

ACUTECARE HEALTH SYSTEM

Specialty Hospital of Central Jersey

The
Secret to
Patient Care...
*is Caring
for the
Patient.*



**SPECIALTY HOSPITAL
OF CENTRAL JERSEY**

An affiliate of AcuteCare Health System

A Leader in Providing *Extended Hospital Care*

“My wife had been in and out of hospitals for months. She was not sick enough to stay in the hospital, and not well enough to come home. Then we heard about the concept of long term acute care at Specialty Hospital. With the continuous care she received there, she was able to heal and now she’s home.”

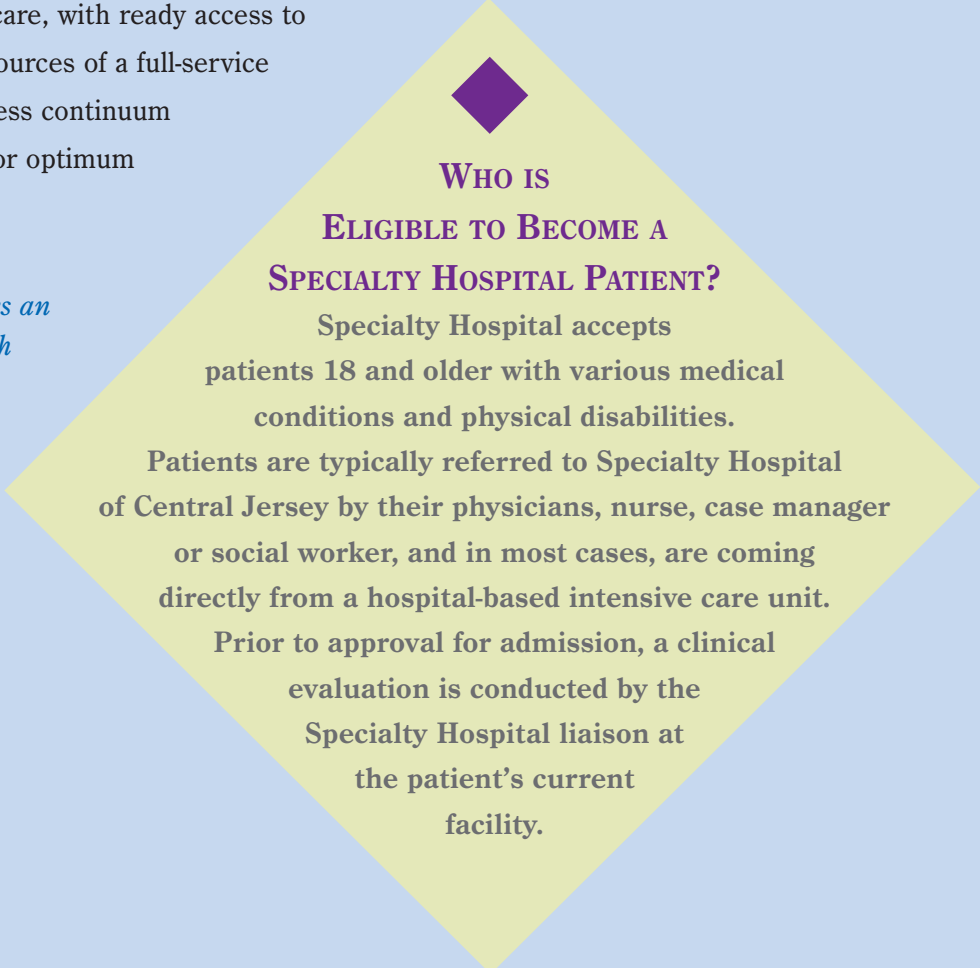
— THESE WORDS FROM A FORMER PATIENT’S FAMILY MEMBER TRULY CAPTURE THE ESSENCE OF THE COMMITMENT TO CARING AT ACUTE CARE HEALTH SYSTEM’S SPECIALTY HOSPITAL OF CENTRAL JERSEY.

Considered New Jersey’s leader in developing long term acute care hospitals (LTACHs), AcuteCare Health System has established a 50-bed “hospital-within-a-hospital” at Monmouth Medical Center, Southern Campus, Lakewood (*formerly Kimball Medical Center*).

