

HealthyLiving

CONNECTING WITH OUR PATIENTS AND OUR COMMUNITY

Saint Peter's University Hospital Earns 7th Consecutive Magnet® Designation for Nursing Excellence *Receives Magnet With Distinction™*

Saint Peter's University Hospital has once again been redesignated as a Magnet® facility by the American Nurses Credentialing Center (ANCC), this time receiving Magnet with Distinction™ designation. The American Nurses Credentialing Center's Magnet Recognition Program® distinguishes healthcare organizations that meet rigorous standards for nursing excellence. This credential is the highest national honor for professional nursing practice. Saint Peter's is the fifth hospital in the world to earn Magnet designation seven consecutive times and is the first hospital in New Jersey to earn its seventh designation with distinction. Saint Peter's earned Magnet with Distinction™ on its first time of eligibility.



The ANCC's Magnet with Distinction designation was introduced in January 2025, celebrating hospitals and healthcare organizations that exceed the scoring thresholds required to attain Magnet designation. It raises the bar to recognize top-tier organizations that have achieved the highest level of nursing excellence while addressing emerging challenges. These hospitals serve as exemplary role models for nursing excellence and for creating an environment of care that improves patient outcomes.

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7th Consecutive Magnet® Designation *(continued)*

"Magnet designation not only highlights the dedication of our nurses but also reflects our hospital-wide culture of excellence, collaboration, and compassion. We are proud of our Saint Peter's nurses and everyone who played a role in this achievement. It is a powerful example of our commitment to the highest standards of care for the patients we serve," said Leslie D. Hirsch, FACHE, president and CEO of Saint Peter's Healthcare System.

Magnet recognition is the gold standard for nursing excellence. Research demonstrates that it provides specific benefits to healthcare organizations and their communities, such as improved patient care, safety, quality and satisfaction, including:

- A lower risk of 30-day mortality among patients
- Increased nurse satisfaction
- Decreased nurse burnout and turnover rates

To achieve Magnet recognition, organizations must pass a rigorous and lengthy process that demands widespread participation from leadership and staff. The Magnet Model provides a framework for nursing practice, research, and measurement of outcomes. Through this framework, ANCC evaluates applicants across five key areas:

- Transformational leadership
- Structural empowerment
- Exemplary professional practice
- Innovation and improvement
- Measurable outcomes



Healthcare organizations must reapply for Magnet recognition every four years based on creating a culture of nursing excellence that reflects the Magnet model and demonstrating improvements in patient care and quality. An organization reapplying for Magnet recognition must provide documented evidence to demonstrate how staff members sustained and improved Magnet concepts, performance, and quality over the four-year period since the organization received its most recent recognition.

"Achieving Magnet designation for the seventh time, and this time with distinction, means that Saint Peter's not only met the rigorous standards set by the ANCC but also exceeded expectations in key areas of nursing leadership, patient outcomes, professional development, and collaboration across departments," said Linda Carroll, MSN, RN, MEDSURG-BC, vice president of Patient Care Services and chief nursing officer at Saint Peter's Healthcare System.

"This recognition was made possible by our nurses' commitment, innovation, and passion for delivering exceptional patient care, and all those at Saint Peter's who support a culture of service excellence."

To learn more about Saint Peter's awards and recognitions, visit saintpetershcs.com/award



**Apply to join Saint Peter's award-winning nursing team:
careers.saintpetershcs.com**

Why Your Child's Ear Infections May Need a Pediatric ENT Specialist

Ear infections are a common part of childhood, but the pain and disruption can feel never-ending.

"Ear pain and ear complaints are common from babies to teenagers. They're especially common for children aged three and under," said Diana N. Traquina, MD, a pediatric otolaryngologist at The Children's Hospital at Saint Peter's University Hospital.

Pediatricians often treat ear infections with antibiotics. However, recurring infections may require evaluation by a pediatric otolaryngologist, also known as an Ear, Nose and Throat (ENT) specialist.

You should consider taking your child to a pediatric ENT when:

- Your child experiences four to six ear infections per year
- Hearing loss is suspected
- Antibiotics are no longer effective
- Fluid builds up in the middle ear
- The infections interfere with speech or developmental milestones

What Causes Chronic Ear Infections?

