

# MONMOUTH

## health & life

HOW HEALTHY  
IS YOUR  
BEDROOM?

YOUR GUIDE  
TO FINANCIAL  
WELL-BEING

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## MONMOUTH MEDICAL CENTER LEADS THE WAY IN SAFE CARE OF MOMS AND BABIES

### AS A BARNABAS HEALTH FACILITY, MONMOUTH

Medical Center is a part of a systemwide Obstetric Collaborative Group formed to better the quality and safety of care delivered to New Jersey women. We are proud to be leaders in that initiative.

Monmouth Medical Center has built one of the safest obstetrical and gynecologic services in the nation, and continues to expand and upgrade its facility to match its commitment to quality care and patient safety. Below are some of the highlights of Monmouth's Maternity Center of Excellence, which with 4,400 births annually, delivers the most babies of any hospital in Monmouth and Ocean counties.

- 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.

◀ JANICE LICHTENBERGER, M.D., MEDICAL DIRECTOR OF THE NEWBORN NURSERY AT MONMOUTH MEDICAL CENTER'S EISENBERG FAMILY CENTER, HOLDS ONE OF ITS NEWEST ARRIVALS.

Today, it remains among the best rated nationally.

- Monmouth Medical Center has been a Level III High-Risk Maternity Center since the designation was initiated more than 40 years ago.
- Monmouth was counted among the top 5 percent in the nation as a HealthGrades Maternity Center of Excellence in 2010 and 2011. HealthGrades is a leading independent health care ratings organization.
- Monmouth 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.
- Monmouth's trial of labor after C-section rate is well above the state and national average, with 81 percent successfully delivered vaginally.
- The hospital's breastfeeding rate among discharged postpartum patients stands at 83 percent—ranking it first among Level III facilities and providing a strong indicator of quality care.
- Monmouth performs well above the acceptable national level for preventing post-C-section infection.
- Monmouth 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 to monitor patients and perform deliveries on an "as-needed" basis.
- Monmouth developed the first Obstetrical Rapid Response Team in the state, ready to respond to all obstetrical emergencies.
- The Labor-and-Delivery Unit offers 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 neonatal and perinatal subspecialists are available 24 hours a day for immediate consultation.
- Monmouth's Labor-and-Delivery Unit recently expanded to accommodate demand and underwent renovations that included all new labor beds and bedside tables and the latest technology, including a state-of-the-art wireless electronic fetal monitoring system. The unit is designed to accommodate each expectant mother's birthing plan, including such delivery options as pool births.

"Monmouth Medical Center has provided this level of care, well ahead of today's public demand and government mandates, simply because it is the right thing to do," says Robert A. Graebe, M.D., Chair and Program Director of the Ob-Gyn Department at Monmouth. "The quality and strength of our department is mirrored in the quality of its members and has for decades been the supporting expertise that has helped Monmouth Medical Center become a national model for the American College of Obstetrics and Gynecology."

To learn more about obstetrical services at Monmouth Medical Center, or to inquire about tours of the Eisenberg Family Center, call **888-724-7123, prompt 4.**

# MONMOUTH MEDICAL CENTER EXPANDING ITS MATERNITY UNIT TO MEET DEMAND

**THE BIRTH OF A CHILD IS ONE OF LIFE'S** most wonderful and truly remarkable experiences. For decades, Monmouth Medical Center has made the experience a happy and healthy one for countless families.

For expectant parents, preparing for a baby requires making many important decisions, including choosing a hospital for the birth of the baby. In Monmouth and Ocean counties, more parents turn to Monmouth Medical Center—where more than 4,400 babies were born in 2011.

In 2012, Monmouth Medical Center is embarking upon an exciting project to expand The Eisenberg Family Center to include a new unit featuring expansive private postpartum rooms for new mothers recovering from childbirth.

“We believe that this project fosters our family-centered care philosophy and promotes mother/baby care as we prepare new families for the journey home,” says Kathleen Wilson, R.N., M.S.N., BSHA, administrative director, Children’s Hospital and Women’s Services. “While we make these exciting changes, the focus of The Eisenberg Family Center always will remain

on the mother, baby and family together.”

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 televisions and WiFi Internet access for women recovering from childbirth, as well as a comfortable environment to welcome family and friends. The new pavilion also will house a newborn nursery with the latest technology to support the highest quality infant care.

