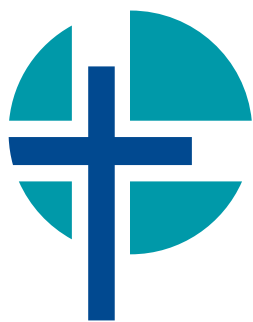


April
2022



SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

Newsweek Names CARES Surgicenter #1 Ambulatory Surgery Center in New Jersey



Surgical specialties offered in the CARES Surgicenter include but are not limited to:

- Breast Surgery
 - » Mastectomy, removal of breast lesions, and breast reconstruction
- Colorectal Surgery
 - » Colonoscopies for high-risk individuals, removal of fissures and drainage of abscesses
- Gastroenterology
 - » Colonoscopies, biopsies and EGD (esophagogastroduodenoscopy)
- General Surgery
 - » Hernia surgery, removal of lesions and drainage of skin abscesses
- Gynecologic Surgery
 - » Hysteroscopies, myomectomies, and treating ectopic pregnancies
- Ophthalmologic Surgery
 - » Strabismus cases, revising eye muscles and creating eardrum openings
- Orthopedic Surgery
 - » Carpal tunnel surgery, knee surgery, treating fractures
- Otolaryngology (Ear, Nose and Throat)
 - » Repair of nasal septum, removal of tonsils and adenoids and eardrum repair
- Plastic and Reconstructive Surgery
 - » Breast enlargement and reductions, eyelid surgery, and nose reconstruction
- Podiatric Surgery
 - » Hammertoe repair, removal of nail beds and removal of foot lesions
- Urologic Surgery
 - » Repairing bladder defects and cystoscopy

The CARES Surgicenter, part of Saint Peter's Healthcare System, has been named "Best Ambulatory Surgery Center" in New Jersey by *Newsweek* magazine. The Best Ambulatory Surgery Centers 2022 highlights the nation's top ambulatory surgery centers based on quality of care, performance data, and peer recommendations relative to in-state competition. Ambulatory surgery centers (ASCs) have become an important part of American medicine and offer patients the ability to have specific surgical procedures performed on an outpatient basis, meaning they usually don't require hospitalization. The benefits of ASCs are that they allow patients to return home quickly, often the same day, while also reducing medical costs to patients, as well as hospitals and healthcare systems.

"Saint Peter's CARES Surgicenter has long set the standard for ambulatory surgery centers in the region and we are humbled to now be recognized as one of the nation's best and tops in New Jersey," said Kevin Nini, MD, surgeon and chairman of the CARES Surgicenter board. "On a daily basis, our physicians and staff strive to meet the highest standards in patient safety, comfort and overall experience and this recognition is proof that they not only meet but exceed industry standards."

According to *Newsweek*, the goal of its rankings is to assist readers in making informed decisions when seeking care for themselves and their loved ones. This year's list of top ASCs spotlights 470 facilities in the 25 states with the most ambulatory surgery centers. Saint Peter's CARES Surgicenter received the number one ranking when evaluated in comparison to 27 other ASCs in New Jersey. Working with data research firm Statista, *Newsweek* analyzed individual centers' performance data. As part of the research, they conducted a survey of experts, asking nurses, therapists, physicians and surgeons, and administrators in ASCs for the best surgery centers in a state they were familiar with or those in their own state. The 2022 rankings included ambulatory surgery centers operating exclusively for the purpose of providing surgical services to patients not requiring hospitalization and in which the expected duration of services would not exceed 24 hours following an admission. Expert surveys accounted for 67 percent of a facility's overall score, with 33 percent based on quality of procedural outcomes.



"I am extremely proud of the entire staff at our CARES Surgicenter for having reached the distinction as 'best in the state,'" said Leslie D. Hirsch, FACHE, president and CEO of Saint Peter's Healthcare System. "Our state-of-the-art facility serves patients with the highest standard of care in a comfortable and professional atmosphere dedicated to meeting a variety of healthcare needs. Saint Peter's is continually cited for superior patient satisfaction and this recognition further validates that the patient care we provide at our ambulatory surgery center meets these same standards of excellence."

Participants were also invited to assess how well the ASC in question handled the challenges of the COVID-19 crisis.

"The team at the CARES Surgicenter is strongly committed to providing the highest level of quality surgical care. We follow the guidelines from the Centers for Disease Control and Prevention with strict adherence and we also implemented a robust prescreening process for all patients. In addition, we have expanded our environmental services team and infection control protocols throughout the pandemic to provide best practices in patient safety," said Marjorie Romano, DHA, MBA, executive director of the CARES Surgicenter.

