



Children's Heart Center

THE HEART BEAT

Goryeb Children's Hospital
Morristown Medical Center
100 Madison Ave.
Morristown, NJ 07962

Goryeb Children's Center
Overlook Medical Center
99 Beauvoir Ave.
Summit, NJ 07901

Newton Medical Center
175 High Street
Newton, NJ 07860

Flemington Specialty Ped. Care
194 Route 31
Flemington, NJ 08822

Physicians

Christine Donnelly, MD-Director
Stuart Kaufman, MD
Donna M. Timchak, MD
Suzanne Mone, MD
Lauren Rosenthal, MD, MPH
Aparna Prasad, MD
Anjali Chelliah, MD
Leonardo Liberman, MD-EP
Consultant

Nurses

Maria Lawton, BSN, RN
Megan McCombs, BSN, RN, CPN
Andrea Winner, BSN, RN, CEN

Technologists

Colleen Henderson, RCS, RDCS-PE-FE, Lead Clinician
Alexis Terlaje, RCS, RDCS-PE-FE, Lead Technologist
Bhavisha Pandya, RDCS-PE-FE
Ashley DeRosa, RCCS
Kelli Vbranch, RDCS-AE-PE-FE
Gina Parisi, RCS, RDCS-AE-PE-FE
Anna Maddalena, RCS, RDCS-PE
Mechelle Ellerbee, RDCS-AE-PE
Martha Henao, CMA, RCS

Medical Assistants

Kimphany Chillious, CMA
Martha Henao, CMA
Carol Ramirez, CMA

Social Worker

Cathy Cerutti, LCSW

Administrative Staff

Eric Silovitch-Business Coord.
Lisa Kean
Tina Brown
Pat Orlando
Joan Prendergast

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Cathy Cerutti & Stuart Kaufman

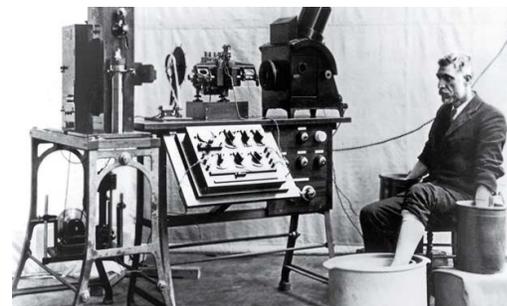
THE DIRECTOR'S CUT CHRISTINE DONNELLY, MD

Heart History: Medical Milestones

Einthoven, Electricity and the Development of the Electrocardiogram (ECG)

2018 marks the 200th anniversary of the publication of Mary Shelley's cautionary tale, *Frankenstein*, conceived on a challenge from Lord Byron to Mary and Percy Bysshe Shelley that each write their own ghostly story and best the ones they were reading to one another on a cold and stormy summer night while vacationing at Lake Geneva. Interesting, you might say, but what does this have to do with the development of the ECG? Much-since both evolved from the discovery of Luigi Galvani. In 1786, Galvani demonstrated that electrical stimulation to a dead frog's leg caused it to twitch. He called the phenomena "animal electricity" but it became better known as "galvanism" and ushered in a new science of electrophysiology.

This occurred during the Age of Enlightenment and fascination with science. Galvanism intrigued the general public and triggered some rather macabre public "reanimation" demonstrations, and provided the inspiration for Mary Shelley's creation, but it also sparked real scientific interest including the development of instruments to measure the electrical output from muscle, particularly the heart, after Carlo Matteucci observed that electric current accompanied each heartbeat in a frog in 1842. The early instruments developed to measure electrical current were called galvanometers in honor of Galvani. The first demonstration of a galvanometer measur-



ing the electrical potential from the human heart was made by Augustus Waller in 1887, a British physiologist who presented his findings at a Physiology meeting in Switzerland. The instrument, however, was crude and did not provide particularly useful information as the electrical impulse became weaker as it travelled through the body. Sitting in the audience at the meeting, however, was a Dutch physiologist, Willem Einthoven, who was so intrigued by the concept of measuring and recording the heart's electrical activity that through much scientific effort, he developed a more sensitive and precise instrument, the string galvanometer considered to be the first ECG machine in 1901.

The original "electrograph" machine developed by Einthoven consisted of a silver coated quartz filament positioned between 2 powerful electromagnets. The patient's electric current caused the filament to move according to the magnitude of the current and the movement was recorded onto a photographic plate producing the ECG. The "electrodes" to transfer the

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FOND FAIRWELL TO MARGARET & SANDY

Best wishes for a happy and healthy retirement to our social worker, Margaret Micchelli and our front desk registrar, Sandy Segreto. Thank you for the wonderful years of service and care to our pediatric cardiology patients and families. Retirement will surely offer many new opportunities to embrace. Best of luck and enjoy !



Save the Date: CHD Coalition Walk September 30, 2018

NURSES' NOTES

Get Connected to Your Health! Sign up for MyChart!

