

A PUBLICATION FROM CLARA MAASS MEDICAL CENTER

IN GOOD HEALTH

FALL 2015

'I WAS
SCARED
AT FIRST'
—NEW MOM

STOPPING
SEIZURES

ROBOTIC
SURGERY:
WHY IT'S
BETTER

HOSPITAL
MAKEOVER

EARLY
WARNING
FOR
HEART
PATIENTS



LOSE WEIGHT,
LIVE LONGER!



A DEDICATION TO QUALITY

AT CLARA MAASS MEDICAL CENTER AND throughout Barnabas Health, we are dedicated to providing the highest quality care.

Clara Maass Medical Center consistently delivers on that promise. With the release of the Leapfrog Group's Fall 2015 Hospital Safety Score, the medical center earned its eighth consecutive "A" letter grade, a distinction that places it in an elite group of only eight New Jersey hospitals and 133 hospitals in the nation.

The Hospital Safety Score is compiled under the guidance of the nation's leading experts on patient safety and is administered by The Leapfrog Group (Leapfrog), an independent industry watchdog. Developed under the guidance of Leapfrog's Blue Ribbon Expert Panel, the score uses 28 measures of publicly available hospital safety data to produce a single "A," "B," "C," "D," or "F" score representing a hospital's overall capacity to keep patients safe from preventable harm.

Additionally, Clara Maass is the only New Jersey recipient of Healthgrades Patient Safety Excellence Award for three years in a row, and is also the only New Jersey hospital among the top five percent nationally for those years as well. Healthgrades is the leading online resource for comprehensive information about physicians and hospitals.

It is through the dedication and passion of each member of the medical staff and every employee to delivering the highest quality care with an unparalleled focus on patient safety that Clara Maass Medical Center continues to achieve these national distinctions. It is through their daily contributions that Clara Maass Medical Center is among the elite hospitals in the United States and provides you with nationally recognized care, right here, close to home.

As always, wishing you good health.

Mary Ellen Clyne, Ph.D.
President and Chief Executive Officer
Clara Maass Medical Center



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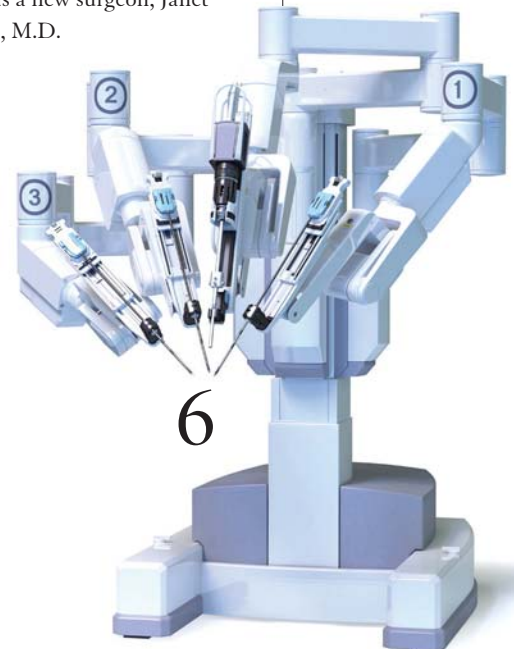
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ONE MOM'S STORY

FOR ANY FIRST-TIME MOTHER, JUST THE THOUGHT of childbirth can be overwhelming and even frightening. That was certainly the case for 32-year-old Kelly Sheridan-Gadia, who had moved from New Jersey to Aruba with her husband, Dennis. After living in Aruba for four years, Kelly became pregnant. While she was completely excited about having her first child, she had heard negative reports about the facilities and services available for giving birth in Aruba. She was determined to find another solution.

That's when Kelly had her "aha" moment. Her mom, Debbie Sheridan, is a Nurse Manager at Clara Maass Medical Center in Belleville. So she figured: Why not deliver her baby in a hospital that she knew well and trusted—with the added comfort of knowing her mom would be nearby?

At 33 weeks, Kelly flew back "home" to Verona. At 37 weeks, her obstetrician told her that her baby had gained a lot of weight and that this was a possible concern. Just two weeks later, at 39 weeks, doctors determined that a C-section delivery was necessary. Kelly gave birth to a healthy 7-pound, 13-ounce baby boy she named Dominic.

Kelly describes her experience in the Labor & Delivery Suite at Clara Maass as "exceptional," complete with caring staff who created a stress-free, calming environment. "I was scared and nervous at first, but everyone made me feel very comfortable," says Kelly. "Whenever a baby is born the 'lullaby' song plays—it's heavenly." After Dominic was born, Kelly was able to enjoy special time with her son thanks to the hospital's "skin-to-skin" initiative. "The nurse placed Dominic on my bare chest, skin to skin," she recalls. "It was a great bonding experience and really brought Dominic and me together."

