

FEATURING "IN GOOD HEALTH" FROM MONMOUTH MEDICAL CENTER

Monmouth

HEALTH & LIFE

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A
SUNRISE
STRETCH
in
Asbury
Park



SPRING RENEWAL

52 TIPS TO A HAPPIER, HEALTHIER YOU!

COZY COMFORT
GREAT SWEATER LOOKS

POWER UP
WITH PEARS

THE CAT RESCUER
OF ASBURY PARK

+ THE COUNTY'S TOP DENTISTS

{ IN GOOD HEALTH }

HEAD OF THE CLASS

The Leapfrog Group names Monmouth Medical Center one of the country's top teaching hospitals.

Highlighting its nationally recognized achievements in patient safety and quality, Monmouth Medical Center (MMC), a regional medical campus of Rutgers Robert Wood Johnson Medical School, has been named a Top Teaching Hospital by The Leapfrog Group for a third time.

The Leapfrog Top Hospital award is widely acknowledged as one of the most competitive honors American hospitals can receive.

MMC was one of just 72 of the nation's hospitals recognized as a Top Teaching Hospital. The recognition comes on the heels of MMC's 14th consecutive "A" Hospital Safety Grade, also from The Leapfrog Group.

"This impressive achievement is a testament to the dedication of our highly skilled physicians, residents, nurses and staff and their commitment to providing the highest quality patient-centered care in the safest environment," says MMC President and CEO Eric Carney. "Monmouth Medical Center's respected reputation as a teaching medical center attracts the top physicians to our faculty. Our resident physicians and medical students are an integral part of this collaborative approach to achieving superior safety and quality and our commitment as a high reliability organization."

MMC serves as a regional medical campus of Rutgers Robert Wood Johnson Medical School to teach third- and fourth-year medical students. It is a member of the Council of Teaching Hospitals of the Association of American Medical Colleges, a status held by only 400 of the nation's 6,000 hospitals, and trains residents and fellows in the following areas: Dental Medicine, Internal Medicine, Obstetrics & Gynecology,



President and CEO Eric Carney holds the Leapfrog Top Teaching Hospital Award trophy. He gathers with, from left, Chief Medical Officer Kenneth Granet, M.D., Chief Academic Officer Joseph Jaeger, DrPH, Chief Nursing Officer Diann Johnston, Vice President of Clinical Operations Michael Perdoni and William Downs, D.O., President of the MMC Medical Staff and Interim Chair of Emergency Medicine.

Orthopaedic Surgery, Pathology, Pediatrics, Pharmacy, Diagnostic Radiology and General Surgery. MMC is ranked 29th among the 50 best major teaching hospitals in the U.S. by *Washington Monthly*, and the hospital recently achieved full four-year reaccreditation as a provider of continuing medical education for physicians following a rigorous Medical Society of New Jersey survey.

Medical education has long played a key role at MMC. In fact, in 1945, the hospital established its first residency program in orthopaedics—the first such program in New Jersey—to meet the needs of physicians returning from World War II trained in treating battlefield trauma.

"As a teaching hospital, Monmouth Medical Center prides itself not just on providing quality health care, but on preparing the physicians of tomorrow," says Chief Academic Officer Joseph Jaeger, DrPH. "Widely

recognized for the quality of their programs, teaching hospitals are responsible for training new generations of physicians and are the frontrunners in medical research and technology."

Performance across many areas of hospital care is considered in establishing the qualifications for the award, including infection rates, maternity care and the hospital's ability to prevent medication errors. The rigorous standards are defined in each year's Top Hospital Methodology.

To qualify for the Top Hospitals distinction, hospitals must submit a Leapfrog Hospital Survey and achieve the highest performance scores in its category. The selection of Top Hospitals 2021 is based on surveys from nearly 1,900 hospitals. To see the full list of institutions honored as 2021 Top Hospitals, visit leapfroggroup.org/tophospitals.



For more information about Monmouth Medical Center, visit rwjbh.org/monmouth.

GRACE UNDER FIRE

Sharmine Brassington, MMC's Director of Emergency Services, earns high praise for her leadership throughout the pandemic.



At left, Sharmine Brassington, Administrative Director of Emergency Services at MMC, holds the Organization of Nurse Leaders New Jersey Excellence in Advanced Practice Nursing Leadership Award she received on Dec. 3. She is shown with Magnet Program Director Lauren Fleming, center, and Regional Chief Nursing Officer Diann Johnston.

Sharmine Brassington, MSN, RN, Administrative Director of Emergency Services at Monmouth Medical Center (MMC), was recently honored with the Organization of Nurse Leaders New Jersey (ONL NJ) Nurse Leader Award in recognition of her ability to lead with integrity and grace during the challenging times of the COVID-19 pandemic.

