

SAINT LUKE'S HEALTH

2022 v.3

INSIDE

Specialized Cardio-Oncology Program
Helps Cancer Survivor Move Forward

Hospital-Level Care at Home



Caring for Our Neighbors

Leah's story of growing up
next to Saint Luke's

Losing to Gain

Specialized treatment
helps patient turn heart failure
into success



Millions of Hearts Beat Stronger with Saint Luke's

WORLD-RENOWNED ♦ EXPERIENCED

Coronary artery disease, also called heart disease, is a narrowing or closing of heart arteries, which restricts blood flow to the heart muscle. Saint Luke's Mid America Heart Institute experts are pioneers in heart disease treatment—performing the world's first balloon angioplasty in 1981 to treat a heart attack.

Today, we are international leaders in preventing and treating heart disease.

We offer:

- Prevention, including lifestyle changes and medication
- Percutaneous coronary intervention (minimally invasive procedure to open blocked arteries)
- Coronary artery bypass surgery

♦ **Schedule a heart disease consultation**
saintlukeskc.org/CADtreatment

 **Saint Luke's**
MID AMERICA HEART INSTITUTE

the intersection of
INNOVATION ♦ HOPE



Saint Luke's Hospital of Kansas City's Trauma Center has a Level I designation. The team members are equipped to treat all levels of severity.

Saint Luke's Hospital Level I Trauma Center

A traumatic injury often happens in an instant: the result of a serious car accident or a gunshot wound. Prompt, emergency surgery is critical.

"Surgery is the most visible part of a trauma surgeon's job, but the full scope of trauma care goes well beyond those first moments in the Emergency Department," says Sean Nix, DO, a critical care surgeon and medical director of Saint Luke's Trauma Center.

"We take patients all the way through the Emergency Department, through the operating room and ICU, and on to discharge," he said. "The whole time, you're cared for by the trauma team. That continuity of care is critical."

With a Level I designation, the highest available, the Trauma Center at Saint Luke's Hospital of Kansas City is equipped to treat many types of injuries with different levels of severity. Trauma surgeons follow specific protocols and are uniquely trained to address conditions that may involve multiple body functions and organs.


"Outcomes show that Level I trauma care can reduce the risk of death by as much as 25%," says Pam Jackson, Saint Luke's trauma program manager. "We bring to the table a comprehensive set of resources and personnel that have expertise and training specific to treating a trauma patient."

Dr. Nix agrees, pointing out that he can also get help from throughout Saint Luke's Health System. For example, when he is dealing with cardiac issues and he needs a heart surgeon, the team at Saint Luke's Mid America Heart Institute can step in. Trauma patients with brain or spinal cord injuries have access to care from experts at Saint Luke's Marion Bloch Neuroscience Institute.

Pam emphasizes that the Trauma Center benefits not only Kansas City residents, but also surrounding communities. Of nearly 2,000 patients treated annually, more than half are transferred to Saint Luke's Hospital from another hospital.

In addition, the Center also focuses on injury prevention and community outreach.

Not all trauma is avoidable, but appropriate education can reduce the numbers. The Center offers classes to the public on stopping bleeding in an emergency and teaches older adults about medication side effects that can lead to a serious fall. It also educates area health care providers on emergency response procedures.

From immediate care to follow-up treatment and outreach, "We want to be leaders in the community," Dr. Nix said. "That's what you really look for in a trauma center. It's that depth of service." 

◆ Learn more
saintlukeskc.org/trauma

Putting the Heart in Cancer Treatment



After being diagnosed with Stage 3 breast cancer and undergoing chemotherapy and radiation treatments, Jesse, 27, found her heart was failing from side effects of chemotherapy. She received comprehensive care from Saint Luke's Cardio-Oncology Program.

First, a diagnosis of cancer. Then, the grueling process to treat it. It is a one-two punch that's a lot for anyone to take. But for 27-year-old Jesse Eiskina, it got even more difficult. After being diagnosed with Stage 3 breast cancer and undergoing chemotherapy and radiation treatments in 2021, Jesse's body had more bad news. Seven months after her cancer diagnosis, doctors discovered her heart was failing.

"I already have cancer, I'm already going through all these treatments, and now, on top of that, I have to worry about my heart—at 27 years old?" said Jesse. "It felt like a kick while I was already down."

Certain chemotherapy medicines, especially when used in conjunction with radiation, can cause heart problems, including weakening or inflammation of the heart muscle, arterial blockages,

"My team has really stayed on top of everything. The second they identify an issue, there's immediate action."

— *Jesse Eiskina*

spasms, and irregular heart rhythms. As many as 25% of patients receiving chemotherapy can develop adverse cardiac side effects. Over time, symptoms can worsen, and in some cases, lead to cardiac arrest and heart failure.

While Jesse knew that chemotherapy and radiation carried potential risks for her heart, she didn't immediately connect her symptoms to cardiac problems. Instead, she figured her fatigue and shortness of breath stemmed from the stress her body was experiencing from the cancer and treatment.

