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Trauma Injury Prevention: A stitch in time

Year-round program takes aim at summertime dangers



Kathy Boyer, BSN, RN, CCRN, Trauma Department injury prevention coordinator and ThinkFirst program coordinator, explains the physical consequences of a gunshot wound to students at Conrad Schools of Science. Boyer presents throughout Delaware on topics related to safety.

With more people traveling and engaging in outdoor activities, the already fast-paced rhythm of Christiana Hospital's Level I Trauma Center grows intense during the summer.

Christiana Hospital's Emergency Department features the only Level I trauma center for both adults and children in Delaware, and the only one of its kind between Baltimore and Philadelphia. Recently re-designated Level I for the next three years by the American College of Surgeons, Christiana Hospital's trauma center features a full range of specialists and equipment, and the capability of providing total care for every aspect of injury, from prevention through rehabilitation.

But the dedication of the trauma team extends beyond the walls of the Emergency Department, as Level I trauma centers have the responsibility of educating the public on how to avoid injury. Christiana Care's outreach efforts in injury prevention include programs designed to reduce the rate of violent crime among children and teenagers, and reduce injuries from preventable accidents and falls among older adults. The program is another impressive example of how Christiana Care serves its neighbors not only by caring for them when they are sick, but also by partnering with them to stay safe and healthy when they are well.

The Christiana Care Way

We serve our neighbors as respectful, expert, caring partners in their health. We do this by creating innovative, affordable systems of care that our neighbors value.

See article on page 3.

Trauma Injury Prevention

To stem the rate of violence in Delaware, the trauma team attacks the problem in the same way infectious-disease specialists attack infections: by treating violence as a public health concern and preventing incidents before they start.

“Historically, our injury-prevention programs were aimed at school-aged children to help them learn about ways to stay safe,” said Mark Cipolle, M.D., Ph.D., FACS, FCCM, chief of trauma surgery at Christiana Care. “But over the past several years we have ramped up our efforts to expand our outreach on injury prevention to other serious areas such as firearm violence and falls, because we know we have an opportunity to keep more people out of harm’s way by simply educating them.”

Christiana Care’s trauma team has partnered with the U.S. Attorney General to create short films that highlight the medical consequences of gang and gun violence. Kathy Boyer, MSN, RN, CCRN, the injury-prevention coordinator for Christiana Care, plays the films at schools and community settings throughout the year. A trauma nurse with 22 years of experience, Boyer also explains to students how gunshot wounds can cause

lifelong debilitating injuries. She even passes an artificial skull and spine around the classroom so students can get a grasp of how a small bullet can paralyze or kill.

“I would rather see these young people for the first time in a classroom rather than in the Emergency Department when they are recovering from an injury that was preventable,” Boyer said. “They often don’t understand how serious a spinal-cord injury or a brain injury can be, so it’s important for our young people to understand the medical consequences of the choices they make and the risks they take.”

The trauma team also runs the ThinkFirst program, a national initiative led locally by Christiana Care that is designed to educate young people about their personal vulnerability and the importance of making safe choices. Boyer visits schools across the state through ThinkFirst to educate them about the importance of safe driving, wearing bike helmets and seeking help when sports injuries such as concussions occur. Money raised from the annual ThinkFirst 5K Run & Walk each April helps fund this work, and the trauma team aggressively pursues

educational grants both locally and nationally to help advance their efforts.

“At Christiana Care, we have a responsibility to educate our neighbors about the consequences of injuries while they are still young,” Boyer said. “A lot of people in that age group think they’re invincible and that it can’t happen to them.”

Each year, one in every three adults age 65 and older falls, according to the Centers for Disease Control and Prevention. Often, those falls result in severe injuries, such as hip fractures and head injuries, and early death. Through the Stand Against Falls Education program, Boyer educates older adults about ways to prevent falls. She visits with patients and their families before they are discharged to educate them on the steps that can be taken to prevent falls in the future. Outside of the hospital, Boyer also visits senior centers and 55-plus communities to educate older adults about ways to prevent falls.

“As a Level I trauma center, we have a responsibility to serve our neighbors by educating them on ways that they can remain injury free,” said Joan Pirrung, APRN, BC, trauma program manager at Christiana Care. ●

NEW NAME, MORE SERVICES FOR OUTPATIENT REHAB SITES



Christiana Care’s Physical Therapy Plus (PT Plus) is becoming Christiana Care Rehabilitation Services. The name change signifies Christiana Care’s commitment to providing comprehensive, innovative and accessible therapy services convenient to patients.

The Middletown, Glasgow and Wilmington site names have changed to Christiana Care Rehabilitation Services, reflecting the comprehensive physical, occupational and speech therapies offered at these locations. The name change will roll out to the remaining PT Plus sites in Brandywine, Greenville, Newark, Pike Creek and Smyrna this fall.

For more information, contact Sharon Kurfuerst, vice president of Rehabilitation and Orthopaedic Services, at 302-428-6624 or skurfuerst@christianacare.org. ●

Patient Experience and The Christiana Care Way

By Shawn Smith, MBA, Vice President, Patient Experience



What do you remember about your last stay at a nice hotel? Was it how fast the valet got your car parked and returned to help the next arrival? Or the time it took house-keeping to clean your room?

Of course not. Those things probably helped set the stage behind the scenes for the great experience you had, but they're not what you

remember. More likely, you remember the friendly, helpful person at the front desk. Or how your room wasn't just clean — it was spotless. Or maybe you remember how the staff took a potential problem and turned it into a positive, memorable experience for you.

Your fond memory probably has something to do with how the staff made you feel cared about — and maybe even a little special.

In health care, we manage an enormous array of variables that our patients and their families never notice — even though they are critically important. Our patients expect us to provide them with high-quality medical care, and as professionals, we expect even more of ourselves.

But if our patients don't notice that we've done a hundred little things to protect them from infection, or that we've adopted lean processes to reduce their cost and length of stay, what is it that they're paying attention to?

Of course, we know the answer. Our patients are paying attention to those same things that you remember from your hotel stay: Are the staff friendly and helpful? Do the doctors and nurses communicate respectfully and openly? Is the hospital clean, peaceful and welcoming? Do I feel like a diagnosis in a hospital bed, or do I feel like a person who is valued and cared for?

Understanding how our patients and families perceive their health care experience is essential to fulfilling the promise of The Christiana Care Way. We don't just promise to be innovative, affordable and effective; we promise to do these things in ways that our neighbors value. To understand what they value, we need to ask, listen and learn to anticipate their needs.

The key to unlocking value is good communication, and at Christiana Care, good communication starts with AIDET:

- Acknowledge the patient, family or colleague who is present.
- Introduce yourself by name and explain your role.
- Duration: Say how long it will take.
- Explain what you're going to do and why.
- Thank the patient, family member or colleague for their time and for the privilege to be of service.

Notice that AIDET is not solely for use when dealing with patients. It applies in our interactions with everyone at Christiana Care, including the people who work alongside us. AIDET sets a tone of respectful communication that enables us to fulfill the promise of The Christiana Care Way. Think of AIDET as Step 1.

Of course, Step 1 by itself isn't going to create that memorable patient experience. To do that, we need to move past what our patients and families expect, and we need to surprise and delight them. Once you've made the connection with good communication, though, creating that special feeling can sometimes be easy:

"Hi, Ms. Jones! I noticed that you have some extra family visiting you today, so I brought an extra chair so they don't have to stand. Is there anything else I can do for you? I have the time."

Or:

"Oops, it looks like you need to get to X-ray, but this is Lab Services. Come on, I'll walk with you to make sure you get to where you need to go."

You might ask why it's important to create a positive, memorable experience for our patients. For starters, it's The Christiana Care Way to be respectful, expert, caring partners in health. We're not living up to our promise if our patients and their families don't feel respected and cared for.

Also, with the advent of value-based purchasing, patient experience affects the bottom line. The scores our patients give us on the HCAHPS survey directly affect our reimbursement, which, in turn, affects our ability to fulfill our mission as a not-for-profit health system. And we're not only competing with ourselves in the value-based purchasing equation — we're competing with every other hospital in the nation, all of which are working hard to create an outstanding experience for their patients.

But ultimately, creating a positive patient experience is important because it's the right thing to do. Ask yourself: What kind of health care experience do you want for yourself and for your loved ones? If we don't work together to create it, who will? ●

Christiana Care announces partnership with CORD:USE in special event featuring NBA legend Dr. J



NBA basketball legend Julius "Dr. J" Erving, accompanied by Richard Derman, M.D., the Marie E. Pinizzotto, M.D., Endowed Chair of Obstetrics and Gynecology at Christiana Care, Ed Guindi, M.D., CEO of CORD:USE, Kim Petrella, RN, and Sherry Monson, RN, MBA, MSN, CENP, vice president of Women's and Children's Services at Christiana Care, visits postpartum patient Jenny Dexter, with her husband Quentin and newborn daughter Quinn, at Christiana Hospital. Dr. J gave the Dexters an autographed basketball to thank them for cord-blood banking.

NBA legend and beloved 76er Julius "Dr. J" Erving thanked Christiana Care Health System for providing for new mothers a safe, effective way to donate cord blood during a special event at the John H. Ammon Medical Education Center.

At age 19, while a freshman at UMass, Erving lost his 16-year-old brother Marvin to lupus erythematosus, a systemic autoimmune disease. When Erving was 34, his older sister Alexis died of colon cancer at age 37. In 2005, Erving and others successfully lobbied Congress to pass a bill that increased stem cell research by using umbilical cord blood.

"It is exciting for me to lend myself to this cause, and it is specifically exciting for me to come to Christiana Care," Erving said. "From what I understand, most of the babies born in Delaware are delivered by Christiana Care, so we're with the right group today, and we're with the right team."

Through Christiana Care's new partnership with CORD:USE, new mothers now have the option to donate their newborn's cord blood to the nation's foremost cord-blood banking organization. Although 4 million births take place in the United States each year, cord blood is stored in only 5 percent of those births.

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“Christiana Care entered this partnership with **CORD:USE** because we have a unique opportunity to tremendously increase the number of mothers who are able to donate their cord blood,” said Janice Nevin, M.D., MPH, chief medical officer for Christiana Care. “At Christiana Care, it is our responsibility to help increase the rate of cord blood storage through our innovative systems of care and through the innovative system of storage that **CORD:USE** uses.”

Through the partnership, Christiana Care educates new mothers about their options of cord blood donation and family banking, and coordinates donations. **CORD:USE** collects blood from within the donated umbilical cord — the part of the placenta that transports nutrients to a fetus — after a baby is born. **CORD:USE** prepares the cord blood and stores the stem cells that eventually can be harnessed to treat diseases that require stem cell transplants. This cord blood is used for treating patients with life-threatening diseases and in biomedical research.

“Not so many years ago, the placenta and umbilical cord were discarded and incinerated, with little recognition that there was lifesaving potential from this byproduct of pregnancy,” said Richard Derman, M.D., MPH, the Marie E. Pinizzotto, M.D., Endowed Chair of Obstetrics and Gynecology at Christiana Care. “By simply removing blood from the umbilical vein, we are now able to honor the wishes of our new mothers and provide the medical field with innovative solutions to help find treatments for many diseases thought to be incurable.”

To date, more than 70 different diseases are currently treated with stem cells from umbilical cord blood, including leukemia, lymphoma and sickle-cell anemia. Christiana Care is the only hospital system in the Philadelphia area that partners with **CORD:USE**. Some of the cord blood units collected by

CORD:USE will be available for research studies that are intended to help improve patient outcomes through The National Cord Blood Inventory.

“Christiana Care is setting an example for other hospitals nationally in the wider effort to help treat and cure diseases through the use of life-saving cord blood,” Lt. Gov. Matt Denn said.

