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WELCOME LETTER

A BIG BOOST FOR
OUR OPIOID
RECOVERY SERVICES

IT IS WITH DEEP GRATITUDE THAT I ANNOUNCE A \$1 million gift from the Tigger House Foundation in support of opioid recovery services at Monmouth Medical Center. The Tigger House Foundation was started by Rick and Lisa Stavola in memory of their son, Rick Jr., lovingly known as Tigger, following his death due to an accidental overdose. Their nonprofit organization is dedicated to reducing the death rate of overdoses due to heroin and opiate addiction.

This generous gift will complement the RWJBarnabas Health Institute for Prevention's state-funded Opioid Overdose Recovery Program, which links individuals reversed from an opioid overdose with Narcan and admitted to the MMC Emergency Department with recovery support services and treatment. It will also fund a newly designed private consultation room in Monmouth's Emergency Department that will enable patients and families dealing with opioid abuse to meet with physicians, recovery specialists, patient navigators and counselors in a comfortable and private setting. Monmouth Medical Center's Behavioral Health Services will provide its psychiatric hotline as a resource for callers to Tigger House, the Tigger House Foundation's 12-bed sober-living house in Middletown. Through all of these efforts, Monmouth Medical Center will honor the memory of Richard "Tigger" Stavola Jr. by working to reduce the stigma that surrounds the disease of addiction.

We are extremely grateful for this special gift from the Tigger House Foundation, as it will significantly assist in our efforts to combat this deadly epidemic. Please turn to Monmouth's "In Good Health" pages (beginning on page 24) to read about this story and other exciting news about Monmouth Medical Center.

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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TURNING TRAGEDY INTO HOPE

TIGGER HOUSE FOUNDATION DONATES \$1 MILLION TO SUPPORT OPIOID OVERDOSE RECOVERY PROGRAM.

MONMOUTH MEDICAL CENTER RECENTLY RECEIVED A \$1 million donation from the Tigger House Foundation to support the center's response to the opioid overdose crisis. Monmouth Medical Center is part of a state grant-funded Opioid Overdose Recovery Program, which links individuals reversed from an opioid overdose with recovery support services and treatment after being seen in Monmouth Medical Center's Emergency Department. Recovery specialists play a critical role in engaging reversed patients with the goal of entry to the appropriate level of care, while patient navigators work to ensure access to appropriate treatment and services and a smooth transition of care.

The gift will fund a private consultation room in Monmouth Medical Center's Emergency Department. The newly designed area will enable patients and families dealing with substance abuse to meet with physicians, recovery specialists, patient navigators and counselors in a comfortable and private setting. Additionally, Monmouth Medical Center will work to honor the memory of Tigger Stavola through its efforts to reduce the stigma that surrounds the disease of addiction.

"Our son, Rick Jr., who was known to friends and family as Tigger, was larger than life—he had a big heart and a special smile that would light up a room," says Rick Stavola, who started the Tigger House Foundation with his wife, Lisa, in 2013 in memory of their son following his death from an accidental overdose. "If we can help prevent other families from going through what we did, we will have been successful and honored his memory. I believe this partnership with Monmouth Medical Center will help save more lives."

"The statistics surrounding opioid use and overdose in Monmouth County are staggering," says Bill Arnold, president and chief executive officer of Monmouth Medical Center. "The generosity of



Standing: Tara Kelly, Rick Stavola and Bill Arnold; seated: Lisa Stavola

the Tigger House Foundation will greatly assist Monmouth Medical Center in our efforts to combat this deadly epidemic."

"This heartfelt gift from the Tigger House Foundation ensures that patients and families struggling with addiction have access to the support they need," adds Tara Kelly, vice president of development of the Monmouth Medical Center Foundation. "The work Tigger House and the Stavolas are doing in memory of their son is truly remarkable and will certainly make a difference in the lives of other families."

The Tigger House Foundation is a nonprofit organization dedicated to reducing the death rate of overdoses due to heroin and opiate addiction. The foundation also works to change public attitudes towards individuals who struggle with addiction by addressing the illicit heroin and opiate epidemic.

