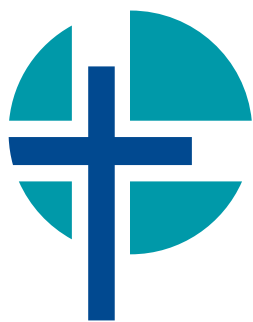


March  
2021



# SAINT PETER'S HEALTHCARE SYSTEM

*Safely treating you better...for life.*

## SAINT PETER'S PEDIATRIC ORTHOPEDIC SURGEONS **Manage Children's Musculoskeletal Problems**

The pediatric orthopedic surgeons at The Children's Hospital at Saint Peter's University Hospital specialize in diagnosing, treating, and managing children's musculoskeletal problems. Alexandra Kondratyeva, DO, and Amie Kawashima, DO, have been practicing pediatric orthopedic surgeons for 10 years and started the pediatric orthopedic specialty practice at Saint Peter's in 2016. Before they became colleagues, they were friends.



Alexandra Kondratyeva, DO, (left) and Amie Kawashima, DO, (right).

"We knew each other through the pediatric orthopedic community. The first time we met was at an interview where Amie needed a ride and I had a car," Dr. Kondratyeva laughed. "We met at every symposium, every meeting, every conference in the country."

When the opportunity to establish a pediatric orthopedic specialty practice at Saint Peter's presented itself, Dr. Kondratyeva called on her friend and together they built the practice.

The pediatric orthopedic surgeons address issues such as limb and spine deformities noted at birth or later in life, gait abnormalities, broken bones, bone or joint infections and tumors, and scoliosis. They typically see patients from infancy to 18 years old but will also see patients up to 25 years old if they have neuromuscular diseases, scoliosis, sports injuries, or fractures.

For children who need multiple X-rays, The Children's Hospital at Saint Peter's University Hospital is the only hospital in New Jersey offering the low-dose, full-body EOS® Imaging System that simultaneously captures front and back full-body, weight-bearing images to evaluate the spine and lower extremities for deformities, which reduces radiation exposure to the organs.

One of the challenges the pediatric orthopedic surgeons face is explaining a medical diagnosis or treatment in terms that both children and parents can understand. The surgeons consciously work to explain situations to parents and children in plain terms and see themselves as educators.



"As a doctor I always consider myself a teacher; that's number one," said Dr. Kondratyeva. "My main goal is to try to explain things not using the medical terms, but simple terms that everybody can understand. I'll even draw diagrams."

For Dr. Kawashima, seeing the joy in her pediatric patients is the best part of her day. She has a patient whose parents were concerned that their toddler wasn't walking regularly. When the parents brought their child into the office, the toddler was walking with a limp.

"We validated the parents' concerns, explained the X-ray findings, surgically placed the patient's hip back into place and corrected the toddler's gait," said Dr. Kawashima. "Now we see this child smiling and running down the hallway! It's just so rewarding to see."

Dr. Kondratyeva explains that oftentimes treating a patient doesn't just result in a physical change—it can also result in improving a patient's confidence. Dr. Kondratyeva was treating an adolescent patient for an ankle fracture and noticed the patient's shy demeanor. Through a conversation with the patient's mother, she found out that the patient had a ganglion cyst on the wrist.

"My patient was trying to avoid social interactions with friends so they wouldn't see the cyst on the wrist," said Dr. Kondratyeva. "I was able to do the simple procedure to remove the cyst and it changed my patient's attitude towards life completely. My patient was happy and smiling and it was such a dramatic change."

Effectively communicating with their patients and family, as well as their patient's pediatrician or primary care provider, is critically important in providing the best patient experience and patient outcomes, the physicians say.

"We make ourselves more approachable to community pediatricians and our patients with our bilingual staff, making it easier for patients to schedule appointments and communicate with us," said Dr. Kawashima. "Our staff goes above and beyond for our patients. Saint Peter's is like a small family here. We know each other, so the pediatric specialists are very accessible and it's a lot easier for patients to get an integrated approach to patient care. If patients need multiple appointments with our specialists, we work together to make sure they are scheduled on the same day, making it so much easier for our patients and their family."

