

inspiring HEALTH

SPRING 2012

- Understanding the Role of Hospitalists P.8
- Partners in Health: AthletiCare & Sacred Heart-Griffin High School P.12

Mechanical Heart Valves: Sustaining Life



Nurse Practitioners
AND Physician
Assistants HERE TO HELP YOU



St. John's
Hospital

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

THE MISSION OF
HOSPITAL SISTERS
HEALTH SYSTEM

To reveal
and embody
Christ's
healing love
for all people
through a
health care
ministry.

Focus on YOUR HEALTH this Spring



Dear Friends,

Welcome to the spring issue of *Inspiring Health!* I know we're all ready to be past the chill of winter and head back outside in the sunshine.

This renewed inspiration to get out of the house is often accompanied by a new focus on more healthful living, from the amount of physical activity we engage in to the way we eat. Our spring issue speaks to this renewed focus with an article about how to make fitness a part of your life, regardless of your age and current activity level. We've also included tips for creating a delicious—but healthful—meal for your Easter holiday celebration, accompanied by a flavorful recipe.

Along with a focus on physical health, we encourage you to take a look at your spiritual health this spring as well. In this publication, you'll find unique perspectives on spirituality and ideas to help you find balance in your life.

We will also provide a bit of insight into one of the ways Hospital Sisters Health System works to serve the world. By recycling medical equipment for hospitals and clinics in need around the world through the Mission Outreach program, we live out St. Francis' calling to help those in need and to value and protect our environment.

We hope this publication provides information that makes a positive impact on your life and the lives of those you love.

Sincerely,

Bob Ritz, president and CEO, St. John's Hospital



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.



“Hospitals sometimes send us pictures of our donated medical supplies being put to use. It’s remarkable to see equipment that came from our hospital helping to save lives in developing countries.”

—Dave Olejniczak,
chief operating officer,
St. John’s Hospital

Repurposing With a **PURPOSE**

AFFILIATES OF HOSPITAL SISTERS HEALTH SYSTEM BRING NEW LIFE TO FRANCISCAN VALUES THROUGH AN ENVIRONMENTALLY CONSCIOUS EFFORT.

The story begins with common medical supplies. During surgery, items such as bandages and gloves are often prepped for use but never used. Other pieces of equipment, such as surgical lamps or wheelchairs, are regularly replaced with newer equipment but are still fully functional. Normally, these discarded or unused items would be thrown away, but thanks to a partnership between HSHS affiliates and Hospital Sisters Mission Outreach, these supplies are collected and redistributed to rural hospitals and clinics in developing countries.

A WORK OF RENEWAL

Hospital Sisters Mission Outreach, founded in 2002 by the Hospital Sisters of St. Francis, is a not-for-profit organization which sends trucks to various HSHS affiliates every few weeks to collect unused or gently used medical supplies and transport them to Hospital Sisters Mission Outreach distribution centers in Springfield and Chicago. At any given time, more than \$3 million worth of medical equipment is stored in these warehouses, waiting to meet the medical needs of the less fortunate around the world.

“We recycle perfectly good products that might otherwise end up in landfills,” says Laure Flahive, logistics and warehouse assistant

at Hospital Sisters Mission Outreach. “The environment and its natural resources are being preserved, and those around the world are receiving medical goods they desperately need.”

EXTENDING ST. FRANCIS’ REACH

Hospital Sisters Mission Outreach works with more than 40 hospitals and 18 clinics throughout Illinois and Wisconsin, and each hospital has added tremendously to the program’s impact. For example, a single HSHS affiliate donated nearly 12,000 pounds and \$28,000 worth of medical supplies to Hospital Sisters Mission Outreach between July 2010 and July 2011. These supplies have been sent to places such as Compassion Evangelical Hospital in Guinea, West Africa, and Bishop Shanahan Hospital in Nsukka, Nigeria.

“St. Francis devoted himself to serving the poor and being a good steward of the earth’s resources,” says Georgia Winson, executive director of Hospital Sisters Mission Outreach. “We are honoring our rich Franciscan heritage by minimizing hospital waste and facilitating compassionate care for those in need.”



To learn more about Hospital Sisters Mission Outreach, visit www.mission-outreach.org.

Helping Pediatric Patients Get Well

St. John's Children's Hospital has implemented the GetWell Network® to help pediatric patients and their families feel more informed and comfortable during a hospital stay. The GetWell Network is an interactive patient care system that provides entertainment, education and customer service through the televisions located in each patient room.

Kids and families learn about the parts of the hospital they may visit, the hospital staff members who will work with them

and the services that are available. In addition, movies and games are included and can be viewed at the patient's convenience.

"The GetWell Network empowers patients and families to be involved in their care," says Peggy Curtin, president, St. John's Children's Hospital. "By helping them understand what is happening and how to address their individual needs with our health care providers, this resource helps create a successful hospital stay."

