

# presence

.....  
Clinical Dietitian Sports  
Unique Role at TU  
.....

.....  
Cohesive Excellence  
at Saint Francis  
Joint Replacement Center  
.....

**Labor and Delivery  
Patient Receives  
Lifesaving Care**

# Community Events



## DECEMBER

### Kids Cooking Class

**Kids cooking class** at Health Zone at Saint Francis. Your chef-in-training will learn to make cocoa and cookies on Tuesday, December 16. Minimum age for participation is five years old.

For more information and to register your child, call Jennifer Daley at 918-494-8263.

### Adult Cooking Class

An **adult cooking class** is set for Thursday, December 18, at Health Zone at Saint Francis. Discover tips for healthy holiday entertaining and learn how to carve your holiday turkey or ham. Shannon Campbell, Reasor's dietitian, will lead this cooking demonstration.

Call Health Zone at 918-494-1671 to register.

## JANUARY

### Flu Vaccinations

Saturday, January 3, **community flu vaccination clinics\*** for adults at the following times and locations:

- 8 a.m. to noon, Health Zone at Saint Francis, 5353 East 68th Street
- 8 a.m. to noon, Warren Clinic Tower, 6600 South Yale, first floor
- 8 a.m. to noon, Saint Francis Hospital South, Main Lobby
- Noon to 4 p.m., Promenade Mall, upper level, north entrance
- Noon to 4 p.m., Woodland Hills Mall, lower level, near center court

\*Flu shots are covered by most insurance plans. For those without insurance, flu shots will cost \$20. Pediatric vaccinations are only available at Warren Clinic pediatric locations Monday through Friday. Visit [saintfrancis.com](http://saintfrancis.com) for a complete listing of our pediatric locations.

### Health & Wellness Expo

**11th Annual Health & Wellness Expo**, Saturday, January 17, at Health Zone at Saint Francis. Come see our amazing facility and check out the various fitness classes, health presentations and cooking demonstrations. Health Zone offers fun and fitness for the whole family. The expo is from 9 a.m. to 1 p.m. and is free and open to the public.

Visit [saintfrancis.com/healthzone](http://saintfrancis.com/healthzone) for more information.

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## Letter from Jake Henry Jr., President and Chief Executive Officer

As 2014 draws to an end, it seems an appropriate time to reflect on the journey we've taken, what we've accomplished and the lives we have touched. This has been a year marked by growth and change. Often "change" in healthcare has a negative connotation. When ambiguous, forced change can be a daunting proposition; planned and progressive change, if done for the right reasons, can be transformational. All of the changes that we have implemented this year were done with one purpose in mind—to improve healthcare in Tulsa.

After over two years of planning we launched our new medical record, Epic, in both the inpatient and ambulatory settings. While the business implications and enhancement of our clinical processes are profound, what truly matters is the difference this technology makes in the lives of our patients. Giving our patients easy, comprehensive access to their health records and streamlining the documentation process to improve patient safety were always at the forefront of our planning process.

Shortly after the launch of Epic, we celebrated the opening of the Trauma Emergency Center and Patient Tower. While there was much fanfare surrounding the grand opening and commentary about the aesthetics of the facility, the primary feature of the new building is the impact it will have on our community's health and access to care. The bar for clinical excellence in an emergency setting has been raised in Tulsa and Saint Francis' critical care capacity and acute care access has been increased—both advancements that hold the singular goal of offering our patients the highest level of care in the most clinically advanced environment in eastern Oklahoma.

Other advancements made with your health in mind include the opening of a new joint replacement center—the region's only destination center for joint care. Additionally, Warren Clinic recruited 35 new providers to be able to better meet the healthcare needs of our community. These physicians range from primary care to advanced surgical specialists. We also updated the facilities of the eating disorders program at Laureate to be able to offer this population a treatment environment that is equally as advanced as our clinical offerings.

At Saint Francis, we understand that even the most ambitious expansion projects and the most advanced medical technology would be greatly diminished if not for the steadfast dedication of our employees. Projects of this magnitude require immense planning and meticulous attention to detail—two things I believe we have always done well, but they are also skills that, in order to continue to be successful, we need to constantly hone and develop. And, I am confident that as the health system continues to grow and undergo changes in the years ahead, this commitment to providing excellent and compassionate healthcare will stand as our guiding principle.

In the coming year, you will continue to see examples of our commitment to investing a healthier Tulsa. Three new Warren Clinic locations, all of which will include urgent care clinics, will be opening

in early 2015. These clinics represent what we hope will be the new standard of ambulatory care in Tulsa—designed with the patient in mind. As we move into an era where the focus will be on keeping our community healthy versus treating them when they are sick, these clinics, in concert with our existing 74 Warren Clinic locations, will be a visible representation of our commitment to you—the community we have the privilege of serving.

At Saint Francis, we consider it a privilege to invest in the community we call home and to uphold the health system's enduring legacy of excellence and trust. And, so, on behalf of the women and men of Saint Francis, I'd like to thank you for entrusting us with what's most precious to you—your health and well-being—in essence, your lives.

Best regards,

Jake Henry Jr.

President and Chief Executive Officer, Saint Francis Health System



## presence

a publication of Saint Francis Health System

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presence  
in pictures

## Welcome All

Aptly entitled "Welcome All," this extraordinary statue of Christ is a reminder of Saint Francis Health System's mission of extending His presence and healing ministry in all actions and deeds. This striking work-of-art, by local artist Dee Ford, also symbolizes the health system's commitment to treating each and every patient with the utmost respect in an environment that instills confidence, trust and hope.



