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Advanced Care for Hard-to-Heal Wounds

WHAT'S HAPPENING

Letter from the President

We have three new programs to tell you about that will greatly help those with nonhealing wounds, breathing disorders, and vertigo, or dizziness.

Wounds that do not heal can lead to amputation and other serious health problems. People with diabetes and poor circulation are especially vulnerable to these types of wounds. That's why Robert Wood Johnson University Hospital at Rahway opened the Wound Care Center®. While our center is new, the science behind it has been proven to be highly effective in healing wounds and avoiding the need for amputation.

This edition of *The Rose* also features stories about The Balance Center, and our Pulmonary Rehabilitation Program. They are making a big difference in improving people's lives.

Our new Balance Center diagnoses and treats patients with vertigo and dizziness, a frustrating problem for many people. Our Pulmonary Rehabilitation program is helping people with chronic obstructive pulmonary disease, emphysema, asthma, and other lung diseases improve their capacity and function.

Also featured is Care Connection, our skilled nursing facility. This service helps bridge the gap between the hospital and home for patients who are over the acute phase of their illness but still need rehabilitation.

In the months ahead, you will be hearing about other new programs and services at Robert Wood Johnson University Hospital at Rahway, where compassionate care is close to home.

Best wishes,



Kirk C. Tice
President and CEO



Don't let your fall be all business. Squeeze in some fun with Robert Wood Johnson University Hospital at Rahway. For more information about these events call our Foundation office at (732) 499-6135.

TEE OFF THE SEASON WITH THE 23RD ANNUAL GOLF CLASSIC.

Monday, September 18

Echo Lake Country Club, Westfield

Honorary Chairman, Lou Sgrizzi, Senior Vice President, Sodexo

10:30 a.m., Registration and buffet luncheon

12 p.m., Shotgun start

5:30-7:30 p.m., Cocktail reception, buffet dinner, awards, and raffles

SHOW YOUR FLAIR FOR FASHION AT THE 15TH ANNUAL FASHION SHOW AND LUNCHEON.

Saturday, November 4

The Bridgewater Marriott, Bridgewater

11 a.m.-12 p.m., Boutique Auction

12-3 p.m., Luncheon, fashion show, and raffles

DON'T MISS THE 18TH ANNUAL ROSE BALL.

Saturday, April 21

The Westminster Hotel, Livingston

7 p.m., Cocktails

8 p.m.-12 a.m., Dinner, dancing, the super 50/50 raffle, and a silent auction

Cover Photo: Anthony Tonzola, MD, medical director of the new Wound Care Center at Robert Wood Johnson University Hospital at Rahway



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The information in this magazine is intended to educate readers about pertinent health topics; the information is not intended to replace or substitute for consultation with a physician or professional medical care. Please see your physician if you have health problems or concerns.

Robert Wood Johnson University Hospital at Rahway
is a proud member of the Robert Wood Johnson Health System and Network.



Dizziness

A Common, Yet Treatable Problem

Your mother kept feeling dizzy, especially when she moved her head. She thought it was just a normal part of getting older, but you advised her to see her doctor—just to be on the safe side. Fortunately, she followed your advice and learned that treatment was available for her feelings of dizziness and unsteadiness.

“It’s especially important to seek medical attention for dizziness,” says Paul Abend, DO, medical director of The Balance Center at Robert Wood Johnson University Hospital at Rahway, “because dizziness is one of the leading causes of falls, which can

have devastating consequences in older patients.”

The Straight Facts

Dizziness is a broad term and describes a number of different feelings. To some, it can feel like the room is spinning. Other people use the word to describe feeling lightheaded, as if they were floating. Still others say they feel wobbly and unsteady, as if they were on a moving boat.

Dizziness can be a very frustrating symptom for both doctors and patients, as many conditions can cause it. Possible causes of the condition

include the hardening or narrowing of the carotid arteries leading to the brain, a tumor on a nerve near the brain, and osteoarthritis. Another cause of dizziness is benign paroxysmal positional vertigo or BPPV.

BPPV is a problem of the inner ear’s gravity perception mechanism. Within the semicircular canals in the inner ear are small crystals. Normally, these crystals rest on a membrane that allows the brain to perceive the position of the head relative to gravity. But the crystals can become dislodged and float around in the semicircular canals. This causes an aberration in the brain’s perception of gravity, which produces a spinning sensation. The vertigo, which lasts about 30 seconds, is associated with moving the head in certain positions, such as looking up, turning over in bed, or lying down.

