

A Publication of
**ROBERT WOOD JOHNSON
UNIVERSITY HOSPITAL SOMERSET**

SPRING 2019

healthy

together

**BEST WAYS TO
AVOID GYN CANCERS**

**BEATING THE
'WIDOW MAKER'**

**LANGUAGE
ASSISTANCE
FOR PATIENTS**

**WHERE TO GET
THE BEST CANCER CARE**



SAFETY: It Takes a Team

When it comes to safety, our philosophy is simple. RWJBarnabas Health is committed to zero incidents of preventable harm for our patients, families, visitors and each other. This quest, which we call Safety Together, is designed to help create the best possible outcomes for our patients and an exceptional work environment for our team.

We're applying the same tools used by High Reliability Organizations (HROs) in the manufacturing and nuclear industries. These companies have greatly reduced accidents by using standardized error-prevention processes. Similar safety systems are being embraced by our staff in both clinical and non-clinical roles as they go about their day-to-day tasks.

Employees and physicians at Robert Wood Johnson University Hospital Somerset have undergone HRO training to learn and practice error prevention tools. We begin each weekday with a morning safety huddle, where members of our leadership team gather to discuss and address safety concerns and recognize staff members who have made a "safety catch." Our commitment to safety has been nationally recognized by the Leapfrog Group. We have received the organization's highest hospital safety score—an A—and are one of only 53 hospitals nationwide to be designated by Leapfrog as a "Top Teaching Hospital."

Becoming an HRO means everyone who works for RWJBarnabas Health knows that they can make a difference for our patients, for their teammates at work, and for our communities as a whole. We're excited to empower our family of employees to do everything possible to support our mission of excellence as we care for you and your family.

Yours in good health,

BARRY H. OSTROWSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
RWJBARNABAS HEALTH



ANTHONY CAVA
PRESIDENT AND CHIEF EXECUTIVE OFFICER
ROBERT WOOD JOHNSON UNIVERSITY
HOSPITAL SOMERSET



HEALTH NEWS

HOMES FOR HEALING



Robert Wood Johnson University Hospital Somerset has launched a Healing Homes transitional housing program. The hospital has completed renovations on the first of two homes in Somerville. They will provide housing for up to two years for Somerset County families who are coping with a chronic illness and cannot afford to live on their own. Participants will learn to manage their finances, take care of their health, and become independent.

NEW CARDIAC REHAB LOCATION

Robert Wood Johnson University Hospital (RWJUH) Somerset's Cardiac Rehabilitation Department will move this Spring to 331 Route 206 North in Hillsborough. Our new site will offer expanded space in a newly renovated suite and ample parking in a convenient location. The building is also home to RWJUH Somerset's Sleep Center and an outpatient laboratory.

PHYSICAL THERAPY IN BEDMINSTER

Robert Wood Johnson University Hospital Somerset has added two new physical therapy practices in Bedminster: Excellent Physical Therapy, 95 Somerville Road, Route 202, and Sports Rehab & Balance Center, 2460 Lamington Road. These practices provide back and neck care, as well as gait and balance training. The hospital also has physical therapy locations in Bridgewater, Flemington, Hillsborough, Somerville and Princeton.

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After being treated for breast cancer at the Steeplechase Cancer Center on the campus of RWJUH Somerset, Carolita Lewis made and donated mastectomy pillows to provide comfort to other patients.



RWJBarnabas Health and Robert Wood Johnson University Hospital Somerset, in partnership with Rutgers Cancer Institute of New Jersey—the state’s only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the latest treatment and clinical trials. Visit www.rwjbh.org/beatcancer.

A GIFT OF COMFORT

ONE BREAST CANCER SURVIVOR WAS SO GRATEFUL FOR THE SUPPORT AND EXPERT CARE SHE RECEIVED THAT SHE DECIDED TO GIVE BACK TO OTHER PATIENTS.



When patients walk into the Steeplechase Cancer Center on the campus of Robert Wood Johnson University Hospital (RWJUH) Somerset, one of the first things they notice is the fireplace at the entrance. “We want to evoke that warm feeling associated with a national park lodge,” says Kathleen Toomey, MD, the Center’s medical director. “We want patients to feel welcome.”

That was certainly the feeling Carolita Lewis, 41, of Warren had when she was treated for breast cancer at the Center in 2017. Carolita noticed blood coming from her nipples in April 2017, and her primary care physician referred her to Deborah Lue, MD, a breast surgeon with RWJ Physician Enterprise’s Steeplechase Breast Specialists and medical director of the Center’s Sanofi US Breast Care Program. Mammogram and biopsy results revealed that Carolita had stage I breast cancer, in which the disease is confined to the organ, in her right breast. She also had ductal carcinoma in situ (DCIS), an early-stage cancer, in her left breast. “I felt like my world had come to a screeching halt,” recalls Carolita, a single mother of a 9-year-old daughter. “I wondered what this would mean for my future and my daughter.”

A CUSTOMIZED CARE TEAM

While this was frightening news, Carolita was reassured by the Center’s multidisciplinary approach to her care. Not only did she have a breast surgeon, but she also had a medical oncologist, Dr. Toomey, and a plastic surgeon, Colin Failey, MD, who would perform her breast reconstruction surgery. Also on her care team



KATHLEEN TOOMEY, MD

were a mammography technician, a genetics counselor, a social worker, nurses and even the manager of the Sanofi US Wellness Boutique, who helped her choose wigs and find a well-fitting mastectomy bra. “I felt good about my team,” says Carolita. “They could talk to each other and share information.”

Every Thursday morning, a team of about 30 breast cancer professionals meets to discuss each case. Typically, a surgeon presents a case, a radiologist reviews the imaging report, and a pathologist discusses biopsy results. The research nurses determine whether the patient is a candidate for one of the large national clinical trials conducted at the hospital through the Rutgers Cancer Institute of New Jersey. Also weighing in are nurse navigators, occupational therapists, palliative care specialists and others. “My mantra is always: ‘It takes a village to care for our patients,’” says Dr. Toomey.

Carolita’s care team told her she could have a mastectomy on her right breast and more conservative surgery on the left, but she opted for a double mastectomy instead. “I didn’t want to risk anything,” says Carolita, who had the procedure in June 2017 and breast reconstruction in December of that year.

Carolita also underwent 10 rounds of chemotherapy, followed by oral pharmaceutical treatment—which has been shown to improve survival rates among breast cancer patients—every three weeks for a year after the mastectomies. She’s still taking another medication to help safeguard against a recurrence. “I feel great now,” says Carolita, who returns to the hospital every six months for a checkup.

HELPING OTHER PATIENTS

After Carolita completed her treatments, she was so grateful for the care she received at the Center that she wanted to do a good turn for others. Carolita is a project coordinator for a furniture

HELPING PATIENTS LOOK AND FEEL THEIR BEST

The Sanofi US Wellness Boutique, located at the Steeplechase Cancer Center, helps patients cope with treatment-related changes in their appearance. The boutique, which recently celebrated its 10th anniversary, is staffed by a certified fitter who helps patients select wigs, breast prostheses and lymphedema garments. It also sells a range of other products, including head scarves and hats, swimsuits and cosmetics.

dealer, and when a coworker asked her what sort of helpful gift she might give an aunt who was battling breast cancer, Carolita suggested a mastectomy pillow. “My security blanket was my mastectomy pillow,” she says. “It goes over your breasts and under your armpit to protect those areas. I was nervous about my daughter bumping me. I also used the pillow to feel more comfortable during car rides and while sleeping.”