Kelly raves about her labor and delivery experience at the medical center. "Even the food was good—and I'm a picky eater," she says. "I felt as if I were in a hotel room. It was such a great experience—I didn't want to leave!"

THIS MOTHER-TO-BE WANTED JUST THE RIGHT PLACE TO GIVE BIRTH. SO SHE TRAVELED ALL THE WAY FROM ARUBA TO CLARA MAASS MEDICAL CENTER.

» For more information about maternity services at Clara Maass Medical Center or for a referral to an OB/GYN, call 1.888.724.7123.



STOPPING SEIZURES

VIDEO-EEG PROVES A VALUABLE TOOL FOR
A RANGE OF TREATMENTS FOR EPILEPSY.

ONE OF THE MOST COMMON CONDITIONS affecting the brain, epilepsy is the fourth-leading neurological disorder, following migraines, stroke and Alzheimer's disease, according to the Epilepsy Foundation. The Centers for Disease Control and Prevention (CDC) reports that approximately 2.9 million adults and children in the U.S. have active epilepsy.

Because there's no obvious sign a person has epilepsy unless he or she is having a seizure, diagnosing epilepsy has traditionally been difficult.

But now, a new epilepsy program at Clara Maass Medical Center allows prolonged moni-



toring to detect seizure disorders. The program utilizes video-EEG, enabling physicians to diagnose and treat these disorders more easily in children and adults. Video-EEG is a state-of-the-art tool that captures real-time video of the patient and correlates it with a continuously running EEG (electroencephalogram)—a record of the brain's electrical activity.

"EEG is the gold-standard test for diagnosing seizure disorders," says Liviu Craciun, M.D., Ph.D., a neurologist at



Clara Maass. "However, not all seizures present with convulsions, so video-EEG helps to pinpoint any clinical [physical] changes with electrical seizure activity within the brain."

According to the CDC, the way a seizure appears depends on its type. Some may look like staring spells, while others can cause a person to collapse, convulse or become unaware of his or her surroundings. Epilepsy is characterized by a disturbance to the normal pattern of neuronal activity, causing strange sensations, emotions and behavior, or sometimes convulsions, muscle spasms and loss of consciousness, according to the National Institute of Neurological Disorders and Stroke. While there's no cure, medication, diet, devices, and/or surgery can help control epilepsy.

Clara Maass' new epilepsy program serves patients from as young as 10 years old through adulthood. "Our new program means we can attend to patients' needs in a way we weren't able to before," says Frank Mazzarella, M.D., Chief Medical Officer at the medical center. "We can offer diagnosis and treatment for those with epilepsy and seizure disorders that may have otherwise gone undetected."

Patients undergoing video-EEG at Clara Maass are admitted to the hospital for continuous monitoring, which can take anywhere from one to four days. EEG leads are placed on the patient's head with a special paste and then covered by a cap. Throughout their stay, patients are monitored and recorded using EEG, so that if a seizure occurs, neurologists can observe the brain's activity and compare it with the

video recording to see how the patient reacted at the time of the event.

"Epilepsy can mimic almost any other neurological disease," says Dr. Craciun. "Video-EEG records brainwave activity at the same time as the patient's physical activity to help us correlate what we see a patient doing at the time of an electrical event." He adds that video-EEG can also be used to monitor the success of anti-seizure medication or its side effects. "It's a valuable tool for examining the effectiveness of anti-seizure medications, so we can adjust dosage and ensure that patients are being treated properly."

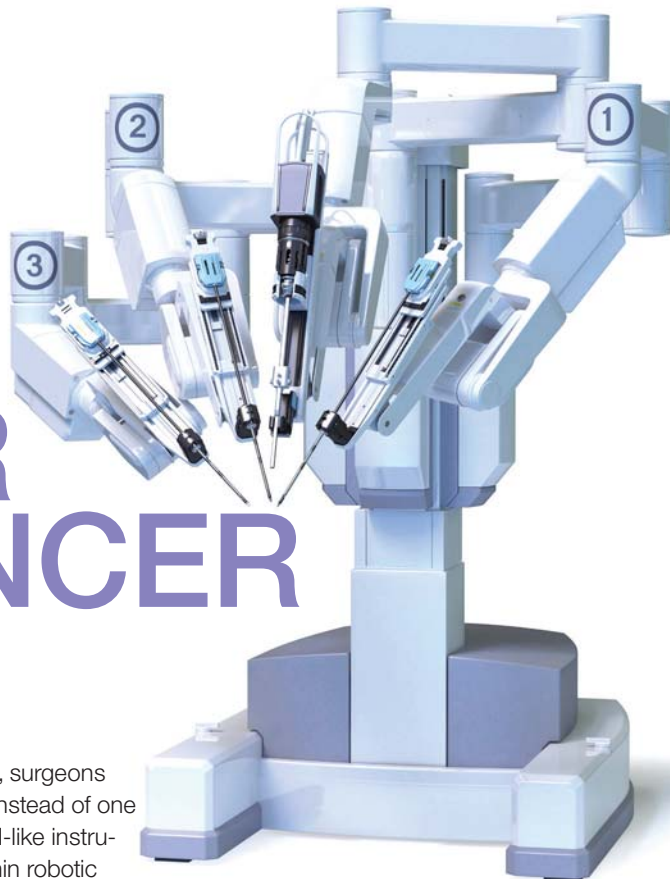
In addition to diagnosing epilepsy and seizure disorders, as well as monitoring the effects of medications, video-EEG has been used in emergent situations to assess brain activity. "We can use video-EEG to visualize the brain activity of patients who are in cardiac arrest or a coma," says Dr. Craciun. "Sometimes, patients in the Intensive Care Unit who do not display convulsive activity may actually be having seizures, and this technology helps us pinpoint and treat the issue."

