When Lauren Plyler, 29, of Cuba, Mo. found out she was expecting her first baby, she wanted to find a quality OB/GYN close to home. That’s why she chose Dr. Alison Baker, an OB/GYN at Missouri Baptist Sullivan Hospital, for her prenatal services.

“Working as a home health physical therapist assistant, I’m very familiar with BJC and its quality physicians. That’s a big factor for me when making healthcare decisions,” said Plyler. “I consider BJC to be the best hospital system in the Midwest.”

Finding a Quality Provider

As her due date approached, Plyler started researching pediatricians for her son. Just like her experience with Dr. Baker, she wanted to find a quality BJC pediatrician, who offered medical care close to home.

“I actually came across a flyer promoting Dr. Cooks while I was in the waiting room at Dr. Baker’s office,” said Plyler. “I was thrilled to learn that Cuba had a BJC pediatrician on site. With a newborn, I know there can be lots of doctor visits, particularly during the first year. I loved the idea that I wouldn’t have to leave Cuba to get that type of quality care.”

Plyler gave birth to her son, Chase, on August 9, 2018. Her first appointment with Dr. Tammi Cooks at the Cuba Clinic was Chase’s postpartum check-up the following week.

“As a first-time mom, I definitely had some concerns about caring for Chase,” recalled Plyler. “But Dr. Cooks was so friendly and personable – she put me completely at ease.”

(continued on back cover)
Saving Critical Cardiac Patients in Outlying Areas with Just a Phone Call

In October 2019, a 33-year-old male patient from Dittmer, Mo. with a medical history of hypertension experienced severe chest pain along with shortness of breath. Not wanting to take any chances, he chose to go to Missouri Baptist Sullivan Hospital (MBSH), the closest hospital, which was a 40-minute drive away.

“We usually go to Washington, Mo. for medical care, but on this day, my girlfriend and I chose MBSH since it was the closest facility. I was scared out of my mind, because my chest was hurting so bad,” the patient recalled. “A lot of my family uses MBSH and other BJC facilities. MBSH actually saved my sister and my dad’s lives before.”

Needing More Advanced Treatment

When the patient arrived at MBSH, the ER staff responded immediately. Each staff member is trained to quickly recognize the signs and symptoms of heart attack in patients, regardless of the patient’s age. After assessing this patient, the staff activated the Heart LifeLine Alliance program with one phone call to Missouri Baptist Medical Center (MBMC) in St. Louis. The patient was then transferred via helicopter to MBMC’s Cath Lab to undergo a life-saving stent procedure.

“Everything moved so fast while I was there that I barely remember talking to people. Everyone had jobs to do and knew what they were doing,” said the patient. “Within a minute of arriving, I was back in a room. Four minutes later, I was hooked up to monitors, taking medication, and then getting on a helicopter. The staff also communicated everything to my family.”

The entire process took 84 minutes from the time the patient arrived at MBSH to the first balloon inflation at MBMC, where the patient received three stents. The national door-to-balloon goal is 120 minutes or less. More importantly, this patient didn’t sustain any discernible heart damage, and he is doing very well today.

“This is just one example of how we’re making a difference for our patients and saving lives,” said Vanessa Breen, MSN, RN, clinical nurse leader and STEMI time critical diagnosis coordinator at Missouri Baptist Sullivan Hospital.

“Our Newest Providers

Missouri Baptist Sullivan Hospital is pleased to welcome the following providers:

**Tyler Adamski, DNP, APRN, FNP-C**

Adamski is a family nurse practitioner, who provides general primary care for the whole family, including, annual wellness exams, vaccinations, and well-child exams. He also helps patients manage chronic diseases and conditions, such as asthma, diabetes, high blood pressure, and COPD. Adamski received his Doctor of Nursing Practice degree from Chamberlain College of Nursing.

**Katherine ‘Katie’ M. Jasper, RN, BSN, FNP**

Jasper is a family nurse practitioner, who will be working as a hospitalist, exclusively within the hospital to monitor a patient’s daily progress during an inpatient stay. She received her Master of Nursing Practice degree from Maryville University in St. Louis. Prior to becoming a family nurse practitioner, she worked as an RN in emergency, surgical, cardiac and neuro ICU departments.

