

Community Resource Guide

New York State Department of Health Community Service Plan

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. The Community Resource Guide, which complements the HSS 2011 Community Service Plan DOH Report, presents a reference guide of non prevention agenda 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 prevention and facilitating the early diagnosis and management of musculoskeletal conditions with the goal of enhancing quality of life. To accomplish this vision, the Department offers a variety of program topics and learning formats from osteoarthritis and sports injury prevention seminars, to posture workshops and yoga wellness classes. Programs are promoted in the semi-annual **From Education to Empowerment: Your Guide to Total Health and Wellness** calendar of events.

In addition, *HealthConnection: Hospital for Special Surgery's Good Health Newsletter* offers consumer health information, serving to inform the community on the latest research in musculoskeletal health. Both print publications have a distribution of over 15,000 and are accessible via the Internet.

Please go to www.hss.edu to get to the HSS Homepage, and then click on **For Patients - > Classes and Programs**. To be added to our mailing list to receive future publications, please call the Education Division at **212.606.1057** or email pped@hss.edu.

HSS offers a variety of e-learning opportunities to the community. Health Connection Fast Facts, a complement to the Health Connection Newsletter, is an online health education newsletter designed to provide the public with fast, current and accurate information about musculoskeletal and general health.

On-demand webinars are also available to the community. Learn about conditions like osteoarthritis and lupus or how to optimize running for a marathon by visiting the HSS website. Please go to www.hss.edu to get to the HSS Homepage, and then click on **For Patients -> Classes and Programs** to access e-learning opportunities.

The HSS website also contains current health information on osteoarthritis, osteoporosis, sports injury prevention, rheumatoid arthritis, lupus 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/integrative-care.asp, 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/performance-center.asp

The HSS **Sports Rehabilitation and Performance Center** has teamed up with the Public School Athletic League (PSAL) to offer public high school students a Pre-Season Football Medical Screening Combine, performed by a staff of primary care physicians, orthopedic surgeons, pediatricians, certified athletic trainers, physical therapists, exercise physiologists, and registered nurses. Player evaluation and screening includes, but is not limited to, orthopedic screening, flexibility testing, and body fat % measurement, all offered at no

cost. For more information, call **212.606.1005**.

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/womens-sports.asp.

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/voices-managed-care for information.

HELPING PEOPLE WITH LUPUS

Special Surgery's Rheumatology Division,

through its **Mary Kirkland Center for Lupus Care** 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.

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/LupusLine** for additional information.

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**.

▪ **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. 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 designed specifically to serve Asian Americans with lupus and their loved ones. 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**. For more information about LANtern®, call **212.774.2508** or **866.505.2253** toll free, or go to www.hss.edu/lantern.

Pediatric Orthopedic Clinic at Charles B Wang Community Health Center was established in 2004 to provide the growing number of Asian-American children living

in Chinatown with access to orthopaedic care in a bilingual, bicultural setting within their community. An HSS bilingual (Chinese-English) medical translator and health educator provides support for the family at appointments and serves as the liaison for follow-up care. To date, over 500 children have received free orthopedic care through this program. For more information call **212.606.1057**, or email pped@hss.edu or visit www.hss.edu/pediatric-outreach-program

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, or call **212.606.1031**.

▪ HSS Screening Program Provides NYC Children Access to Free Musculoskeletal Care

Since its inception over 23 years ago, Hospital for Special Surgery's **Leon Root, MD Pediatric Outreach Program (POP)** provides access to free health screenings for children between 3-12 years of age. The free program, the first of its kind, sends highly trained orthopedic teams from HSS into public schools and day care centers in Harlem, the Bronx, the Lower East Side, Chinatown and Queens, to screen children for primary health and musculoskeletal problems such as scoliosis, leg length discrepancies and juvenile rheumatoid arthritis. To date over 25,000 children have been screened and almost 4,000 children have received free orthopedic care. For more information about POP, contact the Education Division at **212.606.1057**, or visit www.hss.edu/pediatric-outreach-program

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.