According to Dr. Mazzarella, the uses of video-EEG are abundant, and the new epilepsy monitoring program at Clara Maass greatly expands patient access to epilepsy diagnosis and treatment. "We're providing a new service to the community that's supported by state-of-the-art equipment and directed by an internationally recognized group of talented neurologists with extensive experience in the field," he says.

» For a referral, call 1.888.724.7123.

BETTER TREATMENT FOR BLADDER CANCER

ROBOTIC SURGERY AT
CLARA MAASS MEDICAL
CENTER MAKES POSSIBLE A
FASTER RECOVERY.



UNTIL RECENTLY, PEOPLE WITH BLADDER

cancer often faced invasive surgery to remove the cancerous organ. But today, many patients have a better option: robot-assisted minimally invasive surgery. Such a procedure has numerous advantages over traditional “open” surgery, including less pain, greater safety and shorter recovery times.

Clara Maass Medical Center offers the region’s leading robotic bladder surgeons, including the team of Michael Ciccone, M.D., and Mutahar Ahmed, M.D. In fact, Dr. Ahmed was one of the first to perform robotic cystectomies (bladder removals) in the tristate area, starting in 2005. To date, he’s performed about 500 of the procedures, and more than 3,000 robotic surgeries in total—including prostate removal and kidney-sparing surgery.

“There’s really no need to leave your community for robotic surgery,” says Dr. Ciccone. “You can get the best surgeons right here.”



Mutahar Ahmed, M.D., (left) and Michael Ciccone, M.D., shown outside the surgical unit at Clara Maass Medical Center, are among the region’s top robotic bladder surgeons.

ROBOTS IN THE O.R.

During robotic procedures, surgeons make several small incisions instead of one large, open incision. Tiny, hand-like instruments—at the ends of long, thin robotic arms—are placed through the small openings, along with a high-definition 3-D camera.

One surgeon is by the patient’s side, positioning the robotic equipment and handling other bedside tasks. The other doctor controls the robot from a nearby console, which translates the physician’s hand motions into smaller, more precise movements of the instruments inside the patient’s body. The instruments, which have a greater range of motion than the human wrist, give the surgeon more dexterity and control than do his or her own hands. The console, which features a magnified view from the high-resolution camera, provides better visualization than the naked eye.

With robotic surgery, Dr. Ahmed notes, practice makes perfect. “We have this technique down,” he says. “We can perform a robotic cystectomy in half the time it usually takes for an open cystectomy.”

THE BENEFITS OF ROBOTICS

Shorter operating times are better for patients, bringing less exposure to anesthesia and less blood loss. “It’s very rare for one of our robotic cystectomy patients to need a blood transfusion,” says Dr. Ciccone. With open cystectomy, more than half of patients require a transfusion, due to larger amounts of bleeding during that procedure.

Robot-assisted surgery offers other

benefits, too. Robotic cystectomy typically requires a three-day hospital stay, compared with five days for an open procedure. Robotic patients can usually return to normal activities in four to six weeks, while open-surgery patients may need two months to recover.

Further advantages of robotic cystectomy include a lower risk of death or major complications, less need for narcotic pain medicine and minimal scarring. Plus, the robotic technology makes it easier to operate on very heavy patients, because the thin robotic instruments can reach the bladder more easily than a doctor’s hands.

As with open surgery, the bladder is removed whole and preserved for testing. While the overall five-year survival rate is 80 percent for cystectomy patients whose tumor is confined to the bladder, the surgeon’s skills and tools can make a critical difference. “If the surgery is not done well, the cancer is more likely to come back,” cautions the American Cancer Society.

Commenting on successful robot-assisted surgery, Dr. Ahmed says, “It takes a combination of talent and experience. This is our specialty, and we do it really well.”

» To learn more about robotic bladder surgery at Clara Maass Medical Center, or for a physician referral, call 1.888.724.7123.