A Place for Help

The Balance Center at Robert Wood Johnson University Hospital at Rahway offers residents of Union and Middlesex counties a one-stop center for the diagnosis and treatment of dizziness and balance disorders. At our center, we start with a complete health history and physical exam. Depending on the suspected type of balance abnormality, we may perform a series of tests called electronystagmography (ENG) to pinpoint a patient’s problem.

If the diagnosis is BPPV, the treatment plan is simple and effective. Patients will undergo repositioning therapy, which uses special repositioning maneuvers that involve turning the head so that the crystals move back to their normal position.

“We have excellent outcomes with repositioning therapy,” says Dr. Abend. “Our patients are also thankful that they’re able to receive such comprehensive care in one convenient location.”

For more information, please call (732) 499-6332.

Say Hello to Healing

If you suffer from a wound that just won't heal, we have good news. Thanks to the advanced therapies and comprehensive approach of the new Wound Care Center® at Robert Wood Johnson University Hospital (RWJUH) at Rahway, you can put chronic or nonhealing wounds in the past and get back to a worry-free life.

You scratch your foot on a rock while hiking with your family. For most people, the cut is nothing a dab of antiseptic ointment and a Band-Aid® won't fix. However, if you have diabetes or circulatory problems, this simple abrasion could become a major wound, and Mother Nature may need a little help from the new Wound Care Center at RWJUH Rahway.

"If your wound hasn't shown significant improvement in two to four weeks, it's essential that you seek treatment at a facility that specializes in wound care," says Theresa Dobbin, RN, clinical care coordinator of the Wound Care Center at RWJUH Rahway. "A nonhealing wound could be a sign of an underlying health problem you may not yet know about, such as diabetes."

Chronic Wounds Explained

Typical risk factors for chronic or nonhealing wounds include diabetes, poor circulation, vascular disease, and immobility (which may lead to pressure ulcers or bed sores). People with diabetes are at particular risk for developing these wounds, which can cause severe health risks and may

result in life-threatening infections and possible amputation.

"With the Wound Care Center's multiple leading-edge treatments from a comprehensive team of specially trained experts, people with slow-healing wounds no longer have to suffer," says Anthony Tonzola, MD, medical director of the Wound Care Center. "Our approach heals wounds that have resisted other treatments, helps you avoid loss of limbs, and reduces the likelihood of infection recurrence—restoring your comfort and peace of mind."

Moving On

If you suffer from a chronic or nonhealing wound, speak with your physician about our Wound Care Center, where we work with you and your doctor to deliver:

- **EVIDENCE-BASED CLINICAL PROTOCOLS** for wound management (such as infection control, daily dressing changes, and debridement—the removal of damaged or dead tissue)
- **AN INDIVIDUALIZED, COMPREHENSIVE CARE PLAN** that brings you the most appropriate and effective treatments for your particular needs

- **ONGOING ASSESSMENT** by our highly skilled team of wound care specialists (including a case manager who will oversee every aspect of your case) and **CONTINUAL COMMUNICATION** to keep you and your primary care physician abreast of all aspects of your healing
- **THOROUGH TRAINING** for you and your family on home care for wounds and **EDUCATION MATERIALS** and resources related to prevention, nutrition, hygiene, and other key topics

The Wound Care Center partners with your personal physician in the same way we would work with any medical specialist, keeping your doctor informed about all aspects of your treatment with frequent progress reports. While the Wound Care Center provides treatment for your wound, your regular physician will continue to coordinate all of your routine care.

Physician-Tested, Patient-Approved

While the Wound Care Center is new to our hospital, the science behind it is research-based, time-tested, and clinically proven to be among the most effective treatments available as a result of our partnership with Wound



Anthony Tonzola, MD, and Theresa Dobbin, RN, clinical care coordinator, demonstrate how a diabetic patient should check her feet.

MEET THE EXPERTS

As our program expands, we will add to our experienced panel of physicians to ensure that we provide the most comprehensive care possible. Here's a glance at the physicians and affiliated personnel currently part of the Wound Care Center at Robert Wood Johnson University Hospital at Rahway.

ANTHONY TONZOLA, MD, board-certified general surgeon and medical director

C. DUNCAN BURNETT, MD, board-certified plastic surgeon and wound care specialist

HAROLD CHUNG-LOY, MD, board-certified vascular surgeon and wound care specialist

MARSHALL FELDMAN, DPM, board-certified podiatrist and wound care specialist

ALICIA TEXTORES, APRN, nurse practitioner and wound care specialist

Care Centers Inc. The same therapies and approaches employed at RWJUH Rahway are used at more than 100 Wound Care Center programs across the nation with outstanding results, including:

- a greater than 95 percent patient satisfaction rate
- a greater than 88 percent limb salvage rate
- a greater than 89 percent healing rate

The specialists at the Wound Care Center not only use advanced therapies to heal current wounds, but they

also address the underlying causes of those wounds (such as lack of exercise, poor nutrition or hygiene, or ill-fitting shoes) to help eliminate recurrence. Our outcomes translate into fewer re-hospitalizations, a reduced chance of prolonged or permanent disability, and an improved quality of life.

For more information or to schedule an appointment, call us today at (732) 453-2915.

Theresa Dobbin, RN; C. Duncan Burnett, MD, and Center Medical Director Anthony Tonzola, MD

HEALTHY FEET IN FIVE

Here's a staggering statistic: More than 82,000 Americans with diabetes undergo amputation because of foot ulcers or chronic wounds annually. But you don't have to be one of them. Doctors estimate that nearly 50 percent of amputations are preventable with awareness, prevention, and timely intervention.

Here are five tips to help keep your feet healthy and injury-free.

1 Everyday Care

Examine feet daily in good light, looking for areas of dryness or cracking. Wash feet in warm, soapy water and always dry them thoroughly. Moisturize the soles of excessively dry feet with unscented lotion. Don't put lotion between the toes.

2 Smart Shopping

Wear comfortable, well-fitting shoes and clean, seamless socks. Avoid shoes with open toes or heels, sandals, and shoes that squeeze toes together. Buy shoes later in the day, when feet are often swollen.

3 Beat the Heat

Avoid exposing feet to extreme heat (hot water, sand, pavement, or heating pads) and use sunscreen.

4 Protective Pedicures

Trim toenails straight across and gently round the corners with a fine emery board or pumice stone. Visit a physician or podiatrist to treat corns or calluses. Do not use commercial corn or callous removers, footpads, or arch supports.

5 Go with the Flow

Prop feet up when seated to increase circulation. Wiggle toes and move ankles up and down for five minutes, two or three times a day. Don't cross legs for long periods of time.



A Breath of Fresh Air

Trouble breathing? The new Pulmonary Rehabilitation Program at Robert Wood Johnson University Hospital at Rahway is helping many residents breathe easier.

If you or someone you love is suffering from chronic respiratory impairment, here's good news: The new Pulmonary Rehabilitation Program at RWJUH Rahway can help optimize lung function and maximize the exercise capacity

Pulmonary rehab helps patients with chronic lung conditions learn to breathe easier. The program is designed for people with pulmonary diseases such as emphysema, asthma, and chronic bronchitis whose shortness of breath compromises their lifestyle. The following conditions can also benefit from this type of therapy:

- bronchiectasis
- cystic fibrosis
- chest wall disease
- neuromuscular disorders
- lung cancer
- pulmonary fibrosis and other interstitial lung diseases

“When patients who can barely walk a short distance without gasping for breath are told they need to exercise, they're often very shocked,” says Ram Bangalore, MD, medical director of Pulmonary Rehabilitation at RWJUH Rahway. “Using stationary bikes, treadmills, and hand-held weights, we improve the quality of life for people with chronic obstructive pulmonary disease (COPD), asthma, emphysema, and other breathing problems.”

“Before this program I was sitting around feeling sorry for myself. Now I'm not struggling to breathe, and I feel better.”

—Thomas Hoagland of Rahway, who has emphysema

Going through the Process

Pulmonary rehabilitation can be done on both an inpatient and outpatient basis. It is a program through which patients work with a respiratory therapist, are monitored by cardiac nurses, and are evaluated by physical therapists to ensure safety and optimal progress. The program is tailored to the individual's needs, considering his or her condition, age, and lifestyle.

During the course of the rehabilitation process, patients receive education and training regarding breathing retraining; strength, flexibility, and endurance; energy conservation techniques for daily activities; self-management and self-assessment; sleep; nutrition; travel issues; and psychosocial elements, among other things. Patients typically complete about an 8- to 12-week program.

Upon completing the program, patients often find they have reduced shortness of breath, increased tolerance for exercise, an enhanced sense of well-being, and in some cases, decreased hospitalizations related to their lung impairment.

“In just the few months the center has been up and running, we've already made a dramatic improvement in the lives of many patients with breathing problems, helping them have a better quality of life,” says Dr. Bangalore.

“I was so skeptical when I started,” says patient Thomas Hoagland. “But since starting this program, I am not struggling to breathe.”

For more information on the program, please call (732) 499-6190. To schedule an appointment call (800) 981-9245.

Richard Conway and Thomas Hoagland have increased their ability to walk since starting this therapy.





Isabel Caneja, RN, and Kara Kaldawi, RN, prepare Jennie Hawks for going home.

Bridging the Care Gap

If you're over the worst part of your recovery process, but still not quite ready to go home and be on your own, Robert Wood Johnson University Hospital at Rahway's Care Connection might be for you.

Care Connection is a subacute care program available through RWJUH Rahway that bridges the gap between the hospital and home, allowing recovering patients the time they need to completely recover from an illness, injury, or surgery before they return to their regular daily routines.

"Many of the patients who leave the hospital live alone and don't have anyone at home who can help them out with activities such as bathing, dressing, and driving back and forth to rehabilitation programs," says geriatric nurse practitioner Kara Kaldawi, RN, case manager and intake coordinator of Care Connection. "Through the Care Connection program, we provide the skilled nursing care and rehabilitation expertise that the patients need, while allowing them to slowly get back into the activities of daily living."

After waking at 6 a.m., Care Connection patients are assisted with bathing, hygiene, and dressing in their

own clothes. They then attend breakfast at 8 a.m. Following breakfast, patients complete rehabilitation programs and have recreational therapy and socialization times.

"Patients are kept busy throughout the day by an interdisciplinary team of professional staff members who are dedicated to helping them reach their recovery goals," says Denise Gerhab, RN, BSN, nurse manager. "Together, we help them regain their independence and return home."

For more information about Care Connection, call Social Services at (732) 499-6151.

Therapy That's Easy to Swallow

Therapy that helps people with dysphagia to swallow.

Robert Wood Johnson University Hospital at Rahway is proud to offer patients who have dysphagia—a disorder that causes difficulty swallowing and can impair a person's ability to eat—a new treatment that is working wonders. VitalStim® Therapy can restore a patient's ability to eat and drink safely with better and faster results than traditional therapy alone.

WHAT IS VITALSTIM THERAPY? Trained specialists help patients recondition the muscles associated with swallowing while electric currents are used to contract these muscles. Depending on the severity of the patient's condition, sessions last an hour and patients are seen three times per week, usually for 12 sessions or more.

"We have three speech therapists on staff, including myself, who administer

VitalStim Therapy," says Speech Therapist Bervessa Morgan, MS, coordinator of the Speech-Language Pathology Department at RWJUH Rahway. "We are all specially trained and certified to administer this therapy. This

"I recommend VitalStim Therapy to everyone! Not only did it work, but my husband felt no pain. Our experience at Robert Wood Johnson University Hospital at Rahway and our interaction with everyone on the hospital staff was more than 100 percent satisfying."

— Agnes Plungis, whose husband, Charles, underwent VitalStim Therapy at RWJUH Rahway



Speech Therapist Bervessa Morgan, MS, with a patient.

treatment improves the quality of life for patients with dysphagia. We have seen patients who couldn't swallow anything now able to eat. Eating is so social. We've had patients who would not sit at the table with their families because of their swallowing problems. Thanks to VitalStim they can enjoy dinner with family and friends."

A Continuum of Care is Here



Robert Wood Johnson University Hospital at

Rahway is an acute care community hospital providing a healthcare continuum for residents in Union and Middlesex counties. RWJUH Rahway has gained renown for its subacute and long-term acute care services.

SUBACUTE CARE. RWJUH Rahway has a specialized subacute care unit called Care Connection, designed to bridge the gap between hospital and home for the patient who is over the acute phase of illness but still needs medical care and rehabilitation.

LONG-TERM ACUTE CARE. The hospital is home to the award-winning Kindred Hospital New Jersey-Rahway, a long-term acute-care hospital for medically complex patients with illnesses requiring a longer length of stay. Kindred is a “hospital within a hospital,” providing acute ventilator weaning as well as care for patients with difficulty eating or swallowing, those who require IV therapy, and patients with congestive heart failure or post-operative complications such as infection, stroke, or bleeding.

NEW SERVICES. Outpatient services focusing on wound care, pain management, pulmonary rehabilitation and care for people with balance disorders are examples of the many ways we address our community’s changing needs.

Coming Soon

New programs coming soon include The Sleep Center, an onsite sleep center for the treatment of sleep disorders, and The RWJUH Rahway Fitness & Wellness Center in Scotch Plains. With its aquatic center, medically based fitness facility, diverse fitness classes, and wealth of health education programs, this fitness center, which opens in 2007, has something for everyone.

Insurance Information Update

Robert Wood Johnson University Hospital at Rahway is a participating provider in most insurance plans, the State Health Benefits Program, Medicare and Medicaid. For any questions about your insurance coverage at RWJUH, call (732) 499-6008.



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