**To schedule an appointment with Saint Peter's pediatric orthopedic surgeons, please call: 732.339.7566**



# Saint Peter's Achieves CNOR® Strong Designation in 2021

Saint Peter's University Hospital has earned the CNOR® Strong designation from the Competency & Credentialing Institute (CCI). The CNOR Strong designation is given to facilities having at least 50% of its operating room (OR) nursing staff CNOR certified and provides programs that reward and recognize its certified nurses. Earning the CNOR is a mark of distinction and demonstrates a commitment to upholding the highest standards in patient safety. Saint Peter's has been CNOR Strong since 2013.

The CNOR® certification program recognizes a perioperative nurse's commitment to professional development in improving and validating their knowledge and skills and providing the highest quality care to their patients. It is an objective, measurable way of acknowledging the achievement of specialty knowledge beyond basic nursing preparation and registered nurse (RN) licensure.



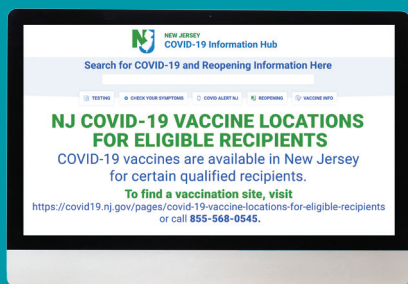
"Research shows that for certified OR nurses, when it comes to standard of care, the patient outcomes are higher," said Beverly A. Johnson, MSN, RN, CNOR, perioperative educator at Saint Peter's. "The CNOR certification tests education, skills and abilities, and that shows within a nurse's practice."

"The CNOR Strong designation tells our patients that the majority of nurses in the operating room have achieved the highest level of skill in their practice," said Roseann DiBrienza, MS, RN, NE-BC, director, Perioperative Services at Saint Peter's. "It is a constant goal at Saint Peter's for our nurses to reach a level of excellence. We want to make sure we keep reaching for and exceeding the bar so we can continue to expertly care for our patients."

Patient safety and positive surgical outcomes are top priorities at Saint Peter's, which is why the hospital supports its nurses in obtaining the CNOR certification. For the OR nurses, earning the CNOR Strong designation is ultimately about patient satisfaction and ensuring the health of our communities.

"What's unique about being a nurse in the operating room is that the patient can no longer speak for themselves. This means that the patient's voice is the OR nurse; the nurse serves as the patient's advocate," said Anna Prendergast, BSN, RN, CCRN, nurse manager, Pre-Operative Care Unit, Operating Room and Post Anesthesia Care Unit at Saint Peter's. "The OR nurse's role is very extensive as they look after the patients and their family, providing them with updates, and working very closely with the anesthesiologists and surgeons. The more knowledgeable they are, the better prepared they are to handle any situation in the OR."

Established in 1979, CCI provides CNOR® credentials to more than 40,000 registered nurses, making it one of the largest specialty nursing credentialing organizations and the leading certification body for perioperative nurses. The mission of CCI is to lead competency credentialing that promotes safe, quality patient care and that supports lifelong learning.



**NJ COVID-19 VACCINE LOCATIONS FOR ELIGIBLE RECIPIENTS**  
COVID-19 vaccines are available in New Jersey for certain qualified recipients. To find a vaccination site, visit <https://covid19.nj.gov/pages/covid-19-vaccine-locations-for-eligible-recipients> or call 855-568-0545.

## Community Calendar

For more information or to register for a program, call the contact number listed or visit [saintpetershcs.com/Events](https://saintpetershcs.com/Events). Most programs are **FREE** unless noted; please call for information.

