MADISON PARISH HEALTH CONNECTION

ISSUE 2 **April 2025**

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Madison Parish Hospital Newsletter

CEO Message

Dear Team,
As we release the second quarterly issue of our newsletter, I find myself reflecting on our mission statement: "A People's Place." This powerful phrase not only defines who we are but also serves as a guiding light for our journey forward.

Madison Parish Hospital has a rich history that dates back to 1957. From our humble beginnings, we have grown into a critical access hospital that tirelessly serves our community. Our legacy is built on the dedication, compassion, and resilience of every team member who has walked through our doors. Each of you has played a vital role in making Madison Parish Hospital the cornerstone of healthcare in our region.

At the heart of our mission is the spirit of teamwork and collaboration. In these past months, I have witnessed remarkable examples of how we come together to overcome challenges and celebrate successes. Whether it is providing exceptional patient care, innovating new solutions, or supporting one another, our collective efforts embody the essence of "A People's Place."

We have achieved numerous milestones, and it is important to take a moment to acknowledge and celebrate them. From successful patient outcomes to staff recognitions, each achievement is a testament to your hard work and dedication. I want to express my deepest gratitude to every one of you for your unwavering commitment to our hospital and our patients.

The work we do is not easy, but anything truly worth having is not easy. It requires effort, determination, and a shared sense of purpose. As we continue to strive for excellence, let us remember that the challenges we face are opportunities for growth and improvement.

Looking ahead, open communication and transparency will continue to be our pillars. I encourage each of you to share your ideas, concerns, and feedback. Together, we can continuously improve and ensure that Madison Parish Hospital remains a place where everyone feels valued and heard.

As we move forward, let us remember that our strength lies in our unity. By embracing our legacy and living our mission, we can create an environment where excellence thrives, and our community feels cared for and supported.

Thank you for being a part of this incredible journey. Let us continue to build on our successes and make Madison Parish Hospital truly "A People's Place."

With gratitude and admiration,

Satira Perry MD
Interim, Chief Executive Officer

A People's Place

CELEBRATING OUR EXCEPTIONAL TEAM

RICHARD McBROOM
Respiratory Therapist

Richard McBroom embarked on his journey in respiratory care at Bossier Parish Community College in Bossier City. During his clinical rotations, he gained invaluable experience at Ochsner's, St. Francis, and Glenwood hospitals. Unlike the larger facilities where respiratory therapists have designated areas such as the ER, the medical unit, or outpatient services, Richard appreciates the dynamic environment at Madison Parish Hospital (MPH). Here, respiratory therapists are versatile, moving between different departments throughout the day.

Responsibilities and Daily Life

At MPH, Richard performs a variety of tasks including arterial blood gases, electrocardiograms, breathing treatments, COPD education, and assisting patients who are unable to breathe on their own. This role allows him to interact with many people across the hospital, fostering a sense of community and family among staff and patients alike.

Motivation and Inspiration

For Richard, the primary source of motivation is his faith in God. He believes that without God's guidance, he wouldn't be where he is today. The opportunity to work at MPH was a blessing, and he feels motivated and challenged by God every day. Additionally, the patients inspire Richard to provide the best care possible, helping them on their journey to better health. He holds onto the verse Philippians 4:13: "I can do all things through Christ who strengthens me," as a source of strength and encouragement.

"Breathe. Let go and remind yourself that this very moment is the only one you know you have for sure"

Teamwork and Growth

The teamwork at MPH is exceptional, with everyone collaborating to ensure the best outcomes for patients. Richard feels that his skills and knowledge have grown significantly through daily interactions with colleagues and patients. He learns something new every day, which contributes to his professional and personal development.

Advice for Aspiring Healthcare Professionals

Richard advises that while the field of respiratory care can be challenging, the reward of helping patients recover and leave the hospital is one of the greatest feelings. He encourages anyone interested in a healthcare career to pursue it with dedication and faith. As Deuteronomy 31:8 says, "It is the Lord who goes before you. He will be with you; He will not leave you or forsake you, do not fear or be discouraged."

Madison Parish Hospital is proud to have Richard McBroom as part of our team, exemplifying dedication, compassion, and faith in his daily work.

GERALD "Twin" MCLEOD
Patient Care Assistant

Gerald "Twin" McLeod is honored to be part of the Madison Parish Hospital (MPH) staff. When he decided to join MPH, his goal was to be accessible not just for his department, but for the entire hospital. Since starting in the Emergency Department, he has expanded his skills by assisting the medical staff, providing heavy lifting, and transporting patients throughout the hospital.

