

FEATURING "IN GOOD HEALTH" FROM MONMOUTH MEDICAL CENTER

Monmouth

HEALTH & LIFE

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THE GOOD LIFE

KO TENSION
WITH SMART
BOXING

**FOREVER
FRIENDS**
ADOPTING
PANDEMIC
PETS

**BATHE
BETTER**
SOAK AWAY
WINTER WOES

+ THE COUNTY'S TOP DENTISTS

BEST
FRIENDS**
Jason
and
Diamond
in
Manalapan

PROUD PARTNERSHIP

MMC, Monmouth University provide healthcare education at new simulation lab and learning center.



Gathering at a ribbon-cutting ceremony to dedicate the Linda Grunin Simulation Lab and Learning Center are, from left: Monmouth University President Patrick Leahy; Jeremy Grunin, President, Grunin Foundation; Jay Grunin, Co-Founder and Chairman, Grunin Foundation and husband of the late Linda Grunin; and Eric Carney, President and CEO of Monmouth Medical Center and Monmouth Medical Center Southern Campus.

The Linda Grunin Simulation Lab and Learning Center, a joint partnership between Monmouth University and Monmouth Medical Center that provides simulation-based healthcare education, was officially dedicated recently with a ribbon-cutting ceremony at the West Long Branch facility.

Providing state-of-the-art training to MMC's resident physicians and medical students, Monmouth University nursing, physician assistant, occupational therapy and students from other disciplines, The Linda Grunin Center is also a valuable resource to the community for training

first responders, including local EMTs and firefighters.

In 2019, the university and hospital officially partnered in the development of the new facility at Monmouth Corporate Park in West Long Branch. Construction began in December 2019 and was completed in October. The 7,000-square-foot, state-of-the-art complex provides hands-on learning in a realistic simulation environment with high-tech mannequins and equipment. It includes four high-fidelity simulation suites with attached observation rooms for training with computerized manikins in simulated real-life settings,

as well as six standardized patient exam rooms. The lab design and equipment incorporate the latest technology and best practices in simulation learning and is being used to provide simulation-based education to MMC clinicians in OB/GYN, pediatrics, medicine, surgery and intensive care.

With the combination of rapidly advancing medical, safety and quality standards, mastery of skills prior to working with patients is crucial, according to Eric Carney, President and CEO of Monmouth Medical Center and Monmouth Medical Center, Southern Campus.

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“This is an exciting next step in our long history as a teaching hospital, as simulation-based medical education improves medical care by boosting medical professionals’ performance, enhancing patient safety and providing interdisciplinary training,” Carney says. “We look forward to our continued collaboration with Monmouth University and remain incredibly thankful to the Jay and Linda Grunin Foundation for their \$3 million charitable gift that is helping to fund this innovative educational facility and program.”

Joseph Jaeger, DrPH, Chief Academic Officer at MMC, notes that simulation has long been a tenet of aeronautical and military training, yet is relatively new to medicine.

“At Monmouth Medical Center, we have been dedicated to training tomorrow’s physicians since the establishment of New Jersey’s first Orthopaedic Surgery Residency Program in 1945, and this facility allows us to continue to educate our physicians in training in the most state-of-the-art environment,” he says. “We are proud to be the

first in the region to offer a hands-on learning in a simulation environment using high tech mannequins and scenarios.”

Ann Marie Mauro, Ph.D., R.N., Dean and Professor at Monmouth University’s Marjorie K. Unterberg School of Nursing and Health Studies, notes that effective, team-based care is essential to address the complex health needs of an increasingly diverse and aging population.

“This groundbreaking academic-practice partnership provides the unique opportunity to cultivate interprofessional teams with entry level to advanced practice members to implement high quality, safe, evidence-based care,” she says. “Our vision is to establish our Monmouth University/Monmouth Medical Center partnership model as the gold standard for transdisciplinary education and collaborative practice.”

“The Linda Grunin Simulation Lab and Learning Center is a terrific example of the service culture that is at the center of Monmouth University’s mission,” adds Monmouth University President Patrick F. Leahy. “We feel a strong obligation to

partner with our host communities and we believe this facility will provide exponentially greater long-term benefits to healthcare in our region. To be truly great, we believe universities must be anchors of community enrichment and we are proud of our partnership with Monmouth Medical Center. Thanks to the Jay and Linda Grunin Foundation, our futures are inextricably linked.”

Jay Grunin, Co-Founder and Chairman of the Grunin Foundation and husband of the late Linda Grunin, says the facility will not only positively impact healthcare providers and first responders, but will also increase the health of the community and economy at the central Jersey Shore by advancing medical technology and emergency response.

