

## ANNEX A

### New York State Department of Health Community Service Plan—Comprehensive Three-Year Format

#### Advancing the Prevention Agenda: Hospital for Special Surgery Public and Patient Programs Reference Guide

Hospital for Special Surgery (HSS) offers a wide range of public and patient education, support groups and service programs. Annex A, which complements the HSS 2009 Community Service Plan—Comprehensive Three-Year Format, presents a reference guide to initiatives designed to assist patients and the community.

#### EDUCATING TO IMPROVE PATIENT AND PUBLIC HEALTH

Hospital for Special Surgery's Public and Patient Education Department is a resource for educating and empowering patients, families and the public through enhancing awareness, promoting wellness and facilitating the early diagnosis and management of musculoskeletal conditions with the goal of enhancing quality of life. Upcoming public and patient education symposiums, classes, workshops, lectures, and support groups are listed on the semi-annual **From Education to Empowerment: Your Guide to Total Health and Wellness** program calendar of events. In addition, *HealthConnection: Hospital for Special Surgery's Good Health Newsletter* offers consumer health information, serving as a bridge to inform the community on the latest research. Both publications are widely distributed via printed brochure and are accessible via the Internet. Please go to [www.hss.edu](http://www.hss.edu) to get to the HSS Homepage, and then click on **For Patients -> Classes and Programs**. To obtain more information,

please call the Education Division at **212.606.1057** or email [pped@hss.edu](mailto:pped@hss.edu)

The HSS website also contains current information on osteoarthritis, rheumatoid arthritis, lupus, osteoporosis, and other musculoskeletal conditions.

HSS offers a schedule of public education programs, private classes, and alternative care services under the supervision of HSS physicians, physical therapists, and complementary care providers through the **Integrative Care Center (ICC)**. An HSS affiliate, the ICC combines conventional medicine and therapeutic approaches with complementary and alternative techniques such as acupuncture, pilates, and massage therapy. The ICC is located at 635 Madison Avenue, between 59th and 60th Street in Manhattan. Information about events and classes is available at [www.hss.edu](http://www.hss.edu), or by calling **212-224-7900**.

#### ▪ Encouraging Safe Exercise

Encouraging safe physical exercise for all ages motivates HSS to offer a variety of specialized offerings to help people benefit from participation in sports. Pre-seasonal training programs are offered to the public through the HSS Rehabilitation Department's **Sports Rehabilitation and Performance Center**. Players, coaches, and trainers of all levels learn how to optimize performance and prevent injury under the guidance of expert HSS therapists and certified strength and conditioning

specialists. The hands-on workshops are held in the Sports Rehabilitation and Performance Center, located in the Hospital's Belaire Building on the ground floor level. To learn more call **212-606-1005**, or go to **www.hss.edu**.

The need to bring the message of good nutrition and regular exercise to disadvantaged youth and their parents motivated the **HSS Women's Sports Medicine Center** to partner with the Wendy Hilliard Foundation in Harlem to design several events to promote the health and fitness of young girls from 5 to 16 years of age. For more information on the Women's Sports Medicine Center activities, call **212-606-1345** or go to **www.hss.edu**.

To help people maintain their physical therapy routine, the HSS Rehabilitation Department's **Joint Mobility Center (JMC)** offers an Exercise Wellness Program for people who have completed their formal physical therapy and choose to continue under the guidance of JMC therapists. Call the Joint Mobility Center at **212-606-1213**.

## **ASSISTING WITH ACCESS TO HEALTHCARE**

Special Surgery's **VOICES Medicaid Managed Care Education Program**, offered by the Department of Social Work Programs, provides bilingual (English/Spanish) education, as well as support and advocacy, to assist patients in understanding and navigating their options under Medicaid managed care and empower them to maintain continued access to specialized healthcare for their arthritis and musculoskeletal conditions. Call 212 774-2011 or go to [www.hss.edu](http://www.hss.edu) for information.

