



# St. Mary's Hospital



## *Welcome to St. Mary's Hospital*



**F**or more than 40 years, St. Mary's Hospital has served the health care needs of the people of Central Virginia. From our modest beginnings in 1966 with 169 beds and 250 employees, St. Mary's today enjoys the services of more than 1,000 physicians, supported by nearly 3,000 full and part time employees in a state-of-the-art, not-for profit facility, licensed for 391 beds.

Situated in Richmond's West End and regarded as a Richmond tradition, St. Mary's ranks in the top 10% of America's hospitals for emergency care and has received national recognition for its Joint Replacement Center. Specialties include cardiology, gastric bypass, behavioral health, pediatric intensive care, neonatal intensive care, women's services, maternal fetal medicine, general surgery, joint replacement and orthopaedics, sports medicine, pediatric and adult emergency care, oncology, urology, neurosurgery and radiation therapy.

The St. Mary's heritage dates back to 1824 when 12 young women in Paris, France formed the Congregation of Bon Secours and committed themselves to offering "Bon Secours" or good help to those in need. While this ministry has evolved over the years, the values at the heart of Bon Secours remain the same – providing quality health care with an emphasis on respect, quality, justice, compassion, stewardship, integrity, growth and innovation.

## The Hospitals of Bon Secours

Bon Secours Richmond Health System is a not-for-profit healthcare system that operates three hospitals and provides a variety of healthcare services to Central Virginia. St. Mary's Hospital is part of Bon Secours Health System, Inc., a national Catholic healthcare system with a healing ministry that serves nine states in the eastern United States.



St. Mary's



Richmond Community



Memorial Regional



St. Francis – Coming in 2005

## Complete Health

At the hospitals of Bon Secours, we're experts at treating diseases and medical conditions, but in the process we never forget we're treating a patient. We have state-of-the-art medical equipment, but also people trained to use that equipment with care and compassion. Our doctors, clergy, volunteers, support staff, nurses and technicians all contribute to a patient's well being. It's a balance between medical technology and compassionate care. It's what we call Complete Health.

*Health questions? Need a physician referral?*

*Call 359-WELL to talk to a registered nurse.*

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**Mission** *To provide compassionate, quality healthcare services to those in need, including the poor and dying, for the purpose of alleviating human suffering and bringing people to wholeness in the midst of pain and loss.*

## Cardiac Care Services

For heart disease and stroke patients, St. Mary's Hospital offers expert surgical services performed by top physicians and specialty trained staff. The hospital provides a full continuum of care including diagnostic evaluation, non-invasive procedures, cardiac catheterization, open-heart surgery and rehabilitation services. St. Mary's digital cardiac catheterization laboratory hosts the world's first all-digital X-ray cardiovascular imaging system. The Cardiac Wellness Program, a comprehensive cardiac rehabilitation program designed by Harvard Medical School, is specifically targeted to people who have had a heart attack, coronary bypass surgery, angio-



plasty with or without stents, or are at risk for developing heart disease due to their cardiac risk factors. Participants in the program learn the skills to make appropriate heart-healthy lifestyle choices and promote optimal physical and emotional health while continuing their medical treatment.

## Gastric Bypass

Surgical Weight Loss and Wellness Services at St. Mary's Hospital help patients overcome severe obesity through surgical weight reduction procedures that can improve health and quality of life. Offering leading edge equipment, patient education and comprehensive patient care plans, the program focuses on the complete health of our patients – before, during and after surgery. This includes psychological, nutritional and physical evaluation, counseling, support groups

and long-term coordination of care. This helps patients achieve significant, sustainable weight loss, which can lead to a more healthy and active lifestyle.

### **Pediatric Intensive Care Unit**

Full-scale children's health services include a children's emergency center, pediatric unit and Pediatric Intensive Care Unit (PICU). The PICU is an eight-bed unit staffed by intensivists and nurses trained to treat critically ill and injured children from newborns to young adults.

### **Neonatal Intensive Care Units**

The Neonatal Intensive Care Unit (NICU) provides the most advanced equipment and technologies available for the hospital's tiniest patients. While premature and sick infants receive round-the-clock care in the NICU, their parents can keep their baby in constant view – first in the hospital and then at home – through BonSecoursNICU.net™, a trademarked communications technology. Bon Secours Richmond is the first hospital system in Virginia and among the first hospitals in the U.S. to provide this breakthrough technology.



