

November  
2020



# SAINT PETER'S HEALTHCARE SYSTEM

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

## SAINT PETER'S MARY V. O'SHEA BIRTH CENTER Celebrates 1-Year Anniversary

Saint Peter's University Hospital is marking a milestone: the one-year anniversary of its Mary V. O'Shea Birth Center. The state-of-the-art Birth Center is the first and only hospital-owned birth center in the state to be accredited by the Accreditation of Birth Centers (CABC). The Birth Center, located on the hospital campus, houses Saint Peter's midwifery practice, where expectant mothers are seen for prenatal office visits and the actual birthing experience.



## Offers a Natural Birthing Option for Expectant Mothers

Since its opening one year ago, 50 expectant mothers have welcomed their babies into the world at the Mary V. O'Shea Birth Center, coming from various towns throughout New Jersey. According to The American Association of Birth Centers (AABC), a birth center is defined as a "home-like setting where care providers, usually midwives, provide family-centered care to healthy pregnant women."

At 4,100 square feet, the Birth Center includes two birthing suites which look and feel more like a hotel suite than a delivery room. Each birthing suite has a queen bed, spa-size tub and shower, plus space to accommodate family and other support individuals. The Birth Center also includes a reception area, exam rooms, a lounge, dining area and full-size kitchen.

"The Birth Center offers a tranquil, quiet and luxurious space to bring a new life into the world," explains Joanne Cunha, MS, CNM, certified nurse-midwife and clinical director of Saint Peter's Midwifery Services. "Choosing to give birth in a birth center is an increasingly popular option for women looking to partner with a certified nurse-midwife in the decision-making regarding the birthing process."

Central to the experience is the mother's birth plan. Developed at the beginning of her pregnancy, expectant mothers document their personal preferences and wishes for how the labor should progress – everything from designating support individuals in attendance

### OUR VALUES

**F**ostering an environment of high quality, family-centered care.

**A**ffirming a woman's choice for more natural birthing options.

**I**nspiring shared decision-making and empowerment of women as partners in their own care.

**T**reating each woman and family with compassion and respect.

**H**onoring the individuality and dignity of each patient.

 **Mary V. O'Shea**  
*Birthing Center*  
AT SAINT PETER'S UNIVERSITY HOSPITAL

to labor expectations. If they wish, women can eat or drink while in labor, or use an exercise ball to open up the pelvis, keeping them upright and allowing the baby to descend. The Birth Center also offers an open space for walking during labor.

The Mary V. O'Shea Birth Center experience is based on the midwifery model of care that embraces pregnancy and birth as a normal physiologic process, highlighting shared decision-making, minimal interventions, and the empowerment of women as partners in their care. Certified nurse-midwives support a natural birth and offer non-medication pain management techniques including hydrotherapy, aromatherapy, nerve stimulation, sterile water papules and a variety of massage techniques.

**For more information or to schedule a tour, call 732.339.7880. To download a birth plan, please visit [www.saintpetershcs.com/birthcenter](http://www.saintpetershcs.com/birthcenter)**

### *Mission Statement:*

**"Guided by our Catholic mission, we provide care to women of diverse backgrounds, supporting and nurturing them throughout their lifespan. Working in partnership with each woman on her journey through wellness, pregnancy and birth, our midwives focus on the woman's spiritual, emotional and physical well-being in a safe, family-centered, home-like environment."**





# November is Diabetes Awareness Month: What You Need to Know

November is Diabetes Awareness Month, marked each year to highlight the need for early detection and care for chronic disease caused by diabetes and related complications. On November 14, the World Diabetes Day campaign focuses on the need for quality self-management education and support for people with diabetes and the importance of access to comprehensive patient-centered care facilities for diabetes prevention and treatment.

Saint Peter's Thyroid and Diabetes Center is a center of excellence continually recognized by the American Diabetes Association for its diabetes self-management education\* services. The Center's director, Meena Murthy, MD, FACE, chief of Saint Peter's Division of Endocrinology, Nutrition and Metabolism, and her team take pride in their thorough and tailored approaches to individual patients. They are focused on the highest quality diagnostics and treatment, educating and supporting the best self-care practices among adults, as well as offering preventive services for the community.

