

THE GOOD LIVING MAGAZINE FROM MONMOUTH MEDICAL CENTER

Monmouth

HEALTH & LIFE

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**CHILD'S
POSE**
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Yoga
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HEALTHY & FIT

- STAR-ALIGNED WORKOUTS
- SMART SNACK SWAPS
- DIET-FRIENDLY DESSERTS

+ THE COUNTY'S TOP DENTISTS

{ IN GOOD HEALTH }

STAYING CONNECTED

Technology gives patients easier access to health records and Monmouth Medical Center's services.

Patient access to Monmouth Medical Center's (MMC) award-winning facilities, services and staff continues to get easier thanks to ongoing waves of technological advances. The Long Branch facility was named to the 2019 list of Most Wired Hospitals, a survey released by the American Hospital Association that measures how healthcare organizations leverage information technology (IT) to improve performance for value-based healthcare in the areas of infrastructure, business and administrative management, quality and safety and clinical integration.

"As a part of the RWJBarnabas Health system, Monmouth Medical Center is improving the efficiency of care delivery through advances in technology and IT systems across a multitude of platforms," says Eric Carney, MMC president and CEO. "Hospitals are breaking out of their traditional four walls and providing care where and when patients need it by harnessing technology, engaging patients and offering services and access to health records remotely and more conveniently within the hospital, which is in keeping with the vision of our hospital to be a leader in designing unparalleled new ways for delivering healthcare and meeting our patients' needs."

A series of new initiatives at MMC are designed for patient convenience and ease of access to health information. The latest is the Release of Medical Records Office in the front lobby of the hospital. This enhanced and convenient service allows patients to easily pick up copies of their medical records, radiology CDs or test results (X-ray, MRI, CT, ultrasound, NM, IR). In addition to the new office, health records and other services can be accessed securely via the patient's smartphone and online by using one or more of the following:

PATIENT PORTAL

The RWJBarnabas Health Patient Portal is a free service that provides access to personal healthcare information in a secure, online environment. Through the Patient Portal, users can email their visit summaries, access educational materials, view current medications, allergies, immunizations, health problems/procedures, and select lab results.

HEALTH CONNECT

By using the RWJBarnabas Health Connect app, patients can access the RWJBarnabas Health System from a smartphone or mobile device. The app allows each user to view and manage his or her personal health record, search for a doctor by specialty, location, gender and more and book real-time appointments for physician and diagnostic visits.

APPLE HEALTH APP

Patients who use an iPhone with iOS 11.3 or later can integrate their records from RWJBarnabas Health into the Apple Health app. The new health-records feature in the app makes it easy to access and visualize key parts of one's health records all in one place, including allergies, conditions, immunizations, labs, medications, procedures and vitals. All data is kept secure because it is encrypted and protected with the passcode on the user's iPhone.

TELEMED

With the RWJBarnabas Health TeleMed service, patients can have a "virtual visit" with a U.S. board certified doctor any time of day or night, including weekends and holidays, via Apple or Android app. It's an ideal service for patients with ailments such as colds, flu, fever, minor rashes, earache, sinusitis, migraine, allergies, pink eye and abdominal and joint pain. And virtual doctors are always available: while you're on vacation, when your regular doctor's office is closed, when you're too sick to leave the house, when it's difficult to take time off from work, if you can't get a same day appointment with your doctor and more.

THE BEST TEAM FOR BREAST HEALTH

The Jacqueline M. Wilentz Center achieves three-year reaccreditation — again.

This past fall, Monmouth Medical Center's Jacqueline M. Wilentz Comprehensive Breast Center successfully achieved another three-year reaccreditation from the National Accreditation Programs for Breast Centers (NAPBC). The Wilentz Center is the first NAPBC-accredited program in Monmouth and Ocean counties.

Accreditation by the NAPBC is granted only to those centers that are committed to providing the best possible care to patients with diseases of the breast. Each breast center must undergo a rigorous evaluation and review of its performance and compliance with NAPBC standards. To maintain accreditation, centers must monitor compliance with NAPBC standards to ensure quality care and undergo an onsite review every three years.

The Wilentz Center, like other NAPBC-accredited breast care facilities, provides patients with comprehensive care, including a complete range of state-of-the-art services and equipment. The staff employs a team approach to breast cancer in order to provide the best available treatment. It also offers patients information about ongoing cancer clinical trials and treatment options and gives access to prevention and early detection programs, cancer education and support services.

