

November
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SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

To Mobility and Beyond: REHABILITATION SERVICES HELP RESTORE PHYSICAL FUNCTION AND QUALITY OF LIFE

"Most people have heard of physical therapy, but they don't know that physical therapy is just one important piece of our overarching rehabilitation services," said Bonnie Saunders, PT, MPA, DPT, manager of Physical Medicine and Rehabilitation and Sports Medicine at Saint Peter's University Hospital.

Rehabilitation services can help patients restore physical movement after an injury or surgery. These services also help patients improve their cognitive skills and activities of daily living. Saint Peter's team of healthcare specialists provides quality care to restore each patient's maximum function, helping them to live more independently and comfortably. Saint Peter's outpatient rehabilitation services include physical therapy, occupational therapy, speech and language therapy, and audiology services. All physical rehabilitation services are available for adult and pediatric patients.



Physical Therapy

Physical therapists are movement experts. Saint Peter's licensed physical therapists are skilled at reducing pain, preventing injury and restoring maximum function. They are dedicated to maintaining, restoring and improving movement and health, enabling patients to enjoy optimal function and a better quality of life.

Saint Peter's physical therapists treat conditions like:

- Orthopedic and sports injuries (sprains, strains, fractures, overuse injury, joint replacement and other surgical interventions)
- Neurological injury and impairment (Parkinson's disease, multiple sclerosis, stroke and traumatic brain injury)
- Pre- and post-surgical rehabilitation
- Work- and automobile-related injuries
- Pain syndromes (chronic and acute)

Specialty areas for Saint Peter's physical therapists include:

- Lymphedema (swelling due to build-up of lymph fluid in the body)
- Pelvic floor rehabilitation
- Vestibular and balance disorders

Occupational Therapy

Saint Peter's licensed occupational therapists are dedicated to helping patients achieve independence and perform activities following injury, disease or disability. Occupational therapists assist patients in recovering, developing and maintaining daily living and work skills.

"Physical therapy helps patients with their gross motor skills, while occupational therapists help patients develop motor skills for everyday activities like bathing, dressing, housekeeping and cooking. Occupational therapy takes the functional strength the patient has and applies it to their specific daily living tasks," said Saunders.

Speech and Language Therapy

Saint Peter's speech language pathologists provide speech, swallowing and language therapy to patients who need treatment, along with tools to maximize their communication potential and improve their quality of life.

Speech language pathologists provide such services as:

- Swallowing evaluation and treatment, including modified barium swallow studies
- Speech and language assessment
- Cognitive assessment
- Voice therapy
- Post-laryngectomy voice restoration and therapy for tracheotomized patients

Pediatric Rehabilitation Services

The physical rehabilitation therapists at The Children's Hospital at Saint Peter's University Hospital work with children of all ages, including newborns, infants, toddlers, adolescents and teenagers. They treat a wide array of children's diagnoses, forming individualized plans to help each patient reach his or her full potential.

One of the main differences between pediatric and adult rehabilitation services is play. Saint Peter's pediatric therapists use play activities to engage young patients and to help them achieve their highest functional level. This allows the child to relax and have fun learning while developing his or her physical skills or speech skills.

Pediatric physical therapists work to improve the child's range of motion, strength, flexibility and movement patterns so that they can move their bodies to the best of their ability for a better quality of life. Children who may benefit from skilled physical therapy include—but are not limited to—those with general gross motor delay, torticollis, hypotonia, decreased endurance due to illness or medical procedures, orthopedic injury, cerebral palsy, Erb's palsy, Down syndrome, children on the autism spectrum, children with gait deviations, and other neurological impairments.

Through fun and engaging activities, pediatric occupational therapists assess and teach fine motor skills, such as hand-to-eye coordination for feeding and handwriting. They also work with families to implement sensory strategies for self-calming. Treatment can also focus on developing skills to communicate.

The pediatric speech and language pathologists help children understand and express their thoughts and words clearly. They aid in auditory processing, helping children understand and follow directions.

