Innovations in Heart Care Improve Lives of Patients

Lourdes is a leader in cardiovascular care, nationally recognized for excellence. Your support helps our cardiologists provide the latest innovative procedures for our patients.

Here are some highlights and new areas of focus:

• Since its introduction in 2011, transcatheter aortic valve replacement (TAVR) has allowed thousands of patients who were previously considered too high risk to undergo open-heart surgery to receive a new aortic valve. Lourdes is a leader in performing TAVR, and our cardiac team recently began offering a minimally invasive procedure to correct another common heart problem—mitral valve regurgitation. The MitraClip looks like a miniature clothespin and is the size of a dime. Inserted through a catheter in the patient’s leg, the MitraClip attaches to the flaps of the valve, allowing them to close more completely and restoring normal blood flow. Done without the need to temporarily stop the heart, patients experience improved heart function and relief from symptoms almost immediately.

• If your heart beats too slowly, your doctor may recommend a pacemaker. Conventional pacemakers require the doctor to make an incision in the chest and place the device just underneath the skin, with the wires that deliver electrical impulses to the heart threaded through a nearby vein. The new Micra™ pacemaker is one-tenth the size of a traditional pacemaker and sits inside the heart—no one would know you have it. Inserted via a catheter into the heart, the Micra is completely self-contained, with no wire leads that could wear out and a reduced risk of infection. Micra is a tremendous leap forward in technology that Lourdes is proud to offer.

• After a heart attack or heart surgery, doctors recommend patients attend cardiac rehabilitation. As normal cardiac rehab calls for patients to come to an outpatient center three times a week for eight to 10 weeks, fewer than half of patients enroll. Seeking to improve participation, Lourdes has partnered with Moving Analytics to offer a mobile app that patients can use to report their exercise and vital signs, watch videos and ask questions to the Lourdes team. Our providers can see trends, identify at-risk patients and track long-term progress through the program. Patients only need in-person therapy once a week, a great benefit to those eager to return to normal activities.

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Lourdes Heart Failure program continues to set the mark for managing patients with a chronic, widespread condition that can progressively rob the heart of its pumping capacity. Through the generosity of our donors, the program has provided weight scales to many of its patients, helping them to track this critical measurement influenced by dangerous fluid build-up and avoid preventable hospital admissions.

In addition to its four outpatient centers, the team has increased its education program in the hospitals through an initiative called “Rise Above Heart Failure.”

New Infusion Unit Brightens the Care Process

No one wants to be in a chemotherapy infusion unit, but when patients must undergo treatment for cancer, they are thankful for having the most advanced and modern environment for this type of care.

Offering these individuals and their family members an atmosphere and facility that is bright, soothing and up-to-date can make a significant difference in the patient experience. Supported by our donors, the unit, which just opened to patients at Lourdes Medical Center of Burlington County, has five treatment bays, new reception and waiting areas, a new nurses station and all-new offices.

Heart Failure: Keeping on Top of a Life-Threatening Problem

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Providing a Much-Needed Focus on Senior Behavioral Health

Older individuals who have a medical condition but also struggle with a behavioral health challenge related to age or psychiatric diagnosis are a special population that needs a well-designed resource for care.

The Senior Behavioral Health Program at Lourdes is just such a rare program. Focused on older patients with significant emotional/cognitive issues who also need concurrent medical care, this multidisciplinary service is based in a newly renovated 20-bed unit made possible at Lourdes Medical Center of Burlington County in part by the support of donors.

Lourdes Health System takes special pride in its behavioral health services—an essential, long-standing and successful offering for the community. The Lourdes behavioral health team of experienced psychiatrists, psychiatric nurse practitioners, certified psychiatric nurses, social workers, counselors and therapists are highly skilled in addressing acute and longer-term needs of patients.

Farm-Fresh Food and Friendly Health Promotion

One of the most popular programs at Lourdes, in recent years has been the Marketplace for Health Living.

An innovative concept in which Lourdes combines better nutrition with health screenings for a population in need of both, the Marketplace is open June and July. Area residents can get fresh, farm-to-market produce at the Sister M. Elizabeth Corry Ambulatory Care Center at Our Lady of Lourdes Medical Center.

They are also invited to get free health screenings and pick up information on important health topics. The successful program is a collaboration between Our Lady of Lourdes School of Nursing, Osborn Family Health Center, Lourdes Medical Associates, Lourdes Wellness Services and Farmers Against Hunger, and is also made possible through donations to the Mission Fund. In addition, the program gives Lourdes nursing students experience in promoting community health.
Innovations in Heart Care Improve Lives of Patients

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• Cancer is the second-leading cause of death in the United States, right behind heart disease. While new therapies are helping more people survive cancer, they also can cause heart problems. A new medical specialty called cardio-oncology is working to solve this dilemma. At Lourdes, cardiologists work closely with oncologists to help prevent heart disease in people before, during and after cancer therapy. By identifying patients who are about to have chemotherapy or are undergoing treatment, Lourdes cardiologists can help prevent heart rhythm problems, heart failure and blood vessel damage that can increase the risk of heart attack.

