



Keep the Beat  
Page 6



Camdyn's Mission  
Page 12

## IN THIS ISSUE

- Platinum Quality Award
- Daisy and Star Awards
- Hyperbaric Oxygen Therapy
- The Next Generation
- Good Health Seminars



 **FASTLane**  
*Your After Hours Walk-In Clinic*

**(225) 570-2618**

19900 Old Scenic Hwy. | LaneRMC.org

# LANE LINES

SUMMER 2010

Changing and Growing With You

## FASTLane After Hours Walk-In Clinic is NOW OPEN!

At FASTLane you can expect the prompt care and attention you deserve. From routine physicals to fevers and coughs, sprains and strains, eye and ear infections, stomach viruses, and cuts and bruises, we'll be here ready and waiting. Plus, on-site X-ray, lab and drug screening services.

FASTLane is fully staffed by licensed physicians and conveniently located in Lake Pointe Centre, 19900 Old Scenic Highway.

Personal payment or most major insurance accepted.



Open when most physician offices are closed.  
Monday – Friday 2:00pm-10:00pm  
Saturday – Sunday 9:00am-6:00pm

**QUALITY CARE *at the SPEED OF LIFE.***



## LETTER FROM THE CEO Randall M. Olson

Dear Friends:

The summer brings sizzling temperatures and more news from Lane, including the following:

- Three new physicians will begin practicing at Lane –
  - **Joshua Best, MD**, OB/GYN, joining Dr. Keith Elbourne at Bayou Regional Women's Clinic;
  - **Satish Gadi, MD**, Interventional Cardiologist, joining Dr. Deepak Thekkoot and Dr. Charles Thompson at Cardiovascular Institute of the South; and
  - **Adam Whatley, MD**, Orthopaedic Surgeon, joining Dr. David Rabalais at Baton Rouge Orthopaedic Clinic.

All three groups have offices inside the new three-story Lane Medical Plaza located next door to the hospital.

- FASTLane, our new after hours walk-in clinic in Zachary, is now seeing patients! It is fully staffed by licensed physicians and conveniently located at 19900 Old Scenic Hwy in the Lake Pointe Centre. It is open when most physician offices are closed: Monday – Friday, 2p.m. - 10p.m. and Saturday – Sunday, 9a.m. – 6p.m. Plus, a second location in Central will be opening soon. Call (225)570-2618 for more information.

- Great news from Senator Mary Landrieu's office! We are receiving a \$300,000 federal appropriations grant to fund our Digital Mammography System. This equipment will make an immediate difference in the healthcare provided to more than 98,000 residents in our service area.

- And, we are very proud to report that Lane is the ONLY hospital in the Baton Rouge area, and one of only 26 hospitals in the entire state, to receive the Platinum Level Louisiana Hospital Quality Award, presented by eQHealth Solutions, the Medicare Quality Improvement Organization for Louisiana. This is the highest award that can be given to recognize continued improvement of care in the areas of Acute Myocardial Infarction (Heart Attack), Heart Failure, Pneumonia and Surgical Care. We have a great team here, and it shows!

As always, we know that YOU are the reason we are here. We will continue to provide the best healthcare possible and continue to achieve excellence on your behalf. Please feel free to email me via our website: LaneRMC.org under "contacts," or call me directly at (225)658-4303.

Sincerely,

Randall M. Olson



**Heart disease  
remains the  
#1 killer in  
Louisiana...**

Are you at risk for heart disease?  
Do you know your numbers?

**CIS is proud to offer the Zachary community a preventative wellness screening** to help you gain more insight and knowledge into your own health and wellness. This screening includes tests for blood pressure, cholesterol, body mass index (BMI), and ankle brachial index (ABI), which is a simple, painless screening that can test blood flow in your legs — **all for \$30.00!**

Remember, knowledge is the first step in prevention.  
Call us at (225) 654-1559 today to schedule your screening.

**When it comes to your heart,  
Make the right choice – Choose the best!**

**Cardiovascular Institute  
OF THE SOUTH**

6550 Main Street, Suite 1000 • Zachary, LA 70791  
(225) 654-1559 • [www.cardio.com](http://www.cardio.com)



Dr. Deepak Thekkott accepts fellowship from Royal College of Physicians of Edinburgh

## The Royal Treatment

Dr. Deepak Thekkott, Interventional Cardiologist at Cardiovascular Institute of the South, has been named a Fellow in the Royal College of Physicians of Edinburgh.

