

# PRINCETON HEALTH



Special  
Edition of  
*Health Focus*

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- What Is Evidence-based Design?
- How Do You Move a Hospital?

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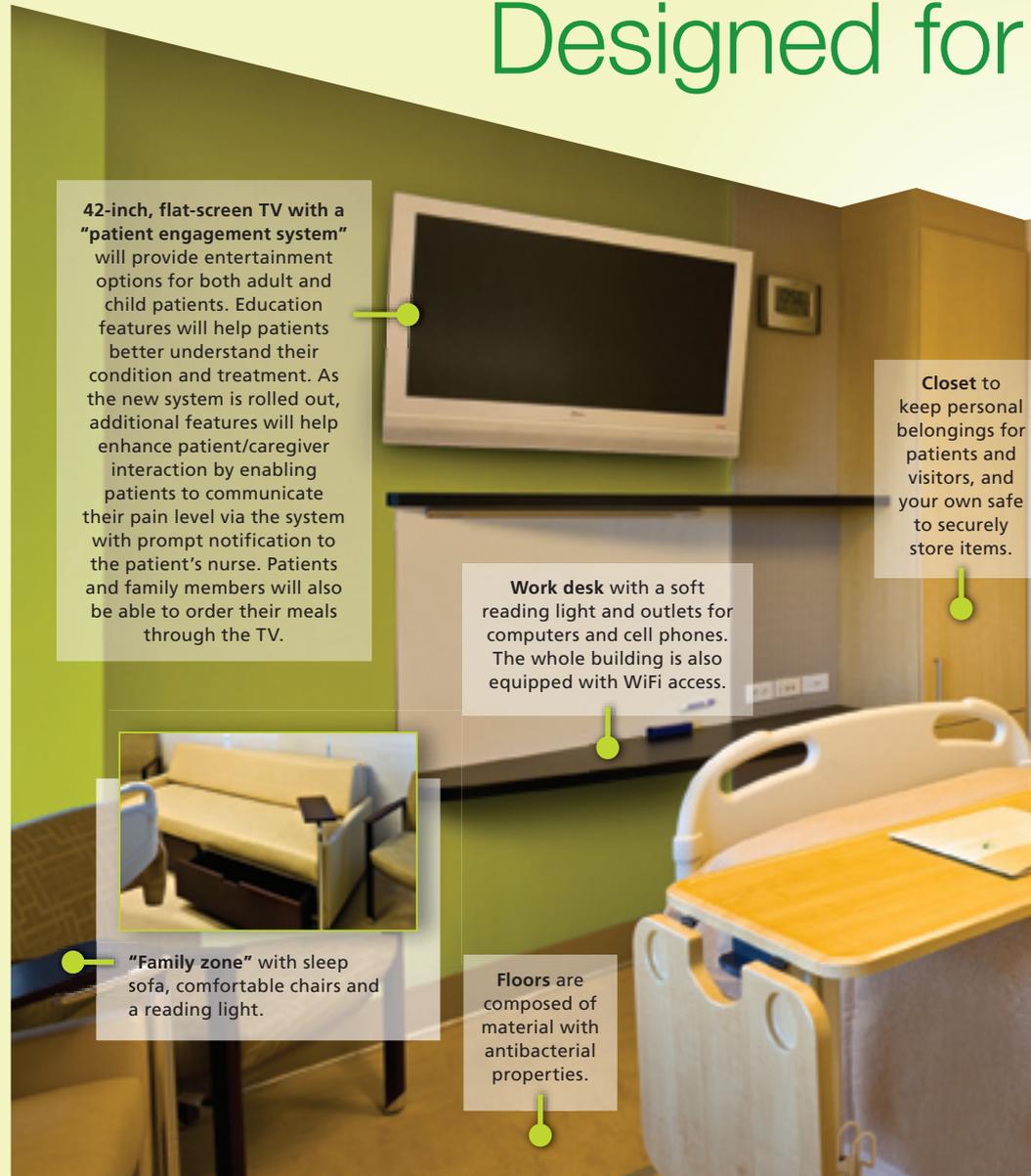
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# A Hospital Designed for



**42-inch, flat-screen TV with a "patient engagement system"** will provide entertainment options for both adult and child patients. Education features will help patients better understand their condition and treatment. As the new system is rolled out, additional features will help enhance patient/caregiver interaction by enabling patients to communicate their pain level via the system with prompt notification to the patient's nurse. Patients and family members will also be able to order their meals through the TV.

**Closest to keep personal belongings for patients and visitors, and your own safe to securely store items.**

**Work desk with a soft reading light and outlets for computers and cell phones.** The whole building is also equipped with WiFi access.



**"Family zone" with sleep sofa, comfortable chairs and a reading light.**

**Floors are composed of material with antibacterial properties.**

**Virtually every inch of the new University Medical Center of Princeton at Plainsboro has been designed with the needs of our patients in mind. Among our goals were to create a patient room and nursing environment that promote safety, comfort, exceptional outcomes and efficiency.**

"Designing a new hospital from the ground up was a rare opportunity, and we were driven to design a facility that redefines how care is delivered," says Barry S. Rabner, President & CEO, Princeton HealthCare System. "And to help us do that, we asked our patients what they felt they and their families needed when in the hospital and asked their opinions on the solutions we were considering."

Each patient room in the new UMCP contains important safety features and amenities that will help to enhance each patient's experience. See above for details.

# Room and by You



The design of the nursing stations also promotes a more personal environment so that patients will enjoy a higher level of attention from their caregivers.

Rather than having teams of nurses serve entire hospital floors, each floor is divided into smaller, 12-room "pods" that will be staffed by two or three dedicated nurses at a time. Each nurse pod has its own nurses' station, supply and medication rooms, and a consultation area.

"The concept is to create a model of care that could be described as a 12-bed hospital," explains Susan Lorenz, RN, DrNP, NEA-BC, EDAC, Vice President, Patient Care Services and Chief Nursing Officer at UMCP.

Ultimately, this innovative design approach leaves more time for the nurse to spend with patients, providing direct care. The 12-bed or pod approach has been shown in best-practice hospitals across the nation to improve patient satisfaction, Lorenz says. Patients become more familiar with their caregivers, while nurses can better anticipate and respond to patients' needs, providing a unique and exceptional hospital experience.

For more information about the new University Medical Center of Princeton at Plainsboro, visit [www.newhospitalproject.org](http://www.newhospitalproject.org) or call 1.888.PHCS4YOU (1.888.742.7496).

# Princeton Health Campus

## Close to Where You Live, Work and Shop



**Reaching the new University Medical Center of Princeton at Plainsboro (UMCPP)**, conveniently located off of Route 1 between Plainsboro and Scudders Mill roads, is easy whether you are driving to the state-of-the-art healthcare campus or taking public transportation.

A variety of bus routes is expanding mass transit options to the site, and local road improvements are complete or under way. These improvements include the addition of a second lane on Harrison Street leading to Route 1; it now is possible to make a left turn onto Route 1 to the hospital from two lanes, eliminating traffic backups on Harrison Street.

The signal at Harrison Street and Route 1 will be outfitted with special remote-control, light-changing technology, providing ambulances going north on Route 1 or turning left from Harrison Street onto Route 1 immediate access to the hospital. In addition, rescue vehicles going north on Route 1 will access a dedicated driveway that will lead directly to UMCPP's Center for Emergency Care.

**For detailed driving instructions, visit [www.princetonhcs.org/directions](http://www.princetonhcs.org/directions).**

# What Is a Center for Care?



The Centers for Care at University Medical Center of Princeton at Plainsboro feature single-site access to services focusing on such areas as cancer, cardiac & pulmonary care, critical care, emergency, imaging and outpatient laboratory services, maternal and newborn care, neuroscience, surgery, pediatric care and eating disorders.

Conveniently located off the hospital's main concourse or in other appropriate sites within the new hospital, the centers are designed so that related services are in close proximity to each other. The intent is to make navigating the new hospital as easy and efficient as possible for patients and their families.

## Centers for Care

Center for Emergency Care

Center for Neuroscience Care

George & Estelle Sands Center for Cardiac & Pulmonary Care

Llura & Gordon Gund Center for Critical Care

Center for Testing & Treatment

Center for Surgical Care

Edward & Marie Matthews Center for Cancer Care

Center for Eating Disorders Care

Regan Family Center for Pediatric Care

Center for Maternal & Newborn Care

## Additional Clinical Programs & Services

Acute Care for the Elderly (ACE) Unit

Acute Rehabilitation Unit

Diabetes Management Program

Endoscopy

Laboratory Services

Nutrition Program

Outpatient Imaging Services (located in the Medical Arts Pavilion)

Outpatient Rehabilitation Network, including physical therapy, occupational therapy and speech therapy

Pain Management

Pharmacy

Sleep Center (located in the Medical Arts Pavilion)

Telemetry

Learn more about select Centers for Care at several community events in May and June. See pages 27 & 28 for details.

# Emergency Services, Designed for You

An 18-year-old basketball player and a 78-year-old woman who lives alone both arrive at the Emergency Department (ED) with ankle sprains. Should they receive the same care?

While the basketball player may be able to go home with a brace or crutches, the woman may also need help with everything from safely moving around her house to making sure her pain medication doesn't interact with other drugs she is taking.

That's why, in addition to its exceptional general emergency services for all individuals, the Center for Emergency Care at the new University Medical Center of Princeton at Plainsboro is being designed with dedicated areas to handle three specialized populations—pediatric, geriatric and behavioral health patients.

“Our new emergency department was designed so that our patients are safe; care is delivered efficiently and accurately; and it better serves you,” says Craig Gronczewski, MD (*pictured right*), Chairman of the Department of Emergency Medicine. “We've accomplished that by designing specialty areas within the department to enhance care, as well as bringing resources into the department that you would typically find in numerous locations throughout the hospital—such as access to diagnostic imaging.”

## Larger, More Private

The 20,000-square-foot Center for Emergency Care, which is twice the size of the ED at the old hospital, will have 35 spacious, private rooms, each of which is designed to comfortably accommodate a visitor. Specialized areas include:

- **Pediatrics.** UMCP's board certified emergency medicine physicians work in collaboration with physicians from The Children's Hospital of Philadelphia (CHOP), who are on-site 24/7 to provide pediatric emergency consultations.
- **A Geriatric Unit with six beds.** The unit will be equipped with a private bathroom in each room and other comfort and safety features such as natural lighting and special, non-slip floors.
- **A Behavioral Health unit with up to six beds.** Patients will be admitted directly to this self-contained unit to ensure privacy and safety.

“By having specialized treatment areas, we can make sure patients have their more comprehensive needs met in the hospital and have the best plan for when they return home,” Dr. Gronczewski says.



## 24/7 care

Access to such potentially life-saving procedures as emergency angioplasty, emergency neurosurgery and therapeutic hypothermia

Specialized care areas for pediatrics, geriatrics and behavioral health

The specialized units will bring together multidisciplinary teams of specialists, including fellowship-trained emergency care physicians and nurses with special training in emergency medicine, clinical pharmacologists, social workers, case managers and doctors specializing in areas such as geriatrics, pediatrics and behavioral health. This collaborative environment will help ensure patients receive outstanding emergency care and follow-up, says Dr. Gronczewski, who is board certified in emergency medicine.

# For Those Who Are Older, Our New Hospital Is Wiser



## Close to Other Services

In addition to the specialized treatment areas, the Center for Emergency Care was designed with efficiency in mind for all patients.

CAT Scans and X-rays are now available directly in the Center for Emergency Care, reducing the time it takes to diagnose a patient, Dr. Gronczewski says. Similarly, there is a direct elevator from the ED to the operating rooms and cardiac catheterization lab to provide speedier access to procedures such as potentially life-saving emergency angioplasty. From an evidence-based design standpoint, keeping services in close proximity limits the number of hand-offs from caregiver to caregiver, further improving safety and efficiency.

“Patients don’t come to the ED to wait; they come to seek treatment in an efficient and timely manner,” Dr. Gronczewski says. “Our goal is to be able to provide patients with exceptional care and access to that care as quickly as possible.”

## Advances in Infection Control

As in all other patient areas of the new hospital, the Center for Emergency Care uses 100% fresh air, intended to reduce the possibility of infection.

In addition, the Center was designed with the highest level of emergency preparedness in mind, Dr. Gronczewski says. It includes a completely isolated decontamination room, with a separate ventilation system and dedicated outdoor entrance adjoining the ambulance bay, where patients suspected of having been exposed to biological or chemical agents can be safely decontaminated before receiving treatment. Run-off water containing any contaminants is captured in an underground storage tank, where it is stored temporarily before safe disposal. These safety features help ensure other patients are not exposed to any danger.

The new Center for Emergency Care is located on the north side of the new hospital, with separate entrances and parking areas. In addition, it will have a dedicated roadway off of Route 1 to enhance access for ambulances and emergency vehicles.

For more information about the new Center for Emergency Care at University Medical Center of Princeton at Plainsboro, call 1.888.PHCS4YOU (1.888.742.7496). **In a medical emergency, please call 9-1-1.**



The healthcare needs of older adults can be very different from those of younger patients. That’s why the new University Medical Center of Princeton at Plainsboro offers multiple programs and spaces specifically designed for seniors.

