

June
2018



SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.



Enhanced Recovery After Surgery (ERAS)

First introduced in hospitals in Europe in the 1990s, ERAS is a program designed to provide patients with a more comfortable experience and a quicker recovery by introducing and modifying what a patient does before and after surgery.

With the help of the SeamlessMD app, maternity and orthopedic patients are provided with the following key ERAS services when having surgery at Saint Peter's:

Preoperative counseling:
Patient and family education

Preoperative nutrition:
Patients drink a carbohydrate beverage up to two hours before anesthesia

No preoperative fasting:
Light meal allowed up to six hours before surgery

Postoperative pain management:
Use of non-narcotic therapies

Postoperative nutrition:
A return to normal diet and activities as soon as the day of surgery

Quicker return home

Speedy Recovery from Surgery

Program Uses Narcotics-free Pain Medication and an App that Keeps Doctor and Patient Connected

Saint Peter's University Hospital's Enhanced Recovery After Surgery Program (ERAS) continues to help patients undergoing repeat Caesarean sections recover faster from surgery and go home sooner. Saint Peter's was the first hospital in the United States to introduce a complete obstetrics ERAS program for maternity patients undergoing repeat C-sections in 2016, and the success of the program has resulted most recently in expanding the program to patients undergoing joint replacement surgery.

The program also introduced yet another technological innovation in patient care at Saint Peter's. Patients and doctors communicate before surgery, during hospitalization, and after surgery and their hospital stay via a mobile application created by SeamlessMD. The content featured on the app, created by doctors and nurses at Saint Peter's, helps patients to track milestones in their care and provides health tips. The SeamlessMD app makes it possible for providers also to monitor patients remotely in real-time, allowing patients to stay connected with their care team, particularly after leaving the hospital. Patients can access the app via smartphone, tablet or computer.

"We needed to find a solution for educating and empowering our obstetrical patients," says Attila Kett, MD, MBA, chair of the Department of Anesthesiology at Saint Peter's, and the physician who introduced ERAS at the hospital. "Patients now feel safe despite going home earlier, as they have the knowledge that we're able to monitor their recovery remotely and intervene should there be a problem."

Dr. Kett, who is an anesthesiologist, and Elizabeth Cherot, MD, MBA, an obstetrician and gynecologist, piloted the program at Saint Peter's with Dr. Cherot's Brunswick Hills Obstetrics & Gynecology patients.

For Sandra Santos, the enhanced recovery program was a game changer. She gave birth via C-section to her second child, a son, Leonel, and went home the next day. She never needed pain medication.

"It was the best experience ever and very different from my first experience with a C-section," says Santos.

An important feature of the enhanced recovery program is its focus on reducing the use of narcotics for pain management following surgery. This practice is aligned

with the goals of the Saint Peter's Opioid Task Force which is focused on reducing inpatient opioid use and providing resources for patients and families in need of recovery from addiction.

The new pain management response calls for patients to receive two non-opioid pain medications intravenously in alternating doses around the clock.

"A patient receives pain medications every three hours for the first 24 hours automatically. We give non-steroidal medications called Ketorolac, which is Motrin-like, and Ofirmev, which is like Tylenol" says Dr. Cherot. "Patients are no longer over-sedated or experiencing the roller coaster effect of being in pain and waiting for pain medication." At the time of surgery, the surgical site is injected with a long acting numbing medication, the local anesthetic Exparel. It is effective for up to three days.

The program's success is obvious: Patients are happy about how they feel after surgery, like being able to communicate with their doctors in real time via the SeamlessMD app, and more than 50 percent of ERAS patients now never take narcotic pain medication during their hospital stay or after discharge, says Dr. Cherot.

In addition to orthopedics, Saint Peter's plans to expand the program to other surgical services.

Alfred Tria, MD, chair of Orthopaedic Surgery at Saint Peter's, welcomed the program saying, "It is important to find new ways to keep our patients engaged with our care pathway. Since launching SeamlessMD in our total joint replacement program, we have already seen significant benefit with using the platform to 'prehabilitate' patients prior to surgery, achieve higher patient compliance with protocols, and helping patients feel more supported while recovering at home."

Patients planning their delivery or surgery at Saint Peter's should talk with their healthcare provider about this surgical option.

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

EMS Education Series
Thursday, June 28 • 7:00 PM
Trauma to Head and Spine

Call 732.745.8600, x6671 to register.
FREE Parking, **FREE** CEUs,
FREE Light Dinner.