Carolita sent her coworker a link to a website that sells the pillows. But the woman’s mother, a seamstress, decided to make one instead. That gave Carolita the idea to create her own mastectomy pillows. “My company donated all the supplies, and a couple of my coworkers and I stayed after work and sewed and stuffed them,” she says. “My goal was to make 50, but we ended up making 63.” Last October, Carolita donated the pillows to the Center and two breast cancer support groups.

Carolita’s kind gesture is just one of the many examples of the generosity of Center patients, says Dr. Toomey.

“All of these people had come together to support me, and I felt I needed to give back,” says Carolita. “I was happy I was able to help other patients.”

For more information about breast cancer services at Robert Wood Johnson University Hospital Somerset, visit www.rwjbh.org/beatcancer. Early detection of breast cancer saves lives. Visit www.rwjbh.org/mammo to request a mammography appointment.



OVERCOMING LANGUAGE BARRIERS FOR BETTER CARE

A NEW PROGRAM HELPS CHINESE PATIENTS WITH LIMITED ENGLISH FIND THE RIGHT DOCTOR, FILL OUT FORMS AND UNDERSTAND THEIR DIAGNOSIS AND TREATMENT PLAN.

When SuYing Chen needed a gynecologist, she was concerned not only with finding a top doctor but also one who could communicate with her. That's because she only speaks Mandarin Chinese.

SuYing wasn't having much luck finding the right physician until one day in September 2018 when her son, Kevin Lin, came across an advertisement for the new Chinese Medical Program at Robert Wood Johnson University Hospital (RWJUH) Somerset. The program helps Chinese patients navigate an English-speaking

healthcare system. That was just what SuYing needed, so Kevin called the office to make an appointment.

Today, SuYing, 65, of Morris Plains, is in the good hands of program coordinator Angela Lee, who speaks both English and Mandarin, along with Cantonese and Toishanese dialects. SuYing is receiving care at the hospital, and Angela has been helping her every step of the way—scheduling office visits, explaining the hospital's services, helping to fill out paperwork, and accompanying her to medical appointments to translate

important information. "Language barriers can interfere with preventive care," says Angela. "They can contribute to poor patient assessment, misdiagnosis and delayed treatment. If a patient has a hard time understanding what a healthcare provider wants him or her to do, he or she may miss an appointment or not follow up." The Chinese Medical Program makes it easier for patients to access care, helping to improve their health.

SuYing's daughter-in-law, Cindy Lin, brings SuYing to all of her appointments and says the program has been invaluable

READ OUR **INTERACTIVE DIGEST** TO LEARN MORE ABOUT THE CHINESE MEDICAL PROGRAM.

www.rwjbh.org/somersetmag



to her family. “It’s a very good service for the Chinese community—especially for people who don’t speak any English,” she says. “Even for those who speak some English, the medical terms can be difficult to understand.”

NAVIGATING THE HOSPITAL WITH COMPASSION

Since the program began in June 2018, it has helped facilitate the care of about 90 Chinese patients. “The Chinese Medical Program is important to the Chinese community because we understand their culture,” says Angela. “We strive to make patients and their families feel supported medically and emotionally.”

Angela helped SuYing make an appointment with George Tweddel, MD, a gynecologist. Since SuYing was long past menopause, she became concerned when she started experiencing vaginal bleeding. Dr. Tweddel diagnosed her with uterine fibroids and performed a dilation and



ANGELA LEE

curettage (D&C) in December 2018. Before and after the procedure, Angela was there to help facilitate communication between SuYing and Dr. Tweddel.

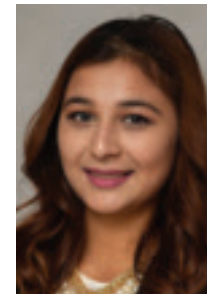
Angela also has helped to reduce

SuYing’s anxiety during office visits. “During her first few appointments, every time she saw the doctor her blood pressure would rise,” Angela recalls. SuYing not only was stressed about meeting a new physician and learning she needed a procedure, but she also experienced the frustration of not understanding a word he was saying. “After reassuring her and helping her feel more comfortable, her blood pressure became normal,” says Angela. “She said, ‘Now I know the routine, and I’m not nervous anymore.’”

Unfortunately, SuYing’s care at the hospital didn’t end with the fibroid treatment. The pathology report from the D&C revealed that she has uterine cancer, which will be treated with a robotic-assisted hysterectomy. Her gynecologic oncologist is Mihae Song, MD. In addition, Dr. Tweddel learned that she was overdue for a mammogram, so Angela helped to schedule her appointment. SuYing was diagnosed with early breast cancer and referred to Deborah Lue, MD, a breast surgeon. “Now I’m helping Mrs. Chen get appointments for ultrasounds and biopsies,” says Angela.

Through it all, Angela has been there with care and compassion. Cindy Lin can’t thank Angela enough for the assistance and support she has provided. “We feel very fortunate that this program is available to help my mother-in-law,” she says. “We’re very lucky to have met Angela.”

Angela Lee, coordinator of the Chinese Medical Program, accompanies patient SuYing Chen to medical appointments and helps her complete paperwork.



SHISHA PATEL

NEW INDIAN MEDICAL PROGRAM

Modeled on the successful

Chinese Medical Program, the Indian Medical Program was launched in November 2018. The goals are to help make healthcare more accessible—and improve patient outcomes—by breaking down language barriers and assisting patients with paperwork and appointment scheduling. Patient navigator Shisha Patel speaks Gujarati and Hindi fluently.

For more information, call **908.545.2348**.

For more information on the Chinese Medical Program, call **908.442.9608**.

Joe Wilson has his blood pressure checked by Jeremy Pyke, MSN, APN, nurse practitioner, at PROUD Family Health.



PROUD FAMILY HEALTH'S NEW PROVIDERS



DANIELLE KING, MPH, PATIENT NAVIGATOR, ensures patients have access to health services, specialist care and support.



JEREMY PYKE, MSN, APN, NURSE PRACTITIONER, provides primary care to patients under the supervision of a physician.

TAKING PRIDE IN PRIMARY CARE

PROUD FAMILY HEALTH EXPANDS ITS SERVICES TO BETTER MEET THE NEEDS OF LGBTQIA PATIENTS.

As a resident of the San Francisco Bay area for two decades, Joe Wilson, who is gay, had no trouble finding healthcare providers in the LGBTQIA community. But when he moved back to his native New Jersey in April 2018, he was concerned that he'd have to drive hours to find a provider with whom he was comfortable.

"When I started my search, I found that a lot of my friends go to healthcare offices in New York or Philadelphia," says Joe, 45, a software engineer in New Brunswick. So he was pleasantly

surprised when he discovered PROUD Family Health at Robert Wood Johnson University Hospital (RWJUH) Somerset, which in 2017 became the first hospital in New Jersey to offer primary care services tailored to LGBTQIA patients.

COMPASSION AND CONVENIENCE

To meet the growing needs of the LGBTQIA community, the center recently expanded, moving to new space across the hall from the hospital's Somerset Family Practice. There are new staff members, including some who openly identify as members of the LGBTQIA community. The office is now open five days a week and offers both daytime and evening hours to better accommodate its growing

patient population. Services include comprehensive primary care, HIV prevention, hormone therapy and monitoring, same-day sick visits, chronic illness management, health education and counseling, support groups and referrals.

Joe sees nurse practitioner Jeremy Pyke, MSN, APN. "Not only is Jeremy meeting my medical needs, but he's also a part of the community," says Joe. "It's important to me to see a practitioner with whom I can discuss my health issues or concerns openly. That's really who I feel I can be the most honest with and who can give me the best advice."