## Geriatric Unit in the Emergency Department

This six-bed unit is equipped with a private bathroom in each room and other safety features such as non-slip floors. Doctors who are board certified in geriatric medicine, as well as specialists such as clinical emergency pharmacists to review medication interactions, will be available for consultation.

## Acute Care of the Elderly (ACE) Unit

This 24-bed unit features an interdisciplinary team specially trained in providing care for older adults. Features include contrasting surfaces and doorframes to reduce the risk of falls; very low beds with pressure-relieving mattresses and monitors to measure excessive weight loss; and signs and display boards with larger type sizes.

## Nurses Improving Care for Healthsystem Elders (NICHE) Program

UMCPP is a member of this national initiative to improve nursing care for older adult patients. Nurses and nursing assistants are trained in geriatric best practices to improve the care of individuals age 65 and over—the age range of roughly half of all patients hospitalized each year in the United States.

## Physician Orders for Life-Sustaining Treatment (POLST) Program

The new hospital enhances this program to improve the quality of care patients receive toward the end of life. Physicians work with patients to understand their goals of care—from aggressive, life-sustaining treatment to comfort care only—then ensure that the treatment provided aligns with those goals.

# Coordinated Care for Hearts & Lungs

Taking a deep breath. A heart beating in rhythm. Many people don't even think about these abilities during their day. But for those who have heart or lung conditions affecting their quality of life, these "simple" activities are anything but.

For someone without a cardiovascular respiratory system that is functioning well, his or her health and activity level is often severely restricted. Top-notch cardiac and pulmonary care—like the kind you'll find at the new George & Estelle Sands Center for Cardiac & Pulmonary Care—is key to regaining health and well-being.

"We're known throughout the region for our quality care, and our new Center for Cardiac & Pulmonary Care will give our patients access to the latest equipment and technologies," says David S. Lazarus, MD, Princeton HealthCare System's Chairman of the Department of Medicine (*pictured, facing page*), who is triple-board

certified in critical care medicine, pulmonary disease and internal medicine. "Our new center will be fully equipped with cutting-edge equipment, which will give our specialists the ability to provide even higher quality services to our patients."

The combination of advanced equipment and skilled medical professionals make the George & Estelle Sands Center for Cardiac & Pulmonary Care an exceptional destination for a range of heart and lung services, from diagnostics to specialized rehabilitation programs.

Patients will have access to stress testing, pacemaker evaluation and care, all types of echocardiogram, stress echo, Holter monitors and electrocardiogram. New, state-of-the-art equipment in our cardiac catheterization lab will provide even better visualization and advanced treatment for emergency angioplasties and diagnosis of a variety of cardiac-related problems.



### Breathing Easier

Pulmonary services at the new Center include sophisticated interventional procedures such as bronchoscopies and delicate lung biopsies, both using ultrasound guidance. An advanced pulmonary function lab will feature testing to evaluate lung capacity and efficiency.

“Our surgical capabilities have recently expanded to include robotic-assisted lung surgery,” says John A. Heim, MD, Chairman of the Department of Surgery and board certified in thoracic and general surgery. “For the first time at UMCP, we have successfully used the da Vinci Surgical System to perform a lobectomy for the removal of an early lung tumor. A lobectomy—which includes the removal of the entire lobe, not just the tumor—is the gold standard surgical procedure to treat early-stage lung cancer. Our patient recovered quickly, had minimal discomfort and an excellent outcome.”

Located on the first level of the new University Medical Center of Princeton at Plainsboro (UMCPP), the George & Estelle Sands Center for Cardiac & Pulmonary Care will feature convenient access off of the main concourse of the hospital, with a designated reception area for patients. From its waiting rooms to its treatment areas, the Center offers comfort, quality and efficiency, whether for scheduled appointments or emergency diagnostics and treatments.

### Llura & Gordon Gund Center for Critical Care

Patients needing more intensive care services will receive them in the hospital’s Llura & Gordon Gund Center for Critical Care. There, intensivists (multi-board certified physicians who specialize in critical care) provide 24-hour management. Studies have shown that having board certified critical care physicians in charge of ICU cases, in collaboration with other specialists like cardiologists and pulmonologists, results in better outcomes.

Led by a medical director and assistant medical director who are fellowship-trained and multi-board certified in pulmonary disease, critical care and internal medicine, the Gund Center provides leading-edge intensive care in

## Cardiac Services

### Cardiac Catheterization Lab

### Cardiac & Pulmonary Rehabilitation

### Respiratory Services

### Pulmonary Function Lab



collaboration with specially trained nurses. These specialists work with family physicians and internists to coordinate each patient’s care.

### Comprehensive Rehabilitation Programs

Both cardiac and pulmonary patients will also have access to convenient on-site rehabilitation services, where a seamless transition to therapy services helps them in their recovery. Our medically supervised, progressive exercise and education program—using the latest equipment and techniques—helps post-surgical patients and individuals with heart and/or lung disease regain strength, stamina and function.

Under the direction of a board certified cardiologist or pulmonologist, each patient will have a personalized rehabilitation program designed and administered by a team

that includes exercise physiologists, licensed registered respiratory therapists, specially trained nurses, pharmacists and dietitians. Comprehensive, coordinated care helps our patients achieve their optimal wellness and quality of life.

“Our program allows people to exercise in a safe setting with medical supervision, while learning about their disease and how to reduce risk factors,” says Lisa Motavalli, MD, FACC, a board certified cardiologist and Medical Director of Cardiac Rehab. “Our new rehab center has more space and the latest exercise equipment, all of which should benefit patients as they strive to return to an active lifestyle.”

“We’re really excited that this new Center will provide coordinated care all under one roof, so our patients will have a great experience with easy access to everything they need,” says Dr. Lazarus. “We are particularly excited that our quality care will be enhanced through the use of advanced equipment and the latest technologies. They will only improve our already superior track record of good outcomes.”

The Center is supported in part by a generous donation from the George H. Sands and Estelle M. Sands Foundation. For more information about UMCPP’s George & Estelle Sands Center for Cardiac & Pulmonary Care, call 1.888.PHCS4YOU (1.888.742.7496).

# Advanced Diagnostics for Neurological Conditions

A team approach to care and highly sophisticated digital technology are central to the comprehensive services at the new University Medical Center of Princeton at Plainsboro's Center for Neurosciences Care, addressing a wide range of neurological disorders and conditions.

The Center's board certified neurologists work with skilled nursing and technical staff—including board certified encephalographers—as well as patients' personal physicians. The team evaluates and diagnoses complex neurological disorders and develops individualized plans of care to help children and adults manage their conditions.

The list of neurological conditions encompassed by the Center is extensive—among them, stroke, dizziness, head injuries, back pain, lower extremity weakness and degenerative diseases such as Parkinson's disease, dementia and Alzheimer's disease. There is also a highly specialized program focusing on epilepsy, featuring a fellowship-trained epileptologist.

## Diagnosis and Management of Seizure Disorders

Discovering the underlying cause of seizure disorders can be complicated and requires careful monitoring, but is critical to helping recognize possible triggers and manage the condition to reduce the incidence of seizures. That's why UMCP's Center for Neurosciences Care features comprehensive diagnostic and testing technology that helps pinpoint the source of the problem.

For example, using the Center's state-of-the-art digital and video electroencephalography (EEG), data can be analyzed digitally, ensuring highly accurate results, not only for seizure disorders, but also for headaches, dizziness, stroke and fainting episodes. Epilepsy patients whose seizures are not responding to treatment, or who are uncertain about the cause of their seizures, have access to in-room diagnostics and 24/7 personalized observation through the Center's highly sophisticated and precise long-term inpatient video and digital monitoring. Ranging from three days to a week, long-term monitoring isolates electrical activity in the brain during seizures, helping the treatment team identify the origin, type and frequency of seizures and aiding in developing a treatment plan.

## Epilepsy Program

## Neurophysiology

### Comprehensive Services, Advanced Technology

This type of detailed diagnostics epitomizes all of the Center for Neuroscience Care's services, including such technology as:

- Visual, brainstem auditory, and somatosensory evoked potential studies to measure electrical signals along nerve pathways. These tests can analyze visual or hearing losses that may be a result of nerve damage, as well as nerve damage or degeneration within the spinal cord or nerve roots.
- Transcranial Doppler, which helps assess the risk of strokes and other conditions by measuring blood flow using non-invasive ultrasound technology.

While the Transcranial Doppler can provide advance warning before a stroke occurs, UMCP also provides comprehensive inpatient and outpatient treatment for stroke through the UMCP Stroke Center—a state-designated Primary Stroke Center—and through its Center for Emergency Care, acute rehabilitation unit for recovery after stroke, home care and outpatient rehabilitation programs.

### Convenience, Privacy

Neurological disorders of any type are complex, but finding solutions shouldn't be. That's why UMCP's Center for Neuroscience Care paired its advanced technology with a design that promotes a pleasant, comfortable experience, with ease of access and an attentive, caring staff.

The center's new examination rooms are spacious, quiet and comfortable. Accessible via the hospital's main Atrium, the Center enables individuals to complete diagnostic testing, consult with physicians and develop a treatment plan in one convenient location.



“It’s important to create an environment that will make the patient feel at ease,” says Paul Kaiser, MD, board certified in neurology, clinical neurophysiology and vascular neurology, and UMCPP’s Chief of Neurology. “Medical conditions like stroke, head injury, seizures and Alzheimer’s tend to make patients feel uncertain. By designing the Center for Neuroscience Care as a dedicated space—offering state-of-the-art diagnostic care in one location—we can offer them the privacy and comfort they deserve.”

In addition, for children who require inpatient evaluations, rooms are outfitted with sleeping accommodations for a parent, helping ease concerns for the child and his or her parents.

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For more information about University Medical Center of Princeton at Plainsboro’s Center for Neuroscience Care, call 1.888.PHCS4YOU (1.888.742.7496).

## Advanced Technology, Expertise in Diagnostics Provide Accurate, Quick Answers

With an outstanding patient experience in mind, University Medical Center of Princeton at Plainsboro's (UMCPP) Department of Imaging has outfitted its Center for Testing & Treatment with new, highly advanced imaging equipment and special attention to enhanced comfort and quality.

- A new, open architecture MRI for comfortable, "non-claustrophobic" imaging provides exceptional views of intricate body structures.
- 3-D ultrasound technology that produces multiple-angle views of the anatomy with just one sweep of the wand.
- Advanced CT imaging overlaid with real-time nuclear medicine studies for a comprehensive picture of cancer and other diseases.

Those are just some of the innovative advancements that will be found at the Center for Testing & Treatment at UMCPP. All are key to delivering faster, more accurate diagnoses and treatments to patients, which are critical to better outcomes.

But while diagnostic testing will be a critical function of the Center, it will be much more, encompassing advanced treatment methods. The Center's board certified interventional radiologists will be able to perform high-level, minimally invasive interventional procedures to provide targeted treatments under the guidance of exceptional visualization.

For example, advanced technology is expanding the options for treating lung, liver or kidney tumors, even some that were previously considered untreatable. With this new technology, thin catheters are threaded into the body to deliver microwave or radiofrequency waves to super-heat or "ablate" the tumors, causing them to shrink—all with minimal discomfort and recovery time.

"It's exciting to be working with outstanding new state-of-the-art equipment that can capture the most precise, detailed images for diagnosis and, when necessary, for delivery of treatment under image guidance," says



# Enhanced Laboratory Services for Quicker, More Accurate Diagnoses

Imaging Services

Laboratory Services

Blood Donor Program

In the midst of specialized surgery to diagnose a brain tumor, a University Medical Center of Princeton at Plainsboro (UMCPP) surgeon expertly removes a suspicious sample from a patient. The sample is transported via an advanced pneumatic tube system directly to UMCPP's Laboratory and its team of board certified pathologists, while the surgical team awaits news of the diagnosis.



In moments, the surgical team has its answer, as one of UMCPP's pathologists confers with the surgeon live via a videoconferencing system that connects the operating room and the laboratory.

This scenario reflects just one of the many technological advances that will be available at the new UMCPP and will change the face of lab services in the new hospital.

The advanced pneumatic tube system—which can transfer samples in a matter of seconds, rather than minutes—links all areas of the hospital to the state-of-the-art lab, where crucial diagnoses can be made faster and more accurately in the new environment.

“We’ve been moving into newer, innovative technologies that have revolutionized how we can serve our patients,” says Elliot A. Krauss, MD, Chairman of Pathology. “For example, we now use molecular diagnostic techniques which can examine DNA or RNA from microorganisms. It’s especially useful for detecting the presence of dangerous bacteria and viruses in the body.”

UMCPP will now use the same specific methodology to analyze viruses, such as respiratory viruses in children—becoming one of the first hospitals in the state to do so.

The hospital is also expanding a room-sized, automated state-of-the-art processing system for performing blood chemistry and immunology tests, improving results.

“From receipt of the specimen through the final result, the system processes samples without human hands touching the specimens,” explains Dr. Krauss. “This results in greater accuracy of the tests, and much less risk of contamination of the specimens.”

In addition to the advances in technology, UMCPP's Laboratory will feature inpatient and outpatient services for expanded types of tests, as well as improved turnaround time for results. A convenient patient draw station will be located on the main floor of the hospital in UMCPP's Center for Testing & Treatment and an adjacent blood donor room will be available for those wishing to donate blood for themselves or for others.

