

January  
2021



# SAINT PETER'S HEALTHCARE SYSTEM

*Safely treating you better...for life.*

## Saint Peter's Celebrates its Sixth Magnet® Designation for Nursing Excellence

On a chilly November morning, the nursing staff and leadership at Saint Peter's University Hospital erupted in joy, unleashing confetti, balloons and cheer. They had just received the news that Saint Peter's was redesignated as a Magnet® hospital by the American Nurses Credentialing Center (ANCC) of the American Nurses Association for 2020-2024. With this latest recognition, Saint Peter's became one of only five hospitals worldwide to receive this designation for six consecutive terms.



"Magnet® designation is the highest level of excellence in nursing practice recognition globally by the ANCC," said Linda Carroll, MSN, RN, RN-BC, vice president of Patient Care Services and chief nursing officer at Saint Peter's University Hospital. "It is the gold standard to illustrate nursing and interprofessional evidence-based practices. This designation represents that the Saint Peter's nurses are amongst the best and of the best."



Magnet status is awarded to hospitals that deliver an extraordinary level of patient care, meet high levels of nursing excellence, and establish an environment that encourages the pursuit of professional development with an emphasis on teamwork. According to Teresa Artz, MSN, RN, CCRN-K, director of the Magnet Program and Nursing Quality-Education at Saint Peter's, the nursing staff at Saint Peter's has been working tirelessly to ensure that these high standards are not only maintained each year—but improved upon to provide the best care for the patients at Saint Peter's.

"Nursing excellence impacts patient care and their level of experience in many ways," said Artz. "It brings innovative, highly skilled and compassionate nursing care to the bedside."

Magnet-recognized organizations are expected to uphold five key principles that support global issues in nursing and health care: transformational leadership; structural empowerment; exemplary professional practice; new knowledge, innovation and improvements; and empirical quality results.

### Leadership in the Community

Artz says the pillar of transformational leadership has been demonstrated a countless number of times at Saint Peter's, but one shining example is the Opioid Task Force. In 2017, Middlesex County had one of the highest levels of opioid-related deaths in New Jersey. According to the New Jersey Department of Law & Public Safety, the number of opioid-related deaths had been climbing up over the years. In response, an interprofessional Opioid Task Force, inclusive of clinical nurses, local law enforcement, addiction recovery specialists and social agencies, was created under the leadership of Saint Peter's Chief Nursing Officer Linda Carroll.

The mission of the Opioid Task Force was to educate the community about the risks of addiction and to provide treatment options and resources for those battling addiction. The Opioid Task Force placed recovery coaches at the bedside of patients who came into the Emergency Department for treatment of substance abuse or an overdose. The goal is to get these patients right into a recovery program. Clinical nurses also worked with physicians to reduce the number of opioids that were prescribed to patients, ultimately decreasing the risk of addiction within the Middlesex County community.

As a part of its multi-pronged approach, the Opioid Task Force reached out to local middle schools and high schools with education on opioid misuse. Nurses collaborated with physicians, law enforcement officers and parents to educate students on the dangers of substance abuse. In addition, the Opioid Task Force organized community educational programs on how to get back on the road to recovery. Through these educational efforts, the interprofessional task force was able to connect with 10,000 individuals in Middlesex County. Since the implementation of the program, the number of opioid-related deaths in Middlesex County has decreased.

### Empowerment During COVID-19

According to Carroll, Magnet recognition is testament to the countless contributions nurses, in collaboration with other team members, have made in their commitment to provide quality patient care through innovations in professional nursing practice. Structural empowerment at Saint Peter's means that the clinical nurses are involved in interprofessional decision-making across the hospital, helping to create new hospital-wide policies for enhanced patient care. The nurses are also encouraged to join external professional organizations so they can continuously advance their practices and share their expertise.

During the outset of the COVID-19 pandemic, the clinical nurses' involvement in professional organizations proved to be vital. As the pandemic was spreading outside the U.S., the nurses at Saint Peter's were gathering evidence-based information about the best practices and policies for future COVID-19 patients. Through membership in the American Association of Critical-Care Nurses (AACN) and in collaboration with the critical care intensivists, respiratory therapists and physical therapists, the Adult Intensive Care Unit clinical nurses learned that placing the COVID-19 patient in a prone position, or laying the patient on his or her abdomen, would lead to an improved respiratory outcome. The nurses worked with other staff members to implement this practice hospital-wide with incoming COVID-19 patients ahead of the surge, likely improving the respiratory outcome for many patients.

