

STROKE AND CEREBROVASCULAR CENTER OF NEW JERSEY

Family Guide





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WELCOME TO THE STROKE AND CEREBROVASCULAR CENTER OF NEW JERSEY AND CAPITAL INSTITUTE FOR NEUROSCIENCES

Having a family member or loved one impacted by a serious brain or spine condition can be an overwhelming and stressful time. We want you to know that we are here to support you.

The role of family and friends is an important one for our patients. Our medical team has significant experience and handles complex brain and spine conditions every day. You can have confidence that your loved one is receiving outstanding care from experts in their field.

Because you can have confidence in their care, you can focus on providing your loved one with the emotional support they need.

WHY WAS MY LOVED ONE BROUGHT TO CAPITAL HEALTH AND THE CAPITAL INSTITUTE FOR NEUROSCIENCES?

When facing a serious brain or spine condition, patients need to receive appropriate care: a highly specialized physician, advanced technology, and a proven, experienced support team.

Brain injuries are serious, and the neurosurgeon's experience matters. We treat more patients requiring brain surgery – and more aneurysms – than any other hospital in New Jersey. We were also one of eight hospitals in the nation – and the only one in New Jersey, Pennsylvania or Delaware – recognized by The Joint Commission as a *Top Performer on Key Quality Measures* for Stroke.

Patients are transferred from other hospitals because their doctor—consulting directly with our neurosurgeons—decided their condition requires specialized care best provided here. More than 80 emergency rooms in the tri-state area send their patients here regularly.

Patients can go directly from the helipad or ambulance to the diagnostic and interventional suite or operating room. All of these are just steps from each other so that fast and efficient treatment can be immediately provided.

Managing our patient's care are neurosurgeons who are national leaders in the treatment of aneurysms, brain tumors and other brain conditions. They lead a multidisciplinary team focused on providing the most advanced treatment options available.

Every day, we care for patients with conditions including strokes, aneurysms, arteriovenous malformations, tumors and other serious conditions. Our cerebrovascular neurosurgeons are "dual-trained" so they can immediately perform the appropriate procedure - either traditional surgery or minimally invasive endovascular surgery - unlike other specialists who are trained in only one approach. Our tumor neurosurgeon is a leader in the field of brain tumors and provides both minimally and non-invasive treatment options to protect critical brain tissue when treating or removing tumors. Our spine surgeons use the latest minimally invasive approaches to decrease time in the operating room and help patients recover more quickly.

Our physicians are very active in research and committed to bringing new treatments to patients. In fact, our neurosurgeons were first in the nation to use a revolutionary device to remove clots in the brain, starting with a tiny incision in the leg. They were also first in the world to remove a brain tumor with an awake patient – using a novel brain-mapping technology – which allows them to preserve brain function while removing tumors deep within the brain.

We also implemented the first and only neurological emergency room in the nation.



WHAT DO I DO WHEN I ARRIVE?

If your loved one has been transferred to Capital Health Regional Medical Center in Trenton (formerly Fuld hospital), please go directly to the visitor's desk in the Grand Lobby during the hours of Mon-Fri 5:30 a.m. - 8:30 p.m. and Sat-Sun 8 a.m. - 8:30 p.m. All other times, please go to the security desk in the Emergency Department.

If your loved one has been transferred to Capital Health Medical Center - Hopewell in Pennington, please go to the greeter's desk located at the main entrance of the hospital.

Our staff will be able to provide you with a visitor's pass and tell you where your loved one has been taken. They can help direct you to the appropriate area of the hospital where you can wait for a condition update or see your loved one.

Depending on your loved one's condition, he or she may be sent to any of the following areas upon arrival:

RADIOLOGY

Your loved one may go immediately for additional diagnostic studies which help our physicians ensure all appropriate options are considered for his or her care.

CEREBROVASCULAR NEUROSURGICAL INTERVENTION SUITE (CNI Suite)

This specialized room has equipment that provides advanced imaging of the brain and is where our neurosurgeons perform endovascular interventions. Endovascular surgery is a minimally invasive approach which enables our neurosurgeons to perform procedures using the vascular system as a pathway to the impacted area of the brain. A small incision is typically made in the femoral artery (located in the upper leg), and catheters are carefully monitored and fed within the body to reach the brain.