David Youmans, MD, board certified radiologist and UMCPP's Chairman of Radiology. “Together with board certified radiologists who have extensive subspecialty training and experience, the advanced technologies we utilize position us as a premier facility for diagnostic and interventional radiology procedures.”

## Outpatient Services in Medical Arts Pavilion

This attention to detail also extends to a state-of-the-art outpatient facility, located at the new Medical Arts Pavilion, which has been designed to meet the unique needs of non-hospital patients. Opening in late May, it features convenient registration, and expanded imaging capabilities provide precise visualization for accurate diagnosis.

“This has been a unique and rare opportunity to build new inpatient and outpatient radiology facilities from the ground up, with a focus directly on our patients,” says Dr. Youmans. “We all look forward to continuing to provide our patients with world-class care in these outstanding facilities.”

For more information, call  
1.888.PHCS4YOU (1.888.742.7496).

# Expertise with Innovation Means Better Outcomes

At the new Center for Surgical Care at University Medical Center of Princeton at Plainsboro (UMCPP), sophisticated equipment and technologies will offer patients even more advanced surgical options—ones that minimize risks, discomfort and recovery time, yet maximize results.

“During the last 15 years, we’ve seen dramatic changes in the way surgery is performed,” says John A. Heim, MD, Chairman of the Department of Surgery. “Minimally invasive and robotic-assisted procedures have transformed many surgeries with long hospital stays into safer, quicker procedures.”

Dedicated to employing the latest technologies for optimal patient outcomes, UMCPP’s Center for Surgical Care will house one of the newest innovations in the field of minimally invasive surgeries—the hybrid operating room.

A hybrid OR combines state-of-the-art imaging technology with the sterility and capability of a fully equipped operating room. It enables a specially trained surgical team to shift gears quickly and seamlessly from an interventional procedure, without ever having to change rooms. Hybrid ORs enhance patient care in a number of ways, including improved patient safety (reducing or even eliminating the need to move high-risk patients to another room); saving patients precious time, not only during the procedure, but also in avoiding an additional procedure; and shorter recovery times.

## Advances in Technology and Design

The center also will utilize enhanced video conferencing, providing a platform for other specialists to remotely connect with the surgical team in the operating room. For example, a pathologist can conference with a surgeon in real time from the laboratory, collaborating regarding the removal of tissue samples and discussing next steps based on their findings.

“Functionality will also be heightened by optimal placement of equipment,” adds Dr. Heim. “It may seem like a small adjustment, but taking all instrumentation off the floor and hanging them at eye-level provides for unobstructed viewing and mobility.”

## UMCPP Center for Bariatric Surgery, a Center of Excellence

Interventional lab

Perioperative services

Pre-admission testing

Surgical services

Vascular lab

Minimally invasive surgical capabilities, including the da Vinci Surgical System®





*Pictured above: Installation of advanced X-ray technology in the Interventional Platform in UMCP's Center for Surgical Care.*

The Center for Surgical Care will also house the revolutionary da Vinci Surgical System® (pictured left), which has been in use at University Medical Center at Princeton since 2009. The da Vinci is a robotic system that uses high-resolution, three-dimensional camera images to provide superior views of the operative site. Intuitive instrumentation for delicate suturing, as well as better access into hard-to-reach areas, make this method superior for many procedures. For patients, benefits of da Vinci surgery may include significantly less pain, less blood loss, less scarring, shorter recovery time, a faster return to normal daily activities, and in many cases, better clinical outcomes.

The system is currently in use at UMCP for surgeries such as prostatectomies, hysterectomies, colorectal and thoracic surgical procedures; however, it soon will be expanded to encompass more types of surgeries as well.

Many complex procedures such as repair of abdominal aneurysms and delicate spine surgeries can now be performed using catheter-based technology or micro-incisions. Advanced care in joint replacement, urogynecology and weight-loss surgery also is available at the new Center, which is a Bariatric Surgery Center of Excellence.

### **Same-day Surgery, High Quality Care**

In addition to UMCP's Center for Surgical Care, the Princeton Health Plainsboro campus will feature the Stephen & Roxanne Distler Center for Ambulatory Surgery—located in the Medical Arts Pavilion connected to the hospital—for same-day surgery. Easy registration, pre-op testing and fully equipped operating rooms provide patients with comfort, convenience and the same advanced clinical care as provided in the hospital.

“Because of the skills of our surgeons and the capabilities of our state-of-the-art equipment, we can perform many outpatient surgeries that have traditionally been performed as inpatient procedures,” says James Demetriades, Vice President of Professional Services for Princeton HealthCare System. “Our goal is to deliver a great patient experience and a superior surgical outcome.”

To learn more about UMCP's surgical services and the da Vinci Surgical System®, call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# Advanced Care in a Personal Environment

Cancer Program

Radiation Oncology

JoAnn Heffernan-Heisen Infusion  
Therapy Suite

Comprehensive Supportive Services

Clinical Trials

The new University Medical Center of Princeton at Plainsboro's Edward & Marie Matthews Center for Cancer Care unites a highly skilled, multidisciplinary team of cancer specialists with advanced technologies for fighting cancer, including innovations in radiation treatment and expanded infusion therapy services. This clinical excellence is delivered with a compassionate, personalized approach that has always been a hallmark of our commitment to cancer care.

The Center features a highly advanced TrueBeam™ Linear Accelerator—one of only about 175 worldwide. This state-of-the-art device delivers precisely targeted radiation therapy that not only cuts treatment time by as much as half, but also automatically monitors accuracy every 10 milliseconds during treatment—synchronizing to adjust for minor movements that may occur with a single breath.

Moreover, its *intelligent automation* capabilities translate into as much as a five-fold decrease in the steps it takes for imaging, positioning and treating patients. That efficiency means that a standard intensity-modulated treatment (IMRT) that would typically take 10 minutes can be completed in less than two, with improved precision.

While the new technology will be used for all types of cancer, its capabilities make it exceptional for treating tumors such as prostate and lung cancers that shift their position in the body. In addition, the TrueBeam™ also supports techniques such as stereotactic radiosurgery and stereotactic body radiation therapy, which deliver radiation with pinpoint precision to tumors in appropriate patients that previously may have required the use of specialized equipment such as a GammaKnife™ or a Cyberknife™.

“We’re very happy to have this digital, completely redesigned system that carefully delivers and directs just the right amount



Pictured above: State-of-the-art TrueBeam™ Linear Accelerator

# ent Close to You



of radiation needed to treat and shrink tumors,” says Linda Sieglen, MD, MMM, Princeton HealthCare System’s Senior Vice President, Medical Affairs. “It’s much more efficient treatment and has been shown to provide better results than the older-model radiotherapy units.”

In addition to these advances in radiation therapy, the new Center will expand its infusion therapy capabilities, more than doubling the number of individuals who can be served. The JoAnn Heffernan-Heisen Infusion Therapy Suite—where patients receive chemotherapy, blood and biologics—will accommodate 19 patients in a semi-private setting that provides the added security of enabling staff to have direct views of all patients, at all times. Each area contains room for a guest, and each chair is equipped with massage, heat, entertainment and controls for lighting—all at the patients’ fingertips. Two individual rooms offer the added privacy some prefer. The suite faces the Punia Family Healing Garden, encouraging quiet meditation and peacefulness.

### Comfort and Convenience

This attention to comfort can be seen throughout the Center, where individuals are welcomed from the hospital’s stunning main Atrium into a modern, warm environment featuring a stone fireplace, calming water feature and comfortable, home-like furniture.

The Center also will launch a new navigator program, where from the moment of diagnosis, individuals will have an experienced healthcare professional with them every step of the way—helping with questions, providing support and coordinating care and services.

“Our goal for the new center is to bring all the pieces of care together under one roof,” notes Judy Neuman, UMCP’s Director of Cancer Services. “Now, patients will have the services they need in one convenient location. Infusion services, radiation therapy, support services—they will all be housed together.”

In addition to chemotherapy and radiation treatments at the Center, UMCP provides access to routine screenings for breast, prostate and colon cancers; surgical treatments, with particular expertise in breast, lung, colorectal, prostate and thyroid cancers; genetic counseling through a partnership with The Cancer Institute of New Jersey’s LIFE Center; and alternative or complementary services such as Reiki therapy, acupuncture, meditation, art and writing workshops and nutrition counseling.

### The center also features:

- Direct access to imaging services and the pathology lab for fast diagnoses
- A dedicated pharmacy for all anti-cancer drugs, as well as other medications
- Coordinated care for rehabilitation

In addition, a specialized gift shop will be opening adjacent to the center, designed specifically to meet the needs of patients with cancer.

“We always put the needs of our patients first and it shows. We’re proud of our exceptional patient satisfaction scores,” says Dr. Sieglen. “Our new cancer center will be a welcoming and comforting place, where patients can feel confident in the comprehensive, personalized clinical care they’ll receive so close to home.”

### Award-winning Expertise

An accredited oncology program of the American College of Surgeons’ Commission on Cancer (CoC), UMCP in 2012 received the CoC’s prestigious Outstanding Achievement Award, recognizing exceptional performance in providing quality care to patients with cancer. To be eligible for the award, a center must receive commendations in seven specific standards, as well as comply with an additional 29 standards of cancer care. UMCP also is a Clinical Research Affiliate of The Cancer Institute of New Jersey, and its breast health services have earned accreditation from the National Accreditation Program for Breast Centers (NAPBC).

The Center is supported in part by a generous donation from Edward Matthews and his late wife, Marie. For more information about the Edward & Marie Matthews Center for Cancer Care at the new UMCP, call 1.888.PHCS4YOU (1.888.742.7496).

# Hope for Meaningful, Lasting Change

As many as 11 million people in the United States are battling an eating disorder. Finding professional help, like the comprehensive programs at The Center for Eating Disorders Care at University Medical Center of Princeton at Plainsboro (UMCPP), is a critical part of the healing process.



UMCPP's Center for Eating Disorders Care provides effective, compassionate treatment for adults, adolescents and children as young as 8 who are suffering from anorexia, bulimia and other eating disorders. The Center combines exceptional medical, psychosocial and nutritional care from attentive professionals with extensive expertise in facilitating meaningful and lasting change.

"Our goal is to help patients recover physically and emotionally in a warm, caring environment that offers acceptance, safety and support," says Russell Marx, MD, board certified psychiatrist and Medical Director of UMCPP's Center for Eating Disorders Care.

Located in a secure, private unit on the fifth level of the new UMCPP's David & Patricia Atkinson Pavilion, the Center for Eating Disorders Care offers a quiet and comfortable place for physical and emotional healing and support.

"Because each patient is unique, we develop an individualized treatment plan for each person, addressing physical, psychological and social aspects of the eating disorder to provide the foundation for a full recovery," says Dr. Marx, author of *It's Not Your Fault: Overcoming Anorexia and Bulimia* and member of the Board of Directors of the National Eating Disorders Association.

"We help our patients not only learn healthier eating habits and coping skills, but to express their feelings and identify the issues potentially underlying the disorder," Dr. Marx explains. "We are also focused on helping each patient overcome the physical symptoms of their eating disorder and achieve a healthy weight."

The Center provides daily therapy and medical management from board certified psychiatrists, as well as daily nutritional counseling. Each weekday, patients also meet with a master's or doctoral-level psychotherapist.

## Inpatient Program

Thorough medical, nutritional and psychological care to facilitate stabilization

Intensive individual, group and family therapy

Saturday program for family members

## Partial Hospital Program

Treatment from two to five days each week, Monday through Friday from 8:30 a.m. to 6 p.m.

Therapeutic programming aimed at maintaining treatment gains and normalizing eating and behavior patterns

Comprehensive services include:

- Medical management
- Individual psychotherapy
- Nutrition counseling
- Family therapy
- Group psychotherapy
- Psychoeducation
- Tutoring
- Art and other experiential therapy
- Relaxation training
- Yoga

## An Experienced, Compassionate Treatment Team

The multidisciplinary treatment team includes board certified psychiatrists; registered nurses; licensed psychotherapists, including psychologists, social workers and professional counselors; registered dietitians; consulting physicians, who are board certified in gastroenterology, endocrinology, cardiology, gynecology and other specialty areas; and certified teachers.

The Center's staff also works in conjunction with each individual's physician and other outpatient treatment providers, to coordinate treatment and maintain continuity of care. Individuals who self-refer or who do not already have outpatient care providers are given referrals to appropriate aftercare providers.

For more information about UMCPP's Center for Eating Disorders Care, call 877.932.8935 or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# Caring for Young Patients and Their Families

Every aspect of the new Regan Family Center for Pediatric Care at University Medical Center of Princeton at Plainsboro (UMCPP) is designed with the understanding that children have very specialized healthcare needs. From bright, kid-friendly color accents to the separate treatment room, the Regan Family Center for Pediatric Care shows the special attention paid to each of those specific needs.



24/7 care from board certified pediatric hospitalists from The Children's Hospital of Philadelphia (CHOP)

Each child has his or her own room in this dedicated pediatric unit that is focused on exceptional care and comfort for young patients and their families. Care in the Center is provided by pediatric hospitalists (physicians who are specially trained to treat hospitalized children) from The Children's Hospital of Philadelphia (CHOP), who are on-site at the hospital 24/7, working with UMCPP physicians and other healthcare professionals.

