

Pulse

Peconic Bay Medical Center
Spring 2011



The Knowledge of Experts. The Compassion of Neighbors.

Caregiving

Independence, Dignity, Compassion



In this issue:

■ Homehealth Care
Tailored to Your Needs

■ Progressive Long-Term
and Rehabilitative Care

■ Palliative Care -
Patient-Centered Care

Caregiving

Looking Beyond the Physical Needs

Peconic Bay Medical Center is a growing and vital part of the community. As the aging population continues to increase, expanding the concept of caregiving beyond the paradigms of the patient's physical needs is essential for improving patient outcomes. Caregiving encompasses family and revolves around the patient's emotional, as well as spiritual well-being. Family members are key in providing care and comfort and are also in need of care and comfort themselves. Whether we help in direct patient care or administrative support, our goal is to make patients and their loved ones the center of our work by providing quality, compassionate care and becoming a respected member of the patient's care team. Our highly-trained medical staff and caregivers work together to provide attentive, personalized service, coupled with the latest technology and facilities that support the healing process that continuously improve patient outcomes.



Through generous donations from our community, who recognizes the importance of providing high-quality and highly supportive health care services, Peconic Bay Medical Center is diligent in our efforts to continually update our technology such as our da Vinci surgical platform; introduce new services such as the Pegasus House Palliative Care Program, and expand our non-institutional programs which includes our Homehealth Services. We recognize that the care we provide is intrinsic to becoming the quintessential healthcare provider our community needs.

Peconic Bay Medical Center's commitment to excellence and tailored approach to caregiving gives us a converging perspective of what a patient needs and expects when it comes to their health and healthcare providers. Our services are implemented to encourage healthy independence, to provide dignity and compassion and to enhance the patient's quality of life.

Peconic Bay Medical Center...
The Knowledge of Experts. The Compassion of Neighbors.

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independence
dignity
compassion



When a loved one suffers prolonged acute or chronic illness, or has recently been injured or undergone surgery, knowing that their health care needs are being met at every stage of his or her recovery, rehabilitation or illness is important. Innovative and progressive health care programs and services are among the resources you expect from a health care provider along with quality, compassionate and comprehensive care. A dedicated team of health care professionals that are patient-focused create a caring, dignified and empowering environment that enhances the well-being of the patients and their families. Our goal, to enhance the patient's quality of life by virtue of... **independence, dignity, compassion...**



As a hospital-based certified homehealth agency, Peconic Bay Homehealth Services provides a comprehensive array of home care services to persons needing skilled care upon hospital discharge or for people residing in the community who require skilled care after an acute medical event or injury.

Located within Peconic Bay Medical Center, Peconic Bay Homehealth offers unique advantages. Prior to discharge, hospitalized patients are evaluated by a Homehealth Liaison Nurse, who will assess the patient and plan for home care needs. The Liaison Nurse will discuss the plan with the patient and, if desired, the family. Services can then start promptly after discharge.

Home care staff work closely with the hospital's discharge planning staff so that patients leaving the hospital any day of the week, including weekends and holidays, can be assured of an individualized home care plan and timely home care service delivery.

Peconic Bay Homehealth Services

The goal of Peconic Bay Homehealth Services is to maximize the health, comfort, mobility and independence of each patient.

Skilled High-Quality Care

In conjunction with the physician, patient and family, the Peconic Bay Homehealth Services team develops, implements and coordinates a plan of home care tailored to each patient's changing needs.

Our certified Wound Ostomy Continence (WOC) Nurse Specialists provide acute and rehabilitative needs for people with selected disorders of the gastrointestinal, genitourinary and/or integumentary system. WOC nurses provide direct care to people with abdominal stomas, wounds, fistulas, drains, pressure ulcers, and/or continence disorders. A WOC nurse plays a pivotal role in the guidance of optimal patient care.

