



Princeton HealthCare System

FoundationNews

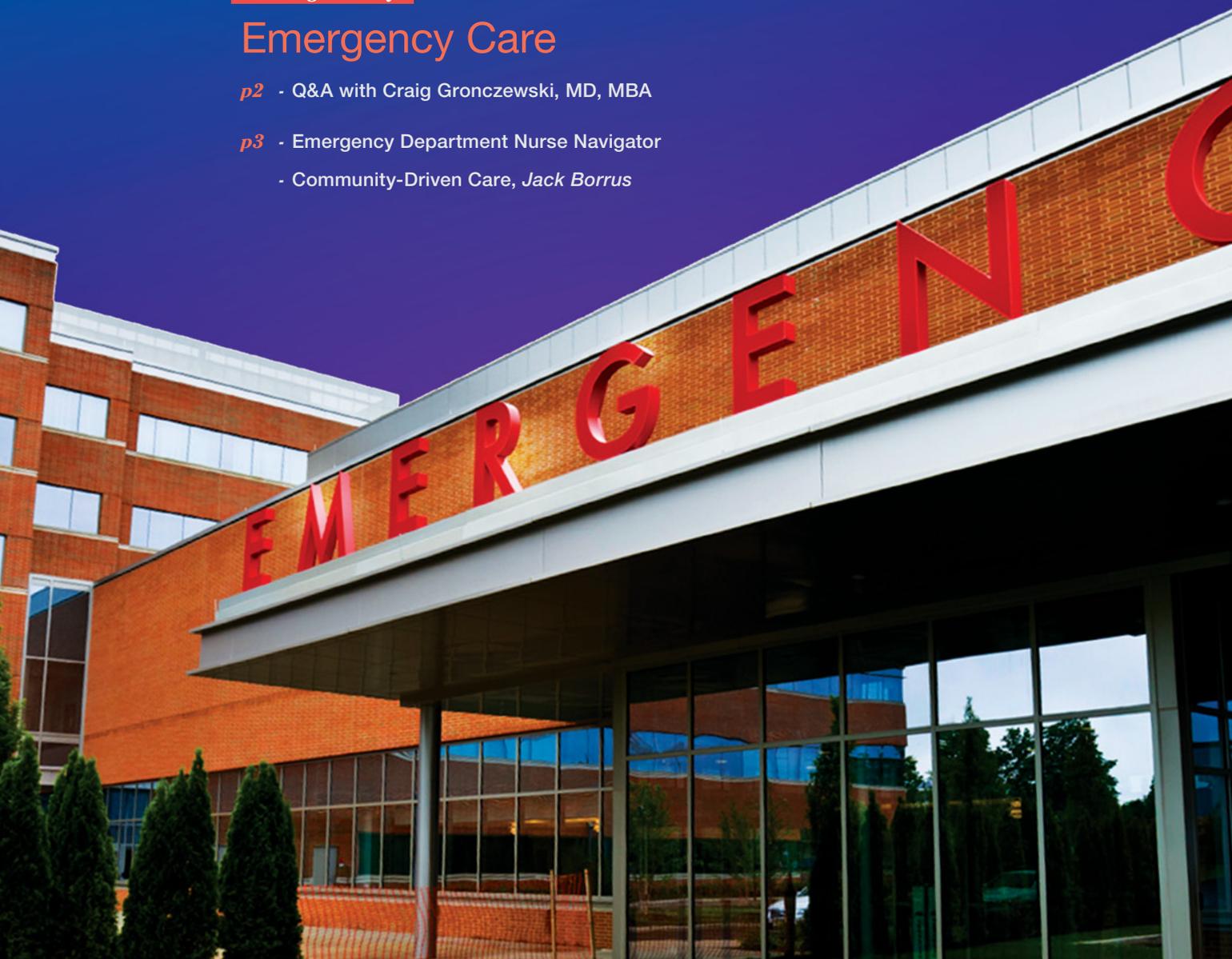
Funding Priority:

Emergency Care

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Q&A

with Craig Gronczewski,
MD, MBA



Q: How have healthcare trends changed Emergency Department (ED) activity?