USING THE BEDSIDE GETWELL NETWORK SYSTEM, PATIENTS CAN:

- * connect to the Internet
- * help the nursing staff understand the needs of the patient and family
- * learn about their health care team
- * play games and watch movies
- * provide instant feedback on the care they are receiving, hand hygiene and information they've received
- * receive information regarding the plan of care, new diagnoses, new medications, patient rights and responsibilities
- * request meals or additional cleaning services

The GetWell Network was funded by Toast of the Town parties and the Friends of St. John's.

 To learn more about why staying close to home makes for a better healing experience, visit us online at www.sjchildrens.org.

COMMUNITY GIVING MAKES GetWell Network POSSIBLE

Thanks to annual Toast of the Town parties and grant money from the Illinois Hospital Capital Investment Program, St. John's Children's Hospital is able to offer GetWell Network® to patients.

"The Friends of St. John's Hospital provide funding for pediatric programs such as Child Life, Pediatric Rehab and Parent Help Line, as well as hospital equipment and facilities that directly impact the patient experience," says Dwight Heaney, chief development officer at St. John's.

Online contributions can be made by visiting www.cmnspringfield.org.



For more information about how your gifts can enhance our healing environment, call (217) 544-6464, ext. 45160.



Innovative Edema Treatment

An international lymphedema specialist has joined the staff of St. John's Hospital's rehabilitation department. Julia Rodrick, OTR, CLT/WCC, has taught edema (swelling) management essentials and lymphatic treatment throughout the world.

"Swelling that lasts more than three weeks is known as persistent swelling," says Rodrick. "Persistent swelling can prevent wound healing and contribute to pain and reduced function due to chemical irritation from the inflammatory response that lingers from the time of injury."

There are different types of edema caused by excessive fluid in the body's tissues. Edema can occur in the upper or lower extremities, trunk or face, or it can involve the entire body. Rodrick specializes in the treatment of orthopaedic, vascular or problematic edema that occurs as a result of surgery, disease processes or injury.

Treatment options are based on the skill to recognize different types of edema and the best ways to treat each type. St. John's Hospital has three lymphedema specialists on staff with the advanced skills required for specialized treatment.

 For more information about edema treatment or other rehabilitation services provided at St. John's Hospital, call (217) 535-3685.

St. John's OPENS New GI LAB

In January, the department of gastroenterology services at St. John's was moved to a new location specially designed and built for GI patients and their needs.

The new area, now located on the second floor of the Main Building (in the former location of the outpatient rehab department) was previously housed in St. John's Pavilion. Patients and visitors to the GI department should now use the Main Lobby parking area and entrance to access the department.

Patients, physicians and staff will find the new GI lab delivers the most advanced care possible. The new area offers increased patient privacy, private consult rooms and easy access to street-level parking. In addition, its state-of-the-art equipment includes electronic patient record with image capture, dedicated fixed fluoroscopy equipment for ERCPs and the latest technology for motility studies.

Russell Yang, MD, PhD, serves as medical director of gastroenterology services at St. John's, and is chief of the division of gastroenterology and hepatology at SIU School of Medicine. "We're proud to provide high-quality care to patients in partnership with physicians from SIU, Springfield Clinic and Physicians Group," he says.

 To learn more about gastroenterology services at St. John's, call (217) 544-6464, ext. 44030.

"Patients, physicians and staff will find the new GI lab delivers the most advanced care possible," says Dr. Yang.



“Exercising at every age imparts so many benefits to a person’s physical and mental health. Put simply, it improves your quality of life.”

—Virgilio “Jun-Jun” Dycoco,
exercise physiologist, St. John’s
Hospital cardiac rehab department



Make Fitness a Lifetime Goal

FITNESS IS NOT A DESTINATION, BUT A JOURNEY—
ONE THAT CAN BE UNDERTAKEN AT ANY STAGE OF LIFE.

FOR THE KIDS

With all the electronic diversions available to children today, luring them away from TV or computer screens to get some exercise can be challenging. However, making physical activity a habit in childhood is vital to setting the stage for an active lifetime.

Start by limiting the amount of time your children spend pursuing electronic pastimes—the American Academy of Pediatrics recommends only one to two hours per day of “quality” screen time. You may even want to set a timer so they know exactly when their screen time is up.

Chat with your children about their favorite sports or outdoor games, and provide opportunities for them to get involved, whether it’s exploring local nature trails or regular family games of hoops in the driveway. Teaching them to love being active will be easier if they realize exercise can be an activity they enjoy.

GROWN-UP GUIDELINES

The same key principle that applies to childhood exercise remains true for grown-ups: If you enjoy the exercise you’re doing, you are more likely to stick with it. Pick a favorite activity, such as walking,

dancing or bicycling, and set aside time most days to perform it with a friend. Exercising with a buddy provides extra motivation and accountability. Strike a balance between cardiovascular and strength training—the latter is especially important for young adult women, as it helps them build and maintain bone mass.

