



HEALTH SE

THE
HUDSON REPORTER NEWSPAPERS

Jersey City Medical Center hosts monthly Bereavement Support Group

Jersey City Medical Center is hosting a bereavement support program for individuals coping with the loss of a loved one. Meetings are held the third Wednesday of each month (at 6:30 pm - 7:30 pm) in conference room 5 at the hospital ((355 Grand Street, Jersey City).

"The program is open to anyone who is grieving the loss of a family member or close friend," said Nancy Pain, a nurse practitioner who works in the hospital's palliative care unit. "We suggest, howev-

er, that people wait four to six weeks after suffering a loss to give them a better perspective."

Licensed clinical social workers at Jersey City Medical Center who are trained in this role will serve as facilitators with the support group. Anyone who has suffered such a loss can participate, there is no charge and individuals and families can utilize the support for as long as they need it.

"When people are grieving, they very often don't know where to turn, who to turn to, or what's appropriate," said Pain. "Our program is intended to help them cope during this very difficult time. Our experts will be providing support, not therapy." For more information call 201-915-2058 or 201-915-2897.

Jersey City Medical Center Physician implants pacemaker that does not interfere with MRIs

On March 7, 2011, James Marl received a novel MRI-safe pacemaker system for the treatment of slow heart rhythms which had caused the Bayonne man to lose consciousness on multiple occasions. The procedure, performed by Dr. Roy Sauberman, a cardiac electrophysiologist at Jersey City Medical Center, was the first of its kind in Hudson County and one of the first in New Jersey.

Approximately 30 million MRIs are performed annually in the United States to provide highly detailed images of internal organs, blood vessels, muscle, joints, tumors and areas of infection throughout the body.

Each year, an estimated 320,000 people in the U.S. receive pacemakers to relieve symptoms of heart rhythm disturbances and restore normal heart rates.

These two groups were mutually exclusive as MRIs was not recommended for patients with implanted pacemakers because of the potential risks. At least, until now.

A relative handful of hospitals around the country are now implanting a recently FDA-approved pacemaker, the Revo MRI SureScan® pacing system, which allows patients for the first time to safely undergo MRI, or magnetic resonance imaging, procedures. This is especially important for patients who may be suffering from strokes, aneurysms, cancer, multiple sclerosis and other conditions where MRIs offer soft tissue images that are superior to x-rays and CT scans.

The new device is available only to patients who have never had a pacemaker implanted previously.

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JCMC hosts monthly bereavement support group

Jersey City Medical Center hosts a bereavement support program for those individuals coping with the loss of a loved one. The next meeting will be held April 17. Meetings are held the third Wednesday of each month (at 6:30 – 7:30 p.m.) in conference room 5 at the hospital ((355 Grand St., Jersey City).

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For more information call Nancy Pain at (201) 915-2058 or Pam Saporita, LCSW at (201) 915-2073.

Hospitals providing acute care surgery model for patients needing emergency general surgery

It's early in the morning and a loved one suddenly awakes with a sharp abdominal pain, accompanied by nausea and a low grade fever. Not wanting to take any chances, you rush her to the emergency room of a local hospital. Here, the ER physician may diagnose the condition, but if emergency surgery is required it may take several hours before a surgeon arrives at the hospital to perform it.

That's not the case at Jersey City Medical Center and an increasing number of other hospitals, where a board certified general surgeon is at the hospital 24/7 to handle such emergencies. Known as Acute Care Surgery, it's a relatively new surgical specialty that can be defined as the urgent assessment and treatment of non-trauma general surgical emergencies. This may include treating such common conditions as appendicitis, diverticulitis, bowel obstruction, perforated ulcers, gall bladder infections, and postoperative complications.

Acute Care Surgery is staffed with general surgeons, who are also trained in trauma and emergency general surgery and critical care, and routinely take care of the sickest patients in the hospital.

An Acute Care Surgery patient may be one who is:

Transferred from an outside hospital with a complicated surgical need requiring specialized surgical care

An admission from the Emergency Department with an acute surgical need night or day

A hospitalized patient who may additionally require acute surgical intervention.

Research conducted by the American College of Surgeons, a scientific and educational organization of surgeons, found that the use of Acute Care Surgery can lead to significant reductions in various key patient measures. This includes length of hospital stay, surgical decision-making time, and "time to stretcher" (which is a measure of overall emergency department overcrowding, a major problem in many American hospitals).

According to the study's authors, "In the past five years, there has been a groundswell of support for establishment of these services for a variety of reasons, such as the growing difficulty of treating acute surgical conditions and a decrease in operative trauma surgical cases."

The study further found that Acute Care Surgery services was associated with a 15 percent reduction in surgical decision time and a 20 percent decrease in the average "time to stretcher" time for all ED patients. Focusing on an isolated group of appendicitis cases, it was found that these services shaved surgical decision time by 30 percent for these patients.

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Jersey City
Medical Center

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Jersey Journal - Thurs. Sep. 13, 2012 front page

Tuesday, September 18, 2012

The **JERSEY JOURNAL**

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**BREASTFEEDING
EDUCATION CLASSES**

Jersey City Medical Center, 355 Grand St., Jersey City, will offer a one-day session on **Thursday** from 6 p.m. to 8 p.m. Registration must be completed prior to class, \$25 per couple. To register or for more information call April Major at (201) 521-5900.

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The **JERSEY JOURNAL**

Tuesday, September 11, 2012

HEALTH NOTES

**JERSEY CITY MEDICAL
CENTER WALK FOR**

CARDIAC DISEASE

Healing Hearts and Connecting Hands, a cardiac support group at Jersey City Medical Center, will host a walk on **Saturday** at 4 p.m. on the hospital's campus, 355 Grand St., Jersey City. For information call (201) 947-4133

has experienced the loss of a loved one. Next group will be a six-week grief/social support walk-in group for anyone who has had a loss within the past year. It begins Thursday, April 28 and continues through Thursday June 2, at **Complete Care**, 1814 East 2nd St., Scotch Plains, NJ. This group will be led by Barbara Plyer, VITAS bereavement services manager. To register or for more information, call Barbara Plyer at (973) 422-5343.

Jersey City Medical Center is hosting a **free bereavement support program** for individuals coping with the loss of a loved one. Meetings are held the third Wednesday of each month at 6:30 p.m. – 7:30 p.m. in conference room 5 at the hospital 355 Grand St. JC, for more info call (201) 915-2058 or (201) 915-2897.

Hatha Yoga relaxation guaranteed or double your money back at **Hoboken Elks** (1005 Washington St.) Wednesdays 7 – 8:30 p.m. \$15 per student (no credit cards). Dress comfortably and bring a mat, avoid eating for 2 hours prior to class and arrive 10 minutes before class begins. No registration. No prerequisites. Walk-ins welcome. For more info call 866-YOGA JOE. (18 yrs or older) *With photo ID. **NAMI Hudson County**, an affiliate of NAMI NJ,

the **National Alliance on Mental Illness**, holds a monthly support group for families and clients on the second Tuesday of every month at the Hoboken Community Mental Health Center 506 Third St., Hoboken, NJ, four blocks from the Second Street Light Rail station. Meeting time 7p.m. There's also a separate meeting in Spanish held each month in Union City; for more information about NAMI Hudson County, please contact Martha Silva at 201-861-0614 or email namihudson@msn.com.

Panic Relief Inc., a non-profit educational organization will show you how to overcome panic, anxiety, manage fear, experience high self esteem and live life to the fullest. Phone conference workshops are held on Wednesdays at 7 p.m. Began June 2. To participate in this week's workshop, visit www.panicreliefinc.com or call 732-940-9658.

The Zen Meditation Group of Hoboken meets Monday evenings at 7 p.m. to learn about and practice Zen Meditation at 702 Clinton St. Beginners are welcome. Meetings are free with suggested donation. For more info, go to www.zenmeditationhoboken.org

ANAD (National Association of Anorexia Nervosa and Associated Disorders) will hold North Jersey support group meet-

ings for people with eating disorders and their family and friends from 8 p.m. to 9 p.m. Monday nights at St. Matthew Trinity Lutheran Church Parish Center on 731 Washington St, Hob. For more info call 914-714-8321 or email AM37Johnson@aol.com.

Jersey City Medical Center will host an ongoing **Enhancing Life Support Group** (Alzheimer's Support Group) from 6:30 to 7:30 p.m. in Conference Room #5, 355 Grand St. The group will meet here at the same time every third Tuesday. For more info call Kathy Schwed at 201-915-2041. No charge and light refreshments will be served.

Food Addicts in Recovery Anonymous has a number of daytime and evening meetings in Northern New Jersey and New York City. There are no dues, fees, or weigh-ins. Call Fran at 973-283-2057, or Michelle at 201-444-4143, or contact www.foodaddicts.org.

Christ Hospital is looking for men & women with time to spare to join its volunteer team. Needed to work in patient care areas as well in offices to lend a hand with clerical duties. Senior volunteers must be at least 18 years of age & willing to work a minimum of four hours per week. Info about various positions available; call Volunteer Services Dept. at 201-795-8301.

One hospital looks to improve breastfeeding rates

Jersey City Medical Center will host grand opening of Lactation Center

When it comes to convincing new mothers to breastfeed, April Major, an RN and Breast Feeding Coordinator at Jersey City Medical Center, knows she's fighting an uphill battle.

"It's very frustrating because breastfeeding is best for the baby and mother, and the normal way to feed a baby," she said. "Yet, since many of our mothers didn't have mothers to breastfeed and they believe that formula won't hurt their babies, they don't think it's better to breastfeed." To promote the importance of breastfeeding and to provide new mothers with the kinds of devices that can make breastfeeding easier, more accessible and convenient, the hospital hosted a grand opening of the new Liberty Health Lactation Center at Jersey City Medical Center on Tuesday, June 7.

"We've probably doubled our breastfeeding rates at the hospital in the last three or four years, but we still have a long way to go," said Major. "Our intent with the new lactation center is to remind expectant mothers and the healthcare community of the benefits of breastfeeding for their babies, and to give them access to high quality breastfeeding pumps that we've made available for rental at affordable rates."

The American Academy of Pediatrics recommends that new mothers breastfeed exclusively for about six months, and continue with the addition of complementary foods for at least a year post-partum. Some of the resistance at Jersey City Medical Center, said Major, is primary cultural among many African-American and Hispanic mothers, among other groups, but she and her team try to convince them to make the effort.

Studies show that it's worth it. Human milk is unique in helping infants to achieve optimal growth and development. It reduces the likelihood of diabetes, obesity, some childhood cancers and such illnesses and conditions as ear infections, diarrhea, lower respiratory infections, allergies and SIDS. It also benefits the mother by allowing her to regain her shape more quickly, and reduces certain cancers and the incidence of osteoporosis and hip fractures.

"Anyone that is delivering should breastfeed," said Major. "Our goal is for 75 percent of our mothers to breastfeed and we're hoping by putting the information out there and displaying items that will make the process easier once they leave the hospital, our numbers will continue to increase." Rentals for breast pumps and other products are available by appointment only at the Lactation Center by calling 201-521-5900.