## **HELPING PEOPLE WITH LUPUS**

Special Surgery's Rheumatology Division, through its Mary Kirkland Lupus Center and its pioneering clinical and research initiatives, provides outstanding resources for people with systemic lupus erythematosus, a complex, chronic and life-threatening autoimmune disease that can affect multiple body organs. Nine times out of ten lupus strikes women, who usually develop the disease between the ages of 15 and 45—Asians, African Americans, and Latina women are two-to-four times more likely to have lupus than Caucasian women.

As part of an integrative model of care, the Department of Social Work Programs offers the following support and education services, which have been made possible by funding from Rheuminations, Inc.

**LupusLine®**, begun in 1988, is the only national telephone peer support program offering one-to-one emotional support and information to people with lupus across the country and internationally; the program links people who need the service with trained volunteers who have lupus or are a family member of someone with lupus. To access this HSS telephone peer counseling support and education program, call **866-375-1427** toll free, or log on to **www.hss.edu** for additional information.

### **▪ Support for Spanish Speakers**

**Charla de Lupus/Lupus Chat®** is the only national program offering people with lupus and their families peer health education and support in both English and Spanish, bringing services to the historically underserved Latino and African-American communities. This multi-faceted program carries out its mission through telephone

peer support, outreach to community clinics, community-based support groups, professional and community lectures and presentations, and bilingual resources, including an award-winning teen booklet, available at [www.hss.edu/charladelupus](http://www.hss.edu/charladelupus). For more information, call 212.606.1958 or 866.812.4494 toll free.

#### ▪ **Reaching the Asian-American Community**

**LANtern® (Lupus Asian Network)** is the only national support and education program for Asian Americans with lupus. Lupus is a complex illness that affects Asian-Americans two-to-three times as often as Caucasians. Its SupportLine, a bilingual (Chinese-English) peer health education intervention, is complemented by its community collaborations. Educational publications, available in both English and Chinese, have been specifically developed by the program and are available in print or at [www.hss.edu/lantern](http://www.hss.edu/lantern). For more information about LANtern®, call **212-774-2508** or **866-505-2253** toll free.

#### ▪ **Workshop Supports Families**

The **SLE Workshop**, one of the country's oldest support and education groups for people with lupus, ongoing since 1985, offers free monthly meetings at HSS for individuals with lupus, their families and friends. Experts drawn largely from HSS faculty present on a variety of lupus related topics, followed by informal group discussion. More than 30 summaries of selected meetings are available by visiting [www.hss.SLEWorkshop](http://www.hss.SLEWorkshop).

### **CARING FOR CHILDREN AND FAMILIES**

HSS treats many chronically ill children through its Department of Pediatrics and clinics in Pediatric Lupus, Pediatric Orthopedics, and Juvenile Rheumatoid Arthritis. The Hospital is an established leader in the treatment of cerebral palsy, osteogenesis imperfecta (brittle bone disease), familial dysautonomia (a rare genetic disease that results in serious bone and growth problems), spina bifida, congenital dislocation of the hip, club foot, scoliosis, and acute fractures. HSS's **Pediatric Social Work/Case Management Services** brings the services of a pediatric social worker to assist children and families to coordinate patient care, providing families with help and information.

Through the **Child Life Program**, the Hospital eases children's fears and creates a family-friendly supportive setting through recreational activities for young patients, siblings and family members. To help give young patients and their families a way to express their experiences, HSS publishes **SPECIAL KIDS**, a newsletter comprised solely of articles, drawings, and poems by pediatric patients who receive treatment at HSS. Contact the coordinator at [montuoril@hss.edu](mailto:montuoril@hss.edu), or call **212-606-1031**.

#### ▪ **HSS Screens Children in Underserved Communities**

Hospital for Special Surgery's **Leon Root, MD Pediatric Outreach Program (POP)** screens children between 4-12 years of age in some of New York City's medically underserved neighborhoods for musculoskeletal and primary health needs. The free program, the first of its kind, sends highly trained orthopedic teams from HSS into schools and day care centers in Harlem, the Bronx, the Lower East Side, Chinatown and Queens, to screen hundreds of children

yearly for scoliosis, leg length discrepancies, juvenile rheumatoid arthritis, intoeing and out-toeing, and other musculoskeletal problems.