"It is typical for patients not to realize a new problem has arisen," said Deepthi Vodnala, MD, a board-certified cardio-oncologist and co-medical director of Saint Luke's Cardio-Oncology Program. "Symptoms may go unrecognized because they often are mislabeled as side effects of the cancer or chemotherapy."

Over the last few decades, improvements in cancer treatment have led to better survivorship rates, with millions of people in the United States now living as cancer survivors. While great news, the downside is that other problems have begun to surface.

"We are starting to see these late effects," Dr. Vodnala said. "People survived their cancer, but now they are becoming cardiac patients. It's caused us to rethink our approach: What can we do differently for these people so they can survive cancer without having to battle cardiac side effects later?"

Questions such as these drive the rapidly evolving field of cardio-oncology, in which Saint Luke's is a leader. Currently, Saint Luke's has one of only nine cardio-oncology programs in the country that has received Center of Excellence recognition from International Cardio-Oncology Society. The program meets stringent criteria to ensure expert care that follows the highest standards and a multidisciplinary approach.

Jesse's oncologists began coordinating with a cardiology team at Saint Luke's to ensure she received regular heart screenings during her cancer treatments, helping to catch problems quickly. In her case, her heart's ejection fraction—the percentage of blood the heart pumps with each beat—had dropped significantly. It decreased from a normal range of 60% in July 2021 to only 44% in November 2021.



Jesse Eiskina is ready to return to work and life without cancer now that her cancer is in remission and her heart issues are under control.

To correct the problem, doctors suspended Jesse's chemotherapy infusions and put her on medications to improve her heart function.

"My team has really stayed on top of everything," Jesse said. "The second they identify an issue, there's immediate action."

In less than a month, her heart function had improved to 55%, and she realized how much better her body was performing.

One day you think 'Wow, I can walk up this flight of steps without being winded,' she said. "It just hits you: 'I couldn't do that two months ago.'"

Heart medications can stop the damage and allow the heart to recover, but prompt action is critical at the first sign of a problem, according to Dr. Vodnala.

"The response to treatment is related to how quickly the damage is detected," she said. "If you treat it later, patients don't have the same chance of reversing the damage as they would have earlier on."

After her heart stabilized, Jesse was able to resume her chemotherapy, and her body now shows no sign of cancer.

"I had a full response to chemo, but I also attribute my recovery to my team knowing exactly what treatment I needed and taking my unique circumstance into mind when coming up with my treatment plan."

Although Jesse recognizes she was fortunate to be able to take a year off to beat cancer, she is eager to get back to life without cancer. She plans to finish reconstructive surgery later this year and then return to work. As much as she appreciated the care she received at Saint Luke's, she is ready to put them in the rearview mirror.

"It's been a very good experience," she said. "One that I hope I never have to go through again." 🧩



Cardio-Oncology

Innovative cancer treatments are enabling survivors to live longer and fuller lives. Some cancer therapies, however, can affect a patient's cardiovascular system. Saint Luke's Mid America Heart Institute cardiologists offer cardio-oncology services to diagnose and treat heart conditions in patients who have been or are being treated for cancer.

Saint Luke's has specially trained cardiologists who assess and monitor the risk to a patient's heart, which can be higher with certain types of cancer drugs or following radiation treatment to the chest.

Cardiologists work closely with oncologists at Saint Luke's Cancer Institute to limit damage to the cardiovascular system during treatment and to improve the quality of life of patients with cancer.

◆ **Learn more**
saintlukeskc.org/cardio-oncology



INNOVATION

Wire-Free Technology Leads to Better Patient Experience in Breast Surgeries

Being diagnosed with breast cancer is a stressful experience. Saint Luke's Cancer Institute is committed to exploring every possible option to provide its patients with state-of-the-art, timely treatment.

Our fellowship-trained breast radiologists often detect and diagnose cancers that are too small to be felt.

In a groundbreaking development, Saint Luke's North Breast and Imaging Center has transitioned to a wire-free method of localizing lesions for breast cancer surgery called MOLLI®.

Instead of having a wire guide inserted into the patient's breast on the day of surgery, surgeons place a wireless marker at the site of the cancer days before the procedure. This technology helps surgeons find the exact site of the cancer so they can perform a more targeted removal.

Kelsey Flynt, MD, is the lead interpreting physician at Saint Luke's North Breast and Imaging Center and is excited for what this technology means for patients.

"The wireless tumor localization technology that MOLLI offers is an innovative tool that streamlines a patient's surgical experience and simplifies the process," said Dr. Flynt. "This allows surgeons to be more direct with their surgeries, resulting in smaller procedures, less recovery time, and a better cosmetic outcome for our patients. At Saint Luke's, we strive to offer patients world-class care in their backyard, and MOLLI allows us to elevate the experience for the Northland community."



Safety Valve for the Heart

In January, Saint Luke's Mid America Heart Institute valvular disease specialists performed the first transcatheter tricuspid valve replacement in the region. This procedure eliminates the need for open-heart surgery for patients with a leaking tricuspid valve.

