



PARTNERSHIP OF HOPE

Atlantic NeuroSurgical Specialists

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*Take one day at a time. Breathe. Call us if you are overwhelmed.
The Partnership of Hope is your center and we are here for you.*

Visit our blog at
www.speakingofhope.com
or call our hotline at **855-267-2667**



The Partnership of Hope was created in 2012 when ANS was approached by a patient’s wife, who described her journey through the process of her husband’s battle with a brain tumor. Here at ANS we have always had the belief that hope is the most important trait to keep when facing struggles with health problems. With hope, along with the best medical care team, miracles of healing can occur. When we discussed this belief, we decided to create a “Partnership of Hope” that aligns the patient and the doctor with one common goal, which is a cure — and if a cure is not possible, the hope to face the illness with strength, dignity, and peace. The Partnership of Hope group gets together each month to exchange personal stories about individual journeys through their illness. The group is truly a support group and when we get together we talk, cry, eat, but mostly we laugh and enjoy each other as people, not an illness. We celebrate each life, not each disease. Each month we have a guest speaker who brings the group a fun way to face the struggles of fighting an illness. We welcome you to our support family and invite you each month to share with us all your life, struggles, and belief in hope...

Please call our dedicated brain tumor support hotline at 855-267-2667 to answer any questions about the group or to attend the next monthly gathering. You can also visit our blog at www.speakingofhope.com.

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Welcome to Atlantic NeuroSurgical Specialists

Hello and welcome to Atlantic NeuroSurgical Specialists (ANS). ANS has been a respected neurosurgical practice for over 50 years. Thousands of patients have sought our help when seeking relief through a variety of treatments for brain tumors, stroke, brain aneurysms, spinal disorders, traumatic brain injury, pituitary tumors, epilepsy, hydrocephalus, movement disorders, and more. Our goal is to ensure your comfort during your experience with ANS. The staff will be available for any questions or concerns that may arise during your illness.



Family Involvement

At ANS we encourage patients' families to become part of the patient care team. We find family participation and information sharing is an important collaboration between families and health care providers. As a family member of a patient suffering from an illness, you will notice that following these values will help ease the stress and help your loved one deal with the daily obstacles they may face while fighting their illness.

Shared Decision Making

Families can participate in care to the extent to which they feel comfortable in collaboration with the patient care team. Your patient care team can be anyone involved in your care: your doctors, family, friends, chaplains, or anyone else you may feel is a great support to you.

Communication

At ANS we now offer a special support line that is open from 9:00 am – 5:00 pm, Monday through Friday, just for brain tumor patients. Our phone number is 855-267-2667.

Voice of the Patient

If you are unable to communicate to the extent that decision making about your health care has become difficult for you, we ask that you appoint a loved one to participate in your health care decisions. Difficult conversations may arise and we ask that your loved one be open to listen and consider decisions from your perspective.



About Us

ANS continues to strengthen their team with specialized, board certified neurosurgeons and medical professionals known for their commitment to highly personalized care. We work as a team to offer comprehensive care coupled with innovative surgical techniques. Our professional medical staff is dedicated to serving you throughout your treatment process. The entire ANS team is committed to making your experience with us as simple and straight forward as possible. We are ready to answer any questions that you may have at any step along the way, from initial consultation through recovery.

Our Physicians

Our physicians are responsible for your care and in case an emergent situation arises, we have someone available on call 24 hours a day, 7 days a week.

Nurse Practitioners/Physician Assistants

Our nurse practitioners and physician assistants provide most of the hands-on care and monitoring. They work directly with the physician to develop a plan of care that is right for each patient.



ANS Office Nurses

Our nurses are located in our offices and are available Monday through Friday, 9:00 AM - 5:00 PM. They are here to assist our patients with any concerns they may have pre and post surgery; feel free to call them. They also see patients in the office shortly after their surgical procedure.

Patient Navigators

Please ask for our Patient Navigator on staff they are here to assist patients with concerns and also can help you with any customer service issues and will promptly handle your requests. They can be reached at 973-285-8073.