Recognizing that obesity is an epidemic in New York City, POP, in collaboration with Special Surgery's Department of Public and Patient Education, provides bilingual nutrition education to those schools that have children identified as high-risk for obesity, to POP-participating schools, and throughout HSS pediatric departments. For more information about POP, contact the Education Division at **212-606-1057**, or go to **www.hss.edu**

#### ▪ **Pediatric Health Care Coalition Resource Manual**

Concern for the City's children involves the Hospital in the **Pediatric Health Care Coalition**, a consortium of health care and service professionals from a wide variety of institutions that serve New York City's children and adolescents comprised of membership representing 28 organizations. In 2008, the organization published the 14th edition of the *Pediatric Health Care Coalition Manual*, a resource guide that includes information on New York City hospitals, insurance programs, foundations, and programs that provide free- and low-cost health care for children. The information is available at **www.hss.edu**

#### **IMPROVING HEALTH AMONG OLDER ADULTS**

##### ▪ **VOICES 60+ Senior Advocacy Program**

**VOICES 60+ Senior Advocacy Program**, offered by the Department of Social Work Programs, is especially designed to assist ethnically diverse HSS patients, 60 and

older, with arthritis and related orthopedic conditions. The program's goal is to enhance the medical care experience and improve quality of life by helping patients to navigate and access the care, community resources and education they need. Funding from the Jessie Ball duPont Fund has made this program possible.

Contact VOICES 60+ by calling **212-774-7072**. Program information is available at **www.hss.edu/voices60**

##### ▪ **Education Programs**

Special Surgery's Public and Patient Education Department offers lectures, workshops and information specifically tailored to the concerns of older adults. A speaker's bureau brings experts to locations around the City to present programs on pain management, diet and exercise, osteoporosis, arthritis, and advancements in surgical techniques. To learn more about programs, such as the annual *National Senior Health and Fitness Day*, go to **www.hss.edu**, or call the Education Division at **212-606-1057**.

##### ▪ **Greenberg Academy for Successful Aging**

The **Greenberg Academy for Successful Aging** offers health education programs for adults age 65+ in the community. Offerings include free health care lectures such as *Hearing and Balance*, workshops on *Healing through Art* and wellness classes on *Better Balance for Older Adults*. For further information click on **www.hss.edu/greenberg**, or call the Education Division at **212-606-1057**.

## REACHING PEOPLE WITH CHRONIC MUSCULOSKELETAL CONDITIONS

### ▪ **Support for People with Rheumatoid Arthritis**

To help patients with chronic illness and their families, the Hospital presents lectures and courses with the Arthritis Foundation-New York Chapter. The Department of Social Work Programs, in collaboration with the Division of Rheumatology, presents a free monthly education and support program for HSS patients with severe Rheumatoid Arthritis (RA) called *Living with RA*, now in its tenth year, and unique in the New York metropolitan area. The group features RA-related lectures and is followed by a support group facilitated by a licensed social worker and nurse manager in rheumatology. Summaries of selected lectures are posted on [rheumatology.hss.edu](http://www.rheumatology.hss.edu). For additional information, call **212-774-2539**.

### ▪ **Innovative Program Focuses on Early Interventions for Rheumatoid Arthritis**

A more recent initiative launched in 2007, the *Early RA Workshop* is a program offered through the Early Arthritis Initiative of the **Gosden Robinson Inflammatory Arthritis Center (GRIAC)**, in collaboration with the Department of Social Work Programs. This free workshop series focuses on early intervention for people with newly diagnosed RA by providing essential RA-related education and peer support. Selected lecture summaries are posted on [www.hss.edu](http://www.hss.edu), and written materials are available upon request. Information about these programs is also available on the GREAC website, [stoparthritis.hss.edu](http://stoparthritis.hss.edu). For more information, call **212-774-7378**.

