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WELCOME LETTER

PROUD TO BE
THE LEADER IN
MATERNITY CARE

IN THIS ISSUE OF *MONMOUTH HEALTH & LIFE*, WE spotlight our obstetric services.

The safety of Monmouth Medical Center's maternity service was recently spotlighted by Leapfrog, an independent national nonprofit organization and the nation's leading experts on patient safety. Monmouth Medical Center, the only hospital in Monmouth and Ocean counties to earn an "A" in the most recent Hospital Safety Score, was also the only area hospital to completely meet full safety standards in all four critical areas of maternity care, including rates of C-sections, early elective deliveries, episiotomies and having an experienced Neonatal Intensive Care Unit for at-risk deliveries.

Additionally, Monmouth Medical Center was named by *Becker's Hospital Review* as one of the nation's top 100 hospital and health systems with great women's health programs.

Monmouth Medical Center has been a Level III High-Risk Maternity Center since the designation was initiated 45 years ago. It is one of 15 Regional Perinatal Centers in the state of New Jersey. More than 40 years ago, Monmouth Medical Center's Neonatal Intensive Care Unit (NICU) was the first of its kind in New Jersey and among the first six offered at community hospitals nationally.

Also spotlighted in this issue is the Center for Postpartum Mood and Anxiety Disorders (PMAD) at Monmouth Medical Center. What began in 2011 as a hospital-based support group is now the first Center for Perinatal Mood and Anxiety Disorders in New Jersey. The center has become part of our continuum of care for expectant and new moms and babies that rivals any hospital in the nation.

Today, Monmouth Medical Center delivers the most babies in the region, more than double any other hospital in Monmouth and Ocean counties. I'm extremely proud of our dedicated team for building one of the safest obstetrical and gynecologic services in the nation.

Sincerely,

Bill Arnold

BILL ARNOLD
PRESIDENT AND CHIEF EXECUTIVE OFFICER
MONMOUTH MEDICAL CENTER AND THE
UNTERBERG CHILDREN'S HOSPITAL



FOR ADDITIONAL INFORMATION ABOUT MONMOUTH MEDICAL CENTER, VISIT OUR WEBSITE AT BARNABASHEALTH.ORG/MONMOUTH-MEDICAL-CENTER.



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MOM DESERVES THE BEST

NEW FACILITY AT MONMOUTH MEDICAL CENTER IS FIRST IN STATE DEDICATED TO COMPREHENSIVE PERINATAL CARE.

ONE IN SEVEN WOMEN MAY BE AFFECTED

by perinatal mood and anxiety disorder (PMAD). Although temporary and treatable, it is the most common complication of childbirth with symptoms ranging from mild to severe. For this reason, on May 4, Monmouth Medical Center hosted the grand opening of its Center for Perinatal Mood and Anxiety Disorders making it the first and only hospital in New Jersey to offer a dedicated treatment center where new and expectant mothers can receive comprehensive care for PMAD.

Initially formed as a support group in 2011, Monmouth Medical Center established a designated perinatal mood and anxiety disorder program in 2015, which led to the development of a dedicated center this year. Since its inception, the program has screened more than 800 women and has treated more than 500 patients from all over New Jersey and bordering states. The center's wide patient reach is attributed to the great need and severe lack of services available to treat PMAD in New Jersey as well as other states.

With much help and support from Mary Jo Codey, former First Lady of New Jersey, in 2006 New Jersey became the first state to enact a law that every new mom must be screened for PMAD prior to leaving the hospital after giving birth. Codey attended and spoke at the event, sharing her own personal struggle with PMAD and highlighting the need for a safe, welcoming place for women to seek treatment.

"This center was formed to let our patients know that our commitment to them and their families doesn't stop with the delivery. We know that for many women adjusting to the birth of their baby can be challenging, but we want women to know



Eric Carney, MMC chief operating officer; Assemblyman Eric Houghtaling from New Jersey's 11th Legislative District; former First Lady of New Jersey Mary Jo Codey; Kathy Windram, administrative director Women's and Children's Services for MMC; and Lisa Tremayne, coordinator of the Perinatal Mood and Anxiety Disorders Center at Monmouth Medical Center

that they aren't alone and that there is help," says Lisa Tremayne, director of the Center for Perinatal Mood and Anxiety Disorders at Monmouth Medical Center. "We know that the best treatment is delivered through a combination of approaches, which is why we offer individual therapy, medication and support group services and tailor each woman's treatment plan to meet her unique needs. We want women to know that the sooner you contact us for help, the sooner you will start to feel better."

The Center for Perinatal Mood and Anxiety Disorders offers free group support as well as evidence-based psychotherapy. Patients are supported by a multidisciplinary team of experts, including psychiatry, nursing and social work, and all the center's clinicians are certified by Postpartum Support International.