NEUROSURGICAL OPERATING ROOMS

These dedicated operating rooms are specially designed for neurosurgical cases that require a traditional or "open" procedure where the brain is accessed directly from the outside through the scalp. Here, our physicians operate on patients who need treatment not only for cerebrovascular conditions but also for tumors and other conditions of the brain and spine.

HYBRID OPERATING ROOM

Our hybrid operating room includes the technology necessary to perform both endovascular and traditional or "open" neurosurgery in the same room. The room is equipped with a very advanced guidance system enabling our neurosurgeons to immediately use images similar to a GPS of the brain if open surgery becomes a necessity following an assessment of endovascular options.

NEUROSURGICAL INTENSIVE CARE UNIT

A designated unit where our critically ill patients are cared for by nurses trained specifically in the unique needs of neurosurgical patients. We have the largest dedicated "Closed" Neuro ICU in the region. This means that your loved one's care is completely managed by our dedicated neurosurgical team.

NEURO INTERMEDIATE UNIT

A unit for neurosurgical patients who don't require immediate neurosurgical intervention or are recovering from an intervention. This unit has both critical care and intermediate care capabilities. As appropriate, your loved one may be moved from the Neuro ICU to the Neuro Intermediate Unit as the neurosurgical situation progresses. This unit is "Closed", and all patients are managed by our dedicated neurology team.

MEDICAL STROKE UNIT

A unit for neurosurgical patients who do not require critical care but do require neurological nursing care as well as continuous monitoring of vital signs (telemetry). This unit is "Closed", and all patients are managed by our dedicated neurology team.



OUR TEAM

From the moment your loved one arrives at our hospital, he or she is being cared for by a team dedicated to helping patients with critical neurological issues. This can include neurosurgeons, neurologists, neuro-intensivists, anesthesiologists, neuro-hospitalists, and other physicians. Supporting their efforts are critical care nurses specifically trained to work with neurosurgical patients, physician assistants, nurse anesthetists, respiratory therapists, speech pathologists, technicians, physical and occupational therapists, social workers, and other critical team members.

UPDATES FROM THE MEDICAL TEAM

We understand that caring for patients doesn't end with doctors, nurses and other health care workers. Family, friends and other significant individuals that the patient involves in their care play an important role in the healing process.

Communicating with individuals involved in a patient's care is important to Capital Health, as is protecting our patient's privacy.

Our staff will work with you to keep you as informed as possible about your loved one's condition. If they are having a procedure, you will be able to wait for updates in one of our waiting areas. We will provide updates every hour during the surgery or procedure.

Once finished, the surgeon will speak with you.

Once your loved one has been moved to a patient care unit, please speak to the nurse if you have a question about his or her care. The nurse can also locate one of the physician's assistants on the floor or find a time when the physician will be able to meet with you. Our team works extremely close, and any one of these team members can help answer your questions.

It may be helpful for you to write down a list of questions so that when you speak with a member of the healthcare team, you have them readily available.

FAMILY SPOKESPERSON

We request the patient or family identify one spokesperson to serve as the point of contact with whom our doctors can regularly communicate to provide updates on the patient's condition, obtain consents, and discuss other urgent matters. We would ask this spokesperson's assistance in promptly obtaining a durable power of attorney or document indicating next of kin from the appropriate family member.

This enables the medical team to provide important updates the spokesperson can communicate to other family members, while ensuring the medical team's focus remains on caring for your loved one. Once the spokesperson is selected, their name and telephone number should be given to the nurse caring for your loved one.

SUPPORT TEAM

Neurosurgery Family Liaison

Capital Health Regional Medical Center in Trenton has a dedicated liaison for our neuroscience patients' families. Funded by the generosity of a former patient and family, Craig and Andrea Lewis, the liaison is dedicated to establishing and maintaining a relationship with patient families within the neurosurgical intensive care, stroke, and intermediate care units – if you feel this would be beneficial. The family liaison can assist you during your loved one's hospital stay. If you have concerns or questions, please contact the liaison. If your loved one is at Capital Health Medical Center – Hopewell, our liaison can easily make arrangements to visit you there.