### ▪ **Assistance for People with Scleroderma**

Scleroderma is a chronic autoimmune disease of the connective tissue generally classified as one of the rheumatic diseases affecting an estimated 300,000 persons in the U.S. Approximately four times more women than men develop the disease. A joint effort between HSS and the Scleroderma Foundation/Tri-State Chapter offers a monthly New York City **Scleroderma Support Group** for people coping with this long-term painful condition. To learn more, access [www.hss.edu](http://www.hss.edu) or, call the Education Division at **212-606-1057**.

### ▪ **Myositis Support Group**

The Hospital's Department of Social Work Programs offers the only support group in the New York metropolitan area for people with myositis, a rare chronic disease causing profound muscle weakness. The **Myositis Support and Education Group** helps patients cope with the disease, reduces isolation, and increases understanding of the inflammatory myopathies (polymyositis, dermatomyositis, and inclusion body myositis). A special monthly newsletter is sent to all group members, and selected meeting summaries are posted on [www.hss.edu/myositisgroup](http://www.hss.edu/myositisgroup). For further information, call **212-774-7623**.

### ▪ **Holistic Approach to Treating Skeletal Dysplasias**

The **Kathryn O. & Alan C. Greenberg Center for Skeletal Dysplasias** (“**The Greenberg Center**”), the first of its kind in New York City, brings together an interdisciplinary team committed to improving the quality of life for people with skeletal dysplasias through clinical care, research, education and patient advocacy.

Skeletal dysplasias, a group of more than 300 genetic disorders, are characterized by differences in size and shape of the limbs, trunk, and/or skull that often affect stature. A unique staff-developed Mentoring Program for teenagers prepares high-school aged youth for independent adulthood, and assists young people through the college application process. To contact the Greenberg Center, call **212-774-7332**.

## **PREVENTING AND REDUCING OSTEOPOROSIS**

### **▪ Community Education for All Ages**

As a pediatric disease that manifests itself in old age, osteoporosis is a public health concern for all age groups. HSS serves as the **New York State Osteoporosis Prevention and Education Program (NYSOPEP)** regional resource center for the greater metropolitan area to raise awareness and develop and implement community based osteoporosis educational and research initiatives.

A valuable HSS-NYSOPEP Osteoporosis Support Group meets monthly at the Hospital, enabling the public to learn from HSS healthcare professionals about nutrition, prevention, drugs, treatment options, exercise and psychosocial support. Information about osteoporosis programs as well as Fact Sheets in English, Spanish, and Chinese are available on [www.hss.edu](http://www.hss.edu) or by calling the Education Division at **212.606.1057**.

### **▪ Leading the Way in Osteoporosis Prevention and Treatment**

The **Osteoporosis Prevention Center (OPC)**, the first of its kind in the nation, brings together HSS expertise on three fronts: research, treatment and prevention.

Located within the HSS Integrative Care Center on 635 Madison Avenue, between 59th and 60th Street in Manhattan, the OPC takes a multidisciplinary approach to treatment and prevention. The OPC has received facility accreditation for bone densitometry from the International Society for Bone Densitometry (ISCD) for excellence in the provision of skeletal assessment services. For more information, call **212-224-7935**, or visit [www.hss.edu](http://www.hss.edu).

### **▪ Healthy Habits for Young People**

HSS, in concert with its partners and New York State, originated a number of initiatives to combat osteoporosis aimed at different age groups, particularly children and adolescents through New York City public schools, community centers, and with the Girl Scout Council of Greater New York. One of these, **Super Nutrition Education for All Kids to Eat Right**—abbreviated **SNEAKER**®—aims to prevent osteoporosis and encourage good health by improving calcium and Vitamin D consumption and exercise habits in grade school children.

The SNEAKER® Project website involves the public in interactive activities, including submitting their own healthy recipes to be considered for inclusion in upcoming SNEAKER® Cookbook web-editions, published in English and Spanish. Information is available on [www.hss.edu/SNEAKER](http://www.hss.edu/SNEAKER) or by calling the Education Division at **212-606-1057**.

Further information about the HSS programs and services described can be obtained by contacting Deborah M. Sale, Executive Vice President, External Affairs, Hospital for Special Surgery, 535 East 70th Street, New York, NY 10021, 212-606-1321.