

PeriOperative Potpourri New Orleans - Chapter 1902 August 2019

2019 - 2020 Officers

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mmartin-sanchez@lammico.com

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(2019-2021)

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Nora Lambert, BSN, RN, CNOR DIXIELANDCATZ@HOTMAIL.COM

Nominating & Leadership Development

Christal Cook, MSN, RN, CNOR cnorchristal@gmail.com, Chair

Ramie K. Miller, MSN, RN, CNOR ramiemiller@yahoo.com

LA State Council Liaison:

Mary Anne S. Toledano, BS, BSN, RN, CNOR matoledano@outlook.com

Newsletter Editor

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Webmaster

Ramie K. Miller, MSN, RN, CNOR ramiemiller@yahoo.com

President's Message

Building Ourselves to Build Others

Last month, my message was about ways to build others up. While I am confident that supporting each other is integral to the success of our organization and our profession, I also know that it's not always easy to build others up when we're struggling just to keep our own heads above water. People are stressed out and stretched thin at work, at home, or are dealing with a seemingly insurmountable number of stressors in both their personal and professional lives. During these times, we tend to live life on autopilot, reacting quickly and not thinking about the impact our actions, words, and tone of voice have on ourselves and on others.

We all know about the adverse impacts of stress on our health and happiness, and we've all heard about mindfulness. Mindfulness involves consciously attending to our experiences — our thoughts, feelings, sensations or surroundings — with interest and kindness.

Mindfulness helps you take care of yourself first so you can better care for others. This doesn't just apply to medicine. Each day we all make connections with our friends, family, coworkers and even strangers on the street. How we interact with them comes from within. Taking time to care for ourselves, quieting our minds and focusing in on a moment, can help us better connect with ourselves and with others, making us healthier and happier.

Mindfulness is about being aware of and controlling your experience. No, we don't have control over everything in life

but we have 100% control of how we <u>react</u> to what happens to us. I started learning how to practice mindfulness a short 2 years ago and it has changed both my personal and professional lives for the better. If I can do it, anybody can.

My challenge for you this month is to take the first step in practicing mindfulness. That first step for me involved using an app called *Calm*. If an app wouldn't be helpful for you, there are so many other suggestions out there that you can personalize. In the meantime, here are some tips from mindful.org to get you started.

What You Need to Know Before Practicing Mindfulness

- 1. You don't need to buy anything. You can practice anywhere, there's no need to go out and buy a special cushion or bench—all you need is to devote a little time and space to accessing your mindfulness skills every day.
- **2.** There's no way to quiet your mind. That's not the goal here. There's no bliss state or otherworldly communion. All you're trying to do is pay attention to the present moment, without judgment. Sounds easy, right?
- 3. Your mind will wander. As you practice paying attention to what's going on in your body and mind at the present moment, you'll find that many thoughts arise. Your mind might drift to something that happened yesterday, meander to your to-do list—your mind will try to be anywhere but where you are. But the wandering mind isn't something to fear, it's part of human nature and it provides the magic moment for the essential piece of

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Chapter 1902 Event Calendar 2019-2020

Next Meeting ***********

August 28th - Porter and Luke's, 1517 Metairie Road

September 25th-Ochsner Jeff Hwy

October 30th-EJGH

November 20th-Social

January 11th – Winter Seminar

January 22nd-Ochsner Kenner

March 11th-UMC

April 22nd-Children's Hospital

May 27th-Spring Social

June 24th-Installation Banquet

Per member request, we have a new meeting time: 5 PM

ALL meetings start at 5 PM unless otherwise noted

Legislative Report by Nathalie Walker, MBA, RN, CNOR

Research conducted during the past four decades has demonstrated that surgical smoke generated from the use of energy-generating devices in surgery contains toxic and biohazardous substances that present risks to perioperative team members and patients. Despite the increase in information available, however, perioperative personnel continue to demonstrate a lack of knowledge of these hazards and lack of compliance with recommendations for evacuating smoke during surgical procedures. The new AORN 'Guideline for surgical smoke safety' provides guidance on surgical smoke management. This article focuses on key points of the guideline to help perioperative personnel promote smoke-free work environments: evacuate surgical smoke: and develop education programs and competency verification tools, policies and procedures, and quality improvement initiatives related to controlling surgical smoke. Perioperative RNs should review the complete guideline for additional information and for guidance when writing and updating policies and procedures. AORN J 105 (May 2017) 488-497. a AORN. Inc. 2017.

https://link.zixcentral.com/u/20d02848/XDRn5Q2s6RG4lXjnWbBoUw?u=http%3A%2F%2Fdx.doi.org%2F10.1016%2Fj.aorn.2017.03.006 Key words: surgical smoke, surgical plume, smoke evacuation, respiratory protection.

