



You're Gonna *Love* LANE



Message from CEO

Exciting times are ahead as Lane continues to invest in the region. Our expansion project for a modern facility focused entirely on patient-centered care is moving forward. We've completed the pre-construction phase to finalize design, flow, and equipment needs. Demolition of the west wing and former nursing home is

slated for this fall. Construction of the four-story tower featuring all new patient rooms and expanded surgical services will begin soon after.

We recently welcomed two new physicians, Dr. Krishna Sajja with Lane Gastroenterology and Dr. Chana Heintz with Lane Pediatrics. Both doctors are excited to be part of the community and are accepting new patients.

As part of our customer service plan, you may receive a patient satisfaction survey through text, email, or phone call. Please take a few minutes to respond as results are taken seriously to continuously improve our services.

Thank you once again for your trust and support as our dedicated team strives to provide exceptional healthcare services to every patient, every time.

Kindest Regards,

Larry Meese

Larry Meese

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Lane Regional
Medical Center

Care You Can Count On



WELCOME TO LANE



Bernitha Russell-Wilson,
BSN, RN-BC
*Director of Medical/Surgical/
Telemetry Units*

With more than 20 years of nursing leadership experience, Bernitha is responsible for coordinating all aspects of nursing care for the units according to accreditation and professional standards, including patient satisfaction, quality assurance, staffing, and physician relations.

Bernitha completed her Bachelor of Science degree at Southern University School of Nursing in Baton Rouge and maintains national certifications in Medical/Surgical and Ambulatory Care nursing.

"I am proud to be part of the Lane family where I have the unique opportunity to work with and care for neighbors, friends, and family here in my own community," says Bernitha. "It is exciting to be part of an organization where people care about each other and work together as a team to provide quality care to the patients we serve."



Patty Williams
*Director of Physician Practice
Management*

Patty will oversee both managed care and clinical care at Lane Dermatology, Lane Family Practice, Lane Gastroenterology, Lane OB/GYN, Lane Pediatrics, Lane Surgery Group, and FastLane After-Hours Urgent Care.

Patty joins the Lane team with an extensive and varied background in healthcare.

"I am very excited to be a part of the Lane team," says Patty. "It is an honor to be involved with such an outstanding group of physicians and staff that understand the needs of the patients we serve. Together we will strive to fulfill Lane's mission of providing exceptional healthcare services to every patient, every time."

Free Stop the Bleed Training for Businesses and Organizations

Traumatic injuries are often sudden and unexpected. They can occur due to falls, accidents, and intentional violence. The number one cause of preventable death after injury is uncontrolled bleeding.

Learning how to Stop the Bleed can help increase the chances of survival following traumatic injury.

Presented by Dr. Jamie Bohanon with Lane Surgery Group, Stop the Bleed is a national awareness campaign designed to train and equip people to save lives in emergency situations involving serious bleeding until professional help arrives.



Dr. Jamie Bohanon with Lane Surgery Group demonstrates how to Stop the Bleed in life-threatening situations.

Stop the Bleed is for anyone who is old enough to understand what the course teaches and interested in learning how to save a life. Participants will learn:

- Basic bleeding control techniques including how to correctly apply pressure, dress a wound, apply a tourniquet to control various bleeding injuries, and basic suturing,
- The importance of prompt bleeding control to prevent death from hemorrhage, and
- How to identify life-threatening injuries.

To schedule a FREE Stop the Bleed training course for your staff or membership, please call Liz Sagely at 225-658-4465.

The Right Team for Gastroenterology

One of the most specialized fields of medicine involves the digestive system, and we have two amazing gastroenterologists: **Dr. Krunal Patel** and **Dr. Krishna Sajja**.

Dedicated to diagnosing and treating conditions affecting the colon, gall bladder, liver, pancreas, esophagus, rectum, and stomach, Dr. Patel and Dr. Sajja focus on patient safety, quality of life, and improving their patients' overall health. They routinely perform endoscopies, colonoscopies, bronchoscopies, biopsies and other procedures in Lane's state-of-the-art Endoscopy suites.

Both physicians are well trained in capsule endoscopy exams, dilation procedures, and the placement of endoluminal stents for gastrointestinal tract obstructions. Dr. Patel also performs ERCP (endoscopic retrograde cholangiopancreatography) to diagnose diseases of the biliary system and gallbladder.