### What Does Magnet Recognition Mean?

To nurses around the world, Magnet recognition represents the highest and most prestigious testimonial a healthcare organization can achieve for nursing excellence and quality patient care. This is evident at Saint Peter's where the nurses at all levels are always enhancing patient care through evidence-based practices. To patients, it means the very best care delivered by nurses who are supported to be the very best that they can be.

Independent research has shown that Magnet hospitals consistently provide the highest quality patient care and outperform their peers in recruiting and retaining quality nurses, which, in turn, has been directly connected to attracting high-quality physicians.

Saint Peter's was the 10th hospital in the nation to first receive Magnet designation in 1998. The hospital's sixth designation was awarded after a three-day virtual survey was completed.

"How did Saint Peter's achieve Magnet designation six times in a row? The nurses and all of Saint Peter's employees pride themselves on a culture of excellence; this is how we live and breathe each day. This level of excellence is not just for Magnet recognition," said Artz. "We want to do right by our patients and their families, our physicians and our staff every day."



# Saint Peter's Achieves Primary Stroke Center Certification by The Joint Commission

Saint Peter's University Hospital has achieved certification as a Primary Stroke Center by The Joint Commission, demonstrating that the hospital has consistently met quality metrics and provided some of the best evidence-based care for its stroke patients. In 2009, Saint Peter's was designated as a primary stroke center by the New Jersey State Department of Health and Senior Services. This certification by The Joint Commission reinforces Saint Peter's commitment to stroke care.

"The accreditation by The Joint Commission is assurance that Saint Peter's holds itself at the highest standards of clinical practice," said Larissa Semenov, MSN, RN, CNOR, NE-BC, director of Nursing, Emergency Services, Cardiac Catheterization Lab and Endoscopy at Saint Peter's. "We have engagement from the highest levels of the organization, urging us to apply for certifications that reflect to the community that we are committed to the best quality for our patients."

To achieve certification from The Joint Commission, the Education Department at Saint Peter's expanded the amount of stroke-related education provided to hospital staff.

"This year's Stroke Symposium was held virtually for clinical staff to review key areas of stroke care including assessment, symptom recognition, testing, and medication management," said Maria Bartman, BSN, RN, CEN, stroke coordinator, who with Roger Behar, MD, medical director of Saint Peter's Stroke Program, co-chaired the Stroke Committee. "In preparation for the Joint Commission certification, we also focused on educating the non-clinical staff to recognize the signs and symptoms of stroke and stroke prevention."

Saint Peter's also prioritized teaching the surrounding community about stroke recognition and prevention ahead of this certification. Educational pamphlets on stroke symptom recognition and prevention were distributed at community health events, including flu clinics, to help raise awareness. Saint Peter's Community Health Services provided

**WHEN IT COMES TO STROKE SYMPTOMS, YOU MUST BE FAST**

- B** **BALANCE**: Does the person have a sudden loss of balance?
- E** **EYES**: Are they experiencing blurred or double vision in one or both eyes?
- F** **FACE**: Ask them to smile – does one side of their face droop?
- A** **ARMS**: Ask them to raise both arms – does one arm drift downward?
- S** **SPEECH**: Ask them to repeat a simple phrase – is the speech slurred or strange?
- T** **TIME**: If you see ANY of these signs, call 9-1-1.

screenings for common stroke risk factors such as hypertension, diabetes and cholesterol.

According to the New Jersey Department of Health, stroke has historically been one of the top leading causes of death in Middlesex County. The Centers for Disease Control and Prevention (CDC) reports that the risk of stroke increases with age but strokes can—and do—occur at any age. Stroke is a leading cause of serious long-term disability and reduces mobility in more than half of stroke survivors age 65 and over.