Adults should consult their primary care provider about the level of exercise that is appropriate for them. In general, however, healthy adults should seek to meet the American Heart Association’s (AHA) guidelines of performing at least 150 minutes per week of moderate exercise or 75 minutes per week of intense exercise.

CHANGING BODY, CHANGING ROUTINE

As adults age, they should spend the same amount of time per week exercising, but the type and intensity of the activities should change. Walking on a treadmill or elliptical machine is a good exercise option for seniors, as is aerobic exercise performed in water, which is easy on joints but also has some strength-training benefits thanks to the water’s resistance. Lifting free weights can help with bone and muscle strength as well as balance—but make sure your joints are healthy enough to do so.

DO YOU FIT ONE OF THESE PROFILES?

Every person's fitness journey is unique, but there are a few general stages. If you can relate to any of the following fitness conditions, take heart: You *can* achieve your goals, whether you're a lifelong couch potato or a chiseled athlete.

- **I AM SEDENTARY, BUT I WANT TO START AN EXERCISE REGIMEN.** The best way to make exercise a part of your life is to put one foot in front of the other—get up and get walking, even if it's at a slow pace. After consulting your physician, gradually increase your activity level to meet the AHA's exercise recommendations. You might also consider signing up with a personal trainer, who can create an exercise plan tailored to your ability level and goals.
- **I AM PRETTY ACTIVE, BUT I WOULD LIKE TO EXERCISE MORE EFFECTIVELY.** If you are consistently performing cardiovascular exercise, now is the time to add weight-bearing activities. Whether you prefer machines and free weights or resistance training such as Pilates or yoga, weight-bearing exercise can help with everything from cardiovascular health to balance. Again, a trainer can advise you on proper form and appropriate weights and repetitions before you try weight-bearing exercises on your own.
- **I AM AN ATHLETE, BUT I THINK I HAVE "HIT A WALL" WHEN IT COMES TO EXERCISE.** Time to change things up. Try cycling the intensity of your exercise and varying the activities you perform—even seasoned athletes can get bored with an exercise routine and fall out of the habit of activity. If you usually run every day, try swapping for a salsa dance class or a hike a couple of times a week to keep things fresh. You might find a new routine, and you'll certainly start working different groups of muscles.

If you make exercise a lifelong habit, you will do more than simply enhance your health—you will enrich your life.

 We have the resources to help you reach your health and fitness goals. For more information, visit www.prairieheart.com/cfl.

BECOME AN EMPOWERED FAMILY

Encourage every member of your family to be proactive about his or her health by ensuring everyone is up to date with medical checkups. Use the following tips to help you and your loved ones become proactive about prevention.

- **CHILDREN**—Take your little one for well-child visits with a pediatrician every two to three months during his or her first year of life and at least every two years until age 10. At this age, your child should begin seeing his or her primary care provider every year until age 18. Teenage girls should have their first gynecologic exam between ages 13 and 15.
- **MOM**—Hopefully, you have had blood pressure screenings annually since age 18 and cholesterol screenings every year since you were 20. You should also have a cervical cancer screening at least every three years. When you reach your 40s, speak with your physician about having screening mammograms annually. You should be screened for colorectal cancer at least every 10 years beginning at age 50 and for osteoporosis at least once at age 65 or older.
- **DAD**—Men should follow the same recommendations as women for blood pressure, cholesterol and colorectal cancer screenings. Men age 50 or older should talk with their physicians about prostate cancer screenings.



Connecting the Docs



HOSPITAL VISITS OFTEN INVOLVE A LOT OF INFORMATION FROM A VARIETY OF SOURCES, WHICH CAN SOMETIMES SEEM OVERWHELMING. WHEN PATIENTS AND FAMILIES NEED TO MAKE DECISIONS BASED ON MEDICAL INFORMATION, A BEDSIDE HOSPITALIST CAN HELP.

24/7 A Growing MINISTRY

The HSHS Medical Group program at St. John's Hospital has grown over the past year to accommodate a high volume of patients, including patients transferred from neighboring hospitals. It joins other hospitalist programs led by SIU and Springfield Clinic physicians.

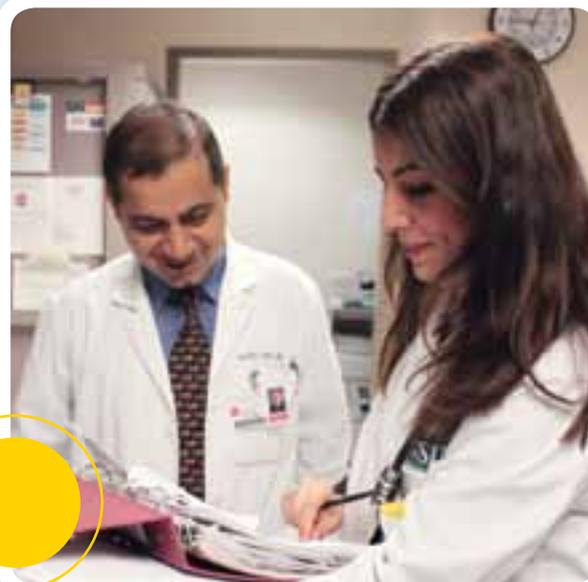
"When the HSHS Medical Group hospitalist program started at St. John's a year ago, I was the only HSHS hospitalist," says Tommy Ibrahim, MD, MHA, chief physician executive at St. John's. "We now have 10 HSHS hospitalists, and we're hoping to nearly double that number over the next year."