Our facility is uniquely designed to provide long term acute care to patients with complex medical conditions. Our highly qualified staff of physicians, nurses and other health care professionals possesses the expertise to deliver this intensive treatment to patients who require an extended hospital stay — usually 25 days or more. Our full range of specialized treatment programs reflects this commitment to total care.

By offering a smaller, personalized environment, we can focus our attention on providing patients with the highest level of care, with ready access to the vast array of resources of a full-service hospital. This seamless continuum of care is essential for optimum healing and health.

This brochure provides an overview of the breadth and depth of our services, illustrating our ultimate goal – to foster healing and recovery for our patients.



WHO IS ELIGIBLE TO BECOME A SPECIALTY HOSPITAL PATIENT?

Specialty Hospital accepts patients 18 and older with various medical conditions and physical disabilities.

Patients are typically referred to Specialty Hospital of Central Jersey by their physicians, nurse, case manager or social worker, and in most cases, are coming directly from a hospital-based intensive care unit.

Prior to approval for admission, a clinical evaluation is conducted by the Specialty Hospital liaison at the patient’s current facility.

OVERVIEW OF LTACH SERVICES

Specializing in Advanced Care for Complex Conditions

Our patients receive the care they need, at the level they need, for an extended period of time. Specialty Hospital of Central Jersey is equipped to deliver comprehensive care that includes diagnostic and medical treatment, and rehabilitation for a full range of medically complex conditions.

Patients may have one or more of the following diagnoses:

- ◆ Cardiovascular or cardiopulmonary disease.
- ◆ Congestive heart failure.
- ◆ Cancer.
- ◆ Respiratory infections and disorders.
- ◆ Stroke or other neurological disease.
- ◆ Musculoskeletal disease or spinal cord injuries.
- ◆ Kidney disorders.

Or patients may require:

- ◆ Post-surgical care.
- ◆ Weaning.
- ◆ Wound care.
- ◆ Long-term IV antibiotic therapy.

When our mother was transferred to your facility, we felt confident entrusting her into your facility after researching and learning of your superior reputation. What we encountered in our few weeks was so much more than we would ever have asked for. Each member of your staff was so sensitive, kind-hearted and devoted ... always with a cheerful smile and an encouraging word. It is heart-warming to know that there exists such devoted and caring people in the world."

Our state-of-the-art facility offers the latest technology in life-support systems and a broad spectrum of services, including:

- ◆ Around-the-clock critical care nursing and respiratory professionals providing bedside and central monitoring of cardiac rhythm, oxygen saturation, respiratory rate and blood pressure.
- ◆ Ventilator program.
- ◆ Bedside dialysis.
- ◆ Total parenteral nutrition.
- ◆ Peripherally inserted central catheter (PICC) program.
- ◆ Blood bank.
- ◆ Diagnostic radiology and laboratory services.
- ◆ Interventional radiological procedures.
- ◆ Respiratory therapy and ventilation weaning.
- ◆ Physical, occupational and speech therapies, including a low-tolerance rehabilitation program.
- ◆ Nutrition therapy.
- ◆ Advanced wound healing technologies.
- ◆ Infection control.
- ◆ Case management and discharge planning.

Offering Attentive Care with a Special Personal Touch

At Specialty Hospital, we have assembled a multidisciplinary team of impeccably qualified physicians, physician extenders, nurses, physical, occupational, speech and respiratory therapists, social workers, case managers and other health care professionals — many offering years of experience in their fields of expertise, primarily in high-acuity care.

Whether team members serve in clinical, administrative or support positions, all work together in a close-knit family environment to ensure an integration of care and support that is personally tailored to every patient. Much of our success in improving patient outcomes is the result of a high nurse-to-patient ratio — one licensed professional to every four or five patients — and the fact that our caregivers get to know our patients and family members over their extended hospital stay.

We believe that by treating the whole person through a well-planned, aggressive and integrated program of medical and therapeutic care, our patients are given the opportunity to recover in a supportive environment that promotes consistency, coordination and compassion. Our specialized treatment programs reflect this commitment to total care.



**SPECIALTY HOSPITAL
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RESPIRATORY PROGRAM

Dedicated to Helping Patients Achieve Their Highest Respiratory Function

Our Patients Say it Best

These comments from patients' family members acknowledge the success of the ventilator weaning program:

"I never thought when my wife came to you, we would actually see her breathe again on her own. Thank you to your entire staff."