The model developed between Christiana Care and **CORD:USE** is a unique, homegrown effort. Christiana Care Labor and Delivery nurses will educate expectant mothers about cord-blood banking while they are in labor, and Christiana Care obstetricians and nurse midwives will collect the cord blood using **CORD:USE**'s highly sophisticated collection kits. Kim Petrella, RN, a Labor and Delivery nurse and coordinator of Christiana Care's program, and two research technicians process the cord blood, which is then shipped either for research or banking.

“At Christiana Care’s pace, it is on its way to becoming the No. 1 hospital system that is saving lives in this country through cord blood collection.”

— Ed Guindi, M.D., CEO of **CORD:USE**

“At Christiana Care’s pace, it is on its way to becoming the No. 1 hospital system that is saving lives in this country through cord blood collection,” said Ed Guindi, M.D., CEO of **CORD:USE**. “It is an honor to work with Christiana Care, a health system that is nationally recognized as a top-tier hospital, as well as a highly regarded research center.” ●

Illustrating National Breastfeeding Month

In celebration of National Breastfeeding Month in August, volunteer Sara Long completed a mural in the lobby of the Women's Health Building at Christiana Hospital. The painting depicts three key components of successful breastfeeding: the family, the community and the hospital. ●



Louis Bartoshesky, M.D., MPH, chair of Pediatrics, receives Joy-Hope Foundation Compassion in Practice Award



Louis Bartoshesky, M.D., MPH, receives the Compassion in Practice Award from Amy and Allan Benton, founders of the Joy-Hope Foundation.

Louis Bartoshesky, M.D., MPH, chair of Pediatrics at Christiana Care, in July received the first Compassion in Practice Award from the Eric and Ava Benton Joy-Hope Foundation.

Founded by Christiana Care social worker Amy Benton and her husband Allan, the Joy-Hope Foundation honors the couple's children and endeavors to uplift families who have experienced a terminal illness.

"We encourage joy by providing families who are grieving the death of their child with a getaway to make new memories," Amy Benton explains. "It provides them with an important break in their grief to focus on one another. And we aim to spread hope by financially supporting research, education and awareness of mitochondrial diseases."

The Bentons have lost two children to mitochondrial diseases, which affect the life- and growth-sustaining mitochondria found in most cells of the body. Their son Eric died at age 4 months in 2003 and their daughter Ava died at age 4 months in 2009.

Dr. Bartoshesky was the perfect person for the foundation's first award because of the great compassion he incorporates into his practice, along with his medical expertise, Amy Benton said.

"He embodies patient- and family-centered care," she said. "He would just show up during a random hour and walk in and talk to us while we were caring for our children ... he is so unassuming."

"Parents like the Bentons inspire me every day."

— Louis Bartoshesky, M.D., MPH

The real recognition belongs to parents like the Bentons, said Dr. Bartoshesky. "Many of the changes in how we deal with complex conditions are because of parents like Amy and Allan, activist parents who advocate for their children," he said. "That they took the initiative to create the Joy-Hope Foundation yet felt they should give me an award is very flattering. Parents like the Bentons inspire me every day."

Dr. Bartoshesky, a specialist in clinical genetics, is medical director of Genetics

and Newborn Screening for the Delaware Division of Public Health. He was an assistant professor at Tufts University School of Medicine from 1978 to 1986 and then joined the faculty of Jefferson Medical College of Thomas Jefferson University, where he is professor of pediatrics. He also received a master's degree in liberal studies from the University of Delaware in 2006.

Dr. Bartoshesky's awards include the Jefferson Award from the American Institute for Public Service and the Sydney S. Gellis Teaching Award from residents at the Boston Floating Hospital for Children, part of Tufts-New England Medical Center in Boston. The Floating Hospital also grants an award each year to an attending physician in Dr. Bartoshesky's name.

Amy Benton won a 2013 Christiana Care Jefferson Award in recognition of her work on the Joy-Hope Foundation. Jefferson Awards honor individuals who volunteer and provide community service beyond the work they do each day as employees or volunteers for the Health System. ●

Chetana Kripalu, M.D., named Spirit of Women 2013 Community Hero

Family medicine physician Chetana Kripalu, M.D., has been selected as the National Winner of the 2013 Spirit of Women Community Hero award. Dr. Kripalu, nominated by Christiana Care, received the award during the Spirit of Women's 14th Annual National Awards celebration in Las Vegas.

The Spirit of Women awards honor ordinary people who do extraordinary things. These winners represent unsung heroes of American society. The Community Hero Award is given to someone age 21 or older who has shown an extraordinary commitment to service in their community and beyond.

"I am humbled and honored to be selected for recognition by Spirit of Women," Dr. Kripalu said. "I find joy in serving others and teaching my children to participate in programs that can provide warmth and care to the less fortunate."

Along with her husband Vinod Kripalu, M.D., and physician practice partner Reynold Agard, M.D., Dr. Kripalu launched Premiere Charities Inc., a nonprofit group that supports outreach in Delaware and abroad. Dr. Kripalu's philanthropic work through Premiere Charities includes supporting Balagurukulam Orphanage in India, which serves 50 children, many of whom were found in and rescued from streets and garbage heaps. Through Dr. Kripalu's involvement, the orphanage has built dormitories, a water tower for continuous access to fresh water and an upgraded kitchen. Dr. Kripalu's foundation also provided funding to cover the costs of computers, transportation, clothing and education for the orphanage's children.

Closer to home, Dr. Kripalu organized From Our Kitchen, a volunteer group



Chetana Kripalu, M.D., winner of the national Spirit of Women Community Hero Award, was honored by Christiana Care's Michael P. Rosenthal, M.D., at the regional Spirit of Women Awards ceremony at the John H. Ammon Medical Education Center in April. Christiana Care is part of the nationwide Spirit of Women hospital network.

that has been serving lunch to nearly 200 hungry people every Sunday, rain or shine, near the Wilmington train station since 2009. In her professional practice, Dr. Kripalu treats patients who are low-income, homeless or lacking health insurance at the Claymont Community Center.

In 2010, Dr. Kripalu helped found the Delaware Medical Relief Team in response to the devastating earthquake in Haiti and served as a medical volunteer on teams that traveled there to help. She also has visited other nations on medical mission trips.

During the 2013 Spirit of Women Awards at Christiana Care, Marilyn Bartley, APN, a Trauma RN-AP at

Christiana Care, was selected as the regional winner of the Spirit of Women Healthcare Hero Award. Bartley was one of the first to offer to help with the devastating earthquake in Haiti in 2010.

Nick DiIenno, 16, was selected as the Young Person Role Model Award winner by Christiana Care. After losing his Aunt Linda to lung cancer, DiIenno, a senior at Salesianum School in Wilmington, has become an avid supporter of the American Lung Association, which raises money to fund lung-cancer research. He completed the Fight for Air Climb in Boston and is currently co-chairing the climb in Delaware. ●



Christiana Care Neonatal Nurse Practitioner Linda Marsiglia uses Baby HAL to instruct nurses of Union Hospital's maternity department.

High-tech training with Christiana Care's Baby HAL simulator helps nurses statewide learn neonatal intensive care techniques

Christiana Care's expert Neonatal ICU transport team has a road show, featuring Baby HAL, a high-tech infant simulator mannequin that offers hands-on practice in neonatal intensive care techniques.

HAL has been used at Christiana Care for more than a year, said Cynthia Kelley, NNP. It is part of the Virtual Education and Simulation Training lab, which uses a wide variety of robotic mannequins and simulators for pediatric and adult medical education.

"The nice thing about HAL," she said, "is that he's portable." A team of four nurse practitioners and Wendy Sturtz, M.D., medical director of Neonatal Outreach Education, has taken HAL to trainings at Nanticoke Memorial Hospital in Seaford, Del., Union Hospital in Elkton, Md., and Jennersville Regional Hospital in West Grove, Pa., to help those hospitals increase proficiency in caring for high-risk babies.

These and other local hospitals served by Christiana's Neonatal Transport Team benefit from the advanced training when sick

infants need to be transported to Christiana Care's Level 3 NICU. Christiana Care is the only delivering hospital in Delaware to have this highest level of capability for a NICU.

Before a sick infant is ready to be transported, the baby should be stabilized according to a protocol called STABLE, shorthand for sugar, temperature, airway, blood pressure, lab work and emotional support. "The STABLE program is the gold standard in neonatal education," Kelley said. It has been used at Christiana Care since 2003 to provide education and training in common problems in neonatal care.

Now HAL simulation offers a new way of providing training that will improve care of babies before they arrive at Christiana Care.

Simulation training has proven to be effective not only in medical applications, but also by astronauts, city planners, military strategists and others, said Rachel Baldwin, MSN, NNP-BC. She calls it "the wave of the future."

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"It's what a lot of people are using for low-volume but high-risk procedures," Baldwin said. "If we can practice with our simulators, [nurses] can be much more comfortable when practicing that skill in the field. It helps them to get familiar with the equipment they're using."

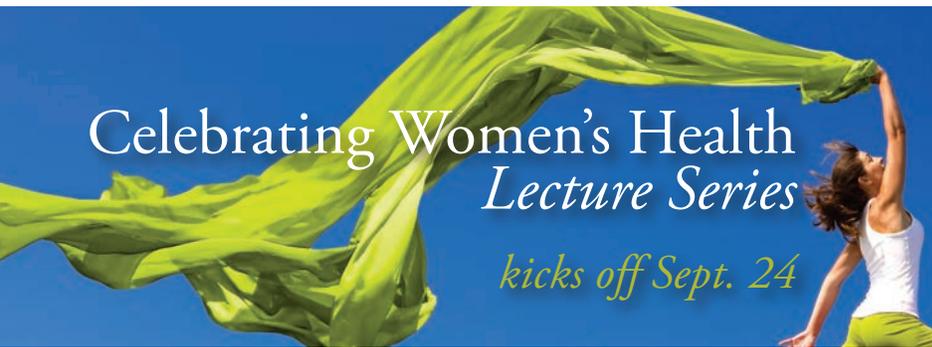
Baby HAL can stage training to achieve a range of skill sets, Kelley said. It produces sound that duplicates normal or defective heartbeats and breathing, color changes and other vital signs. Medical staff "have to listen, make decisions based on what they're seeing and their assessment, and decide what to do next. It can be a short scenario or a long, involved scenario," she said.

The opportunity to practice infrequently needed procedures builds confidence in the nursing staff and promotes teamwork, said Union Hospital nurse educator Chavon Crampton, MSN, RNC-MNN, CCD, CLC.

High risk deliveries don't happen frequently at Union Hospital, "but they happen often enough that we need to know what to do," Crampton said. "If you don't do it every day, it's definitely important to practice, because anything can happen."

During simulation training, the baby's heart rate or breathing can suddenly change with all the unpredictability of real life, Crampton said. This requires the trainees to think critically and work together. "The idea is to make everyone think, to do the interventions and be more confident and comfortable, so when the real deal comes along, they know what they're doing," she said.

"If they make a mistake, the patient is not hurt. It's nice to be able to work through a situation, take time to talk it through and think how can we do it better." ●



The Celebrating Women's Health Lecture Series is a free program that focuses on women's health and health issues that women may face in caring for their loved ones. Each program consists of a lecture or panel discussion, followed by a question and answer session.

Be One in a Million®!

Tuesday, Sept. 24, 6:30 – 8 p.m.

Cardiovascular disease is the leading cause of death in women. Million Hearts® Delaware hopes to prevent 1 million heart attacks and strokes by 2017. Edward Goldenberg, M.D., director of Preventative Cardiology for Christiana Care, talks about risk factors, warning signs and ways to care for your heart. Be one of the million saved!

Unbreakable You!

Tuesday, Oct. 1, 6:30 – 8 p.m.

Some women get all the breaks. Take care of your bone health and you won't be one of them! Timothy Manzone, M.D., J.D., CCD, medical director for the Christiana Care Nuclear Medicine Section and chair of the Christiana Care Bone Health Advisory Committee, discusses osteoporosis-related fragility and fractures. Understand your risk and get tips on diet and exercise.