Does OSHA mandate the evacuation of surgical smoke?

The Occupational Safety and Health Administration (OSHA) does not have a specific standard that requires the evacuation of surgical smoke. Under the General Duty Clause, Section 5(a)(1) of the Occupational Safety and Health Act of 1970, employers are required to provide their employees with a place of employment that is "free from recognizable hazards that are causing or likely to cause death or serious harm to employees."

Hospitals are not really smoke free.

Surgical Smoke is full of carcinogenic and mutagenic cells, and can include over 150 hazardous chemicals. Like cigarette smoke, surgical smoke can be seen and smelled. It is the result of human tissue contact with mechanical tools and/or heat producing devices, such as lasers and electro-surgical knives commonly used for dissection and hemostasis. It is estimated that 90% of all surgical procedures generate surgical smoke. This affects everyone in Operating Rooms, Patients and Surgical Staff alike. Rhode Island and Colorado have addressed smoke evacuation by law to ensure operating rooms are surgical smoke free.

Get ready, Louisiana Nurses—we're going to be moving this agenda forward, too! As chair of our legislative committee I will take the lead on this project to coordinate our efforts. My goal is to have at least one person from each chapter work on this committee. We'll be working via email the majority of the time. I'll share info and we'll discuss which

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Membership Information

Student Members – 4
Standard – 150
Lifetime – 24
2/3yr - 29
Retired – 8
Associate – 3
Total Members – 221

When you renew, please check your membership card to see that it states "Chapter 1902". If your name is then not on our Roster and our Chapter does not receive the chapter dues you pay.



Please invite all Perioperative Nurses to our meetings!

Member Resources



http://http://www.facebook.com/AORN



www.ornurselink.org/Pages/home.aspx

3M has upcoming webinars at which you can obtain free CEU's.

https://promo.3m.com/rc/3MMEDICAL/ipdeducation webinarcalendar





https://twitter.com/AORNofNewOrlean

(You are seeing it correctly; there is no "s")

Chapter Webpage:

www.aornofneworleanschapter1902.com

Membership due to Lapse

Membership expires on the last day of your renewal month. Here is a reminder that your membership expiration is in the near future:

August

Angela Cotton
Wendy Durocher

Roxane Elliott

Monique Ledet

Roxane Minet

Emelie Patterson

Wendy Perera

Elois Williams

September

Kelley Brenes
Dennis Burke
Michelle De Lima
Rosa Flores-Castellon
Gina Letort
Kayla McGovern
Carly Metzner
Susan Overman
Camille Perniciaro
Kathy Pratt
Courtney Rogers
Gretchen Russell
Jennifer Serigne
Brooke Webster
Gretchen Wyble

Pamela Zimmerman

Member News

News from Ochsner Kenner:

Shari Fourcade (left) and Kathy Blanchard became CNOR certified in May! Congratulations!!!



If you have news from your facility Please send any updates to Mary Anne Toledano

at: matoledano@outlook.com



Meeting Minutes - from the secretary:

AORN of New Orleans – Chapter 1902 Board of Directors Meeting

July 24, 2019 @ New Orleans Hamburger and Seafood

Call to Order: Meeting called to order by President Carrie Simpson @ 5:05PM.

2019-2020 Theme: "Building" – Carrie reinforced the building theme for the next year.

Bylaws: Nathalie will send out the Bylaws for the chapter to the Board of Directors for review. Send any proposed revisions to Nathalie by August 5, 2019. Revisions will be brought to the membership at the August meeting.

