

# AtlanticView

at Chilton | Spring 2021



MOMENTS THAT MATTER  
A PERSONALIZED  
APPROACH TO MATERNITY  
FOR ALL FAMILIES

READ KRISTEN'S AND ANNE'S STORIES  
ON PAGE 4 & 5



Atlantic Health System  
Chilton Medical Center

The New Year has inspired a sense of optimism and promise as more members of our community get their COVID-19 vaccines. Atlantic Health System has been following both federal and state guidelines for immunizing eligible groups and we expect to soon offer a vaccine to all who want one. Throughout this past year and the unprecedented challenges of the pandemic, Chilton Medical Center has provided a safe place, ready to care for our community as we have for nearly seven decades.

I'm pleased to let you know that Healthgrades recognized Chilton with its 2020 Patient Safety Excellence Award, naming us among the top 10% of hospitals in the nation for patient safety. Chilton also received five stars from Healthgrades for treatment of hip fracture, chronic obstructive pulmonary disease, sepsis, bariatric surgery, and vaginal delivery. We recently earned the 2021 Blue Distinction Centers+ for Maternity Care from Horizon Blue Cross Blue Shield of New Jersey for addressing gaps in maternity care, and preventable or treatable pregnancy-related conditions. And, once again, we've received an "A" grade from The Leapfrog Group for hospital safety.

In this issue of *AtlanticView*, you'll learn about how we are caring for our new parents and their infants and hear from a mom who delivered her children at Chilton for over 17 years. Our new Thyroid Center is open, providing outstanding thyroid treatment options to patients in their own communities.

As we look forward to a time when we can once again participate in group activities, family gatherings, and sporting events, remember that Chilton will continue to be here for our community.



**Stephanie Schwartz, FACHE**  
President,  
Chilton Medical Center

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**Atlantic Health System**, an integrated health care delivery network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation. The six medical centers have a combined total of 1,841 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

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**OFFICIAL  
HEALTH CARE  
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**WE HAVE A DEDICATED  
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FOR PATIENTS WITH LINGERING  
COVID-19 SYMPTOMS**

 **908-522-3361**

 [atlantichhealth.org/covidrecovery](http://atlantichhealth.org/covidrecovery)

# CEO's corner

## New Vaccines and the Promise of Togetherness

This month, our state reaches a significant milestone, the one-year anniversary of the first confirmed case of COVID-19 in New Jersey. Twelve months later, we have lost too many loved ones and luminaries to this terrible virus. Yet even in our mourning, we find new reasons for hope. Groundbreaking vaccines to speed and strengthen our fight, promising the return of togetherness and brighter days.

Just like our community, the Atlantic Health System family has worked tirelessly to do our part, healing friends and neighbors, comforting and connecting families across social distances, and protecting one another throughout the pandemic. Never has health care been more of a team sport, reaching far beyond the wall of our hospitals. We will always be grateful for your kind words, gestures of appreciation and unwavering support for our caregivers on the front line.

We are opening new doors throughout our region for vaccinations and the ongoing care you and your family need. We are administering vaccines daily at clinics in Pompton Plains, Mountain Lakes, Rockaway and Morristown and planning new clinic launches in the coming weeks as our vaccine supply increases. Please visit [atlanticealth.org/covidvaccine](http://atlanticealth.org/covidvaccine) to sign up for appointment alerts.

As we all continue to coexist with COVID, we will be here to support you with the highest quality, compassionate care. We look forward to reaching the light at the end of the tunnel together. Be well, stay safe and as always, thank you for entrusting Atlantic Health System with your care.



*Brian A. Gragnolati*

**Brian A. Gragnolati**  
President & CEO,  
Atlantic Health System



### CHILTON MEDICAL CENTER RECOGNIZED BY HEALTHGRADES

Chilton Medical Center has received recognition by Healthgrades for the following services: Bariatric Surgery, Hip Fracture, Chronic Obstructive Pulmonary Disease, Vaginal Delivery, Sepsis and Patient Safety.



### A One-Stop Shop for Teen Health

Check out the refreshed **TeenHealthFX.com** – your online resource for teenage health and wellness. Ask a question, find answers to commonly asked questions, and read about hot topics. In addition, learn about careers in health care, take a health quiz and more.



Chilton Medical Center has earned an "A" rating in patient safety from The Leapfrog Group, a national patient safety group.

### CONGRATULATIONS, MAUREEN SCHNEIDER!



Maureen Schneider, PhD, MBA, RN, chief nursing and operations officer, Chilton Medical Center, serves as a true

North Star, a role model and advocate for nursing practice and for the advancement of nursing as a profession. It is for these attributes and so many more that Maureen was recognized with a DAISY Lifetime Achievement Award.

Early in her career, as the director of nursing at Cornell University in the 1980s, Maureen was the first to organize (and then lead as chair) the inaugural Nurse Practice Council in a large academic medical center.

In all her senior executive roles, Maureen has created systemwide nursing committees; advocated for top-of-license nursing and advanced practice; standardized nursing practice standards in the hospital, ambulatory and community settings; initiated electronic documentation processes; and established quality of care and education programs.

In summary, Maureen has received numerous accolades for her many contributions in nursing, health care and inpatient care, which have resulted in an enormous legacy of sustainability.

# CHILTON DELIVERS FOR

## A PERSONALIZED APPROACH TO MATERNITY FOR ALL FAMILIES

Kristen K. recalls her labor at Chilton Medical Center

When she had her first appointment with obstetricians/gynecologists Joseph Scian, MD, and John Scian, MD, mom-to-be Kristen K. joked, "I'm getting big pretty fast. Maybe there will be two babies in there."

Turns out that Kristen, who is a twin, was right. An ultrasound nine weeks and three days into her pregnancy confirmed her suspicion: She was carrying fraternal twins.

Despite needing bed rest at 28 weeks when her cervix opened prematurely, Kristen's babies – her son, Greyson, and daughter, Emerson – made it full term. Along the way, she and her husband made fast friends with the providers she calls "Dr. Joe" and "Dr. John."

"Dr. John' delivered my older sister's baby, and he remembered her," Kristen says. "At our first visit, it felt like he already knew us. Every time we came to see them, it was like having a conversation with good friends."

At 37 weeks and four days into her pregnancy, Kristen headed to the Maternity Center at Chilton Medical Center to deliver the twins. She requested a vaginal delivery and Drs. Joe and John supported her in that goal. Greyson was positioned head down, but Emerson, however, was breech, which required a cesarean section for both babies. "It's a massive surgery, but it didn't feel that way at all," Kristen says. "It was about my babies the whole time, but it was also about me."

The twins were born within two minutes of each other. Kristen was able to touch their hands seconds after their birth, and the twins held hands while they were being cleaned. Twenty minutes after their birth, Kristen breastfed her newborn twins for the first time.

"My nurses were incredible," she says. "They wrote happy birthday on the board along with my babies' names. When I needed a spinal anesthesia, they held my arm and talked me through it. My lactation consultant taught me so much.



"Dr. John delivered my older sister's baby, and he remembered her. At our first visit, it felt like he already knew us."

– Kristen K.

Everything was wonderful."

Today, Greyson and Emerson are two, and Kristen is grateful for the care she received at the place she calls "my hospital." ▲

Horizon.



Designated  
**BlueDistinction.**  
Center+  
Maternity Care

*Blue Distinction Centers are recognized for their commitment to patient safety and better health outcomes as well as for addressing gaps in maternity care, preventable or treatable pregnancy-related conditions, utilization of c-sections, and racial and ethnic disparities.*

**To learn more about Blue Distinction, please visit  
[www.bcbs.com](http://www.bcbs.com) or contact Horizon  
Blue Cross Blue Shield of New Jersey.**

# FAMILIES OF ALL SIZES



## ANNE O'S STORY

When she was ready to give birth for the first time 17 years ago, Anne O. headed to a large teaching hospital in New York City. While she'll always remember the joy of her oldest daughter being born, her labor and delivery experience was far from ideal.

"They told me there were more births than normal that day," she says. "I went into labor in the waiting area. Once I got to a room, doctors and nurses were constantly coming in and out. It was chaotic."

So, when Anne got pregnant again less than a year later, she sought a different experience. "I knew I wanted to be in a smaller, more peaceful setting," she says. She chose the Maternity Center at Chilton Medical Center. She immediately knew she made the right choice.

"I loved the idea that you had the same nurse up until delivery," she says. "That one-on-one experience meant a lot to me."

The experience meant so much that Chilton became Anne's go-to hospital. Today, she's the proud mom of seven children, ranging

in ages from 7 to 17. Six of them were born at Chilton, the majority delivered by obstetrician/gynecologist Steven Domnitz, MD. "He's cool as a cucumber," Anne says. "I knew I could trust him, right from the start, and he's still one of my doctors today."

Of her labor and delivery experience at Chilton, Anne remembers the special touches the most. That includes the children's play area and the celebration meal, an occasion where staff serves a special dinner for parents of newborns on the second night of their hospital stay. "That was a real nice gesture," she says.

While her last maternity experience at the medical center was in 2013, Anne still turns to Chilton for her and her family's health care needs, and she tells her friends to do the same. "Whenever my children need emergency care, I always say 'I'm going to Chilton,'" she says. "It's convenient, close to home, and much more personal than other hospitals." ▲

### THE EXPERT OB/GYNS AT THE CHILTON MATERNITY CENTER



**Christopher Bauer, MD**

Totowa  
201-416-4346



**Les Burns, MD**

Wayne  
973-831-9925



**Steven Domnitz, MD**

Wayne, Hewitt,  
Montville  
973-831-1800



**Nina Mohammed, MD**

Wayne, Hewitt,  
Montville  
973-831-1800



**Wingkan Sbar, MD**

Wayne  
973-831-1800



**John Scian, MD**

Pompton Lakes  
973-831-6866



**Joseph Scian, MD**

Pompton Lakes  
973-831-6866

*To learn more about our expert physicians and family-friendly maternity center, visit [atlantichealth.org/maternity](http://atlantichealth.org/maternity).*



## Atlantic Thyroid Center at Chilton Medical Center Combines State-of-the-Art Imaging and Treatment

While a cancer diagnosis always brings a level of concern, there is good news when it comes to thyroid cancer. It's one of the most treatable types of cancers.

The thyroid is a butterfly-shaped gland at the base of the neck that releases hormones that control the body's metabolism. These hormones regulate a range of bodily functions. Disorders of the thyroid range from goiter (an enlarged gland) to potentially life-threatening cancer.

Successful thyroid cancer treatment typically starts with a surgery, called a thyroidectomy, that removes the thyroid gland. Many people then also benefit from a nuclear medicine treatment called radioactive iodine therapy, which helps to destroy any remaining thyroid cells.

**"Data show that radioactive iodine therapy is safe, and we treat gently to give the least amount of radiation possible."**

**– Jeffrey Plutchok, MD**

At the Atlantic Thyroid Center at Chilton Medical Center, a team led by radiologist Jeffrey Plutchok, MD, uses state-of-the-art imaging and radioactive iodine therapy to give thyroid cancer patients the best chance of long-term success.

"I help to get rid of any remaining thyroid tissue and thyroid cancer," Dr. Plutchok adds.

Patients receiving radioactive iodine therapy will follow a special diet for two weeks leading up to treatment and will be premedicated with a drug called Thyrogen®. Thyrogen is used in lieu of thyroid medication withdrawal so that patients remain comfortable throughout their preparation



**JEFFREY PLUTCHOK, MD**

and treatment. Two days after patients receive Thyrogen, Dr. Plutchok and his team will image them and deliver the radioactive iodine therapy. Patients then return one week later for a whole-body scan and will follow up with their medical team over the next year.

Nurse navigator Bridget Laudien, RN, works with all thyroid cancer patients to provide continual education, preparation guidance, and emotional support. She also assists with scheduling and insurance coverage, as well as actively tracking patients to offer optimal follow-up care in the years following their initial therapy. Patients also will meet with a physicist who will help ensure treatments are delivered safely. "Data show that radioactive iodine therapy is safe," Dr. Plutchok says, "and we treat gently to give the least amount of radiation possible."

The team at Chilton also uses radioactive iodine to treat overactive thyroid glands (a noncancerous condition called hyperthyroidism). In addition, the team has developed a program to use ultrasound, nuclear medicine and high-resolution 4-D CT scans to image small, noncancerous tumors of the tiny parathyroid glands that can cause hyperparathyroidism. ▲

**For more information, visit [atlanticealth.org/thyroid](https://atlanticealth.org/thyroid) or call the Thyroid Center at 973-831-5130. To find out more about Dr. Plutchok and other Atlantic Health System affiliated providers, visit [atlanticealth.org/doctors](https://atlanticealth.org/doctors).**



**EBUBE BAKOSI, MD,  
GENERAL SURGEON**

More than a decade ago, the advent of minimally invasive robotic surgery sparked a renaissance in operating rooms around the world—including Chilton’s. First-generation equipment made benefits like shorter recoveries, less pain, fewer complications, and reduced opioid pain management available to patients undergoing a limited range of simple procedures.

But for those requiring more complex surgeries, a robotic approach was not the answer. Until now.

“Recent advancements have greatly expanded the list of procedures that can be performed using robotic technology,” said Dr. Ebube Bakosi, general surgeon. “New equipment puts its benefits within reach for more patients than ever.”

That’s why Chilton Medical Center Foundation has launched a \$625,000 campaign to support the hospital’s plans for a Next-Generation Operating Room. Using a da Vinci Xi, the most advanced minimally invasive surgical robot available, Chilton forecasts serving more than double its current volume of surgical patients across specialties

like oncology, urology, gynecology, bariatrics, general surgery, and more.

“Chilton was an early adopter of robotics, so our team already has a decade of experience using this type of technology,” said Dr. Bakosi. “That experience, paired with Chilton’s award-winning record of patient safety and clinical excellence, makes the hospital the ideal place to usher in a new era in robotic surgery.”

Philanthropic opportunities to support Chilton’s campaign are available at all levels and include a limited number of named recognition options. More information is available by calling 973-831-5165 or emailing [Chilton.Foundation@atlantichhealth.org](mailto:Chilton.Foundation@atlantichhealth.org).

According to Dr. Bakosi, the da Vinci Xi represents more than an advanced surgical tool. “It’s a perfect tool for facilitating Chilton’s mission of promoting wellness here in our community,” he said. “Knowing this is for our neighbors and friends, I’m so glad they will play an important role in bringing our vision to life.” ▲

## community calendar Spring 2021

**Welcome to your Chilton Medical Center Community Calendar.** Due to COVID-19, many of our classes will be held virtually or rescheduled. Call the telephone number listed or email the contact person for more information. **Please visit [atlantichhealth.org/calendar](http://atlantichhealth.org/calendar) for up-to-date information.**

### BEHAVIORAL HEALTH

For up-to-date information, call 1-888-247-1400.

### CANCER CARE

For up-to-date information on cancer support, call 973-831-5311.

### DIABETES AND NUTRITION

For up-to-date information on self-management education groups and other events, call 973-831-5433.

### PARENTING AND CHILDBIRTH

Maternity tours, childbirth education, baby care classes and breastfeeding classes are currently canceled due to COVID-19. Call 1-800-247-9580 or visit [atlantichhealth.org/classes](http://atlantichhealth.org/classes) for updates.

Third Saturday of the month, Noon

VIRTUAL MINDFUL PREGNANCY

Mondays, 11:00am; Wednesdays, evenings

WEEKLY VIRTUAL BREASTFEEDING SUPPORT GROUP

### PULMONARY

Smoking cessation classes are currently on hold. For up-to-date information, call 973-831-5427.

**Atlantic Health System**  
475 South St.  
Morristown, NJ 07960-6459

For a referral to  
an Atlantic Health System  
doctor, call 1-800-247-9580  
or visit [atlantichhealth.org/doctors](http://atlantichhealth.org/doctors).



## COMMUNITY HEALTH CALENDAR

Due to COVID-19, all classes are being held virtually.

VIRTUAL EXERCISE	VIRTUAL INTEGRATIVE WELLNESS	VIRTUAL PROGRAMS
\$50 FEE FOR EACH 10 WEEK SESSION		Conservative Treatment of Knee Osteoarthritis Monday, May 10, 2:00pm
<b>Barre Method</b> Tuesdays, April 13 to June 15, 5:30 to 6:15pm	<b>Arthritis Exercise Program</b> Mondays, April 12 to June 21 (no class May 31), 1:30 to 2:15pm	<b>Eating for a Healthy Mind</b> Thursday, June 10, 10:00am
<b>Better Bones Beginner</b> Thursdays, April 15 to June 17, 11:30am to 12:30pm	<b>Gentle Yoga</b> Wednesdays, April 14 to June 16, 10:30 to 11:30am	<b>Grandparents: Are You Keeping Your Grandchildren Safe</b> Thursday, April 1, 1:00pm
<b>Better Bones Intermediate</b> Tuesdays, April 13 to June 15 AND/OR Thursdays, April 15 to June 17, 10:15 to 11:15am	<b>Meditation for Mindful Well-Being</b> Mondays, April 12 to June 21 (no class May 31), 6:30 to 7:30pm	<b>Healthy Living for Your Brain and Body: Tips from the Latest Research</b> Wednesday, April 7, 7:00pm
<b>Lite &amp; Fit</b> Tuesdays, April 13 to June 15 AND/OR Thursdays, April 15 to June 17, 2:00 to 3:00pm	<b>Qigong</b> Tuesdays, April 13 to June 15, 11am to noon	<b>New Take on Old Foods</b> Wednesday, July 7, 11:00am
<b>Muscles in Motion</b> Mondays, April 12 to June 21 (no class May 31), 4:30 to 5:30pm	<b>T'ai Chi</b> Wednesdays, April 14 to June 16, 11:00am to noon	<b>No Bones About It</b> Tuesday, May 25, 2:00pm
<b>The Power Hour</b> Wednesdays, April 14 to June 16, 5:00 to 6:00pm	<b>T'ai Chi Chih – Intermediate</b> Thursdays, April 15 to June 17, 11:00am to Noon	<b>Relaxing Foods</b> Wednesday, April 21, 7:00pm
<b>Zumba® Fitness</b> Thursdays, April 15 to June 17, 5:45 to 6:45pm	<b>Yoga – Intermediate</b> Tuesdays, April 13 to June 15, 10:00 to 11:00am	<b>Senior Nutrition</b> Friday, May 14, 9:00am
		<b>The Senior Living Spectrum: Navigating Housing Options for Seniors</b> Monday, May 17, 10:00am
		<b>Six Pillars of Brain Health</b> Thursday, June 3, 7:00pm
		<b>Top Pantry Staples</b> Wednesday, June 2, 7:00pm
		<b>Understanding Alzheimer's Disease and Dementia</b> Wednesday, June 16, 7:00pm

For a complete list of offerings,  
please visit [atlantichhealth.org/calendar](http://atlantichhealth.org/calendar).  
For more information, please call **1-844-472-8499**.