



## MONMOUTH MEDICAL CENTER EXPANDS ITS MATERNITY UNIT TO MEET DEMAND

**THE BIRTH OF A CHILD** is one of life's most wonderful and truly remarkable experiences, and 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 4,500 babies are expected to be delivered in 2013.

To keep up with the demand, Monmouth Medical Center recently completed an ambitious project to expand The Eisenberg Family Center to include a new unit featuring additional 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 Windram, R.N., M.S.N., BSHA, administrative director, Unterberg 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 includes private patient rooms that, like the existing postpartum unit, provide 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

▲ **Mother/Baby nurse Kristen Irvine, R.N., visits with Kristina Wehrenberg and her son, Blake—the first patients admitted to the new postpartum unit.**

family and friends. The new pavilion also houses a newborn nursery with the latest technology to support the highest quality infant care.

Toms River resident Kristina Wehrenberg, who along with her son, Blake, were the first patients admitted to the new unit on August 19, found her spacious suite with sweeping ocean views comfortable and inviting. Noting that Blake was born four weeks prematurely with the sequential birth date and time of 8/19 and 8:20 a.m., she said she welcomed his brother at Monmouth five years ago and added that her childbirth experiences at the hospital have been wonderful.



## 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 this initiative," says Robert Graebe, M.D., chairman and program director of Obstetrics and Gynecology. "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 4,500 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. Monmouth Medical Center has been a Level III High-Risk Maternity Center since the designation was initiated 45 years ago.
- Monmouth was counted among the top 5 percent in the nation as a HealthGrades Maternity Center

of Excellence in 2010, 2011 and 2012. HealthGrades is a leading independent health care ratings organization. LeapFrog similarly gave Monmouth an A rating for 2012 and 2013.

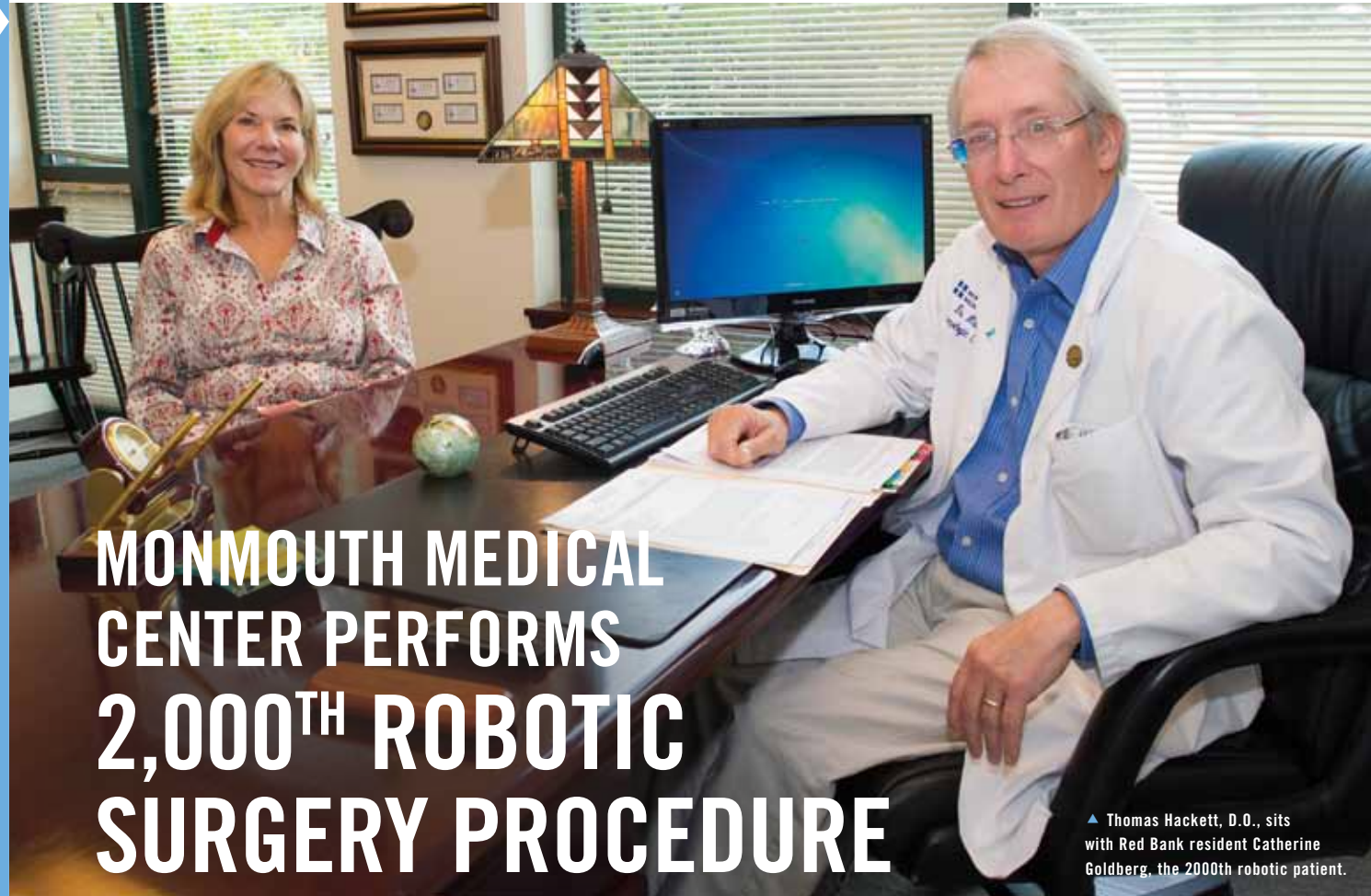
- Monmouth maintains the lowest surgical delivery rate of a Level III obstetrical unit in New Jersey—below 20 percent compared to the statewide average of 39 percent and the national rate of 32 percent.
- Monmouth's trial of labor after C-section rate of 35 percent is well above the state and national average, with 90 percent successfully delivered vaginally.
- The hospital's breastfeeding rate among discharged postpartum patients stands at 73 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 with Advanced Life Support in Obstetrics national certification to monitor