In addition to partnering with government, law enforcement, legal and medical professionals to provide opportunities for rehabilitation and to halt the spread of illicit drugs through local dealers and prescription drug abuse, it maintains a 12-bed sober-living house in Middletown. Managed by Oxford House, Tigger House is helping to establish sober-living housing throughout Monmouth and Ocean counties.

FOR MORE INFORMATION ON THE OPIOID OVERDOSE RECOVERY PROGRAM AT MONMOUTH MEDICAL CENTER, OR IF YOU OR SOMEONE YOU KNOW NEEDS HELP, PLEASE CALL THE RWJBARNABAS HEALTH INSTITUTE FOR PREVENTION AT [732.914.3815](tel:732.914.3815).

A STEP FORWARD IN CRITICAL CARE

CHANGES BRING BETTER OUTCOMES AND HAPPIER PATIENTS



PATIENTS WHO ARE SICK ENOUGH TO REQUIRE intensive care will often need the care of multiple specialists, including cardiologists, neurologists and nephrologists. Due to the severity of their illness, multiple organ systems are involved. In traditional (open) intensive care unit models, each of these specialists would work on their own area of specialty, which at times results in fragmented care. In response to this, Monmouth Medical Center instituted a new and different approach, changing to a closed ICU model.

"In this model, each patient is under the direct care of an intensivist, a physician who is trained and board certified in critical care medicine," says Chandler Dean Patton, M.D., who is responsible for admitting patients into the ICU and directing their care with their team of physicians." The intensivist will lead the ICU team and with the input of the primary physician and specialists, coordinate the care of the patient."

In moving to the closed ICU model, Dr. Patton, who has more than 24 years of experience in pulmonary disease critical care, worked in collaboration with RWJBarnabas Health colleague Fariborz "Bobby" Rezai, M.D., FCCP, director of the Intensive Care Unit at Saint Barnabas Medical Center, which successfully implemented the closed ICU model on July 1, 2007.

"An intensivist, as opposed to the primary care physician and single-

organ specialist, is better equipped to provide leadership in the management of the critically ill patient," Dr. Rezai says.

"Since so much is at stake while caring for the critically ill, the task demands an integrated approach that combines the services of physicians, nurses, respiratory therapists and other ancillary staff," says Bill Arnold, president and CEO of Monmouth Medical Center.

Studies show that the closed ICU model "improves outcomes, decreases length of stay and results in better communication with caregivers and family members," Dr. Patton says, "but most ICUs still use an open model, due to lack of intensivists."

For that reason, Arnold says, "We are lucky to have Dr. Patton to provide his leadership in helping Monmouth Medical Center provide truly exceptional care."

» WHAT IS CRITICAL CARE MEDICINE?

According to the Society of Critical Care Medicine, an intensivist provides critical care, which is the long-term treatment of patients who have an illness that threatens their life. It is different from emergency medicine, which is the short-term treatment of those patients, and the treatment of patients who have a minor injury, such as a sprained ankle or a broken arm.

Source: The Society of Critical Care Medicine



Maureen Bowe, R.N., Bill Arnold, president and CEO of Monmouth Medical Center, Fariborz "Bobby" Rezai, M.D., FCCP, director of the Intensive Care Unit, and Chandler Dean Patton, M.D.

TO LEARN MORE ABOUT THE PROGRAMS AND SERVICES OF MONMOUTH MEDICAL CENTER, VISIT BARNABASHEALTH.ORG/MONMOUTH. TO SHARE THIS ARTICLE WITH A FRIEND OR TO RECOMMEND IT ON YOUR FACEBOOK PAGE, VISIT MONMOUTHHEALTHANDLIFE.COM.





TOP of the CHARTS

MONMOUTH MEDICAL CENTER IS AT
THE HEAD OF THE CLASS FOR CARE.

HOW DO YOU KNOW IF YOUR HEALTH CARE PROVIDER IS delivering high-quality care? Look at the ratings. Much like movies and restaurants, hospitals are reviewed by experts and rated for their results. Monmouth Medical Center has recently received top honors from prestigious organizations in several different areas—including a rare four-star rating for overall care.

