

CHECK *up*

Kimball News For Our Community



KIMBALL MEDICAL CENTER EARNS PRESTIGIOUS PRIMARY STROKE CENTER DESIGNATION

Stroke care requires a dedicated team that fights stroke 24 hours a day, seven days a week.

When someone is experiencing symptoms of a stroke and requires emergency care, it's reassuring to know that expert help is immediately available at Kimball Medical Center.

In providing a full continuum of care to stroke patients, we follow best practice standards established by the Brain Attack Coalition and the American Stroke Association, says Erin Winkels, R.N., B.S.N., Clinical Educator/Stroke Coordinator, for the Education Department at Kimball.

"With our recent certification as a Primary Stroke Center by The Department of Health and Senior Services, Kimball Medical is demonstrating its commitment to provide the highest quality of care to stroke patients and their families through treatment, rehabilitation and education," she says.

Kimball developed its Primary Stroke Center as a center of excellence dedicated to providing the highest level of quality for emergency and continued stroke care. In gaining this certification, Kimball has successfully demonstrated that our quality stroke care programs follow national standards that can improve outcomes for stroke patients.

The Stroke Center's mission is to provide the highest level of patient care through a multidisciplinary approach that encompasses acute stroke management and long-term rehabilitation. The center is committed to providing an integrative plan of care for stroke patients and a seamless delivery of the best possible care.

Important components of Kimball Medical Center's Stroke program include a designated stroke team led by a board-certified neurologist and consisting of other board-certified neurologists, board-certified

hospitalists, specially trained nurses, board-certified radiologists, physiatrists and rehabilitation therapists. Additionally, state-of-the-art diagnostic imaging capabilities, an intensive care unit led by nurses skilled at handling neurological emergencies and an inpatient stroke care unit where nurses have been specially trained in stroke care and rehabilitation (*see related article on*



stroke care unit on page 3) and a wide array of inpatient and outpatient rehabilitation services, including physical and occupational therapy and speech-language pathology.

Additionally, The Stroke Center at Kimball Medical Center participates in quality and data collection in order to benchmark the outcomes of diagnosis and treatment against similar designated Primary Stroke Centers. Such analysis is an important resource used by physicians and other medical professionals to inform them of factors valuable to the continuity of care of our patients.

The Stroke Center at Kimball Medical Center

is dedicated to delivering comprehensive emergency and continued care to stroke victims, placing a major emphasis on stroke prevention and education.

"Our focus and goal for educating the community is to ensure people know that a stroke is an emergency that requires an immediate trip to the hospital," Winkels says. "When immediate care is provided after symptoms begin, impairments and complications can be reduced or even prevented."

For more information about The Stroke Center at Kimball Medical Center, call 1.888.SBHS.123 (1.888.724.7123).

Know the Sudden Warning Signs:

If you or a loved one begins to experience any of these symptoms without warning, act fast and seek immediate medical attention:

- ❖ Numbness or weakness of the face, arm or leg, especially on one side of the body.
- ❖ Confusion, difficulty in speaking or understanding simple statements.
- ❖ Sudden vision problems in one or both eyes.
- ❖ Difficulty in walking, dizziness and loss of balance or coordination.
- ❖ Sudden, unexplainable and severe headache.

An easy way to remember the signs and symptoms of stroke is to ACT F.A.S.T:

Face – Facial droop and/or an uneven smile.

Arms – Arm numbness and/or arm weakness.

Speech – Slurred speech, and/or difficulty speaking or understanding.

Time – Call 911 and get to the hospital immediately.

Even a one-hour delay in medical treatment may mean the difference between total disability and full recovery.

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FOUNDATION NEWS

ERIC LEHNES, M.D., APPOINTED TO KMC FOUNDATION BOARD OF TRUSTEES

Dear Neighbor,



More than 3 million Americans today are living with the crippling effects of stroke — the No. 1 cause of disability in the United States. At Kimball Medical Center, we are committed to providing an integrative plan of care for stroke patients and a seamless delivery of the highest possible care.

