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SEASON'S GREETINGS

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SINGING THE PRAISES OF MONMOUTH'S TOTAL JOINT REPLACEMENT PROGRAM

DAVID L. CHALNICK, M.D., THE MEDICAL director of the Total Joint Replacement Program at Monmouth, was one of the first doctors in the area to perform minimally invasive hip replacement surgery. Over the last decade, the results of this new approach have been impressive: faster recovery, decreased immediate and long-term pain, and an accelerated return to normal activity.

"A patient exploring the possibility of hip replacement has usually exhausted other forms of treatment," said Dr. Chalnack. "The degenerative nature of these arthritic conditions eventually affects the patient's quality of life. Adaptation becomes an obstruction, and they find themselves looking for a surgical remedy to what has become constant pain."

Like the minimally invasive procedures now common in general and gynecologic surgeries, hip replacement procedures that utilize a much smaller incision are becoming the standard of care. Dr. Chalnack, associate director of the orthopaedic surgery residency program at Monmouth Medical Center and a clinical professor with Monmouth's teaching affiliate, Drexel University College of Medicine, has been among a handful of New Jersey surgeons at the forefront of this innovative approach. This advance has allowed surgeons to reduce the incision for a hip replacement from eight to 12 inches to an incision as small as three inches.

One person who can truly appreciate these surgical advances is Long Branch

resident Carrie Penn. The active 72 year old is a member of Second Baptist Church choir and president of the church's first aid unit; participates in the health education committee; and serves as a worship leader for Bible study each Tuesday. Recently, however, Carrie found herself unable to participate in activities due to extreme pain caused by many years of rheumatoid- and osteo-arthritis.

"I should have had surgery years ago, but I didn't want to have it done. When it finally got to the point where I couldn't walk and participate in church activities, I knew it was time to finally do something about it," said Carrie.

After speaking with several people—including Kenneth B. Wasser, M.D., Carrie's rheumatologist, and Marshall P. Silver, MD, her primary care physician, both of Monmouth Medical Center, as well as her friends from Second Baptist—Carrie decided to make an appointment with Dr. Chalnack.

Over the course of six months, Dr. Chalnack performed three surgeries on Carrie: a left hip replacement in February, followed by a right hip replacement in April, and, most recently, a bilateral knee replacement in July.

"Mrs. Penn came to me in a wheelchair and was pretty debilitated, but she was extremely motivated," Dr. Chalnack says. "Through a combination of minimally invasive surgical techniques, effective pain management, and aggressive rehabilitation, we were able to replace four of her joints in a

relatively quick period of time."

◀ LONG BRANCH RESIDENT CARRIE PENN IS BACK TO HER ACTIVE LIFE, INCLUDING SINGING WITH THE SECOND BAPTIST CHURCH CHOIR, THANKS TO THREE JOINT REPLACEMENT SURGERIES PERFORMED BETWEEN FEBRUARY AND JULY BY DAVID L. CHALNICK, M.D., THE MEDICAL DIRECTOR OF THE TOTAL JOINT REPLACEMENT PROGRAM AT MONMOUTH MEDICAL CENTER.

relatively quick period of time."

From diagnosis through rehabilitation, patients like Carrie expert care from Monmouth Medical Center's experienced, multidisciplinary Total Joint Replacement Program team that in addition to the total joint surgeons includes specially trained nurses, rehabilitation physicians and therapists. The program has a dedicated clinical nurse coordinator to help patients and their families through what could otherwise be an overwhelming experience. Dana Delatash serves as the patients' personal navigator and liaison with the orthopaedic team to coordinate their care, beginning with a preoperative class to educate patients about their procedures.

"My experience with Monmouth's Total Joint Replacement Program was excellent," Carrie said. "Dr. Chalnack is a doctor for all seasons; he's kind, professional—words can't describe him. Whenever anyone asks for a recommendation, I'm ready with Dr. Chalnack's information that's how highly I think of him."

Now, although she is still recuperating and undergoing physical therapy, Carrie is back to participating in church activities and spending time with friends.

"I could kick myself for waiting to have surgery and for suffering in pain as long as I did—if I had to do it all over again, I wouldn't wait," she said. "Dr. Chalnack helped me tremendously."

"As a surgeon, it is extremely gratifying to see the return of her quality of life," adds Dr. Chalnack, who became interested in joint replacement surgery as a bioengineering major at the University of Pennsylvania in Philadelphia.

After graduation from medical school at the University of Medicine and Dentistry of New Jersey and upon completion of his residency at Albany Medical Center, New York, Dr. Chalnack studied with the world-renowned joint replacement surgeons at the Insall Scott Kelly Institute in Manhattan. There he completed a fellowship in adult reconstruction, and gained subspecialty training in knee, hip and total joint replacement and revision.

Today, as an educator and practitioner, Dr. Chalnack is actively keeping Monmouth Medical Center—which has New Jersey's oldest orthopaedics residency program, providing physicians-in-training with academic instruction and clinical experience since 1945—at the forefront of the latest advances in minimally invasive orthopaedic surgery. In fact, he has been honored by resident surgeons with multiple awards for excellence in teaching.