To be offered this honor, Dr. Thekkott passed a test called the Member of the Royal Colleges of Physicians (MRCP) examination, which is considered one of the toughest medical exams in the world. Currently, the Royal College of Physicians of Edinburgh has 2,000 Fellows world-wide. In addition to passing the examination, Dr. Thekkott was offered this Fellowship because of his utmost

clinical competence, academic excellence and leadership.

Dr. Thekkott is board certified in internal medicine, nuclear cardiology, echocardiography, interventional cardiology and cardiovascular disease. He is also a Fellow of the American College of Cardiology and has received numerous awards including the John Goodwin Award.

To schedule an appointment with Dr. Thekkott, please call (225)654-1559 or toll free at 1-877-654-1550.



(L-R) Stating it was "a hospital-wide accomplishment," team members Cristy Walker, Dana Bellefontaine, Rachelle Noland, Kathy Pate, Billy Conerly, Tamara Dayton and Kasey Cooke are dedicated to Quality at Lane and are proud of the hospital's Platinum Level 2009 Louisiana Hospital Quality Award!!! Way to go team!

## Lane Receives Highest Award

Lane Regional Medical Center is the ONLY hospital in the Baton Rouge area to receive the Platinum Level Louisiana Hospital Quality Award, presented by eQHealth Solutions, the Medicare Quality Improvement Organization for Louisiana.

With this award, Lane Regional is recognized for continued improvement of care in the areas of Acute Myocardial Infarction (Heart Attack), Heart Failure, Pneumonia and Surgical Care. Lane Regional is one of only 26 hospitals in the entire state to receive the Platinum Level award.

The clinical areas measured for the award have been designated as national health care priorities by the Centers for Medicare & Medicaid Services. Staff members from Lane Regional's Quality Resources Department have been working with quality improvement specialists from eQHealth Solutions to use proven, evidence-based practices to improve care for patients.

## STAR AWARD



Mary Davis received the STAR Award for Achieving Excellence.



(L-R) Margie Hill, Melissa Landry, Mary Davis, Cristy Walker, and Nicole Thompson



(L-R) Leslie Booker, Michelle Escher, Kristy McMurray, Ernest Howard, Sue Toler, and Mary Phelps.

Not pictured: Jeremy Dedeaux

## Achieving Excellence

Twelve team members at Lane Regional Medical Center were nominated by patients, family members, physicians and colleagues for The STAR Award for Achieving Excellence.

### Lane's STAR Award Honoree is Mary Davis.

Mary has been at Lane since 1992 and has more than 21 years of healthcare experience. She is an Endo Tech at the Lane Endoscopy Center and is responsible for making patients comfortable, sterilizing scopes, stocking room supplies and tracking inventory.

Mary graduated from Clinton High and lives in Clinton with her husband, Norman. They have two sons, Quinton, 24, Quincy, 16, a daughter Artae, 17, daughter-in-law, Shanita, and 4-month-old granddaughter, Khoie MaKay.

Mary received a certificate commending her for "Achieving Excellence, Every Person, Every Time," a beautiful crystal sculpture and an extra vacation day.

STAR nominees are passionate about creating a work environment where healing, compassion, safety, customer service and efficiency are held to the highest of standards. They are also recognized as outstanding role models by their peers.

To nominate a STAR team member, please go to [LaneRMC.org](http://LaneRMC.org) and be sure to click on the STAR emblem.

### S-Special T-Thanks A-And R-Recognition

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**STAR Award nominees demonstrate EXCELLENCE in their individual positions and promote Lane's overall goal of providing Excellent Service to Every Person, Every Time.**



## DAISY AWARD



Janice Townsend, RN, received the DAISY Award for Extraordinary Nurses at Lane Regional Medical Center.

# Extraordinary Nurses = Remarkable Patient Experiences

Fourteen nurses at Lane Regional Medical Center were nominated by patients, family members, physicians and colleagues for The DAISY Award for Extraordinary Nurses.

