



the **abc**s for Moms-to-Be

Prepare yourself for childbirth by taking a class with the experts at Moses Taylor Hospital.

The professionals at the MTH Family Birthing Suites are proud to offer a range of childbirth education classes ideal for first-time and returning mothers.

“Today’s expectant mothers are looking for a variety of information,” says Karen Fiorillo, Perinatal Education Coordinator, RN, BSN, and LCCE on staff at MTH. “By educating parents-to-be, our goal is to give them confidence before giving birth and after the birth has taken place.”

Class topics include Lamaze childbirth education, early pregnancy, infant and child CPR, breastfeeding basics, and prenatal massage. For returning moms, the two-evening refresher class offers up-to-date tips, while the sibling class is a great way for parents to help the future big brother or sister adjust to a new family member. Baby Basics and Cesarean birth classes are also offered.

MTH is one of the few certified Lamaze International providers in the United States. Lamaze childbirth education classes are offered at three different time increments: six weeks, four weeks, or weekend series to fit each expectant parents’ lifestyle. Women unable to take classes due to medical or work reasons may also rent childbirth education videos.

“Every mom can benefit from one of our Lamaze childbirth education classes,” Karen says. “The classes encompass the whole family, from early pregnancy to after the baby is born.”

For more information on childbirth education classes at MTH, call (570) 340-BABY.

Our Mission

Moses Taylor Health Care System will provide continuously improving quality and cost effective health care that is customer and community focused.



A Collaboration Between Community Medical Center and Moses Taylor Hospital, in Cooperation with PrimeMed, P.C.

advanced cancer care Close to Home

Thanks to a collaborative effort between leading area physicians and health care institutions, patients no longer have to travel outside Scranton for state-of-the-art cancer treatment at a renowned cancer center.

Today, the most advanced cancer treatment in the United States is available close to home from Professional Radiation Oncology Partners (PROP), a collaboration between Moses Taylor Hospital and Community Medical Center, in cooperation with PrimeMed, P.C., located in the Morgan Medical Complex at 5 Morgan Highway in Scranton.

“We are bringing the latest and most sophisticated radiation therapy and imaging technology to Scranton and the surrounding areas through our cancer treatment center,” says Michael A. Burke, MD, radiation oncologist and Medical Director of PROP. “I believe we can truly make a difference and provide new hope for area cancer patients.”

Advanced Options

When used alone or combined with other cancer treatments, radiation therapy can be highly effective. The PROP cancer treatment center offers numerous features, including:

State-of-the-art linear accelerator. The first of its type in Northeastern Pennsylvania, this sophisticated equipment allows expert staff to perform advanced techniques resulting in more precise tumor control.

Computed tomography (CT) scanner on rails. This machine, located within the linear accelerator area, scans patients during

treatment, enabling the physician to more accurately localize the tumor site and lessen radiation side effects. This is known as image-guided treatment.

Positron emission tomography/CT (PET/CT). The area’s only dual purpose PET/CT simulator more accurately locates the exact area of cancer for the radiation treatment. The PET/CT machine is connected to a powerful imaging computer providing incredibly accurate images of the cancer region.

Caring for the Whole Person

While the most advanced equipment and medical expertise is essential for any radiation oncology center, treating cancer means more than technical expertise. PROP treats each person as a special individual who deserves compassionate care in a comfortable and supportive environment.

For more information about radiation oncology services from PROP, call (570) 558-7400.

New Options for breast cancer

Professional Radiation Oncology Partners (PROP) now offers early-stage breast cancer patients a new treatment option.

Women diagnosed with early-stage breast cancer are able to treat their cancer effectively while preserving their breasts through breast conservation therapy (BCT). Traditionally, this treatment included the removal of the cancerous tumor with a lumpectomy, typically followed by six to seven weeks of external beam radiation therapy (EBRT), which includes whole-breast radiation therapy. While this process works well to prevent local recurrence of the tumor, it can be lengthy with some minor side effects.

A new option, the MammoSite Radiation Therapy System, works by delivering the radiation from the inside of the breast at the lumpectomy cavity, which limits the amount of radiation to healthy breast tissue. With this form of partial breast irradiation (PBI), radiation is applied directly to the tissue where the cancer is most likely to recur. This treatment option can be completed in just five treatment days on an outpatient basis.

If you have been diagnosed with early-stage breast cancer and would like to learn more about MammoSite, please call (570) 558-7400.

Visit the HealthInfo Library at Moses Taylor Hospital

The HealthInfo Library at MTH offers free health and wellness information to the public via books, videotapes, and Internet access. The library is open weekdays from 9 a.m. to 4 p.m. On Wednesdays, the library is open from 11 a.m. to 7 p.m. For more information, call (570) 340-2555.

Mention this newsletter when you stop in and you'll receive a free pocket first-aid kit.



HELP enhances patient stays

Hospitalized seniors may be at risk of losing track of time or becoming disoriented. Sometimes elderly patients can experience delirium, an acute onset of confusion generally caused by illness or changes in environment. In response to this health concern, the Hospital Elder Life Program (HELP) at Moses Taylor Hospital is making a difference.

