

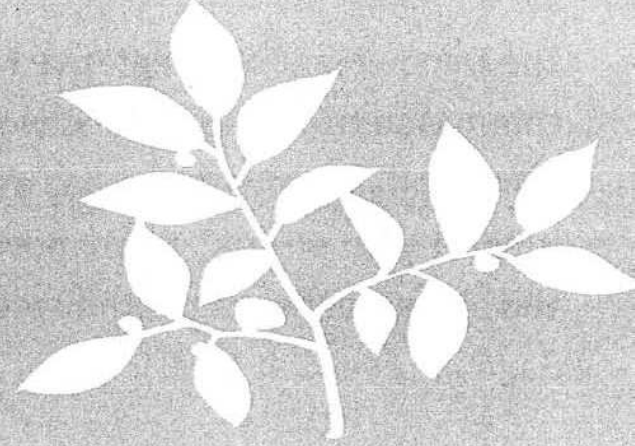


Atlantic Integrative Medicine

Our Inpatient Program

Uniting the Mind, Body and Spirit

The Integrative Medicine Department provides a special type of care to enhance your comfort and decrease your stress during your inpatient stay at Atlantic Health.



Our team of practitioners offers caring, comfort, and support

Our certified practitioners offer a variety of well-studied gentle healing practices that are known to benefit the healing process. During your visit, Atlantic Integrative Medicine practitioners will offer free services that can provide pain relief, improve your mental attitude and facilitate your healing.

Services available include:

Jin Shin Jyutsu®: Japanese form of energy healing using light finger pressure (acupressure) over specific points on the body while fully clothed. It is used to restore the flow of energy which may become blocked with illness or pain. It is helpful to reduce symptoms of anxiety, nausea, pain, recovery from anesthesia and side effects of chemotherapy. Like “acupuncture without needles.” Self-care techniques are taught.

Massage: a gentle muscle relaxing treatment that relieves physical stress and reduces physical discomfort.

Relaxation and Deep Breathing: a series of deep breathing exercises, progressive muscle relaxation and energy balancing techniques help to relieve stress and anxiety.

Healing Touch: a relaxing energy therapy that balances your energy and supports the natural healing process.

Therapeutic Touch: energy balancing technique which removes disturbances in the energy field surrounding the body through sweeping movements over the body. It promotes relaxation

Reflexology: uses relaxing touch to apply pressure to specific points on the feet and hands. These reflexology points correspond to the organs and glands of the body. Reflexology is used to promote self-healing and relaxation.

Acupressure Release: identifies trigger points of muscle tension in upper back and releases these tight areas through gentle pressure and massage applied with the finger

Reiki: a simple hands-on technique improves energy flow on the physical, emotional and spiritual level.

Guided Imagery: uses the power of imagination to relax and heal. A practitioner will guide you on a relaxing journey to facilitate healing.

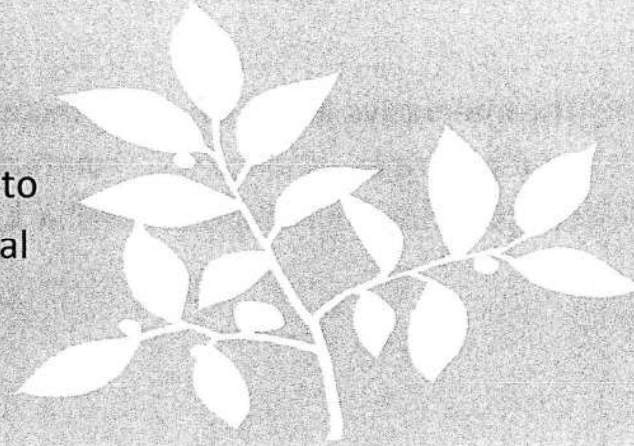
Contact Integrative Medicine at: (973) 971-6301 to request a bedside visit

Atlantic Integrative Medicine

Healthy Lifestyles: The Center for Health & Wellness

(973)971-6301

The Department of Integrative Medicine is committed to the health and wellness of our community members and has designed a program to support your efforts as you move out of the hospital and along the healing path to wellness. Visit us on Gagnon Level C at MMH.



Assessments:

Holistic/Lifestyle Assessment- Meet with our holistic nurse or lifestyle coach and look at your current health situation and create a plan to create positive changes. Session includes stress reduction and self help techniques. \$70 for 1.5 hour

Nutritional Assessment –Develop a nutritional profile and a program designed just for you. \$45 for hour

Individual Sessions: All are \$45 for hour, \$25 for half hour

- ✦ **Nutrition counseling:** Partner with our nutritional specialist to develop a healthy plan for eating, menu ideas, and establish weight loss goals
- ✦ **Lifestyle coaching:** Meet with our lifestyle coach to develop a plan and for ongoing support as you create a new approach to life
- ✦ **Massage:** A gentle massage can improve circulation, reduce stress and improve one's mental outlook.
- ✦ **Jin Shin Jyutsu®:** A form of acupressure that reduces stress, increases energy levels, lowers blood pressure and heart rate, and improves one's overall mental perspective
- ✦ **CranioSacral:** A gentle, hands-on method of evaluating and enhancing the functioning of the craniosacral system. Using a soft touch, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.
- ✦ **Reflexology:** Pressure is applied to specific points on the feet and hands. These reflexology points correspond to the organs and glands of the body. Reflexology is used to promote self-healing and relaxation.
- ✦ **Integrated Nondual Healing:** A blend of talk therapy and hands-on healing leading to self-awareness and change
- ✦ **Private Yoga and Tai Chi Classes:** Most helpful in gaining focus and benefits of the movement at your own pace.
- ✦ **Acupuncture:** A 2000 year old Chinese Medical art has been found to be beneficial for many modern conditions, including pain, stress, anxiety, musculoskeletal conditions and many others. New Patient Assessments \$20.00, First Insertion of Needles \$75.00, Second Insertion of Needles \$25.00, Heat during treatment \$2.50, Manual Therapy during treatment \$2.50

✦ **Classes are \$10 per hour**

Yoga, Pilates, Tai Chi, Qi Gong, Zumba, Meditation, Nia

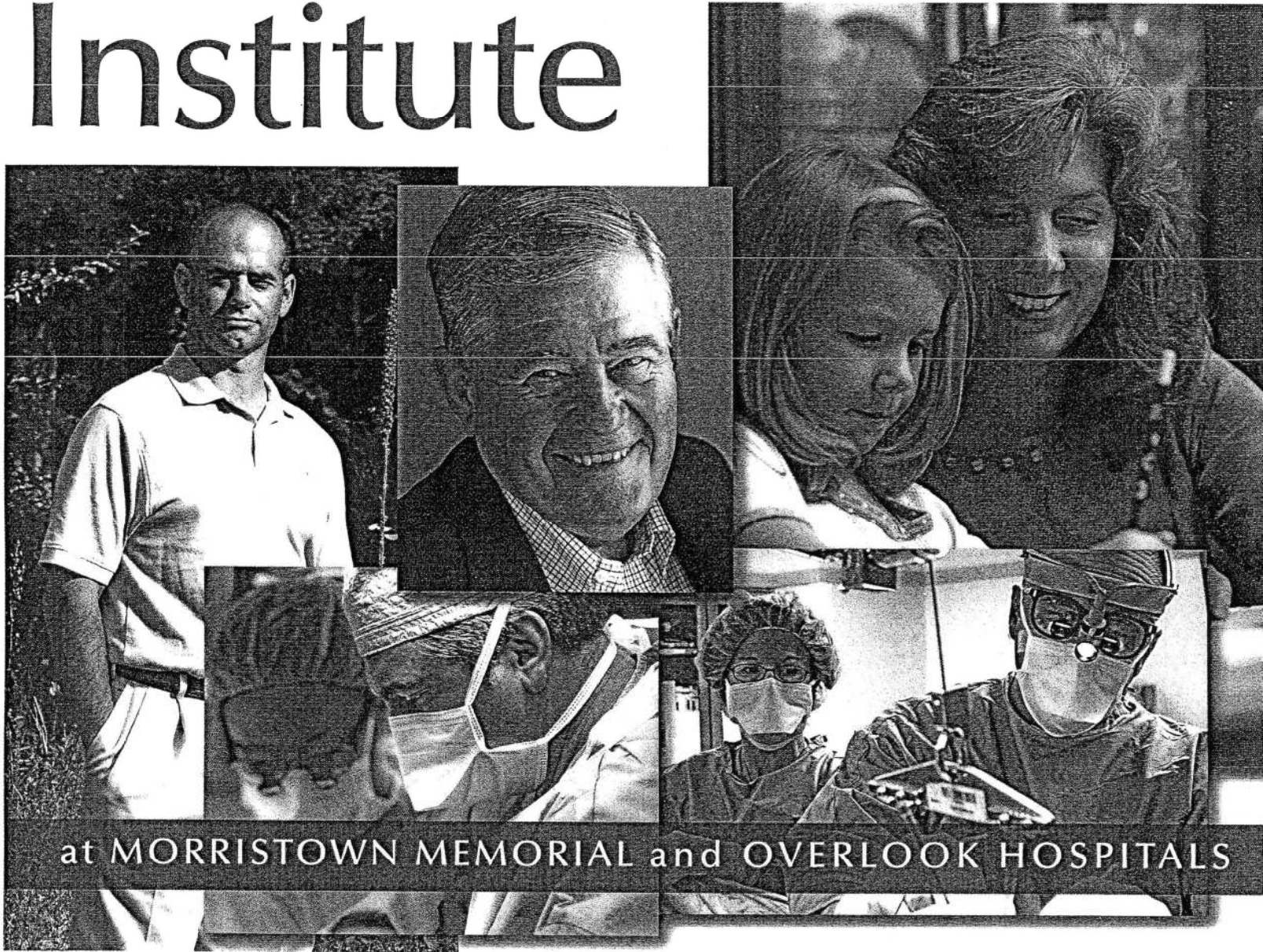
✦ **Monthly Special Events such as:**

Art Classes, Mindful Eating Programs, DeStress for Health, Cooking Classes and Health Eating Lectures

