

CENTER FOR BLOODLESS MEDICINE AND SURGERY

A M E S S A G E F O R O U R P A T I E N T S

Dear Patient

The first six months of 2000 proved to be extremely busy for The Center for Bloodless Medicine and Surgery. The center has surpassed the volume of all previous months and years. This large increase in numbers of patients is partly due to referrals received from previous patients as well as the growing reputation we have for delivering quality bloodless care.

In February, we received the first of three visits from Lizet Carrion, M.D., a Jehovah's Witness physician from Guayaquil, Ecuador (see photo). Dr. Carrion was in the United States to learn about bloodless surgery techniques. During her initial visit, plans were made to donate one of the last two cell saver machines to the Guayaquil Branch of The Watchtower (see accompanying article). Dr. Carrion was also gracious enough to offer her expertise during an Advance Medical Directive Seminar offered in Spanish. She proved to be an invaluable asset that evening because she was able to explain in Spanish the complex medical terms on the document.

Efforts continue to raise institution-wide awareness about blood conservation, anemia tolerance, and treatment. Accordingly, The Center for Bloodless Medicine and Surgery and The Department of Internal Medicine's Critical Care Section, co-sponsored a symposium for physicians and nurses titled "Management of the Critically Ill Patient." The program was held in May in the Hekemian Conference Center and included speakers Ronald Sacher, M.D. of Georgetown University Medical Center; as well as Hormoz Ashtyani, M.D.; John Alexander, M.D.; and Stephen Percy, M.D. all of Hackensack University Medical Center. All of those who attended the program gave it high marks. (see photo)

Having reached the halfway mark for the year 2000, we are gratified to see the efforts of our team becoming more and more fruitful. For those of you who have been patients, I hope that you are feeling better. Thanks to all of you who have sent letters and cards, we appreciate hearing from you. For those who have attended the seminars, thank you for your support and encouragement. And to everyone, may you all have an enjoyable and healthy summer.

Sincerely,

Jo Valenti, R.N.
Nurse Manager

The Center for Bloodless Medicine and Surgery ■ Hackensack University Medical Center

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Website: www.humed.com/bloodless.html

MEET OUR PHYSICIANS



John Alexander, M.D., Chief of Cardiac and Thoracic Surgery

Dr. Alexander received his undergraduate, medical school, and resi-

dency training at Duke University. He also has a Masters of Management Degree from Northwestern University. After numerous academic and hospital appointments, he served as the Chief of Cardiovascular Surgery at Evanston Hospital, an affiliate of Northwestern University. Dr. Alexander came to Hackensack University Medical Center in January 1999 as Chief of Cardiac and Thoracic Surgery. He also serves on the Bloodless Medicine and Surgery Core team. Dr. Alexander has a strong commitment to bloodless surgery. He has developed a protocol that is used for bloodless cardiac surgery that maximizes blood conservation and minimizes risks. Some of the strategies he employs are: use of EPO to increase blood count preoperatively, hemodilution, off-pump coronary artery bypass surgery, blood sequestration, pharmaceuticals to preserve platelet function and minimize post-operative bleeding and judicious use of a cell saver. We are so pleased to have Dr. Alexander on our team, not only for the expertise he brings, but also because of his fine leadership skills.

“We have learned that a combination of strategies can significantly reduce the need for blood in open heart patients. We believe our patients have less morbidity if less blood products are used.”

— Dr. John Alexander

About Hackensack University Medical Center

Hackensack University Medical Center, a teaching hospital affiliated with the University of Medicine and Dentistry of New Jersey-New Jersey Medical School and a member of the University Health System of New Jersey, is the largest provider of inpatient and outpatient services in the state of New Jersey. Honored since 1995 as the first hospital in New Jersey to receive the Magnet Award for nursing excellence from the American Nurses Credentialing Center, and the second hospital in the nation to receive a four-year redesignation of this award. The medical center is also the recipient of the Consumer Choice Award in Bergen and Passaic counties. Based on a survey of 400,000 people to determine the best hospitals in the country, the medical center was named the hospital of choice for quality of staff, community programs, personalized care, and overall reputation.

The Center for Bloodless Medicine & Surgery at Hackensack University Medical Center is accredited by the National Association of Bloodless Medicine and Surgery. The medical center is the first hospital in the state and the only one on the entire east coast to receive this honor.

