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health focus

THE LATEST IN HEALTH NEWS & INFORMATION | JULY/AUGUST 2009



Princeton HealthCare System

Redefining Care.

- University Medical Center at Princeton
- Princeton Home Care Services
- Princeton House Behavioral Health
- University Medical Center at Princeton Surgical Center
- Princeton Rehabilitation Services
- Princeton Fitness & Wellness Center
- Merwick Care Center
- Princeton HealthCare System Foundation

COMING IN JULY!

UMCP & CHOP: New Partners in Pediatric Medicine

communityfocus

HEALTH EDUCATION CALENDAR

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Princeton HealthCare System
253 Witherspoon Street
Princeton, NJ 08540
1.888.PHCS4YOU (1.888.742.7496)

Health Focus, published six times each year by Princeton HealthCare System, is dedicated to providing you with the latest health-related news and information.

The health information provided in Health Focus is for general education purposes and is not intended to constitute medical advice. The information should not be used for diagnosis or treatment, nor should it be used to replace the advice of licensed healthcare professionals. Health concerns should be discussed with a physician. If you have any concerns about your health, please contact your healthcare provider.

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Breast Health Navigators Help Guide Patients Through Cancer Treatment



When Marianne Marcus of Monroe Township was diagnosed with breast cancer two years ago, she was not sure about the best way to proceed with her treatment and needed someone to help address her questions and anxiety. She found the support she was looking for in Beth Krefski, RN, BSN, her nurse navigator at University Medical Center at Princeton's Breast Health Center in East Windsor.

"Beth was just so attuned to what I was going through," Marcus says. "She pointed me in the right direction and gave me the guidance I needed to move forward with my care."

Krefski, who is also Administrative Director of UMCP's Breast Health Center, says patient navigators are increasingly being called upon to help patients chart a course through their medical care.

"They complement what we're doing," explains Rachel P. Dultz, MD, FACS, board certified surgeon and Medical Director of UMCP's Breast Health Center, who treated Marcus. "Our goal is to guide patients through this complicated process as smoothly as possible."

Typically assigned as soon as patients receive an abnormal mammogram, navigators stay with patients throughout their treatment. Under the direction of BHC's primary Breast Health Navigator Mary Kiensicki, navigators provide vital emotional support and help direct patients to important resources and information.

For instance, patients with cancer might wonder how to break the news to family, prepare for a meeting with a specialist, find a wig, or connect with a support group. Navigators provide the answers in a manner one patient describes as "the perfect combination of empathy and professionalism."

"Everybody at the Breast Health Center was so helpful and made my journey so much easier than I could have navigated on my own."

**Donna Briskey
Bridgewater, NJ**

This support can be invaluable. Throughout treatment, Krefski reassured Marcus and let her know she wasn't alone. She adds, "If I had a problem today, I would call Beth immediately."

Her sentiment is echoed by Donna Briskey of Bridgewater, who was 48 when diagnosed with breast cancer: "Everybody at the Breast Health Center was so helpful and made my journey so

much easier than I could have navigated on my own."

Briskey especially appreciated the continuum of care provided at the state-of-the-art Center and that staff at the Center look outside the physical diagnosis to other patient needs.

Navigators also educate community members about the importance of early detection. It is all part of empowering people to take charge of their health, and then supporting them if they need treatment, Krefski says.

UMCP is a Clinical Research Affiliate of The Cancer Institute of New Jersey and accredited by the American College of Surgeons' Commission on Cancer. For more information about UMCP's Breast Health Center, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

Pictured above: Donna Briskey of Bridgewater says her nurse navigator at UMCP's Breast Health Center put her at ease and made her feel comfortable asking questions about her diagnosis and treatment.

Dealing with Common Summer Emergencies

Summer sun and increased outdoor activities can rejuvenate your spirit, but can also result in a rise in injuries, some serious enough to warrant a visit to the emergency room.

"The Emergency Department is definitely at its busiest in the summer," says Craig Gronczewski, MD, Chairman of University Medical Center at Princeton's Department of Emergency Medicine. Common cases include orthopedic-related injuries, heat- and sun-related conditions, insect bites, and allergic reactions to poison ivy, for example.

Cuts or puncture wounds that continue bleeding after 15 minutes of direct pressure, or which require suturing, as well as human or animal bites that break the skin, require prompt medical attention. However, many common summertime injuries may be treated at home, according to Dr. Gronczewski, who is board certified in emergency medicine.

Too Much Fun in the Sun ☀️

Overexposure to the sun and heat can lead to heat cramps, fainting, exhaustion, sunburn and heat or sun stroke. The best treatment for most of these conditions is a cool place to rest and drinking plenty of fluids, but there are times, such as heat or sun stroke, when emergency care is needed.

"People suffering from heat or sun stroke often exhibit confusion, anxiety, seizures and hallucinations. They will feel hot, be unable to cool down and no longer sweat. Anyone experiencing these symptoms should seek immediate emergency attention, since more than half of all people suffering heat or sun stroke die if left untreated," Dr. Gronczewski says.

Poison Ivy 🌿

Exposure to poison ivy, poison oak and poison sumac can be treated with over-the-counter itch and inflammation ointments; emergency medical treatment should only be required if there are signs of infection, fever, or severe redness, or if the condition is overwhelmingly uncomfortable.

"Many people who find themselves in need of emergency treatment are attended to through our Fast Track, which provides care for less serious injuries," says Dr. Gronczewski, noting that most patients are seen and discharged within 90 minutes of arriving at the Fast Track Unit. "We do our best to get them prompt medical attention and back out there enjoying the summer as quickly as possible."

UMCP's Fast Track Emergency Services are available from 11 a.m. to 11 p.m. daily. For more information about UMCP's Emergency Department, contact **609.497.4431** or visit www.princetonhcs.org. **If you are experiencing an emergency, call 9-1-1.**

Experience an insect sting or tick bite? See pg. 14 for the article "Taking the Sting out of Insect Bites."



