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RN IV tier completes Clinical Ladder

On the leading edge of professional development for nurses, Christiana Care Health System has added a fourth tier to the Clinical Ladder professional practice model. The new “Expert Clinician” level provides nurses with even greater opportunity for advancement and ensures an even safer environment for patients.

“We’ve anticipated four tiers since the Clinical Ladder was first introduced in 2002,” said Dot Fowler, MSN, APRN, RN-BC, nursing professional advancement coordinator. Christiana Care is the first health care institution in Delaware to establish a Clinical Ladder.

The program is based on the American Association of Critical Care Nurses Synergy Model. It recognizes the unique relationship between nurses and patients, and demonstrates the direct correlation between years of experience and patient safety. Over the years, the Clinical Ladder has evolved and expanded significantly.

Today, nurses begin on the Clinical Ladder at RN I — the Novice/Advanced Beginner level — which represents new hires with less than six months of nursing experience. With a focus on training and education at this level, nurses are encouraged to learn, collaborate, participate and build on their personal commitment and professionalism.

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Kimberly Wagner Vignola, BSN, RN III, CCRN, helps Kristen Clark, RN II get oriented as she transitions from 4B to the Cardiovascular ICU.

CONTINUED

To reach the RN II level of “Competent,” nurses must meet rigorous performance expectations in the categories of clinical, core values, behaviors, attendance and mandatory education, and must demonstrate increased knowledge, professionalism, teamwork and an evidence-based practice. To achieve Level III — “Proficient” — nurses must hold a BSN or MSN, have three years of acute or sub-acute nursing experience and two years in a specialty, be viewed as a role model, have completed required workshops as well as the nursing mentoring program, demonstrate ongoing involvement in unit goal achievement and more.

“Nurses who have risen to the RN III level of the Clinical Ladder are truly making a difference,” said Fowler. According to the 2010 “Future of Nursing” report from the Institute of Medicine, research shows that nurses with BSNs have better clinical outcomes. As such, the American Nurses Credentialing Center (ANCC) has raised the standard, stating that to earn Magnet Designation — the highest level of national recognition for sustained nursing excellence — an institution must achieve an 80 percent BSN rate among its nurses by the year 2020.

Just as the Professional Advancement Council was preparing to launch the RN IV tier, Christiana Care reached a major milestone. On Oct. 16, Kenneth Mack, BSN, RN-BC, became the 500th nurse at Christiana Care to achieve the RN III level. A psychiatric crisis nurse and former Army medic, Mack joined Christiana Care in 2006 and works with psychiatric patients at both Christiana Hospital and Wilmington Hospital.

“I have wanted to be an RN III for some time now,” said Mack. “I was becoming increasingly involved in conducting research and participating in other key projects, and it gave me an appetite to do more in the non-clinical area and for Christiana Care overall. I recently



Kimberly Wagner Vignola, BSN, RN III, CCRN, is among the RN IIIs who have applied for advancement to the new RN IV tier.

earned my board certification from the ANCC, and that wouldn’t have happened if not for the Clinical Ladder.

“There are so many opportunities for learning here at Christiana Care. Being the 500th RN III feels great!”

“Christiana Care remains on the leading edge of professional development,”

said Fowler. “The RN IV level — the highest level of professional and clinical practice — is the natural next step for our Clinical Ladder and our nurses.”

Christiana Care offers tuition assistance, including pre-pay options to support continuing professional development and education. To be eligible for the RN IV level, a nurse must be an RN III

for at least two years, have five years of acute or sub-acute nursing experience and at least three years in his or her specialty, hold a master’s degree, have served as a chair or project leader of a council or task force, be acknowledged as a role model to peers, be active in a relevant professional organization, and serve as a volunteer in community activities, among other criteria. As with the other tiers of the Clinical Ladder, selections are made by a panel of Christiana Care nurses and nurse leaders.

The application process for the new RN IV tier opened in November. Interviews are under way, along with professional development for this level. Fowler anticipates that 25 to 30 eligible nurses will apply immediately. Among them is Marsha Babb, MS, BSN, RN III, CNOR, a cardiac operating room nurse who joined Christiana Care in 1995. Babb formerly chaired Christiana Care’s Professional Advancement Council for nurses and is now a lifetime member.

“The RN IV level is a dream for me,” said Babb, who was instrumental in establishing the criteria for the new tier along with 150 of her peers. “Desire and commitment make a great nurse. A growth mindset makes a great nurse. Meeting challenges with hard work makes a great nurse. I have grown because I have been given the opportunity to do so, and as a result of the Clinical Ladder, I continue to refine my practice.”

Anita Symonds, MS, BSN, RN, SANE-A, SANE-P, an ED nurse who joined Christiana Care in 1998 and is also a member of the Professional Advancement Council, echoed Babb’s sentiments.

“I’ve had my eye on the RN IV for a while,” said Symonds. “The Clinical Ladder motivates bedside nurses to advance our level of professionalism, increase compensation, further our education, and still remain at the



Marsha Babb, MS, BSN, RN III, CNOR, former Professional Advancement Council chair, has helped lead the initiative to complete Nursing’s Clinical Ladder.

bedside. We’re always delivering excellent care, and this encourages us to take it to another level. The hospital benefits greatly as we share our knowledge with our peers. And having more bedside nurses invested in department and systemwide goals ultimately results in better care for the patients. It’s a win-win for everyone.”

“The Clinical Ladder showcases the extraordinary talent of our nurses and recognizes their exceptional value to the

organization,” said Kimberly Wagner Vignola, BSN, RN III, CCRN, staff nurse in the Cardiovascular Critical Care Complex, and chair, Professional Advancement Council. “Research shows that the Clinical Ladder keeps great nurses at the bedside and ensures they feel valued. And because of that higher level of expertise across the organization, patients are safer. The new RN IV level provides incentive to strive for even greater expertise.” ●



“Christiana Care remains on the leading edge of professional development. The RN IV level — the highest level of professional and clinical practice — is the natural next step for our Clinical Ladder and our nurses.”

DOT FOWLER, MSN, APRN, RN-BC
Nursing Professional
Advancement Coordinator

Partnership helps us to design better systems of care

By Scott Pentecost, Manager of Materiel Operations



When we create an effective system of care, the positive results can have surprising ripple effects. That's one lesson we learned when we implemented a real-time location system (RTLS) to manage our equipment fleet. We also learned about the value of partnership.

Prior to the RTLS implementation, locating equipment was sometimes a challenge, particularly in our

surgical and procedural units. We began the RTLS asset management initiative in 2009 with IV pumps, because our nurses needed them available, clean and ready to use at a moment's notice.

At that same time, we were considering buying additional IV pumps and talked with clinical leaders to determine needs. The estimates were much larger than we expected. We conducted an investigation to find out why.

For nurses, obtaining pumps was a multistep process. When a pump was needed, the clinician had to log in to a computer and complete an online request, which sat in queue until the equipment staff could locate, clean and deploy an available pump. Our goal was to deliver an IV pump within 20 minutes, but our response time was much longer.

We needed to free our clinicians from worrying about equipment availability so they could focus on patient care. We also hoped to ensure compliance with Christiana Care's sterilization processes by improving compliance with our centralized cleaning protocols.

We sought to become proactive in our approach. The previous process relied on procuring equipment after the need arose. The new process allows for equipment to be where it is needed, just prior to the need. This was only possible after we understood our nurses' needs by observing their workflows and building our asset utilization process around them.

While developing a strategy for managing idle pumps, nursing leaders explained that the maximum interval for intermittent IV therapy is every 12 hours — this is the maximum delay time between infusions. With that in mind, we employed the business logic of the RTLS to flag pumps that may be targeted for collection, and we instituted departmental procedures for communicating with nursing about their retrieval. The equipment team can then clean and redeploy the pump for the next patient. Additionally, rooms are sometimes staged

for planned admissions, so another process was established so that if a pump was located in a patient care area and was non-operational for more than 24 hours, then its status would change.

These and other asset utilization features in the RTLS helped us determine the periodic automatic replacement (PAR) levels we needed so that we could anticipate and meet nurses' needs for IV pumps. For example, when clinical team members remove enough pumps from a clean PAR area to reach the minimum threshold, the equipment team is notified and replenishes the fleet. Therefore, nurses can always count on a clean IV pump being located in the clean PAR area.

We created "feeder areas" — departments through which most of our admissions originate. Patients are provided a pump from the feeder departments, and the pump follows the patient throughout the system until they no longer need it. We've ensured that feeder area PAR levels are high enough to match typical demands and prioritize timely replenishment for these areas.

By understanding our needs and improving our system, we were able to improve service while purchasing 446 fewer pumps than initially requested. We haven't needed to purchase or rent any additional pumps in the past five years, despite a rapidly growing patient volume. We currently operate at an IV pump-to-bed ratio of 1.3:1, which is far below the industry average of 4:1. And maintaining the proper amount of equipment helps keep our hallways less cluttered.

The Materiel Operations call volume has declined dramatically. Prior to the changes, the equipment team received an average of 700 calls per week for IV pump requests, among others. Today, we receive about 11 calls per week, and that's typically because a provider is looking for a unique device. We no longer receive calls about lack of equipment availability.

These results were only possible because we learned about our clinicians' asset utilization experience, their workflows and their needs before our RTLS implementation. I can't overstate how important that decision was to our outcomes. Too often in hospitals, a project is launched requiring people to adopt or change their entrenched processes without their input, which is a recipe for failure.

As we plan for our next major asset management initiative, we plan to partner with our clinicians to review their workflows and use advanced business logic to manage equipment fleets in a manner that addresses their needs. As our first RTLS implementation has proven to us, it is better to err on the side of too much inclusion than not enough. ●

Paul Grohol, a speech therapy patient at Christiana Care's new University of Delaware STAR Campus site, shows progress with coaching from Christine Virion Cook, MA, CCC/SLP.

Christiana Care Speech Therapy now offered at UD's STAR campus

Christiana Care Rehabilitation Services teamed up with the University of Delaware to provide speech pathology services at the University's new Science, Technology & Advanced Research (STAR) campus.

"The collaboration between Christiana Care Rehabilitation Services and the University of Delaware is already a strong one in the area of physical therapy and through activities in the Delaware Health Sciences Alliance," said Sharon Kurfuerst, senior vice president, Administration. "Expanding this collaboration to speech pathology was a natural course of progression and another way to serve the community."

The STAR campus is on the site of the former Chrysler auto assembly plant in Newark. Its first tenant, the university's College of Health Sciences, opened a Nurse Managed Health Center (NMHC) and Department of Physical Therapy services in January 2014.

"The NMHC is a medical home where patients can receive many health care services in one location," said Director Allen Prettyman, Ph.D., FNP. "We take advantage of our new facility, with

plenty of free parking to support patient care and engage students in an educational health care environment. The Nurse Managed Health Center is all about interdisciplinary care. It's about looking out for the patient — that's always the goal."

