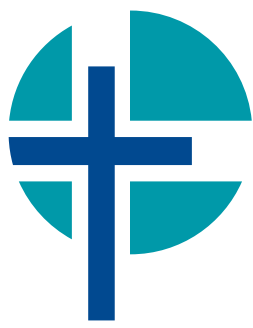


December
2020



SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

Saint Peter's Celebrates Blessings in 2020

The year 2020 will always be remembered as the one in which we battled unprecedented challenges brought about by COVID-19. Despite the difficult times we've faced throughout the year, we at Saint Peter's Healthcare System realize 2020 was also a year full of blessings. We have so much to be grateful for including our healthcare heroes who continue to care for those in need. We also have our wonderfully supportive community – citizens and businesses that rallied around us when spirits were low and the need was high.

As we move toward another flip of the calendar, we want to take time to remember all the good that happened in this tumultuous year. At the end of the day, it's important to remember that gratitude, faith in God and love for one another will always win out over self-doubt, anxiety and hate.



Thanks to Our Community

Our healthcare heroes persevered during this crisis thanks to the unwavering support of our community. The donations of meals, personal protective equipment, shoes and thank you cards from our community, individuals and companies alike, are too numerous to count. Our community sustained our frontline workers emotionally, physically and spiritually day in and day out and we are forever grateful.

At Saint Peter's, the Future Looks Bright

In September, Saint Peter's and RWJBarnabas Health signed a Definitive Agreement to integrate the two systems with the goal of creating a premier multi-campus academic medical center of national distinction. This announcement culminated a three-year discernment process that included a Request for Proposal in October 2018 that sought a strategic partner best suited to help Saint Peter's maintain its rich Catholic mission and identity in an increasingly changing and competitive healthcare market. With the signing of this Definitive Agreement, the proposed partnership will begin a period of review by various state and federal regulatory agencies, and the Catholic Church.

Under the terms of the Definitive Agreement, Saint Peter's would remain a full-service provider of acute healthcare services serving New Jersey and the region, and would continue its longstanding mission and Catholic identity in adherence with the standards of care articulated in the *Ethical and Religious Directives for Catholic Health Care Services* (ERDs). A Catholic Identity Agreement is included as part of the Definitive Agreement.

Continued Recognition for Quality Care

The Children's Hospital at Saint Peter's University Hospital is tops in New Jersey – again! *U.S. News & World Report*, the global authority in hospital rankings and consumer advice, once again ranked Saint Peter's Children's Hospital as the only children's hospital in the state to be ranked among the nation's top 50 hospitals for Neonatology in its 2020-21 Best Children's Hospitals rankings. This is the second year in a row Saint Peter's, with its Level III Neonatal



Intensive Care Unit (NICU), has received this honor. Saint Peter's NICU also received its third consecutive Beacon Award for Excellence from the American Association of Critical-Care Nurses (AACN).

12 consecutive months for the "Overall Diabetes Cardiovascular Initiative Composite Score." Since 1996, the American Diabetes Association (ADA) has consistently recognized the Diabetes Self-Management Education* services at Saint Peter's. This past summer the ADA once again awarded a four-year Certificate of Recognition to Saint Peter's – a reflection of the quality education that meets and exceeds the national standards for diabetes self-management education and support.



Once again, Saint Peter's was recognized with the Women's Choice Award® for Best Breast Center, Best Cancer Care and Best Obstetrics. This year, The Children's Hospital at Saint Peter's was also named as a Best Children's Hospital by the Women's Choice Award.



Founded in 1959, the Craniofacial and Neurosurgical Center at The Children's Hospital at Saint Peter's University Hospital is one of only a few centers in the country that comprehensively treats craniofacial abnormalities, such as cleft lip and cleft palate. The Craniofacial and Neurosurgical Center was designated as a fully approved "Cross-Specialty Team" by the American Cleft Palate-Craniofacial Association (ACPA) in 2020. The new designation means the hospital meets the highest national standards for comprehensive care as established by the ACPA.



A Fighting Force of Healthcare Heroes

From the very first days of COVID-19, Saint Peter's was ready! We stepped up our sanitation and safety efforts to ensure patient safety. We committed to screenings and temperature assessments, universal masking, social distancing as appropriate and new visitor guidelines. At the same time, our emergency room and surgical teams did an outstanding job of handling both COVID-19 patients and others who came to the hospital for visits and procedures that couldn't wait. In fact, Saint Peter's efforts resulted in zero cases of virus transmission in our newly renovated and modernized operating rooms – a \$10 million, three-year project that was completed in early 2020. We were able to maintain two entirely separate surgical and treatment pathways to keep all patients safe.

The American Heart Association/American Stroke Association (AHA/ASA) recognized Saint Peter's University Hospital for its focus on providing the highest quality care for stroke patients with its Get With The Guidelines® – Stroke Gold Plus Quality Achievement Award for 2020. Saint Peter's is a designated primary stroke center, featuring a comprehensive system for rapid diagnosis and treatment of stroke patients admitted to the emergency department.