NEW LEASE ON LIFE

AFTER UNDERGOING A WEIGHT-LOSS PROCEDURE, A MILESTONE PATIENT IS TRIMMER—AND FEELS MUCH BETTER.

THE NUMBER 1,000 ISN'T A BIG DEAL TO IVELISSE LUGO; she's more concerned with 100. That's how many pounds she's aiming to lose following a bariatric (weight-loss) procedure she had recently at Clara Maass Medical Center. And she's already lost 40 pounds. "I feel amazing," says Lugo.

But the 1,000 figure has meaning to the people at the medical center's Barnabas Health New Jersey Bariatric and Metabolic Institute—and to bariatric surgeon Naveen Ballem, M.D. That's because the sleeve gastrectomy procedure the 34-year-old Lugo underwent recently was the hospital's 1,000th bariatric surgery.

Designated as a Bariatric Center for Excellence and accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program, the institute has become one of the area's leaders in weight-loss surgery, which can not only help a patient shed many pounds when diets have failed, but can also address a number of associated health problems. Lugo was considered a good candidate, as she had a body-mass index of nearly 50. (People are considered overweight with anything over 25.)

"IF I DIDN'T LOSE THIS WEIGHT I WAS AFRAID I WAS GOING TO DIE ... I KNOW I'M GOING TO LIVE LONGER NOW."

—IVELISSE LUGO

Motivated by her own health concerns and the goal of conceiving a second child, Lugo credits Dr. Ballem for giving her a new lease on life. The weight loss she's already achieved puts her nearly halfway to the goal set by Dr. Ballem.

"My daughter needs me," says Lugo. "If I didn't lose this weight I was afraid I was going to die. I thank God every day that he put Dr. Ballem in my life. It's incredible—I know I'm going to live longer now. My daughter knows I'm eating healthier and losing weight. She asks if this means she's going to get a baby brother."

Since its inception in 2009, the hospital's bariatric surgery program has experienced double-digit growth each year. In 2014 alone, bariatric surgeries performed at the medical center increased nearly 25 percent over the year before.

Dr. Ballem attributes the success of the program to its surgical



Bariatric surgeon Naveen Ballem, M.D., and patient Ivelisse Lugo.

outcomes, which are well above national averages, and its complication rates, which are well below the average, as well as the exceptional long-term support from a multidisciplinary team.

"Many people are fearful of surgery, but when patients visit Clara Maass Medical Center, we provide them with the full support of the hospital and our team, before and after surgery," says Dr. Ballem. "Many other facilities offer surgeries, but Clara Maass provides long-term support—ranging from dietitians and psychologists to personal trainers and a physical therapist—to help patients well beyond the operating room. This is one of the only facilities I am aware of that provides for the physical aspect of recovery for these surgeries."

In addition to services at Clara Maass, the Barnabas Health New Jersey Bariatric and Metabolic Institute offers services at Saint Barnabas Medical Center and Monmouth Medical Center. The multidisciplinary team includes nurses, dietitians, exercise physiologists and psychologists as well as bariatric surgeons extensively trained in the most effective weight-loss surgery techniques, such as laparoscopic and open surgeries. Physicians are board-certified, have significant experience in bariatric surgery, including surgical fellowships, and are considered nationally renowned experts in bariatric surgery.

» To schedule an appointment with a Clara Maass bariatric surgeon, call 1.888.724.7123.



A MAJOR HOSPITAL EXPANSION

AMONG OTHER BIG CHANGES, A NEW INTENSIVE CARE UNIT WILL MEAN BETTER SERVICE FOR TOMORROW'S PATIENTS.

CONSTRUCTION FOR CLARA MAASS MEDICAL Center's first major on-campus expansion project in more than a decade is moving full steam ahead with an anticipated spring 2016 grand opening.

Renovations for the \$23 million project include construction of a brand new four-story, 87,000-square-foot building—home to a state-of-the-art

32-bed Intensive Care Unit, two levels of Medical Office Building space and a main lobby as well as a fifth-level addition to the parking garage.

The first phase of the hospital expansion—the newly constructed fifth level in the parking garage—was completed in February, offering additional convenient parking for patients and their loved ones.



Artist's renderings show what the exterior and (below) interior of the expanded Clara Maass Medical Center will look like when an ambitious program of expansion and renovation is completed.

COMMUNITY INVESTMENT

"Our tremendous investment in this massive renovation reinforces our commitment to transforming the delivery of quality health care for residents we serve," says Mary Ellen Clyne, Ph.D., President and Chief Executive Officer, Clara Maass Medical Center. "The new Intensive Care Unit will be equipped with the most advanced technology and will better meet the evolving acute care needs of our patients."

