

# FOCUS

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*Focusing on the people and initiatives that distinguish Christiana Care Health System*

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Showing his right-leg prosthesis, Christian Harris, 21, of Bear said he still feels “lucky to be alive” despite having spent months in the hospital after being shot multiple times.

## ‘We Are the Why’ takes aim at gun violence among young men

As coordinator of Violence Outreach, Intervention & Community Engagement for Christiana Care Health System, Chaz Molins, MSW, LCSW, was right where he wanted to be on the evening of Oct. 7, standing before a group of boys and young men in the downstairs teen center of the Clarence Fraim Boys & Girls Club in Wilmington.

He was there to deliver a sober message about making good life choices to avoid becoming a victim of gun violence. The evening drew close to 80 young men and adults, and was much like a similar event held earlier that week in Seaford, Del., for minority males ages 15 to 34.

“I’ll go just about anywhere for education and outreach to help families and young people at risk for being harmed,” Molins said.

The presentation called “We Are the Why” is a result of a partnership that includes Christiana Care, the United Way of Delaware, Wilmington Police Department, Seaford Police Department,

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Dover Police Department and the Boys & Girls Club of Delaware. “We are the Why” gives young men a chance to learn about the consequences of gun violence and the dangers of being confrontational during police interactions.

The collaboration grew out individual efforts of Christiana Care, the city of Wilmington and the United Way of Delaware to work on life-saving training programs for teenagers and young adult men of color. Over the last several months, the United Way has worked to create a Delaware model of Justice in Time, a celebrated Chicago program that teaches young black men their rights and responsibilities as citizens.

“In particular, we want to teach black youth about having more positive interaction with law enforcement,” said Orrin White, assistant director of Community Engagement for the United Way. “In combining with Christiana Care and the Boys & Girls Club, we’ve created the first steps of many efforts to give young people the skills and education they need.”



As part of the presentation, young men were asked to write down the names of people who would grieve for them, if they were victims of gun violence.

**“Write me on there.**

**If I open the paper and see one of you has been shot,**

**I will be devastated.”**

— CHAZ MOLINS, MSW, LCSW

During “We Are the Why” at the Fraim Boys & Girls Club, Molins talked about the devastating impact of bullets on the human body. He also showed compelling images of gun wounds, while explaining how traumatic injuries are treated at Christiana Care.

“These are images we don’t usually see and remind us not to put ourselves in situations where guns are being used,” said Jamal Adams, a 17-year-old student at William Penn High School.

Molins also played a 15-minute film produced with the support of Christiana Care called “Choice Road: An American Tale.” Featuring local students, police and Christiana Care medical professionals, “Choice Road” tells the story of a young man deciding to join a gang. Unfortunately, there are ripple effects throughout the community. Not only is the young man shot; he becomes a quadriplegic. His friends are injured and killed.

“These are young people like you — minority city youth who are getting shot. So I want you to know that staying alive is very much dependent on your choices and who you are hanging out with,” he said.

Molins explained that the majority of gun victims in Delaware are brought to Christiana Hospital, the only Level 1 trauma center between Baltimore and Philadelphia that treats both adults and children. As a member of the Trauma Department, Molins is part of the hospital’s commitment to reduce the number of shootings. Molins works with gunshot victims, helping them obtain the counseling and services they need so violence will not spread when victims leave the hospital and return to their homes in city hot spots.

He also works to stem violence in other ways. Molins shows the film “Choice Road” in middle schools, detention centers and other venues, talking about the effects of gun violence.

“Guns are not a video game,” Molins told the young men. “If you get killed there is no reset button.”

As part of his talk, Molins gave out toe tags, which are typically attached to dead bodies in the morgue. He asked the youths to write the names of friends and family, coaches and teachers, who would grieve their loss, if they ended up with such a tag.

“Write me on there,” said Molins. “If I open the paper and see one of you has been shot, I will be devastated.”

Darion Gray, director of the Wilmington Youth Leadership Commission, said the film and presentation showed the consequences of gun violence and left a strong impression on teens who attended with him. “Our young men need to believe in positive change and reject temptations that lead to bad outcomes,” Gray said.

Molins invited gunshot victim Christian Harris of Bear to talk about what it’s like to spend months in the hospital after being shot in the arm, shoulder, face and lower abdomen. When the lean 21-year-old walked to the front of the room, the audience grew extra attentive.

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A graduate of William Penn High School, Harris was touched that several members of the school’s Club of Gentlemen were on hand. He said that when he was their age he would not have had the good sense to be at an event like this. In fact, Harris did not think about where his life was headed and one night found himself carelessly sitting in his car outside the home of a friend. That’s when a man pulled a gun to rob him and repeatedly shot Harris.