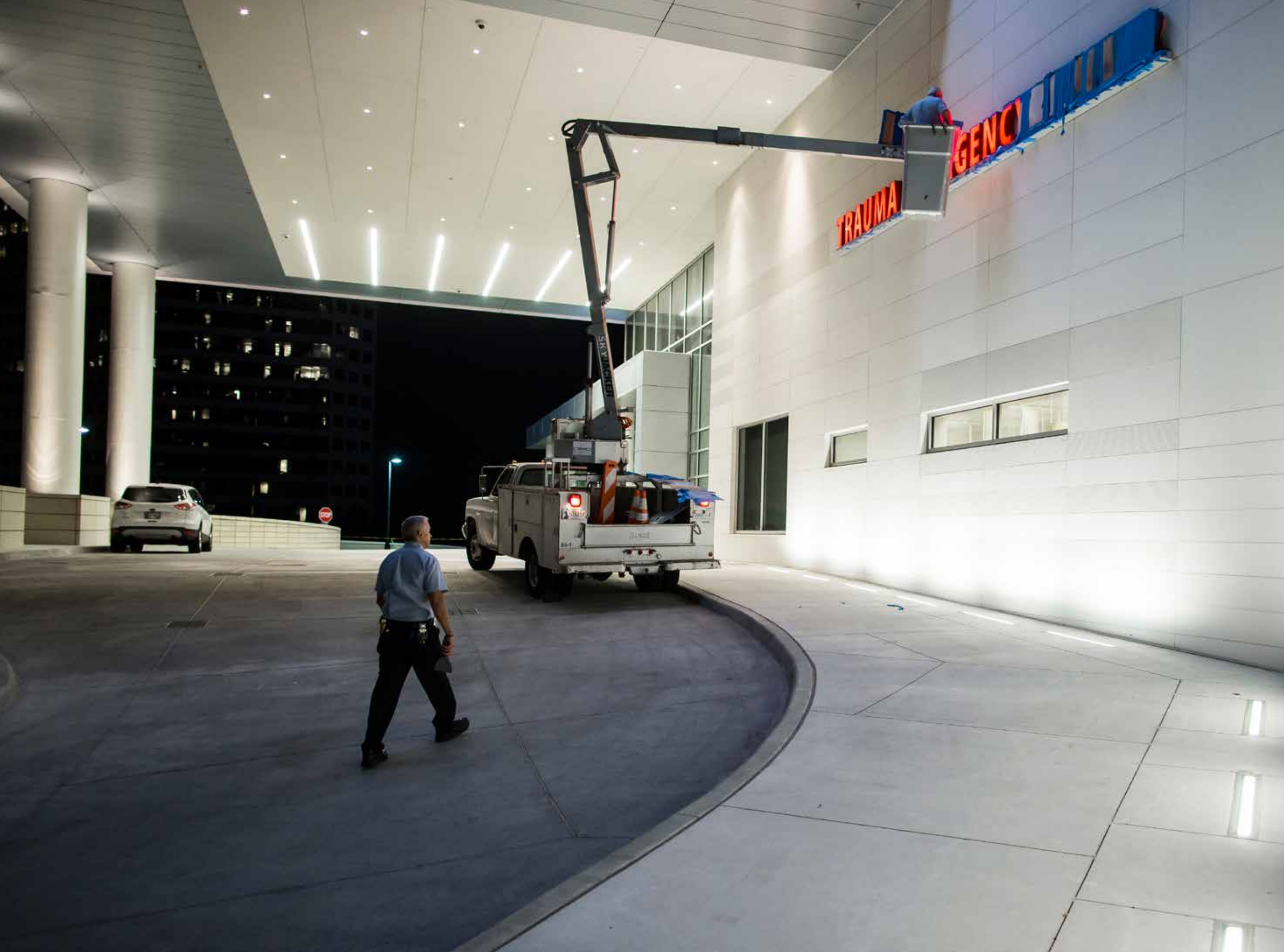


presence  
in pictures

### A Healthy Dose of Orange

A healthy dose of new visitors brightened the day for young patients at The Children's Hospital at Saint Francis. Oklahoma State University's men's basketball players walked the floors with Pistol Pete handing out autographed basketballs, stuffed bears and smiles.





presence  
in pictures

## Opening Day

During the early morning hours, a sign is unveiled for the new Trauma Emergency Center on the day it opened to the public in late September. New adult treatment areas, an adjacent Pediatric Emergency Center and a wide range of state-of-the-art equipment help medical staff better treat and manage the growing population of Tulsa and surrounding communities.



# FIGHT THE FLU

GET VACCINATED!

STAY HEALTHY THIS SEASON BY GETTING A FLU SHOT. IT'S MORE CONVENIENT THAN EVER. THE RISKS ARE FEWER, THE TECHNIQUE IS SAFER AND EVEN THE MOST NEEDLE-PHOBIC OF PATIENTS HAVE OPTIONS FOR IMMUNIZATIONS.

## THE FLU AND YOU

"The new vaccines are designed to be safe for everyone," says Mark Rowland, M.D., epidemiologist, Saint Francis Hospital. Different flu vaccines are approved for use in different groups of people. Factors that help determine a person's suitability for a particular vaccine include age, health (current and past) and any relevant allergies, including an egg allergy. Now, there's special consideration for adults with an egg allergy; for example, they may be candidates for a flu vaccine that's made without egg protein.

For those who fear needles, there are two easy alternatives. Flu mist has been available for several years and is administered through the nose. Also, a tiny needle called intradermal is small enough to fit between layers of skin—not into a muscle—so patients might not even feel the stick.