Contact VOICES 60+ by calling **212.774.7072**. Program information is

available at www.hss.edu/voices60

▪ **Greenberg Academy for Successful Aging**

The **Greenberg Academy for Successful Aging** offers health education programs designed for adults age 65+ in the community. Offerings include free health care lectures such as “Hearing and Balance,” workshops on “Healing through Art” and “Health Information on the Web” in addition to wellness classes on “Stretch Yoga for Older Adults.”

Our **Speaker’s Bureau** matches professionals to locations around New York City to present educational programs on pain management, diet and exercise, osteoporosis and arthritis. 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 Divisions of Rheumatology and Nursing, presents a free monthly education and support program for HSS patients with severe Rheumatoid Arthritis (RA) called *Living with RA*, now in its twelfth 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 www.hss.edu/rheumatology-arthritis-programs. For additional information about the program, visit www.hss.edu/RAGroup or 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 Inflammatory Arthritis Center (IAC)**, in collaboration with the Department of Social Work Programs and the Division of Nursing. 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/rheumatoid-arthritis-programs, and written materials are available upon request. Information about these programs is also available on the Early Arthritis Initiative website, stoparthritis.hss.edu. For more information, visit www.hss.edu/EarlyRA or 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 or, call the Education Division at **212.606.1057**.

▪ Myositis Support Group

The Hospital's Department of Social Work Programs offers the only support and education group in New York City 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). The group meets monthly and is free. A special monthly newsletter is sent to all group members, and selected meeting summaries are posted on 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

▪ Leading the Way in Osteoporosis Prevention and Treatment

In New York State alone, at least 3 million people aged 50 and older either have osteoporosis or are at significant risk of developing osteoporosis, with women disproportionately affected. Through Fall, 2011, HSS served 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. NYSOPEP centers have recently been phased out; however, HSS remains committed to educating patients and the public about the prevention and treatment of osteoporosis through its Osteoporosis Wellness Initiative (OWI). OWI is comprised of educational forums, a support group and exercise classes.

In an effort to help New Yorkers make choices necessary to achieve healthy bones and wellness for a lifetime, the **HSS Annual Bone Health Seminar** brings together clinical experts to discuss osteoporosis prevention and management.

A valuable **HSS Osteoporosis Support and Education 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 health information in English, Spanish, and Chinese are available on www.hss.edu/nysopep or by calling the Education Division at 212.606.1057.

The **Osteoporosis Prevention Center (OPC)**, the first of its kind in the nation,

brings together HSS expertise on three fronts: research, treatment and prevention. Now in its 25th year, the OPC continues its mission of decreasing the incidence of osteoporosis through awareness and education. They do this by offering a nurse consultation at the time of testing, working with the HSS Public and Patient Education Department in taking part in support groups, and giving talks on osteoporosis in the community. The OPC takes a multidisciplinary approach to the prevention and treatment of osteoporosis. Having attained facility accreditation for bone densitometry from the International Society for Bone Densitometry (ISCD), the OPC continues to set the standard of excellence in bone densitometry. The OPC is located within the HSS Integrative Care Center at 635 Madison Avenue, 5th floor, between 59th and 60th Street in Manhattan. For more information, call **212-224-7935**, or visit **www.hss.edu**.

▪ **Healthy Habits for Young People**

HSS, in concert with its partners and New York State, developed the Super Nutrition Education for All Kids to Eat Right (SNEAKER©) program to help combat childhood obesity. SNEAKER© is a nutrition education program targeted to elementary school children and delivered in NYC public schools and community centers. It is designed to provide children and families with fundamental knowledge about healthy eating and physical activity, while also instilling life long healthy habits. The program reaches parents through a weekly newsletter available in English and Spanish. These newsletters are specifically designed to educate parents about what their children are learning so they can expand on the lessons at home and foster healthy changes for the entire family.

The program has reached over 7,500 children to date.

The SNEAKER© website includes print materials for teachers, students and caregivers. In addition, through the website the public can submit their own healthy recipes to be considered for inclusion in upcoming SNEAKER© activity books and cookbook web-editions, which are published in English and Spanish. Information is available at 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.