

CHECK *up*

Kimball News For Our Community



HDTV COMES TO AN O.R. NEAR YOU

In today's digital operating room, high-definition video technology is providing clear, brilliant images of anatomy on a spacious display designed to create the optimal operating environment for the surgeon.

At Kimball Medical Center, the bar for surgical imaging video display has been raised with the introduction of HD technology into a hospital operating room. Key advantages of the system – a first for Ocean County – include high-definition display, excellent maneuverability and multi-system compatibility.

The hospital's laparoscopic surgeons are impressed with the ability to see in greater detail and contrast on the HD surgical display, according to Geraldine Smith, administrative director of Surgical Services at Kimball, who notes that the technological advance was made possible through the support of the hospital's Foundation.

"The Foundation has been so wonderful, and they continue to ask us what we need to maintain our O.R. as the most state-of-the-art," she says. "They have purchased advanced instrumentation for minimally invasive surgery and lasers, as well as this HD system, which in turn has allowed the hospital to recruit highly skilled thoracic, urological and plastic surgeons."

For general surgeons Jarrod Kaufman, M.D., and Michael Menack, M.D., who recently teamed to remove a gall bladder using a minimally invasive technique viewed on the HD system, the image is far superior.

"The HD tower adds a level of visualization that really supports our patient safety and outcome goals," Dr. Kaufman says. "This incredibly innovative video system provides precise, lifelike images and delivers exceptional results that are helping surgical teams provide the best in patient care."

Above right: General surgeons Jarrod Kaufman, M.D., right, and Michael Menack, M.D., team to remove a gall bladder using a minimally invasive technique viewed on the hospital's new high-definition video tower system.



The Health Care Experience Behind the Walls of Sleep

For any patient, there is a leap of faith when placing his or her care in the hands of a health care provider. But perhaps for no one is that leap greater than for a surgical patient, whose health care experience takes place largely while asleep.

"If you must have surgery, you want it to be a positive experience," says Geraldine Smith, administrative director of Surgical Services at Kimball. "During the surgery, you are in the competent hands of a highly skilled team that includes the surgeon, anesthesiologist, circulating nurse and scrub tech, all of whom are dedicated to the safest, most-positive possible outcome for the patient."

Smith points to a growing emphasis nationally on patient safety, and notes that now surgeons and other professionals have specific protocols designed to make surgery, in particular, safe and successful.

"Of course any surgical procedure carries an element of risk, but for the surgical staff, the No. 1 goal is patient safety," she says.

"We're the patient advocates, and all safety goals are met in this O.R. For example, the positioning of a patient's extremities is very important, because the patient is asleep, and so we have to know exactly how to position the patient to minimize any pain, discomfort or injury following the surgery.

"We're all here to work as a team toward the same goal," she adds. "We have a series of checks and balances, and while some of the steps may seem redundant, they are all important for patient safety."

At Kimball, perioperative services begin with pre-surgical education and testing and extend from admission to surgery and through postoperative recovery.

"When patients arrive in the Surgical Suite, the nursing staff collect their health information and prepare them for surgery," Smith says. "In the operating room, the surgical team works together to constantly monitor the patient to ensure the best and safest outcome. At the completion of the

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Dear Neighbor,



As Kimball Medical Center approaches the celebration of its 95th year on May 1, recent accomplishments are propelling us toward a bright future that promises continued growth and success.

Kimball Medical Center is ranked among the top 5 percent of U.S. hospitals for clinical quality performance, a distinction that clearly illustrates our commitment to medical excellence and illustrates our commitment to providing quality care and our success in cultivating a culture of excellence.

Throughout 2008, we will be dedicating each issue of *Checkup* to the theme of quality, and in this issue, we spotlight Kimball's commitment to excellence in clinical quality in our operating room.

Quality patient care is the hallmark of the Saint Barnabas Health Care System and is one of our system's core values. Here at Kimball Medical Center, our staff is committed to providing excellent patient care, and our goal has always been that each and every employee must ensure that we are providing the highest level of quality care to every patient every day. In order to achieve our goal, quality care must be embraced as not only a professional commitment, but as a personal goal and vision — something that is clearly evident as you read about the hard-working staff of Kimball's O.R.