Saint Peter's also received the AHA/ASA's Target: Type 2 Diabetes Honor Roll award, recognizing that the hospital has met quality measures developed with more than 90% of compliance for



Expanded Pediatric Specialty Services

It's great to know our community is blessed with a leader in pediatric epilepsy treatment at The Children's Hospital at Saint Peter's. In 2020, Saint Peter's expanded its pediatric neurology program and is now the leading hospital in the state for diagnosis and treatment of pediatric epilepsy. With six physicians now treating patients and a dedicated 24-hour epilepsy unit, the Children's Hospital remains a hub for treating patients experiencing epileptic and non-epileptic seizures.

In addition, Saint Peter's opened a newly constructed patient care area for outpatient pediatric services to meet the growing needs of our community. This new space houses outpatient pediatric sleep medicine, developmental pediatrics, adolescent medicine, pediatric allergy and immunology and pediatric infectious diseases as part of the comprehensive services offered by the specialists at Saint Peter's Children's Hospital.



Happy 1st Anniversary!

Nothing is more of a blessing than a newborn! This year we celebrated the first anniversary of the opening of the Mary V. O'Shea Birth Center, a home-like setting where midwives provide family-centered care of women experiencing low-risk births. Saint Peter's birth center is the first and only hospital-owned birth center in the state to be accredited by the Commission for the Accreditation of Birth Centers (CABC). Certified nurse-midwives support a natural birth and offer non-medication pain management techniques.

High-Tech Diagnostics

The recent death of Jeopardy host Alex Trebek shined a light on an insidious disease that often doesn't get diagnosed until it's far too late. Saint Peter's state-of-the-art technology is being used to diagnose small pancreatic tumors, improving the likelihood of life-saving treatment for pancreatic cancer. The endoscopic ultrasound (EUS) is the best diagnostic tool for discovering small tumors in the pancreas, resulting in an early diagnosis of pancreatic cancer that may lead to far better outcomes.

Saint Peter's introduced the Hologic® Genius™3D Mammography™ exam with the SmartCurve™ feature in its Women's Imaging Center this fall. The 3D technology is clinically proven to detect 20-65% more invasive breast cancers compared to traditional 2D mammography. The SmartCurve works in tandem with the Genius 3D to provide a more contoured mammography experience. Saint Peter's is the only hospital in Middlesex County offering the combination of Genius 3D Mammography exams with the SmartCurve comfort feature.



COVID-19 Recovery Program Addresses 'Long Haul' Symptoms

For individuals who were treated for COVID-19, the story doesn't end there. Many who were treated in the hospital or recovered at home are experiencing lingering symptoms. Saint Peter's physicians, through a new COVID-19 Recovery Program, work collaboratively with primary and specialty care physicians in the community to develop individualized treatment plans so that patients can achieve optimal health, with the goal of long-term recovery.

Specialized Surgical Services

Saint Peter's Department of Surgery offers a broad array of surgical procedures for children and adults, with most surgeries performed with minimally invasive laparoscopic and robotic methods, in the hospital's brand new state-of-the-art surgical suites. This year, Saint Peter's introduced specialized head and neck surgical services for children and adults, including treatment for skull-based tumors, cosmetic and reconstructive facial deformities, thyroid, parathyroid and sinus diseases, and congenital abnormalities in children.



Wishing You a Healthy Holiday Season

Maintaining one's health is important, especially during flu season. We strongly recommend keeping up with well visits and seeking care for any symptoms of COVID-19 or any emergency such as stroke or heart attack. Saint Peter's is prepared to safely care for our community with heightened safety measures in place in our emergency department, patient care areas and physician offices.



To learn more about Saint Peter's services or to find a physician, visit saintpetershcs.com.

Community Calendar

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.

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

"Lunch 'N Learn"

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

"Colon Polyp Screening... NOT the Same as Colon Cancer Screening"
Friday, December 18
12 p.m.

Registration is requested for this free event. For more information or to register, go online to www.ebpl.org/calendar.

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

SHARE

3rd Thursday of each month
Next meeting: **December 17 7 to 9 pm**
Irina Mariano-Brown, MSW, LCSW
Email for Zoom link: imariano@saintpetersuh.com
Call 732.745.8522
FREE

Weight Loss Seminar

3rd Tuesday of each month
Next meeting: **December 15 12 to 1:30 pm**
For information call 732.745.8571

MyGoal Autism Family

2nd Sunday of each month
Next meeting: **December 13 3 pm**
In-person (socially distanced seating)
Call 877.886.9462 or email info@mygoalautism.org for location details

Parent Education

Parenting classes are currently being held online. Register at 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

- Baby Care**
- Birth Center Class** (for moms under midwifery care)
- Breastfeeding Class**
- Breastfeeding Support Group**
- Grandparents Class**
- Hypnobirthing**
- Marvelous Multiples**
- New Daddy Class**

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

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.



254 Easton Avenue, New Brunswick, NJ 08901
732.745.8600 | 800.269.7508 | saintpetershcs.com

Sponsored by the Roman Catholic Diocese of Metuchen
State-designated children's hospital and regional perinatal center