Since the vast majority of the Institute's patients are transferred from other hospital systems in the tri-state area, the liaison is a resource to orient you to available services, provide emotional support, assist with logistics (hotel, restaurant information, communications needs), and facilitate communications with our neurosciences team (neurosurgeons, physicians, physician assistants, social workers, case managers).

To reach this dedicated liaison, please stop by the office located inside the Neuro ICU South Waiting Room. You can also call 609-947-5381 five days a week, or send an e-mail to neurofamilies@capitalhealth.org at any time.

Guest Relations at Capital Health

Available to patients and their families, our guest relations team can assist you during your loved one's stay.

At Capital Health Medical Center – Hopewell, the guest relations team serves in a similar role to the family liaison at Capital Health Regional Medical Center and can provide help with accommodations and travel assistance in addition to helping you navigate the hospital and connect with your loved one's healthcare team. As previously mentioned, you may also reach out to the neurosurgery family liaison, if preferred.

The Guest Relations Department at Hopewell also includes our concierge service. "At Your Service" is a complimentary service available to all patients and guests at Capital Health Medical Center – Hopewell. Services may include purchasing flowers, greeting cards and gifts, securing hotel accommodations and helping you celebrate special occasions. The service is available five days a week and provided free of charge. The goods and amenities purchased for the patient are charged.

To reach our Guest Relations Department at Capital Health Medical Center – Hopewell, please dial extension 4280. If you are using a private phone or cell phone, call 609-303-4000, ext. 4280. To reach our Guest Relations Department at Capital Health Regional Medical Center, please dial extension 6336. If you are using a private phone or cell phone, call 609-394-6336.

Pastoral Care

Our pastoral care group offers you and your family spiritual and emotional support. A chaplain can be reached by calling the switchboard at either of our hospitals. At Capital Health Regional Medical Center in Trenton, call 609-394-6000. At Capital Health Medical Center – Hopewell, call 609-303-4000.

Confidential hospital prayer requests can be made by calling 609-303-4381.

VISITING HOURS

Visits by friends and relatives are an important part of a patient's recovery. This must be balanced with the extremely intensive medical supervision required for these often critically-ill patients as well as the patient's need for rest. When the patient first arrives at Capital Health, family members may stay in the ICU waiting room until the initial assessment or immediate medical and comfort needs of the patient are completed and the patient is in their room. After that time, we request normal visiting hour policies be followed. Exceptions must be approved by the unit's charge nurse.

Generally, two visitors (including children) are allowed at the bedside at a time. Each visitor is required to obtain a visitor's pass from the visitor's desk in the main lobby upon arrival and to return the pass when they leave. A responsible adult must accompany children under the age of 16. For their protection, children should never be left unattended in any area of the hospital.

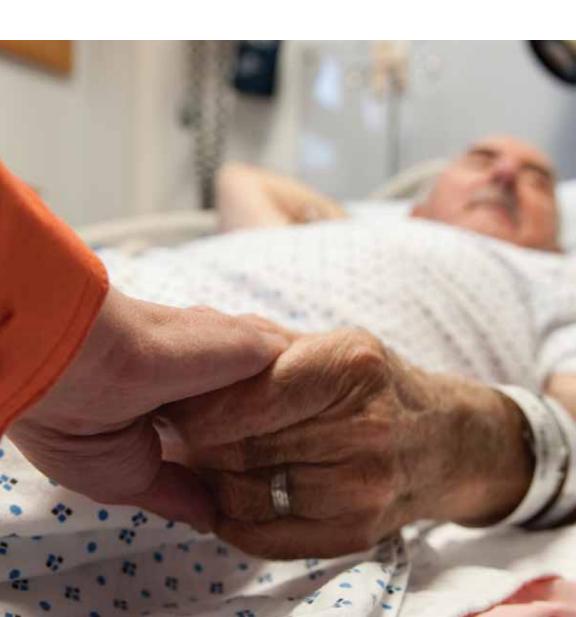
Additional visitors are to wait in the lobby until a visitor's pass is issued. Exceptions to established visiting hours and policies are handled on a case-by-case basis.