"Patients enjoy interacting with students and are supportive of the educational mission of the NMHC," he said.

The site also offers educational opportunities for university students studying linguistics and physical therapy, giving them a chance to observe aspects of speech pathology in a clinical setting.

The move offers an excellent opportunity to bring the skill and strength of an already established program to the University of Delaware, and expands the collaboration between the University and Christiana Care, as partners in the Delaware Health Sciences Alliance, according to Dale Gregore, MS, CCC-SLP, speech pathology program manager. At the new site, Christiana Care's speech therapists work with Parkinson's disease patients and other patients with voice disorders following a brain injury or stroke.

Having a speech therapist on-site is a win for the patients, Prettyman said. "If you can make it easy for patients to access health care services, it's always a good thing."

The first patients were seen at the site in October, and demand for speech therapy services was evident when all of the appointment slots were filled within the first few weeks, said Jennifer Thomas, MS, CCC-SLP, director of Rehabilitation Services at Christiana Care.

Kurfuerst says that Christiana Care Rehabilitation Services and the University of Delaware will continue to foster collaborative relationships that support the education of rehabilitation professionals and serve the clinical needs of the community.

In addition to the STAR campus site, Christiana Care Rehabilitation Services offers outpatient speech therapy at Wilmington Hospital, Christiana Hospital Medical Arts Pavilion 2, Springside Plaza, Middletown Care Center and Concord Health Center. ●

Christiana Care delivers community health services with class



High school-based wellness centers can be a safe haven that provides instant access to care and helps many students stay in school and attend classes every day.

The math behind Christiana Care's school-based health centers adds up. For decades, Christiana Care staff members working in public high schools in Delaware have been providing the highest quality health care to one of the most important and vulnerable segments of the community — adolescents.

In the 2013-2014 school year, adolescents visited those 15 centers more than 21,000 times. Each of those visits was a chance for the physicians, nurse practitioners, social workers and registered dietitians supporting the centers to provide care to uninsured members of the population or those who might be uncomfortable seeking care at a physician's office or other facility. In the familiar settings of the students' schools, the centers provide services that include physical exams, health screenings, women's health care, nutrition and weight management, drug and alcohol abuse counseling, and individual, family and group counseling.

Following a traumatic family event in her sophomore year, senior Alexis Bush-Leon sought that counseling from the Christiana Care staff of the school-based health center at William Penn High School, which recently celebrated its center's 20th anniversary. "It helped me to have a place to go," she told attendees of the anniversary celebration. "It made a huge difference having it right here in the school. I felt trapped. I even thought about dropping out at one point. I couldn't handle the stress of school and the stress of home, but I went to talk to them and got the chance to continue my education and get my mental health in check."

Mary Stephens, M.D., MPH, medical director of Christiana Care's school-based health centers, said Alexis's experience is

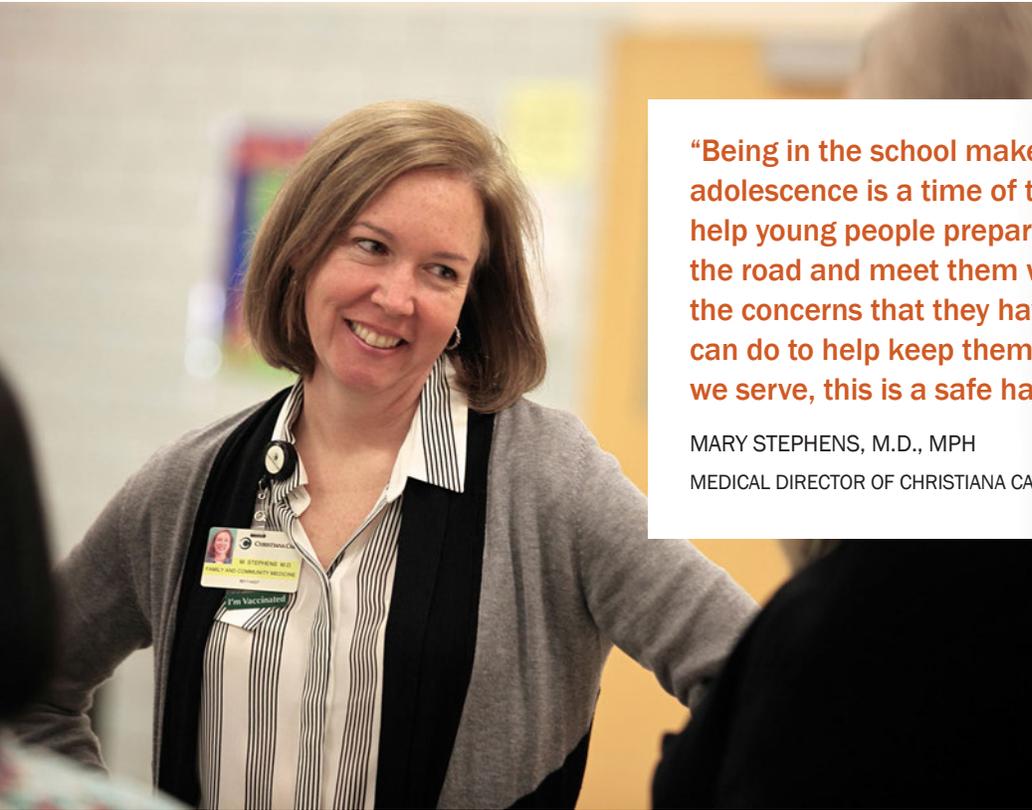
indicative of the positive effects school-based health centers have had over the last three decades. "Being in the school makes a world of difference, because adolescence is a time of transition and independence," she said. "We help young people prepare to take care of themselves down the road and meet them where they are. We show respect for the concerns that they have and educate them on what they can do to help keep themselves well. For many of the people we serve, this is a safe haven."

It's also a source for instant access to the care that keeps students in school on a day-to-day basis. A partnership with the Delaware Division of Public Health, Department of Health and Social Services, the school-based health centers program also provides students with treatment for minor illnesses and injuries, ensuring they are both seen for those issues and able to return to the classroom as quickly as possible.

"There is a tremendous amount of national data indicating the very positive effects school-based health centers have on graduation rates," said Kathy Cannatelli, director for Community Health and Preventive Medicine, who is also Delaware state leader of the national School-Based Health Alliance and vice president of the Delaware School-Based Health Alliance. "This program, in short, keeps kids in school, and it does it by offering them the full gamut of services from knowledgeable staff members who are connected to their community."

It's a connection that extends to the rest of the medical community as well, said Michael P. Rosenthal, M.D., chairman of the Department of Family and Community Medicine at Christiana Care.

21,000 visits by students to Christiana Care's 15 school-based health centers in the 2013-2014 school year.



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MARY STEPHENS, M.D., MPH
MEDICAL DIRECTOR OF CHRISTIANA CARE'S SCHOOL-BASED HEALTH CENTERS

“One of our goals in the centers is to educate students on the importance of maintaining their health,” he said. “This is the time when adolescents develop habits they’ll have for life, and we want them to include addressing their health needs and consulting and trusting their doctors.”

Dr. Rosenthal said school-based health center personnel emphasize the importance of follow-ups with primary care and family physicians and stress to students the confidentiality of any visit to a medical facility, hoping to alleviate discomfort with discussing sensitive topics that can sometimes prevent students from seeking help. He also noted that, in addition to handling follow-ups requested by primary care physicians, school-based health center staff members strongly encourage students they treat to follow up with their doctors after a visit to the professionals in their schools.

“We have incredible resources at Christiana Care and great relationships with our colleagues, the primary care physicians,” added Omar Khan, M.D., MHS, associate vice chair for Community Health and Preventive Medicine. “But most importantly, we work together to give each student what he or she wants and needs — attention and care focused on him or her. At the moment they come to see us, they want to feel like they are the most important patient, the most important person, we are seeing. They are trusting us to help them with everything from social acceptance to grades to their health and relationships with adults and peers.”

A direct extension of Christiana Care’s mission to improve the health of the people in the community, the school-based health center program supports and staffs 15 of the 29 school-based health centers in Delaware. State Representative Valerie Longhurst called the centers “a great safety net for children” and praised them for directly supporting young

people of the state as they face a wide range of challenges that can affect the pursuit of an education.

“We don’t want to lose kids facing these struggles,” she said. “They are very impressionable in high school. Life happens, and Christiana Care and the other providers behind these centers have been there to catch them for us. It’s been a great partnership.” ●



Lanae Ampersand, LCSW, CPS, senior program manager and coordinator at the William Penn High School-based Wellness Center.

Christiana Care organizes HVIS conference



Wasif A. Qureshi, M.D., William J. Schickler, M.D., Brian Sarter, M.D., and Joseph C. Pennington III, M.D., at the inaugural HVIS Conference at Christiana Care Nov. 1.

A team of Christiana Care health professionals with Heart & Vascular Interventional Services organized the HVIS Conference, Nov. 1 at the John H. Ammon Medical Education Center.

The daylong event was devoted to developments in treatments for heart disease, such as transcatheter aortic valve (TAVR) replacement, procedures to relieve deep vein thrombosis and pulmonary embolisms, the latest stroke protocols and other innovations.

"We've seen tremendous advances in HVIS, and this conference is an opportunity to advance our knowledge of treatments so we can provide better care for our patients," said electrophysiologist Brian H. Sarter, M.D., FACC, medical director of HVIS and associate section chief of operations, Cardiology.

Dr. Sarter reminded attendees that the many forms of heart disease are the leading cause of mortality in the U.S., resulting in 450,000 deaths each year.

The conference built on information shared last year at a successful Christiana Care forum on electrophysiology and was expanded this year to include an array of heart and vascular interventions that are minimally invasive. To give an example of the rate of innovation, Dr. Sarter told the history of the implantable cardioverter defibrillator (ICD) and how cardiologists realized in the mid-20th century that ventricular arrhythmias were causing a large number of patient deaths. Today, subcutaneous ICD therapy is one of the newest technologies and offers advantages over transvenous ICD: There is no risk of vascular injury during implantation, and subcutaneous ICD has a low risk of infection and reduces radiation exposure in patients by eliminating the need for fluoroscopy. Each year, Christiana Care does 400 to 500 procedures.

Wasif A. Qureshi, M.D., FACC, FSCAI, medical director of the Structural Heart Disease Program, talked about the latest treatments for high-risk patients with

aortic stenosis, which affects about 7 percent of Americans over 65 (mostly men). With transcatheter aortic valve replacement (TAVR) procedures, a physician can use a small incision in the chest or groin to insert a catheter to deliver a collapsible replacement valve to an artery site.