The award was presented December 3rd during ONL NJ's Annual Award Ceremony held at Forsgate Country Club in Monroe Township. For MMC, it was the third consecutive year that a hospital nurse leader was honored with this statewide award. In 2020, Nicole Keegan, DNP, RN, APN, Director of Pain Management Services, was honored with the ONL NJ Excellence in Advanced Practice Nursing Leadership Award. Diann Johnston, MSN, RN, NEA-BC, Regional Chief Nursing Officer, RWJBarnabas Health, was honored with the organization's Nurse Executive Award in 2019.

At MMC, Brassington leads a team of more

than 100 staff members who deliver complete adult and pediatric emergency medical care. In nominating her for the Nurse Leader Award, her colleague, Magnet Program Director Lauren Fleming, MA, BSN, RN-BC, noted that "the often chaotic, breakneck speed of the Emergency Department (ED) is what she has always thrived on, since 1999 when she embarked on her fulfilling career as an ED Nurse."

"Sharmine maneuvers through the hallways of the Emergency Department (ED), heels pounding the linoleum while running to another code, quickly donning the necessary personal protective equipment swiftly—smoothly—as it has been done countless times before," Fleming wrote. "This leader is happy to be in the trenches, on the frontline alongside her team. She understands that she is accountable for her team's outcomes—that her vision and inspiration drive the results, and her approach as a reality-based leader empowers her nurses to be productive, successful and motivated."

Fleming adds that Brassington's team members support each other, decreasing the staff turnover to its current rate of zero percent, and that she leads by example in an accountable environment.

"Sharmine empowers through autonomy and the shared governance model, resulting in a team that strives to deliver culturally competent care, with patient care prioritized from the time of arrival," she says, adding that MMC's ED has maintained consistently high patient satisfaction scores for nearly 10 years.

Within the ED, a Monoclonal Antibody Suite—a designated space to administer monoclonal antibody infusions—was created in direct response to the needs of the community. COVID-19 patients are expedited to the suite where a nurse administers the infusion and observes throughout the process.

"This implementation has decreased wait time and improved patient satisfaction with an impact on public safety by decreasing hospitalization and death, particularly with high-risk populations," Fleming says.

As a reflection of the work ethic of the ED team's successful implementation of the Monoclonal Antibody Suite, the MMC ED received the 2021 Crisis Response Team Award from the New Jersey Emergency Nurses Association (NJENA). The award, presented during the NJENA Virtual State Council Meeting last spring, was in recognition of the team's significant contributions and response to the challenges of the public health crisis of COVID-19.

Currently a doctoral candidate at Rutgers University, Brassington is actively involved in the ONL, as well as the NJENA and New Jersey Hospital Association. She joined MMC in January 2014 as assistant clinical director for the ED and was promoted to administrative director of Emergency Services earlier this year. She previously worked as an ED nurse for MMC's sister hospital, Cooperman Barnabas Medical Center.

"We are so proud to announce this well-deserved recognition of Sharmine's expertise and leadership, which ensure the consistent delivery of the highest quality emergency healthcare services and continued success of our Emergency Department," Johnston says.



To learn more about nursing excellence at Monmouth Medical Center, visit rwjbh.org/Monmouth.

A LEADER FOR JOINT AND SPINE CARE

Monmouth Medical Center receives national recognition for treatment excellence from the Joint Commission.

Monmouth Medical Center's Joint

Replacement and Spine Center provides world-class care and treatment options to patients who have experienced pain and limitation of permanent and progressive damage to the hips, knees, shoulders and spine.

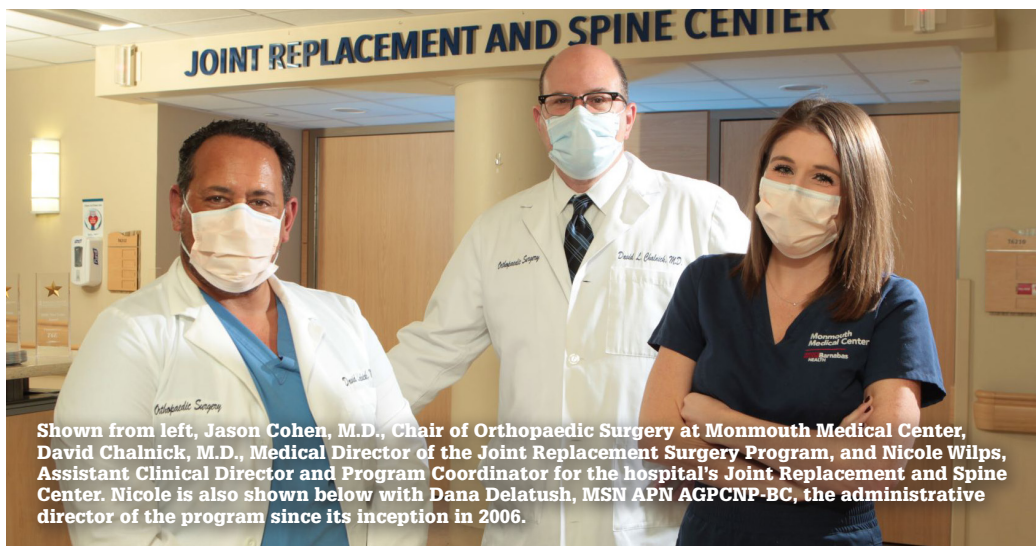
In recognition of the program's commitment to excellence in providing care for joint replacement and spine surgery patients, Monmouth Medical Center (MMC) has successfully achieved Joint Commission Disease Specific Certification for total hip, total knee and spine surgery.