**Staffing Change**

Jason Rudman, MD, ENT, our newest otolaryngologist, has assumed the role previously occupied by Sunitha M Sequeira, MD, ENT, at the Specialty Clinic on Mondays and Fridays. To make an appointment with Dr. Rudman, please call (314) 996-4790.
Announcing ‘The Family of Joseph H. & Helen Owens Endowment for Community Health & Wellness at MBSH’

Missouri Baptist Sullivan Hospital is pleased to announce the launch of its first endowment – The Family of Joseph H. & Helen Owens Endowment for Community Health & Wellness at MBSH – which was created by their family to honor the memory of their parents and grandparents.

Joseph ‘Joe’ Owens served on the hospital’s board for more than 52 years and played a key role in establishing the hospital in 1962. He led the board through many additions and ownerships until it was completely replaced by BJC HealthCare with a new state-of-the-art structure in 2010. Joe passed away in February 2016.

Much like her husband, Helen Owens was an avid supporter of Missouri Baptist Sullivan Hospital. She spent many years volunteering there and also served as president of the hospital’s auxiliary. Helen passed away from breast cancer in 1978, but her legacy at the hospital remains and will continue through this generous endowment.

“My parents believed that the main purpose of having a local hospital is to improve the health of the people who live in the community and surrounding area,” said Jayne Mastin. “Our family has established the Community Health & Wellness Endowment Fund in my parents’ memory to preserve that purpose and provide support for more opportunities to improve the health of the people served by Missouri Baptist Sullivan Hospital.”

Therapy & Wellness Relocates to Hospital’s Main Campus

After nearly 20 years of outpatient rehabilitation services offered at off-site locations, these services officially returned to the Missouri Baptist Sullivan Hospital main campus in November 2019. All patient rehab services, including physical therapy, occupational therapy, speech therapy, lymphedema treatment, pelvic physical therapy, and massage therapy are available in this newly renovated space. Please join us at the open house on Tuesday, February 25 from 5:30 to 7:30 p.m., featuring giveaways, door prizes, and hors d’oeuvres.

MBSH and Spring Bluff School District Partner to Create School-Based Health Clinic

Missouri Baptist Sullivan Hospital has partnered with a second school district – Spring Bluff – to create a health program with an onsite nurse on the school campus that provides access to convenient medical services and consultations for the district’s students and faculty at no cost. The program is an extension of the hospital’s mission to improve the health and wellness of the greater community.

“We're looking forward to partnering with Missouri Baptist Sullivan Hospital for the 2020 school year to provide our district with access to a full-time LPN,” said Jeannie Jenkins, superintendent, Spring Bluff R-XV. “This partnership will provide convenient access to healthcare for students and staff not only on campus, but also by assisting with priority scheduling with local physicians if needed. This service will reduce the overall time students and staff are out of classrooms keeping the focus on learning.”

Sharing Your Health Record

Patients can easily share their electronic health record information with a doctor, family member, etc. using the MyChart website or a MyChart mobile account. Log into your MyChart account and click on the ‘Share My Record’ link under the ‘Medical Tools’ section for step-by-step instructions.

Pictured (l to r): Lisa Lochner, MBSH vice president of operations; Jayne Mastin; Tony Schwarm, MBSH president; and Jennifer Aven, MBSH ambassador chairperson

Welcome, from Missouri Baptist Sullivan Hospital

NOVEMBER 2019

Delivering the next generation with Your Best Medicine™ at the Sullivan Mother Baby Unit. To see participating birth announcements, please visit: MissouriBaptistSullivan.org/Births
Comfort and Reassurance for New Parents

“There isn’t a parental handbook that covers everything, so I love the chance to reassure parents that their input is just as important to ensuring that their child is receiving the best care,” said Dr. Cooks. “Chase was thriving – and continues to do so – because of his parents’ diligence with his care and support. They are a wonderful family to work with.”

Plyler was also grateful to have Dr. Cooks’ support when Chase got his first cold and ear infection around six months. She appreciated being able to call Dr. Cooks for a same-day appointment rather than having to go to an urgent care clinic or even the ER.

“As a working mom, being able to get in to see Dr. Cooks so quickly is a huge plus. She makes us feel like we’re a priority,” said Plyler. “More importantly, when your baby is miserable, you don’t want to wait to be seen. And I’d much rather be able to see his pediatrician than someone we don’t even know.”

In addition to caring for Chase, Dr. Cooks treats Plyler’s eight-year-old niece, Brylea, who lives with Plyler and her family.

Dr. Cooks is accepting new patients (ages newborn to 18 years old). If you’re looking for a pediatrician for your child, please call (573) 885-6600.