clinically excellent care with an emphasis on innovation and a focus on transforming the healthcare industry. Ascension Health, headquartered in St. Louis, MO, is sponsored by the Sisters of St. Joseph of Carondelet, four provinces of the Daughters of Charity and the Sisters of St. Joseph of Nazareth.

Carondelet Health is an Equal Opportunity Employer. All services are provided on a non-discriminatory basis.