Paula A. Gutierrez, MHA, Director of Diversity and Inclusion, says it's important for patients like Joe and others in the community to feel comfortable and not disrespected, discriminated against or treated differently because of their sexual orientation or gender identity. "We're very much committed to the LGBTQIA community," says Gutierrez. "We're continuing to look for opportunities to better serve these patients." In the future, the center is hoping to add more services in areas such as endocrinology, surgery and behavioral health.

Joe says he's very happy with the care he receives at PROUD Family Health. "It's similar to my experience in California, where I felt like I was in a place that truly cared about my health."

To schedule an appointment with PROUD Family Health, call **855-PROUD-FH**.



MAKING A REAL IMPACT

RWJBARNABAS HEALTH IS COMMITTED TO PROMOTING COMMUNITY HEALTH, BOTH INSIDE AND OUTSIDE A MEDICAL CENTER'S WALLS.

A child is taken to the emergency department for asthma, is treated and sent home—to an apartment where leaky pipes cause mold that triggers her asthma.

A man is given a prescription for high blood pressure but can't afford to get it filled.

A woman is counseled about healthy eating to help control diabetes but doesn't have access to fresh fruits and vegetables.

Because social conditions play a critical role in wellness, RWJBarnabas Health (RWJBH) has ramped up its commitment to communities' whole health through its Social Impact and Community Investment (SICI) Practice.



MICHELLENE DAVIS, ESQ.

FINDING WHAT WORKS

“Traditionally, the way in which institutions like ours have delivered healthcare has been to wait for people to come to us,” says Michellene Davis, Esq., Executive Vice President and Chief Corporate Affairs Officer for RWJBH, who heads the SICI effort. “Now we’re acting on the fact that health disparities begin and continue outside our doors. We’re looking at the whole patient and the context in which he or she lives.”

The range of approaches is broad. “Every RWJBarnabas Health hospital conducts its own community health needs assessment, because each community is unique,” Davis explains. Recent examples of SICI-related efforts include:

• **BUY LOCAL:** RWJBH has made a deep commitment to buy from local and minority- and women-owned businesses. For example, Newark Beth Israel Medical Center has a contract with Newark vendor Rock Ya Socks to

purchase socks for its patients, which has strengthened the vendor’s capacity to grow and expand.

• **HIRE LOCAL:** RWJBH has pledged to hire 350 Newark residents by 2020 as part of the Newark 2020 partnership of local institutions and employers. Jersey City Medical Center’s Career Ladders program, which will soon be adopted system-wide, helps develop a path to promotion for entry-level employees.

• **INVEST LOCAL:** To spur innovation and future investment, RWJBH has invested in Audible.com’s Newark Venture Partners Labs IT innovation center to stimulate the establishment of new businesses.

Through partnerships, the RWJBH system helps improve community health, reduce disparities and enhance equity, including:

• **SAFE AND HEALTHY HOUSING:** Robert Wood Johnson University Hospital New Brunswick participated in the New Brunswick Healthy Housing Collaborative, designed to work with families to create high-health environments in homes throughout the region. RWJBH is currently in discussions with national, state and local partners to expand its commitment to creating affordable housing in other communities throughout the state.

• **FOOD SECURITY:** A Wellness on Wheels mobile greenhouse travels to communities throughout the entire RWJBH region. Additionally, youth in Newark created a documentary, “Food for Thought,” to explore the impact of food insecurity on a community’s health.

Davis believes the SICI effort will inspire and energize not just RWJBH employees, but community members as well. “People will want to come to an entity that has high-quality, culturally competent clinical care, and at the same time invests in creating good in the world,” she says. “This is about being the change you wish to see in the world. Everyone is welcome to join us on this journey.”

To learn more about RWJBarnabas Health’s social impact initiatives, visit www.rwjbh.org/socialimpact.

BETTER CARE FOR OLDER ADULTS

HEALTHCARE PROVIDERS ARE TAKING A FRESH LOOK AT HOW TO TREAT THE ELDERLY.

An elderly man who'd been admitted to the hospital was disoriented. "He thinks he's talking to his father, who died years ago," the man's daughter told his doctor. "Does this mean he has Alzheimer's?"

He did not. What he did have was delirium, brought on by the many changes in his routine caused by his admission to the hospital. It's a common problem for elderly patients, according to Jessica Israel, MD, Corporate Chair, Geriatrics and Palliative Care, for RWJBarnabas Health (RWJBH).

"Family members get alarmed, but in many cases, that confusion is treatable—though we may have to be a bit of a detective to find out what the problem is," she explains. "It could be anything from untreated pain, to an electrolyte disturbance, to a urinary tract infection, to a sleep/wake cycle disturbance."

Sensitivity to changes in routine is just one of many reasons older patients need thoughtful care, Dr. Israel says. As the U.S. population ages—by the year 2030, 1 of every 5 residents will be older than 65, according to the U.S. Census Bureau—RWJBH facilities are at the forefront of a national drive to develop age-friendly care.



JESSICA ISRAEL, MD

"Throughout the system, we're taking a very close look at what it means to be age-friendly, not just in hospital care, but in all areas in which we treat patients," says Dr. Israel.

A NEW APPROACH

The American Hospital Association, in partnership with the Catholic Health Association of the United States, the Institute for Healthcare Improvement and the John A. Hartford Foundation, has created the "4M Model" to guide hospitals and health systems in providing age-friendly care. The four elements are:

What Matters: taking the time to sit down for a discussion with an older patient to understand his or her concerns, goals and preferences for treatment.

Medications: taking additional care with drugs. "Giving a new prescription to someone who is 90 years old is not the same as giving it to someone who is 19," says Dr. Israel. "As we age, medications don't work the same way in the body, and there's a greater risk of interactions."

Mentation: identifying and managing depression, dementia and delirium.

Mobility: making sure a patient is helped to move safely every day so he or she doesn't lose the muscle tone needed for everyday tasks.

BEST PRACTICES

When Dr. Israel took on her role as Corporate Chair, Geriatrics and Palliative Care, almost two years ago, she knew that the RWJBH system already had some exemplary age-friendly programs. To extend their reach and to share ideas across hospitals, she created a geriatrics collaborative. "Every hospital in our system has a multidisciplinary team focused in geriatric care that may include doctors, nurses, social workers, physical therapists, administrators, pharmacists and health educators," says Dr. Israel.

Two areas stood out as ripe for expansion. One was the James and Sharon Maida Geriatrics Institute at Monmouth Medical Center Southern Campus, where Dr. Israel is the Director, which specializes in all aspects of inpatient and outpatient geriatric care. The other is Better Health, a senior membership program offered by the Institute, with a full range of health, wellness and social events. Both the Institute and the Better Health program will be replicated at Saint Barnabas Medical Center in Livingston and Robert Wood Johnson University Hospital Hamilton this year, with other RWJBH hospitals to follow.

The RWJBH system is moving ahead on multiple other fronts. Eight hospitals have or are working toward Nurses Improving Care for Healthsystem Elders (NICHE) certification, and all hospitals will ultimately have Geriatric Emergency Department Accreditation (GEDA). As part of the RWJBH partnership with Rutgers University, the geriatrics team also is working to enhance existing geriatrics fellowship training programs for physicians. And all RWJBH employees will take a computerized learning module, currently in development, that will help them understand what it means to be older.

The possibilities are endless, because geriatrics itself is so wide-ranging. "Sometimes the best person to reach out to is not a doctor, but a physical therapist, nutritionist or social worker," says Dr. Israel. "The thing I love most about geriatrics is that it's not some group of doctors telling you what to do. It's a team of people looking at your life and helping you live it to your best."



HOW TO GET BETTER CARE

Jessica Israel, MD, Corporate Chair, Geriatrics and Palliative Care for RWJBarnabas Health, offers these tips for older adults.

