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CentraState Healthcare System[®]

Freehold, New Jersey

Healthy Directions

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Keeping the Beat with Cardiac Catheterization

page 4

Comprehensive Cancer Care at CentraState

page 8

Back in the Saddle

with Robotic
Hysterectomy page 3



CentraState
Medical Center
is a Magnet[®] hospital.

WIRED



▲ Poonam Alaigh, MD, commissioner, New Jersey Department of Health and Senior Services (left), toured CentraState last November for a first-hand look at some of the technology that earned the hospital the “Most Wired” designation. On the Critical Care/Step Down Unit, Ellen Ciacciarelli, RN, CCRN, assistant nurse manager (right), describes for Dr. Alaigh innovations that enhance patient privacy and safety and minimize the spread of infection.

Information plays a key role in healthcare delivery, and health information technology (IT)—computer applications that aid in capturing, managing, and using that information productively—is proving indispensable in improving the overall quality, safety, and efficacy of patient care. In fact, information technology is integral to the federal government’s healthcare reform efforts now underway.

Last year, CentraState Medical Center was recognized for its achievements in implementing and using health IT by earning designation as one of the nation’s 100 “Most Wired” hospitals. The annual Most Wired Survey and Benchmarking Study—a joint project of the American Hospital Association’s

Hospital & Health Networks magazine, McKesson Corporation, and the College of Healthcare Information Management Executives—evaluates hospitals on their use of information technology to address key goals including clinical safety and quality, care continuity, customer service, and business processes. Only 7.7 percent of the nearly 1,280 hospitals that participated in 2010 earned “Most Wired” status, and CentraState was one of only four hospitals in New Jersey recognized.

“The commitment of CentraState’s leadership team, including the board, physicians, administration, and staff, has put the hospital ahead of the curve in terms of implementing and using technology,” says Neal Ganguly, CHCIO, FHIMSS, vice president and chief information officer, CentraState. “In this rapidly changing healthcare environment, the willingness to innovate is a plus.”

MINIMALLY INVASIVE COLON SURGERY THAT LEAVES NO SCARS

Jackson residents Anthony Lauro, 57, and Joan Harrington, 76, had colon surgery last year at CentraState Medical Center, but neither has the scars to show it.

Both underwent single-incision, laparoscopic surgery (SILS™), an advanced, minimally invasive technique that allows surgeons to treat certain problems through a single small incision hidden in the navel.

CentraState is among select medical centers in New Jersey that have surgeons on staff with the expertise required to perform SILS, also called single-port surgery.

MOBILITY REGAINED

Anthony Lauro hadn’t been feeling well, so he visited his family physician, who recommended he go straight to

CentraState’s Emergency Department. At the hospital, Anthony was admitted for treatment of anemia (a deficiency of hemoglobin, the oxygen-carrying component in the blood). Bleeding can cause the condition. Suspecting an internal ulcer or other lesion, doctors recommended that Anthony undergo a colonoscopy.

During the diagnostic procedure, Michael Tendler, MD, board-certified gastroenterologist with Advanced Gastroenterology Associates and on the medical staff at CentraState, discovered a cancerous polyp and removed it. Concerned that this early form of colon cancer posed a risk for a hidden invasive cancer, Dr. Tendler referred Anthony to board-certified surgeon Michael Menack, MD, FACS, to perform a partial colectomy

(colon resection) to remove the affected portion of the colon.

“Anthony was a good candidate for SILS because of the location of the affected area,” Dr. Menack says.

SILS uses the same basic instrumentation as multi-incision, laparoscopic surgery with some adaptations.

A COSMETIC ADVANTAGE

“It offers the benefits of laparoscopic surgery plus a cosmetic advantage of little to no visible scarring,” Dr. Menack says. “With one incision, the risk of infection is further reduced. Recovery can be even quicker, too.”

Remarkably, Anthony was out of his hospital bed and walking around that night. “I couldn’t believe how good I felt,” he says.



Michael Tendler, MD, board-certified gastroenterologist



Michael Menack, MD, board-certified surgeon



FOR DELIVERING EXCELLENT CARE

RAISING THE BAR

During the past decade, CentraState has invested nearly \$20 million in health IT. Notable achievements include:

- Soarian, the hospital's primary clinical inpatient documentation system, which allows healthcare providers immediate access to electronic records that show test results and other important patient information. It also provides users with clinical prompts to promote best practices in caring for patients.
- An electronic picture archiving communications system for capturing, storing, and accessing radiology images.
- The Pharmacy/Medical Administration Check system, which uses bar-coding technology to help reduce patient medication errors. Quick scans of the nurse's identification badge, the patient's wristband, and the medication itself alert the nurse to potential medication problems and provide a complete overview of the patient's condition.

"Earning 'Most Wired' status reflects the commitment CentraState has made to utilizing proven technologies to provide the best possible care to the members of our community," Ganguly says. "CentraState will continue to explore technologies that

improve patient safety and satisfaction in the future."



Clinical Orders Go Digital

This spring, CentraState Medical Center will begin a hospital-wide rollout of its state-of-the-art computerized physician order entry (CPOE). The system allows doctors to enter orders regarding patient care directly into the computer rather than first writing them by hand. It already is in use on a pilot basis in select areas of the hospital to ensure that it works optimally for physicians, nurses, laboratory and pharmacy staff, and other qualified users.

CPOE will join CentraState's existing health information technology innovations to further ensure safe, top-quality patient care. The technology will be especially beneficial in reducing medication errors, removing legibility issues, eliminating the use of unapproved abbreviations, reducing transcription errors, decreasing wait time for medications, and aiding in data acquisition and analysis used in the hospital's ongoing performance improvement efforts.

"Fortunately for Mr. Lauro, his cancer was not invasive. His operation and recovery went smoothly, and he left the hospital cancer-free," says Dr. Menack, who cleared his patient for discharge the next morning.

"Dr. Menack has a great bedside manner and the nurses were terrific," Anthony says of his experience. "Everyone at CentraState was considerate and helpful."

Later that day, Anthony called his son who lives locally to drive him to the tackle store ("My wife didn't want me driving," he explains). There he bought a bunch of fiberglass blanks to make some fishing rods, which he promptly put to good use.

NO MORE POLYP

A colonoscopy last year revealed that Joan Harrington had a precancerous polyp. Her gastroenterologist was unable to

remove it completely, so he referred her to Dr. Menack for removal of the remaining tissue. Joan also was a good candidate for SILS.

"Dr. Menack and the staff at CentraState were so helpful during my procedure, and I owe my good health to their care," she says.

For more information about minimally invasive and general surgery services and surgeons on staff at CentraState, visit www.centrastate.com/surgery or call (866) CENTRA7 (866-236-8727). HD

It's no fish story: The day after single-incision, laparoscopic surgery to remove part of his colon, Anthony Lauro was feeling so good that he went to the tackle shop so he could purchase supplies to make fishing rods, one of his hobbies. ▶



SILS™: Leading-Edge Surgery

Single-incision, laparoscopic surgery (SILS), an advanced minimally invasive procedure, can be used for appropriate patients undergoing a variety of surgical procedures, including:

- Appendectomy
- Colon resection
- Gallbladder removal.