

health *for* life

SPRING 2010

ADVANCED
NICU Care
*Saves
Babies*

Making Hospital
Stays Easier
for Kids

Pediatric
Cardiac Services

INSIDE:
2009
Community
Benefits Report



St. Mary's
Medical Center

Dear Neighbors,



Davide M. Carbone { CEO }

St. Mary's Medical Center is launching a fresh new look for this publication! Inside, find a new design and health-related stories we hope will inspire and inform you. Enjoy!

Each year in the United States, nearly half a million babies are born prematurely—at less than 37 weeks gestation. Their size and underdevelopment makes them more likely than full-term babies to have cerebral palsy, mental retardation and learning disabilities. Needless to say, these children require special care.

St. Mary's Medical Center provides that care to families in a five-county area through our Level III Neonatal Intensive Care Unit—a designation that means the staff has the training and technology to care for infants who are extremely premature, critically ill or requiring surgical intervention.

The award-winning staff at St. Mary's Level III NICU has the privilege of caring for nearly 800 of these infants annually, working to bring them to maturation and treat or prevent the illnesses that often come from being born too early, being born with birth defects or being traumatized in utero or during birth. In fact, the year 2010 marks the hospital's thirty-second year of providing lifesaving NICU services to newborns in distress.

We are inspired by the stellar work this dedicated group of healthcare professionals performs every day, and we are very proud that they are part of the St. Mary's Medical Center family. You can learn more about our amazing NICU in this issue of *Health for Life*.

In addition, we're pleased to feature other staff members and departments from the Children's Hospital at St. Mary's who provide a continuum of care for children in our region. Discover more about the role of infectious disease specialists at the hospital and learn about our plans for a pediatric open-heart surgery and cardiac catheterization program to get underway this year. You can also visit the Children's Hospital's new Web site at www.stmaryschildrensmc.com.

As always, we are honored to serve our community and region with high-quality health care, and we thank you for entrusting your health and that of your loved ones to us.

Sincerely,

Davide M. Carbone
CHIEF EXECUTIVE OFFICER

St. Mary's Medical Center | Children's Hospital at St. Mary's

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Find the frond hidden on pages 3 through 7, then call (561) 882-9100 or e-mail SMH-News@tenethealth.com with the correct page number, your name and contact information to receive a free first aid kit.

We welcome your comments and suggestions for *Health for Life* along with your submission.



Children's Hospital at St. Mary's Specializes in

Making Kids Well

Identifying illness in children can be a difficult task, especially in young children who may have trouble communicating their symptoms, but a pediatric infectious disease specialist has the skill to do just that.

Pediatric infectious disease specialists understand that children are not just little adults. These physicians have gone through extensive training to cultivate a comprehensive knowledge of diseases, their effects on young patients and how to approach medical treatment for children.

Chad Sanborn, MD, Pediatric Infectious Disease Specialist at St. Mary's Medical Center and the Children's Hospital at St. Mary's, delivers this specialty care to children who have been admitted to the hospital.

"Physicians consult me when they have questions about antibiotics, diagnoses or management of a disease," says Dr. Sanborn. "I see babies in the neonatal intensive care unit, teenagers in hematology and oncology and kids in the pediatric unit, so my work is pretty varied."

MAINTAINING THE ST. MARY'S CALIBER OF CARE

Dr. Sanborn works to help ensure children are receiving excellent care by seeing patients, answering questions from families and supporting other St. Mary's and Children's Hospital at St. Mary's physicians and staff. He also works alongside the St. Mary's infection control committee to establish and maintain infection control standards within the hospital.

"I truly enjoy working with children—their resilient nature, their ability to bounce back from disease and their willingness to adapt to treatment for chronic conditions are amazing," says Dr. Sanborn. "I want to help the Children's Hospital at St. Mary's become an even more prominent center of pediatric care by delivering excellent treatment and assisting other physicians in the management of complex and wide-ranging infections."

To find a pediatric specialist at the Children's Hospital at St. Mary's, visit www.stmaryschildrensmc.com and select "Find a Physician."

“

Children have great spirits—they laugh and enjoy themselves, even when they're sick. As a physician, it's refreshing to see.”—

Chad Sanborn, Pediatric Infectious Disease Specialist with the Children's Hospital at St. Mary's

”

Pediatric ED Celebrates 15 Years of Service

For the last 15 years, the Emergency Medicine department at the Children's Hospital at St. Mary's Medical Center has provided comprehensive care during pediatric medical or trauma-related emergencies 24 hours a day, 7 days a week.

"This ED has qualified physicians, nurses, and staff with specialized training and the heart to give children [newborn to age 17] the extra care they deserve," says Jean Pierre, MD, double board-certified pediatrician and emergency physician, who's worked at the Children's Hospital at St. Mary's since 1997. "I've seen families travel great distances to bring their children to St. Mary's because they know they'll receive the best care."