### Cancer Support

**Bone Marrow Transplant**  
For patients who have had an allogeneic transplant  
Call for information: 732.235.8522

**Breast Cancer**  
Call for information: 732.235.7011

**Gynecologic Cancer**  
In partnership with the Cancer Support Community Central New Jersey  
Call for information: 732.235.6792

**Living with Cancer**  
Call for information: 732.235.7557

### Diabetes Education\*

For more information about the following classes, please call the phone numbers listed below.

**Diabetes Self-Management Education**  
Call for information: 732.339.7630

**Gestational Diabetes Self-Management Education**  
Call for information: 732.339.7630

**Prevent T2 Program (Starting Wednesday, March 3)**  
Call for information and registration: 732-339-7772

**Type 1 Diabetes Support Group for Children and Their Families**  
Call for information: 732.745.8600, x8610

### Support Groups

**Bereavement**  
Call Pastoral Care for information: 732.745.8565

**Craniofacial Teen Girls**  
Call for information: 732.745.8600, x8113

**Spouse/Partner Caregiver**  
Call for information: 732.745.8600, x8662

<b>SHARE</b> 3 <sup>rd</sup> Thursday of each month Next meeting: <b>March 18 7 to 9 pm</b> Irina Mariano-Brown, MSW, LCSW Email for Zoom link: imariano@saintpetersuh.com Call 732.745.8522 <b>FREE</b>	<b>Weight Loss Seminars</b> 3 <sup>rd</sup> Tuesday of each month Next meetings: <b>March 16</b> <b>English 12 to 1 pm</b> <b>Spanish 1 to 2 pm</b> <b>For information call 732.745.8571</b>	<b>MyGoal Autism Family</b> 2 <sup>nd</sup> Sunday of each month Next meeting: <b>March 14 3 pm</b> <i>In-person (socially distanced seating)</i> Call 877.886.9462 or email info@mygoalautism.org for location details
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### Parent Education

Parenting classes are currently being held online. Register at [saintpetershcs.com/Services/Parent-Education](https://saintpetershcs.com/Services/Parent-Education). Once registered for a class, access information will be provided to you. For information about the following classes, please call Parent Education at 732.745.8579

<b>Baby Care</b>	<b>Grandparents Class</b>
<b>Birth Center Class</b> (for moms under midwifery care)	<b>Hypnobirthing</b>
<b>Breastfeeding Class</b>	<b>Marvelous Multiples</b>
<b>Breastfeeding Support Group</b>	<b>New Daddy Class</b>

**New Mom Support Group**  
**Prenatal Yoga & Exercise Class**  
**Prepared Childbirth/Lamaze Classes**  
**Sibling Class**

### "Lunch 'N Learn"

East Brunswick Public Library and Saint Peter's virtual session.

**Better Exercise, Better You**  
**Friday, March 5 • 12 p.m.**

Registration is requested for this free event.  
For more information or to register, visit [ebpl.org/calendar](https://ebpl.org/calendar)

### VIRTUAL LECTURE SERIES ON ADOLESCENT & FAMILY HEALTH ISSUES

**Adolescent Brain Development and Addiction**

Presented by Dr. Tejal Mehta

**March 10 • 6:30 PM**

Visit [saintpetershcs.com/Events](https://saintpetershcs.com/Events) to register.

**Vaping and the Adolescent**

Presented by the  
Wellspring Center for Prevention

**March 24 • 6:30 PM**

Visit [saintpetershcs.com/Events](https://saintpetershcs.com/Events) to register.

**Need a doctor? To find a Saint Peter's physician, call 1.855.SP.MY.DOC (1.855.776.9362).**

**Online scheduling is also available with select Saint Peter's Healthcare System physicians via Zocdoc at BookMySPDoc.com**

This calendar is for information only. Do not rely on it to make healthcare decisions on your own; instead, talk with your healthcare provider for advice and treatment. Do not ignore medical advice or delay seeking it because of something you read here. We do not suggest or endorse that you have any tests, use products, or use other information in this document without advice from your healthcare provider.



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