What you need to sign up

♥ Computer, smart phone or ask for office iPad to sign up

♥ Obtain MyChart activation code and instructions from our office registration desk

♥ Or go to website:
mychart.atlantichealth.org

♥ Use the activation code to create a user ID and password

Benefits

♥ Access test results

♥ Request prescription renewals

♥ See past and upcoming appointments

♥ Communicate electronically and securely with the team

♥ Fill out Pre-visit questionnaires

MyChart for teens

♥ Available to teenagers themselves at age 14 to 17

♥ Parent access to Teen MyChart expires on their 18th birthday, however both can sign permission form to have access after the age 18



STAFF HIGHLIGHT CATHY CERUTTI, LCSW SOCIAL WORKER



It is an honor to be joining the pediatric cardiology team at Morristown Medical Center. This opportunity has tremendous meaning both professionally and personally. I am proud to say that my work with children and families has spanned over 30 years in pediatrics, NICU, and for the past 22 years in pediatric hematology/oncology at Atlantic Health. I have come to know many of the cardiologists, nurses, and technologists throughout my professional career. But it is our son's journey with the cardiology team that is especially meaningful to our family.

In 1996, at routine pediatrician visit, a heart murmur was identified. Our son was 9 at the time, an active young boy, on the travel soccer team, and always appearing energetic and healthy. He was referred to Dr. Donnelly for a cardiac evaluation. Colleen and Wanda, the staples of the division back in the day were there to pick me up when Dr. Donnelly diagnosed a hole in his heart. One month later, he underwent a surgical repair for a partial AV canal by Dr. Jan Quaegebeur. In the world of pediatric cardiology, Dr. Quaegebeur defined our son's repair to us as similar to an appendectomy, however in our world it was not. Fast forward 22 years, he is doing well and is married three years.

My husband and I have known each other since high school. We pursued our professional studies where I received a master's degree in social work from Fordham University and he attended pharmacy school at Long Island University in Brooklyn. We are 37- years married; our son and daughter are launched into adulthood. They live close enough for us to share family meals, holidays, birthdays and take an annual summer vacation to the NJ shore. We frequently attend Springsteen and U2 concerts as well as NJ/ NY Giants games. A most memorable event was traveling together to Dublin, Ireland in 2016 to see a Springsteen show. Needless to say, we are diehard fans and more recently have been very fortunate to see Springsteen on Broadway to celebrate my 60th!

In many ways, I believe I have come full circle in having the privilege to work with the pediatric cardiology team as a professional and parent who 'has been there'. Understanding from the parent perspective matters, while professionally my passion is to work with children and families to embrace and navigate with them as they journey in a world that happens by chance not choice.

RECOMMENDATIONS TO REDUCE YOUR CHILD'S ANXIETY — A NURSE AND SOCIAL WORKER'S PERSPECTIVE

For pediatric patients of all ages, going to the doctor's office or hospital can evoke normal fear and worry. The anticipation of the doctor visit can be worse than the reality. New faces, hospital technology, sights, sounds, and the preverbal question "will I get a shot?" or "will it hurt" is typically the culprit of fear. Surprises are great when going on a trip or getting a new toy. However, most chil-

dren do not like to be surprised at the doctor's office.

Fear and anxiety can be contagious for both parent and child when it becomes necessary to deliver care. Fortunately, calmness is also infectious. For the nurse, the goal is to model for you and your child ways to breathe, distract, and feel at ease.

We simply do this by using words to meet your child at the developmental level they are at and encourage you to do the same. Educating and explaining what a squeeze from a blood pressure (BP) cuff feels like, pressing the BP machine button, or listening with a stethoscope to their or your heartbeat can dispel fear. Your facial expression and body language

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OUR TEENS HAVE TALENT

Enjoy the pictures and video link below by our teens talking about their cardiac journey. Video was developed as a tool for teens to view during their cardiology appointment to stress the importance of taking care of their health now and into adulthood.

<https://protect-us.mimecast.com/s/NnOZCqx2WPTG9BKjHZH1zC>



FAMILY CONNECTION



Rockaway Girl Scout, 11, Makes Valentines for Entire Cardiac Ward

Taylor Hofbauer, an 11-year-old Girl Scout from Rockaway, created Valentine's Day cards and stuffed envelopes full of stickers for over 75 kids in the Pediatric Cardiac Ward of The New York Presbyterian Hospital. This project, part of Taylor's Bronze Award - the highest award a Junior Girl Scout can receive, took her over 25 hours to complete and was especially meaningful for her. Not even in middle school yet, Taylor has been through 3 open heart surgeries, in addition to over 20 other medical procedures, all of which were performed at New York Presbyterian. "I would be very happy if I had received a card from someone who knew what I was going through", says Taylor. "I know how it feels to be in the hospital, especially during a holiday when all of your classmates are celebrating and it is a special day at school." Taylor has been in the hospital on her birthday and spent her first Christmas in the Neonatal Intensive Care Unit.

Each hand-made Valentine was cut into the shape of a real heart, glued to a doily and sprinkled with glitter. Taylor addressed each card to her fellow "Heart Warrior" and included a note on the back hoping that her card brightened the day of the kid who received it.

Taylor loves being a Girl Scout and hopes to be an Ambassador when she reaches 12th Grade. "I try to live the values that the Girl Scouts have taught me: honesty, fairness, courage, strength, resourcefulness and a desire to make the world a better place."

If you live in Rockaway, you might recognize Taylor. She has been selling cookies door-to-door since January 13th and hopes to sell 1,000 boxes this year. "Well, I sold over 700 boxes last year, so I am trying do even more this year. Girl Scouts is my passion", she says, "I love it!"



Did you know?

- ♥ Less than 10% of the population donates blood
- ♥ Blood donation remains a critical ways to save lives
- ♥ Summer and holiday time is when blood is in short supply
- ♥ The average adult has about 10 pts of blood in their body
- ♥ Adults can donate whole blood every 8 weeks
- ♥ Whole blood donation takes about 30 min from start to finish
- ♥ Donors must be at least 17 years old and weigh 110 lb
- ♥ There are strict rules and screening test for diseases before donation of blood
- ♥ 0- is the universal donor
- ♥ AB+ is the universal recipient
- ♥ Directed donations will not be wasted if your blood is not a good match
- ♥ On average a single heart surgery uses the red blood cells and platelets from 6 donations
- ♥ The Newark blood center services New Jersey and the Morristown Community. You can arrange for individual (directed) or yourself (autologous) through the special collections department at (516) 478-5140. Blood donation drives and centers are also available in your local communities.

When is world blood donor day?

Answer: June 14th

YOU'RE INVITED! MARK YOUR CALENDARS!

Pediatric Cardiology Parent Discussion Group
Prenatal to Teens
Time: 7:30 pm – 9:00 pm
Place: 55 Madison Ave. 1st floor conference room
 Meets the first Wednesday evening of each month
Fall Dates:
 September 5
 October 3
 November 7
 December 5



An open and relaxed forum to ask questions, share experiences, learn resources, and discuss topics related to living with CHD
 The discussion will be facilitated by social worker, Cathy Cerutti, LCSW; CHD parent & CHD Coalition executive director, Mike Luteran
RSVP if you plan to attend:
Cathy.Cerutti@Atlantichealth.org

WELCOME TO OUR NEW STAFF!



Welcome to Lisa Keane, our new front end representative to assist patients with check-in at arrival to our office. Lisa comes to us from Integrative Medicine Department. She has been with Atlantic Health System for five years.



Welcome to Eric Silovitch, who joins our team as the new business coordinator. Eric comes to us from the Hypertrophic Cardiomyopathy office (HCM) at Morristown Medical Center. He has been with Atlantic Health System for seven years and is seasoned in cardiology office business management.

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matter. Composure and calm is your child’s best medicine.
 What is communicated before, during, and after the appointment makes a difference. Acknowledging they may not like a procedure, test, or shot validates them. Honesty and truth do matter. It promotes trust. Letting your child know grownups go to the doctor; including mom, dad, Aunt Sally and grandma. So do doctors and nurses. Holding your child on your lap, their hand, or even lying on the exam table can bring comfort and lessens anxiety for all.

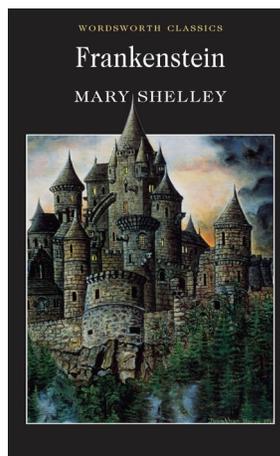
Distraction works best depending on age.

- Bring comfort object to appointment for young child
- Favorite music
- Bubbles for the young child
- Hand held devices such as a cell phone, game system, iPad with favorite movie or You Tube
- Snacks and drinks for after the appointment OR a stop at a special ice cream store is even better!



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current that was conducted from the patient’s heart through the body consisted of buckets of saline into which the patient put his right hand, left hand and left foot. The original machine weighed 600 lbs. and took 5 people to operate but produced exquisite tracings that rival those of today. Over the years, many refinements occurred and the ECG machine we know today is the size of a briefcase but the principles put forth by Einthoven remain the same. There are probably no 2 items that are associated with the cardiologist more than the stethoscope and the ECG. It is ironic that as late as 1911, August Weller stated “I do not imagine that electrocardiography is likely to find very extensive use in the hospital...It can at most be of rare and occasional use to afford a record of some rare anomaly of



cardiac action.” Thanks to Einthoven, a new window on the wondrous workings of the heart was opened and the most widely used cardiac diagnostic test today was created. For Mary Shelley’s effort, she won Lord Byron’s challenge and for Einthoven, he won the Nobel Prize in 1924. In different ways, the world profited from the creativity of both. (And on the next “cold and stormy night”, try Frankenstein, it’s a good read!)