Triumph over Katrina: Forrest General Observes an Anniversary

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FROM THE PRESIDENT’S DESK

The upcoming 2006 and 2007 elections will have huge implications for hospitals and their communities. Candidates have taken vocal stands on many issues that directly affect health care. It’s important that we educate ourselves, our families, our friends and our co-workers on the issues that will affect hospitals and, more importantly, it’s important that we all vote for those candidates who have pro-healthcare stances.

On our Operation Healthy Vote Web site, hospital employees can register to vote or update their residential information all year long. If you’ve missed the deadline for the 2006 elections, register now so you’ll be ready for the 2007 elections.

In order for us to have a successful advocacy program as an association, we must start at the grassroots level. When our hospital employees are registered to vote and actively participate in politics in their community, it makes it much easier to get the attention of legislators. Through Operation Healthy Vote, we hope not only to encourage employees to register to vote, but also to become informed, active voters, and, most importantly, to get out and vote on Election Day.

Hospital employees can register to vote via mail or online at www.operationhealthvote.com. This year, we have added two new opportunities. Any hospital employee can fax their application to MHA at (601) 368-3200 and we will mail it in for you. Employees may also register to vote via your mobile phone by texting “mha” to 75444.

Thank you for your continued support of the Mississippi Hospital Association. We are proud that we serve those who serve us all – the employees of our Mississippi hospitals.

Sincerely,

Sam W. Cameron
President/CEO

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In honor of the strength and survival of our great state, and the heroism and dedication displayed by the Forrest General Hospital staff during Hurricane Katrina and its aftermath, the hospital planted oak trees in a special ceremony on Tuesday, August 29. The oak trees are a symbol of strength, survival and new growth.

“Hurricane Katrina was an unprecedented storm, which resulted in unprecedented acts of heroism and selflessness by South Mississippians,” said Forrest General President Bill Oliver. “Employees of Forrest General Hospital were no exception. These trees are being planted on Forrest General’s campuses for those employees who helped us then and those who are preparing us for the future. Their commitment to the public we serve never wavers and truly represents daily acts of ongoing heroism,” said Oliver.

The first ceremony took place at 9 a.m. at the south west corner of the Forrest General Hospital Medical Plaza and was followed by a ceremony at Pine Grove Behavioral Health and Addiction Services at 10 a.m. Other ceremonies took place throughout the day, including stone marker presentations at Forrest General’s Home Care, Highland Community Hospital in Picayune and AAA Ambulance.

“The personal sacrifice and sheer dedication that the staff of Forrest General made in the days and weeks after Katrina is a testimony to the character of South Mississippi and the values that makes our organization great,” said Oliver.
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Physicians in Baptist Medical Center’s GI Lab in Jackson, Miss. have the ability to perform endoscopic ultrasound (EUS) with fine needle aspiration. This capability allows highly accurate staging of gastrointestinal cancers through high-resolution imaging that shows whether the cancer has penetrated the GI wall. Fine needle aspiration also gives physicians the ability to sample the tissue for biopsy.

Gastroenterologists Dr. Shawn Panzer of GI Associates and Dr. Makau Lee of Jackson Medical Clinic both perform the technique at Baptist. Both physicians have several years experience in the procedure.

“I am pleased with the addition of this capability at Baptist,” Dr. Lee says. And, according to Dr. Panzer, EUS provides the most precise information for determining the T stage of GI cancers. “CT scans and MRIs are good,” he said, “but most aspects of GI tumor staging require determining the degree of penetration into or through the wall. CT is good, but not perfect. EUS gets us very close to the wall with high resolution ultrasound to look at the layers of the wall. Using this method, we can accurately stage the tumor so the patient is properly...
directed to therapy.”