A Perfect Match

With 27 years of experience in law enforcement and corrections, Gerald holds post certification in criminal and correctional law. This background made his transition to healthcare a perfect match. The knowledge and training he brought with him have been invaluable in his new role.

A Family Environment

The staff at Madison Parish Hospital feels like a true family to Gerald. The supportive environment fuels his drive to work and serve the community. He enjoys traveling, cooking, and watching sports with his family in his free time.

"The secret to success is consistency"

Advice for Aspiring Healthcare Professionals

To anyone considering a career in healthcare, Gerald advises not to be afraid to lend a helping hand and step out of your comfort zone. He believes there is always room for improvement and growth in any profession. His philosophy is simple yet profound: "The secret to success is Consistency."

Madison Parish Hospital is proud to have Gerald "Twin" McLeod as part of our team, exemplifying dedication, adaptability, and a commitment to serving our community.

DEPARTMENT SPOTLIGHT

PHYSICAL THEARPY

At Madison Parish Hospital, our Physical Therapy Department is dedicated to providing exceptional care and innovative programs to support our community's health and wellness. Led by Department Director Alicia Rials, the team continues to achieve remarkable milestones while delivering top-notch services for patients of all ages.

David Yerger, a cornerstone of the team, has obtained multiple certifications, including dry needling, vestibular concussion specialist, and a diploma in osteopractic—reflecting his advanced training in physical therapy techniques such as spinal manipulation and evidence-based treatments for musculoskeletal conditions. Noland has introduced a manual cupping program, expanding the range of therapeutic options available to patients. The department also proudly achieved a 100% satisfaction rate on the outpatient physical therapy satisfaction survey, a testament to their commitment to excellence in patient care.

The department offers comprehensive outpatient physical therapy services for all ages, speech therapy telehealth services accessible across all age groups, inpatient physical and speech therapy services for hospital stays, and at-home Medicare Part B outpatient services that bring therapy right to the patient's door.

With a strong focus on superior care, the department achieved a 100% satisfaction rate for outpatient physical therapy, emphasizing personalized care tailored to each patient's needs. The team constantly strives for growth, with Morgan Delap working toward certifications in personal training, strength and conditioning, and corrective exercises, and David Yerger pursuing his FAAOMPT certification, known for its emphasis on excellence in manual therapy.

In addition to patient care, the department plays a vital role in the community. David Yerger supports the Madison Parish Schools' athletic department, while both Alicia Rials and David contribute to Tallulah Academy's athletics. David is also contracted to provide therapy for the Madison Parish School District, ensuring students receive necessary care.

Looking ahead, the department is committed to evolving and creating programs that respond to the community's needs, ensuring all patients have access to high-quality care. The Physical Therapy Department continues to combine skill, compassion, and innovation, making a lasting impact on the lives of patients and the community. Stay tuned for more exciting updates from this dynamic team.

INTENSIVE OUTPATIENT PROGRAM "JOURNEYS"

Laurie Fulford, IOP Director; Beatrice Wells, LCSW; Dr. Gerald Robertson; Helen Brown, RN; Heather Spruell, LFC; Carrie Jackson, CNA

The Intensive Outpatient Program (IOP) at Madison Parish Hospital, lead by Laurie Fulford, plays a critical role in providing comprehensive psychiatric, psychological, social, educational, and medical treatment to geriatric patients. The Journeys program offers intensive support and care while allowing patients to maintain their daily routines. This program is essential for patients needing more support than traditional outpatient services but not requiring full-time inpatient care. The Journeys Program helps older adults manage their mental health conditions, improve their quality of life, and achieve their personal goals. The programs provide a supportive environment where patients can learn coping skills, gain support from peers, and develop personal goals for navigating life transitions.

The IOP is particularly important in rural areas served by critical access hospitals, where resources may be limited. By bridging the gap between traditional outpatient care and inpatient hospitalization, the IOP ensures that patients receive the appropriate level of care for their needs. This personalized approach involves monthly psychiatrist visits, three group therapy sessions daily, four days a week, and individual or family therapy as ordered.

Over the past year, the IOP has achieved several key milestones, including maintaining their group census and successfully implementing CMS-required changes in January 2024. Despite the retirement of their RN, the program welcomed a new RN without any disruptions, thanks to the Chief Nursing Officer who facilitated the transfer of an experienced RN to Journeys.

The dedication and expertise of the IOP staff are evident in their individualized care plans and success stories. Notably, four nursing home referrals were able to return home, with one patient improving significantly and remaining at the nursing home until ready to go home. The commitment to patient care and personalized support is a hallmark of the program.