This provides patients 24-hour physician availability while allowing primary care physicians and other community specialists time to continue their outpatient responsibilities. With more hospitalists available, families of patients also benefit.

"Families and health care workers are on the same team," says Joan Naumovich, RN, director of patient relations at St. John's. "Hospitalists facilitate family involvement as an important part of their healing ministry."

PRIMARY CARE PHYSICIANS and nurses may explain why the patient needs to visit the hospital; technicians will likely explain lab work; a surgeon may describe an upcoming procedure; and other hospital staff might discuss medications, restrictions in activity and diet, and other vital information for a successful recovery. For patients to be active participants in their health care experience, they must understand their condition, treatment options and recovery needs. That's where the hospitalist comes in.

Hospitalists are physicians who focus on patients in the hospital; they oversee each patient's plan of care and coordinate communication channels between referring physicians and specialists, then ensure patients and families are aware and understand what is happening.



"A hospitalist is the quarterback of the health care team," explains Tommy Ibrahim, MD, MHA, CPE, chief physician executive at St. John's Hospital. "At St. John's, the goal of our hospitalist program is to make the patient and physician experience as comfortable and pleasant as we can."

TIPS for a Better Hospital Stay

THE HOSPITALIST MODEL

Because hospitalists are the main physicians for inpatients, they have access to all information regarding each patient's care. They communicate regularly with primary care physicians and specialists to gain understanding of patient histories and regular treatments. They then integrate what they learn with information from the hospital and their observation of the patient.

The hospitalist model allows for faster physician response to patient needs. A member of the hospitalist team remains in the facility at all hours, ensuring a physician is always readily available to patients. Hospitalists supervise patient care, answer questions, and facilitate meetings with specialists or clergy as needed. With a central physician directing patient care, the hospital and primary care providers are able to keep documentation such as medical records as up-to-date as possible.

CONTINUITY IN CARE

Though only a year old, the hospitalist program has been received with great success at St. John's.

"When hospitalists direct care, they work with primary care physicians to ensure everything done at the hospital will fit into a long-term care plan," explains Dr. Ibrahim. "We've had great feedback from the local medical community, and patients are equally satisfied."

Working in cooperation with their physicians and other health care providers, patients and families are encouraged to participate in the healing process. Dr. Ibrahim offers a few suggestions on how patients can benefit most from having a hospitalist involved in their care:

- * **ASK** questions about unclear messages, new medications or your care program. Hospitalists are always available, so you'll get an answer.
- * **INVITE** your family to speak with your hospitalist about any issues or questions regarding your care. You can arrange a family meeting with a hospitalist if you like.
- * **PROVIDE** information regarding any care you've received outside of the hospital.

When you stay at the hospital, unfamiliar surroundings and the stress of the situation can seem overwhelming. St. John's Hospital is focused on helping patients and their families have the best health care experience possible. There are a few steps you can take to make your hospital experience more positive.

"When patients are staying at a hospital, the first thing they should do is find out what their plan of care looks like," says Joan Naumovich, RN, director of patient relations at St. John's Hospital. "This will help them know what to expect and better equip them to ask the right questions of their providers."

Naumovich says patients and families should ask their hospitalist questions such as:

- * Have you spoken with my primary care physician?
- * How often should I expect to be in contact with you?
- * Is my medication schedule changing in any way?
- * Will you explain my detailed plan of care?

The role of the hospitalist is to create strong communication among physicians, health care staff and patients. Patients and families are encouraged to take an active role in the healing process and should feel free to ask questions or offer comments about their individual health care needs.



Based upon literature and practice, many hospitals and physician offices treat the roles of nurse practitioners (NPs) and physician assistants (PAs) almost identically. Differences in roles, including the supervision of and expectations for a PA or NP, are often dependent upon hospital policy, as well as what is authorized by the sponsoring physician with whom the NP or PA collaborates.

Deciphering Duties:

Nurse Practitioners + Physician Assistants

YOU'VE LIKELY INTERACTED WITH BOTH NURSE PRACTITIONERS (NPs) AND PHYSICIAN ASSISTANTS (PAs) WHEN SEEKING MEDICAL CARE, BUT YOU MAY BE UNAWARE OF THE SPECIFIC RESPONSIBILITIES OR QUALIFICATIONS EACH PROFESSION ENTAILS.