As a part of this commitment, I am pleased to introduce The

Stroke Center at Kimball — a program dedicated to delivering the highest quality comprehensive emergency and continued care to our stroke patients. Our long-standing commitment to reducing stroke-related deaths and disabilities has earned Kimball Medical Center national designation by The NJ Department of Health as a Primary Stroke Center. Following “best practice” standards established by the Brain Attack Coalition and the American Stroke Association, the stroke center’s goal is to provide the highest level of patient care by focusing on stroke prevention and education, acute stroke management and long-term rehabilitation.

Also in this issue of Checkup, we focus on Kimball’s 3-H nursing unit, an inpatient stroke care unit where nurses have been specially trained in stroke care and are skilled at handling neurological emergencies. Statistics show that stroke patients who receive care in stroke units, compared with general medical wards, have a 17 percent-reduced death rate and an 8 percent reduction in length of stay, as well as a 7 percent increase in being able to live at home.

And as a part of the mission of The Stroke Center, we also are committed to educating the community that stroke is an emergency that requires an immediate trip to the hospital. Those patients evaluated quickly can increase their chances of survival and decrease the degree of disability by getting to the emergency department quickly.

To learn more about The Stroke Center, or for educational materials about the risks and warning signs of stroke, call 1.888.SBHS.123 (1.888.724.7123).

Joe Hicks

Joe Hicks
Executive Director

Eric Lehnes, M.D. — chairman of the Department of Obstetrics and Gynecology at Kimball Medical Center for the past six years and President-elect of the hospital’s Medical Staff — was recently appointed to the Board of Trustees for Kimball’s Foundation.

The Foundation Board oversees Kimball Medical Center’s fund-raising and development efforts; it furthers the expansion of hospital services, the development of new programs, and helps to bring leading-edge technology and exceptional medical care to the people of Ocean and Monmouth counties. Over the years, the Kimball Medical Center Foundation has funded many important projects that have helped thousands of patients — from the tiniest newborns to the region’s most senior residents.



Eric Lehnes, M.D.

“The Board is pleased to welcome Dr. Lehnes, a strong physician leader, who brings a vast array of knowledge and experience to his position on this important volunteer board,” says David Sickel, chairman of the Foundation Board.

Dr. Lehnes earned his medical degree from the University of Medicine and Dentistry — New Jersey Medical School in Newark, and completed a residency in Obstetrics and Gynecology at North Shore University Hospital in Manhasset, N.Y. He is a fellow of the American Board of

Obstetrics and Gynecology, is a member of the American Association of Gynecologic Laparoscopists, and a diplomat of the National Board of Medical Examiners.

Dr. Lehnes and his wife, Susan, reside in Brick Township with their two daughters.

Car Raffle Benefits Mother/Baby Unit at Kimball

Kimball Medical Center Foundation’s car raffle raised more than \$25,000 for the hospital’s Mother-Infant Pavilion. The winning ticket among the 622 tickets sold belonged to Daniel Rebelo, a resident of Toms River who is the assistant director of Plant Operations for the Saint Barnabas Behavioral Health Center. He is shown here, in the photo below, at Pine Belt Chevrolet of Lakewood, where he chose a 2008 Black Chevy Corvette after personally adding the difference in the MSRP winnings of \$40,000, and at right outside Kimball with, from left, Raquel Phillips, director of Marketing, Anthony Lombardino, M.D., vice president of medical affairs, Deanna Sperling, vice president of Patient Care Services, Caryl Russo, vice president of the Kimball Medical Center Foundation, Diane Ciancia, administrative secretary for the Foundation, and Teri Lacey, director of development for Kimball’s Foundation. The winning ticket was drawn in the hospital’s main lobby on May 1 — Kimball’s 95th anniversary.

The Mother-Infant Pavilion at Kimball Medical Center includes six Labor-Delivery Recovery (LDR) rooms combining the latest technology with a soothing home-like décor, along with 20 rooms dedicated to postpartum recovery. Additional services include 24-hour anesthesiology, in-house neonatology, 24 nursery beds and a five-bed Special Care Nursery.



KIMBALL'S INPATIENT STROKE CARE UNIT DELIVERS A HIGHER LEVEL OF CARE

Nurses specially trained in stroke care and skilled at handling neurological emergencies are providing an advanced level of care for patients recovering from strokes at Kimball Medical Center.

As a component of its recent certification as a Primary Stroke Center by The Department of Health and Senior Services, Kimball has dedicated an area of its 38-bed 3H telemetry/cardiac care unit to the comprehensive care of stroke patients.

“There is strong evidence that people who have had a stroke are more likely both to survive and to recover more function if they receive organized inpatient care in a stroke unit,” says Mary Ann Kaufmann, R.N., unit manager of 3H.

She notes that all stroke patients from either the Emergency Department or ICU come to her unit, and that her staff is specially trained to reduce complications of strokes, educate patients and families, and provide the latest in stroke management.



Pictured from left are staff members of 3H along with Kimball clinical educators who played a key role in the hospital's designation as a Primary Stroke Center, including Dana Halecka, R.N., Margaret Finnegan, Mary Ann Kaufmann, R.N., director of Patient Care Services for the unit, Dona Wonderlin, R.N., Erin Winkels, R.N., clinical educator/stroke coordinator, Nicole Kownacki, R.N., and Pat Lekowski, R.N., clinical educator.

recover as quickly and as fully as possible.

On the unit, patients are evaluated for inpatient rehabilitation, physical and function status, swallowing function and nutritional status.

“Our staff have all been trained to evaluate stroke patients for rehabilitation and other needs, and from here, patients will generally go to an acute rehab facility or sub-acute facility, depending on their level of need,” Kaufmann says.

To learn more about the 3H Nursing Unit at Kimball, call 1.888.SBHS.123 (1.888.724.7123).

“We work with patients to lower their risk of a repeat stroke by working with patients, families and caregivers on stroke prevention steps such as medications that work on blood to reduce the likelihood of clots forming,” she says. “We also teach patients to manage stroke risk factors through lifestyle changes.”

The inpatient stroke unit staff includes physicians, nurses, therapists, dietitians, mental health specialists, and many other experts who work together to help patients

The Road to Recovery

Rehabilitation is a critical part of recovery for many stroke survivors.

“The effects of stroke may mean that patients must change, relearn or redefine how they live,” says Dave Terlizzi, the director of Rehabilitation Services at Kimball Medical Center. “Stroke rehabilitation helps them return to independent living.”

After a stroke, a combination of physical, speech and occupational therapies can help patients manage the basics of daily living, such as bathing, dressing and eating. At Kimball, the Stroke Recovery Program features a team that includes a variety of therapists who work with patients to overcome disabilities, learn new ways to accomplish tasks and strengthen parts of the body impaired by the stroke.

“A patient's level of disability will depend upon the extent and area of brain damage caused by the stroke and his or her success with rehabilitation,” Terlizzi says. “One of the goals of the stroke recovery team is to help patients recover as much brain function as possible. Many disabilities can be overcome as patients learn to compensate for injuries and are taught new ways of doing things.”

He notes that patients can relearn skills that have been lost, and strengthen and retrain impaired limbs, and that medications and counseling can help patients deal with



Dave Terlizzi, director of Rehabilitation Services at Kimball Medical Center

emotional issues. The repetition of learned tasks, including physical and occupational therapy and speech skills, are important in post-stroke care and can produce better functional outcomes, he says.

“The road to recovery may be difficult, but a strong desire to recover and the support of loved ones can have a huge impact on returning to a normal lifestyle,” Terlizzi says. “Experts believe the most significant potential for improvement is during the

first month after a stroke, and that the most substantial recovery generally continues for three to six months, but more gradual improvement can continue for months or years after. Recovery will vary with each person, but often it is a lifelong process.”

In fact, families, he says, play an important part in the recovery process.

“Family and/or significant others play a key role in post-stroke care, and their training, from a rehabilitation therapy professional, is essential for safe patient positioning, transfers into and out of bed, and ambulation,” he says.

The Rehabilitation Services Department at Kimball is committed to getting stroke patients back to work, to play and to living. To learn more about the Stroke Recovery Program at Kimball, call 1.888.SBHS.123 (1.888.724.7123).

WHAT IS A STROKE?

A stroke occurs when a part of the brain dies from lack of blood, usually because one of the arteries that supply oxygen-carrying blood to the brain has been blocked or damaged.

There are two types of strokes, each defined by the way they happen:

- ❖ An ischemic stroke is caused by a clogged vessel in the brain, usually a blood clot causing a blockage or fatty deposits on the vessel wall; 85 percent of strokes are ischemic.
- ❖ A hemorrhagic (burst vessel) stroke is caused by a ruptured blood vessel, preventing normal flow and allowing blood to leak into brain tissue. This occurs in 15 percent of strokes.

80 percent of all strokes are preventable!

Are You at Risk?

While the likelihood of suffering a stroke increases with age, certain lifestyle and medical conditions place individuals at even higher risk, including:

- ❖ High blood pressure, the second-highest risk factor after age.
- ❖ Diabetes, which doubles the risk for stroke.
- ❖ High cholesterol levels.
- ❖ Heart disease.
- ❖ Smoking.
- ❖ Physical inactivity and obesity.

IN THE SPOTLIGHT:

Arthritis Foundation, Kimball Medical Center Team To Offer Exercise Program

The Center for Healthy Living at Kimball is teaming with the Arthritis Foundation's New Jersey chapter to present a six-session exercise program beginning Friday, July 11.

Classes are held on Friday afternoons from 2 to 3 p.m. and will run through August 15. The fee per class is \$2.

Class size is limited. To register, call 1.888.SBHS.123 (1.888.724.7123).

For complete program descriptions, visit www.sbhs.com and navigate to Community Calendar within Kimball Medical Center's section of the website or call the Saint Barnabas Health Care Link at 1.888.sbhs.123 (888.724.7123).

Jackson Elementary School Students Brighten Kimball Hallways with Touch of Spring

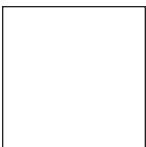
Spring sprung on Kimball Medical Center's Fifth Floor Medical/Surgical Unit thanks to a group of artistic and community-minded students from Jackson. More than 100 dazzling pieces of colorful artwork were donated by 120 students from Elms Elementary

School. Pictured here from left are sisters Victoria and Erin Migneco, who led the development and coordination effort of the spring artwork to bring the joyful feeling of spring to those unable to go outside and enjoy it.



Just minutes from home.

20132-06/08



600 River Avenue, Lakewood, NJ 08701



SAINT BARNABAS
HEALTH CARE SYSTEM
Kimball Medical Center



KIMBALL MEDICAL CENTER'S MONTHLY

CHECKup

Community Health Programs

EDUCATION PROGRAMS



Dementia or Normal Aging?

*Wednesday, July 9
12:30 to 1:30 p.m.*

Join neurologist Tejas P. Deliwala, M.D., as he defines the symptoms of

dementia versus normal aging. Treatment options and solutions will also be addressed. Free, refreshments served.

Registration required.

Call 1.888.724.7123.



Managing Erectile Dysfunction

*Thursday, July 24
5:30 to 7:30 p.m.*

Meet urologist Charles Tomaszewski, M.D., as he discusses

the conditions and treatment options for erectile dysfunction.

Free, refreshments served.

Registration required.

Call 1.888.724.7123.

AARP Driving Safety Course

Monday, July 7 and 14, 12:30 to 4:30 p.m.

Fee: \$10. Center for Healthy Living, 198 Prospect Street, Lakewood.

Registration required.

Call 1.888.724.7123.

Drive Defensively

Monday, August 4, 8:30 a.m. to 4:30 p.m.

Ideal for drivers of all ages who need to sharpen their driving skills. Conducted by the Ocean County Dept. of Safety – \$8; for point reduction an additional \$10 (money order only).

For info call 732.929.2130;

to register call 1.888.724.7123.

Childbirth Education Classes

*Three-session programs: July 3, 10 & 17
or August 7, 14 & 21, 6:30 to 9:00 p.m.*

Fee: \$75. Free tours available.

Registration required.

Call 1.888.724.7123

Smoking Cessation Information Session

Tuesday, July 8 or August 5, at 7 p.m.

Quitting Smoking is difficult to do alone.

Register today to attend a free information session and take your first steps to a healthier, happier lifestyle.

Center for Healthy Living, 198 Prospect Street, Lakewood.

To register, call the Quit Center at 732.914.1688.

Children's Health and Weight Management Program

Wednesdays, 4 to 5 p.m.

For children ages 6 to 16 who are more than 20 pounds overweight. A physician's prescription is required. Institute for Rehabilitative and Occupational Health Services, 500 River Avenue, Lakewood.

Call David Terlizzi at 732.942.5900.

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For complete program descriptions, visit www.sbhcs.com and navigate to Community Calendar within Kimball Medical Center's section of the website, or call the Saint Barnabas Health Care Link at 1.888.SBHS.123 (1.888.724.7123).

EXERCISE PROGRAMS

Arthritis Foundation Exercise Program

Fridays, July 11 to August 5, 2 to 3 p.m.

Fee: \$2 per class. Class size is limited.

Registration is required.

Call 1.888.724.7123.

Classic Yoga

Fridays from 9 to 10:15 a.m.

Gentle Yoga

Fridays, 10:30 to 11:45 a.m.

A comprehensive system of techniques including mind-body therapies and exercise, enhances flexibility, strength and concentration. Fee: \$5 per session. Center for Healthy Living, 198 Prospect Street, Lakewood.

Registration is required.

Call 1.888.724.7123.

Self-Defense for Exercise

For Women and Girls (Age 12 and above)

Friday, July 18 and August 1 and 15, 7 to 8 p.m.

For Older Adults

Thursday, July 10 and 24, and August 14 and 28, 12:15 to 1:15 p.m.

Learn critical techniques from a black-belt instructor to help protect you from personal harm, build strength and enhance core balance. Fee: \$3.00 per session. Center for Healthy Living, 198 Prospect Street, Lakewood.

Registration is required.

Call 1.888.724.7123.

SUPPORT GROUPS & SCREENINGS

Arthritis Support Group

Fourth Thursday, 11 a.m. to 12 p.m.

Learn alternative methods for treatment of arthritis including acupuncture, massage and chiropractic therapies. Center for Healthy Living located, 198 Prospect Street, Lakewood. Free.

Registration is required.

Call 1.888.724.7123.

Support Groups & Screenings continued

Bereavement Weekly

Support Group

Tuesdays, 2:45 to 3:45 p.m.

For individuals who are confronted with long-term grief, this group assists through the stages of coping with loss. Center for Healthy Living, 198 Prospect Street, Lakewood. Free.

Registration is not required. Call

Kathleen Holahan at 732.730.9112

to learn more.

Caregivers Weekly

Support Group

Tuesdays, 12:30 to 2:30 p.m.

or Wednesdays 11:45 a.m. to 1:45 p.m.

Facilitated by a licensed clinical social worker who offers support and education for caregivers to enhance their coping skills and maintain balance in their lives. Center for Healthy Living, 198 Prospect Street, Lakewood. Free.

Registration is not required.

Call Kathleen Holahan at 732.730.9112.

Diabetes Support Group

Third Thursday, 1:30 to 3:30 p.m.

Learn how to survive summer barbecues and picnics. Eat more of the best and less of the rest. Center for Healthy Living, 198 Prospect Street, Lakewood. Free.

Registration is required.

Call 1.888.724.7123.

Glucose Screening

First Wednesday, 9:15 to 10:15 a.m.

Center for Healthy Living, 198 Prospect Street, Lakewood. Free.

Registration is required.

Call 1.888.724.7123.

For complete program descriptions, visit www.sbhcs.com and navigate to Community Calendar within Kimball Medical Center's section of the website, or call the Saint Barnabas Health Care Link at 1.888.SBHS.123 (1.888.724.7123).