Saturday, June 2
Noon – 4:00 PM

in partnership with
 New Brunswick Recreation,
 Rutgers Early Child Education and
 PNC Bank, Buccleuch Park,
 across the street from Saint Peter's



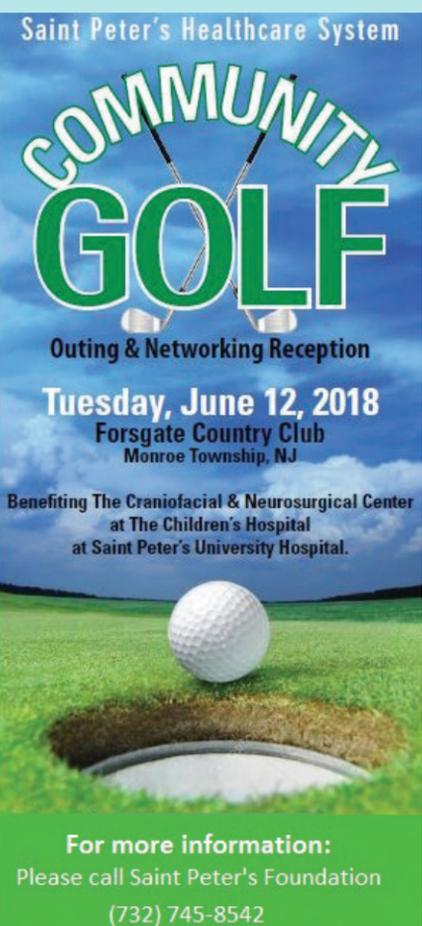
Saturday, June 2
11:00 AM – 5:00 PM

American Indian Chamber of
 Commerce Health & Wellness Expo
 NJ Convention & Expo Center, Edison

11th Annual Bike Ride
for Amy
Sunday, June 3

South Brunswick High School
 A portion of proceeds benefits the
 Saint Peter's Breast Center
 and the Department of Medical Genetics
 and Genomic Medicine

7:30 AM start of first ride
 Join the Saint Peter's team at
firstgiving.com/team/375317



Cancer Support

Bone Marrow Transplant Support Group

For patients who have had an allogeneic transplant.

In person: June 21 • 2:00 PM – 3:30 PM
By phone: June 5 • 6:30 PM – 8:00 PM
Call 732.235.8522 to register. • FREE

Breast Cancer Support Group

June 4 and 18 • 7:00 PM – 8:30 PM
 Registration required.
 Rutgers Cancer Institute of New Jersey
 Deborah Leif, MSW, LCSW
732.235.7011 • FREE

Gynecologic Cancer Support Group

June 12 • 7:00 PM – 8:30 PM
 Rutgers Cancer Institute of New Jersey
732.235.6792 • FREE

Latinos with Cancer Support Group

June 9 • 10:00 AM – 1:00 PM
 Sister Marie de Pazzi Conference Center
 Light lunch will be served. Free, but
 registration requested. Sessions conducted
 in Spanish. Call **908.658.5400** for more
 information. • **FREE**

Life after Cancer Support Group

June 14 • 6:00 PM – 7:30 PM
Call 732.235.6792 to register • FREE

Living with Cancer Support Group

June 13 and 27 • 7:00 PM – 8:30 PM
 Rutgers Cancer Institute of New Jersey
 Barbara Hale, LCSW • **732.235.7557 • FREE**

Support Groups

Craniofacial Teen Girls
 For ages 11 to 17 • Meets Sundays, monthly.
Call 732.745.8600, x 8113 for information.

MyGOAL Autism Family Support Group

June 10 • 3:00 PM – 5:00 PM
877.886.9462 • FREE

SHARE Support Group

(for those who have suffered miscarriage,
 stillbirth or neonatal death)
June 21 • 7:00 PM – 9:00 PM
 First-floor employee cafeteria conference
 room. Irina Mariano-Brown, MSW, LCSW
732.745.8522 • FREE

Spouse/Partner Caregiver Support Group

June 14 • 1:30 PM – 3:00 PM
 Parker Adult Day Center, Monroe
 200 Overlook Drive, Monroe Township
 Stephanie Fitzsimmons, EdD, MSN, RN,
 APRN-BC • **732.745.8600, x8662 • FREE**

FREE Knee Pain Seminar
 The Latest Robotic Surgical Techniques to Alleviate Knee Pain
Thursday, June 21
6:00 PM
 Sister Marie de Pazzi Conference Center
Call 732.210.0699 to register.

Community Health Services



For more information about screenings and educational programs,
 or the CHS corporate flu shot program, please call **732.745.8600, x8903**

Blood Pressure/ Blood Sugar Screenings

June 6 • 2:30 PM – 3:30 PM
 DeForest B. Soaries, Jr Residences
 at Somerset

June 6 • 10:00 AM – 11:00 AM
 South River Food Bank, South River

June 7 • 6:30 PM – 8:00 PM
 Highland Park Library, Highland Park

June 8 • 9:30 AM – 10:30 AM
 New Brunswick Senior Center

June 8 • 11:30 AM – 12:30 PM
 Elijah's Promise Soup Kitchen,
 New Brunswick

June 13 • 5:00 PM – 6:00 PM
 Sacred Heart Church/Holy Family Parish

Blood Pressure/ Blood Sugar/ Cholesterol Screenings

June 3 • 3:30 PM – 5:00 PM
 Refugio City Church at First Presbyterian
 Church of New Brunswick