Consultations with an Integrative Physician

Meet with our board-certified integrative medicine physicians for a one hour consultation and examination. The physician will create an integrative prescription combining the best evidence-based conventional and complementary treatment recommendations. Modalities recommended may include advanced nutritional testing, diet, supplements, homeopathy, ayurveda and integrative services offered at our health and wellness center. Our physicians will send a report of their consultation and recommendations to your primary care physician and specialist physicians and partner with you for the best outcomes. Please call (973) 971-6301 to schedule an appointment.

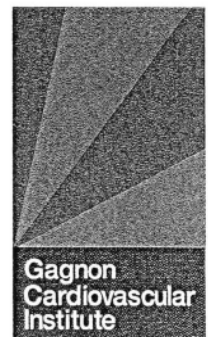
Gagnon Cardiovascular Institute



at MORRISTOWN MEMORIAL and OVERLOOK HOSPITALS

The destination for comprehensive
cardiovascular care, where experience
and innovation yield exceptional results.

THE PASSION TO LEAD

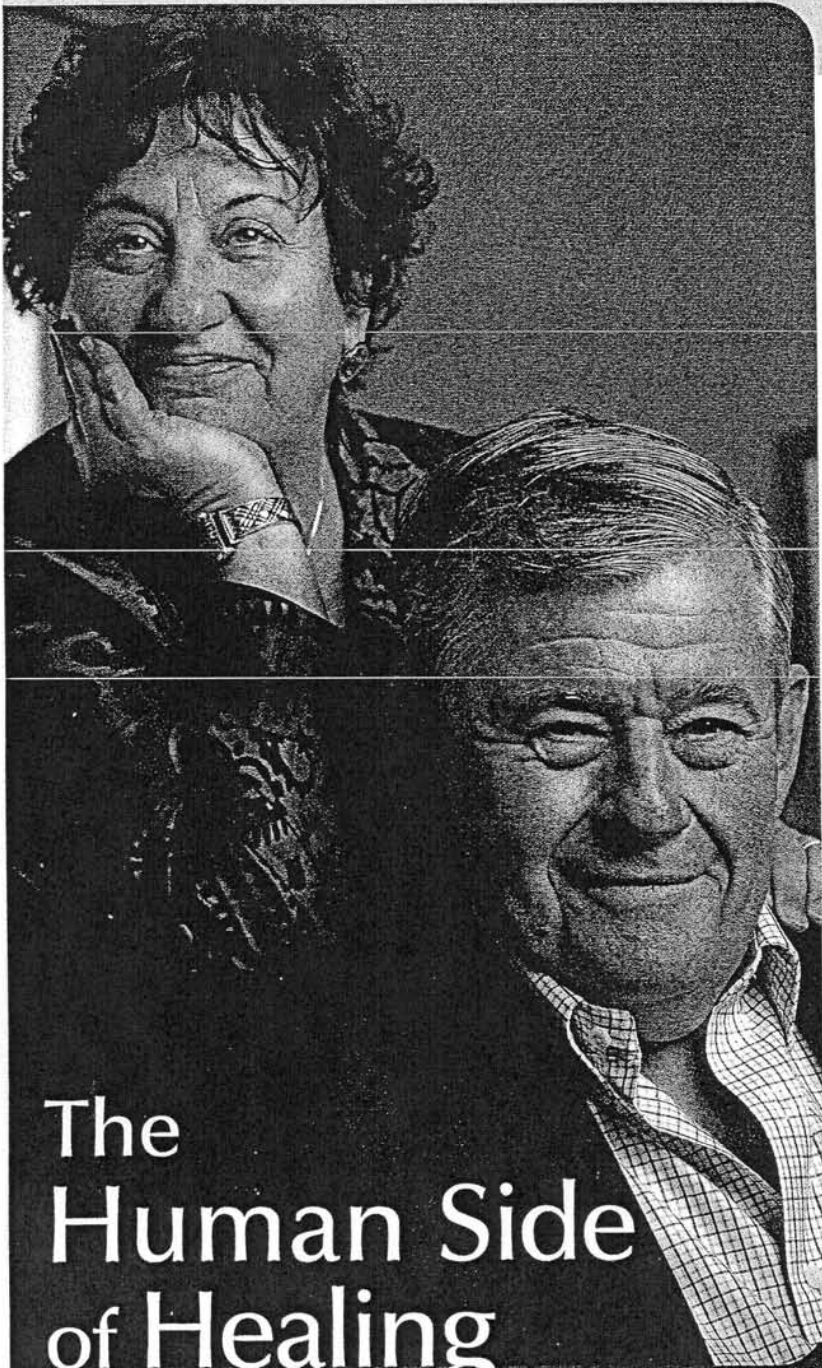


ATLANTIC HEALTH

Gagnon at a Glance

- ▲ Largest cardiovascular program in New Jersey
- ▲ Over 120 board-certified cardiologists
- ▲ Newly constructed state-of-the-art facilities with the most advanced technology and 146 private patient rooms
- ▲ Surgical outcomes that are among the best in the nation
- ▲ Overlook Hospital's Gagnon program was the first in New Jersey to perform emergency angioplasty without on-site cardiac surgery
- ▲ Advanced diagnostic capabilities featuring a comprehensive spectrum of noninvasive procedures
- ▲ 24/7 critical care transport services
- ▲ One of the top 50 hospitals nationally in catheter-based interventional procedures
- ▲ Specialized programs, including those focused on cardiac rhythm abnormalities, women's heart health, cardiac surgery rehabilitation and integrative medicine
- ▲ Lauded by the New Jersey Department of Health and Senior Services for emergency care for heart attack patients
- ▲ Overlook Hospital's Gagnon program received full accreditation as a Chest Pain Center from the Society of Chest Pain Centers
- ▲ An extensive, minimally invasive valve program, including a comprehensive, high-volume valve replacement program
- ▲ Recipient of the Magnet Designation for excellence in nursing care—a recognition given to less than four percent of hospitals across the nation
- ▲ Accredited by: The Intersocietal Commission for the Accreditation of Vascular Laboratories; The Centers for Medicare and Medicaid Services; The Intersocietal Commission for the Accreditation of Echocardiography Laboratories; The Commission for Accreditation of Allied Health Education Programs; CareCore National; American Association of Cardiovascular and Pulmonary Rehabilitation; Society of Chest Pain Centers

Comprehensive



The Human Side of Healing

Victor Fabry expected excellent care when his cardiologist referred him for surgery to repair his arteries to John M. Brown, MD, thoracic surgeon and vice chair of the Department of Cardiovascular Medicine at Gagnon Cardiovascular Institute. What Victor didn't expect was company in the operating room.

Emilie Rowan, a licensed clinical social worker who coordinates Gagnon Cardiovascular Institute's Cardiac Integrative Medicine Program, asked Victor if she could accompany him into surgery. "I found her offer very comforting and was grateful to have her in the operating room and in my hospital room afterward," Victor says.

Cardiac Integrative Medicine Program

Experts at Gagnon Cardiovascular Institute recognize that the emotional and spiritual health of every patient plays an important role in recovery from heart disease. Integrative medicine is an approach to treatment that includes conventional therapies such as medication or surgical interventions, as well as complementary therapies and hands-on healing techniques like Jin Shin Jyutsu, Reiki, massage therapy, guided imagery therapy with music, and yoga.

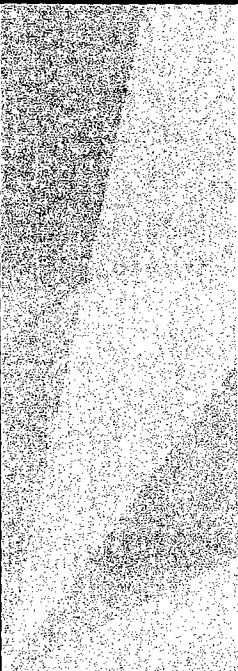
Integrative medicine specialists work with patients before and after surgery to develop and refine treatment plans that address each patient's body, mind, heart and spirit. Sometimes they work during surgery too: it is not uncommon for patients to be accompanied in the operating room to ease their worries and make them feel less alone.