"Monmouth Medical Center has built

one of the safest obstetrical and gynecologic services in the nation, and we are at the forefront for women's health care needs," says Eric Carney, chief operating officer at Monmouth Medical Center. "The creation of this center is the result of a pressing need for services available to treat perinatal mood and anxiety disorders. As a part of our comprehensive continuum of care for expectant and new moms and babies, we're proud to be the first hospital in New Jersey to open a PMAD Center offering a safe and welcoming space that provides the highest level of care rivaling any other hospital in the nation."

It's important for women to know that PMAD is very common and not their fault, says Robert Graebe, M.D., FACOG, director of the Department of Obstetrics and Gynecology at Monmouth Medical Center. "It is equally important that they receive the proper care so they can get better."

TO LEARN MORE ABOUT THE CENTER FOR PERINATAL MOOD AND ANXIETY DISORDERS AT MONMOUTH MEDICAL CENTER, CALL [732.923.5573](tel:732.923.5573).



Robert Graebe, M.D.

RAISING THE BAR FOR MATERNITY CARE

Robert Graebe, M.D., chair of the Department of Obstetrics and Gynecology, discusses maternity services at MMC.

Monmouth Medical Center delivered 5,449 babies in 2016—the most in Monmouth and Ocean counties.

How are Monmouth's surgical delivery rates?

Monmouth maintains the lowest surgical delivery rate of a Level III obstetrical unit in New Jersey—below 20 percent compared to the statewide average of 39 percent and the national rate of 32 percent. Additionally, Monmouth's trial of labor after C-section rate of 35 percent is well above the state and national average, with 90 percent successfully delivered vaginally.

What kind of obstetrical training do nurses have?

All new obstetrical nurses must go through a 24-week clinical and didactic training program including review of procedural/process for medication safety; cardiovascular assessments; gastrointestinal assessments; neurological assessments; care of the laboring patient; care of the delivered infant and many other core measures. All nurses must be certified and maintain certification in Basic Life Support; Advanced Cardiac Life Support and Neonatal Resuscitation. Plus, all nurses must participate in ongoing quality improvement efforts and performance improvement efforts.

What are the requirements for attending physicians?

All attending OB physicians must be board-certified on Obstetrics; must be certified in Basic Life Support, Advanced Cardiac Life Support and Neonatal Resuscitation; and must be active on staff.

What else differentiates Monmouth's maternity services?

The Labor-and-Delivery Unit offers at least two attending Ob/Gyn physicians and one resident Ob/Gyn physician on site 24

hours a day, seven days a week, 365 days a year. This is in addition to an attending anesthesiologist, a neonatal intensive care specialist and full hospital support staff. On-call sub specialists are available 24 hours a day for immediate consultation.

The hospital has a new center for mothers suffering from postpartum depression or anxiety. Tell us about it.

The Center for Postpartum Mood and Anxiety Disorders at Monmouth Medical Center is the first and only hospital-based outpatient program for the treatment of PMAD in New Jersey. It offers all forms of treatment by certified postpartum mood and anxiety disorders treatment specialists and is led by a board-certified psychiatrist.

Monmouth has a long history of offering cutting-edge care, correct?

Yes. Nearly 50 years ago, Monmouth Medical Center's Neonatal Intensive Care Unit (NICU) was the first of its kind in New Jersey and among the first six offered at community hospitals nationally. Monmouth also offered the first full-time Laborist Program in the state. This distinctive program increases patient safety with 'round-the-clock Laborist physicians who are board-certified obstetricians with Advanced Life Support in Obstetrics national certification to monitor patients and perform deliveries on an "as-needed" basis.

What's new for OB patients at Monmouth?

The Eisenberg Family Center recently unveiled a new wing of its postpartum unit, featuring additional expansive private postpartum rooms for new mothers recovering from childbirth. Monmouth's Labor-and-Delivery Unit also was expanded and underwent renovations that included all new labor beds and bedside tables. The unit is designed to accommodate each expectant mother's birthing plan.

How long have you been with Monmouth Medical Center?

I've been an attending physician since 1985 and chair of Obstetrics and Gynecology since 2004.

Monmouth's maternity service was recently recognized by Leapfrog, an independent national nonprofit organization. What can you tell us about that?

We are the only hospital in Monmouth and Ocean counties to earn an "A" in the most recent Hospital Safety Score and the only area hospital to completely meet full safety standards in all four critical areas of maternity care, including rates of C-section, early elective deliveries, episiotomies and having an experienced neonatal intensive care unit for at-risk deliveries.

You received a few other awards recently as well, from HealthGrades and Becker's Hospital Review, correct?