- **Have an advocate.** “Sometimes four ears are better than two when it comes to a doctor visit or hospital stay,” says Dr. Israel.
- **Ask questions.** If you don’t understand something or it isn’t the way you thought it was going to be, ask.
- **Keep an accurate list of medications and physician contact numbers with you.** This will help doctors treat you more quickly if an emergency arises.
- **Explore advance directives.** “Patients of all ages should assign a healthcare proxy,” advises Dr. Israel. “But then also be sure to tell that person what your wishes are in the event that complicated medical decisions must be made.”

To learn more about age-friendly programs and services at RWJBarnabas Health, visit www.rwjbh.org/seniorhealth.



Where to Get the **BEST CANCER CARE**

FOR PATIENTS, WHAT DOES IT MEAN TO HAVE ACCESS TO A COMPREHENSIVE CANCER CENTER THAT IS DESIGNATED BY THE NATIONAL CANCER INSTITUTE?

To learn more about programs and services at RWJBarnabas Health and the Rutgers Cancer Institute of New Jersey, visit www.rwjbh.org/beatcancer.

NCI

**Comprehensive
Cancer Center**

A Cancer Center Designated by the
National Cancer Institute

THE CUTTING EDGE: BLOOD AND BONE MARROW TRANSPLANTS

For some cancer patients, a blood and bone marrow transplant (BMT) can be an effective treatment and even a potential cure. The Blood and Marrow Transplant Program at Rutgers Cancer Institute of New Jersey is the only such program in New Jersey that's integrated within an NCI-Designated Comprehensive Cancer Center.

"All blood and immune cells are made in the bone marrow," explains Roger Strair, MD, PhD, Chief of Blood Disorders at Rutgers Cancer Institute. "Blood cells carry oxygen, fight infection and prevent bleeding. Immune cells also fight infection by attacking anything in the body that's perceived as not belonging, or foreign." In a BMT procedure from a donor, a patient receives a transplant of healthy blood and immune cells and those cells in turn grow and make new cells, including immune cells that can attack cancer cells. If the person's own cells are used, there is no immune attack of cancer, but the cells allow a rapid recovery from high-dose chemotherapy.

At Rutgers Cancer Institute, BMT is used to treat a variety of blood and immune disorders, including acute and chronic leukemias, various types of lymphoma, Hodgkin's disease, multiple myeloma and more.

information. When a patient goes to an NCI-Designated Comprehensive Cancer Center, he or she gets the benefit of their collective knowledge, clinical trials and research.

Does a patient need to travel to New Brunswick, where Rutgers Cancer Institute is located, in order to take advantage of its services?

No. We have built a network across all 11 RWJBarnabas Health hospitals so that the outstanding treatment and care provided by Rutgers Cancer Institute is available as close to home as possible for all New Jerseyans and those in our region.

If, for example, a patient lives near Saint Barnabas Medical Center in Livingston, that patient will find that the cancer program there is anchored by Rutgers Cancer Institute; that he or she has access to many of the same clinical trials as those taking place in New Brunswick; and that experts in surgery and radiation oncology and so on are partnered with Rutgers Cancer Institute.

Now, let's say that a patient needs a specialized service—for example, a bone marrow transplant, which we do in New Brunswick. Because we have a coordinated system, we can seamlessly transfer care of that patient to New Brunswick. Our partnership with RWJBarnabas Health allows patients to enter the world of an NCI-Designated Comprehensive Cancer Center through multiple doors.

We're also creating an extensive cancer navigation program to help patients throughout and after treatment. Our goal as a cancer program is not only to have the best treatments, physicians and clinical trials. It is also to give the best care in helping patients navigate what can be the most challenging period of their lives.

Rutgers Cancer Institute of New Jersey, a partner of RWJBarnabas Health, is the state's only National Cancer Institute-Designated Comprehensive Cancer Center. Only 50 cancer centers in the U.S. have earned that classification. It's an impressive achievement—but what does it mean to cancer patients and their families?

We asked Steven K. Libutti, MD, FACS, Senior Vice President of Oncology Services,

RWJBarnabas Health, to explain.

Dr. Libutti is also Director, Rutgers Cancer Institute of New Jersey and Vice Chancellor for Cancer Programs, Rutgers Biomedical Health and Sciences.



If a person who has been diagnosed with cancer asks your advice, what do you tell him or her?

A diagnosis of cancer can feel overwhelming, and people want to know where they should go for treatment in order to get the best possible outcome.

I always tell people that cancer doesn't travel well. It's more the rule than the exception that a patient requires multi-modality treatment, such as surgery, chemotherapy and radiation therapy. The patient is best served by staying as close to home as possible while getting exceptional treatment.

Patients should listen to the advice given by their physician, and get more than one opinion. They also need to be able to cut through the noise and static of the marketplace. That means they should understand the meaning of the word "comprehensive" when it refers to cancer treatment.

What does it mean to be a Comprehensive Cancer Center?

Many cancer centers will use the word "comprehensive," but it doesn't have the same meaning as a Comprehensive Cancer Center that's designated by the National Cancer Institute (NCI), which is very specific and prestigious.

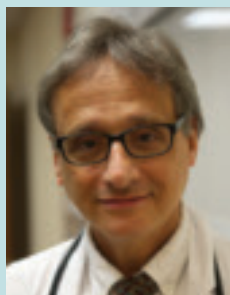
An NCI designation is a five-year grant that is acquired through an arduous, competitive, years-long process. Only 70 cancer centers in the country are chosen and of those, only 50 receive the designation Comprehensive Cancer Center, meaning

that they do laboratory research and clinical trials, as well as provide services directly to patients.

All of these centers collaborate and share



STEVEN K. LIBUTTI, MD



ROGER STRAIR, MD

A healthcare professional, likely a nurse, is shown in profile, smiling warmly. She is wearing purple scrubs and has a stethoscope around her neck. Her hands are gently placed on the arm of a patient, whose blonde hair is visible on the left side of the frame. The background is bright and out of focus, suggesting a clinical setting.

THE GOAL: ZERO ERRORS

**THE RWJBARNABAS HEALTH SYSTEM IS ON A MISSION TO
ACHIEVE THE HIGHEST SAFETY STANDARDS.**

To learn more about
RWJBarnabas Health, visit
www.rwjbh.org.

If a nuclear power plant has a serious accident, it's big news. In large part, that's because organizations in this and other high-risk industries, where errors can be catastrophic, have developed robust safety policies to prevent mistakes from being made. In industry parlance, they're what's known as High Reliability Organizations, or HROs.

The parallels to healthcare systems, with their high-stakes, highly complex operations, are clear. "At RWJBarnabas Health, we're on a journey to becoming an HRO," says John Bonamo, MD, MS, FACOG, FACPE, Executive Vice President and Chief Medical and Quality Officer at RWJBarnabas Health (RWJBH). "There's no end point, no HRO certification. Instead, being an HRO is a way of doing business. Ultimately, it delivers the highest-quality care and safest experience for our patients and for our employees."

The aim of the initiative, called "Safety Together," is clear—and bold. "Our goal is zero incidents of preventable harm to patients and employees," Dr. Bonamo says. "That's it."

THE THREE-LEGGED STOOL

"When people are interviewed in large-scale focus groups about what they want from a hospital, they tend to mention three things," says Dr. Bonamo. "One is, 'Help me'—that's about excellence in the quality of clinical care. The second is, 'Be nice to me'—and that's about the patient experience, the communication and kindness.

"Then there's 'Don't hurt me.' That's about safety, the third leg of the stool. For a long time, hospitals didn't pay enough attention to that.

