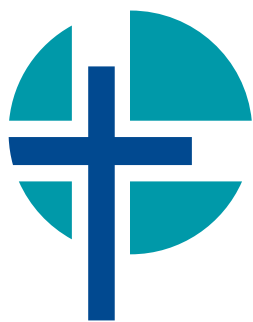


October
2021



SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

'Bloodless Medicine' Offers Safe Care, Improved Outcomes and Faster Recovery

Program is Open to All Patients, Not Only Those with Religious Concerns

What is Bloodless Medicine?

Blood is considered a liquid donation, no different than the donation of a kidney, for example, in the eyes of those who refuse blood due to religious beliefs, including Jehovah's Witnesses.

Jehovah's Witnesses' literature states that "it's against the will of God to receive blood," even in emergencies.

The decision to refuse to accept blood is treated similarly to a DNR (Do Not Resuscitate) order. If a patient makes their wishes to not receive blood known, Saint Peter's clinical staff will, of course, abide by their wishes. All patients are informed about bloodless options during registration and are given the ability to opt in, if desired.

This is where bloodless medicine comes in. The blood in the body has four major components: red blood cells, platelets, white blood cells and plasma. These major components can be broken down into what science calls "minor fractions."

To understand the concept of minor fractions as opposed to major components, consider an orange as an example. An orange has four major parts: rind, flesh, juice and seeds. Breaking it down further, those components are made of smaller substances such as simple sugars (glucose, fructose and sucrose), vitamin C and water. These smaller parts of the large components can be compared to minor fractions in blood.

Minor fractions are extracted from the blood, seven of which are used in Saint Peter's Bloodless Medicine Program. Some Jehovah's Witnesses will accept blood plasma fractions or an infusion of their own non-stored (no Preoperative Autologous Donation) blood during surgery with intraoperative hemodilution. (Jehovah's Witnesses have personal healthcare directives that outline which, if any, of the minor fractions they are willing to receive in a healthcare emergency.)

Additionally, Saint Peter's has two cell salvage machines which circulate and cleanse the blood lost during surgical procedures and put it directly back into the patient's body. This process is also considered "bloodless medicine."

There was a time when blood transfusions were a routine practice at healthcare facilities all over the world. Not anymore.

Bloodless medicine is a practice that uses alternatives to blood and blood products in cases where a patient would have historically received a transfusion. For example, if a patient experiences a major blood loss from surgery, a serious injury, childbirth or suffers from a blood-impacting condition such as hemophilia, anemia, kidney failure or chemotherapy, among others, a transfusion of blood, given intravenously, would typically stabilize the patient.

However, scientists and physicians have discovered, much to the relief of those who decline blood transfusions based on religious or safety concerns, that "bloodless medicine" not only improves outcomes but also comforts those who want and deserve the best health care in accordance with their strongly held beliefs.



Cutting-Edge Science at Saint Peter's

Evidence-based medicine is the driving force behind current bloodless practices at Saint Peter's. In fact, Saint Peter's offers more bloodless options than any other hospital in the area. Saint Peter's launched its Bloodless Medicine and Anemia Management programs in 2013. Many Saint Peter's physicians are committed to participating in these programs and are skilled at treating patients who choose to participate.



Lynne Manley, BSN, RN, CCRN, has been with Saint Peter's for 35 years. As the Bloodless Medicine and Surgery coordinator at Saint Peter's, she is a major proponent of bloodless medicine, along with participating physicians, and is quick to cite its efficacy and safety. In fact, she often speaks in the community about the safety of Saint Peter's bloodless medicine program, offering the option to all patients – children and adults.

Saint Peter's Commitment to Providing Bloodless Options

Beyond Saint Peter's own positive outcomes regarding patients who opt for bloodless medicine, healthcare industry statistics reveal these patients experience fewer infections, recover faster and are discharged from the hospital faster than those who accept traditional blood-based care.

In addition to working closely with the Elders of the local Jehovah's Witness community, Manley routinely coaches Saint Peter's nurses to talk with patients about the hospital's bloodless medicine options. During monthly nursing orientations, Manley speaks about both the Bloodless Medicine and Anemia Management programs and encourages nurses to be advocates for Saint Peter's patients.

