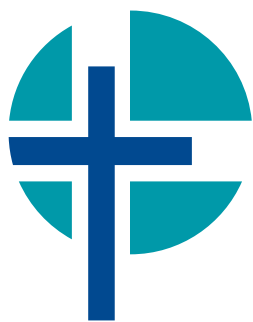


July
2022



SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

Saint Peter's Ranked as One of *Newsweek's* **Best Maternity Hospitals 2022**

Saint Peter's University Hospital, celebrated for its comprehensive care of expectant mothers and newborns, has been recognized by *Newsweek* magazine as one of the nation's Best Maternity Hospitals for 2022. This prestigious award is presented by *Newsweek* and Statista Inc., the world-leading statistics portal and industry ranking provider. Only 350 winners were recognized on the Best Maternity Hospitals 2022 list.



"It is a tremendous honor to be recognized on *Newsweek's* list of Best Maternity Hospitals for 2022," said Leslie D. Hirsch, FACHE, president and CEO of Saint Peter's Healthcare System. "This recognition validates the reputation of our highly skilled physicians, nurses and other healthcare professionals who provide comprehensive and compassionate care to expectant mothers and their newborns in our hospital-

based, midwifery-led birth center, our labor-delivery-recovery suites and mother-baby units, and our state-designated Regional Perinatal Center and Level IV Neonatal Intensive Care Unit for complex and high-risk births."



Leslie D. Hirsch,
FACHE

Saint Peter's University Hospital has specialized programs and a knowledgeable staff of doctors, nurses, certified nurse-midwives and others who take pride in providing women with a comfortable and safe experience during pregnancy and delivery.

Through an affiliation with Columbia University Medical Center, Saint Peter's is the only hospital in New Jersey to be part of the Maternal-Fetal Medicine Units Network, created by the National Institute of Child Health and Human Development. Saint Peter's is also the only New Jersey hospital member of The Council of Women's and Infants' Specialty Hospitals (CWISH), which is dedicated to facilitating excellence in providing healthcare services to women and infants nationally through collaboration and support of programs, practices and national policy.

"Saint Peter's is renowned throughout the state for the exceptional level of high-risk maternity and neonatal care we provide and it's extremely rewarding to know that more women will be aware of our services as a result of this national recognition," said Carlos W. Benito, MD, maternal-fetal medicine specialist and chair of the Department of Obstetrics and Gynecology at Saint Peter's University Hospital. "In addition to caring for women experiencing high-risk pregnancies and infants born prematurely, we care for hundreds of women annually who experience low-risk pregnancies. For women who require a cesarean (C-section) birth, our Enhanced Recovery After Surgery program leads to faster recovery and a shorter hospital stay."



Carlos W. Benito,
MD



Pamela Harmon,
MSN, RNC-NIC

According to Pam Harmon, DNP, MSN, RNC-NIC, nursing director of Saint Peter's Women and Children's Division, "Saint Peter's point of difference is the compassionate care we deliver on par with medical excellence. Our priority is keeping mother and baby safe while making sure individual needs and preferences are acknowledged. That's the reason we often see multiple generations choosing to give birth at Saint Peter's."

Saint Peter's Mary V. O'Shea Birth Center is New Jersey's first birth center to be located on the grounds of a hospital and the first hospital-based birth center in the state to be accredited by the Commission for the Accreditation of Birth Centers. Under the care of the Saint Peter's certified nurse-midwives, women with low-risk pregnancies can experience labor and birth in the comfortable, homelike bedroom suites in the Mary V. O'Shea Birth Center. Each room features a queen-size bed, a sleeper chair, bathroom with shower and a spa-size tub where moms can relax during labor. The Mary V. O'Shea Birth Center experience is based on the midwifery model of care that embraces pregnancy and birth as a normal physiologic process, highlighting shared decision-making, minimal interventions, and the empowerment of women as partners in their care.

Newsweek and Statista developed a complex methodology to ensure the quality and validity of the ranking. Three data sources were used for the evaluation:



Nationwide online survey featuring insights from 10,000 medical professionals; hospital managers and healthcare professionals with knowledge about maternity processes, e.g., obstetricians, gynecologists, maternal-fetal medicine physicians, neonatologists, midwives and nurses, were asked to recommend leading maternity hospitals in the U.S.



Medical key performance indicators (KPIs) on hospitals with a focus on indicators relevant to maternity care, including cesarean birth, breastfeeding and perinatal care



Results from patient surveys



Saint Peter's delivered more than 5,300 babies in 2021, making it a premier hospital for maternity services. To learn more about Saint Peter's maternity services, please visit saintpetershcs.com/maternity.

Saint Peter's University Hospital Nationally Recognized with Leapfrog Hospital Safety Grade of 'A' for Spring 2022

Saint Peter's University Hospital received an "A" Leapfrog Hospital Safety Grade for Spring 2022, a national distinction that recognizes Saint Peter's achievements in protecting patients from preventable harm and error in the hospital. This was Saint Peter's fourth time in a row, having received a Fall 2021 "A" Hospital Safety Grade.

"It's an honor to be recognized with Leapfrog's highest safety grade," said Leslie D. Hirsch, FACHE, president and CEO of Saint Peter's Healthcare System. "So many individuals at Saint Peter's are responsible for the efforts that got us to this point today. Their unwavering commitment to deliver quality medical care without compromise and under the most challenging conditions is the reason Saint Peter's has become a destination for exemplary health care in central New Jersey."

The Leapfrog Group is an independent national watchdog organization committed to health care quality and safety. It is the only hospital ratings program based exclusively on hospitals' prevention of medical errors and other harms to patients in their care.



Developed under the guidance of a national expert panel, the Leapfrog Hospital Safety Grade uses up to 30 measures of publicly available hospital safety data to assign grades to acute-care hospitals twice per year. The Hospital Safety Grade's methodology is peer-reviewed and fully transparent, and the results are free to the public. To see Saint Peter's full grade details and access patient tips for staying safe in the hospital, visit hospitalsafetygrade.org.

To see Saint Peter's other awards and 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 New Jersey
Call for information: 732.235.6792

Living with Cancer
Call for information: 732.235.7557

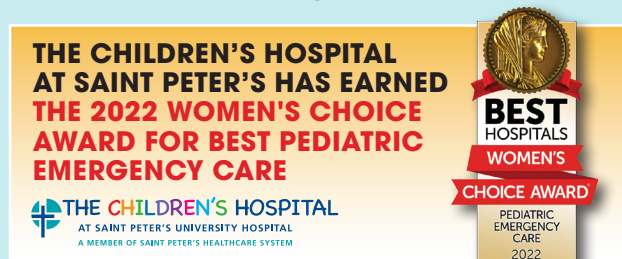
Diabetes Education*

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

Parenting classes are currently being held online. Register at saintpetershcs.com/Services/Parent-Education. 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

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| Baby Care | New Daddy Class |
| Birth Center Class
(for moms under midwifery care) | New Mom Support Group |
| Breastfeeding Class | Prenatal Yoga & Exercise Class |
| Breastfeeding Support Group | Prepared Childbirth/Lamaze Classes |
| Grandparents Class | Sibling Class |
| Hypnobirthing | Spinning Babies (New!) |
| Marvelous Multiples | |



Support Groups

Bariatric Nutrition Support Group
2nd Thursday of each month
Next meeting: July 14 • 6 to 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: July 10 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details

SHARE
3rd Thursday of each month
Next meeting: July 21 • 7 to 9 pm
Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link

Spouse/Partner Caregiver
Call for information: 732.745.8600, x8653

Weight Loss Seminars
4th Tuesday of each month
Next meetings: July 26
English 4 to 5 pm • Spanish 5 to 6 pm
For information call 732.745.8555



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.



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State-designated children's hospital and regional perinatal center

