

Health, Ink.

A community newsletter from Southern Hills Medical Center, part of the TriStar Family of Hospitals

SouthernHills.com DECEMBER 2003



Dr. Eric Morris

2003 the hospital implemented a Stroke Center bolstered by new technology and focused on community education.

The program has been strengthened with the recent addition of a third and more powerful CT scanner — a new 8-slice, whole body helical CT scanner. The new technology is up to six times faster than a spiral CT and produces 16 slices per second.

The machine's speed means that a physician can quickly identify if a patient is

having an ischemic stroke — one caused by clots that block an artery. The most common type, ischemic strokes account for 70 to 80 percent of all strokes and are treated by removing the obstruction and restoring blood flow to the brain. One of the best treatments involves the administering of the FDA-approved clot-busting drug tPA.

"We have approximately a three-hour window from the onset of symptoms in which tPA can be administered safely and still be effective," says Eric Morris, M.D., director of emergency medicine at Southern Hills.

"To improve patients' chances for survival and prevent disability, we are building a system to quickly identify and treat stroke patients who may be candidates for tPA," he says. "We are also working to educate the

Warning Signs of a Stroke

Knowing these warning signs may help you save your life or the life of someone you love:

- ▶ Sudden numbness or weakness of the face, arm or leg, especially on one side of the body. (can't move one arm or mouth droops on one side.)
- ▶ Sudden confusion, trouble speaking or understanding.
- ▶ Sudden trouble seeing in one or both eyes.
- ▶ Sudden trouble walking, dizziness, loss of balance or coordination.
- ▶ Sudden, severe headache with no known cause.

Call 911 immediately if you experience symptoms. Every second counts.

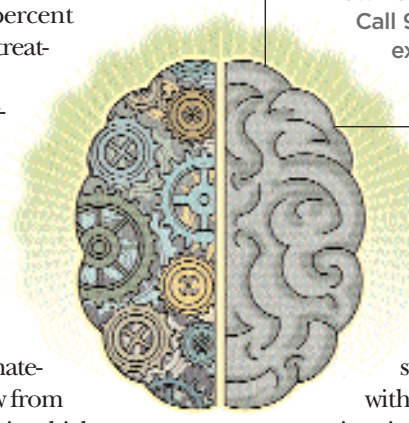
A Need For Speed

NEW TECHNOLOGY PROVIDES FASTER STROKE TREATMENT

Every second counts when it comes to treating a stroke, the third leading cause of death and a leading cause of serious, long-term disability in the United States.

Stroke, which occurs when a blood vessel is either blocked by a clot or bursts, deprives part of the brain of precious oxygen. When part of the brain dies from lack of blood flow, it can cause paralysis, speech and language problems, vision problems and memory loss.

Combating the ravages of stroke is a priority for Southern Hills Medical Center. In



community on the warning signs of stroke."

The stroke treatment process begins with EMS personnel, who use a pocket card to identify symptoms and communicate with hospital ER nurses while a patient is in transit. The ER staff then alerts the imaging department to prepare for an emergency CT scan once the patient arrives so that a diagnosis can be made and tPA administered within the clinical window.

Only 3 percent of stroke victims make it to the hospital in time to receive potentially life-saving, clot-busting drugs, according to neurologist Rejane Lisboa, M.D. More can be saved if people recognize the warning signs of stroke (see sidebar above) and act quickly.

WHAT'S INSIDE

- > FASTER TEST RESULTS
- > RATE YOUR RISK FOR HEART DISEASE
- > IMPROVING TENNESSEE'S HEART HEALTH



Photos by Craig Brabson

Rapid Results

PowerScribe Delivers Diagnosis in a Flash

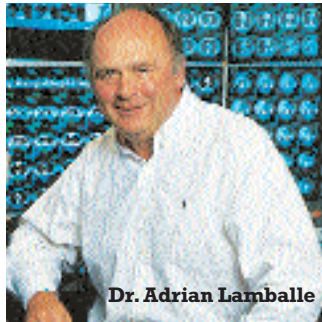
Waiting for test results can be a slow, agonizing process, but Southern Hills' new speech recognition software relieves patients' worries by providing their diagnoses much faster. The new technology — PowerScribe — transcribes a radiologist's speech to text rapidly and with high levels of accuracy.