Among the 310 U.S. hospitals performing TAVR, Christiana Care is in the top five for discharging patients to their homes, with a mean hospital stay of two days for transfemoral access procedures. In two and a half years, Christiana Care has done 55 TAVRs with patients of a median age of 84, and the record of success has been favorable, Dr. Qureshi said.

Minimally invasive techniques for resolving blood clots have been extensively studied and treated at Christiana Care. George Kimbiris, M.D., chief of Vascular & Interventional Radiology, spoke on deep vein thrombosis (DVT)/pulmonary embolism and thrombosis management.

Chronic venous disease affects 80 million Americans and continues to increase, Dr. Kimbiris said. He explained that Christiana Care was the first hospital to perform pharmacomechanical thrombectomy and pioneer the rapid lysis technique for symptomatic DVT. The procedure makes use of a guided AngioJet, a high-speed saline- and medicine-delivering jet, which then vacuums out the clot, often shortening treatment length and hospital stays.

Under Mark J. Garcia, M.D., medical director of the Center for Comprehensive Venous Health, "we've made strides in studying and treating DVT, and over the years we've gained recognition for the rapid lysis technique, presenting at a lot of national meetings on this subject," Dr. Kimbiris said. ●

Mobile device charging stations help patients and visitors stay connected

High-speed, mobile device charging stations have popped up in several key locations since Bob Borrelli pitched an idea to Shawn Smith, MBA, vice president, Patient Experience.

The free charging stations are mounted on clearly marked floor stands at Christiana Hospital in the Main Lobby, the Surgical Waiting Lounge and the Emergency Department waiting area at Christiana Hospital, and in the Emergency Department waiting area and Surgical Waiting Lounge at Wilmington Hospital.

Borrelli, an analyst in Christiana Care IT Department, said that while he spent several days watching over a friend in the Cardiac Short Stay Unit (CSSU) at Christiana Hospital, he began to appreciate how much his connectivity does to help him keep in touch and relieve boredom.

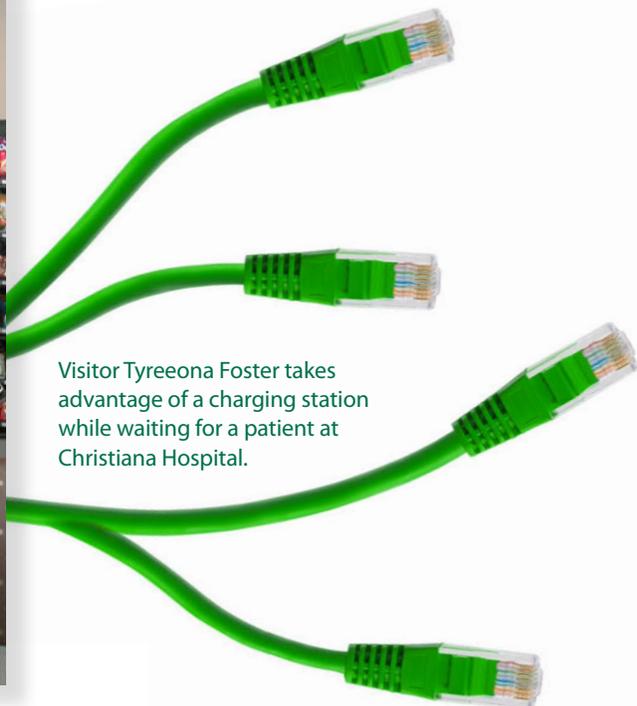
“As an analyst I support and maintain several applications that we use for patient care, so I am always focused on making things easier,” he said.

“Spending time in the hospital on a weekend, I noticed that without tablets and cell phones to look up phone numbers and keep people busy while waiting to be cleared for discharge or admitted, people who had devices but did not have chargers were missing something we could easily provide to make their experience with us better.”

Borrelli said he first thought of donating some chargers to the CSSU, but then broadened his scope to cover patients wherever they might be. He emailed his suggestion to Michelle L. Collins, MSN, RN-BC, ACNS-BC, director of Nursing Development and Education, who shared it with Smith, who recognized the idea as a “slam dunk” right away.

“There are charging stations in most airports and a lot of hotels for the convenience of passengers and guests,” Smith said. “There was no reason why we couldn’t offer the same convenience, for free.”

He wrote to Borelli: “Hey Pat: I have some good news! We actually took your idea and purchased six courtesy charging stations. Thanks to your idea, patients and families will be able to charge their devices in all of our lobbies.” ●



Visitor Tyreeona Foster takes advantage of a charging station while waiting for a patient at Christiana Hospital.

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.

Christiana Care nurses honored by statewide organizations



Christiana Care nurses accepting Delaware Excellence in Nursing Practice Awards included Donna Casey, MA, BSN, RN, FABC, NE-BC, vice president, Patient Care Services, Cardiovascular and Critical Care, Executive Nurse Leader Award; Turquoise Abdullah, BS, BSN, RN, in the New Nurse category; and Stephanie Santo, BSN, RN III, CCRN, in category of Clinical Nurse — Critical Care (Hospital- Based).

Three Christiana Care Health System nurses have won 2014 Delaware Excellence in Nursing Practice Awards from the Delaware Nurses Association in partnership with the Delaware Organization of Nurse Leaders. These awards recognize nurses who consistently promote and excel in their profession, and bring a positive approach to their area of nursing practice.

Recognized with the Executive Nurse Leader Award is Donna Casey, MA, BSN, RN, FABC, NE-BC, vice president, Patient Care Services, Cardiovascular and Critical Care. A nurse since 1982, Casey joined Christiana Care in 2003 as a nurse manager in the intensive care unit at Wilmington Hospital. Today, she leads fiscal and human resource administration for her service line, which includes four intensive care units, four step-down units, flex monitoring, liaison support to heart and vascular outpatient care areas, and the oversight of more than 600 employees.

Her numerous accomplishments include co-leading the systemwide rapid response team steer and leading the alarm management initiative to achieve the Joint Commission National Patient Safety Goal. With a specialty in administration and bioethics, Casey also serves as co-chair of the Christiana Care Ethics Committee. She is studying for her doctorate of nursing practice, expected in May 2017.

"I am incredibly humbled and honored to receive this award," said Casey. "There are many phenomenal nurse leaders in our organization, and this award reflects their leadership as well. It takes support at all levels of an organization to make a leader a great leader."

Stephanie Santo, BSN, RN III, CCRN, received honors in the category of Clinical Nurse — Critical Care (Hospital-Based). A bedside nurse in the Surgical Critical Care Complex, she joined Christiana Care in 2006, taking one year

away to serve as a traveling nurse in 2009. Santo had been hospitalized often as a child and knew early on that she wanted to become a nurse — taking care of patients just as her nurses had taken care of her. "I really can't imagine doing anything else," she said.

"Stephanie is so deserving of this award," said her nurse manager Louise Fagraeus, BSN, RN, CCRN. "She is a leader in our unit, and absolutely goes above and beyond in everything she does — from taking great care of patients to educating other nurses to playing an instrumental role in key projects, and even visiting elementary schools to speak about the nursing profession. Rarely do you have a nurse that absolutely everyone loves. Stephanie is that nurse."

Turquoise Abdullah, BS, BSN, RN, is recognized in the category of New Nurse. She joined Christiana Care in the Post-Anesthesia Unit in August 2014 after completing Christiana Care's

Critical Care Nurse Residency Program. She is following in the footsteps of her father, who is also a nurse. Said Abdullah of her award, "I will continue to work to live up to it."

According to her nurse manager, Amy M. Kohl, MSN, RN, CCRN, there is no doubt. "Turquoise is an amazingly talented nurse," said Kohl. "She is incredibly knowledgeable, especially for someone new to nursing, and seeks opportunities to learn at all times. We're so proud of her accomplishments and so fortunate to have her on our team."

These honors "represent the high standard of nursing excellence and leadership that makes Christiana Care a Magnet organization," said Diane P. Talarek, MA, RN, NE-BC, senior vice president of Patient Care Services and chief nursing officer. ●

The Delaware Emergency Nurses Association (DENA) recognized five Christiana Care nurses with 2014 State Emergency Nursing Excellence awards at the 12th Annual DENA Symposium in Dover in October. Award winners are:

NURSING EXCELLENCE AWARD

Susan Palmer, BSN, RN, CEN, CPEN
Middletown Emergency Department

RISING STAR AWARD

Michele Reeder, RN
Middletown Emergency Department

NURSING PRACTICE AWARD

David Salati, BSN, RN, CEN, CPEN, CCRN, CFRN
Middletown Emergency Department

CONTINUING EDUCATION SCHOLARSHIP

Janelle Thomas, MSN, RN-BC, CEN
Middletown Emergency Department

PRESIDENT'S AWARD

Terry Thorle, MSN, RN, CEN, CFRN
Christiana Care Flight Team-Georgetown Base

Award recognizes best practice approaches to improving patient care



The ECRI Institute honored Christiana Care with a Health Devices Achievement Award for a new national guideline-driven provider ordering process leading to more appropriate telemetry use in non-intensive care settings.

Implementing the new process achieved an immediate 43 percent reduction in the number of weekly telemetry orders for patients; a 47 percent reduction in the average telemetry hours per monitored patient; a 70 percent reduction in the daily telemetry census; and an estimated annual savings of \$4.8 million. ●

At the presentation of the Health Devices Achievement Award from ECRI Institute in November were Roger Kerzner, M.D., assistant medical director for Specialty Services, The Medical Group of Christiana Care; Sharon Kleban, senior systems analyst; Chris Coletti, M.D., FAAEM, FACP, medical director, Wilmington Hospital Emergency Department and Value Institute Scholar; Chris Carrico, RN, MSN, CPHQ, director of Patient Safety; Andrew Doorey, M.D., FACC, interventional cardiologist, Christiana Care Cardiology Consultants and Value Institute scholar; Robert Dressler, M.D., MBA, associate patient

safety officer, vice chair for the Department of Medicine and director of Patient Safety and Quality for the Department of Medicine; Jim Keller, Jr., vice president, health technology and safety, ECRI Institute. Donna Mahoney, MHCDS, director of Data Acquisition and Measurement; Michele Campbell, RN, MSM, CPHQ, FABC, vice president of Patient Safety and Accreditation; Brittney Henning, BSN, RN-BC, Patient Care Facilitator; and Tamekia Thomas, MSN, RN, PCCN, ACNS-BC, Critical Care Education Coordinator. The ECRI Institute is an independent nonprofit that researches best practice approaches to improving patient care.

Achieving Competency Today teams earn certificates

Interdisciplinary groups pool talents to enhance quality, safety, efficiency and value

Residents write prescriptions for antibiotics every day. But few know how much those medications cost.