As part of the TRISCEND II clinical trial, the doctors evaluated a new device (the EVOQUE valve) designed to treat severe tricuspid regurgitation (TR). TR occurs when the tricuspid valve on the right side of the heart does not fully close. As a result, blood flows backwards within the heart, causing symptoms such as shortness of breath and swelling in the abdomen and legs.

For this minimally invasive procedure, the structural intervention team at Saint Luke's inserted a catheter—a thin tube—through a vein in the patient's leg to access the heart and implant the EVOQUE valve.

Saint Luke's valvular disease experts hope to reduce the risks often associated with open-heart surgery, and this trial was an important step. Over the next several years, doctors will monitor patients who receive the replacement valve, analyzing the safety and efficacy of the procedure and hoping to gain approval for future use in the United States.

◆ Learn more
saintlukeskc.org/heart

◆ Learn more
saintlukeskc.org/north



The first-in-the-region program, Saint Luke's Hospital In Your Home, combines high-quality, hands-on care with an around-the-clock, virtual care platform.

Hospital-Level Care at Home

Saint Luke's is committed to evolving health care delivery to continue to meet the needs of patients and employees—not only how we provide care, but *where* we provide it.

Saint Luke's now delivers hospital-level care to patients in the comfort of their own home. This first-in-the-region program, Saint Luke's Hospital In Your Home, keeps us on the leading-edge of innovative care delivery.

Hospital In Your Home combines high-quality, hands-on care with an around-the-clock, virtual care platform. Patients are cared for in their home where they can enjoy a quiet environment, better sleep, and visitors whenever they choose.

"With the innovative Hospital In Your Home care model, Saint Luke's commitment to providing our community with the best care close to home extends even further, ensuring we meet our patients' specific care needs while providing convenience and comfort," said Michael Nassif, MD, medical director of Hospital In Your Home. "Clinical studies have shown that hospital-at-home programs deliver improved patient outcomes, lower

mortality, lower risk for readmissions, cost savings, and higher patient and clinician satisfaction."

Through the Hospital In Your Home program, patients who meet select criteria can receive care for a wide range of conditions that would traditionally require inpatient hospitalization, including:

- Congestive heart failure
- Pneumonia
- Gastroenteritis
- Chronic obstructive pulmonary disease (COPD)

Virtual care

The dedicated team in the 24/7 physician-led Saint Luke's Command Center—comprised of Saint Luke's physicians, nurses, advanced practice providers (APPs), and care coordinators—remotely monitors vitals, answers questions, oversees medications, provides virtual check-ups, and initiates emergency responses if needed.

In-person care

APPs, community paramedics, and other health care providers make home visits to provide in-person check-ups, lab tests, mobile imaging, IV medications, and rehabilitation therapies as needed.

The program includes a full technology kit configured in the patient's home. The kit's FDA-approved medical devices automatically send vitals to the Command Center. The technology also allows patients to communicate with the care team night and day by phone or video.

How it works

Patients are first examined in a Saint Luke's Emergency Department or inpatient unit to determine if they meet criteria.

Once admitted, a nurse practitioner will visit the patient's home to perform a full admission assessment, initiate treatments, and educate the patient and caregivers. The patient's daily schedule will be based on their condition with regular check-ups through a combination of virtual and in-home visits.



Saint Luke's Hospital In Your Home includes a full technology kit configured in the patient's home. The FDA-approved medical devices automatically send vitals to the Saint Luke's physician-led Command Center.

◆ **Learn more**
saintlukeskc.org/homehospital

Losing to Gain



Carmon Hamilton began treatment in 2020 at Saint Luke's Michael & Marlys Haverty Cardiometabolic Center of Excellence, with significant symptoms of congestive heart failure. Now, she has almost no symptoms and has lost more than 100 pounds.

Carmon Hamilton struggled with obesity most of her life. Sometimes she managed to drop some pounds, only to gain them back again—and more.

Her weight kept rising until she was more than 300 pounds.

"It was so hard to lose weight," Carmon said. "It just wasn't coming off."

The weight didn't just hurt her self-esteem. It took a toll on her body and health, too.

Years ago, Carmon was getting into her car after work and passed out. She was rushed to the hospital and diagnosed with complications from Type 2 diabetes, heart failure, and sleep apnea. She left with a pacemaker for her heart and supplemental oxygen for her lungs.

"I feel good. I just couldn't do it without the help of Dr. Nassif and his program."

— Carmon Hamilton

Carmon once loved to travel but could no longer get on a plane or take a cruise. A longtime desire to visit Hawaii was out of the question when she couldn't even manage a walk around her neighborhood.

Carmon felt discouraged, but she wasn't ready to surrender. When her

pulmonologist at Saint Luke's suggested a clinical trial to try dapagliflozin, a drug normally used to treat Type 2 diabetes and heart failure, Carmon, in her 60s then, agreed to the novel treatment.

"I was grateful for the chance," she said.

She also was thankful for the results. Within just a few months, she lost weight and her heart and lung function improved.

The trial ended at three months, which left Carmon in a dilemma. How would she keep improving without the treatment?