Following discharge from the hospital, patients and their families are welcome to visit the Cardiac Health Center for continued integrative services, heart-healthy lifestyle coaching and smoking cessation programs.

We're present during surgery, after surgery and throughout the recovery process. We strive to provide comfort with our presence and to assist patients in becoming proactive in their own health care.


—Emilie Rowan, LCSW,
coordinator, Cardiac Integrative Medicine Program,
Gagnon Cardiovascular Institute

At Emilie's suggestion, Victor participated in post-surgery Jin Shin Jyutsu sessions. This hands-on healing technique helps relieve pain and stress, and is one of many different strategies used by the Cardiac Integrative Medicine Program to help patients recover and heal. "Our patients expect the highest quality of care at Gagnon Cardiovascular Institute and we do our part to meet those expectations with innovative, cutting-edge programs like these," says Dr. Brown. Victor now volunteers at Gagnon Cardiovascular Institute using his own experiences to give hope and comfort to others who face cardiac surgery.




Department of Integrative Medicine

Inpatient Program MMH
Statistics - September 2010




THE PASSION TO LEAD



Department of Integrative Medicine Inpatient Program MMH Statistics: September 2010

	MMH Strategic Dollars and Grant Funds	
	# Interventions	# Patients
Cardiac	326	301
Emergency	281	134
Jefferson 4	113	102
Pre-Post Surg.	175	114
Franklin A	35	27
Mother/Baby	210	210
Valerie	149	72
Pediatrics	120	88
ICU /MICU	258	171
Totals	1667	1219


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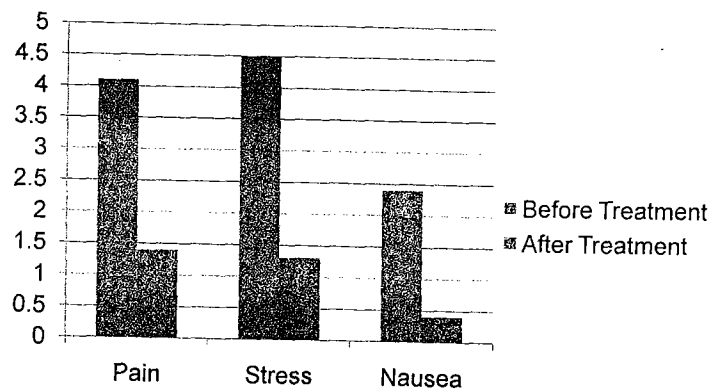
MMH – Cardiac

Cardiac	# Pts with Symptom	Before (Average)	After (Average)	Average % Change
Pain	86	4.1	1.4	65.8%
Stress /Anxiety	137	4.5	1.3	71.1%
Nausea	7	2.4	0.4	82.5%

THE PASSION TO LEAD

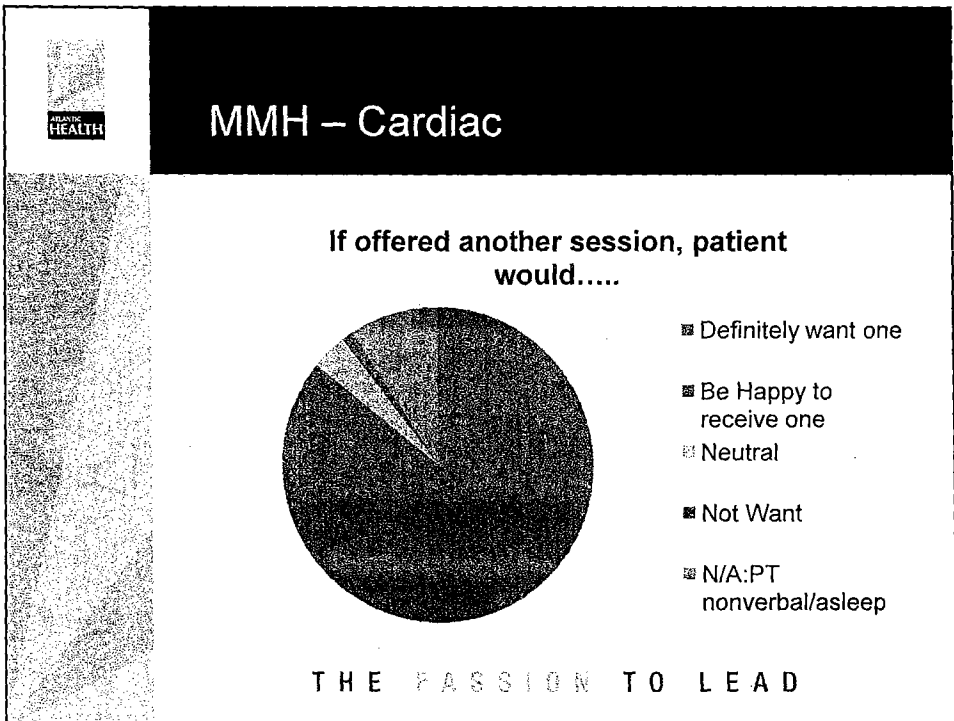


MMH – Cardiac



Symptom	Before Treatment	After Treatment
Pain	4.1	1.4
Stress	4.5	1.3
Nausea	2.4	0.4

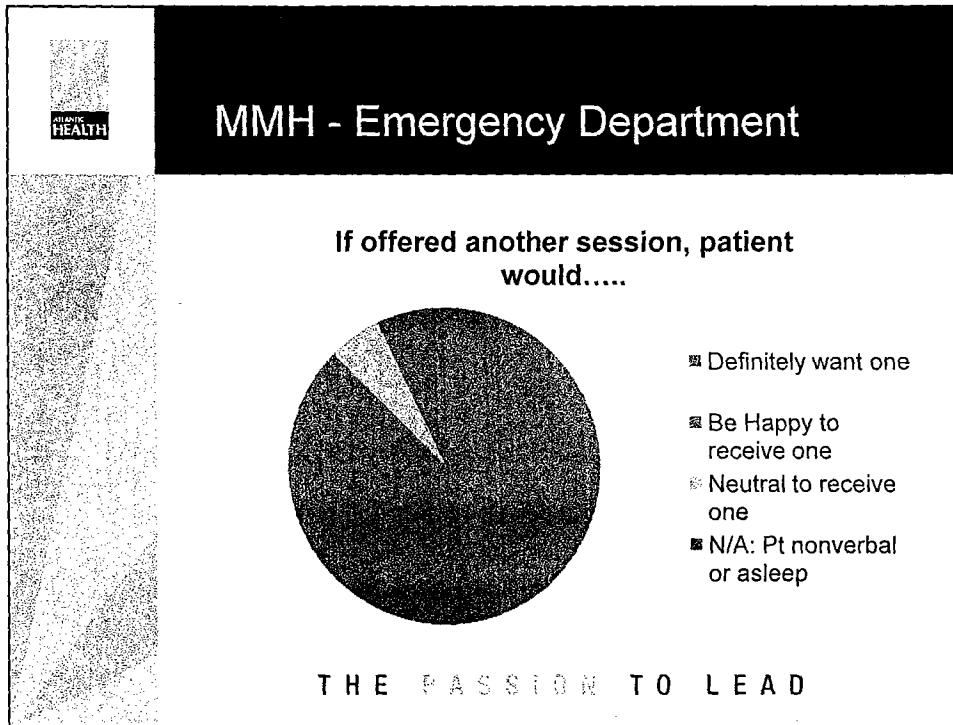
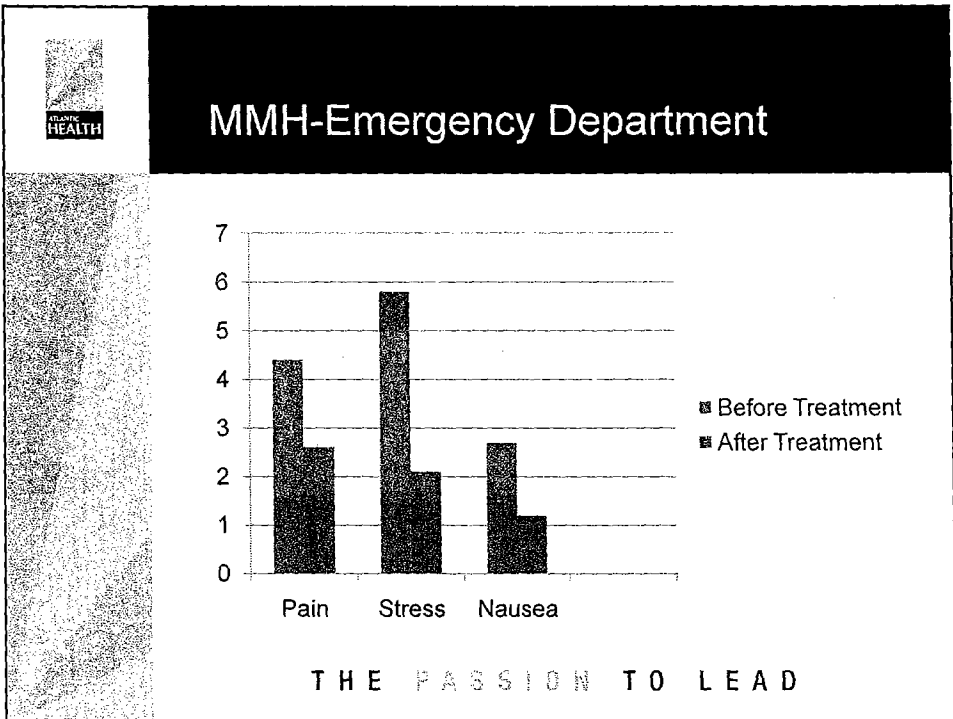
THE PASSION TO LEAD