A: Ten years ago, more than 50% of medical admissions into the hospital were through the patient's primary care office. The patient would go straight to the hospital and bypass the ED. In addition, today, some acute care that was historically managed in a doctor's office is now almost exclusively directed to an ED for initial evaluation. Compounded by declining reimbursements, this has meant that the volume and acuity of patients treated in our ED today is significantly higher than a decade ago, resulting in nearly 100% capacity levels during peak periods.

Fortunately, we have a team of exceptional board-certified emergency medicine physicians, supported 24/7 by pediatricians from The Children's Hospital of Philadelphia (CHOP), and a nationally recognized nursing staff. This team provides state-of-the-art care and works consistently on improving our efficiency, patient satisfaction, and patient flow.

Q: What is your biggest challenge given these changes, and how are you staying at the forefront of emergency medicine?

A: One of our biggest challenges is the timeliness of helping patients through the ED quickly, and admission if needed. We have updated the ED to better serve our patients. The department has been redesigned to help us accelerate the treatment and discharge of patients with lower acuity and speed up hospital admissions for patients with more serious illnesses.

Training and continuous learning are critical to staying ahead of the curve. The ED staff recently took part in the Crew Resource Management Program, which was originally developed by the aviation industry, to promote effective teamwork in crisis situations. Like aviation, emergency medicine involves considerable coordination among many people, requires staff to constantly adapt to changing conditions, and has the potential for serious consequences for communication errors. Our focus on consistent training has had a significant impact on strengthening communication, leadership, and decision-making skills.

Q: How can you continue to expedite care and ensure patients have a positive experience with the ever-increasing volume you are handling in the ED?

A: One way is by employing nurse navigators to help improve the movement of patients from the ED into the hospital and out to ancillary services (such as home care, rehab, and visits with a specialist); answer questions and provide updates; and engage social services when needed.

Patients on average retain only 50% of discharge instructions, and nationally 3% of patients revisit the ED within 72 hours of their initial visit. A nurse navigator will be able to tackle this issue by reviewing discharge instructions and conducting follow-up calls once patients are home to ensure adherence to the discharge plan. This is particularly important with seniors, who may take multiple medications. Many elderly patients have no one making sure that their drug regimen doesn't produce adverse reactions, which can lead to revisits to the ED. ■

Emergency Department *Nurse Navigator*



Established as Princeton Hospital nearly a century ago, Princeton HealthCare System (PHCS) has grown into a comprehensive health network serving more than half a million people each year. This unprecedented growth has made University Medical Center at Princeton (UMCP) a destination hospital for many, but has created challenges in our Emergency Department (ED) along the way.

Our 35-bed ED serves five central Jersey counties and treats almost all types of medical emergencies. During peak periods it operates at 100% capacity. It is essential in this fast-paced environment to keep the lines of communication open between families and patients.

Hiring an Emergency Department Nurse Navigator will help facilitate a smooth and stress-free experience for each patient entering the ED. With close to 50,000 patient visits in 2016, the need for this kind of assistance has become a high priority.

The Nurse Navigator will act as a liaison between the patient and the medical staff, review discharge plans and provide education, follow up with high-risk patients once they are home, help to schedule additional appointments, and assist with insurance questions and medication management. Furthermore, the navigator will offer emotional support, easing the anxiety patients and families often feel.

If you are interested in finding out more about how you can support this important funding initiative, please contact Sandy Roberts, Senior Director of Major Gifts, at 609.252.8701 or at foundation@princetonhcs.org. ■

Community-Driven Care

When they moved to Princeton more than 30 years ago, Jack Borrus and his wife, Adele, were more than satisfied with all this area has to offer, but that didn't stop them from wanting to make it even better. They gave \$5,000 that first year in support of our Emergency Department and haven't stopped giving yet.