The elderly don't always respond to immunizations. For them, scientists have developed another means of protection from the flu. It's a double dose and administers more of the vaccine. Dr. Rowland calls this option a suggestion for anyone over 65, not necessarily a recommendation.

Because flu starts with respiratory problems, individuals with respiratory conditions—COPD, emphysema, bronchitis, asthma, smokers—should definitely be vaccinated.

No longer are there certain groups who shouldn't be immunized. "Everyone should be vaccinated. All adults, kids as young as six months (check with your pediatrician) and, certainly, all healthcare workers. "They're the first line of defense," Dr. Rowland explains.

"Kids are more vulnerable to flu," says pediatrician Wendy

McConnell, M.D. For her patients, she prefers the nasal mist over shots for children two and older because studies show they provide better immunity.

Also, when children get the flu, they really suffer. "Their muscles hurt. Their eyes look so pitiful. If parents realized how sick kids get, they'd get them immunized," Dr. McConnell says. Also, children with the flu can be out of school for as long as a week.

She also urges anyone living with a baby under six months old to get vaccinated, too, to keep the little ones from being exposed.

## YOU CALL THE SHOTS

"We used to try to get people vaccinated between October 15 and December 15," Dr. Rowland says. "Now the vaccines come out earlier. Patients should get vaccinated whenever they find them available. The earlier the better, and no one will need a second shot," he adds.

The peak effect is six weeks after administration, but patients are protected at the peak and later. "The vaccine stays effective for a long time. It doesn't wane," says Dr. Rowland.

The new quadrivaccine actually protects against four kinds of flu—two type A and two type B. Influenza A usually hits harder and earlier. People get sicker and can die from this flu. Influenza B usually appears later in the season and is less severe.

After a flu shot, an individual can expect a sore arm—maybe some pain, swelling or redness. Although some people say the shot gives them the flu, that's not possible. It can, however, give someone flu-like symptoms for a day or two.



## SPREAD THE WORD...NOT THE GERMS

Dr. Rowland reminds his patients who do get the flu to not spread it to others, "Don't go to work or school if you're sick." Stay home for at least 24 hours after your fever is gone except to get medical care or other necessities.

Of course, prevention includes washing your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose or mouth. And, help keep your germs to yourself in public gatherings by greeting others with a polite head nod or by simply holding your hands together and letting others know you're not feeling well. Others will appreciate not sharing your germs this flu season.

Dr. Rowland also recommends following cough etiquette that calls for covering a cough without using hands. "Coughing into the elbow is good," he says.



## NO APPOINTMENT NECESSARY

Warren Clinic primary care locations offer flu shots during regular office hours, no appointment necessary. Adults may also attend one of the community flu vaccination clinics sponsored by Warren Clinic. The clinics are offered on Saturdays, January 3 and February 7 at the locations listed below.

Flu shots are covered by most insurance plans. For those without insurance, flu shots will cost \$20. Pediatric vaccinations are only available at Warren Clinic pediatric locations Monday through Friday. Visit [www.saintfrancis.com](http://www.saintfrancis.com) for a complete listing of our pediatric locations.

## COMMUNITY FLU VACCINATION CLINICS JANUARY 3 AND FEBRUARY 7

**WOODLAND HILLS MALL**  
Near center court  
Noon to 4 p.m.

**HEALTH ZONE  
AT SAINT FRANCIS**  
5353 East 68th Street  
8 a.m. to noon

**PROMENADE MALL**  
Second level at  
north entrance  
Noon to 4 p.m.

**SAINT FRANCIS  
HOSPITAL SOUTH**  
10501 East 91st Street,  
Main Lobby  
8 a.m. to noon

**WARREN CLINIC TOWER**  
6600 South Yale, first floor  
8 a.m. to noon

# CLINICAL DIETITIAN

# SPORTS UNIQUE ROLE AT TU

It's interesting the random thoughts and questions that pop into our heads... especially if they lead to a career path that's not only rewarding, but lots of fun too.



In Sloan Taylor's case, the simple question, "What happens when you eat an apple?" became the impetus for her fulfilling career as a clinical dietitian at Saint Francis Hospital, as well as sports dietitian for The University of Tulsa (TU) Athletic Department.

## THE STATE'S FIRST

As a dedicated clinical dietitian at Saint Francis, as well as the very first board-certified sports dietitian in the state of Oklahoma, Taylor has indeed found her calling. In addition to her job titles, her name is also followed by this impressive string of credentials: R.D. (registered dietitian); L.D. (licensed dietitian); and C.S.S.D. (certified specialist in sports dietetics) — there are only five in the state. And, as if this wasn't enough, Taylor also serves as an adjunct professor at TU where she teaches a class entitled sports nutrition. The current semester, in fact, marks her 20th of teaching the popular night course on the TU campus.

## CAREER PATH

She began her career as clinical dietitian at Saint Francis in 2001, and as sports dietitian for TU's athletes in 2007. How does she make it all fit? Like so: She can be found at her TU office two hours every Tuesday and Wednesday morning, while the remainder of her work week is spent at Saint Francis.

"It's a little known fact that [through me] Saint Francis provides TU with sports nutrition and guidance," Taylor says. There are approximately 350 athletes (10% of TU's total student population) participating in 18 different sports. Her days at TU are never quite the same and the questions she's been asked cover everything — and more — one could possibly imagine.

She works one-on-one with TU student athletes on various conditions including food intolerances (such as celiac disease and other gastrointestinal issues), as well as those facing the plight of anxiety and nausea. "A surprising number of athletes can experience some anxiety before an event, so much so that it's difficult for them to keep anything down," Taylor says. "Since food

fuels the body, I believe it's best if they can get something down pre-game. So, we work together to determine what they can and can't digest on a nervous stomach. It goes a long way to make them feel confident and at their best during a sporting event."