Educating residents — and other providers — about the comparable costs of medications and tests has the potential to decrease costs without compromising quality of care, said a Christiana Care team that studied the issue in the latest Achieving Competency Today (ACT) collaborative challenge.

Four interdisciplinary teams pooled their talents to develop projects that enhance quality, safety, efficiency and value. On Dec. 3, they presented their findings and received certificates from the Christiana Care Value Institute Academy in a program at the John H. Ammon Medical Education Center.

Janice Nevin, M.D., MPH, Christiana Care president and CEO, noted that it was 18th time teams have completed the 12-week course, an initiative that is a reflection of The Christiana Care Way.

“Our strategy is around value, and the work that you are doing here truly is innovative,” Dr. Nevin said, noting that a number of ACT projects have been adopted by the health system over the years.

Another project involved creating an automatic order for a urine culture after a positive test for a urinary tract infection.

The team found that a “urine cascade order” allowed doctors to treat patients more quickly, potentially reducing their need for antibiotics, as well as length of stay. It also benefits patients because they aren’t asked to provide a second specimen.

Another team probed unintentional cancellations of time-sensitive lab studies. They learned that duplicate lab orders are



TEAM 2

TIMING IS EVERYTHING

Reducing the Number of Canceled/Retimed Time-Sensitive Labs Without Notification to Ordering Provider on a Teaching Unit to Facilitate Clinical Decision Making.

Colleen Herman, Pharm.D, Shanna Berry, D.O., Sherri Ferry, RN, MSN, CCRN, Lilian Msambichaka, M.D., Atishi Aggarwal, M.D., and Matthew Paoli, D.O.



TEAM 1

REFLEX TO URINE CULTURE

Reducing the Time from Urinalysis to Culture for Symptomatic Male Patients in the ED.

Nora Protokowicz, MSN, RN, Alicia Edelblute, MS, PA-C, Joseph Santora, Gealina Dun, BS, MS-III, Sidney Kimmel Medical College, Xian Qiao, M.D., MPH, PGY-2, Kavita Patel, Pharm.D, PGY-1, and Allison Steuber, MSN, RN.

automatically canceled from the system and recommended working with IT to find ways to quickly alert doctors and nurses to canceled tests.

The fourth team focused on harnessing the GetWell Network to educate patients who are on anticoagulants, a population that is at increased risk of readmission to the hospital within seven days of discharge.

For starters, they increased the number of educational videos on anticoagulants from two to five. Their plan of action also included asking doctors, residents and nurses to put in an order for a video when an anticoagulant is ordered. Nurses would then encourage patients to watch the video while their meds were being prepared.

As a result, 92 percent of patients on anticoagulants watched a video to completion, compared to 19 percent of patients on other medications.

Going forward, they recommend measuring the project's impact on readmissions, revisits and patient satisfaction, and expanding it to other meds, such as insulin. ●

“Our strategy is around value, and the work that you are doing here truly is innovative.”

— JANICE NEVIN, M.D., MPH
PRESIDENT AND CEO, CHRISTIANA CARE



TEAM 3

ANTIBIOTIC COST AWARENESS

Improving Resident Physician Knowledge of Cost of Certain Medications Prior to Prescribing.

Rosie Musheno, M.D., Alicia Ely, D.O., Daniel Jacoby, D.O., Julie Hammond, D.O., Maelen Ignacio, Pharm.D, and Nicole Roberts, M.D.



TEAM 4

GETWELL?

Reducing 7-day Readmissions/ Revisits on a Medicine Unit for Patients Being Discharged on a Newly Prescribed Medication.

Gounathan Adly, Pharm.D, Amanda Cooper, D.O., Victoria Greenberg, M.D., Michelle Power, BSMT (ASCP) CIC, Christina Rawana, D.O., and Jesse Sinanan, M.D.

Concord Health Center welcomes neighbors at open house



Christiana Care's Concord Health Center offered free screenings, tours, and a look at the center's technology at an open house in November.



Christiana Care Concord Health Center provided free health screenings and tours to hundreds of neighbors in Chester County and Delaware County at an open house in November.

Concord Health Center, which opened at 161 Wilmington-West Chester Pike (Route 202) in Chadds Ford, Pa., offers comprehensive outpatient medical services, including primary care doctors, obstetricians and gynecologists, physician specialists, radiation oncology treatment, comprehensive rehabilitation services, advanced cardiovascular testing, diagnostic imaging, and a walk-in draw site for laboratory testing.

Christiana Care experts at the open house offered screenings in bone density and carotid health. The Blood Bank of Delmarva offered blood pressure screenings. Visitors enjoyed health lectures on such topics as concussions, bone health, pregnancy and pelvic floor disorders.

For more information about Christiana Care's Concord Health Center or to make an appointment, call 855-250-9594. ●



Wilmington City Council and NAACP honor First State School

The Wilmington City Council and the Wilmington NAACP bestowed separate honors on the First State School (FSS) at Wilmington Hospital at ceremonies in Wilmington in November.

The city council presented FSS with the 2014 Access Wilmington Committee Award for "Accessibility to Resources." The council's Access Wilmington Committee works in an advisory capacity to the mayor to raise awareness of accessibility issues and to advocate for resources on behalf of individuals with disabilities and their families who live, work or visit the City of Wilmington.

The NAACP also honored FSS at its annual Freedom Fund Banquet. The banquet aims to bring peace, justice and hope to communities by promoting programs to cultivate the advancement of education, health, community service, equality and humanity.

First State School was selected for its unique mission to provide academic instruction to children who are ill and need constant periods of hospitalization or rehabilitation. ●



Catherine Coin of ACCESS Wilmington presents the Wilmington Access Award to Coleen O'Connor, program director for the First State School, and Elizabeth Houser, BSN, RN, nurse at the First State School.

Dr. Velma Scantlebury honored by NAACP

During its 50th annual Freedom Fund Awards banquet, the NAACP honored Velma P. Scantlebury, M.D., FACS, associate director of the Kidney Transplant Program at Christiana Care.

Dr. Scantlebury has performed more than 1,000 surgeries and has worked to improve awareness in minority communities about organ donations and transplants. She is the first female African-American kidney transplant surgeon in the U.S.

Dr. Scantlebury is originally from Barbados and emigrated with her mother and father, who came to New York City in the late 1960s to improve opportunities for their children. She completed her fellowship training in transplantation surgery at the University of Pittsburgh School of Medicine and became an assistant professor of surgery in 1989. She has a passion for educating African-Americans about the importance of organ donation and transplantation.

"I'm most proud of the ability to help others," she said.

Dr. Scantlebury was profiled in the November 2014 Fast Company magazine issue in an article titled: "Secrets of the Most Productive People." ●



9th Annual Strong & Healthy Latinas event



The 9th Annual Strong & Healthy Latinas: Love Yourself, Love Your Family event at Bayard Middle School in Wilmington, attracted more than 300 people who came to learn about breast health, receive flu shots and screenings, schedule mammograms, exercise and hear inspiring speakers give tips for keeping their families healthy and strong. The day-long program also featured an educational Latina Baby Shower for new moms and dads or those considering starting families.

The Spanish-language event is part health fair, part inspirational program, with a healthy dose of fun sprinkled throughout the day in the form of Zumba, raffles and giveaways. There were 131 flu shots given by health care professionals from Henrietta Johnson Medical Center and more than 60 blood pressure, sugar and cholesterol screenings provided by Christiana Care outreach workers, with the help of medical interpreters. In addition, more than 76 women visited the pink display table to report that they had completed their annual mammograms, while 34 women asked for assistance scheduling a mammogram. Christiana Care health navigators were available to help anyone who needed assistance.

The program — “Latinas Fuertes y Saludables” in Spanish — is held each year by Christiana Care Health System’s Helen F. Graham Cancer Center & Research Institute, supported by Susan G. Komen Philadelphia’s grant funding. Breast cancer is the leading cause of death among Latina women, according to the American Cancer Society, so the event always has a strong breast-health focus.

Joceline Valentin (left) and Luisa Ortiz speak to a group of Latina women at the Strong & Healthy Latinas conference about the importance of breast health and healthy families.

Reaching out through events such as this is one of the ways Christiana Care works to improve the health of the Latina community. “The main goal of the conference is to educate the Hispanic community about breast health, access to care and other issues that impact health,” said Nora Katurakes, MSN, RN, OCN. She called this year’s conference “a great success” and said it also offered health educators new opportunities. “We discovered that Latina women who are at the right age for mammograms often need help accessing them, so we’re working on that issue as a follow-up.”

The morning session offered a welcome address by cancer center staff and Wilmington City Councilwoman Maria D. Cabrera. This was followed by a Zumba exercise session; “Know What is Normal for You: Breast Self-Awareness” presented by Joceline Valentin of the Cancer Center; “A Survivor’s Story” by Liz Sandra Zenos; and a healthy family presentation by Luisa Ortiz, Christiana Care Healthy Family Program Manager, and Guadalupe Castaneda, promotora.

The term “promotora” refers to an individual in the Latina community who has received special training to provide basic health education in the community. They were on hand all day to help with the event.

The Latina Baby Shower was a first-time program at the conference offered by Christiana Care’s health ambassadors, whose goal is to help young families get started on the right foot, health-wise. Ambassadors communicated key messages to the audience using a Jeopardy-like game to probe topics such as breastfeeding, developmental milestones, safe sleep, mental health and life planning.

The Cancer Center’s outreach and education staff work hard all year to improve health throughout the community by educating people, particularly women, who then take what they learned back to their families and communities. It’s a model that Joceline Valentin, coordinator of the Strong & Healthy Latinas program, hopes works. “My hope is that attendees take at least one thing from the event and put it into practice in their daily lives,” she said. “If they learn one new thing every year, that’s a victory.”

Valentin notes that each year she is happy to see many of the same women attending the event, as well as many new faces. Nimia Burgos and Melania Ramos are a mother-daughter pair who have attended the conference each of its nine years. This year they were joined by Ramos’s daughter, Kiera Twyman, 14, adding a third generation family member to the list of attendees.

“Every year I learn something new. This year I learned to check and be aware of my body,” said Ramos. “I will continue to check myself and talk to my family and friends about the value of being aware and the prevention of any breast cancer or other types of cancers.”

The Strong & Healthy Latinas conference is sponsored each year by Christiana Care to educate Latina women and families, and, hopefully, become long-term partners in their health. Other event partners include American Cancer Society, Arsht Cannon Fund, Delaware Breast Cancer Coalition, Henrietta Johnson Medical Center, Latin American Community Center, Saint Francis Healthcare, Susan G. Komen Philadelphia and Westside Family Healthcare. ●

With help from of a medical interpreter, Nora Katurakes talks to a young woman about her cardiovascular disease screening results at the Strong & Healthy Latinas conference.



“The main goal of the conference is to educate the Hispanic community about breast health, access to care and other issues that impact health.”