The dedication and passion of our doctors, nurses and staff to provide our patients with the best care possible directly contributes to our success. I'm proud of the collective effort they make every day to share the quality of innovation, commitment and outcomes that are the hallmark of our care.

From the Kimball family to yours, I wish you the happiest and the healthiest of new years.

Wishing you good health!

Joe Hicks

Joe Hicks
Executive Director

The Health Care Experience Behind the Walls of Sleep *continued from front page*

operation, patients are taken to the PACU, also known as the recovery room, where they are cared for by a registered nurse specially trained in post-operative care."

For Smith, a veteran surgical nurse who at Kimball oversees a 33-member staff and activity in seven operating room suites, the fast-paced world of an O.R. is where she has always wanted to be.

"Working in surgery is exciting, as there's constant movement, and with all of the advances in technology, things are constantly changing (see related cover story)," she says. "I love working with people, and every day is a learning experience. Every day is also an opportunity for teaching, so you need good communicating, as well as listening, skills."

Smith, who worked in her native Brooklyn for 27 years as a surgical nurse and joined Kimball two years ago, notes that she was always the caregiver of her family.

"I love to help people," she says. "This is such a rewarding field, as you get to be a part of



At Kimball, all members of the surgical services' staff work as a team toward the same goal – the best and safest outcome for the patient. Geraldine Smith, administrative director of surgical services at Kimball, is shown here, seated second from right, with some of the 33 members of her team.

the outcome for the patient. And even though with surgery you know the outcome is not always going to be a positive one, you still know that you've done everything possible to help the patient. You know that you've used all the technology and skill available, and that is a rewarding feeling."

FOUNDATION NEWS

Kimball Kicks Off Car Raffle Ticket Sales

Kimball Medical Center Foundation has kicked off ticket sales for a spring car raffle to benefit the hospital's Mother-Infant Pavilion.

The winner can select any 2008 Pine Belt Auto Group vehicle – which includes Cadillac, Chevrolet, Subaru, Nissan, Jeep and Chrysler – with a manufacturer suggested retail price (MSRP) up to \$40,000. Tickets cost \$100 each, and only 1,000 chances will be sold for the raffle, which will be drawn in the hospital's main lobby on Thursday, May 1, 2008 – Kimball's 95th birthday.

Tickets will be sold up to the drawing date or until all 1,000 have been sold. To purchase a ticket or for further information, call the Kimball Medical Center Foundation at 732.886.GIFT (4438).



Lisa Schlesinger, left, assistant director of the Mother-Infant Pavilion at Kimball, gathers with her labor and delivery nursing colleague Katherine Camburn and Eric Lehnes, M.D., chairman of Obstetrics and Gynecology, at the display showing nurses with an early lead over doctors in ticket sales for the spring car raffle that will benefit the pavilion.

Honoring Those Who Dedicate Themselves to Kimball

More than 450 Kimball Medical Center supporters gathered recently for the hospital's 17th Annual Auxiliary Council Luncheon held at Woodlake Country Club in Lakewood.

The event featured a gift basket raffle as well as a 50/50 that raised about \$8,000, but Teri Lacey, director of development at Kimball, notes that the true spirit of the event was to honor two Auxilians of the Year from each of the seven auxiliary units and the three thrift shops.

"The event was also highlighted by Sen. Robert Singer – who provided a proclamation signed by Gov. Jon Corzine – to each of the honorees," she says.



Among the honorees at Kimball Medical Center's 17th Annual Auxiliary Council Luncheon are, front row, from left, auxiliary members Betty White, Carol Kahny and Carmine Pescatore. Also pictured, back row from left, are Teri Lacey, director of development for Kimball, and Caryl Russo, the hospital's vice president of development.

KIMBALL CARDIOLOGIST EARNS SPECIALTY CERTIFICATION IN CHOLESTEROL MANAGEMENT AND HEART DISEASE RISK REDUCTION

American Heart Month Pays Tribute to Those Who Specialize in Preventing and Treating Heart Disease

February is American Heart Month – an observance created to pay tribute to the heart specialists such as one Kimball Medical Center cardiologist for their tireless efforts in preventing, treating, and researching heart disease.

Kimball Medical Center cardiologist Avinash C. Gupta, M.D., is among a select group of New Jersey physicians who have earned a new national certification in cholesterol management. Dr. Gupta is among fewer than 340 U.S. physicians to earn certification from the American Board of Clinical Lipidology (ABCL) – a specialty that demonstrates a commitment to the prevention of cardiovascular disease.