Normal visiting hours differ by campus: Capital Health Regional Medical Center (Trenton): 8 a.m. – 8 p.m.; Capital Health Medical Center – Hopewell: 24 hours.

However, specialized patient care units, such as our Neurosurgical Intensive Care Units, limit the number of visitors and have special policies that reflect the critical nature of the patient's condition which can often require immediate medical intervention. Specifically, visitors must press a call button located outside each ICU to request permission to enter the ICU. Assuming visitors are allowed entry at that time, they are allowed at the bedside at intervals of 30 minutes during normal visiting hours. They are asked to leave the ICUs from 7 – 7:30 p.m. during the personnel shift change process to allow for the safe and efficient hand-off of your loved one to the next shift. Visits by children under 16 require the approval of the unit's charge nurse. Please discuss with the nurse in the patient care unit the visiting policy for that area.

Capital Health supports patient-family-centered care, and as such we encourage the identification of Care Partners. One Care Partner may remain at the hospital 24/7 as a support to our patients. However, the unit your family member is located in may limit in-room visitation during the night as a result of the patient's medical needs.

Visitor restrictions requested by the patient or responsible person will be respected. Capital Health may implement visitor restrictions or change visiting hours at any time necessary for safety and security.



WAITING AREAS

There are specially designated lounge areas for visitors on each patient floor and on the main floor in the lobbies. Specific waiting areas have been designated for families of patients in the Critical Care Units, the Emergency Department and surgery.

INTERFAITH PRAYER ROOM

The interfaith prayer room is located on the first floor at Capital Health Regional Medical Center. At Capital Health Medical Center–Hopewell, it is located on the second floor of the Mercer Tower. Visitors of all faiths are welcome to visit the chapel for prayer and meditation, 24 hours a day, seven days a week.

PARKING

At Capital Health Regional Medical Center in Trenton, parking is free and is located off Brunswick Avenue across from the hospital, or you may utilize our free valet service at the main entrance between the hours of 7:30 a.m. – 3 p.m., Monday – Friday. You may drive your car to the driveway directly in front of the main entrance to the hospital to have the valet park your car.

At Capital Health Medical Center–Hopewell, you may follow signs to visitor parking, or you may utilize our free valet service at the main entrance between the hours of 7 a.m. - 9 p.m., Monday – Friday.



DINING & ACCOMMODATIONS

PLACES TO EAT

Both of our hospitals offer cafeterias that serve breakfast, lunch and dinner, and are located on the lower level of the facilities. We also offer café style service on our hospitals' main levels.

Regional Medical Center

The Capitol Café 7 a.m. - 7 p.m., 7 days per week (closed briefly from 10:30 - 11 a.m.)

Jazzman's Café Mon-Fri 6:30 a.m. - 6 p.m. Sat 10 a.m. - 4 p.m. Closed Sunday

Vending Machines
Outside the Neurosurgical Intensive Care Units and in the Emergency
Department waiting area.

Hopewell

Cascade Café

7 a.m. - 7 p.m., 7 days per week "Grab-and-Go" and bakery items are available until 10 p.m. (closed briefly from 10:30-11 a.m.)

Valley Bistro Mon-Thurs 6:30 a.m. - 7 p.m. Fri 6:30 a.m. - 6 p.m. Closed Saturday and Sunday

Washington Crossing Coffee Company Mon-Fri 7 - 11 a.m.

Vending Machines
In the Emergency Department waiting areas

There are also numerous restaurants convenient to the hospitals. Our neurosurgical family liaison or guest relations team can assist you with locating something that meets your needs.



LODGING

There are a number of hotels in the local area where arrangements can be made.

The list below includes some of those that are available. As you can see, they vary both in rate and in distance from our hospitals allowing you to choose what is most comfortable for you. Please confirm rates and availabilities when making your reservation.

Our neurosurgical family liaison or guest relations team will be happy to assist you during business hours, or you may contact the hotel directly.