“I had five surgeries and had the lower part of my leg amputated,” said Harris, who speaks of himself as a walking testimony to the idea that choices in life matter. “To be honest I am grateful to be alive and grateful that Chaz invited me to be part of something positive in talking to you.”

Officers from the Wilmington Police Department engaged in role play with the dozens of youths. In short skirts, officers and audience members improvised situations about what it’s like to be stopped by police.

“I want these young people to know that I am here to protect and serve, not oppress and dominate,” said Captain Faheem Akil, a 31-year veteran of the Wilmington Police.

Officers also explained how to file a complaint with the Wilmington Police if the youths ever feel their rights are violated during a police encounter.

All this is information that is vital to minority youth, said Robin Brinkley-White of Wilmington, a mother who attended the event. Her son Brandon was killed almost seven years ago at a nightclub where he was celebrating his 25th birthday. To counter such violence, she supports Christiana Care’s program You Only Live Once (YOLO). YOLO makes use of a Christiana Care simulation lab, where a team of trauma nurses and



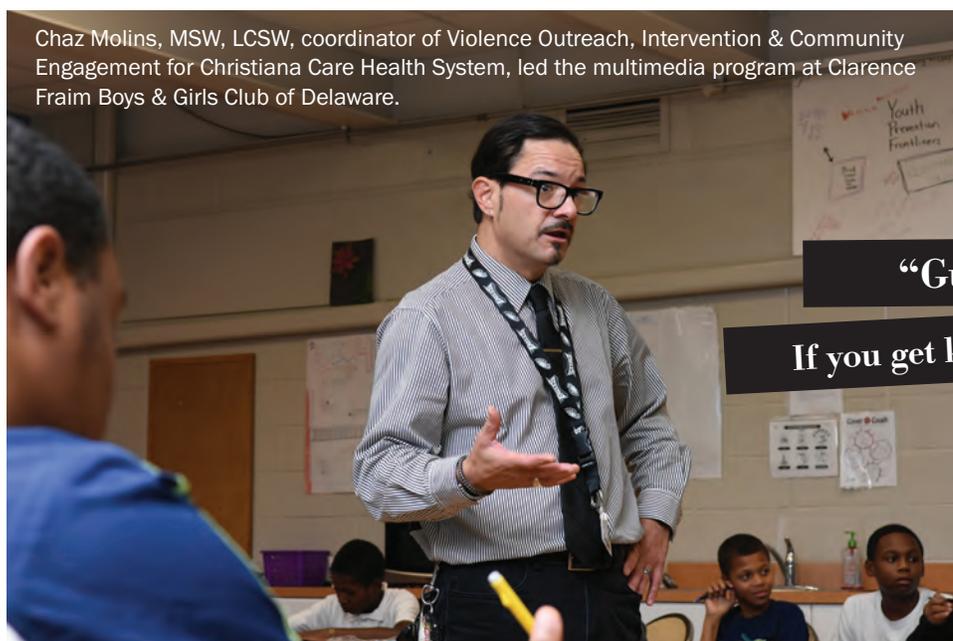
Darion Gray, (right) director of the Wilmington Youth Leadership Commission, said the film and presentation showed the consequences of gun violence and left a strong impression on teens who attended with him.

physicians re-enact the resuscitation of a gunshot victim on a mannequin. In doing so, the medical team tells the story of Brinkley-White’s son.

“I feel like it’s important to tell Brandon’s story so his life will not be in vain,” said Brinkley-White.

Another mother on hand for “We are the Why” was Shanae Dunn of Elsmere, who attended with two sons, who are 12 and 13. She hopes the event will prove to be an inoculation against gun violence.

“I’m glad my sons took part,” she said. “Sitting in on this was one of the best experiences I’ve had.” ●



Chaz Molins, MSW, LCSW, coordinator of Violence Outreach, Intervention & Community Engagement for Christiana Care Health System, led the multimedia program at Clarence Fraim Boys & Girls Club of Delaware.

**“Guns are not a video game.  
If you get killed there is no reset button.”**

## Practice — and collaboration — make perfect

By Susan Coffey Zern, M.D., CHSE

Director of Simulation, Christiana Care Virtual Education and Simulation Training Center



At the Virtual Education and Simulation Training Center, we recreate many different medical scenarios using simulation so that health care providers can safely practice for real-life situations.