“We are thrilled to support the collaboration between Monmouth Medical Center and Monmouth University to bring the Linda Grunin Sim Lab to life in Monmouth County,” he says. “It’s truly the future of medical training and healthcare innovation—Linda would be so proud.”

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—Eric Carney,
President and CEO,
Monmouth Medical
Center



ABOUT THE GRUNIN FOUNDATION

The mission of the Grunin Foundation, a local charitable organization with offices in Red Bank and Toms River, is to improve the quality of life for all members of our community by using philanthropy to drive economic excellence at the Central Jersey Shore (CJS). At Monmouth Medical Center, the foundation also funded the renovation of the foyer leading to the hospital’s main lobby. In recognition of the gift, the foyer was named the Grunin Entry Hall, where hospital leadership recently gathered with representatives of the Grunin Foundation to dedicate this portrait of Linda Grunin.



Patient Doug Runge, who no longer needs a wheelchair to enter the Healthy Lives office, is shown here with his dedicated Healthy Lives' team of nurse practitioners and cardiac nurses, including, second from left, program coordinator Denise Yaman, DNP, APN, CHFN. The office recently was relocated to a new, more convenient and accessible location at the hospital. Previously, it was located on the fourth floor in the center of the hospital, and now it's on the ground floor near MMC's Third Avenue entrance (shown in photo), close to the parking lot, meaning a far shorter walk for patients.

A HEALTHIER HEART

Frequent checkups can help patients with a serious cardiac condition stay on top of their health.

About two years ago, Doug Runge, 60, of Little Silver was hospitalized at Monmouth Medical Center (MMC) for congestive heart failure (CHF), emphysema—a lung condition that causes shortness of breath—and chronic obstructive pulmonary disease (COPD). When he was discharged, his primary care physician and nurses recommended that he enroll in MMC's Healthy Lives Program, in which patients with heart failure and COPD are closely monitored to reduce their risk of being re-admitted to the hospital. Today, Doug comes to the hospital every two to four weeks for blood work, lung function tests and medication checks.

"It's very helpful," says Doug. "The nurses are warm and make me feel at ease. They talk to me on the same level, which makes my situation easier to understand."

Recently, Doug was having trouble sleeping due to difficulty breathing. One of the Healthy Lives nurses prescribed a respiratory treatment that has helped him get a good night's sleep and greatly improved his quality of life. "I feel like I'm on top of my health, even though I have a progressive disease," says Doug. "I can manage my symptoms much better."

Avoiding Readmission

Hospitalization is common for patients with heart failure. About 83 percent of patients are hospitalized at least once, and 43 percent are hospitalized at least four times, according to a study published in the *Annals of Translational Medicine*. CHF is an advanced form of heart failure and has the highest readmission rates.

Over the past decade, strict guidelines have been developed to help doctors manage patients with CHF and keep them out of the hospital, says Isaac Tawfik, M.D., Chief of Cardiology at MMC

and a member of RWJBarnabas Health Medical Group. Patients need to take medication, follow a strict diet, exercise regularly and weigh themselves daily. "They're supposed to call us if their weight fluctuates by more than three pounds," he says. "If they retain excess water, they're more likely to require hospitalization."

The Benefits of Routine Monitoring

The Healthy Lives Program employs four Nurse Practitioners (NPs) with more than 20 years of experience working with cardiology patients. The NPs perform stress testing, check patients' medications and lab results, and visit them at their homes. They also educate patients about heart failure.

"We want patients to understand why we ask them to do things," says Denise Yaman, DNP, APN, CHFNP, the Healthy Lives Program coordinator. "If they understand, they're more likely to comply and end up with a better health outcome."

While the NPs can monitor patients remotely through telemedicine, it's beneficial for patients to come to the office for checkups.

"In-person appointments enable us to examine patients; we can check for leg swelling, signs of water retention and breathing problems and intervene early to prevent hospital readmission," Yaman says. "We can also listen to patients' hearts and check for valve problems."

During an office visit, a patient can be checked for related disorders, such as kidney failure. "Blood work can tell us if a patient has kidney disease and needs diuretic medications," says Dr. Tawfik. "If a person is retaining an excessive amount of fluid, he or she can be given intravenous diuretics in the office and avoid a visit to the Emergency Department."



HEALTHY MIND, HEALTHY BODY

February is American Heart Month, so it's a good reminder to pay close attention to your heart health. It's also a good time to keep an eye on your mental health, since there's a strong link between depression and heart disease, says Isaac Tawfik, M.D., chief of Cardiology at Monmouth Medical Center and a member of RWJBarnabas Health Medical Group. In a study published in the *American Heart Association Journal Hypertension*, nine blood pressure medications—including enalapril, amlodipine, verapamil and propranolol—significantly reduced the risk of depression. The researchers say that the medications have an anti-inflammatory effect, and low-grade inflammation is common in high blood pressure, heart disease and depression.

Above: Gathering in the newly renovated home of MMC's Healthy Lives Program are, seated, from left: Maureen Bowe, MSN, RN, administrative director of Critical Care, Renal Services and Nursing Resources; Eric Carney, president and CEO of MMC and Monmouth Medical Center Southern Campus; and Isaac Tawfik, M.D., chief of Cardiology. Standing, from left: Denise Yaman, DNP, APN, CHFNP, the Healthy Lives Program coordinator, and Chandler Patton, M.D., medical director of the Healthy Lives Program and Pulmonary and Critical Care.



Your heart doesn't beat just for you. Get it checked. To reach a Monmouth Medical Center cardiac specialist, call 888.724.7123 or visit rwjbh.org/heart.

{ IN GOOD HEALTH }

CARE AT YOUR CONVENIENCE

Facility for primary care and behavioral health services now open in Neptune.

RWJBarnabas Health Medical Group, together with Monmouth Medical Center (MMC), has expanded comprehensive patient services by opening a new location at 3301 Rte. 66, suite 120, in Neptune. The site includes primary care, behavioral health services and onsite laboratory services.

“Building upon the high-quality care provided by RWJBarnabas Health Medical Group and Monmouth Medical Center, this new Neptune location offers convenient access to needed primary care and behavioral health services,” says Eric Carney, president and CEO of Monmouth Medical Center and Monmouth Medical Center, Southern Campus. “We are committed to delivering highly compassionate and accessible care to our community.”

Family medicine physicians Kathleen Carpio, D.O., and Melissa Gonzalez, M.D., both affiliated with MMC, will provide primary care services. Dr. Carpio has a special interest in diabetes, sleep medicine, depression, anxiety and musculoskeletal conditions. Dr. Gonzalez’s clinical interests include family medicine and women’s health.

“I was trained based on a philosophy of comprehensive care, where you are committed to the person, rather than to a body of knowledge or disease,” says Dr. Gonzalez, who earned her medical degree at Ross University School of Medicine and completed residency training at Mountainside Medical Center Family Practice Group. “Each patient is an individual, with different needs and preferences, and understanding and relating to those needs is just as vital in my duties as it is to understand the context of the illness.”



Seated, from left: family medicine physicians Melissa Gonzalez, M.D., and Kathleen Carpio, D.O. Standing, from left: behavioral health providers social worker Angela Gulla, LCSW, psychiatrist Avneet Madan, M.D., and nurse practitioner Ericka Sunnerville, APN.

Dr. Carpio, who earned her Doctor of Osteopathic Medicine degree at Michigan State University College of Osteopathic Medicine and completed residency training in Family Medicine at Arnot Ogden Medical Center, notes that her philosophy of care is to apply the principles of prevention and well-being so that families and individuals can enjoy and share the benefits of the community.

Behavioral Health at Neptune will be co-located with the primary care practice to provide integrated care at this location, as well as telepsychiatry services to PCP offices across the state for the combined Medical Group of RWJBarnabas Health and Rutgers Health. The following Behavioral Health will work at the Neptune facility:

- Avneet Madan, M.D., recently concluded a Psychiatry Consultation-Liaison Fellowship at the University of Pennsylvania, Department of Consultation-Liaison. Prior to this, she completed

her psychiatry residency training at Virginia Commonwealth University, where she served as chief resident. Dr. Madan has a strong interest in women’s health.

- Ericka Sunnerville, APN, a family nurse practitioner with clinical experience in family and mental health. She received her Master of Science in Nursing (FNP) from Monmouth University.

- Angela Gulla, LCSW, received her master’s degree in social work specializing in direct practice from Rutgers University and is an experienced Integrated Behavioral Health Therapist/LCSW providing individual, group and family psychotherapy.

“The opening of this new specialty hub in Neptune reinforces our commitment to providing greater access to first-rate healthcare in all communities, in an effort to reduce health disparities across our state,” says Andy Anderson, president and CEO of RWJBarnabas Health Medical Group.



To learn more or make an appointment for primary care, call 848.217.2700.

To make an appointment with one of the behavioral health providers, call 848.217.2641.