Monmouth Medical Center’s Obstetrics’ Services include:

- The Antenatal Testing Center provides parents-to-be with the latest in medical technology and services to meet their perinatal needs. It is an integrated, comprehensive facility that brings together a full spectrum of antenatal testing and genetic counseling services.
- A dedicated, certified genetic counselor is



▲ AT MONMOUTH MEDICAL CENTER, THE EISENBERG FAMILY CENTER FEATURES PRIVATE, HOMELIKE SUITES FOR NEW MOMS RECOVERING FROM CHILDBIRTH. SHOWN HERE, NURSE MELISSA STOLFA CHECKS IN ON JESSICA DUGO OF OCEAN AND HER NEWBORN DAUGHTER ADRIANA.

available to coordinate genetic testing and provide both prenatal and preconception genetic counseling. Patients are referred for a variety of reasons, including concerns about family history, carrier screening, prenatal screening and testing, ultrasound findings and teratogen exposures.

- Expecting a baby is an exciting time affecting the lives of the prospective parents, other children, family members and friends. Monmouth offers a host of educational programs and support groups designed to meet the needs of parents-to-be and those who care about them. *(See related story on next page.)*
- At The Eisenberg Family Center, the nursing staff is responsible for the care of the family, which is at the center of everything we do. Our skilled and dedicated nurses are trained to assist mothers and their childbirth partners during labor and delivery, and instruct new parents and other family members in newborn care.
- One of our newest programs, the Monmouth Medical Center Cord Blood Banking Program, extends our legacy of childbirth support into the area of placental and cord blood stem cell banking.

## SOPHISTICATED CARE FOR THE TINIEST PATIENTS

**FOR MORE THAN 40 YEARS, THE REGIONAL** Newborn Center of The Children’s Hospital at Monmouth has been treating newborns in need of special care. The center includes a state-designated Level III perinatal center—the busiest and largest of its kind in Monmouth and Ocean counties, treating about 550 infants each year for such problems as prematurity, low birth weight, acute illness and congenital disorders, and for those requiring emergency surgery. The center is a leader in its highly specialized field, attaining the highest survival rate of any neonatal intensive care unit of its kind in New Jersey. And it ranks in the top 25 percent for survival among the more than 300 Level III units that voluntarily submit statistics to the Vermont/Oxford Network, an international database for benchmarking.



MONMOUTH'S REGIONAL NEWBORN CENTER TREATS ABOUT 550 NEWBORNS IN NEED OF SPECIAL CARE EACH YEAR.



## KNOWLEDGE IS POWER: TEACHING EXPECTANT MOMS WHAT TO EXPECT

▲ BECAUSE BABIES DON'T COME WITH DIRECTIONS, MONMOUTH MEDICAL CENTER OFFERS A HOST OF PROGRAMS DESIGNED TO MEET THE NEEDS OF PARENTS-TO-BE AND NEW PARENTS. SHOWN HERE, CHILDBIRTH EDUCATION MANAGER AND MOTHER OF TRIPLETS LISA MADDEN, STANDING CENTER, GATHERS WITH MEMBERS OF MOMS OF MULTIPLES—A NEW SUPPORT GROUP SHE INITIATED LAST SUMMER. ALSO PICTURED, THIRD FROM LEFT, IS PAT VENA, A LICENSED, CLINICAL SOCIAL WORKER WITH THE FAMILY HEALTH CONSORTIUM OF CENTRAL JERSEY WHO ATTENDS SOME GROUP SESSIONS TO GIVE SUPPORT TO THE MOMS.

### DEBATING WHETHER TO SIGN UP FOR A CHILDBIRTH PREPARATION CLASS?

It may be one of the best ways to learn about what you can expect in the months before your baby is born, as well as begin to prepare you for that anticipated arrival.

"While no two pregnancies are alike, having the knowledge to know what to expect is very important," says Lisa Madden, R.N., C.C.E., childbirth education manager at Monmouth Medical Center. "If you're not educated about the birthing process, it's difficult to feel good about what's happening to you. And if you don't understand what's happening, it's difficult to cope with the entire experience."

She recommends that all expectant parents take a tour of the hospital maternity unit beforehand. "That way, you can become familiar and comfortable with the place," she adds.

Monmouth Medical Center's  
Community Health Education Department

offers a host of programs led by registered nurses certified in childbirth education that are designed to meet the needs of parents-to-be and other family members.

Additionally, Monmouth Medical Center's staff of childbirth educators lead programs in breastfeeding and newborn care/safety, as well as support groups that allow new mothers to join other new moms to talk about what they are experiencing. And last summer, Monmouth Medical Center launched Moms of Multiples, a new support group for mothers of multiples that is led by Madden, the mother of triplets.

The only support group for mothers of multiples in the area, the group meets at Monmouth Medical Center on the third Wednesday of each month from 11 a.m. to 12:30 p.m. The group comprises moms with or expecting multiples and offers a Facebook.com page just for group members – MMC Moms of Multiples.

"Our moms of multiples Facebook

page includes some moms who are expecting triplets or twins and they join ahead of time to find out information from the new moms of twins/triplets," Madden says. "Additionally, our MMC moms group—which encompasses all moms—meets weekly and we have anywhere from eight to 15 new mothers there each week. They have a facebook page too.