Yes, Monmouth Medical Center received a Labor and Delivery Excellence Award by HealthGrades and an Obstetrics and Gynecology Excellence Award by HealthGrades in 2016, and Monmouth Medical Center was named by *Becker's* as one of the top 100 hospital and health systems with great women's health programs in December 2016.

We've heard more expectant parents turn to Monmouth Medical Center than any other area hospital. How many babies did Monmouth deliver last year?

TO LEARN ABOUT MATERNITY SERVICES AT MONMOUTH MEDICAL CENTER, VISIT RWJBH.ORG/MONMOUTHMATERNITY. TO SHARE THIS ARTICLE ON YOUR FACEBOOK PAGE, VISIT MONMOUTHHEALTHANDLIFE.COM.





A JOINT ACCOUNT

THANKS TO CUTTING-EDGE TECHNOLOGY, A 70-YEAR-OLD WOMAN RETURNS TO A PAIN-FREE LIFESTYLE AFTER TOTAL HIP AND KNEE REPLACEMENT SURGERIES.

WHEN MARY LEE BASS SUFFERED AN INJURY TO HER LEFT knee after a tap dancing accident 11 years ago, the now 70-year-old took time off to complete physical therapy and recuperate before putting on her dancing shoes again. But after eight years, the active grandmother of three began noticing the pain in her knee was slowly returning, as well as nagging pain in her right hip.

That's when Mary Lee, a retired Monmouth University educator, turned to Mark W. Gesell, M.D., FACS, an orthopaedic surgeon and joint replacement specialist with Monmouth Medical Center. After examining Mary Lee, Dr. Gesell shared surprising news—her knee needed replacement, but her hip needed attention first.

“Mary Lee had advanced arthritis in both her hip and knee,” recalls Dr. Gesell. “Her knee symptoms improved with injections and physical therapy, but her hip symptoms got worse.”

“Dr. Gesell discussed the surgical options for my hip, and we decided to go with Makoplasty robotic-assisted total hip replacement,” says Mary Lee. “At the time only hip and partial knee replacements were being done robotically, and Dr. Gesell wanted me to wait until I could have my full knee replaced robotically. I knew my knee was on the backburner.”

And just like she did before, Mary Lee bounced back. But once her hip replacement was behind her, Mary Lee's knee pain became more limiting. “I'm very active,” she says. “But the pain



Mary Lee Bass turned to Mark W. Gesell, M.D., when she needed hip and knee replacement surgeries. Because arthritis affected all three compartments of her knee, Mary Lee required total knee replacement. Monmouth Medical Center was the first hospital in the region to offer the advanced option of Mako Total Knee replacement.

from my knee began causing mobility problems. We had to wait until the technology was ready.”

When he treated her hip, Dr. Gesell told Mary Lee that 2017 was the year that the Makoplasty technology required for robotic total knee replacements would be available. So when January rolled around, Mary Lee began checking in with Dr. Gesell’s office to see when she’d be able to have surgery.

“I was calling Dr. Gesell’s office once a week to see when it would be time. Because the hip replacement went so well, I was ready to have the second surgery done,” she says.

After a few short weeks, Mary Lee got the news she was hoping for—Dr. Gesell was able to perform robotic-assisted total knee replacements and Mary Lee’s surgery could be scheduled.

“Monmouth Medical Center was the first in the region to offer Makoplasty robotic-assisted partial knee surgery. Now we are also the first to be able to offer the advanced option of Mako Total Knee replacement to patients like Mary Lee,” says David Chalnick, M.D., FACS, medical director of The Joint Replacement Center at Monmouth Medical Center. (See sidebar.)

“Mary Lee had significant arthritis in her whole knee joint,” adds Dr. Gesell. “Because the arthritis affected all three compartments of her knee, she required a total knee replacement.”

In preparation for her surgery, Mary Lee underwent a CT scan of her knee joint, which was used to generate a 3D virtual model of her joint and pre-operative plan to ensure exact placement, orientation and alignment of the implant. During the surgery, Dr. Gesell used the Mako robotic arm to follow the personalized pre-op plan to remove the diseased portion of Mary Lee’s bone and cartilage. Implants, chosen to accommodate Mary Lee’s active lifestyle, were then secured to allow the knee to move smoothly again, in a natural-like motion.

Following the surgery, Mary Lee spent just two days in the hospital and was back on her feet and driving herself to physical therapy in two weeks. After a month of rehabilitation, she has a smile on her face and feels better than she could have imagined. Today, thanks to aggressive physical therapy, Mary Lee shows no sign of slowing down. She is back to walking, going to the gym and keeping up with her grandchildren.