Unique to the Lackawanna County area, MTH's HELP targets patients ages 70 and up, providing bedside therapeutic activities to prevent delirium. Staff and well-trained volunteers work one-on-one with patients, offering communication, relaxation, recreation, meals, comfort, and spiritual support to keep patients alert and functional.

HELP Is Here

HELP at MTH, based on an innovative volunteer model of health care delivery extensively researched by Sharon Inouye, formerly a professor at Yale University School of Medicine, was started in 2002. The program measures its successes by tracking outcomes such as patient/family satisfaction, decreased medication usage, preserved mental and physical functioning, and increasing volunteer hours to provide more individualized patient attention. Data are compiled to demonstrate that HELP interventions are preventing mental and functional decline in senior patients.

The HELP team consists of three staff members and a group of about 50 volunteers, many who are students in university health care programs. The staff credits the volunteers with the success of the program, while volunteers say they receive much more than they give, gaining insight into patients' lives and invaluable experience in patient care.

"Participating in HELP is one of my favorite activities," says volunteer Cathy Mascelli, an adjunct professor with the Human Services Department at the University of Scranton. "I started volunteering with HELP after hearing positive feedback from the students about their experiences at MTH."

Funding Continues

HELP is funded by Moses Taylor Hospital, generous Medical Staff donations, and grants. In 2004, HELP was the recipient of a \$50,000 grant from the Robert Wood Johnson Foundation. Most recently, HELP received a two-year \$150,000 grant from The Harry and Jeanette Weinberg Foundation, Inc., which Sonia Sandhaus, NP and Program Director at MTH, credits with developing the program even further.

"Those who participate in HELP believe in this work and know they are making a difference," says Donna Valenti, RN,C, and Elder Life Nurse Specialist.

"It's a win-win situation for patients, volunteers, and hospital staff," says Faith Harrell, Administrative Elder Life Specialist.

To learn more about becoming a volunteer, call the HELP office at (570) 340-2161.

patients love HELP

Here's what a few former patients have to say about the Hospital Elder Life Program (HELP) at Moses Taylor Hospital:

- "The volunteers are precious. It's nice that someone can come in and spend time without looking at the clock."
- "HELP is a wonderful program. Can the volunteers come to my house?"
- "This is the best program. A volunteer spent two hours with me and was very caring."
- "I read everything the HELP staff gave me. I liked the company and the welcome distraction from my medical condition."
- "I loved HELP. Every hospital should have a program like this."



Moses Taylor's Live & Learn



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MARCH

"Understanding the New Medicare Prescription Drug Plan"

- March 7, 3-4:30 p.m.
Mid-Valley Hospital, 1400 Main Ave., Peckville
- March 9, 6:30-8 p.m.
West Wing Conference Center, Moses Taylor Hospital, 700 Quincy Ave., Scranton

The Department of Aging's APPRISE Health Insurance Counseling Program has partnered with Moses Taylor Hospital's Pharmacy Department to present this informative lecture.

Speaker: Julie Kirk, APPRISE Program Coordinator for Lackawanna County

APRIL

"Healthy Choices: Tips for Reducing Cancer Risk"

- April 4, 3-4:30 p.m.
Old Forge Community Center, 315 S. Main Street, Pear Tree Plaza, Old Forge
- April 6, 6:30-8 p.m.
Clarks Summit Community Center, 407 N. State Street, Clarks Summit
- April 11, 3-4:30 p.m.
Mid-Valley Hospital, 1400 Main Ave., Peckville

This program, presented by The Northeast Regional Cancer Institute, helps individuals identify and understand the risk factors that can lead to the development of cancer. Strategies to lower cancer risk are offered including proper nutrition, exercise, and lifestyle choices. Speaker: Christina Phillips, RN, Community Cancer Education Nurse, NRCI

MAY

"Thyroid Diseases: Symptoms & Treatments"

- May 17, 6:30-8 p.m.
West Wing Conference Center, Moses Taylor Hospital, 700 Quincy Ave., Scranton

Raise your awareness of thyroid disease through this informative lecture. This program will present the symptoms and treatments for common thyroid diseases that often go unnoticed. Speaker: Gregory Borowski, MD, endocrinologist

All programs are free of charge and open to the public. Advance registration for each program is required as seating is limited. To register, please call (570) 340-2454.

Need an MRI or CT Scan?

At Moses Taylor Hospital, our diagnostic imaging is faster and more advanced and convenient than ever before.

We offer

- state-of-the-art equipment
- reduced scan times
- high-resolution, detailed images for more accurate diagnoses
- same-day and next-day appointments and convenient covered parking

Why go anywhere else...

when you can get the **most technologically advanced service** right here at Moses Taylor Hospital?

With **One Call Scheduling**, it's easy to make an appointment. Call **(570) 207-3900** for a same-day or next-day appointment.

Community Education Programs

Would you like to receive information about our Live & Learn lecture series? Call (570) 340-2454 and leave your name and address. We'll mail you fliers about upcoming free education programs.



Moses Taylor Hospital

We're Listening

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Visit us on the Web at www.mth.org.

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