The newest weekly support group—launched in October—is for new parents who may be going through any of the issues associated with postpartum depression (PPD), anxiety or obsessive compulsive disorder, as well as any of the other symptoms on the PPD spectrum.

"This group is completely confidential and is facilitated by me, along with a licensed clinical social worker who specializes in the treatment of women/families experiencing PPD," Madden says. "This support group averages six moms a week and our Facebook page is private – by invitation only.

To learn more about the wide-ranging childbirth or parenting education classes and support groups offered through Monmouth Medical Center, visit [www.barnabashealth.org/hospitals/monmouth\\_medical/community/baby](http://www.barnabashealth.org/hospitals/monmouth_medical/community/baby).

# WRITING THE BOOK ON ADVANCED GYNECOLOGICAL SURGERY



▲ ROBERT A. GRAEBE, M.D., CHAIR AND PROGRAM DIRECTOR OF THE DEPARTMENT OF OBSTETRICS AND GYNECOLOGY AT MONMOUTH, SAYS THE INTRODUCTION OF MINIMALLY INVASIVE TECHNOLOGIES SUCH AS ROBOTICS IS CHANGING SURGERY DRAMATICALLY.

## WHEN IT COMES TO ADVANCED MINIMALLY INVASIVE GYNECOLOGIC SURGERY, MONMOUTH MEDICAL CENTER IS THE REGION'S LEADER.

Monmouth was the first hospital in central New Jersey to offer robotic-assisted gynecologic surgery, and the majority of the region's gynecologists currently performing robotic surgery were trained at Monmouth Medical Center. Robotic surgery offers patients a minimally invasive alternative to traditional surgery with documented benefits including less pain and scarring and a shorter recovery time.

Monmouth is the only hospital in the region employing two of what are described as the most advanced da Vinci robotic systems available. And now Monmouth Medical Center is the first hospital in New Jersey to perform a groundbreaking robotic surgery that takes the technology to the next level: a single-incision laparoscopic surgical (SILS) hysterectomy.

The hospital paved the way in the urogynecology field when urogynecologist Martin P. Michalewski, M.D., performed a SILS hysterectomy with the da Vinci Robot through the belly button, leaving virtually no visible scar.

"Rather than making three or four separate one-quarter-inch

abdominal incisions, SILS uses a single one-inch incision," Dr. Michalewski says. "The advantage over traditional laparoscopic surgery is that there is practically no visible scars, as the only scar is hidden within the umbilicus. Since there are fewer incisions, there is significantly less pain as there is less tissue trauma, less bleeding, and less risk of infection or injury from multiple port insertions."

Robert A. Graebe, M.D., chair and program director of the Department of Obstetrics and Gynecology at Monmouth, points out that the introduction of minimally invasive technologies such as robotics and SILS is changing surgery dramatically, and notes that it's critical for people to research their treatment options to be sure they are receiving the most effective approach that will yield the best results.

Dr. Graebe, who helped to pioneer gynecologic endoscopy and minimally invasive surgery in addition to Laser surgery while a Reproductive Endocrine and Infertility fellow at Yale University School of Medicine, notes that Monmouth's team of gynecologists and gynecologic subspecialists in the fields of gynecologic oncology, urogynecology and reproductive endocrinology are skilled in the latest robotic, laparoscopic, hysteroscopic and other minimally invasive techniques.

"At Monmouth, a nationally recognized group of sub-specialists has been assembled to meet the health care needs of women in our community," Dr. Graebe says.

Nearly 60 percent of the hysterectomies performed at Monmouth are done robotically—including gynecologic oncology cases—with better outcomes than many major institutions nationally. A major academic medical center, Monmouth presented its Ob-Gyn resident research abstract regarding this achievement at the 2011 annual meeting of the American College of Obstetricians and Gynecologists.

## PAINTING A PICTURE OF SURGICAL PRECISION

IN 2006, MONMOUTH MEDICAL CENTER ADDED ANOTHER impressive achievement to its long list of minimally invasive surgical firsts, becoming the first hospital in the region to offer the da Vinci® S Surgical System—the sophisticated robotic platform that combines computer and robotic technologies with the skills of the surgeon to overcome the limitations of traditional surgery.

For Monmouth, the da Vinci system has painted a picture of surgical precision and a future where an ever-widening population of patients will be able to benefit from the advantages offered by minimally invasive surgery. Utilizing da Vinci surgical technology, Monmouth Medical Center gynecologists, gynecologic oncologists, urogynecologists and reproductive endocrinologists are able to treat many women who have complex gynecological problems without traditional open surgery.

To learn more about robotic surgery at Monmouth Medical Center, call 888-724-7123.

To learn more or for a referral to a Monmouth Medical Center gynecologist or gynecologic subspecialist, call **888-724-7123**.