These hands-on experiences result in greater knowledge, skill and confidence. They give us the

ability to actively change our processes to ensure that we are using the most effective and efficient strategies to provide care for our patients.

At its very heart, medicine is a team sport where everyone partners toward a common goal: providing respectful, expert care for patients. Our full purpose is achieving optimal health.

Using simulation center support, providers from different disciplines learn to collaborate as a team, working through various clinical scenarios. In simulation, our innovative tools help us to improve patient safety. But training involves much more than technology. It requires human input in order to realize its true and greatest potential.

Traditionally, providers go to different professional schools. We are trained in medicine, nursing, respiratory therapy and other disciplines. And then we are all brought together into the health system. We don't learn to work as a seamless team as part of our formal education. So we need to develop ways to nurture teamwork in our workplace. Working as a team is a learned skill, just like the other skills providers call on to care for patients.

At the Virtual Education and Simulation Training Center, we can create scenarios that are highly realistic. We are doing more in situ or on-site training in the clinical areas of the hospitals. These are settings where learners feel comfortable and know precisely where their equipment is located and places where members of the team will normally work together during stressful situations.

We have been practicing with the system by instituting unannounced Code Blue simulations. Teams run to the Code Blue not knowing that it is a mannequin in the bed instead of a live patient.

These simulated codes have been a great way for us to improve our performance and work together to become better teams. Early on we learned that every time a code was called, so many people would come to help that it became chaotic,

and there was an issue with crowd control, thus affecting many components of clinical care.

In an effort to control the crowds at a Code Blue we ran simulations multiple times with our frontline providers. They brainstormed to come up with solutions to ensure that people who were not needed in the code could leave the room while the people who were needed to manage the patient would stay. They then disseminated the solution to their colleagues and transferred their solution into real clinical care. The results were exceptional!

We as a profession need to think outside the box in fostering teamwork. For example, working with the HVIS stroke code team in simulation, we realized that the team lead doesn't always have to be the physician. Sometimes the leader needs to be somebody else who has situational awareness and can manage the resources that others need, to help them become more effective in their role.

Teamwork should not be hierarchal. Although a team leader is important for optimal function of a team, everyone's voice and concerns need to be heard. The focus must be on what is best for the patient, a value shared by everyone on the team.

If I call out for a medication and I don't direct my request to a specific person it isn't clear who should respond. We need to share our thinking so that everyone on the team knows the plan and can add to it or change it so that we all have a shared plan.

The combined knowledge of people in the room provides a great deal of expertise. We need to tap that resource. We can accomplish that by always asking important questions like "does anyone have anything else to add?"

When we practice teamwork and communication, when we understand the reasons and mechanics of it, we will remember it when we are stressed and have a high cognitive load. It will become automatic and part of our normal repertoire. Good training equals muscle memory and mental memory.

Our goal is to deliberately practice the skills that we need, to excel as providers. The best way to do that is with our colleagues in a safe environment.

The same concept applies to The Christiana Care Way. The longer we live it, the more we practice it, the more ingrained The Christiana Care Way becomes in our behavior.

The Christiana Care Way is our way, as partners and team members. ●

## Behavioral Health Summit explores integration for a healthier Delaware



**“This important dialogue will help to solidify providers’ collective commitment to provide optimal care for all of our neighbors.”**

SHARON KURFUERST, EDD, OTR/L, FACHE, FAOTA, FABC

Integrating behavioral health with primary care may be the most effective way to innovate Delaware’s health care delivery system, according to participants in a statewide summit hosted by Christiana Care in October.

The event brought together about 50 thought leaders from the public and private sectors — state agencies, health systems, behavioral health facilities and practices, nonprofit organizations, patient and family representatives and law enforcement — in what is believed to be the first such statewide focus group to examine the various touchpoints throughout Delaware’s behavioral health system. The goal: to advance a holistic framework that produces healthier outcomes for individuals and communities.

“The behavioral health summit paves a much-needed path for a more collaborative care model in Delaware that truly aligns with The Christiana Care Way, coming together in partnership to provide respectful, expert and innovative care,” said Sharon Kurfuerst, EdD, OTR/L, FACHE, senior vice president, Health Services Operations. “This important dialogue will help to solidify providers’ collective commitment to provide optimal care for all of our neighbors.”

Among the Christiana Care team and community task force partners were: Linda J. Lang, M.D., Christiana Care’s chair of the Department of Psychiatry; Sharon Kurfuerst, EdD, OTR/L, FACHE, senior vice president of Health Services Operations; James Lafferty, executive director, Mental Health Association in Delaware; Erin Booker, LPC, corporate director of Christiana Care Behavioral Health Services; and Rita Landgraf, secretary of the Delaware Department of Health and Social Services.