COVER STORY:

CHOP Partnership to Begin in July

This summer, there will be an exciting new level of pediatric emergency care available at University Medical Center at Princeton. Beginning in July, physicians from The Children's Hospital of Philadelphia (CHOP) will be available to consult on emergency cases involving infants, children and adolescents.

CHOP's physicians will serve as a strong support team for UMCP's Emergency Department. One of the world's leading pediatric hospitals and research centers, CHOP has ranked as the No. 1 pediatric hospital in the country by *U.S. News & World Report* for six years in a row and in 2009 it was ranked as the nation's best overall children's hospital by *Parents* magazine.

As part of this exciting new partnership between the two hospitals, CHOP will provide enhanced pediatric services at all levels of care. In addition to consulting on pediatric emergency cases, physicians and other healthcare professionals from the Philadelphia-based hospital will provide consultations in UMCP's Well Baby Nursery, as well as around-the-clock on-site care for young patients admitted to UMCP's Pediatric Unit. They will be on hand to administer sedation to pediatric patients if necessary.

CHOP's board certified neonatologists also will serve as pediatric consultants in UMCP's Level II Special Care Nursery and attend to high-risk deliveries when needed.



Pictured from left to right: Amy Lambert, Vice President, CHOP Care Network New Jersey; Barry S. Rabner, Princeton HealthCare System President and CEO; Madeline Bell, Executive Vice President and COO, The Children's Hospital of Philadelphia; and Louis Tesoro, MD, Chairman of Pediatrics, PHCS.

For more information about this partnership, visit www.umcpchop.org.

Joint Pain: Is It Psoriasis?



Psoriasis is a chronic disease known for causing thick, scaly red marks on the skin. But did you know that approximately one in four people with psoriasis also suffer from painful joint swelling and pain due to the condition?

In fact, psoriatic arthritis precedes the appearance of skin lesions in more than 25 percent of patients, says Gina C. Del Giudice, MD, a member of the Princeton HealthCare System Medical Staff who is board certified in rheumatology and internal medicine.

“Psoriatic arthritis can be very difficult to diagnose, especially if the skin is not involved,” Dr. Del Giudice says. “There is no single test that can diagnose psoriasis, so we have to depend largely on a physical examination and medical history.”

PA vs. RA

Psoriasis is caused by a malfunction in the immune system, but the underlying reason is not known. Skin cells multiply too quickly, resulting in itchy, raised red patches. In some people with psoriasis, joints such as the fingers, toes, knees and ankles become inflamed, which can lead to permanent damage and chronic pain.

Psoriatic arthritis is sometimes mistaken for rheumatoid arthritis, as both are autoimmune diseases in which cells in the body attack healthy tissue. Both also cause sufferers to have periods of time when the severity of joint pain increases and lessens. However, the diseases usually have very different symptoms, Dr. Del Giudice says.

Rheumatoid Arthritis

Involves joints symmetrically on both sides of the body

Usually does not cause entire digit to swell diffusely

May involve bumps under the skin

Does not involve the nails

Much more common in women

Controlling the Disease

There is no cure for psoriatic arthritis, but medications that can help relieve the skin disease can also lessen joint inflammation. Treatments range from basic anti-inflammatory drugs such as ibuprofen to a class of drugs known as tumor necrosis factor inhibitors, with brand names Humira®, Enbrel® and Remicade®, which need to be self-injected or given intravenously, such as through UMCP’s Outpatient Infusion Services.

For assistance finding a rheumatologist affiliated with Princeton HealthCare System, please call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

Psoriatic Arthritis

Can involve joints on one side of the body

May cause fingers to swell and have a “sausage-like” appearance

May involve patches of itchy, red, cracking, painful and scaly skin

May cause thickening or pitting of the fingernails and toenails

Equally common in women and men



FREE VALET PARKING for Outpatient Radiology Imaging

When using Outpatient Radiology Imaging services at UMCP, present this coupon to the valet, and again to the technologist performing your exam. Your coupon will be validated for FREE valet parking.

* Valet drop-off hours:
8 a.m. to 5 p.m. Mon. – Fri.



HF070809

UMCP Offers Free Valet Parking for Outpatient Radiology

Having an MRI, CT scan or other diagnostic imaging test or procedure? Be sure to take advantage of University Medical Center at Princeton’s convenient, free valet parking.

In response to requests from our patients, UMCP is offering free valet parking to patients who come to the hospital for Outpatient Radiology Imaging services. Our goal is to provide timely, convenient access to outstanding care.

These parking services are available Monday through Friday, from 8 a.m. to 5 p.m. Simply bring in the attached coupon and have it validated by your Outpatient Radiology Imaging technician.

TO SCHEDULE AN APPOINTMENT FOR OUTPATIENT RADIOLOGY IMAGING, PLEASE CALL 609.497.4310.

community focus

JULY – AUGUST 2009

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

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.

How to Take Control of Your Eating Habits and Enjoy Food!

MON. July 13 (6:30 – 7:30 p.m.)
Mercer County Library System –
Hickory Corner Branch

138 Hickory Corner Road, East Windsor

Do you find yourself eating more than you intended? Would you like to make better food choices? Have you been unsuccessful in developing healthy eating habits? When you become more mindful of your relationship with food, you can begin to break free from

unhealthy eating patterns and find a new freedom with food and eating.

In this session, participants will learn about mindfulness and how it may facilitate conscious food choices, plus practice mindful eating.

Karen Davison, RN, a Health Educator with Princeton HealthCare System, will lead this discussion.