Looking ahead, the IOP's primary goals include raising awareness about their services among hospital staff and the community, and building stronger relationships with providers. The Journeys program continues to be a vital part of Madison Parish Hospital, providing essential services and improving the lives of patients. The hospital extends its deepest gratitude to Laurie Fulford, Dr. Robertson, and the entire Journeys team for their dedication and hard work.

HAPPY BIRTHDAYS!!

April

Daisha Batiste
Tradarian Bell
Sharon Jackson
Daylon Lott
Olen Scott McCain
Danielle McDowell
Chantly Stewart
Nigil Suluki

May

Russell Hawkins
Kim Martin
Sharvette Miles
Heather Spruell
Deana Tollefson
Lashontay Washington

June

Ashley Cook
Elizabeth Copes
Darren Drake
Tavi Ford
April Jackson
Aldrin Martin
Karsen McBroom
Martha McDuff
Dana Nelson
Ty'Quasha Newell
Jeanette Phillips
Jase Smith
Marshall Wright

Ask the CEO: Your Questions Answered!

At Madison Parish Hospital, we believe in open communication and transparency. That's why we're excited to introduce the "Ask the CEO" section in our newsletter! This is your chance to ask any questions you may have about the hospital, our policies, or the direction we're heading.

How It Works:

- **Submit Your Questions**: You can submit your questions to newsletter@madisonparishhospital.com.
- **Get Answers**: Our CEO will select a few questions each quarter to address in the newsletter, providing insights and updates directly from the top.
- **Stay Informed**: This is a fantastic opportunity to stay informed about what's happening at Madison Parish Hospital and to have your concerns addressed.

Why Participate?

- **Voice Your Thoughts**: This is your platform to voice any concerns, ideas, or suggestions you have.
- **Gain Insights**: Learn more about our strategic initiatives, upcoming projects, and overall vision.
- **Foster Community**: Help us build a more connected and informed workplace community.

We value your input and look forward to hearing from you!

Our Vision

To be the first choice for compassionate, quality care and employment "close to home"

Calendar of Events

MPHSD Board meeting	**Monthly**: Every 4th Tuesday @ 11am • Additional meetings will be announced as necessary
Medical Staff Meeting	**Quarterly** • Additional meetings will be announced as necessary
Executive Committee Meeting	**Monthly**: Every 3rd Tuesday @ 10:00 am
Department Directors' Meeting	**Monthly**: Every 3rd Monday @ 10:00 am
PI meeting	**Monthly**: Every 3rd Wednesday @ 2pm
Azalea CSM	**Monthly**: Every 1st Monday @ 11:30
P&T Committee Meeting	**Quarterly**: Next meeting - January 2025 • Additional meetings will be announced as necessary

Meeting dates and times are subject to adjustments as necessary

HOSPITAL HIGHLIGHTS

MPH has proudly served our community since 1957;
MPH Rural Health Clinic since 2011;
LP Neumann Rural Health Clinic since 1981

Cafeteria Hours and Menu

BREAKFAST MENU

SERVED DAILY

Grits	Scrambled eggs
Hashbrowns	Boiled eggs
Biscuits	Bacon
Toast	Turkey patties
Breakfast Bars	Pork patties
Oatmeal **	Smoked sausage**
Pancakes **	Over-easy eggs**
French toast sticks **	Waffles**

** Served occasionally

OPENING HOURS

BREAKFAST

MON-FRI

8:00AM—9:00 AM

For employees and public

LUNCH

MON-FRI

11:00AM-1:00PM (for employees)

11:45AM - 1:00 PM (for public)

SATURDAY AND SUNDAY

(not open to public)

BREAKFAST

8:00AM –9:00 AM

LUNCH

11:00AM-1:00PM

Make Your Fridays Delicious !!

Join us **every** Friday for our famous ***Fried and Baked Catfish***! A local favorite, this dish is the perfect way to kick off your weekend. Pair it with your choice of sides and make it a meal to remember. Don't miss out—

Fridays are for catfish lovers!