Meet Dr. Sanborn

Chad Sanborn, MD, Pediatric Infectious Disease Specialist with the Children's Hospital at St. Mary's, graduated from Brown University in Providence, Rhode Island.



Dr. Sanborn attended medical school at the University of Medicine and Dentistry of New Jersey (UMDNJ). During his time at UMDNJ, he was able to participate in an observership in São Paulo, Brazil.

Following his medical school graduation, Dr. Sanborn completed both his pediatric internship and residency at Schneider Children's Hospital in New Hyde Park, New York.

Dr. Sanborn arrived in Miami when he began his fellowship in pediatric infectious disease. He joined the Children's Hospital at St. Mary's in September 2009.



Saving the Lives of Vulnerable

Babies

There's nothing like holding a newborn baby to make you fully appreciate the fragility of life. When newborns face significant medical challenges, families turn to the care they have trusted for decades—the Level III Neonatal Intensive Care Unit (NICU) at St. Mary's Medical Center.



NICU Transport Team

St. Mary's Medical Center serves the neonatal needs of a five-county area and is part of an intensive care network that provides a safety net for high-risk births in the area. The Level III Neonatal Intensive Care Unit transport team brings high-risk infants to the unit by way of ambulance or Trauma Hawk helicopter and is comprised of specially trained registered nurses (RNs) and respiratory specialists who ensure infants arrive safely and promptly.

"More than 20 percent of our admissions come from other hospitals, so the transport team plays a vital role in our unit," says John L. Bankston, MD, NICU Transport Team Director at St. Mary's. "Some of these infants are just on the threshold of viability and weigh as little as one pound. The first hours and days following their births are extremely important, so having a trained and experienced transport team is essential."

meet part of
our NICU team

The Level III NICU at St. Mary's is the largest and most experienced between Orlando and Ft. Lauderdale, receiving and treating the most critically ill newborn infants from five surrounding counties. Its staff of more than 150 is comprised of neonatal physician specialists, registered nurses, respiratory therapists, educators, lactation consultants and discharge planners, who are dedicated to helping infants in need of specialized care get the best possible start in life.

"Many infants that we treat are premature and may have complications from that," says Janet G. Wingkun, MD, neonatologist at St. Mary's NICU. "Full term is 37 to 42 weeks gestation, and we often treat infants as young as 23 weeks."

"We tabulate data in order to continually improve quality of care for our patients. We compare our findings to our previous numbers and gauge elements like outcome and length of stay nationally against other NICUs to provide the highest possible quality of care to the infants in our unit."

—David Kanter, MD, Medical Director of St. Mary's Medical Center NICU

Full-term babies and infants with other conditions may also require attention.

"Some of the most common illnesses we treat are gastrointestinal, cardiac and metabolic dysfunction, infectious disease and respiratory problems," says David Kanter, MD, Medical Director of the NICU at St. Mary's. "We are prepared to handle any that arise. We have pediatric specialists who can provide specialized care from corrective surgery to jaundice treatment."

SPECIAL NEEDS, SPECIAL CARE

Premature infants often have difficulty acclimating to conditions outside the womb and may require special atmospheric conditions for a more thorough maturation.

"Research suggests that certain conditions aren't conducive to fostering growth in a preterm child," says Lori Matich, RN, BSN, Director of the NICU at St. Mary's. "These children require darkness, warmth and quiet in the early stages. Basically, they mature best under conditions mimicking those in the womb."

Nutrition for St. Mary's youngest patients isn't possible through conventional means, so specialists in the NICU must model nutritional intake from conditions in utero.

"Most of the neonates in the NICU are not mature enough to have swallowing instincts, so special formulas are administered intravenously," says Marie Ambrose-Thigpen, MD, neonatologist at St. Mary's NICU.

"Calorie intake is determined by the infant's age and circumstances, and feeding continues this way until the infant reaches sufficient maturity for occupational therapy in oral feeding."

Full-term infants who are born with severe delays in acclimation to birth or who may have experienced a disruption in oxygen supply due to an early eruption of placenta are often at risk for developing neurological

damage. In cases such as these, cooling techniques can be utilized to help minimize complications.

"Research has proven that following a hypoxic-ischemic event, total-body cooling can help minimize neurological damage in infants," says Dr. Kanter. "In our NICU, a cooling blanket is put into place and the infant's body temperature is lowered to approximately 33 degrees Celsius (91.4 degrees Fahrenheit), much like the treatment of ischemic stroke patients."