Things You Can Expect

- After you have a recent CAT scan, MRI, or X-ray, you may call us to schedule an office visit
- Our physicians will provide you with a treatment plan
- If surgery is indicated, our surgical department will assist you in preparation for your procedure
- We can also provide you with a referral to a radiologist or oncologist
- We also see our patients for follow-up care



Communication and Information

Stay Informed: Be prepared to participate in an honest exchange of information between you and the doctor. This is essential for making the right decisions regarding your loved one's care. Here are some tips for good communication with the team:

1. Select a family spokesperson who can speak on everyone's behalf and share new information with other family members. Introduce yourself to the physician and nurse and arrange a mutually convenient time to talk or meet so you can stay informed.
2. Exchange contact information with all offices for emergency purposes, specifying who to call and when.
3. Prepare for meetings ahead of time and make a list of questions and concerns.
4. Write down information you might not remember.
5. Provide as much information as possible about your condition to your loved ones, especially if they are responsible for passing it on to the rest of the family.
6. Share your wishes regarding surgery, life-support equipment, dialysis, and other difficult decisions with the physicians.
7. Get to know the nurses at ANS. Tell them your concerns and share insights.



8. Check any conflicting or puzzling information with your physician. Sometimes a simple difference in wording may create confusion.
9. Keep in mind that another patient's condition or therapy may not apply to you.
10. Remember, because your condition may be unpredictable, the physician or nurse may not be able to answer your questions as specifically as you'd like.

Family Care Partnership

Following are techniques you can use to help soothe, relax, and care for your loved one, while at home or in the hospital.

1. Hold your loved one's hands gently.
2. Speak in soothing tones, reminding the patient of good times and memories that you spent with each other.
3. If the patient seems warm you can ask your nurse to get you a cold compress to place on his/her forehead.
4. Play his or her favorite music.
5. Flowers are welcoming and help brighten up the room.
6. Hang pictures of familiar faces.
7. Please feel free to ask the nurse how you can participate in your loved one's care.



Ask the Patient Navigator

Below is a list of services our ANS Partnership of Hope Patient Navigators can assist you with and can be reached at 973-285-8073.

- Facilitate communication with the health care team
- Assist patients and their family members with any nonmedical questions or concerns
- Assist patients and their family members with various concerns that relate to their overall experience during their illness
- Answer insurance questions
- Simply listen

Caregiver and Patient: Taking Care of Yourself

Expect to experience a range of emotions from fear and helplessness to anger and anxiety. You may become exhausted and impatient or have difficulty absorbing information given to you. But remember, in order to support your loved one, you need to take care of yourself first. Caregivers should follow these tips:

- Eat right, get enough sleep, and take care of your personal needs and business
- Use resources like our Web site to better understand your loved one's condition
- Ask for help: professional counseling, chaplains, social workers, and staff are here to help
- Talk about your feelings and concerns
- Go easy on yourself
- Ask questions



Integrative Medicine Therapies for Patients and Families

While we are caring for your loved one, we also offer complementary therapies listed below to help enhance your relaxation and facilitate your healing. Please ask when and where these services will be held as they vary daily.

- **Chair Massage:** A traditional muscle-relaxing treatment that can decrease pain levels, increase circulation, and improve your mental outlook. Swedish chair massage applies gentle pressure, focusing on the back, neck, and shoulders.
- **Therapeutic Touch:** An energy-balancing technique which can remove disturbances in the energy field surrounding the body through sweeping movements which promote relaxation and healing.
- **Guided Imagery and Deep Breathing:** Additional self-care treatments that help one use their imagination and inner resources to support their healing process.
- **Look Better, Feel Better:** We have a licensed esthetician available to provide simple make-up tips to help you look and feel better.

Partnership of Hope

Healing the mind, body, and spirit

Opportunities for sharing

Physician and patient teamwork

Explore, Explain, and Embrace



Questions for the Doctor





Questions for My Health Care Team

Special People I'd Like to Recognize and Remember



Things to Remember

Physician Name: _____

Specialty: _____

Phone#: _____

Physician Name: _____

Specialty: _____

Phone#: _____

Physician Name: _____

Specialty: _____

Phone#: _____

Nurses: _____

PARTNERSHIP OF HOPE



Thank You for Choosing Atlantic NeuroSurgical Specialists

On behalf of our employees at Atlantic NeuroSurgical Specialists, we wish to thank you for selecting our facility for your health care needs. We are dedicated to ensuring that you and your loved one receive the highest quality of care.

Patient satisfaction is one of our highest priorities. Within a few weeks you will receive an ANS survey, asking you to evaluate the care and attention you and your loved one were given while visiting our office.

We would appreciate you taking a few moments to complete the survey. Your feedback is very important to us. If for any reason you cannot rate us "very good," please share with us what we could have done differently to improve our services.

Thank you again from ANS. We hope that we have met your needs.