Keeping Your Brain Healthy

Thursday, Oct. 17, 6:30 – 8 p.m., at the Eugene du Pont Preventive Medicine & Rehabilitation Institute

Learn about two of the most common neurological issues, multiple sclerosis (MS) and migraine headaches. Jason Silversteen, D.O., of Christiana Care Neurology Specialists, discusses causes, symptoms and the latest treatments. Helpful nutrition and exercise tips are included.

Get the Word on GERD

Thursday, Nov. 14, 6:30 – 8 p.m.

Your heartburn could be GERD – gastroesophageal reflux disease. Nathan A. Merriman, M.D., MSCE, of Gastroenterology Associates, P.A., discusses how GERD affects your life. Learn how to overcome GERD and once again enjoy your daily activities. ●

All lectures are at the John H. Ammon Medical Education Center except where noted. Register online at www.christianacare.org/lectures or 800-693-CARE (2273).

At Christiana Care's Virtual Education and Simulation Center 'If you can think it, we can probably simulate it'



Watched by Emergency Medicine colleague Brian Levine, M.D., Jennifer Mink, M.D., practices cricothyrotomy on a simulator at Christiana Care. Simulation training helped her save a life using this rare emergency procedure.

Before attending physician Jennifer Mink, M.D., started working shifts at Christiana Care's new Middletown Emergency Department, she wanted to assess and possibly improve her skills at performing cricothyrotomy — a rare but vital procedure.

Cricothyrotomy is an emergency procedure for treating patients experiencing a potentially lethal blocked or swollen airway. It involves creating a temporary opening below the blocked area and inserting a breathing tube into the airway.

Dr. Mink consulted colleague Brian Levine, M.D., Emergency Medicine Residency Program director, for coaching. They went to Christiana Care's Virtual Education and Simulation Training center in the John H. Ammon Medical Education Center to practice on one of the center's advanced simulation mannequins, which would signal the doctor if she did not perform the procedure perfectly.

"It turns out that Dr. Mink had good foresight to practice her cricothyrotomy

skills," said Susan Coffey Zern, M.D., director of simulation education.

"A short time later a patient having a severe allergic reaction arrived unable to breathe and needed the procedure."

Not all skills that professionals can practice or coach at the Virtual Education and Simulation Training Center are likely to save a life in such a dramatic style.

"But deliberate practice definitely helps improve the quality and safety of care, and saves lives in ways we might not imagine," Dr. Coffey Zern said. "We need to be using our simulation center to grow as professionals and as lifelong learners. There's a lot of value in practicing. You may be using certain clinical skills or procedural techniques every day, but you might be doing some part of it incorrectly. In the simulation center, we can teach you how to do it better."

"The Virtual Education and Simulation Training Center is the appropriate place to practice procedures that we don't perform often," said Dr. Levine.

"The community expects emergency

physicians to be competent to handle anything that enters our doors. It is common practice for our emergency residents and faculty to keep up their skills on an annual basis, and the best process is through well-designed simulation like we have at Christiana Care. We continue to prove that the process works and saves lives."

Many other opportunities for deliberate practice await learners at the center, which is accredited as a Level I Comprehensive Education Institute through the American College of Surgeons. These range from basic skills, such as sterile technique, knot tying, or placing a peripheral IV, to more complicated skills, such as placing a central venous catheter or performing surgery with a robotic simulator.

"The possibilities for learning are endless," Dr. Coffey Zern said. "If you can think it, we can probably help you simulate it."

Trained as a pediatrician, Dr. Coffey Zern served as associate dean of medical education at Drexel University College of Medicine for 10 years. As an educator, the director of simulation training often talks about deliberate practice, citing studies by American educational psychologist Benjamin Bloom.

"Bloom looked at elite performers, studied their childhoods, to learn how they became great — whether they were born that way or achieved it," she said. "He found the things they had in common were devoted teachers, family support — and the quality of practice is what made them experts. Here at Christiana Care we offer all of the above."

"We have credentials that say we've done a certain number of cases and we're proficient," said Dr. Coffey Zern. "Now we're finding that the number of cases we've done is not a surrogate for proficiency. It has to be embedded in your skill set." ●

Value Institute examines health care through the eyes of the patient at BioBreakfast

Health providers need to take a closer look at how their approaches, processes and treatments make a difference in the lives of the people they serve.

That was the message when Christiana Care's Value Institute hosted a BioBreakfast in July with the Delaware BioScience Association on the growing importance of value in health and scientific innovation. Value Institute leaders presented highlights of their work to some 140 clinicians, physicians, scientists and business people in the John H. Ammon Medical Education Center.

“Value is bringing caring, compassion and expertise to fuse science with humanity, which is the very core of medicine, to help people have the lives that they want to live.”

— Robert J. Laskowski, M.D., MBA

“Value is not simply ‘I know what’s good for you,’ but rather listening to the people we are privileged to serve and asking them ‘What is good for you?’” said Robert J. Laskowski, M.D., MBA, president and CEO of Christiana Care Health System. “Value is bringing caring, compassion and expertise to fuse science with humanity, which is the very core of medicine, to help people have the lives that they want to live.”

Value Institute research examines the effectiveness and efficiency of health care technology, treatments and systems of care, and quality and

safety in health care, said Eric V. Jackson Jr., M.D., MBA, associate director of the Value Institute and director of its Center for Health Care Delivery Science.

In a study of emergency department “superusers” — patients who, due to multiple chronic health problems, consume a very high volume of health care resources — Value Institute researchers are identifying predictors for success in achieving decreased hospital admissions and emergency department visits. The researchers coordinate with patients, patient advocates and community leaders to develop patient-centered approaches to address the needs of superusers.

This project, said Dr. Jackson, reflects the intent of the Value Institute to take “an institutional approach, a systematic approach” to addressing health care issues with the aim of creating “systems of profound knowledge.”

Value Institute research pursues the “Triple Aim,” developed by Don Berwick, M.D., a leader in quality-based health care who spoke at a Value Institute symposium in May. The Triple Aim achieves health care that improves the individual patient experience, improves the health of populations, and reduces the per-capita costs of care for populations.

One such project is Bridging the Divides, research funded by a \$10 million grant from the Center for Medicare and Medicaid Innovation, to harness information technology to transcend the gaps in health care and provide more coordinated care and greater value for patients with chronic diseases. ●



Eric V. Jackson Jr., M.D., MBA, associate director of the Value Institute and director of its Center for Health Care Delivery Science; William S. Weintraub, M.D., FACC, FAHA, FESC, John H. Ammon Chair of Cardiology and director of the Christiana Center for Outcomes Research; and Seema S. Sonnad, Ph.D., director of Health Services Research for the Christiana Care Value Institute.

Bridging the Divides initiative raises the bar for coordinated follow-up care

Heart patients already experiencing benefits of Care Link Services

When the Center for Medicare and Medicaid Innovation (CMMI) in 2011 called for innovative ideas to help bridge gaps in health care services, Christiana Care's response was Bridging the Divides — a proposal for tailored care management, enabled by information technology, to coordinate and provide higher value care for patients discharged from the hospital following a coronary event or revascularization.

With millions of dollars in federal funding at stake in the competitive CMMI process, Christiana Care's innovative proposal was selected as one of only 107 projects chosen by CMMI from a nationwide pool of more than 4,000 applications.

Today, more than 500 patients have enrolled in Bridging the Divides — Care Link Services, the first fruit of the far-reaching plan for helping patients smoothly transition after discharge and better manage their symptoms to avoid preventable, costly hospital readmissions.

Bridging the Divides currently focuses on the more than 2,000 patients with ischemic heart disease hospitalized for a heart attack, coronary artery bypass surgery or interventional cardiac catheterization procedure at Christiana Care each year, according to Janet Jonah, RN, MHA, MPH, CPHQ, population health clinical informatics specialist. But the information-



The Care Link heart team: (Front row) Victoria Jones, RN, BSN; Cathi Poore and Ethel Willis, health ambassadors; (back row) Julie Murphy, MSW; Joli Martini, Pharm.D.; Eileen Kogut, MSW, LSW; Lindsey Vanderhoof, RN, BSN; and Lisa Nellius, RN, BSN, MHA.

technology-driven program will serve as a template for similar programs to link all kinds of patients with the extra care they need after hospitalization.

"Bridging the Divides uses information-technology-supported care management to help patients return to health after being hospitalized," said William S. Weintraub, M.D., FACC, FAHA,

CONTINUED



Ellen Laskowski with son Fred Laskowski

BRIDGING THE DIVIDES MAKES RECOVERY FROM HEART SURGERY EASIER

Ellen Laskowski was employed at Wilmington Hospital for many years as a unit clerk and later in the Billing Department. After retiring in the mid-1990s she became a Christiana Care volunteer. Laskowski had quintuple bypass surgery more than two months ago. She credits Bridging the Divides with much of her successful recovery.

"They helped me a lot," she said. "Forty-five years ago, when you got discharged you signed a paper and you

left," she said. "It took the [Care Link coordinator] about an hour and 15 minutes to go over everything with me. They talked to me and my son Freddie. Between the two of us we understood perfectly what to expect."

Once she got home, communications and logistics in the program made a good first impression.

"They left all of the equipment here for me to weigh myself and check my blood sugar, oxygen level and heart rate," she said. "If they questioned any of the readings, they would call to ask about it. One day they called because I lost two pounds. I told them that previously I forgot to take my shoes off."

She also got a good feeling from the visiting nurse. "She had a lot of questions, and she was calling my doctor about everything. They realized they needed to change my medicine."

CONTINUED

FESC, John H. Ammon Chair of Cardiology and director of the Christiana Care Center for Outcomes Research. "Ischemic heart disease is common, expensive and treatable — the ideal disease setting for developing this program. There is good evidence that with better coordinated care our patients can remain healthy and are much less likely to be re-hospitalized."

By analyzing electronic health record information and identifying people who are more likely to develop complications, the Care Link Services team can initiate care-management interventions, says Care Link Program Manager Lisa Nelliuss, RN, BSN, MHA. This makes it easier to coordinate the care required after hospitalization, streamline communications between providers and effectively bridge gaps in care before they can develop.

Data sources include inpatient and outpatient electronic medical records from primary-care and specialty physicians, statewide information about lab and hospital use, and national medication refill data from the Delaware Health Information Network.

Bridging the Divides is a concrete demonstration of The Christiana Care Way, according to Sharon Anderson, RN, BSN, MS, FACHE, senior vice president of Quality, Patient Safety and Population Health Management. "This grant enables Christiana Care to continue to follow and support our patients and families, and fulfill our promise to provide innovative, effective, affordable systems of care that our neighbors value," she said. ●

Two months post-surgery, Care Link continues to monitor her vital signs at home.

"That's been reassuring to all of us," said her daughter, Christiana Care Volunteer Services Manager Rose Wessells. "I am so thankful that Care Link service was available for our family at this stressful time. It's a fine example of The Christiana Care Way."

"The consistent and caring services and support provided by Care Link through the work of Vicki Jones, case manager for the Bridging the Divides program, made son Fred Laskowski happy. "She not only provided us with in-home nursing services, but also supplied valuable information connecting our family to other services to help our mother adapt after such an intensive surgery. Vicki's follow-up and follow-through is helping our family through a very difficult time," he said. ●

WILMINGTON TRANSFORMATION CONTINUES

The transformation of Christiana Care's Wilmington campus reached a major milestone with the opening of the Carol A. Ammon South Tower and expanded Emergency Department. Here is a schedule of upcoming moves and openings related to the project:

2013

SEPTEMBER

Joint Replacement Center relocates to 7th floor.

ICU relocates to 6th floor.

Wilmington ICU 5 North moves to 6 South along with Stepdown staff.

3rd floor – Surgery moves to 4th floor space vacated by Joint Replacement Center.