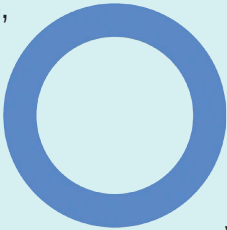
Saint Peter's Healthcare System has extensive expertise with experience in comprehensive quality diabetes care with specialties for children, women, adults and seniors, available to all including the underinsured and uninsured.

"This year, as we battle the COVID-19 pandemic with additional challenges during the flu season, it's more important than ever to better manage diabetes to decrease hospitalizations from pneumonia and acute complications," explained Dr. Murthy.

According to the Centers for Disease Control and Prevention (CDC), "more than three quarters of the people who died from COVID-19 had at least one preexisting condition. Overall, diabetes was noted as an underlying condition for approximately four in ten patients."

The American Diabetes Association reports: "People with diabetes have much higher rates of serious complications and death than people without diabetes—and generally we believe that the more health conditions someone has (for example, diabetes and heart disease), the higher their chance of getting serious complications from COVID-19."

Actions for better planned daily routines, constant glucose monitoring, stricter lifestyle intervention and more frequent provider visits for medication adjustments are fundamental to prevent diabetes-related complications. As we promote immunizations for pneumococcal pneumonia and influenza, especially now in the flu season during the continuing pandemic, Saint Peter's diabetes programs serve as comprehensive regional resources for people with diabetes seeking excellent care, education and support.



world diabetes day

To make an appointment with an award-winning endocrinologist at Saint Peter's Thyroid and Diabetes Center, call 732.745.6667. Or, to find a physician affiliated with Saint Peter's University Hospital, please visit [saintpetershcs.com/findaphysician](http://saintpetershcs.com/findaphysician).

## Saint Peter's Receives 'Get With The Guidelines-Stroke Gold Plus' Quality Achievement Award

Recognizing Saint Peter's University Hospital's focus on providing the highest quality care for stroke victims, the American Heart Association/American Stroke Association awarded the hospital with its "Get With The Guidelines® - Stroke Gold Plus Quality Achievement Award" for 2020.

The Get With The Guidelines Award honors the hospital's ongoing commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

According to the American Heart Association/American Stroke Association, stroke is the fifth leading cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds and nearly 795,000 people suffer a new or recurrent stroke each year.

"Saint Peter's University Hospital is dedicated to improving the quality of care for our stroke patients by implementing the American Heart Association's guidelines," said Linda Carroll, MSN, RN-BC, vice president of Patient Care Services and chief nursing officer. "The tools and resources provided help us track and measure our success in meeting evidenced-based clinical guidelines developed to improve patient outcomes."

Saint Peter's has met specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period. These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients.

Saint Peter's has also met specific scientific guidelines as a primary stroke center, featuring a comprehensive system for rapid diagnosis and treatment of stroke patients admitted to the emergency department. A primary stroke center is the first line of defense in diagnosing and treating stroke and preventing or minimizing permanent brain damage to the patient.

In addition to the Get With The Guidelines Award, Saint Peter's also received the Association's Target: Type 2 Diabetes Honor Roll™ award, recognizing that the hospital has met quality measures developed with more than 90% of compliance for 12 consecutive months for the "Overall Diabetes Cardiovascular Initiative Composite Score."



# Community Calendar

## 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 series.  
**"Basics of Inflammatory Bowel Disease"**  
Friday, November 6 • 12 p.m.  
**"Colon Polyp Screening... NOT the Same as Colon Cancer Screening"**  
Friday, December 18 • 12 p.m.  
Registration is requested for these free events. For more information or to register, go online to [www.ebpl.org/calendar](http://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

<b>SHARE</b> 3 <sup>rd</sup> Thursday of each month. Next meeting: <b>November 19 7 to 9 pm</b> Irina Mariano-Brown, MSW, LCSW Email for Zoom link: <a href="mailto:imariano@saintpetersuh.com">imariano@saintpetersuh.com</a> Call 732.745.8522 <b>FREE</b>	<b>Weight Loss Seminar</b> 3 <sup>rd</sup> Tuesday of each month. Next meeting: <b>November 17 12 to 1:30 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>November 8 3 pm</b> <i>In-person (socially distanced seating)</i> Call 877.886.9462 or email <a href="mailto:info@mygoalautism.org">info@mygoalautism.org</a> for location details
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**Parent Education**  
Parenting classes are currently being held online. Register at [saintpetershcs.com/Services/Parent-Education](http://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](http://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.