"Joint Commission Certification for Total Hip and Knee Replacement and Spine Surgery evaluates these services with the evidence-based proof of clinical quality sought by patients," says Jason Cohen, M.D., Chair of Orthopaedic Surgery and spine surgeon at Monmouth Medical Center. "For patients, whether their pain is due to osteoarthritis, rheumatoid arthritis, trauma or other joint or spine disorders, they will find life-changing relief under the care of our highly experienced board-certified, fellowship trained joint and spine specialists."

In once again achieving this certification, which the hospital has held for 10 years, Dr. Cohen notes that Monmouth Medical Center received incredibly positive feedback from the Joint Commission surveyor.

"The surveyor was impressed with the surgeon/physician commitment to the program and hospital leadership support to invest in Joint Commission Disease Specific Certification since 2011," Dr. Cohen says. "They also praised our strong High Reliability Organization (HRO) culture, as well as the strength of Case Management, and amazing, knowledgeable and dedicated staff in our OR and on our inpatient unit."

Additionally, Nicole Wilps, R.N., BSN, Program Director for the Joint Replacement and Spine Center, was recognized for excellence as both the program's coordinator and as patient navigator. "Nicole serves as the patient's personal navigator and liaison with their orthopaedic surgeon to coordinate care from the



Shown from left, Jason Cohen, M.D., Chair of Orthopaedic Surgery at Monmouth Medical Center, David Chalnack, M.D., Medical Director of the Joint Replacement Surgery Program, and Nicole Wilps, Assistant Clinical Director and Program Coordinator for the hospital's Joint Replacement and Spine Center. Nicole is also shown below with Dana Delatush, MSN APN AGPCNP-BC, the administrative director of the program since its inception in 2006.

preoperative class through hospital stay and discharge," Dr. Cohen states.

"Our comprehensive, coordinated Joint Replacement Program and dedicated Spine Center delivers unparalleled expertise—led by surgeons who have performed thousands of joint replacement and spine procedures with the lowest infection and complication rates and outstanding outcomes," Dr. Cohen says.

"Our numbers say it best, with the leading pain management and outstanding patient satisfaction scores," says Dana Delatush, MSN APN AGPCNP-BC, Clinical Director of the ortho/neuro and post-surgical inpatient units. "We offer individualized care plans for pain management and a designated inpatient unit that is staffed by nurses and therapists who specialize in the care of spine and joint patients."

"We also lead the region in high volume complex spine surgeries and revisional spine procedures, and we were among the first two hospitals in New Jersey to introduce cutting-edge robotic technology for minimally invasive spine surgery," Dr. Cohen adds.

In addition to dedication to the highest qual-

ity patient-centered care, MMC uses the latest medical advances to provide patients with a safe, fast recovery and short-

est possible hospital stay. In fact, the hospital introduced a Fast Track Joint Replacement Surgery Program in February 2020, which uses minimally invasive surgical techniques and 'lighter' anesthesia to enable safe discharge soon after surgery.

"Fast Track patients arrive at the hospital early in the morning, have the surgery, then head to physical therapy to ensure that they can be safely discharged, and if all goes smoothly, they can go home in the afternoon," says David Chalnack, M.D., Medical Director of Joint Replacement Surgery. "Patients are very excited about this—it's a very pleasant experience."



To learn more about joint and spine surgery at Monmouth Medical Center, visit rwjbh.org/mmcjointandspine.

COMING SOON!

{ IN GOOD HEALTH }

EXPANDING OUR REACH

NEW WELLNESS CENTER WILL HELP COMMUNITY MEMBERS LIVE HEALTHIER.

The Anne Vogel Family Care and Wellness Center, set to open later this year at the Monmouth Mall in Eatontown, will feature a demonstration kitchen as well as rooms for both conferences and classes.



To learn more about these programs and services, email wellnesscenter@rwjbh.org or call 862.781.3538.