NORA KATURAKES, MSN, RN, OCN

Christiana Care leaders help organize Delaware Latino Summit



Rosa M. Colon-Kolacko, Ph.D, MBA, senior vice president of Christiana Care's Learning Institute and chief diversity officer (left) and colleagues from the Delaware Hispanic Commission, were joined by Delaware Governor Jack Markell at the first-ever Delaware Latino Summit "Connecting for a Brighter Future."

Christiana Care Health System leaders played important roles in organizing and carrying out the first Delaware Latino Summit "Connecting for a Brighter Future," sponsored by the Delaware Hispanic Commission Nov. 13 at Delaware Technical & Community College in Dover.

"We had full registration with 325 participants — enthusiastic people who were eager to share their ideas on how Delawareans can be healthier and how Latinos can contribute to Delaware at every level," said Rosa M. Colon-Kolacko, Ph.D, MBA, senior vice president of Christiana Care Learning Institute and chief diversity officer.

As a member of the 15-person Delaware Hispanic Commission and chair the Health and Social Services sub-committee, Colon-Kolacko helped design the summit and greeted participants at

the opening session. She explained that one purpose of the gathering was to celebrate all that's positive for Delaware Hispanics and connect with leaders from public and private sectors.

Another goal was for participants to talk about unmet needs in workshops on health and social services, education, housing, transportation, economic development, community and social justice. As a result, workshop participants put forth a series of proposals to be part of a Delaware Hispanic Public Policy Agenda that will be submitted to the governor in the first quarter of 2015.

"We've asked people to think practically — what we could change within one year and three years to make life better," said Colon-Kolacko.

More than a dozen Christiana Care health providers and technical leaders brought their ideas and expertise to the summit. Thomas J. Peters, administrative

director of the Learning Institute, made a distinctive contribution by creating an online interface for the summit. Attendees used smartphones to participate in a mobile public forum sharing what they appreciate about the state and what they wanted to change.

Jacqueline Ortiz, M.Phil, director of Cultural Competency and Language Services, said it was helpful to get a panoramic view of services available by sharing with people from around the state.

"I feel good about what Christiana Care is doing in terms of how many resources we're devoting to the Hispanic community," she said. "For one thing, Christiana Care is one of only two hospitals in Delaware with a formally constituted Language Services Department."

At Christiana Care, 85 percent of the requests for language services are for Spanish, and total requests for in-person

interpreters have grown from 24 encounters a month in the spring of 2012 to 1,600 a month in the fall of 2014. Christiana Care has more than 70 bilingual employees who have been trained as medical interpreters in 18 languages.

“We also train the staff to have the skills, resources and knowledge to interact with people with a variety of cultural needs,” said Ortiz.

Nora Katurakes, MSN, RN, OCN, manager of the Community Health Outreach & Education Department, attended the summit to be a part of the process of identifying important issues for the Latino community and to lend a hand in moving forward.

Katurakes has worked on outreach to the Hispanic community by helping to train more than 60 promotoras — promoters of health education — who educate people in neighborhoods. “Three of our promotoras are with us today to share what they do and connect with others,” Katurakes said.

Delaware Gov. Jack Markell attended to congratulate the participants for coordinating the inaugural event and to encourage important conversations that

can move to action. U.S. Rep. John Carney participated through video, and Delaware Department of Health and Social Services Secretary Rita Landgraf presented data collected by her department that contrasted the health of Hispanics in the state with Delaware’s overall population.

What’s clear is that the average Latino does not fare as well as the average Delawarean on measures such as obesity, smoking, high blood pressure, depression and insurance coverage. In general, 82.7 percent of Delawareans say their health is good or better, but among Hispanics the number is 78.4 percent.

By the end of the summit, close to 50 workshop participants contributed ideas on health and social services, arriving at broad priorities, which include:

- Create a state level literacy education program for Latinos, which will improve their access to health care.
- Develop state-mandated cultural competency education requirements for all clinicians.
- Supply more language services for Spanish-speaking residents, enhancing their ability to communicate with family doctors and mental health

providers. (A task force will research how state law can be modified to reimburse translation services.)

- Foster collaboration between health care systems and community-based programs to develop a coordinated model to implement health care programs in all three counties.
- Strengthen behavioral health services dealing with anxiety, addiction and depression while working to lessen the stigma of seeking help.
- Compile a list of members of the Hispanic community willing to serve on state and non-profit boards.
- Create a workforce strategy to increase the number of multicultural and bilingual health care providers.

Michael Rosenthal, M.D., chair of Family & Community Medicine at Christiana Care, said the workshop highlighted the importance of partnering with Hispanic patients to make them aware of services in the community that can help them.

“We need to focus on how our neighbors can get access to the care they need,” Rosenthal said. ●

Dr. Laskowski and Mike Eppheimer receive ACHE Awards

Robert J. Laskowski, M.D., MBA, former Christiana Care president and CEO, and Mike Eppheimer, MHSA, vice president in the Department of Medicine, received awards from the American College of Healthcare Executives (ACHE).

Dr. Laskowski received the Lifetime Achievement Regent’s Award for his creative contributions of outstanding significance to patients and communities, and achievement of goals of the American College of Healthcare Executives, enabling the advancement of health care leadership excellence in Delaware.

Eppheimer received the Early Career Healthcare Executive Regent’s Award for contributions to the advancement of health care management excellence and the achievement of ACHE’s goals.

Louisa Phillips, RN, FACHE, ACHE’s Regent for Delaware, presented the awards at the Delaware Healthcare Forum in Dover on Oct. 30.

The American College of Healthcare Executives is an international professional society of more than 40,000 health care executives who lead hospitals, health care systems and other health care organizations. ●



Junior Board honored with Trustees' annual Harrington Award



Presidents past and present accepting the 2014 Harrington Award on behalf of the Junior Board of Christiana Care Inc.: Barbara Burd, Diane Thomas, Jane Gibson, Nancy Rich (current president), Joanne Woodward, Ann Kappel and Genie Mackey.

In recognition of 125 years of exceptional dedication and spirit, Christiana Care Trustees Nov. 18 presented The Harrington Award for Distinguished Service and Leadership to Christiana Care to the Junior Board of Christiana Care Inc.

The Junior Board provides financial and volunteer support to advance Christiana Care's mission. Junior Board President and Trustee Nancy Rich, joined by six past presidents, accepted the award.

"The Junior Board is a respected, beloved Christiana Care institution — a tireless, dedicated group of intelligent, visionary women," said Carroll M. Carpenter, chair of Trustees, in presenting the award. "The reach and influence of this extraordinary group is found in every corner of Christiana Care — and has been for more than 125 years."

By the numbers, the Junior Board, with more than 300 members, has given more than 14,000 hours of volunteer time

in the past year and provided more than \$13 million in financial support.

The Junior Board's generosity and foresight led to such notable developments as the Cancer Resource Library at the Helen F. Graham Cancer Center & Research Institute; surgical waiting lounges in both hospitals; \$1.4 million in scholarship donations for nurses and allied health professionals; and support for Christiana Care's Swank Memory Care Center and the First State School.

Most recently, the Junior Board's commitment of \$1 million to the Wilmington Transformation created the new Junior Board of Christiana Care Healing Garden, a beautiful, tranquil space for patients, families and staff.

Such dedication and innovation demonstrate Christiana Care's progress and positioning as a national health care leader, said Carpenter. ●

"The Junior Board is a respected, beloved Christiana Care institution — a tireless, dedicated group of intelligent, visionary women. The reach and influence of this extraordinary group is found in every corner of Christiana Care — and has been for more than 125 years."

CARROLL M. CARPENTER
CHAIR OF TRUSTEES

Nicholas J. Petrelli, M.D., receives 2014 Clinical Research Award

Nicholas J. Petrelli, M.D., FACS, Bank of America endowed medical director of Christiana Care's Helen F. Graham Cancer Center & Research Institute, received the 2014 Clinical Research Award from the Association of Community Cancer Centers in recognition of his ground-breaking leadership initiatives promoting and advocating for oncology clinical research. The ACCC presented Dr. Petrelli with the award Oct. 9 at the 31st National Oncology Conference in San Diego.

A nationally recognized expert on colorectal cancer, Dr. Petrelli has led the development of a state-of-the-art clinical oncology care program at the Graham Cancer Center. The center has served as a National Cancer Institute (NCI) Community Cancer Center Program (NCCCP) site and has achieved an impressive accrual rate of 24 percent in NCI-sponsored clinical trials, well above the national rate of 5 percent.

In August 2014 the Graham Cancer Center earned a five-year, \$8.2 million grant from NCI's Community Oncology Research Program (NCORP) to bring leading-edge cancer screenings, prevention, control, treatment, and imaging research trials to more people in the places closest to where they live.

In addition, Dr. Petrelli spearheaded the development of a Tissue Procurement Center with more than 5,000 specimens, catalogued through the NCI's Cancer Bioinformatics Grid (caBIG/caTissue), which led to \$4.6 million funding for participation in the Cancer Genome Atlas Project. Dr. Petrelli also developed the first Delaware statewide High Risk Family Cancer Registry, consisting of 5,640 families with more than 200,000 individuals.



Dr. Petrelli joined Christiana Care as the medical director of the Helen F. Graham Cancer Center in August 2001. Previously, he was chair of the Department of Surgical Oncology and director of the Surgical Oncology fellowship training program at Roswell Park Cancer Institute. He received his medical degree from Tulane Medical School in New Orleans. Following a general surgery residency in San Francisco, he completed a surgical oncology fellowship at Roswell Park Cancer Institute.

Over the course of his career, Dr. Petrelli has authored 323 peer-reviewed manuscripts, 35 book chapters and 27 editorials or commentaries. His career has been devoted to the surgical training of young investigators and the development of cancer clinical trials.

In October 2013, Dr. Petrelli received the Order of the First State Award presented by Gov. Jack Markell for his dedication to excellence in serving the community and the state of Delaware. ●



Nicholas J. Petrelli, M.D., FACS, (center) received the 2014 Clinical Research Award from the Association of Community Cancer Centers.

Project Engage hosts Recovery Roundtable

Peer-to-peer counseling for hospital patients struggling with alcohol and drugs is showing positive results in helping patients overcome addiction through Project Engage, a collaborative program launched in 2008 involving Christiana Care and Brandywine Counseling & Community Services.

This was the hopeful message offered by two recovering addicts on Nov. 4 at the third Recovery Roundtable attended by 40 staff who met to support and strengthen Project Engage, which connects patients with community-based treatment. The roundtable sessions are hosted by Project Engage and the Department of Psychiatry.

“When patients with addiction come to the hospital, nurses and doctors see them at their worst,” said addictions counselor Lisa Gonzalez, MS, CADC, who led the roundtable. “We want to show what it’s like when people recover, put a face on this experience and show there’s hope.”