LUNCH MENU

Our lunch menu **changes daily** to bring you fresh and exciting options. Items served include:

MEATS

Wings (Buffalo, Ranch, BBQ & Garlic parmesan)
BBQ ribs
Beef tips
Jambalaya
Meatloaf
Meat pies
Spaghetti and meat sauce
Chicken and sausage pasta
Porkchops (baked and fried)
Lasagna
Chicken tenders
Hot Dogs
Chicken (BBQ, baked and fried)
Pot roast
Chicken and dumplings
Tacos

VEGGIES

Potatoes (baked, mashed, loaded)
Broccoli
Corn
Peas
Beans (green, baked and pinto)
Chateau blend
Cabbage
Dirty rice
Yams
Mustard greens
Fried okra

SOUPS

Chicken noodle soup
Tomato soup
Vegetable soup,

SANDWICHES

Philly cheesesteak
Fish sandwich
Chicken sandwich
Pulled pork sandwich
Cheeseburger

SALADS

Chef salad
Taco salad

DESSERTS

Cookies: Chocolate chip, Macadamia , Peanut butter
Cakes: Sock-it-to-me, Red velvet , Strawberry Shortcake, Lemon, Cinnamon swirl, Birthday
Banana pudding, Apple pie, and Peach cobbler.

LUNCH MENU CHANGES DAILY

NEWS AND NOTES

Xandria Kline, HIIM graduate

We are excited to highlight Xandria Kline, a recent graduate from Louisiana Tech's Health Informatics & Information Management (HIIM) program, who completed her clerkship at Madison Parish Hospital (MPH). Xandria earned a Bachelor of Science degree and holds two professional credentials: Certified Coding Associate (CCA) and Registered Health Information Administrator (RHIA).

Background and Motivation

Xandria chose to pursue her clerkship at MPH to gain real-world experience close to home. This 160-hour internship was a key component of her degree program, motivating her to excel and fully immerse herself in the practical aspects of Health Information Management.

Experience and Learning

During her clerkship, Xandria's primary responsibilities included retrieving patient charts from various departments, validating their authenticity, and scanning them into the Electronic Health Record (EHR) system. She also had the opportunity to shadow experienced professionals across departments like respiratory services, laboratory, and radiology, gaining valuable insights into specialized medical procedures and hospital operations.

Achievements

Xandria overcame challenges by designing and implementing an Excel-based tracking system to monitor and verify patient chart authentication. One of her proudest accomplishments was scanning over 1,000 patient charts into the EHR system, demonstrating her dedication, attention to detail, and efficiency.

Support and Guidance

Xandria found the support and guidance she received from the hospital staff throughout her clerkship exemplary. From the comprehensive orientation to the daily hands-on training provided by her supervisor, Deanna Pinkney, and the rest of the team, every member of the hospital contributed to her learning and professional growth.

Impact and Future Plans

The clerkship confirmed Xandria's passion for Health Information Management, providing her with a clear understanding of the critical role accurate record management plays in patient care. The hands-on experience and challenges she overcame boosted her confidence and solidified her commitment to furthering her professional development within the HIM field. She now feels better prepared to pursue advanced roles and leverage her credentials to contribute meaningfully to the healthcare industry.

Advice for Aspiring Students

Xandria advises other students to seize every opportunity for practical learning, actively engage in internships, and be ready to adapt to unexpected challenges. Balancing academic study with hands-on experience is essential for building a robust skill set vital for success in the field.

Personal Insights

The most rewarding aspect of Xandria's clerkship was witnessing how effective record management can directly enhance patient care and operational efficiency. She found it incredibly fulfilling to know that her work had a tangible impact on healthcare delivery. Memorable experiences, such as shadowing key personnel in various departments, enriched her practical knowledge and highlighted the importance of teamwork and clear communication in a hospital setting.

Madison Parish Hospital is proud to have been a part of Xandria Kline's educational journey and wishes her continued success in her career.

Reminders & Updates

Policy Update Notification: Inclement Weather Policy

- Attention all employees: Please be aware that Madison Parish Hospital has updated its Inclement Weather Policy. We encourage all staff to review the revised policy to ensure clarity and preparedness during severe weather events. For more details or to access the updated policy, please contact Human Resources. Thank you for your attention to this important update.

Employee Assistance Program (EAP):

- Madison Parish Hospital offers the Employee Assistance Program (EAP), a free and confidential counseling service. This valuable resource is available to employees and their immediate family members who may be facing personal challenges impacting their personal or professional lives. For more information, please call 225-927-0160.

Health Awareness
April - May - June

- Alcohol Awareness Month
- Autism Acceptance Month
- National Child Abuse Prevention Month
- National Minority health Awareness month
- Sexual Assault Awareness Month
- Irritable Bowel Syndrome (IBS) Awareness Month
- National stroke awareness month
- National osteoporosis month
- National asthma and allergy awareness

Stress Awareness Month

April is Stress Awareness Month – an opportune moment for us to take a step back and evaluate how stress impacts our lives, as well as the importance of maintaining mental health.