The mission of the ABCL is to reduce the rate of heart disease and death from cholesterol disorders known as dyslipidemia.

“The specialty of lipidology, a multidisciplinary branch of medicine focusing on lipid and lipoprotein metabolism and their associated disorders, is still in its infancy and continues to evolve with the field of medicine as a whole,” says Dr. Gupta, a diplomate of the American boards of Cardiovascular Disease and Internal Medicine who also holds board certification in nuclear cardiology.

Lipids are a wide-ranging group of organic compounds found in all living organisms, including humans, plants, and animals (*see details at right*). Dr. Gupta notes that the field of lipidology is growing rapidly in response to demographic trends that place an increasing number of Americans at risk for coronary heart disease (CHD) and epidemic levels of obesity.

Dr. Gupta also points to recent research that shows that high triglycerides – a type of blood fat – expose heart disease patients to increased risk for stroke beyond cholesterol.



Avinash C. Gupta, M.D.

“High triglycerides are a strong independent predictor of a person’s risk for stroke,” Dr. Gupta says. “In light of this finding, health care providers should include triglycerides as part of their global risk assessment for stroke in all individuals and know that people can have elevated triglycerides even if their cholesterol is normal.”

Stroke is the third-largest cause of death in the United States after coronary heart disease and all forms of cancer, and it is a leading cause of serious, long-term disability. The most common type of stroke, accounting for about 80 percent of all cases, is ischemic stroke, which is caused by interruption of the blood supply to the brain.

“The research that better clarified the association between lipids and stroke was conducted to shed light on the links among blood lipids and, in particular, high blood triglycerides and the risk of ischemic stroke,” says Dr. Gupta, who notes that triglyceride levels are measured by a standard cholesterol blood test.

To learn more about cardiac testing or other cardiology services at Kimball – or for a referral to a Kimball Medical Center cardiologist – call 1.888.SBHS.123 (1.888.724.7123).

Lipids at a Glance

Lipid comes from the Greek word lipos, meaning fat. Cells make lipids in the human body and, along with carbohydrates and proteins, are components of all life.

The two major lipids found in the blood are cholesterol and triglycerides, and the two major lipoprotein groups are high-density lipoprotein (HDL), commonly referred to as “good” cholesterol, and low-density lipoprotein (LDL), also known as “bad” cholesterol.

“HDL helps prevent fat buildup throughout the body by carrying cholesterol from the arteries to the liver, where it is disposed of,” explains Kimball Medical Center cardiologist Avinash C. Gupta, M.D., who is among fewer than 340 U.S. physicians to earn certification from the American Board of Clinical Lipidology. “LDL carries most of the cholesterol in the body, so an excess of LDL can clog the arteries with cholesterol buildup.”

Among the key risk factors for high LDL are a diet too high in saturated fat and cholesterol, being overweight and inactive. Age is also a risk factor, as cholesterol starts to rise after age 20.

The two main treatments for high cholesterol, according to Dr. Gupta, are lifestyle changes and medicines.

Some lifestyle changes are important for everyone with high cholesterol. But while an estimated 25 percent of people with high LDL can control the disorder with a diet low in saturated fats and cholesterol, weight control and regular exercise, about 75 percent of people with high LDL require lipid-lowering medications.

“Sometimes lifestyle changes are enough on their own, but if you try them for a few months and they don’t lower your cholesterol enough, your doctor may prescribe a cholesterol-lowering medicine called a statin,” Dr. Gupta says. “You also may need medicines to lower triglycerides or raise HDL.”

To learn more, visit the American Heart Association on line at www.americanheart.org.

Kimball’s Chest Pain Center Aims to Reduce Heart-Related Deaths

Early Diagnosis of Symptoms Key to Effort

Chest pain is the reason why more than 5 million Americans arrive at hospital emergency departments each year. For 1.25 million of those patients, the problem is caused by cardiac distress, ultimately claiming 600,000 lives from heart disease.

As part of a national effort to reduce the number of heart-related deaths, Kimball Medical Center joined a distinguished group of 141 acute care hospitals across the United States to attain national accreditation as a chest pain center.

Working within emergency departments, chest pain centers provide highly trained specialists to evaluate and treat patients who present with chest pain, distinguishing them from the emergency departments that have a more trauma-oriented focus.