“This capability has a major impact on the cost effectiveness of treating patients with GI cancers,” Dr. Lee also notes. For example, in patients with pancreatic cancer, generally one out of four is considered surgically resectable with standard testing. Out of those determined to be surgical candidates, however, not all are found in surgery actually to have tumors that are resectable. The superiority of staging with EUS allows physicians to determine the best candidates for surgery. Patients whose cancer is not treatable through resection may be spared unnecessary surgery and given the opportunity for a better quality of life. A typical scenario indicating the use of EUS/FNA would be: A physician performs standard endoscopy and finds an abnormality. Follow up CT scans show a pancreatic growth. To determine whether or not it is curable with surgery, EUS/FNA is performed.

EUS is also very good for detecting lymph nodes that might have cancer involvement. “A CT scan can detect involvement at 1 cm,” notes Dr. Panzer. “EUS can find spots smaller than 1 cm. This is helpful, for example in lung cancer, if a lymph node along the esophagus or trachea on the opposite side of the tumor is found to be cancerous.”

EUS with FNA also provides unique therapeutic possibilities for pain management. Physicians can use the technique to drain pseudocysts of the pancreas and also to paralyze the celiac axis in patients with chronic pancreatic pain or pancreatic cancer. One notable limitation of the EUS/FNA technique is in patients who have undergone chemotherapy. “Once a person has had chemotherapy you can’t tell the difference between the tumor and inflammation,” Dr. Panzer explains.
HATTIESBURG, MS - It all started with an idea that was sketched out on a napkin in the cafeteria of Methodist Hospital (now Wesley Medical Center). That sketch became a reality in 1986, when the doors were opened to the Institute for Wellness and Sports Medicine (IWSM – Wellness Center). “It’s hard to believe it’s been 20 years,” said Ron Cain, who served as Director of IWSM from 1988 to 1998. “We’ve been bringing health and fitness opportunities to this community for a long time. When I think of all of the people who’ve been members here and those who’ve worked at the Wellness Center it’s amazing to see how many lives have been touched by this place.”

During the past 20 years IWSM has been the leader in fitness and sports training. Staying on top of the latest trends has always been a priority for the staff. “We have always tried to stay ahead of the curve,” said Cain. “Health and fitness is an ever-changing arena.” The first scheduled aerobics class at IWSM was taught by Janan Clark, who is currently teaching yoga and cardio-classes. She also organized the Silver Belles, a group of senior adult women who performed dance routines throughout the community. In 1994, IWSM brought rock climbing to its members with the “Rock and Roll” climbing wall. Professional athletes including Brett Favre and Clarence Weatherspoon have trained in their off-seasons at IWSM and in 1996 the Wellness Center served as the training site for Olympic athletes from Kenya, Slovakia and Malawi. For 11 years, beginning in 1989, staff of IWSM organized and operated the Hub City Hustle, which became a nationally known, and respected triathlon. Former Miss Mississippi, Jennifer Adcock and Kristen Logan, America’s
Junior Miss in 1988, both prepared for their pageants at IWSM.

In 1999, the Institute for Wellness and Sports Medicine was named in honor of Mr. Bill Ray, who served as CEO of Methodist Hospital from 1977 to 1999. It was Mr. Ray, who with the assistance of Ray Humphries, COO of Methodist Hospital from 1978 to 1999, brought IWSM from a dream to a reality. It was these two men who sketched out the concept of a “wellness center” on a napkin while having lunch in the hospital cafeteria. “At the time, there was nothing in Hattiesburg like it,” said Bill Ray. “We wanted to build a first class wellness and rehabilitation facility that would serve all generations and compliment the walking track on the hospital’s campus. We looked at facilities in Florida and Oklahoma before building the wellness center here. We wanted to have offerings of health and wellness with medical elements such as pulmonary and cardiac rehab.”

The original facility had two additions. The pool and racquetball courts were not in the original plans, but were added, and in 1990, a 10,000 square foot addition was made to the Wellness Center, which was used for full-court basketball and volleyball.

New equipment has been added over the years, and small updates have been made. Knowing the facility’s 20th Anniversary was just around the corner, a renovation was in order. “We needed a facelift for the facility,” said IWSM Director, Nadine Archuleta. So, beginning in 2005, a major renovation of IWSM began. The renovation and update includes the purchase of all new nautilus weights, re-carpeting, painting, new lockers, new flooring in the entrance and the aerobic room, and a new front desk. “We are really looking good around here,” said Archuleta. “We certainly want the facility to be updated and fresh to match the new classes and opportunities we are offering to our members.” New group exercise and fitness classes include ball room dancing and line dancing, which compliment more traditional classes like yoga and step-aerobics. IWSM also offers individualized training, which can be tailored to fit the specific needs of any person.