## THE PERFECT MARRIAGE

Sloan Taylor feels her career(s) have a good thing going. "My career is the perfect marriage of working in both the clinical and sports worlds — two of my passions," she says. "I am fortunate to have the opportunity to work with those who are sick and struggling with health issues at Saint Francis — and to lend diet and nutritional guidance to healthy, strong athletes at TU. When I'm at TU, an athlete can share his or her symptoms with me, and when I'm back at Saint Francis, I can consult with the exact doctor with specialized expertise who can help. On the flip side, if a TU athlete is hospitalized at Saint Francis, I always make a point of stepping in, saying hi and finding out what I can do that will be the most helpful."

For more information on the Outpatient Nutrition Services at Saint Francis and to schedule an appointment with a registered dietitian, please call (918) 494-6900.

## HINTS FOR HEALTHY HOLIDAY EATING

1. Remember the "holidays" encompass Halloween all the way through New Year's Day. Buckle your seat belt and aim to avoid weight gain.
2. Learn to decline the offer of food when you have already had enough to eat at a holiday party. Just because it's offered does not mean you must eat it.
3. Strategize your intake: If you want alcohol, then there is no need to overeat the food. Budget your calories to include those you will consume in an alcoholic beverage.
4. Be diligent with eating small amounts of food if you are required to visit more than one household on the same holiday.
5. Keep the thought that celebration does not equal overeating. Your attendance is the evidence of your participation!

## HEALTHY WALDORF SALAD

(Serves 8)

### Ingredients

- 2 Fuji apples - washed and then diced
- 2 ribs of celery, sliced
- 3/4 pound seedless red grapes — washed and then cut into halves
- 1/2 cup golden seedless raisins
- 1/2 cup chopped pecans or walnuts
- 8 ounces vanilla low-fat yogurt

Combine all ingredients into a bowl. Stir until all items are covered with a thin layer of yogurt. Cover and chill in the refrigerator.

Yield = Eight 4-ounce servings

### Nutrition Information

Qualifies as low saturated fat and very low sodium and is heart healthy

4-ounce serving = 220 calories; 1.5 g saturated fat; 40mg sodium; 4g protein; 30g carbohydrate; 11g total fat; and 3g fiber

Courtesy of Melinda Fogg, food service manager, Saint Francis Hospital Nutrition and Food Service



*From Blessed Event*  
to  
**FIGHT FOR LIFE**

MOTHER OF FOUR EXPERIENCES RARE  
AND LIFE-THREATENING CONDITION

When Ann Jamieson's labor pains began in early October 2013, it was an experience with which she was all too familiar. That's because this impending bundle of joy would be Ann's and her husband, Alan's, fourth child. Just like her other three pregnancies, this one had been completely normal in every way. Ann had felt great throughout the nine months and was able to work until the day before she went into labor.







Once the Jamiesons had settled in at Saint Francis' labor and delivery unit and, later, when Ann's labor was in full swing, it became clear the baby was in a bit of a hurry to make its arrival. Saint Francis OBGYN hospitalist, Lora Larson, M.D., was asked to stand by as Ann's OBGYN, Robert Sterling, M.D., rushed to the hospital. "That was the first time I'd ever met Ann and nothing at all seemed out of the ordinary," Dr. Larson says. "She just seemed like a perfectly normal pregnant woman about to give birth."

It wasn't until it was time to push, that the situation took a dramatic turn for the worse. "When I told Ann to push, she said she could not breathe and the next thing we knew, she lost consciousness," Dr. Larson says. Ann's husband, Alan, remembers this moment clearly. "I was standing by the bed holding her hand, when suddenly I saw her eyeballs roll to the back of her head," he says. "It was incredibly frightening. It all seems so surreal looking back on it now."

Dr. Larson continues, "Fortunately, the baby's head had already crowned and we were able to deliver him. The baby (who was named Robert) was not affected in the least bit and was perfectly healthy. However, Ann was still unable to breathe on her own, so it was necessary to intubate her immediately. (Intubation is placing a flexible plastic tube into the windpipe to maintain an open airway.) Within minutes, Dr. Sterling arrived and we knew we had to focus all of our energy on saving this new baby boy's mother."

According to the new baby's dad, the team never once left him in the dark wondering what was happening to his wife. "I appreciated that so much," Alan says. "They made such an effort to keep me informed every step of the way. I can only imagine how difficult that was to do on top of everything else they were trying to manage. It truly was remarkable."

### From BAD to WORSE

Being unable to breathe turned out to be only one of Ann's problems. Approximately 45 minutes following the baby's delivery, she began to hemorrhage...intensely. "It was very dramatic," Dr. Larson says. "In fact, I had never seen anything like that in my 29 years of practice."

As in all such scenarios, Saint Francis' rapid intervention team (RIT) was called in for immediate assistance. This team is comprised of key personnel with specialized training in quickly determining what emergency interventions need to be taken. In Ann's case, a code blue was called. (A code blue is used to indicate a patient requiring resuscitation or other immediate medical attention.) At one point, there were 30 staff members and physicians in her room — all working together to save Ann's life. From OBGYN physicians, maternal fetal medicine specialists, labor and delivery and obstetrical nurses, anesthesiologists, IV specialists and pulmonologists, everyone was doing their part to pull Ann through.