In fact, Monmouth Medical Center was among only eight hospitals in New Jersey to receive that four-star rating, the highest hospital rating achieved in the state. The honor, based on a new hospital rating system rolled out by the Centers for Medicare and Medicaid Services (CMS), reviews 64 different measures that are divided into seven measure groups or categories: mortality,

safety of care, readmission, patient experience, effectiveness of care, timeliness of care and efficient use of medical imaging. Data from these measures are correlated into a single overall star rating ranging from one to five.

“A four-star rating should make us all very proud of the work we do here every day,” says Bill Arnold, president and chief executive officer of Monmouth Medical Center. “This impressive rating is a reflection of the hard work, dedication and expertise of our entire team here at Monmouth Medical Center.”

Along with the overall rating, three individual departments have also been awarded important honors. Monmouth Medical Center’s Bariatric Surgery Center has been recertified as a Bariatric



Monmouth Medical Center has been performing bariatric surgery for 17 years. Led by experienced bariatric surgeons, the medical center's bariatric surgery program provides a coordinated and supportive approach to the decision to pursue weight-loss surgery. As a part of the RWJBarnabas Health New Jersey Bariatric and Metabolic Institute, the program features extensive education and patient support before, during and after weight-loss surgery.

The medical center has also been honored for its care of breast health. For a third consecutive year, the Jacqueline M. Wilentz Comprehensive Breast Center has been named a recipient of the Women's Choice Award as one of America's Best Breast Centers, acknowledging its dedication to providing exceptional patient care and treatment. "By carrying the Women's Choice Award seal," says Arnold, "the Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center has signified its commitment to a global mission to elevate the patient experience for women and all patients as one of America's Best Breast Centers."

As one of America's Best Breast Centers, the Wilentz Center also carries the Seal of the American College of Radiologists as a Breast Imaging Center of Excellence, and scored above-average on the Centers for Medicare and Medicaid Services patient satisfaction measures. And the center received a three-year full accreditation designation from the National Accreditation Program for Breast Centers for "providing the highest-quality evaluation and management of patients with breast disease." This designation is the first for any medical center in Monmouth and Ocean counties.

And finally, Monmouth Medical Center was one of eight hospitals in the RWJBarnabas Health System to be included in the 18th Annual Health Care's Most Wired Hospitals survey, conducted by the American Hospital Association's Health Forum. The survey is a leading measure and report card on information technology (IT) use and adoption among hospitals nationwide. It covers an estimated 2,146 hospitals—more than 34 percent of all hospitals in the U.S.—and examines how organizations are leveraging IT to improve performance for value-based health care in the areas of infrastructure, business and administrative management; quality and safety; and clinical integration.

Along with these honors, the medical center recently was among only 251 hospitals in the entire nation and the only hospital in Monmouth County to achieve an "A" grade in five key hospital safety scores released by the Leapfrog Group, an independent, national organization promoting the safety, quality and affordability of health care in the U.S. Monmouth Medical Center also ranked as the safest hospital for maternity care in the region, scoring well above the standard of care. And it was designated a Top Performer by the Joint Commission, a national organization that accredits more than 21,000 health care organizations and programs in the United States.

Arnold says that his priority as CEO is "to stay ahead of the curve as the health care landscape undergoes a major transformation across the nation. Providing high quality care has always been a top priority at Monmouth, and the patient experience is more important than ever. We're positioned well for this as hospitals move from volume-based to value-based health care."

Surgery Center of Excellence by the American Society for Metabolic and Bariatric Surgery. This designation recognizes surgical programs with a demonstrated track record of exceptional patient outcomes in bariatric surgery. To earn a Center of Excellence designation, the medical center underwent a site inspection, which examined all aspects of the program's surgical processes and collected data on health outcomes.

TO LEARN MORE ABOUT THE BARIATRIC SURGERY OPTIONS OFFERED AT MONMOUTH MEDICAL CENTER, CALL [732.923.6070](tel:732.923.6070).

TO LEARN MORE ABOUT THE JACQUELINE M. WILENTZ COMPREHENSIVE BREAST CENTER, VISIT MONMOUTHWILENTZBREASTCENTER.COM.

WHEN DOCTOR BECOMES PATIENT

FORMER CHAIR OF THE DEPARTMENT OF SURGERY CHOOSES HIS COLLEAGUE FOR SUCCESSFUL HIP REPLACEMENT.