Southern Hills is the first hospital in Nashville to use the technology, and radiologist Adrian Lamballe, M.D., is glad the hospital's radiology department can take the lead. "PowerScribe allows such rapid turnaround," he says. "It gives physicians a lot of the control over our final work product, which means we're able to provide results much faster."

The old patient report process involved several time-consuming steps: The radiologist would interpret the results of an x-ray or CAT scan and then dictate a diagnostic

report. A transcriptionist would then type the report for review and approval by the radiologist, and those results would be given to the referring physician who would pass them on to the patient. The whole process could take as much as 48 hours.

The new technology removes the weak links: Now radiologists can give their report into a speech recognition device, with their words transcribed immediately by a computer. "The radiologist can easily review the text for accuracy and sign the completed report in a matter of minutes," explains Lisa Puglise, director of imaging at Southern Hills.



Dr. Adrian Lamballe

Not only does PowerScribe deliver faster diagnosis and treatment, but the program also cuts down on human error. "We're looking at and reporting on the image when it's still fresh in our minds," Dr. Lamballe says. "That immediacy means that fewer mistakes are made."

Southern Hills Pilots Electronic Provider Order Management (ePOM)

Southern Hills Medical Center is the pilot site for ePOM, an electronic Provider Order Management system that enables physicians to create electronic patient care orders. "The ePOM system increases patient safety by ensuring physician orders are legible and readily accessible through HCA's Clinical Patient Care software system," explains Kim Lewis, director of information technology for HCA's MidAmerica Division. "The electronic physician orders become part of the patient's electronic medical record."

Southern Hills is the first hospital nationwide to use electronic Provider Order Management (ePOM) and electronic Medication Administration Records (eMAR) together. "HCA has made a long-term commitment to improving patient safety in every way possible," Lewis says, "and we're exploring ePOM and implementing eMAR because they help prevent medical errors."

ePOM's implementation at Southern Hills is part of HCA's Patient Safety Initiative, a company-wide effort to ensure hospitals use appropriate, state-of-the-art technology to promote and improve patient safety.

A Talk With Victor Giovanetti, Southern Hills CEO

Southern Hills Named 1st Accredited Chest Pain Center in Middle Tennessee

Southern Hills Medical Center is already recognized as one of the foremost community hospitals in the nation and the accolades keep coming in. In November we were thrilled to learn that the Society of Chest Pain Centers and Providers granted our hospital the designation of Accredited Chest Pain Center. Southern Hills is currently the only hospital in middle Tennessee with this accreditation, and the 7th in the nation.


More than 5 million Americans visit hospitals each year with chest pain. The society's goal is to significantly reduce the mortality rate of these patients by teaching the public to recognize and react to

the early symptoms of a possible heart attack, reduce the time that it takes to receive treatment and increase the accuracy and effectiveness of treatment.

Southern Hills' Chest Pain Center has been working toward the society's goals for six years, and it is gratifying to be recognized for the hospital's quality of care in combating heart disease, the nation's leading cause of death.



Since 1998 the hospital has taken the lead in providing EKGs for patients in five minutes or less from door to treatment time, administering clot-busting drugs if needed within a 30-minute timeframe, and providing interventional heart services 24 hours a day, 7 days a week.

 For more information on Southern Hills' Accredited Chest Pain Center, visit SouthernHills.com.

Craig Brabson



Are You at Risk?

Are you in danger of heart disease — the country's No. 1 killer? If you're not sure, it might be time to take a Heart Risk Assessment Survey. The survey only takes 10 minutes to complete and asks such questions as:

How do you describe the stress in your life at present?

- Very little
- About average
- More than usual
- Way too much

Completing the survey is a first step toward cardiovascular health. Once you complete it and mail it back (no postage necessary), we will analyze your answers and get back to you with our health recommendations.

For a FREE copy of the survey, call TriStar MedLine at 342-1919.

Community Events



2004 Heart Fair

Make your plans now to attend Southern Hills Medical Center's annual Heart Fair Saturday, Feb. 21 from 8 a.m.-noon. Benefit from FREE health screenings including cholesterol, EKG and blood pressure. You'll also hear from a physician on smart ways to prevent heart disease. For more information and to register, call 342-1919.