“ I know my wife had such an incredible recovery because we were at the right place at the right time. ”

### A RARE DIAGNOSIS

It soon became apparent that the blood products the team began to transfuse into Ann's bloodstream were flowing out as quickly as they had flowed in. This is when the team knew for certain that Ann had an amniotic fluid embolism, a rare, but serious condition that occurs when amniotic fluid — the fluid that surrounds a baby in the uterus during pregnancy — enters the mother's bloodstream. This reaction then results in cardiorespiratory (heart and lung) collapse and coagulopathy (a condition in which the blood's ability to clot or coagulate is impaired). The incidence rate of amniotic fluid embolism is between 1 and 12 cases per 100,000 deliveries, with a mortality rate that typically ranges from 70 to 90%.

"Our team explored every conservative option we could in order to get the bleeding under control," Dr. Sterling says. "When none of these worked, we ultimately made the decision to perform an emergency hysterectomy." Thankfully, once Dr. Sterling completed the surgery, the intense bleeding that had besieged Ann Jamieson's body finally stopped. Yet, the medical team's work was far from over. Throughout this nightmarish ordeal, Ann had lost an incredible amount of blood. During the next several hours, a total of 46 units of blood products were transfused into her bloodstream.

### The RIGHT PLACE at the RIGHT TIME

When a person loses so much blood in such a short period of time, there is a risk of damage to organs due to the shock to the system. "We were so fortunate. Ann only had slight issues with her lungs and kidneys and those cleared up very quickly," Alan says. "I know my wife had such an incredible recovery because we were at the right place at the right time. The entire team made the absolute best decisions every step of the way. They were amazing."

As for Ann, she returned to graduate school just two weeks following the life-changing event. And, today, she is better than ever...even on the verge of earning a taekwondo blue belt. "Most importantly, I look at my husband, my children — particularly Robert — and appreciate them so much," Ann says. "I am so grateful to everyone at Saint Francis who helped save my life that day."

Dr. Larson adds: "I believe it was a miracle that Ann was here at Saint Francis that day. Every single person who needed to be here was here. It took all of us with our different specialties and skill sets; it took the blood bank with its bountiful supply; it took the operating room that was immediately available. Every single step that was taken and every incident that occurred that day led to this wonderful outcome. Ann and Alan Jamieson were in the right place, with people who could provide the care they desperately needed."

Ann and Alan Jamieson, with three of their four children, Gabrielle, Thompson and Robert.

(Not pictured: Lennon, who is attending college.)



# ARE YOU A BLOOD DONOR?

EVERY TWO SECONDS,  
SOMEONE NEEDS BLOOD.

**Ann Jamieson**, the mother of four who experienced a rare and life-threatening condition while in labor at Saint Francis Hospital, was one such person.

*(See her story on page 14.)*

Another such person was **Joshua Garoutte**, a 23-year-old father of two who was treated at Saint Francis Hospital for a life-threatening blood disorder, thrombotic thrombocytopenic purpura (TTP). During a 20-day period in October 2013, he received 293 blood products from 202 Oklahoma Blood Institute (OBI) donors.

## THE FUEL OF LIFE

There's no end to stories such as these; yet, fortunately for the two aforementioned individuals, their stories ended well.

There is simply no substitute for human blood which is why developing the habit of donating blood is important. Without volunteer blood donors, hospitals would not have the blood they need for surgeries, cancer and burn patients. Supplies must be constantly renewed.

"The truth is, we really are at the mercy of people who donate blood and blood products," says Neil Fuehrer, M.D., medical director, Saint Francis Transfusion Service. "And, the fact that Saint Francis is a very busy hospital, as well as a trauma center, heightens the importance of the blood bank even further. This is because there are many times we need multiple blood products and we need them urgently. Thanks in large part to our long-standing partnership with Oklahoma Blood Institute (OBI) and its ability to fulfill our needs, we feel we are ready for anything."

## A LASTING PARTNERSHIP

As the largest collector of blood in Oklahoma, approximately 87% of the hospitals in the state are served by OBI and its donors. OBI is a non-profit, mission-driven organization that provides the blood supply for over 25 Tulsa and northeastern Oklahoma medical facilities (of which Saint Francis Health System is the largest user of OBI blood products).

"OBI relies entirely on volunteer blood donations in order to meet the transfusion needs of the state," says Patti Barker, hospital relations regional director, Oklahoma Blood Institute and Arkansas Blood Institute. "It's wonderful to see one human being donate this life-saving gift to another so unselfishly. We are very grateful for our partnership with Saint Francis and the tremendous job the loyal blood drive committee and Saint Francis Health System donors do to keep the community blood supply plentiful."

Just as OBI does its part in collecting, labeling and distributing blood and blood products, staff members of Saint Francis' Transfusion Service play an instrumental role, as well. "I think people might be surprised that Saint Francis has an entire lab filled with technicians — all of whom are very skilled in their jobs," says Sylvia Deleon, supervisor, Saint Francis Transfusion Service. "It takes everyone in the lab — techs, doctors, supervisors and couriers alike — doing their part and working together with nurses and doctors throughout the health system to ensure our patients' needs are met."

**FOR MORE INFORMATION  
ABOUT DONATING  
BLOOD, PLEASE VISIT  
[WWW.OBI.ORG](http://WWW.OBI.ORG).**

## HELP SAVE THE LIVES OF OTHERS

It's clear Saint Francis Transfusion Service and OBI do their part to help save the lives of others; yet, it's all for naught without a steady and loyal base of volunteer blood donors. One in seven people entering a hospital will need blood. Although an estimated 38% of the U.S. population is eligible to donate blood at any given time, less than 10% do so annually.


Did you know that a single blood donation can help multiple people? This is because three components can be produced from a single unit of whole blood. For instance, your red blood cells may go to a surgery patient; your plasma to a burn victim; and your platelets to a child who is fighting cancer.

