



The future of West Feliciana Parish Hospital

Our hospital leaders have a bold vision for our future

West Feliciana Parish needs a

state-of-the-art hospital to accommodate rapidly changing health care technology and practices. Recently, the West Feliciana Parish Hospital (WFPH) board of directors worked with our parish police jury to acquire land suitable for expansion and construction of a new medical campus.

Our vision is for a new facility that continues to offer efficient 24/7 emergency care services but has a focus on outpatient diagnostics and services. We want to maintain inpatient and skilled nursing care services in a comfortable environment.

CONTINUED QUALITY CARE

We're fortunate to have four family physicians, one internist, two pediatricians and three nurse practitioners along with several specialty physicians practicing in our parish. The parish had a health unit that offered a variety of services, but with state budget cuts those services have ceased.

Hospital leadership is working diligently to ensure these services are still accessible to the public. WFPH has acquired the building and has added an intensive outpatient psychiatric program with plans to offer additional mental health and women's health services by recruiting specialists and expanding telemedicine services.

NEW FOCUS

The focus on outpatient services is building on the future delivery system of health care,

which emphasizes less inpatient care, fewer invasive surgeries, the use of leading-edge technology like telemedicine and outpatient diagnostic modalities. Patients and their families are encouraged to participate more in making health and wellness decisions.

We realize the limitations of being in a rural setting. This challenges the health care community to find innovative ways for our citizens to have access to care close to home.

Telemedicine and expanded radiological and imaging services are other services we plan to explore when we have the added space of the new facility. Our goal is to deliver as much as possible locally so that our citizens won't have to travel out of town to access needed medical care and services.

OUR PURPOSE

Our purpose is to deliver competent, compassionate, safe and efficient care for an exceptional patient and family experience.

For the second year in a row, the National Rural Hospital Association (NRHA) announced that, as determined by iVantage Health Analytics, our organization is ranked nationally among the top 20 critical access hospitals for patient satisfaction. This ranking is a testament to our front-line staff who care for the patients we serve. It's truly wonderful to be a patient in a setting where the staff may be your friend, family or neighbor and care for you as such.

We intend for staff to always strive for high patient satisfaction as we continue expanding in the future. We have historically been great stewards of our reserves as entrusted to us by our local taxpayers and are on the verge of delivering a medical campus that will allow us to fulfill our mission for this generation and those to come. ▀



Hospital staff celebrated Go Red for Women by the American Heart Association on Feb. 1. ▀

What do food claims really mean?

Walking through the grocery store, we are bombarded by terms and phrases used on food packaging. The truth is that these terms can vary from informative and well-regulated to misleading or unhelpful. Here are some of the most common food claims you may encounter and what they really mean.

FAT AND SODIUM

▼ **Free:** Sodium-free means less than 5 mg per serving. Fat-free means food has less than 0.5 g per serving. Beware that fat-free doesn't necessarily mean calorie-free. It's important not to interchange the two terms.

▼ **Low:** Low-sodium means 140 mg or less sodium per serving. Low-fat means fewer than 3 g of fat per serving.

▼ **Reduced:** Item has at least 25 percent less sodium or fat than the regular version.*

▼ **Light:** This food has at least 50 percent less sodium or fat than the regular version.*

▼ **Zero trans fat:** Foods that claim to have zero trans fat have less than 0.5 g trans fat per serving, but may still contain some of these harmful fats. If a product has partially hydrogenated oils included in the ingredient list, it still contains some trans fat.

MULTIGRAIN OR WHOLE GRAIN?

▼ **Multigrain:** Foods labeled multigrain contain more than one type of grain. However, there's no regulation on how much of each grain must be present, and the grains may not be heart-healthy.

▼ **Whole grain:** Like multigrain, food claiming to be "made with whole grains" may not contain a large amount of these whole grains. Look for foods listed as "100 percent whole grain" instead.

THE TRUTH IS THAT THESE TERMS CAN VARY FROM INFORMATIVE AND WELL-REGULATED TO MISLEADING OR UNHELPFUL.

NATURAL VS. ORGANIC

▼ **Organic:** The U.S. Department of Agriculture has specific requirements for food using the term "organic." Animal products labeled organic haven't been given antibiotics or growth hormones. Plant products labeled organic are free of conventional pesticides and fertilizers made with synthetic chemicals. You may find food with three types of organic certification in your local grocery store:

1. **100 percent organic:** Products are made entirely from organic ingredients.
2. **Organic:** At least 95 percent of the product is made with organic ingredients.
3. **Made with organic ingredients:** At least 70 percent of the ingredients used are organic.

▼ **Natural:** The FDA does not have a formal definition for using the word "natural" in food.**

** Foods that are labeled "reduced" or "light" are being compared to a regular version of the product and reduced is therefore rarely synonymous with "low" or "free" varieties.
** Manufacturers have wide discretion on using this term as long as food "does not contain added colors, artificial flavors or synthetic substances."**



Stay protected with up-to-date vaccines



Soon it will be time for back to school, back to work, off to college—the perfect time to make sure your vaccinations are up to date. With flu season coming, reminders about the importance of getting your seasonal flu shot will soon be everywhere.