"Now, the best hospitals realize that you can have the most expert surgeon and the greatest bedside manner, but those things aren't enough if a patient falls out of bed or gets an infection from a catheter."



JOHN BONAMO, MD

Over the past year, all employees at every RWJBH facility have received in-depth training in safety, error prevention and performance excellence. "We're giving employees a new skill set so

they can actively prevent harm," says Dr. Bonamo. The goal of zero defects is seen as everyone's responsibility.

TOOLS FOR SUCCESS

To aid in this quest, staff members have a number of tools and techniques to use. They include:

Stopping the line. "In the past, if a staff member had a feeling something wasn't right, he or she might have buried that instinct, thinking 'I'm probably wrong,'" says Dr. Bonamo.

"Now they're empowered to say, 'I'm not comfortable with X, Y or Z.'"

Recently, he recounts, a nurse was preparing a young woman to go into surgery for gall bladder removal when the patient mentioned she had a "funny feeling" in her chest. The nurse called an EKG (electrocardiogram) tech and refused to send the patient to the OR until the test was done. As it turned out, the woman was in the middle of having a heart attack, and the delay may well have saved her life.

Clarifying questions. If a staff member is not sure about something that's happening, he or she can be comfortable asking for clarification. In addition, every order gets repeated back. If the dosage ordered is 50 milligrams, the pharmacist or nurse will clarify, "That's five-oh, right?" If the verbal order is for a urology test, there will be an alphabet check to be sure it wasn't for a *neurology* test.

Cross-checks. "That means that if you see me making a mistake, you correct me or ask if I'm sure that's right," says Dr. Bonamo. "In the past, people were afraid they'd be told to mind their own business.

"But now we realize that if I have a 1 in 1,000 chance of making a mistake and you have a 1 in 1,000 chance and we cross-check each other, there's a million in one chance of making a mistake. We're realizing that healthcare is a team sport."

Safety huddles. Every unit in every building has a stand-up safety huddle each morning to go over the previous 24 hours and forecast the next 24. An hour later, there's a facility-based huddle, a larger gathering with the same purpose.



For Seth Rosenbaum, MD, MMM, SVP, Chief Medical Officer at Robert Wood Johnson University Hospital Hamilton, his team, and all RWJBH employees, HRO values are a daily priority.

MANY VOICES

"Each of our employees has a new voice, a chance to practice at the top of their skills and be heard," says Dr. Bonamo. "We've made significant progress in our safety event rate, and we're confident it's going to continue to go down."

Each RWJBH hospital has created patient-family advisory councils to get more insight into how they can improve delivery of care. In any circumstance, Dr. Bonamo says, patients should demand the highest quality in their healthcare. "You wouldn't take a flight on an airline that didn't have the highest-quality standards and a great safety record," he says. "It's the same thing in healthcare. You should be seeking care in a facility that's on a journey to becoming an HRO."

THE ABCs OF BECOMING AN HRO

At RWJBarnabas Health, all team members follow these principles of safety:

- S**peak up for safety.
- A**ccurately communicate.
- F**ocus on the task.
- E**xercise and accept a questioning attitude.
- T**houghtfully interact.
- Y**ou and me together.



Therapy dog Burton helped ease demanding therapy sessions for toddler Ava Finelli.

A BABY'S BEST FRIEND

HOW A THERAPY DOG HELPED ONE LITTLE GIRL RECOVER HER STRENGTH.



Children's Specialized Hospital®
An RWJBarnabas Health facility

Respiratory Syncytial Virus, known as RSV, is an infection in the respiratory tract that can lead to serious problems. It's always a matter of concern when a baby gets it, but is even more so when the child has an underlying medical condition.

That was the case for little Ava Finelli, who was born with Spinal Muscular Atrophy (SMA), a genetic disease affecting



MICHELE FANTASIA, MD

part of the nervous system that leads to weakness in the limbs. Children with SMA have weak intercostal (between the ribs) muscles, and underdeveloped lungs and chest muscles. When

Ava contracted RSV in January 2018, at not quite 2 years old, she could not cough strongly enough to rid her airways of mucus. She had trouble swallowing, and became weaker, struggling to lift her head and move her arms and legs.

Ava was sent to Children's Specialized Hospital for treatment. "She had an intensive therapy program," says Michele Fantasia, MD, the physiatrist and specialist in pediatric rehabilitation medicine who oversaw the plan. After several weeks of respiratory, physical, occupational and pool therapy, Ava showed remarkable progress and was able to lift her head and to better move her arms and legs. "It was incredible to see the progress Ava made in such a short

time," her mother, Laura, says.

"These kids require a whole team, and we're very well versed in treating children with respiratory issues as well as various neuromuscular disorders," says Dr. Fantasia. The doctor acknowledges that the team also had a secret weapon: Burton, a 2-year-old therapy dog. "She *looved* Burton," she says.

EYES ON BURTON

During therapy sessions, Burton would position himself across from Ava so that she could work on stretching and moving her arms to reach him. He ran back and forth across the room so that she'd work on turning her head from side to side. Because Ava focused so intently on Burton, her therapy sessions were eased. "Burton was her motivator," Laura says. "He's so friendly and energetic, he really helped her forget how difficult the movements were."

Ava was discharged after two months. She continues to get outpatient therapy and to take Spinraza, a promising new medication for SMA. "She did very well with us overall," Dr. Fantasia reports, "and was able to go back to her home, family and typical toddler activities."

For more information about Children's Specialized Hospital, call **888.244.5373** or visit **www.childrens-specialized.org**.

At Children's Specialized Hospital, we provide world-class care for children and young adults who face special health challenges across the state of New Jersey and beyond. Our locations in Bayonne, Clifton, East Brunswick, Egg Harbor Township, Hamilton, Jersey City, Mountainside, New Brunswick, Newark, Toms River and Warren treat everything from chronic illnesses and complex physical disabilities like brain and spinal cord injuries, to developmental and behavioral issues like autism and mental health.

BEST WAYS TO AVOID GYNECOLOGIC CANCERS

A GYNECOLOGIC ONCOLOGIST ANSWERS COMMON QUESTIONS ABOUT THE HPV VACCINE, PAP SMEARS AND MORE.



MIHAE SONG, MD

Nearly 13,000 U.S. women were diagnosed with cervical cancer and about 4,000 died from the disease in 2015, the most recent year for which statistics are available, according to the Centers for Disease Control and Prevention. Most of those cases are caused by human papillomavirus (HPV), the most common sexually transmitted infection in the U.S. To help reduce that toll, the U.S. Food & Drug Administration (FDA) recently approved the HPV vaccine for a larger group of people: adults up to age 45. Mihae Song, MD, a gynecologic oncologist at Robert Wood Johnson University Hospital (RWJUH) Somerset and Rutgers Cancer Institute of New Jersey, shares the latest on gynecologic cancer prevention.

Who's at risk for contracting HPV and why is it dangerous?

Anyone who is sexually active is at risk. Seventy-nine million Americans have the virus, which is transmitted through genital and skin-to-skin contact. While there are often no symptoms, it can cause genital warts or lead to cancer of the cervix, vagina, penis, anus or throat.

Why is the HPV vaccine important for people up to age 45?

The vaccine, which is sold under the brand name Gardasil, was initially recommended for children starting at ages 11 or 12. Recently, research showed that it's also protective in adults: The vaccine is 97 percent effective in preventing precancerous cervical changes in women who have never been exposed to HPV. If you're 45 or younger and have not received the vaccine, we recommend getting the three-shot series.

If I get the HPV vaccine, do I still need regular Pap smears?