Emergency Department patient and ambulance entrance opens.

Temporary ED entrance removal begins (three-month process).

OCTOBER

5 West ACE Unit moves to 5 North.

DECEMBER

Operating Room and Surgical Processing Department moves, including PACU, Surgical Waiting, GI Lab, Anesthesia Department and staff locker rooms.

Sterile Processing Department moves from 7th floor to the ground floor.

Expansion of Vascular Interventional Lab from four hours three days per week to eight hours five days per week for scheduling of outpatients.

Endoscopy Suite relocates from 7th floor to 3rd floor adjacent to OR suite.

3 West reopens as new Observation Unit.

2014

FEBRUARY

1st Floor – Expanded Red Core opens in Emergency Department.

1st Floor – Hemodialysis relocates to expanded space.

APRIL

CAPES Unit relocates to expanded space.

SUMMER

1st Floor – Atrium opens.

Medical Office Building opens.

2nd Floor – Blue Granite Café opens.

Junior Board Healing Garden opens.

Health Center – phase 1 opens.

FALL

Emergency Department Yellow Core and Radiology.

WINTER 2014/2015

Health Center – phase 2.

Christiana Care earns Gold Award for quality care in treatment of heart attack



Timothy J. Gardner, M.D.

The Center for Heart & Vascular Health received the American College of Cardiology Foundation's ACTION Registry-GWTG Gold Performance Achievement Award for 2013 — one of only 32 hospitals nationwide to do so.

The award recognizes Christiana Care's commitment and success in carrying out a higher standard of care for heart-attack patients and for strictly following care recommendations from the American College of Cardiology/American Heart Association.

To get the award, Christiana Care followed the treatment guidelines for eight consecutive quarters and met a performance standard of 90 percent for specific measures. Following these care guidelines improves adherence to ACC/AHA clinical guideline recommendations. The registry monitors drug safety and the overall quality of care provided to heart-attack patients.

"This honor belongs to the physicians and staff at the Center for Heart & Vascular Health who partner with our patients to provide exceptional care," said Timothy J. Gardner, M.D., medical director and past national president of the American Heart Association. "There is no better time to focus on improving the quality of cardiovascular care by carrying out these guidelines, as the number of heart-attack patients eligible for care is expected to grow over the next decade due to increasing number of people with heart disease and a large aging population."

"The American College of Cardiology Foundation and the American Heart Association commend Christiana Care

for its success in implementing standards of care and protocols," said James Jollis, M.D., FACC, ACTION Registry-GWTG chair, and co-chair Deepak L. Bhatt, M.D., MPH, FACC, FAHA, in a joint statement. "The full implementation of acute and secondary prevention guideline-recommended therapy is a critical step in saving the lives and improving outcomes of heart-attack patients," they said.

ACTION Registry-GWTG is a partnership between the American College of Cardiology Foundation and the American Heart Association with support from the American College of Emergency Physicians and the Society of Cardiovascular Patient Care. ACTION Registry-GWTG empowers health care provider teams to treat heart attack patients according to the most up-to-date, science-based guidelines and establishes a national standard for understanding and improving the quality, safety and outcomes of care provided for patients with heart disease, specifically high-risk heart-attack patients. ●



Christiana Care Health System consistently followed the treatment guidelines in ACTION Registry-GWTG for eight consecutive quarters and met a performance standard of 90 percent for specific performance measures to receive this 2013 award.

Christiana Care



Heart Walk 2013

The 22nd American Heart Association Annual Heart Walk is scheduled for Sunday, Sept. 8, 9 a.m., at the Wilmington Riverfront. The annual event promotes awareness about heart disease and stroke while raising funds to fight the diseases.

Ray Blackwell, M.D., cardiac surgeon and chair of the American Heart Association's local chapter is this year's honorary chair.

Each year, Christiana Care employees, their family and friends turn out to support this event. Register today at www.heart.org/wilmingtonwalk and make this our biggest walk ever!

Individuals can join one of the several teams from Christiana Care or start their own team.

The first 1,000 Christiana Care employees and their team members to register receive a Heart Walk T-shirt.

For more information, contact committee co-chairs Bob Mulrooney, rmulrooney@christianacare.org, 302-733-3994, Sonya Stover, sstover@christianacare.org, 302-733-3074 or Paula Strokoff, pstrokoff@christianacare.org, 302-733-3746. ●

Ventricular Assist Device Program among only 124 in the U.S. to earn Joint Commission Gold Seal of Approval

Christiana Care Health System's Center for Heart & Vascular Health has earned advanced certification from The Joint Commission for its Left Ventricular Assist Device (LVAD) Program for treatment of patients with advanced heart failure.

Christiana Care's program is one of only 124 in the U.S. to receive The Joint Commission's Gold Seal of Approval. Christiana Care launched its Left Ventricular Assist Device Program in 2011 and is the only hospital in Delaware to offer the service.

The battery-powered left ventricular assist device is implanted during open-heart surgery and replaces the pumping action of the heart. The latest devices are smaller, more durable and improve quality of life for patients in many ways.

Patients with advanced heart failure have often reached their maximum doses of medications and may have undergone coronary bypass or valve operations. The left ventricular assist device can represent a bridge to heart transplantation, a bridge to recovery or a destination therapy if transplantation is not an option.

During an on-site review in July, Christiana Care demonstrated compliance with The Joint Commission's national standards for health care quality and safety in disease-specific care as well as ventricular assist device destination therapy-specific standards, clinical practice guidelines and performance measures. The certification award recognizes Christiana Care's dedication to continuous compliance with The Joint Commission's state-of-the-art standards.

"Joint Commission advanced certification underscores Christiana Care's commitment to partner with our heart failure patients to deliver exceptional quality and value," said Timothy Gardner, M.D., medical director of Christiana Care's Center for Heart & Vascular Health. "The Joint Commission provides us a framework to continually improve the care we provide," he said.

"Achieving Joint Commission advanced certification reflects the passion of our high-performing, multidisciplinary team to provide the best care experience and to deliver outstanding quality outcomes to patients with advanced heart failure," said Mitchell Saltzberg, M.D., medical director of Christiana Care's Heart Failure and Mechanical Circulatory Assist programs.

The Joint Commission's advanced certification in ventricular assist device therapy, developed in response to Medicare requirements, provides standards for hospitals related to:

- Staffing and facility infrastructure to support ventricular assist device placements.



Christiana Care's first heart failure patient to receive an LVAD, James Landsness, said receiving the device was "like someone walking up to you and saying, 'Here's your life back.' I didn't think something like that was possible." With him is Noelle Rogers, PT.

- Participation in a national, audited registry for patients who have received mechanically assisted circulatory support devices.
- Volume requirements for board-certified cardiac surgeons who place ventricular assist devices.

Christiana Care received The Joint Commission's advanced certification in heart failure in 2011, the only heart-failure program in Delaware with the Gold Seal of Approval. Nationally recognized specialists at Christiana Care provide innovative care for people with heart failure, effectively managing symptoms and slowing the progression of the disease. At Christiana Care, people with heart failure receive effective treatments based on the most current medical guidelines and scientific research.

Each year, more than half a million Americans are diagnosed with heart failure. Almost 1 million people each year are hospitalized for heart failure and related problems. ●

Minimally invasive surgery for esophageal cancer is easier on patients

Surgeons at the Helen F. Graham Cancer Center are using groundbreaking laparoscopic techniques and advanced video-assisted technology to treat most esophageal cancers.

Highly effective in experienced hands, minimally invasive or “keyhole” esophagectomy (MIE) allows patients to heal faster with fewer complications and less discomfort than conventional, open surgery.

Christiana Care is among a select group of centers performing MIE to treat esophageal cancers. According to a Dutch study published online April 30 in *The Lancet*, MIE is easier on the patient and may be safer than open surgery.

“We have transformed our pulmonary surgery capabilities and we are now using almost exclusively minimally invasive techniques.”

— Thomas Bauer, M.D.

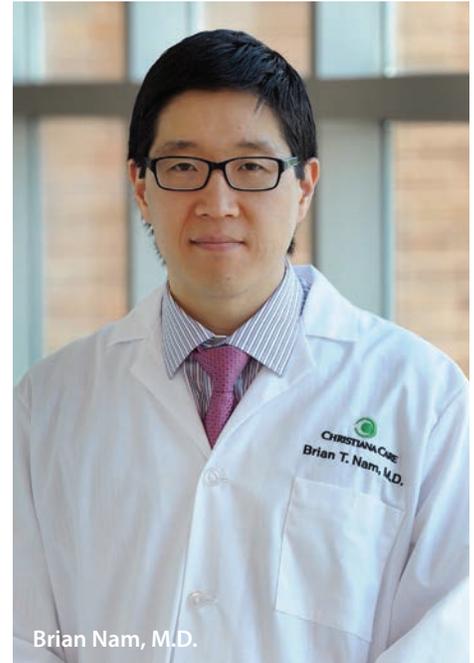
“It is amazing how thoracic surgery has advanced here in the last decade,” said Chief of Thoracic Surgery Thomas Bauer, M.D. “We have transformed our pulmonary surgery capabilities, and we

are now using almost exclusively minimally invasive techniques.”

Esophageal cancer forms in the lining of the tissues of the esophagus — the tube that passes food down from the mouth to the stomach. Of the nearly 18,000 new cases of esophageal cancer in the U.S. each year, few show noticeable symptoms until the disease has advanced locally. Treatment usually means removing all or a portion of the esophagus and rebuilding it with part of the stomach or intestine.

Cardiothoracic surgeon Brian Nam, M.D., uses an MIE technique he perfected during fellowship training at the University of Wisconsin, Madison. “We make a series of four or five very small incisions in the chest and the abdomen to perform video-assisted thoracic surgery (VATS),” Dr. Nam explains. Conventional esophagectomy entails cutting through a patient’s chest and abdominal wall.

Dr. Bauer recruited Dr. Nam last year to join the Thoracic/Esophageal Cancers multidisciplinary team at the Graham Cancer Center because of his training and experience in all forms of VATS, MIE and robotic surgery. “He is an excellent addition to our experienced minimally invasive program,” Dr. Bauer said.



Brian Nam, M.D.

According to Bank of America endowed medical director Nicholas J. Petrelli, M.D., “Dr. Bauer has built an outstanding thoracic multidisciplinary program, which attracted a well-trained surgeon like Dr. Brian Nam to bring additional expertise to the cancer program at the Helen F. Graham Cancer Center.”

Dr. Nam also developed fast-track protocols, reducing the chance for deviation from standardized best practices, improving recovery for patients before and after surgery. ●

A banner for wellness at Christiana Care. It features three images: a brain with neural connections, a silhouette of a person in a yoga pose against a sunset, and a bowl of soup. The text "Mind Body Food" is written in large white letters across the images. Below it, the text "All this and more at Wellness.christianacare.org." is written in a smaller font, with "Wellness" in a cursive script.

Mind Body Food
All this and more at *Wellness*.christianacare.org.

Radiation Oncologists, P.A., at Graham Cancer Center receives national clinical trials award

Radiation Oncologists, P.A., at the Helen F. Graham Cancer Center is among only seven community oncology research programs in the country to receive a Clinical Trials Participation Award from the Conquer Cancer Foundation of the American Society of Clinical Oncology (ASCO).

The award recognizes Radiation Oncologists, P.A., for its work on improving cancer care through its high-quality clinical trials program. Radiation oncologist Jon Strasser, M.D., accepted the award June 2 at the ASCO annual meeting in Chicago, Ill.

In 2012, 24 percent of patients enrolled in clinical trials at the Graham Cancer Center. This number is one of the highest accrual rates into cancer clinical trials in the U.S., far above the national average of 4 percent.

The Graham Cancer Center currently has more than 100 ongoing clinical trials in different cancer types, including breast, central nervous system/brain, gastrointestinal, genitourinary, gynecologic, head & neck, hematologic, melanoma, sarcoma and thoracic.