It's also important to get vaccinated against other serious diseases, including measles, whooping cough and meningitis, according to guidelines from the Centers for Disease Control and Prevention (CDC).

BE SAFE

Vaccines help keep you and those around you safe from disease in a number of ways.

▼ **Do I need vaccines if I'm healthy?** Yes, it's still important to get the recommended vaccinations. In addition to protecting you, vaccines work by preventing the spread of illness to the very young, very old and those who have health conditions that put them at greater risk of complications or even death from certain illnesses.

▼ **Are there risks involved in getting vaccines?** According to the CDC, the United States currently has the safest, most effective vaccine supply in history. In rare cases, a person may experience a serious side effect, such as an allergic reaction. In most cases, vaccines are effective and either cause no side effects or result in a mild fever or soreness at the injection site.

ADULTS	VACCINATIONS
All adults	Influenza (yearly), Td (every 10 years)*, Varicella (2 doses)**, MMR (1 or 2 doses, age 19-49)**
Women ages 19-26	HPV (3 doses)***
Men ages 19-21	HPV (3 doses)***
60 years or older	ZOS (to prevent shingles)
65 years or older	Pneumococcal

* Substitute one-time dose of Tdap for Td booster to protect against pertussis (also called whooping cough). This is especially important if you are a health care worker or if you have contact with an infant.

** For adults who lack evidence of immunity (lack documentation of vaccination or have no evidence of previous infection).

*** A catch-up vaccination for those who did not receive the HPV vaccination at ages 11 or 12.

Source: Department of Health and Human Services, Centers for Disease Control and Prevention. Schedule indicates recommended ages for routine immunizations for adults who have received all recommended childhood immunizations. Consult your health care provider for a schedule based on your specific health conditions and health history.

Skipping recommended vaccinations involves a much greater risk.

shouldn't get the flu shot without first talking to their doctors.

▼ What vaccines should I get and when?

Adults should receive recommended vaccinations (see chart). People who have a severe allergy to chicken eggs, as well as certain other individuals,

▼ Should I get vaccines if I have special health concerns?

If you're pregnant or have other health conditions, follow the vaccine schedule recommended by your doctor. ❏

www.wfph.org

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A Louisiana Medicaid Program Application Center

West Feliciana Parish Hospital is certified as a Medicaid Program Application Center. Jennifer Bonaventure, social worker, is an application center representative and is available by appointment to complete and submit Medicaid applications. Please contact Jennifer Bonaventure at **(225) 784-3480** to schedule your appointment. Appointments will be made within five working days of initial contact. Please note that Jennifer can submit applications via the online Louisiana Medicaid website, but cannot determine eligibility. To check the status of an application, contact the Louisiana Medicaid Hotline at **1-888-342-6207**. ❧

Numbers you need to know

Keep these numbers handy for quick reference

- + Emergencies: **911**
- + West Feliciana Parish Hospital: **(225) 635-3811**
- + St. Francis Rehab: **(225) 635-2448**
- + Outpatient Scheduling: **(225) 635-2443**
- + Intensive Outpatient Psychotherapy: **(225) 635-6908**
- + Sleep Studies: **(225) 635-2554**
- + Louisiana Wound Care: **(877) 295-2273**
- + Dr. Nnamdi Nwabueze: **(225) 634-3517**
- + Dr. Larry Schneider: **(225) 635-3260**
- + Dr. Patricia Schneider: **(225) 635-9065**
- + Dr. Brandon Tilley: **(225) 635-5848**
- + Dr. Brooke Bach: **(225) 635-5848**
- + Dr. Challie Daniel: **(225) 635-5848**
- + Dr. Tim Lindsey: **(225) 635-5848**

Satellite Offices

- + Dr. Pamela Lewis: **(225) 201-0505**
- + Dr. Adam Whatley: **(225) 658-1808**
- + Dr. Jeffery Hyde: **(225) 767-3900**
- + Dr. Alex Davis: **(225) 928-7065**
- + Dr. Scott Soleau: **(800) 468-8345**

Come join our diabetic support group!!

Everyone's welcome to join us!

The support group meets the second Monday of each month from 5:30 to 6:30 p.m. in the hospital cafeteria. The participants enjoy a healthy snack, engage in peer support, participate in fun educational activities and occasionally enjoy a guest speaker. ❧

At West Feliciana Parish Hospital we're always working toward our



VISION:

"Best People, Best Care, Healthiest Community."

MISSION:

To provide high-quality, cost-effective health care in a safe environment consistent with the needs of the community we serve.

WFPH Employee of the 2nd Quarter 2013



**Patrick
Brumfield**

West Feliciana

Parish Hospital (WFPH) recognizes Patrick Brumfield as Employee of the Second Quarter 2013.

He has been dedicated to WFPH for 16 years and runs a successful outpatient business that contributes to the overall excellent care we give our patients here at WFPH.

IMAGE OF CARE

Patrick is the image of care we hope to see in all employees who interact

with our patients. He is a tremendous asset to the hospital. The hospital recognizes him for his outstanding service to our organization, health care team and most importantly the patients we serve. Patrick maintains a positive attitude, which shines throughout the facility. We're glad to have such a caring, dedicated employee as part of our health care team. ❧



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