"We realize the vitally important role the hospital plays in our community," said Mr. Borrus, who has used the ED at Princeton HealthCare System many times over the years. "My wife recently went to the ED because she had trouble breathing. They did everything right. She was diagnosed with pneumonia and was promptly admitted and successfully treated."

This past June, the couple allocated a \$25,000 multiyear gift to the ED through the Dr. James J. O'Connell Fund, a charitable remainder trust of which Mr. Borrus is the sole trustee. ■



“The ED is one of the most important and busiest facilities in the hospital,” said Mr. Borrus. “They treat more patients than many people realize.”



Rebuilding Lives *One Step at a Time*

Learning to walk the first time around is never a simple task. After a stroke, the same holds true all over again. For patients at the Stroke Specialty Rehab Program at the University Medical Center of Princeton (UMCP), however, it's now gotten a whole lot easier, thanks to a grant from Princeton HealthCare System (PHCS) Foundation's Internal Grants Program.

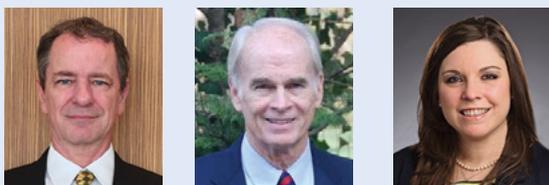
With the grant money, the Stroke Rehab program — part of Acute Rehabilitation at UMCP — was able to purchase LiteGait. In the shape of a body harness, the apparatus is attached to a treadmill and placed around stroke patients as they relearn the technique of walking.

Furthermore, the grant will pay for three therapists to become Certified Stroke Rehabilitation Specialists, additional educational material for patients, and the start-up of a Stroke Support Network at UMCP.

“We have seen miraculous recoveries already with patients using the new equipment,” said Megha Pandya, DPT, Lead Therapist at the Stroke Rehab Program. “One of my patients could only take a few steps when he first arrived, and that was with two people assisting him. A little more than a month later, after using LiteGait during his rehab sessions, he was able to walk 200 feet with a walker two times a day, sit to stand on his own, and get into a car from a wheelchair. Now, four months later, he is walking two to three miles a day on his own and planning to return to work soon.” ■

Last year, PHCS Foundation awarded more than \$229,000 to PHCS in internal grant money, which is funded through annual giving. Nine innovative initiatives suggested by PHCS physicians, clinicians, and staff members received funds to bolster services, programs, and equipment in an effort to improve clinical outcomes and patient satisfaction.

Meet Our New Board Members



Left to right:

Stephen N. Allen

Attorney, Law Office of Stephen N. Allen

R. Dixon “Bucky” Hayes

Retired, CEO, Paxton Corp.

Jennifer LaFavers-Hollander, RN, MSN, CMSRN

Director of Patient Care Services, Princeton HealthCare System

We are pleased to announce and warmly welcome these prominent local leaders in law, business, and medicine who were recently installed as new members of the Princeton HealthCare System (PHCS) Foundation Board of Directors.

And a Special Thanks to Our Departing Board Members (*below, left to right*):

William P. Burks, MD

Retired Partner, Princeton Surgical Associates

Jemo Kang, PhD

CFO, Princeton Biomeditech Corp.

Anthony J. Kuczinski

President & CEO, Munich Reinsurance America, Inc.

Your commitment to PHCS and our common goal of providing superior health care was unwavering and nothing short of exceptional. We appreciate your outstanding service and the important fundraising initiatives you each supported during your tenure. Our deepest thanks and best wishes for your future endeavors, health, and safety.



When Meeting Needs Is Second Nature

Klath Gift Funds Motorized Parallel Bars



Whenever longtime donors and area residents Norman and Nancy Klath see a need—whether at Princeton HealthCare System or in any other area of their lives—they find a way to meet it, usually surpassing everyone’s expectations along the way. It’s just who they are.