Treating the cause

Carmon's doctors referred her to Saint Luke's Michael & Marlys Haverty Cardiometabolic Center of Excellence in 2020, where Carmon met with cardiologist Michael Nassif, MD. Carmon was a perfect candidate for the cardiometabolic clinic.

"There's an old paradigm that needs to end, where patients like her, with Type 2 diabetes and obesity, are put on insulin," Dr. Nassif said. "They gain weight on insulin, and as they gain weight, they need more insulin. It's a vicious, vicious cycle."

Carmon's body had sufficient amounts of insulin—that wasn't the problem. Her body couldn't effectively use it. Instead, Dr. Nassif prescribed other medications that allowed her to use her natural insulin, eliminating the need for additional shots.

Life-changing support

The time at the clinic allowed Carmon to make lifestyle changes. She reduced her food intake and improved the quality of what she ate. The change in diet fueled a positive feedback loop: The better she ate, the more energy she had to exercise.

She could walk around her neighborhood. She's thinking about taking up bicycling.

The most visible sign of progress: She's lost more than 100 pounds in 15 months.

Carmon began treatment at the clinic with significant symptoms of congestive heart failure. Now, she has almost none. She also reduced significantly how much oxygen she used.

Finally, the vicious cycle had broken.

"I feel so much better than I did," Carmon said. "I feel good. I just couldn't do it without the help of Dr. Nassif and his program."

Dr. Nassif credited Carmon's progress not only to her dedication, but to an approach that implements new drug regimens and combines them with other therapies.

Patients with diabetes are at much higher risk for developing cardiometabolic problems and stroke. However, outcomes improve when problems are addressed together, rather than individually.

"The clinic is a one-stop shop," Dr. Nassif said. "Instead of going to one place to see your heart doctor, a different place to see your diabetes doctor, and a third place to see your kidney doctor, and having the patients navigate it themselves, it puts all that care under one roof. The care is team-based and carefully coordinated, with lots of support for the patient."

In addition to direct medical care, patients also receive the services of nutritionists and other professionals.

Carmon's outpatient visits included regular checks of her weight and blood pressure, as well as exercise stress tests to monitor her heart and lung function. The goal is comprehensive care that can be elusive in more traditional clinical settings.

"We look at the total patient and how you cut their risk of common complications, as opposed to more fragmented care which is, unfortunately, all too common," said Dr. Nassif.

Carmon's ongoing goals are to keep losing weight and get off oxygen altogether. One celebratory moment came during a visit with her diabetes doctor.

"She was so impressed with how much weight I had lost and how good my sugar levels are. She told me I didn't need to see her anymore because I'm doing so much better," she said.

Better health, fewer doctors. With those milestones passed, Carmon can turn her attention to the next one: her trip to Hawaii. 🏝️



Mikhail Kosiborod, MD, co-director of Saint Luke's Michael & Marlys Haverty Cardiometabolic Center of Excellence helped develop the Center's comprehensive approach to managing heart issues and diabetes.

Cardiometabolic Center of Excellence

Saint Luke's Michael & Marlys Haverty Cardiometabolic Center of Excellence is designed to treat cardiovascular complications in patients with metabolic disorders. We help individuals with Type 2 diabetes, pre-diabetes, and related cardiovascular conditions including coronary artery disease, heart failure, and others.

At our one-of-a-kind clinic, patients are managed in a comprehensive way, in close collaboration with their primary care provider and specialists, such as endocrinologists and nephrologists.

We integrate diabetes and heart care into single visits, emphasizing treatments that have dual benefits.

◆ **Schedule an appointment**
816-751-8327



Pictured left to right; James O'Keefe, MD, Marlys Haverty, Michael Haverty, and Mikhail Kosiborod, MD. Drs. O'Keefe and Kosiborod thanked the Havertys in person for their transformational support of the cardiometabolic program.

Michael & Marlys Haverty Cardiometabolic Center of Excellence

Within Irish culture, a person's level of education and wealth does not earn one status or respect. It is a person's honest, hard work that fosters admiration by those around them.

As a fourth-generation railroad worker, Michael "Mick" Haverty began his railroad career as a brakeman at the age of 19. He worked his way up to become Chief Executive Officer of Kansas City Southern. Behind this man of Irish modesty, ingenuity, and wit, was a father bartering with a serious health challenge.

At the age of 33, Mick was facing hereditary heart failure. His father died at age 54 and his grandfather at age 48. Determined to beat the odds, Mick developed a strong relationship with Saint Luke's Mid America Heart Institute when he moved to the Kansas City area in 1995 to become CEO of Kansas City Southern Railway.

Mick's care has been coordinated by a multidisciplinary team in what is now known as Saint Luke's Michael & Marlys Haverty Cardiometabolic Center of Excellence. Led by Mikhail Kosiborod, MD, and James O'Keefe, MD, the Center has built an entirely novel care model with a proven ability to improve outcomes in high-risk patients with diabetes or pre-diabetes and heart disease. These innovative therapies allow patients to feel better and more importantly, live longer.

