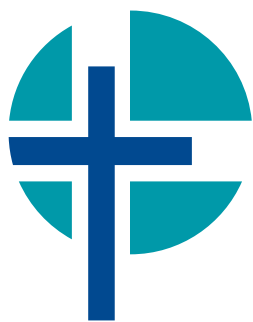


July
2021



SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

Preparing for Pregnancy? Saint Peter's is a Premier Hospital for Maternity Services

Saint Peter's University Hospital delivers more babies than any other facility in central New Jersey, making it the premier hospital in the state for maternity services.

Last year, 5,200 mothers gave birth to 5,285 babies at Saint Peter's. Celebrated for its maternity services, Saint Peter's University Hospital has specialized programs and a knowledgeable staff of doctors, nurses, certified nurse-midwives and others who take pride in providing women with a comfortable and safe experience during pregnancy and delivery.

"We are always preparing for the pregnancy—prior to conception, during the pregnancy, at delivery and during the postpartum period to ensure that we provide the best care and achieve the best outcomes for our expectant mothers and their babies," said Carlos W. Benito, MD, chair of the Department of Obstetrics/Gynecology (OB/GYN) at Saint Peter's. "We're proud to offer comprehensive women's health services from midwifery care for a low-risk birth to maternal-fetal medicine care should the expectant mother be experiencing a high-risk birth."

Saint Peter's takes a family-centered approach to birth. Parent Education classes help the expectant parents prepare for childbirth – from Lamaze and Birth Center classes to New Daddy and Sibling classes. A designated admission area for expectant mothers is right outside the delivery rooms in the Women and Children's Pavilion so there is no delay in admission. The roomy private labor and delivery suites allow spouses and support persons to be present during labor. After delivery, the healthy baby stays with the mother in her room, allowing time for bonding, until both are ready to go home.



Carlos W. Benito, MD

A State-Designated Regional Perinatal Center

The Regional Perinatal Center at Saint Peter's is well-known for the extraordinary level of care its board-certified physicians and specialized staff provide for women experiencing high-risk pregnancies and infants who were born prematurely or with serious medical issues.

Clinical aspects of the state-designated Regional Perinatal Center include the Antenatal Testing Unit and the Division of Maternal-Fetal Medicine at Saint Peter's, which provides the highest quality of care to pregnant women experiencing medical complications such as hypertension, high blood pressure, preeclampsia (toxemia), diabetes, thyroid disease and infectious diseases. Saint Peter's maternal-fetal medicine specialists treat women with conditions including multiple gestations (twins, triplets or more), recurrent pre-term labor and delivery, premature rupture of membranes, suspected fetal growth restriction and suspected abnormalities in the fetus.

Through an affiliation with Columbia University Medical Center, Saint Peter's is the only hospital in New Jersey to be part of the Maternal-Fetal Medicine Units Network, created by the National Institute of Child Health and Human Development. This network focuses on clinical questions in maternal-fetal medicine and obstetrics, particularly with respect to the continuing problem of preterm birth. Saint Peter's is also the only New Jersey hospital member of The Council of Women's and Infants' Specialty Hospitals (CWISH), which is dedicated to facilitating excellence in providing healthcare services to women and infants nationally through collaboration and support of programs, practices and national policy.

Award-Winning Neonatal Intensive Care Specialists Caring for Fragile Newborns

It can be a scary and unexpected experience to have a newborn in the Neonatal Intensive Care Unit (NICU) at The Children's Hospital at Saint Peter's University Hospital. The NICU, recognized among the nation's top 50 Best Children's Hospitals for Neonatology by *U.S. News & World Report* three years in a row, is staffed 24/7 by a board-certified neonatologist, nurse practitioners, a physician assistant, registered nurses, respiratory therapists, and a neonatal-trained pharmacist and social worker who make it their mission to address the needs of the babies in the NICU while also supporting their families.

Saint Peter's NICU is a three-time recipient of the Beacon Award for Excellence from The American Association of Critical-Care Nurses (AACN), having become the only NICU in New Jersey to receive its first Beacon Award in 2014. Saint Peter's also earned The Joint Commission's Gold Seal of Approval® for Perinatal Care – a symbol of quality that reflects the organization's commitment to providing safe and quality patient care for mothers and infants leading up to, during and after birth.

