



HEALTH WATCH

ROCKLAND COUNTY

A dozen miles – and a world away – from Manhattan, beautiful Rockland County, N.Y., is home to several of the country's leading hospitals. With the latest technologies and treatments for cancer, heart disease, stroke and many other conditions just a short drive away, residents get the care they need close to home, without sacrificing quality.

Rockland County has always been a place of high hopes and hard work. As it has grown and changed over the years, hospitals and physicians have adapted to meet the medical needs of residents. Rockland County's healthcare providers are on the leading edge of their profession, keeping current with the latest advances in everything from preventive medicine to the most advanced surgical techniques.

On the following pages, you will learn about some of the best medicine Rockland County has to offer.

Featured in this issue

Nyack Hospital
www.nyackhospital.org

The Joint Replacement Center at Nyack Hospital

World-Class Quality, Hometown Convenience

The doctors are well-trained and experienced. The technology is state of the art. The nurses and therapists are excellent. And the results are amazing.

There's no reason to travel outside of Rockland County for total joint replacement, say orthopedic surgeons Jordan Simon, M.D. and Barry Kraushaar, M.D., co-directors of the Joint Replacement Center at Nyack Hospital.

The newly remodeled Joint Replacement Center is a state-of-the-art facility dedicated to the surgical replacement and repair of hip, knee and shoulder joints, as well as rehabilitation following surgery. "Our orthopedic surgeons use a standardized approach to patient care, allowing them to achieve consistently excellent results with an extremely low risk of postoperative complications," Dr. Simon says. "Through our systematic approach to patient care, we have significantly decreased our average length of stay to less than three days. Most patients who have their joint replacement surgery on Monday are discharged from the hospital on Wednesday, well on their way to recovery."

"One of the things our patients appreciate most is our focus on pain management," says Dr. Kraushaar. "Our anesthesiologists are expert at administering regional nerve blocks that minimize pain during the first two days after surgery, when patients typically feel the most pain."

Discharge planning begins before the patient is admitted to the hospital. This gives social workers ample time to arrange the most appropriate care, whether at home or in a therapy center such as the Helen Hayes Hospital in West Haverstraw, and prevents unnecessary discharge delays.

The staff believes patient education is key to a good outcome and offers a joint replacement class before surgery that prepares patients for what to expect during and after their operation.

"We've had a number of patients who have come here for their second side following joint replacement at a well-known center," Dr. Simon says. "Many of them have told us their experience here was far more pleasant and efficient. We've also had many patients who had their first joint replacement done here at Nyack come back for their other side. That's a real testament to the quality of our program."



The Joint Replacement Center at Nyack Hospital is comfortable and hotel-like, and all patient rooms are private. One benefit, among many, of having joint replacement surgery at Nyack: Your own doctor can care for you here if any issues arise.



The Breast Center

Comprehensive Care,

On the Nyack Hospital campus, right next door but a world away from the main hospital building, is a special place just for women.

Designed with women's needs in mind, The Breast Center at Nyack Hospital offers the latest diagnostic and treatment services for breast cancer, with an emphasis on education and early detection. "Everything women need to care for their breasts is right here," says breast surgeon Patricia Joseph, M.D., Director of Breast and Women's Health Prevention Services at Nyack Hospital.

Diagnostic services include digital mammography with computer-aided detection, high-resolution breast ultrasound, surgical biopsies, breast MRI and MRI biopsies, and stereotactic and ultrasound-guided biopsies. The center offers 100 percent digital mammography, which can improve the cancer detection rate by 25 to 30 percent for certain women.

"Our patients who are diagnosed with breast cancer benefit from the collective knowledge and experience of radiologists, breast surgeons, medical and radiation oncologists, pathologists, mammographers and others with expertise in breast cancer," Dr. Joseph says. All of the physicians meet weekly to review cases. In essence, each patient has a team of experts at her disposal. This multi-disciplinary team is available to all women who have been diagnosed with breast cancer through the Center's Second Opinion Program.

The Emergency Department at Nyack Hospital

New 30-Minute Service Standard =
Highly Satisfied Patients

At most hospitals, an emergency department visit means waiting...waiting...and more waiting. But at Nyack Hospital, the average wait time is around 18 minutes, "which is pretty phenomenal when you consider that the national average is approximately 65 minutes," says ED Director Oscar Marcilla, M.D. In fact, patients who are not seen within 30 minutes at Nyack Hospital's Emergency Department receive a letter of apology. It's just one of the ways the 375-bed community hospital is redefining emergency care. And why it won the prestigious 2008 Compass Award from Press Ganey Associates for Emergency Department Patient Satisfaction.

"Since we initiated the 30-minute service standard last June, we've met it 93-94 percent of the time," says Dr. Marcilla. "And even when we haven't, patients have only had to wait a few extra minutes."

The secret to the department's success? Improved patient flow, imple-



Nyack Hospital's Emergency Department is staffed round-the-clock by board-certified physicians and is equipped to care for the most difficult emergencies.

at Nyack Hospital

Close to Home

In addition, many patients gain early access to the newest chemotherapy agents, hormonal treatments and radiation therapy protocols through participation in clinical trials.

Dr. Joseph notes that the hospital's Clinical Cancer Genetics Program benefits certain women, such as those with a family history of breast or ovarian cancer or from populations at higher risk such as the Ashkenazi Jewish community. The program provides comprehensive cancer risk assessment, predictive genetic testing and cancer genetic counseling, including guidelines for cancer prevention and early detection.

Dr. Joseph, who joined Nyack Hospital this year, is looking forward to expanding The Breast Center's community education and outreach activities and to working with the American Cancer Society, church and synagogue groups, and others with an interest in breast cancer education. After all, education is key to early detection, she comments. "Plus, we have a lot to offer, and it's important that the community knows what we have."

mentation of LEAN technologies and an electronic medical record system that gives caregivers rapid access to patient information.

Staffed round-the-clock by board-certified physicians, Nyack Hospital's ED is both a level II trauma center equipped to care for the most difficult emergencies and a state-certified stroke center that diagnoses and treats strokes quickly and appropriately.

Of course, you don't have to be seriously ill or injured to visit the emergency department at Nyack Hospital. ExpressCare, for those with minor emergencies, is open seven days a week from 9 a.m. to 1 a.m.

And because our youngest patients have unique medical and emotional needs, the Herbert & Edythe Kurz Pediatric Emergency Room at Nyack Hospital offers specialized care in a sensitive, child-friendly environment. It is the only pediatric emergency room in Rockland County.



member
NewYork-Presbyterian
Healthcare System

affiliate: Columbia University College
of Physicians and Surgeons

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