**"Dr. O'Keefe has changed our lives
and we want others to benefit from
the care the Center provides."**

— Marlys Haverty

Driven with a heartfelt sense of gratitude toward Dr. O'Keefe, Mick and his wife, Marlys, have given two transformative gifts to the Center.

"Dr. O'Keefe has changed our lives and we want others to benefit from the care the Center provides," Marlys said.

"We have a moral obligation to help others," Mick added.

Through their generosity, the Center has been able to create a national model of care called the Cardiometabolic Center Alliance. With 11 participating health care organizations across the nation, the Alliance is on track to add more organizations by the end of the year. The goal is to improve best practices, enhance capabilities, and expand research to improve patient outcomes across the country.



My Ly, Saint Luke's Community Health Worker, with Rhonda Erpelding and Sarah Biles with Harvesters—The Community Food Network. Harvesters is one of the organizations that Saint Luke's partners with in the Community Health Worker Program.

Community Health Worker Program

When Kansas Citians need essential services, it can be a challenge to find the right resources to fit their needs. Saint Luke's Population Health has a new program to help patients navigate the community resources available to them.

Saint Luke's Primary Care providers can refer their patients to a Saint Luke's community health worker. Community health workers assist patients with finding health and/or social assistance resources spanning from food banks like Harvesters to childcare assistance and more.

Saint Luke's goal is to improve the overall health and wellness of patients. The community health workers program has proven to be successful. In 2021, patients referred to a community health worker stayed fewer days in a hospital and had fewer emergency room visits. Approximately 80% of these patients have improved or maintained good health after being discharged from the hospital.

The community health workers have had 4,000 encounters with patients referred to the program since it was established. A bilingual community health worker is available in Saint Luke's Primary Care clinics in the East Region (Independence, Blue Springs, and Lee's Summit).

Saint Luke's Foundation funds community health workers across Saint Luke's and relies on donors who support population health initiatives for the program.

Learn more about how you can give to this program at saintlukeskc.org/giving.



Sarah Biles and Rhonda Erpelding, both with Harvesters, holding a bag of food often given to community members.

Caring for Our Neighbors... Literally



Growing up next to Saint Luke's Hospital of Kansas City, Leah Suttington knew she wanted to be taken to Saint Luke's when she needed emergency heart care.

When the EMTs loaded Leah Suttington into the ambulance at her home in June 2021 with a suspected heart attack, they asked if she had a hospital preference. If not, they would take her to the nearest Emergency Department, but she absolutely did.

"Take me to Saint Luke's," she said, certain that their expert heart care team would be able to help her. After all, if you grow up next door to a hospital—using its vending machines as your personal summertime snack bar—a certain level of loyalty is understandable.

But in a letter she later wrote to Saint Luke's Hospital of Kansas City CEO, Jani Johnson, RN, MSN, Leah was happy to report the Saint Luke's team exceeded her expectations in every way. That's saying something considering those expectations were 50 years in the making.

"My mind took an instant snapshot of the room," she wrote about her arrival in the Emergency Department. "The body language of this small army told me they were the best in the hospital and proud of it... No longer was I worried, but rather relieved to be in the hands of this world-class team, knowing they wouldn't fail each other, much less me."

Longtime neighbors

Leah grew up with her parents and four sisters in the historically Black neighborhood known as Steptoe (now called Westport), just west of Saint Luke's Hospital. Her late 1960s/early 70s childhood was happy and family-oriented, with trusted neighbors who were educators, entrepreneurs, and health care professionals.

Leah remembers one neighbor, "Ms. June" Douglas, often walking past Leah's childhood home on her way to work at Saint Luke's, looking like the epitome of health care professionalism in her crisply starched, white nurse's uniform and cap. Leah also fondly recalls another Saint Luke's nurse telling her stories about growing up in Steptoe and enjoying summers in the berry patches that grew where the Country Club Plaza stands today.

As a child, Leah had been in Saint Luke's care on a few occasions, including a fishbone extraction, treatment for a spider bite, and 32 stitches from a bicycle accident that happened right in the hospital's parking lot. Getting care at Saint Luke's was practically the same as getting care at home. It was home. That's why as an adult, even though she no longer lived in the neighborhood, it was still the only choice for her.

“But as for care, this was as good as it gets. I just knew it couldn’t be better than this. I realized then that my job was to try and relax, and I could, because I felt safe.”

— Leah Suttington

Next-level heart care

Though no longer a Steptoe resident, Leah has felt a personal sense of pride as Saint Luke’s Mid America Heart Institute’s expertise, acclaim, and status as a world-class leader in heart care has grown significantly.

From her arrival in the Emergency Department, to her stent placement in the Cardiovascular ICU, to her days in Cardiac Rehab, and through months of rehabilitation, Leah experienced the full spectrum of Saint Luke’s heart care expertise. She can appreciate the overall care at Saint Luke’s from a new grown-up perspective. Saint Luke’s lived up to everything she’d hoped from her hometown hospital.

“I felt like this situation is either going to be ok or it’s not,” she said. “But as for care, this was as good as it gets. I just knew it couldn’t be better than this. I realized then that my job was to try and relax, and I could, because I felt safe.”