"After three months in an ICU, we were happy to see that the respiratory therapists at Specialty Hospital were dedicated to just your unit and completely involved in the care and weaning of our father."

AcuteCare Health System's Respiratory Program provides care to patients with respiratory failure or mechanical ventilation to help them be weaned from ventilator dependence and achieve their highest functioning level.

The program is led by experts in pulmonary medicine and dedicated respiratory therapists whose only responsibility is the active weaning of our patients. The program also provides treatment to patients who require significant respiratory care who are not mechanically ventilated. During the pre-admission process, patients are assessed and recommendations for ventilator weaning are formulated through the Respiratory Program.

Key to the success of our Respiratory Program are:

- ◆ A physician and respiratory therapist-led ventilator-dependent/weaning protocol.
- ◆ Aggressive and comprehensive airway clearance techniques to improve lung function, gas exchange and infection prevention, and lead to weaning from mechanical ventilation.
- ◆ Use of noninvasive carbon dioxide monitoring technology to assess ventilator and oxygenation status. This reduces the need for repeated invasive procedures, including arterial blood gasses.
- ◆ Availability of fiberoptic bronchoscopy — a test performed at the bedside to view the airways and diagnose lung disease.
- ◆ A hospitalwide alarm system to monitor cardiac status, oxygenation and ventilator performance.
- ◆ Daily rounds with the pulmonary team to aggressively wean patients from mechanical ventilation and improve respiratory status.
- ◆ An emphasis on both patient and family teaching in preparation for discharge to the home setting.

For more information about the Respiratory Program, call:

SPECIALTY HOSPITAL OF CENTRAL JERSEY: 1-877-573-LTAC (5822)

www.acutecarehs.com

POST-CARDIOTHORACIC SURGERY PROGRAM

Transitioning Patients from Intensive Care to Recovery through Extended Hospital Care

After undergoing cardiothoracic surgery, some patients may need an extended hospital stay — a critical phase in their recovery that gives them more time to be weaned from ventilation, receive complex wound care or have coexisting medical problems aggressively addressed.

To ensure a seamless continuum of care for this special group of patients, AcuteCare Health System offers a Post-Cardiothoracic Surgery Program to meet their postoperative needs. The program is crafted to help patients transition from an intensive care unit to recovery in a long term acute care setting, where they receive specialized medical attention that promotes optimum healing and improved health.

Getting to the Heart of Integrated Medical and Therapeutic Care

At Specialty Hospital, we take a multidisciplinary approach to personalized care that extends to the Post-Cardiothoracic Surgery Program. As a result of this collaborative effort, the program's comprehensive services offer numerous benefits, including:

- ◆ Physician availability around the clock.
- ◆ Care coordination by dedicated hospitalists who conduct daily rounds.
- ◆ Subspecialty consultations in every area of care.
- ◆ Management by a select group of board-certified cardiologists and pulmonologists.
- ◆ Daily rounds by board-certified infectious disease specialists.
- ◆ Rehabilitation coordination by a board-certified physiatrist.
- ◆ Daily wounds care and preventive practices, including wound rounds and management by certified wound care specialists utilizing the most-effective advances in wound healing therapy.
- ◆ Daily rounds by pulmonary specialists.

Patient care is further enhanced in these ways:

- ◆ Delivery of bedside care by advanced cardiac life support-certified (ACLS) nurses, respiratory therapists and other caregivers.
- ◆ Daily physical, occupational and speech therapy sessions.
- ◆ Dedicated full-time coverage by respiratory therapists.
- ◆ Pulmonary and respiratory therapy ventilator-weaning program and protocol.
- ◆ Staff expertise in pain management and administering cardiac drips.
- ◆ Supportive services in social work, nutritional support and management, and pastoral care.

Our facilities offer the latest technology in life-support systems and a full range of services, including:

- ◆ ICU-level bedside care and around-the-clock central monitoring of cardiac rhythm, oxygen saturation, respiratory rate and blood pressure by highly trained nurses.
- ◆ Ventilator weaning, including BiPAP and high-flow oxygen delivery.
- ◆ Bedside dialysis.
- ◆ Total parenteral nutrition.
- ◆ Peripherally inserted central catheter (PICC) program.
- ◆ Blood bank.
- ◆ Diagnostic and interventional radiology and laboratory services.
- ◆ Radiological procedures.
- ◆ Long-term IV antibiotic therapy.