The summit was proposed by Christiana Care, which convened a task force to oversee planning and then helped to lead the program. Key leaders in the process were Kurfuerst, Linda Lang, M.D., Christiana Care’s chair of the Department of Psychiatry, and Erin Booker, LPC, corporate director of Behavioral Health.

The Christiana Care team and community task force partners worked closely with Rita Landgraf, secretary of the Delaware Department of Health and Social Services, to ensure that plans for the summit support Delaware’s State Health Care Innovation Plan and State Innovation Model (SIM). A key focus of SIM is strong coordination of care across multiple providers — including primary care and behavioral health — to help patients manage complex, chronic conditions.

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**“The head is not separate from the body. For example, there is a behavioral health component to chronic disease and aging. Depression and addiction are two growing concerns.”**

RITA LANDGRAF

“People come to us as holistic beings with many factors weighing on their health and well-being,” said Secretary Landgraf. “The head is not separate from the body. For example, there is a behavioral health component to chronic disease and aging. Depression and addiction are two growing concerns.”

Over the last several years, Christiana Care has successfully embedded behavioral health specialists within the primary care setting — as well as in such specialties as cancer, heart and vascular, and women’s and children’s health. This integrated model has opened behavioral health doors to many who might otherwise never seek help.

### Keeping the consumer at the center

Secretary Landgraf opened the summit by providing a snapshot of Delaware’s health status today, candidly acknowledging that the picture isn’t pretty: one in five Delawareans smoke, nearly one-third are obese, and Delaware’s 11 percent diabetes incidence rate and per capita health care costs are 25 percent higher than average. She discussed the behavioral health symptoms, including

depression and addiction, that increasingly are faced by our aging population and people with chronic diseases. There is little question, she said, that all involved in the health care delivery system are philosophically supportive of integration, but she challenged participants to consider how to advance it in a sustainable way that demonstrates healthier outcomes for individuals and communities.

Through roundtable workgroups, summit participants explored a real case study of a vulnerable individual from our community who was deeply impacted by behavioral health stressors as a child and ultimately ended up incarcerated as an adult. They discussed touchpoints along the way that might have led to a healthier outcome.

The participants discussed how best to create a delivery system focused on the consumer. They also discussed the challenges through the lens of population health — taking into account cultural and economic factors, and exploring ways to engage, empower and support communities to advance in health and wellness. Among their recommendations:

- Create a more holistic approach to behavioral health, rather than focusing on symptom management.
- Focus on early intervention.
- Develop a payment model that allows behavioral health care providers to be paid for direct and ancillary treatment, including consultation with primary care providers.
- Facilitate transition of services between care for youth and young adults.
- Establish stronger links between primary care and behavioral health providers, school and family.
- Require accountability for outcomes that are evidence-based, measurable and culturally competent.

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Mary Stephens, M.D., MPH, medical director of Christiana Care’s school-based health centers, and James M. Ellison, M.D., MPH, the Swank Foundation Endowed Chair in Memory and Geriatrics, were among the Christiana Care experts who collaborated with their colleagues from around the state at the summit.

**“As an educator, I know that behavioral health issues too often do not get talked about. *But unless you have both a healthy body and mind, you are nowhere. Discussions like this are so needed here in Delaware.*”**

RAE BURTON



Rae Burton, a founding member of Christiana Care’s Patient and Family Advisory Council, participated in the summit and was encouraged by the spirit of collaboration among the many community partners who attended.

Rae Burton, a founding member of Christiana Care’s Patient and Family Advisory Council, was encouraged by the enthusiasm and spirit of collaboration among the many who attended.

“As an educator, I know that behavioral health issues too often do not get talked about,” Burton said. “But unless you have both a healthy body and mind, you are nowhere. Discussions like this are so needed here in Delaware.”

Secretary Landgraf praised summit participants for their leadership and partnership to explore how the integration

of behavioral health with primary care can create a holistic delivery system with the consumer at the center.

“There’s little question that all involved in the health care delivery system are philosophically supportive of integration,” acknowledged Landgraf. “We need to ask ourselves how to bring behavioral health integration on the ground in concert with primary care; how to screen earlier for behavioral health issues. We know the value of early intervention. The sooner we introduce this new level of integrated care, the better for each individual at the focus of our efforts.