FAMILY APPROACH

When a child is severely underweight and requires treatment and monitoring in the NICU, families can

understandably have a difficult time with the separation. Some infants may require monitoring for several weeks. To keep the developmental process as family-inclusive as possible, the developmental care committee at St. Mary's NICU established the Kangaroo Care Program.

"Unfortunately, when a child only weighs 1 or 2 pounds, there is little the parents can do until the child gains weight. As soon as it is medically viable for the child to do so, we let bonding between the mother and child begin," says Matich. "We place the child skin-to-skin on the mother and allow them time together. Many studies indicate that this contact has a great effect on a premature child's development."

At the time of arrival, discharge planners in the NICU meet with the families to outline the necessary developmental milestones for their child's departure. As the child becomes healthier and discharge draws near, the planners work with parents to establish a regimen of home care and teach skills such as CPR and proper utilization of car seats. Dedicated NICU Lactation Consultant Karen Settembre is also available to help mothers understand their child's nutritional needs.

Additionally, the Children's Hospital partners with the Quantum House program, providing parents with a nearby place to stay while their children are hospitalized or having treatment.

DEDICATED TO QUALITY

St. Mary's Level III NICU strives to constantly improve and excel in quality treatment of high-risk infants and uses national outcome benchmarks to ensure it ranks among the top neonatal facilities.

For more information about maternity services at St. Mary's Medical Center, visit www.stmarysmc.com and click "Our Services," then "Maternity Services."



Lori Matich, RN, BSN,
St. Mary's NICU Director



David Kanter, MD,
St. Mary's NICU
Medical Director



Janet G. Wingkun, MD
St. Mary's NICU
Neonatologist



John L. Bankston, MD
St. Mary's NICU Transport
Team Director



Marie Ambrose-Thigpen, MD,
St. Mary's NICU
Neonatologist



Also AT RISK for Stroke

Stroke isn't just a men's problem. It can be devastating for women, too.



"There is a perception that more men have strokes, but women are actually at higher stroke risk than men," says Ali Malek, MD, Director of the Neurointerventional program at St. Mary's Medical Center. "When women have strokes, they are at greater risk of a poor outcome because of a tendency to delay seeking medical attention."

The results of stroke can be devastating. It is the leading cause of disability in the United States and the third leading cause of death. Many women mistakenly believe that stroke is a health concern of the senior population, but young women are also at risk.

"We're seeing an alarming increase in stroke occurrences in younger women," Dr. Malek says. "We have treated stroke in women as young as 17"

At any age, many risk factors for stroke are preventable. Maintaining a proper diet, getting regular exercise, regularly monitoring blood pressure and blood glucose levels, and quitting smoking are things women can do to decrease stroke risk.

"It is vital to recognize early warning signs of stroke—sudden weakness in coordination of the limbs or the face, difficulty speaking or comprehending, sudden loss of vision or an unprecedented severe headache—and to seek immediate medical attention," says Dr. Malek. "When stroke occurs, immediate treatment is essential for better outcomes."

The Comprehensive Stroke Center at St. Mary's offers some of the most technologically advanced treatments for stroke close to home.

If you or a loved one experience signs of stroke, call 911 immediately.

5 Warning Signs of Stroke

1. **Numbness or Weakness**—sudden numbness or weakness of the face, arm or leg, especially on one side of the body
2. **Confusion**—sudden trouble speaking or understanding
3. **Eyesight**—sudden trouble seeing in one or both eyes
4. **Dizziness**—sudden trouble walking, loss of balance or coordination
5. **Headache**—sudden severe headache with no known cause



Quality Care for the Tiniest Hearts

At the Children's Hospital at St. Mary's, pediatric care has always been at the forefront of our services for families. Now, we're proud to offer the only pediatric **OPEN-HEART SURGERY** and **CARDIAC CATHETERIZATION** program in the region.

Florida's Agency for Healthcare Administration recently approved the children's cardiac program, which makes the Children's Hospital at St. Mary's the first hospital in the state in nearly 25 years to receive the approval. This addition will keep the Children's Hospital at St. Mary's on the leading edge of pediatric care and allow families to stay in their community for cardiac services.

EQUIPPED FOR SUCCESS

A new renovation at the hospital expected to launch in the next 12 months will accommodate the new cardiac catheterization and open-heart surgery program. This \$8.6 million project will include the expansion and renovation of the surgical area, Pediatric Intensive Care Unit (PICU) and other support areas, including cardiac catheterization and MRI, bringing the total number of beds in the PICU to 14.

The Pediatric Catheterization program in the interventional suite will utilize the Innova 3131 digital flat biplane imaging system from GE Healthcare. With specific equipment for detailed, clear images, specialists at the Children's Hospital at St. Mary's will be better equipped to detect and examine congenital abnormalities.