IWSM will celebrate its 20th Anniversary on Saturday, September 23, 2006 from 9 AM until 2 PM with an Open House. A ceremony will be held at 10 AM to commemorate the occasion. “We hope everyone will join us for this special day,” said Archuleta. “We hope to see longtime members, former IWSM employees and new faces who want to see what we’re all about. We are looking forward to the next 20 years.”

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Since 2005 Ginger Hogg and Trudy, her Australian Shepherd, have provided comfort and affection to patients at Rankin Medical Center’s Senior Care Unit, a comprehensive inpatient behavioral health program for persons aged sixty years or older.

Ginger, a registered nurse with Rankin Surgical Specialists and animal lover, has been part of the Therapy Dogs International program since 2002. She said, “I first became interested in pet therapy when my father was at the state’s Veteran Administration Nursing Home. I was able to witness the reactions of the patients to the dogs, especially when the patients could pet the dogs.”

Trudy is a certified therapy dog through Therapy Dogs International, Inc. TDI was founded in the late 1970s and is only one of the organizations that certifies dogs used in therapy at hospitals and nursing homes. To become a certified therapy dog, Trudy had to pass two levels of obedience training and be tested by a TDI evaluator. She could be disqualified if she exhibits certain negative behaviors, such as aggression or growling. She must be well groomed and have her up-to-date vaccinations on file at TDI.

A typical day for Trudy consists of going to see the patients who want to pet and love her. When Trudy makes her rounds, she is officially recognized by her RMC photo ID badge and Ginger is with her, also. A staff member takes care of the patients, tells Ginger and Trudy where to go, and helps escort them into the patients’ rooms. Ginger keeps a logbook of Trudy’s bi-weekly visits to Rankin Medical Center.

While on the job, Trudy helps give

Even though therapy dogs can do physical therapy-style activities, such as playing ball with the patients, they primarily give love and comfort to the patients.

“She’s there to love,” said Ginger. One of...
Ginger’s favorite parts about being part of dog therapy is seeing the patients respond when petting Trudy. Many smile when they interact with Trudy. Ginger loves it when patients tell her, “Thank you for cheering me up.”

An example of Trudy’s interaction with a patient is related by Rose Well, LPN, a four-year employee of Rankin Medical Center’s Senior Care Unit: “An agitated patient had been pacing and was worried about what she needed to do. I encouraged her to visit Trudy and Ginger in the activity room. As she entered the activity room, she sat down in a chair next to the door. She watched as they walked around the room visiting with the other patients. When they were ready to leave, Ginger pulled a chair up beside the patient and directed Trudy to sit between them. After a few minutes her hand slipped down, and she started petting Trudy’s head and talking to her. She seemed more relaxed and more content than I had ever seen her before.”

Even though therapy dogs can do physical therapy-style activities, such as playing ball with the patients, they primarily give love and comfort to the patients. Therapy dogs are often able to touch and stimulate something deep inside people that medicine cannot.

Rose Wells said it best, “It seems like such a simple thing, but the changes in the patients during Trudy and Ginger’s visits are important ones. The patients look forward to their visits, which provide our patients with a relaxing break to their morning routine and a welcome distraction from their pain, depression, and isolation that illness and being in a hospital may cause. Stroking, stretching, and turning to run their hands over Trudy’s soft, silky fur helps them relax and relieves their stress and anxiety. Pet therapy can offer a sense of well-being, a sense of encouragement, and even a reason for living.”

First Artificial Spinal Disc for Lower Back Pain Comes to Central Mississippi Medical Center

JACKSON, MS – E. Thomas Cullom III, M.D., will soon be the first neurosurgeon in Jackson to perform spinal disc replacement surgery using the new Charite’ Artificial Disc at Central Mississippi Medical Center. The procedure takes from one to two hours.