"Through our new Pediatric Care Center, and our partnership with CHOP, we can provide superior care to children and their families," says Bert Mandelbaum, MD, board certified pediatrician and Chairman of Pediatrics at UMCPP.

The rooms were designed to help ease the anxiety or concerns of the child—and of his or her parents. Each room has a Family Zone with comfortable seating and a sleep sofa to accommodate family members overnight.

UMCPP understands the essential need for children to view their rooms as a safe place. That's why a separate procedure room is available in the Center for Pediatric Care where tests such as blood tests or other procedures are conducted, helping to avoid any negative association that may be created in children's minds through bedside testing.

"Words cannot fully describe what the new Center for Pediatric Care offers our young patients and

their families," says Alicia Brennan, MD, a board certified pediatrician and Medical Director of CHOP Pediatric Care at UMCPP. "Teamed with the physicians here, we have always been able to provide quality care for young patients, but a bright and comfortable environment makes it easier for everyone involved in the treatment and recovery process. Our new home offers the perfect environment for care, safety and comfort, including a brand new playroom on the pediatrics floor."

The playroom is fully stocked with games, books, toys and a Wii video game system, to keep children entertained during their stay. Even the televisions are different: the GetWell Network interactive system uses a friendly "neighborhood" interface with options that allow children to select different entertainment

choices, including kid-friendly movies, as well as visit areas that will tell them more about the hospital or watch educational videos about their particular health condition. Parental controls also are available, if desired.

For pediatric patients who require highly skilled medical responses, neonatal and pediatric ambulances are provided. Each ambulance will have a team that will care for the child en route and have specialized equipment, such as incubators. In addition, UMCPP will have a helicopter pad for safe and speedy transport of patients.

In addition to the Regan Family Center for Pediatric Care, UMCPP will feature a specially designated pediatric area in the emergency department where young patients are treated by highly trained, board certified emergency physicians and have access to consultations by the CHOP pediatric hospitalists when needed, Dr. Mandelbaum adds.

Plans call for CHOP to establish a specialty care center on the new UMCPP health campus, so young patients can conveniently visit CHOP pediatric specialists for treatment and follow-up care as well.

The Regan Family Center for Pediatric Care is supported in part by a generous gift from Jay and Amy Regan, in honor of Mr. Regan's father. For more information, or assistance finding a pediatrician affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496).

# Having a Baby?

## UMCPP Offers Top-Rated, Personal Care for

With an award-winning nursing staff and a medical team that's enhanced by partnerships with The Children's Hospital of Philadelphia (CHOP) and Penn Maternal Fetal Medicine—which is a program of Penn Medicine/the Hospital of the University of Pennsylvania—the new Center for Maternal & Newborn Care at University Medical Center of Princeton at Plainsboro (UMCPP) provides exceptional care for moms and babies by nationally recognized experts in maternal, perinatal and neonatal health. Plus, we've designed every aspect of the Center with all of your and your baby's needs in mind to ensure a wonderful, positive experience from the moment you enter the hospital in labor, to the time you bring your newborn home.

"We have brought together a medical team capable of providing quality care from pre-conception through to baby's trip home," says Alan Friedman, MD, FACOG, board certified OB/GYN and Chairman of Obstetrics and Gynecology at UMCPP. "Parents can take comfort not only in the clinical expertise of our highly skilled team, but also in the compassionate care they'll receive every step of the way."

### Quality Care in a Safe, Comforting Environment

Whether you are delivering your first child or your fifth, UMCPP's Center for Maternal & Newborn Care provides an extraordinary place to celebrate that special moment.

Eight private delivery and recovery suites in the Center are expertly designed with access to any special care that may be needed during labor, and with consideration of the comfort of new moms—and dads or other loved ones who may be with them for support. The Center is equipped with whirlpool air-flow tub rooms that are designed to ease back pain during labor. It also includes two fully equipped operating rooms dedicated solely for patients needing Cesarean sections. And, referrals for certified nurse midwife services are available for those who embrace the philosophy of this model of care.

Labor & Delivery Unit

Mother-Baby Unit

Nursery &  
Neonatal Intermediate  
Care Unit

Penn Maternal Fetal Medicine  
at UMCPP



The personal touches and attention to detail create a comforting atmosphere that extends to the mother/baby suites in the Center, including the following features:

- 24 hotel-style recovery and postpartum rooms bathed in natural light and soothing colors
- Beautiful nature views from top-floor suites
- Private phones that link each mother directly to her nurse

Each mother/baby suite is designed to comfortably accommodate newborns, as well as provide sleep accommodations for the father or another guest. And, the Center provides the added peace of mind of an advanced security system to ensure the safety of each baby.

### When You or Your Baby Has Special Needs

Perhaps the most notable enhancement in the Center is the new Neonatal Intermediate Care Unit, staffed by neonatology-trained nurses and board certified CHOP neonatologists, who are on duty 24/7 and available to care for infants and attend high-risk deliveries. The 14-bed Neonatal Unit features eight private infant patient rooms, where discharged moms and dads can stay comfortably with their newborns requiring specialized care, such as infants with breathing disorders, infections, or jaundice, as well as those born prematurely who just need a little extra time to grow.

# Moms and Newborns



“In our new location, we can now offer better privacy and more family-centered care,” says Carrie Hufnal-Miller, MD, Medical Director of CHOP Neonatal Care at UMCP, who is board certified in neonatal-perinatal medicine and pediatrics. “Among the upgrades is a centralized monitoring system, as well as charting stations between every two rooms, for an extra-close nursing presence.”

The availability of specialized care is particularly important for moms-to-be with high-risk pregnancies, who can receive expert care throughout their pregnancies from Penn Maternal Fetal Medicine at UMCP, a team of nationally recognized experts in high-risk obstetrics, fetal evaluation and antepartum testing, with offices in the Medical Arts Pavilion adjacent to UMCP. Penn Maternal Fetal Medicine specialists also are available on call 24/7 at the hospital.

“Women facing high-risk pregnancies require specialized care, available close to home and around the clock,” says Robert Debbs, DO, FACOG, board certified in maternal fetal medicine and OB/GYN, and Medical Director of Penn Maternal Fetal Medicine at UMCP. “Closely monitoring multiples, diabetes, genetic risks, and even pre-conception concerns is extremely important for a healthy outcome for both the mother and child.”

## Preparing You for Home

Regardless of the level of care you or your newborn needs, the Center’s attentive, compassionate staff is well equipped to ease the concerns and questions of moms, dads, and even inquisitive siblings.

Nurses with specialized maternity training, as well as lactation consultants and healthcare professionals with Princeton HealthCare System’s Community Education & Outreach program, are available to provide education and hands-on training—for example, on bathing your baby, caring for your baby’s basic needs, or breastfeeding questions and concerns—so that parents have the skills they need to feel confident when they bring their babies home.

In addition, a retail shop located in the main Atrium on the hospital’s first level will feature a number of useful items for new parents and their newborns, including select breastfeeding supplies, baby slings, books and more.

For more information on the new Center for Maternal & Newborn Care at UMCP, or for assistance finding an obstetrician/gynecologist or certified nurse midwife affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496).

# Evidence-based Building a New



**W**hen Princeton HealthCare System conceived its plans for the new University Medical Center of Princeton at Plainsboro, no aspect of the hospital was left unexamined.

“Some of the country’s most talented architects designed the building, working with practical input from physicians, nurses, staff and the community,” says PHCS President and CEO Barry S. Rabner (*pictured above at the site under construction*). “We also reviewed more than 1,200 research studies to get the best available evidence of what works, what doesn’t and what could work better.”

This approach, known as evidence-based design, helps create an environment that promotes exceptional care, Rabner notes. As PHCS leadership began planning the new hospital, he says, the overriding goals were to ensure that the design helped to control infections, reduce falls, reduce errors, improve clinical outcomes, increase patient satisfaction and improve efficiency.

“The design decisions and the investments we made were all weighed against their ability to achieve those goals,” Rabner explains.

The results are evident. From the immense glass façade of the main concourse that fills the space with healing natural light to the 100 percent fresh air in patient areas, the high-tech equipment that enables advanced surgeries and cancer treatments, to the design of each patient room—every detail was carefully planned to promote healing and improve patient care and safety.

Rabner says it was understood from the beginning that the new hospital would be state-of-the-art throughout, but that the use of technology would be patient-centered. The 231 patient rooms themselves make excellent use of technology and evidence-based design to improve the patient experience.

In addition, the new UMCP features a design approach that encompasses on-stage and off-stage areas. This approach ensures functions and patients remain separate, minimizing both unnecessary interactions and inconveniences, so patients can recover more safely and comfortably.

# sed Design: Hospital for You



## Improving Patient Experience with Technology

Computer terminals in each room enable nurses and physicians to access a patient's medical records at the bedside, instead of having to leave the room to find a workstation. The rooms, like the rest of the hospital, are equipped for wireless Internet.

The design of each room was based on a functioning model room at the current hospital, which was part of a research project to analyze medication usage, causes and prevention of falls or hospital-acquired conditions, and ways to enhance patient comfort and safety. The project, which concluded earlier this year, led directly to improvements in the design of the patient room.

For example, the placement of the toilet in each private room, and the sliding frosted glass door—which allows the staff to see movement and shapes in the bathroom while still offering patients privacy—were the result of patient and staff feedback. *(More information about the patient room features can be found on pages 2-3.)*

## Earning Recognition for Design Initiatives

“Over the past several years, we have earned high-level, independent recognition for the excellent care that we provide, despite the space and technological limitations of the current hospital,” Rabner says. “When we open the doors on May 22, we will have a building that is as great as our staff. And we can't wait to see the results.”

The new hospital has already earned recognition on state, national and even international levels. Soliant Health named UMCPP one of the 20 Most Beautiful Hospitals in the United States, based on its state-of-the-art design and environmentally friendly use of materials and technology. In addition, our groundbreaking work has led healthcare leadership from around the world—including China, Denmark, Turkey, Singapore and Canada—to visit our facility to learn more.

**For more information, visit [www.newhospitalproject.org](http://www.newhospitalproject.org).**

# GOING GREEN

## Improving the Health of Patients and the Environment

Improved patient care, safety and comfort are key goals of our new hospital. Keeping the environment healthy and thriving at the same time is a responsibility we also take very seriously.

“It was important to Princeton HealthCare System that our new hospital be as environmentally friendly as possible,” says Pamela W. Garbini, PHCS’ Vice President, Construction and Facilities. “We put a lot of planning and research into selecting designs and systems that would make efficient use of natural resources, as well as limit the negative impact our operations would have on the environment.”

From the building’s long, lean, curved profile that allows natural sunlight to flood patient rooms, to the energy recovery system that reuses extracted thermal energy, every “green” aspect that could be sensibly implemented was considered. Walls of glass in the lobby allow light to warm the space in the winter, while angled solar shades keep it cool in the summer. Flooring materials were selected for their anti-microbial and non-toxic maintenance requirements—just soap and water and buffing needed, not harsh chemicals.

One of the most innovative elements of the hospital’s design is the ventilation system that uses 100 percent outside air for patient areas. The system pulls in fresh outdoor air to ventilate the areas, which is then exhausted outside, rather than recycled indoors.

“A fresh air exchange system is a very effective infection control method,” explains Garbini. “Traditionally, we’ve utilized this process in the operating rooms and laboratories, where a sterile environment is critical. Now, we’ve equipped every patient area with it so that the risk of breathing in airborne contaminants is significantly reduced.”

This new system is really a win-win-win: improved patient safety; more efficient use of natural resources; and a significant cost savings to the health system. In fact, we believe the sustainable initiatives will reduce energy costs by as much as 25 percent and reduce our carbon footprint by as much as 50 percent.

For more information about “green” design elements at University Medical Center of Princeton at Plainsboro, visit [www.newhospitalproject.org](http://www.newhospitalproject.org).

Approximately \$60 million is being spent on sustainable design at the new hospital. Additional green design elements include:

- Co-generation, or generating two types of energy—electricity and thermal—from a single source of fuel
- Photovoltaic panels in the northeast parking lot, producing 225KW
- Variable Frequency Drives on fans and pumps
- Sustainable construction materials and finishes
- Environmental control systems for lighting and temperature
- Water-saving fixtures
- Indigenous landscape materials
- 32-acre public park along the Millstone River
- High-efficiency motors, transformers, lighting and air handling systems
- Thermal storage



# How **Listening to the Community** Has Shaped Your New Hospital



Even before the decision was made to build a new hospital, Princeton HealthCare System actively engaged the community, patients and local officials in the process. Dozens of community meetings, surveys and conversations—

combined with extensive research on the health needs of the people we serve—guided us in making key decisions about location and services.

“When we developed our strategic plan for the future back in 2003, we knew we were facing an important decision—do we renovate and expand our existing facilities to meet the needs of our community, or do we build a new hospital campus?” says Barry Rabner, President and CEO of Princeton HealthCare System. “We sought the input of those who would be most affected by our decision. It was a long, thoughtful and transparent process, and we were happy to have the full support of the community to build a new healthcare facility from the ground up.”

The new state-of-the-art hospital and healthcare campus were planned and designed through the collaboration of the board, administration, physicians, staff and patients. From family-friendly patient rooms to a healing garden, each service and amenity was implemented to support the patient and family experience.

