



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Car Seat Safety Tips to Avoid Injury in a Crash

by Nora Appelbaum, Esse Health Certified Pediatric Nurse Practitioner

As you set out on your summer vacation or travel to and from daycare to grandma's house, be sure your child's car seat fits his or her size, fits your car, and is easy for you to use correctly every time.

Click [here](#) to learn when to use a rear-facing car seat, forward-facing car seat or a booster seat.

Click [here](#) for more information about Nora Appelbaum, CPNP.



## Announcing a New Office at St. Clare Health Center

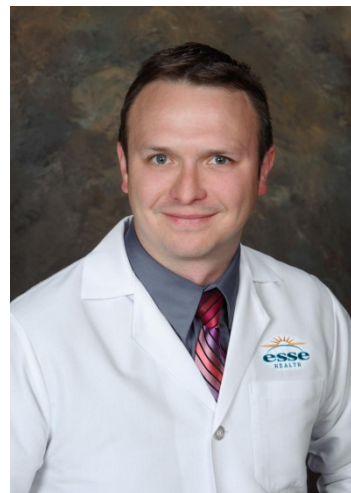
Esse Health Physicians at St. Clare will be lead by Dr. Kyle Moylan

We're opening a new office on the campus of SSM St. Clare Health Center! Internal medicine and geriatric medicine physician Kyle Moylan, M.D, FACP, will begin seeing patients at Esse Health Physicians at St. Clare once the suite is complete.

Dr. Moylan is accepting new patients, and appointments can be made by calling **314-467-1500**. The new office is located in the St. Francis Medical Office Building at St. Clare Health Center, 1011 Bowles Ave., Suite 450 in Fenton, Mo.

Starting July 5, Dr. Moylan will see patients at Esse Health Tesson Ferry Pediatrics & Internal Medicine until the St. Clare office is complete.

Learn more about Dr. Moylan by [clicking here](#).



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## The FAQs about NPs and PAs

Answers to frequently asked questions about nurse practitioners and physician assistants

### What are Nurse Practitioners and Physician Assistants?

- Both nurse practitioners and physician assistants work with physicians to provide quality health care to patients.
- A Nurse Practitioner (NP) is a registered nurse who is prepared, through advanced education and clinical training, to provide preventive and acute health care services to individuals of all ages.
- A physician assistant (PA) is a medical professional who works as part of a team with a doctor. A PA is a graduate of an accredited PA educational program who is nationally certified and state-licensed to practice medicine with the supervision of a physician.

### What do Nurse Practitioners and Physician Assistants do?

- Administer physical exams
- Diagnose and treat acute and chronic conditions
- Focus on prevention, wellness and education
- Prescribe medications
- Refer patients to other healthcare professionals as needed

### What education and training does an NP and PA undergo to become certified?

- All NPs must complete a master's or doctoral degree program, and have advanced clinical training beyond their initial professional registered nurse preparation.
- All PAs attend a physician assistant program that is modeled on the medical school curriculum with a combination of classroom and clinical instruction. The PA course of study is rigorous and intense, and the average length of a PA education program is 27 months.

Click [here](#) to learn about Esse Health nurse practitioners and physician assistants.

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Learn more about NPs here: <http://www.aanp.org/all-about-nps>, and about PAs here: [http://www.aapa.org/the\\_pa\\_profession/what\\_is\\_a\\_pa.aspx](http://www.aapa.org/the_pa_profession/what_is_a_pa.aspx).

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