Reaccreditation is one of many accolades bestowed upon and milestones achieved by The Wilentz Center, which has locations at MMC's Long Branch campus as well as satellite offices in Colts Neck, Howell and Lakewood. The cen-

ter is one of the first two New Jersey facilities and among only five in the nation to receive the highest certification as a quality breast center of excellence by the National Quality Measures for Breast Centers (NQMBC). It is among only a few breast imaging centers across the nation designated a Breast Imaging Center of Excellence by the American College of Radiology's (ACR) Commission on Quality and Safety and the Commission on Breast Imaging. The facility also is the first in New Jersey to earn ACR's Gold Seal Accreditation for Breast MRI, and holds ACR accreditation for mammography, breast ultrasound and stereotactic breast biopsy.

In addition to The Wilentz Center's achievement, MMC has also recently completed a rigorous on-site survey for its comprehensive cancer program. In September, the Leon Hess Cancer Center achieved another three-year accreditation from the American College of Surgeons Commission on Cancer (ACS CoC) with commendations on several of the standards, including oncology nursing care, accuracy of data and cancer registry education.

These accreditations provide an assurance to patients that they will receive comprehensive care, including a full range of state-of-the-art services and a multidisciplinary approach to providing the best treatment options, says Manpreet Kohli, M.D., FACS, medical director of breast surgery at Monmouth Medical Center and cancer liaison physician for the Commission on Cancer — American College of Surgeons.

WHEN SHOULD YOU HAVE A MAMMOGRAM?

Mammography is the primary imaging tool used to detect breast cancer that cannot be felt during regular breast examinations, especially cancers too small for even the most experienced physicians to identify. A mammogram may detect breast cancer many years before it is physically detected.

According to MMC dedicated breast imager Alexander King, M.D., the American College of Radiology (ACR), Society of Breast Imaging (SBI), National Comprehensive Cancer Center Network (NCCN), National Consortium of Breast Centers (NCBC) and American Society of Breast Surgeons (ASBrS) all recommend average risk women begin screening at age 40, continuing annually as long as the woman is healthy and desires to be screened.

Also remember:

— Regular mammograms should continue for as long as a woman is in good health.

— Women at high risk—because of family history, a breast condition or another reason—need to begin screening earlier and/or more often. Talk to your medical provider to be sure.

To schedule an appointment at The Jacqueline M. Wilentz Breast Center at Monmouth Medical Center, call 732.923.7700.



To learn more about the services available at The Jacqueline M. Wilentz Comprehensive Breast Center, visit monmouthwilentzbreastcenter.com.

{ IN GOOD HEALTH }



Southern Region CNO for RWJBarnabas Health Diann Johnston, MSN, RN, NEA-BC, center, was presented with the Nurse Executive Award at ONL NJ's Annual Holiday Meeting and Awards Brunch. Pictured with Johnston are Sharmine Brassington, MSN, RN, director of patient care for emergency services at MMC (right), and Julie Villa, MSN, RN, CCRN-K, director of nursing excellence and innovation and the Magnet Program.

LEADING THE WAY

Monmouth Medical Center's nursing program has flourished under Diann Johnston's guidance.

In recognition of her exceptional leadership, guidance and service to RWJBarnabas Health, the Organization of Nurse Leaders, New Jersey (ONL NJ) has named Diann Johnston, MSN, RN, NEA-BC, regional chief nursing officer (CNO), the recipient of its Nurse Executive Award.

Since 1971, ONL has been the preferred professional organization for nursing leaders in their quest for a united voice in representing nursing administration and management in all practice settings. ONL NJ is affiliated with both the New Jersey Hospital Association and the American Organization of Nurse Leaders.

Under Johnston's leadership, Monmouth Medical Center (MMC) has earned 10 consecutive Leapfrog grade "A" scores (now considered a straight A), the Leapfrog Top Teaching Hospital Award, the IBM Watson Top 100 Hospitals Award and recently achieved the 2019 Press Ganey Success Story Award for demonstrating innovation and leadership to measurably improve safe, high-quality, patient-centered care. Johnston recently presented nationally at the 2019 National Press Ganey Client Conference in Orlando about the successes of MMC through the attributes of shared governance. This work was also published in the *Journal of Nursing Administration* in September 2018.

"In Diann's 12 years at Monmouth Medical Center, she has transformed the organization's nursing workforce from working in a top down-driven environment with performance outcomes in the lowest quartile to an engaged and empowered nursing workforce that proudly ranks in the highest decile in New Jersey and nationally," notes Julie Villa, MSN, RN, CCRN-K, MMC's director of nursing excellence and innovation as well as the Magnet Program. "Diann's transformational leadership has resulted in MMC earning its first

Magnet™ designation through the American Nurses Credentialing Center (ANCC) Magnet Recognition Program in January. The appraisers commented on how 'the level of engagement of the staff during the site visit far exceeds that of current Magnet organizations.' As a testament to Diann's leadership, Monmouth Medical Center ranked as the highest scoring acute care hospital within RWJBarnabas Health for staff engagement scores in 2019."

In many cases, Johnston is willing to go above and beyond to learn about the nursing staff. "Diann always embraces diversity and inclusion," says Sharmine Brassington, MSN, RN, director of patient care for emergency services. "She truly cares about her nurses and takes the time to get to know them and their families. Diann always employs an open-door policy, which has helped to earn her the admiration as a highly respected nurse executive."

As a result of her success as a nurse executive at MMC, Johnston was promoted in February 2019 to Southern Region CNO for RWJBarnabas Health. In addition to her role as CNO at MMC, Johnston also now has oversight of Community Medical Center and Monmouth Medical Center Southern Campus.

"With more than 35 years of dedication to ensuring the best possible care for patients, Diann's passion and commitment to serving the community as a healthcare leader is truly outstanding," says Eric Carney, president and CEO of MMC. "Diann has long been recognized throughout the hospital, the RWJBarnabas Health system and by our board members as a deeply caring, invested and visionary leader. In addition to being a highly respected role model to aspiring nurse leaders, she is also an approachable leader who is dedicated to teamwork and a culture of safety and support."

{ IN GOOD HEALTH }

MONMOUTH WELCOMES FIRST BABY OF THE 2020s

Nearly 6,000 births are expected at the Eisenberg Family Center this year.



Baby Margarito Juarez was born at 12:59 a.m. on Jan. 1, making him the first baby born in the new decade at Monmouth Medical Center. He is shown with his father, also named Margarito.

Monmouth Medical Center (MMC), the hospital that delivers the most babies of any healthcare facility in Monmouth and Ocean counties, welcomed its first baby of the new decade just after midnight on New Year's Day.

Baby Margarito was born at 12:59 a.m. to parents Latisha Francoescamilla and Margarito Juarez of Matawan. He came into the new decade at 7 pounds, 14 ounces and 20.5 inches long and was the first of the nearly 6,000 babies expected to be born at MMC in 2020.

"Helping families bring new lives into the world is a truly special part of what we do at Monmouth Medical Center," says MMC President and CEO Eric Carney. "For expectant parents, choosing a hospital for the birth of their baby is an important decision, and at Monmouth, the heart and soul of our Eisenberg Family Center is the personalized attention and care provided to the whole family from pregnancy through birth and beyond."

Robert Graebe, M.D., chairman of obstetrics and gynecology at MMC, says there are many reasons why Monmouth is the trusted choice among parents throughout the region. One of 49 birthing hospitals in New Jersey, Monmouth is the only facility in the region recognized by The Leapfrog Group for fully meeting its quality and safety standards on three key maternity metrics—cesarean section, episiotomy and early elective delivery rates—for two consecutive years.

The Leapfrog Group is a national organization focused on healthcare safety and quality. Its new report highlights that only 20 percent of hospitals nationwide fully meet Leapfrog standards on all three of these critical maternity measures.

"We have been a Level III Regional Perinatal Center since the designation was initiated more than 50 years ago, and have built one of the safest obstetrical and gynecologic services in New Jersey, and we continue to expand and upgrade our facility and services to match our commitment to quality care and patient safety," Dr. Graebe says. "We are proud to be recognized by The Leapfrog Group as well as a host of other national quality groups for our commitment to quality maternity care and patient safety."

And the commitment to quality care for expectant and new mothers doesn't end with the baby's delivery. MMC's Center for Perinatal Mood and Anxiety Disorders is the first Center for Perinatal Mood and Anxiety in New Jersey. Since opening four years ago, the intensive outpatient program has had more than 12,900 visits from patients throughout New Jersey and neighboring states.

"The creation of the center was the result of a pressing need for services available to treat post partum depression (PPD), and is part of our continuum of care for expectant and new moms and babies that rivals any hospital in the nation," says Dr. Graebe.

EISENBERG FAMILY CENTER MATERNITY TOURS

Tour the Eisenberg Family Center at Monmouth Medical Center, which offers a comfortable, homelike environment for expectant mothers in its expanded labor, delivery and recovery unit as well as spacious postpartum rooms for women recovering from childbirth. Ongoing tours are conducted by a staff member who will answer participants' questions.

Registration is required by calling 888.724.7123 or by emailing teamlink@rwjbh.org.



To learn more about mother/baby services at Monmouth Medical Center, visit rwjbh.org/mmcmaternity, call 732.923.7755 or email mmcmaternityservices@rwjbh.org.