MMH – Emergency Department

Emergency Department	# Pts with Symptom	Before (Average)	After (Average)	Average % Change
Pain	96	4.4	2.6	40.9%
Stress /Anxiety	110	5.8	2.1	63.7%
Nausea	18	2.7	1.2	55%

THE PASSION TO LEAD






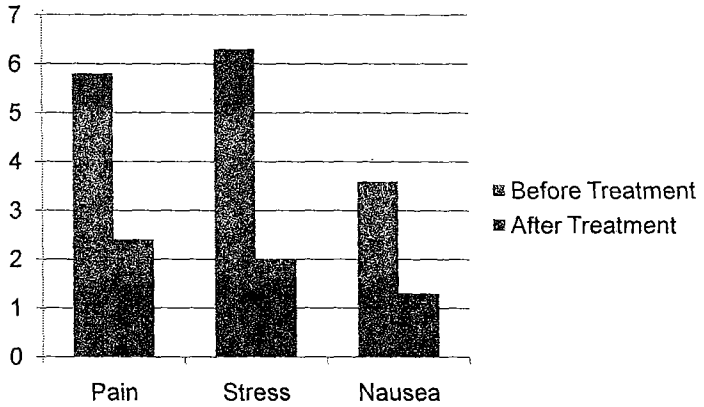
MMH – Jefferson 4 North & South

Jefferson 4 North & South	# Pts with Symptom	Before (Average)	After (Average)	Average % Change
Pain	57	5.8	2.4	58.6%
Stress /Anxiety	73	6.3	2.0	68%
Nausea	3	3.6	1.3	63.8%

THE PASSION TO LEAD

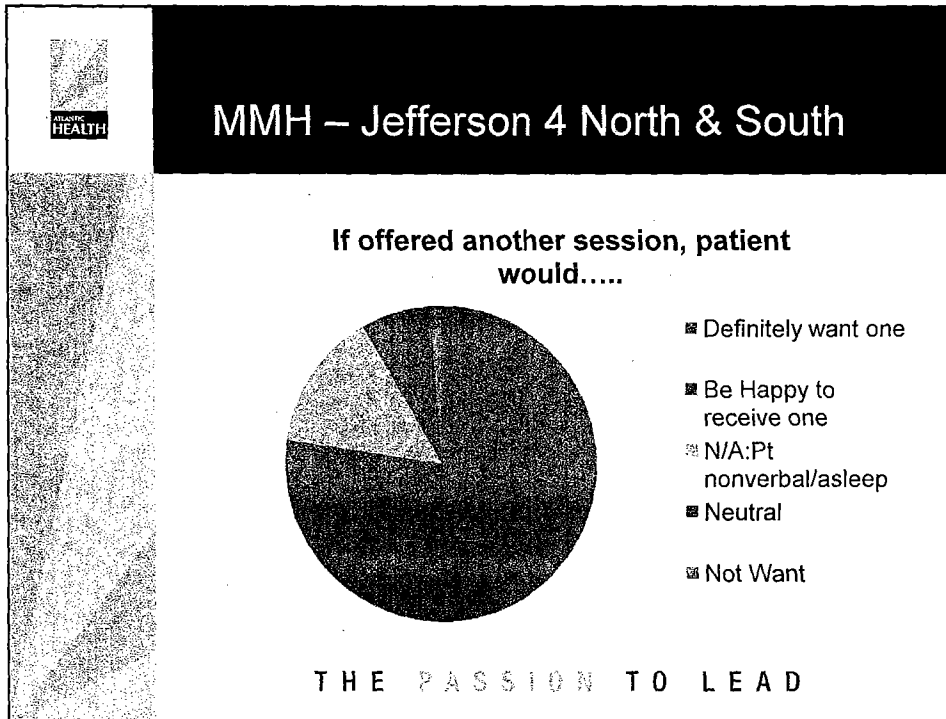


MMH – Jefferson 4 North & South



Symptom	Before Treatment (Average)	After Treatment (Average)
Pain	5.8	2.4
Stress	6.3	2.0
Nausea	3.6	1.3

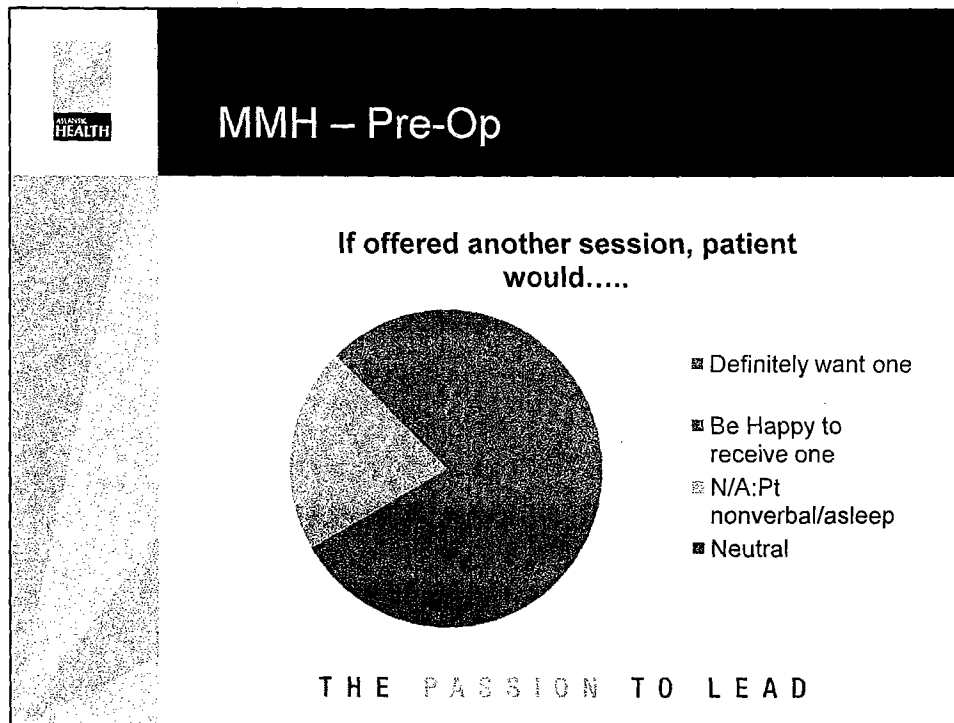
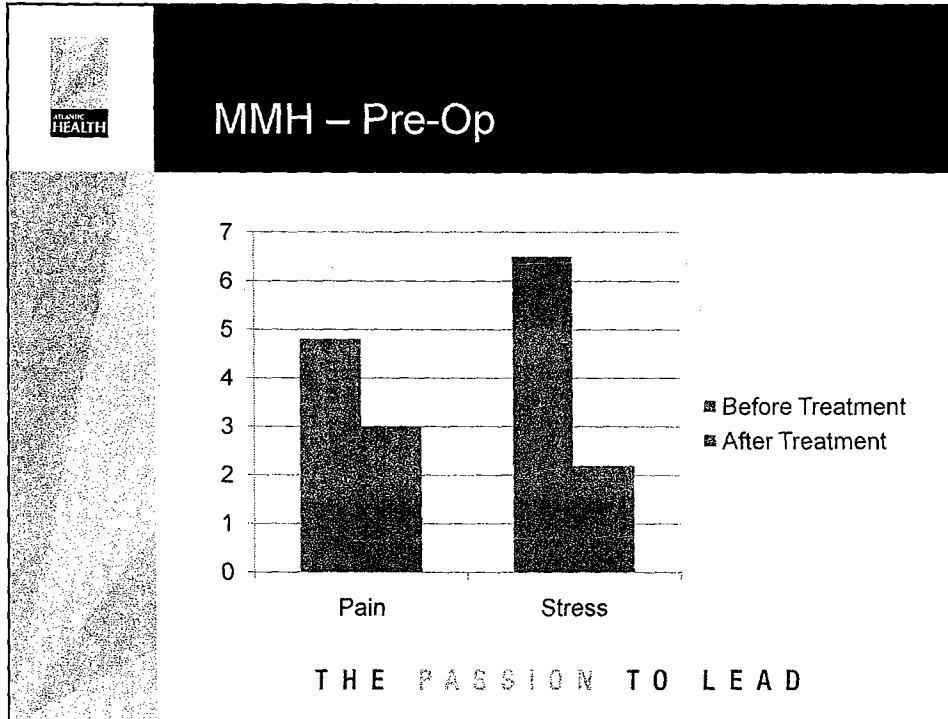
THE PASSION TO LEAD



MMH – Pre-Op

Pre-Op	# Pts with Symptom	Before (Average)	After (Average)	Average % Change
Pain	5	4.8	3	37.5%
Stress /Anxiety	24	6.5	2.2	66.1%

THE PASSION TO LEAD

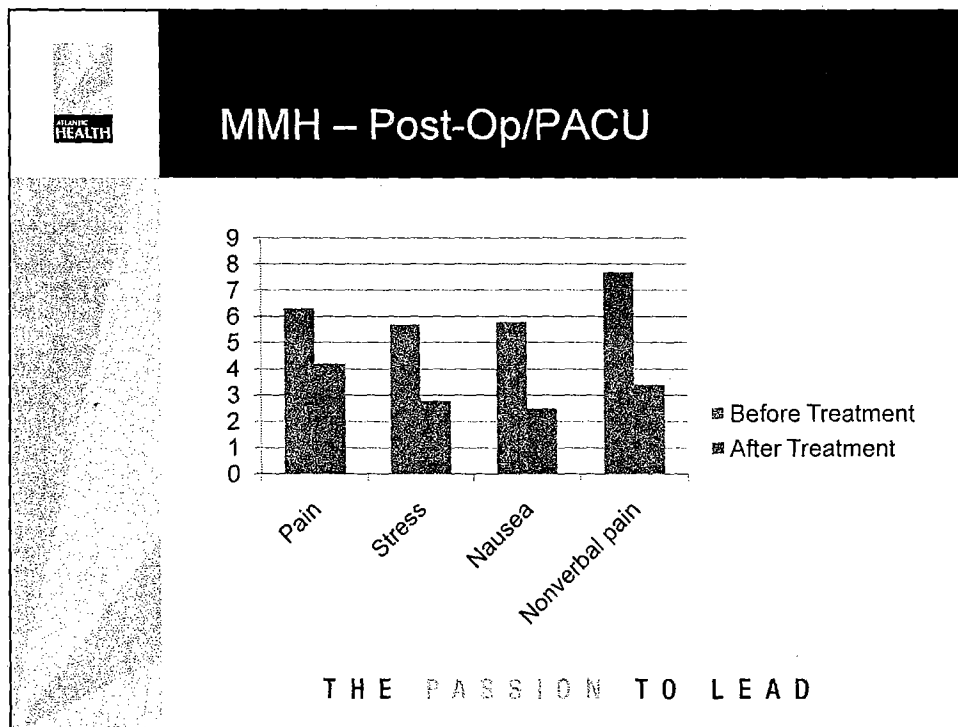


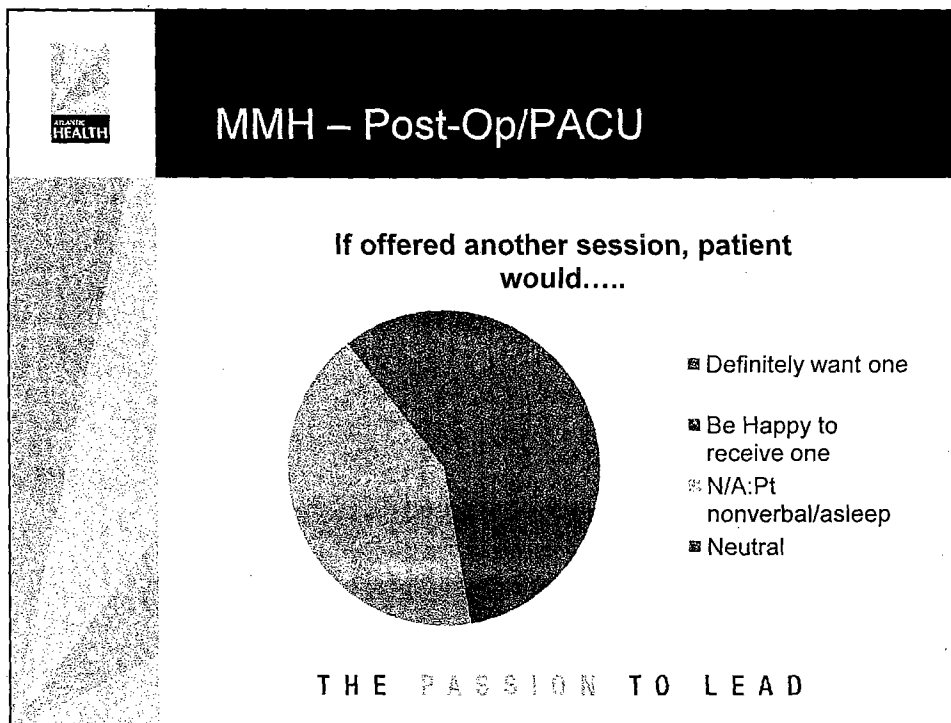
ATLANTIC HEALTH

MMH – Post-Op/PACU

Post-Op/PACU	# Pts with Symptom	Before (Average)	After (Average)	Average % Change
Pain	43	6.3	4.2	33.3%
Stress /Anxiety	48	5.75	2.8	51.3%
Nausea	7	5.8	2.5	56.8%
Nonverbal Pain	8	7.7	3.4	55%

THE PASSION TO LEAD

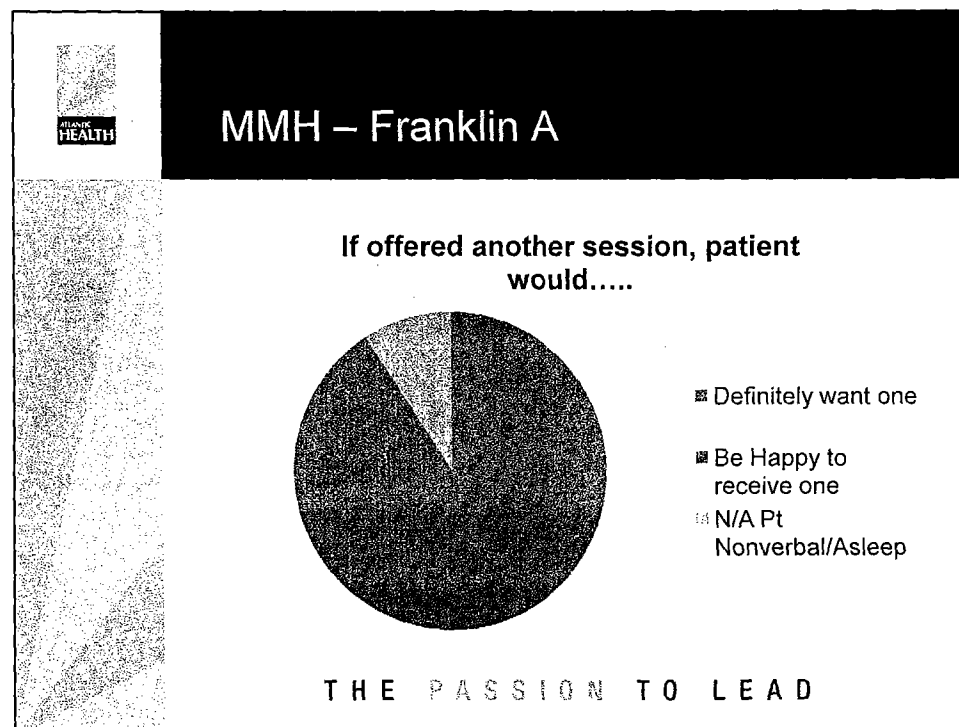
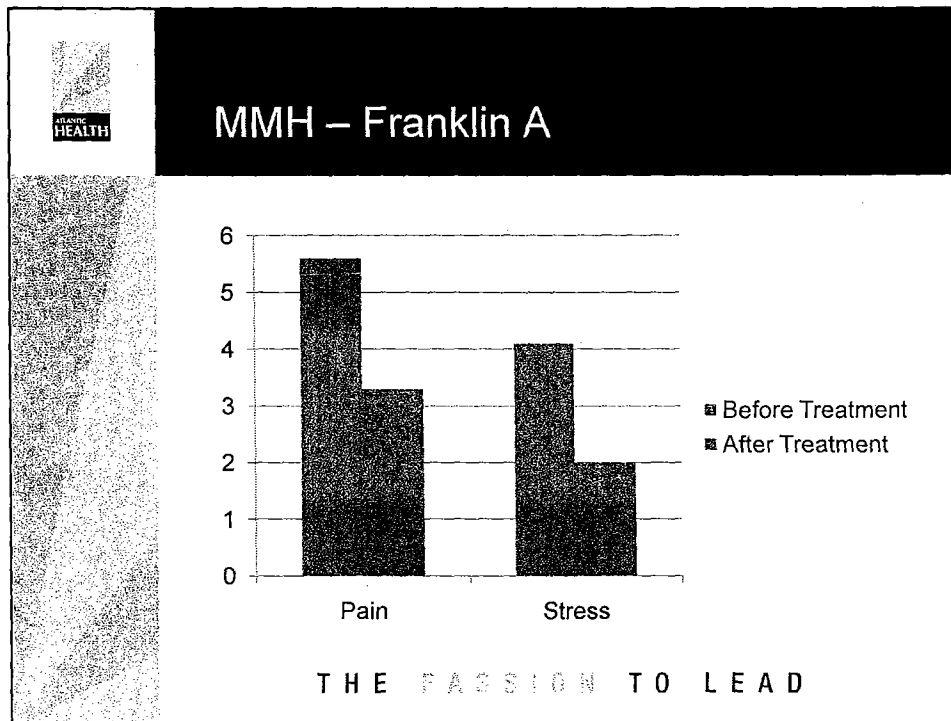




MMH – Franklin A

Franklin A	# Pts with Symptom	Before (Average)	After (Average)	Average % Change
Pain	18	5.6	3.3	41%
Stress /Anxiety	21	4.1	2	51.2%

THE PASSION TO LEAD



8/18/2010 8/19/2010 8/20/2010

Wed Thursday Friday

3-7pm Sarah
3-7pm Sarah
4-6pm Sara



MMH – Valerie Center

10-1pm Jodi
10-1pm Patti
10-1pm Mary

Valerie Center	# Pts with Symptom	Before (Average)	After (Average)	Average % Change
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1-3pm Sarah
10-12pm Mary
10-1pm Annette

Pain	47	2.6	1.2	53.8%
Stress	78	4.5	1.1	75.5%
Anxiety				

10-1pm Mary
1:30-4:30 Patti
12:30-4 Kerry

Nausea	13	2.1	0.7	66.6%
Nonverbal	14	7	0.7	90%

10-12pm Carole
10-12pm Carole
10-12pm Sarah

THE PASSION TO LEAD

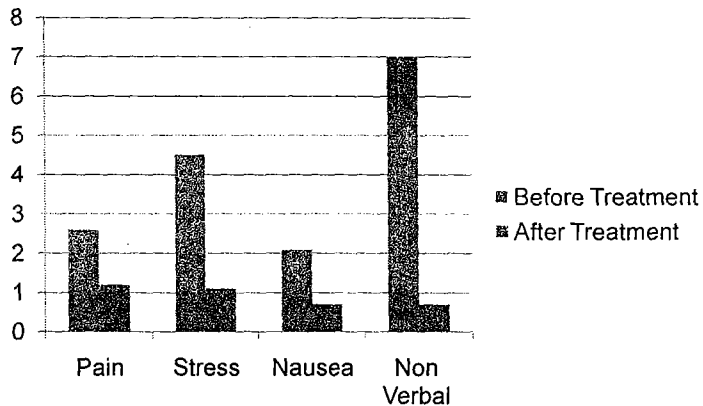
10-4pm Carol
1-4pm Gag A
10-12pm CPACU

Jodi
10-4pm Gag A
CPACU

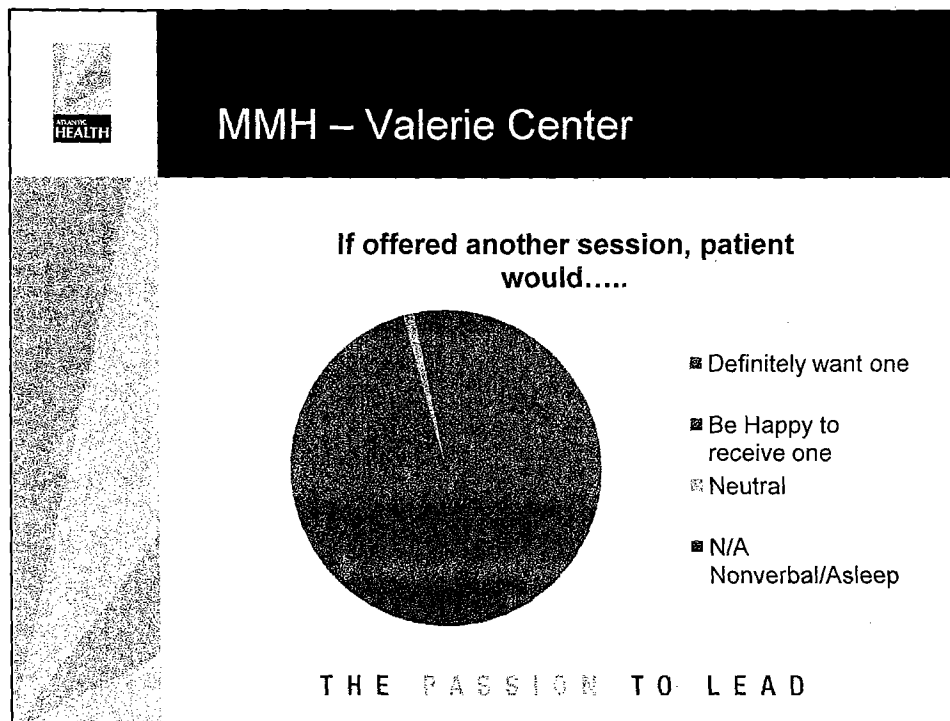


MMH – Valerie Center

1-4pm Carole
11-2pm Sarah
1-5pm Carole



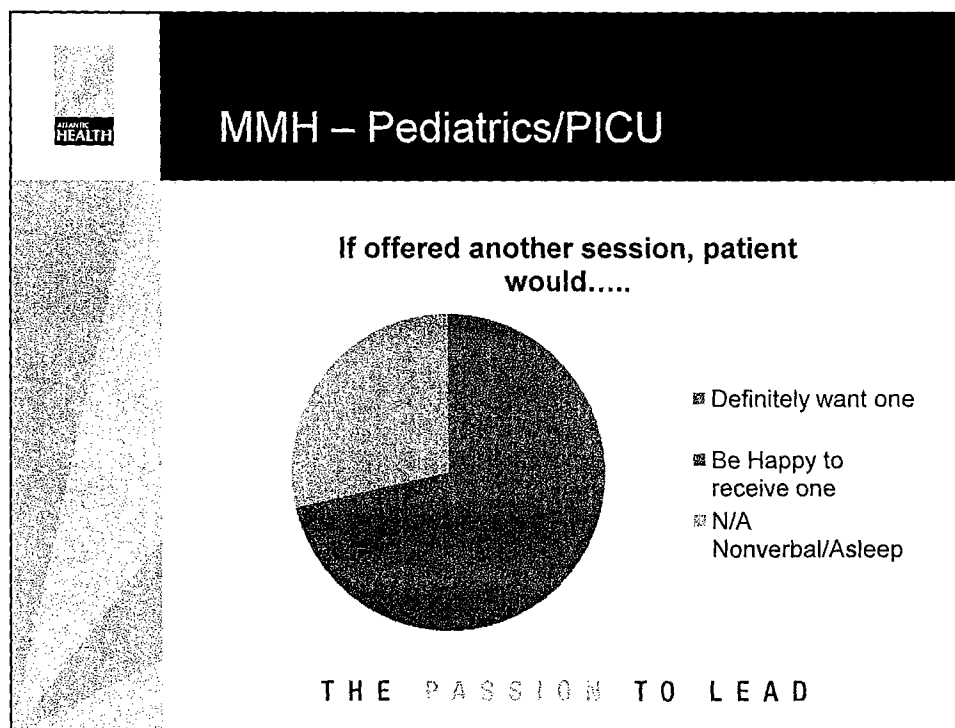
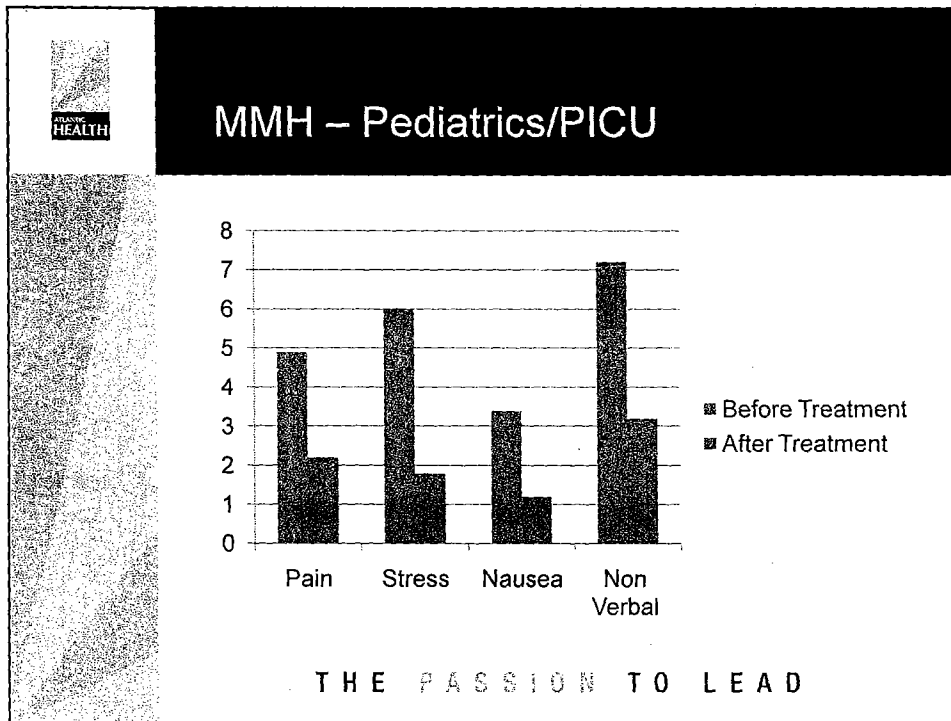
THE PASSION TO LEAD