Peconic Bay Homehealth Services include:

- Skilled Nursing
- Physical, Occupational and Speech Therapies
- Registered Dietician
- Social Work
- Homehealth Aides
- Other Supportive Options

Peconic Bay Homehealth Services is available seven days a week to serve the needs of the residents of Suffolk County. A registered nurse is available 24 hours a day to respond to urgent patient concerns or problems.



Our Vision

To provide quality home health care throughout all of Suffolk County



Peconic Bay Homehealth Services Programs

Meeting the needs of our patients and community through direct care, innovation, education and commitment. It is our goal to improve the lives of patients by providing comprehensive, clinical programs that offer the latest and best medical treatment.

Ostomy Program

- Certified Wound Ostomy Continence Nurse Specialist available
- Pre-Surgical siting of stomas
- Evaluation and recommendation of ostomy appliance
- Procurement of appliances
- Evaluation and recommendation for skin integrity issues
- Registered nurses knowledgeable and competent in all aspects of ostomy care
- Medical social work services for short-term counseling and community resource referral
- Registered Dietician available for evaluation and recommendations
- Homehealth Aide services for assistance with personal care and ADLs
- Peconic Bay Homehealth Services obtains authorization from commercial payers
- Participation in Medicare and Medicaid programs
- Peconic Bay Homehealth Services will bill directly to payer – no forms for patient to complete

Intensive Therapy Program

- Staffed with licensed physical therapist knowledgeable and competent in joint replacement and various orthopedic procedures
- PT for evaluation and development of a treatment plan after facility discharge
- Therapy services available daily as indicated by patient's condition
- Skilled nursing visits for post discharge medication review/instruction
- Skilled nursing visits for suture/staple removal as ordered
- Evaluation of environment for patient safety
- Procurement of safety equipment and ambulatory devices
- Arrangement for community laboratory to perform PT/INR as indicated
- Peconic Bay Homehealth Services obtains authorization from commercial payers
- Participation in Medicare and Medicaid programs
- Peconic Bay Homehealth Services will bill directly to payer – no forms for patient to complete
- Homehealth aide services available for assistance with personal care and home exercise program



dignity

economic Bay Skilled Nursing
& Rehabilitation Center

Staff that treats all patients with dignity and respect



Peconic Bay Skilled Nursing & Rehabilitation Center is a sixty-bed facility which provides short-term care for those recovering from an illness, injury or joint replacement surgery and who are not yet ready to return home. Patients have 24-hour medical coverage and the assurance that emergency services are only a few steps away. Each patient on admission to the facility is fully assessed by our well-trained nursing staff. Our multidisciplinary team approach targets all facets of a patient's life (medical, nursing, physical therapy, occupational therapy, dietary and recreation) with a goal oriented direction that focuses on the patient being able to return home and function in their own environment. Each patient's plan of care includes a series of short-range goals leading to desired outcomes. Our plan includes professional performance, effective use of resources, and education of the patient and family. Patients come to us with the desire to regain a sense of well-being. The interdisciplinary staff attempts to enhance each patient's quality of life by helping them to look at what is possible and available to them while at the same time promoting vitality and self esteem.



We also provide long-term care for those unable to manage their physical health at home. Palliative care is offered to patients who are terminally ill or in need of our skill to prevent or relieve pain and to enhance the patient's quality of life.

The mission of the Skilled Nursing and Rehabilitation Center is to provide progressive long-term and rehabilitative medical and physical care with an unyielding commitment to quality, compassion and competence. Every aspect of our care is based upon the belief in dignity, the value of human life and the worth and importance of each individual. Resident's social, spiritual, emotional and medical needs are met by staff that treats all patients with dignity and respect.



Pegasus House Palliative Care

Just What is Palliative Care?

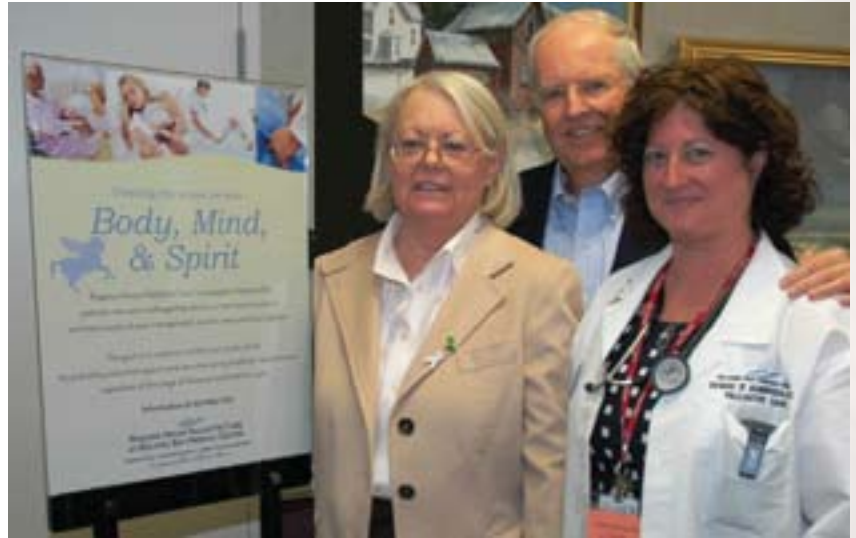
Imagine the best combination of medicine, nursing, spirituality, social work, psychology and philosophy. That is what palliative care is made of.

People often confuse hospice with palliative care. In order to qualify for hospice, a patient must be determined to be within six months of the end of their life. Palliative care may include people at the end of their life, but not exclusively. Palliative care can be provided to anyone across any disease spectrum. In order for a patient to qualify for palliative care, a patient should have a chronic illness or an acute illness that causes that patient or his or her family to suffer. As you can imagine, that encompasses many different disease entities when considering just how unique an individual is and the impact of any illness on that individual, their quality of life, and their family.

Palliative care is patient-centered care. What that means is that the patient is the team's responsibility, but included in that patient-centered care is the satellite of family and friends who care about that patient. There have been instances when the palliative care team may not be called for the patient, but for the patient's family. Remember a disease has impact on the individual, but also their role or roles within their family. Different people cope differently, and this is what the palliative care team must understand and appreciate for each patient as well as their support system.

There are several different kinds of suffering that the Palliative Care team can, and do, effectively treat. There is the physical suffering which includes symptoms like pain, shortness of breath, and nausea. There is psychological suffering which includes fear, anxiety, depression, and simply not understanding what is happening medically. There is spiritual suffering which could include perception of heaven or the afterlife, accepting one's own fate or even denial or rejection of their faith. There is also existential suffering and that incorporates who was the individual with regard to the world, society and what impact their life had on others.

It is the job of the Palliative Care team to approach each of these potential areas of suffering. This involves the multidisciplinary professional input that helps bring adjustment, acceptance and closure to individuals as well as their families.



(L-R) Emilie Corey and Michael Corey, their generous grant initiated the Pegasus House Palliative Care Program; Denise D'Ambrosia, Nurse Practitioner for Palliative Care Program

There have been many instances where the role of the team was to teach an individual what a particular disease is; as well as what treatments are available for that disease whether that be at Peconic Bay Medical Center or any another facility. The Palliative Care team has effectively facilitated patients being transferred to many different centers; for example to Mount Sinai Medical Center for a liver transplant or Memorial Sloan Kettering for enrollment into a research study for a rare blood disease.

The Pegasus House Palliative Care Program was initiated with a generous grant from Emilie and Michael Corey in 2008. They perceived that healing and curing are plural objectives of healthcare while recognizing that they are not always the same. Funding from Emilie and Michael Corey enabled Peconic Bay Medical Center to hire, train and integrate professional staff to deliver the compassionate healing services of Palliative Care. At the program's inception, the anticipated number of patients the Palliative Care team were to see were approximately 66-67 a year. To date, the Palliative Care team has assisted over 650 patients and their families.

In reviewing the database of patients the team has seen, each patient and their personal and family story is unique and was experiencing profound suffering. It has been our honor and privilege to serve our wonderful community and each patient and their family. We are so proud of all of our success stories and carry a piece of each patient's story in our hearts forever.



The FUTURE of Palliative Care

How to give

Peconic Bay Medical Center seeks philanthropic gifts for this project, which will deliver the best in comfort, quality and compassionate care.

The program offers benefactors the opportunity to commemorate loved ones or receive personal recognition. For information on the financial levels for the project's construction/renovation, please contact the Foundation office at 631.548.6080.

Please consider making a gift to this special project. For your convenience enclosed is a postage paid envelope, or you can contact the Peconic Bay Medical Center Foundation at 631.548.6080. Or make your donation by visiting www.peconicbaymedicalcenter.org/z-donate. Thank you.



Helping Hands Volunteers

Be part of a health care team committed to providing quality, compassionate and comprehensive care.

Peconic Bay Medical Center is now recruiting Helping Hands volunteers. Work with a dynamic team of health care professionals while working directly with patients to assist in making their hospital stay more comfortable.

Volunteers help to make our hospital a better place for patients, visitors, physicians and staff. If you love working with people and have the gift of bringing smiles and conversation, consider becoming a Helping Hands volunteer.

To volunteer, or for additional information, contact **Lynne LaGrua, Director of Volunteer Services at 631-548-6021.**




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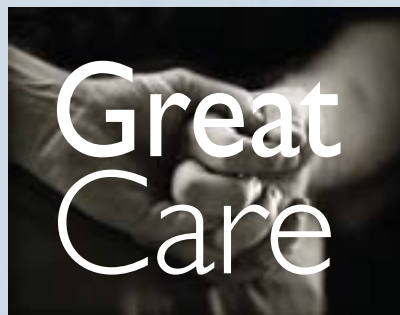


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www.pbmedicalcenter.org

The Knowledge of Experts. The Compassion of Neighbors.

On March 14, at 4:15 a.m., my mom was experiencing shortness of breath. I called 911 and, within minutes, a Southampton Town Police officer was in my home assisting. A first responder from Westhampton War Memorial Ambulance soon followed and the team quickly transported mom to Peconic Bay Medical Center.



As will most of those reading this letter, I shuddered at the thought of mom being in Peconic Bay. In all my years on the East End, the last five full-time, I have heard all the horror stories about “Central Suffer” and the “dump” in Riverhead.

Upon arrival, my mom’s condition was not stable enough

for her to be moved to St. Francis or North Shore and, after consulting with her “up-island” cardiinterventionalist, I was assured that the group that would be caring for her, East End Cardiology, was not a group of voodoo cardiologists but, in fact, a group of very professional young doctors. While in the ER, Mom was treated by a registered nurse named Ellen and many other support staff who were all kind, concerned and attentive. After Mom was transferred to a floor (2 South), I was surprised at the efficiency, care, devotion and genuine love of their jobs exhibited by Corrine, Dave, Isabella, Bernadette and the many other nurses and assistants on the floor.

I was further impressed by the cleanliness of the hospital. It is an older facility, but the housekeeping staff took its time in cleaning and maintaining every inch of the building. I noticed a young worker, Nick, who took such pride in his work, cleaning and readying the room. He found parts of the bed and other apparatus to clean that I didn’t know existed.

The young residents and attending physicians also surprised me. Dr. Decker and Dr. Sethi took their time with Mom and made her feel extremely well cared for and comfortable—goals that were appreciated. Dr. Rajesh Patel (pulmonology) was called in and spent several hours with Mom, and my family, explaining her condition and situation. He came back to visit and check on her and made quite an impression. He is smart, considerate, articulate, caring, gentle and genuine.

Please be assured that Peconic Bay Medical Center is not the dump it once was. It is a thriving beacon in Riverhead. Kudos to the administration for making the changes necessary to bring PBMC to where it is. I’m sure they’re planning great things for the future and we, as a community, should support our local medical center.

I know that when I hear of PBMC referred to as “a dump,” I’ll be correcting that perception and assuring the accuser that the level of “care” and “caring” has improved.

Jaime Siegel, Quogue | Southampton Press West - March 31, 2011 - Letters to Editor

My heartfelt thanks to family and friends for their cards, letters and visits while I was a patient at Peconic Bay Medical Center.

Also to our dependable volunteers and EMTs for their great work (you drove good, Jeff).

And to the folks in the PBMC Therapy Unit for the wonderful work they do.

Special thanks to my wonderful surgeon, Dr. Ciminiello, and his staff. Just can’t thank you all enough.

Sincere thanks.

Jennie Beebe
Suffolk Times
March 31, 2011

My family would like to thank everyone at Peconic Bay Medical Center’s Skilled Nursing and Rehabilitation Facility for the excellent care my dad received while he was there. From the nurses to the therapists, it really was a very good experience. Everyone enjoyed seeing Poppie’s girl “Brooklyn” (our Yorkie), who made lots of friends with the patients. Pet visitation is just one of the many things the facility offers to make their patients feel at home. Thanks so much. Dad is doing great at home!

Cheryl Pelis
Riverhead News-Review
March 7, 2011

Contact Information

Peconic Bay Homehealth Services | 631-548-6432

Peconic Bay Skilled Nursing & Rehabilitation Center

Admissions Coordinator	631-548-6078
Nursing Station	631-548-6260
Director of Nursing	631-548-6266
Social Work	631-548-6039
Peconic Bay Outpatient Rehabilitation	631-727-9654

Pegasus House Palliative Care Program | 631-965-7737

Support
Health Resources

| www.pbmedicalcenter.org (go to News, Events & Resources and click on Health Resources)

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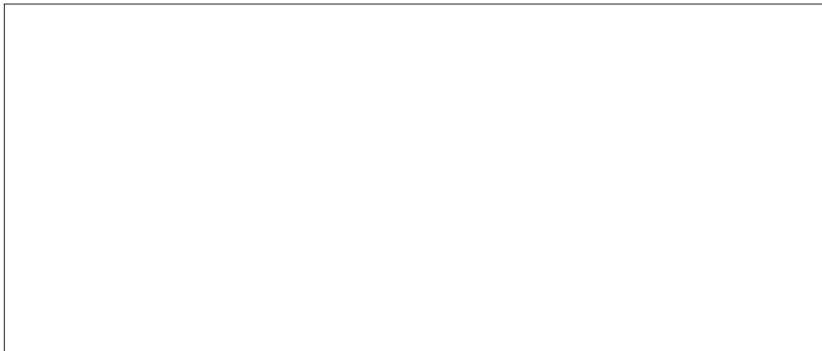
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16th ANNUAL EAST END
**garden
festival**
for the benefit of Peconic Bay Medical Center

**May 5-8, 2011 at Staples Shopping Center, Riverhead
& the Great Lawn in Westhampton Beach
9am - 6pm**

Come to the East End's premier gardening event, featuring:

- **Trees, bushes & bedding plants from 40 of the finest local growers**
- **Expert advice from Master Gardeners from Cornell Cooperative Extension & Garden Club**
- **Fresh Baked Briermere Pies & Holey Moses Cheesecakes**

2011 East End Garden Festival

Everyone Save

10% Off
Your Entire Plant Purchase

Coupon valid May 5-8, 2011 only
Coupons may not be combined. GFN-11-1

2011 East End Garden Festival

Senior Citizens Save

20% Off
Your Entire Plant Purchase

Coupon valid Thursday, May 5, 2011 only
Coupons may not be combined. GFN-11-2

2011 East End Garden Festival

Children 12 & under Save

20% Off
Your Entire Plant Purchase

Coupon valid Saturday, May 7, 2011 only
Coupons may not be combined. GFN-11-3

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