“The ASCO award is a recognition of the hard-working research nurses and radiation oncologists at the Helen F. Graham Cancer Center who are committed to delivering cutting-edge treatment to our patients,” said Nicholas J. Petrelli, M.D., Bank of America endowed medical director. “I know the team shares the award with the patients, because without them the award wouldn’t be possible.”

“As physicians, our number-one goal is to partner with our patients to provide the highest quality care possible,” said

Christopher Koprowski, M.D., MBA, chair of Radiation Oncology at Christiana Care. “This award is a testament to the heroism of our patients, our dedicated colleagues and the tremendous clinical and research infrastructure at the Helen F. Graham Cancer Center.”

“By participating in clinical trials our patients receive state-of-the-art care from our cancer experts,” said Adam Raben, M.D., research director. “For many patients, clinical trials provide the best means for accessing a promising new cancer therapy.”

Of the 1.3 million people diagnosed with cancer this year, only 3 to 5 percent will participate in cancer clinical trials.

“This award is a testament to the heroism of our patients, our dedicated colleagues and the tremendous clinical and research infrastructure at the Helen F. Graham Cancer Center.”

— Christopher Koprowski, M.D., MBA

Clinical trials are research studies designed to evaluate whether a new treatment or procedure is better than the current standard of care. Thanks in large part to the knowledge gained through clinical trials, today two-thirds of cancer patients survive at least five years after diagnosis, compared with only half in the 1970s. ●

Physician members of Radiation Oncologists P.A. Michael Sorensen, M.D., Jon Strasser, M.D., Sunjay Shah, M.D., Viroon Donavanik, M.D., Chris Koprowski, M.D., Michael Dzeda, M.D., and Adam Raben, M.D.



New spine cancer multidisciplinary center provides care pathway for patients when back pain turns out to be cancer

Soon after joining Christiana Care in 2011 and 2012, surgeons Christopher Wolf, M.D., and Mark Eskander, M.D., saw the need to help cancer patients suffering from back pain. While on call for Christiana Care's Level 1 Trauma Center, they were surprised by the number of patients who presented with cancer-related back pain. They approached the Helen F. Graham Cancer Center seeking to set up the newest multidisciplinary cancer center.

The spine-fellowship-trained surgeons noticed that a measurable number patients arriving in the Emergency Department with back pain had advanced-stage cancer. In some patients, the cancer was wrapped around or pressed on nerves coming from the spine, causing unbearable pain. Though their surgical training guided them to intervene to help alleviate that pain, they also saw the need for a collaborative approach to care for these patients with complex challenges.

Drawing on their training in a multidisciplinary setting in relieving back pain through surgery, Drs. Eskander and Wolf sought to create a multidisciplinary standard of care at the Helen F. Graham Cancer Center. Now, when a patient presents with new back pain, a back fracture or neurologic damage, they look for cancer, and when they find it, they help patients through the Spinal Tumor Metastatic Lesion Multidisciplinary Center.

Ideally, Drs. Eskander and Wolf would like to identify patients with spine-based pain long before they present in the Emergency Department. Through the multidisciplinary center, they will work with primary care physicians to identify cancer patients who are beginning to feel back pain. Earlier treatment can lead to a better quality of life for those patients. ●



Orthopaedic trauma surgeons Mark S. Eskander, M.D., and Christopher F. Wolf, M.D., have established the Spinal Tumor Metastatic Lesion Multidisciplinary Center at the Helen F. Graham Cancer Center.

CHRISTIANA CARE COMPLIANCE HOTLINE



Christiana Care's Compliance Hotline can be used to report a violation of any regulation, law or legal requirement as it relates to billing or documentation, 24 hours a day, 7 days a week. All reports go directly to Compliance Officer Ronald B. Sherman. Callers may remain anonymous. The toll-free number is: 877-REPORT-0 (877-737-6780).

✓ To learn more about Corporate Compliance, review the Corporate Compliance Policy online or contact Ron Sherman at 302-623-2873.



Nurses Week 2013 bulletin board poster contest focused on quality and innovation in patient care



The 4E team with Diane Talarek, chief nursing officer, and Janet Cunningham, associate chief nursing officer, in front of their winning poster: "Creating Successful Innovation."

Diane Talarek, chief nursing officer, and Penny Seiple, vice president, patient care services, Wilmington Hospital, congratulate the Wilmington Operating Room staff on their winning poster, which compared the many approaches to quality and innovation to the many applications on a smartphone.



A poster contest sponsored by the Professional Nurse Council received 28 submissions from throughout Christiana Care addressing the American Nurses Association theme for Nurses Week 2013: "Delivering Quality and Innovation in Patient Care."

The contest challenged participants to decorate one bulletin board on each unit or nursing area highlighting how their team delivers quality and innovation in patient care.

Selected Christiana Care non-nursing staff judged the posters and produced winners at both Wilmington and Christiana hospitals.

Diane Talarek, RN, MA, NE-BC, chief nursing officer, Janet Cunningham, RN, MHA, NEA-BC, CENP, associate chief nursing officer, and Penny Seiple, MSN, RN, NE-BC, FACHE, vice president, patient care services, Wilmington Hospital, presented the winning units with a wall plaque. ●

MS Society recognizes Jason Silversteen as a Partner in MS Care

The National Multiple Sclerosis (MS) Society has designated neurologist Jason Silversteen, D.O., director of Christiana Care's Comprehensive Multiple Sclerosis Center, as a Partner in MS Care, listed on the MS Society's national database of expert MS care providers.

Health care professionals recognized as Partners in MS Care demonstrate knowledge and experience in multiple sclerosis care, have a special interest in treating people living with multiple sclerosis, work closely with the National MS Society, exemplify the standard of MS

care, and recognize the comprehensive approach offered.

Dr. Silversteen was a multiple sclerosis fellow at the University of Texas Southwestern (Dallas) in 2009 and 2010 and was chief neurology resident at the Drexel College of Medicine, Philadelphia. He graduated from the Lake Erie (Pa.) College of Osteopathic Medicine in 2005.

In July 2010, Dr. Silversteen joined Christiana Care as a neurology specialist. He also serves as neurology education coordinator within the Internal Medicine Residency Program. ●



Jason Silversteen, D.O.

Brian Galinat, M.D., appointed to AOA 'Own the Bone' committee



Brian Galinat, M.D.

Brian Galinat, M.D., chair of the Department of Orthopaedic Surgery, has been appointed to the Own the Bone Committee of the American Orthopaedic Association. He is the only community-hospital-based physician serving on the committee, which includes clinical and scientific researchers from top academic research centers throughout the United States.

The Own the Bone program establishes and recommends care

plans for treating osteoporosis following fragile bone fractures. It helps hospitals, medical centers and physician practices establish fracture liaison services that identify, evaluate and treat fragility fracture patients age 50 and older who are at risk of osteoporosis. The fracture liaison service coordinates individual patient care among different specialties and physicians.

Christiana Care established its first fracture liaison service — the Hip FIT (fracture intervention team) — in 2012, and through a multidisciplinary Bone Health Advisory Committee is now planning the creation and implementation of other fracture-intervention teams.

Christiana Care also participates in a national registry of fragile bone incidents and treatment — the Own the Bone registry — that provides data to help teach primary care physicians and specialists about the risks of fragile bone fractures, and ways to treat them post-accident. ●

Jennifer Johnston, MA, APR, elected to national board post



Jennifer Johnston, MA, APR

Jennifer Johnston, MA, APR, senior communications manager, External Affairs, was elected to the National Black Public Relations Society Inc. Board of Directors as a member-at-large.

The board position started in July 2013 and has a two-year term. In this role on the national governing body for the organization,

she will chair the membership committee and focus on building membership and retaining members.

Johnston has been active and held board positions in many communications professional associations, most recently serving as 2010 president of the Delaware Chapter of the Public Relations Society of America. She has been a member of the National Black Public Relations Society for many years and served on several of its annual conference programming committees.

Since its founding in 1987, the National Black Public Relations Society has served as an advocate for black professionals in public relations, media relations, corporate communications, investor relations, government affairs, community relations and related fields. Run by professionals for professionals, it has chapters in major media markets including New York, Los Angeles, Chicago, Philadelphia, Atlanta and Washington, D.C. ●



Staci L. Vernick

Staci L. Vernick joins Christiana Care as vice president of communications

Staci L. Vernick has joined Christiana Care Health System as vice president of communications in the External Affairs Department.

In her new role, Vernick is responsible for strategic communications planning and oversight of all External Affairs functions and

programs including marketing, media relations, digital communications and social media, website, publications, legislative affairs, internal communications, fundraising support and community outreach.

Vernick refined her expertise in health and science communications over the course of her career, serving as director of communications and public relations for The Wistar Institute, an independent biomedical research institute specializing in cancer research and vaccine development, for the American Association for Cancer Research, and for the Johns Hopkins Children's Center, the children's hospital of the Johns Hopkins Medical Institutions.

She serves on the board of directors of Bartram's Garden and the steering committee of the National Cancer Institute Public Affairs Network and served previously on the planning and steering committees of the Association of Independent Research Institutes and the Young Adult Alliance of the LIVESTRONG Foundation.

A former reporter for the Associated Press and Beaver County (Pa.) Times, she earned a bachelor's degree in journalism and political science from the University of Pittsburgh. ●



Karen Haritakis, RN, BSN

Karen Haritakis, RN, named director of neonatal and pediatrics clinical operations

Karen Haritakis, RN, BSN, has been named director of neonatal and pediatrics clinical operations.

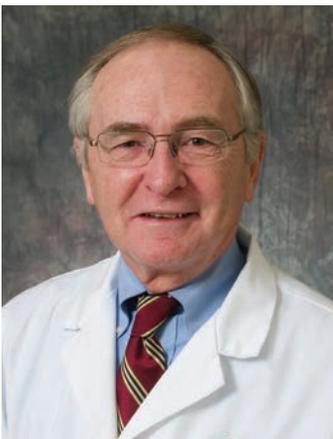
As director, Haritakis oversees the Neonatal Intensive Care Unit, Neonatal Nurse Practitioners, Neonatal

Transport, Milk Bank, Pediatric Nurse Practitioners and the 4A-Pediatric Inpatient Unit. She reports to Sherry Monson, RN, MBA, MSN, vice president, women's and children's health services.

Haritakis's pediatric and neonatal nursing experience includes a depth of clinical and operational focus in both pediatrics and maternal-child specialties. She was the director of the medical NICU and pediatric services at Rio Grande Regional Hospital in McAllen, Texas, a Hospital Corporation of America (HCA) facility.

At Rio Grande Regional she helped expand a 16-bed pediatric medical-surgical unit to include 14 PICU beds, 10 step-down pediatric beds and 27 general pediatric beds. She organized and implemented an open-heart pediatric program, including heart catheterizations and open-heart surgeries, and implemented a full surgical program in the 30-bed NICU.

She planned and implemented a total body cooling program in the NICU and PICU, working closely with physicians and staff. She implemented guidelines to decrease bloodstream infections and ventilator-associated pneumonia in the critical care areas, working with team members from infection control, respiratory, housekeeping and nursing staff, and helped the hospital achieve top 10 percent scores in employee engagement for HCA. ●



William A. Hohman, M.D., FACOG, NCMP

Menopause Society honors William A. Hohman, M.D.

William A. Hohman, M.D., FACOG, NCMP, has been selected to receive the North American Menopause Society (NAMS) 2013 Leon Speroff Outstanding Educator Award.

The award recognizes society members for excellence in menopause-related education of clinicians or the general public. The award will be presented to Dr. Hohman at the NAMS annual meeting in Dallas, Texas, on Oct. 10.

The Society is dedicated to promoting the health and quality of life of all women during midlife and beyond through an understanding of menopause and aging. The multidisciplinary organization with 2,000 members includes clinical and basic science experts from medicine, nursing, sociology, psychology, anthropology, pharmacy, epidemiology, nutrition and education. ●

Paul K. Davis, M.D., joins Christiana Care cardiac surgery team



Paul K. Davis, M.D.