“We built a functional model patient room at the current hospital that was used to study how well it would function in the new hospital,” explains Rabner. “Patients and their families used the room during their stay and gave us their feedback on a host of topics. We listened very carefully to what they said and made our own observations, as well. The result? We made more than 200 refinements to better serve their needs.”



Keeping safety, comfort and improved clinical outcomes at the forefront, every decision—whether it was the location of a reading lamp or a ventilation system for infection control—was made with the active participation of our patients and community.

“It has always been critical to us that we meet the healthcare needs of our community. We recognize the dynamic nature of people’s healthcare needs and the ways healthcare is delivered. We did our best to build in the flexibility to adapt and accommodate those changes as they become necessary. With our new hospital and campus, we feel we can meet those needs now, and be poised to keep pace with an evolving healthcare environment,” says Rabner.

For more information about what was involved in designing the project, visit [www.newhospitalproject.org](http://www.newhospitalproject.org).



## Introducing Our Expanded Community Health Center

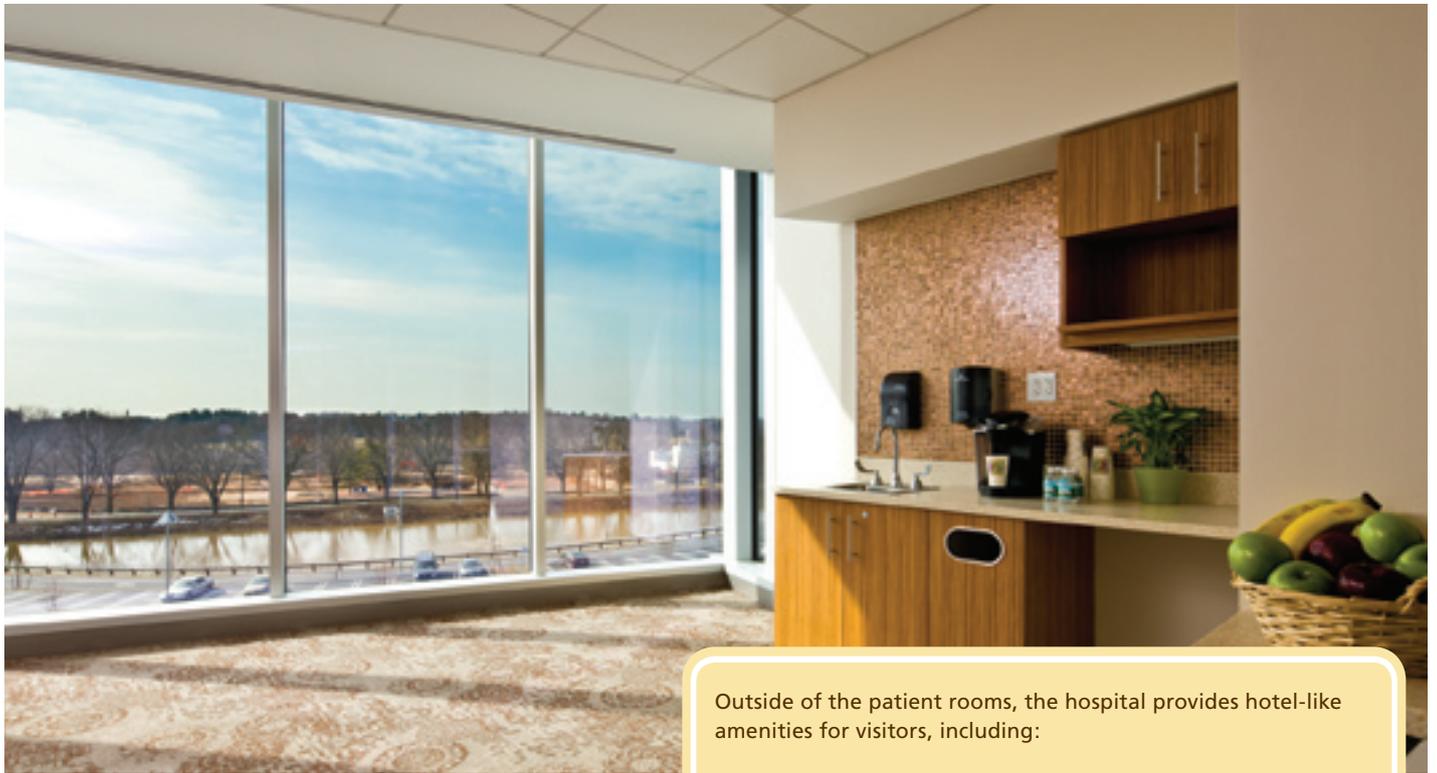
**The Bristol-Myers Squibb Community Health Center**, with 21 exam rooms (as opposed to the previously 16 rooms), will enhance the comprehensive community healthcare services to uninsured and underinsured residents, including mental health services for patients whose physical illnesses are complicated by mental health problems.

The Bristol-Myers Squibb Community Health Center will offer expanded hours—Monday, Tuesday and Thursday evenings until 8 p.m. and Saturday mornings until 12:30 p.m.

There are 22,000 patient visits per year to the UMCP community health center. That number is expected to increase by 10 percent, when the hospital moves closer to the center of the hospital’s service area. The Bristol-Myers Squibb Foundation grant also will support education and outreach programs at a satellite location—a neighborhood healthcare

information center, staffed by bilingual personnel, located at 281 Witherspoon Street. This neighborhood center also will arrange free transportation to the new Plainsboro hospital for Witherspoon neighborhood residents without other means of transport.

# New Hospital Meets Family/Visitor Needs, Too



**University Medical Center of Princeton at Plainsboro (UMCPP)** was built to provide the optimal experience for patients—and visitors too.

UMCPP's private patient rooms have a Family Zone with features including a work desk with a soft reading light and outlets for mobile phones and computers; comfortable daytime chairs; and a sleeper sofa, enabling friends and loved ones to stay at the hospital 24/7, if desired.

"Visitors and family members are a critical part of the caregiving process in a hospital," says Susan Lorenz, Vice President, Patient Care Services, and Chief Nursing Officer at UMCPP. "We encourage visitors to spend as much time as they can with their loved ones."

"We've created an environment that promotes healing, while taking into account that patients and visitors don't want to constantly feel like they're in a hospital," Lorenz says. "There are countless places for people to go to re-energize and enjoy a change of scenery during their visit."

For more information about the new University Medical Center of Princeton at Plainsboro, visit [www.newhospitalproject.org](http://www.newhospitalproject.org) or call 1.888.PHCS4YOU (1.888.742.7496).

Outside of the patient rooms, the hospital provides hotel-like amenities for visitors, including:



#### **A Medical Library and Business Center**

open to patients, visitors, community members, physicians and staff. Comprehensive services include reference services, literature searches, book and interlibrary loan requests, as well as A/V materials and assistance creating PowerPoint presentations. Our business services include access to copiers, computers and fax machines; printing and color copy services; arrangements for FedEx and UPS shipping and receiving; free notary services; and directors and information for local businesses, restaurants, transportation and hotels in the area. The library also has e-reader devices and laptop computers that can be borrowed.



**A family respite area on each floor** with stunning views of the hospital grounds—a place where loved ones can go if a patient needs a moment of privacy.



**A cafe and separate full-service restaurant**, providing food and beverages to staff, patients and guests.



**A 32-acre public park** along the Millstone River.



**Ample free, parking.**



**Family nourishment stations** throughout the hospital to enable families to stay near to their loved ones.

# COMMUNITY FOCUS

Learn more about the new University Medical Center of Princeton at Plainsboro and the Centers for Care at the following programs and also join us for a Community Open House event on Saturday, May 12, 2012, from 12 – 6 p.m., for a sneak peek of our new hospital. Please pre-register by calling 1.888.897.8979 or visiting [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar). Those who are pre-registered for the May 12 Community Open House will be entered into a free drawing to win a flat-screen TV.

**Parking.** We are delighted that many people have already RSVP'd and we have worked with the Plainsboro Police on a traffic/parking plan that will make parking quick, safe and enjoyable. All cars with a visible Handicapped Parking sign can park at the new hospital. All other guests will park at nearby lots and travel to and from the new hospital on large, comfortable buses — and enjoy door prize drawings during their short ride! Look for Event Parking signs in Plainsboro. If using a GPS, please use: 600 College Road East, Plainsboro, NJ as the address. However, please note that some GPS devices may require you to enter Princeton instead of Plainsboro.

Special **thanks** to the sponsors of our Community Open House:

  <p>An Affiliate of University Medical Center of Princeton at Plainsboro</p>  <p>Re-defining Care</p>	<p>Community Partner Supporting the KidsZone</p>  <p>Hope lives here.</p>
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## UMCPP's Geriatric Emergency Department: Taking Care of Our Seniors

TUE. May 1 (12 – 1 p.m.)      WED. June 20 (12 – 1 p.m.)  
Princeton Fitness & Wellness Center      Waterside Villas, 100 Overlook Drive, Monroe Township  
Lunch will be provided. Registration required for lunch. Please call 609.409.0018.

Older patients often have unique needs that require specialized care, which is why Princeton HealthCare System established a geriatric emergency department at its new hospital location. Join us to learn more about the latest geriatric care available at University Medical Center of Princeton at Plainsboro's Center for Emergency Care, what brings elderly patients into the ED and what they can expect when they arrive. Speakers include Craig Gronczewski, MD, board certified in emergency medicine and Chairman of UMCP's Emergency Department (May 1), and Daniel M. Farber, MD, board certified in emergency medicine (June 20). Drs. Gronczewski and Farber are members of the Medical Staff of Princeton HealthCare System.

## **Design for Healing: University Medical Center of Princeton at Plainsboro**

TUE. May 8 (7 – 8:30 p.m.)

South Brunswick Library, 110 Kingston Lane, Monmouth Junction  
Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.

FRI. May 11 (12 – 1 p.m.)

Waterside Villas, 100 Overlook Drive, Monroe Township  
Lunch will be provided. Registration required for lunch; please call 609.409.0018.

THU. May 31 (7 – 8:30 p.m.)

Hickory Corner Library, 138 Hickory Corner Road, East Windsor  
Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.

MON. June 25 (12:15 – 1:15 p.m.)

South Brunswick Municipal Building, 540 Ridge Road, Monmouth Junction

Learn about the University Medical Center of Princeton at Plainsboro (UMCPP) and other health-related facilities located at a 171-acre site in Plainsboro, bounded by the Millstone River, Scudders Mill Road and Route 1, just 2.5 miles from the center of Princeton. Speakers include: Pam Hersh, Vice President, Government & Community Affairs (May 8, 11 and 31 & June 25), and Brian Rubin, Leadership Gifts Officer, Princeton HealthCare System Foundation (May 11 & June 25).

## **George & Estelle Sands Center for Cardiac & Pulmonary Care: What's Causing My Irregular Heartbeat?**

THU. June 13 (7 – 8 p.m.)

Princeton Fitness & Wellness Center

Does your heart sometimes seem to skip a beat or change its rhythm? Both are possible signs of atrial fibrillation, an irregular and rapid heart rhythm that occurs when your heart's electrical system is not functioning properly. To learn more about how atrial fibrillation affects your heart and about the George & Estelle Sands Center for Cardiac & Pulmonary Care, join John D. Passalaris, MD, FACC, board certified in cardiovascular disease and internal medicine and a member of the Medical Staff of Princeton HealthCare System.

## **Regan Family Center for Pediatric Care: Managing Pediatric Asthma and Allergies**

THU. May 31 (10 – 11:30 a.m.)

Community Education & Outreach  
at the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

Join us for this up-to-date discussion on pediatric asthma and allergies, including risk factors, symptoms, treatment options and when to seek emergency care. Presentation by Bindoo Rughani-Shah, MD, FAAP, board certified in pediatrics and a member of the Medical Staff of Princeton HealthCare System, who will also give an overview of the Regan Family Center for Pediatric Care at the University Medical Center of Princeton at Plainsboro.

## **Center for Emergency Care: Big Chill—Managing Emergency Cardiac Cases**

MON. June 4 (6:30 – 8 p.m.)

Community Education & Outreach  
at the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

Learn about the latest treatment options for emergency cardiac patients, what's new in therapeutic hyperthermia and what the Center for Emergency Care will have to offer all patients in this presentation by Craig Gronczewski, MD, board certified in emergency medicine and Chairman of UMCPP's Department of Emergency Medicine.



## **CURRENT PROGRAMS**

Princeton HealthCare System Community Education & Outreach offers a variety of programming dedicated to promoting healthy living at every stage of life and to enhancing quality of life by addressing the unique needs of women, men, seniors, children, adolescents and diverse populations. Programs are developed and facilitated by the outstanding physicians, nurses and health professionals of Princeton HealthCare System.

### **Women and Sleep: Finding Solutions for Sleep Problems**

TUE. May 1 (7 – 8:30 p.m.)

Ewing Library  
61 Scotch Road, Ewing

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.

Is it hard for you to fall asleep or stay asleep through the night? Women are twice as likely than men to have trouble with sleep. Dana Supe, MD, Medical Director, University Medical Center at Princeton's Sleep Center, will discuss common sleep disorders and treatment options. Dr. Supe is board certified in sleep medicine, internal medicine, and pulmonary and critical care medicine and a member of the Medical Staff of Princeton HealthCare System. Also, discover how foods play a role in getting a good night's sleep with Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program.