## Lane's 2010 first quarter DAISY Award Honoree is Janice Townsend, RN.

Janice has been at Lane since 1987 and has more than 22 years of healthcare experience. She is currently Charge Nurse on the Telemetry Unit for the night shift and is responsible for overseeing the unit's clinical and technical support.

Janice graduated from Southwest Mississippi Community College in Summit, with an Associate Degree in Nursing. She and her husband, John Larry, reside in Brookhaven, Mississippi. She has one daughter, Felicia Crane, and two grandsons, Chase, 17 and Brady, 14.

Janice received a certificate commending her for being an "Extraordinary Nurse." It reads: "In deep appreciation of all you do, who you are, and the incredibly meaningful difference you make in the lives of so many people." She also received a beautiful marble sculpture called "A Healer's Touch", hand-carved by artists of the Shona Tribe in Africa.

DAISY Award nominees personify

Lane Regional Medical Center's remarkable patient experience. These nurses consistently demonstrate excellence through their clinical expertise and extraordinary compassionate care, and they are recognized as outstanding role models in our nursing community.

To nominate an extraordinary nurse that has touched your life, please go to [LaneRMC.org](http://LaneRMC.org). Be sure to click on the DAISY emblem!



(L-R) Kathy Matthews, Michelle Escher, Kristy McMurray, Angie Stevens, Patsy Lofstrom, Gerry Pedersen, and Tom Gagneaux



(L-R) Jeronica Profit, Steven Saale, Valerie Gill, Paul Mier, Janice Townsend, Johile Curtis, and Lori Grace



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**DAISY Award nominees personify Lane Regional Medical Center's remarkable patient experience. These nurses consistently demonstrate excellence through their clinical expertise and extraordinary compassionate care, and they are recognized as outstanding role models in our nursing community.**

## KEEP THE BEAT



Ellen Frazier, Headmaster of Central Private (center), is presented with an Automated External Defibrillator (AED) for her school by Keep the Beat sponsor representatives (pictured L-R): Kim Schober, Shelley Carpenter, Boyce Smith, Laura Peel, Bruce Langley, Johnny LeTard, Nicole Thompson, Ben Boudreaux, Kathy Pate and Delores Sutton.



100+ participants learned hands-on CPR skills ad basic care for breathing and cardiac emergencies.



## Keep the Beat was a Heart Pounding Success

QUESTION: If you needed to perform CPR, would you be prepared for the task? What about the people closest to you, would they know what to do?

The 100+ participants who attended the Capital Region "Keep the Beat" CPR class can now answer, "YES!!!" They learned hands-on CPR skills as well as how to recognize and provide basic care for breathing and cardiac emergencies.

Central Private, the school with the highest percentage of students who attended Keep the Beat, won an Automatic External Defibrillator (AED) for their school, a \$2500 value.

This life-saving class was provided free of charge because statistics are bleak.

- Only 1 in 20 people know CPR, yet cardiovascular disease is the top killer in the country claiming 2,400 lives each day.
- About 95% of sudden cardiac arrest victims die before they reach the hospital.
- Brain death starts to occur within four to six minutes.
- CPR helps maintain vital blood flow to the brain until defibrillation can be administered.

The event was made possible by our generous sponsors: Cardiovascular Institute of the South, Medical Pharmacy, Zachary Kiwanis, Regional Eye Center, Blue Flash Express, McDonalds, Coca-Cola, Subway, Zachary Business Journal and Lane Cardiovascular Center.

## THE NEXT GENERATION

### ZMed Seniors Complete CNA Course

Lane's partnership with Zachary High to offer a two-year preparatory Certified Nursing Assistant course is still going strong.

Known as ZMed, students attend hands-on, clinical courses at Lane two days a week. During this time they work with

nurses and other healthcare professionals in the areas of physical therapy, imaging, respiratory care, labor & delivery, wound care, nutritional services and the emergency room to learn basic nursing skills and medical terminology. They also become certified in adult and infant CPR.