“When you have surgery, you can anticipate the discomfort and measured healing over time but you can’t guarantee a high-level of care. Thanks to Dr. Gesell, the nurses and the staff at the hospital, it was perfect,” she says. “I’m so glad I waited for the robotic-assisted surgery. I wanted my knee to be happy and healthy, and it is!”

Monmouth is first in region to offer Mako Total Knee replacement

For the thousands who had been waiting for a solution to their knee pains, the wait is now over. Monmouth Medical Center is the first hospital in the region to offer Mako Total Knee replacement surgery. It had previously been the first in the area to give patients the option of a Mako Partial Knee replacement procedure.

Mako Total Knee replacement is a minimally invasive approach. It utilizes a surgeon-controlled robotic arm system that enables precise alignment and placement of implants. This results in smaller incisions, less pain and a quicker recovery—all good news for patients.

Additionally, the Mako System software assists surgeons in pre-planning and treating patients, allowing for a customized approach to accommodate active and varied lifestyles. This is welcome news for patients, as knee replacements can be designed to meet specific sizes and functions. Ultimately, the Mako Total Knee replacement provides more natural motion and the potential for greater implant longevity.

The Mako platform has been supported by significant primary clinical research, including more than 50 peer reviewed clinical publications, more than 300 scientific abstracts and numerous ongoing clinical studies. Over a two-year period, Mako unicompartmental knee arthroplasties (UKA) have a 92 percent patient satisfaction grade, and the robotic-arm assisted UKAs resulted in more accurate implant placement than manual UKAs in a randomized control trial.

For more information about the benefits of Mako Total Knee replacement, call the Joint Replacement and Spine Center at **732.923.7666**.

TO LEARN MORE ABOUT THE JOINT REPLACEMENT PROGRAM AT MONMOUTH MEDICAL CENTER, CALL **732.923.7971**. TO SHARE THIS ARTICLE WITH A FRIEND OR TO RECOMMEND IT ON YOUR FACEBOOK PAGE, VISIT **MONMOUTHHEALTHANDLIFE.COM**.





LEADER OF THE PACK

PATIENTS FIND THE MOST ADVANCED RADIATION TREATMENT AT THE LEON HESS CANCER CENTER.

THE LEON HESS CANCER CENTER at Monmouth Medical Center (MMC) continues to be at the forefront of cancer care, breaking barriers through its state-of-the-art Institute for Advanced Radiation Oncology. As the region's pioneer in delivering cutting-edge care, the institute is gaining international, national and state recognition for its clinical application and research of breakthrough methods of radiation therapy.

The institute has earned accreditation from the American College of Radiology for the quality, safety and appropriateness of its radiation therapy, and all of its physicians trained at Memorial Sloan Kettering Cancer Center in New York, where they served as chief residents. What further separates MMC from other hospitals is the continuity of care that it gives patients. Unlike other cancer centers where several doctors rotate throughout the week, MMC radiation oncologists stay with their patients throughout the course of their treatment. The Monmouth

Medical Center staff includes Mitchell Weiss, M.D., and Sang E. Sim, M.D.

Dr. Weiss, chair of Radiation Oncology, joined Monmouth Medical Center in 2003. He has written numerous book chapters and has presented his research in head and neck, and gynecological malignancies at renowned conference on radiation oncology.

Dr. Sim, medical co-director of the Gamma Knife Center at Monmouth Medical Center, arrived at Monmouth in 2008. He has served as a reviewer for *Brachytherapy* journal, the official international medical journal for the American Brachytherapy Society.

The Institute for Advanced Radiation Oncology offers a full spectrum of highly advanced technology in the delivery of high-precision radiotherapy that is dramatically helping cancer patients recover faster and with fewer side effects. These advanced treatment options include Gamma Knife, a proven alternative to invasive surgery for pa-

tients with brain metastases, brain dysfunctions, and brain tumors, and tomotherapy, which delivers a very sophisticated form of image-guided radiotherapy (IGRT) with such precision that surrounding healthy tissue receives lower doses than delivered by more conventional radiation therapy.

The medical center's prominence in brachytherapy—a specialized form of internal radiation therapy—took root in 1998 when the hospital introduced two advanced radiation implant therapies for the treatment of prostate cancer: high-dose rate (HDR) brachytherapy for intermediate or advanced-stage disease and low-dose rate (LDR) permanent seed brachytherapy for early cancers.

Monmouth Medical Center's Institute for Advanced Radiation Oncology continues to be actively involved in research studies that are investigating a full spectrum of radiation therapies, as well as identifying ways to reduce the side effects of treatment.

TO LEARN ABOUT THE INSTITUTE FOR ADVANCED RADIATION ONCOLOGY, CALL [732.923.6890](tel:732.923.6890).
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