SUCCESS STORY

Mr. T, from upstate New York, was hospitalized near his home after feeling short of breath. A diagnosis of mitral valve prolapse was made. The physicians told Mr. T that they would not be willing to operate without blood transfusions. Family members of Mr. T who live in New York City told Mr. T about Hackensack University Medical Center and its Center for Bloodless

Medicine and Surgery. Soon, Mr. T had a consultation with Dr. Alexander who agreed immediately to operate without blood. Surgery to repair the valve was successful. Mr. T wrote to us regarding his experience: "Your help that was provided through the hospital and because of the experience you have from other cases, made my case and what I had to go through very easy."

PROXY SEMINARS A BIG SUCCESS

Recently, The Center for Bloodless Medicine and Surgery held two seminars in the Hekemian Auditorium of the medical center. The seminars were designed to assist those in attendance in filling out the Advance Medical Directive, otherwise known as the Proxy. Approximately 200 people attended the March seminar. Those who completed their proxy were given a free copy and another copy was kept on file in the Center for Bloodless Medicine and Surgery at their request. In April, the seminar was repeated in Spanish with more than half of those in attendance filling out their proxy that very night.

Some of the comments from those in attendance included: "I always wanted to fill out

my proxy, but I couldn't understand it." "You made the complicated terms understandable." And "I feel so much better knowing that my proxy is completed properly."

A properly filled out proxy is like having extra insurance. With a proxy, you can rest assured that you have done all that you can to refuse blood transfusions under all circumstances. If you have not filled out your proxy, feel free to call the Center for Bloodless Medicine and Surgery. Set up an appointment to meet with us. We will assist you, give free copies, and file your proxy here in the event of an emergency.

Mission

The mission of The Center for Bloodless Medicine and Surgery at Hackensack University Medical Center is to ensure that the dignity and legal rights of patients are respected, especially the right to informed consent.

INTERVENTIONAL RADIOLOGY

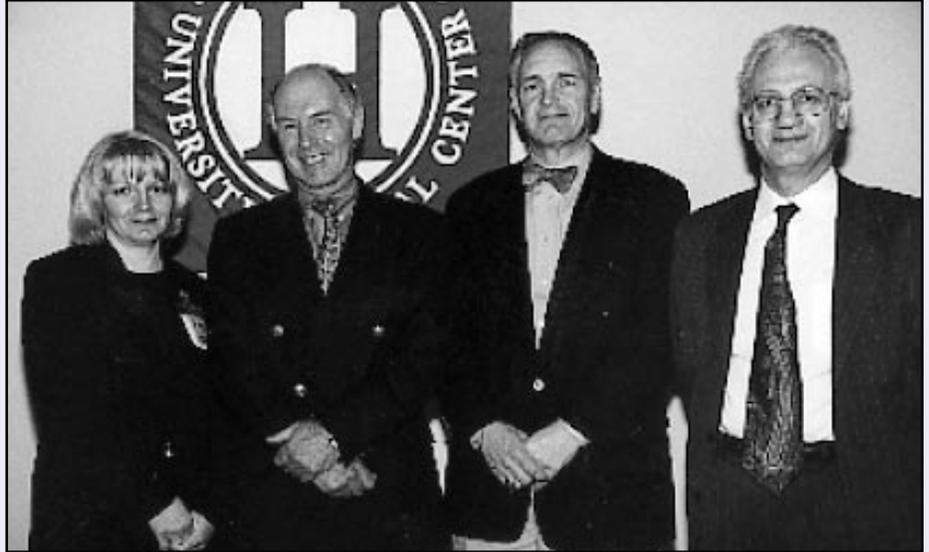
People generally think of radiologists as physicians primarily involved in reading X-rays. While that is certainly true, a group of radiologists at Hackensack University Medical Center are able not only to diagnose a problem, but to intervene in a therapeutic way. These three physicians are Arthur Albert, M.D., John Demeritt, M.D., and Patrick Toth, M.D.

Interventional radiology plays a key role in the treatment of some bloodless medicine and surgery patients. This is because it offers minimally-invasive techniques to treat situations that otherwise might involve complex surgical procedures. Minimizing the risk of bleeding is an important consideration for patients refusing blood transfusions.

The radiological technique is selective arterial embolization. During this procedure, the physician visualizes the anatomy of the patient through an angiogram. Small particles are then inserted at the site where there is bleeding or abnormality. These particles serve to cut off the blood supply of the abnormal or bleeding area. It is a strategy



Jo Valenti, R.N., manager, Center for Bloodless Medicine & Surgery greets Lizet Carrion, M.D., of Ecuador during her first visit to the medical center.



The Center for Bloodless Medicine and Surgery and The Department of Internal Medicine's Critical Care Section, co-sponsored a symposium for physicians and nurses titled "Management of the Critically Ill Patient. From left: Jo Valenti, R.N. manager, Center for Bloodless Medicine & Surgery at Hackensack University Medical Center; Ronald Sacher, M.D. of Georgetown University Medical Center; John Alexander, M.D., chief of Cardiothoracic Surgery Section, Hackensack University Medical Center; Hormoz Ashtyani, M.D., division chief, Pulmonary Medicine, Hackensack University Medical Center. Missing from photo: Stephen Percy, M.D., Associate Director, Pediatric ICU, Hackensack University Medical Center.

that can be used preoperatively to reduce the risks of hemorrhage during surgery. For some patients this procedure is all that they need to have done. They fortunately avoid surgery altogether.

One of the conditions for which this procedure is being used is fibroid tumors of the uterus. These are benign tumors, but they are often responsible for ongoing monthly blood loss with resulting chronic anemia. Embolization cuts off the blood supply to the fibroids, thus reducing the risk of hemorrhage during surgery. For some patients, the embolization is the definitive treatment, stopping the bleeding and shrinking the tumors.

During the first three years of operation, several Center for Bloodless Medicine and Surgery patients have benefited from interventional radiology procedures. Their diagnoses have included: kidney tumors, brain tumors, post-partum hemorrhage and cancer of the urinary bladder.

Knowing that it is important to employ a team approach, the center is proud to be able to offer this state-of-the-art technique to our patients.

Let Us Hear From You!

Your thoughts count...

If there are any topics that you would like to see featured in the next issue, please complete the following and return it to Jo Valenti, R.N., Center for Bloodless Medicine & Surgery, Hackensack University Medical Center, 30 Prospect Avenue, Hackensack, NJ 07601.

Name: _____

Question: _____

CENTER DONATES CELL SAVER MACHINES

Hackensack University Medical Center's Center for Bloodless Medicine & Surgery has donated six cell saver machines to the Watchtower Society in the last year. Cell saver machines allow surgeons to recycle the patient's own blood during surgery so less blood is lost. The Watchtower Society in turn has made these cell savers available to countries in Europe that do not have access to this technology.

"Jehovah's Witnesses refuse blood transfusions for religious reasons, but many other patients concerned about the inherent risks associated with transfusions today are seeking alternatives," said Jo Valenti, R.N. of Maywood, nurse manager for The Center for Bloodless Medicine and Surgery at Hackensack University Medical Center. "Many patients can benefit from the technology of the cell saver."

Just recently the medical center donated a cell saver to the Guayaquil Branch of the Watchtower Society in Guayaquil, Ecuador. The largest city in Ecuador, Guayaquil is home to two million people, yet there are no hospitals there that have a cell saver. When a cell saver is needed it must be flown in from the capital Quito, 300 miles away.

"Jehovah's Witnesses here and in Ecuador appreciate the generosity of hospitals like Hackensack University Medical Center," said James N. Pellechia, director, Office of Public Affairs, Watchtower Society, Brooklyn, N.Y. "Having this equipment in Ecuador will help raise the quality of healthcare for patients there, both those who are Jehovah's Witnesses and those who are not."

F Y I

The Center for Bloodless Medicine and Surgery is supported by the administration of Hackensack University Medical Center. The program is comprised of dedicated, qualified, caring physicians and nurses who will explore and explain all possible alternatives to blood transfusions.

Did you know that a patient's right to refuse a blood transfusion is protected under the Federal Patient Self Determination Act? This act was put into law the end of 1991.

**BE SURE TO ALWAYS
CARRY YOUR MEDICAL
DIRECTIVE CARD!**

The Center for Bloodless Medicine & Surgery
Hackensack University Medical Center
30 Prospect Avenue
Hackensack, NJ 07601