NEW LOOK...NEW ERA IN HEALTH CARE

The brand new building will showcase distinctive design elements that will create a new gateway to the medical center, including a brick and glass façade, as well as a showcase stairway and two-story atrium. The first and second floors will offer 43,000 square feet of physician office space, and the third floor will feature the Intensive Care Unit. Designed with patients' needs in mind, the entrance to the facility will be just steps away from the existing parking garage and the front entrance will offer covered patient drop-off.

"We're excited to turn Clara Maass Medical Center into the flagship health care provider in the region and look forward to introducing our new building and services to the community," says Dr. Clyne.





Thanks partly to good communication, members of the Lyndhurst Police Emergency Squad have a smooth working relationship with staff at Clara Maass Medical Center—and patients benefit.

FAST ACTION

THIS EMS TEAM WORKS CLOSELY WITH EMERGENCY DEPARTMENT PERSONNEL TO GET INJURED PATIENTS THE SPEEDY CARE THEY NEED.

IN A MEDICAL EMERGENCY, EVERY MINUTE MATTERS.

Once a call to 9-1-1 is placed, emergency medical services (EMS) teams race to the scene to provide lifesaving support until the patient is brought to hospital emergency staff. To ensure that the transition from EMS to the hospital is seamless, Clara Maass Medical Center works closely with local EMS squads to maintain a clear channel of communication. One such squad is the Lyndhurst Police Emergency Squad, a partly volunteer ambulance and rescue service that has assisted the community since 1942.

“Not all hospitals are open to working with us to help make the patient’s transition from EMS to the ER as smooth as possible,” says Tarcisio Nunes, Captain of the squad. “On arriving at some emergency departments, our squad sometimes feels disconnected

and unsure of whom to speak to if a problem arises. This is not the case with Clara Maass Medical Center. We’ve developed a strong relationship with John Fontanetta, M.D., Chairman of Emergency Medicine at Clara Maass, and we share the common goal of giving patients exceptional care.”

Doubling as EMS Medical Director for the Lyndhurst Police Emergency Squad, Dr. Fontanetta says: “I am very excited to be a part of such a fine organization—the squad is a real asset to their community.”

“When there’s an open channel of communication, it’s easier for us to connect with the ER staff,” adds Nunes. “And if there is ever a problem, we can voice our concerns and know that it will be resolved.”

VOLUNTEER SPIRIT

THROUGH THE HELP PROGRAM, PEOPLE GIVE THEIR TIME AND ENERGY TO BRIGHTEN THE DAYS OF HOSPITALIZED PATIENTS.

“THERE IS NOTHING GREATER THAN putting a smile on patients’ faces, especially when they’ve been through so much,” says musician Carol Mateyka, a Volunteer in Clara Maass Medical Center’s Hospital Elder Life Program (HELP).

The retired Belleville School District music teacher is one of 25 individuals currently participating in HELP. The HELP program is funded through a grant from The Healthcare Foundation of New Jersey for more than \$147,000. HELP aims to provide senior citizens admitted to the hospital with extra care and attention.

“Our volunteers focus on addressing patients’ needs—whether that means providing comfort measures while visiting with them or working closely with the nursing staff to ensure our patients feel at home and attended to while under our care,” says Tania Manago, Assistant Director of Patient Relations and Volunteer Services at Clara Maass Medical Center.

“The HELP program not only makes my time in the hospital more enjoyable, it makes me feel better, too,” reports 72-year-old Kearny resident John Launder. “When someone from the program comes to visit, we do arm, hand, feet and ankle exercises. All the side-to-side stretching really gets my blood flowing and makes me feel great. The volunteers teach me what to do, sometimes doing the exercises along with me. They are so enthusiastic that I can’t help but feel enthusiastic, too. I’d definitely recommend the program to my friends.”

Volunteers may also assist with clerical duties, answering questions at the information desk or engaging in activities in various departments throughout the hospital that correspond with their individual interests or career aspirations. Volunteers in the HELP program often serve as an extra set of hands, assisting nurses in car-

ing for patients while providing companionship during walks, playing board games or simply engaging in conversation.

“Those interested in the HELP program go through extensive training to ensure they are properly trained in dealing with the elderly and their needs,” says Dhyana Velez, R.N., Geriatric Coordinator for HELP. “All volunteers train with nurses and physical and speech therapists to learn the proper techniques to help a patient get out of bed and walk to the rest room, as well as how to provide feeding assistance. All of this is done under constant supervision of the nursing staff.”

Clara Maass’ volunteer base comprises teens who come in after school or during summers, undergraduate and graduate students interested in the health care field, adult volunteers who stop by for a few hours after work or during breaks and retired seniors looking for a rewarding way to give back to the community.

“We’re looking for volunteers who can help create positive patient experiences—any volunteer who is able to connect

with patients and our staff makes a huge impact,” says Manago.