Parnel, of New Castle, said addiction was at the root of his health problems and he’d had 48 emergency room visits and 23 inpatient admissions. He was so debilitated from alcohol that the 48-year-old Parnel said he could barely walk.

During one admission, Parnel says he felt tired of being an addict and accepted the help of engagement specialist Chris Anderson, who came into his hospital room and talked about the possibility of change. At discharge, Anderson found Parnel a room at nearby Oxford House, a self-supporting drug-free home where residents work on recovery.

“Chris Anderson is my hero,” Parnel said.

It’s important to support patients choosing recovery as they transition back into the community, Anderson said. Both he and engagement specialist Sheila Walker



Staff and patients celebrate successes at Recovery Roundtable.

“When patients with addiction come to the hospital, nurses and doctors see them at their worst. We want to show what it’s like when people recover, put a face on this experience and show there’s hope.”

LISA GONZALEZ, MS, CADC, ADDICTIONS COUNSELOR

assisted Parnel with everything from grocery shopping to regular attendance at 12-step meetings so that he would not feel defeated as he stabilized himself.

“People need extra care and coaching during this intense period of transition when frustrations can feel overwhelming,” Anderson said.

Jeff Wahl, an engagement specialist, said that with addicts there is often a small window of opportunity in the hospital when they turn toward sobriety, and it’s impossible to know when that moment will come.

“We have to continue to ask if this is the day a person is ready to change and strike as best we can,” said Wahl.

Another recovering addict, John, 33, of Wilmington said he chose recovery six months ago when he was admitted to the Emergency Department for a drug overdose. Before that John said he often thought he was a functioning addict who took care of his family.

But when Lisa Bechler, an engagement specialist, came to his room he was in the midst of withdrawal and felt so awful he was ready to plot a new course. With her help, he began methadone treatments at Brandywine Counseling & Community Services.

“If it wasn’t for Lisa getting me that appointment I don’t know where I would be,” John said. “So I want to thank her and Christiana Care.” ●

Christiana Care Health Career Expo attracts neighbors drawn to service

At Christiana Care Learning Institute's Health Career Expo, students, parents and others interested in exploring a calling to serve their neighbors got an overview of the many professions that contribute to a vibrant health system.

They also had the opportunity to meet professionals working in those fields — and to ask all the questions they wished.

"We serve our neighbors not only as respectful partners in their health but also in their learning," said Rosa M. Colon-Kolacko, Ph.D., MBA, senior vice president, Christiana Care Learning Institute, and chief diversity officer.

More than 250 people responded to fliers and e-mails to schools and guidance counselors promoting the event, said Jennifer Czerwinski, senior education specialist. Dover High School sent two busloads of students to the Nov. 13 expo at the John H. Ammon Medical Education Center.

Many of the students interested in health careers were accompanied by parents.

"That really sets this career expo apart from other career events," Colon-Kolacko said. "We think it's important to provide parents with an opportunity to learn more and ask questions about their children's career paths and learn together."

Susan Connell, the mother of 15-year-old Madison and Kelly Connell, is pleased that the twins are interested in a field that offers job security as well as the opportunity to help others. Both girls are in the nursing program at Hodgson Vocational-Technical School. Madison wants to become an anesthesiologist; Kelly aspires to be a pediatric oncologist.

"As a mother, I don't push," she said. "But I have guided them toward careers in health care. No matter where you go, people will always need doctors and nurses."

The career expo provided the health system employees of tomorrow with insights into far-flung opportunities in the field, ranging from nuclear medicine to public safety to pastoral care.

"We have had lots of questions from students about career options in nutrition

because it's such a wide field, focused on people in the hospital and the community," said Mary Shapero, RD, senior registered dietician at Christiana Care.

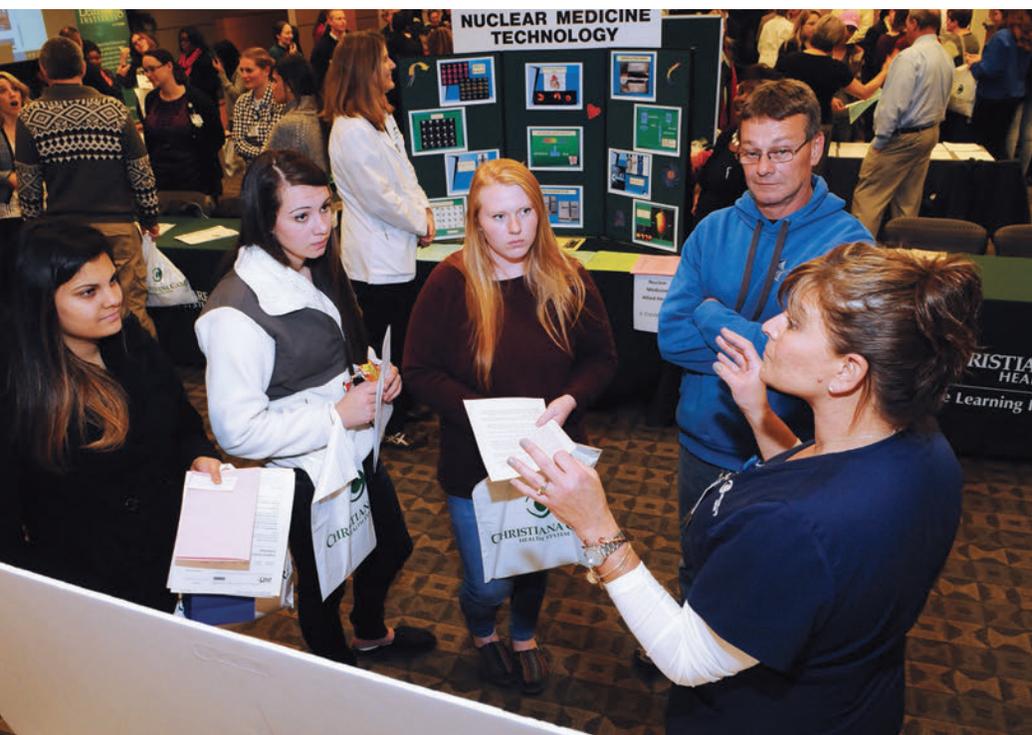
Jill Horner of Newark was familiar with the corporate world, working in an office for more than 20 years.

Then she took time off to care for her elderly parents and discovered the deep satisfaction that comes with helping others.

She went back to school, enrolling in the Certified Medical Assistant and Electronic Health Record programs at Delaware Technical and Community College, which partners with Christiana Care to educate students in eight allied health professions. She graduated in December 2013, at 48.

"It was such a meaningful experience caring for my family that I thought it might become my life's work," Horner said. "Now, I'm looking for a job or an internship, and this expo is a great place to start." ●

More than 250 people attended the Christiana Care Health Career Expo at the John H. Ammon Medical Education Center Nov. 13.



JANUARY

Women's Health Lecture series: Eat Well to Live Well

Thursday, Jan. 22, 6:30 – 8 p.m.

John H. Ammon Medical Education Center

Learn to eat right and make sense of current nutrition trends. Mary T. Williams, MS, RD, CDE, registered dietitian at Christiana Care's Eugene du Pont Preventive Medicine & Rehabilitation Institute, shares strategies to minimize meal planning, shopping and cooking. Register today: www.christianacare.org/lectures or call 800-693-2273. ●

FEBRUARY

Lean Six Sigma Green Belt Training

Feb. 9-12

John H. Ammon Medical Education Center

The Center for Organizational Excellence of Christiana Care's Value Institute offers this internationally recognized training program for mid-level and senior health care professionals and administrators who want to make a difference in their organization's performance that ultimately benefits patients through more effective and efficient processes. Green Belt students will learn the DMAIC methodology (define, measure, analyze, improve and control) and how to use Lean Six Sigma tools within that method to identify and resolve chronic problems. Individuals who complete the Green Belt training and certification will be prepared to conduct or participate in Lean Six Sigma projects, applying tools and graphical analysis to achieve results. Each Green Belt candidate must bring a manager-approved project to work on during the workshop. Register at www.juran.com/resources/public-workshops.

**Cooking Demonstration:
Cook Smart to Eat Smart**

Thursday Feb. 12 & Feb. 19, 6 – 7:30 p.m.

Eugene du Pont Preventive Medicine & Rehabilitation Institute.

Learn how to make quick, delicious and nutritious one-pot meals that save money and calories. Small class size: \$75 payment is due when you preregister. Call 302-661-3001.



Free Annual Heart Month Lecture

Wednesday, Feb. 18, 7 p.m. (Registration begins at 6:30)

John H. Ammon Medical Education Center

Speakers include:

Brian Sarter, M.D., medical director of Christiana Care's Heart & Vascular Interventional Services (HVIS).

Henry Weiner, M.D., cardiologist, Christiana Care Cardiology Consultants.

Leigh Sibert, APN, Christiana Care Cardiology Consultants.

Seating is limited so register today at www.christianacare.org/heartlecture or by calling 302-623-2273. Light refreshments and valet-parking available. ●

MARCH

26th Annual Update in Cardiology

Saturday, March 7, 7:30 a.m. – 4 p.m.

John H. Ammon Medical Education Center

Register today at cchs.cloud-cme.com/cardiology2015.

Dance Your Heart Out

Thursday, March 19, 5 – 8 p.m.

**Chase Center on the Riverfront,
815 Justison St., Wilmington**

Get out on the dance floor and get moving! Enjoy dance routines that are right for you, from beginner to workout-ready. Get free health screenings and valuable information about how everyday activities can help you stay healthy from head to toe. Register today at www.christianacare.org/lectures or call 800-693-2273.

Swank Memory Care Center Symposium

**Friday, March 20
7:30 a.m. – noon**

John H. Ammon Medical Education Center

A multispecialty approach to managing dementia. Supported by the Junior Board of Christiana Care Inc. ●



Open enrollment for health insurance plans continues through mid-February

Christiana Care Health System is helping Delawareans learn about their health insurance options and enroll in affordable health plans through Choose Health Delaware, the state's health insurance marketplace. Open enrollment for health insurance through the Affordable Care Act continues through Feb. 15. In addition to the enrollment events, marketplace guides offer free, private counseling for Delawareans daily. Guides bilingual in Spanish and English and interpreters in additional languages are available.

To learn more, visit www.christianacare.org/helpwithhealthinsurance or call 302-320-6586. ●



Health Insurance Enrollment Events

Helen F. Graham Cancer Center & Research Institute, Café
4-7 p.m. Thursday, Jan. 8, and Thursday, Feb. 5.

Christiana Hospital, John H. Ammon Medical Education Center,
Rooms 1-6, noon-3 p.m., Saturday, Jan. 10.

Wilmington Hospital Lobby, 4-7 p.m. Tuesday, Jan. 13, and Thursday, Feb 5.