The Differences and Similarities of Heart Disease in Men and Women

MON. July 13 (7 – 8:30 p.m.)
Community Education & Outreach
at 731 Alexander Road

The signs and symptoms of cardiovascular disease differ significantly between men and women. Join us for

this informative presentation and learn more about these differences, including:

- Signs and symptoms of a heart attack
- Treatment response
- How to lower your risk for cardiovascular disease

Lisa S. Motavalli, MD, board certified in cardiovascular disease and a member of the Medical Staff of Princeton HealthCare System, will present this lecture.



Healthy Eating for Kids

WED. July 15 (4:30 – 5:30 p.m.)
Mercer County Library System –
Ewing Branch

61 Scotch Road, Ewing

Learn how to choose the healthy foods your kids will enjoy! Making healthy choices and learning how to read food labels will help you and your kids eat a healthy diet. Annie Condit, MS, RD, a Registered Dietitian with University Medical Center at Princeton's Nutrition Program, will lead this session and answer your questions.



Princeton HealthCare System
Community Education & Outreach

Redefining Care.

Directions are available at www.princetonhcs.org

LOCATIONS:

- **University Medical Center at Princeton**
253 Witherspoon St., Princeton, NJ 08540
- **Community Education & Outreach Program**
731 Alexander Rd., Suite 103, Princeton, NJ 08540
- **Hamilton Area YMCA John K. Rafferty Branch**
1315 Whitehorse-Mercerville Rd., Hamilton, NJ 08619
- **Princeton Fitness & Wellness Center**
Princeton North Shopping Center
1225 State Rd., Princeton, NJ 08540

CURRENT PROGRAMS

Self-defense for Women: Empower Yourself with a New Sense of Awareness and Confidence!

MON. July 20 – August 10 (6 – 9 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

\$25 per person. Registration is limited.
FBI projections suggest that one out of every three women in the United States will be assaulted in her lifetime. Learn how to become more aware of potential danger and protect yourself in everyday situations. R.A.D. Women® is a national self-defense course for women that combines realistic classroom learning with unique physical defense tactics and risk reduction strategies including:

- Awareness, recognition and avoidance
- Physical defense techniques
- Positive visualization techniques

Techniques are simple, practical and effective – designed for every woman regardless of physical fitness. This four-evening course is open to women of all ages. Dress in sneakers and comfortable clothing. **No prior experience is necessary.*

Safe Sitter

THU. & FRI. July 23 & 24 (9 a.m. – 3 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

\$65 per child
This two-day class teaches adolescents, ages 11-13, how to be safe babysitters. It aims to provide the skills needed to ensure that Safe Sitter babysitters can keep the children in their care out of harm's way while their parents are away. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults. The Safe Sitter instruction focuses on a variety of knowledge essential to being a babysitter, including:

- Safe and nurturing childcare techniques
- Rescue skills
- Basic first aid

Sitters should bring their own lunch.

Sensational Summer Salads

TUE. July 21 (7 – 8:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

A summer salad can be more than just lettuce! Join us and learn how to easily prepare a variety of delicious, summer-inspired salads as a complete meal with little or no cooking during the long, hot days of summer. Pamela Bove, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will demonstrate and share some of her favorite recipes.



Yikes! What Is Happening to My Body? A Puberty Talk for Girls
TUE. July 28 (7 – 8:30 p.m.)



Yikes! What Is Happening to My Body? A Puberty Talk for Boys
TUE. August 4 (7 – 8:30 p.m.)

Mercer County Library System Ewing Branch
61 Scotch Road, Ewing

These programs will discuss the physical, intellectual and emotional changes your child will experience during his or her transition to teenager. Bring your child and join us for an informative and relaxed look at growing up. The programs are designed for children 9 to 12 years old and will be led by a health educator with Princeton HealthCare System. Children should be accompanied by their parent/guardian.

Knee Pain: Treatment Options & Solutions

WED. July 29 (6:30 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

If you are suffering from knee pain, you are not alone. Almost one in three Americans older than age 45 reports some type of knee pain. Whether your knee pain is the result of an injury or a specific medical condition, this informative program will provide you with the tools and information you need to get back on your feet. Topics to be discussed will include:



• Anatomy of the knee

- The differences between men's and women's knees
- Causes of knee pain
- Getting the right diagnosis
- Surgical and non-surgical treatment options
- Injury prevention during sports and fitness activities
- Specific flexibility and strengthening exercises for the knee musculature
- What you can do after an injury to reduce pain and loss of motion

W. Thomas Gutowski, MD, FAAOS, board certified orthopedic surgeon and a member of the Medical Staff of Princeton HealthCare System, along with Linda Lucuski, MPT, Cert. MDT, Rehabilitation Coordinator with the University Medical Center at Princeton's Outpatient Rehabilitation Network, will present this program.

Please Give Blood

You can help to save a life by giving blood at the Blood Donor Program of University Medical Center at Princeton. As a sign of appreciation, Princeton-based Thomas Sweet Ice Cream is offering "A Pint for A Pint," and everyone who donates will receive a certificate for a free pint of Thomas Sweet ice cream. **For hours, or to schedule your appointment, call 609.497.4366.**



CURRENT PROGRAMS

radKIDS®

MON. – FRI. August 3 – 7

5 – 7 year olds: 9:30 – 11:30 a.m.

8 – 12 year olds: 12:30 – 2:30 p.m.

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

\$25 per child

Princeton HealthCare System is pleased to present radKIDS®, a national program designed to provide children with hope, options and practical skills to recognize, avoid and, if necessary, escape violence and abuse. radKIDS® is a five-session, activity-based program that includes lectures, safety drills, muscle-memory exercises and physical defense techniques. Topics include:

- Home, school and vehicle safety
- Out-and-about safety
- Realistic defense against abduction
- Good/bad/uncomfortable touch
- Stranger tricks
- Self-realization of personal power

Getting Heart-Healthy in Today's Hectic World

TUE. August 4 (6:30 – 8 p.m.)

Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

According to the American Heart Association, heart disease is the leading cause of death and disability for both men and women in the United States. Banu Mahalingham, MD, multi-board certified cardiologist, will discuss some of the most current information available on heart disease and heart attack. Learn how you can identify and control the risk factors that can put you at a higher risk and how you can start and maintain a heart-healthy lifestyle. Dr. Mahalingham is a member of the Medical Staff of Princeton HealthCare System.

Women's Health: Common Pelvic Floor Disorders

WED. August 12 (7 – 8 p.m.)

Community Education & Outreach at 731 Alexander Road

More than one-third of all women are affected by such conditions as urinary incontinence, overactive bladder, pelvic organ prolapse (or "dropping" of the pelvic organs), bowel disorders, and other conditions that are included in the category of pelvic floor disorders. In addition, one out of 11 women will undergo surgery because of these conditions. Fortunately, this area is one of the most rapidly growing specialty fields in women's health and there are now better solutions available, including non-surgical and minimally invasive surgical procedures. Heather van Raalte, MD, fellowship trained in urogynecology and a member of the Medical Staff of Princeton HealthCare System, will discuss these conditions, including:

- How do you know if you have a pelvic floor disorder?
- What is pelvic organ prolapse?
- What treatment options are available?
- What can be done at home?
- When is it time to see a doctor?

Plus, learn about how physical therapy can help assess and treat pelvic floor dysfunction with Becky Keller, MS, PT, Physical Therapist and Rehabilitation Manager at UMCP's Outpatient Rehabilitation Network at Princeton Fitness & Wellness Center. Physical therapy equipment and treatment techniques will be demonstrated.



Kids Can Cook: Lunch!

MON. August 17 (6:30 – 8:30 p.m.)

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

\$15 per person

Kids Can Cook is an interactive cooking series that teaches children and their parents how to prepare healthy, simple recipes together. This session will focus on healthy lunches just for kids and will feature a hands-on demonstration by Pamela Bove, RD, a Registered Dietitian with University Medical Center at Princeton's Nutrition Program.

Meet the Chef!

Café DeLite of DeLiteful Foods

MON. August 24 (7 – 8:30 p.m.)

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



Meet the owners of DeLiteful Foods and learn more about gluten-free foods and how to incorporate them into your diet. Drew & Ronnie Staffenberg of DeLiteful Foods will prepare delicious, gluten-free salads and soups for you to taste. Plus, you can ask our nutritionist, Pamela Bove, RD, about gluten-free food and nutrition. Bove is a Registered Dietitian with University Medical Center at Princeton's Nutrition Program.

Check our web site for additional summer programs at the Princeton Fitness & Wellness Center.
www.princetonhcs.org/calendar

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

University Medical Center at Princeton, which has ranked by HealthGrades among the top 5 percent of hospitals in the nation for maternity services for three years in a row, 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 to register for childbirth and family classes.

Prenatal Breastfeeding Class

WED. July 1 (7 – 9:30 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3

THU. August 6 (7 – 9:30 p.m.)
Community Education & Outreach at
731 Alexander Road

\$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.

Prenatal Yoga

THU. July 2 – August 20 (7 – 8:15 p.m.)
Princeton Fitness & Wellness Center

\$130 per person

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation and meditation to help them keep fit and feel good during pregnancy. No previous yoga experience is necessary; however, medical clearance from a healthcare professional is required. Please bring a yoga mat or towel, two pillows or cushions, and a yoga tie or regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

Car Seat Check Events

THU. July 9 (10 a.m. – 12 p.m.)
Mercer County Library System –
Ewing Branch
61 Scotch Road, Ewing
Please call Susan Unger at 609.882.3130 to register.

WED. July 22 (1 – 3 p.m.)

WED. August 12 (1 – 3 p.m.)
Babies "R" Us – West Windsor
700 Nassau Park Boulevard, Princeton
No registration required.

Approximately 90 percent of car seats are not installed correctly or are misused. Is yours one of them? Have a certified child passenger safety technician check your child's car seat! Please bring your car manual and car seat instructions.

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

WED. July 8 – 29 (7 – 9 p.m.)
MON. August 10 – 31 (7 – 9 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3

TUE. July 28 – August 18 (7 – 9 p.m.)
Community Education & Outreach at
731 Alexander Road

THU. August 27 – September 17
(7 – 9 p.m.)
Community Education & Outreach at
the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$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.

Accelerated Birthing Basics

SAT. July 11 (9 a.m. – 5 p.m.)
SAT. August 1 (9 a.m. – 5 p.m.)
SAT. August 22 (9 a.m. – 5 p.m.)
University Medical Center at Princeton
Lambert House Classroom 3

\$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.



HypnoBirthing®

WED. July 15 – August 12 (6:30 – 9 p.m.)
Community Education & Outreach at
731 Alexander Road

\$195 per couple

This five-week class is designed for expectant couples who have a desire to learn deeper methods of relaxation for birthing to help eliminate the fear that causes tension and pain. Parents will learn how to prepare the mind and body for birth through self-hypnosis, comfort measures, breathing techniques and relaxation, plus how the body and baby work as one. Please bring an exercise mat and two pillows.

*Cost includes the HypnoBirthing book and accompanying relaxation CD.

Review of Birthing Basics

FRI. July 17 (7 – 9:30 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3

\$60 per couple

This program is designed for second- or third-time parents to help you refresh and practice coping skills for labor and delivery.

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.

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

Maternity Tour

SAT. July 11 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
 SAT. July 25 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m.)
 SAT. August 8 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
 SAT. August 22 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m.)

University Medical Center at Princeton – Main Lobby
 University Medical Center at Princeton is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCP or considering delivering here to take a tour of our state-of-the-art Maternal-Child Health Program, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.



Sibling Class

SAT. July 11 (10 – 11:30 a.m.)
 SAT. August 8 (10 – 11:30 a.m.)
 University Medical Center at Princeton – 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.