But Leah wasn’t the only one in her family impressed with the care. Her daughter, Staci, and her granddaughter, Laylah, a pre-med student, along with her other daughter Carrena, a registered

nurse, were at the hospital with Leah. They all were pleasantly surprised at how much time the doctors spent with them to ensure they understood what was happening and why.

In her letter to Jani, Leah tried to remember everyone involved in her care so she could convey her thanks, but it was a challenge.

“The number of people I need to thank is not known to me,” she said. “I realize there are countless players who contribute to the high quality of care... whether they found me a pillow, sanitized equipment, swept my room, worked inside or outside the building or were directly involved in my treatment and recovery. I appreciated their expertise and professionalism.”

Now, more than a year after her heart attack, Leah continues a regular swimming regimen, putting the positive exercise habits she learned in cardiac rehab to work for her long-term health. Trusting all she learned from the team, just like she would a trusted old friend. Or, as Leah said in her letter:

“Me and [Saint Luke’s]... well, we’re like family. I’m glad I chose to make a call on my folks when I did.” 🏠



Leah Suttington (far left) stands with two of her sisters, Miriam Russell and Naomi Russell (Criss), in the late-1960s, in front of their family home in Kansas City’s historic Steptoe neighborhood, adjacent to Saint Luke’s Hospital of Kansas City (seen in the background).



Saint Luke’s Hospital of Kansas City Magnet Recognition

Saint Luke’s Hospital has an outstanding team of nurses committed to high-quality care. Since 2004, Saint Luke’s Hospital has received the highest honor available for professional nursing—Magnet Recognition by American Nurses Credentialing Center.

The designation requires high performance in the following metrics:

- Patient outcomes
- Patient satisfaction
- Nursing satisfaction

Saint Luke’s is honored to have such an inspiring and expert team of nurses who are dedicated to patient advocacy, kindness, and excellence.

◆ **Learn more**
saintlukeskc.org/slh

Saint Luke's Classes and Events

Events schedule subject to change. Saint Luke's will abide by current COVID-19 safety guidelines.

Visit saintlukeskc.org for updates and more upcoming support groups, classes, and events.

Support Groups and Education Classes

Join Saint Luke's for a series of virtual webinars focused on important topics.



Behavioral Health

- **Oct. 13** - Suicide: Signs, Symptoms, and Prevention
- **Nov. 10** - How to Survive the Holidays and Loving Self, Others, and Family
- **Dec. 8** - Coping and Self-Care



Diabetes

- **Oct. 11** - Blood Glucose Pattern Management: Benefits of SMBG
- **Nov. 8** - Exercise... I Thought You Said French Fries
- **Dec. 13** - Technology Update: What's New with Insulin Pumps and CGMs



Cardiology

- **Nov. 16** - Saint Luke's Mid America Heart Institute Heart Failure Support Group

Saint Luke's Events

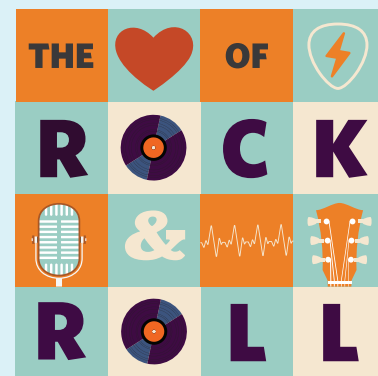


91st Annual Plaza Art Fair

Presented by Saint Luke's Health System

Sept. 23 - 25

Join Saint Luke's at this year's Plaza Art Fair, featuring artists, live music, and Kansas City area restaurants, all in the center of the Country Club Plaza.



Fall Ball

Benefits Saint Luke's East Hospital

Oct. 29

Learn more at saintlukeskc.org/fall-ball

Learn about Foundation events and how to support them at saintlukeskc.org/giving.



The Children's SPOT: In The SPOTLight

Attendees for the fundraising event "In The SPOTLight" walked the red carpet and danced under the lights to raise money for Saint Luke's Hospital The Children's SPOT, which serves children with developmental delays. Prior Children's SPOT patients Sophie, Austin, and Cade were featured at the event. Also pictured is guest speaker Kelly Eckerman, KMBC; Melinda L. Estes, MD, Saint Luke's Health System President and CEO; and Yvonne Miller, CFRE, Saint Luke's Foundation CEO and Chief Development Officer.



KC Current Teal Mobile

The KC Current Teal Mobile has been making the rounds at Saint Luke's hospitals this summer to recognize the incredible contributions of our health care workers. Tracy Stevens, MD, cardiologist for the KC Current and medical director of Saint Luke's Muriel I. Kauffman Women's Heart Center, and Chris Long, co-owner of the KC Current, joined employees to celebrate Saint Luke's role as the Official Medical Provider of the Current.



Pets for Life at Saint Luke's Bishop Spencer Place

Riley, a Pets for Life, Inc. therapy dog, visited Saint Luke's Bishop Spencer Place residents bringing emotional support and companionship. Riley and his person had one goal for the day: put smiles on our residents' faces. Mission accomplished!