Persistent infections often stem from fluid trapped behind the eardrum. This can be caused by:

- Allergies
- Frequent colds
- Enlarged adenoids, which are a patch of lymphoid tissue high up in the throat, just behind the nose
- Dysfunction with the ear's drainage tube (Eustachian tube), which connects the middle ear to the back of the nose

"If the trapped fluid does not drain, it creates the perfect environment for bacteria to grow, leading to repeated infections and possible hearing issues," said Dr. Traquina. "It's important to seek care for your child as early as possible."

The most common treatment for recurrent ear infections and long-standing fluid is a minor surgical procedure to place small tympanostomy tubes into the eardrum. These tubes help drain fluid and allow ventilation of the middle ear, which reduces the risk of infection. The procedure takes about 10 minutes under general mask anesthesia. Most children are back to normal activities by the next day. The tubes typically stay in place for about a year and fall out on their own. By then, a child's immune system has usually matured enough to prevent future infections and their Eustachian tubes have increased ventilation.

Other Causes of Ear Pain

Older children may report ear discomfort that could be linked to other conditions, like joint problems from grinding teeth. Enlarged tonsils and adenoids are also common causes of ear problems, and sometimes both the ear tubes and tonsils are addressed in a single surgery. Outer ear infections are also frequent in children who swim often. These infections are treated with ear drops that reduce bacteria and swelling.

Because young children can't always explain their symptoms, diagnosis often requires careful observation.

"We pay close attention to how your child breathes, eats, sleeps, and talks because those everyday things tell us a lot about their health and what kind of care they need," said Dr. Traquina.



Stock photo posed by model.



To learn more or to schedule an appointment with a pediatric ENT specialist at Saint Peter's Health and Wellness Center in Somerset, visit saintpetershcs.com/ENTdocs

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

Cancer Care
800.813.HOPE (4673)
supportgroup@cancercare.org

Cancer Hope Network
877.467.3638

Crossroads4Hope
908.658.5400

Sister 2 Sister
For Breast Cancer Survivors
732.246.8300

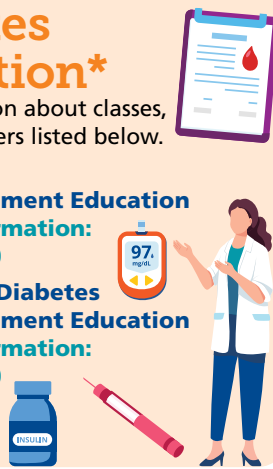


Diabetes Education*

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



Parent Education

Some parenting classes are being held online. Once registered for a class, access information will be provided to you.

Register at saintpetershcs.com/ParentEducation. For information about the following classes, please call Parent Education at 732.745.8579.

Baby Care	Hypnobirthing
Birth Center Class (for moms under midwifery care)	New Daddy Class
Breastfeeding Class	Prenatal Yoga/Exercise Class
Grandparents Class	Prepared Childbirth/Lamaze Classes
	Sibling Class

Parent Support

Registration is required. Visit saintpetershcs.com/ParentEducation or call 732.745.8579.

Breastfeeding Support Group
1st Tuesday of each month
Next meeting: August 5 • 1 pm

New Moms Support Group
"Life Will Never Be The Same"
1st Tuesday of each month
Next meeting: August 5 • 12 pm

Support Groups

Bariatric Nutrition Support

2nd Thursday of each month
Next meeting:

August 14 • 6 – 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:

August 10 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting information

SHARE

3rd Thursday of each month
Next meeting:

August 21 • 7 – 9 pm
Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link

Spouse/Partner Caregiver Support

Call for information:
732.745.8600, x8653



Benefiting Saint Peter's Healthcare System

September 8, 2025
The Ridge at Back Brook
Ringoes, NJ

9:00 a.m.
Registration & Brunch
11:00 a.m. Shotgun Start
5:00 p.m. Cocktails, Dinner & Awards

For more information or to register, please scan the QR code:



Saint Peter's Virtual Urgent Care

Monday through Friday
5 to 10 p.m.

Saturday & Sunday
9 a.m. to 4 p.m.



saintpetershcs.com/virtualurgentcare

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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