Cardiothoracic surgeon Paul K. Davis, M.D., has joined the cardiac surgery team at the Christiana Care Center for Heart & Vascular Health.

Dr. Davis was previously chief of cardiac surgery at St. Francis Hospital for 10 years prior to his arrival at Christiana Care. He brings with him 23 years of experience in cardiothoracic surgery.

He received his medical degree from Jefferson Medical College in 1983. This was followed by a general surgery residency at the Penn State University Medical Center in Hershey. He then stayed on at Hershey for several more years, performing fellowships in artificial organs and cardiothoracic surgery.

He has maintained current board certifications in general and cardiothoracic surgery since 1988 and 1991 respectively. He has extensive experience with minimally invasive cardiac and thoracic surgery, especially mini-mitral repair.

Dr. Davis is an avid martial artist and holds a third-degree black belt in Tang Soo Do. He is married to Caroline K. Davis, M.D., an anesthesiologist with United Anesthesia Services in Bryn Mawr. They have three children. ●



Vishal Patel, M.D., PGY-3, elected treasurer, and Himani Divatia, D.O., PGY-3, elected secretary of the National Med-Peds Resident Association.

Christiana Care Med-Peds residents elected to national association posts

Two physicians from Christiana Care have been elected to serve as officers in the National Med-Peds Resident Association.

Himani Divatia, D.O., PGY-3, is serving as secretary and Vishal Patel, M.D., MBA, PGY-3, as treasurer.

Dr. Divatia's duties will include keeping minutes during conference calls and meetings, coordinating with NMPRA program representatives and compiling the quarterly newsletter *The Perspective* with NMPRA and the AAP Med-Peds section. She will play a crucial role in national meetings through survey and program design.

Dr. Patel's duties involve managing the organization's funds, working with advertising for the national meeting and facilitating funding through sponsors. He will play an integral role on conference calls and other decisions at a national level.

The elections were held in June. Both positions are for one year. ●



Remembering Richard Lennihan, M.D., Delaware's first specialist in vascular surgery

A memorial service for Richard Lennihan, M.D., who retired in 2009 from Christiana Care Vascular Specialists Inc. after 50 years as a surgeon, will be held Sept. 23 at 5:30 p.m. at the John H. Ammon Medical Education Center auditorium. Dr. Lennihan passed away peacefully in the hospital at the age of 86 on June 12 at Christiana Care, to which he had devoted his professional life.

Dr. Lennihan was the first surgeon in Wilmington to devote his career exclusively to vascular surgery. He was Christiana Care's chief of Vascular Surgery for many years and served as project director of a team to plan for the creation of a multidisciplinary cardiovascular center, today's Center for Heart & Vascular Health.

Michael Rhodes, M.D., former chair of the Christiana Care Department of Surgery and Dr. Lennihan's colleague, at a retirement celebration in April 2009 said, "Dick Lennihan is a visionary. The Center for Heart and Vascular Health as

we know it today is a result of his vision and leadership."

Dr. Lennihan authored many articles in scientific publications. He was a clinical assistant professor of surgery at Jefferson Medical College since 1980. He received his medical degree at Cornell University Medical College in New York City. He served his internship at the University of Virginia Hospital, was chief surgical resident at Boston City Hospital and was a fellow of the National Foundation for Infantile Paralysis at Peter Bent Brigham Hospital, Boston.

He earned his undergraduate degree at Harvard University in Cambridge, Mass., where he met his wife-to-be, Marjory Reynolds. He served in the U.S. Navy for two years during World War II.

In a 2009 Focus feature story, he said "When I came out of med school, there was no vascular surgery. There also was no chemotherapy, dialysis and few antibiotics." But, recalling his great hope upon coming to Delaware with his growing family so long ago, he said, "I had a feeling I was coming to the promised land. It was a place big enough to have substantial needs and still have that sense of community that breeds better medicine."

A lifelong fitness enthusiast, Dr. Lennihan took up running in 1974. He competed in the Boston Marathon and once won — in his age group — the Marine Corps Marathon in Washington, D.C. during the 1980s. He ran scores of other races at various distances and at

age 80 won the 5- and 10-K races and all eight track-and-field events in his age group at the Delaware Senior Olympics, setting records in seven events.

His attitude about physical fitness he once expressed as follows: "If you eat and sleep seven days a week, why not exercise seven days a week?"

He was an avid sailor and skipper of his boat, the Irish Gal. He vacationed often in Martha's Vineyard, Mass., and was fond of using sailing as a metaphor for life. He also enjoyed travel, photography, bird watching and cycling.

Beyond his professional and athletic accomplishments, he was perhaps proudest of his five children and their contributions through varied careers:

- Marion Burke Lennihan of Cambridge, Mass., author and holistic health care professional.
- Laura Lennihan, MD of Chappaqua, New York, Vice-Chair of Neurology, Columbia University.
- Mark Lennihan of Brooklyn, New York, photographer and photo editor for The Associated Press.
- Lisa Lennihan of Chicago, Illinois, psychoanalyst.
- Holly Lennihan Cox of Alexandria, Virginia, architect.

He also is survived by his wife, Marge, and eight grandchildren, the eldest now in medical school, following in her grandfather's footsteps. ●

Dr. Lennihan on moving to Delaware:

"I had a feeling I was coming to the promised land. It was a place big enough to have substantial needs and still have that sense of community that breeds better medicine."



Publications

Physicist **Abhirup Sarkar, Viroon Donovanik, M.D.**, physicist **Hungcheng Chen, Christopher Koprowski, M.D.**, Chief Clinical Physicist **Firas Mourtada, Ph.D.**, **Jon Strasser, M.D.**, **Adam Raben, M.D.**, et al., "Prostate implant dosimetric outcomes and migration patterns between bio-absorbable coated and uncoated brachytherapy seeds," *Brachytherapy Journal*, Volume 12, Number 4, July/August 2013.

John E. Jesus, M.D., et al., "Preferences for Resuscitation and Intubation Among Patients With Do-Not-Resuscitate/Do-Not-Intubate Orders," *Mayo Clinic Proceedings*, July 2013; 88(7):658-665. PMID:23809316.

Daniel Leung, M.D., "Study at SIR Shows Safety and Effectiveness of Stenting CTOs of Mesenteric Arteries," bmctoday.net/evtoday/2013/03."

Omar A. Khan, M.D., et al., *Global Health Education in U.S. Medical Schools*, "BMC Medical Education 2013," evtoday.com/2013/03.

Robert L. Witt, M.D., "How can Frey's syndrome be prevented or treated following parotid surgery?" *The Laryngoscope*, V123, Issue 7, July 2013.

Presentations

David H. Haley, D.P.M., gave the Distinguished Alumnus Address at the University of Delaware Department of Biological Sciences 2013 Convocation Ceremony May 24.

Daniel Elliott, M.D., will present a poster, "Suboptimal Longitudinal Risk Factor Control Following Coronary Revascularization in a Community Setting," which he co-authored with **Vishal Patel, M.D.**, Center for Outcomes Research (CCOR) Director of Biostatistics **Paul Kolm, Ph.D.**; Senior Systems

Engineer **James Bowen, M.D.**; **Roger Kerzner, M.D.**; **Claudine Jurkovitz, M.D., MPH**, CCOR Director of Operations; and John H. Ammon Chair of Cardiology and CCOR Director **William Weintraub, M.D.**, at the American Heart Association Scientific Sessions in Dallas in November.

Robert L. Witt, M.D., presented three lectures at the University of Cape Town, South Africa on July 12:

- Minimally Invasive Surgical Techniques for Salivary Neoplasms and Stones.
- Avoidance and Management of Adverse Outcomes in Salivary Gland Surgery.
- Tissue Engineering an Artificial Salivary Gland.

Omar A. Khan, M.D., "Life, The Universe & Everything: Community & Global Health" presented at the 2013 Invited Lerner Lecture at the University of Vermont in June.

At the 15th Annual Hernia Repair Meeting of the American Hernia Society in Orlando, **David D. Zabel, M.D.**:

- Oral presentations "Early Outcome of synthetic pre-peritoneal mesh reinforcement in complicated open ventral hernia repair"; and "Epidural use in open ventral hernia repair with component muscle separation."
- Three posters, "Open ventral hernia with component muscle separation and near circumferential reinforcement using 2400 square centimeters of synthetic mesh"; "Safety and efficacy of large pore low density synthetic mesh in complicated open ventral hernia repair"; and "Salvage of large pore, low surface area synthetic mesh after infection in open ventral hernia repair."

All papers presented by Dr. Zabel were coauthored by **Michael Conway, M.D.**, **Joseph Belgrade, M.D.**, and **Eric Kalish, M.D.**

Appointments

Timothy Y. Shiuh, M.D., has joined Cerner's Emergency Medicine Strategic Board.

Ene Belleh, MLS, AHIP, earned senior level membership in the Academy of Health Information Professionals (AHIP), program of the Medical Library Association); **Ellen M. Justice, MLIS, AHIP**, earned AHIP membership at the Distinguished Level. AHIP credential denotes the highest standards of professional competency and achievement in the field of health care information.

Maryellen J. Klements, Hyperbaric Medicine Safety Director, passed the certified hyperbaric technician exam and now has certification under the National Board of Diving and Hyperbaric Medical Technology.

Mary Shapero, RD, has been appointed clinical nutrition manager within the Department of Food and Nutrition Services.

Omar A. Khan, M.D., was appointed a reviewer for the Patient-Centered Outcomes Research Institute (PCORI) in May.

Denise Scales, MS, RNC, has been appointed manager, Lactation Services and Parent Education.

Awards

Omar A. Khan, M.D., received the 2013 Service to Medicine & Community Award from the University of Vermont College of Medicine in June and was elected "Editor of the Year" by the BioMedCentral publication group, London UK. ●



Medical Group primary care practices to offer patient portal and health coaches for chronic conditions

Employees who are patients at the Medical Group of Christiana Care primary care practices will soon find that great care is getting even better.

Starting in the fall, the group's primary care practices will offer greater access to care and a health coach for patients with chronic conditions, such as diabetes and heart failure, to get the extra help they need to be as healthy as possible.

"Our goal is to make high-quality care easier and more effective," said Eric Schwartz, M.D., medical director of the Medical Group. "We look at the entire continuum of care, from acute care needs to treatment of chronic conditions."

The enhanced model includes expanded hours that will make it easier for working parents and other busy patients to make appointments when it is convenient for them.

Technology also is changing the way patients and providers communicate with one another. Patients might e-mail their doctor with a question or talk with the nurse on the phone instead of coming into the office. A designated Internet portal for patients will allow patients to

request refills for medications and access other information, such as lab results.

"It also allows us to be proactive, to reach out and say 'you need your mammogram' or 'you haven't had your blood sugar checked in some time,'" Dr. Schwartz said.

Expect a team approach to your care. That includes your doctor, physician assistants and advanced practice nurses who have special training in primary care, as well as the office staff. A health coach for chronic conditions will coordinate care with a patient's specialists, who will work with primary care providers to ensure high-quality care without missing a beat.

"Everyone in the office is part of the team, working together to provide great care," Dr. Schwartz said.

In order to bring this enhanced benefit to employees, Christiana Care is partnering with Geisinger Health Plan, a respected provider of quality plans. As the largest employer in the state and a leader in health care, Christiana Care is committed to offering high-quality, accessible and efficient care to employees.

IMPROVED FEATURES OF MEDICAL GROUP PRIMARY CARE

Saturday and evening hours continue in new office at MAP 2

Health coach for patients with chronic conditions

Patients can communicate with doctor's office by phone or email

Patient portal for medication refills and test results

Patients in the Medical Group of Christiana Care primary care practices will receive consistent quality care at all the group's practices. If you need to make an appointment at a different practice in the group, you don't have to worry about collecting your records. Your electronic health record is accessible at all the practices in the group.