Our Patients Say it Best

Thank you to the entire staff for the care I received and for making my move to rehabilitation possible."

"Thanks — you kept my spirits up, and that made the difference in my recovery."

For more information about the Post-Cardiothoracic Surgery Program, call:

SPECIALTY HOSPITAL OF CENTRAL JERSEY: 1-877-573-LTAC (5822)

www.acutecarehs.com

COMPLEX WOUND CARE PROGRAM

Offering Advanced Care for Patients With Complex, Poorly Healing or Non-Healing Wounds

Patients with complex wounds or those who are recovering from extensive surgery receive care through AcuteCare Health System's Complex Wound Care Program. Our wound care program helps patients with wounds from a host of causes, including post-operative complications such as dehisced (*ruptured*) sutures, fistulas, infections and pressure ulcers. Visited daily by our wound care specialists, these patients are given the time and optimal environment to heal. Careful attention is placed on the management of other complicating conditions, such as diabetes and vascular disease.

Our Complex Wound Care Program uses aggressive evidence-based advanced medical and surgical techniques and treatment modalities, including conservative and sharp debridement, specialized dressings, specialty beds and surfaces, compression therapy and negative-pressure wound therapy. In recent years, our addition of ultrasound Mist Therapy has produce excellent results for patients in the healing of chronic wounds.

Our interdisciplinary team consists of physicians, advance practice nurses and wound care nurses, all of whom are certified in the medical management of complex wounds. They take a proactive approach to the prevention of pressure ulcers, as well as an aggressive approach to the management of existing wounds.

The collaborative approach to promote healing is supported by our team of attending physicians, who may include infectious disease specialists, cardiologists, pulmonologists and podiatrists, as well as nurses, respiratory therapists, registered dietitians, physical therapists, case managers and social workers.

We work with the patient and family to minimize the spread of infection and preparation for the next level of care or going home. And when necessary, we offer long-term IV antibiotic therapy for difficult-to-heal infections, including osteomyelitis.

Our Patients Say it Best

Most patients experience healing of their wounds while in our care. Here are a few comments from patients, their family and physicians that acknowledge the excellence of the wound care provided through our Complex Wound Care Program.

"Your concept of teamwork among not only the staff, but the doctors, therapists, nurses and aides, did not go unnoticed."

"You were so conscientious in your efforts to provide excellent wound care and keep us up to date on my mother's situation. We never had to worry about what was being done for her . . . clearly, she was in good hands."

"I wish to express our deep gratitude for all the expert wound care and warm and thoughtful care and concern you gave our father."

"You consistently went above and beyond to provide comfort while addressing my sister's complex wound issues."

"I am a diabetic and did not think I would ever be able to walk with my right foot again. Your dedicated wound staff made this possible."

From a doctor:

"Thank you for caring for my patient. He was discharged with his wounds 90 percent healed."

For more information about the Complex Wound Care Program, call:

SPECIALTY HOSPITAL OF CENTRAL JERSEY: 1-877-573-LTAC (5822)

www.acutecarehs.com

MEDICAL TEAM

A Medical Team Dedicated to Total Patient Care

At Specialty Hospital of Central Jersey, the delivery of care is orchestrated by a hospitalist group of physicians and physician extenders — a highly experienced team dedicated full time to providing acute care to Specialty Hospital patients over their extended hospital stay.

Serving under the direction of our chief medical officer, this experienced team's members are trained in such specialties as pulmonary care, complex wounds and infectious disease, ensuring that treatment is comprehensive, coordinated and individualized to address each patient's medically complex conditions.

They work in partnership with other members of Specialty Hospital's multidisciplinary team and in consultation with each patient's own physicians to achieve the highest level of medical management. Returning patients to their optimum level of health and healing is their ultimate goal.

A Pioneer in Long-Term Acute Care

AcuteCare Health System has distinguished itself as New Jersey's leader in developing long term acute care hospitals, operating the only licensed LTACH in central New Jersey that is currently required to meet the same stringent state and federal regulations as an acute care hospital.

