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**CHRISTIANA CARE  
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EXTERNAL AFFAIRS**

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## Janice E. Nevin, M.D., MPH, appointed president and CEO of Christiana Care

**J**anice E. Nevin, M.D., MPH, has been appointed president and chief executive officer for Christiana Care Health System. Dr. Nevin succeeds Robert J. Laskowski, M.D., MBA, who announced his retirement in March, 2014.

"These are exciting and historic times for health care in America. After an extensive national search, Dr. Nevin rose to the top of a lengthy list of nationally qualified candidates as the ideal choice for Christiana Care and our community," said Gary M. Pfeiffer, chair of the Christiana Care Board of Directors. "With Dr. Nevin's leadership, Christiana Care will continue its mission of service, strengthen its community ties and broaden its national profile by creating greater value for the patients and families we are privileged to serve.

"I am also very grateful for the intensive amount of time and steadfast leadership the search committee invested in this important next step for Christiana Care," Pfeiffer said.

The CEO succession strategy was guided by a search committee appointed by Christiana Care's Board of Directors and chaired by former board member and a director at law firm Richards Layton & Finger, Doneene Keemer Damon.

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The committee worked with the internationally recognized executive search firm Spencer Stuart, noted for executive health care recruitment. More than 200 candidates from across the country were assessed, and a select group of candidates underwent an intensive interview process involving physicians, leadership, Christiana Care board and trustees.

A visionary and collaborative health care leader, Dr. Nevin is nationally recognized for her strong commitment to patient- and family-centered care. She serves on the American Association of Medical Colleges Health Advisory Panel and Leadership Forum and is vice chair of the Fellowship Advisory Committee of the Health Management Academy. She is a former president of the Association of Family Practice Residency Directors and was a member of the Project Leadership Committee for the Future of Family Medicine Project. In addition, she served as chair of the Family Medicine Review Committee for the Accreditation Council for Graduate Medical Education and was a member of the 2010 ACGME Duty Hours Task Force.

Dr. Nevin is best known for the transformative, strategic shift in care processes at Christiana Care's Wilmington campus — improving quality, safety and patient experience by directly involving patients and families as partners in their care. Through her leadership, patient- and family-centered care became an integral part of The Christiana Care Way, firmly establishing it as a central tenet of Christiana Care's culture.



"I am genuinely honored to partner with our physicians, nurses, management and our community to continue to advance The Christiana Care Way," said Christiana Care's incoming president and CEO, Dr. Nevin. "Working together we continue to build on a rich tradition of excellence — advancing the transformation of health care for our community and serving as a model for others throughout the country."

Dr. Nevin has served as chief medical officer and chief patient safety officer since 2011. In that role, she advanced Christiana Care's commitment to patient safety, clinical excellence and patient experience by working closely with system leadership, clinical chairs, physicians, nursing leaders and others to ensure a patient- and family-centered approach to care outcomes resulting in exceeding the health system goals. She also oversaw Christiana Care's medical education programs, including the Delaware Branch Campus of Sidney Kimmel Medical College and 280 residents and fellows.

From 2008 until her appointment as chief medical officer, Dr. Nevin served as the senior vice president and executive director of Christiana Care–Wilmington, as well as the associate chief medical officer. In this role she was responsible for all clinical activity and operations at the Christiana Care Wilmington campus. In addition, she provided leadership for the \$210 million transformation project that began in 2009 at the Wilmington Hospital campus.

From 2002 to 2008, Dr. Nevin was chair of the Department of Family and Community Medicine at Christiana Care. During this time, she was also the medical director of the Christiana Care Visiting

Nurse Association and clinical chair of Women First, the Community Center of Excellence in Women's Health.

Before joining Christiana Care Health System, Dr. Nevin was a faculty member and the residency program director in the Department of Family and Community Medicine, Sidney Kimmel Medical College.

Dr. Nevin graduated from Harvard University in 1981 and earned her doctorate in medicine with honors from Jefferson Medical College in 1987. She completed her family-medicine residency at Thomas Jefferson University Hospital in 1990 and received her master's degree in public health in community health services from the University of Pittsburgh Graduate School of Public Health in 1992. She also finished a two-year faculty-development fellowship in family medicine at St. Margaret Hospital in Pittsburgh, completed a program in executive education at Harvard Business School in 2010 and completed a fellowship in physician executive leadership at Health Management Academy in 2009.

Dr. Nevin has many publications and national presentations to her credit. She is an associate professor of family and community medicine at Sidney Kimmel Medical College and a member of the Alpha Omega Alpha Honor Medical Society.

She serves on the Delaware Health Care Commission, comprised of leaders throughout the state who look to make health care more affordable and accessible for all Delawareans, and she serves on the board of directors for both the United Way of Delaware and the Delaware Community Foundation. ●

***"Working together, we continue to build on a rich tradition of excellence — advancing the transformation of health care for our community and serving as a model for others throughout the country."***

— JANICE E. NEVIN, M.D., MPH

## A diverse workforce makes true partnership possible

By Audrey Van Luven, Senior Vice President and Chief Human Resources Officer



Partnering with our neighbors is a key concept of The Christiana Care Way. The foundation of that partnership is a strong workforce that is representative of our community and inclusive of the diverse skills and talents of many diverse individuals. This includes individuals with disabilities, and as we enter National Disability Employment Awareness Month,

it's worth taking a moment to reflect on how Christiana Care's commitment to building a diverse workforce makes us stronger and helps us to fulfill our mission.

Authentic partnership requires that we listen to our neighbors and develop a deep understanding of the individuals and communities we serve. This level of understanding is so much easier to achieve when our own workforce reflects the diversity of our community.

"We all have a role to play in — and benefit to gain from — increasing opportunities for meaningful employment for people with disabilities," said Kathy Martinez, assistant secretary of labor for disability employment policy, when announcing this year's National Disability Employment Awareness Month theme: Expect. Employ. Empower. "Advancing disability employment is about much more than just hiring. It's about creating a continuum of inclusion," she said.

Christiana Care is dedicated to workforce development focused on individuals with significant barriers to employment. Christiana Care's Human Resources team has had the privilege of engaging with two employability and skill-development programs aimed at supporting a successful transition from school to work for individuals with disabilities.

In July, Christiana Care hosted a high-school summer internship at Wilmington Hospital with Easter Seals of Delaware and Maryland's Eastern Shore.

Human Resources partnered with several leaders to design a six-week summer internship that paired high-school students with disabilities with mentors from Best Buddies, supported by Easter Seals job coaches. The interns had the opportunity to experience a typical summer job, which is often difficult for individuals with disabilities to obtain independently.

The interns rotated through Food & Nutrition Services, Environmental Services and Patient Escort Services. Leaders

from each of these areas were phenomenal, engaging with the students and creating meaningful employment experiences.

Staff embraced the opportunity to support interns' day-to-day responsibilities. Notably, Nikia Hughes of Patient Escort Services volunteered to be a peer mentor as individuals rotated through his department.

Although their tenure was short, the summer interns had a positive impact that was felt by the departments in which they worked and by other departments who benefited from their service.

In August, we began our fourth year of partnership with Project SEARCH at Christiana Hospital. Project SEARCH is geared toward individuals ages 18–21 who have cognitive and developmental disabilities and would benefit from a workforce development program that develops employability skills.

Project SEARCH is a nine-month school-to-work internship supported through a Christiana Care partnership with Easter Seals, Red Clay Consolidated School District and the Delaware Department of Labor. Human Resources partners with department leaders and job developers to identify key tasks that will help the intern to develop employment skills. The internship includes three 10-week rotations in multiple departments at Christiana Hospital, in addition to a daily classroom experience led by a certified instructor. To date, 14 departments have supported work rotation experiences for Project SEARCH interns, including: Food and Nutrition Services; the Helen F. Graham Cancer Center & Research Institute, Materiel Services, Clinical Engineering and Pharmacy.

As the organization becomes more familiar with supported employment models, our goal is to increase the number of individuals employed with cognitive and developmental disabilities. As a result of all partners' commitment, Project SEARCH Delaware received an award at the 2014 National Project SEARCH conference for 77 percent of the 2012–2013 class obtaining employment.

With the overall goal of assisting individuals with disabilities to build employment skills that are competitive, marketable and transferrable, while developing a culture change within the organization and creating opportunities for a job match, these programs demonstrate our commitment to continue to grow and develop talent that represents the community we serve.

If you are a manager interested in a Project SEARCH rotation for your department, please contact Pamela Ridgeway, director of talent acquisition strategy, Human Resources, at [PRidgeway@ChristianaCare.org](mailto:PRidgeway@ChristianaCare.org). ●



Medical Oncologist Stephen S. Grubbs, M.D., examines a patient at Christiana Care's Helen F. Graham Cancer Center & Research Institute. Dr. Grubbs is the NCORP principal investigator at the Graham Cancer Center.

## Helen F. Graham Cancer Center & Research Institute joins elite network of cancer centers

Great cancer care in Delaware is about to get even better. The National Cancer Institute has selected Christiana Care's Helen F. Graham Center & Research Institute to join its Community Oncology Research Program (NCORP), an elite network of cancer centers in communities throughout the United States.

A five-year, \$8.2 million grant from NCORP bolsters Graham Cancer Center initiatives to bring leading-edge cancer screenings, prevention, control, treatment and imaging research trials to more people in places closest to where they live and work.