With seven operating rooms and two procedure rooms, the CARES Surgicenter provides high-quality surgical services in a state-of-the-art environment. Patients who choose Saint Peter's CARES Surgicenter are often home the very same day. Saint Peter's has over 80 physicians who perform surgeries in the CARES Surgicenter, along with 16 anesthesiologists. The CARES Surgicenter provides pediatric and adult surgical services and has specialized anesthesiologists for both patient populations.

The CARES Surgicenter is located at 240 Easton Avenue, across from The Children's Hospital at Saint Peter's University Hospital. For more information, please call 732.565.5400 or visit saintpetershcs.com/CARESSurgicenter.

Jewish Patient Services at Saint Peter's

To further strengthen its relationship with the Jewish community Saint Peter's University Hospital appointed a patient navigator to assist Jewish patients in navigating the hospital system, advocate for them, provide support and comfort, and implement initiatives to enhance the patient experience at the hospital. The patient navigator, Rena Goldsmith Klein, MPH, (*right*) also provides education to the hospital staff on the special needs and considerations of Jewish patients and families.



"Saint Peter's is committed to honoring the diverse needs of our patients. As the Jewish patient navigator, I provide guidance to our Jewish patients who have particular religious needs, and help support their families during a stressful time," said Klein. "At Saint Peter's we care for patients of all faiths and recognize the role faith plays in the healing process."

Saint Peter's has many amenities that cater to the Jewish community, including a recently renovated Bikur Cholim-sponsored hospitality room for Jewish patients, families and visitors. The room is stocked weekly with kosher and special food for the Sabbath, snacks, coffee, electric candle sticks, Jewish prayer books and Jewish newspapers. Saint Peter's room service offers a kosher menu for patients and kosher meals for the holidays. A manual door at the main entrance allows for ease of entry on the Sabbath and Jewish holidays.

Rabbis from Saint Peter's Pastoral Care Department help facilitate the practice of religious rituals. In addition, the hospital arranges for shofar blowing by Jewish chaplains on Rosh Hashanah. On Sukkot, Saint Peter's constructs a sukkah outside the hospital. The hospital also arranges for mishloach manot, donated by the Raritan Valley Bikur Cholim, to be delivered to Jewish patients on Purim.



The sukkah outside Saint Peter's University Hospital.

Sharon Golubchik, a mother of five from Highland Park, was a patient at Saint Peter's during Passover. The Passover seder is one of the most celebrated rituals in a Jewish home and the seder plate consists of symbolic foods. Blessings are recited throughout the meal.

"During our first experience at Saint Peter's, the Jewish Patient Services were actually really critical. We went to the hospital with nothing—our minds being very, very far from anything that we would need to bring to the hospital for Passover. We brought nothing and yet we had everything available to us," said Golubchik. "The Jewish Patient Services at Saint Peter's were beyond exceptional each time I've been to Saint Peter's. Rena has been available at a whim for anything and everything that we've needed—things within her job description and things beyond. Her unbelievable compassion and care, and her deep understanding of the needs of the Jewish community are really remarkable and I'm so grateful for that."

Provided that Rutgers University is in session, accommodations for Jewish patients' family members can be arranged at Rutgers Chabad house, which is located three blocks away from the hospital in New Brunswick.

Saint Peter's also provides information on kosher restaurants and local synagogues and organizations that can be helpful to patients' family members while their loved one is in the hospital.

To learn more about our Jewish Patient Services, please visit saintpetershcs.com/JewishPatientServices.

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 Thursday of each month
Next meeting: April 14 • 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: April 10 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details
- SHARE**
3rd Thursday of each month
Next meeting: April 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, x8653
- Weight Loss Seminars**
4th Tuesday of each month
Next meetings: April 26
English 4 to 5 pm • Spanish 5 to 6 pm
For information call 732.745.8555

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 |



Saint Peter's Pediatric Neurology Division provides treatment to children with autism, epilepsy and other neurological conditions.

THE CHILDREN'S HOSPITAL
AT SAINT PETER'S UNIVERSITY HOSPITAL
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

COMMUNITY GOLF OUTING
BENEFITING THE CHILDREN'S HOSPITAL
AT SAINT PETER'S UNIVERSITY HOSPITAL

June 27, 2022
Forsgate Country Club | Banks & Palmer Courses

For registration and sponsorship information, contact
732.745.8542 or spfoundation@saintpetersuh.com.

THE CHILDREN'S HOSPITAL
AT SAINT PETER'S UNIVERSITY HOSPITAL
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM



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.



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