Chapter Accountability Standards (CAS): The CAS portal is open. The 2019-2020 officers have been entered and may now access the portal. Officers are encouraged to begin to enter information into the portal.

Chapter Leader Calls (Town Hall): The next call will be August 22nd. Please register for the call even if you cannot participate in the live call. A link will be sent to registrants to access the recording of the call. For the chapter to receive credit for participating in the call, at least one person must be logged in to the computer for the call.

Winter Seminar: The Winter Seminar will be held on January 11, 2020 at East Jefferson General Hospital Conference Center. Co-Chairs for the seminar will be Sharon Guardina (vendors) and Linda Levesque (education). Send any recommendations for speakers (preferably with topics already approved for CNE) to Linda. The LA State Council meeting will be held after the seminar.

Future Meeting Dates and Locations: The following are the planned dates and locations for the meetings. All meetings will be held at 5PM unless otherwise indicated.

- August 28, 2019 @ Tulane Medical Center [Speaker needed]
- September 25, 2019 @ Ochsner Medical Center (Jefferson Hwy)
- October 23, 2019 @East Jefferson General Hospital (NOTE: Check the date of the Great 100 celebration prior to committing to this date.)
- November 20, 2019 will be a chapter meeting

- December no meeting
- January 11, 2020 Winter Seminar at East Jefferson General Hospital
- February No meeting due to conflicts with Mardi Gras
- March 11, 2020 @ University Medical Center
- April 22, 2020 @ Children's Hospital
- May 27, 2020 Spring Social and meeting (location to be determined)
- June 24, 2020 Installation Dinner

State Council Meeting Dates and Locations:

- October 12, 2019 @ St. Tammany Hospital (after the continuing education seminar; seminar @7:30AM; meeting @ 12PM)
- January 11, 2020 @ East Jefferson General Hospital (after the Winter Seminar)
- March 29, 2020 @ Expo (Dinner at Anaheim restaurant)
- July 11, 2020 in Baton Rouge

Community Service: The chapter will continue to collect toiletries and eyeglasses (bring to chapter meetings to Sharon Guardina).

- August, 2019 meeting Please bring can good for the food pantry OR a monetary donation for the food bank. Sharon will send a list of suggested items to be published in the newsletter.
- Nathalie Walker will obtain information on local Habitat for Humanity projects.
- New Orleans Medical Mission has opportunities for participation on Wednesdays and Saturdays.

Officer Reports:

- Newsletter Mary Anne Toledano requests that all information for the newsletter be submitted by the first of the month following chapter meetings. Hosting hospitals are requested to submit a flyer about the meeting a month in advance so it can be added to the newsletter (include presentation topic, speaker, hospital location [including meeting room], and parking details).
- Treasurer's Report Melissa Guidry reported deposits of \$200 bringing the balance in the chapter account to \$5113.60. The required 990 tax form for exempt organizations was filed with the IRS.

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Louisiana Council of AORN Chapters

Future Meeting Dates:

October 12th - Hammond, St. Tammany Hospital, 11:30 AM, Conference Room

November 2nd - Beach Seminar, please see flyer for more information

Jan 11th - Metairie, EJGH, 2 PM

March 29th - SC&E in Anaheim

July 11th - Baton Rouge, Women's Hospital

** Chapter Hospital Liaisons **

UMC-Elaine Stock
VA-Stephanie Wall
Tulane-Linda Levesque
Ochsner Main-Susan Overman
Ochsner WB-Kelly Acosta

Lakeview-Christal Cook
Children's-Judy Montello
Touro-Cheryl Johnson
Ochsner Kenner-Shari Fourcade
Ochsner Baptist-Lauren Levert

We would like to encourage a member from **Crescent City Surgical, East Jefferson and West Jeff** to volunteer as a liaison from one of these facilities to assist with providing information to your peers. If you are interested, please email Melissa Guidry at guidrymelissa@yahoo.com or call her at 504-442-9747.

Thanks to those members listed above who have volunteered - you are greatly appreciated.

