

September  
2021



# SAINT PETER'S HEALTHCARE SYSTEM

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

## U.S. News & World Report Names Saint Peter's 'High Performing' Hospital in Four Adult Specialties: Lung Cancer Surgery, COPD, Heart Failure and Acute Kidney Failure

Saint Peter's University Hospital has been recognized as a High Performing Hospital for 2021-22 by *U.S. News & World Report*. Saint Peter's earned "High Performing" ratings for **Lung Cancer Surgery, COPD (Chronic Obstructive Pulmonary Disease), Heart Failure and Acute Kidney Failure**, in recognition of care that was significantly better than the national average, as measured by factors such as patient outcomes. "High Performing" is the highest rating *U.S. News* awards for those types of care.



"We are honored to have four clinical areas recognized among the top in the nation for their specialty," said Leslie D. Hirsch, FACHE, president and CEO of Saint Peter's Healthcare System. "This prestigious rating from *U.S. News* reinforces our clinical care teams' commitment to continually improve the quality of patient outcomes and recognizes our ability to deliver on this promise."

The *U.S. News* methodology says that good structure and process will yield good outcomes. Outcomes included are 30-day mortality, unplanned readmissions, and the percentage of patients discharged to their homes. The score also includes the patient experience, which Saint Peter's monitors very closely. Saint Peter's currently ranks in the 98<sup>th</sup> percentile for inpatient patient satisfaction based on the hospital's Press Ganey survey of patients, which provides important feedback to help deliver an exceptional patient experience at every step of the journey. Based on the national, standardized HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) survey of patients' perspectives of hospital care, Saint Peter's ranks in the 95<sup>th</sup> percentile for 'likelihood to recommend' Saint Peter's to others.

The Lung Health Program at Saint Peter's is designed to detect cancer early in patients by providing low-dose screenings through CAT (computerized tomography) scans. By the time lung cancer symptoms develop in a patient, the disease is often too advanced. Saint Peter's Lung Health Program takes a multidisciplinary approach to the treatment of each patient. The team of pulmonologists, oncologists, radiologists, radiation oncologists, pathologists and the patient navigator meets monthly to create an individualized treatment plan for each patient.

"We owe our high performing recognition to our multidisciplinary team as it truly takes the expertise of every member of the team to determine the best course of treatment for a single patient," said Amar Bukhari, MD, chief of the Division of Pulmonary, Critical Care and Sleep Medicine, and associate chair for the Department of Medicine at Saint Peter's University Hospital. "The communication and camaraderie among our multidisciplinary team make Saint Peter's different from other hospitals and ensure our patients get the best care."

*Denise Kosnar, APN, Division of Pulmonary, Critical Care and Sleep Medicine at Saint Peter's University Hospital, speaks with a patient about lung health.*

One treatment option for lung cancer is the CyberKnife® Robotic Stereotactic Radiosurgery System. During CyberKnife procedures, patients receive high doses of radiation directly to their tumor with sub-millimeter precision, minimizing exposure to surrounding healthy tissue. Each session of this non-surgical, non-invasive treatment is 30 to 90 minutes long. CyberKnife technology also treats tumors in the brain, head and neck, breast, liver, pancreas, prostate and spine.

To treat COPD, Saint Peter's follows guidelines created by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) and focuses on successful intervention to prevent or quit smoking. Saint Peter's also has a Pulmonary Function Laboratory which specializes in both adult and pediatric patients to accurately assess function.

Cardiology services at Saint Peter's include the treatment of congestive heart failure, cardiomyopathy, coronary artery disease and cardiac arrhythmias, among others. Critical services include echocardiography, both transthoracic and transesophageal, for evaluation of cardiac function. The cardiology clinical care team also offers pharmacologic nuclear stress testing and exercise stress testing to evaluate blood flow to the patient's heart. The staff of the hospital's two cardiac catheterization labs performs emergent and peripheral angioplasties and pacemaker implantation.

"Our cardiology team is staffed with world-class clinicians and nurses who follow evidence-based guidelines for care, all of which are important to consider when choosing a hospital for oneself or a loved one with heart failure. Our involvement in the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke quality improvement program also shows a commitment to high

quality outcomes for our patients with cardiovascular diseases and stroke," said David E. Jacob, MD, chief of Cardiovascular Diseases and Cardiology, and associate chair for the Department of Medicine at Saint Peter's University Hospital.

Saint Peter's received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award for 2020-2021 by meeting quality achievement measures for the diagnosis and treatment of stroke patients and recently achieved certification as a Primary Stroke Center by The Joint Commission. Saint Peter's is also recognized for critical care nursing excellence by the American Association of Critical-Care Nurses with a sixth consecutive Beacon Award earned by the hospital's Intensive Care Unit and a first Beacon Award earned by its Cardiac Progressive Care Unit.

Kidney failure is a condition in which the kidneys suddenly lose the ability to filter waste products from the blood. Acute kidney failure develops rapidly, requires intensive treatment and can be fatal. *U.S. News* evaluated Saint Peter's on how well the hospital performed using data such as patient survival, number of patients treated and more. Saint Peter's earned a high performing rating in treating kidney failure, indicating the hospital is significantly better than the national average.

The annual Procedures & Conditions ratings by *U.S. News & World Report* are designed to assist patients and their doctors in making informed decisions about where to receive care for common conditions and elective procedures. These ratings extend *U.S. News*' mission of providing consumers with patient decision support beyond the Best Hospitals rankings, which are geared toward complex specialty care.