"Donating blood takes only about an hour and during that time, we make sure our donors are as comfortable as possible," says Deon Smith, executive director, Oklahoma Blood Institute. "The need for blood donations is constant and OBI is proud to provide blood and blood products to the vast majority of people in this state. Since OBI relies solely on our volunteer blood donors, we respectfully encourage all healthy adults, ages 16 and older who meet weight requirements, to give blood."

## READY FOR ANYTHING

Ensuring patients' needs are met in terms of transfusion services actually begins when a surgical procedure is first scheduled. "Before anyone comes in for surgery at Saint Francis, a pre-surgical specimen test known as a pretransfusion ABO/Rh and antibody screen is done to ensure that in the event a patient needs a blood transfusion, crossmatched blood is readily available," Deleon says. "If the screen is positive or other problems are detected during the pretransfusion testing, we search for compatible blood prior to the surgery. This way, we make sure that compatible blood is available during a patient's surgery regardless of their prescreening results."

In the event of an emergency situation such as a car accident, Saint Francis' Transfusion Service stands ready, as well. "In the case of an emergency, we have group O (uncrossmatched) blood set up and ready to go. Uncrossmatched blood and blood products are those that are expected to be compatible for anyone," Dr. Fuehrer says. "So, whether the blood has been pre-tested and crossmatched for an upcoming surgery, or whenever type-specific blood is needed in the event of an urgent situation, Saint Francis — in partnership with OBI — is ready for anything."



DEDICATION OF THE NEW  
SAINT FRANCIS HOSPITAL CHAPEL  
AND CONSECRATION OF THE ALTAR

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On August 22, a ceremony of unique significance to Saint Francis Health System – and to the community as a whole – took place.

*This particular Friday afternoon was reserved for the sacred dedication of the new Saint Francis Hospital Chapel and consecration of the altar. The Most Reverend Edward J. Slattery, bishop of the Diocese of Tulsa, led the ceremony and performed the consecration.*



## ANOINTING THE ALTAR

The rites of anointing, incensing, covering and lighting the altar are meant to express in visible signs several aspects of the invisible work that the Lord accomplishes through the chapel in its celebration of the divine mysteries, especially the Eucharist (Holy Communion).





## IMPRESSIONS THAT LAST

“While the ceremony was meaningful to those who are Catholic, its beauty and significance was not lost on those who are not,” said Sister Barbara Ann Gooding. Take for instance the impressions of Michele Keeling, executive director, Quality Improvement/Case Management/Research: “When the oil was being carefully placed and then removed from the altars, I couldn’t help but be reminded of the care we provide to our patients. To me, it mirrored how we strive to treat everyone who enters these doors — with honor and respect,” she says. “I glanced around the room several times during the ceremony and I never saw a single person fidgeting or not paying attention. I think everyone found it totally captivating. And those who were reciting the prayers weren’t just reading the words — they were feeling them.”

The ceremony left quite a lasting impression on 14-year-old James Steichen, as well. Along with several others, James, and his 11-year-old brother, John Mark, served at the ceremony. (James and John Mark’s father is Barry Steichen, executive vice president/chief operating officer, Saint Francis Health System.) As servers, the boys were responsible for such acts as lighting candles and attending to the Bishop’s outer garment (vestment).

After serving regularly at mass at Christ the King (the church the Steichen family attends), James knew a thing or two about Catholic traditions. Yet, the Saint Francis Chapel Dedication and Altar Consecration ceremony was something altogether different. “My dad told me ceremonies like the chapel dedication and altar consecration are pretty rare and that many people never have the chance to go to one,” James says. “It meant a lot to me to be a part of the ceremony and to have the opportunity to serve the bishop. I really thought the whole experience was amazing.”



## SAINT FRANCIS HOSPITAL CHAPEL’S STAINED GLASS WINDOW: A SIGHT TO BEHOLD

The large stained glass window is indeed a sight to behold and the stunning focal point of the new Saint Francis Hospital Chapel. More than 4,000 individual pieces of glass in the 563-square-foot window are used to illustrate the travels of Saint Francis Xavier from Paris to the Far East. Saint Francis Xavier is the namesake for the health system — not the other perhaps more widely known Saint Francis of Assisi.

A missionary in the 1500s, Saint Francis Xavier was renowned in the church as the “Apostle of the East,” as well as the patron saint of missionaries. The images in the stained glass window in the Saint

Francis Hospital Chapel depict his work in India and in Japan. His dream of continuing his missionary work in China is shown in the window, with a purple ribbon-like image on the upper right representing the Great Wall of China.

Hailing from England, France, Germany, Poland and the U.S., the glass is a series of panels created in a studio in Pennsylvania. The panels were shipped to Tulsa and assembled in the north wall of the chapel. There’s more than half a mile of lead holding all of the glass together. The end result is a sight to behold that is nothing short of extraordinary.





# SAINT FRANCIS OPENS A SPECIALLY-DEDICATED JOINT REPLACEMENT CENTER



**DESPITE THE FACT PATIENTS WERE SATISFIED WITH THEIR JOINT REPLACEMENT SURGERY EXPERIENCES, ORTHOPEDIC SURGEON RYAN E. GURSKY, D.O., FELT IT COULD BE EVEN BETTER.**

*“For decades, Saint Francis Hospital and Warren Clinic have provided successful joint replacements, but I always felt there was a better, more cohesive way to handle the overall process,” Dr. Gursky says.*

This desire to provide patients with the best led Dr. Gursky on a quest. After researching and collaborating with several consulting groups around the nation, the missing link was discovered. “We found that the common thread of programs that best met and exceeded the needs of patients was the creation of a dedicated center of excellence,” he says.