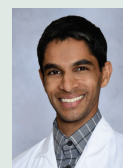
At Lane Gastroenterology, our doctors provide care for complex health issues including inflammatory bowel disease such as ulcerative colitis and Crohn's, as well as liver and pancreatic diseases such as hepatitis, cirrhosis, primary biliary cholangitis, pancreatitis and other autoimmune disorders.

**To schedule an appointment, please call
Lane Gastroenterology at 225-658-6780.**



Krunal Patel, MD

- Board Certifications: Internal Medicine and Gastroenterology
- Medical Education: Topiwala National Medical College in Mumbai, India
- Residency: Internal Medicine at the University of Arizona in Tucson
- Chief Resident: Bridgeport Hospital, Yale New Haven Health in Connecticut
- Fellowship in Gastroenterology: Louisiana State University Health Science Center in Shreveport



Krishna Sajja, MD

- Board Certifications: Internal Medicine and board eligible in Gastroenterology
- Medical Education: University of Texas Southwestern Medical School in Dallas
- Residency: Internal Medicine at Baylor College of Medicine in Houston
- Fellowship in Gastroenterology: Ochsner Medical Center in New Orleans

Lane Gastroenterology • 6550 Main Street, Suite 3500, Zachary • 225-658-6780 • LaneRMC.org



Welcoming to Lane Pediatrics

Dr. Heintz joins Dr. Shola Tijani at Lane Pediatrics.

**Dr. Heintz is now accepting
new patients!**

**To schedule an appointment,
please call 225-658-4070.**

Same day appointments are available!

Chana Heintz, MD

Dr. Heintz is here to help you with the most important job in life – raising your children and keeping them healthy.

Dr. Heintz's expertise lies in providing compassionate and nurturing care to children of different ages including neonatal care, performing examinations and evaluations to assess patient growth and development, and treating children with both minor illness and chronic health issues.

Services for newborns, toddlers, children and teens include:

- Well-baby Exams
- Preventive Check-ups
- Immunizations
- Flu Shots and COVID-19 Vaccinations
- Developmental Screenings
- Primary Care Services
- School & Sports Physicals

"It is a privilege to care for your children and provide quality, outstanding care to help them stay healthy and happy."

I value the trust you place in me and look forward to getting to know and grow with your family."



Highlights

Graduated as Valedictorian from Medgar Evers College – The City University of New York

Medical school at St. George's University School of Medicine

Residency in Pediatrics at University at Buffalo Jacob's School of Medicine and Biomedical Sciences

Board eligible in Pediatrics

Fluent in Dutch and Hebrew, also speaks German, French, and Yiddish

Lane Pediatrics • 6110 Main Street, Suite B, Zachary • 225-658-4070 • LaneRMC.org

Home Health Services Help Patients Maintain Strength and Active Lifestyle

Thanks to expanded home health services that meet multiple needs, more dementia and Alzheimer's patients are remaining at home in a familiar environment surrounded by loved ones.

Lane Home Health offers several services, including skilled nursing, physical, occupational and speech therapy, medication management, medical nutrition therapy, and assistance with personal care. Lane Home Health has been in operation since 1984 and serves families within a 50-mile radius of Zachary, including the Baton Rouge area.

When our health care professionals perform a complete assessment of the patient, there is also an emphasis on making the home environment as safe as possible and preventing patient falls. This might include placing cues on the walls to remind patients to use their walker and shower chair, as well as installing grab bars, clearing clutter, and removing rugs and other tripping hazards.

"We like our patients to stay active but in a safe way," said Lori Shaw, Lane Home Health's clinical manager. "Our occupational therapists teach patients how to do

small tasks and household chores to keep them engaged and help maintain strength. Even after a diagnosis of dementia or Alzheimer's, patients can continue to have meaningful lives, and are encouraged to look at old photos, listen to music, stay involved in hobbies, and spend time with their loved ones."

Lane Home Health's social workers assist caregivers and patients with legal matters such as living wills and power of attorney documents. They also provide information on finding an appropriate facility if the patient can no longer remain at home.

"Family members always want to understand what's going to come next," Lori says. "Some patients may develop behavioral issues or ask the same question several times, which makes for a challenging situation. Thankfully, we are able to provide resources in the community and from our staff so caregivers can receive the support they need, as well."

To learn more about how Lane Home Health can help you or your loved ones, please call 225-658-4150 or visit LaneRMC.org/Home-Health.

*Through the years,
we've celebrated
many milestones.*

We've celebrated
our patients' successes following dementia diagnosis, strokes, illnesses, and surgeries.

We've celebrated
friendships that span the years as our patients become like family.