WHO DOES A LEADING SURGEON TURN TO WHEN HE REQUIRES

surgery? For Michael A. Goldfarb, M.D., FACS, the answer was simple. After completing tens of thousands of surgeries on others, for his first surgery, Dr. Goldfarb went straight to his colleague at Monmouth Medical Center—fellowship-trained, board-certified orthopedic surgeon David Chalnick, M.D, FACS.

“People were telling me to go to New York City, but you don’t have to—the answer is right here,” says the former chairman and program director of the Department of Surgery at Monmouth Medical Center, who needed a hip replacement after years of debilitating pain. “Monmouth Medical Center’s surgical results are superb; there’s no reason to go elsewhere.”

His choice of Dr. Chalnick, medical director of The Joint Replacement Center at Monmouth Medical Center, was also clear from the start. “I know him as a surgeon,” explains Dr. Goldfarb, a practicing Monmouth Medical Center surgeon since 1974. “He is meticulous, compassionate and extremely skilled.”

Today, Dr. Goldfarb feels “amazing” as a result of the procedure. “Dr. Chalnick is a master surgeon; he’s a surgeon’s surgeon. I went in on a Thursday and came home Saturday,” reports Dr. Goldfarb, who returned to work seeing patients just nine days after the operation. “The pain was minimal. I was up and walking the same day of the surgery.”

Dr. Goldfarb started having severe pain in his right hip a couple years ago. A former nationally ranked fencer, he had to give up the beloved sport and was finding it increasingly difficult to golf. “It hurt so much at night that I was having trouble sleeping,” recalls the Little Silver resident, who tried various exercises and over-the-counter pain relievers, to no avail. “I knew I had to have something done.”

X-rays revealed that Dr. Goldfarb’s right hip was “bone on bone.” In other words, the cartilage—which normally serves as a cushion between the joint’s two bones—was completely worn away. “Dr. Chalnick said, ‘When it hurts too much, come back,’” says Dr. Goldfarb, noting that the dedicated surgeon was there for him every step of the way.

DOCUMENTED EXPERIENCE AND RESULTS

A well-informed patient, Dr. Goldfarb is a national expert in the study of surgical outcomes, and knew that both Dr. Chalnick and Monmouth Medical Center have an outstanding track record.

“I’ve personally followed surgical outcome studies for years,” says Dr. Goldfarb, a recognized leader on outcome studies who has pub-



Michael A. Goldfarb, M.D., and David Chalnick, M.D.

lished many professional articles on the subject. “I’m not just simply appraising them; I’m aware of the actual results.”

“Dr. Chalnick is a compulsive surgeon,” he continues. “You have to be compulsive, to be good. In other words, a surgeon must be consistent, operate with proper indications, and really care about what he is doing. And do it the way you would do it for your own family.”

Dr. Chalnick epitomizes those qualities, says his colleague. “He is exceptional,” says Dr. Goldfarb, who praises the entire Monmouth Medical Center team. “The orthopedic floor is incredible. They’re smart and attentive—it’s first class.”

“It’s certainly flattering when a colleague turns to you for their own care, but I try to remember and emphasize to residents that every patient is equally important,” says Dr. Chalnick. “When you treat all patients in the same manner, you don’t miss anything and the results are typically excellent.”

SUCCESSFUL SURGERY SPARKS SPEEDY RECOVERY

Upon returning to see Dr. Chalnick when his pain became too severe, Dr. Goldfarb was presented with different hip replacement surgery options. For Dr. Goldfarb’s particular situation, Dr. Chalnick recommended the mini posterior approach. “I’ve optimized this technique over the past 18 years in practice,” says Dr. Chalnick. “It involves an incision toward the posterolateral aspect of the hip and results in a quick and fairly comfortable recovery.”

TO LEARN MORE OR TO INQUIRE ABOUT ONGOING FREE PATIENT EDUCATION SESSIONS, CALL THE JOINT REPLACEMENT CENTER AT MONMOUTH MEDICAL CENTER AT **732.923.7666** OR VISIT **BARNABASHEALTH.ORG/MMCJOINT**.

TO SCHEDULE AN APPOINTMENT WITH DR. CHALNICK DIRECTLY, CALL HIS OFFICE AT **732.530.1515**.