For the 2021-22 ratings, *U.S. News* evaluated more than 4,750 medical centers nationwide in 17 procedures and conditions. Fewer than a third of all hospitals received any high performing rating, and only 11 earned this rating in all procedures and conditions. The state and metro area rankings recognize hospitals that received high performing ratings across multiple areas of care.

**To learn more about Saint Peter's and our services, please visit [saintpetershcs.com](http://saintpetershcs.com).**



# Saint Peter's Critical Care Nurses Earn Sixth Beacon Award for Excellence



The Intensive Care Unit (ICU) at Saint Peter's has earned the Silver Beacon Award for Excellence by the American Association of Critical-Care Nurses (AACN) for the 2021-2024 term. The ICU at Saint Peter's has received this coveted award for the sixth consecutive time.

The Beacon Award for Excellence, a significant milestone on the path to exceptional patient care and healthy work environments, recognizes unit caregivers who successfully improve patient outcomes and align practices with AACN's six Healthy Work Environment Standards. Units that achieve this three-year designation meet national criteria consistent with Magnet® Recognition, the Malcolm Baldrige National Quality Award and the National Quality Healthcare Award. Saint Peter's received its sixth consecutive Magnet® designation for Nursing Excellence in November 2020.

"We are extremely proud of our ICU nurses to have earned the Beacon Award for Excellence for the sixth consecutive time, and recognize the significance of achieving

this award during the pandemic," said Linda Carroll, MSN, RN-BC, vice president of Patient Care Services and chief nursing officer, Saint Peter's Healthcare System. "COVID-19 has presented its challenges this past year, but our ICU nurses have continuously provided the highest quality of care to our patients. When patients couldn't see their loved ones, our nurses became the patients' families, providing compassionate care during difficult circumstances."

Earning the Beacon Award signifies how Saint Peter's ICU nurses use continuous learning and effective systems to achieve optimal patient care. Saint Peter's ICU earned its silver award by meeting the following Beacon Award for Excellence criteria: leadership structures and systems; appropriate staffing and staff

engagement; effective communication, knowledge management, learning and development; evidence-based practice and processes; and outcome measurement.

Units that receive the Beacon Award set the standard for excellence in patient care environments by collecting and using evidence-based information to improve patient outcomes, as well as patient, family and staff satisfaction. For patients and their families, the Beacon Award signifies exceptional care through improved outcomes and greater overall satisfaction. For nurses, a Beacon Award means a positive and supportive work environment with greater collaboration between colleagues and leaders.

"The Beacon Award for Excellence shows that our nurses are the best of the best," said Laura Spaulding, MSN, RN, CCRN, nurse manager of the ICU. "We take a family-centered approach at Saint Peter's, not only providing care to the patient but to their loved ones as well."

Saint Peter's ICU is a 24-bed fully monitored unit. In addition to intensivists (physicians trained in the specialty of critical care), the unit is staffed by 75 registered nurses who ensure the highest level of patient care. Eighty-five percent of nurses who work on the unit hold the national CCRN certification for critical care nursing.

To see more of Saint Peter's recognitions, please visit [saintpetershcs.com/award](http://saintpetershcs.com/award).



The nurses of Saint Peter's ICU marked National Critical Care Awareness and Recognition Month in May by wearing blue.

## 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 information about classes, call the numbers listed below.
- Diabetes Self-Management Education**  
Call for information: 732.339.7630
- Gestational Diabetes Self-Management Education**  
Call for information: 732.339.7630
- Prevent T2 Program**  
Call for information and registration: 732.339.7772
- Type 1 Diabetes Support Group for Children and Their Families**  
Call for information: 732.745.8574

### Support Groups

- Bariatric Nutrition Support Group**  
2<sup>nd</sup> Tuesday of each month  
Next meeting: September 14 • 6 to 7 pm  
Call 732.339.7450 for Zoom meeting information
- Bereavement**  
Call Pastoral Care for information: 732.745.8565
- Craniofacial Teen Girls**  
Call for information: 732.745.8600, x8113
- MyGoal Autism Family**  
2<sup>nd</sup> Sunday of each month  
Next meeting: September 12 • 3 pm  
Call 877.886.9462 or email [info@mygoalautism.org](mailto:info@mygoalautism.org) for virtual meeting details
- SHARE**  
3<sup>rd</sup> Thursday of each month  
Next meeting: September 16 • 7 to 9 pm  
Call 732.745.8522 or email [imariano@saintpetersuh.com](mailto:imariano@saintpetersuh.com) for Zoom link
- Spouse/Partner Caregiver**  
Call for information: 732.745.8600, x8662
- Weight Loss Seminars**  
3<sup>rd</sup> Tuesday of each month  
Next meetings: September 21  
English 4 to 5 pm • Spanish 5 to 6 pm  
For information call 732.745.8571

### 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

- |  |                            |   |
|--|----------------------------|---|
| <b>Baby Care</b>   | <b>Grandparents Class</b>  | <b>New Mom Support Group</b>              |
| <b>Birth Center Class</b><br>(for moms under midwifery care) | <b>Hypnobirthing</b>       | <b>Prenatal Yoga &amp; Exercise Class</b> |
| <b>Breastfeeding Class</b>                                   | <b>Marvelous Multiples</b> | <b>Prepared Childbirth/Lamaze Classes</b> |
| <b>Breastfeeding Support Group</b>                           | <b>New Daddy Class</b>     | <b>Sibling Class</b>                      |

**Saint Peter's University Hospital's Annual Public Meeting**

**Virtual Webinar**  
Wednesday, September 22, 2021  
4 to 5 PM  
To register, visit [saintpetershcs.com/publicmeeting](http://saintpetershcs.com/publicmeeting)

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