We've celebrated
being a team and making
a difference.

**And now, we are pleased to celebrate our
38th year of service to our amazing community.**

**A special thanks to all of our patients who have
warmly welcomed us into their homes and their lives.**



**Lane
Home Health**

Care You Can Count On

Providing home health services including skilled nursing, physical therapy, occupational therapy, speech therapy, medical nutrition therapy, medication management, fall prevention, personal care, social services, and palliative care transition assistance.

6300 Main Street • Zachary, LA • 225-658-4150 • LaneRMC.org

The Best Protection is Early Detection

Early detection is key to fighting breast cancer, the most common cancer in women behind skin cancer.



Breast Cancer Prevention & Screening

Starting in your 20s, you should conduct monthly breast self-exams to know how your breasts normally look and feel and so you know how to recognize any changes. Report any changes or breast-related symptoms to your doctor right away.

If you have a monthly period, do your self-exam seven days after your period starts. If you don't have a monthly period, choose the same day every month for your self-exam.

Guide to Breast Self-Exam

Put your left hand behind your head. With finger pads of right hand, feel entire left breast and armpit area. Switch arms and repeat exam for right breast.

Clinical Breast Exam

A physical examination of your breast by a doctor or advanced practice provider is a clinical breast exam. The American Cancer Society recommends getting a clinical exam:

- Every one to three years when you're in your 20s and 30s
- Every year starting at age 40

Mammograms Save Lives

Get the greatest control over your breast health by scheduling yearly mammograms starting at age 40. Talk to your doctor to learn if your personal risk for breast cancer means you should start getting tested earlier. The test takes only minutes and could save your life.

Symptoms of Breast Cancer

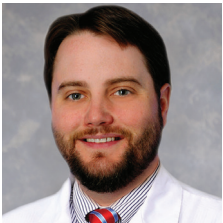
Symptoms of breast cancer vary greatly. It's possible to have cancer with no symptoms. It's also possible that a symptom has another cause and isn't from cancer. If you do have cancer, early detection is important.

See your doctor if you notice any of the following:

- A lump or mass in a breast
- A lump, swelling or thickening in or near a breast or under your arm
- Dimpling or puckering of skin on a breast
- A nipple pulled to one side, pulled inward or inverted
- Red or scaly skin on a breast
- Orange peel texture on breast skin
- Change in breast size or shape
- New asymmetry of the breasts
- Nipple discharge
- Newly visible vein on the breast

Self-examination of breast cancer

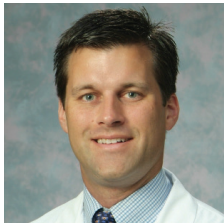
The illustrations show three methods of breast self-examination. The 'in front of the mirror' section shows a woman from the back, then three views from the front (arms at sides, arms raised, and hands behind head). The 'in bed' section shows a woman lying down with one arm raised. The 'in the shower' section shows a woman standing under a showerhead with one arm raised. Each method includes a circular diagram with arrows indicating the direction of the self-examination.



Joshua Best, MD



Samantha Bland, MD



Keith Elbourne, MD



Nikki Gautreaux, MD

You can count on Lane OB/GYN physicians for the medical testing you need to protect your health. Call 225-658-1303 or visit LaneRMC.org to schedule an appointment today.



Scrapbook

Surgical Technologist Week

If you've ever wondered how an operating room seems to run so smoothly, you have a surgical technologist to thank. A few responsibilities of our Surgical Techs include:

- Preparing operating rooms for surgery
- Sterilizing equipment and making sure that there are adequate supplies for surgery
- Readyng patients for surgery, such as by washing and disinfecting incision sites
- Helping surgeons during surgery by passing instruments and other sterile supplies
- Counting supplies, such as surgical instruments, to ensure that no foreign objects are retained in patients
- Maintaining a sterile environment to prevent patient infection



Pictured L-R: Back Row: Matthew Decuir, Erin Trabona, Jordan Glaser, Jana Henyard, Cheyenne Gullede, Sierra Lanus; Front Row: Toria Grimes, Courtney Keller, Jilyan Beene, Angela Badon



Thanks for all you do! Pictured L-R: Courtney Day, Brittany Casey, Allyson Bennett, and Sandy St. Romain

Staff Development Month

Our Staff Development team makes a positive impact every day. Staff Development provides our staff with quality education throughout all stages of their careers, ensuring that our nurses and organization are recognized for quality, evidence-based practice, and patient safety. Staff Development employees are essential supporters of frontline workers, providing programs such as:

- General Orientation
- Competency assessments
- Education on use of equipment, policies and procedures
- Education and skills training for clinical staff
- Policy and procedure reviews and revisions
- Coordination of student affiliations
- Required education and training of all staff
- Employee recruitment

Joint Replacement Classes

The Lane Surgery Team is pleased to conduct weekly education classes for upcoming joint replacement patients. To schedule an appointment at Baton Rouge Orthopaedic Clinic in Zachary, call 225-658-1808.