Mateyka’s background as a music teacher and entertainer made her the perfect candidate to provide musical entertainment to patients. What started out as a weekly performance in the dining area of the transitional care unit turned into a weekly, full-day journey through the hospital for Mateyka—visiting nearly all of the floors with her keyboard and cart and taking requests for songs, even those in Spanish and Italian.

“It is such a joy and a wonderful experience to do this for patients, especially the elderly patients, who may be scared,” says Mateyka. “Every patient reacts differently—some sing along, some just close their eyes and enjoy the music. But the majority of the time, I leave them smiling.”

» For more information or to become a volunteer, call 973.450.2150 or access the volunteer application for Volunteer Services and HELP online at barnabashealth.org/claramaass.



Volunteer and retired music teacher Carol Mateyka (left) provides a musical moment for patient Patricia Truskowski of Kearny.



HEART SAVER

A NEW MONITORING TECHNOLOGY PROMISES TO HELP KEEP MORE HEART-FAILURE PATIENTS OUT OF THE HOSPITAL.

“TECHNOLOGY IS AWESOME!” SAYS JOSEPH ZJAWIN. And he should know.

The 84-year-old Newark resident has benefited from a new device called the CardioMEMS heart failure system. It allows patients with heart failure to be monitored at home and treated right away when problems develop, heading off a crisis that would require hospitalization. He says it leaves him feeling “like a new man.”

Heart failure occurs when the heart is unable to pump enough blood to meet the body’s demands. According to the Centers for Disease Control and Prevention, more than 5.1 million Americans have the condition, with 670,000 new cases diagnosed each year. Patients with heart failure are frequently hospitalized, have a reduced quality of life and face a higher risk of death. CardioMEMS HF System features a sensor that is implanted in the pulmonary artery (PA) on the right side of the heart through a catheter in a patient’s groin.

“The entire procedure takes less than an hour,” says Elie Y. Chakhtoura, M.D., Director of the Cardiac Catheterization Labora-

tory at the Barnabas Health Heart Center at Clara Maass Medical Center, who performed Zjawin’s procedure.

Reports the patient with satisfaction: “I was back home within a few hours and had no restrictions.”

With the new system, patients transmit daily sensor readings from their homes to physician offices, making possible personalized and proactive heart-failure management. “Once the sensor is implanted, it immediately begins to monitor PA pressures, which often increase in heart-failure patients before the more common external indicators of weight and blood pressure changes appear,” explains Zjawin’s cardiologist, Donald G. Rubenstein, M.D., of New Jersey Cardiology Associates, Barnabas Health Medical Group. “This alerts us to crucial pressure changes up to 21 days before other symptoms appear, allowing for earlier intervention to prevent worsening heart failure.”

CardioMEMS is the only heart-failure monitoring device approved by the Food and Drug Administration and proven to significantly reduce hospital admissions. When Zjawin had his



Joseph Zjawin with Outpatient Heart-Failure Nurse Practitioner Loisann Stapleton (left) and his wife Maria.

CardioMEMS installed in late May, he became the first patient to receive the device in an Essex County, N.J., facility.

To transmit data to Dr. Rubenstein's office, Zjawin simply positions himself on a special pillow provided by CardioMEMS and follows verbal instructions given by the electronic system. The process takes less than one minute each day. "It's easy to operate and works beautifully," he says. "The machine talks to you, so you know the transmission was a success."

Loisann Stapleton, Outpatient Heart-Failure Nurse Prac-

"THIS ALERTS US TO CRUCIAL PRESSURE CHANGES UP TO 21 DAYS BEFORE OTHER SYMPTOMS APPEAR, ALLOWING FOR EARLIER INTERVENTION TO PREVENT WORSENING HEART FAILURE."

—DONALD G. RUBENSTEIN, M.D.

itioner, works with Clara Maass Medical Center's Inpatient Heart Failure Team to educate patients like Zjawin about the CardioMEMS equipment before they go home following the installation procedure. She is also the recipient of Zjawin's daily readings and collaborates with Drs. Chakhtoura and Rubenstein to comprehensively manage his condition from an interventional, electrophysiology and general heart failure management standpoint.

"Helping patients like Joseph effectively manage heart failure at home is the result of a true team approach," says Stapleton. "The patient is as important as we are as clinicians in helping to monitor and address condition changes quickly to avoid the potential for worsening symptoms that may lead to reduced quality of life and repeated hospital visits. "

» A WARNING SYSTEM FOR PATIENTS WITH **HEART FAILURE**



The CardioMEMS HF System (see main article) allows patients to transmit critical information about their heart-failure status to a clinician on a regular basis, without the need for additional clinic or hospital visits. This provides clinicians with the ability to detect worsening heart failure sooner and adjust treatment to reduce the likelihood that the patient will need to be hospitalized.

The CardioMEMS sensor is designed to last the lifetime of the patient and doesn't require batteries. Once implanted, the wireless sensor sends pressure readings to an external patient electronic system. There is no pain or sensation for the patient during the readings.

