An update on campuswide changes

This year is sure to hit the record books for all the great things happening on our St. Matthews campus. Big events happening in 2013 include the implementation of an electronic medical records system, creation of a new Intensive Care Unit and Pediatric Surgery Center, construction of a new east tower, renovations to the Central Sterile Supply and Emergency departments, new space for our lithotriptic service, two new operating rooms, postpartum care all on one floor and more. Let’s roll!

Pediatric Surgery Center now open

Our new Pediatric Surgery Center opened for outpatient surgeries on Monday, Feb. 11. Inpatient surgeries will begin next year, once the Pediatric Emergency Department and pediatric inpatient unit are completed. The center offers patients and families an integrated approach to surgical care and expertise provided by specially trained physicians and staff, including pediatric surgical and anesthesiology teams, pediatric nurses and child life therapists.

The center has four operating rooms and 19 beds for pre- and postoperative care. It can accommodate a wide variety of surgical procedures, including ear, nose and throat; orthopaedics; urology; and general surgery.

Volunteers needed

Help spread the word that we continue to seek volunteers for the Pediatric Surgery Center. Information about volunteering can be found at NortonHealthcare.com under “Ways to Help.” In addition, we have recruited six volunteers with a special interest in responding to sexual assault and domestic violence cases in our Emergency Department. These volunteers will attend comprehensive training conducted by the Center for Women and Families. If you know someone who is interested in volunteering in this capacity, call Rita Ross at 893-1229.

Grant helps provide technology for kids

The Children’s Hospital Foundation has approved a grant to install EyeClick interactive game technology in the Pediatric Surgery Center play area. The grant comes with support from Hwang’s Martial Arts. For information on how you can support Norton Women’s Hospital and Kosair Children’s Hospital – St. Matthews, call 629-8070 or visit NortonHealthcareFoundation.com.

New hospital beds installed

Norton Women’s Hospital and Kosair Children’s Hospital – St. Matthews is now home to 250 new Hill-Rom VersaCare beds. These beds offer state-of-the-art technology that assists caregivers of mid- to high-acuity patients through advanced solutions supporting patient safety, mobilization and skin care.
Integrative medicine symposium a success

Nearly 400 people attended the Feb. 7 symposium “Integrative Medicine: Ancient Wisdom in 21st Century Medicine” at Bellarmine University. Adam I. Perlman, M.D., MPH, executive director of Duke Integrative Medicine, was the featured speaker. Dr. Perlman discussed how nutrition and complementary healing methods improve and maintain overall health for the mind, body and soul in his address “Strategies to Optimize Health.”

Norton Suburban Hospital is working to implement an integrative approach to medicine. Research shows an integrative approach to health care offers women value to not only their health but their lives as a whole. Norton Women’s Care works to accomplish the goal of optimizing patients’ well-being by treating the whole person — mind, body and spirit. We appreciate the leadership from Rachel Busse, M.D., and Soraya Nasratty, M.D., and our integrative medicine committee for their work in accomplishing this goal.

Upcoming Marshall Center classes

The following Marshall Women’s Health & Education Center classes are scheduled for February and March. Those interested in attending can register by calling 629-1234.

Register to win a spa package!
Stop by the Marshall Women’s Health & Education Center anytime in February and register for a spa package valued at $100! Donated by Joseph’s Salon & Spa, the package includes a gift card and spa products.

The Prom Project

Once again, Marshall Women’s Health & Education Center is a donation site for the Prom Project. Through Feb. 22, drop off prom dresses, rhinestone jewelry and shoes. The Prom Project, sponsored by Northeast Christian Church, allows girls who lack financial resources to get a prom dress, shoes and jewelry free of charge. More than 1,500 girls have attended the prom after a day of shopping at the Prom Project.

New Year Open House

Come celebrate the new year and learn how Marshall Women’s Health & Education Center can help you live a healthier life! Refreshments will be served. RSVP by calling 629-1234.
Feb. 14 • 2 to 4 p.m.

Circle of Hearts: The Rhythm of Your Heart
Learn all about heart arrhythmias.
Feb. 21 • 6 to 8 p.m.

Family and Friends CPR
This American Heart Association class teaches the lifesaving skills of adult hands-only CPR, child CPR with breaths, infant CPR and relief of choking in adults, children and infants. Ideal for new parents, grandparents, students and babysitters. Participants must be at least 11 years old. This is not a certification class.
March 4 • 6 to 8:30 p.m.

Eating Disorders: A Key to Understanding
A panel made up of a therapist, nutritionist, pediatrician, mother of a child with an eating disorder and an eating disorder survivor will discuss signs and risks of eating disorders, treatment options and more.
March 6 • 6 to 8 p.m.

Waggner High School
330 S. Hubbards Lane

Movie Night — “Someday Melissa”
Join a physician-led discussion that includes viewing portions of “Someday Melissa,” a documentary based on the journal writings of a young woman who battled an eating disorder. Learn about the devastating effects of the disease and what treatment options are available.
March 13 • 6:30 to 8:30 p.m.

Circle of Hearts: Herbs for Heart Health
Learn the health benefits of herbs, how to plant your own herb garden and tips for cooking with herbs.
March 21 • 6 to 8 p.m.

iHealth
A registered dietitian reviews and demonstrates popular smartphone applications that can assist with making healthy lifestyle changes.
March 25 • 6:30 to 7:30 p.m.