◀ **Robert Graebe, M.D., chairman and program director of Obstetrics and Gynecology, center, stands with physicians who comprise Monmouth Medical Center's Laborist Program—a distinctive program that increases patient safety with 'round-the-clock Laborist physicians who are board-certified obstetricians.**

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 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 neonatal and perinatal sub-specialists are available 24 hours a day for immediate consultation.
  - The Eisenberg Family Center recently unveiled a new wing of its postpartum unit (*see related story at left*), featuring additional expansive private postpartum rooms for new mothers recovering from childbirth. Monmouth's Labor-and-Delivery Unit also was expanded to accommodate demand and underwent renovations that included all new labor beds and bedside tables and the latest technology. 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," Dr. Graebe says. "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 excellence in obstetrics."





# MONMOUTH MEDICAL CENTER PERFORMS 2,000<sup>TH</sup> ROBOTIC SURGERY PROCEDURE

▲ Thomas Hackett, D.O., sits with Red Bank resident Catherine Goldberg, the 2000th robotic patient.

MONMOUTH MEDICAL CENTER recently reached a milestone in robotic surgery when gynecologic oncologist Thomas Hackett, D.O., performed the hospital's 2,000<sup>th</sup> robotic surgical procedure.

Fittingly, Dr. Hackett was among the first surgeons who pioneered robotic surgery at Monmouth when it was introduced in 2006. Monmouth Medical Center was the first hospital in Monmouth County to offer patients the option of robotic hysterectomy, and as a result of this new technology, a majority of hysterectomy patients, like Red Bank resident Catherine Goldberg, are being discharged home post-op on Day 1. Many are reporting that they have not needed pain medication upon discharge.

The 2000th robotic patient, Goldberg underwent surgery on

August 30 to treat uterine cancer. She was discharged after just one night in the hospital, and called the care she received from Dr. Hackett and Monmouth Medical Center excellent.

"The surgical procedure as well as the post-operative recovery has been relatively seamless, and the care I received throughout my entire stay, from admission to discharge was excellent," she said. "A nurse by profession, I certainly can speak to excellent care, and I feel that my surgery and the outcome as well as the care I received from the entire staff, are two mutually important aspects of the excellence of the care at Monmouth. I know folks who default to New York City for their surgery based on the reputation of a surgeon, but they may or may not receive the best bedside

care in that hospital."

Initially concerned surgery would prevent her from traveling to Europe in October, she notes that she was back to feeling like herself in days and looks forward to accompanying her husband, Daniel Goldberg, M.D., a refractive surgeon who is a pioneer of LASIK surgery and an accomplished corneal and cataract surgeon, to a lecture he will deliver in Amsterdam.

Dr. Hackett notes that patients who choose robot-assisted hysterectomy over traditional surgeries are released from the hospital sooner, experience less pain, blood loss and scarring, return to their regular routine quicker and have fewer infections and other post-surgery complications. The Chief of Gynecologic Oncology for Monmouth Medical Center, Dr. Hackett

is a recognized expert in the field of robotic surgery.