Future healthcare professionals from Zachary High include:



**Seniors (L-R):**  
Crystal Von Rosenberg (Instructor),  
Kayla Wunsch, Ashleigh Spillman, Swantica  
Williams, Katie Lachney, Chayla Price,  
Mary Grimball



**Seniors (L-R):**  
Crystal Von Rosenberg (Instructor)  
Karlie Haggard, Brittany Manuel, Mia Butler  
Megan McCleary, Kaylee Tolar



**Juniors (L-R):**  
Monterrica Hamilton, Tori Thibodeaux, Kristian  
Watts, Jeremy Yantis, Elizabeth Hall  
Larita Crumpton, Meosha Edwards



**Juniors (L-R):**  
Victoria Jones, Jaelyn Jones, Rachel White  
Mianjel Neal, Kathryn Tolar, Demonica  
Walker, Morgan Brown, Rachel Chidester



### Hayley Arceneaux, Future Oncologist

Hayley Arceneaux is this year's recipient of the Lane Auxiliary Scholarship and will receive \$2000 to apply toward her degree in healthcare. Hayley, a 2010 graduate of St. Joseph's Academy, is the daughter of Howard and Colleen Arceneaux of St. Francisville.

Hayley graduated with honors and received the St. Joseph's Academy Award. She was a member of the National Honor Society, National Beta Club, Student Ambassadors, Respect Life Club, Advanced Spanish Club, and Tri-Hi-Y Youth Legislature. She also served as editor of Student Prints, secretary of Amnesty International, was a member of the Diocesan Youth Board, and was named an LPB Louisiana Young Hero.

A cancer survivor, Hayley volunteers many hours of service to St. Jude Children's Research Hospital. She received the Jerry Nicholson Award for contributing significantly to fund-raising efforts and worked as a counselor at Camp Care, a day camp for cancer patients and their siblings.

Hayley will attend Southeastern Louisiana University where she will pursue a degree in Biology and Spanish. She plans to become a bilingual oncologist and work at St. Jude's.



# Hyperbaric Oxygen Therapy

## Pure & Simple

### How it Works

Lane Regional Medical Center is proud to offer Hyperbaric Oxygen Therapy which provides 100% pure oxygen in a pressurized chamber (the air we breathe is only 21% oxygen). This "hyperbaric," or high pressure dose of oxygen, is prescribed by your doctor and greatly increases the amount of oxygen delivered to body tissues by your blood.

It is important to note that the benefits of hyperbaric oxygen therapy result from an oxygen-enriched bloodstream and not from the oxygen's direct contact with wounds. This is why wound dressings are usually left in place during treatment.

Hyperbaric Oxygen Therapy provides one or more of the following effects:

- Advanced wound healing
- Increased oxygen delivery to injured tissue
- Improved infection control

- Greater blood vessel formation
- Preservation of damaged tissues and veins
- Elimination of toxic substances
- Reduction of gas bubble obstructions

### During Therapy

You'll be relaxed and comfortable during therapy while you lie in the hyperbaric chamber. Generally, you'll feel no differently than if you were lying in your own bed. You can listen to music, watch TV or nap throughout the therapy.

During certain parts of the treatment, you may experience a sensation of fullness in your ears – similar to when you're flying or driving down a mountain – as your eardrums respond to the pressure changes. Prior to treatment, you will be taught several methods to avoid ear discomfort.

### Number of Treatments

Treatments are individualized to each patient. Some emergency

cases require only one or two treatments. Wound healing cases may require 20 to 30 treatments for maximum benefit. Your hyperbaric medicine team will discuss your treatment course with you in detail before therapy begins. Patients are normally treated once a day, five days a week.

### After Effects

Hyperbaric oxygen therapy usually has no after effects. Some patients report a "crackling" in their ears between treatments, but this can be relieved the same way ears are cleared of pressure changes during treatment. Some patients may experience lightheadedness for several minutes after treatment, but this will soon pass, allowing resumption of normal daily activities.

Ask your physician if Hyperbaric Oxygen Therapy is right for you. If so, ask for a referral to Lane's Hyperbaric Oxygen Center, 225-658-4110. It's pure & simple.



# Good Health Seminars

## SCALE DOWN

A FREE orientation session on the HMR Weight Management Program.  
**Every Monday, 6:00 pm**  
**Every Thursday, 11:30 am**  
Scale Down Center  
6300 Main Street, Building G  
Located behind the hospital's fitness trail  
Seating is limited.  
Registration is required.  
Call 658-4463.