MMH – Pediatrics/PICU

Pediatrics/PICU	# Pts with Symptom	Before (Average)	After (Average)	Average % Change
Pain	42	4.9	2.2	55.1%
Stress /Anxiety	50	6.0	1.8	68.7%
Nausea	5	3.4	1.2	63.2%
Nonverbal Pain/Stress	5	7.2	3.2	55.5%

THE PASSION TO LEAD





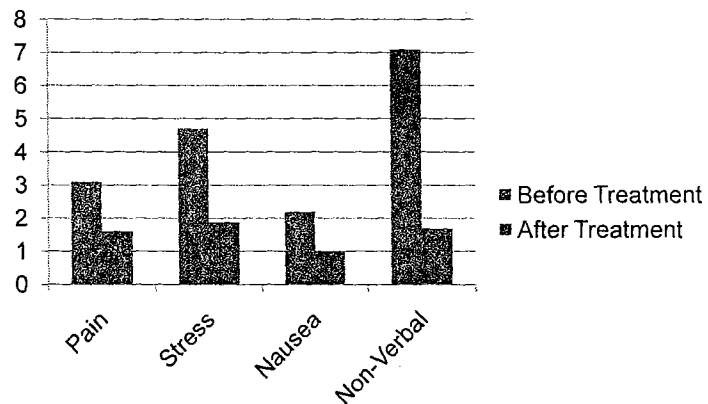
MMH – MICU/ICU

MICU/ICU Department	# Pts with Symptom	Before (Average)	After (Average)	Average % Change
Pain	58	3.1	1.6	48%
Stress /Anxiety	62	4.7	1.9	59.5%
Nausea	12	2.2	1.0	50.9%
Non-Verbal	9	7.1	1.7	76%

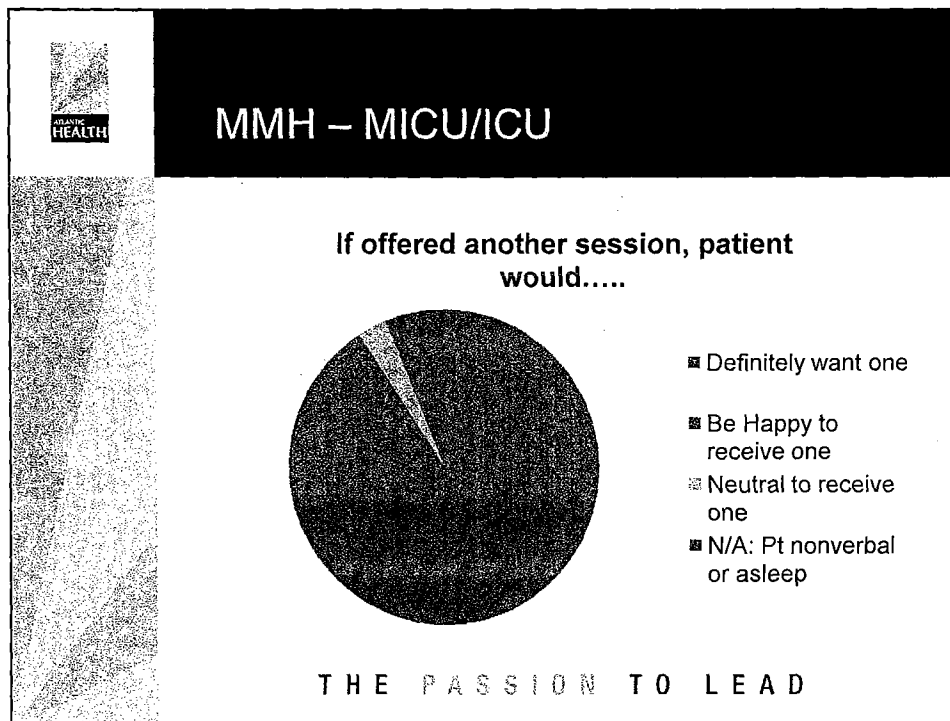
THE PASSION TO LEAD




MMH - MICU/ICU



THE PASSION TO LEAD



- 
- ### MMH – Patients Comments
- ▶ "I wouldn't mind staying another day now!"
 - ▶ "Come back tomorrow"
 - ▶ "This is so great, I think they should have this at all Hospitals"
 - ▶ "Loved It!"
 - ▶ "It is great that the Hospital offers this kind of service"
 - ▶ "Oddly, I feel better"
 - ▶ "Can I come and see you when I get out of here?"
- THE PASSION TO LEAD

HARMONIZING THE ATTITUDES THROUGH THE FINGERS & HAND

THUMB: Corresponds to worrying, depression, anxiety. Physical symptoms include stomach aches, headaches, skin problems and nervousness. In balance, one feels a sense of security.

INDEX FINGER: Corresponds to fear, mental confusion, frustration. Physical symptoms include digestive problems and muscle problems like backache. In balance, freedom from fear is restored.

MIDDLE FINGER: Corresponds with anger. Irritability, indecisiveness. Physical symptoms are eye or vision problems, fatigue, circulation problems. In balance, one increases the capacity for compassion.

RING FINGER: Corresponds with sadness, fear of rejection, negativity, grief. Physical symptoms are digestive, breathing or serious skin problems. In balance, one is able to release the 'old' and become receptive to the new.

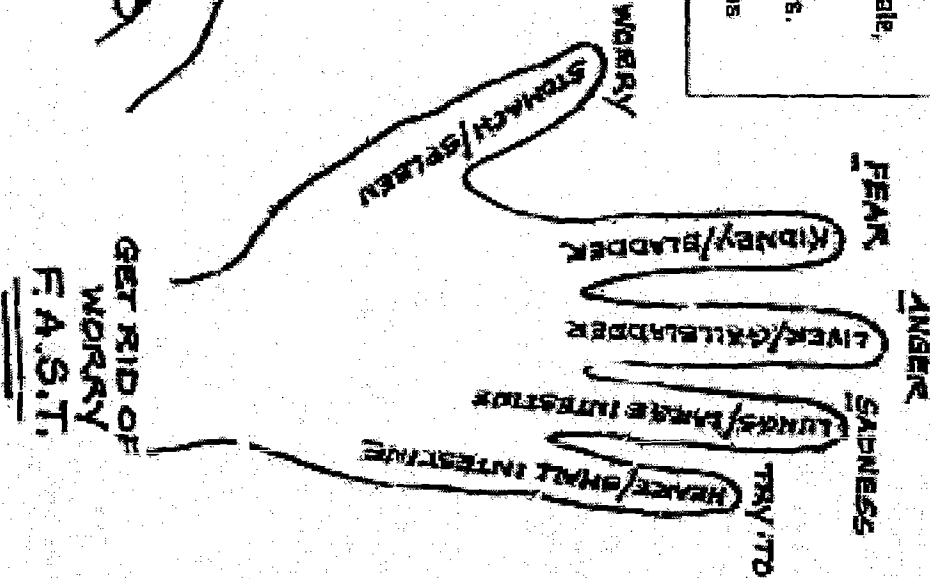
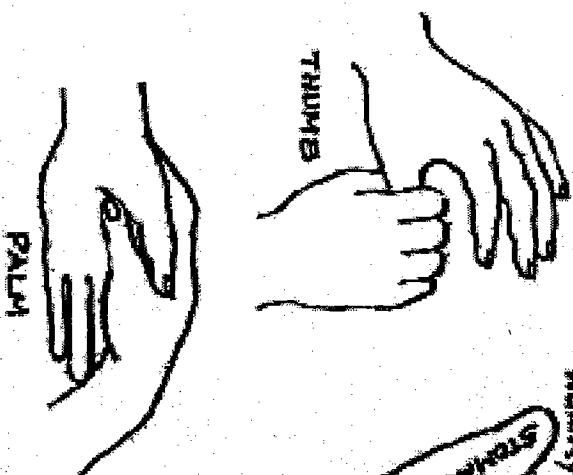
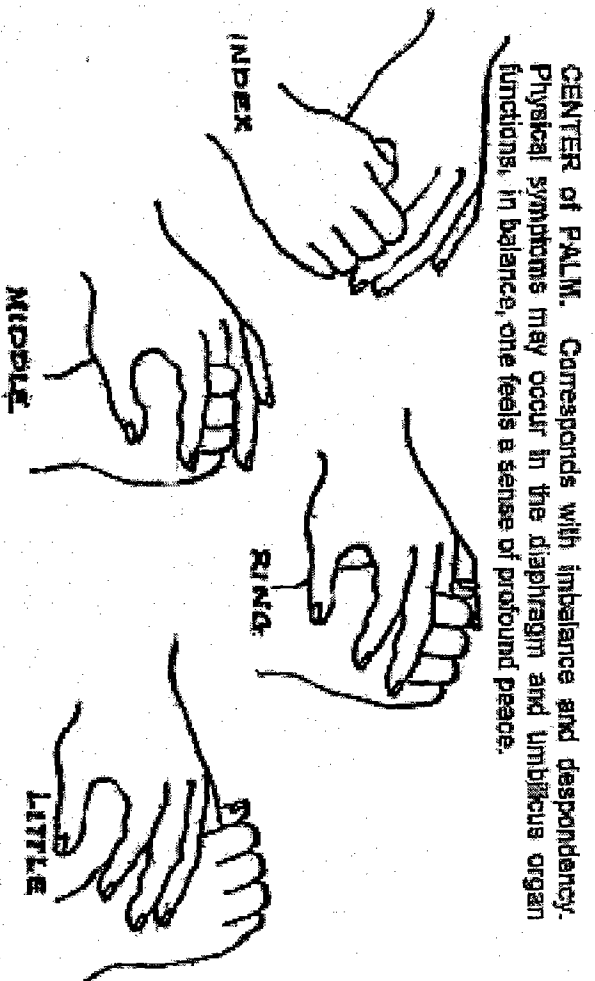
LITTLE FINGER: Corresponds with overdoing it, insecurity, effort, nervousness. Physical symptoms are bone or nerve problems, heart or small intestine dysfunction, sore throat. In balance, one receives intuitive inspiration.

CENTER of PALM. Corresponds with imbalance and despondency. Physical symptoms may occur in the diaphragm and umbilicus organ functions. In balance, one feels a sense of profound peace.

HOW-TO TECHNIQUES:

- Relax ... or if you're unable to relax, just be as you are
- Sit, stand or lie down — whichever is most comfortable and convenient.
- Simply apply your hands for a few minutes at a time to each step or until you can feel an even, rhythmic pulse.
- Just hold each finger, there's no need to rub or squeeze.
- Any time of day is fine. A daily application will accomplish results.

✦ Hold each finger individually
 ✦ Take one complete exhale, then inhale.
 ✦ After doing all ten fingers, hold palms together and take 20 additional breaths to balance energy flow



Atlantic Integrative Medicine – In-Patient Assessment Patient Name _____

Facility: _____ Unit: _____ Room # _____ *or Patient Label*

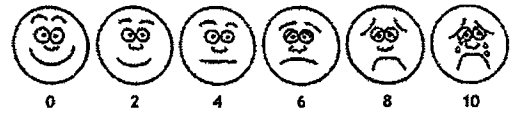
Today's date: ___/___/___ Time Start: _____ Time Stop: _____

Type of Therapy: Indicate which treatments given. Check ALL that apply.

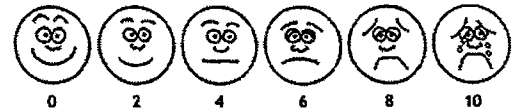
___ Jin Shin Jyutsu®, ___ Acupressure, ___ Therapeutic Touch, ___ Healing Touch, ___ Reiki, ___ Massage,
 ___ CranioSacral Therapy, ___ Guided Imagery, ___ Progressive Relaxation, ___ Deep Breathing Exercises,
 ___ Reflexology, ___ Hand and Foot Massage, ___ Counseling, ___ Patient Education/ Self Help

1. Patient **pain** level **prior** to the Integrative Medicine treatment, assigning **0 for the least pain** and **10 for the worst pain.**
 0---1---2---3---4---5---6---7---8---9---10

(Non-verbal pain scale)



2. Patient **pain** level immediately **after** the treatment.
 Asleep---0---1---2---3---4---5---6---7---8---9---10



3. Patient's perception of **stress/anxiety** level **prior** to the Integrative Medicine treatment
 0---1---2---3---4---5---6---7---8---9---10

4. Patient **stress/anxiety** level immediately **after** the Integrative Medicine treatment
 Asleep---0---1---2---3---4---5---6---7---8---9---10

5. Patient **nausea** level **prior** to Integrative Medicine treatment
 0---1---2---3---4---5---6---7---8---9---10

6. Patient **nausea** level immediately **after** the Integrative Medicine treatment
 Asleep---0---1---2---3---4---5---6---7---8---9---10

If offered another session, patient would:

Definitely want one	Be happy to receive one	Be neutral to receive one	Would not want one	Disliked the experience	N/A: Patient fell asleep/nonverbal
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Patient Comments:

Practitioner Observations:

Practitioner Signature: _____



Atlantic Integrative Medicine

Healthy Lifestyles

The Center for Health and Wellness

(973)971-6301



All sessions are reasonably priced to ensure everyone has the opportunity to start living healthy today!

Classes are \$10

Individual sessions are priced at \$25 for a half hour and \$45 per hour.

Now Offering...

Holistic Health Assessments
Nutritional Assessments

Nutritional Counseling
Lifestyle Coaching
Massage
Jin Shin Jyutsu
CranioSacral
Nondual Healing
Acupuncture

Yoga
Pilates
Tai Chi
Qi Gong
Zumba
Meditation
Nia
Dancing
Lectures
Cooking Classes

Located on
Level C of the
Gagnon
Cardiovascular
Institute

We know that change can be hard, especially when you go it alone. But it's a lot easier when it's fun and works with your schedule, your budget and your interests. That's what Healthy Lifestyles is all about. Using an innovative multidisciplinary approach, Healthy Lifestyles experts work as partners on the journey to better health.

Our Center offers:

- Health Assessments to explore your current health conditions and recommendations on ways to improve your situation
- Nutritional Assessments and Counseling to improve diet and promote weight loss
- Classes to increase physical activity that are fun and address your current physical condition
- Services that reduce stress and improve overall mental well being
- Mental and emotional support and guidance
- Acupuncture

The Center can help you address:

- ▶ High blood pressure
- ▶ High cholesterol
- ▶ Diabetes
- ▶ Weight issues
- ▶ Smoking
- ▶ Physical inactivity
- ▶ Stress

For information or to schedule an appointment, please call (973) 971-6301

Menu of Services

(973) 971-6301

Assessments

Holistic Health Assessments/Lifestyle Assessments \$70 for 1.5 hrs

Meet with our holistic nurse or lifestyle coach to look at your current health situation and design a plan to create positive changes. Session includes stress reduction and self-help techniques.

Nutritional Assessment \$45 for hour

Develop a nutritional profile and a program formulated just for you.

Individual Sessions: \$25 for half hour/ \$45 per hour

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Lifestyle Coaching: Meet with our lifestyle coach to develop a plan and for ongoing support as you create a new approach to life.

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Jin Shin Jyutsu: A form of acupressure that reduces stress, increase energy levels, lowers blood pressure and heart rate and improves one's overall mental perspective.

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CranioSacral: A gentle, hands-on method of evaluating and enhancing the functioning of the craniosacral system. using a soft touch practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

Nondual Healing: A blend of talk therapy and hands-on healing that leads to greater self-awareness and facilitates change.

Private Yoga and Tai Chi Classes: Individual instruction can be arranged with one of our practitioners. These are most helpful in gaining focus and benefits of the movements at your own pace.

Acupuncture: A 2000 year old Chinese Medical art has been found to be beneficial for many modern conditions, including pain, stress, anxiety, musculoskeletal conditions and many others. New patient assessments \$20.00, first insertion of needles \$75.00, second insertion of needles \$25.00, heat during treatment \$2.50, manual therapy during treatment \$2.50

Classes: \$10 per class

Yoga: A gentle form of breathing and stretching exercise that enhances relaxation, lowers blood pressure and heart rate and reduces stress.

Pilates: A gentle form of exercise that focuses on gentle movements with the breath which creates a connection between the body and the mind. It strengthens muscles, improves flexibility, circulation and balance.

Tai Chi: A series of meditative movements that improve balance, lowers blood pressure and decreases anxiety.

Qi Gong: A self-healing art form that combines movement, breathing and meditation. Visualizations are used to enhance the mind/body connection which reduces stress and improves mental outlook.

Zumba: A fusion of Latin rhythms and easy to follow moves to create a dynamic fitness program.

Meditation: An introduction to the benefits of meditation and breathing techniques to reduce stress, lower blood pressure and improve one's energy level.

Nia: Nia is a gentle-movement, non-impact form of fitness that's ideal for everybody. We move in bare feet to inspiring music by independent artists. A fusion of dance arts, healing arts and martial arts, Nia provides a gentle cardio, flexibility, and strength training experience- that's FUN! With Nia, it's NO PAIN, ALL GAIN!

Consultations with an Integrative Physician

Meet with our board-certified integrative medicine physicians for a one hour consultation and examination. The physician will create an integrative prescription combining the best evidence-based conventional and complementary treatment recommendations. Modalities recommended may include advanced nutritional testing, diet, supplements, homeopathy, ayurveda and integrative services offered at our health and

wellness center. Our physicians will send a report of their consultation and recommendations to your primary care physician and specialist physicians and partner with you for the best outcomes.

Please call (973) 971-6301 to schedule an appointment.