"Our older population is vulnerable and at a higher risk for stroke. We want our more vulnerable patients to know that the stroke-related policies and procedures followed by Saint Peter's are robust," said

Ishani Ved, MHA, CPHQ, director, Quality and Safety Management at Saint Peter's. "We will continue to maintain compliance with rigorous standards as a part of this certification and provide the highest quality of care to our community."

Saint Peter's was the first hospital in New Jersey to be recognized as an Age-Friendly Health System by the Institute for Healthcare Improvement, and this certification by The Joint Commission further emphasizes Saint Peter's commitment to seniors.

At Saint Peter's, primary stroke care is available 24 hours a day, 7 days a week. If you have any symptoms of a stroke, or notice a loved one experiencing symptoms, it is imperative that you call 911. In the event of a stroke, remember to **BE FAST**.

## Community Calendar

For more information or to register for a program, call the contact number listed or visit [saintpetershcs.com/Events](http://saintpetershcs.com/Events). Most programs are **FREE** unless noted; please call for information.

### Cancer Support

- Bone Marrow Transplant**  
For patients who have had an allogeneic transplant  
Call for information: 732.235.8522
- Breast Cancer**  
Call for information: 732.235.7011
- Gynecologic Cancer**  
In partnership with the Cancer Support Community Central New Jersey  
Call for information: 732.235.6792
- Living with Cancer**  
Call for information: 732.235.7557

### Diabetes Education\*

- For more information about the following classes, please call the phone numbers listed below.
- Diabetes Self-Management Education**  
Call for information: 732.339.7630
  - Gestational Diabetes Self-Management Education**  
Call for information: 732.339.7630
  - Type I Diabetes Support Group for Children and Their Families**  
Call for information: 732.745.8600, x8610

### Pre- and Post-Bariatric Surgery Peer Support Group

- English**  
Every Thursday  
4:30 to 5:30 pm
- Spanish**  
Every Monday  
4 to 5 pm
- For information call 732.745.8571

### Support Groups

- Bereavement**  
Call Pastoral Care for information: 732.745.8565
- Craniofacial Teen Girls**  
Call for information: 732.745.8600, x8113
- Spouse/Partner Caregiver**  
Call for information: 732.745.8600, x8662

<b>SHARE</b> 3 <sup>rd</sup> Thursday of each month Next meeting: <b>January 21 7 to 9 pm</b> Irina Mariano-Brown, MSW, LCSW Email for Zoom link: imariano@saintpetersuh.com Call 732.745.8522 <b>FREE</b>	<b>Weight Loss Seminars</b> 3 <sup>rd</sup> Tuesday of each month Next meetings: <b>January 19</b> <b>English 12 to 1 pm</b> <b>Spanish 1 to 2 pm</b> For information call <b>732.745.8571</b>	<b>MyGoal Autism Family</b> 2 <sup>nd</sup> Sunday of each month Next meeting: <b>January 10 3 pm</b> In-person (socially distanced seating) Call 877.886.9462 or email info@mygoalautism.org for location details
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### Parent Education

- Parenting classes are currently being held online. Register at [saintpetershcs.com/Services/Parent-Education](http://saintpetershcs.com/Services/Parent-Education). Once registered for a class, access information will be provided to you. For information about the following classes, please call Parent Education at 732.745.8579
- Baby Care**
  - Birth Center Class** (for moms under midwifery care)
  - Breastfeeding Class**
  - Breastfeeding Support Group**
  - Grandparents Class**
  - Hypnobirthing**
  - Marvelous Multiples**
  - New Daddy Class**
  - New Mom Support Group**
  - Prenatal Yoga & Exercise Class**
  - Prepared Childbirth/Lamaze Classes**
  - Sibling Class**

**Need a doctor? To find a Saint Peter's physician, call 1.855.SP.MY.DOC (1.855.776.9362).**

**Online scheduling is also available with select Saint Peter's Healthcare System physicians via Zocdoc at BookMySPDoc.com**

This calendar is for information only. Do not rely on it to make healthcare decisions on your own; instead, talk with your healthcare provider for advice and treatment. Do not ignore medical advice or delay seeking it because of something you read here. We do not suggest or endorse that you have any tests, use products, or use other information in this document without advice from your healthcare provider.



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