"One of our specialty programs is the pediatric feeding program. Children of all ages can struggle with feeding or swallowing problems," said Saunders. "We strive to cultivate a positive, motivational environment for our pediatric patients as they meet their nutritional and developmental goals."

Audiology

Saint Peter's team of specialists also includes audiologists who identify and manage disorders related to hearing and balance for both children and adults. Services provided by Saint Peter's Audiology Department include hearing evaluation, along with hearing aid fitting, programming and dispensing.

Children may be referred for a hearing evaluation if they are experiencing a delay with speech or not responding to his or her name; have frequent ear infections; are performing poorly in school; have failed prior hearing screenings; or have a family history of hearing loss.



For more information about Saint Peter's outpatient physical rehabilitation services, call 732.745.8570.
A physician's prescription or a physician referral may be required.

Saint Peter's Endoscopy Unit Recognized for Quality and Safety

The American Society for Gastrointestinal Endoscopy (ASGE), a leading gastrointestinal medical society, has recognized the Endoscopy Unit at Saint Peter's University Hospital as part of its program specifically dedicated to promoting quality in endoscopy in all settings where it is practiced in the United States. The ASGE Endoscopy Unit Recognition Program honors endoscopy units that have demonstrated a commitment to patient safety and quality in endoscopy as evidenced by meeting the program's rigorous criteria, which includes following the ASGE guidelines on privileging, quality assurance, endoscope reprocessing, Centers for Disease Control and Prevention (CDC) infection control guidelines and ensuring endoscopy staff competency. Saint Peter's Endoscopy Unit is one of more than 600 endoscopy units to be granted the recognition since 2009.



American Society for
Gastrointestinal Endoscopy

The Division of Gastroenterology and Hepatology at Saint Peter's offers expertise in the diagnosis and treatment of a wide spectrum of disorders of the esophagus, stomach, small intestine, colon, as well as the pancreas, liver and biliary tract including heartburn, Barrett's disease, swallowing disorders, ulcer disease, celiac disease, pancreatitis and pancreatic cancer, bile duct and gallbladder disease, Crohn's disease and ulcerative colitis, viral hepatitis, fatty liver disease and alcohol-related liver diseases.

Endoscopy is performed in Saint Peter's Endoscopy and Same Day Services suite by specially-trained physicians using the most current technology to diagnose and treat diseases of the gastrointestinal tract. Using flexible, thin tubes called endoscopes, physicians can access the digestive tract without incisions. Saint Peter's staff annually performs thousands of minimally invasive endoscopic procedures including upper endoscopy, colonoscopy and small bowel capsule. **To learn more or to make an appointment, please visit saintpetershcs.com/gastroenterology.**



Arkady Broder, MD,
FACG, FASGE

According to Arkady Broder, MD, FACG, FASGE, chief, Division of Gastroenterology and Hepatology at Saint Peter's, "We are honored to be recognized by ASGE for our efforts to enhance quality and safety in our Endoscopy Unit. Through ongoing education and continued compliance with the ASGE Endoscopy Unit Recognition Program requirements, we have demonstrated our commitment to delivering quality and safety as an integral part of our unit policies, credentialing,

staff training and competency assessment and quality improvement activities. The timing of this recognition is especially meaningful given the additional safety protocols required during the COVID-19 pandemic, again reassuring patients that should diagnostic testing be necessary, Saint Peter's has a rigorous system of protocols and best practices in place to ensure patient safety at all times."



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: November 9 • 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: November 14 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details

SHARE
3rd Thursday of each month
Next meeting: November 18 • 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: November 16
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

The Children's Hospital's partnership with the world-renowned ProCure Proton Therapy Center has led to international awareness of its pediatric hematology and oncology program, spearheaded by Nibal Zaghoul, MD.

East Brunswick Public Library and Saint Peter's Virtual Sessions

Autoimmune Diseases
Friday, November 5 • 12 p.m.

Tobacco Cessation
Thursday, November 18 • 2 p.m.

Registration is requested for these free events. For more information or to register, visit ebpl.org/calendar



Need a doctor? To find a Saint Peter's physician, visit saintpetershcs.com/findaphysician. 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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