The NICU at Saint Peter's was one of the first hospitals in New Jersey to evaluate the use of surfactant therapy, which is now routinely used to treat breathing problems in premature babies. It was also the first hospital in the region to offer brain cooling, a treatment for newborns suffering with moderate or severe asphyxia.

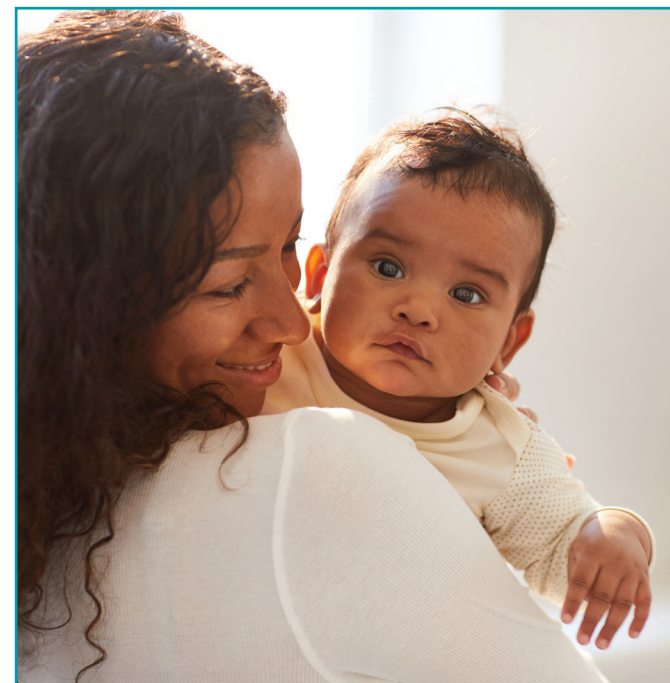
The Mary V. O'Shea Birth Center

Saint Peter's Mary V. O'Shea Birth Center is New Jersey's first Birth Center to be located on the grounds of a hospital and the first and only hospital-owned birth center in the state to be accredited by the Commission for the Accreditation of Birth Centers.

At the Birth Center, the mother's birth plan is key to the birth experience. Developed at the beginning of the pregnancy, expectant mothers document their personal preferences and wishes for how labor should progress—everything from designating support individuals in attendance to labor expectations and preferences for medical intervention, should the need arise.

"This philosophy represents a holistic approach with consideration for a woman's desire to experience the birth of her child in a natural way that focuses on her engagement in the process and with less emphasis on the clinical aspect, yet the hospital's Labor and Delivery Unit is just an elevator ride away, if need be. For some women, the Birth Center is the inclusive, personalized one-on-one approach they've been searching for," said Pamela Harmon, MSN, RNC-NIC, nursing director, Women and Children's Division and administrative director of the Mary V. O'Shea Birth Center at Saint Peter's.

Staffed by Saint Peter's certified nurse-midwives, the Birth Center offers hotel-like suites and amenities and is equipped to offer a variety of nonpharmaceutical pain management options including hydrotherapy, aromatherapy, nerve stimulation, sterile water papules and different massage techniques. The average length of stay in the Birth Center, from the time the mother is admitted to the time she and her baby are discharged, is 8 to 12 hours.



Pamela Harmon,
MSN, RNC-NIC

For an overview of Saint Peter's maternity services, visit saintpetershcs.com/maternity

Saint Peter's Now a Tier 1 Facility in Horizon's OMNIASM Health Plans

Saint Peter's Healthcare System and Horizon Blue Cross Blue Shield of New Jersey (Horizon BCBSNJ) announced that they have agreed to end their dispute over Horizon BCBSNJ's OMNIASM Health Plans. For many years, Saint Peter's and Horizon BCBSNJ have worked closely to provide high quality, cost-effective care to Horizon members. This settlement builds on their shared history and accelerates the deployment of value-based care and reimbursement models that are an essential element of OMNIA Health Plans' success. As a result, Saint Peter's became a Tier 1 facility in Horizon's OMNIA Health Plans effective May 1.

The parties issued the following joint statement: "We are pleased to have reached an agreement settling our legal dispute. Instead of continuing to focus on our differences, we look forward to working together to advance health care quality, affordability and the customer experience. Saint Peter's and Horizon BCBSNJ will continue our long history of collaboration to further enhance this partnership to improve the health and well-being of those we serve."