Meet Our Hospital-Based Physicians



Howard Lebowitz, M.D.

Chief Medical Officer

ACUTECARE HEALTH SYSTEM

Howard Lebowitz, M.D., is the founding chief medical officer of AcuteCare Health System since 2002, holding a major executive role responsible for the establishment and growth of Specialty Hospital of Central Jersey. His expertise in long term acute care has made him a pioneer in this highly specialized level of hospital care.

Dr. Lebowitz received his medical degree at Harvard Medical School, Boston, where he graduated cum laude from the Harvard-Massachusetts of Technology Division of Health Sciences and

Technology and earned the DuPont Young Investigator of the Year Award from the American College of Chest Physicians.

After completing his internship and residency in internal medicine at Boston's Brigham and Women's Hospital, Dr. Lebowitz served as an attending physician at that Harvard teaching affiliate for five years and earned his board certification in internal medicine before joining the medical staff at Monmouth Medical Center, Long Branch, and Kimball Medical Center, Lakewood.



Indira Kanouka, M.D.

Medical Co-Director

After earning her medical degree from Aleppo University's Medical School in Syria, Indira Kanouka, M.D., came to the United States and completed her internal medicine residency at Monmouth Medical Center, Long Branch. She then spent nearly two years on the medical staff of Horizon Health Center in Jersey City before joining Specialty Hospital in 2005.

Dr. Kanouka is board certified in internal medicine and is an associate member of the American College of Physicians-American Society of Internal Medicine.



Smitha Narasimhaswamy, M.D.

Medical Co-Director

Smitha Narasimhaswamy, M.D., received her medical degree from Mysore Medical College in India, where she captured numerous awards and merits for her academic performance. Upon her arrival to the United States, she joined Monmouth Medical Center, Long Branch, and completed her internal medicine residency, earning top scores in physician-in-training examinations and placing second in the statewide American College of Physicians (ACP) College Bowl in 2006. She joined Specialty Hospital in 2007.

Dr. Narasimhaswamy's research work in pain management standards implementation has been published in the *Journal of General Internal Medicine*, and she placed first

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in the 2006 ACP New Jersey Chapter's abstract competition for a study on pain control for the treatment of acute pancreatitis.



Deborah Sperling, R.N., M.S.N., APNC
Advanced Nurse Practitioner

Deborah Sperling, R.N., M.S.N., APNC, is responsible for stabilizing and managing acute and chronic illness for patients throughout the integrative course of treatment at Specialty Hospital of Central Jersey.

Hospital of Central Jersey.

When AcuteCare Health System premiered its first Specialty Hospital at Monmouth in 2004, Sperling played an instrumental role in the opening of the long term acute care hospital, serving as clinical director at the Long Branch-based facility. A year later when Specialty Hospital at Kimball opened in Lakewood, she was elevated to becoming that facility's advanced nurse practitioner – a role that has since expanded with the consolidation of Specialty Hospital of Central Jersey in Lakewood in 2013.

Before joining Specialty Hospital, Sperling spent more than 20 years in various clinical and nursing management positions at Monmouth Medical Center, Long Branch. She earned her bachelor's and master's degrees in nursing at Seton Hall University College of Nursing, South Orange, where she completed advanced nursing studies to attain her certification as an adult/geriatric nurse practitioner. She is a member of the American Academy of Nurse Practitioners.



Heather Zweidinger, M.S.N., A.N.P.-B.C., W.C.C.

Advanced Nurse Practitioner

With more than 15 years of experience in direct care for critically ill patients, Heather Zweidinger, M.S.N., A.N.P.-B.C., W.C.C., plays an instrumental role on Specialty Hospital of Central Jersey's medical team. As an advance practice nurse, she possesses clinical expertise in various specialized aspects of critical care nursing, including initiating and assisting in resuscitation efforts, as well as in catheterization, ventilation and peripheral line insertion care.

Before joining SHCJ, she served for nearly 10 years as an intensive care staff nurse at Monmouth Medical Center, Long

Branch – a role that encompassed the delivery of patient care, supervisory responsibility and clinical instruction for newly hired nurses, externs and nursing students.