Treasurer's Report:

Previous balance: \$4913.60

Deposits: 200.00

Expenses: 0

Ending balance: 5113.60

Respectfully submitted,

Melissa Guidry, Treasurer AORN Chapter 1902





Check out our three Louisiana nurses who were in the Pelican News! Click on the link and go to page 13.

https://link.zixcentral.com/u/c6acf8de/dD4stRCs6RGAzJ8gKXgf9A?u=https%3A%2F%2Fd3ms3kxrsap5 Ot.cloudfront.net%2Fuploads%2Fpublication%2Fpdf%2F1868%2FLouisiana_7_19.pdf



Community Service Projects:

At every AORN meeting, along with collecting toiletries, eyeglasses, socks, etc. for the New Orleans Rebuild Center for the homeless, the chapter will be collecting food for Second Harvest. Second Harvest accepts nearly all types of food products (nonperishable items and produce). They prefer non-glass containers for safety reasons. Please consider nutritional food items that are low in sodium/salt.

Don't worry... if you forget to bring food, you can give money. Sharon Guardina will buy your food items and bring all food items to a food harvest center every month.



















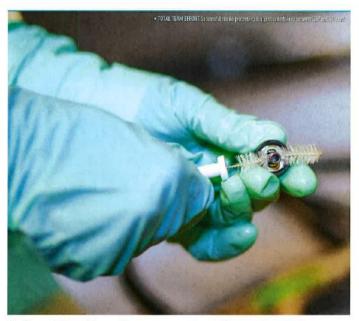




Our chapter is also exploring other options for community service. Here are some suggestions:

New Orleans Medical Mission
Habitat for Humanity
Making Sleeping Bags for the Homeless
Feeding the Homeless at a Shelter

- Nathalie Walker will obtain information on local Habitat for Humanity projects.
- New Orleans Medical Mission has opportunities for participation on Wednesdays and Saturdays.



Rebooting Our Reprocessing Department
A comprehensive rethink of decontamination and sterilization helped this facility cut SPD-related patient safety events by 90%.

This article appeared in the July 2019 edition of OR Today and was written by our very own president-elect, Judy Montello. The entire article is attached to the newsletter email.

Great job Judy!

Are you working on an evidence based practice project? If so, please reach out to Judy at judy.montello@lcmchealth.org



Did you know that you can donate to the AORN Foundation with every Amazon purchase without any extra cost to you?

AmazonSmile. You shop. Amazon gives.

- Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.
- AmazonSmile is the same Amazon you know. Same products, same prices, same service. Go to http://smile.amazon.com/

Legislative Report continued from page 2

which State Representatives we need to connect with to begin with. Please contact me if you want to help as we gear up for the 2020 Louisiana Legislative session March 9th- June 1, 2020.

Everyone Deserves a Smoke -Free O.R.



Respectfully Submitted by,

Nathalie Walker MBA, RN, CNOR AORN of New Orleans, Chapter 1902- Legislative Chair





Meeting Minutes – continued from page 4

- Treasurer's Report Melissa Guidry reported deposits of \$200 bringing the balance in the chapter account to \$5113.60. The required 990 tax form for exempt organizations was filed with the IRS.
- Legislative Report Nathalie Walker discussed smoke evacuation legislation as the legislative focus for the next year. Send the names of any physician smoke evacuation champions in your facility to Nathalie; also send the name of any staff member in your facility who has health (respiratory) problems related to surgical smoke.
- Job Posting Discussion: A discussion of the possibility of including open jobs in the newsletter. If a facility has open positions that they would like chapter members to know about, send the information to Carrie Simpson ahead of time. The position could be mentioned at the end of the chapter meeting. More discussion will take place.

Open Discussion:

- The AORN, Inc. national ballot has been published.
- Sharon Guardina suggested that the Board consider revising the "Treasury Standing Rules." These will be sent out with the Bylaws for review.
- Nora Lambert suggested a fundraising idea for the chapter to consider. Rada Cutlery catalogs will be brought to the August meeting for additional discussion. There is cost to the chapter.

Adjournment: With no further business, the meeting was adjourned at 6:12PM. Member networking followed the Board meeting.

Minutes submitted by AORN Chapter Secretary Mandy Martin-Sanchez.