### **Fore! How to Get Your Golf Game in Shape This Season, Part 2**

TUE. May 8 (12 – 1 p.m.)

Princeton Fitness & Wellness Center

Whether you have been golfing for years or are just starting out, swinging a club can have a serious impact on your body. In part 2 of this golf series, Christopher Blessing, MPT, OCS, CSCS, and MS in exercise physiology, with University Medical Center at Princeton's Outpatient Rehabilitation Network, will discuss:

- The components of the golf swing
- How injuries occur
- Equipment to consider
- Swing-specific strengthening, flexibility, balance and warm-up exercises

If time permits, this lecture may also include a golf swing postural assessment.



## Kids & Sports: Safe & Healthy

TUE. May 8 (6:30 – 8 p.m.)  
Hamilton Area YMCA Sawmill Branch  
185 Sawmill Road, Hamilton

Keeping kids safe and healthy, whether they play team sports or are just on the go, is a challenge. Join our panel of experts to learn about how to prevent and treat head and other sports injuries, proper nutrition and hydration, and physical therapy. Speakers include: Koel Guha, MD, a board certified pediatric hospitalist with The Children's Hospital of Philadelphia (CHOP) Newborn and Pediatric Care at UMCP; Janet

Celentana, MSPT, a physical therapist with University Medical Center at Princeton's Outpatient Rehabilitation Network; and Jane Schwartz, RD, Outpatient & Community Education Dietitian with UMCP's Nutrition Program. Dr. Guha is a member of the Medical Staff of Princeton HealthCare System.

## Health Changes As We Age

TUE. May 15 (11 a.m. – 12:30 p.m.)  
Monroe Township Public Library  
4 Municipal Plaza, Monroe Township

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.

Changes in our bodies as we age can have both positive and negative impacts on our lives. Join Jose Vigario, DO, board certified in geriatrics and internal medicine, to discover the impact aging has on our skin, bones, muscles and cardiopulmonary system and what you can do to age gracefully. Dr. Vigario is a member of the Medical Staff of Princeton HealthCare System.

## Spring's Bounty: Soups and Salads

THU. May 17 (6 – 7 p.m.)  
Princeton Fitness & Wellness Center

**\$10. Free for participants who are registered for the *Experience the Benefits of Weight Loss* series.**

During the spring and summer, local produce is at its highest quality, and its lowest cost, so there is no better time to learn to prepare simple soups and salads. Join Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, for an informative discussion on the health benefits of fresh soups and salads, and learn how to make the most of fruits and vegetables with tasty, simple-to-prepare recipes.

## What Your Daughter Should Know Before Heading to College

TUE. June 5 (12 – 1 p.m.)  
Princeton Fitness & Wellness Center

Join Maria E. Sophocles, MD, board certified in gynecology and a member of the Medical Staff of Princeton HealthCare System, for this informative program aimed at moms and their daughters who are getting ready to head off to college. Together you will learn valuable information about date rape; social safety measures; and sexual education, including preventing pregnancy and sexually transmitted diseases.

## Shape Up for Summer

TUE. June 5 (6:30 – 8 p.m.)  
UMCP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road, East Windsor

This fun-filled evening, packed with information on health tips and fashion fixes, will help you put your best foot forward this summer. Speakers include: Kenneth A. Goldman, MD, FACS, board certified in general and vascular surgery, who will discuss varicose veins; Brian R. Keegan, MD, PhD, FAAD, board certified in dermatology, who will address summer skin care to reduce skin cancer; and Elizabeth Krefski, RN, Department Director of UMCP Breast Health Center, who will have information on breast health. As a special bonus, Paula Molino, a fashion consultant from Fashion Fix, will take the guesswork out of shopping for a swimsuit, and an associate from Lace Silhouettes in Princeton will explain how to get the perfect fit in bras. Dr. Goldman and Dr. Keegan are members of the Medical Staff of Princeton HealthCare System.

## AARP Driver Safety Program

TUE. & WED. June 12 & 13 (12:30 – 3:30 p.m.)  
Princeton Fitness & Wellness Center

**\$12 for AARP members  
\$14 for Non-members**

Checks are payable at the door and should be made payable to AARP. Attendance at both sessions is required.

The techniques learned in this two-part course could result in a reduction in car insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record. Participants will learn:

- Defensive driving techniques
- New traffic laws and rules of the road
- How to deal with aggressive drivers
- How to handle potential problem situations such as left turns, right-of-way, interstate highway traffic, trucks and blind spots
- How to safely use anti-lock brakes and safety belts

You must be 18 years or older and have a valid NJ or PA driver's license to be eligible for this course. You do not need to be a member of AARP to attend. Upon completion of the course, you will receive a certificate to send to your insurance company. This course will be presented by an AARP instructor.

## Managing Medications for the Elderly Patient

TUE. June 26 (12 – 1 p.m.)  
Princeton Fitness & Wellness Center

Keeping track of multiple medications can be overwhelming, and even a seemingly simple mistake can be dangerous, especially for elderly patients. Join Liza Barbarello-Andrews, PharmD, BCPS, a Critical Care Clinical Pharmacist with Princeton HealthCare System and Professor with Rutgers—The State University of New Jersey, to learn more about sticking to your doctor's recommended treatment, managing multiple prescriptions, food interactions, and medication-related problems.

## Better Bladder Health for Women

THU. June 28 (7 – 8 p.m.)  
Princeton Fitness & Wellness Center

Urinary incontinence and overactive bladder conditions are common problems affecting nearly half of all women at some point in their lives. But while bladder problems are common, they are not normal, and often can be treated with relatively simple measures. Heather van Raalte, MD, fellowship trained in urogynecology, will discuss bladder conditions, including:

- Signs of an overactive bladder
- Different types of incontinence
- Available treatment options, including home remedies, and when it may be time to see a doctor

Dr. van Raalte is a member of the Medical Staff at Princeton HealthCare System.

## Please Give Blood

You can help save a life by giving blood at the Blood Donor Program of University Medical Center at Princeton. For hours, or to schedule your appointment, call 609.497.4366.

**You can also give blood on May 14 from 12 to 3 p.m. at the Princeton Fitness & Wellness Center.** Please eat a substantial meal and drink plenty of fluids if you are planning to donate that day. A photo ID is required.



## CHILDBIRTH & FAMILY

### PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

University Medical Center at Princeton is pleased to offer a variety of programs related to childbirth and family issues. Call **1.888.897.8979** or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

#### Sibling Class

SAT. May 26 (10 – 11:30 a.m.)

SAT. June 9 (10 – 11:30 a.m.)

University Medical Center of Princeton at Plainsboro – Main Lobby

\$30 per child

Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, tour a maternity room and look into our nursery. Classes are designed for children ages 3 to 8 years. Parents are expected to attend the course with their child and are not charged an additional fee.

#### Maternity Tour

SAT. May 26 (12 – 1 p.m. or 1:30 – 2:30 p.m.)

SAT. June 9 (12 – 1 p.m. or 1:30 – 2:30 p.m.)

THU. June 21 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

University Medical Center of Princeton at Plainsboro – Main Lobby

University Medical Center of Princeton at Plainsboro is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCPP or considering delivering here to take a tour of our state-of-the-art Center for Maternal & Newborn Care, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

#### Daddy Boot Camp™

SAT. May 19 (9 a.m. – 12:30 p.m.)

Community Education & Outreach at 731 Alexander Road

SAT. June 23 (9 a.m. – 12:30 p.m.)

Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch, Suite 100, Conference Rooms A & B

\$25 per person

This men-only course is designed for fathers-to-be to gain knowledge in parenting skills and to develop hands-on skills for caring for their newborns. A certified male Daddy Boot Camp™ instructor, along with new dads, will demonstrate how to hold, comfort, diaper and play with their babies, including these tips and tools: how to calm a crying baby, planning for baby's arrival, pets and babies, car seat safety, and the importance of parental teamwork. Feel comfortable, ask questions and express your concerns and joys about fatherhood.

#### Prenatal Breastfeeding Class

TUE. May 29 (7 – 9 p.m.)

WED. June 13 (7 – 9 p.m.)

University Medical Center of Princeton at Plainsboro Education Center, First Floor, Conference Rooms C & D

\$45 per couple

Expectant parents will learn about the benefits of breastfeeding, getting started, positioning, nutrition, pumping and avoiding common problems. This class is taught by a certified lactation consultant.

## OPTIONS FOR BIRTHING

Princeton HealthCare System offers a variety of childbirth preparation classes to help prepare expectant parents for labor and delivery. Choose the series that is right for you.

#### Birthing Basics

THU. May 3 – May 24 (7 – 9 p.m.)

WED. May 16 – June 6 (7 – 9 p.m.)

University Medical Center at Princeton/University Medical Center of Princeton at Plainsboro

MON. June 4 – June 25 (7 – 9 p.m.)

TUE. June 19 – July 10 (7 – 9 p.m.)

University Medical Center of Princeton at Plainsboro Education Center, First Floor, Conference Rooms C & D

\$120 per couple

This four-week, comprehensive program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, and comfort measures to promote a positive birth experience. The third session of each series will include a tour of our Center for Maternal & Newborn Care.

#### Accelerated Birthing Basics

SAT. May 26 (9 a.m. – 5 p.m.)

SAT. June 16 (9 a.m. – 5 p.m.)

University Medical Center of Princeton at Plainsboro Education Center, First Floor, Conference Rooms C & D

\$155 per couple

This program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, medical interventions and comfort measures to promote a positive birth experience.

**Private childbirth and family classes** are available upon request for those with special medical considerations. Fees for private classes vary. Please call Debbie Millar at 609.897.8982 for additional information or to schedule your private class.

## Baby Care

THU. May 31 (7 – 9:30 p.m.)

WED. June 20 (7 – 9:30 p.m.)

University Medical Center of Princeton at Plainsboro  
Education Center, First Floor, Conference Rooms C & D

\$45 per couple

How will we care for our baby? What does it mean when a baby cries? How do we bathe our baby? This program is designed to help create confidence in your parenting skills. Topics include infant care, feeding choices, choosing a pediatrician and more.

## Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

Approximately 90 percent of car seats are installed incorrectly or are misused. Is yours one of them? Make an appointment to have a certified child passenger safety technician check your child's car seat! If you are expecting, please schedule your appointment at least one month prior to your due date. Please bring your car manual and car seat instructions.

# CHILDBIRTH & FAMILY

## POSTPARTUM, PARENTING & CHILD-REARING CLASSES

University Medical Center at Princeton is pleased to offer a variety of programs related to childbirth and family issues. Call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

### Bright Beginnings (birth to 6 months)

Wednesdays  
(10:30 – 11:30 a.m.)  
Princeton Fitness & Wellness  
Center



\$5 per session,  
payable at the door  
No registration required.

This informative, relaxed group is for parents and caregivers of infants. Each week focuses on a different topic of interest to new parents, and guest speakers are occasionally featured. Infants and children under 4 years of age are welcome to attend with the parent or caregiver. For a list of topics, call 1.888.897.8979 or visit us online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

### Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)  
Community Education & Outreach at 731 Alexander Road

No registration required.

Are you currently nursing your infant or toddler? Our support group can answer your questions and allow you to share your experiences with other nursing mothers. This group is facilitated by a certified lactation consultant.

### Postpartum Adjustment Support Group

THU. May 10 (11 a.m. – 12 p.m.)  
THU. May 24 (11 a.m. – 12 p.m.)  
THU. June 7 (11 a.m. – 12 p.m.)  
THU. June 21 (11 a.m. – 12 p.m.)  
Community Education & Outreach at 731 Alexander Road

No registration required.

Having a baby can involve a variety of emotions, from joy and excitement to uncertainty and confusion. Join healthcare professionals from Princeton HealthCare System and explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are welcome to attend with their infants.

## EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

Princeton HealthCare System is proud to offer training and continuing education designed exclusively for area EMTs. Call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register.

### Summer Injuries and Assessments

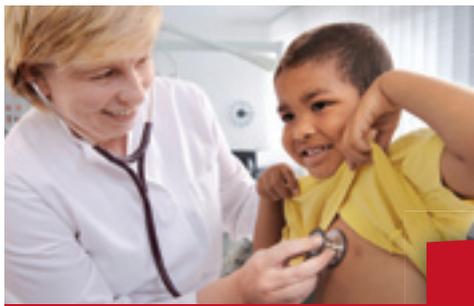
WED. May 9 (6 – 9 p.m.)  
Princeton Fitness & Wellness Center

Continuing Education Credits (CEUs) are available to participants, pending approval from the N.J. Office of Emergency Medical Services. Princeton HealthCare System will host an educational seminar for local EMTs presented by Stephen Harrison, DO, board certified in emergency medicine and a member of the Medical Staff of Princeton HealthCare System, and Barbara Vaning, MHA, EMT instructor.

Topics include: neck, spinal and orthopedic injuries; assessment of pediatric injuries; signs and symptoms of heat stroke; common summer injuries, including bee stings and animal bites. Bring your swimsuit—there will be an opportunity to use the pool for hands-on practice.