Baby Care

TUE. July 14 (7 – 9:30 p.m.)
 WED. August 19 (7 – 9:30 p.m.)
 University Medical Center at Princeton
 Lambert House, Classroom 3

\$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.

Daddy Boot Camp™

SAT. July 18
 (9 a.m. – 12:30 p.m.)
 SAT. August 15
 (9 a.m. – 12:30 p.m.)
 Community Education & Outreach at
 731 Alexander Road



\$25 per person
 This "men-only" course is designed for fathers-to-be to gain knowledge in parenting skills such as diapering, swaddling (as one "veteran" dad demonstrates to a "rookie" dad in the photo above) and feeding, and to develop hands-on skills for caring for their newborns. Taught by a certified male instructor, Daddy Boot Camp™ offers a fun environment for fathers-to-be and new dads to develop parenting skills. Feel comfortable, ask questions and express your concerns and joys about fatherhood.



Prenatal Exercise

MON. July 20 – August 24 (7 – 8 p.m.)
 Community Education & Outreach at
 731 Alexander Road

\$95 per person
 This class, which is designed for expectant moms who are interested in learning about exercise during pregnancy, helps to improve muscle tone, circulation and energy level while easing everyday tension and stress. The exercise program is designed for all fitness levels and allows moms-to-be to perform the exercises at their own individual comfort level, while providing social interaction, support and encouragement from other expectant

mothers. Medical clearance from a healthcare professional is required. *Please bring a large towel or mat for floor exercises and water for hydration.*

The Happiest Baby on the Block™

Part 1: Prenatal Class
 TUE. July 21 (7 – 8:30 p.m.)
 Community Education & Outreach
 at 731 Alexander Road

WED. August 19 (7 – 8:30 p.m.)
 Community Education & Outreach
 at the Hamilton Area YMCA
 John K. Rafferty Branch
 Suite 100, Conference Rooms A & B

\$60 per family
 Is parenting a newborn in your future? Are you feeling overwhelmed at the thought of sleepless nights and continual baby cries? Few impulses are as powerful as a parent's desire to calm a crying baby. However, calming a baby is a skill that takes some practice. In our Happiest Baby Class: Part 1, caregivers learn a revolutionary technique for calming a fussy baby. The class is taught by Mindi J. Klein, MSPT, a certified Happiest Baby Instructor, and includes an instructional DVD and Soothing Sounds White Noise CD. Parents will practice techniques on a doll and learn a step-by-step approach to helping babies sleep longer, as well as how to soothe even the fussiest of infants. After the birth of their baby, parents will have the opportunity to attend a follow-up class (Part 2) with their newborn, to allow for hands-on practice and skill. **Cost includes the follow-up class "Part 2: Hands-On Skills with Your Baby," the Happiest Baby on the Block™ DVD and Soothing Sounds CD.*



Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations. Approximately 90 percent of car seats are not installed correctly 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, which has ranked by HealthGrades among the top 5 percent of hospitals in the nation for maternity services for three years in a row, 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 to register for childbirth and family classes.



Bright Beginnings (birth to 6 months)

Wednesdays (10:30 – 11:30 a.m.)
Community Education & Outreach
at 731 Alexander Road

\$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, visit www.princetonhcs.org/calendar or call 1.888.897.8979.

Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)
No class on July 3.
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
East Windsor

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

Thursdays (11 a.m. – 12 p.m.)
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
East Windsor

No registration required.
Having a new baby is a time of great joy, but also one that can bring about uncertainty and confusion. Join healthcare professionals from Princeton HealthCare System as they help you explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are welcome to attend with their infants.

Baby Sign

MON. July 13 (9:30 – 11:30 a.m.)
Community Education & Outreach at
731 Alexander Road

\$25 per family
Communicating with your baby can be challenging. This class will give you the tools you need to communicate with your child months before he or she learns to speak. Find out when your baby is hungry, thirsty or just not feeling well, using simple sign language. You can begin baby sign at any age, but a good time to start is when your child is between 6 and 7 months old. The entire family is encouraged to attend.

Itsy Bitsy Yoga® for Tots (crawling to 21 months, with parent or caregiver)

THU. July 16 – August 20 (10 – 10:45 a.m.)
Princeton Fitness & Wellness Center

\$85 per person
This class will provide active and supportive yoga practice, combined with proven techniques to playfully teach tots yoga postures while they are sitting up, standing, walking and jumping. Practicing yoga together helps strengthen the bond between parent and child. Tots feel happier and more confident while honoring their explorative and physical nature. No previous yoga experience is necessary. Please bring a favorite small plush toy to help involve your child in some of the activities. These classes are taught by a yoga instructor who is certified in Itsy Bitsy Yoga® and the Barnes Method®.



Itsy Bitsy Yoga® for Tykes (22 months to 4 years, with parent or caregiver)

THU. July 16 – August 20 (11 – 11:45 a.m.)
Princeton Fitness & Wellness Center

\$85 per person
This class will offer yoga poses, songs, stories and games to discover and enhance physical and social development of your tyke. Practicing yoga together helps strengthen the bond between parent and child, and is helpful in building a foundation for a healthy and fit lifestyle. No previous yoga experience is necessary. Please bring a favorite small plush toy to help involve your child in some of the activities. These classes are taught by a yoga instructor who is certified in Itsy Bitsy Yoga® and the Barnes Method®.

Postpartum Exercise

TUE. July 21 – August 18 (10:30 – 11:30 a.m.)
Community Education & Outreach at 731 Alexander Road

\$65 per person
This five-week class helps postpartum moms restore strength and improve muscle tone to the muscles that are affected by pregnancy and childbirth. Each session includes a warm-up, a cardiovascular workout, strength training and a cool-down. The exercise program, which is designed for all fitness levels, allows new moms to perform the exercises with their babies (6 weeks to crawling). Medical clearance from a healthcare professional is required. *Please bring a large towel or mat for floor exercises and water for hydration.*

CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

The Happiest Baby on the Block™ Part 2: Postpartum Class



SAT. August 29 (10 – 11:30 a.m.)
Community Education & Outreach at
731 Alexander Road

SAT. September 26 (10 – 11:30 a.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$60 per family. Free for families that have taken Part 1.