Monmouth Medical Center is dedicated to serving its community, with care extending far beyond the hospital walls. Illustrating this commitment, the hospital is poised to open the Anne Vogel Family Care and Wellness Center at the Monmouth Mall in Eatontown, with an innovative facility designed to help community members live healthier, more fulfilling lives.

Opening later this winter, the wellness center is equipped with classrooms, conference rooms and a demonstration kitchen to offer education on nutrition, childbirth, postpartum, prevention of chronic diseases and much more, as well as a variety of support groups and a smoking cessation program.

"We want to help the community participate in disease prevention through multiple pathways," says Kenneth Granet, M.D., Chief Medical Officer at MMC who oversees Community Health Education. "This is a unique space and a very positive outpatient wellness environment, not just for the local community but all of Monmouth and Ocean counties and beyond."

"The wellness center is a hub for all things wellness for our community members of any age," adds Program Director Abigail Thompson. "We support all facets of your health, from nutrition, to chronic disease management, physical movement, mental health, employment, housing and the impact of world events like COVID-19."

Before the pandemic, the majority of MMC's community health programs were offered through venues such as senior centers, churches and schools, says Jean McKinney, Regional Director, Community Health and Social Impact and Community Investment.

"This facility gives us a centrally located home and a place to make our services even more accessible to many people," she says. "Our mission is to ensure people of all ages have access to quality healthcare together with wellness and educational programs."

Drawing on physicians and other professionals dedicated to women's and children's service lines at the new facility, educational programs will cover a wide range of topics. Examples include healthy nutrition and food preparation, childbearing and postpartum health, osteoporosis prevention, diabetes, cardiovascular disease, brain syndromes such as dementia, medication management, screenings and movement activities such as exercise and yoga.

"The building was designed in part during the pandemic, so we equipped our facilities to provide virtual and hybrid programs along with in-person conferences, presentations and workshops," McKinney says.

The facilities also include what McKinney likens to "the heart of a home:" a large demonstration kitchen staffed by a full-time dietitian and outfitted to provide cook-along classes and both live and virtual or livestreamed presentations.

"Our state-of-the-art demonstration kitchen, managed by our registered dietitian, is uniquely equipped to support our community on a healthy eating journey," Thompson says.



Let us help you reach your wellness goals

We call it a breakfast smoothie, but this super food masterpiece fits the bill any time of the day! Coming soon to the Monmouth Mall in Eatontown, the Anne Vogel Family Care and Wellness Center will offer free educational health and wellness programs and services to help our community live healthier. This state-of-the-art demonstration kitchen will enable us to help community members explore the relationship between food and nutrition and positively impact food choices and promote healthy behaviors.

BLUE & GREEN BREAKFAST SMOOTHIE

INGREDIENTS

- 1 cup blueberries
- 1 cup fresh baby spinach
- 1 banana
- 1 cup fat-free milk
- ½ cup calcium fortified orange juice
- 1 Tbs. honey (optional)

DIRECTIONS

1. Combine all ingredients in a blender until smooth. Serve and enjoy!

SERVINGS: 4

Nutrition Information: Calories 83 | Total Fat 0g | Saturated Fat 0g
Cholesterol 1mg | Sodium 33mg | Total Carbohydrate 18g | Dietary Fiber 2g
Total Sugar 13g | Added Sugar 0g | Protein 3g | Vitamin A 11% Daily Value (DV) | Vitamin C 21% DV | Vitamin D 7% DV | Calcium 15% DV | Iron 2% DV
Potassium 7% DV

Your Well-Being Is Our Priority

In this edition of *Monmouth Health & Life*, we focus on health & fitness, an appropriate theme for the new year's first issue.

For many, a new year signifies a fresh start and a resolution to adopt a healthier lifestyle. In the pages of *In Good Health*, we spotlight the Anne Vogel Family Care and Wellness Center, a new facility opening later this winter that features a unique space designed to provide and emphasize community health education, focusing on disease prevention. The wellness center includes a large demonstration kitchen outfitted to provide cook-along classes that will focus on nutrition and healthy food preparation.

In partnership with our communities, patients, donors, physicians and staff, we are creating health care for the future of Monmouth County, and making it easier for our patients and communities to access state-of-the-art care close to home. The Anne Vogel Family Care and Wellness Center is an exciting new facility that is in keeping with our mission to ensure people of all ages have the ability to live healthier, more fulfilling lives.

We know that the challenges of the pandemic have made wellness goals difficult for many, and at Monmouth Medical Center we are embracing these challenges with a facility designed to provide virtual and hybrid programs along with in-person conferences, presentations and workshops. As we embrace the hopefulness that comes with a new year, we wish you a safe and healthy 2022.



ERIC CARNEY
President and Chief Executive Officer
MONMOUTH MEDICAL CENTER
AND MONMOUTH MEDICAL CENTER
SOUTHERN CAMPUS