Monmouth Medical Center is the only hospital in the region to employ two surgical robots and the latest technology for minimally invasive complex procedures in adult and pediatric urology, gynecology and general and thoracic surgery. Its highly skilled experienced team of surgeons utilizes groundbreaking robotic technologies to perform innovative procedures and yield better results than traditional surgery. Robotic surgery offers patients many benefits, including quicker healing time, less blood loss, lower risk of infection and shorter hospital stays.

"This is a significant milestone, as we've seen firsthand how patients are benefiting from this minimally invasive alternative to traditional surgery," said urologist Michael Esposito, M.D., who with urologist Pierre Mendoza, M.D., serves as medical co-director of the Institute for Robotic Surgery at Monmouth Medical Center "We feel it's important for patients to understand the benefits of choosing an established program like the Institute for Robotic Surgery at Monmouth."

Using the most advanced technology available today, robotic surgery enables surgeons to perform delicate and complex operations through a few tiny incisions with increased vision, precision, dexterity and control. The robotic surgical system consists of several key components, including an ergonomically designed console where the surgeon sits while operating, a patient-side cart where the patient lays during surgery, four interactive robotic arms, a high-definition 3D vision system, and proprietary EndoWrist® instruments. It is powered by state-of-the-art robotic technology that allows the surgeon's hand movements to be scaled, filtered and translated into precise movements of the EndoWrist instruments working inside the patient's body.



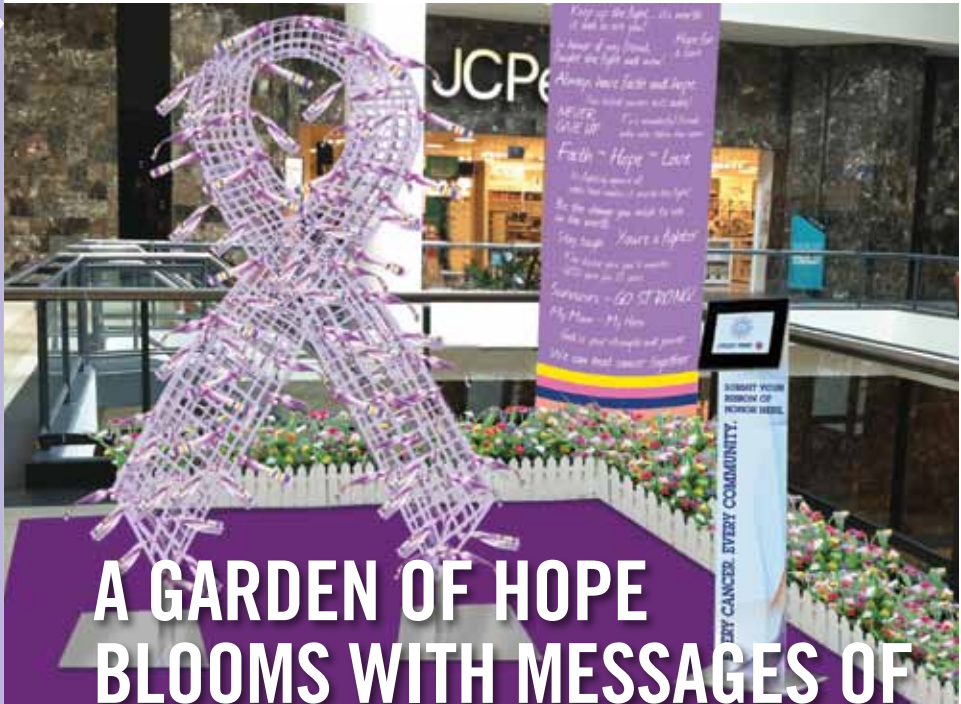
1. Thoracic surgeon Loki Skylizard, M.D., with patient Rosanne Pignitore of Red Bank and her husband, Jack, in the Surgical Intensive Care Unit following her robotic lobectomy, and then, just two weeks later, at Monmouth Medical Center's Ladies Night Out community health event at the Holiday Inn in Hazlet, featuring Dr. Skylizard. 2. Dr. Schwartz: Ocean resident Jennifer Wells was one of the first patients to undergo a revolutionary robotic gallbladder removal surgery, performed by general surgeon Mark Schwartz, M.D. 3. Pierre Mendoza, M.D., medical co-director of the Institute for Robotic Surgery at Monmouth Medical Center.