Yes. The Pap smear enables us to detect precancerous cervical changes. Women ages 21 to 29 should get a Pap smear every three years, and those ages 30 to 65 should get HPV testing and Pap smear screening every five years, unless otherwise directed by a physician.

How can I protect myself from other gynecologic cancers?

Consult your gynecologist immediately if you experience any unusual symptoms. Signs of uterine cancer include abnormal vaginal bleeding and abdominal pain. With ovarian cancer, symptoms range from abdominal pain to feeling full quickly. Vulvar cancer can cause itching and pain.

✱

RWJBarnabas Health and Robert Wood Johnson University Hospital Somerset, in partnership with Rutgers Cancer Institute of New Jersey—the state's only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the latest treatment and clinical trials. Visit www.rwjbh.org/beatcancer.

For more information about cancer care services at Robert Wood Johnson University Hospital Somerset, visit www.rwjbh.org/beatcancer.



Joseph Nell, a Corvette enthusiast, with his car and his wife's car in their garage.

JUST IN TIME

A PATIENT'S LIFE IS SAVED THANKS TO SWIFT ACTION TAKEN BY HIM, HIS WIFE AND HIS HEALTHCARE TEAM.

As a 52-year-old who lifted weights at the gym several times a week and ate a healthy diet, Joseph Nell didn't think he had any major health problems. But he knew something was wrong one morning in November 2018. "I was raking and getting the leaves out of the flower beds," says Joseph, a residential real estate appraiser in Bridgewater who tinkers with Corvettes in his spare time. "I was sweating a lot, but I figured it was because I was wearing a heavy sweatshirt. Then I felt a little pressure in the center of my chest. But because I was sweating so much, I thought maybe I was just getting dehydrated."

Joseph decided to get a drink of water, but that didn't help. He soon felt like he was going to pass out, so he called upstairs for his wife, Sandy, who was still sleeping after working the night shift as an Emergency Department (ED) nurse at Robert Wood Johnson University Hospital (RWJUH) Somerset. "She looked at me and said, 'Oh, you don't look good at all,' so she called 911," recalls Joseph. By the time the ambulance arrived, Joseph's fingers and toes had gone numb. "The paramedics hooked me up to an EKG machine and told my wife it appeared to be an anterolateral MI. I asked her what that meant and she said, 'It means you're having a heart attack,'" says Joseph. "From that point on, everything was in high gear."

BEATING THE "WIDOW MAKER"

When Joseph arrived at the ED, a team of emergency room personnel was waiting. They immediately prepped him for the Cardiac

Catheterization Laboratory. Within half an hour, he was in the lab ready for a balloon angioplasty procedure, which would unclog the left anterior descending artery—the one dubbed the "widow maker." He also needed four stents—small, wire mesh tubes that are inserted into the artery to help keep it open.

Thankfully, Joseph and everyone involved in his care—including two cardiologists, Jason Hall, MD, and Parag Patel, MD—acted quickly. He promptly recognized unusual symptoms, his wife called 911 immediately, and his healthcare team was ready for him when he arrived at the hospital. Physicians refer to this critical, multi-step process as the "chain of survival," says Dr. Patel, Vice Chair of Medicine and the cardiologist who performed Joseph's angioplasty. "It's a collaborative approach between many people outside and inside the hospital, and it creates a very facile system to expedite care for heart attack



Joseph Nell (center) and his wife, Sandy (far left), returned to RWJUH Somerset on his birthday to thank the Cardiac Catheterization Laboratory team for saving his life. They presented him with a cake.

patients. It helps to improve survival and causes less overall heart damage.”

SPEED IS CRITICAL

The need to treat heart attack patients quickly is so crucial that the American Heart Association has created national guidelines that dictate the time frame between the arrival of a patient at the ED and the performance of an angioplasty procedure. “The national standards currently are 90 minutes from what we call the standard ‘door-to-balloon’ time,” says Dr. Patel. “At Robert Wood Johnson University Hospital Somerset, our goal is 60 minutes.”

While Joseph initiated the chain of survival by recognizing that something was wrong, other heart attack patients downplay their symptoms and don’t get the help they need quickly. “Patients need to be vigilant,”

says Dr. Patel. “If they experience unexplained shortness of breath, nausea, vomiting or arm pain, they should see their physician. They should be evaluated for any symptoms that are



PARAG PATEL, MD

new or unexplained.”

This advice is especially important for people with heart disease risk factors, such as being a man over age 45; being obese; having a sedentary lifestyle, a history of smoking or a family history of heart disease; or having high blood pressure, high cholesterol or diabetes, says Dr. Patel. Joseph was in relatively good health, but he had high blood pressure and elevated cholesterol levels.

Joseph is now taking medications to manage his cholesterol and blood pressure and to prevent blood clots, and completed cardiac rehab at RWJUH Somerset (40 minutes of cardiovascular exercise three times per week). He also has modified his diet, eating less salt and red meat and more fresh vegetables and fruits.

Joseph is grateful that he didn’t brush off his symptoms. Now he can look forward to the future with Sandy and their son, Tyler, who’s studying mechanical engineering at Virginia Tech. “The thought of not seeing my son graduate from college makes me emotional,” he says. “I’m very lucky to have survived this. I can’t imagine getting better care anywhere else.”



TOP-NOTCH CARDIAC CARE

Robert Wood Johnson University Hospital (RWJUH) Somerset has earned The Joint Commission’s Gold Seal of Approval for Acute M.I. Certification, a distinction that means the hospital is top-notch when it comes to treating heart attacks (also known as myocardial infarctions, or MIs).

“If a member of our community—or one of their loved ones—has a heart attack, they should feel comfortable that they’re getting the level of care they would be getting if they were at a New York or Philadelphia hospital,” says cardiologist Parag Patel, MD. “We’re above and beyond in all of the standards that are required for catheterization lab metrics.”

Each year, the lab treats between 100 to 150 emergency heart attack patients and roughly another 1,000 non-emergency patients who need angioplasty to avoid future heart attacks. “For a medium-size community hospital, we have a robust cath lab,” says Dr. Patel.

The hospital recently completed renovations to its Cardiology Pavilion. It now features private patient rooms and state-of-the-art telemetry monitoring. In addition, this Spring, the hospital’s cardiac rehabilitation program will move to newly renovated space at 331 Route 206 North in Hillsborough.

Your heart doesn’t beat just for you. Get it checked. To learn more about the full range of cardiac services at Robert Wood Johnson University Hospital (RWJUH) Somerset or to schedule an appointment with one of New Jersey’s top cardiac specialists, visit www.rwjbh.org/heart.

BUILDING A Healthier Community

RECENT DONATIONS WILL ENHANCE CANCER CARE, ADDRESS MENTAL HEALTH ISSUES AND HELP FIGHT THE OPIOID EPIDEMIC.

Community members ranging from cancer patients to adolescent boys stand to benefit from several significant donations to the Somerset Health Care Foundation. “The generous support we’ve received will dramatically improve the quality of life for many Somerset County residents,” says Paul Hubert, chairman of the Somerset Health Care Foundation’s Board of Trustees. “We’re grateful for the ongoing partnership we have with many local organizations and businesses.” Here’s how the funds will be used:

- The Far Hills Race Meeting Association and Robert Wood Johnson University Hospital (RWJUH) Somerset are partnering to improve community health in Somerset County and the Far Hills area. In total, \$885,000 has been awarded to five local non-profit organizations: the Cancer Support Community of Central New Jersey, which helps cancer patients cope with social and emotional issues; The Arc of Somerset County, which provides vocational and transitional services for people with intellectual and developmental disabilities; Bonnie Brae, a residential treatment center for at-risk adolescent boys; Community in Crisis, which is dedicated to fighting the opioid epidemic; and Life Camp, a summer day camp for Newark-area youth. The Far Hills Race Meeting Association is RWJUH Somerset’s largest benefactor; to date, the organization has donated more than \$18 million to the hospital.