The Graham Cancer Center is one of only 34 NCORP Community Sites joined by 12 Minority/Underserved Community Sites that will implement the latest, most scientifically advanced clinical research designed and led by NCORP. These clinical trials will bring added opportunity to test new technologies and strategies to fight cancer. They also will enable research on how cancer care is delivered in today's changing health care environment, all with an eye toward improving outcomes and reducing disparities of care.

"Making quality cancer care more accessible to our patients is the hallmark of Christiana Care's cancer program and

mission," said Nicholas J. Petrelli, M.D., Bank of America endowed medical director of the Helen F. Graham Cancer Center & Research Institute. "In partnership with NCORP, we can change the landscape of cancer care delivery in Delaware and throughout the country in similar communities, where we know 80 percent of patients receive their cancer care."

The Graham Cancer Center is one of the original NCI-selected Community Cancer Center sites and has been a leader in NCI's Community Clinical Oncology Program. NCORP builds on and replaces these two previous NCI community-based clinical research programs that

**In 2002, Delaware had the highest cancer mortality in the nation. Today, the First State is number 14 on that list, and cancer mortality rates for both men and women are dropping nearly twice as fast as the national average.**

have helped drive down cancer rates. In 2002, Delaware had the highest cancer mortality in the nation. Today, the First State is number 14 on that list, and cancer mortality rates for both men and women are dropping nearly twice as fast as the national average.

Christiana Care Medical Oncologist Stephen S. Grubbs, M.D., is the NCORP principal investigator at the Graham Cancer Center. "These programs show that when local physician investigators collaborate on national community-based studies, our patients benefit greatly because they gain access to the most promising cancer-fighting strategies without having to leave the comfort of familiar surroundings," Dr. Grubbs said. "Membership in NCORP is a natural progression for our program."

A member of the Delaware Cancer Consortium, Dr. Grubbs is recognized for leading a community partnership that eliminated racial disparity in colorectal cancer between African-Americans and whites. The results of Delaware's successful colon cancer screening program are published in the *Journal of Clinical Oncology* (April 2013).

Additionally, Dr. Grubbs has guided many NCI cooperative group trials as a principal investigator and adviser. He is a member of the board of directors of the NCI-sponsored Alliance Research Group and the American Society of Clinical Oncology.

Enrollment in clinical trials at the Graham Cancer Center is already well above the national average. Twenty-one percent of cancer patients enter a research clinical trial, compared with a national average of only three to five percent.

Community cancer programs like the Graham Cancer Center offer the potential of larger, more diverse patient enrollment that makes it more feasible to test new inventions and strengthens the ability to generalize study findings to an even broader population of cancer patients. Also, when community cancer specialists participate in these studies, more effective, evidence-based strategies become part of routine cancer care.

"Christiana Care's cancer research program is a highly respected leader in

the field of NCI-sponsored research," said Research Director Kandie Dempsey, MS, RN, OCN, who also chairs the Alliance for Clinical Trials in Oncology's Clinical Research Professionals Committee. "Receiving the NCORP award is due to the impressive experience and dedication of our physicians and clinical research professional support team. Funding will allow us to look harder at the quality and value of care we provide to our community and to improve the treatment and outcomes of people with cancer."

One of the most technologically advanced and largest cancer programs on the East Coast, the Graham Cancer Center's world-class team of specialists provided care for more than 213,000 patient visits last year. Besides being a top enroller in U.S. clinical trials, the Graham Cancer Center is recognized as a national model for multidisciplinary cancer care. Its patient-navigation system is emulated by cancer centers across the nation, and many of its cancer care professionals lead today's development of cancer care strategies and new clinical investigations. The Graham Cancer Center's Center for Translational Cancer Research, Tissue Procurement Center and collaborations with world-renowned scientists at facilities such as the University of Delaware and The Wistar Institute in Philadelphia are opening new avenues to more quickly translate cancer science into cancer medicine. ●

***"In partnership with NCORP, we can change the landscape of cancer care delivery in Delaware and throughout the country in similar communities, where we know 80 percent of patients receive their cancer care."***

— **NICHOLAS J. PETRELLI, M.D.**

BANK OF AMERICA ENDOWED MEDICAL DIRECTOR,  
HELEN F. GRAHAM CANCER CENTER & RESEARCH INSTITUTE



## Christiana Care presents Project Engage at the White House

Christiana Care medical leaders traveled to the nation's capital to present research on Project Engage to the White House Office of National Drug Control Policy.

Terry Horton, M.D., chief of Christiana Care's Division of Addiction Medicine and medical director of Project Engage, and Claudine Jurkovitz, M.D., MPH, director of operations for the Christiana Care Center for Outcomes Research and senior physician scientist with Christiana Care's Value Institute, presented data on Project Engage, which is carried out through a partnership with Brandywine Counseling and Community Services.

*"I was encouraged to see that the White House is very engaged in understanding how best to identify and access care for those suffering from addiction. Our work at Christiana Care is helping to define best practice."*

— TERRY HORTON, M.D.

CHIEF OF CHRISTIANA CARE'S DIVISION OF ADDICTION MEDICINE



Through Project Engage, health care professionals known as engagement specialists, who are peers in recovery, reach patients with substance-abuse problems at the hospital bedside — at the nadir of their addiction — and link them to resources in the community that put them on the path to wellness. Dr. Horton established Project Engage in 2008.

Dr. Horton said provisions in the Affordable Care Act have helped Project Engage thrive, because the law increases the number of people who will be eligible for health care under Medicaid in 2014, some of whom may need intervention and treatment services for substance-use disorders. The law also encourages health systems to focus on population health and the integration of care for those who have complex behavioral and health needs.

"I was encouraged to see that the White House is very engaged in understanding how best to identify and access care for those

presenting on Project Engage at the White House: George E. Woody, M.D., professor in the Department of Psychiatry at the University of Pennsylvania and a collaborator with Project Engage; Terry Horton, M.D.; Claudine Jurkovitz, M.D., MPH; and David K. Mineta, Deputy Director of Demand Reduction for The White House Office of National Drug Control Policy.

suffering from addiction," said Dr. Horton. "Our work at Christiana Care is helping to define best practice."

Engagement specialists have reached nearly 3,000 patients at inpatient units and emergency departments of both Christiana Hospital and Wilmington Hospital.

Project Engage has led to an increase in patients who enroll in community-based drug-treatment programs, a reduction in 30-day readmissions among patients with substance-abuse problems and an average savings of \$6,000 per patient when engagement specialists have intervened. ●

## Christiana Care partners with Wilmington to announce Cease Violence



Director of Violence Prevention Sandra P. Medinilla, M.D., speaks during the news conference announcing Cease Violence, a program to prevent gun violence in Wilmington.

The majority of gun violence victims in the city of Wilmington and the state of Delaware are treated at Christiana Hospital, noted Sandra Medinilla, M.D., trauma surgeon and medical director of violence prevention at Christiana Care. Christiana Hospital sees more than 4,000 patients per year and is the only Level I trauma center that treats both adults and children between Baltimore and Philadelphia.

“This program interrupts the violence before it starts so we can create a safer and healthier community for the neighbors we serve,” Dr. Medinilla said. “We are very grateful to be part of this program.”

Christiana Care employees partnered with Wilmington Mayor Dennis Williams and his administration to officially announce the launch in Wilmington of Cease Violence, a nationally-recognized program that takes a public health approach to prevent gun violence.

The program engages communities and individuals to change behavior and choose nonviolent solutions to resolve conflict.

Raymond Seigfried, senior vice president of Administration, Clinical and Materiel Operations, who chaired the Cease Violence Task Force, said Christiana Care is involved in the program “because it is the right thing to do and because of our strong commitment to our neighbors in the city of Wilmington.”

“At Christiana Care, our promise is to improve the health and quality of life of the neighbors we are privileged to serve,” he said.

The program employs individuals who are known and respected in their community. These individuals, known as “violence interrupters,” build relationships with people who live in neighborhoods that are hotspots for violence, and they teach how to intervene and prevent violence among people in that community.

One of those violence interrupters, Keith Pettiford, also will visit with victims of gun violence in the hospital as well as in their community to encourage them and their families to avoid retaliation. Evaluations have shown the successful impact of the Cease Violence model in reducing shootings, violent confrontations and killings in multiple cities throughout the United States.

To support the program, Christiana Care has hired a coordinator, Chaz Molins, LCSW, to support the interrupters and help shooting victims and their families get the resources they need to escape a life of violence.

Other partners in the Cease Violence program include the HOPE Commission, the University of Delaware, the Delaware Department of Health & Social Services and Downtown Visions, the management company for the Wilmington Downtown Business Improvement District. ●

To learn more about the national model on which Cease Violence is based, visit [www.CureViolence.org](http://www.CureViolence.org).



Christian Coletti, M.D., Rowena Reyes-Rigor, RN, CCRN, and Dennis Shaw, PA-C, hasten toward a patient's room in the Medical Intensive Care Unit in response to a sepsis alert.

## Innovation in sepsis prevention builds on Christiana Care's record of success

**H**aving dramatically reduced the mortality rate of incidents of sepsis throughout the health system in a 10-year span, Christiana Care physicians and nurses recently rolled out another breakthrough in sepsis care, one aimed at identifying the possibility of the condition even before it sets in.

