

# HEART REPORT

January 2010

**ANMED HEALTH**  
Heart and Vascular Care  
We're in this together.

THE LATEST CLINICAL UPDATES FROM ANMED HEALTH HEART AND VASCULAR CARE

## Helicopter program to improve care for heart patients

AnMed Health launched its first helicopter program in January. Aptly named LifeFlight, the helicopter will improve the timeliness of care for heart attack, stroke and trauma patients.

The biggest benefit comes to hospitals and patients in smaller, outlying communities. Many hospitals without heart catheterization labs already chose to transfer patients to Anderson for treatment. Now, as soon as physicians diagnose a heart attack, the helicopter can be notified and nurses can start preparing the patient for transport. From most hospitals in northeast Georgia, patients could be on the helicopter within 40 minutes and into AnMed Health's cath lab in about an hour.

Cooperation between the Emergency Department and Heart and Vascular staffs has resulted in an average door-to-balloon time well below the national standard. The Medical Center's average door-to-balloon time is only 65 minutes, and 100 percent of Emergency Department patients reach the cath lab in 90 minutes.

"By using a helicopter, other hospitals are able to provide this same care for their patients," Dr. Stoll said. "If someone presents to an emergency room in northeast Georgia, we're able to get them in the cath lab and open the artery within 90 minutes."

To learn more about LifeFlight, go online to [www.anmedhealth.org](http://www.anmedhealth.org).

## Diabetes Education classes to be held at LifeChoice

Diabetes Education classes are now being taught at LifeChoice at 100 Healthy Way

on the AnMed Health North Campus. Moving the classes to LifeChoice gives patients convenient parking and a classroom environment that is more conducive to learning. The new location should also improve patient care by facilitating better collaboration between LifeChoice and Diabetes Education.

AnMed Health Diabetes Education is recognized by the American Diabetes Association, and all classes are taught by certified diabetes educators. Most patients attend a series of three comprehensive classes. Specialized classes are also available in insulin instruction, gestational diabetes and carbohydrate counting. Carbohydrate counting helps patients learn to adjust their insulin according to their carbohydrate intake.

One-on-one instruction is available for those who cannot attend group classes. All appointments require a physician or nurse practitioner's order, and can be made by calling First Call at 864.512.2255. For more information on Diabetes Education or the location change, please call 864.512.4145.

## New nurse practitioner joins the CHF Disease Management Program



The Congestive Heart Failure Disease Management Program is pleased to announce the addition of Rebecca Kemp, NP. The CHF Disease Management

Program began in July 2008. It is a nurse practitioner-run program that provides specialized nursing care and education for patients diagnosed with congestive

heart failure. The program helps patients better understand their condition and how to manage their health. The program's outpatient setting provides convenient and easy access to services and is focused on minimizing the need for hospital admission or readmission related to congestive heart failure.

Kemp is an honor graduate of Westside High School. She graduated with honors from Clemson University where she earned a Bachelor's of Science degree in nursing. Kemp received her master's degree from Clemson's nurse practitioner's program in 2008.

## CHF Disease Management Program Outcomes

October 2008 to September 2009 Total congestive heart failure readmissions .....	159
• Readmitted patients not enrolled in the program.....	146
• Readmitted patients who were enrolled in the program.....	13



## Cardiac Diagnostic Unit moves back to the first floor

The Cardiac Diagnostic Unit (CDU) has moved back to the first floor of the Medical Center between the Heart and Vascular Center and the Emergency Department. The CDU was temporarily relocated to the second floor while renovations were being made to the Emergency Department waiting area. The CDU's phone extensions are the same, 864.512.2009 and 864.512.2012.

## Doctors perform AnMed Health's first VT ablation



Larry Weston, M.D.

AnMed Health is continuing to expand its capabilities in electrophysiology, a branch of cardiology that specializes in diagnosing and treating rhythm disturbances in the heart. Cardiologists Larry Weston and Joseph Manfredi recently performed AnMed Health's first ischemic VT ablation. Although AnMed Health has performed many ablations of arrhythmias,



Joseph Manfredi, M.D.

this is the first time this type of ablation has been done at this facility.

Ventricular tachycardia (VT) is a rapid heart rhythm associated with increased mortality and decreased quality of life. Historically, VT treatment involved medication to suppress the rhythm disturbance in conjunction with the implantation of a cardioverter-defibrillator (ICD). However, side effects and the efficacy of the medications have been disappointing. This treatment plan also may cause repeated shocks from the ICD because the rhythm has not been suppressed adequately with medication.

Technology advances and a better understanding of VT have allowed VT catheter ablation to be considered as an early therapy for these life-threatening arrhythmias. With the use of mapping systems, the specialist is able to identify and graphically display three-D images of the areas that may be triggering the arrhythmia. The specialist then uses those images to locate the ablation. Once found, radiofrequency is used to create a scar and

interrupt the pattern that causes VT, thus restoring normal rhythm.

Because patients with this type of arrhythmia may be clinically unstable, staff and physicians must have the training and experience to handle potentially life-threatening situations. AnMed Health physicians and staff possess both the proficiency and dedication to make this valuable treatment option available to patients.