Are you currently parenting a newborn? Are you feeling overwhelmed with sleepless nights and continual baby cries? Few impulses are as powerful as a parent's desire to calm a crying baby. However, calming a baby is a skill that takes some practice. In our Happiest Baby Class: Part 2, parents will have the opportunity to attend with their newborn, to allow for hands-on practice. This class will be taught by Mindi J. Klein, MSPT, a certified Happiest Baby Instructor. *Cost includes the *Happiest Baby on the Block™ DVD and Soothing Sounds CD*.

CPR & FIRST AID

Call 1.888.897.8979 or visit 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 PHCS.

Pet First Aid

TUE. July 7 (6 – 9 p.m.)

Community Education & Outreach at 731 Alexander Road

\$40 per person

The Pet First Aid course, designed by the American Safety & Health Institute (ASHI), 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 and cats; however, first aid applications for most pets are similar.

BLS for Healthcare Providers

THU. July 9 (6 – 10:30 p.m.)

TUE. August 25 (9 a.m. – 1:30 p.m.)
Community Education & Outreach at
731 Alexander Road

FRI. July 17 (6 – 10:30 p.m.)

TUE. August 4 (9 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness Center



TUE. July 21 (9 a.m. – 1:30 p.m.) Conference Rooms A & B

WED. August 12 (6 – 10:30 p.m.) Lambert House, Classroom 3
University Medical Center at Princeton

THU. July 30 (6 – 10:30 p.m.)

Princeton House Behavioral Health – Conference Center
905 Herrontown Road, Princeton

THU. August 20 (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

\$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 First Aid – Pediatric

SAT. July 11 (12:30 – 3 p.m.)

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

\$55 per person

The Heartsaver Pediatric First Aid course teaches how to manage illness and injuries in a child in the first few minutes until professional help arrives. Topics include first aid basics, medical emergencies, injury emergencies and environmental emergencies. Heartsaver Pediatric First Aid is designed for those involved in childcare who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a written test. Participants will receive a course completion card.

Family & Friends CPR – Infant

SAT. July 11 (9:30 – 11:30 a.m.)

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

SAT. August 8 (9:30 – 11:30 a.m.)

Community Education & Outreach at 731 Alexander Road

SAT. August 15 (9:30 – 11:30 a.m.)

Princeton Fitness & Wellness Center

\$30 per person

The Family & Friends CPR program teaches how to perform CPR on infants and how to help an infant who is choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

Heartsaver AED

TUE. July 14 (6 – 9 p.m.)

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

THU. July 23 (6 – 9 p.m.)

Community Education & Outreach at 731 Alexander Road

\$60 per person

The Heartsaver AED course teaches CPR, AED use, relief of choking in adults and children, infant CPR and relief of choking, and use of barrier devices 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 written exam and skills test. Participants will receive a course completion card.

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.

CPR & FIRST AID



Family & Friends CPR – Adult & Child

SAT. July 25 (9:30 – 11:30 a.m.)
Princeton Fitness & Wellness Center

SAT. August 8 (12:30 – 2:30 p.m.)
Community Education & Outreach at 731 Alexander Road

\$30 per person

The Family & Friends CPR program teaches how to perform CPR on adults and children and how to help an adult or child who is choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

Heartsaver First Aid

TUE. August 18 (6 – 9:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

\$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 involved in child care who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a written test. Participants will receive a course completion card.

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

Princeton HealthCare System is proud to offer training and continuing education designed exclusively for area EMTs. Online registration is not available for this event. Please call **1.888.897.8979** to register.

Respiratory Emergencies: What to Do When Someone Can't Breathe

TUE. July 14 (6 – 9 p.m.)
University Medical Center at Princeton
Conference Rooms A & B
253 Witherspoon Street, Princeton

Registration required. \$10 per person. FREE for EMTs with a training fund certificate. You can pay by credit card prior to the class or bring a check payable to Princeton HealthCare System to class.

This class has been awarded 3 CEUs and is open to all area EMTs.

EMTs are invited to learn about respiratory emergencies at a workshop hosted by the Emergency Department at University Medical Center at Princeton and Princeton HealthCare System Community Education & Outreach Program. Topics include:

- Anatomy and physiology of the respiratory system
- Patient assessment
- Opening and maintaining the airway
- Supplemental oxygen: equipment, operating procedures, hazards
- Assisted and artificial ventilation
- Special considerations: gastric distention, stomas and tracheostomy tubes
- Foreign body airway obstruction
- Medical and trauma scenarios

This class will be led by Daniel M. Farber, MD, board certified in emergency medicine and member of the Medical Staff of Princeton HealthCare System.



CANCER PROGRAMS, SCREENINGS & SUPPORT GROUPS

The Cancer Program at University Medical Center at Princeton, 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, is pleased to offer support groups, lectures and screenings. For further information, please contact the UMCP Cancer Program at **609.497.4475**. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit www.princetonhcs.org/calendar.

Colon Cancer Prevention

THU. July 16 (7 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road

Colorectal cancer is the second leading cancer killer in the United States and affects men and women of all races, according to the Prevent Cancer Foundation. It also one of the most easily prevented cancers because it can develop from polyps that can be removed before they become cancerous. Learn more about colon cancer at this informative program, including:

- Colon cancer prevention
- Sign and symptoms of possible colon cancer
- Diagnosis and testing options

Robert F. Meiowitz, MD, board certified gastroenterologist and a member of the Medical Staff of Princeton HealthCare System, will present this program.



