

care

CONNECTION

Fall 2023



ST. JAMES PARISH
HOSPITAL INVITES
COMMUNITY MEMBERS
TO A HEART HEALTH FAIR ON
OCTOBER 12TH. PARTICIPATE IN
FREE CARDIAC SCREENINGS AND VISIT
WITH OUR NEWEST CARDIOLOGISTS.

PAGES 2-3



FROM THE CEO

Heart disease is a leading cause of death in our country and state, and we are committed to ensuring you have access to quality cardiology care. In this issue, we welcome a new cardiologist to our independent specialty clinics, invite you to join us at a Heart Health Fair, and share an update for our next Cholesterol and Chem Profile Screening Event.

We are also reminding you about our 2023 community flu vaccines and our newest patient satisfaction surveys.

Your support allows us to continue to bring more services home to you. We look forward to continued growth.

Thank you,

Mary Ellen Pratt, FACHE,
CEO

NEWS WE

Welcome **Dr. Benjamin Kilpatrick,** Cardiologist

The team of Baton Rouge
Cardiology Center cardiologists
serving our community
continues to grow.



Dr. Benjamin E. Kilpatrick, Cardiologist, now sees patients in Lutchter. Dr. Kilpatrick is a board-certified cardiologist who specializes in the diagnosis and treatment of heart disease. Dr. Kilpatrick was born and raised in Baton Rouge, Louisiana. He graduated with honors from Louisiana State University with a Bachelor of Science in Biology (Summa Cum Laude). He then earned his Doctor of Medicine Degree from Louisiana State University Health Sciences Center at Shreveport, Louisiana. He completed his internal medicine residency at USF Health Morsani College of Medicine in Tampa, Florida, followed by a fellowship in cardiovascular disease at HCA Florida Brandon Hospital in Brandon, Florida.

Dr. Kilpatrick is a member of the American College of Cardiology, the American Medical Association, the American College of Physicians, and the Louisiana State Medical Society.

Dr. Kilpatrick is passionate about providing patients with the highest quality care, educating patients, and working with patients to develop a treatment plan that meets their individualized needs. He is committed to helping his patients live long and healthy lives.

Dr. Kilpatrick sees patients in Lutchter every other Monday, Wednesday and Friday in Suite 1200 inside the medical plaza next to the hospital.



To schedule an appointment in Lutchter,
call 225.769.0933.

I LOVE TO SHARE



Cardiology Care Close to Home

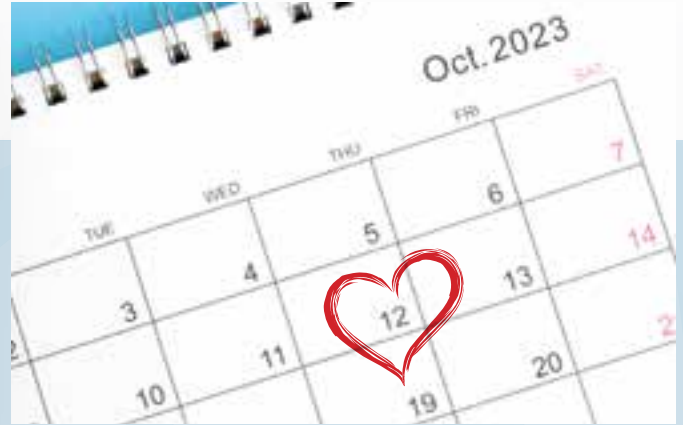
St. James Parish Hospital offers cardiac imaging and diagnostic services.

- EKGs (inpatient and outpatient)
- Stress tests
- Holter monitors
- Sleep studies (hospital and home-based)
- Echocardiograms
- Cardiac ultrasounds
- Emergency telestroke technology
- Ultrasound vascular exams



SAVE-THE-DATE

Our next Cholesterol & Chem Profile Screening Event will be held in February in recognition of American Heart Month. Stay tuned for additional information.



10.12.23

We'd **LOVE** you to Join Us.

Join us on Thursday, October 12, anytime between 3pm and 7pm for a free Heart Health Fair in partnership with Baton Rouge Cardiology Center (BRCC).

Baton Rouge Cardiology Center will discuss how to reduce your risk of heart disease and provide heart health risk assessments and EKG screenings. Cardiologists Dr. Benjamin Kilpatrick and Dr. Steven Malosky will be here to review the results and offer recommendations to participants.

St. James Parish Hospital will offer education and free screenings. Demonstrations will start at 3:30pm and repeat once every 30 minutes to allow attendees to participate at their convenience.

Heart Health Fair Activities:

- Risk assessments
- EKG, BMI, blood pressure, and cholesterol screenings
- Result-review with a cardiologist
- Hands-only CPR class (every 1/2 hour)
- PAD (peripheral arterial disease) education
- Heart healthy cooking demo (every 1/2 hour)
- Cardiology service education
- Exercise tips
- Door prizes
- Heart smart snacks
- Patient portal help desk





RESISTING Antimicrobial Resistance

Antibiotics have been used widely to treat infections for almost 80 years, but antimicrobial resistance is now threatening the effectiveness of these medications and putting lives at risk.

You've likely been prescribed antibiotics to treat an infection. Since the 1940s, antibiotics have played an essential role in keeping people healthy. However, misuse of antibiotics and similar medications has led to antimicrobial resistance.

Antibiotic Basics

Bacteria live nearly everywhere, including on and inside the body. The majority of bacteria are harmless, some are helpful, and some can make you sick.

Antibiotic medications are used to destroy harmful bacteria in the body or stop them from spreading. This helps the body's natural immune system fight the infection.

What is Antimicrobial Resistance?

Over time, bacteria can mutate or change to resist the effects of Antibiotic medications designed to destroy them. These mutations allow the resistant bacteria to survive, reproduce and pass resistance to nearby germs. Once germs become antimicrobial-resistant, they can pass this resistance on to other germs.

An antimicrobial-resistant infection can affect anyone at any age or life stage. However, people with weakened immune systems are often at the greatest risk.

Antibiotics and Antimicrobial Resistance

According to the Centers for Disease Control and Prevention, about 3 in 10 antibiotic prescriptions in the

Protecting Our Patients

St. James Parish Hospital has an Antibiotic Stewardship Team of frontline staff, leaders and physicians. The team works together to measure and review data to ensure antibiotics are used responsibly throughout our hospital and clinics with the goal of protecting our patients and community.

Team members Scott Dantonio, RPh, Director of Pharmacy, and Diana Rothenberg, PharmD, have each earned antimicrobial stewardship certifications.



“Drug-resistant diseases could cause 10 million deaths each year by 2050 and damage to the economy as catastrophic as the 2008-2009 global financial crisis.”

-Joint News Release - World Health Organization
www.who.int/news

United States are unnecessary. Taking antibiotics when they aren't needed or taking them differently than prescribed can cause harmful bacteria to become antimicrobial-resistant faster.

Why Antimicrobial Resistance Matters

As antimicrobial resistance rises, antibiotics become less and less effective which opens the door to severe infections—such as those that lead to sepsis—and possibly death.

Antimicrobial resistance is an urgent global public health threat associated with nearly 5 million deaths in 2019.

Antimicrobial-resistant infections that require the use of second and third-line treatments can harm patients by causing serious side effects, such as organ failure, and prolong care and recovery, sometimes for months.

Many medical advances are dependent on the ability to fight infections using antibiotics, including joint replacements, organ transplants, cancer therapy and the treatment of chronic diseases like diabetes, asthma, and rheumatoid arthritis.

Antibiotic Stewardship

St. James Parish Hospital and many healthcare providers worldwide are actively working to ensure antibiotics are used responsibly by developing antibiotic stewardship programs to help prevent antimicrobial resistance, maximize the benefits of antibiotics and promote the use of antibiotics only when necessary.

You can be an antibiotic steward too by following your physician's exact instructions when taking antibiotics and refraining from requesting antibiotics when your physician does not prescribe them. If an antibiotic is not the best or correct medication for your illness or personal health background, you could be contributing to antibiotic resistance which can put you in danger in the future.



TEST YOUR ANTIBIOTIC KNOWLEDGE

How much do you know about antibiotics? Take this quiz to find out.

True or False?

1. Antibiotics can treat viruses such as the flu.

FALSE: Antibiotics cannot treat viruses, including those that cause colds, COVID-19, most cases of sore throat, or the flu. Other types of medication, such as antiviral medication, may be used to treat viruses.

2. Antibiotics aren't needed for every infection.

TRUE: Many minor infections resolve without the need for antibiotics.

3. There's no risk of side effects from antibiotics.

FALSE: The benefits of antibiotics often outweigh the risks. However, antibiotics may cause side effects that can be minor or severe. Discuss side effects with your provider before beginning any medications.

4. You need to take antibiotics as prescribed, even if you feel better.

TRUE: Even if you feel much better, you may still have some underlying infection. Taking antibiotics exactly as prescribed for the correct amount of days and dosage lowers the risk of a worsening infection or the infection coming back.

5. Antibiotics can save lives.

TRUE: When used properly, antibiotics can often save the lives of people with life-threatening infections.

PREVENTION:

THE BEST M

The job of our immune system is to protect us from disease germs such as viruses. The immune system recognizes intruders and produces antibodies to get rid of them. If the same germs enter your body again, antibodies remember them and protect you by binding to these pathogens and neutralizing or destroying them before they can make you sick. This is *natural immunity*.

Vaccine immunity does not require you to have a disease to build immunity. Vaccines contain the same germs that cause disease, but the germs have been either killed or weakened to the point that they don't make you sick. When you are vaccinated, the vaccine stimulates your immune system to produce antibodies, exactly as it would if you were exposed to the disease without having to get sick first. This is why vaccines are such powerful medicine. Unlike most medicines, which treat or cure diseases, vaccines help to prevent them.

With so much information available today, deciding whether or not to get vaccinated can be confusing. Learning the facts before making health decisions is very important.

A Few Flu Facts

Since the flu vaccine's first patient use in 1945, the flu vaccine has consisted of dead (or inactive) strains of influenza A and influenza B viruses. Because these flu strains are dead, it's impossible for the shot to give you the flu. You may feel side effects after a shot because your immune system recognizes an intruder and works hard to protect you from the actual virus.

Walk-in Flu Shots

Walk-in flu vaccines are offered seven days a week through St. James Urgent Care in Lutcher. Urgent care is located inside of the medical plaza next to the hospital and is open weekdays from 8am to 8pm and on weekends from 9am to 5pm. Vaccines are offered to patients ages 3 and up. Appointments are not required.

Flu vaccines are covered by insurance. Patients should bring in their insurance card (if applicable) and identification. A cash-pay option is also available.



EDICINE

Each year, the flu vaccine prevents millions of illnesses and flu-related doctor's visits. The vaccine also reduces the risk of death and hospitalization due to the flu. Even if a vaccinated person gets sick, studies have shown that the severity of the illness may be reduced.

According to the Centers for Disease Control and Prevention (CDC), a 2018 study showed that from 2012 to 2015, flu vaccination among adults reduced the risk of being admitted to an ICU by 82%. In 2022, a study revealed that flu vaccination reduced children's risk of severe life-threatening influenza by 75%.

Studies also show that a flu vaccine during pregnancy protects infants from the flu after birth before they are old enough to be vaccinated themselves.

The flu vaccine is recommended annually. Each year rigorous testing is done by the CDC and World Health Organization to determine which strains of influenza pose the highest threats. An annual vaccine is created based on this information.

If you have questions or concerns about the flu vaccine as it relates to your medical history, talk to your primary care physician.





St. James Parish Hospital is an equal opportunity provider and employer.

Follow us!


This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



5 Facts About Patient Feedback

- 1.** We partner with Press Ganey, a leading healthcare survey vendor, to send secure, formal surveys to our inpatients, ER patients, urgent care patients, clinic patients and outpatients who have ancillary services at the hospital such as lab work, imaging, and stress tests.
- 2.** If you were an inpatient at the hospital (admitted and stayed overnight), you will receive a patient satisfaction survey in the mail with instructions about how to complete and return the form.
- 3.** Outpatients will receive a survey through a text message link and/or via the email address provided during registration. If you come in for multiple services or visits during a short timeframe, you will only receive one survey.
- 4.** If you did not receive a survey or would like to give additional feedback, you can visit us online 24/7 at www.sjph.org/feedback. Comments shared through this form are anonymous.
- 5.** You can share feedback on Google, too. Next time you have a great experience, find the hospital and/or clinics on Google and leave a review for others to see.

If you visit our ER, urgent care, hospital-owned clinics or one of our outpatient departments for services, you may get a text message or email requesting feedback about your visit. The survey should only take a few minutes and will help us recognize staff and better serve you in the future.



UPCOMING Events

Community Flu Shots

- Offered through urgent care
- 8am-8pm Mon-Fri
- 9am-5pm Weekends

10.12.23 Heart Health Fair

- 3pm-7pm in the medical plaza
- RSVP at www.sjph.org/events

10.18.23 Heartsaver CPR & 1st Aid

- 8am-2pm in the medical plaza
- RSVP at www.sjph.org/events

11.15.23 Healthcare Provider CPR/BLS

- 8am-12pm in the medical plaza

February 2024

- Cholesterol and Chem Profile Screening Event
- More info will be shared soon