May Flower Babies

This past May, Saint Luke's showed off beautiful new babies delivered at Saint Luke's South Hospital in a fun, blooming way. Congratulations to all our new parents on their beautiful babies.



The Khurana Family have become steadfast advocates and philanthropic supporters of Saint Luke's. Pictured left to right; Ashwin Khurana, Rima Khurana, Sean Khurana, and Nikit Khurana.

Why I Give

Sean Khurana

Sean Khurana and his family have served others over the last 20 years by volunteering in various capacities for health care organizations. Sean's exceptional civic principles have made him an invaluable leader within Saint Luke's Health System Board, Saint Luke's Health System Finance Committee, and as Chair of Saint Luke's South Hospital Board.

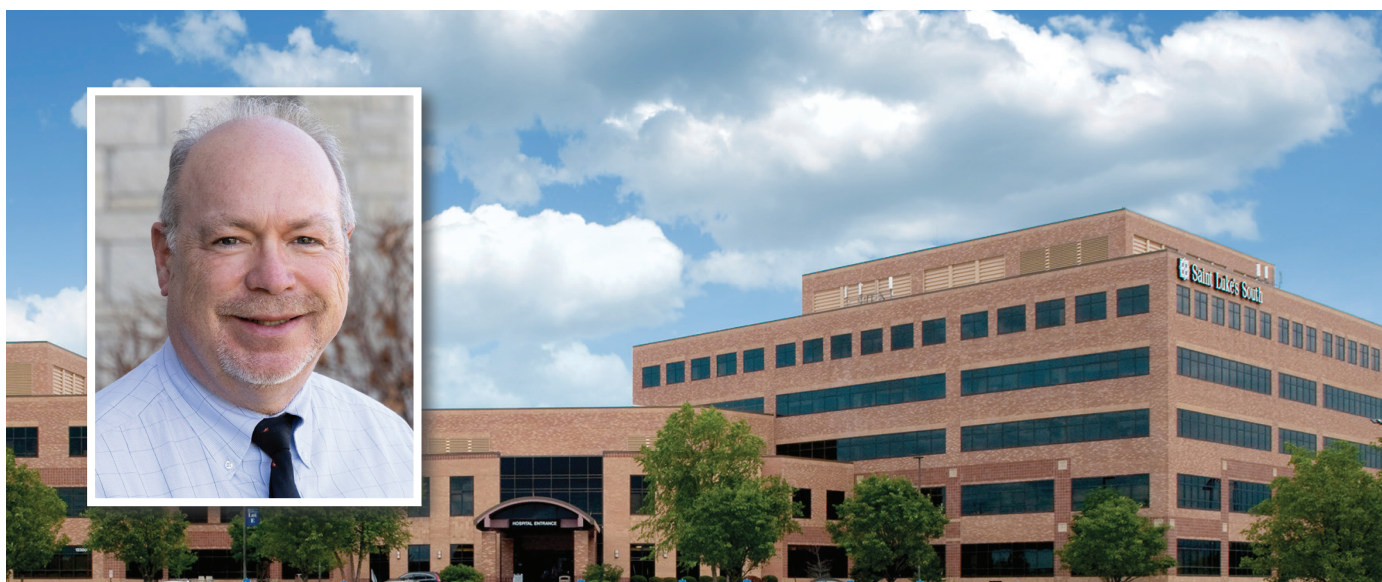
Growing up in India, Sean developed a genuine desire to positively influence others and make meaningful community contributions. Sean believes giving is a gesture of selflessness. It starts with giving your time and volunteering to make a difference. Through their journey, Sean and his wife, Rima, became steadfast advocates and philanthropic supporters of Saint Luke's.

"If people learned and witnessed what Saint Luke's provides Kansas City, it would be clear that giving makes an impact," Sean explains, "Saint Luke's Health System is an asset to the quality of life for anyone living within Kansas City."

Because of "Midwest courtesy," as Sean calls it, he feels like a local, thanks to kind people, Kansas City football, good barbecue, and quality health care.

"If people learned and witnessed what Saint Luke's provides Kansas City, it would be clear that giving makes an impact."

— *Sean Khurana*



Volunteer and donor, Mitch Rodeberg, is proud to be a part of the Saint Luke's team.

Why I Give Mitch Rodeberg

Mitch Rodeberg has been a beloved volunteer at Saint Luke's South Hospital for more than a decade. He began his journey in 2008 after becoming bored in retirement. Saint Luke's South at the time was recruiting volunteers to help drive a shuttle service on campus. Soon, Mitch was volunteering all over campus. From admissions, to supply chain, to marketing, and even IT, Mitch became a familiar face inside the walls of Saint Luke's South. Mitch later would be named Volunteer of the Year in 2019 and again in 2021 for all his work supporting the Saint Luke's mission.

"I never felt like I was just a volunteer," Mitch said. "When you see someone who is good at their job and is passionate about it, you want to be a part of that team."

By volunteering and financially supporting Saint Luke's through Saint Luke's Foundation, Mitch says he feels a part of a compassionate and influential team.