"Once they are aware of the benefits of the Bloodless Medicine Program, many patients opt for a bloodless medicine approach to their inpatient care at Saint Peter's," said Manley.

Saint Peter's offers bloodless options to treat many conditions including gastrointestinal bleeds and obstetric hemorrhaging. These options are used in the Intensive Care Unit and the Pediatric Hematology/Oncology departments, among others.

"In this day and age, there are many other options we can give you instead of blood without putting you at risk," said Manley. "Bloodless medicine gives you a choice."

For more information about Saint Peter's Bloodless Medicine or Anemia Management programs, please call 732.745.8600, ext. 7869.

The Saint Peter's Anemia Management Program

Anemia, a condition in which a person has dangerously low levels of iron in their blood, is traditionally treated with blood transfusions when necessary. However, at Saint Peter's, anemic patients can opt for bloodless medicine, as well. Those with anemia who prefer a bloodless treatment can receive iron infusions, Epogen injections, Vitamins B12 and C, and folic acid along with education and diet as opposed to the option of transfusing blood. Iron infusions can be given at the infusion center at Saint Peter's.

SAINT PETER’S EARNS NATIONAL RECOGNITION for Stroke Treatment from the American Heart Association/American Stroke Association

Saint Peter’s University Hospital has received the American Heart Association/American Stroke Association’s Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines.

“Saint Peter’s is honored to be recognized by the American Heart Association and American Stroke Association for our dedication to helping our patients have the best possible chance of survival after a stroke,” said Maria Bartman, BSN, RN, CEN, stroke coordinator at Saint Peter’s and chair of Saint Peter’s Stroke Committee. “Get With The Guidelines-Stroke supports our teams in putting proven knowledge and guidelines to work on a daily basis to improve outcomes for stroke patients.”

Stroke is the fifth cause of death and a leading cause of adult disability in the U.S., but early detection and treatment are key to improving survival. Get With The Guidelines-Stroke was developed to assist healthcare professionals in providing the most up-to-date, research-based guidelines for treating stroke patients. Program participants apply for this recognition by demonstrating how their organization has committed to providing quality care for stroke patients.

Saint Peter’s also received the Association’s Target: StrokeSM Honor Roll Award. To qualify for this recognition, hospitals must meet quality measures developed to reduce the time between the patient’s arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke.

“We are very proud to receive the Association’s Target: StrokeSM Honor Roll Award this year,” said Linda Carroll, MSN, RN, RN-BC,



vice president of Patient Care Services and chief nursing officer at Saint Peter’s. “Every second counts when you’re treating a patient for stroke—it can be a race against the clock. This additional recognition shows how our staff has prioritized and streamlined care for our stroke patients, ensuring the best possible outcome.”

Earlier this year, Saint Peter’s achieved certification as a primary stroke center by The Joint Commission, demonstrating that the hospital has consistently met quality metrics and provided some of the best evidence-based care for its stroke patients. 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. Saint Peter’s was also the first hospital in New Jersey to be recognized as an Age-Friendly Health System by the Institute for Healthcare Improvement, and this certification by The Joint Commission further emphasizes Saint Peter’s commitment to older adults.

At Saint Peter’s, primary stroke care is available 24 hours a day, 7 days a week. If you have any symptoms of a stroke, or notice a loved one experiencing symptoms, call 911.

To read more about Saint Peter’s stroke services, please visit saintpetershcs.com/stroke

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 information about classes, call the 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 1 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: October 12 • 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: October 10 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details
- SHARE**
3rd Thursday of each month
Next meeting: October 21 • 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
- Weight Loss Seminars**
3rd Tuesday of each month
Next meetings: October 19
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	Grandparents Class	New Mom Support Group
Birth Center Class (for moms under midwifery care)	Hypnobirthing	Prenatal Yoga & Exercise Class
Breastfeeding Class	Marvelous Multiples	Prepared Childbirth/Lamaze Classes
Breastfeeding Support Group	New Daddy Class	Sibling Class



The Child Life Program at The Children’s Hospital uses **therapeutic, medical and musical** play to help young patients feel comfortable during their stays.



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.

SAINT PETER’S HEALTHCARE SYSTEM

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