Data from a clinical trial showed that the CardioMEMS technology reduces heart failure hospital admissions by up to 37 percent. The CHAMPION trial studied the effectiveness of the CardioMEMS HF System in New York Heart Association (NYHA) Functional Classification System Class III heart-failure patients who had been hospitalized for heart failure in the previous 12 months. Results of the trial demonstrated a statistically significant 28 percent reduction in the rate of heart failure hospitalizations at six months, and 37 percent reduction in such hospitalizations during an average follow-up duration of 15 months.

Roughly 1.4 million patients in the U.S. have NYHA Class III heart failure, and historically these

patients account for nearly half of all heart-failure hospitalizations. According to the American Heart Association, the estimated direct and indirect cost of heart failure in the U.S. for 2012 was \$31 billion, and that number is expected to more than double by 2030.

"We are committed to investing in medical technology, such as the CardioMEMS HF System, that improves patient care," says Mary Ellen Clyne, Ph.D., President and Chief Executive Officer of Clara Maass Medical Center. "The system will assist in helping us to provide economically responsible care while improving patient outcomes and quality of life in the diagnosis and treatment of heart failure."

Adds Dr. Clyne: "From our local cardiologists to our world-class transplant, valve and surgical programs, Barnabas Health has built New Jersey's largest and most comprehensive cardiac care network. But we also offer prevention and wellness programs designed to strengthen and protect those with healthy hearts. All with the hope that they'll never need our extraordinary care in the first place."



ON THE ROAD TO GOOD HEALTH

A SENIOR “WELLNESS VAN” BRINGS NO-COST PREVENTIVE CARE TO ELDERS.

OLDER PEOPLE CAN AVOID MANY

health problems through proper preventive care. Yet seniors often don't get these vital services for a variety of reasons, resulting in higher rates of illness and injury for this vulnerable group. To address this critical need, Clara Maass Medical Center is introducing a program that brings preventive care directly to seniors in their own communities—at no cost to patients.

The program, called WAVE (Wellness Assessment Van for Elders), is the first of its kind in the region.

WAVE transports a team of medical professionals to senior centers, senior housing complexes, municipal buildings and other convenient sites throughout Essex County and nearby towns. At these sites, highly qualified Clara Maass Medical Center doctors and certified medical assistants provide eligible Medicare recipients ages 65-plus with annual wellness visits. Such annual exams are a Medicare benefit established in 2011 by the Affordable Care Act. But 2013 data shows that less than 10 percent of seniors have taken advantage of this preventive health benefit.

“Annual wellness visits can help seniors stay healthier longer, but very few people have taken advantage of them,” says Mary Ellen Clyne, Ph.D., President and CEO of Clara Maass Medical Center. “WAVE will make it easy for local residents to receive this valuable service, by bringing the doctor to them. More of our seniors will get the preventive care they deserve, resulting in a better quality of life for them and their families.”

Each WAVE visit lasts about 20 to 30 minutes, and features a one-on-one consultation with a doctor. Specifically, the annual wellness visit includes:

- A discussion with the doctor about one's overall physical and mental health, and ways to stay healthy.



- A review of the person's vital signs, health habits and risk factors.

- Simple screenings to check memory, risk of depression, and a test to determine balance and risk of falling. (If eligible, seniors receive additional screenings for bone density, circulation, nerve and lung function.)

- An easy-to-understand report and personalized preventive health plan, which each senior takes home—and can bring to future medical appointments. The plan includes recommended services and screenings for the next 5 to 10 years, including many no-cost Medicare services.

To further enhance access for all area seniors, WAVE has bilingual staff members fluent in both Spanish and English.

About 80 percent of older adults have at least one chronic condition, such as diabetes, heart disease or lung disease,” notes Fran Monteleone, R.N., director of Community Outreach and Physician Relations for Clara Maass. “The good news is that programs like WAVE can help seniors reduce their risk of these and many other serious health problems.”

Indeed, each WAVE patient's personal health plan will provide specific preventive recommendations tailored to him or her—

such as guidance for weight loss, smoking cessation, getting annual flu shots, or obtaining screenings for certain cancers—based on the person's individual health assessment.

WAVE is part of Clara Maass' growing emphasis on wellness, says Dr. Clyne. “We've shifted our focus to do more to keep people healthy, rather than just taking care of people when they're sick,” she notes. “WAVE is a key element of our mission to build healthier communities and enhance the quality of life for all residents.”

Patients do not need a doctor's referral or pre-approval from their insurance provider to access WAVE. The staff will confirm each person's eligibility before his or her appointment. Patients must simply bring their Medicare insurance card to the appointment, plus a list of their current medications, supplements and vitamins.

Community groups, municipalities and other senior-focused entities can arrange for WAVE to come to their location by contacting 973.450.2528.