**CANCER PROGRAMS, SCREENINGS
& SUPPORT GROUPS**

Cancer Support Group

No meetings in July & August.

Meetings will resume in September.

TUE. September 15 (1:30 – 3 p.m.)

TUE. October 20 (1:30 – 3 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

No meetings in July & August.

Meetings will resume in September.

WED. September 23 (6 – 7:30 p.m.)

WED. October 28 (6 – 7:30 p.m.)

University Medical Center at Princeton – Lambert House

Classrooms 1 & 2

No registration required. Walk-ins welcome.

University Medical Center at Princeton 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 both personally and professionally
- Managing concerns about recurrence

This program will be facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and Karen Rust, RN, BSN, OCN, UMCP Cancer Outreach Coordinator.

Breast Cancer Support Group

No meetings in July & August.

Meetings will resume in September.

TUE. September 15 (6 – 7:30 p.m.)

TUE. October 20 (6 – 7:30 p.m.)

UMCP Breast Health Center

East Windsor Medical Commons 2

300B Princeton-Hightstown Road, East Windsor

No registration required.

This newly formed Breast Cancer Support Group will meet the third Tuesday of the month. We welcome 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 Karen Rust, RN, BSN, OCN, UMCP Cancer Outreach Coordinator.

**Head & Neck Cancer Support Group:
A Support Group for Head & Neck Cancer
Patients and/or Their Loved Ones**

No meetings in July & August.

Meetings will resume in September.

WED. September 16 (11 a.m. – 12 p.m.)

WED. October 21 (11 a.m. – 12 p.m.)

Medical Society of New Jersey

2 Princess Road, Lawrenceville

Registration preferred.

Please call the American Cancer Society at 732.951.6303.

Princeton HealthCare System is pleased to partner with the American Cancer Society to provide the Head & Neck Cancer Support Group of Central Jersey. This support group will meet the third Wednesday of the month and will provide:

- Encouragement for fellow members
- A safe setting for sharing concerns and problems related to life after laryngeal cancer
- Education on laryngectomy issues
- A social outlet for laryngectomy patients, their families and loved ones

This support group will be co-facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist; Karen Sherman, Director of Patient Family Services, American Cancer Society; and Karen Rust, RN, BSN, OCN, UMCP Cancer Outreach Coordinator.



Prostate Cancer Support Group

No meetings in July & August.

Meetings will resume in September.

WED. September 23 (12 – 1:30 p.m.)

WED. October 28 (12 – 1:30 p.m.)

Community Education & Outreach

at 731 Alexander Road

No registration required.

This support group, which has been in existence since 1991, welcomes those with prostate cancer, their loved ones and family members to attend. Meetings take place the fourth Wednesday of the month. Meeting format alternates each month between lectures by Princeton HealthCare System physicians and health professionals and open discussion. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey and Karen Rust, RN, BSN, OCN, UMCP Cancer Outreach Coordinator.

SUPPORT GROUPS



Diabetes Support Group

WED. July 15 (2:30 – 4 p.m.)

WED. August 19 (2:30 – 4 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

MON. July 27 (6:30 – 8 p.m.)

MON. August 24 (6:30 – 8 p.m.)

University Medical Center at Princeton

Diabetes Management Program

Medical Arts Building, Suite B

No registration required. Please call 609.497.4372 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.

REGISTER ONLINE AT
WWW.PRINCETONHCS.ORG/CALENDAR
OR CALL 1.888.897.8979

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. July 6 (7 – 9 p.m.)
MON. August 3 (7 – 9 p.m.)
Princeton House Behavioral Health –
Conference Center
905 Herrontown Road, Princeton

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.

**EAST WINDSOR TOWNSHIP
EVENT FOR SENIORS**

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in East Windsor and Hightstown.

Surprise Game Show & Brown Bag Session: Fun with the Pharmacist

MON. August 10 (1 – 2 p.m.)
East Windsor Senior Center
40 Lanning Boulevard, East Windsor

Registration required.
For more information and to register, call 609.371.7192.
Test your medication “IQ” with the Pharmacy Game Show – the more participants, the better! Get answers to your questions about over-the-counter and prescription medications.



Bring your medication(s) or a list of your medication(s), including any prescription and over-the-counter drugs. Your health professional for the day will be Cynthia De Piano, PharmD, Clinical Pharmacist with University Medical Center at Princeton, and Clinical Assistant Professor at the Ernest Mario School of Pharmacy at Rutgers – The State University of New Jersey.



Look for details about this potentially life-saving program in the next issue of Community Focus.

**September 24, 2009
FREE Prostate Cancer Screening**



**Take the Sting
out of Insect Bites**

Summer is in the air, and with an increase in outdoor activities comes increased opportunities for insect bites, bee stings, and the like.

Most insect bites and stings can cause pain, redness and swelling at and around the site, which can be treated with ice and Benadryl to relieve the itching and inflammation, says Craig Gronczewski, MD, Chairman of University Medical Center at Princeton's Department of Emergency Medicine.

“To remove a stinger, never use tweezers,” stresses Dr. Gronczewski. “The squeezing action will release more venom into the person. You should start by putting some baking powder on the stinger and then scraping it out with a credit card, or something similar.”

If you experience a severe allergic reaction or difficulty breathing following a bite or sting, however, emergency medical attention may be necessary.

Tackling Ticks

While ticks are the main transmitters of Lyme disease, finding a tick on you or someone else does not automatically mean you are infected, and ticks removed from patients are not tested for the disease. The type of tick that often carries Lyme disease is the size of a large pin head, and must be on your body for six to 24 hours to transmit the disease, explains Dr. Gronczewski.