Protecting Children from Serious Diseases — Immunizations

Key donors continue to enhance the work of the Osborn Family Health Center.

For more than 40 years, Osborn has provided primary and specialty care to the residents of Camden and surrounding municipalities—delivering family healthcare through more than 45,000 patient visits per year. As the medical home for some 5,000 pediatric patients from underserved communities, the center administers thousands of immunizations each year to children, ages infancy through teens.

This year, the center was in need of new vaccine refrigerators. The Joseph Lacroce Foundation, a valued perennial Lourdes supporter, stepped up to fund these specially designed replacement refrigerators, which meet federal regulations for temperature control and monitoring for vaccine storage.
Lourdes’ important mother-baby Antenatal Consultation Unit operates at Our Lady of Lourdes Medical Center and across the street at the Osborn Family Health Center.

The Osborn Center has a particular focus on prenatal care for women and their families, annually providing this service to more than 1,000 predominantly very-low-income women. This population presents with a disproportionately high level of factors that pose risk both to the pregnant mother and the unborn. In the antenatal service, a board-certified perinatologist manages high-risk patients.

Ultrasound scans are central to prenatal care for all expectant mothers and fetuses. The scans measure growth and development, detect heart problems, exposure to drugs, diabetes and multiple gestations. But Osborn’s ultrasound equipment was outmoded and needed replacement.

Lourdes Health Foundation set out to raise the funds needed for two new ultrasound machines for the program. Multiple donors opened their hearts and their purses to make this possible, allowing one of the new machines to be located within the hospital and one at Osborn.

Donors to the antenatal ultrasound project:
- Joseph Lacroce Foundation
- Holman Automotive Group, Inc.
- The Domenica Foundation, Inc.
- South Jersey Charitable Foundation
- The Beane Boys Golf Outing
- Mr. and Mrs. Mark J. Schmid
- Charles H. & Gladys R. Nugent Charitable Fund
- Diocese of Camden
- Knights of Columbus Santa Maria Council 1443
- Alice & Reggie Beckett
- Knights of Columbus 4th Degree
- Knights of Columbus Pope John Paul II Chapter
- Knights of Columbus Resurrection Council 9113
- Knights of Columbus St. Catherine of Siena Council 6890

Shown with one of the new ultrasound units at Osborn are, left to right, Mark Nessel, COO Lourdes Health System; Sam Gabriel, Trustee, The Joseph Lacroce Foundation; Tom Fanelle, Trustee, Lourdes Health Foundation; Sam Lacroce, President, The Joseph Lacroce Foundation; Ray Giannantonio, Bob Paglione and Mark Pellegrino — all trustees of the Joseph Lacroce Foundation.
Scholarships: That Little Boost that Sends Young People Forward

Roseann Andaloro remembers the tender and patient nursing care that her sister and brother both received during the extended illnesses that took them too early from this world.

Her sister passed at age 50 from the complications of her long-term affliction with Crohn’s disease, and her brother at age 50 after a similarly heroic battle against the lung disease mesothelioma, resulting from asbestos exposure at work. A resident of West Deptford, Roseann wanted to direct support in memory of her siblings to an institution where she could properly honor the profession that she had come to admire so much.

Several years ago, she began offering scholarship support to worthy students at Our Lady of Lourdes School of Nursing. As of the close of 2017, she had put into place the Linda Dambrowski Pay It Forward Scholarship, in honor of her sister, and the Franklin J. Andaloro Strive for Excellence Scholarship. Each scholarship now awards $2,500 twice a year.

“...these students go out and help care for so many people...”

“In my work life and volunteer activities, I’ve always enjoyed helping people. And these scholarships were something that I knew would continue to reap benefits, as these students go out and help care for so many people in their careers,” says Roseann, who delights in the opportunity to attend the presentation ceremony of each scholarship award. “I enjoy meeting the student each time and having a few minutes to sit with him or her and learn about them — and tell them a little about my brother and sister and why their courage inspires me to want, in turn, to inspire deserving students to learn to comfort and heal the sick. I only hope that other potential donors will see how easy and gratifying this is to do and will want to set up their own scholarships for these admirable young people who face a lot of educational expenses in their quest to pursue a noble profession.”