Two surgeons will work together in the operation. Dr. Russell Rooks, a general surgeon on the medical staff at CMMC, will approach the spine through an incision in the abdomen and carefully moves blood vessels and internal organs out of the way to provide access to the spine. Dr. Cullom will use special tools to remove the damaged disc and create a space between two vertebrae for the implantation of the artificial disc. The procedure takes from one to two hours.

The average hospital stay for most patients is four days. Physicians work with their disc replacement patients to develop a plan that will gradually increase their activity level. Patients can expect their Charite’ Artificial Disc to last at least 17 years or longer, according to clinical studies.

“Artificial disc replacement is not for everyone. As with any major surgery, there are possible complications that can occur,” said Dr. Cullom.

To see if you’re a candidate for Charite’ Artificial Disc replacement surgery, contact Dr. Cullom at Central Mississippi Neurosurgery at 601-376-1259.
"Take me out to the ball game; take me out to the crowd..." That's the tune some Mississippi State Hospital (MSH) patients and Jaquith Nursing Home residents were singing this summer as they took in the sights and sounds of Mississippi Braves baseball games at Trustmark Park in Pearl.

Last season, the M-Braves donated more than 750 tickets to MSH, valued at $8,000. Braves General Manager Steve DeSalvo said providing tickets to MSH is the organization's way of giving back to the community.

"I feel we have a duty to give back to the community in as many ways as we can," DeSalvo said. "It's always important and gratifying to allow people - who in most cases wouldn't ordinarily have the chance - to attend a baseball game. It's important for the patients' and residents' morale to bring them to a fun event."

Robin Callens, who teaches children and adolescents at MSH's Lakeside School, said her students benefited tremendously from the outings to Trustmark Park.

"Some of them had never been to a ballpark or a ballgame before," Callens said. "They had a wonderful time at the games and they were very excited and enthusiastic."

Callens said the outings were also therapeutic. "We use the games to help our young people achieve their treatment goals," she said. "Also, attending the games allows them to build social skills and teaches them how to behave in certain settings. We try to expose them to various enriching activities that they otherwise would not have been exposed to."

Robbie Rhodes, a recreational therapist at one of MSH's female buildings, said her patients are just as enthusiastic as the young people and also benefit from the therapeutic value of the games.

"They thoroughly enjoy the outings because for many of them, it was the first time they had ever been to a baseball game," she said. "In addition, attending the games has done a lot of good as far as their treatment process goes. The trips to the stadium help to build their..."
socialization skills in terms of going out and facing the public."

Nursing Home Administrator Gerald Reed appreciates the Braves for giving residents an outlet. "I think it's great that our nursing home residents are able to go to the games at no charge," Reed said. "Our residents really enjoy getting out and seeing a professional minor league game. They always look forward to going because it gives them something different to do and to enjoy."

DeSalvo said he enjoys being able to see the patients and residents at the games and the smiles on their faces. "It's always gratifying to see them," he said. "It makes me feel that we are doing something very special for these folks. Just seeing the smiles on their faces makes it all worthwhile."

"Giving money to charities is always great," DeSalvo said. "However, whenever we get the chance to see and meet the people we are helping, it gives our organization a much closer relationship."

Bel Ferguson, MSH Development Director, said she is very appreciative of the Braves' generosity. "Being able to attend baseball games has meant so much to our patients and residents," Ferguson said. "I commend the Braves organization for being outstanding corporate citizens."

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Dr. Lynda Lee (center), recently retired Mississippi Department of Health (MDH) public health physician, was presented with a pastel portrait by acclaimed Lincoln County artist and physician, Dr. Kim Sessums of Brookhaven OB/GYN Associates.

The gift acknowledged the many years of cooperation between Dr. Lee, MDH and the OB/GYN group in caring for local maternity patients. Joining in the presentation are (left to right) Dr. Leigh Cher Gray, Dr. Richard Rushing, Dr. Kim Sessums and Dr. Steve Mills.
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