To make it even more convenient for employees, the Medical Group primary care practice at the HealthCare Center at Christiana will relocate to MAP 2 in 2014. Other upcoming enhancements include a telephone help line staffed by a nurse. ●

This year's systemwide Employee Opinion Survey runs from Sept. 23 to Oct. 11. The survey provides valuable feedback from employees at all levels about Christiana Care as a Great Place to Work.

Gathering this information helps advance our efforts to partner with our patients and each other in The Christiana Care Way. It allows us to track progress and conduct comparisons to national benchmarks.

We are partnering with Press Ganey this year to administer our survey. As with our last survey, this year's consists of approximately 50 questions and takes about 10 minutes to complete. The survey covers core employee commitment areas and includes analysis of Magnet and diversity and inclusion.

As in past years, employee responses are completely confidential. The vendor tabulates employee responses but does not share individual responses with anyone at Christiana Care.

Following the survey, units and departments can use survey results to help drive performance, foster teamwork and enhance our overall work environment. Any department that achieves a 90 percent participation rate or greater will be placed in a drawing to win a department pizza/salad party. Employee input goes a long way toward helping Christiana Care in our efforts at continuous improvement. ●



**2013
Employee
Opinion
Survey
Sept. 23 -
Oct. 11**

Camp FRESH helps teens and parents become smarter, healthier shoppers

A special supermarket trip showed 15-year-old Anthony Graves that when it comes to breakfast cereal, he should hold the sugar — and the salt.

At ShopRite on the Riverfront in July, a tour with Christiana Care Health System dietitians showed Anthony and other local teenagers that healthy eating often starts with reading the label.

“I was shocked when I found out there is a lot of salt in Rice Krispies,” he said. “But there it is, right on the label.”

Dozens of teens and their families got a hands-on lesson in nutrition on a field trip for Christiana Care’s Camp FRESH, a summer program that teaches teens the benefits of eating and living healthfully.

Campers and dietitians took to the aisles at ShopRite to learn how to make informed choices at the grocery store by evaluating nutrition and cost.

As dietitian Isaac Hicks rounded the corner in the dairy section, he explained to the campers and their families that they could reduce their fat intake without sacrificing nutrients by switching to skim milk.

“The only difference between whole milk and skim milk is the level of fat,” he said. “The level of carbohydrates, calcium and vitamins is the same.”

After the tour, campers and their families gathered in the ShopRite cafe for a low-fat dinner and tastings, including low-sodium luncheon meats and fresh vegetables. Campers and their parents also received \$20 ShopRite gift cards so they could put their new shopping skills into action.

Camp FRESH, established in 2007, encourages teens from low-income families to eat well and exercise, and it gives them educational tools to become ambassadors for good nutrition and healthier lifestyles in their families and communities.



Registered Dietitian Terri Inetta coaches Jessie Jamison and his mother Marrietta on how to be a savvy reader of food labels, during a Camp FRESH educational event at ShopRite. Parents and students learned new ways to make smart decisions at the grocery store, leading to better nutrition at home.

“Research shows that exposure to healthy foods can have a positive impact on adolescents’ eating habits,” said Christopher C. Moore, program manager of Adolescent Health in the Department of Family and Community Medicine at Christiana Care. “At Camp FRESH, it goes both ways. The teen can be the coach for the parent, showing how healthy living can reduce the risk of heart disease and diabetes, and support good physical and mental health.”

The eight-week program also enables Camp FRESH teens to make a difference in their communities. In recent summers, they built raised-bed gardens and ran produce stands at Howard High School and Wilmington Hospital. They also helped establish Wilmington’s first urban farm at 12th and Brandywine streets. This year they are working on “FRESH Voice,” a photo project that will capture community resources through the teens’ own eyes.

“The goal of Camp FRESH is to empower teens to make better choices that will have a positive impact on their health, from eating well, to exercising, to setting clear goals and objectives for their futures,” Moore said. “We want the program to be a one-stop shop for teens who want to maximize their potential but don’t always know how to make it happen.”

The Christiana Care Department of Family & Community Medicine and ShopRite, as part of the Diabetes Prevention & Care Project, funded by a grant from the Ammon Foundation, are offering a combination of lectures, table displays and tours at ShopRite stores throughout Delaware. The free monthly sessions educate people about making healthy food choices in an ideal classroom setting: the supermarket. Visit www.christianacare.org/events for details. ●

Take stress off the menu *with mindful eating*

Wolfing down potato chips at your desk on a busy day will temporarily appease the rumbling in your stomach. But it won't nourish your spirit or reduce your stress. In fact, in the long run, it may increase your stress.

You can learn to eat healthier and decrease stress eating through the practice of mindful eating, in which you give your full attention to your food and all that goes into it, from the sun's gentle rays to your grandmother's tea cup.

"Mindfulness allows us to slow down and give ourselves a little bit of space," said Cynthia Waddington, MSN, RN, ACON, a clinical nurse specialist and a member of the Mind, Body and Spirit Wellness Team at the Helen F. Graham Center. "By creating this space we allow ourselves to break out of our habitual eating patterns. We put ourselves in a better place to make the conscious choices about when, what, how much, and how fast we eat, as well as why we are finding ourselves wanting to eat in the first place."

Waddington and Elena Schumacher, MPH, RD, CSO, LDN, an oncology dietician, teach mindful eating classes where patients, their partners and staff learn such skills as gauging hunger and recognizing the subtle signals that our appetites are sated.

Mindfulness is the practice of paying attention without judgment, of having your mind full of whatever is happening in the moment. Mindful eating engages all five senses, not just taste. See the

vibrant red of the tomato. Smell the garlic. Hear the crunch when you take the first bite of your taco. Feel the velvety skin on a fresh peach.

"We eat slower," Waddington said. "We notice the texture of the food on our tongues."

It isn't surprising that many people eat more than they should when they are in a hurry. It takes about 20 minutes for the message to get through to our brains that we don't need more food.

The key is to slow down enough to notice the cues your body is providing about what or how much you should eat. Like mastering a golf swing or learning to knit, it takes practice.

Start by evaluating your level of hunger on a scale of 1–10, Waddington advises, with the lowest end being not hungry at all and 10 feeling "like you could eat a horse."

If you tend to take big bites and gulp your food, try using smaller utensils. Baby spoons and hors d'oeuvre forks work well. So does an iced tea spoon. Chew slowly. Savor each bite. Relax.

Resist the temptation to clean your plate. If you are satisfied, stop eating.

"Treat yourself with compassion — and move away from the table," Waddington said.

Developing an awareness that you are satisfied requires focus. It's easy to miss those cues if you are eating in front of the TV or grabbing a quick bite at your work station.

One sign that we are full is a small, involuntary sigh near the end of a meal. You also can rate your level of fullness

on a 10-point scale, with one feeling like your stomach is completely empty and 10 being "total Thanksgiving, I'm so full I have to loosen my belt."

"If the food doesn't taste as good as it did when you took those first few bites, it's a sign that you are getting full," Waddington said.

The next Mindful Eating Workshop series will take place on Wednesdays, Sept. 18–Nov. 6, noon–1 p.m. in Room 2205 at the Graham Cancer Center. Registration is \$20. For details call 302-623-4707 or email cwaddington@christianacare.org or eschumacher@christianacare.org

UPCOMING EVENTS

Mindful Eating & Labyrinth Walking, Friday, Aug. 23.

Open to all employees, stop by any time 11 a.m.–1 p.m., Christiana Hospital Main Building, Conference Room 1100. Practice short exercises to alleviate stress.

Wellness: Short Guided Meditation Sessions.

Starting Sept. 11. Wednesdays at Wilmington Chapel, 11:45–11:55 a.m. and 12:05–12:15 p.m.

Learn more about these resources on the Wellness: Caring for Yourself website

- Mindful Eating Self-Guided Activity, 10 Days to a Healthy Habit.
- Stress Management Resources for Christiana Care employees.

Keep Them in the Game



Tuesday, Sept. 10, 7 – 8:30 p.m.

Brandywine River Museum, 1 Hoffman Mill Road, Chadds Ford, Pa.

An informative free lecture by Kelly Billig-Figura, M.D., and Ray Carter, M.D., family doctors at Christiana Care's Concord Health Center, will include advice on injury prevention, fitness planning and treatment for common injuries for kids and teens in organized sports. Refreshments will be served and gallery open from 6 to 7 p.m. Christiana Care's Concord Health Center opens on Jan. 6, 2014. ●

September

Visions of Nursing

Wednesday and Thursday, Sept. 11-12, 7 a.m. – 4 p.m.
John H. Ammon Medical Education Center

Celebrating its 10th year of promoting excellence through knowledge, this two-day nursing conference is sponsored by Christiana Care Health System and the Delaware Academy of Medicine. Registration deadline for the CNE program is Sept. 6. Go to christianacare.org/visionsofnursing.

Great Place to Work Week

Sept. 16-20

Celebrating the collective efforts we undertake daily to partner with our patients, our neighbors and each other to make Christiana Care a Great Place to Work. Check the portal for notices on events coming in September.

Handy Memorial Lectureship

Tuesday, Sept. 17, 7:30 a.m. – 12:30 p.m.
John H. Ammon Medical Education Center

Named for Delaware's first pediatrician, Margaret I. Handy, M.D., this free symposium moderated by John Stefano, M.D., director of Neonatology, and Vanita Jain, M.D., director of the Delaware Center for Maternal and Fetal Medicine's High-Risk Clinic features two guest lecturers:

Jochen Profit, M.D., assistant professor of Pediatrics, section of Neonatology at Baylor College of Medicine, Texas Children's Hospital. Dr. Profit will present "Patient Safety Culture in the NICU."

Mark Johnson, M.D., professor, Departments of Surgery, Obstetrics & Gynecology and Pediatrics, at the University of Pennsylvania School of Medicine. Dr. Johnson will present "Fetal Surgery for Major Congenital Anomalies."

Register online at cchs.cloud-cme.com/Handy2013 or request reservation by writing to Christiana Care Health System, Continuing Medical Education, MAP 2, Suite 2112, 4735 Oglethorpe-Stanton Road, Newark, DE 19713. Include your name, including relevant credentials, address, phone and email address, by Sept. 10. For more information call Robin Pugh at 302-623-3882.

October

The Friends of the Helen F. Graham Cancer Center 10-year anniversary event, a Celebration of Hope

Honoring Carroll M. Carpenter and Nicholas J. Petrelli, M.D., Saturday, Oct. 5, 7 - 11:00 p.m.,
Wilmington Country Club

Your support of this exceptional event funds essential research in our quest for a cure, initiatives that open up new possibilities, and patient care that creates a brighter future for many.

Mark your calendar now for an evening of great fun, delectable food and live entertainment. All proceeds will support the Helen F. Graham Cancer Center.

Purchase tickets online at christianacare.org/friendsupcomingevents.



12th Annual Stroke Education Conference

Saturday, Oct. 12, 7 a.m. – 1:45 p.m.

John H. Ammon Medical Education Center

Sponsored by the Delaware Stroke Initiative. Watch the portal for information to come.

2013 Wilmington Kidney Walk

Oct. 13, Dravo Plaza, Wilmington Riverfront

Family Fun begins at 8:30 a.m. and the walk starts at 10 a.m. Presented by Christiana Care as a platinum sponsor. For more information contact Mary Elizabeth Sullivan at mary.sullivan@kidney.org or call 215-923-8611.