Zweidinger received her bachelor's degree in nursing from Bloomfield College, Bloomfield, and her master's degree in nursing as an adult nurse practitioner (ANP) from Monmouth University, West Long Branch. She is board certified by the American Nurses Credentialing Center as an ANP and also holds certification in wound care.



Yaakov Schechter, P.A.-C.
Physician Assistant

Yaakov Schechter, P.A.-C., works in partnership with the other members of Specialty Hospital of Central Jersey's medical team to deliver intensive care

to patients with highly complex medical conditions. He earned his bachelor's degree as a physician assistant from Touro College, New York, and is certified by the National Commission on Certification of Physician Assistants.

Before joining SHCJ, Schechter gained professional experience at Beth Israel Hospital, New York, where he delivered patient care in the emergency and urgent care departments, and most recently at Pediatric Affiliates, P.A., Lakewood, where he spent nearly five years working alongside the practice's physicians in providing individualized care to young patients.

He also serves as a senior emergency medical technician for the Lakewood Hatzolah Ambulance Corps and is nationally certified in advanced cardiovascular life support, pediatric advanced life support, advanced trauma life support and basic cardiac life support.



For more information about our programs and services, call:

SPECIALTY HOSPITAL AT CENTRAL JERSEY:

1-877-573-LTAC (5822)

www.acutecarehs.com

CRITERIA
FOR ADMISSION TO
ACUTE CARE
HEALTH
SYSTEM
SPECIALTY HOSPITAL
OF CENTRAL
JERSEY

When Long Term Acute Care is the Best Choice for Reaching Optimum Healing and Health

Patients are considered for admission to our long term acute care hospital after an evaluation of their medical condition based on the following criteria:

- ◆ They have a complex medical condition that requires at least 10 to 25 days of aggressive acute care management to reach the next level of care.
 - ◆ They are approaching the fifth day of hospitalization and still needing aggressive management in anticipation of an extended stay.
 - ◆ They are dealing with a complex pulmonary/cardiac condition, such as chronic obstructive pulmonary disease (COPD), which requires ventilator dependency, tracheotomies, ongoing treatment for respiratory or cardiac failure, or pulmonary rehabilitation.
 - ◆ They have multisystem diseases, such as diabetes, renal disease or cardiac disease, or they are in need of pain control or total parenteral nutrition. (*Specialty Hospital of Central Jersey provides renal dialysis.*)
 - ◆ They require long-term IV antibiotics for conditions such as cellulitis or osteomyelitis.
 - ◆ They require complex wound care, such as negative-pressure wound therapy.
 - ◆ They are in need of physical, occupational and speech therapy due to the effects of neurological problems, such as strokes, transient ischemic attacks, encephalopathy or Parkinson's disease.
 - ◆ They are being treated for musculoskeletal issues after undergoing joint replacements or amputations, or suffering fractures, or they are in need of long-term traction.

TO MAKE A REFERRAL:

- ◆ Contact a Specialty Hospital of Central Jersey case manager (*see contact information on reverse side*).
- ◆ Our case manager will evaluate the patient and speak with his or her medical professionals and family members in consultation with our medical director to determine if LTACH admission is appropriate.
- ◆ After acceptance for admission, notification and transfer arrangements will be made.
- ◆ To facilitate the process, Specialty Hospital offers assistance with admission, insurance paperwork and transportation.



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An affiliate of AcuteCare Health System

600 RIVER AVENUE
LAKEWOOD, NEW JERSEY 08701

1-877-573-LTAC (5822)

IMPORTANT
NUMBERS FOR
ACUTECARE
HEALTH
SYSTEM
SPECIALTY HOSPITAL
OF CENTRAL
JERSEY



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**SPECIALTY HOSPITAL
OF CENTRAL JERSEY**

600 RIVER AVENUE

LAKEWOOD, NEW JERSEY 08701

Main Number: 1-877-573-LTAC (5822)

Fax Number: 732-942-3595

Case Managers:

Patricia Gaughran 732-942-3861

pgaughran@acutecarehs.com

Margaret Rockwell 732-942-3862

mrockwell@acutecarehs.com

Confidential Fax: 732-806-3333

Nurses' Stations:

◆ 4 West 732-942-3588

◆ 5 West 732-942-3860

Clinical Director: 732-942-3594

Medical Director: 732-942-3588