Optum provides behavioral health services

Christiana Care's partnership with Optum Behavioral Health provides a wide range of resources to help employees with life's changes and challenges. Via a phone call or online, Optum can help you:

- Access services.
- Check to see if your provider is part of their network.
- Request that Optum contact your provider to discuss participation.
- Transition your care if you are in a current course of treatment.

Log on to www.LiveAndWorkWell.com, an online resource from Optum, or call the number on the back of your member ID card (1-888-839-7972).

Access services

Getting started is easy and can be done 24 hours a day. Simply call the toll-free number on the back of your member ID card. You will be connected to a specialist trained to help people identify the nature of their problem and find the right resources to address it.

If you want to see a clinician, the specialist will match you with one in our network experienced in helping people with situations similar to yours. Our nationwide network consists of more than 80,000 licensed and certified professionals, including counselors, psychiatrists and social workers, and more than 3,500 treatment facilities providing both inpatient and outpatient programs.

YOUR INSURANCE BENEFITS

More online

LiveAndWorkWell.com is an interactive website that provides access to your benefits and tools to help you enhance your work, health and life. You can:

- Check your benefit information and submit online requests for services.
- Search our online directory of clinicians.
- Access information and resources for hundreds of everyday work and life issues in one of our many virtual help centers.
- Participate in interactive, customizable self-improvement programs.

Any member of your household may access these online resources, including dependents living away from home. ●



Jamie Ayala, MSN, BSN, RN-BC, appointed 5B nurse manager

Jamie Ayala, MSN, BSN, RN-BC, has been promoted from 5D patient care facilitator to 5B nurse manager at Christiana Hospital.

Ayala, a board-certified gerontological nurse, joined Christiana Care in 2005 as a

student nurse extern. She received her BSN degree from Wesley College and became an RN in 2007. She was promoted to RN III in 2012 and received a master's degree in health care administration from the University of Delaware in 2014.

"Jamie has established and maintained ideal collaborative relationships with several interdisciplinary teams across the health care spectrum," noted Shirley Moran, RN, MS, NE-BC, vice president, Patient Care Services Medicine.

"Her professionalism and ability to discover and motivate individual talent will serve Christiana Care Health System and 5B well." ●



Elizabeth Igboechi named perinatal clinical operations director

Elizabeth Igboechi, MSN, RNC OB, FNP, NEA-BC, was appointed director of Perinatal Clinical Operations in November, responsible for Labor and Delivery, L&D perioperative services, OB ED Triage, Perinatal High Risk Unit, Antenatal Stepdown

Unit, Mother/Baby Units, Parent Education and Lactation Services. She will report to Sherry A. Monson, MSN, RN, MBA, vice president of Women's and Children's Services.

Elizabeth has more than 20 years of experience in women's health, including a depth of management experience in large-volume birthing hospitals in New York, including Albert Einstein Montefiore Medical Center and Mount Sinai Medical Center. She most recently was employed as director of Nursing

for Women's and Children's Services, Transplant and Dialysis inpatient units at SUNY Downstate Medical Center in Brooklyn. She also is experienced in the management of construction and renovation of maternity units.

Throughout her career she has championed the journey to Baby Friendly Hospital certification, promoted family centered patient care, empowered staff in shared decision making, and implemented initiatives to improve physician and nursing satisfaction. She led her team at SUNY to improve Press Ganey patient satisfaction scores above the hospital mean of 80 percent. She also served to improve pregnancy outcomes as the only RN member of the New York Department of Health's Safe Motherhood Initiative.

She is a member of the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) and the New York Organization of Nurse Executives.

She received her midwifery certificate in Nigeria, her country of origin, and her Family Practice Nurse Practitioner degree in New York City. She is currently pursuing her doctorate in nursing in order to support her passion to expand nursing research. ●



Rhonda Ross promoted to 6E nurse manager

Rhonda Ross, BSN, RN-BC, has been appointed nurse manager for 6E at Christiana Hospital.

Ross, who is board-certified in gerontology, had been the patient care coordinator on the 11 p.m.-7 a.m. shift for about three years before assuming day-to-day

operations of 6E in February 2014. She established a reputation for building positive relationships and demonstrating strong analytical, communication and customer-service skills.

Ross is currently enrolled in the Masters Nursing Executive Leadership Program at Wilmington University. She completed her BSN degree at Wilmington University and received an associate's degree in nursing from Cecil Community College. She also attended the University of Delaware and majored in biology before deciding to pursue a nursing degree. ●





Joanne McAuliffe appointed vice president, Patient Care Services, Wilmington

Joanne McAuliffe, DNP, MSN/BA, BSN, RN, OCN, NEA-BC, has been appointed vice president, Patient Care Services, Wilmington Hospital.

McAuliffe joins Christiana Care from Cabell Huntington

Hospital and Academic Medical Center in Huntington, W.Va., where she was vice president and chief nursing officer. Cabell Huntington is a 303-bed center with the region's only trauma, burn and comprehensive cancer centers. She has held nursing leadership positions at Franklin Square Medical Center in Baltimore and the University of Maryland Medical Center. Her clinical positions have included cancer and hospice care.

She received a doctorate in nursing practice, with a focus on executive leadership and health care system economics and finance, a master of science in nursing, and a bachelor of science degree in nursing, all from Johns Hopkins University School of Nursing in Baltimore. ●



Donna Walsh named director, Clinical Pharmacy Services

Donna Walsh, Pharm.D., was appointed director of Clinical Pharmacy Services in November.

Walsh served as a lead clinical pharmacist at Christiana Hospital for several years and was promoted to supervisor of Clinical Pharmacy Services.

As supervisor she helped execute a number of programmatic changes, such as the vancomycin dosing by pharmacy program, and the successful achievement of Christiana Care's FY14 Challenge, a project that demonstrated savings in drug costs via the clinical services provided by floor-based pharmacists.

As the director she will be responsible for the clinical pharmacy services provided on both campuses, including the integration of those services during transitions of care.

Walsh joined Christiana Care in 2006 following the completion of her post-graduate residency training at Temple University, Philadelphia. She is a graduate of Northeastern University. ●

Christiana Care Cardiology Consultants opens first office in New Jersey

Christiana Care Health System welcomes Brian J. Pahlow, D.O., to Christiana Care Cardiology Consultants.

Dr. Pahlow's office at 499 Beckett Road Suite 202 in Logan Township, N.J. is the first office opened by Christiana Care Cardiology Consultants in New Jersey.

He joined Christiana Care Cardiology Consultants after practicing as an attending cardiologist at Cooper University Hospital since 2004. He also is a member of the senior active staff in the department of medicine, section of cardiology at The Memorial Hospital of Salem (N.J.)

Dr. Pahlow has been board certified in cardiology since 1993.

He graduated from the University of Vermont with a B.S. in natural science and from the University of Medicine and Dentistry, NJSOM, in 1984.

His internship and internal medicine residency training and cardiology fellowship took place at University of Medicine and Dentistry, NJSOM.

He also received post-graduate training in general and pediatric cardiology at Deborah Heart and Lung Center in New Jersey and in cardiac catheterization at Graduate Hospital in Philadelphia.

Dr. Pahlow's office may be reached at 856-769-3900. ●



Publishing

Christian M. Coletti, M.D., et al. "Interunit Handoffs of Patients and Transfers of Information: A Survey of Current Practices." *Annual Emergency Medicine*. October 2014.

Robert Dressler, M.D., MBA, Marylou M. Dryer, M.D., Christian Coletti, M.D., Donna Mahoney, BS, CPHQ, Andrew J. Doorey, M.D. "Impacting Overuse of Cardiac Telemetry in Non-Intensive Care Unit Settings by Hardwiring American Heart Association Guidelines." *Journal of the American Medical Association, Internal Medicine*. November 2014.

Zaher Fanari, M.D., Sandra A. Weiss, M.D., Wei Zhang, MS, Seema S. Sonnad, Ph.D., William S. Weintraub, M.D., MACC. "Short, Intermediate and Long-Term Outcomes of CABG vs. PCI With DES in Patients with Multivessel Coronary Artery Disease: Meta-Analysis of Six Randomized Controlled Trials." *European Journal of Cardiovascular Medicine*. September 2014.

Zaher Fanari, M.D., Sandra A. Weiss, M.D., Wei Zhang, MS, Seema S. Sonnad, Ph.D., William S. Weintraub, M.D., MACC, et al. "Meta-Analysis of Three Randomized Controlled Trials Comparing Coronary Artery Bypass Grafting with Percutaneous Coronary." *Interactive Cardiovascular and Thoracic Surgery*. December 2014.

Stephen A. Pearlman, M.D., MSHQS. A textbook chapter in Fanaroff and Martin's *Neonatal Perinatal Medicine* (2014 Elsevier) "Coding and Reimbursement: Principles and Practice."

Shilpa R. Kauta, M.D., "Diagnosis and Treatment of Sleep Disordered Breathing in Hospitalized Cardiac Patients: A Reduction in 30-Day Hospital Readmission Rates." *Journal of Sleep Medicine*. Vol. 10, No. 10, 2014.

Seema S. Sonnad, Ph.D., Charles L. Reese IV, M.D., et al. "Overall ED Efficiency Is Associated with Decreased Time to Percutaneous Coronary Intervention for STEMI." *The American Journal of Emergency Medicine*. October 2014.

William S. Weintraub M.D., MACC, et al. "Clinical Prediction Model Suitable for Assessing Hospital Quality for Patients Undergoing Carotid Endarterectomy." *Journal of the American Heart Association*. June 2014.

Presentations

At the Association of Rehabilitation Nurses 2014 Annual Educational Conference. Octo. 29-Nov. 1. Anaheim, Ca.: **Wendy Wintersgill, MSN, RN, CRRN, ACNS-BC**, presented two abstracts:

- "The Impact of ARN: Your Future, Your Success," and
- "Stroke & Pregnancy: The Hallmark of Individualized Care, Interdisciplinary Collaboration, and Excellent Patient Outcomes."

At the American Public Health Association Annual Meeting. November 2014. New Orleans:

- **Lanae Ampersand, MSW, Kathy Cannatelli, MS, Omar Khan, M.D., MHS, Christopher Moore, Brian Rahmer, Ph.D., Sonya Addo, MPH**, et al. "Using the Teen-As-Coach Model in the Delivery of Mental, Nutritional and Cardiovascular Health Messages to an At-Risk Minority Adult Population."
- **Kathy Cannatelli, MS, Omar Khan, M.D., MHS, Brian Rahmer, Ph.D., Amy Ball, MS, MBA**, et al.: Effectiveness of Marketplace Guides to Facilitate Access to Health Insurance in the Community."
- **Richard Derman, M.D., MPH**, and **Omar Khan, M.D., MHS**, chaired the annual invited session on International Maternal, Neonatal & Child Health.
- **Richard Derman, M.D., MPH**, "How and Where You Live Affects Your Health & Well Being."
- **Omar Khan, M.D., MHS**, chaired the annual session on Global Health in Medical Education.
- **Omar Khan, M.D., MHS, Kathy Cannatelli, MS, Brian Rahmer, Ph.D., Amy Ball, MS, MBA**, et al.: "Effectiveness of MarketPlace Guides (MPGs) in Promoting Health Access Through the Affordable Care Act."
- **Omar Khan, M.D., MHS**, et al. "Evolution of 'Medical Missions' into Short-Term Experiential Education in Global Health: Implications for Learners and Practitioners."