The Children's Hospital at St. Mary's combines the experience of dedicated physicians and staff with the latest technology to keep children's needs close to the heart—and close to home. For more information about pediatric care at the Children's Hospital at St. Mary's, visit www.stmaryschildrensmc.com.



Cuban Style Swordfish

INGREDIENTS

{ Salsa }

- 1 cup chopped red and/or yellow tomatoes
- ¼ cup chopped tomatillo
- ¼ cup chopped avocado
- 2 tablespoons snipped fresh cilantro
- 1 chopped jalapeño
- 1 clove garlic, minced
- 1 tablespoon lime juice
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper

{ Fish }

- 1 pound fresh swordfish steaks cut 1" thick
- 1 large clove garlic, halved
- 2 tablespoons lime juice
- ½ teaspoon ground cumin
- ¼ teaspoon ground black pepper
- ⅛ teaspoon salt
- nonstick cooking spray

Tame your hunger with this deliciously spicy dish that features heart-healthy swordfish, avocados and tomatoes. Choose a grilling or broiling method for preparing the fish.

DIRECTIONS

{ Salsa } In a medium bowl, combine tomatoes, tomatillas, avocado, cilantro, jalapeño, garlic, lime juice, salt and pepper. Cover and chill for up to 4 hours before serving.

{ Fish } Rinse fish; pat dry with paper towels. Cut fish into 4 servings. Rub fish on both sides with cut sides of garlic. Place fish in a shallow glass dish; drizzle with lime juice. Cover; marinate in the refrigerator for 30 minutes, turning once. Drain fish. In a small bowl, combine cumin, black pepper, and salt; sprinkle onto fish.

Grill Method: Coat a cold grill rack with cooking spray. Grill fish on rack of an uncovered grill directly over medium heat for 8 to 12 minutes or until fish flakes easily when tested with a fork, turning once halfway through grilling.

Broil Method: Preheat broiler. Place fish on the greased unheated rack of a broiler pan. Broil 4 inches from the heat for 8 to 12 minutes or until fish flakes easily when tested with a fork, turning once halfway through broiling.

Serve swordfish with salsa.



St. Mary's Head Chef Herbert Mlcak recommends this dish as a good source of protein, niacin, potassium, manganese, phosphorus, selenium and vitamins B12, A, C and K.



NUTRITION FACTS PER SERVING

4 Servings | 190 Calories | 8g Total Fat | 2g Saturated Fat | 43mg Cholesterol | 254mg Sodium | 6g Carbohydrate | 3g Fiber | 24g Protein

Teaming up with the Parent-Child Center

St. Mary's Medical Center and the Children's Hospital at St. Mary's is pleased to be affiliated with Parent-Child Center, Inc. (PCC). Since 1979, PCC has been helping to further the social and emotional health and well-being of sick children and their families.

Two special PCC programs, Child Life and Pediatric Oncology Support Team (POST), provide support services to hospitalized children, those attending treatment clinics at St. Mary's Medical Center and their families.

CHILD LIFE

Staffed with behavioral medicine therapists and Child Life specialists, the Child Life Program offers counseling and other services for children suffering from cystic fibrosis, diabetes, Crohn's disease and traumatic injuries. Through

counseling, medical play and diversion therapy, children and their families are guided through treatment. Child Life specialists strive to help reduce stress and anxiety for hospitalized children, seeking to make every child and family's experience a physically and emotionally positive one.

POST

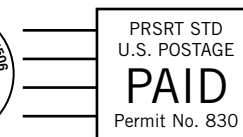
A diagnosis of cancer or blood disorder in a child can be very frightening, but POST works with families in Palm Beach, Treasure Coast and Henry counties to

help them deal with the impact and treatment of such illnesses.

Child Life specialists, mental health counselors and case managers work to provide counseling, illness and treatment education, and financial assistance resources to children and families battling these diseases.

PCC Child Life and POST programs are supported through the generosity of the Nicklaus Children's Health Care Foundation and the Be a Star Foundation.





We care for kids. **Children's Hospital
at St. Mary's**

Devoted exclusively to children and their unique needs.

Between Orlando and Fort Lauderdale, we're the only children's hospital that's just a children's hospital—with its own facility, a specially trained staff, and advanced equipment, all exclusively for kids and their unique needs.

And we have a dedicated pediatric ER that's open 24 hours a day. That means the Children's Hospital at St. Mary's is always ready whenever your child needs expert, caring medical attention.

For more information or a physician referral, visit our website or call **561-841-KIDS**.

Specialized Pediatric Services

- Trauma/ER
- ICU
- Surgery
- Cancer Care
- Orthopedics
- Cystic Fibrosis Center
- Diabetes Program
- Epilepsy Program