For Mitch, being able to donate to specific programs or entities within Saint Luke's allows him to make a difference while also seeing tangible results. Through his charitable support of Saint Luke's Cancer Institute, Mitch has been able to see the remarkable strides Saint Luke's has made in treating Stage 4 breast cancer. "I feel like the donations I have made are helping improve the lives of patients," he said.

"I never felt like I was just a volunteer. When you see someone who is good at their job and is passionate about it, you want to be a part of that team."

— Mitch Rodeberg

Beyond volunteering his time and donating to the Foundation, Mitch also has been providing meals to health care workers to show his appreciation for their work during the pandemic. You can still catch Mitch's friendly face throughout the halls of Saint Luke's South, ensuring no patient is lost and no job goes undone.

Thank you Mitch for your dedication to the Saint Luke's team.

◆ **Learn more**
saintlukeskc.org/giving



Saint Luke's Locations Earn LGBTQ+ Healthcare Equality Leader Designation

All nine Saint Luke's Health System hospitals have received a perfect score and the designation of "LGBTQ+ Healthcare Equality Leader" in the Human Rights Campaign Foundation's 15th anniversary edition of the Healthcare Equality Index (HEI). The nation's foremost benchmarking survey of health care facilities on policies and practices is dedicated to the equitable treatment and inclusion of their LGBTQ+ patients, visitors, and employees. This is the seventh year one or more of Saint Luke's campuses have been recognized.



Hedrick Medical Center Recognized as MO AIM Star

Hedrick Medical Center has been recognized as a Missouri AIM Star by the Missouri Alliance for Innovation on Maternal Health. The recognition signifies the hospital's completion of the organization's Severe Hypertension in Pregnancy Collaborative. During the two-year program, Hedrick Medical Center was one of only 25 hospitals meeting the criteria for successful implementation.

Hospitals that are part of the MO AIM Initiative participated in education and training, policy development, and data reporting, while also increasing patient and family education on the reportable signs and symptoms of high blood pressure in pregnancy.



Melinda L. Estes, MD

Susie Krug, MHA, BSN, RN

Melinda L. Estes, MD, and Susie Krug, MHA, BSN, RN, Honored by *Ingram's* Magazine

Saint Luke's congratulates President and CEO Melinda L. Estes, MD, and Saint Luke's East Hospital Chief Nursing Officer Susie Krug, MHA, BSN, RN, who were named among *Ingram's* magazine's 2022 'Heroes in Healthcare'.

Dr. Estes received Lifetime Service recognition in this year's list. *Ingram's* described her nationwide industry impact, including her 2020 service—coinciding with the first year of the COVID-19 pandemic—as chair of the American Hospital Association (AHA) Board of Trustees. Susie was recognized for her dedication to helping her nurses build successful nurse-patient relationships based on connection.



Saint Luke's East Hospital Honored for Maternity Care

Saint Luke's East Hospital has been recognized as High Performing in Maternity Care (Uncomplicated Pregnancy) by *U.S. News & World Report*. This is the first time *U.S. News* has published a list of Best Hospitals for Maternity. Only one-third of the hospitals evaluated by *U.S. News* for maternity care earned a 'High Performing' rating, the highest rating in this category.

"We've delivered more than 20,000 babies since opening our doors in 2006," said Susie Krug, chief nursing officer at Saint Luke's East Hospital. "This recognition is a testament to our ongoing commitment and dedication to provide high-quality care and create a positive and safe experience for expecting mothers."

What is an Advanced Practice Provider?



TWO MINUTES WITH...

Felicia Menefee, RN, MSN, BC, ANP, ACNS

Chief Nursing Officer, Saint Luke's Physician Group
Ambulatory Nursing & Advanced Practice Providers, Saint Luke's Health System

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Q: What is an advanced practice provider (APP) and how do they help patients?

A: An APP works in a variety of clinical settings including a medical office, convenient care, urgent care, and hospitals. They can assess, diagnose, treat, and manage a patient's overall condition, including acute and chronic conditions. They can order diagnostic tests, offer preventive care options, and prescribe medications. Saint Luke's APPs include specialty trained physician assistants, nurse practitioners, clinical nurse specialists, nurse midwives, and anesthetists.

Q: How do APPs work with doctors?

A: APPs work in collaboration with doctors to provide the best patient care by sharing responsibilities and working together as a team to manage patients' overall care.

Just as a patient sees a doctor for a new illness or a yearly checkup, you can see an APP.

Q: What's the difference between an APP and doctor?

A: The biggest difference is the amount of time spent in training. While APPs have more training than a registered nurse, they receive less training than a doctor. They also are licensed differently—meaning they do not practice the same in every state. Each state has different laws and regulations for APPs.

Q: Why are APPs important?

A: APPs are an important part of a patient's care team—building relationships with patients, listening to patient needs, and collaborating to provide high-quality care. Patients may be able to schedule an appointment with an APP quicker than their doctor, which improves access to care for patients.

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Saint Luke's Health System has a financial assistance policy for which you may qualify.



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- Refill prescriptions



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