WAVE is funded in part by a generous grant from the Healthcare Foundation of New Jersey, a longtime partner of the Clara Maass Medical Center Foundation.

MEET A BREAST SURGEON

A NEW ARRIVAL AT CLARA MAASS MEDICAL CENTER, JANET YEH, M.D., BRINGS TOP CLINICAL SKILLS AND A DEDICATION TO CARING FOR PATIENTS.



JANET YEH, M.D., A FELLOWSHIP- trained surgeon specializing in Breast Surgical Oncology, recently joined the medical staff at Clara Maass Medical Center and will serve as Director of the Breast Center.

"We're pleased to welcome Dr. Yeh to Clara Maass Medical Center," says Mary Ellen Clyne, Ph.D., President and Chief Executive Officer of Clara Maass Medical Center. "Her talent and expertise in Breast Health will provide women in Essex, Hudson, Bergen and Passaic counties with additional access to the latest prevention, detection and treatment options for breast-related issues."



Janet Yeh, M.D.
BREAST SURGEON

tion, detection and treatment options for breast-related issues."

As a breast surgeon with the Center for Breast Health and Disease Management, a Barnabas Health Medical Group specialty

practice, Dr. Yeh provides comprehensive breast care as well as medical and surgical expertise. Her focus on the field of Breast Surgical Oncology, with a concentration in the treatment of malignant as well as benign breast disease, is rooted in the strong patient relationships that develop when caring for patients.

"Breast Surgical Oncology is extremely patient-oriented," says Dr. Yeh. "It is vital to take the time to get to know one's patients and understand what is important in their lives in order to create appropriate treatment plans for these individuals and their families. Breast Oncology is an exciting field that is advancing at an incredible pace."

In addition to Breast Surgical Oncology, Dr. Yeh has an interest in high-risk patients and their families as well as in the prevention and early detection of breast cancer and other breast disease. She is a strong advocate for breast self-exams and urges women to be more aware of their own body.

Dr. Yeh's decision to specialize in the field of Breast Surgical Oncology

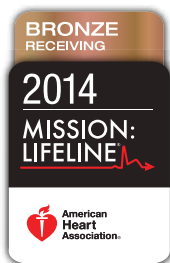
during her general surgery training was influenced by the close relationships she developed while caring for her patients.

"It is extremely important to create a treatment plan that is appropriate for each individual as a whole rather than simply to treat a disease," says Dr. Yeh. "Breast Oncology is unique in that way and is constantly evolving. It is a very multidisciplinary field, which means we are part of a large and diverse team, all of whose members are focused on working together to provide the best care and treatment possible. While it can be very challenging, it is extremely rewarding."

Dr. Yeh, 34, was born and raised in the New Jersey and New York City areas. She earned her Medical Degree from the University at Buffalo School of Medicine and Biomedical Sciences. She then completed her residency training in General Surgery at Morristown Medical Center, followed by a fellowship in breast surgery at New York University.

» To schedule an appointment with Janet Yeh, M.D., please call 973.844.4161.

MARKS OF EXCELLENCE



THERE WAS A TIME when a hospital's reputation relied mostly on word-of-mouth, but that time is gone. Today there are reputable independent organizations that appraise the performance of a medical facility by strict standards in several areas. Their verdict on **Clara Maass Medical Center** is suggested by these recent accolades:

- Eight consecutive Grade “A” scores in Hospital Safety by The Leapfrog Group, one of only 133 hospitals nationwide and one of eight in New Jersey to achieve this distinction.
- Ranked among the 50 Best Regional Hospitals in the New York Metro area by *U.S. News & World Report*, and recognized in the areas of Diabetes & Endocrinology, and Neurology & Neurosurgery in 2014–2015.
- Only New Jersey recipient of Healthgrades’ Patient Safety Excellence Award for three years in a row (2012 to 2015) and only New Jersey hospital ranked among the top 5 percent nationally for patient safety for the same time period.
- Gold Seal of Approval from The Joint Commission with Disease-Specific Care Certification in Acute Coronary Syndrome, Cardiac Rehabilitation, Congestive Heart Failure, and Knee and Hip Repair.
- Only New Jersey recipient of Healthgrades’ Patient Safety Excellence Award for three years in a row (2012 to 2015) and only New Jersey hospital ranked among the top 5 percent nationally for patient safety for the same time period.
- Ranked top in the state by the Department of Health and Senior Services for patient treatment of Heart Attack, Heart Failure, Pneumonia and Surgical Care.
- Recognized as a Joint Commission Top Performer on Key Quality Measures for Heart Attack, Heart Failure, Pneumonia and Surgical Care.
- Mission: Lifeline Bronze Receiving Quality Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer severe heart attacks.
- Awarded Gold Level Recognition by the U.S. Department of Health and Human Services and the Sharing Network for efforts to increase organ and tissue donor enrollment and awareness.