WHILE THESE CAREER paths can appear similar, each role is unique. As the title suggests, NPs remain registered nurses throughout their careers. But like medical doctors (MDs), they're able to operate independently to diagnose, treat and prescribe medication. NPs are specially trained to practice some of the same skills as MDs so that they can be a part of the care team when physicians need an extra hand.

Although PAs perform a majority of the same duties as NPs, they do so under the direct or indirect supervision of an MD. Whether assisting during surgical procedures or treating patients in a hospital or office setting, PAs are guided by supervising physicians to act as an extension of the care physicians provide.

A PA's role is very diverse and often dependent upon the specific needs of a physician. PAs collaborate with physicians who can ensure proper guidance or help if questions or concerns arise.

➔ For more information about St. John's Hospital and the services provided, visit www.st-johns.org.

WHAT'S THE DIFFERENCE?

After undergoing four years of nursing school, nurse practitioners (NPs) must obtain a master's degree in a health care-related field before acquiring an NP degree. Depending on the program, additional NP education could take one-and-a-half to three years.

Physician assistants (PAs) can receive a bachelor's degree in any field before entering a two-year program geared toward learning physician curriculum versus nursing curriculum. Here are some of the specific and overlapping roles NPs and PAs perform on a daily basis:

NURSE PRACTITIONERS	PHYSICIAN ASSISTANTS
Perform physical exams	Track medical history
Order laboratory tests	Order laboratory tests
Prescribe medication	Prescribe limited medication
Coordinate referrals	Refer patients to specialists
Diagnose and treat diseases	Treat minor injuries or sickness
Perform minor procedures and surgeries	Provide assistance during procedures and surgeries

“ It is important to promote wellness as well as treat illness. I care about all of our patients and treat them just as I would want my family to be taken care of. ”

—Donita Schrey, NP, St. John's Prairie Heart Institute

“In recognition of Parkinson’s Awareness Month this April, share the knowledge of Parkinson’s disease with someone you love and learn the signs—early intervention can help provide optimal treatment outcomes.”

—Jeffrey Cozzens, MD, chair of neurosurgery at SIU School of Medicine

PARKINSON’S DISEASE DOES NOT DISCRIMINATE BY AGE. IT AFFLICTS APPROXIMATELY 1.5 MILLION AMERICANS, AND AN ESTIMATED 15 PERCENT OF PATIENTS WHO ARE DIAGNOSED ARE UNDER 60. KNOWING THE SYMPTOMS, AND CONSULTING A PHYSICIAN EARLY, CAN IMPROVE LIFE WITH PARKINSON’S.



Managing Parkinson’s Disease

April is Parkinson’s Awareness Month. Awareness and an early diagnosis can help create the best outcomes for young-onset patients, according to Jeffrey Cozzens, MD, chair of neurosurgery at Southern Illinois University (SIU) School of Medicine.

“For young-onset patients especially, an early diagnosis and treatment plan mean that Parkinson’s can be a manageable condition,” says Dr. Cozzens. “Ignoring symptoms means a decreased quality of life, and that doesn’t have to happen.”

Although symptoms can vary, common signs of Parkinson’s disease include:

- Impaired balance
- Inability to move or control movement
- Physical instability
- Slowness of movement
- Stiffness in the limbs and torso
- Tremoring hands, arms, legs, jaw and/or face

For young-onset patients, special options are available for the management of Parkinson’s disease. Dr. Cozzens encourages anyone who may have symptoms to consult a physician.

“We can treat Parkinson’s disease,” Dr. Cozzens says. “Often people become used to the symptoms, as they are progressive. For younger patients, especially, treatments are available to significantly improve the quality of life with Parkinson’s disease.”

AN ADVANCED TREATMENT

At St. John’s Hospital, Springfield, an affiliate of Hospital Sisters Health System, SIU physicians Dr. Cozzens and Rodger J. Elble, MD, PhD, perform Deep Brain Stimulation

(DBS), a revolutionary new treatment for Parkinson’s disease. The DBS procedure surgically implants a battery-operated neurostimulator that delivers electrical stimulation to targeted areas in the brain. Drs. Cozzens and Elble serve as co-directors of the Parkinson’s Disease and Movement Disorders Center at SIU School of Medicine. DBS benefits Parkinson’s disease patients in central and southern Illinois, who may have to travel to larger medical centers to receive the procedure.

Knowledge is the key to living with Parkinson’s disease. To honor Parkinson’s Awareness Month, educate yourself about the symptoms and treatments available.

If you or a loved one suspect Parkinson’s disease, contact your primary care physician. For more information, visit www.st-johns.org.

AthletiCare Now at Sacred Heart-Griffin

A NEW PARTNERSHIP BETWEEN ST. JOHN'S HOSPITAL AND SACRED HEART-GRIFFIN HIGH SCHOOL BRINGS OUTPATIENT PHYSICAL THERAPY, PHYSICIAN SERVICES, COMMUNITY-BASED EDUCATION, AND WELLNESS AND PREVENTION PROGRAMMING TO MEMBERS OF THE COMMUNITY, STUDENTS AND FACULTY.

