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The Heart Institute of East Texas
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FOR IMMEDIATE RELEASE

A new, state-of-the-art lounge area in the Cardiac Catheterization Lab at St. Luke's Health-Memorial provides patients who have undergone a radial access heart procedure a comfortable place to recover – allowing them to sit up comfortably, chat with others who have had the same procedure and prepare to go home the same day.

The Radial Lounge, developed by physicians at The Heart Institute of East Texas along with the staff at St. Luke's, is equipped with reclining chairs, entertainment options and refreshments. The chairs are side-by-side with no curtains between them.

“This area is designed to facilitate interaction among patients undergoing the same procedures, fostering a sense of camaraderie and peer support,” Dr. M. Musa Khan said. “Patients can share experiences, offer encouragement and help one another alleviate anxiety thereby enhancing the overall recovery process.”

Dr. Ravinder Bachireddy, cardiologist at Heart Institute of East Texas and Chief of Cardiology at St. Luke's, said, “I'm thrilled to see the collaborative effort between the Heart Institute and St. Luke's in introducing the latest Radial PCI lounge. This innovation prioritizes patient comfort, safety, and facilitates early discharge following coronary angioplasty and stenting. It's a testament to our commitment to advancing cardiac care and enhancing the overall patient experience.”

The radial lounge also allows enhanced monitoring by healthcare professionals, who are watching for any signs of complications or discomfort. It offers opportunities for patient education and counseling regarding post-procedure care, lifestyle modifications and enables patients to actively participate in their recovery and maintain optimal cardiovascular health.

“These new procedures facilitate sending the patients home earlier, reducing hospital admissions,” Dr. Khan said. “The lounge optimizes resource utilization within healthcare facilities. This efficiency benefits both patients and the healthcare providers by streamlining workflows and minimizing wait times.”

Through radial access angioplasty, cardiologists access the heart through a pinhole size incision in the wrist, which allows for patients to walk earlier, discharge earlier and have fewer complications.

Radial access significantly lowers the risk of vascular complications compared to femoral access, Dr. Khan said. “This is attributed to the superficial location of the radial artery, which minimizes the likelihood of bleeding and hematoma formation.”

Dr. Khan said studies have demonstrated a significant reduction in mortality rates associated with radial access angioplasty compared to femoral access. The improved safety profile and decreased risk of access site complications contribute to better patient outcomes.

Traditionally, cardiac catheterizations are performed by inserting a catheter through an incision made in the groin to access the femoral artery. The plastic catheter is advanced through the body’s network of arteries until it reaches the heart.

“As the adoption of radial techniques continues to expand, the integration of radial lounges into clinical practices holds promise for further enhancing the patient experience and improving overall quality of care,” Dr. Khan said.

Cutline:

Physicians with The Heart Institute of East Texas, staff of St. Luke’s Health-Memorial Cardiac Cath Lab and Lufkin Mayor Mark Hicks celebrate Monday morning the opening of the Radial Lounge inside the hospital’s Cath Lab. The Radial Lounge provides patients, who have undergone the Radial Access Angioplasty, a comfortable place for recovery following the procedure, which is a day procedure. Radial Access Angioplasty allows physicians to go through a patient’s wrist during coronary interventions rather than the groin. The procedure has emerged as the preferred technique with its many advantages for the patient, including eliminating the need for prolonged bed rest and allows the patients to be up and walking sooner. Most patients go home the same day.