- **Christopher Moore, Kathy Cannatelli, MS, Omar Khan, M.D., MHS, Brian Rahmer, Ph.D., Isaac Hicks, RD, and Kelsey Bristow**: "Successful, Consistent Delivery of STD And HIV-Prevention Education to Adolescents Across the Urban, Suburban and Rural Landscape in Delaware."

At Hot Topics in Neonatology. December 2014. Washington, D.C.:

- **Ursula Guillen, M.D.** "International Comparison of Guidelines for the Management of Extremely Premature Deliveries: A Systematic Review."
- **David A. Paul, M.D.** "Transfusion and NEC."
- **Stephen Pearlman, M.D., MSHQS.** "Wait, Wait Don't Clamp Me!" A Quality Improvement Project on Delayed Cord Clamping.

Appointments

Nadia Hellenga, Pharm.D., transplant clinical pharmacy specialist, passed her board-certified pharmacotherapy specialist certification test.

The Professional Advancement Council announced the following nurses' promotion to RN III:

Shannon Coble, 5E; Alexandra Colin, Christiana PACU; **Renee Eck**, Wilmington ED; **Christi Mench**, Christiana ED; and **Teresa Thorley**, Flight Team.

Stephen A. Pearlman, M.D., MSHQS, was named an associate editor of the *Journal of Perinatology*. He will be editing the section of Quality Improvement and Patient Safety.

Awards

Leanne Holveck, senior library assistant at the Junior Board Cancer Resource Library, received the 2014 State Look Good Feel Better Sunrise Award for Outstanding Service in recognition of her exceptional dedication and outstanding volunteer leadership to the program.

Kate Fillingame, RN, received the DAISY Award for Extraordinary Nurses for the month of November, 2014.

James Turner, RN, received the DAISY Award for Extraordinary Nurses for the month of December, 2014. ●

The tale of the tape: what your waist measurement says about your health

Your waist measurement isn't a matter of fashion. Waist circumference is an important indicator of risk for Type 2 diabetes, high blood pressure, high cholesterol and cardiovascular disease.

In fact, studies have shown that even people whose weight is within the normal range are at higher risk for these conditions if they carry weight around their midsection.

So what makes belly fat worse than other fat?

Visceral fat — abdominal fat that lies beneath muscles — is deposited around our internal organs. Subcutaneous fat — stored under the skin — accumulates on hips, thighs and buttocks.

Fat cells don't just sit there in our bodies. Fat, especially abdominal fat, is chipping away at our health, making our bodies resistant to insulin and contributing to Type 2 diabetes. Substances released by visceral fat also impact the production of lipids, ultimately reducing our good cholesterol and increasing bad cholesterol.

In terms of body type, people with big bellies are apples. People who carry weight around their hips and thighs are pears.

Being overweight is not good for either group. But it's especially dangerous for apples.

For women, a waist circumference of 35 inches or more puts them into the risk category. For men, it's 40 inches. For South Asian men, it's 35 inches.

Measuring your waist is easy. The only tool you need is a tape measure. Measure next to your skin, not over your clothes. For men, start at the top of your hipbone, then bring the tape all the way around, level with your belly button. Women should measure 1-2 inches above the belly button. No fudging. Don't make the tape too tight, and don't hold your breath.

If your waist circumference indicates you are at risk — or if you are inching toward it — you need to pare the apple. You can trim a tubby midsection with a healthy diet and regular exercise.

In fact, studies suggest that exercise is more effective in reducing abdominal fat than subcutaneous fat. That doesn't mean sit-ups and other spot exercises. Rather, engage in moderate exercise, such as jogging or brisk walking, for at least 30 minutes each day.

Pay close attention to what you eat. Put fruits, vegetables, whole grains and fish on your grocery list. Cross off white bread, baked goods, deli meats and soda. Say "no" to butter and shortening. Say "yes" to canola-based margarine and olive oil. Serving food on a salad plate rather than a dinner plate will help you to control portions.

An apple a day keeps the doctor away. But if you are shaped like one, it's time to make healthy changes. ●

Who's at risk:

Women, with a waist circumference of 35 inches and for most men, it's 40 inches.

Christiana Care infectious diseases treatment guidelines By Nicole Srivastava, Pharm.D, BCPS

In 2013, President Obama tasked the President's Council of Advisors on Science and Technology to develop recommendations for the Federal Government to battle the rise of antibiotic resistance, which has become a worldwide threat. The antibiotic resistance task force summary report was published in September 2014. One recommendation is by the end of 2017, Centers for Medicare and Medicaid Services (CMS) should have federal regulations in place that will mandate U.S. hospitals develop and implement robust antibiotic stewardship programs. A core element of a hospital antimicrobial stewardship program includes implementation of policies and interventions to improve antibiotic use such as health system guidelines.

In collaboration with the Infectious Diseases Section and trained experts of the Medical-Dental Staff, the Christiana Care Antimicrobial Stewardship Program has developed adult inpatient Infectious Diseases Treatment Guidelines. The guidelines can be accessed via the Clinical Resources tab of

the Quality and Safety intranet site. Key points of emphasis are summarized in table 1. General important fundamental concepts include:

- Empiric therapy should be based on patient-specific risk factors, local antimicrobial resistance patterns and the hospital's formulary.
- De-escalation of therapy must be considered once final organism and susceptibilities have been determined.
- Duration of therapy should be assessed with consideration of total antibiotic exposure. Certain infections have specific duration of therapy recommendations based on antimicrobial agent selected (i.e., urinary tract infections, community acquired pneumonia, etc.).

The use of institution-specific guidelines is one way to move the needle to improve antibiotic use and minimize unintended consequences, such as toxicity, secondary infections such as *C. difficile* associated diarrhea, resistance and excessive cost). ●

Table 1: Key points of emphasis about the Christiana Care Infectious Diseases Treatment Guidelines

GUIDELINE	SELECT KEY POINT(S)
CAP*	Outbreaks of severe <i>Clostridium difficile</i> associated diarrhea have been associated with fluoroquinolone use. Reserve fluoroquinolones for those with severe beta-lactam allergies or those with risk factors for <i>Pseudomonas aeruginosa</i> .
Diabetic foot infection	Vancomycin in combination with piperacillin/tazobactam is a risk factor for nephrotoxicity. Our diabetic foot infection guidelines now recommend cefepime in combination with vancomycin and metronidazole for severe diabetic foot infections.
Duration of therapy	Duration of therapy should be assessed daily to minimize the risk of secondary complications (i.e., <i>Clostridium difficile</i> associated diarrhea; toxicity, increased cost).
HCAP* and HAP*	The definition for HCAP includes patients who have any of the following criteria: acute care hospitalization within previous 90 days; residence in a nursing home or extended care facility with 24 hour nursing care within previous 90 days; wound care, tracheostomy care, or ventilator care provided by health care professional within 30 days; intravenous antibiotic therapy or chemotherapy within 30 days; chronic dialysis within 30 days.
Intra-abdominal infection	Ceftriaxone and metronidazole should be considered over piperacillin/tazobactam for mild to moderate community acquired intra-abdominal infections. Limiting piperacillin/tazobactam use promotes less resistance, limits fluid in volume sensitive patients, and offers cost saving.
Renal dosing guidelines	Renal dose adjustments are based on the calculated creatinine clearance using the Cockcroft-Gault equation, as this is what is used in clinical trials.
Urinary tract infection	At Christiana Care, the sensitivity of common lactose fermenters (i.e., <i>Escherichia coli</i>) to cefazolin is approximately 85 percent. Cefazolin is an appropriate empiric choice for uncomplicated and complicated cystitis.
Vancomycin dosing guidelines	<ul style="list-style-type: none"> • The vancomycin dosing guidelines are weight based and adjusted for renal function. • Vancomycin trough concentrations should be used as a surrogate marker of efficacy.

*CAP = community acquired pneumonia; HCAP = health care acquired pneumonia; HAP = hospital acquired pneumonia

FORMULARY UPDATE—NOVEMBER 2014

FORMULARY ADDITIONS

Medication – Generic/Brand Name	Strength/Size	Use/Indication	Comment
Calcium carbonate / e.g., Tums	500 mg tablet	Antacid	
Epirubicin injection/ Ellence	50 mg/25 mL 50 mg & 200 mg vials	Treatment of breast cancer and some other types of cancer	<ul style="list-style-type: none"> • Prescribing limited to oncologists and hematologists • Safe medication handling precautions
Intrauterine copper contraceptive / ParaGard	Total exposed copper surface area is 380 ± 23 mm ²	Long-acting contraceptive	Availability limited to Family Medicine Center, Women's Health Center offices and surgicenters

FORMULARY DELETIONS

Albuterol 2 mg tablets	Removed because of lack of use
Azathioprine injection / Imuran	No longer manufactured. Tablets remain available
Biperiden/Akineton	No longer manufactured
Clorazepate/ Tranxene	7.5 mg tablets removed from Christiana Care Formulary because unavailable. 3.75 mg tablets remain available
Thalidomide/ Thalomid	Unable to obtain through restricted distribution program

MEDICATIONS NOT ADDED TO FORMULARY

Acetaminophen injection (Ofirmev)
Vincristine sulfate liposome injection (Marqibo)



Nominate a Champion of Service



*Spirit of
Women*

Through such programs as the Jefferson Awards and Spirit of Women Awards, Christiana Care recognizes extraordinary individuals who devote themselves to making a difference in the lives of our neighbors and the communities we serve.

Christiana Care is seeking nominees for these awards to be presented at the Champions of Service celebration on April 30. All nominations are due by Feb. 2.

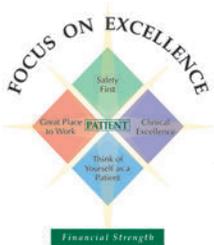
Physicians, nurses and staff may submit nominations via the Christiana Care intranet at: <http://inet/externalaffairs/championsofservice>



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The DAISY Award for Extraordinary Nurses

**Nominate a
Christiana Care
nurse whose expert
care has made a
difference in
your life.**



Submit your nomination at <http://www.christianacare.org/daisyaward>