Maureen Seckel, MSN, APN, ACNS-BC, CCNS, CCRN, sepsis coordinator, describes sepsis as a life-threatening systemic reaction to an infection. "It can cause, for example, a change in mental status, a high fever, difficulty breathing and other signs of systemic dysfunction," she said. "There are more than 750,000 cases of sepsis in the country each year, and even today its mortality rate can be as high as 25 percent — more than that of strokes."

In 2004, Seckel was part of a team assembled to address ways to reduce the mortality rate in sepsis cases at Christiana Care. In just 10 months, that interdisciplinary team developed a sepsis alert system to rapidly recognize an at-risk patient, evaluate his or her clinical status and initiate appropriate, timely care.

"The sepsis alert sets off a chain of events intended to address septic shock, when the body's fight against infection leads to dangerously decreased blood pressure or the prevention of blood flow to organs,"

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said Thomas A. Sweeney, M.D., associate chair, Emergency Medicine, and one of Seckel's teammates. "The alert brings additional people to the patient's bedside, notifies the intensive care units and prompts caregivers to work through a checklist of treatments — IV fluid, cultures, antibiotics, medications to raise blood pressure, etc. It also focuses efforts on identifying where the infection is coming from. Is it an abscess that needs to be removed by a surgeon, for example?"

The result of this innovative approach was a nearly 50 percent decrease in mortality rates, a 34 percent decrease in the average length of a hospital stay and a 188 percent increase in the proportion of patients discharged to home. The initiative also earned the Christiana Care team the prestigious Ernest Amory Codman Award from The Joint Commission in 2008 in recognition of its "use of process and outcomes measures to improve organization performance and, ultimately, the quality and safety of care provided to the public." The U.S. Agency for Healthcare Research and Quality also recognized Christiana Care's sepsis alert system as an innovative tool that improves the quality of patient care.

In 2011, Vinay Maheshwari, M.D., director, Medical Critical Care, and medical director, Respiratory Therapy, took over the leadership of the initiative, and the team expanded its scope to include people with less-severe sepsis. "We had a good record and knew we could be successful, and knew there was a bigger opportunity in a larger population of the hospital," Dr. Maheshwari said.

The team began development of a sepsis trigger system — an electronic alert that monitors a patient's vital signs and uses that, plus information from his or her electronic medical record and other sepsis-related outcome data, to immediately alert caregivers in the event the patient begins to show indicators of the possibility of sepsis.

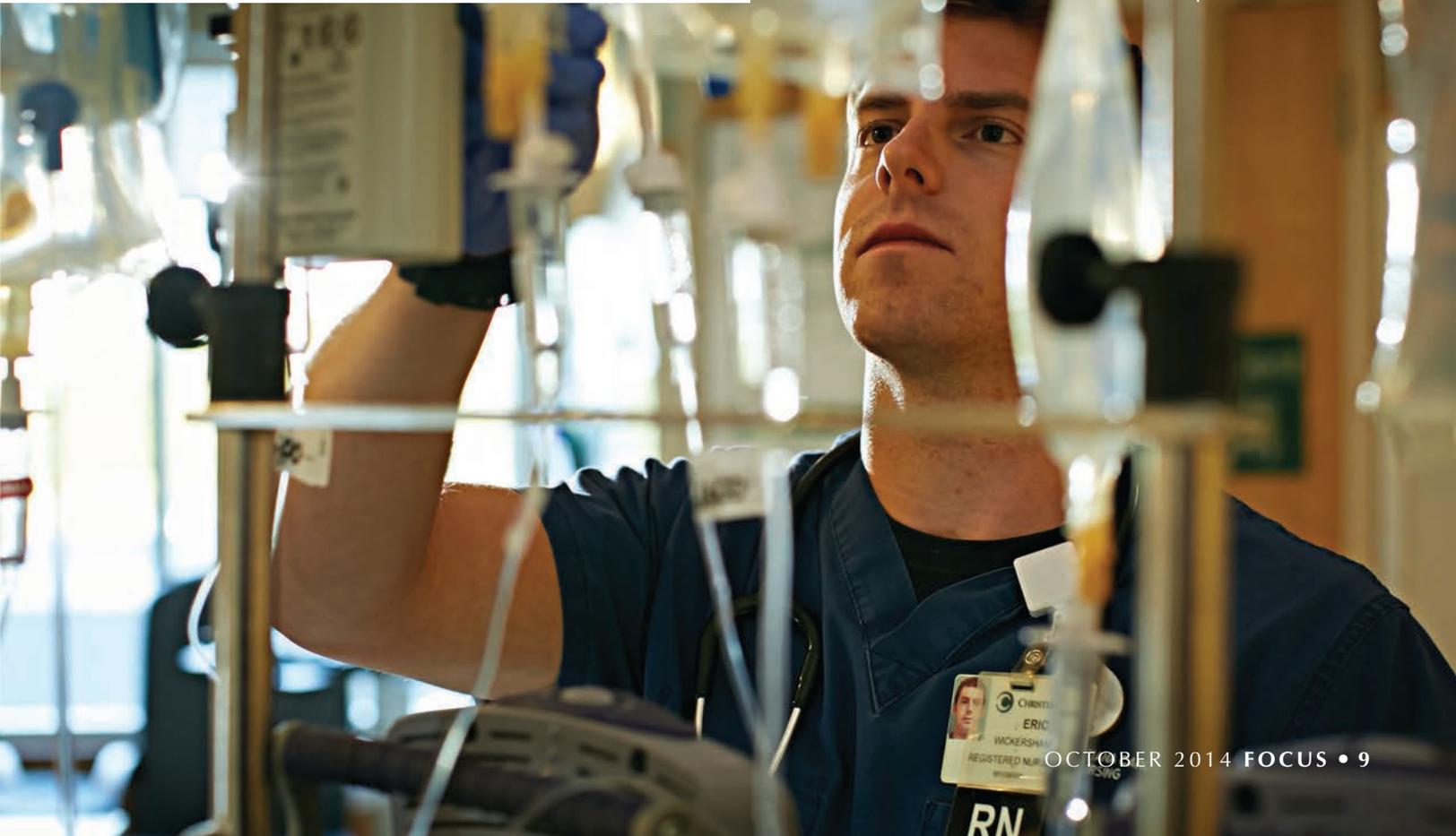
"It pulls data from the most recent vitals and electronic medical records and compares it to certain criteria," Dr. Sweeney said. "It does not mean the patient has sepsis. It just ensures that data is brought forward for someone to assess."

"It's a safety net," Seckel added.

To date, that net has been cast on five units within Christiana Hospital, and while it's too early to know specifically how effective the preemptive tool has been in decreasing cases of sepsis (and their corresponding lengths of stay and patient and hospital costs), Dr. Maheshwari stressed that it has already greatly increased awareness and recognition of a previously under-recognized issue.

"We are positioning ourselves to be among the top 10 to 15 percent of providers in the country," he said. "I'm very proud of the work of the diverse group behind our improvements, and much of that has to do with getting and using the right data. When you have the right data, you can take action." ●

Eric Wickersham, RN, cares for a patient in the MICU.



## Strong Bones program empowers patients, physicians to fight bone fragility



A dual X-ray absorptiometry (DXA) scanner at Wilmington Hospital measures bone density to support early detection and risk assessment for bone fragility in a target population of women age 50 to 80. Operating the equipment is Antoinette Brooks, CNMT.

“The data is shocking,” said Brian Galinat, M.D., MBA, chair of the Department of Orthopaedic Surgery. “In the United States, \$35 billion is spent on the more than 300,000 hip fractures each year, and that’s just a fraction of the more than 2 million fractures caused by bone fragility. We can greatly reduce health care costs by providing doctors and patients the means to assess and address bone fragility.”

“First, we want to help inventory patients’ risk factors,” said Timothy Manzone, M.D., section chief of Nuclear Medicine and chair of Christiana Care’s Bone Health Advisory Committee. “They include age, gender, medications that may increase bone fragility, conditions like rheumatoid arthritis, whether they are a smoker or a drinker, whether they have a family history of fractures and, most importantly, whether they have suffered broken bones themselves. Then, we want to provide the technology to confirm the condition and the guidelines on how to treat it.”

Previous fractures, Dr. Manzone explained, can be signs of bone fragility, but too often patients assume a fall caused a break, rather than fragile bones that were broken by what should have been an otherwise harmless trauma. When they are treated for a fracture, only about 20 percent of patients are evaluated for bone fragility, he said.

“Bone fragility presents no symptoms, so often a fracture is the first time a patient

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Primary care providers understand that bone health and assessment is an important component of preventive health care. Unfortunately, bone health is difficult to assess in a primary care doctor’s office.

The Strong Bones program at Christiana Care serves as a resource for primary care physicians and their patients in detecting and treating bone fragility. In development for three years, the first Strong Bones clinic opened at Wilmington Hospital in April and now features a dual X-ray absorptiometry (DXA) scan machine to measure bone density. Christiana Care plans to expand the program to further address this health care need that too often goes unaddressed.

Stephanie Fegley, FNP, advanced practice nurse, and Angela Godek, BSN, RN-BC, nurse navigator, are key staff members with the Strong Bones Program.

and his or her physician address the possibility of a larger issue," he said. "We want to encourage patients and primary care physicians to use a fracture as a cause to address bone health but, more to the point, to preemptively address the topic and take the safe and effective steps to improve bone health."

Dr. Galinat said that Christiana Care is committed to supporting primary care practitioners and their patients in managing bone health. "We are here to help augment the primary care physician's relationship with the patient through another tool at his or her disposal," he said. "For people who are older or at

risk, bone density information should be as important as blood pressure and other numbers vital to preventive care. The Strong Bones program gives physicians and patients a resource to get a DXA scan, outcomes-based guidelines to craft a treatment regimen, and care coordination that assists the patient and primary care physician in improving bone health." ●

*For more information on the Strong Bones program, call 302-733-5592.*

*"In the United States, \$35 billion is spent on the more than 300,000 hip fractures each year, and that's just a fraction of the more than 2 million fractures caused by bone fragility. We can greatly reduce health care costs by providing doctors and patients the means to assess and address bone fragility."*

— **BRIAN GALINAT, M.D., MBA**  
CHAIR, DEPARTMENT OF  
ORTHOPAEDIC SURGERY

## Proper nutrition in sickness and health

It's always a good time to commit to proper nutrition with a heart-healthy diet.

Eating foods that are good for us helps us to stay healthy. When we are ill, getting the right nutrients is essential to healing.

This is especially true for patients and their families who are living with cancer.

According to the American Cancer Society, good nutrition before and after treatment can help patients feel stronger and more energetic. Eating well also helps people to better tolerate the side effects of treatment, promotes faster healing and lowers the risk of infection.

A registered dietitian can guide patients and their families in choosing the right foods.

Protein is especially important for people who are undergoing chemotherapy because it fuels our body's ability to repair tissue. When we don't get enough protein from the foods we eat, our bodies start to break down muscle.

Good sources of protein are fish, poultry, eggs, low-fat dairy products, tree nuts, beans and legumes. Avoid processed meats, such as hotdogs and deli meats. Go easy on red meats, which contain more saturated fats than fish and poultry.

In preparing foods, choose healthy fats such as olive oil and canola oil. Avoid palm oil, butter, lard and bacon fat.

Take the salt shaker off the table and stay away from processed foods that contain lots of salt, such as pizza. The American Heart Association recommends that adults consume no more than 1,500 milligrams of sodium a day. (That is less than half of the 3,400 milligrams the average adult in the U.S. takes in each day.)

Carbohydrates are a source of energy. But not all carbs are wise choices. Say yes to whole grains such as quinoa, oats, barley and brown rice. Say no to pastries and baked goods made from refined flour.

A heart-healthy diet typically includes portion control. For example, fruits and vegetables should take up half the space on your plate. (Choose fresh or frozen vegetables and fruits that do not contain heavy syrup.) The protein on your plate should be no larger than a deck of playing cards.

It's hard for people who have cancer to maintain body weight. The ACS recommends eating snacks throughout the day. That might include high-calorie shakes and treats such as ice cream that feel cool and soothing. ●

## 80 pounds lighter and feeling great!



Peter Harrigan shows off the pants he wore before he began his weight loss program at Christiana Care.

For as long as he can remember, Peter Harrigan struggled with his weight. He was in grade school when his family doctor put him on his first diet.

“Weight has been a lifelong battle for me,” he says. “Three of my four grandparents were husky, as we used to say.”

After he retired in 2011, he began gaining more weight. By January 2014, he weighed 401 pounds. He had high blood pressure, peripheral artery disease, chronic obstructive pulmonary disease (COPD) and walked with a cane.

“I was never big on physical fitness,” says Harrigan, 63, of Rehoboth Beach. “But after I retired, I became even more sedentary.”

His primary care physician recommended he enter a weight-management program at Christiana Care Health System.

“She had diagnosed me with morbid obesity, and that was a wakeup call for me,” he said.

Fit4Life at Christiana Care is a 12-week personalized weight-loss coaching program that integrates healthy eating, exercise and behavior changes. Harrigan embarked on a modified

Fit4Life program, which included OPTIFAST meal replacements. After completing the 12-week program he would have six months of follow-up, meeting with his dietitian twice a month.

“The weekly contact helps the dietitian and patient identify and manage any problems quickly,” said Kim Tran, RPh, MBA, director of the Christiana Care Weight Management Center. “The maintenance phase is as important as the active weight-loss phase. This is when the patients learn to apply their healthy habits in the real world.”

Harrigan traveled weekly to the Preventive Medicine and Rehabilitation Institute at Pelleport in Wilmington to meet with his dietitian to review his food diary and plan meals.

“The drive back and forth to Wilmington is good thinking time,” he said.

He had a fitness evaluation and consultation with an exercise physiologist to establish a personal workout program and schedule monthly checkups and measurements. Participants in the program also have access to a support group.

“Martha Henley, my clinical dietitian, helped me to radically change my eating habits by considering the quality, benefits and consequences of what I eat,” Harrigan said. “Erin Egan, MS, my exercise physiologist, worked with me patiently to find ways I could exercise despite my arthritic knees, which strengthened my legs and significantly improved my quality of life.”

By July, Harrigan had lost 80 pounds and trimmed 10 inches off his waistline.

The program’s multidisciplinary approach benefits patients by providing more resources and greater access to care, says Omar Khan, M.D., MHS, FAAFP, medical director of the Preventive Medicine and Rehabilitation Institute. “By collaborating across various services, we provide greater value to our neighbors,” he said.

Harrigan is bursting with energy and feeling better than he has in years.

“I no longer need a cane,” he said. “I can stand without leg pain. I can exert myself without shortness of breath. My blood pressure, COPD and peripheral artery disease have all improved.”

As an expression of gratitude, he donated \$1,000 to Christiana Care.

Tran says she often receives feedback from patients whose lives have been transformed through weight management programs at Christiana Care.

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*“My clinical dietitian helped me to radically change my eating habits by considering the quality, benefits and consequences of what I eat.”*

— PETER HARRIGAN



Peter Harrigan works with his dietitian Martha Henley, R.D., M.Ed., and exercise physiologist Erin Egan.

“We hear from Type 2 diabetics who are now off insulin and are exercising six days a week,” she said. “People tell us they enjoy flying without asking for a seat extension.”

Today, Harrigan and his wife Joanne exercise 45 minutes each day at their gym at home.

“I have a NuStep (recumbent cross trainer), which is not painful to my knees,” he said. “I also work with dumbbells and resistance training.”

When he visits an Italian restaurant, he orders chicken and salad, “no pasta, no bread.”

“I know there are consequences,” he said. “An apple tart today means more time working out tomorrow.” ●

The Annual Focus on Excellence Awards and Exhibit provide formal recognition to teams of employees who submit projects demonstrating improvement in process or outcomes using the Plan-Do-Check-Act model.

The awards exhibit is an exciting time at Christiana Care, when colleagues across the health system share and display many outstanding projects accomplished throughout the year. More than 145 projects have been entered this year.

This year’s exhibit will be on display at Christiana Hospital in Room 1100 during the week of Oct. 20 – 24. The exhibit will move to the Wilmington campus, in the Gateway Conference Center, to be on display Oct. 29 – 31. ●



Annual

Focus on Excellence

Awards Exhibit opens Oct. 20



## Great Place to Work celebration features baseball, ice cream and more

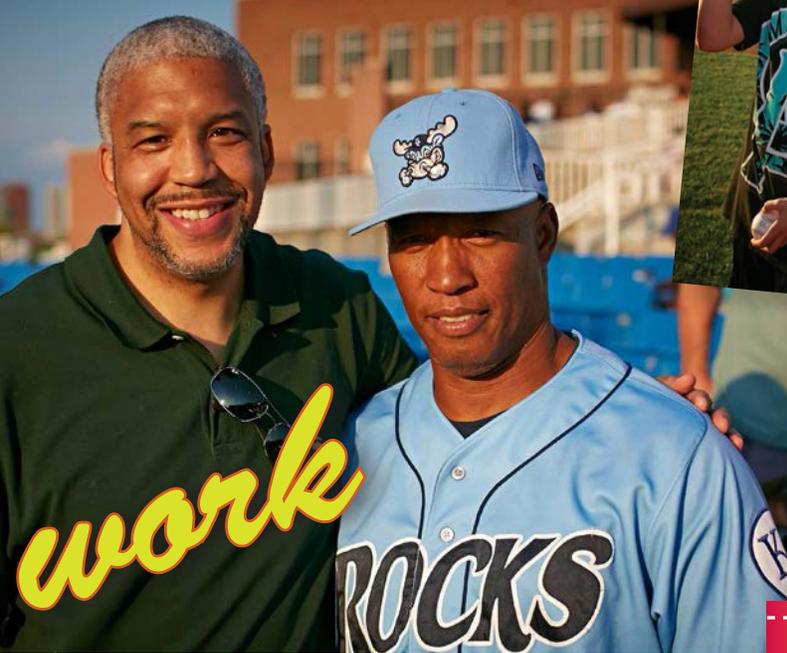
Christiana Care's annual Great Place to Work Week recognizes the efforts of everyone at Christiana Care to partner with our patients, our neighbors and each other to make Christiana Care a Great Place to Work. With competitive salaries and a range of benefits, opportunities to learn and grow, and work-life balance programs, Christiana Care is committed to being one of the best places to work.

Highlights this year included Christiana Care night with the Wilmington Blue Rocks. Kids from Christiana Care families were invited onto the field for the national anthem and played games during the team's scheduled break between innings.

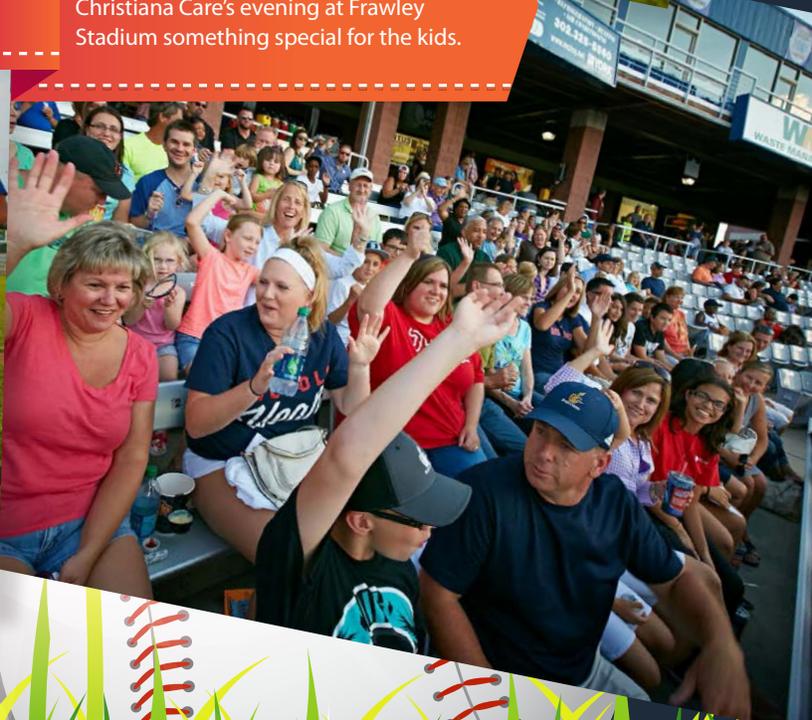
Ice cream from the University of Delaware Creamery was served at Christiana Care locations throughout the week, scooped by leaders who volunteered for the opportunity to thank their colleagues. ●



Christiana Care leaders served up ice cream and smiles during Great Place to Work Week.



Rocky Bluewinkle helped to make Christiana Care's evening at Frawley Stadium something special for the kids.



## Share-a-Shift program builds understanding among staff and leaders



Christiana Care President and CEO Robert J. Laskowski, M.D., MBA, joins Richard Brett Jr., BSN, RN, PCCN, for a shift on patient care unit 5E.

The Share-a-Shift program is a tradition at Christiana Care that offers nurses an opportunity to explore what it is like to work in another area, such as an ICU, maternity or administration.

Nurses are encouraged to apply in the spring and are asked to select the area of expertise where they would like to share a shift.

“Some nurses may elect to have someone from their choice area come to their unit to experience life on a nursing unit,” said Allison Steuber, MSN, RN III, CEN, 2013–2015 chair of the systemwide Professional Nurse Council (PNC). “Others may elect to visit the other’s area of expertise.”

Patricia L. Blair, MSN, RN, ACNS-BC, CEN, has been an inpatient critical care nurse for 25 years and recently took on

*“What a privilege and pleasure it was to meet Dr. Bob. He cares what we do on the units and how we care for our patients.”*

— RICHARD BRETT JR., BSN, RN, PCCN

the role of assistant nurse manager and advanced practice nurse in the Emergency Department Observation Unit.

“The goals of the ED Observation Unit are to provide quality care for this population and limit their length of stay with 24/7 provider presence,” Blair said. “To do this well, good home care and follow-up are a necessity.” She often wondered what follow-up care was really like for her patients after they left the Emergency Department. To find out, she opted to partner with



*“I was excited to see the passion among the nurses and staff about the care they provide and to share that challenges are similar within and outside hospital walls.”*

— **RHONDA COMBS**  
VNA CHIEF OPERATING  
OFFICER

Rhonda Combs, chief operating officer of the Christiana Care Visiting Nurse Association.

Combs gave Blair a good picture of her own leadership duties and then accompanied Blair on a patient visit.

“I was excited to see the passion among the nurses and staff about the care they provide and to share that challenges are similar within and outside hospital walls,” Combs said.

On 5E, Richard Brett Jr., BSN, RN, PCCN, paired with Christiana Care President and CEO Robert J. Laskowski, M.D., MBA.

“What a privilege and pleasure it was to meet with Dr. Bob,” Brett said. “He is affable and approachable. He cares about what we do on the units and how we care for our patients. We spent time going through our PowerChart system and discussing how we do our jobs as nurses using the system.”

The Share-a-Shift program has enabled many nurses to see things through another health care professional’s eyes, and it has helped many leaders to develop a deeper understanding of the day-to-day experience on patient care units. The program also creates opportunities for staff nurses to get to know leaders throughout the health system.

“It helps promote staff satisfaction, allowing staff to feel more empowered within the organization and their individual units,” Steuber said. ●



The Share-a-Shift program provides an opportunity for Christiana Care staff and leaders to share experiences and learn from each other by sharing a typical workday.

## Foundation's first Service Excellence Award presented to Graham Cancer Center nurse navigator Tina Scherer



Desiree and Mark Dowling recognized Tina Scherer, MSN, RN, OCN, for outstanding patient- and family-centered care by presenting her with the inaugural Mark J. Dowling Foundation Service Excellence Award.

**T**ina Scherer, MSN, RN, OCN, of the Helen F. Graham Cancer Center & Research Institute has been honored with the inaugural Mark J. Dowling Foundation Service Excellence Award. In fact, it was Scherer's dedication and compassion as an oncology nurse navigator that inspired the creation of this award, presented for outstanding commitment and a lasting contribution to patient- and family-centered care.

"Establishing strong partnerships between health care providers, patients and families, and recognizing the vital role of patients and families throughout the decision-making process, is what grounds patient- and family-centered care, and it is a hallmark of the Cancer Center," said Nicholas J. Petrelli, M.D., Bank of America endowed medical director of the Graham Cancer Center.

When Mark and Desiree Dowling envisioned the Mark J. Dowling Foundation Service Excellence Award, it was with this model in mind. The nonprofit organization is named for sarcoma survivor and Delaware resident Mark Dowling, who was diagnosed with this rare cancer in 2012 and received treatment at Christiana Care. His arduous journey took him through radiation treatment and multiple surgeries, including the amputation of his right arm. Now back in good health and embracing life, Mark and his wife Desiree established the Mark J. Dowling Foundation to provide much-needed support to patients, survivors and caregivers affected by sarcoma and other rare cancers.

*"A cancer diagnosis is overwhelming — we were paralyzed. Tina was someone we could call when we were having a bad day or we were scared, and she was always there. She became part of our family. I honestly don't know how she did it. I know Mark wasn't her only patient. But it felt that way."*

— DESIREE DOWLING

At the foundation's inaugural gala in June 2014, the Dowlings surprised Scherer with the first of what will be an annual award recognizing health care providers who best represent the principles that define patient- and family-centered care: dignity and respect, information-sharing, participation and collaboration.

"From the moment we walked through the doors at the Graham Cancer Center, Tina was walking by our side," said Mark Dowling. "As our nurse navigator, Tina orchestrated everything — scheduling appointments, ensuring that tests were completed before doctors' visits, managing conflicts. She removed any complication and broke down every barrier. She prepared us for appointments, reminded us and followed up with us."

"A cancer diagnosis is overwhelming — we were paralyzed. Tina was someone we could call when we were having a bad day or we were scared, and she was always there," said Desiree Dowling.

CONTINUED

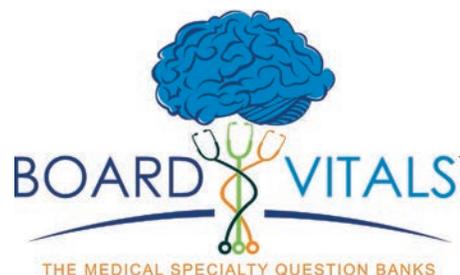
“She became part of our family. I honestly don’t know how she did it. I know Mark wasn’t her only patient. But it felt that way.”

The Graham Cancer Center’s nurse navigator program — one of the first in the nation — provides personalized support to patients. The program’s 12 nurse navigators have helped more than 70,000 patients with some 650,000 individual support services. Graham Cancer Center staff provide training and consultation to help cancer centers around the country emulate this successful program.

“Tina is an oncology nurse to the core,” said Tammy Brown, MSN, RN, OCN, clinical director of Cancer Care Management and Scherer’s supervisor. “She is incredibly compassionate — helping patients to feel better when they’re at their worst. We can do everything possible on a clinical scale, but if we are not affecting our patients on an emotional level, helping them to feel 100 percent safe, comfortable and cared for, then we’re not doing our job. Tina’s dedication to each of her patients and their families is exemplary, and this award brings it all home.”

“I’m so humbled by this honor,” said Scherer, who has worked in oncology for 25 years and served as an oncology nurse navigator at Christiana Care for the past 13 years. She is one of 12 nurse navigators at the Helen F. Graham Cancer Center & Research Institute. “All of my fellow nurse navigators are just as passionate. The patient comes first, and we live by that. Mark, Desiree and I, along with Mark’s doctors, worked together like a well-oiled machine. It was a perfect example of what patient- and family-centered care is all about.”

“Mark is doing phenomenally well, and none of it would be possible without the care demonstrated within those four walls,” said Desiree Dowling. “I know that Tina and her colleagues are called nurse navigators, but really, they are advocates and champions. My husband may be my superhero, but Tina is our superstar. It’s our honor to recognize her with this award. No one deserves it more.” ●



## Medical Libraries offer new study tool

**B**oardVitals, now available at Christiana Care’s medical libraries, is a powerful board-review tool that can be used by practicing physicians, residents and medical students.

BoardVitals includes thousands of board review questions for 16 medical specialties in an interactive online database. Detailed, up-to-date explanations are presented with each answer, with references and links to applicable sources. Specialties include cardiology, child psychiatry, dermatology, echocardiography, emergency medicine, ENT, family medicine, gastroenterology, internal medicine, neurology, pathology, pediatrics, psychiatry, radiology and surgery.

In addition, BoardVitals includes more than 5,000 challenging shelf exam questions targeted for use during clerkship rotations, specifically adapted for the medical school student level. The shelf exams cover neurology, OB-GYN, family medicine, pediatrics, internal medicine, surgery and psychiatry.

BoardVitals has the ability to create customized practice tests using many options, including number of questions, subjects and more. Advanced statistics are embedded in the program so users can know where their strengths and weaknesses are, based on their performance.

Enjoy 24-hour access to BoardVitals from anywhere using a smartphone, tablet or computer. ●



### October is National Medical Libraries Month

*During the month of October, pick up a crossword puzzle at any Christiana Care medical library to complete and enter in a raffle drawing.*

*Don't miss the annual Buck-A-Book Sale at the Christiana Hospital library, Oct. 6-17. Books are cash and carry only. No holds will be considered.*

*The Gail P. Gill Community Health Library and Junior Board Cancer Resource Library will host teatimes in October. Stop by for refreshments and giveaways, and take some healthy steps with a Wii Fit game at the Gill Library on Friday, Oct. 17, and Tuesday, Oct. 28, 1:30 -4:30 p.m., in Room 1E58. The Cancer Resource Library will hold similar events on Thursday, Oct. 16 and Wednesday, Oct. 29, 1-5 p.m. Registration is not required.*

## Christiana Care IT recognized for groundbreaking handoff tool eSignout

For the third consecutive year, Christiana Care Health System has been recognized for its national leadership in innovation with a CIO 100 Award by IDG's CIO magazine. This year's honor was awarded for eSignout, a clinical software solution created by Christiana Care that transforms the patient handoff — that critical moment when care transitions from one provider to another.

*"The eSignout tool is transformative because it begins to create a smart-information process with the right technologies at the provider's fingertips."*

— RANDY GABORIAULT, MBA  
CHIEF INFORMATION OFFICER

The annual CIO 100 Awards recognize 100 organizations that have distinguished themselves by creating business value through the best use of information technology.

"The eSignout tool is one of many examples of innovation that enable us to create greater value for those we are

privileged to serve," said Robert J. Laskowski, M.D., MBA, president and CEO of Christiana Care. "We invest in technology that helps us advance The Christiana Care Way."

Studies show an estimated 80 percent of serious medical errors involve miscommunication between caregivers during patient handoffs, when responsibility for a patient — including important medical information about the person — passes from one caregiver to another, such as during shift changes.

The eSignout tool addresses potential handoff problems by eliminating handwritten documents and capturing detailed patient information such as demographic data and care plans in a confidential, secure, easy-to-view format that can be customized to meet each specialty's unique needs. This ensures that the patient's care is safe and coordinated.

"The eSignout tool is transformative because it begins to create a smart-information process with the right technologies at the provider's fingertips," said Randy Gaboriault, MBA, chief information officer for Christiana Care. "The tool fits into existing workflows and converges

information and context, thereby creating much greater value for providers and patients."

Through the eSignout tool, patient information also can be shared between departments that are collaborating to treat patients with complex issues. The tool also makes clear the name of the clinician caring for the patient at any moment, a critical component in a hospital system with teams of caregivers.

The results of eSignout are impressive:

- 500 providers are using the system each day.
- 400 patients are being transitioned each day through the tool.
- 90 percent of eSignout users give the tool top marks for effectiveness.
- Handoff time has been reduced by more than 50 percent.

"Our 2014 winners are an outstanding example of the transformative power of IT to drive everything from revenue growth to competitive advantage," said Maryfran Johnson, editor in chief of CIO Magazine & Events.

The eSignout tool has previously been recognized by Computerworld and InformationWeek. ●

### STAFF NEWS

## Sharon Urban appointed director of clinical operations

Sharon Urban, MSN, RN-BC, CNML, has been promoted to director of clinical operations.

Urban has played multiple roles in Christiana Care Health System since joining in 1996 as a staff nurse. Most recently she has overseen Heart and Vascular Interventional Services (HVIS) as the nurse manager for the interventional labs for cardiac catheterization, electrophysiology and vascular interventional radiology.

She received her MSN in health services administration from the University of Delaware in 2004 and is currently undergoing Lean Six Sigma Green Belt certification, working on a multidisciplinary project to improve door-to-balloon times for patients experiencing acute myocardial infarction.



## Stephanie Guarino, M.D., appointed to AMA committee

Stephanie Guarino, M.D., fourth-year resident in Christiana Care's Internal Medicine-Pediatrics program, has been appointed as a member of the Legislative Advocacy Committee of the American Medical Association's Resident-Fellow Section. The committee assists in enhancing grassroots legislative efforts and in educating members about political issues impacting medicine.



She also was appointed as an alternate delegate for the Resident and Fellow section to the American Medical Association.

Dr. Guarino has been active in the American Medical Association and the Medical Society of Delaware since her first year of residency.



## Yadira Velazquez-Rodriguez, M.D., appointed medical director of Electrodiagnostic Medicine Lab



Yadira Velazquez-Rodriguez, M.D., has been appointed medical director of the Electrodiagnostic Medicine Lab.

A member of Christiana Care Neurology Associates, Dr. Velazquez-Rodriguez earned her medical degree from the University of Barcelona in Spain. She completed her internal medicine training at Brooklyn Hospital Center (an affiliate of Weill

Cornell Medical College) in Brooklyn, N.Y. She completed residency in adult neurology at Cooper University Hospital, Camden, N.J., and a fellowship in clinical neurophysiology at Penn State Milton S. Hershey Medical Center.

Her research has been published in many peer-reviewed journals, including *Stroke*, *Neurology*, *Neurocritical Care*, *Epilepsy Currents*, *The Annals of Neurology*, *Journal of Pediatric Neurology*, and *Journal of Central Nervous System Diseases*.

Dr. Velazquez-Rodriguez is dedicated to teaching residents and medical students and stays active in the community by giving presentations on topics in neurology.

## Andrea Rodriguez named director of clinical operations

Andrea Rodriguez, MSN, RN, CNOR, has been appointed director of clinical operations for the GI labs at Wilmington and Christiana hospitals, the Christiana Hospital ORs and the Christiana Surgicenter.

Rodriguez has been a nurse at Christiana Care for 18 years. Prior to her first appointment as a director she progressed through a variety of roles, including nursing assistant, staff nurse, patient care coordinator, staff educator and nurse manager.

Rodriguez completed the inaugural certificate course in health care leadership from the University of Delaware and Christiana Care in 2012. She is committed to nursing excellence and improving nursing operations and workflow processes.

She has a bachelor's degree in nursing from Wilmington University and a master's degree in health care administration from Wilmington University.

In addition to her role as nursing leader, Rodriguez also serves the community as councilwoman of the town of Smyrna. ●



## Publications

**Brian E. Burgess, M.D., Nickolas Surra, M.D., Amy Cherico, RN, Eric T. Johnson, M.D., Brian J. Galinat, M.D., MBA,** et al. "Emergency Medicine Resident Training for Fracture and Joint Reductions: Do Our Residents Achieve High Success Rates?" *Academic Emergency Medicine*. May 2014.

**Joshua Davis, Ellen M. Justice, MLIS, AHIP, Glen Tinkoff, M.D.,** et al. "The Development of a Validated Checklist for Femoral Venous Catheterization: Preliminary Results." *American Journal of Medical Quality*. September 2014.

**Jennifer C. Goldsack, MChem, MA, MS** and **Seema S. Sonnad, Ph.D.,** "Changing Trends in Surgical Research: An Analysis of 30 Years of Collaborative Practices." *Journal of the American Medical Association, Surgery*. September 2014.

**Eric V. Jackson, Jr., M.D., MBA,** et al. "Failure Mode and Effects Analysis of the Universal Anaesthesia Machine in Two Tertiary Care Hospitals in Sierra Leone." *British Medical Journal Anaesthesia*. September 2014.

**Isabel S. Pearce, RN, CEN** and **Nicole McCarry, BSN, RN.** Inspiring Change: "Let's Chat: Bedside Reporting in the ED." *Nursing*: August 2014 - Volume 44 - Issue 8 - pp 15-17.