## MOVING FORWARD AFTER STROKE

A comprehensive education program for the stroke survivor, family members and caregivers.  
**Monday, July 12**  
**Monday, August 2**  
**Monday, September 13**  
2 pm – 3 pm  
Lane Rehabilitation Center  
4601 McHugh Road  
Registration is required.  
Call 658-6800.

## DIABETES SUPPORT GROUP

A FREE support/encouragement group for people dealing with Diabetes.  
**Tuesday, July 13**  
**Tuesday, August 10**  
**Tuesday, September 14**  
6 pm – 7:30 pm  
Lane Regional Medical Center  
Family members and caregivers encouraged to attend.  
Call 658-4583.

## THE PREGNANCY WORKSHOP

An overview of what to expect for expecting parents.  
**Wednesday, August 18**  
6 pm - 8 pm  
Lane Regional Medical Center  
Staff Development Classroom  
Registration is required.  
Call 654-LANE (5263)

## BLOOD DRIVE

Coordinated by United Blood Services and Lane RMC.  
**Thursday, July 15**  
7 a.m. – 2:30 p.m.  
Lane Regional Medical Center  
Staff Development Classroom  
Sign up online at [www.bloodhero.com](http://www.bloodhero.com)  
sponsor code: LaneRegional

## FREE PROSTATE CANCER SCREENING

Open to men over the age of 40 who do NOT have a primary care physician or urologist and have NOT been screened for prostate cancer in the past year.  
**September 2010**  
date, place, and time TBD  
Registration Required.  
Space is Limited.  
Call 654-LANE (5263)



Front row (l to r): Tayler Jackson, Kristin Wintz, Cura Ceasor, Ariel Turner, Rebecca Mitchell, Kimberly Landry, Kai Capdau and Brittney Williams

Back row (l to r): Ashlee Trahan, Sayde Lowe, Miranda Murray, Whitney Johnson, Ariel Whitmore and Ciara Shoemaker

## A-HEC of a Summer is Underway

Fourteen out of 40 applicants were accepted into A-HEC, the Area Health Education Center summer health careers volunteer program.

A-HEC students from Baker, Bethany Christian, Clinton, Jehovah-Jireh Christian Academy and Zachary make a commitment of 100 volunteer hours at Lane, three days a week, for five weeks. Students receive ½ high school credit when completing the class.

## SCALE DOWN



For many people, summer is the perfect time to lose weight, especially with a diet where the foods take just a few minutes to prepare and you don't have to spend a lot of time thinking about which foods to eat, or how much you should be eating. Let us help take the work out of weight loss this summer.

- **Restart™** – Been away from the program for a while? Restart in weight loss to get the added support you need to regain weight-loss momentum.
- **Maintenance** – A great place for group support to get healthy behaviors back into your routine.
- **Quick Start™ Diet Kits** – Everything you need for at-home dieting with HMR foods and materials.
- **HMR Meal Replacements** – The fastest and easiest way to cut a lot of calories and still feel full.

## Scale Down This Summer, We're Here When You're Ready

### Summer Schedule

Yes... we're open ALL SUMMER LONG to support you in your ongoing weight management. Whether you want to stop by to purchase some meal replacements, or come back to the HMR Program more "formally", we'd love to see you!

**Orientation Class:** Monday's at 6 p.m. or Thursday's at 11:30 a.m.

**Restart Class:** Thursday's at 9 a.m. or 5:30 p.m.

**Maintenance Class:** Monday's at 5 p.m.

### Keep Your Oven Off With These Cool Summer Entree Ideas

On a hot summer day, the last thing you want to do is heat up your kitchen and slave over a hot stove. Did you know that many people enjoy Scale Down's HMR Entrees cold? (Talk about convenience!) Some of the best entrees enjoyed cold include: Chicken with Barbecue Sauce, Chicken Creole, Lasagna with Meat Sauce, and Five Bean Casserole (For a tangy cold salad, add garlic powder, sliced tomato or avocado, and a splash of rice vinegar to the Five-Bean Entree. Delicious!) Or, try these recipes that take just minutes to prepare:

### Record Your Success with the National Weight Control Registry

If you're keeping off 30 pounds or more for at least a year, here's your chance to inspire others. The National Weight Control Registry (NWCR) is the largest

ongoing research study investigating successful weight-loss strategies. The Registry is currently tracking over 5,000 people who have lost significant amounts of weight and kept it off for a long period of time. With so many unsuccessful diet fads out there, having many successful HMR patients included in the Registry can help people know exactly what it takes to lose weight and keep it off. Participation is completely voluntary. Please visit their website at [www.nwcr.ws](http://www.nwcr.ws) for more details.