Stress is an inevitable part of life, often stemming from everyday challenges at work, home, or even the unexpected. While some stress can motivate us to overcome obstacles, chronic stress can take a toll on our physical and mental health, contributing to conditions such as hypertension, heart disease, and anxiety disorders.

At Madison Parish Hospital, we recognize that stress management is crucial for overall well-being. Here are some insights and tips to help you navigate stress more effectively:

1. Understanding Stress: Stress is the body's response to any demand or challenge. It triggers the release of hormones like cortisol and adrenaline, preparing us for the "fight-or-flight" response. While this is beneficial in short bursts, prolonged stress can be harmful.

2. Identifying Stressors: Common stressors include work pressures, financial difficulties, health concerns, and relationship issues. Take time to identify what triggers your stress and address them proactively.

3. Healthy Coping Mechanisms:

- **Exercise:** Physical activity releases endorphins, which act as natural stress relievers. Aim for at least 30 minutes of exercise most days of the week.
- **Mindfulness and Meditation:** Practicing mindfulness and meditation can help calm the mind and reduce stress. Set aside a few minutes each day to focus on your breathing and clear your thoughts.
- **Social Connections:** Maintaining strong relationships with family and friends provides emotional support during stressful times. Don't hesitate to reach out and share your feelings.
- **Balanced Diet:** Eating a nutritious diet helps your body cope with stress. Incorporate plenty of fruits, vegetables, whole grains, and lean proteins into your meals.

4. Seeking Professional Help: If stress becomes overwhelming, it's important to seek support from healthcare professionals. Madison Parish Hospital offers resources such as counseling and stress management programs to help you navigate challenging times.

5. Prioritizing Self-Care:

- **Sleep:** Ensure you get adequate rest. Aim for 7-9 hours of quality sleep each night to rejuvenate your body and mind.
- **Hobbies:** Engage in activities you enjoy. Whether it's reading, gardening, or painting, hobbies can provide a much-needed break from daily stressors.
- **Relaxation Techniques:** Techniques like deep breathing, progressive muscle relaxation, and aromatherapy can help reduce stress levels.

At Madison Parish Hospital, we are committed to promoting a healthy lifestyle and providing support for those dealing with stress. Remember, managing stress is not a one-time effort but a continuous journey toward better health. This Stress Awareness Month, take the first step towards a healthier, stress-free life.

HEALTH AND WELLNESS

The Benefits of Breathing

Breathing plays a crucial role in health of mind, body and sprit. Here are some key benefits of mindful breathing:

1.**Stress Reduction**: Deep, mindful breathing activates the parasympathetic nervous system, promoting relaxation and reducing stress levels.

2.Improved Mental Clarity: Regular practice of breathing exercises enhances oxygen flow to the brain, improving focus, concentration, and cognitive function.

3. Enhanced Physical Health: Proper breathing supports cardiovascular health, lowers blood pressure, and improves lung capacity.

4. Emotional Balance: Breathing exercises can help regulate emotions, reduce anxiety, and promote a sense of calm and well-being.

5. Pain Management: Mindful breathing can act as a natural pain reliever by releasing endorphins and promoting relaxation.

BREATHING IS FUNDAMENTAL

Breathing is one of the most basic functions of life, yet its significance often goes unnoticed. From an integrative medicine perspective, the simple act of breathing is a powerful tool that can profoundly influence our overall health and well-being. Some effective breathing exercises, are the Fire Breath and 4-6-8 Breath. These breathing exercises can help you harness the power of your breath.

Fire Breath (Kapalabhati)

- Sit in a comfortable position with your spine straight.
- Take a deep breath in, then exhale forcefully through your nose while pulling your navel toward your spine.
- Continue with rapid, forceful exhalations and passive inhalations.
- Perform this exercise for 1-2 minutes, then take a few deep breaths to finish.

***Benefits*:** Fire Breath invigorates the mind, cleanses the respiratory system, and boosts energy levels. It's an excellent way to start the day or re-energize during a midday slump.

4-6-8 Breath

- Sit or lie down in a comfortable position.
- Inhale quietly through your nose for a count of 4.
- Hold your breath for a count of 6.
- Exhale completely through your mouth for a count of 8.
- Repeat this cycle 4-6 times.

Benefits: The 4-6-8 Breath promotes relaxation, reduces stress, and helps manage anxiety. It's particularly useful for unwinding before bed or calming the mind during stressful moments.

Breathing is an indispensable aspect of our well-being, and mindful breathing practices are simple yet powerful tools for enhancing overall health. By integrating these exercises into your daily routine, you can harness the full potential of your breath and experience profound physical, mental, and emotional benefits.