## GROUNDBREAKING ROBOTIC 'FIRSTS'

MONMOUTH MEDICAL CENTER'S SURGEONS have performed some of the region's groundbreaking robotic "firsts," including:

- **Robotic Gall Bladder Removal through Belly Button** (single-site cholecystectomy) of a 44-year-old Ocean Grove resident Jennifer Wells performed by Mark R. Schwartz, M.D., a board-certified general surgeon at Monmouth Medical Center. Using a single one-inch incision hidden around the patient's belly button, Dr. Schwartz used robotic technology to successfully detach and remove the gallbladder. Following the procedure, the patient has a barely visible scar coming out of her belly button. Traditional surgery would have required a six-inch incision just below the rib cage, as well as a much longer recovery period and more scarring.
- **Robotic assisted lobectomy was performed to remove part of the lung** on 75-year old Red Bank woman with early stage lung cancer. She resumed normal activities two weeks following surgery. The surgery was performed by thoracic surgeon Loki Skylizard, M.D., Chief of Thoracic Surgery, Director of Minimally Invasive and Robotic Thoracic Surgery and Director of the Thoracic Surgical Oncology Program. The robotic system allows surgeons better visualization and improved fine motor skills in a very small space, whereas traditional surgery to treat lung cancer – thoracotomy or Video-Assisted Throscopic Surgery – requires one large incision or several incisions and exposes a large portion of the lung. The robotic lobectomy may result in significantly less pain and trauma for patients.
- **Urologist Pierre Mendoza, M.D., performed 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.





# A GARDEN OF HOPE BLOOMS WITH MESSAGES OF HOPE AND HEALING

## MONMOUTH MEDICAL CENTER TAKES ITS ROLL OUT THE RIBBONS CAMPAIGN INDOORS THIS FALL



**MONMOUTH MEDICAL** Center's Promenade of Hope—the focal point this past summer for the hospital's Roll Out The Ribbons cancer awareness campaign—has blossomed into a Garden of Hope.

The hospital launched Roll Out The Ribbons, a unique awareness campaign designed to strengthen the fight against cancer and honor courageous individuals who have and are fighting the battle, on July 4 at Long Branch's Oceanfest celebration to raise awareness of cancer in all its forms and educate the public about the importance of early detection and prevention. The Promenade of Hope—a half-mile stretch of railing along the boardwalk in Long Branch—enabled residents from local communities to

dedicate multi-colored ribbons along the rail with messages of hope and healing to symbolize a united front in the fight against cancer.

Shortly after Labor Day, more than 2,000 Ribbons of Honor were successfully removed from the promenade and attached to a seven-foot-tall ribbon sculpture. Currently on display on the upper level of the Monmouth Mall in Eatontown, the sculpture is surrounded by colorful flowers in the Garden of Hope, which was made possible by Flowerful Events in Eatontown.

Like the Promenade of Hope, the Garden of Hope provides a beautiful visual reminder of the fight against all cancers and a soothing place where mall guests can reflect and hope for a future without cancer, according to Frank J. Vozos, M.D., FACS, President and Chief Executive Officer

of Monmouth Medical Center. “The sculpture was designed specifically to hold thousands of ribbons to accommodate the ribbons inscribed at community events held in observance of Prostate and Pediatric Cancer Awareness Month in September, Breast Cancer Awareness Month in October and Lung Cancer Awareness Month in November,” Dr Vozos says. Mall patrons can submit ribbons at the nearby kiosk as well as text in their ribbon messages, and ribbons will continue to be added to the sculpture through mid December.

It's free and easy to submit a Ribbon of Honor:

- Electronically via the mall kiosk or at [www.rollouttheribbons.com](http://www.rollouttheribbons.com).
- Fill out a form in person at a participating retailer or fill out a ribbon at a community event as listed on [www.rollouttheribbons.com](http://www.rollouttheribbons.com).
- Text ROR <space> then your message (up to 60 characters) to 84444 from your mobile device.

Optional donations benefit patients of the Leon Hess Cancer Center and the Valerie Fund Children's Center for Cancer and Blood Disorders at Monmouth Medical Center.



▲ The Roll Out The Ribbons tent was on hand as the Valerie Fund Children's Center for Cancer and Blood Disorders, as part of The Unterberg Children's Hospital at Monmouth Medical Center, hosted a special Tree-Lighting Ceremony and Reception honoring Make Some Noise: Cure Kids Cancer Foundation in September in front of the Sea Bright fire house. A part of the Go Gold for Pediatric Cancer Campaign, a joint effort between Make Some Noise: Cure Kids Cancer Foundation and Monmouth Medical Center, the campaign is designed to raise awareness of childhood cancer and the need for critical research funding during the month of September, which is recognized nationally as Childhood Cancer Awareness Month.