

HEALTH matters

JRMC is First Area Hospital Offering Computer Assisted Navigation for Knee Replacements

After several months of testing, JRMC has installed a Stryker surgical navigation system for total knee replacement surgery. The system's manufacturer anticipates that its ability to align new joints specific to each patient's anatomy will improve knee joint stability and likely will lengthen the life of implants. JRMC is the first area hospital to install the equipment, the most advanced system of its kind available.

"Total knee replacement is an extremely successful way to treat patients suffering from severe knee pain," said Timothy Honkala, M.D., Chief of Surgery at JRMC. "The new surgical navigation technology that we have in place greatly enhances our ability to restore the range of knee function and return patients to normal activity."

At JRMC, orthopedic surgeons use minimally invasive techniques and incorporate the most advanced technology available in the operating room, including ceramic implants. After using the Stryker computer-assisted navigation system for knee replacements, surgeons say their patients experience an improved recovery period when compared to previous methods.

"It's like having a powerful surveyor's tool in the operating room," said Honkala. "With it, we can give a patient a new knee that has the best possible strength, stability and range of movement, even in difficult anatomic situations." JRMC is the only hospital in the area to invest in and



Smart wireless instruments send data pertaining to the knee kinematics (movement) to a computer.

use the Stryker computer navigation system for orthopedic surgery. It's all part of our commitment of *Caring for You Like Family*. For information call **412-469-7000**.

MRI Unit Added to Hospital Building

JRMC patients will enjoy improved convenience for MRI scans with the addition of a conventional, short-bore MRI unit. It is approximately six feet deep, making it more spacious than older models.

According to Vice President of Professional Services Janet Cipullo, this is a temporary service to meet the immediate needs of JRMC patients. "A permanent MRI will be installed as part of the construction to expand the Emergency Department and Jefferson Surgery Center next summer," she said.

On average, an MRI examination takes between 30 and 45 minutes. Patients do not need to fast before an MRI and may take normally prescribed medication.

Hours of Operation are Monday through Friday from 8:30 a.m. to 4:30 p.m. Outpatient examinations can be scheduled by calling **412-469-5234**.

Approximately 300 Area Residents Honored for Volunteer Service

Several area residents were recognized at the JRMC Annual Volunteer Service Awards Luncheon recently for providing more than 10,000 hours each in volunteer service:

West Mifflin: **Mary Ann Winterhalter** (23,000 hours) and **Eleanor Dobies** (14,000 hours); Pleasant Hills: **Josephine Brennan** (21,000 hours) and **Martin Nelson** (12,000 hours); Whitehall: **Alice Stephens** (15,000 hours)

All volunteers with at least five years or 500 hours of service were recognized at the event. To learn more about volunteer opportunities, call the Volunteer Services office at (412) 469-5885, or visit our website at www.jeffersonregional.com.

Celebrating Nurses' Week 2004

JRMC is proud to salute the nearly 700 men and women who dedicate their skills and education to caring for our patients like family. Thank you!



Patients are Spreading the Good News

A local resident says she and her husband used to go to another hospital for all of their care. But after having a heart attack, the EMS personnel told her that a Pittsburgh hospital was too far - so they brought her to JRMC. The patient and her husband have never gone back to the other hospital. They tell "everybody" about the excellent care that is provided at JRMC, whether it be the Emergency Department, inpatient, or any test that they have had done.

JRMC welcomes Orthopedic Surgeon Jeffrey Matheny to its Medical Staff.

Caring for you like family.

JEFFERSON
REGIONAL MEDICAL CENTER

Two Local Residents Promoted to Key Leadership Roles at JRMC



Executive VP & COO Bob Horn

Pleasant Hills native Robert W. Horn has been promoted to Executive Vice President and Chief Operating Officer for JRMC.

He completed his undergraduate

studies at Cornell University, and is a 1964 graduate of Thomas Jefferson High School. He served a two-year tour of duty with the U.S. Army in Vietnam, earning the Bronze Star. Horn earned his MBA at the University of Pittsburgh and has served JRMC for nearly 30 years.

"It is rare for one person to maintain a long-term and progressive career in one organization, especially in health care," Horn says. "I have been fortunate that, not only have I accomplished that, but in doing so I have been privileged to serve my own neighbors in Pleasant Hills and the surrounding communities."



Senior VP & CFO Bob Frank

Bethel Park resident Robert A. Frank has been promoted to Senior Vice President and Chief Financial Officer. A life-long resident of West

ern Pennsylvania, Frank also is an

alumnus of the University of Pittsburgh, having earned a BA in Economics, a Masters in Public Administration and an MBA there. Frank has 25 years of service at JRMC.