June 19 • NOON – 1:30 PM
 East Brunswick Senior Center

Community Talks

June 12 • NOON – 1:30 PM
 Blood Pressure • Blood Sugar Screening •
 Heart Health Lecture
 Spotswood Senior Center • Members only

June 14 • 11:00 AM – 12:30 PM
 Heart Health Lecture • Blood Pressure •
 Blood Sugar Screening
 Manville Senior Center at VFW

June 15 • 10:00 AM – 11:30 AM
 Blood Pressure • Blood Sugar Screenings •
 Weight Screening and Nutritional Counseling
 Maher Manor, Old Bridge • Residents only

June 28 • 10:30 AM – NOON
 Blood Pressure Screening • Heart Health
 Lecture • Monroe Township Senior Center

Bone Density Screening

June 12 • 10:00 AM – 11:30 AM
 Sayreville Senior Center, Sayreville
 Members only

June 13 • 9:00 AM – NOON
 Ethicon, Bridgewater • Employees only

Community Walks/ Health Fairs

June 2 • 8:00 AM – 11:00 AM
 Green Living and Wellness Fair
 Hillsborough Municipal Building

June 8 • 10:00 AM – 1:00 PM
 Rossmoor Adult Community,
 Monroe Township • Residents only

June 9 • 8:00 AM – 10:30 AM
 Sun Safety Awareness
 10th Annual Pancreatic Cancer 5K Run/Walk
 Roosevelt Park, Edison

June 9 • 10:00 AM – 2:00 PM
 Civic League Neighborhood Fair
 Recreation Park, New Brunswick

June 18 • 10:00 AM – 1:00 PM
 Greenbriar at Whittingham Adult Community
 Residents only

June 20 • 1:00 PM – 4:00 PM
 Somerset Run Health Fair • Residents only

June 21 • 2:00 PM – 4:00 PM
 Encore Adult Community • Residents only

June 22 • 8:00 AM – 11:30 AM
 Montgomery Township Board of Education
 Health Fair at High School

June 23 • 10:00 AM – 2:00 PM
 Health and Wellness Symposium
 Jamaican Organization of NJ

June 24 • 11:00 AM – 2:00 PM
 Dominican American Communitarian
 Annual Community Health Fair
 Dr. Herbert Richardson School, Perth Amboy

Sun Damage Screening Using DermaScan Machine

June 13 • 11:30 AM – 1:30 PM
 Bristol-Myers Squibb • Employees only

June 25 • 2:30 PM – 4:00 PM
 Franklin Public Library

Diabetes Support & Education

Diabetes Self-Management Education

Mondays or Tuesdays
 Registration and doctor's prescription required.
732.339.7630

Gestational Diabetes Self-Management Education

Wednesdays or Thursdays
 Registration and a doctor's prescription
 required. **732.339.7630**

Diabetes Support Groups for Adults

June 13 • 10:30 AM – NOON
 The Diabetes and Hypertension Center at
 Saint Peter's University Hospital's Family Health
 Center • 123 How Lane, New Brunswick
 Call **732.339.7672** for more information. • **FREE**

English: June 12 • NOON – 1:00 PM
Spanish: June 5 • NOON – 1:00 PM

For Children and Families Who Face the Challenges of Type 1 Diabetes

June 10 • 3:00 PM – 5:00 PM
 Saint Peter's Center for Ambulatory Resources
 (CARES) • Call **732.745.8600, x8610** for more
 information • **FREE**

Parent Education

For information, fees and registration,
 visit saintpetershcs.com/parented or call
 Parent Education at **732.745.8579**.

Baby Care

June 4 and 11 • 7:00 PM – 9:30 PM
June 24 • 9:00 AM – 1:00 PM

Breastfeeding Class

June 9 • 9:00 AM – 11:30 AM

Breastfeeding Support Group

June 1 • 1:00 PM – 2:30 PM

Marvelous Multiples

Monday evenings series (3 consecutive)
June 11, 18, & 25 • 7:00 PM – 9:30 PM

New Mom Support Group

June 9 • Noon – 1:00 PM
 Refreshments are served.

Prenatal Yoga and Exercise Class (four-week sessions)

Wednesdays and Fridays
7:00 PM – 8:30 PM
 Registration required.

Prepared Childbirth/Lamaze Classes (Includes maternity services tour)

Thursday evening series (4 consecutive)
June 7, 14, 21 & 28 • 7:00 PM – 9:30 PM
Saturday and Sunday (single day)
9:00 AM – 5:00 PM

Sibling Class

June 9 • 12:30 PM – 1:30 PM

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

Also available, online scheduling 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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 732.745.8600 | 800.269.7508 | saintpetershcs.com

Catholic hospital sponsored by the Diocese of Metuchen

State-designated children's hospital and regional perinatal center

