St. Luke's Hospital Recognized in National Hospital Quality Study

The Healthgrades study identifies St. Luke's among the top 10 percent of hospitals nationwide in multiple specialties.


Earlier this year, St. Luke's was also recognized for the eighth year in a row (2007-2014) as one of America's 50 Best Hospitals by Healthgrades, ranking St. Luke's among the top 1 percent of hospitals in the nation based on overall survival and complication rates. St. Luke's is the only hospital in St. Louis to achieve this quality designation since the inception of the list.

St. Luke's achieved additional Healthgrades honors earlier this year including the Outstanding Patient Experience Award (2011-2014) and the Women's Health Excellence Award (2009-2014). For more information, visit healthgrades.com.

Did you know?

Patients often have difficulty finding certain oral medications and injectables at traditional retail pharmacies. These types of medications are available at St. Luke's Retail Pharmacy, including Brilinta™, Effient™, Lovenox™, Samsca™, and Zyvox™.

St. Luke's Retail Pharmacy is especially useful to patients upon discharge. Through the RxExpress program, patients can have these and other medications delivered to their room prior to leaving the hospital, making it convenient for patients while enhancing compliance.

St. Luke’s Lung Cancer Screening Program

St. Luke’s Lung Cancer Screening Program has been named a Center of Excellence by the Lung Cancer Alliance, the leading organization dedicated to saving lives and advancing research by empowering those living with and at risk for lung cancer.

High risk individuals meet the following qualifying criteria:
- Current or former smoker, age 55 or older
- A smoking history of at least 30 pack-years (meaning one pack/day for 30 years; 2 packs/day for 15 years, etc.)
- If a former smoker, stopped within the last 15 years
- No history of lung cancer

The cost of the screening is $99 and is not currently covered by insurance. For a limited time, through a grant provided by the St. Louis Men’s Group Against Cancer, St. Luke’s is offering free lung cancer screenings for those that meet the requirements of “high risk individuals.”

To schedule a screening, patients may call Heather Poropat, program nurse navigator, at 314-205-6055. No physician referral is required.
Cardiac Rehab (CR) is proven to work. Recently, researchers at the Mayo Clinic following 2,351 coronary angioplasty patients found nearly a 50% decrease in mortality among those who underwent CR versus those who did not. ICR holds opportunity to increase the positive outcomes.

- Your patients will have access to four nutritional workshops and up to 11 cooking demonstration workshops. These workshops will increase their ability to:
  1. Shop for groceries to cook more heart healthy meals.
  2. Make better choices when dining out.
  3. Learn other tips to assist in weight loss.

- Patients will have access to four stress management workshops addressing the many facets of stress and the effect on the cardiac system. Those that attend will find coping skills to assist in stress management, smoking cessation and a more positive outlook regarding themselves and their future.

The medical conditions that qualify for ICR are the same as traditional CR. The physician prescribes ICR in the patient’s discharge papers. Call inpatient Cardiac Rehab at ext. 4010 for assistance.

You can now prescribe Medicare certified Pritikin ICR for all your qualifying Patients.

The Joint Commission has developed an advanced level of certification for programs that must meet the requirements for disease-specific care certification plus additional, clinically-specific requirements and expectations. This certification improves the quality of care provided to patients, demonstrates commitment to a higher standard of service, provides a framework for organizational structure and management and enhances staff recruitment and development.

St. Luke’s Intensive Cardiac Rehab (ICR)

REMINDER: Healthy Weigh Program now offering one-on-one options
St. Luke’s Hospital is now offering one-on-one weight loss programs in addition to the group 12-week Healthy Weigh Group Program that was initiated in the fall of 2013. While the group program is still available, the one-on-one Healthy Weigh Program provides the following two options for your patients:

**Option 1:**
- BMI greater than 30
- Initial evaluation by a physician at the beginning of the program and again at 6 months into the program
- Feedback on your progress provided directly to the patient’s primary care physician
- Coaching and guidance for lifestyle changes provided by registered dietitians over the course of 22 sessions in one year
- A physician’s order is required. Generally covered by Medicare with no deductible. If not covered by Medicare, patient should check with insurance for coverage.

**Option 2:**
- BMI less than 30
- One-on-one sessions with a registered dietitian, tailored to meet the patient’s unique needs.
- Assessment of current nutrition intake, medical history, lifestyle, food preference and activities.
- Personalized plan which may include meal plans, activity plans, behavior modifications and more.
- A physician’s order is required to submit to insurance. Self pay is available.

For more information, call the St. Luke’s Nutrition Wellness and Diabetes Center at 314-205-6483.