TO LEARN MORE ABOUT THE TOTAL JOINT REPLACEMENT PROGRAM AT MONMOUTH, CALL **732.923.7971** OR VISIT **WWW.BARNABASHEALTH.ORG/MONMOUTH**.



MONMOUTH'S TOTAL JOINT REPLACEMENT PROGRAM REOPENS THE WORLD FOR LITTLE SILVER NURSE

▲ MARK GESELL, M.D.,
BOARD-CERTIFIED
ORTHOPAEDIC SURGEON
AT MONMOUTH MEDICAL
CENTER AND A MEMBER
OF PROFESSIONAL
ORTHOPAEDIC ASSOCIATES,
WITH HIS PATIENT, GAIL
CANNING.

WHEN GAIL CANNING, 63, OF LITTLE SILVER, N.J., ISN'T CARING

for the students of Red Bank Regional High School as the school's nurse, she loves to travel with her husband, Tom. They had journeyed to countless places around the world and planned to continue their travels—until a problem with Gail's hip stopped them in their tracks.

"I have a pretty high pain tolerance, but my hips just didn't feel right. It felt like they weren't equal, and then my back began bothering me. It limited my movement and what I could do," said Gail.

Previously diagnosed with arthritis, Gail hoped that seeing a chiropractor would help, but instead her hip got progressively worse. Then Gail remembered a recent trip to Greece with her husband, saying "Steps were so daunting to me. I looked at them and said, 'I can't go up all these stairs.'"

"I realized my world was getting smaller—for example, instead of going to ShopRite, I would go to a smaller store so I could get around more easily. I didn't want to live like that, and I definitely didn't want my world to get smaller. I told myself I'd get my hip fixed so I could travel again," she said.

After asking other nurses who they recommended, Gail was pointed in the direction of Mark Gesell, M.D., a board-certified orthopaedic surgeon at Monmouth Medical Center and a member of Professional Orthopaedic Associates.

"The nurses all said Dr. Gesell was the best. They called him the 'hip man,'" she said. After making an appointment with Dr. Gesell and getting X-rays, Gail was told that she had severe damage in her right hip caused by osteoarthritis. In January, she underwent a hip replacement with Dr. Gesell through Monmouth Medical Center's Total

Joint Replacement Program.

"Mrs. Canning was an excellent candidate for a total hip replacement. Her arthritis was very advanced and it was affecting her quality of life. In her particular case, I used a ceramic femoral head with a plastic polyethylene liner, which has a very low wear rate and will give her many years of pain-free motion," said Dr. Gesell.

"Dr. Gesell is excellent. He listens to everything you have to say and addresses your concerns. I'm very pleased with how things went," said Gail, who was also impressed with Dr. Gesell's background. In addition to practicing medicine for four years as a lieutenant Commander of the U.S. Navy, Dr. Gesell completed subspecialty training at the Hospital for Special Surgery in New York.

Gail, who prefers not to take medicine or painkillers, said she felt little to no discomfort after surgery and was able to stop taking pain medication shortly after surgery with help from physical therapy and the Total Joint Program's pain management program. She checked into an inpatient rehabilitation center before returning home and participating in outpatient physical therapy, which she says is very important to a successful recovery. After recuperating for a total of six weeks, Gail boarded a plane with a friend and headed to Barbados. Once she returned from her trip, she went back to work – just eight weeks after surgery.

Since then, her travels have included trips to Paris and Hawaii with her husband and their family, including their two adult children. "Life is good," said Gail. "It's all about your health. You have to take care of yourself now so you can continue to enjoy the things you love to do. We're looking forward to our next trip."



■ ■ BARNABAS HEALTH
■ ■ Monmouth Medical Center



TOMS RIVER RESIDENT JOHN MELFA HAD SUCH A GREAT EXPERIENCE WITH MONMOUTH'S TOTAL JOINT REPLACEMENT PROGRAM THAT HE STARTED VOLUNTEERING ON THE ORTHOPAEDIC UNIT ONLY TWO AND A HALF MONTHS AFTER HIS SECOND KNEE REPLACEMENT SURGERY. HE IS SHOWN HERE WITH DANA DELATUSH, THE PROGRAM'S CLINICAL COORDINATOR, PREPARING FOR A GROUP EDUCATIONAL CLASS.

NATIONAL TOTAL JOINT REPLACEMENT CERTIFICATION SPEAKS TO QUALITY OF MONMOUTH MEDICAL CENTER PROGRAM

THE TOTAL JOINT REPLACEMENT PROGRAM AT Monmouth Medical Center is dedicated to the care of hip and knee joint replacement surgery patients.

Recently, this dedication was recognized with a prestigious national accreditation, as the program received The Joint Commission's Disease-Specific Care Certification for Total Hip and Knee Replacement.

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

Dana Delatush, R.N., B.S.N., B.C., O.N.C., who is the designated coordinator for the Total Joint Replacement Center Program, said the program's patients are also very impressed.

"The goal of our program is to provide high-quality, compassionate care so patients and their families are comfortable, informed and ready to start their recovery," she says, adding that care is delivered by certified and specialty trained operating room teams, registered nurses, licensed physical and occupational therapists, as well as licensed medical and pain management practitioners.