It’s also the reason they recently made a donation to the Acute Rehabilitation Unit at the University Medical Center of Princeton (UMCP) to support the purchase of motorized parallel bars, which allow therapists the ability to adjust height and width to accommodate the needs of each patient.

As a recent patient of the Acute Rehab Unit, Mrs. Klath learned how patients would benefit from new equipment, which would also allow the Unit to remain in the forefront of the latest technology and cutting-edge techniques. The Klaths quickly responded by offering to purchase the bars.

Acute Rehab recently earned a three-year accreditation from the Commission on Accreditation of Rehabilitation Facilities International, the premier accrediting agency for rehabilitation programs nationwide. The certification, valid through May 2019, was awarded following a rigorous onsite survey in which every aspect of the Unit’s operation was evaluated.

UMCP’s Acute Rehab Unit is one of only 10 inpatient hospital programs in New Jersey to hold accreditation by CARF International. ■

“

We are thrilled to know our investment has in small part helped to make Acute Rehab the best of the best,” said Nancy Klath.

“It’s so critical that a community has a strong hospital,” offered Norman Klath. “We’ve always been well taken care of here.”

Pictured above: Princeton HealthCare System Foundation Board Member **Norman Klath** and wife, **Nancy Klath**

Golf Outing Breaks Fundraising Record

Proceeds Will Benefit the Center for Pelvic Wellness



Barry Rabner (fourth from the right), President & CEO, Princeton HealthCare System, along with **Golf Outing committee members** and representatives from top sponsor **Compass One Healthcare**.



Almost 200 golfers were not only part of Princeton HealthCare System's (PHCS) 22nd Annual Golf Outing, but also part of setting a new fundraising record — netting \$290,000 in proceeds — at the Metedeconk National Golf Club in Jackson, NJ, this past June.



Compass One Healthcare and its related companies — Morrison Healthcare, Crothall Healthcare, and Canteen Vending — was the title sponsor of the event.

Opened one year ago, the Center for Pelvic Wellness at the University Medical Center of Princeton (UMCP) will use the monies to support ongoing programs, services, and patient education. The center provides comprehensive care for pelvic floor disorders such as urinary frequency, urinary incontinence, pelvic organ prolapse, pelvic pain, and more.

“The Center has been very successful in such a short period of time, which has underlined the need for our services,” said Heather M. van Raalte, MD, Medical Director of the Center for Pelvic Wellness and Chair of Obstetrics and Gynecology at UMCP. “We are one of only a handful of centers like this in the country, and the additional funding will help us to continue offering cutting-edge services to patients in the region.”

Other top sponsors included Conner Strong & Buckelew; Chairman Emeritus of the PHCS Board of Trustees, Edward E. Matthews; McDermott Will & Emery; and Princeton Anesthesia Services. More than 100 companies and individuals who do business with PHCS or live in the region lent their support.

The PHCS Foundation wishes to thank everyone who supported this record-breaking event, especially Golf Outing Committee Co-chairs James Demetriades, PHCS Vice President, and Glenn Mekles of Conner Strong & Buckelew. ■



For photos and more information about the event, visit www.phcsgolf.org.

Stay tuned for news about our 2018 outing!

Pumping Up Diabetes Outreach

More than 29 million people in the United States struggle with diabetes, and sadly, many face barriers in receiving much-needed care, impacting their ability to manage their condition. Thanks to a recent gift of \$10,000 from The Provident Bank Foundation to the Diabetes Program at Bristol-Myers Squibb Community Health Center at the University Medical Center of Princeton (UMCP), more resources are on the way for the uninsured and underserved residents of Mercer and Middlesex Counties who are in need of diabetic treatment.

The program helps patients gain and maintain control over the many symptoms associated with diabetes. In addition, the clinic's medical staff works to enhance self-management skills, provides education, and offers tips on healthy eating and exercise. The goal is to give each and every one of the program's patients the necessary tools to live a long and healthful life.