The AthletiCare® staff includes physical therapists, physical therapist assistants, certified athletic trainers, family practice sports medicine specialists, orthopaedic surgeons and podiatrists.

We evaluate and treat a variety of movement disorders resulting from orthopaedic, neurological, medical and general surgical conditions. The services at this new facility are available to all residents in Springfield and surrounding areas.

"We are eager to serve the athletes, faculty and residents of the community," says Benjamin McLain, manager of AthletiCare. "We have very high patient satisfaction and clinical outcomes at our Rehab South and Rochester locations. We expect to deliver the same level of care and service at this location."

Over the past few years, the positive reputation of AthletiCare has supported the expansion of services to Decatur, Litchfield, Rochester and Carrollton. Our goal is to offer multiple

convenient locations so that services can be delivered close to home. This growth has also promoted greater physician access with the additions of Rishi Sharma, MD, Springfield Clinic, Lucas Rylander, MD, Orthopedic Center of Illinois and Terese Laughlin, DPM, Foot and Ankle Associates.

"We have been fortunate to work under the medical direction of Diane Hillard-Sembell, MD, from Springfield Clinic, who has been the medical director of AthletiCare since its inception in 1998," says Diane Pugh, director of rehabilitation.

In addition to partnerships with local high schools, colleges and universities, AthletiCare provides sports medicine coverage for non-scholastic sports, such as the Springfield Roadrunners Club, Springfield Triathlon Club, Springfield Sliders and mixed martial arts programs.

➤ For more information about AthletiCare, visit www.athleticare.org.

Head of the Class

Educational programming is an important aspect of the unique partnership between St. John's Hospital and Sacred Heart-Griffin (SHG) high school. Students benefit from in-classroom lectures by physicians and other health care professionals at St. John's Hospital.

An onsite lecture and shadowing program, developed collaboratively between St. John's and SHG faculty, was initiated in January 2012 to offer in-depth experience for students that may be interested in health care careers. A mentoring program is also under development for junior level students to provide a more intense exposure to select professions. Our goal is to help guide students in making career choices and hopefully stimulate interest in health care careers.

"Shadowing opportunities for sophomores and mentorship opportunities for juniors help students see beyond the well-known health care roles of physician and nurse," says Diane Pugh, director of rehabilitation at St. John's. "A hospital requires diverse talents to keep it running smoothly, and this program is designed to show the need for a wide range of skills in the hospital setting, such as budgeting, accounting, management, information technology, therapy, pharmacy and radiology."

RN/BSN degree now available from St. John's College

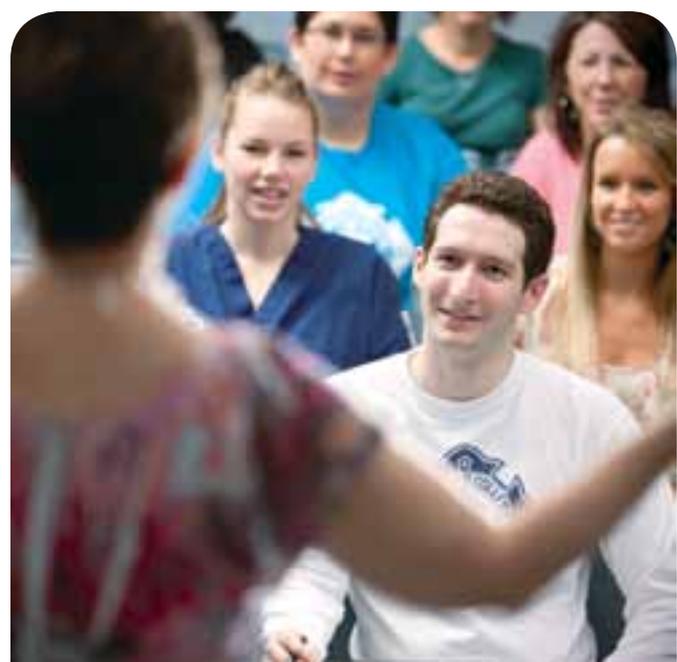
St. John's College, Department of Nursing is now offering a new education program that allows registered nurses to earn a Bachelors' degree through a hybrid-distance learning curriculum.

The eight-week course format allows the majority of coursework to be taken online with a limited number of visits to the College's campus. The program allows the nurse to take two hybrid courses within an eight-week time period and earn a full semester of credit.

"This program is an excellent opportunity for the working registered nurse to earn a Bachelor's degree with minimal face-to-face time in the classroom," said Brenda Jeffers, Chancellor and Dean, St. John's College.

St. John's College is a special purpose college offering the nursing major. A registered nurse admitted to the program must have a total of 60 hours completed in pre-nursing requirements. The program allows the registered nurse to receive credit for some previously completed nursing courses.