Both men were responsible for planning the successful launch of the open-heart program at JRMC in 2002. The Heart Institute recently earned the *VHA Hospital Report Card's* "Five-Star Rating," the highest possible, for peripheral interventional procedures. Patients who benefit from quality medical care at The Heart Institute recently rated the cardiovascular unit as "number one" among Western PA

hospitals, according to Press Ganey.

"The achievements of The Heart Institute have exceeded our expectations," says Horn. "Our studies indicated a need in the community for an excellent cardiovascular and thoracic program because residents preferred to obtain these services without having to drive into the city." The Heart Institute is a shining example of how the leadership at JRMC has been able to improve financial performance of the organization. As the health care industry continues to face the challenges of increased costs and declining reimbursement from insurers, Frank says, "We continually adjust. Our goal is to honor our responsibility to the community to provide the quality health care they have come to expect at Jefferson Regional Medical Center, while we gain solid financial footing."

June 14-20 is National Men's Health Week

JRMC Adds Convenience to Diagnostic Services for Area Residents

JRMC DIAGNOSTIC SERVICES, LLC, provides access for outpatient testing needs.

Located in the Jefferson Medical Arts Building (between the hospital and Route 51 on Coal Valley Road), we offer a complete chemistry lab, bone densitometry, cardiac tests, stress tests, sonograms and more.

HOURS OF OPERATION:

Nuclear Department

Mon. - Fri. 8 a.m. to 3:30 p.m.

Chemistry Lab

Mon. - Fri. 7 a.m. to 5 p.m.

Saturday 7 a.m. to 11 a.m.

Of course, parking is convenient and FREE! Call 412-469-8952.

Fact: MRI patients are scanned head-first if the area of interest is above the waist; feet-first if the area of interest is below the waist. Due to the strong magnet, no metal objects are permitted near the MRI unit.

COMMUNITY EVENT CALENDAR

CALL (412) 469-7100

JEFFERSON
REGIONAL MEDICAL CENTER
Medical excellence closer to home

Health Matters is distributed monthly for friends and neighbors of Jefferson Regional Medical Center. Visit our web site at: www.jeffersonregional.com or write to us at: *Health Matters*, P.O. Box 18119, 565 Coal Valley Road, Pittsburgh, PA 15236.

Date	Event	Sponsor	Time
June	Seniors Exercise Classes	Senior Services	Various
Thursdays	Mall Walkers/Century III Mall Free Blood Pressure Screening	Emergency Department	8 to 10 a.m.
May 18, 20, 24 & 25	Take Control of Your Diabetes	Patient Education	1 to 3 p.m.
May 19	Skin Cancer and Aging	Health for Her	5 to 6:30 p.m.
June 8	Knee and Hip Pain Seminar	Joint Care Center	10 to 11:00 a.m.
June 4	Strawberry Festival	JRMC Foundation	11 a.m. to 3 p.m.
June 12, 19	55 Alive Driver Refresher	Senior Services/AARP	9 a.m. to 1 p.m.
June 22	The Emotional Body <i>Stress Response in Stressful Places</i>	Behavioral Health	11 a.m. to 1 p.m.
Aug. 24	The Emotional Body <i>Coping With Medical Crises and Chronic Conditions</i>	Behavioral Health	11 a.m. to 1 p.m.

The calendar of events can be viewed at www.jeffersonregional.com. Most events are offered free of charge. Some events provide light refreshments.

Monthly and Weekly Support Groups at JRMC

Event	Day	Time	Location
Alanon, Alateen	Wednesdays	8 p.m.	Bibro Pavilion
Alcoholics Anonymous (AA)	Wednesdays	8 p.m.	J Café
Narcotics Anonymous	Saturdays	8 p.m.	J Café
Mental Health Family Education Group	Tuesdays	5:45 p.m.	3 SW Conf. Rm
Caregiver Support Group	1st Tuesday	2 p.m.	3 SW Conf. Rm
Cancer Support Group	2nd Tuesday	7 p.m.	J Café
Medical Career Explorers	1st Thursday	7 p.m.	J Café - Cost: \$10/yr
"Puff Pals" Pulmonary Support Group	3rd Thursday	2:30 p.m.	J Café
The Yearlings (<i>Family Hospice crafts</i>)	4th Tuesday	1 p.m.	Southminster House
Family Hospice Support Groups	1st Wednesday	7 p.m.	Baldwin Methodist
	2nd Tuesday	1 p.m.	Southminster House
	3rd Monday	7 p.m.	Unitarian-Universalist