To remove a tick, use tweezers to remove the tick as close to the skin surface as possible, applying a slow and steady pressure to extract the entire body and head. If the head cannot be removed, seek prompt medical attention, although emergency care is not necessary, Dr. Gronczewski notes. And never attempt to force a tick out by suffocating it with alcohol or holding a lit match to the area; these actions will only agitate the tick and result in it releasing more venom.

For more information about the Emergency Department at University Medical Center at Princeton, contact 609.497.4431 or visit www.princetonhcs.org. If you are experiencing an emergency, call 9-1-1.

Caring for the Caregiver

Princeton HomeCare Can Help

Caring for an elderly, acutely ill or chronically disabled loved one is, by all accounts, a demanding task. Often, the daily responsibilities of tending to the needs of a sick or disabled family member can have emotional, as well as physical effects.

“When a caregiver is overly stressed, he or she can exhibit a variety of responses, including fatigue, difficulty sleeping, irritability and poor concentration,” explains Janice Love, RN, Nurse Manager at Princeton HomeCare Services, a unit of Princeton HealthCare System. “Prolonged stress and the symptoms that go along with it can eventually lead to very real health problems, such as depression, anxiety and high blood pressure.”

Having someone else take over for a while so the caregiver can take a break and attend to other responsibilities or just relax is crucial. Whether it’s daily, weekly or just occasionally, support and relief from a home health aide, for example, can go a long way to help the caregiver regain some sense of normalcy and focus in their lives.

Home health aides can assist with such tasks as personal hygiene, meal preparation and laundry, for example. They can even take the patient to the doctor, if appropriate, or just be in the home to provide a sense of safety, security and companionship when the caregiver is out.

Help You Need, When You Need It

Usually, the minimum scheduled time is two hours, but caregivers can arrange for round-the-clock help if necessary. Each caregiver has unique needs, and what’s right for one may not apply to the other. However, knowing there are flexible options for managing the situation can make day-to-day responsibilities less overwhelming.

Princeton Caregivers, a program of Princeton HomeCare Services, offers certified home health aides (hourly and live-in) who are trained in providing personal care services. In addition, Princeton HomeCare Services provides private-duty nursing; hospice services; occupational and physical therapy; and social workers for resource support.

Comprehensive background and reference checks are performed for every staff member. Princeton HomeCare Services is licensed by the state of New Jersey and is certified by The Joint Commission. It serves Mercer County and sections of Middlesex, Somerset and Hunterdon counties.

For more information about Princeton HomeCare Services, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.



FOR MORE INFORMATION ABOUT FREE TRANSPORTATION SERVICES TO UMCP AND AFFILIATED SITES, PLEASE CALL:
609.452.1491
EXT. 23

A Smooth Ride for Seniors

Individuals age 65 and older and living in the greater Mercer County area may qualify for free, door-to-door transportation from their homes to University Medical Center at Princeton and other affiliated Princeton HealthCare System facilities. In many instances, this free transportation is the result of a collaboration between PHCS, area municipalities and RideProvide, a private not-for-profit senior transportation service for the greater Mercer County region.

Affiliated entities for which transportation may be available include Princeton House Behavioral Health facilities in Mercer County, UMCP Breast Health Center in East Windsor, UMCP Outpatient Rehabilitation at Princeton Fitness & Wellness Center, and the Hamilton Area YMCA John K. Rafferty Branch, which houses outpatient rehabilitation services and PHCS Community Education & Outreach programming. Please call the number at left to confirm how to access the free transportation.



Princeton HealthCare System

253 Witherspoon Street | Princeton, NJ 08540

NONPROFIT
U.S. POSTAGE
PAID
UMCP

For help with finding a physician, call 1.888.PHCS4YOU (1.888.742.7496)

University Medical Center at Princeton earlier this year became the first hospital in Mercer County, and one of the first in New Jersey, to open an inpatient unit dedicated to the complex healthcare needs of patients 65 and older.

“We take into account a person’s overall well-being, not just the medical condition that is being treated,” says David Barile, MD, physician advisor of the eight-bed Acute Care of the Elderly, or ACE, Unit (*pictured standing at right*). “This approach is especially important with older patients because they can rapidly lose muscle strength and, as a result, lose the ability to walk, eat, bathe or otherwise function independently.”

Studies have shown that 36 percent to 58 percent of older adults who are hospitalized will experience a decrease in their ability to function. Senior patients also have a much higher risk of hospital-related health issues such as falls, bed sores, pressure ulcers, incontinence, delirium, and malnutrition, says Dr. Barile, who is board certified in geriatric medicine, internal medicine and hospice/palliative medicine.

Preventing Problems

“By taking into account age-related health issues each time we interact with a patient, we can help make sure small changes in health status don’t evolve into acute problems,” Ashley Zampini, RN, BSN, UMCP’s NICHE (Nurses Improving Care for Health System Elders) Program Coordinator (*pictured at right*), explains.

Dr. Barile says studies have shown that ACE Units reduce the average length of a hospital stay, better preserve a patient’s ability to function normally and increase patient and staff satisfaction.

For more information about University Medical Center at Princeton’s ACE Unit, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

Acute Care of the Elderly: UMCP Unit Focuses on Older Adult Patients



* Interdisciplinary team that includes a geriatrician, a registered geriatric nurse, pharmacist, physical therapist and social worker. Occupational therapists, wound therapists, and speech-language pathologists are available when necessary.

* Staffed 24/7 with specialized geriatrics trained nurses and assistants. Ratio of one nursing assistant to every four patients.

* Patients are encouraged to get out of bed at every meal to reduce the effects of inactivity.

* Beds are 16 inches off the ground, have pressure-relieving mattresses and are equipped with built-in scales to monitor whether patients are losing excessive weight.

* All door frames and changes in surfaces are clearly marked to help prevent falls. Signs and display boards are larger than normal.

* “Everything about the ACE unit was planned with older patients in mind.”

— Daphne Berei, RN, ACE Unit Manager