More than 500 patients from the community are already enrolled in the program and are benefiting greatly. "Most participants in the program have no other options available. We are grateful for this new partnership with the Provident Bank Foundation and their help in meeting the growing need for these services and support," said Barbara Edwards, MD, MPH, Medical Director of Bristol-Myers Squibb Community Health Center.

The Provident Bank Foundation was established in 2003 by Provident Bank to enhance the quality of life in the region through the support of not-for-profit groups, institutions, schools, and other 501(c)(3) organizations that provide services in communities served by the bank. Since its inception, the foundation has granted more than \$22 million to not-for-profit organizations and institutions working toward stronger communities. ■



Left to right: **Maria Romano**, Senior Vice President, Regional Manager, Provident Bank; **Ayda Tello**, Administrative Director, Bristol-Myers Squibb Community Health Center, UMCP; **Dr. Barbara Edwards**, Medical Director, Bristol-Myers Squibb Community Health Center, UMCP; **Darleen Gillespie**, First Vice President, Market Manager, Provident Bank; **Jane Kurek**, Executive Director, Provident Bank Foundation; and **Barbara Yost, RN, BSN, MBA**, Vice President, Continuum of Care Services & Network Development, PHCS.



Left to right: **Dr. Gerard Compito**, Princeton HealthCare System; **Dr. J. Larry Jameson**, University of Pennsylvania Health System and Perelman School of Medicine; and **Barry Rabner**, President & CEO, Princeton HealthCare System.

Breakfast *with Friends*

More than 35 *Friends of the Foundation* (FOF) members gathered at the Hyatt Regency Princeton in June to listen to keynote speaker **J. Larry Jameson, MD, PhD**, Dean of the Perelman School of Medicine at the University of Pennsylvania and Executive Vice President of the University of Pennsylvania Health System.

Dr. Jameson shared information about the extraordinary research and medical advances available at the University of Pennsylvania Health System (Penn Medicine) and what the partnership, later this year, will look like when Princeton HealthCare System (PHCS) becomes part of Penn Medicine.

"Aligning with Penn Medicine will offer our community unprecedented access to world-class care, talent, and resources in our own backyard," said Barry S. Rabner, President and CEO of PHCS, who also spoke at the FOF breakfast. "Our donors can be sure that all locally raised funds will remain in our community."

The *Friends of the Foundation* program recognizes donors who provide annual leadership support to Princeton HealthCare System. To learn more about this program, please contact Kristen Magro at 609.252.8711. ■

Boosting Behavioral Health Initiatives

Gifts Help Many Recover from Depression and Much More



Depression affects more than 15 million Americans. It's the leading cause of disability for those 15 to 43 years of age according to the Anxiety and Depression Association of America. Now, thanks to several donations in support of Princeton House Behavioral Health (PHBH), more sufferers of this debilitating disease will have a fighting chance at full recovery.

The gift money was used, in part, to purchase two Electroconvulsive Therapy (ECT) machines, which provide treatment that has been found to be particularly helpful for individuals with severe depressive symptoms that require more immediate treatment than medication can provide or for those whose symptoms have not responded to medication.

"We have always set a high priority in treating our patients holistically as well as providing the latest and most effective evidence-based therapies," said Richard Wohl, President of PHBH.

One patient recently confided, "ECT changed my life. I am not depressed anymore and feel great."



One of the recent anonymous donations also went toward a fund in honor of **Philippe Khouri, MD**, a geriatric psychiatrist with PHBH who has practiced psychiatry for more than 45 years. Money is disbursed from the Khouri Fund to cover education, services, equipment, and new initiatives at PHBH.

The donations will also be allocated for patient room renovations and the purchase of new video conferencing technology, which allows staff in our eight offsite locations to participate more effectively in training and Grand Rounds.

To learn more about supporting behavioral health efforts or to make a gift, please visit www.princetonhcs.org/foundation. ■