### **Women's Services**

St. Mary's provides a full spectrum of obstetrical, gynecological and diagnostic care, as well as specialized surgical units, dedicated to the unique health needs and medical concerns of women. St. Mary's is also the first healthcare provider in Richmond to feature the latest technology in women's breast care – digital mammography.

### **General Surgery**

St. Mary's provides all types of general surgeries including vascular and gastric procedures, laser and reconstructive surgery, plastic surgery, eye surgery, ear/nose/throat surgery, neurosurgery, urological procedures, orthopaedics, ICU and CCU.

## Imaging

The Facility offers a total compliment of Inpatient and Outpatient Radiology services, including diagnostic Radiography, Fluoroscopy, CT scan, MRI (provided by VHS), Nuclear Medicine (including Nuclear Cardiology), Ultrasound, and Angiography/Special Procedures. Services are available 24 hours per day. The Women's Imaging Center at St. Mary's Hospital provides Mammography, Digital Mammography, Breast Ultrasound, Bone Densitometry, and Interventional Procedures.

## Medical Services

Focusing on the heart, the brain and the peripheral vascular system, with procedures such as Echos, EEGs, EKGs, stress tests, Holter and Event monitors, arterial and venous dopplers as well as carotid and transcranial dopplers, each medical services department is staffed with registered technologists and state-of-the-art equipment.

## Orthopaedics

Joint replacement and sports medicine surgical care are offered using the latest in minimally invasive techniques and prosthetics. Our team



of surgeons, nurses and rehabilitation therapists help hundreds of people, including children, walk way from pain each year. Surgical procedures for spinal disorders are also available.

## Cancer Care

The St. Mary's Cancer Care Center helps patients and their families face the challenges of cancer by caring for the whole person. This holistic approach enables the St. Mary's staff to compassionately care for a patient's physical, social, emotional, and spiritual needs. A multidisciplinary team of doctors, nurses, mind/body therapists and other oncology specialists provide comprehensive services to patients and their families. Many diagnostic services are offered to provide accurate clinical assessments. A wide variety of support services and groups are available to help families respond to the challenges of cancer.

## Emergency Care

Emergency Services, including a pediatric emergency center, are staffed with professionals who keep abreast of the latest treatment protocols for specific emergency situations, including stroke and heart attacks. Diagnostic services critical to emergency care are on call 24/7.



## Home Health

A comprehensive program of home care provides a range of services to patients of all ages, from infants to seniors. Services include skilled nursing staff, infusion therapy, pain management, rehabilitation (adult and pediatric), pediatrics, maternal/child health services, home health aides, behavioral, social, dietary and volunteer services.

## Hospice

This holistic healthcare program offers compassionate care to patients and families facing a terminal illness. Hospice provides medical, emotional, and spiritual care, as well as help with daily living needs to ensure the comfort and dignity of patients. Although it is home centered, Hospice care can be provided in a variety of settings including long term and assisted living facilities and adult homes.

## Volunteers

As a not-for-profit hospital serving the greater Richmond community, St. Mary's Hospital relies on our valuable volunteers to provide a wide



range of services in the emergency department, information areas, gift shop, surgical waiting area, and patient discharge areas.



## Directions

**From East Richmond:** Travel west on Monument Avenue approximately 1 mile past Willow Lawn Drive and turn left at the Libbie Avenue stop-light. Go about 100 yards and turn right at the parking lot and Emergency Room entrance.

**From West Richmond:** Take Patterson Avenue (Route 6) east toward Richmond and travel approximately 8.5 miles from Route 288 to Libbie Avenue. Turn left at the stop light at Libbie Avenue. Travel approximately 4 blocks to the visitors' parking and Emergency Room entrance on your left.

**From I-64:** Take exit 183, Glenside Drive south for approximately 1 mile. Turn left onto Monument Avenue. Monument Avenue is a 4-lane divided road in a residential area and has a stop light at the intersection with Glenside Drive. Drive down Monument Avenue for 1.25 miles to Breomo Road. Turn right at the stop light, you will see the hospital and medical office buildings on your left and a parking deck on your right. To take advantage of free valet parking, turn left at the third driveway and stop at the main entrance.



**BON SECOURS ST. MARY'S HOSPITAL**  
Bon Secours Richmond Health System

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