"Before the surgery, patients and their loved ones are invited to attend a group educational class that helps prepare them and their families for surgery and recovery, and to initiate comprehensive discharge planning. We strongly encourage all patients scheduled for joint replacement surgery to attend this one-hour session."

She notes that a goal of the program is to have patients walking more than 80 feet prior to discharge, and for knee patients to achieve zero degrees extension and 90 degrees flexion by the time they are discharged from the hospital.

Feedback on the program is very positive, with patients and surgeons singing its praises and patient satisfaction scores for overall pain management in the 90th percentile.

"I took the pre-op class before my knee replacement surgery and it answered so many questions," said Toms River resident John Melfa. "This prepared me mentally, as I knew what to expect without surprises. I enjoyed the staff and had such great results that I returned for my second knee four months later, and started volunteering on the orthopaedic unit to share my experience only two and a half months after that."

To learn more about the Total Joint Replacement Program at Monmouth Medical Center or for the schedule of free monthly patient educational classes, call 732.923.7971 or email dlatush@barnabashealth.org.

TO LEARN MORE ABOUT THE TOTAL JOINT REPLACEMENT PROGRAM AT MONMOUTH MEDICAL CENTER OR FOR THE SCHEDULE OF FREE MONTHLY PATIENT EDUCATIONAL CLASSES, CALL **732.923.7971** OR EMAIL [DDELATUSH@BARNABASHEALTH.ORG](mailto:dlatush@barnabashealth.org).



◀ MONMOUTH MEDICAL CENTER RECENTLY WAS RECOGNIZED AS TOP PERFORMER BY THE JOINT COMMISSION, RECOGNITION THAT CAME FOR ACHIEVING 95 PERCENT OR BETTER ON A HOST OF QUALITY CARE MEASURES, INCLUDING HEART FAILURE. SHOWN HERE, WEST LONG BRANCH RESIDENT ALICE DESANTE VISITS WITH CARDIAC ADVANCED PRACTICE NURSE DENISE YAMAN AND CARDIOLOGIST CHARLES MATTINA, M.D., DIRECTOR OF THE HEART FAILURE MANAGEMENT PROGRAM AT MONMOUTH.

heart failure and pneumonia.

"It's gratifying to be nationally recognized for the high quality of care that is provided at Monmouth Medical Center by our physicians and hospital staff, and I am very proud to achieve this designation for the second year in a row," said Frank J. Vozos, M.D., FACS, president and chief executive officer of Monmouth Medical Center. "We understand that what matters most to our patients is safe, effective care. That's why Monmouth has made a commitment to accreditation and to positive patient outcomes through evidence-based care processes. We are proud to again be named to the list of The Joint Commission's Top Performers on Key Quality Measures."

Monmouth Medical Center is one of 620 hospitals in the U.S. earning the distinction of Top Performer on Key Quality Measures for attaining and sustaining excellence in accountability measure performance.

"When we raise the bar and provide the proper guidance and tools, hospitals have responded with excellent results," says Mark R. Chassin, M.D., FACP, M.P.P., M.P.H., president, The Joint Commission. "This capacity for continual improvement points toward a future in which quality and safety defects are dramatically reduced and high reliability is sought and achieved with regularity. Such day-to-day progress will slowly but surely transform today's health care system into one that achieves unprecedented performance outcomes for the benefit of the patients."

In addition to being included in The Joint Commission's "Improving America's Hospitals" annual report, Monmouth Medical Center is recognized on The Joint Commission's Quality Check website (www.qualitycheck.org). The Top Performer program will also be featured in the November issue of The Joint Commission Perspectives and the October issue of The Joint Commission: The Source.

RECOGNITION FROM THE JOINT COMMISSION: 'TOP PERFORMER ON KEY QUALITY MEASURES'

MONMOUTH MEDICAL CENTER

was recently named one of the nation's Top Performers on Key Quality Measures by The Joint Commission, the leading accreditor of health care organizations in America.

One of 14 hospitals in New Jersey to achieve this important designation, Monmouth is among just two hospitals in Monmouth and Ocean counties to earn this recognition.

Monmouth Medical Center was recognized by The Joint Commission for exemplary performance in using evidence-based clinical processes that are shown to improve care for certain conditions, including heart attack, heart failure, pneumonia, surgical care, children's asthma, stroke and venous thromboembolism, as well as inpatient

psychiatric services.

In order to qualify as a Top Performer according to The Joint Commission, hospitals must achieve 95 percent or better in at least two of the National Quality Goals during 2011. The National Quality Goals are Myocardial Infarction, Pneumonia, Heart Failure, and Surgical Care, and Monmouth Medical Center achieved more than 95 percent in all four of these quality care measures.

This is the second year in a row that Monmouth Medical Center is being recognized as a Top Performer, and Monmouth is one of only 244 hospitals that achieved the distinction two years in a row. Last year Monmouth Medical Center was recognized by The Joint Commission for its achievement during 2010 on a host of measure sets that included heart attack,