**John T. Powell, M.D., Jennifer T. Mink, M.D., Jason Nomura, M.D., Brian J. Levine, M.D., A. Neil Jasani, M.D., Paul Sierzenski, M.D., Wendy Nichols, RN,** et al. "Ultrasound- Guidance Can Reduce Adverse Events During Femoral Central Venous Cannulation." *Journal of Emergency Medicine*. May 2014.

**Robert L. Witt, M.D.,** edited his third book, "Thyroid Cancer: Current Diagnosis, Management, and Prognostication, Otolaryngology Clinics of North America, Philadelphia, PA: Elsevier, Publishers; 08/2011.

## Presentations

At the National Association for Healthcare Quality Annual Education Conference, Nashville, Tenn., September 2014:

- **Janet Cunningham, MHA, RN, NEA-BC, CENP, Donna Mahoney, MHCDS, Susan Mascioli, MS, BSN, RN, CPHQ, NEA-BC, Catherine Burch.** "Improving System Transparency and Data Availability."
- **Susan Mascioli, MS, BSN, RN, CPHQ, NEA-BC, Jennifer C. Goldsack, MChem, MA (Oxon), MS, Janet Cunningham, MHA, RN, NEA-BC, CENP.** "DMAIC: A Deep Dive into Patient Falls."

At the Academy of Medical-Surgical Nurses convention in Orlando. September 2014:

- **Suzanne Heath, MS, BSN, RN-BC,** and **John McMillen, MBA, MS, BSN, RN, NE-BC,** "No Pass Zone Improves Fall Rate and HCAHPS Scores," a poster.
- **Barbara A. Marandola, MBA, RN-BC,** "A Nurse Manager's Deep Dive into Preventing Patient Falls," a poster.

**Seema S. Sonnad, Ph.D.,** was invited to conduct a short course, "Introduction to Outcomes Research for Medical Devices & Diagnostics," at the International Society for Pharmacoeconomics and Outcomes Research - Asia Pacific Conference, Beijing, China, September 2014.

## Appointments

**Anita Symonds, RN, MS,** was appointed by Gov. Jack Markell to serve on the Commission of Forensic Science. The Commission has been created to provide oversight and guidance to foster professionalism within, and the development and growth of, the Division of Forensic Science, within the Delaware Department of Health and Social Services.

**Matthew K. Hoffman, M.D., MPH,** will represent the American Congress of Obstetricians and Gynecologists (ACOG) in joint efforts to develop ICD 11. The initiative also involves the World Health Organization and the Obama administration's International Health Terminology Standards Development Organization. While specific to OB-GYN, the collaborative represents the IT standards that will be used worldwide in implementing ICD 11.

**Linda Laskowski Jones, RN, MS, ACNS-BC, CEN, FAWM,** served on an International Scientific Review Panel for the 1st Global Conference on Emergency Nursing & Trauma Care, held Sept. 18-21 in Dublin, Ireland.

The Professional Advancement Council congratulates the following new RN III Nurses:

- **Amy Bubenko, 4C; Jacqueline Grau, MICU; Kelly Green-O'Shaughnessy,** Christiana ED; **Katie Heller, 4N Medical,** Wilmington Hospital; **Michael LaBarca, MICU; Fanta Schwarz, 6A;** and **Andrew Vincent, MICU.**
- **Barbara Dean** and **Nancy Lowinski,** members of Christiana Care's Infant Maternal Pediatric Advanced Care Team (IMPACT), have received palliative care nursing certifications. ●

## 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 teams raise more than \$55K for heart health at 2014 Heart Walk

It was a sea of green on Sunday, Sept 7, at the Wilmington Riverfront, as 65 Christiana Care walking teams and more than 1,000 employees, with their families and friends, walked in the 23rd annual American Heart Association Heart Walk, raising more than \$55,000.

The top fundraising team was the Christiana Care Maintenance team, led by team captain Jeffry Ferguson, who is a carpenter in the Facilities Engineering Department. The team collected more than \$7,000 for the American Heart Association.

The Kelly Williams Team, led by Libby Williams, an MRI tech at Christiana Care Imaging Services at Pike Creek, took first place as the top walker team, raising more than \$5,000. Williams has organized a team for the last five years in honor of her daughter

Kelly, who at the age of 16 collapsed and went into cardiac arrest at basketball practice as a result of arrhythmogenic right ventricular dysplasia (ARVD). Kelly, now 20, walks with the team to help raise money for research for early diagnosis and treatment of heart disease.

“The participation from our employees was amazing and inspiring,” said Janice Anderson, RN, of Christiana Care Cardiac Rehab, one of this year’s chairs along with Jill Karpinski, Facilities Engineering, and Sonya Stover, RN, Pulmonary Stepdown Unit. “Through hard-work and much dedication our staff, family and friends raised a significant amount of money for the American Heart Association.”

More than 3,000 Wilmington residents, family and friends participated in this year’s walk, helping to raise \$265,000 for the cause. ●



OCT

October

11

**7th Annual Renal and Hypertension Symposium***Saturday, Oct. 11, 8 a.m.-2 p.m.**Christiana Hospital, Room 1100*

Registration starts at 7 a.m. To register visit <https://cchs.cloud-cme.com/renal2014>.

12

**Wilmington Kidney Walk***Sunday, Oct. 12, check-in at 8:30 a.m., start time at 10 a.m.**Wilmington Riverfront*

Kidney Walk is the nation's largest walk to fight kidney disease. Held in nearly 100 communities, the event raises awareness and funds life-saving programs that educate and support patients, their families and those at risk. Register online at <http://donate.kidney.org>. For more information, contact Mary Elizabeth Sullivan: 215-923-8611 or [mary.sullivan@kidney.org](mailto:mary.sullivan@kidney.org).

16

**Faculty Development Days: Who, What, and Y — Understanding the Millennial Generation***The GMEC Faculty Development Committee hosts this session on two dates: Thursday, Oct. 16, 6-7 p.m., and Friday, Oct. 17, 7-8 p.m.**John H. Ammon Medical Education Center*

Sessions feature Emergency Medicine physicians Jenna Fredette, M.D., and Jonathan McGhee, D.O., Videoconferencing to the Gateway Conference Center at Wilmington will take place on Oct. 16; videoconferencing on Oct. 17 will be in 1N86 Wilmington Hospital. Food will be provided.

17

**5th Annual Kidney Transplant Symposium for Nurses and Dialysis Technicians***Wednesday, Oct. 22, 8:30 a.m.-4 p.m.**Executive Banquet and Conference Center, 205 Executive Drive, Newark*

The free symposium will offer factual information about the present and future of transplant and provide nurses and dialysis technicians who care for current or potential kidney transplant patients with a valuable learning opportunity and resources. Registration begins at 8 a.m. Register by Oct. 8 at [www.christianacare.org/kidneysymposium2014](http://www.christianacare.org/kidneysymposium2014).

23

**Women's Health Lecture: Managing Arthritis — All the Right Moves***Thursday, Oct. 23, 6:30-8 p.m.**John H. Ammon Medical Education Center*

Eric M. Russell, D.O., of Christiana Care Rheumatology will discuss how to manage arthritis and talk about the latest available treatments. Arrive at 5:45 to see demonstrations and learn some pre-lecture exercise tips from Christiana Care Rehabilitation Services. To register, call 800-693-2273 or visit <http://www.christianacare.org/lectures>.

25

**9th Annual Strong and Healthy Latinas Conference: Love Yourself, Love Your Family***Saturday, Oct. 25, 9 a.m.-3 p.m.**Bayard Middle School, 200 S. DuPont St., Wilmington*

This special program offered in Spanish for women and their families includes a baby shower and will provide information on breast health, breast cancer, nutrition and healthy living. To register, call 302-623-2273 or visit <http://www.christianacare.org/latinaconference>.

25

**7th Annual Delaware Orthopaedic Symposium***Saturday, Oct. 25, 8 a.m.-1 p.m.**John H. Ammon Medical Education Center*

The symposium will feature multiple talks and two keynote speeches on the latest advancements in musculoskeletal health and orthopaedic surgery. David Ring, M.D. Ph.D., chief of the hand and upper extremity service at Massachusetts General Hospital, will be the opening speaker. CMEs and CEUs will be provided. To register, visit <http://www.delawareorthopaedicsymposium.com>.

26

**E-Racing the Blues, a 5K/10K walk/run***Sunday, Oct. 26, 8:30 a.m.**Wilmington Riverfront*

Christiana Care is a sponsor of this event benefitting the Mental Health Association in Delaware. The 10K race begins at 8:30 a.m. and the 5K at 9:45 a.m. For more information, visit <http://www.erasingtheblues.com>.

OCT

October

28

**Move Freely Without Pain***Tuesday, Oct. 28, 7-9 p.m.**John H. Ammon Medical Education Center*

Christiana Care's Center for Advanced Joint Replacement will provide a seminar on keeping your knees and hips pain-free so that you can live an active life. Orthopaedic surgeons and physical therapists will explain the cause of joint pain, non-invasive and surgical solutions to joint pain and how to keep bones and joints healthy. Leo Rasis, M.D., medical director of Christiana Care's Center for Advanced Joint Replacement, will lead the discussion. To register, call 800-693-2273 or visit <http://www.christianacare.org/events>.

29

**Delaware Emergency Nurses Association Symposium***Wednesday, Oct. 29, 7:45 a.m.-3:30 p.m.**Dover Downs Hotel and Casino, 1131 North DuPont Highway, Dover, Del.*

Registration opens at 7 a.m. Visit <http://www.de-ena.org/>.

NOV

November

1

**Heart & Vascular Interventional Services Conference***Saturday, Nov. 1, 7:30 a.m. - 3 p.m.**John H. Ammon Medical Education Center*

Physicians and allied health professionals will provide informational sessions in the areas of cardiac catheterization, electrophysiology and interventional radiology, including procedures performed in the HVIS labs, new technology and research and current and future medical trends related to heart and vascular interventional studies. Register by Oct. 19 at <http://www.christianacare.org/HVISconference>.

5

**Katherine L. Esterly, M.D., Childhood Development Lecture***5:30-8:30 p.m., Wednesday, Nov. 5, 2014**DuPont Country Club, 1001 Rockland Road*

Cohosted by the Delaware Academy of Medicine and Christiana Care Health System, this lecture is named in honor of pioneer

neonatologist Katherine "Kitty" Esterly, M.D., FAAP, retired chair of Pediatrics at Christiana Care. A dine-and-learn event, the agenda includes a keynote presentation by Joseph F. Hagan, M.D., FAAP, co-author of the American Academy of Pediatrics "Bright Futures" publication and guidelines, which form the basis for the sections of the Affordable Care Act that speak to the periodicity of childhood developmental screening. Underwritten by the Delaware Division of Public Health with Race to the Top funding. Attendance is free with preregistration. Register at <http://www.delamed.org/Esterly>.

20

**Women's Health Lecture: Take a Deep Breath***Nov. 20, 6:30-8 p.m.**John H. Ammon Medical Education Center*

Albert A. Rizzo, M.D., FACP, FACC, chief, Christiana Care's Pulmonology and Critical Care Medicine, discusses asthma self-management, triggers and allergies, and provides tips on how to communicate effectively with your physician. To register, call 800-693-2273 or register online at <http://www.christianacare.org/events>. ●

## New kids on the block for treatment of PAH

By Michele Handzel, Pharm.D.

In October 2013, the U.S. Food and Drug Administration approved two new medications for pulmonary arterial hypertension (PAH). One is macitentan (Opsumit), a similar drug to the currently available oral endothelin receptor antagonist (ERA), bosentan (Tracleer), and the other is riociguat (Adempas), the first drug to be approved in its class.

Similar to bosentan, macitentan antagonizes endothelin-receptors ETA and ETB with high affinity to prevent the vaso-constricting and inflammatory effects of endothelin-1 on pulmonary arterial smooth muscle cells. Both bosentan and macitentan significantly improved six-minute walking distance and decreased clinical worsening in major clinical trials, and the FDA requires a Risk Evaluation and Mitigation Strategy (REMS) for both of these drugs due to the potential for embryo-fetal toxicity.

There are a few noteworthy characteristics that distinguish macitentan from bosentan. Bosentan requires twice daily administration, while macitentan is only dosed once daily, which may be advantageous for patients who struggle with compliance. Furthermore, due to the potential for hepatotoxicity, both drugs require baseline liver function testing. However, monthly liver function monitoring is required with bosentan, since the incidence of liver enzyme elevation with bosentan is greater than that of macitentan. Routine liver function monitoring while taking macitentan is not required. For this reason, macitentan may become the preferred ERA for PAH patients over the next few years.

Riociguat is a soluble guanylate cyclase (sGC) stimulator. Briefly, stimulation of sGC leads to vasodilation by increasing cyclic guanosine monophosphate (cGMP). Riociguat is an oral agent indicated for PAH, but it is also approved for treatment of persistent/recurrent chronic thromboembolic pulmonary hypertension (CTEPH). It is important to note that concomitant use of phosphodiesterase (PDE) inhibitors such as sildenafil is contraindicated, and like macitentan, the FDA requires a REMS for riociguat due to the potential for fetal harm.

Macitentan and riociguat were added to the Christiana Care formulary by the Pharmacy & Therapeutics Committee in May 2014. The inpatient use of both drugs is restricted to continuation of therapy only. ●

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Tracleer® (bosentan). Package insert. Actelion Pharmaceuticals. South San Francisco, CA. October 2012. [http://www.tracleer.com/docs/Tracleer\\_Full\\_Prescribing\\_Information.pdf](http://www.tracleer.com/docs/Tracleer_Full_Prescribing_Information.pdf)

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Rubin LJ, Badesch DB, Barst RJ, Galie N, Black CM, Keogh A, et al (Bosentan Randomized Trial of Endothelin Antagonist Therapy Study Group). Bosentan therapy for pulmonary arterial hypertension. *N Engl J Med* 2002;346:896-903.

## FORMULARY UPDATE—SEPTEMBER 2014

### FORMULARY ADDITIONS

Medication – Generic/Brand Name	Strength/Size	Use/Indication	Comment
Nitroglycerin translingual solution (spray)	400 mcg/spray 4.9 gm bottle	Acute relief of coronary artery disease-associated chest pain	Line-item extension Available in the HVIS procedure areas
Paclitaxel injection	6 mg/mL 50 mL vial	Treatment of cancer	Line-item extension

### NEW MEDICATION POLICIES

<b>Intranasal influenza vaccine (e.g. FluMist) Policy</b>	The policy was revised to make FluMist available for pediatric inpatients, as well as patients of Christiana Care outpatient pediatric office practices.
<b>Mifepristone Prescribing Policy</b>	The prescribing restriction was revised to permit certified physicians to prescribe mifepristone for inpatients to facilitate the delivery of stillborn infants. Only physicians certified to prescribe mifepristone can order mifepristone for an inpatient or dispense mifepristone to a patient of a Christiana Care outpatient office practice.
<b>Neurocritical Care Unit Designation of Medication Administration</b>	The Neurocritical Care Unit is designated a level C unit for medication administration

## Standing on his own two feet, thanks to the Wound Care Center

**A**rnold Comer had just received a dire diagnosis and was looking for hope — and a second opinion.

“I had ulcers — big holes in the bottom of my feet,” he recalls. “And the doctor told me they had to cut off both my feet.”

A friend urged him to seek help at the Christiana Care Wound Care and Hyperbaric Medicine Center. With advanced technology and expert care, the center offers treatment for the most difficult wounds.

“We have had a number of patients who were scheduled for amputations come to us,” said Nicholas Biasotto, D.O., the center’s medical director. “In many cases, we were able to save their limbs.”

Comer, 61, was treated with hyperbaric oxygen therapy, an advanced therapy in which the patient is placed in a chamber. The patient’s circulatory system is then saturated with oxygen, resulting in more oxygen going to the tissues. The therapy accelerates healing and promotes the formation of new blood vessels and nerve endings in the injured tissues.

The center brings together a variety of medical specialties and the latest techniques, including skin substitutes and advanced dressings.

“Mr. Comer had a chronic wound, clear to the bone, that required a number of different treatments,” said Raymond DiPretoro, DPM, chief, Podiatric Surgery Services at Christiana Care.

Dr. DiPretoro debrided the ulcers on Comer’s feet, removing dead tissue to encourage growth of the remaining healthy tissue. He referred him to a vascular surgeon for endovascular surgery, a minimally invasive technique that improved the circulation of blood to his lower limbs.

In order to relieve the pressure on the soles of Comer’s feet, Dr. DiPretoro lengthened a tendon on the top of his foot. He removed part of the bone that was protruding on the bottom of his foot and realigned the major joint in his big toe.

*“We have had a number of patients who were scheduled for amputations come to us. In many cases, we were able to save their limbs.”*

— **NICHOLAS BIASOTTO, D.O.**  
DIRECTOR, WOUND AND HYPERBARIC  
MEDICINE CENTER



Arnold Comer was told that both of his feet would need to be amputated. But thanks to the Wound Care Center at Christiana Care, his feet were saved and he’s still walking.

The surgery was performed on one foot at a time to allow Comer to have greater mobility during his recovery. Throughout the process, Comer was an active partner in his care.

“He was a very engaged patient who was diligent about wearing his cast and taking his antibiotics,” Dr. DiPretoro said. “He very much wanted to get better and was part of the solution.”

Today, Comer is happy to be standing on his own two feet. On most evenings, he walks down the street from his home in Wilmington and unlocks the doors for services at Faith Tabernacle United Holy Church.

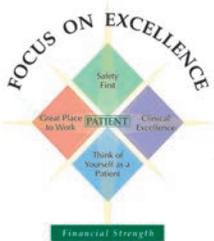
“It takes me a little longer to walk, but I am still walking,” he said. “I am extremely blessed.” ●



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## Breast Cancer patient's daughter takes action



Alexis Everett and her mother, Veronica Everett, pose with Diana Dickson-Witmer, M.D., FACS, and Greg R. Pahnke, M.D., from Veronica's medical team.

When Alexis Everett found out at age 11 that her mother was diagnosed with breast cancer, she made a brave decision to help. In an effort to help others living with cancer, she began making and selling bracelets to her friends, family and neighbors, and donating 100 percent of the proceeds to the Cancer Special Needs Fund at the Helen F. Graham Cancer Center & Research Institute.

"Even though we're young, we can make a difference," Alexis said. "It doesn't matter how old you are," she said. ●