Trenton, NJ

• The Trenton Marriott Hotel

DISTANCE FROM REGIONAL: 1.5 MILES DISTANCE FROM HOPEWELL: 8 MILES

1 West Lafayette Street, Trenton, NJ

Contact: Sales 609-656-4571 (M-F 9-4:30)After Hours: 609-421-4000

Reference Corp Code: YOH

**Will provide shuttle to and from the hospital one time each way daily.

\$89 + tax subject to availability

Ewing, NJ

• Marriott Courtyard in Ewing

DISTANCE FROM REGIONAL: 5.5 MILES DISTANCE FROM HOPEWELL: 1.5 MILES

360 Scotch Road, Ewing, NJ

Tel: 609-771-8100

\$94 + tax (reference Capital Health)

• SpringHill Suites - Ewing

DISTANCE FROM REGIONAL: 4.5 MILES DISTANCE FROM HOPEWELL: 3.5 MILES

1000 Charles Ewing Blvd., Ewing, NJ Shuttle available at no cost.

Tel: 609-530-0900

\$119 + tax, long term rates are also available

• The Element by Westin

DISTANCE FROM REGIONAL: 5.5 MILES DISTANCE FROM HOPEWELL: 1.5 MILES

1000 Sam Weinroth Road East, Ewing, NJ

Tel: 609-671-0050

\$119 + tax (reference Capital Health)

Princeton, NJ

Homesuites

DISTANCE FROM REGIONAL: 6 MILES DISTANCE FROM HOPEWELL: 13 MILES

3819 US #1 South, Princeton, NJ 08540

Tel: 609-720-0550

Online use code: 0002773184

All rooms are suites with kitchen and can accommodate 4-6

people, includes breakfast buffet daily.

• Holiday Inn

DISTANCE FROM REGIONAL: 13 MILES DISTANCE FROM HOPEWELL: 15 MILES

100 Independence Way @ Route 1, Princeton, NJ

Tel: 609-520-1200 (reference Capital Health)

\$99+ tax

• Westin Princeton at Forrestal Village

DISTANCE FROM REGIONAL: 12.5 MILES DISTANCE FROM HOPEWELL: 15 MILES

201 Village Boulevard, Princeton, NJ

Tel: 609-452-7900

169 + tax

Langhorne, PA

• Holiday Inn Express

DISTANCE FROM REGIONAL: 8.5 MILES DISTANCE FROM HOPEWELL: 11 MILES

3101 West Cabot Blvd., Langhorne, PA 19047 Tel: 215-757-4500 (reference Capital Health)

\$79 + tax (based on availability)

• Courtyard Marriott

DISTANCE FROM REGIONAL: 8.5 MILES DISTANCE FROM HOPEWELL: 11 MILES

5 Cabot Blvd East, Langhorne, PA 19047

Tel: 215-945-7980

\$99 + tax (based on availability)

ABOUT CAPITAL HEALTH

Capital Health is the region's leader in advanced medicine with significant investments in advanced technologies and outstanding physicians. Capital Health is a growing health care organization with a new, state-of-the-art hospital in Hopewell Township, NJ and significant expansion of services at its Regional Medical Center in Trenton.

Comprised of its two hospitals in Mercer County, and the Capital Health–Hamilton outpatient facility, Capital Health has three times received Magnet Recognition® for nursing excellence.

Capital Health's commitment to making the latest technology available to patients in this region is headlined by the area's only CyberKnife® Robotic Surgery System and the first da Vinci® Surgical System and TrueBeam Linear Accelerator in Mercer County which are used for non-invasive and minimally invasive surgical treatments. The hospital is also home to a neurosurgical hybrid operating room with integrated BrainLab image guidance.

Capital Health is Joint Commission certified in stroke care, and Capital Health Regional Medical Center is a state designated Comprehensive Stroke Center. Capital Health Medical Center – Hopewell is a primary stroke center. The healthcare system is also home to the Capital Institute for Neurosciences, featuring some of the country's most experienced neurosurgeons. Capital Health has the region's only trauma center and state designated regional perinatal center, and operates the mobile intensive care unit and psychiatric emergency screening center serving all of Mercer County.

| NOTES | |
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CAPITAL INSTITUTE FOR NEUROSCIENCES

STROKE AND CEREBROVASCULAR CENTER OF NEW JERSEY

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