### Ready to Lose Weight This Summer, But Can't Get to the Clinic? Let the Clinic Come to You with a Quick Start™ Diet Kit

We all know that coming into the clinic is your best chance to lose a significant amount of weight. But if your summer travel plans make that impossible, we encourage you to try a Healthy Solutions Quick Start Diet Kit. The Kits are conveniently packaged with several weeks' worth of HMR weight-loss foods, detailed "how to's," support materials, progress charts, and more.

Plus, you can save money by joining the **HMR Kit Club**. The Kit Club includes automatic delivery of all your weight-loss foods, plus **free shipping** and **10% off** all subsequent orders! Call today for all the details 225-658-4463.

# Battle of the Salads

This summer, instead of going to the deli for some potato, macaroni, or tuna salad swimming in mayonnaise (and calories!), try these great HMR salads that are delicious hot or cold!

## Beef Fajita Salad

1 HMR Beef Pot Roast Entree  
3 cups of romaine lettuce  
½ cup canned corn, drained  
½ cup diced red bell pepper  
½ cup canned black beans, rinsed and drained  
1 tablespoon lime juice  
1 teaspoon nonfat sour cream  
1 tablespoon powdered taco seasoning mix

1. Microwave the entree for 1 minute.
2. Remove pot roast and vegetables from the tray. Set aside. Reserve the gravy.
  3. Cut pot roast into small pieces.
4. Whisk the taco seasoning mix, lime juice, sour cream, and gravy from the entree for the dressing.
5. Layer lettuce, corn, beans, peppers and pot roast with vegetables on a plate.
6. Drizzle the dressing over the top.

Calories: 450  
Vegetable Servings: 3

## Mexican Layered Salad

1 HMR Turkey Chili Entree  
1 cup red bell pepper, cut into small pieces  
¼ cup salsa  
¼ cup fat-free sour cream  
3 cups chopped lettuce  
½ cup tomatoes, chopped  
1 small can roasted green chilies, chopped

1. Sauté bell pepper pieces in non-stick cooking spray until soft.
2. In a separate bowl, mix the salsa and sour cream.
3. Layer the ingredients on a plate in the following order: entree, salsa and sour cream mixture, lettuce, red peppers.
4. Sprinkle the top with green chilies.

Calories: 405  
Vegetable Servings: 3½



## Fresh Five-Bean Salad

1 HMR Five-Bean Casserole Entree  
1 cup canned green beans  
1 diced tomato  
½ cup garbanzo beans, rinsed & drained  
½ avocado, diced  
2 tablespoons white vinegar  
Italian spices and salt and pepper to taste.

Combine all ingredients and chill or eat at room temperature.

Calories: 540  
Vegetable Servings: 4

# LANE LINES

A Publication of Lane Regional Medical Center

6300 Main St., Zachary, LA 70791

(225) 658-4000

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## PAYING IT FORWARD



Camdyn Fehr with her aunt, Susan Pulliam, and brother, Millen. Camdyn donated close to 300 stuffed animals to Lane's Emergency Room to help make a child's experience in the hospital less icky.

## Camdyn's Mission

Camdyn Fehr, age 6, is on a mission. She is collecting money to purchase stuffed animals for children in the hospital. So far, she's donated more than 550 teddy bears and other assorted animals to area hospitals.

She got the idea after her own experience of having her tonsils removed, followed by a trip to the ER. She describes these experiences as being "icky" and came up with the plan "cause kids need someone to love and not be afraid."

To support Camdyn's Mission, email her at [camdynmission@hotmail.com](mailto:camdynmission@hotmail.com) or call mom, Becky, at (225)939-0310.