4th Annual Kidney Transplant Symposium

For nurses and dialysis technicians, Thursday, Oct. 24, 8 a.m. – 4 p.m., Hilton Wilmington/Christiana

A full-day symposium with complimentary lunch and lectures by Christiana Care colleagues and Aline Stant, RN, MSN, pretransplant coordinator; Velma Scantlebury, M.D., associate chief of Transplant Surgery; S. John Swanson, M.D., Chief of Transplant Surgery; Nadia Hellenga, Pharm.D.; Stephanie Gilibert, M.D., medical director of Kidney Transplant; Geri Libetti, RN, BSN, CCTS, director, administrative director, abdominal organ transplant;

Christiana Care Health System recognized as Leader in LGBT Healthcare Equality

Christiana Care has been recognized as a Leader in LGBT Healthcare Equality in the Healthcare Equality Index 2013, an annual survey conducted by the Human Rights Campaign (HRC) Foundation, the educational arm of the country's largest lesbian, gay, bisexual and transgender (LGBT) organization. Christiana Care earned top marks for its commitment to equitable, inclusive care for LGBT patients and their families, who can face significant challenges in securing adequate health care.



"We are honored to be recognized by the Healthcare Equality Index 2013," said Timothy Rodden, director of Pastoral Services at Christiana Care. "Employees at

every level of our health system are eager to create a culture of inclusion so that we can continue to learn from and grow with one another."

Christiana Care was one of a select group of 464 health care facilities nationwide to be named Leaders in LGBT Healthcare Equality. Facilities awarded this title meet key criteria for equitable care, including non-discrimination policies for LGBT patients and employees, a guarantee of equal visitation for

same-sex partners and parents, and LGBT health education for key staff members. Three Christiana Care facilities — Christiana Hospital, Wilmington Hospital and the Helen F. Graham Cancer Center — were individually recognized in the Healthcare Equality Index 2013. Christiana Care has also incorporated LGBT concerns into its own initiatives on cultural competency, which is the ability to work effectively across cultures, as well as diversity and inclusion in order to provide respectful and expert care to its neighbors.

"Christiana Care's leadership role in the Healthcare Equality Index for three years in a row demonstrates our commitment to diversity and cultural competency to promote an inclusive environment for our patients and colleagues," said Rosa M. Colon-Kolacko, Ph.D., MBA, chief diversity officer and senior vice president and executive director of Christiana Care Learning Institute. "This award is reflective of our promise to our neighbors to be respectful, expert, caring partners in their health."

HRC Health & Aging Director Shane Snowdon congratulated Christiana Care. "LGBT patients deeply appreciate the welcoming environment provided by a Leader in LGBT Healthcare Equality," Snowdon said. It makes a big difference to know that your local health care facility is fully committed to giving you the same care it gives your neighbors and co-workers." ●

October

CONTINUED

and Christopher Schimpf, RN, BSN, hospital services coordinator, Gift of Life Donor Program. To register, call 302-623-3816 and leave a message that you are responding to attend the Kidney Transplant Nursing Symposium with your full name and phone number.

**Strong and Healthy Latinas:
Love yourself. Love your family.**
8th annual free health awareness event presented entirely in Spanish, Saturday, Oct. 26, 10 a.m. - 3 p.m., Bayard Middle School, 200 S. Dupont St., Wilmington.

For more information call Community Health Outreach and Education at 302-623-4661.

The 11th Annual Delaware Emergency Nurses Association Symposium
Wednesday, Oct. 30, 7 a.m. - 3:30 p.m., Dover Downs Hotel and Casino, 1131 North DuPont Highway, Dover.

- First-response to non-fatal strangulation.
- Handling postpartum emergencies.
- Causes of teen suicides and the effects on parents and families.
- Acute stroke management.
- A slate of unusual EMS cases.
- Social media pitfalls in emergency nursing.

For more information or to register, contact Meriam Dennie, mdennie@christianacare.org ●

Pneumovax 23[®] (PPSV23) and Prevnar 13[®] (PCV13) What is the difference? Does your patient need one of these vaccines?

By Kara Gadowski, Pharm. D. and Nicole Srivastava, Pharm. D., BCPS

Streptococcus pneumoniae (pneumococcus) is a leading cause of bacteremia, meningitis, and pneumonia among adults in the United States. Adults with certain high-risk medical conditions are at increased risk for invasive pneumococcal disease. In 2012, the Centers for Disease Control and Prevention reported the incidence of invasive pneumococcal disease for the following patient populations:

- 3.8 per 100,000 among persons aged 18 – 34 years
- 36.4 per 100,000 among persons aged ≥ 65 years
- 173 per 100,000 among persons with human immunodeficiency virus (HIV).

The two vaccines are available for the prevention of pneumococcal disease at Christiana Care Health System.

- Pneumovax 23[®] (PPSV23)
 - Pneumococcal polysaccharide vaccine based on purified capsular polysaccharides
 - Contains 23 capsular polysaccharide antigens of *S. pneumoniae*
- Prevnar 13[®] (PCV13)
 - Pneumococcal conjugated vaccine formulated by chemical conjugation of the capsular polysaccharides to a protein carrier
 - Contains 13 capsular polysaccharide antigens of *S. pneumoniae*, 12 of which are included in Pneumovax23[®]

Prevnar 13[®] elicits higher antibody levels in infants, young children, the elderly and immunodeficient persons than Pneumovax 23[®] because of the vaccines conjugated form.

Prevnar 13[®] is approved for children with a recent expansion to include adults. In October 2012, the Advisory Committee on Immunization Practices (ACIP) released recommendations for patients at high risk for pneumococcal disease. Prevnar 13[®] should be given ≥ 1 year after Pneumovax 23[®] and Pneumovax 23[®] should be given ≥ 8 weeks after Prevnar 13[®]. ●

References:

- CDC. Advisory Committee on Immunization Practices (ACIP) recommended immunization schedules for persons aged 0 through 18 years and adults aged 19 years and older — United States, 2013. MMWR. 2013; 62(1) supplement:1-19.
- CDC. Use of 13-valent pneumococcal conjugate vaccine and 23-valent pneumococcal polysaccharide vaccine for adults with immunocompromising conditions: recommendations of the Advisory Committee on Immunization Practices (ACIP). MMWR. 2012; 61(40):816-9.
- Prevnar 13 [package insert]. Philadelphia, PA: Pfizer Inc., 2013.
- Pneumovax 23 [package insert]. Whitehouse Station, NJ: Merck & CO., Inc., 2013.

FORMULARY UPDATE—JULY 2013

FORMULARY ADDITIONS

| Medication - Generic/Brand Name | Strength/Size | Use/Indication | Comment |
|---------------------------------|------------------------------|---|---|
| Amoxicillin suspension | 400 mg/5 mL 100-mL bottle | Treatment of several types of infection | Replaces the 250 mg/5 mL suspension formulation |

NEW CHRISTIANA CARE MEDICATION POLICIES

| | |
|---|--|
| Doripenem Hemodialysis Dosing Guideline | <ul style="list-style-type: none"> • Pseudomonas aeruginosa infections: Initially 500 mg IV every 12 hours for 2 doses followed by 500 mg IV once daily after hemodialysis • Other infections: 250 mg IV once daily after hemodialysis |
| Adult standard IV phenylephrine infusion concentration | 200 mg/250 mL NS (to be implemented once education occurs) |
| Pediatric standard IV esmolol infusion concentration | 1000 mg/50 mL NS |
| Pediatric standard IV vecuronium infusion concentrations | <ul style="list-style-type: none"> • 10 mg/50 mL D₅W, NS or D₁₀W in a syringe • 20 mg/20 mL D₅W, NS or D₁₀W in a syringe |

FORMULARY DELETIONS

| | |
|------------------------------------|--|
| Amoxicillin 250 mg/5 mL suspension | Replaced with the 400 mg/5 mL suspension formulation |
| Kanamycin injection | No longer manufactured |

NOT ADDED TO FORMULARY

| |
|-------------------------|
| Linagliptin / Tradjenta |
|-------------------------|

Best practice review

EXPIRING POINT-OF-CARE TESTING LABELS



Q. WHEN MUST POINT OF CARE TESTING SUPPLIES BE LABELED WITH A NEW EXPIRATION DATE?

- A. POCT supplies must be labeled with a new expiration date when the container is first opened.

Q. WHAT ARE THE NEW EXPIRATION DATES FOR POINT OF CARE TESTING SUPPLIES?

- A. The expiration dates for the Point of Care testing supplies are as follows:
- Glucose strips – 4 months after opening
 - Glucose Controls - 3 months after opening
 - Urine Controls – 14 days after opening
 - Urine Test strips – good through the manufacturer expiration date
 - HemoCue Cuvettes – 3 months after opening
 - HemoCue Controls – 1 month after opening

- iSTAT cartridges – brought to room temperature MUST be labeled with a new expiration date. Check the back of each pouch for room temperature stability.

NOTE: Discard all POCT supplies by new expiration date or manufacturer's printed expiration date, whichever is sooner.

Q. WHAT ABOUT OTHER TEST KITS SUCH AS PREGNANCY, RAPID STREP A AND HEMAPROMPT?

- A. Check manufacturer's expiration date on boxes, test cards and individually packaged devices.

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If you have questions about this Best Practice Review, contact Leslie Freeman at 733-3581 or Carol Briody at 428-2851. Safety Hotline: dial 7233 (SAFE) from within the hospital or dial 623-7233 (SAFE). ●

Best practice review

DISINFECTING MEDICAL EQUIPMENT



Q. WHEN MUST SHARED PATIENT EQUIPMENT BE DISINFECTED?

- A. Shared patient equipment should be disinfected after every patient use.

Q. WHAT MEDICAL EQUIPMENT IS ROUTINELY USED FOR MULTIPLE PATIENTS?

- A. Some examples of medical equipment routinely used on multiple patients include the following:
- Portable blood pressure cuffs / Dynamaps.
 - Electronic thermometers.
 - Glucose meters.
 - Stethoscopes.
 - Dopplers.
 - Bladder scanners.

Q. WHAT DISINFECTANT CAN BE USED TO CLEAN ALL OF THE MEDICAL EQUIPMENT LISTED ABOVE?

- A. PDI Super Sani-Cloths (Purple Lid) can be used. PDI Super Sani-cloths have a contact time (wet time) of 2 minutes. The contact time refers to the time the item must remain wet to be effective.

Q. WHAT OTHER DISINFECTANT CAN BE USED TO CLEAN THE GLUCOSE METERS?

- A. The other disinfectant that can be used to clean the glucose meters is Gluco-Chlor (contact time 5 minutes).

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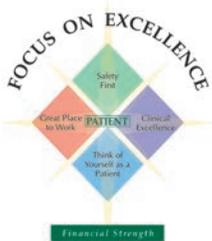
If you have questions about this Best Practice Review, please contact the Content Experts: Point-Of-Care Testing Lab 733-4684. Safety Hotline – dial 7233 (SAFE) from within CH or WH Hospitals; Outside – dial 623-7233 (SAFE). ●



**CHRISTIANA CARE
HEALTH SYSTEM**

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Christiana Care is a private, not-for-profit regional health care system that relies in part on the generosity of individuals, foundations and corporations to fulfill its mission. To learn more about our mission, please visit christianacare.org/donors.

More than 170 golfers and 14 tennis players competed in the July heat to support the Katherine Esterly, M.D., Special Needs Fund for Neonatal Intensive Care at the 22nd annual Christiana Care Golf & Tennis Classic.

This year's tournament at Dupont Country Club raised more than \$117,000 in gifts for the fund, which will help to pay for medical needs for babies in the NICU, carrying on Dr. Esterly's legacy of ensuring infants get a supportive start in life.

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Interventional radiologist Sudhakar Satti, M.D., takes his game to the net at the 22nd Christiana Care Golf & Tennis Classic.

Bart Vickroy claims the Christiana Care Sponsors Cup on behalf of Cerner and teammates Brett Vickroy, Bob Hamer and Zach Szwasz after winning on the DuPont Championship Course based on their team score.



**CHRISTIANA
CARE
GOLF & TENNIS
CLASSIC**

Golf & Tennis Classic supports Special Needs Fund