➤ Limited financial assistance for qualified students is available. Any registered nurse who works for a Hospital Sisters Health System hospital can receive a 20 percent discount in the program. Applications are available at www.stjohnscollegespringfield.edu, or call the college at (217) 525-5628.



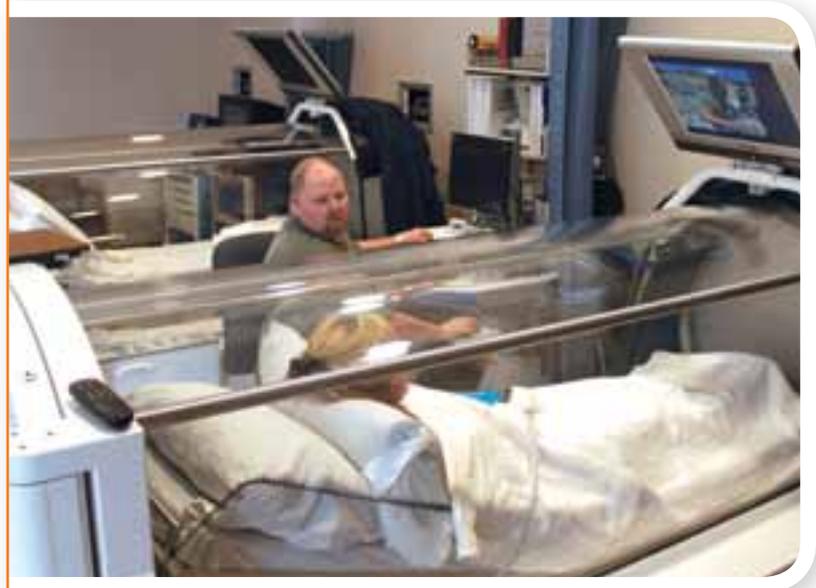
ADVANCED Healing for Chronic Wounds

Since 2008, St. John's Regional Wound Care Center has evaluated and treated more than 1,025 patients with chronic wounds. With a 92.99 percent healing rate (average of 28 days to heal), our team of multidisciplinary staff and physicians are trained in the management of chronic wounds.

Under the leadership of Regional Wound Care Center Medical Director Robert McLafferty, MD, board-certified vascular surgeon, the expert team of physicians and staff use evidence-based medicine and treatment protocols to heal wounds, relieve pain and maximize daily function. One unique service the Regional Wound Care Center offers is hyperbaric oxygen therapy.

"Oxygen is necessary for the healthy functioning of tissue," says Dr. McLafferty. "When tissue is injured, it requires even more oxygen to heal. Hyperbaric oxygen therapy increases the amount of oxygen the blood can carry, which promotes healing and fights infection."

The most common reasons people experience non-healing wounds are injury or post-surgery difficulty. Diseases such as diabetes, chronic venous disease, chronic arterial disease, pressure ulcers, and autoimmune diseases (lupus or rheumatoid arthritis) can also cause non-healing wounds. Radiation treatment can also result in chronic skin ulcers that require special treatment.



➤ For more information or to schedule an appointment or evaluation, call (217) 757-6644 or visit us at <http://www.st-johns.org/woundcare/Physicians.aspx>. Self-Referrals welcome if approved by the patient's insurance company.

Hot German POTATO SALAD

PUT A GERMAN SPIN ON A CLASSIC AMERICAN COMFORT DISH FOR YOUR HOLIDAY TABLE THIS EASTER.

This potato salad has half the calories and is cholesterol-free—a delicious and healthy alternative to the traditional side dish.

INGREDIENTS

- 10 potatoes, peeled and halved
- 1 14 ½-ounce can beef broth
- ¼ cup all-purpose flour
- 3 tablespoons sugar
- ½ teaspoon celery seeds
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ¼ cup cider vinegar
- 1 medium onion, chopped
- 3 tablespoons parsley, chopped



DIRECTIONS

Slice potatoes into bite-sized pieces. Place potatoes in Dutch oven, cover with water and boil on high heat for 20 minutes until tender. Drain potatoes and dice into cubes. Combine broth and flour in a medium saucepan, adding sugar, celery seed, salt and pepper until smooth. Add onion and vinegar and cook mixture over medium heat until it boils and thickens. Stir constantly, then reduce to low heat. Cook for five minutes or until onions become soft. In a large bowl, add potatoes, parsley and broth mixture, and toss until evenly coated.

NUTRITIONAL INFORMATION PER SERVING

Servings:	12	Carbohydrates:	37.1g
Calories:	166.1	Fiber:	4.1g
Fat:	0.3g	Protein:	4.3g
Sodium:	236.3mg	Source:	<i>www.food.com</i>

The Eat Well Be Well program, offered through our Center for Living, can provide nutritional advice and planning. For more information, call (217) 544-LIVE (5483).

Looking for ways to cut back on fat and sodium when preparing meals? Try adding flavor with **OLIVE OIL** and herb blends instead of salt and high-sodium seasonings.