The Society of Chest Pain Centers notes that studies also indicate that significant delays can occur between the time that the patient arrives in the emergency department and when the physician makes the diagnosis of AMI and initiates treatment. One goal of a chest pain center is to significantly reduce the time it takes for a patient experiencing symptoms of a possible heart attack to see a

physician, thus reducing the time to treatment during the critical early stages – when treatments are most effective.

Another is to provide a specialized observation setting in which physicians are better able to monitor patients when it is not clear whether they are having a coronary event. Such observation helps ensure that a patient is neither sent home too early nor needlessly occupying a cardiac care unit (CCU) bed.

To learn more about Chest Pain Center accreditation, visit the Society of Chest Pain Centers Web site at www.sccpc.com.

QUALITY BRIEFS

'Gold Standard' for Lab Quality Secured at Kimball

The Laboratory at Kimball Medical Center recently was awarded accreditation by the College of American Pathologists (CAP) – a distinction that places it among a select group of 6,000 facilities in the United States to earn what is widely recognized as the “gold standard” for laboratory quality.

At Kimball, a core staff of highly trained pathologists, technologists, technicians, Phlebotomists and support staff work in its fully integrated clinical laboratory that performs thousands of different diagnostic tests — from a standard blood count or urinalysis to the new generation of more complex tests

CAP, a Northfield, Ill.-based organization, is the accreditation and inspection authority for 6,000 clinical laboratories in the United States and some European, Middle Eastern and Asian countries. The CAP Laboratory

Inspection Program, begun in the early 1960s, is recognized by the federal government as being equal to or more stringent than the government's own inspection program.

During the accreditation process, inspectors examine the laboratory's records and quality control of procedures for the preceding two years. CAP inspectors also examine staff qualifications, laboratory equipment, facilities, safety program and record, and overall lab management.

“This stringent inspection program is designed to specifically ensure the highest standard of care for the laboratory's patients,” says Richard Siegler, M.D., chairman of Pathology at Kimball. “CAP – an advocate for high-quality and cost-effective medical care – is considered the leader in laboratory quality assurance.”

Support Groups And Ongoing Programs

Kimball Medical Center sponsors or hosts a variety of support groups and programs that are led by professionals in their field. Upcoming sessions include:

Arthritis Support Group: Meets the fourth Thursday of each month from 11 a.m. to noon.

January 24: Feel Better on Your Feet – Foot care and tips for people with arthritis.

February 28: Nutrition and Arthritis – Get off to a good start and learn about arthritis and your diet from a registered dietitian.

Diabetes Support Group: Meets the third Thursday of each month from 1:30 to 3:30 p.m.

January 17: What's New in Diabetes Care for the New Year

February 21: S.A.D. (Seasonal Affective Disorder) – What is it, and how does it affect you?

Caregivers Support Group: Meets every Tuesday from 12:30 to 2:30 p.m.

All support group sessions are held at the Center for Healthy Living, located adjacent to Kimball Medical Center at 198 Prospect Street in Lakewood. To register or for more information, call 1.888.724.7123.

Radiology Receives National Recognition for High Practice Standards

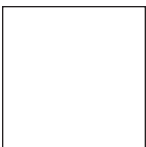
Kimball Medical Center has been awarded a three-year term of accreditation in nuclear medicine and ultrasound as the result of a recent survey by the American College of Radiology (ACR).

The ACR, headquartered in Reston, Virginia, awards accreditation to facilities for the achievement of high practice standards after a peer-review evaluation of its practice by board-certified physicians and medical physicists who are experts in the field. The surveyors assess image quality, personnel qualifications, adequacy of facility equipment, quality control procedures, and quality assurance programs and report their finding to the ACR's Committee on Accreditation, which subsequently provides the practice with a comprehensive report.

Kimball Medical Center's comprehensive diagnostic radiology services offer state-of-the-art imaging facilities and equipment. In addition to nuclear medicine and ultrasound, services include general radiography, magnetic resonance imaging (MRI), magnetic resonance angiography (MRA), computed tomography (CT) and CT/positron emission tomography (PET) scanning.

To learn more about Radiology services at Kimball, call 732.886.4445.

just minutes from home.



600 River Avenue, Lakewood, NJ 08701



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