

June
2024



SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.



Saint Peter's University Hospital Earns Recognition from the American Diabetes Association®

The American Diabetes Association (ADA), the nation's leading organization committed to fighting diabetes by supporting people living with and affected by diabetes, has recognized Saint Peter's University Hospital for its Center for Diabetes Self-Management Education* program through its Education Recognition Program (ERP).

The ADA's Education Recognition Program (ERP) is the 10th for Saint Peter's and recognizes Saint Peter's Thyroid and Diabetes Center; The Division of Pediatric Diabetes and Endocrinology at The Children's Hospital at Saint Peter's University Hospital; the Women's High-Risk Clinic, a part of the state-designated regional perinatal center at Saint Peter's University Hospital; Saint Peter's Family Health Center; and Saint Peter's Physician Associates in Monroe and Somerset.

"Recognition from the American Diabetes Association underscores the hard work and commitment of our healthcare professionals who continually exceed the national standards for diabetes education," said Leslie D. Hirsch, FACHE, president and CEO, Saint Peter's Healthcare System.



"Acknowledgement from the ADA highlights the impact that self-care can have on individual outcomes when patients commit to improving lifestyle choices in tandem with treatment by medical professionals."

The ADA's Education Recognition Certificate assures that educational services meet the National Standards for Diabetes Self-Management Education and Support (DSMES).

"We applaud Saint Peter's Center for Diabetes Self-Management Education for its commitment to providing high-quality, evidence-based education and support for people with diabetes by meeting the National Standards for DSMES and earning the ADA's ERP recognition," said Linda Cann, MSEd, the ADA's senior vice president of professional services.

Diabetes self-management education is the hallmark of care at Saint Peter's Thyroid and Diabetes Center, which is directed by Meena Murthy, MD, who is also the chief of the Division of Endocrinology, Nutrition and Metabolism and director of the South Asian Institute, Department of Medicine at Saint Peter's University Hospital.

Diabetes self-management education is tailored to each patient's needs based on comprehensive assessments and integrated with additional services at Saint Peter's to support diabetes education and care. Saint Peter's Diabetes Self-Management Education Center's multidisciplinary staff includes experienced endocrinologists, certified diabetes educators, licensed clinical social workers, registered dietitians, and registered nurses. They work together to provide diagnosis; education; medication, including the insulin pump; nutrition counseling; diagnostic continuous monitoring; exercise counseling; and behavior modification.

The Diabetes Self-Management Education Program at Saint Peter's is co-coordinated by Carol Schindler, RDN, CDCES, and Therese Wyman, RDN, CDCES, who are both registered dietitian-nutritionists and certified diabetes care and education specialists.

"Diabetes is not just a medical condition; it is a life-altering challenge. The constant vigilance of managing blood sugar and staying ahead of complications can be mentally, physically, and emotionally exhausting. Through our diabetes education program, we empower individuals to navigate the challenges of diabetes with the knowledge and confidence that Saint Peter's is by their side through this journey," said Schindler.



"Diabetes care is an ever-changing field as new research, technology and treatments emerge. We strive to keep ourselves and our patients up to date on effective self-management tools throughout their lives," said Wyman. "If you have diabetes, we encourage you to speak with your healthcare provider about prescriptions for ongoing diabetes self-management education. Regularly scheduled appointments will provide you with personalized education and care."



Diabetes in the U.S.

According to the Centers for Disease Control and Prevention's (CDC's) 2021 National Diabetes Statistic Report:

38.4 million people
or **11.6%** of the population
in the United States have diabetes.
An estimated **29.7 million**
have been diagnosed but
8.7 million people are not aware
that they have this disease.

Many will first learn that they have diabetes when they are treated for one of its life-threatening complications:
**heart disease, stroke,
kidney disease, blindness,
nerve disease, and amputation.**

For more information about Saint Peter's Diabetes Self-Management Program or to make an appointment, please call 732.745.6667.

Leapfrog Group Awards

Saint Peter's University Hospital with Highest Patient Safety Ranking

Saint Peter's University Hospital has earned an "A" Hospital Safety Grade for spring 2024 from The Leapfrog Group, a national nonprofit watchdog. Leapfrog assigns an "A," "B," "C," "D" or "F" grade to general hospitals across the country based on over 30 measures of errors, accidents, injuries, and infections as well as the systems hospitals have in place to prevent them.

"When making healthcare decisions, it's important that patients have as much information as possible to ensure that the clinical providers they choose are highly trained, but it is equally important that the facilities where those providers practice are highly focused on patient safety as a key driver to impacting positive clinical outcomes," said Leslie D. Hirsch, FACHE, president and CEO of Saint Peter's Healthcare System. "It's a credit to the entire Saint Peter's team that we've received the highest safety grade from The Leapfrog Group and a testament to our ongoing commitment to meet and exceed the highest safety standards across all areas of our organization."



"Everyone who works at Saint Peter's should be proud of this 'A' Hospital Safety Grade," said Leah Binder, president and CEO of The Leapfrog Group. "It takes complete dedication at every level, and an ironclad commitment to putting patients first. I thank Saint Peter's leadership, clinicians, staff, and volunteers for caring so deeply for its patients and their safety."

The Leapfrog Hospital Safety Grade is the only hospital ratings program focused exclusively on preventable medical errors, infections and injuries that kill more than 500 patients a day nationally. The Leapfrog Hospital Safety Grade is peer-reviewed, fully transparent and free to the public. Grades are updated twice annually, in the fall and spring.

To see more of Saint Peter's recognitions, visit saintpetershcs.com/award.

Community Calendar

For more information or to register for a program, call the contact number listed or visit saintpetershcs.com/events. Most programs are FREE unless noted; please call for information.

Cancer Support

- Bone Marrow Transplant**
For patients who have had an allogeneic transplant
Call for information: 732.235.8522
- Breast Cancer**
Call for information: 732.235.7011
- Gynecologic Cancer**
In partnership with the Cancer Support Community Central NJ
Call for information: 732.235.6792
- Living with Cancer**
Call for information: 732.235.7557

Diabetes Education*

- For information about classes, call the numbers listed below.
- Diabetes Self-Management Education***
Call for information: 732.339.7630
- Gestational Diabetes Self-Management Education***
Call for information: 732.339.7630
- Prevent T2 Program**
Call for information and registration: 732.339.7772

Parent Education

- Some parenting classes are being held online. Register at saintpetershcs.com/ParentEducation. Once registered for a class, access information will be provided to you. For information about the following classes, please call Parent Education at 732.745.8579.
- Baby Care Birth Center Class**
(for moms under midwifery care)
- Breastfeeding Class**
- Grandparents Class**
- Hypnobirthing**
- Marvelous Multiples New Daddy Class**
- Prenatal Yoga/ Exercise Class**
- Prepared Childbirth/ Lamaze Classes**
- Sibling Class**
- Spinning Babies**

Parent Support

- Registration is required. Visit saintpetershcs.com/ParentEducation or call 732.745.8579.
- Breastfeeding Support Group**
1st Tuesday of each month
Next meeting: June 4 • 1 pm
- New Moms Support Group "Life Will Never Be The Same"**
1st Tuesday of each month
Next meeting: June 4 • 12 pm

Support Groups

- Bariatric Behavioral Health Support**
Every Wednesday
Call 732.339.7450 for Zoom meeting information
- Bariatric Nutrition Support**
2nd Thursday of each month
Next meeting: June 13 • 6 – 7 pm
Call 732.339.7450 for Zoom meeting information
- Bereavement**
Call Pastoral Care for information: 732.745.8565
- Craniofacial Teen Girls**
Call for information: 732.745.8600, x8113
- MyGoal Autism Family**
2nd Sunday of each month
Next meeting: June 9 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting information
- SHARE**
3rd Thursday of each month
Next meeting: June 20 • 7 – 9 pm
Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link
- Spouse/Partner Caregiver Support**
Call for information: 732.745.8600, x8653

Community **GOLF** Outing
June 17, 2024
Forsgate Country Club
For more information, contact Saint Peter's Foundation at 732.745.7932 or spfoundation@saintpetersuh.com
Proceeds Benefiting THE CHILDREN'S HOSPITAL AT SAINT PETER'S UNIVERSITY HOSPITAL A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

COVID-19 Vaccines
For age eligibility and clinic locations and dates, visit saintpetershcs.com/covidvaccine

Saint Peter's Virtual Urgent Care
Monday – Friday 5 to 10 p.m.
Saturday & Sunday 9 a.m. to 4 p.m.
saintpetershcs.com/virtualurgentcare

Need a doctor? To find a Saint Peter's physician, visit saintpetershcs.com/findaphysician. Online scheduling is also available with select Saint Peter's Healthcare System physicians via Zocdoc at BookMySPDoc.com. This calendar is for information only. Do not rely on it to make healthcare decisions on your own; instead, talk with your healthcare provider for advice and treatment. Do not ignore medical advice or delay seeking it because of something you read here. We do not suggest or endorse that you have any tests, use products, or use other information in this document without advice from your healthcare provider.



Sponsored by the Roman Catholic Diocese of Metuchen State-designated children's hospital and regional perinatal center