WHAT TO EAT This Easter

THE EASTER HOLIDAY OFTEN BRINGS FAMILIES TOGETHER FOR A DELICIOUS MEAL. THIS EASTER, MAKE SOME MINDFUL MOVES TO DISH UP A DELICIOUS MEAL THAT'S HEALTHY, TOO.

AVOID THIS: Potato salad may be tasty, but with nearly 20 grams of fat and more than 1,000 mg of sodium in a one-cup serving of a traditional recipe, it's best to hold off.

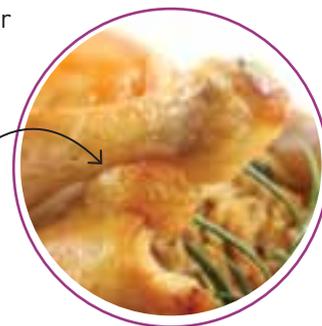
TRY THIS: Hold the mayonnaise with a German-style potato salad made with a vinegar base, which typically has very little fat and about a quarter of the sodium.

AVOID THIS: A juicy cured ham is often a popular dish for holiday gatherings. But beware—there can be up to 1,177 mg of sodium per three-ounce serving.

TRY THIS: Chicken roasted with herbs can provide a beautiful and mouth-watering main dish that's low in calories, sodium and saturated fat.

AVOID THIS: Your family can't wait to get their hands on those buttery croissants, but they are high in saturated fat.

TRY THIS: A good source of fiber, whole-wheat dinner rolls are a flavorful, healthier alternative that's lower in saturated fat.



The **THIRD** COMPONENT of Good Health

When we consider our health, we often think of our mental and physical well-being. But there is a third component that contributes to your health and well-being—spirituality. Spirituality is an integral part of achieving and maintaining better comprehensive health.

Spirituality is unique for every person. Many people may confuse spirituality with religion. Although the two may overlap, spirituality isn't exclusive to religious practices. Spirituality recognizes and embraces the interconnectedness of everyone and everything and the importance of living in harmony with one another, nature and the universe.

EXPERIENCING A DEEPER CONNECTION

On your path to optimal spiritual well-being—and in turn, better overall health—there are many ways to experience a deeper connection and harmony, such as:

- **CONNECT WITH NATURE.** We are part of nature, and it is difficult to enjoy optimum well-being if we have too little contact with it. Find ways to connect with nature such as a hike in the woods or a walk in the park. Enjoy bird watching or viewing the sunset. Keep fresh flowers in your home.
- **PRACTICE FORGIVENESS.** Philosophers and saints commonly teach that forgiveness is one key to happiness. The reason, they say, is that it calms the mind and spirit and neutralizes resentment. Remember that forgiving is for you, not for anyone else.
- **SMILE AND LAUGH.** Spend more time with people who make you forget your troubles. See a funny movie.
- **CULTIVATE SILENCE.** Seek places and times that provide silence. Silence refreshes the spirit, reduces anxiety and makes it easier to be mindful. Engage in prayer or practice meditation.

➤ For classes and programs intended to strengthen the mind and spirit, St. John's Center for Living is your resource. Visit www.prairieheart.com/cfl to learn more.

“ People aren't just physical bodies that require mechanical care. Their spirituality will help them maintain their health. ”

—Mary Jo Wasser, RN, director of mission integration and spiritual care at St. John's Hospital

Spiritual Impact

A nutritious diet and exercise are likely the first things that spring to mind when it comes to building a healthier lifestyle, but spirituality also plays an important role in physical health.

Engaging in spiritual practices has been shown to have both physical and mental health benefits. The benefits of spiritual balance can include:

- lower blood pressure
- lower risk of experiencing depression
- stronger immune system

Studies have shown that in elderly populations, those who incorporated spiritual health practices demonstrated fewer physical disabilities and a reduced risk of depression. Spirituality also has attributes that help people understand and cope with struggles and successes they face during life, while maintaining a sense of balance and empathizing with people around them.

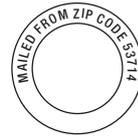




**St. John's
Hospital**

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

ST. JOHN'S HOSPITAL
800 E CARPENTER STREET
SPRINGFIELD, IL 62769



Nonprofit Org.
U.S. Postage
PAID
Permit No. 428



st-johns.org

we believe IN INSPIRED CARE.

Inspired care is visionary medicine and passionate faith. Respecting our traditions and courageously breaking new ground. Collaborating for the greater good while pursuing personal excellence, and discovering joy in both.

Inspired care is a commitment to educate the next generation and the wisdom to learn from them as well. It's the confidence to accept the toughest challenges, and the belief that we can, and will and do.

Inspired care is bringing the greatest care to the most people, caring for the whole person – body, mind, and spirit. Giving our all in everything we do. Every day.

At St. John's, we believe in inspired care.



**St. John's
Hospital**

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM