

MONMOUTH MEDICAL CENTER

CELEBRATES 125 YEARS

Celebrating **125** Years of Excellence
Monmouth Medical Center
Healing. Teaching. Caring.



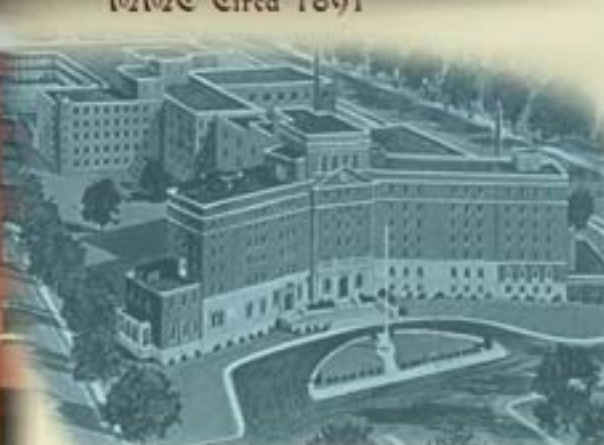
Class of 1904



MCC Circa 1891



Horse-drawn Ambulance
at Monmouth Medical Center
Circa 1902



Monmouth Medical Center Circa 1960



125 YEARS

OF HEALING, TEACHING AND CARING

Monmouth Medical Center Celebrates Its Past and Looks Forward to a Future Filled with Growth and Expansion

Beginning in May 2012, Monmouth Medical Center marks 125 years of providing high-quality health care to the region. From its earliest beginnings, in four rented rooms above a Broadway storefront, to its current state – a regional medical center, Monmouth Medical Center has a longstanding history of adapting and expanding to offer the latest advancements, treating patients with compassionate care and providing clinical excellence.

FOUR DECADES OF ACADEMIC MEDICAL EXCELLENCE

In 1969, Monmouth Medical Center was thrust into the world of academic medicine as a teaching hospital when it penned its academic affiliation with Philadelphia's Drexel University College of Medicine (*then Hahnemann Medical College*).

Each year for the ensuing four decades, more than 300 Drexel University medical students have rotated through Monmouth Medical Center – their training ground for observing and learning the medical field in a clinical setting, making Monmouth one of New Jersey's largest academic medical centers.

"Monmouth Medical Center provides an exceptional educational experience for our students," Barbara Schindler, M.D., vice dean for educational and academic affairs at Drexel, said. "For me, there is no greater honor than being a medical educator and training those who will go on to save thousands of lives, and it very clear that the educational experience at Monmouth is outstanding."

Drexel's largest major academic medical affiliate in New Jersey, Monmouth, as an academic medical center, is able to deliver a higher level of care to its patients.

"Renowned throughout the world for the quality of their programs, teaching hospitals are responsible for training new generations of physicians and are the frontrunners in medical research and technology," said Frank J. Vozos, M.D., president and chief executive officer of Monmouth Medical Center and a former surgeon who served as a clinical associate professor of surgery at the medical college throughout his 25-year surgical career. "As a teaching hospital, Monmouth prides itself not just on providing quality health care, but on preparing the physicians of tomorrow."

Monmouth Medical Center – a member of the Council of Teaching Hospitals of the Association of American Medical Colleges, a status held by just 400 of the nation's 6,000 hospitals – has more than 100 resident physicians in seven accredited programs, including diagnostic radiology, general surgery, internal medicine, obstetrics and gynecology, orthopaedic surgery, pediatrics and dental medicine.



As Monmouth celebrates its 125th anniversary, it is doing so amid yet another phase of dramatic expansion. Shown above is an exterior view of the new OR construction in Monmouth's Todd Building.



Monmouth Medical Center is one of New Jersey's largest academic medical centers and has been a teaching affiliate of Philadelphia's Drexel University College of Medicine for more than 40 years.

Support of the Monmouth Medical Center Foundation has enabled Monmouth to continuously make achievements and advancements in patient care and community service. Today, Monmouth provides a continuum of care in primary and tertiary areas and is supported by more than 800 members on its medical and dental staff, with more than 60 recognized subspecialties.

The origins of Monmouth date back to 1887, when area leaders recognized the need for a hospital in Monmouth County. In its earliest years, the hospital moved three times before establishing itself in what was formerly Long Branch's Central Hotel.

Through the early and mid-20th century, as the population in Monmouth County grew, so did Monmouth Medical Center. The hospital acquired surrounding buildings, expanded and opened the Community Wing, the Henry Pollak Memorial Clinic, the Betty Block Roberts Pavilion, the Winone J. Eisner Pavilion for Therapeutic Radiology and the Professional and Educational Building, among many others.

In recognition of the progress made within its walls, including rapid advances and breakthroughs in patient care, education and research, the hospital's name was changed from Monmouth Memorial Hospital to Monmouth Medical Center.

Throughout the late 20th century, as Monmouth Medical Center looked to its centennial celebration, the hospital and staff continued to make medical advances using sophisticated technology, securing its reputation as a medical leader and trusted resource in the region. When Monmouth joined the Barnabas Health system, its reputation was again strengthened. Today, as Monmouth celebrates its 125th anniversary, it is doing so amid yet another phase of dramatic expansion.

"The period of unprecedented growth at Monmouth Medical Center we are currently experiencing is an affirmation of our dedication to excellence in healing, teaching and caring," says Frank J. Vozos, M.D., FACS, president and chief executive officer of Monmouth Medical Center. "We are continuously looking forward to better serve our community by making medical advancements through cutting-edge technology, while remaining true to our original mission. Patients, visitors and passersby will find it's difficult to miss the pace of change occurring here."

Some of the construction projects currently underway at Monmouth include:

- ▶ A spacious light-filled atrium will serve as a welcoming gateway to the comprehensive services of the Leon Hess Cancer Center at Monmouth Medical Center, while renovations to the hospital's main lobby will offer a tranquil and functional entry point for guests.
- ▶ The construction of two new surgical suites, each offering more than 700 square feet of state-of-the-art operating space, will enhance both the Neuroscience Institute and the Spine Center at Monmouth Medical Center.
- ▶ The construction of a new unit featuring additional expansive private postpartum rooms for new mothers, as part of The Eisenberg Family Center, where more than 4,000 babies are born each year – the highest number of deliveries in Monmouth and Ocean counties. The pavilion will also house an additional newborn nursery.
- ▶ Additional private inpatient rooms will feature modern design elements and hotel-like amenities.



In its early days, Monmouth Medical Center's inpatient rooms were set up as wards where multiple patients shared the same space. Today, Monmouth is renovating its inpatient rooms to feature private suites with hotel-like amenities and modern design elements.

- ▶ An expansion of The Hirair and Anna Hovnanian Foundation Neonatal Intensive Care Unit – the region's largest state-designated Level III NICU with one of the highest survival rates in the country – to provide more infants with the specialized care they need.

“As part of New Jersey's largest health care system, Monmouth Medical Center will continue to focus on improving the health and well-being of those we serve and preparing future generations of health care practitioners,” says Dr. Vozos.



Frank J. Vozos, M.D., FACS, president and chief executive officer of Monmouth Medical Center, a surgeon who trained and practiced at Monmouth, is shown above in an OR construction area.

EVOLUTION OF CANCER CARE

Caring For Families Generation after Generation



As a leader in cancer care for the past 50 years, Monmouth Medical Center offers the most highly advanced cancer services in a caring, supportive environment. Through the dedication of trustees, health care professionals and executives who have led Monmouth Medical Center and Barnabas Health throughout its history, Monmouth remains committed to continuing to provide the community, region and state with the highest standard of cancer care.

According to **David Sharon, M.D.**, medical director of the Leon Hess Cancer Center at Monmouth Medical Center, "We are proud that Monmouth Medical Center has consistently earned recognition from the Commission on Cancer of the American College of Surgeons as a Teaching Hospital Cancer Program. This prestigious honor is achieved by only one in five hospitals in the country and is awarded only to those institutions that offer cancer care meeting the most rigorous national standards."

Monmouth Medical Center has been a pioneer in cancer care throughout the years. In 1967, the hospital took the first step in establishing its prominent Institute for Advanced Radiation Oncology, known for providing state-of-the-art technology, by offering a high-energy, 6 million volt linear accelerator for cancer treatment. This innovative machine was the first of its kind in New Jersey and only the 30th in the world. In 2000, the Institute was officially established with another revolutionary advancement called IMRT, or intensity modulated radiation therapy, 3-D radiation that dramatically improves cancer treatment.

Monmouth Medical Center was one of just a few hospitals in New Jersey offering the innovative technology that precisely targets tumors with pinpoint radiation, and spares surrounding normal tissue.

In 2003, the Institute for Advanced Radiation Oncology was the first facility in Monmouth County to receive accreditation by the American College of Radiation Oncology. Other accomplishments in 2003 include becoming the first hospital in New Jersey to introduce the Oncor linear accelerator which delivered the most technologically accurate, image-guided radiation therapy. This set the stage for Monmouth Medical Center to become the first hospital in New Jersey to offer the most advanced image guiding radiation system known as "cone beam" therapy, which uses images obtained from various scanning systems to precisely target the treatment site. Because of its clinical advantages and superior facilities, in 2009 the Institute was named as the first physician clinical training site for TomoTherapy, an advanced treatment that optimizes radiation therapy.

In 1994, the Jacqueline M. Wilentz Comprehensive Breast Center was opened as the first facility in Monmouth and Ocean counties focused on breast care under one roof. Today, it is known as the leader in providing the widest range of preventative, diagnostic, treatment and rehabilitative services for breast health found anywhere in New Jersey. Just three years after opening, it was named as one of the top breast cancer centers in the country by *Self* magazine.

The Jacqueline M. Wilentz Comprehensive Breast Center has realized numerous accomplishments since its inception. It is currently the only facility in Monmouth and Ocean counties to hold total ACR accreditation for breast ultrasound and ultrasound-guided breast biopsy procedures. It is also the first facility in New Jersey and the 10th in the nation to be accredited as a Certified Quality Breast Center by the National Quality Measures for Breast Centers; the first in New Jersey and seventh in the country to achieve American College of Radiology Breast MRI accreditation; the first in New Jersey to offer breast specific gamma imaging – a molecular breast imaging technique that goes beyond mammography, MRI and ultrasound to help diagnose breast cancer; and the first facility in central and southern New Jersey to offer tomosynthesis, (*see sidebar*) a breakthrough in mammography technology.

The numerous accomplishments and continued growth and expansion of cancer care services at Monmouth Medical Center have resulted in the development of the Leon Hess Multidisciplinary Care Center. In 2002, the Cancer Center at Monmouth was named in honor of the late Leon Hess, a longtime advocate and benefactor of the hospital.

According to Dr. Sharon, “Our multidisciplinary approach allows patients to access a wide range of outpatient services, conveniently located under one roof. By working together with each patient’s primary care physician, our team of oncology physician specialists work to create the most effective plan for cancer treatment.”

MONMOUTH MEDICAL CENTER'S CANCER SERVICE MILESTONES

1967-2011

- 1967** • Monmouth took the first step in establishing its prominence in cancer therapy by offering a high-energy, 6 million volt linear accelerator for cancer treatment. This innovative machine was the first of its kind in New Jersey and only the 30th in the entire world.
- 1998** • Monmouth is the first hospital in the region to offer two advanced radiation implant procedures, high dose rate brachytherapy (HDR) and permanent seed brachytherapy (PBS), for the treatment of prostate cancer. The hospital's pioneering role in the delivery of HDR brachytherapy earns it the first of two annual Gallo Awards for Outstanding Cancer research from the Cancer Institute of New Jersey.
- 1998** • American College of Radiology accreditation is granted to Monmouth for ultrasound-guided breast biopsy, an advanced procedure used in place of surgery to determine if a tumor is cancerous. It is the first hospital in New Jersey and one of the first 12 facilities in the nation to earn the distinction.
- 2002** • Monmouth is one of two hospitals in the state – and among 35 nationwide – chosen as a site for the American College of Radiology Imaging Network-sponsored clinical trial.
- 2008** • TomoTherapy, an advanced cancer treatment that optimizes the delivery of radiation for tumors, is unveiled, marking a milestone for advanced cancer treatment in Monmouth and Ocean counties.
- 2010** • Monmouth became the first hospital in New Jersey to offer breast specific gamma imaging (BSGI) — a molecular breast imaging technique that goes beyond mammography, MRI and ultrasound to help diagnose breast cancer by showing the metabolic activity of breast lesions.
- 2011** • Neurosurgeons with The Neuroscience Institute at Monmouth Medical Center team with the hospital's radiation oncologists to offer the region's first Gamma Knife Center, providing a proven alternative to invasive surgery for patients with brain metastases, brain dysfunctions and brain tumors.
- 2011** • Monmouth Medical Center is the first hospital in New Jersey to introduce automated whole breast ultrasound system — breakthrough technology that combines the known benefit of ultrasound for breast cancer diagnosis with an automated imaging system that is helping physicians find more small and difficult-to-diagnose cancers.



3D MAMMOGRAPHY OFFERS EARLY BREAST CANCER DETECTION

Breast cancer is the second leading cause of cancer death among women after lung cancer. As one in eight women will likely develop breast cancer in her lifetime, it is critical to detect breast cancer as early as possible. With early detection, the five-year survival rate is 97 percent. As part of its commitment to offer the most innovative treatments to fight breast cancer, Monmouth Medical Center's Jacqueline M. Wilentz Comprehensive Breast Center was the first facility in central and southern New Jersey to introduce tomosynthesis, advanced 3-D breast imaging that provides the earliest detection of breast cancer.

Tomosynthesis is used in conjunction with conventional 2-D mammography administered to patients during a screening mammogram. Using several low-dose X-rays taken at different angles, tomosynthesis produces a 3-D image of the breast. This 3-D imaging provides doctors with a clearer view through breast tissue than traditional imaging, which results in a more highly detailed image. The enhanced picture makes breast abnormalities and hidden lesions more obvious and easier to detect, even in dense tissue, making the size, shape and location of abnormalities easier to see.

Tomosynthesis provides radiologists with the ability to distinguish harmless structures from tumors, resulting in fewer false positives and less anxiety for patients.

The process is similar to a conventional mammogram and the breast is positioned in the same way. However, the X-ray tube moves in a circular arc around the breast, offering images from multiple angles. These images are computer processed into a 3-D image that is easily manipulated by the radiologist to examine each image individually.

For more information, or to schedule an appointment at the Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center, call **732.923.7700** or visit www.monmouthwilentzbreastcenter.com.

CAPITAL PROJECT UNDERWAY FOR ATRIUM AT LEON HESS CANCER CENTER



Reviewing plans for an atrium that will serve as a welcoming gateway to the Leon Hess Cancer Center are, from left, Mitchell Weiss, M.D., chairman of Radiation Oncology, breast imager Ilona H. Hertz, M.D., medical oncologist David Sharon, M.D., medical director of the Leon Hess Cancer Center, Jorge G. Pardes, M.D., director of Breast Imaging, and breast imager Yasmeen K. Shariff, M.D.

As part of Monmouth Medical Center's overall expansion plans, numerous new construction projects are taking place throughout the hospital campus. One of the most exciting construction projects currently underway is the new main lobby for the Leon Hess Cancer Center.

The new atrium will light the way for those entering the Leon Hess Cancer Center. It has been designed to provide Cancer Center patients, their families and visitors with a welcoming open and spacious light-filled entryway.

The Leon Hess Cancer Center provides cancer patients with state-of-the-art prevention, detection, diagnosis and treatment, provided by a team of skilled and compassionate medical specialists. These multidisciplinary panels meet on a regular basis to prospectively consider all elements of each patient's care. Additionally, this provides an opportunity for multiple second opinions for each patient.

LEON HESS CANCER CENTER RECEIVES PRESTIGIOUS JOINT COMMISSION CERTIFICATION

The Leon Hess Cancer Center at Monmouth Medical Center was recently awarded the Joint Commission's Gold Seal of Approval for its comprehensive breast cancer treatment program.

This prestigious certification recognizes the Leon Hess Cancer Center for meeting all national standards for quality and safety for breast-cancer-specific care.

To earn the Gold Seal of approval, the Leon Hess Cancer Center, in conjunction with the Jacqueline M. Wilentz Comprehensive Breast Center, underwent a rigorous on-site survey that reviewed credentials of staff and physicians, processes of care and performance improvement initiatives.

"We are proud that the Joint Commission has recognized our commitment to offering our patients quality anti cancer treatment programs with state-of-the-art technologies and the most comprehensive services possible," said Shirley Hwang, R.N., M.S., assistant vice president, Oncology Services, Southern Region, Barnabas Health. "At the Leon Hess Cancer Center we are dedicated to providing the highest quality cancer treatment available right in our community and close to home."



To learn more about the Leon Hess Cancer Center and Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center, call **732.923.6575**.

FROM GASLIGHT TO ROBOTICS

From its earliest days, Monmouth Medical Center has been a leader in surgical advances. With a statewide reputation for excellence in the field, Monmouth has been and remains on the cutting edge as high technology has entered the operating room. Below is a timeline of major surgical milestones achieved at Monmouth Medical Center over the last four decades.

For more than 60 years, Monmouth Medical Center has been a leader in surgical services, earning a statewide reputation for excellence in the field. Throughout its history, the hospital's highly skilled team of surgeons has quickly adopted the latest surgical innovations and this pioneering spirit has set the stage for bringing the most advanced minimally invasive procedures to the region.

Over the past six decades, there have been incredible advances in the field of surgery, and many of these accomplishments have been achieved in teaching environments such as Monmouth. Advances occur in teaching hospitals because physicians are in a position to take part in important clinical research, with resident physicians working closely alongside them as part of their educational experience. In fact, Monmouth Medical Center became one of the first hospitals in the country to track major surgical complications and outcomes 10 years ago. Monmouth is proud of its status in offering the lowest surgical mortality in New Jersey (0.2 percent at MMC vs. 1.0 percent statewide).

As surgeons and teachers, Monmouth Medical Center's dedicated team of surgical specialists is constantly challenged to stay current in their fields. And because of this commitment to teaching, Monmouth always has been able to attract the top physicians in their fields who want to work in an academic environment.

That's why Monmouth Medical Center became a leader in presenting multiple second opinions from multidisciplinary panels in breast cancer. Multiple opinions frequently change what's done surgically.

And that's why Monmouth is the leader for robotic and other minimally invasive surgeries for conditions including prostate and gynecologic cancers, morbid obesity, severe heartburn, and benign and malignant colon and kidney disease, as well as highly advanced chest surgeries including laparoscopic esophagogastrectomy and video assisted thoracotomy (VATS). Here's a look at some of the major surgical milestones achieved at Monmouth:



An early surgery scene at Monmouth Medical Center



A robotic surgery scene at Monmouth Medical Center

Monmouth is the first hospital in Monmouth and Ocean counties to introduce image-guided neurosurgery using a technology known as the Stealth Station. The system helps surgeons plan and perform delicate procedures in the cranium and spine with greater accuracy, less patient trauma and in a less invasive manner. Also in 2000, Monmouth Medical Center neurosurgeons introduce an innovative minimally invasive surgical procedure to remove tumors from the base of the brain without making an incision. Monmouth was the first hospital in the tri-state area to introduce endoscopic surgery for the removal of pituitary and other tumors from the base of the brain.

Monmouth Medical Center becomes the first hospital in Monmouth and Ocean counties — and among a handful in the state — to introduce the new LandmarX Image Guidance System, making sinus surgery a more viable option for a growing number of adults and children. This ENT navigational tool allows otolaryngologists to better navigate the air-filled cavities within the fragile bones of the face during sinus surgery.

1975

1989

1990

1997

2000

2001

Cochlear implant surgery, which involves placing an electrical device in the inner ear to help improve the hearing of the profoundly deaf, is performed at Monmouth, making it one of only three hospitals in New Jersey to offer the procedure.

Monmouth-affiliated surgeons are the first in the state to perform laparoscopic cholecystectomy — the removal of gallbladders through minimally invasive surgery.

Monmouth Medical Center is the first hospital in the region to offer protocol-tested sentinel lymph node procedure — an alternative to major surgery in determining whether a woman's breast cancer has spread to her lymph nodes.

Monmouth introduces hand-assisted laparoscopic nephrectomy — a minimally invasive surgical technique which allows surgeons to remove the kidney through a three-inch incision — an opening large enough for a surgeon's hand to manipulate the diseased organ. This is an alternative to standard surgery, which requires a 10- to 20-inch incision in the abdomen and, frequently, the removal of the patient's 12th rib. Monmouth Medical Center is the first hospital in central New Jersey to offer patients this treatment option for kidney cancer.



Members of Monmouth's Department of Surgery, led by chairman and program director **Michael A. Goldfarb, M.D., FACS**, center.

A rare nerve transplant on a stroke patient whose right side is paralyzed makes national news for Monmouth. During the six-hour procedure, the surgical team utilized advanced technology to take nerves from the patient's legs and attach nerves from his working side to nerves on his paralyzed side to restore function. The following day, "Good Morning America" aired this innovative story — a first not only for Monmouth Medical Center, but for the nation and world at-large. In addition to coverage by ABC's Good Morning America, CBS News and WCBS News radio 880 also covered this groundbreaking procedure.

Neurosurgeons with The Neuroscience Institute at Monmouth Medical Center team with the hospital's radiation oncologists to offer the region's first Gamma Knife Center, providing a proven alternative to invasive surgery for patients with brain metastases, brain dysfunctions, and brain tumors.

Monmouth Institute for Robotic Surgery performs the first partial nephrectomy in New Jersey for a patient with kidney cancer using a new near-infrared fluorescence imaging guided system available on the da Vinci Si Surgical System. The specially designed camera and endoscopes enable surgeons to capture images of tissue and surrounding blood vessels by injecting a unique fluorescence dye that is activated by near-infrared light. Monmouth Medical Center is among a select group of hospitals in the country to first utilize this revolutionary technology.

Monmouth Medical Center performs the region's first grafting harvested from the patient's leg for use in a surral nerve transfer.

Monmouth Medical Center colorectal surgeons reach the milestone of 1,000 laparoscopic colectomies — making Monmouth Medical Center a leading facility in the state for this type of cutting-edge surgery. Since laparoscopic colectomy was introduced at Monmouth more than 20 years ago, the hospital became one of the first in New Jersey to plan laparoscopic colectomy for all of elective cases beginning in 2001. .

2002

2006

2007

2008

2010

2011

Monmouth Medical Center becomes the first hospital in Monmouth and Ocean counties to introduce the da Vinci Surgical S System — the first robotic system approved by the federal Food and Drug Administration for use in laparoscopic surgery. Robotic technology's entry into the operating room represents the latest advance in minimally invasive surgery, allowing operations to be performed with superior visualization, improved dexterity and a surgical precision never before possible.

Through the Center for Minimally Invasive Esophageal and Gastric Surgery at Monmouth Medical Center, Monmouth Medical Center performs the first laparoscopic inversion esophagectomy in the region. While this minimally invasive approach is accomplishing traditional surgical goals while delivering less pain, faster recovery and lower wound complication rates, laparoscopic surgery of the esophagus is considered too technically demanding for most surgeons.

Monmouth Medical Center becomes one of the first hospitals in the United States and the only hospital in New Jersey to offer a new incisionless procedure to reverse weight gain after gastric bypass surgery. The incision-free procedure, coined "ROSE" (Restorative Obesity Surgery, Endolumenal), reduces the size of a patient's stomach pouch and stoma to the original post-gastric bypass proportions to help them back onto the path of weight loss.

For more information on surgical services, or for a referral to a Monmouth-affiliated surgeon, please call our physician referral service at **1.888.SBHS.123** or **1.888.724.7123**.

MONMOUTH MEDICAL CENTER

Debuting New Expansive, State-of-the-Art Surgical Suites



Shown in the OR construction site discussing plans for the new operating rooms are, from left, **Michael Goldfarb, M.D., FACS**, chairman and program director for the Department of Surgery, **Bill Arnold**, chief operating officer, neurosurgeon **Ty Olson, M.D., FACS**, and **Frank J. Vozos, M.D., FACS**, president and chief executive officer.

At Monmouth Medical Center neurosurgeons and Orthopaedic surgeons work together to offer the most advanced surgical treatments, including minimally invasive spine surgery as well as traditional and reconstructive surgery and procedures to relieve back pain and restore function in patients with spinal disorders, degenerative disease, or spinal injuries.

This spring, Monmouth will open two new surgical suites especially outfitted for the hospital's innovative neurosurgery and orthopaedic spine programs.



Members of Monmouth's Department of Orthopaedic Surgery, led by chairman **Jason Cohen, M.D., FACS**, fourth from the right, and residency program director **Steven Paragioudakis, M.D.**, fourth from left.

Each surgical suite offers more than 700 square feet of state-of-the-art operating space, including wall-mounted video displays and a "Wall of Knowledge" to display X-rays, lab data and other crucial information. The rooms will also feature ceiling-mounted carriers to hold equipment, electrical sources and gases, making these operating rooms as safe and clean as possible.

With the region's most comprehensive spine surgery program, Monmouth Medical Center provides patients with cutting-edge treatments designed to eliminate and reduce spinal pain while restoring function.

In 2011, Monmouth Medical Center's spine program was among the busiest in the state. The new surgical suites will help the program keep pace with patient demand, while utilizing the most advanced technology available.

From diagnosis through rehabilitation, patients with back and neck pain will receive expert care from an experienced, multidisciplinary team of neurologists, neurosurgeons, orthopedic specialists, rehabilitation physicians and therapists.

For more information on The Neuroscience Institute and the Spine and Joint Center at Monmouth Medical Center, call **1.888.724.7123**.

Spine specialist **Cary Glastein, M.D.**, visits the site of the new Spine Center OR's with **Bill Arnold**, left, chief operating officer for Monmouth, and president and chief executive officer **Frank J. Vozos, M.D., FACS**.

MONMOUTH RECEIVES TOTAL JOINT REPLACEMENT CERTIFICATION

Monmouth Medical Center recently received Total Joint Replacement certification through The Joint Commission's Disease-Specific Care Certification Program, in recognition of the program's commitment to excellence in providing care for total joint replacement patients.

The Joint Commission, an independent commission, accredits and certifies more than 19,000 health care organizations and programs in the United States, with the mission to continuously improve health care for the public.

The Total Joint Program at Monmouth Medical Center is dedicated to the care of hip and knee joint replacement surgery patients. The goal of the program is to provide around-the-clock, high-quality, compassionate care so patients are comfortable, informed and ready to start their recovery.

In order to receive certification in both hip and knee replacement, Monmouth Medical Center was evaluated in three areas:

- ▶ Compliance with consensus-based national standards.
- ▶ Effective and consistent use of appropriate, evidence-based clinical practice guidelines for the hip, knee or shoulder replacement patient population.
- ▶ Collection and analysis of a minimum of four performance measures specific to the hip, knee or shoulder replacement patient population, with a minimum of two performance measures that are clinical in nature.

"The Joint Commission surveyor was very impressed with the quality of patient care, the preoperative education program, the perioperative continuum, pain management, and the partnership with rehabilitative services," said Patricia Gossett, director of Performance Improvement at Monmouth Medical Center.

To learn more about the Total Joint Program at Monmouth Medical Center or for the schedule of free monthly patient educational classes, call **732.923.7971**.





At Monmouth Medical Center, the Eisenberg Family Center, which features private, homelike suites for new moms recovering from childbirth, is currently undergoing an ambitious expansion. In photo below, an early nursery scene at Monmouth, which today delivers 4,500 babies a year — the most of any hospital in Monmouth and Ocean counties.

A LONG HISTORY OF EXCELLENCE IN MATERNITY CARE

Flashback to 1887 when expectant mothers would likely receive horse-and-buggy doctor calls and give birth at home. Once Monmouth Medical Center opened its doors to the public, the hospital soon provided onsite services for mothers-to-be. By 1918, the nursery's five cribs received 217 babies born that year.



Fast forward to 2012 where The Eisenberg Family Center at Monmouth Medical Center delivers more than 4,500 babies each year – the highest number in Monmouth and Ocean counties. As the hospital of choice for Monmouth and Ocean County families, Monmouth Medical Center has achieved numerous maternity milestones throughout its 125-year history, including:

- ▶ Level III high-risk maternity center since the designation was initiated more than 40 years ago
- ▶ Counted among the top 5 percent in the nation as a HealthGrades Maternity Center of Excellence in 2010 and 2011.
- ▶ Maintains the lowest surgical delivery rate of a Level III obstetrical unit in New Jersey – 21.5 percent compared to the statewide average of 39 percent and the national rate of 32 percent.
- ▶ Trial of labor after C-section rate is well above the state and national average, with 81 percent successfully delivered vaginally.
- ▶ Breastfeeding rate among discharged postpartum patients is 83 percent – ranking it first among Level III facilities.
- ▶ Offered the first full-time Laborist Program in the state, featuring round-the-clock Laborist physicians who are board-certified obstetricians to monitor patients and perform deliveries on an “as-needed” basis.

From the moment an expectant mother steps into The Eisenberg Family Center, it's evident that the focus is on the family. The center helps mothers every step of the way, before during and after their baby's birth.

THE EISENBERG FAMILY CENTER EXPANDS

Continued demand for maternity services prompted a major expansion of The Eisenberg Family Center to include a new unit featuring spacious, private postpartum rooms for new mothers recovering from childbirth.

The new postpartum pavilion will include private patient rooms that, like the existing postpartum unit, provide homelike accommodations including hotel-like amenities such as flat-screen television and WiFi Internet access for women recovering from childbirth, as well as a comfortable environment to welcome family and friends. The pavilion will also include a newborn nursery with the latest technology to support the highest quality infant care.

“This project fosters our family-centered care philosophy and promotes mother/baby care as we prepare new families for their journey home,” said Kathleen Wilson, administrative director, Children’s Hospital and Women’s Services. “While we make all these exciting changes, the focus of the Eisenberg Family Center always will remain on the mother, baby and family together.”



Monmouth Medical Center’s Labor-and-Delivery Unit underwent renovations including all new labor beds and bedside tables. The latest technology, including a state-of-the-art wireless electronic fetal monitoring system that enables nurses and physicians to monitor laboring women from any area of the unit has been introduced. The unit is designed to accommodate each expectant mother’s birthing plan, including such options as pool births.

EDUCATING PARENTS-TO-BE AND NEW MOMS AND DADS

Because babies don’t come with directions, Monmouth Medical Center’s Community Health Education Department offers expansive programs designed for parents-to-be and other family members. Nurses provide new mothers with personalized care that is related to their postpartum recovery and health.

Classes range from childbirth preparation class to breastfeeding and newborn care/safety, as well as support groups that enable new moms to join other new moms to share their experiences.

Always on the lookout to respond to the community’s needs, Monmouth Medical Center recently launched Moms of Multiples – the only support group of its kind in the area. The group is led by Lisa Madden, childhood education manager at Monmouth Medical Center and the mother of triplets (*shown center with group in photo above*). A new (confidential) weekly support group is geared toward parents who may be experiencing issues associated with postpartum depression (PPD), anxiety or obsessive compulsive disorder, as well as other symptoms on the PPD spectrum.

MMC MOMS is a vibrant mom-to-mom community giving women the opportunity to engage in an ongoing dialogue with mothers who are at the same stage of child-rearing and live in the same community. To join the community, like them on Facebook at www.facebook.com/mmc moms.





A HISTORY OF NURSING FRAGILE NEWBORNS TO HEALTH



Susan Hudome, M.D., chief of neonatology and medical director of Monmouth's Regional Newborn Center.

Dim lighting and a low noise level make the Regional Newborn Center, part of The Children's Hospital at Monmouth Medical Center, a restful and peaceful place for newborns.

The Regional Newborn Center opened its doors in 1968, making Monmouth the first hospital in New Jersey and the first community hospital in the country to establish a neonatal intensive care unit (NICU).

In its first 10 years, the RNC treated 4,000 infants in the critical early days of their lives. Today, Monmouth's state-designated Level III NICU treats more than 550 infants each year for conditions such as prematurity, low birth weight, acute life-threatening illnesses and congenital disorders, as well as providing delicate surgeries.

In 2006, the RNC was selected as a Regional Program of Quality for Perinatal Services by Horizon Blue Cross Blue Shield of New Jersey, becoming one of just 14 hospitals throughout New Jersey to be recognized for its care of high-risk mothers and newborns.

With one of the highest infant survival rates among NICUs in the country, Monmouth's neonatal care team consists of neonatologists, nurses, respiratory therapists and other highly-skilled medical professionals who work together to provide high-quality care in an environment conducive to healing.



THE CHILDREN'S HOSPITAL: *Pediatric Excellence Past & Present*

A young polio patient in the 1940's undergoes treatment in the Drinker Respirator.

In January 2006, Monmouth Medical Center was recognized for its long-demonstrated strength in pediatrics and was licensed by New Jersey as an official children's hospital for Monmouth and Ocean counties. What few people realize, however, is just how early Monmouth's commitment to providing comprehensive pediatric care began.

Around 1887, an epidemic struck Long Branch, leaving eight children from poor families sick and in need of care. With no hospital in the area, local businessmen rented four rooms over a Broadway storefront to care for the children – an act that laid the foundation for what is now Monmouth Medical Center.

The first mention of a special area devoted to the care of children appeared in the hospital's 1904 annual report, and the first mention of a pediatrician highlights Lester D. Wise, M.D., as chief of pediatrics in the 1920 annual report. By 1923, Dr. Wise was joined by Stanley Nichols, M.D., and they are both reported to have worked in the Dispensary Department for the Children's Clinic.



MAKING ROOM FOR BABY:

The Hirair and Anna Hovnanian Foundation Neonatal Intensive Care Unit Expands to Meet Need

The Hirair and Anna Hovnanian Foundation Neonatal Intensive Care Unit, the region’s largest state-designated Level III NICU, will expand to provide more infants with the specialized care they need.

“To keep up with the growing demand, the NICU will add more rooms and beds so that more babies can be cared for and parents may have increased privacy,” said Siran Hovnanian Sahakian, a director of the Hirair and Anna Hovnanian Foundation.

Recently, the Regional Newborn Center (RNC) was the first in Monmouth County to debut crucial equipment to treat brain injuries suffered by full-term newborns thanks to a donation by Michael’s Feat, a non-profit foundation that supports parents caring for seriously ill newborns in Monmouth and Ocean counties.

The equipment includes a cerebral function monitor, which is used in conjunction with a portable cooling unit to offer hope of a more complete recovery to full-term babies born with perinatal asphyxia, a brain injury occurring at birth.

“By having the technology delivered right here at Monmouth, we avoid delays caused by transporting the baby to another hospital, and we don’t have to separate a mother from her newborn,” said **Susan Hudome, M.D.**, medical director of the Regional Newborn Center at Monmouth Medical Center.

Dr. Hudome adds that the donation and expansion allows Monmouth to continue to deliver the highest level of care available in any Level III NICU.

In 1934, Dr. Nichols became one of the first child specialists in the country to be certified by the newly created American Board of Pediatrics. Under his direction, the elements of the pediatric program were specified by the time the Borden Memorial Pavilion was built in 1940. Dr. Nichols served as chief of pediatrics from 1935 until his death in 1949, at which time the Dr. Stanley Nichols Branch of the hospital auxiliary was formed to support pediatric projects.

As the hospital flourished in the 1940s with an influx of patients and philanthropy, physicians began to treat a new and frightening disease called polio. A summer disease, polio hit the Long Branch area – with its influx of summer visitors – especially hard. Patients, primarily children, occupied the entire pediatrics unit and often numbered close to 100.



Dr. Ransohoff

It was then that Monmouth gained international renown for its polio treatment, developed under the leadership of Dr. Nicholas Ransohoff from curare, a relaxant drug used in ancient times. The volume of polio patients reached its peak in 1949, with patients traveling to Monmouth from other states and even overseas.

Today, Monmouth continues its pattern of excellence by providing renowned medical expertise that only a leading academic medical center can offer, with 140 pediatric specialists in 26 fields of medicine.



Margaret Fisher, M.D., chair of pediatrics and medical director of The Children’s Hospital at Monmouth, reads to a young patient in the hospital’s newly remodeled playroom.



*Historic photos courtesy of Special Collections and Archives in the
Dr. Frank J. Altschul Medical Library.*