AORN of New Orleans Chapter 1902 August Meeting

Wednesday, August 28th, 5:00PM at



1517 Metairie Road Metairie, LA 70005 (504) 875-4555

The Skin Safety CE entails:

- Discussion of perioperative pressure injuries and the impact of those pressure injuries
- Reviews evidence based interventions to prevent perioperative pressure injuries
- Describes patient outcome and cost savings that can be achieved from evidence based interventions



Dinner/CE provided by Molnlycke Healthcare Rep Sponsor – Kim Balser --- Wound-Care Division Presenter - Lisa A Kelley RN, MSN, CWON

President's Message, Continued from page 1

mindfulness practice—the piece that researchers believe leads to healthier, more agile brains: the moment when you recognize that your mind has wandered. Because if you can notice that your mind has wandered, then you can consciously bring it back to the present moment. The more you do this, the more likely you are to be able to do it again and again. And that beats walking around on autopilot any day (ie: getting to your destination without remembering the drive, finding yourself with your hand in the bottom of a chip bag you only meant to snack a little from, etc.).

- 4. Your judgy brain will try to take over. The second part of the puzzle is the "without judgment" part. We're all guilty of listening to the critic in our heads a little more than we should. (That critic has saved us from disaster quite a few times.) But, when we practice investigating our judgments and diffusing them, we can learn to choose how we look at things and react to them. When you practice mindfulness, try not to judge yourself for whatever thoughts pop up. Notice judgments arise, make a mental note of them (some people label them "thinking"), and let them pass, recognizing the sensations they might leave in your body, and letting those pass as well.
- 5. It's all about returning your attention again and again to the present moment. It seems like our minds are wired to get carried away in thought. That's why mindfulness is the practice of returning, again and again, to the breath. We use the sensation of the breath as an anchor to the present moment. And every time we return to the breath, we reinforce our ability to do it again. Call it a bicep curl for your brain.

How to Practice Mindfulness

While mindfulness might seem simple, it's not necessarily all that easy. The real work is to make time every day to just keep doing it. Here's a short practice to get you started:

- **1. Take a seat.** Find a place to sit that feels calm and quiet to you.
- **2. Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.
- **3. Notice your body.** You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, in lotus posture, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while.
- **4**. **Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.
- **5. Notice when your mind has wandered.** Inevitably, your attention will leave the sensations of the breath and wander to other places. When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.
- **6**. **Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

That's it! That's the practice. You go away, you come back, and you try to do it as kindly as possible.

Respectively,

Carrie Simpson, MSN, RN-BC, CNOR President- AORN of New Orleans, Chapter 1902





Central Arkansas Chapter Association of PeriOperative Registered Nurses

AORN of Central Arkansas 2019 Summer Conference Little Rock, Arkansas

GUEST SPEAKERS 1 CE each

A Map For Taking Care of MAPs (Morbidly Adherent Placentas)

Dawn Hughes MD

Fetal Surgery – Conditions and Surgical Treatments and Modalities

Laura Gayton MHA BSN CNOR CSSM

Emergent Perioperative Care for the Critically Injured

Darlene Murdock BSN BA RN CNOR

Lessons Learned In the Development of the Arkansas Trauma System

Kevin Sexton MD

Are We Human Beings or Human Doings?

Purushottam Thapa MD

August 23, 2019: Dinner and 1 CE | 6:00 pm

Whole Hog Café 12111 W. Markham St.

AORN Takes Over Hollywood Kristy Simmons RN MSN CNOR

August 24, 2019:

University of Arkansas for Medical Sciences Stephens Spine Center 12th Floor 629 Jack Stephens Dr.

Registration and Breakfast 7:00-8:00

Conference 8:00-2:45 (lunch provided)

Door Prizes

Vendor Expo in the Lobby

RNs \$50.00 (unlicensed nursing students and surgical techs are FREE)

Register and Pay Online: https://formpl.us/form/340826002



Register and Pay by Mall
Send name, phone number, email address
& check to Central AR AORN

Lavonia Walker 7804 Worth Ave Benton AR 72019

CONTACT: Lori Berry berrylori@uams.edu or Michelle Lee mlee2@uams.edu

EARN UP TO 6 CONTACT HOURS PLUS ADDITIONAL FROM VENDORS

This activity has been submitted to the Association of periOperative Registered Nurses, inc. for approval to award contact hours. The Association of periOperative Registered Nurses, inc. is accredited as an approver of continuing nursing education by the American Nurses Credentialing Centers Commission on Accreditation.