### *Saint Francis Joint Replacement Center: A Place. A Program. A Team.*

Following an initial pilot program last summer, the Saint Francis Joint Replacement Center officially opened its doors on October 1. Located in a specially dedicated unit on 5-South of Saint Francis Hospital, the Joint Replacement Center combines everything a patient could need for successful joint replacement — education, surgery and recovery — in one seamless process. At the Saint Francis Joint Replacement Center, patients can be assured they will receive care from highly specialized staff members.

“Another important benefit of our center is the focus on early ambulation, which prepares patients to be independent and mobile as soon as possible following surgery,” says Mary Johnson, executive director of patient care services. “We want to do all we can to ensure patients feel confident and well prepared when it comes time to go home. We have received very favorable feedback from our patients about their experience and are pleased about the clinical outcomes we are observing with the new Joint Replacement Center.”

### *Patients Give High Marks*

It might seem unusual for patients to say things like...

“I hated to leave!”

“I really felt like I was a part of the team.”

“I had the best time!”

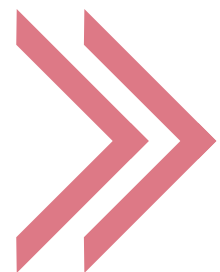
Yet, apparently, such comments are the norm for patients who have spent time at the Saint Francis Joint Replacement Center.

“I had a huge sense of comfort while I was there. They truly treated me as if I were the only patient,” says Louise Helen Clark, who recently had knee joint replacement surgery at the Saint Francis Joint Replacement Center. “Immediately following surgery, I was able to bend my knee to a 90-degree angle and even stand up. The nurses were outstanding and were way ahead of the game as far as anticipating my every need.”

Jack Pontious, who also recently received knee joint replacement surgery, has words of praise for the center, as well. “I have absolutely no complaints,” he says. “My knee is doing great! The doctors, nurses, therapists — everyone — was so friendly and attentive. They definitely know what they are doing. From top to bottom, my experience at the Saint Francis Joint Replacement Center was tremendous.”

“Our staff really is amazing. I think they have appreciated the opportunity to be in on the ground floor of planning and designing our specialized program,” Dr. Gursky says. “They are a group of highly trained people that truly believes in what they do — and it shows in everything they do!”

## KEY FEATURES OF THE SAINT FRANCIS JOINT REPLACEMENT CENTER INCLUDE:



### **Pre-operative class:**

Two weeks before surgery, patients and family members meet their medical team, learn about the procedure, discuss the hospital stay and learn about post-operative care

### **A dedicated unit with private rooms:**

All activities — physical therapy, group lunches and nursing care — take place in one location, exclusively for joint replacement patients

### **Casual clothes:**

Patients wear their own, comfortable clothes — not hospital gowns — during the day as part of the wellness concept

### **Family and friends participate as coaches in the recovery process**

### **An emphasis on group activities including group lunches with a patient's coach and staff**

### **A Joint Care Coordinator who coordinates all pre-operative care and discharge planning**

### **A comprehensive patient guide to follow from six weeks before surgery until three months after surgery and beyond**

### **Quarterly reunion lunches for former patients and their coaches**

To learn more about the Saint Francis Joint Replacement Center, contact the care coordinator at 918-502-3030 or visit [www.saintfrancis.com](http://www.saintfrancis.com).

# Lung Cancer Screenings Breathe Life into Early Detection

As far as long-time Tulsan, Larry Nation, is concerned, the \$99 he spent on a CT lung cancer screening in January 2014 was the smartest investment he ever made. That's because, as he describes it, he was "standing at the edge of an abyss and didn't even know it."



"I had just received the results from my annual physical at my Warren Clinic physician's office (Lance King, M.D.) and everything looked great!" Nation says. "And, on top of that, my wife, Jennifer, and I had run a 5K race and were training for another, so I was feeling great."



As Nation was on his way out of the office that day, Dr. King handed him a postcard promoting CT lung cancer screenings at Saint Francis for only \$99 and encouraged him to check it out. "It was a bargain price and I had the time, so I thought 'why not?'" Nation says.

Sure enough, the results from the CT lung cancer screening detected a mass about the size of a kidney bean in the upper lobe of Nation's right lung. Following this, a biopsy confirmed there was indeed a malignant mass. The good news was it was Stage I and had not metastasized (spread to other areas of the body).

"I was stunned because I had absolutely no symptoms and I was feeling great. Plus, I had quit smoking a while ago and there was no lung cancer in my family history," Nation says. "It really struck me that if I'd waited and gone about my life as usual, this cancer would have been much more advanced and metastasized by the time it showed up later on a chest X-ray. When I think what could've been, it's mind-boggling to think where I would be today if I hadn't gone in to have that CT lung cancer screening."

## The Cold, Hard Facts

Lung cancer is one of the most common forms of cancer in the world and is a leading cause of death for both men and women in the U.S. It is more common in older adults and rare in people under age 45. Each year, more people die of lung cancer than of breast, colon and prostate cancers combined.

"Lung cancer tends to be silent until it is advanced, so early detection is crucial," says Libby Stewart, thoracic oncology nurse navigator. "The primary goal of CT lung cancer screening is to catch lung cancer at the earliest possible stage when it is treatable and potentially curable. We strongly encourage those who fit the criteria for highest risk of lung cancer to participate in the lung cancer screening program."

In March, Saint Francis thoracic surgeon, Frank Schmidt, M.D., performed the surgery to remove the upper lobe of Nation's right lung with the cancerous mass. "The surgery went very well and took care of it. From that moment forward, I was cancer-free," Nation says.

"I applaud Dr. Schmidt, Libby and the other nurses at Saint Francis for doing such a wonderful job. Early detection truly is the key. Since the cancer was caught so early and had not spread, I never required chemotherapy or any other cancer treatments. In fact, I don't take any medicine at all except two baby aspirins each day."

## Early Detection is Key

Lung cancer screening has been proven to lower mortality by 20 percent (statistic based on a National Cancer Institute study published in the New England Journal of Medicine).

Saint Francis Health System is proud to be the only local facility offering the screening as part of a comprehensive lung cancer screening program. The \$99 low-dose CT screening is offered to individuals who are at a high risk for developing lung cancer. Effective January 1, 2015, private insurance will cover the screening as a preventative service for those who meet criteria, although this does not yet include Medicare and Medicaid. For those who do not have insurance coverage, the screening will continue to be offered at \$99.

"Implementation of the lung cancer CT screening program at Saint Francis has proven to be effective in identifying and diagnosing patients with lung cancer at a rate of nearly three times higher than the National Lung Trial's rate of 1%," says Dr. Schmidt. "The whole premise for offering the lung cancer CT screenings is to find lung cancer at an earlier stage and thereby drive down the mortality rate of it. There is no reason anyone with a significant history of smoking (and who is in the appropriate age group) not be screened."

## What are the criteria for qualifying for a screening?

### Ages 55 to 80:

- Current or former smokers of at least one-pack-per-day for 30 years or the equivalent, i.e. two-packs-per-day for 15 years
- No signs or symptoms of lung cancer, i.e. coughing up blood, unplanned weight loss of 15 pounds or more in the past year (*The reason for this is because patients exhibiting symptoms should have a diagnostic CT scan rather than a screening CT.*)

### Ages 50 to 54 must meet the smoking history and at least one or more of the following:

- Current or former smokers with a smoking history of at least one-pack-per-day for 20 years
- Pulmonary fibrosis
- Documented chronic obstructive pulmonary disease (COPD) with a FEV1 of less than 70 (FEV1 is a calculated ratio used in the diagnosis of obstructive and restrictive lung disease.)
- First-degree relative with a history of lung cancer
- Radon or other environmental exposure, i.e. asbestos

These days, Larry Nation continues to be thankful. "I learned you cannot take your health for granted — not even for a minute. It is a gift that needs to be protected," he says. "I had no idea I was in danger. I definitely feel like I dodged a bullet and am so thankful to Saint Francis for making these screenings available. This was a life-changing event for me."

## How to Schedule a Lung Screening

For more information or to determine eligibility, call the Saint Francis Lung Cancer Screening Program Coordinator at 918-494-6467 or 800-695-9501, or visit [www.saintfrancis.com/cancercenter](http://www.saintfrancis.com/cancercenter).



## Jake Henry Jr. Honored by Tulsa Community College Foundation

**On September 30, Tulsa Community College (TCC) Foundation honored Jake Henry Jr., Saint Francis Health System president and chief executive officer, with the 2014 Vision in Education Leadership Award at the Renaissance Hotel in Tulsa.**

“Jake Henry has made a significant personal commitment and investment to support education from common education to higher education,” says TCC president, Dr. Leigh Goodson. “TCC plays an important role in educating and training healthcare providers through our nursing and allied health programs. We have seen our relationship with Saint Francis continue to grow as larger numbers of our graduates achieve careers within the Saint Francis Health System.”

As the foundation’s highest honor, the award was presented to Mr. Henry in recognition of his steadfast dedication to community betterment through education. “I am very proud of Saint Francis’ investment in medical education,” Mr. Henry says. “To be able to see the positive effect our commitment to education has had on the region’s economy is very gratifying. We are honored to do our part to help create new jobs and provide greater access to care within the community.”



*Larry Mocha, TCC Foundation Chair; Leigh B. Goodson, Ph.D., President and Chief Executive Officer of TCC; Jake Henry Jr., President and Chief Executive Officer of Saint Francis Health System; Konnie Boulter, 2014 Vision Dinner Committee Chair; and John-Kelly Warren, 2014 Honorary Chair.*



## GIVE THE GIFT OF MEMBERSHIP.

Here’s the perfect gift: a membership to Health Zone. It’s the ultimate one-size-fits-all gift that fits all fitness levels. The Health Zone at Saint Francis is a medically based, state-of-the-art fitness facility with more than 70,000 square feet of room for you to get active.

### Features of the Health Zone include:

- Full schedule of classes
- Premier cardio, weight training and strength equipment
- A dedicated Pilates equipment studio
- Two indoor saltwater pools
- Boot camp, suspension training and CrossFit
- Indoor cycling
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- Weight loss and life balance classes
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- Cooking classes for adults and kids
- Kids Zone activity center
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# presence

a publication of Saint Francis Health System

## **MISSION**

*To extend the presence and healing ministry of Christ in all we do*

## **VISION**

*Saint Francis Health System will collaborate with others who share its values to be the regional leader in the delivery of quality Catholic healthcare services*

## **VALUES**

### **EXCELLENCE**

*Promoting high standards of service and performance*

### **DIGNITY**

*Respecting each person as an inherently valuable member of the human community and as a unique expression of life*

### **JUSTICE**

*Advocating for systems and structures that are attuned to the needs of the vulnerable and disadvantaged and that promote a sense of community among all persons*

### **INTEGRITY**

*Encouraging honesty, consistency and predictability in all relationships*

### **STEWARDSHIP**

*Ensuring prudent use of talents and resources in a collaborative manner*