Club Cardio

Southern Hills announces the second year of "Club Cardio," a series of FREE classes designed to help you reduce your chance of developing heart disease and other illnesses. Each class focuses on a wide range of heart-related issues and ways to incorporate healthy living into daily activities.

■ Save the following dates: March 18, May 20, July 15, Sept. 16 and Nov. 18. (Topic and presenter TBD.)



Health Education

WANT TO QUIT SMOKING?

Southern Hills is hosting the American Lung Association eight-week Smoking Cessation program.

■ Classes will be held on Wednesdays from 12:30 p.m. to 1:30 p.m. in the Cardiopulmonary Rehab area. Register by calling 342-1919.

FREEDOM FROM SMOKING CLINIC SCHEDULE

- Wed., Jan. 12 Session 0: On the Road to Freedom, Decision Process
- Wed., Jan. 19 Session 1: On the Road to Freedom, Studying Your Habit, Building Motivation
- Wed., Jan. 26 Session 2: Wanting to Quit, Coping With Urges and Making a Plan
- Wed., Feb. 2 Session 3: Quit Day
- Fri., Feb. 4 Session 4: Winning Strategies, Recovery and Support
- Wed., Feb. 9 Session 5: The New You, Stress Management, Weight Control
- Wed., Feb. 16 Session 6: Staying Off, Active Fun, Exercise, Assertive Communication
- Wed., March 1 Session 7: Celebration, Relapse Prevention, Graduation

NEWS FOR KNEES AND HINTS FOR HIPS

Are you looking for ways to alleviate joint pain and suffering? This free class on lifestyle modifications and treatments will cover medication use, alternative therapies and surgical interventions, including joint replacement.

■ Class will be held Saturday, March 6 from 8 a.m. to 9:30 a.m. in the main entrance classroom.

OBESITY SURGERY SEMINAR

Attend a FREE seminar through our Weight Loss Surgery Center and learn more about the adjustable and reversible laparoscopic gastric banding surgery. If you are at least 100 pounds overweight and are tired of obesity-related health problems, this new procedure could change your life. Southern Hills is the only hospital in Nashville performing this procedure.

■ Classes are held in the main

entrance classroom Tuesdays from 6 p.m. to 7:30 p.m. on Jan. 13, Feb. 10 and March 9.

DIABETES SUPPORT GROUP

Manage your diabetes through meal planning and medication uses.

■ A FREE diabetes support group will be held near Southern Hills' main entrance on Tuesdays from 7 p.m. to 9 p.m. on Jan. 20, April 20, July 20 and Oct. 19.

☕ Safety/Prevention

INFANT CPR & SAFETY

These demonstration and hands-on classes provide an introduction to accident prevention and safety, including clearing an airway obstruction and cardiopulmonary resuscitation (CPR).

■ Classes are held Thursdays from 6 p.m. to 9 p.m. on Jan 22, Feb 26 and March 25.

☕ Childbirth Education

You want the best for your baby and your whole family. To help you achieve your goal, Southern Hills Medical Center offers many classes that focus on preparing you and your family mentally, physically and emotionally for the arrival of your new baby.

LABOR OF LOVE

Educational series discussing anatomy and physiology of pregnancy, nutrition, conditioning exercises, the labor and delivery process, breathing and relaxation techniques along with medical interventions.

■ Tuesdays from 6:30 p.m. to 9 p.m.

Jan. 6 – Feb. 3 or Feb. 24 – March 23. Saturdays from 9 a.m. to 2:30 p.m. Feb. 7 & 14 or April 24 & May 1.

EARLY PREGNANCY

Learn about fetal growth and development, nutrition, exercise, comfort measures and more.

■ Classes are held Thursdays from 6 p.m. to 9 p.m. on Jan. 8 and March 4.

BREASTFEEDING BASICS

Study the advantages of breastfeeding, latch-on, correct positioning, problem prevention and tips on storing human milk. Free nursing mother's companion book included.

■ Classes are held Tuesdays from 6 p.m. to 9 p.m. on Feb. 10 and March 30.

JUST FOR ME SIBLING CLASS

Prepares children ages 3-10 for their newborn sibling's arrival. Children will learn newborn characteristics and behavior, family changes to be expected and tips on how to help with the newborn once they arrive at home.

■ Classes are held Thursdays from 6 p.m. to 8:30 p.m. on Feb. 12 and April 1.

PARENTS AGAIN

Designed for couples that need a refresher in labor coping skills, breathing and relaxation techniques, current birthing procedures and what to expect during postpartum.

■ Classes are held Thursdays from 6 p.m. to 9 p.m. on Feb. 5 and April 8.



© Blair Thornley/Laughing Stock



For more information or to register for any of these classes, call the TriStar Medline at 342-1919 or visit SouthernHills.com

NEW PHYSICIANS JOIN STAFF OF SOUTHERN HILLS MEDICAL CENTER



Kathryn Mills, M.D.
Obstetrics and Gynecology

Dr. Mills graduated from the University of Texas Health Science Center in San Antonio and completed her internship and residency at Georgetown University Medical Center in Washington, D.C.



Viola Chen, M.D.
Family Practice

Dr. Chen graduated from the Albert Einstein College of Medicine in New York and completed her residency at Mercy Mayo Family Practice in Des Moines, Iowa. She is certified by the American Board of Family Practice and is fluent in Spanish.

Transforming Tennessee's Heart Health

Tennesseeans have a lot of positive things to be proud of, but their heart disease ranking isn't one of them. Tennessee ranks 48th out of 50 states for prevalence of heart disease, a risk that puts the state at 22 percent above the national average, according to the Tennessee Department of Health and the United Health Foundation.

Nelson Mangione, M.D., cardiologist at Southern Hills Medical Center, wants to see Tennessee's appalling ranking decrease. He believes that by recognizing heart disease's modifiable risk factors — such as high blood pressure, smoking, high blood cholesterol and diabetes — and by increasing healthy habits, individuals can go a long way toward changing the state's sad health stats. His two most common pieces of advice for patients:

Quit smoking. "I still don't think it's well appreciated just how huge of a risk factor smoking is," Dr. Mangione says. An April 2002 report from the Center for Disease Control reports that 440,000 people die annually of a cigarette smoking-attributable illness, resulting in approximately \$157 billion in annual health-related economic losses.

"People who smoke not only have a significant risk of heart disease and higher incidence of stroke, but they risk a number of different cancers such as throat, lung, esophageal and bladder," he says.

Control your weight. Another major issue is obesity, which is rapidly gaining on tobacco abuse for increasing heart disease risk. Rampant obesity is directly related to the high prevalence of many diseases in the southeastern United States, Dr. Mangione says. "But for the past 20 years, with whatever benchmark you look at, just about every state is climbing steadily in obesity rates," he says. "It's an obesity bull market with no signs of stopping."

Lowering the risk of heart disease is a goal of many of Southern Hills' community programs. In addition to featuring one of the few community-based programs for the



Dr. Nelson Mangione

Craig Brabson

surgical treatment of obesity, Southern Hills has developed Club Cardio, a series of classes designed to help people prevent heart disease. "We want this program to deal with the consequences of not taking care of yourself," Dr. Mangione says.

For those already suffering from heart disease, Southern Hills has one of the few community-based angioplasty programs in the nation, offering emergency angioplasty services 24/7 for patients suffering from an acute heart attack. The medical center also maintains an active congestive heart failure management program that has already witnessed a decrease in the number of hospitalizations for heart failure.

? For a list of Southern Hill heart healthy events, including dates of a smoking cessation program, call TriStar Medline at 342-1919 or visit SouthernHills.com.



Preventable Heart Disease

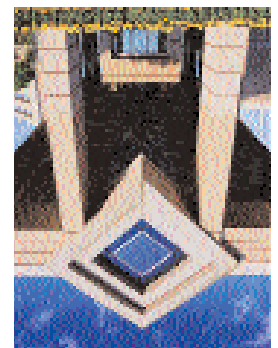
Risk Factors:

- Diabetes
- Smoking
- High blood cholesterol
- High blood pressure

Other Risk Factors:

- Family history
- Age
- Gender

© Peter Heey/Laughing Stock



For more information, contact TriStar Medline at (615) 342-1919 or (800) 242-5662.

391 Wallace Road
Nashville, TN 37211
Telephone: (615) 781-4000
TriStarHealth.com

TRISTAR HEALTH SYSTEM

Southern Hills Medical Center

PRSR STD
U.S. POSTAGE
PAID
Nashville, TN
Permit No. 768