Activities that are approved by AORN are recognized as continuing education for registered nurses. This recognition does not imply that AORN or the ANCC Commission on Accreditation approves or endorses any product included in the presentation.

Chapters 2019 Beach Retreat

What a Nurse Wants and What a Perioperative Nurse Needs!



Program

Registration and Continental Breakfast

Title of Presentation Transplant Surgeon, Ochsner John Seal, M.D.

Transplant, Ochsner

0930-1030

Cristal Brown, M.D.

Title of Presentation

Jonathan Hand, M.D. Transplant, Ochsner Infections in Solid Organ Transplant Recipients

1045-1145

1030-1045 Break

1145-1230 Lunch – Brent House Conference Room

1230-1330 Courtney Shappley, D.O. Transplant, Ochsner Title of Presentation

1430-1445 1330-1430 Opportunities Opioid Epidemic: Challenges and Transplant Pharmacist, Ochsner Solid Organ Transplant and the Lisa Hutchinson, PharmD

1445-1545 Break

Ochsner Amy Ronnenburg, LMSW and Asia Thaggard, LCSW Transplant Social Workers,

Transplant Patient Panel

1545-1600

Evaluation

Serve

Heal

Lead

Educate

nnovate





Transplant Seminar

Brent House Conference Ochsner Medical Center Friday, August 23, 2019 07:30 am - 4:00 pm Center



Certified Transplant RN's

This program has applied for 6 CEPTC's (Category I) by Ochsner Medical Center who is an approved provider of continuing education points for certified transplant coordinators and certified transplant nurses by the American Board for Transplant Certification.

Nurses Accreditation CNE

6 CNE contact hours. Each session will be conflict of interest with any commercial there is no financial relationship or other the program to receive contact hour(s). The Survey Monkey evaluation within 3 weeks of session, sign the roster, and complete the participants must attend the entire I hour awarded I contact hour. For each session, Accreditation. Participants may receive up to Credentialing Center's Commission on approver by the American Nurses State Nurses Association, an accredited continuing nursing education by Louisiana Development is an approved provider of Ochsner Health System, Nursing Professional planner(s) and speakers have disclosed that

Target Audience

This full day seminar is targeted to Registered Nurses, APRNs and MDs and healthcare providers currently working and caring for patients who require or have been a recipient of organ transplantation. Other interested health care professionals, Social Workers are invited to attend.

Course Fee

The course fee includes: Handouts, Continental Breakfast, and Lunch.

Additional Information

Parking is available in the adjacent garage. If you are an Ochsner employee, please park in the parking lot across Jefferson Highway, and take the shuttle to the main building. For your comfort a sweater or jacket is suggested. For further information call: 504-842-7138.

Driving Directions

Take I-10 to Causeway South Exit. Take Causeway until it runs into Jefferson Highway. Turn left onto Jefferson Highway and get into the right hand lane. Go approximately 4 blocks, Ochsner Medical Center – Main Campus will be on the right.

The parking garage is past the hospital on the right. Exit the garage elevator on the 2nd floor of the Atrium Tower. The conference rooms are along the right wall.

Hotel Accommodations

Brent House Hotel is adjacent to and affiliated with Ochsner Medical Center.

I-800-535-3986 or 504-835-5411.

Registration

Ochsner nurses may register in OLN.
Search 17th Annual Transplant Seminar.
All others may submit the form or contact
the System Nursing Professional
Development Department.

Signature:

Payment Form

Name
Title, Department, Company
Address
City/State/Zip
Phone
Email
Registration Fee
Ochsner Employees: Free as a benefit
Non-Ochsner Attendees: \$75
Registration Deadline: July 31, 2018
Make checks payable to: Ochsner Medical Center & mail to: c/o:Jennie Miele
System Nursing Professional Development Benson Tower
1450 Poydras St Ste 2600
New Orleans, LA 70112
lo pay by credit card, please complete the information below and scan and email to jmiele@ochsner.org
Name on Card:
Type of Card:
Expiration:
Card #: