

RIVERSIDE

YOUR HEALTHY LIVING COMMUNITY NEWSLETTER • VOLUME TWELVE • WINTER 2014



LET'S GET TO THE HEART OF THE MATTER!

It's hard to believe that we are already well into our Heart-Health month of February. At St. John's Riverside Hospital, we know how precious your time is. When it comes to your health, extra time with your physician can make all the difference in the world.

Our feature story in this issue details the successful implementation of a new process in our Emergency Department that was put in place almost one year ago under the direction of Dr. Mark Silberman. Through the adoption of a rapid assessment protocol, new technology and a new team structure, patients will now see an Emergency Department physician much sooner with significantly reduced wait-times.

Our coordinated approach has caught the attention of Westchester's leading physicians and surgeons by offering unprecedented flexibility in providing superior healthcare. St. John's Riverside Hospital continues to attract leading

specialists in all areas who have brought forth the latest advancements in Orthopedic, Respiratory, and Cardiac Care just to name a few. Each issue of *Riverside* highlights how our patients benefit from the continuum of care our network of elite physicians provides.

“Time is of the essence and we strive to make every second count.”

Mark Silberman, MD
Chief of Emergency Medicine
Quadruple Board Certified

February also brings us full swing into matters of the heart. In the following pages you'll read about our elite team of cardiologists who continue to pioneer new advances in cardiac treatment. Find out how simply making small changes to your meals can improve your cardiovascular health.

At St. John's Riverside Hospital, we strive to get to the heart of all our patients' concerns. Whether it is apprehension about an Emergency Room visit or new diagnosis, we make every effort to reassure our patients with big-city expertise and community-oriented compassion.

That is the St. John's Riverside difference.



RON CORTI
PRESIDENT AND CEO

KEEPING IN TOUCH LEADERSHIP AND TEAMWORK

On February 3rd, a fire ignited in the laundry area of the Andrus Pavilion. Our alarms activated and our staff went into action attempting to extinguish the fire and maintain the safety of our patients. Unfortunately smoke spread throughout one wing of the building and we moved many patients within the building to units not affected by smoke.

I witnessed an amazing response by all of St. John's Riverside Hospital's staff as well as the Yonkers Police and Fire Departments and Empress Ambulance, who navigated snow covered roads and arrived in record time to ensure our patients' safety. I would also like to extend our sincere gratitude to Yonkers' Mayor Mike Spano for coming to the hospital and providing resources in our time of need.

Additionally, I want to commend the entire St. John's Riverside Hospital team for their extra effort during this potentially dangerous situation where everyone performed with extreme skill, compassion and professionalism. As Joanne Harmon, Director of Food and Nutrition Services said best, "When the going got tough, the tough got going!"

All departments were hands on including the Security, Housekeeping, Laundry and Engineering departments. ParkCare Pavilion, Michael Malotz Skilled Nursing Pavilion, and Dobbs Ferry Pavilion all helped by providing supplies, food and assistance to Andrus.

Once again we have an example of the staff and community coming together in a difficult situation with a resilience that is synonymous with St. John's Riverside Hospital.



WE CARE
IMPROVING FOR YOU

BREAKTHROUGH TREATMENT FOR PATIENTS WITH ASTHMA.

“Patients suffering severe asthma are now enjoying life to its fullest after undergoing a simple new procedure known as Bronchial Thermoplasty (BT).”

Rajendra Rampersaud, MD
Pulmonologist

If you are an asthmatic and use an inhaler on a regular basis, you already know that managing your condition often involves daily use of one or more inhalers and additional nebulizer treatments during more severe flare ups. Inhalers offer temporary relief by expanding the bronchi of the lungs which are narrowed by disease. This narrowing causes a blockage of the bronchial tubes that inhibits the amount of oxygen a patient is able to breathe which often leads to oxygen deficiency in the bloodstream. Inhalers offer temporary relief by expanding the passageway so that normal breathing is easier, and more oxygen can be inhaled. However, if you are still experiencing attacks while using your inhaler, there is a new procedure available that may help you suffer fewer attacks.

St. John’s Riverside Hospital is one of the first to introduce Bronchial Thermoplasty (BT) as a safely performed same day procedure. The bronchial tubes are composed of muscle tissue which expand and contract in a normal manner. When a patient suffers with asthma, the tubes cannot readily expand which makes the breathing labored. BT is performed by removing excess muscle tissue through heat treatment, to help restore the bronchial tubes to a better state. The outcome can reduce or eliminate the need for steroids and the potential side effects associated with their chronic long term use.



“Now patients are able to enjoy those activities of daily life that most of us seem to take for granted.”

Rajendra Rampersaud, MD



“BT is done as an outpatient procedure, with minimal discomfort to the patient,” says Terence Seymour, Director of Cardio Pulmonary Services at St. John’s Riverside Hospital.

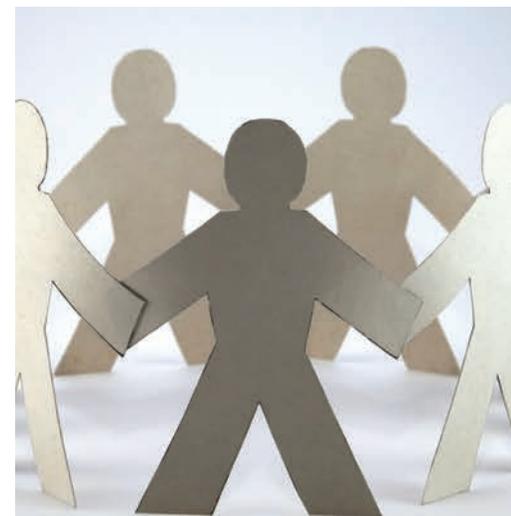
“By adding BT to the current treatment, the muscles are more relaxed and 79% of patients are suffering fewer attacks,” continues Dr. Rajendra Rampersaud.

If you or someone you know is an asthma sufferer, be sure to check with your doctor to see if Bronchial Thermoplasty is right for you.

You’re going to feel the difference.

FOR MORE INFORMATION ON BRONCHIAL THERMOPLASTY AT ST. JOHN’S RIVERSIDE HOSPITAL CALL

914.964.4DOC (4362)



Welcome
TO THE TEAM
WORKING TOGETHER
TO BE THE BEST...

St. John’s Riverside Hospital continues to attract the best health care professionals in the area. Here are two key members who have joined us making St. John’s Riverside Hospital even better:



JOSIANE HICKSON
MA, ED.D., RN, NE-BC
Director of Emergency
Nursing | Emergency
Department

Josiane brings extensive experience in emergency medicine and has already had a significant positive impact on the recent transformation of the Emergency Department. Her leadership and hands-on approach is an inspiration for the entire team.



DANIEL MORREALE
Vice President & Chief
Information Officer

Daniel is leading the way as technology becomes central to health care. He previously implemented the first 10-gigabit infrastructure within a hospital setting in the United States, advanced Voice Recognition to improve physician documentation, designed and implemented the first RFID system for integrated patient identification and medication administration.

Daniel is a key part of our ability to stay ahead of our technology needs.

St. John’s Riverside Hospital continues to attract the best health care professionals available.



HERE'S TO THE OLIVE!

The olive tree has its own place in history and ancient mystique, especially in Europe. It is one of the most widely cultivated fruit crops (yes a fruit!) in the world, surpassing apples, bananas and mangos. It's no secret either that the tradition of using olives and olive oil for their healing properties has been embraced by so many diverse cultures for centuries.



The health benefits of the olive, a monounsaturated fat, are plenty. Fans of the popular book "Flat Belly Diet"® know that adding a monounsaturated fat to every meal can help combat "bad fat" especially around the abdomen area. Olives are also an excellent source of Vitamin E, iron, copper and a significant source of calcium.

This powerful combination of vitamins and minerals helps protect the nervous system, the thyroid, and helps regulate your digestive system as well as blood sugar levels.

Whether green or black, pitted or stuffed, olives also:

- Help prevent cardiovascular disease
- Help lower cholesterol
- Aid in fighting off Type 2 diabetes
- Are vital to bone health and structure

Not a fan of olives? Not a problem. Olive oil is also a monounsaturated fat and therefore has most of the health benefits as the olive. In addition, new studies are finding that extra virgin olive oil has been known to have strong antibacterial properties that aid in the prevention of stomach cancer. Replacing a pat of butter at the dinner table with one tablespoon of extra virgin olive oil can make a significant difference to your overall health.

From chicken dishes, salads, appetizers or even a martini, there's no reason to say no to this historical fruit. Do as our ancestors did and say yes to the olive! **Opa!**

As always, consult your physician before incorporating any dietary changes to your health regimen.



Sources: "Flat Belly Diet"® Liz Vaccariello and Cynthia Sass, MPH, RD

Cochran

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Pursue your dream of helping people and serving the healthcare needs of your community. An integral part of St. John's Riverside Hospital, Cochran focuses on clinical practice experience and preparing our graduates for employment. Computerized learning is integrated into all aspects of your education to enrich and expand your knowledge.

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THURSDAY, JUNE 12, 2014 | 7:00PM

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cochranschoolofnursing.us

MAKING EVERY MINUTE COUNT

WITH ST. JOHN'S RIVERSIDE HOSPITAL'S NEW EMERGENCY DEPARTMENT

At St. John's Riverside Hospital, we understand that time is of the essence and we intend to make every minute count. That's why a year ago, Dr. Mark Silberman, Medical Director of Emergency Medicine at St. John's Riverside Hospital, implemented a plan for optimizing communication and improving the Emergency Department (ED) patient experience at Andrus based on his prior success at Dobbs Ferry. With an aggressive implementation that included leveraging new technology and creating new methods for staff communication, Dr. Silberman has transformed the Emergency Department for both patients and staff.

What can patients expect at St. John's Riverside Hospital's new Emergency Department? To receive the superior healthcare they require from our elite team of healthcare professionals, as well as a new expedited registration and shorter wait to see a physician. Here's how it's done:

- 1 RAPID ASSESSMENT** | Upon arrival patients are quickly assessed by an Emergency Department nurse. They will answer a few simple questions about their symptoms and be transferred to one of three designated areas in the Emergency Department, depending on their medical condition. Not only does this structure allow the physician to get to the patient faster, but it ensures better communication among all members of the health care team on the patient's condition and course of treatment.
- 2 TEAM ENVIRONMENT** | Immediately after assessment, patients are registered and cared for by a designated team which includes a physician, three nurses, one technician, one registrar and one scribe. Teams meet regularly to discuss patient care, critical events and additional support that may be needed. The end result is a positive culture that focuses on communication within the Emergency Department.
- 3 MEDICAL SCRIBES** | These specialized staff members are trained medical documentation assistants. They accompany the physician to the patient's bedside and document all notes and information as the doctor is meeting with the patient. All data is then added to the computer by the medical scribe. This process results in better communication, less errors and frees the physician to spend more time with the patient.

Our new Emergency Department plan has been so successful that it has caught the attention of the top physicians and surgeons from well-known teaching hospitals including Columbia Presbyterian, Cornell University and Yale to name a few. Our new process allows physicians the ability to give patients the healthcare they need, without being constrained by corporate red tape often found at other hospitals. At St. John's Riverside Hospital, you receive big-city expert care with the attention and compassion you've always received from our community-oriented staff.

With Dr. Silberman's plan now moving forward, our patients are seen by the physicians faster. Our physicians rapidly and effectively assess patients' conditions and spend less time on the computers. Our organizational culture focuses on relationships, teamwork and open communication while attracting the best healthcare staff found in the Northeast. Our network of specialists are brought in on Emergency cases more effectively and functionally than ever before, raising the bar again for patient-centered healthcare.

The end result? A happier, more comfortable patient experience.

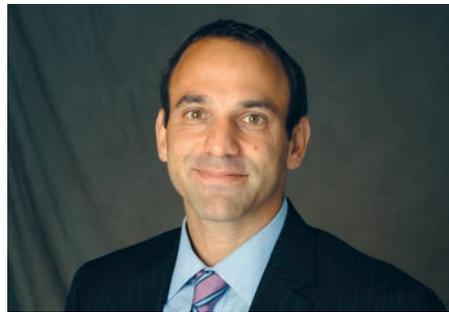
THAT IS THE ST. JOHN'S RIVERSIDE HOSPITAL'S DIFFERENCE!

“We developed and implemented this plan with one mission: to streamline all aspects of the Emergency Department and expedite patient care.”

Mark Silberman, MD
Chief of Emergency Medicine
Quadruple Board Certified
Riverside Health Care



“Rapid assessment means you see the doctor faster”
Eric Nazziola, MD
Director of Emergency Medicine, Andrus Pavilion, Yonkers



“Coordinated medical teams provide focused care”
Michael Corvini, MD
Asst. Director of Emergency Medicine, Andrus Pavilion, Yonkers



“Technology that keeps the doctor at the bedside.”
Raffaele Melizia, MD
Director of Emergency Medicine, Dobbs Ferry Pavilion



“Teamwork enables us to achieve extraordinary outcomes”
Josiane Hickson, MA, Ed.D., RN, NE-BC
Director of Emergency Nursing, Andrus Pavilion, Yonkers



“We are committed to providing the best possible patient experience”
Kathleen Callanan
Administrator and Nursing Director, Dobbs Ferry Pavilion



A LETTER. A PROMISE. A PLAN.

Last winter, I received a heart-warming letter from a woman within the St. John's Riverside community that inspired us to take on a new challenge. Her children were all born at St. John's Riverside Hospital. She and her husband have received their care at St. John's Riverside Hospital for over fifty years. Her tone throughout the letter remained consistently polite. However, she expressed that her only concern was the extended wait time in the Emergency Department while awaiting a physician examination.

I shared that letter with Dr. Silberman, the newly appointed Director of the Emergency Department. Together we made a commitment to transform the ED, so that patients would feel secure when relying on St. John's Riverside Hospital for their emergency visits. In collaboration with the entire Emergency Staff, we set on a journey that examined every aspect of the ED experience and developed a plan to make it better. This issue of Riverside features the improvements that have been implemented to expedite patient flow, while maintaining high quality care. New leadership, improved processes, and the implementation of rapid assessment protocols have resulted in ensuring our patients get to a provider in a timely manner. Additionally, our doctors are utilizing newer technology to diagnose and treat patients efficiently and with more accuracy. This is being done better than ever with a team of elite physicians, nurses, and support staff who are ready to provide care and treatment as needed.

Ronald J. Corti
President and CEO

HOW HEALTHY IS YOUR HEART?

AND HOW EASY IS IT TO FIND OUT?

With an increase in younger adults suffering heart attacks, the time to check may be sooner than you thought. Once considered an “older person’s disease,” heart attacks are possible before age 30 with people that have multiple risk factors.

Not surprising, with changes in the American lifestyle over the past few decades, many of us are more sedentary and nutrition comes from prepackaged meals. According to the US Centers for Disease Control and Prevention (CDC), heart disease causes one in every four deaths.

“We all know that heredity is one factor to consider, but whether or not your family history is known is not the only reason to be tested,” says Dr. Alon Gitig, a leading St. John’s Riverside Hospital cardiologist.

As part of a yearly routine physical, a proactive heart health plan should be included. “We can do a complete review of your health and add additional heart tests with little preparation on the patient’s part,” explains Dr. Alon Gitig.

A few new tests like these have been helpful in providing additional insights on a patient’s heart health.

-  High-Sensitivity C-Reactive Protein - elevated levels can indicate cholesterol plaque that injures blood vessels
-  Advanced Lipid Profile and Lipoprotein (A) - HDL (good) and LDL (bad) cholesterol and triglycerides
-  Stress Echocardiography - using ultrasound to visualize the heart in addition to a standard stress test
-  Cardiac Calcium Scoring - a CT scan, one of the best predictors of a future heart attack for patients who are at 10-20% risk

BE SURE TO ASK YOUR DOCTOR ABOUT A HEART HEALTH PLAN AT YOUR NEXT ANNUAL PHYSICAL.



MEET THE ST. JOHN’S RIVERSIDE HOSPITAL CARDIOLOGY TEAM

DOCTORS LEFT TO RIGHT: Dr. Rajat Sanyal, Dr. Steven Francescone, Dr. Shahid Sheikh - Chief of Cardiology | Quadruple Board Certified, Dr. Alon Gitig, Dr. Saulat Chaudhry, Dr. Ali Sherzoy, Dr. Joannis Stathopoulos, Dr. Slawomir Malendowicz, Dr. Sang Kim, Dr. Anthony Shih and Dr. Victor Mascitelli [For a complete listing of cardiologists please visit RiversideHealth.org, click ‘Find A Doctor’.]

“When a healthy patient has their annual blood work, it gives the physician important information about the health status of that patient’s normal ranges and in the event of future value changes, an immediate path for treatment,” says Dr. Victor Mascitelli, Cardiology Associates of Westchester. With these results doctors now have “baseline values” to determine heart health.



STAYING MOBILE AND WELCOMING AN ACTIVE LIFESTYLE

Exercise makes your muscles (including your heart muscle) stronger and more efficient. Much of the frailty that accompanies old age is due to lack of use. But even if you have not stayed physically active over the years, it is never too late to start.

EXERCISE CAN HELP PREVENT DISEASE

In addition to keeping your muscles and bones active, exercise helps ward off a number of diseases common in old age. “Exercise can help to prevent: heart disease, stroke, Type 2 diabetes, high cholesterol, and high blood pressure to name a few,” says Dr. Evan Gaines of POWR Premier Orthopaedics in Dobbs Ferry.

TECHNOLOGY TO HELP KEEP YOU MOBILE

Staying mobile just became a little easier for those suffering from knee and hip pain caused by osteoarthritis. “Advancements in orthopedics now enable surgeons to target and resurface only the damaged part of a knee allowing us to spare the healthy bone,” says Dr. James Joseph of Southern Westchester Orthopedics.

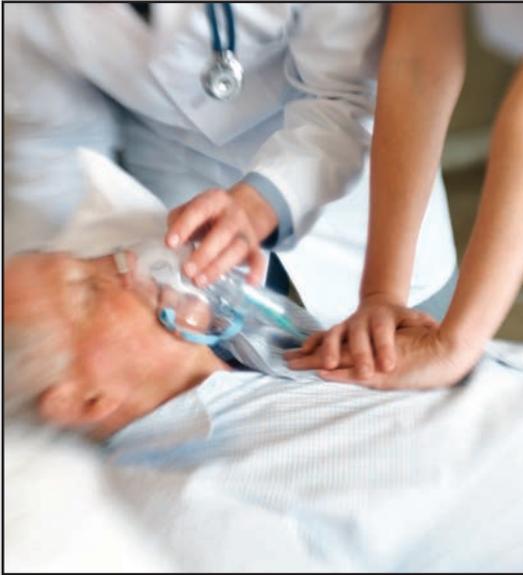
MAKOplasty™ robotic arm technology, for partial knee resurfacing or a full hip replacement, allows for smaller incisions and more accuracy. “The result is a faster recovery that helps get patients on their way to a more active lifestyle without pain,” continues Dr. James Joseph.

St. John’s Riverside Hospital – You’re going to feel the difference!

To contact a leading orthopedic call **914.964.4DOC** or visit RiversideHealth.org

ST. JOHN'S RIVERSIDE HOSPITAL

911



“How do we begin to thank this group of St. John’s professionals? From the ER to the ICU, they were just outstanding!

They seamlessly performed their roles beyond the best all-star team.” - COLLEEN NAVEDO

Because of recent changes in St. John’s Riverside Hospital’s ER procedures, this team was able to implement the latest interventions quickly and communicate thoroughly during a complex medical emergency. It’s a protocol that ultimately saved Mr. Navedo’s life and one that Nurse Wallace will never forget.

“Although the ER was busy, it was as if my husband was the only patient based on the attention he received,” exclaimed Colleen Navedo. *“I never expected St. John’s would be able to handle my husband’s medical crisis with such expert care. At every turn, every single employee we encountered exceeded our expectations. We were amazed.”*

Immediate, expert emergency care from a collaborative team of superior healthcare professionals.

That is the St. John’s Riverside difference.

On December 2, Yonkers resident Colleen Navedo called 911 after her husband Lewis complained he was not feeling well. His blood pressure was dangerously low and he began to feel lightheaded as Colleen spoke to the 911 dispatchers.

The Navedos are no strangers to medical emergencies. Mr. Navedo had a kidney transplant several years ago and he also suffers from diabetes. He often went to a large medical center for healthcare in the past. But this particular night, Mr. Navedo didn’t have the time to get there. He needed immediate attention and the ambulance raced him to St. John’s Riverside Hospital’s ER.

Upon arrival, sixteen-year veteran RN Selena Wallace was the first to meet with Mr. Navedo. She quickly observed his shallow breathing, pale complexion and confusion. As he began to lose consciousness, Nurse Wallace, ER attending Dr. Lawrence Dubensky, off-duty nursing director Josiane Hickson as well as off-duty physician Dr. Eric Nazziola sprang into action. They all worked together to resuscitate, stabilize and eventually move Mr. Navedo to the ICU.



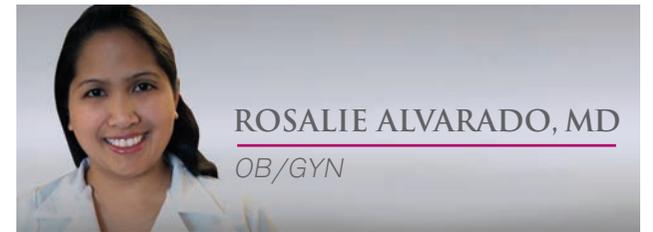
BRIJESH MALKANI, MD
Neurology



Dr. Brijesh Malkani wanted to pursue a career that challenged him intellectually but was also rewarding to society. Having parents in the business world, Dr. Malkani knew he wanted to follow a different path. With degrees from NYU and UPenn and being board certified in Neurology as well as Sleep Medicine, Dr. Malkani believes real differences can be made in the lives of his patients with strategic modifications

Why you will love him: *Many of Dr. Malkani’s patients refer to him as very intellectual but down-to-earth. He builds a comforting rapport with his patients and treats them like family. He is most pleased when applying his training to have a major impact on his patients’ lives.*

914.966.0505 | 970 N. Broadway, Yonkers

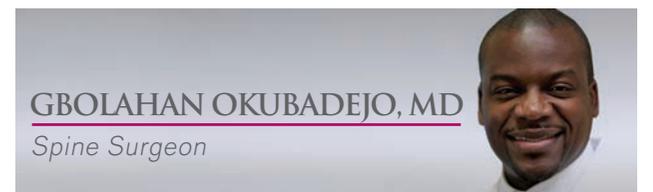


ROSALIE ALVARADO, MD
OB/GYN

Board certified in OB/GYN, Dr. Alvarado joined Southern Westchester OB/GYN in 2013. Dr. Alvarado attended New York Medical College and performed both her residency and internship at Stony Brook School of Medicine. She enjoys the surgical aspect of OB/GYN and thrives making real differences in the lives of her patients.

Why you will love her: *Dr. Alvarado selected OB/GYN because she was interested in building relationships over the long term with patients. “There is such an intimate aspect to caring for women. You get the best results when you get to know them and become really comfortable with them.”*

914.963.0284 | 656 Yonkers Ave., Yonkers

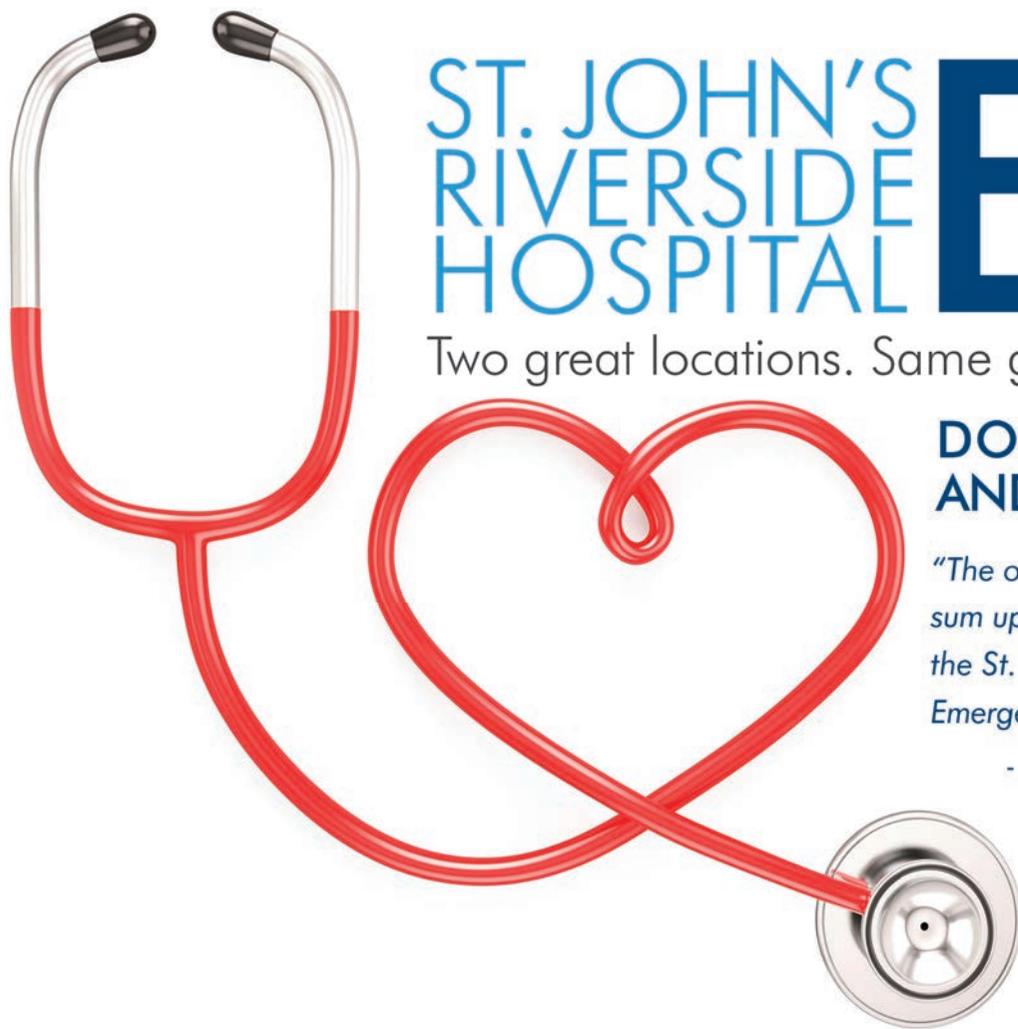


GBOLAHAN OKUBADEJO, MD
Spine Surgeon

Dr. Gbolahan Okubadejo is a board certified, fellowship trained spine surgeon with comprehensive experience performing numerous procedures treating cervical, lumbar and thoracic conditions. He attended Brown University and John Hopkins School of Medicine. He is adept in dealing with degenerative spinal disease, deformity and all other pathologies of the spine while placing strong emphasis on minimally invasive techniques.

Why you will love him: *Dr. Okubadejo focuses on communication with his patients, a careful physical exam with a thorough review of images leading to individualized care. He says, “My goal is maximum pain relief aimed at functional restoration. I want you to get your life back.”*

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ST. JOHN'S RIVERSIDE HOSPITAL ER

Two great locations. Same great service

DOBBS FERRY AND YONKERS

"The one word that would sum up my experience in the St. John's Riverside Emergency Room is...trust."

- Harry Stahl, ER patient

HOLD THE DATES!

The Marty & Iris Walshin Memorial Golf Outing | Monday, June 9

Dobbs Ferry Pavilion Golf Outing Tuesday, September 16

32nd Riverside Gala Friday, October 24

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