- To mark the 10th anniversary

of its support for cancer patients at the Steeplechase Cancer Center, the Bridgewater-based pharmaceutical company Sanofi donated \$100,000 in 2018. The funds will be used for the Sanofi US Wellness Boutique and the Cancer Center’s Patient Assistance Fund. The Wellness Boutique provides skin care products, swimsuits, wigs and other items for cancer patients. The Patient Assistance Fund covers expenses for patients, such as transportation to the hospital for treatment, groceries and utility bills. Sanofi also donated \$10,000 to support the hospital’s Healthier Somerset Coalition and Community Health Improvement Plan, which will address mental health, substance abuse and obesity, as well as other public

health issues, in Somerset County.

- The Johnson & Johnson Community Health Care Fund donated \$105,000 to support the hospital’s El Poder Sabre La Diabetes program. The goals are to raise awareness and knowledge of diabetes among the underserved Latino population in Somerset County.

- The Kalafer Family, The Flemington Car and Truck Country Family of Brands, the Somerset Patriots, Clinton Honda and Land Rover of Princeton donated \$250,000. The funds were used to purchase an operating room table for vascular procedures (related to the arteries or veins), and are earmarked for RWJUH Somerset’s priority projects.

SAVE THE DATE!



MAY 21
GOLF OUTING AT THE TRUMP NATIONAL GOLF CLUB, Bedminster

SEPTEMBER 14
BOLLYWOOD AT THE MARTINSVILLE GARDEN, Martinsville

SEPTEMBER 29
STEEPLECHASE DISTANCE RUN, Hillsborough

OCTOBER 19
FAR HILLS RACES AT MOORLAND FARMS, Far Hills

Top to bottom: Participants in the 2018 Steeplechase Distance Run, which benefits the Steeplechase Cancer Center, and members of the Bollywood Committee

For more information on how to support RWJUH Somerset, contact the Somerset Health Care Foundation at **908.685.2885**.



Pavan Khurana, MD, with RWJUH Somerset's new Artis zee imaging system, state-of-the-art technology that can be used in a wide range of procedures.

Now, procedures like these may have even better results thanks to new medical equipment with higher quality imaging. With the Artis zee system, which was installed in February, physicians at RWJUH Somerset are able to view the body clearly using the lowest possible dose of radiation, which brings significant treatment advantages. "The image quality achieved with this equipment helps doctors position stents with extreme accuracy," says Pavan Khurana, MD, Chief of Interventional Radiology and Vice

Chair of the Department of Radiology at RWJUH Somerset. For uterine artery embolization, the machine uses less radiation when tracing the blood vessels that lead to the uterus and enables doctors to place catheters more precisely.

Many patients will benefit from this new equipment, which can be used for a wide range of neurological, spinal and abdominal procedures. Physicians can perform port placements (the insertion of a flexible tube in a vein in the chest to deliver medications continuously) and myelography (an exam that involves using a contrast dye to pinpoint the location of a spinal cord injury or tumor). They also can administer intrathecal chemotherapy, in which medications are delivered to the cerebrospinal fluid surrounding the brain and spinal cord.

Says Dr. Khurana: "I'm excited about this machine because it will help us to continue to improve patient outcomes and reduce complication rates and length of hospital stays."

HELPING PATIENTS AVOID SURGERY

NEW IMAGING EQUIPMENT CAN IMPROVE THE OUTCOMES OF MINIMALLY INVASIVE PROCEDURES, MAKING THEM AN EXCELLENT TREATMENT OPTION FOR MORE PATIENTS.

Any time open surgery can be avoided, patients stand to benefit from less blood loss, pain and discomfort. At Robert Wood Johnson University Hospital (RWJUH) Somerset, vascular Interventional Radiology (IR) physicians perform more than 50 different types of procedures using a minimally invasive, image-guided approach to diagnosing and treating medical conditions that once required open surgery. IR helps to reduce the length of a patient's hospital stay, minimize complications and save lives.

Some of the IR procedures performed at RWJUH Somerset include uterine fibroid embolization, a non-surgical

treatment for symptomatic uterine fibroids in which small particles block blood flow to the fibroids, causing them to shrink. Similar techniques are used to treat certain liver cancers by blocking blood flow to the tumors. Other procedures include drainage of abscesses (painful, swollen lumps filled with pus); and angiography, in which X-ray imaging is used to view the body's blood vessels. If necessary, the physician can open clogged arteries during the exam or close bleeding arteries.

For more information about radiology services at Robert Wood Johnson University Hospital Somerset, visit www.rwjbh.org/somerset.



Community Education

Aquacize

Learn about this water exercise program, which soothes arthritis pain, strengthens joints and improves range of motion and lung capacity. A medical release form is required. *Ellen Helman, certified water fitness instructor*
Eight-week courses begin: Monday, April 29; Wednesday, May 1; Friday, May 3; Monday, July 8; Wednesday, July 10 and Friday, July 12
10:30 to 11:15 a.m.
Somerville YMCA, \$46

HealthHike Walking Program: Vitamins and Supplements...A Prescription for Wellness

Learn about the types of vitamins and supplements, recommended daily allowances, vitamins that strengthen the immune system, use for specific disease prevention and overall health benefits. *Stephanie Wei, PharmD, informatics pharmacist*
Wednesday, May 1
10 to 11 a.m.
AMC Theatres at Bridgewater Commons

Tai Chi

Practice these easy, low-impact movements to improve balance, flexibility and strength and reduce stress. A medical release form is required. *Don Madson, certified tai chi instructor*
An eight-week course begins: Thursday, May 2 and Thursday, July 11
10 to 11 a.m.
Steeplechase Cancer Center, \$30

Youth Mental Health First Aid Training

Learn how to help adolescents who are experiencing a mental health or addiction challenge or are in crisis. This course introduces common mental health challenges for youth,

reviews typical adolescent development, and teaches a five-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders. RWJUH Somerset Behavioral Health will provide resources and service information. *Brenda Esler, LSW, licensed social worker and youth mental health first aid trainer*
A two-part series held on: Monday, May 6 and Wednesday, May 8
9 a.m. to 1:30 p.m.
Fuld Auditorium, \$20
 Offered in collaboration with EmPoWER Somerset.

Chair Yoga

Practice this ancient fitness routine, which builds flexibility and strength and relieves pain associated with arthritis, carpal tunnel syndrome, migraines and back and neck strain. A medical release form is required. *Chanchal Arora, certified yoga instructor*
An eight-week course begins: Tuesday, May 7 and Tuesday, July 9
10:30 to 11:30 a.m.
Congregational Church, Bound Brook, \$48

Arthritis – Flexibility Is a Joint Effort

Discover the differences between osteoarthritis, rheumatoid arthritis and psoriatic arthritis; the signs and symptoms; and the causes. Learn about inflammation-inducing foods; tools for diagnosing various forms of arthritis; the latest treatments, including medications and joint replacement surgery; and the importance of exercise. *Ahmed Abdel-Megid, MD, rheumatologist*

To register, call **888.724.7123** or visit **www.rwjbh.org/somerset**. Unless otherwise noted, events are FREE and registration is required. For fee-based events, cancellations within two weeks of the program are non-refundable under any circumstances.