"We are indeed very pleased that Saint Peter's has reached a settlement with Horizon BCBSNJ to end the litigation and to put this issue behind us. We have always valued our long-standing relationship and look forward to working together to advance our collective missions to serve the healthcare needs of our patients and communities," said Leslie D. Hirsch, FACHE, president and CEO of Saint Peter's Healthcare System.

"We're excited to work with Saint Peter's to expand models of care and reimbursement that have proven effective at improving health care quality, affordability, and convenience for our members. OMNIA Health Plans empower our members to achieve their best health, give them more control of their out-of-pocket expenses, and include every doctor and hospital in Horizon's managed care network," said Allen Karp, Horizon BCBSNJ's executive vice president for healthcare management and transformation.

Saint Peter's Nationally Recognized with Spring 2021 Leapfrog 'A' Hospital Safety Grade

Saint Peter's University Hospital received an "A" grade in the spring 2021 Leapfrog Hospital Safety Grade, a national distinction recognizing Saint Peter's achievements protecting patients from errors, injuries, accidents, and infections. The Leapfrog Group, an independent national watchdog organization committed to health care quality and safety, assigns a letter grade to all participating general hospitals across the country and is updated every six months.



"Receiving Leapfrog's highest safety grade is a great honor as it reinforces patient confidence in the ability to receive quality medical care without compromise, even in the midst of a pandemic," said Leslie D. Hirsch, FACHE, president and CEO of Saint Peter's Healthcare System. "It's everyone's responsibility at Saint Peter's to make safety a priority. The dedication and commitment of our employees and physicians never wavered during unforeseen challenges. Their combination of evidence-based clinical practices along with compassionate care is the hallmark of our Catholic mission and the reason so many patients place their confidence in Saint Peter's."

"An 'A' safety grade is an elite designation that your community should be proud of," said Leah Binder, president and CEO of The Leapfrog Group. "The past year has been extraordinarily difficult for hospitals, but Saint Peter's University Hospital shows us it is possible to keep a laser focus on patients and their safety, no matter what it takes."

Developed under the guidance of a national expert panel, the Leapfrog Hospital Safety Grade uses up to 27 measures of publicly available hospital safety data to assign grades to more than 2,700 U.S. acute-care hospitals twice per year. To see Saint Peter's full grade details and access patient tips for staying safe in the hospital, visit hospitalsafetygrade.org.

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

Prevent T2 Program

Call for information and registration: 732.339.7772

Type I Diabetes Support Group for Children and Their Families

Call for information: 732.745.8574

Support Groups

Bariatric Nutrition Support Group

2nd Tuesday of each month
Next meeting: July 13 • 6 to 7 pm
Call 732.339.7450 for Zoom meeting information

Bereavement

Call Pastoral Care for information: 732.745.8565

Craniofacial Teen Girls

Call for information: 732.745.8600, x8113

MyGoal Autism Family

2nd Sunday of each month
Next meeting: July 11 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details

SHARE

3rd Thursday of each month
Next meeting: July 15 • 7 to 9 pm
Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link

Spouse/Partner Caregiver

Call for information: 732.745.8600, x8662

Substance Abuse and Addiction Loss Support Group

2nd Thursday of each month
Next meeting: July 8 • 7 to 8:30 pm
Call 732.745.8522 or email jdanyus@saintpetersuh.com for virtual meeting details

Weight Loss Seminars

3rd Tuesday of each month • Next meetings: July 20
English 4 to 5 pm • Spanish 5 to 6 pm
For information call 732.745.8571

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

Don't Hesitate. Vaccinate!



SAINT PETER'S HEALTHCARE SYSTEM

LIVE WITHOUT LIMITS: Understanding Treatments for Bowel Control

Presented by
Imran Saeed, MD, FACS, FASCRS
Colorectal Surgeon
July 21 • 6:30 to 7:30 pm

To register for this webinar, visit saintpetershcs.com/bowel-control or call 732.339.7058.

All attendees will remain anonymous.



SAINT PETER'S HEALTHCARE SYSTEM

PRESIDENT'S GOLF CLASSIC

BENEFITING SAINT PETER'S UNIVERSITY HOSPITAL

SEPT 13 2021

THE RIDGE AT BACK BROOK • RINGOES, NJ

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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