While we are proud to offer this training to Emergency Medical Services personnel, we wish to clarify that University Medical Center at Princeton is not a state-designated regional trauma center.





## CPR & FIRST AID

Call **1.888.897.8979** or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for CPR and first aid classes. Participants who are more than 15 minutes late will be denied entry into CPR courses held by Princeton HealthCare System.

### ACLS Full

THU. & FRI. May 10 & 11 (9 a.m. – 3:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road

### ACLS Recertification

WED. May 9 (9 a.m. – 3:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

The Advanced Cardiovascular Life Support (ACLS) course emphasizes the importance of basic life support (BLS), integration of effective BLS with ACLS interventions, and effective team interaction and communication during resuscitation. The course is for professionals who respond to cardiovascular emergencies and require an initial or renewal ACLS Provider Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

### PALS Full

TUE. & WED. June 12 & 13  
(9 a.m. – 3:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road

### PALS Recertification

WED. May 30 (9 a.m. – 3:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

The Pediatric Advanced Life Support (PALS) course uses a scenario-based, team approach to teach pediatric emergency respiratory management or cardiac arrest. The PALS course is for healthcare providers who initiate and direct advanced life support in pediatric emergencies, and for first-time or renewal training to obtain a PALS Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

### BLS for Healthcare Providers

MON. May 7 (6 – 10:30 p.m.)  
WED. June 6 (9 a.m. – 1:30 p.m.)  
Community Education & Outreach at  
the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

THU. May 17 (9 a.m. – 1:30 p.m.)  
THU. June 14 (6 – 10:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road

TUE. June 19 (9 a.m. – 1:30 p.m.)  
Princeton Fitness & Wellness Center

\$65 per person

The BLS for Healthcare Providers course covers core material such as adult and pediatric CPR, foreign-body airway obstruction and automated external defibrillation (AED). The course is designed for health professionals who must have a credential documenting successful completion of a CPR course. This course includes a written exam and skills test. Participants will receive a course completion card.

### Heartsaver AED

TUE. May 8 (9 a.m. – 12:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road

THU. June 7 (9 a.m. – 12:30 p.m.)  
Community Education & Outreach at  
the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

WED. June 20 (6 – 9:30 p.m.)  
Princeton Fitness & Wellness Center

\$60 per person

The Heartsaver AED course teaches CPR; AED use; relief of choking in adults, children and infants; and use of a barrier device for all ages. Heartsaver AED is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

### Heartsaver First Aid

TUE. May 15 (6 – 9 p.m.)  
Princeton Fitness & Wellness Center

\$55 per person

The Heartsaver First Aid course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes general first aid principles, medical emergencies and injury emergencies in adults. Heartsaver First Aid is designed for those who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

### Family & Friends CPR

\$20 per person, per session

The Family & Friends CPR programs teach you how to perform CPR and how to help someone who is choking. These courses are designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

Session Times:

Adult CPR (10 – 10:45 a.m.)

Child CPR (11 – 11:45 a.m.)

Infant CPR\* (12 – 12:45 p.m.)

\*An infant is defined as a child 1 year of age or younger.

Session Dates:

SAT. May 19

Community Education & Outreach at  
the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

SAT. June 16

Princeton Fitness & Wellness Center

### Pet First Aid and CPR

FRI. June 15 (6 – 9 p.m.)  
Community Education & Outreach at  
the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

\$40 per person

Designed by the American Safety & Health Institute (ASHI), the Pet First Aid course teaches participants how to give immediate care to an injured or suddenly ill pet until veterinary care is available. Basic emergency care, CPR, common illnesses and medical emergencies will be covered. This program will focus on first aid for dogs; however, first aid applications for most pets are similar. Participants will receive a course completion certificate.

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.



## CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Princeton HealthCare System is proud to offer a full continuum of cancer-related programming, from preventive lectures and screenings to support groups for those living with the disease. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar). The Cancer Program at University Medical Center at Princeton is a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ) and an accredited program of the American College of Surgeons' Commission on Cancer. For further information about the UMCP Cancer Program, please call **1.866.460.4776**.

### Cancer Support Group

TUE. May 15 (1:30 – 3 p.m.)

TUE. June 19 (1:30 – 3 p.m.)

Monroe Township Senior Center  
One Municipal Plaza, Monroe Township

No registration required. Walk-ins welcome.

Princeton HealthCare System is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Topics discussed include coping with the emotional impact of cancer; communicating effectively with your healthcare team; adjusting to changes during and after treatment; maintaining healthy relationships personally and professionally; and managing concerns about recurrence. This program will be facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

### Breast Cancer Support Group

TUE. May 15 (6 – 7:30 p.m.)

TUE. June 19 (6 – 7:30 p.m.)

UMCP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road, East Windsor

No registration required. Walk-ins welcome.

The Breast Cancer Support Group meets the third Tuesday of the month. The group welcomes breast cancer patients in all phases of their journey to attend, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group will be co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a Breast Health Navigator from UMCP's Breast Health Center.

### American Cancer Society's Look Good, Feel Better

MON. May 21 (6 – 8 p.m.)

UMCP Breast Health Center  
300B Princeton-Hightstown Road  
East Windsor Medical Commons 2  
East Windsor

Please call **1.800.227.2345** to register. Cancer can rob you of your energy, your appetite and your strength, but it doesn't have to rob you of your self-confidence. This program teaches patients with cancer a variety of beauty techniques to help combat the appearance-related side effects of cancer treatment. It's a make-over for the spirit.



### Prostate Cancer Support Group

WED. May 23 (12 – 1:30 p.m.)

WED. June 27 (12 – 1:30 p.m.)

University Medical Center of Princeton at Plainsboro  
Edward & Marie Matthews Center for Cancer Care  
Education Conference Room

Registration preferred. Walk-ins welcome.

This support group welcomes those with prostate cancer, their loved ones and family members to attend. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

### Jin Shin Jyutsu

TUE. June 5 (6:30 – 7:30 p.m.)

University Medical Center of Princeton at Plainsboro  
Edward & Marie Matthews Center for Cancer Care  
Education Conference Room

Registration preferred.

Learn to reduce stress and anxiety, manage difficult emotions, decrease muscle tension, and increase your general sense of well-being and inner peace through the gentle acupressure process called Jin Shin Jyutsu. Experienced Jin Shin Jyutsu facilitator Kerry Kay will teach you how to use gentle touch in simple body "holds" to tap into the body's energy system and promote health and well-being.

### Head & Neck Cancer Support Group—A Support Group for Head & Neck Cancer Patients and/or Their Loved Ones

WED. June 20 (12 – 1 p.m.)

University Medical Center of Princeton at Plainsboro  
Edward & Marie Matthews Center for Cancer Care  
Education Conference Room

Registration preferred. Walk-ins welcome.

Princeton HealthCare System's Head and Neck Cancer Support Group of Central Jersey meets the third Wednesday of the month and provides encouragement for fellow members; a safe setting for sharing concerns and problems related to life after cancer; education; and a social outlet for cancer patients, their families and loved ones. This support group is facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist at Princeton HealthCare System.



## SUPPORT GROUPS

### Bariatric Surgery Support Group

MON. May 7 (7 – 8:30 p.m.)

MON. June 4 (7 – 8:30 p.m.)

Community Education & Outreach at 731 Alexander Road

This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, and those who are considering weight-loss surgery options. Group facilitators may include, but are not limited to: Robert E. Brolin, MD, FACS, Medical Director of the Bariatric Surgery Center of Excellence at University Medical Center at Princeton, board certified surgeon and former president of the American Society for Bariatric Surgery; Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery; Donna DeMild, ELI-MP, CPC; and Princeton

HealthCare System staff. Sponsored by the Bariatric Surgery Center of Excellence at UMCP and New Jersey Bariatrics.

### UNITE: Perinatal Loss Bereavement Support Group

MON. May 7 (7 – 9 p.m.)

MON. June 4 (7 – 9 p.m.)

Community Education & Outreach at  
731 Alexander Road

No registration required.

Walk-ins welcome.

This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth and early infant death. Meetings are held the first Monday of every month.

### ICD Support Group: Support Group for People with Implanted Cardiac Defibrillators (ICD)

TUE. May 15 (6:30 – 8 p.m.)

Community Education & Outreach at 731 Alexander Road

Registration requested. Please call 1.888.897.8979 for more information and to register.

People with implanted cardiac defibrillators (ICDs) and other interested individuals are welcome to attend this support group, facilitated by Eran Zacks, MD, FACC, Electrophysiologist Specialist, and the staff of University Medical Center at Princeton's Cardiac and Pulmonary Rehabilitation Program. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health and well-being.

### Diabetes Support Group

WED. May 16 (2:30 – 4 p.m.)

WED. June 20 (2:30 – 4 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

No registration required. Walk-ins welcome. Please call 609.853.7890 for information.

This group provides resources and support for those living with diabetes and their loved ones. Nancy Rhodes, RN, BS, MA, CDE, a certified diabetes educator with University Medical Center at Princeton's Diabetes Management Program, facilitates meetings.

For more information on UMCP's Diabetes Management Program and its full range of educational services, including monthly day and evening classes, glucose monitoring and one-to-one counseling with a nurse and dietitian, who are certified diabetes educators, please call 609.497.4372 or visit [www.princetonhcs.org](http://www.princetonhcs.org).

## ONLINE SEMINARS

[www.ustream.tv/channel/princetonhealth](http://www.ustream.tv/channel/princetonhealth)

PHCS is hosting monthly live web chats, and you're invited. To participate, all you need to do is go to our UStream Channel at [www.ustream.tv/channel/princetonhealth](http://www.ustream.tv/channel/princetonhealth) on the day of the seminar. Pre-register either by calling 1.888.897.8979 or by going to [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar). All you need is a PC or Mac with Adobe Flash Player installed and a broadband Internet connection.



### Understanding Osteoporosis in the Chinese-American Community: Risk Factors, Prevention & Treatment

May 17 at 7 p.m.

with Qian Wang, MD

board certified in internal and geriatric medicine

*This seminar will be presented in Mandarin.*



### Probiotics: Why They Are Needed for Optimal Intestinal Health

June 21 at 7 p.m.

with Kevin Skole, MD

board certified in gastroenterology



## EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in central New Jersey. Registration is required, unless otherwise noted. Please register online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or call **1.888.897.8979** (unless another number is indicated).

### Safe and Sound at Home: Lifeline and HomeCare Services

WED. May 23 (10:30 – 11:30 a.m.)  
Hopewell Valley Senior Center  
395 Reading Street, Pennington

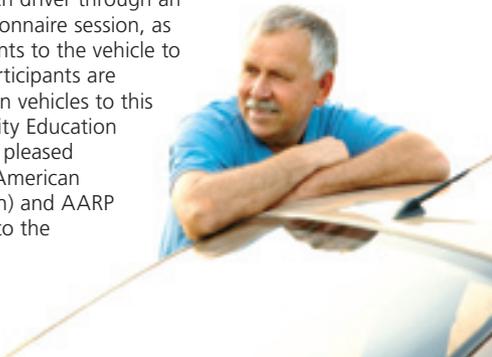
Summoning emergency help when needed can be as easy as a push of a button. Learn how the Lifeline emergency response system works during this informative session led by Kelly Shipp, Lifeline Community Outreach Coordinator. Melanie Horton, Marketing Relations Representative with Princeton HomeCare Services, will also give an overview of available home care and hospice services that can help you stay comfortable and safe in your home.

### Car Fit Check-Up Event

THU. June 7 (10:30 a.m. – 12:30 p.m.)  
Community Education & Outreach at  
the Hamilton Area YMCA John K. Rafferty Branch  
Parking Lot

Personal mobility is critical to safe driving. As we age, changes in our vision, flexibility, strength, range of motion and even height may require vehicle modifications to help us feel more confident and comfortable behind the wheel. The CarFit program helps make vehicle adjustments to better “fit” the driver, which will provide the driver with greater comfort and better vehicle control.

A trained Princeton HealthCare System CarFit technician will take each driver through an observation and questionnaire session, as well as make adjustments to the vehicle to better fit the driver. Participants are asked to drive their own vehicles to this event. PHCS’ Community Education & Outreach Program is pleased to partner with AAA (American Automobile Association) and AARP to provide this service to the community.



### Women of Wisdom

THU. June 14 (12:15 – 1:15 p.m.)  
South Brunswick Senior Center  
540 Ridge Road, Monmouth Junction

Join expert Beth Krefski, RN, MSN, Director of University Medical Center of Princeton at Plainsboro’s Breast Health Center, to explore the myths surrounding breast cancer, what puts you at risk for developing the disease, and the signs and symptoms you may not know about. You will also have an opportunity to hear a breast cancer survivor’s inspirational story.

This program is presented by Princeton HealthCare System Community Education & Outreach and the YWCA Princeton Breast Cancer Resource Center.

University Medical Center at Princeton is a Clinical Research Affiliate of The Cancer Institute of New Jersey and an accredited oncology teaching program of the American College of Surgeons’ Commission on Cancer.

### Common GI Disorders: When to Seek Medical Advice

FRI. June 15 (12 – 1 p.m.)  
Princeton Senior Resource Center  
45 Stockton Street, Princeton

Millions of people suffer from intestinal disorders such as diverticulitis, irritable bowel syndrome and inflammatory bowel disease. Kevin Skole, MD, board certified in gastroenterology, will discuss the signs and symptoms of these common GI problems, as well as treatment options and when further testing is warranted. Dr. Skole is a member of the Medical Staff of Princeton HealthCare System.