Pictured L-R: Lori Carruth, Brooke Chapman, Joan Miller, Amanda Partin, and Cheyenne Gullede. Thanks for all you do to keep our patients safe!





Lane Celebrates Tech Day

Join us as we celebrate our support personnel for their hard work and wonderful care they provide for our patients. We couldn't do it without our stellar nursing assistants, nurse techs, endo techs, ward clerks, unit techs, surgical techs, and sterile processing techs!



Our techs definitely make a difference – one patient at a time!!



Essential Life Skills for Teens

Registered dietician Katelyn Lamy with Lane Nutrition Services recently attended the Essential Life Skills for Teens program hosted by the City of Baker.

Katelyn provided information on healthy eating and cooking. She is one of many speakers Lane has available to present at your organization. To schedule a speaker, please call Liz Sagely at 225-658-4465.



Farewell to Dr. Lea

Lane Family Practice bid a bittersweet farewell to Dr. Amanda Lea who left after 8 years to accept a position with the State. She will be missed, and we wish her all the best!

Another CIS First

Dr. Charles Thompson, interventional cardiologist at Cardiovascular Institute of the South (CIS), is the first to use the Optimizer device to treat heart failure. The Optimizer is similar in size to a pacemaker and is implanted under the skin of the upper chest. It sends timed electrical pulses to the heart during the refractory period of the beating cycle, just after the heart contracts. This improves contraction of the heart to treat heart failure, a condition in which the heart slowly weakens and cannot pump with the force required to supply oxygen-rich blood to the body. To schedule an appointment at CIS in Zachary, please call 225-654-1559.

Pictured L-R: John Scurria, Bennett Templet, Laura Peel, Lisa Flower, Charles Thompson, Emily Ockerlund, and James Pierce.



Lane Nursing Scholarship Awarded to Central High Recipient

Cayden Walls was recently awarded the \$5000 Lane Volunteer Services Nursing Scholarship.

Named as Central High School's (CHS) 2021-2022 student of the year, Cayden earned a 4.74 GPA in advanced course work, demonstrated leadership as a member of Mu Alpha Theta and Student Council Leadership Board, worked as the social media manager of CHS Wildcat Scoop, and represented the school's Cheer Team as Mascot. He was also a member of CHS Talented Theater and Art program and the National Honors Society.



Cayden's community involvement included making custom, homemade Christmas cards for patients in the children's hospital and volunteering as a youth leader at church.

Cayden is the son of Marc and Nancy Walls. He is attending Southeastern Louisiana University to pursue his Bachelor of Nursing and plans to work as an emergency room nurse at Lane upon graduation.

2023 Nursing Scholarship Application Period NOW OPEN

Lane Volunteer Services is now accepting applications for the 2023 Nursing Scholarship award.

A \$5000 scholarship will be awarded to a graduating Louisiana high school student who plans to pursue a career in nursing and will be attending a Louisiana college, university, or other credentialed nursing program.

The application deadline is Friday, March 24, 2023. For an application, please call 225-658-6699, email tpayment@lanermc.org or visit LaneRMC.org.



Choose to Volunteer at Lane

If you are 18+ and interested in sharing your time and talents, please call 225-658-6699 or visit LaneRMC.org/volunteer to fill out an application.

At Lane, we offer a variety of volunteer opportunities and will work with you to find an area and schedule that fits your personality, skills, and interests! A few examples of volunteer opportunities include:

- Assisting with special events
- Clerical work, such as typing, filing, copying
- Hospitality service of coffee, water, and ice to patients
- Visiting and/or reading with patients
- Working in the Gift Shop
- Providing directions and information at visitor desks

A publication of



Lane Regional Medical Center

Care You Can Count On

Lane Regional Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Lane Regional Medical Center cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

Lane Regional Medical Center respecte les lois fédérales en vigueur relatives aux droits civiques et ne pratique aucune discrimination basée sur la race, la couleur de peau, l'origine nationale, l'âge, le sexe ou un handicap.

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