Marcella O'Herlihy, RN, BSN, total joint coordinator
Thursday, May 16
3 to 4:30 p.m.
Somerville Elks

Entrenamiento de Primeros Auxilios para la Salud Mental de los Jóvenes

Aprenda como ayudar a los adolescentes que están padeciendo de problemas de salud mental, adicción o en crisis. El curso introduce las dificultades comunes de salud mental para los jóvenes, repasa el desarrollo típico en los adolescentes y enseña un plan de acción en 5 pasos para ayudar a los jóvenes en situaciones de crisis. Los temas cubiertos incluyen ansiedad, depresión, uso de sustancias, trastornos en los que se pueden producir psicosis, trastornos de la conducta (TDAH) y trastornos de la alimentación. RWJUH Somerset Behavioral Health proporcionará recursos e información sobre el servicio. *Jessica Dale, Instructora certificada en Primeros Auxilios de Salud Mental para Jóvenes* *Bethzabe Fernandes, Instructora certificada en Primeros Auxilios de Salud Mental para Jóvenes*
Programa Ofrecido en 2 series: Miércoles, el 22 de Mayo y Viernes, el 24 de Mayo
9 a.m. to 1:30 p.m.

Steeplechase Cancer Center
 Ofrecido en colaboración con EmPoWER Somerset.

The Diabetes Dynamic: There's No Sugar-Coating Stroke

Understand the correlation between diabetes and stroke, signs and symptoms of each, risk factors, prevention strategies, causes, the difference between ischemic and hemorrhagic strokes, TIAs, diagnosis, the importance of immediate medical care, and treatment options. *Amy Walsh, MS, RD, CDE, program coordinator of the Diabetes Center* *Srinivasa Potluri, MD, neurologist and chief of neurology*
Thursday, May 23
10 to 11:30 a.m.
Fuld Auditorium

The Sound Effect: From Your Lips to My Ears

Discover common speech disorders, how speech impacts hearing, types of hearing loss (auditory processing, conductive, sensorineural and mixed), signs and symptoms, causes of impairment, and available tests and treatments, including aids to enhance hearing. Meet with our Speech & Hearing

Ongoing Programs

CPR AND FIRST AID CLASSES

Call 908.685.2970 or visit www.trainingnj.com for more information or to register.

DIABETES OR OSTEOPOROSIS EXERCISE PROGRAMS

Call 908.203.5972 or visit www.rwjbh.org/somerset for more information or to register.

Webinars

No time to attend one of our educational seminars in person? Log on to your computer and join us for a live webinar with one of our medical experts. The webinars are offered in collaboration with Friends' Health Connection.

Weight Loss Surgery: An Ounce of Prevention Is Worth a Pound of Cure

During this webinar, understand how to calculate your body mass index (BMI); weight-loss strategies; when to seek surgical interventions and who qualifies; and the types of procedures available and the benefits of each.

David Ward, MD, bariatric surgeon

Thursday, May 9

12 to 12:30 p.m.

To register, visit

www.tinyurl.com/yx98yzef

PROUD of Your Healthcare?

Understanding the Needs of the LGBTQIA Community

Understand the type of care that the LGBTQIA community needs, health disparities within the population, and the importance of seeking care from a provider. Learn about RWJUH Somerset's PROUD Family Health.

Jeremy Pyke, MSN, APN, FNP-C, advanced practice nurse

Danielle King, MPH, coordinator/navigator for PROUD Family Health

Wednesday, June 12

12 to 12:30 p.m.

To register, visit

www.tinyurl.com/y6hxr79v

Are You a Worry Wart Over Human Papillomavirus (HPV)? What You Should Know

During this webinar, understand human papillomavirus (HPV); causes, risk factors and cancers associated with HPV; prevention strategies, including the vaccination; who qualifies for the vaccine and when it should be administered; and diagnosis and treatment options.

Thangamani Seenivasan, MD, oncology surgeon

Wednesday, July 17

12 to 12:30 p.m.

To register, visit

www.tinyurl.com/y272vgdq

Uterine Fibroids: A Growing Concern for Women

During this webinar, learn about uterine fibroids, symptoms, causes of growth, effects (pain, weight gain and cancer, for instance) and innovative non-surgical treatment options.

Pavan Khurana, MD, vascular interventional radiologist

Thursday, July 25

12 to 12:30 p.m.

To register, visit

www.tinyurl.com/y53tcd3x

Department staff and receive a hearing screening from our audiologist. Appointment times are required upon program registration.

Jill Bambaci, AuD, audiologist

Caitlin Rusak, CCC/SLP,

speech therapist

Sarah Vitale, CCC/ALP, speech therapist

Marissa Falzone, CFY-SLP, speech therapist

Wednesday, May 29

10 a.m. to 12 p.m.

Fuld Auditorium

HealthHike Walking Program: Domino Effect... Staying the Course Toward Your Fitness and Activity Goals

Discover and learn about components of good "fitness" and movement; understand the influence of mindset and motivation on goal achievement; and explore options to continue exercising through the summer. Active participation suggested!

Ryan Stevens, MPS, LAT, ATC, CSCS, manager, Physical Therapy, Athletic Training and Fitness

Wednesday, June 5

10 to 11 a.m.

AMC Theatres at Bridgewater Commons

Driver Safety Program

Participants will learn techniques for preventing accidents and/or tickets in this AARP defensive driving course. Certificates awarded upon completion of the course may entitle participants to an auto insurance discount.

Tuesday, June 11

8:30 a.m. to 2:30 p.m.

Brandywine at Middlebrook Crossing, Bridgewater, \$24 Breakfast and lunch included.

A Man's World...Caring for Your Health

During this interactive health fair, understand the health issues that affect men today, prevention strategies and services available to treat those conditions.

Participants will receive free health screenings and tips on various topics, including

heart, prostate, diabetes and physical fitness. They will also enjoy healthy food samples.

Thursday, June 20

11 a.m. to 1:30 p.m.

Somerville Elks

Aerobics for the Mind: A Healthy Brain...Engrave Prevention in Your Memory

Discover strategies to keep the brain healthy; the difference between dementia and Alzheimer's disease; the

seven stages of Alzheimer's; types of dementia (vascular, frontotemporal and Lewy Body, for instance); signs, causes, diagnostic tools and treatments, and how each affects memory and brain health. Staff will lead memory-strengthening activities.

Lynette McKeon, Psy.D, psychologist

Tuesday, June 25

10 a.m. to 12:30 p.m.

Somerville Elks, \$10



Maternal Child Health Classes

Our Maternity Department offers a wide range of classes to prepare for your new baby, including Childbirth Education, Baby Basics, Breastfeeding and Sibling Preparation Classes. To register for Maternal Child Health Classes, log on to www.rwjbh.org/somerset or call **908.704.3766**.

Support Groups

Support groups for patients and families focus on cancer, eating disorders, diabetes, stroke, Alzheimer's and Parkinson's disease. For more information, call **908.685.2814**.

BARIATRIC PROGRAMS:

WEIGHT-LOSS SURGERY SEMINAR

Have you been unsuccessful at keeping the weight off? Weight-loss surgery may be the right choice for you. But how do you know if you qualify and which procedure is your best option? Join bariatric surgeons at Robert Wood Johnson University Hospital (RWJUH) Somerset for free seminars to learn about your weight-loss surgery options, including detailed information about gastric banding, gastric sleeve and gastric bypass.

Tuesdays: May 21 (Glenn Forrester, MD)

July 16 (Glenn Forrester, MD)

6:30 to 8 p.m.

Steeplechase Cancer Center – First Floor Conference Room

BARIATRIC SUPPORT GROUP

For anyone considering bariatric surgery, pre-op and post-op.

Tuesdays: May 28, June 25 and July 23

6:30 to 7:30 p.m.

Steeplechase Cancer Center, First Floor Conference Room



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