### Gentle Tone and Movement

June 27 (10:45 – 11:15 a.m.)  
South Brunswick Senior Center  
540 Ridge Road, Monmouth Junction

Jaelyn Boone, Guild Certified Instructor of the Feldenkrais Method of Somatic Movement Education, Princeton Fitness & Wellness Center, will demonstrate easy and comfortable seated exercises that will improve your posture, breathing, flexibility and coordination and also help relieve chronic muscle pain and movement restrictions. For all levels of movement ability.

For a full, up-to-date calendar, visit  
[www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

Programs are free and registration is required unless otherwise noted. Please register online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or call **1.888.897.8979** (unless another number is indicated). Directions on [www.princetonhcs.org](http://www.princetonhcs.org).

# Design for Healing

## Comprehensive Campaign Continues

Even as University Medical Center of Princeton at Plainsboro (UMCPP) is poised to open its doors in May 2012, the Design for Healing campaign continues. The fundraising efforts of the campaign leadership and the many volunteers have resulted in more than \$139 million in contributions from 7,500 individuals, corporations and foundations, as of December 31, 2011.

We plan to build on this success between now and March 31, 2013, the conclusion of the campaign, to raise the \$150 million needed to catapult our new hospital to the forefront in healthcare delivery.

Donor recognition in the new facility is accomplished in two ways. The first is with beautiful, large-scale donor walls that are featured in the north-south concourse on the first floor of UMCPP. These displays include recognition for:

- *Design for Healing* donors of \$1,000 or more over the course of the campaign from January 2006 to its conclusion in March 31, 2013.
- Donors and honorees from plaques in the old hospital facility on Witherspoon Street in Princeton.
- Annual Giving donors. Every year, this display honors the prior year's donors to unrestricted annual giving at Princeton HealthCare System.
- The *1919 Society*, whose members are benefactors who have included Princeton HealthCare System Foundation in their charitable gift and estate plans. This display will be updated periodically as new members join the *1919 Society*.

- Lifetime donors of \$1 million or more over the entire history of Princeton HealthCare System. This display will be updated periodically as donors eclipse the \$1 million mark.

Other displays recognize individuals who, through the generosity of donors, have been honored by memorial gifts to Princeton HealthCare System, as well as employee and physician donors to the *Design for Healing* campaign.

The second recognition opportunity for donors of \$5,000 or more to the campaign is with unique fused-glass plaques throughout the hospital and ancillary buildings. The artisan-crafted colorful displays have subtle imagery embedded into each plaque. The colors and themes represent the four seasons and are expressed through rich art glass. The resulting gemlike plaques provide a beautiful medium to honor the generous support of our donors.

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Donors to the *Design for Healing* campaign through March 31, 2013, are eligible for these recognition opportunities. Please contact Princeton HealthCare System Foundation to learn more: [foundation@princetonhcs.org](mailto:foundation@princetonhcs.org) or 609.252.8710.



# Chapel of Light

## Offers Spiritual Support

Within its new hospital that is designed to help heal the body, University Medical Center of Princeton at Plainsboro (UMCPP) also created a spectacular space for those seeking inspiration, serenity and solace.

The Chapel of Light—whose colors shift throughout the day as the sun crosses the sky—offers patients, visitors and staff areas for worship, meditation and respite. They will be able to visit the chapel any time, any day of the year.

UMCPP's Chapel of Light will serve as a landmark in the broad concourse connecting the main hospital with the Education Center and the Medical Arts Pavilion. Directly across the concourse is an entrance to the restaurant and a window overlooking a courtyard known as the Meditation Garden.

"Most hospital visits are unplanned events," says the Rev. Richard White, Chaplain and Director of Religious Ministries at Princeton HealthCare System (PHCS). "Something unexpected is happening—quite possibly life altering—and there may be high levels of anxiety and fear. Under these circumstances, it can be difficult for many people to feel hopeful. The chaplaincy program is here to offer spiritual care and emotional support."

The Religious Ministries Program has provided spiritual care and support to patients, families and staff at PHCS since 1964. The hospital has housed a chapel since 1967.



The name Chapel of Light resonates in religious and symbolic significance. In the major world religions, light signifies hope. The chapel's design furthers this message, from the multicolored windows to the Sensitile Terrazzo floor tiles that shimmer in response to light and movement. A beaded wall ornamentation represents scripture from several major faiths, including depictions of the Hebrew bible, New Testament and the Koran. There is also a marker in the chapel that points to Mecca, for those of Muslim faith.

The Chapel of Light will hold special services for all faiths and provide requested services, such as weddings and memorials. Religious Ministries also can connect people with an Imam or Hindu priest, on request.

Always open, with a chaplain on call, the chapel serves people of all faiths, as well as those who are not religious.

"We are here for everyone," White says. "If they are not spiritual, we will meet them wherever they are in terms of their beliefs."

"The Chapel of Light will be a place for prayer, meditation, reflection and spiritual rest," says White. "It's a space that was designed to be welcoming to all."

UMCPP's Chapel of Light is supported in part by a generous donation from Robert and Leslie Doll. For more information about the Religious Ministries program, please call 1.888.PHCS4YOU (1.888.742.7496).

# Moving a Hospital: a Carefully Pl



**A**t precisely 9 a.m. on Tuesday, May 22, the majority of University Medical Center at Princeton's 1,600 employees and hundreds of physicians will begin the process of moving the patients at the hospital's 253 Witherspoon Street location to the new University Medical Center of Princeton at Plainsboro (UMCPP) on 1 Plainsboro Road and Route 1.

It is a carefully planned and orchestrated effort for which more than 200 teams and committees have prepared for more than a year and a half.

"We're all energized and ready for this exciting event in our history," says Mark Jones, UMCPP President and Senior Vice President of Princeton HealthCare System. "Beyond Moving Day, we've also planned how every department in the hospital will function in its new space. Every detail—regardless of how small—has been well thought out by dozens of staff project teams and work groups. All supporting departments have to be trained, in place and ready to make a seamless transition on May 22. That takes a lot of coordination and cooperation."

Key elements of a successful move are planning and practice.

"We're holding a Mock Move Day and two operational exercises that we call 'Day in the Life,'" says Barbara Yost, RN, BSN, MBA, Vice President, Continuum of Care Services. "We are testing every service—every process—so that when moving day is here, we'll be confident that we are ready and able to safely move patients and appropriately care for them."

## Conducting a Dress Rehearsal

Day in the Life will involve 600 employees serving dozens of volunteer "patients" and "patient families." Sixty-six different scenarios will be enacted throughout the day—from someone presenting in the emergency department with chest pains to families arriving at the reception desk to visit their loved ones. Staff members will perform their duties as they would if it were the real thing.

Although no actual surgery will be performed nor medication given, all the steps leading up to those actions will take place. In other areas, meals will be cooked and delivered to patient rooms; volunteer patients will be wheeled to radiology for mock testing; and pharmacists will fill prescriptions.

"During that first full-day run through, we'll be making observations, taking notes and then following up with participants to find out where we need to refine our processes," says Yost. "Our second Day in the Life will reflect those changes, and we will continue to practice until everything is perfect."

In addition to the Day in the Life simulations, there's still much work to do. New furniture, computer systems and equipment must be moved in and tested. Some existing equipment will be moved from the current site, but in many cases, older equipment will be replaced with the latest, state-of-the-art models. University Medical Center of Princeton at Plainsboro also must pass several local and state inspections for readiness.

## A Combined Effort

While the official move day is May 22, the actual "move" of systems, equipment and other necessary supplies is taking place over a period of months, as materials and systems—

# anned Effort



## What Every Patient Should Know About Move Day

Patients at our Witherspoon Street hospital on May 22—the day of the move to our new Plainsboro campus—can expect a safe, seamless transition to the new University Medical Center of Princeton at Plainsboro (UMCPP), thanks to the meticulous planning and procedures that have been put in place.

Fewer patients, additional staff and carefully orchestrated sequencing are key to a smooth move. The actual patient move is expected to take place within a period of about six hours.

What can patients expect on Moving Day? According to Jennifer Hollander, RN, and Kathleen Ryan, RN, Directors of Nursing at UMCPP, there are a few very important things to know, including:

- The move will begin at 9 a.m.
- Patients and families will receive information about their discharge plan at least one day before the move.
- Because of limited space during transport, patients are asked to bring only essential items with them and have a family member take home any other personal items. Families are welcome to bring those items to the new facility once patients are settled into their rooms.
- Each patient will be transported via ambulance, accompanied by a nurse and an EMT. Pediatric patients also may be accompanied by one parent.
- To ensure patients' safety during this transition, shortly before move day we will limit the number of elective procedures so that we will be transferring fewer patients. In addition, there will be full staff on duty at each location (double the normal staff totals), so that nurses from the existing site can travel with patients and consult with the nurses at the new hospital.
- Patients will be oriented to their new, single-patient rooms and families may join them shortly after.
- **For individuals who need to seek emergency assistance, or pregnant women who are in labor:** Up until 6:59 a.m. May 22, go to the Emergency Department at UMCPP, 253 Witherspoon Street, Princeton; beginning at 7 a.m., please use the Center for Emergency Care at UMCPP, One Plainsboro Road, Plainsboro. (For directions to both facilities, please visit [www.princetonhcs.org/directions](http://www.princetonhcs.org/directions).)
- If you are calling about a patient, the main number for the new hospital will be 609.853.7000.

such as information technology—that can and should be in place in advance of the actual patient move are being installed and prepared. There is also a phased-in move of staff and administrative personnel, to ensure a smooth transition to the new facility.

The new hospital campus may be only three miles from the current location, but many people and organizations are involved in making the move successful. The police, EMTs, township administrations and The State of New Jersey have all been involved in the planning and execution of the actual move. Each patient will be transported by ambulance, so having the cooperation of all involved is crucial.

“When we open our doors on May 22, you can feel confident that you will be safe and receive an exceptional level of care,” says Yost.

For more information on University Medical Center of Princeton at Plainsboro, visit [www.newhospitalproject.org](http://www.newhospitalproject.org).

*Pictured above (left to right): Mark Jones, President of University Medical Center of Princeton at Plainsboro (UMCPP) and Senior Vice President of Princeton HealthCare System (PHCS); Susan Lorenz, RN, DrNP, NEA-BC, EDAC, Vice President, Patient Care Services, and Chief Nursing Officer; Craig Gronczewski, MD, UMCPP's Chairman of the Department of Emergency Medicine; Linda Sieglen, MD, Senior Vice President of Medical Affairs, PHCS; Barry S. Rabner, PHCS President & CEO; Marcus Garand, Process Improvement Manager and Operations Planning Facilitator, UMCPP; Milind Khare, Director, Planning & Business Development, PHCS; Barbara Yost, Vice President, Continuum of Care Services, PHCS; and Pamela Garbini, Vice President, Construction and Facilities, PHCS.*



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call 1.888.PHCS4YOU (1.888.742.7496)**

## IMPROVED ACCESS, CONVENIENCE ARE HALLMARKS OF NEW MEDICAL ARTS PAVILION

A perfect complement to University Medical Center of Princeton at Plainsboro's extensive clinical programs, the Princeton Health campus' new Medical Arts Pavilion (MAP) will host an impressive array of outpatient services and medical offices to meet residents' healthcare needs across the continuum of care.

Connected to UMCP adjacent to its Center for Emergency Care, the MAP has a dedicated parking area and easy access on the north side of the hospital and via UMCP's first level.

"The design and location of the Medical Arts Pavilion is focused on improving patient access," says Milind Khare, Director, Planning and Business Development for Princeton HealthCare System. "At the current UMCP campus, multiple outpatient services like radiology, lab testing, maternal fetal medicine, ambulatory surgery and endoscopy are offered at various locations dispersed throughout the campus. Now, on the new campus, they'll all be under one roof in the new, state-of-the-art building."

An example of the advantages the new location provides is The Stephen & Roxanne Distler Center for Ambulatory Surgery, which is located on the second floor of the MAP and will have direct access to the hospital's Center for Surgical Care. Ambulatory surgery center patients will find easily navigable registration and pre-op testing, as well as the same state-of-the-art equipment and technologies as the operating rooms in the main hospital.

"Surgeons and the surgical staff will be able to move easily between outpatient surgery and inpatient surgeries. And should it be necessary to refer a patient to the hospital, the move can be quick and seamless," notes Khare.

### Additional outpatient services at the MAP include:

- A women's health center
- Penn Maternal Fetal Medicine at UMCP
- Center for Outpatient Imaging
  - Laboratory patient service center
  - UMCP's Sleep Center
  - Occupational Medicine Services

Plus, Princeton Health Medical & Surgical Associates, a PHCS-owned physician practice, will have offices on the third floor of the building. The practice includes internal medicine physicians, as well as specialists in cardiology, gastroenterology, geriatric medicine, hematology/oncology, pulmonary medicine and thoracic surgery.

The new Medical Arts Pavilion will be located on the Princeton Health campus at 5 Plainsboro Road, Plainsboro. For more information on outpatient services at PHCS, call 1.888.PHCS4YOU (1.888.742.7496)