“We are grateful to the many professionals who lent their time and expertise to this enlightening working session, digging deeper for culturally competent ways to engage, empower and support communities. Special thanks go to Christiana Care for their leadership in convening this summit. The ideas generated will be invaluable as we advance integration in a sustainable way that demonstrates healthier outcomes.”

For Dr. Lang, the summit’s success was measured by participants having the opportunity to crystallize their own thoughts, share feedback and move ahead following the state’s leadership.

“I see this integrative approach to care as a game changer,” Dr. Lang said. “The opportunity to work together with one another in various medical specialties — and to partner so intimately with our patients to help them, in a nonjudgmental way, overcome anxiety and depression, and learn coping skills — is very exciting and holds great promise toward helping to achieve Delaware’s goal to be one of the five healthiest states in the nation.”●



**“The opportunity to work together ... is very exciting and holds great promise toward helping to achieve Delaware’s goal to be one of the five healthiest states in the nation.”**

LINDA LANG, M.D.

## Christiana Care and Wistar announce bold new step in cancer partnership

Christiana Care's Helen F. Graham Cancer Center & Research Institute and The Wistar Institute in Philadelphia will pursue the next phase of their historic four-year partnership by applying to become a National Cancer Institute (NCI) designated Cancer Center. Wistar has been NCI-designated since 1972.

Nicholas J. Petrelli, M.D., Bank of America endowed medical director of the Graham Cancer Center, and Dario C. Altieri, M.D., director of the Wistar Cancer Center and president and chief executive officer of The Wistar Institute, in November made a formal presentation to NCI as part of the NCI designation application. If the status is granted in 2018 following on-site program evaluations, the Graham Cancer Center and Wistar will be recognized as partners with a cohesive research agenda and defined clinical goals.

"At the moment there is no cancer consortium program between an NCI-designated research institute, such as Wistar, and an NCI-selected community center, such as Christiana Care. We would be the first," said Dr. Petrelli, who joined Dr. Altieri in a presentation

on the partnership at the Graham Cancer Center on Oct. 16.

To earn designation, NCI guidelines call for a formal written agreement to ensure stability, as well as integrated research, as evidenced by a history of collaboration, including joint grants and publications. Shared fundraising and a unified institutional review board are also encouraged. Each is expected to hold a portfolio of peer-reviewed cancer-related research grants that contribute to the center's scientific goals.

"Among our accomplishments already are a demonstrated history of collaboration on grants, research, fundraising and publications," said Dr. Petrelli. "Wistar is an international leader in biomedical research, and the initiatives between our two institutions will only grow. That means more innovative cancer research leading to better cancer therapies for our patients. Our collaboration will also continue to provide outstanding opportunities for our scientists in the Center for Translational Cancer Research to work with Wistar scientists on specific translational oncology research projects."

**"At the moment there is no cancer consortium program between an NCI-designated research institute, such as Wistar, and an NCI-selected community center, such as Christiana Care. We would be the first."**

NICHOLAS J. PETRELLI, M.D.

Dr. Petrelli explained that the application builds on the Graham Cancer Center having been selected in 2007 as an original NCI Community Cancer Centers Program (NCCCP), putting Christiana Care into a network of centers capable of bringing the latest treatments to patients. Today, the Graham Cancer Center is a model for cancer treatment, research and supportive care, reaching 3,200 new patients a year.

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As one of the first National Cancer Institute Community Cancer Centers Program awarded sites in the United States, the Helen F. Graham Cancer Center & Research Institute has become a national model for other health care systems to follow.





Dario C. Altieri, M.D, director of the Wistar Cancer Center and president and chief executive officer of The Wistar Institute, and Nicholas J. Petrelli, M.D., Bank of America endowed medical director of the Helen F. Graham Cancer Center & Research Institute, announce plans to apply for new designation as an NCI Cancer Center Program.

Dr. Petrelli outlined other achievements and assets that Christiana Care brings to the partnership, including:

- Since 2002, Christiana Care has built a high-risk family cancer registry and hired five full-time genetic counselors. The registry is a national leader with 6,500 families registered.
- Multidisciplinary disease-specific treatment centers (MDCs) offer patients face-to-face conferences with a team of disease specialists to begin therapy, all in one visit. MDCs have greatly enhanced patient satisfaction.
- The NCI-funded Community Oncology Research Program (NCORP) at the Graham Cancer Center is one of the top enrollers in cancer clinical trials in the United States.
- The Graham Cancer Center has a record of improving early detection of cancers and working successfully to reduce cancer mortality in Delaware. The mortality rate for men and women is dropping twice as fast as the national average.
- A robust pharmaceutical trials program is conducting Phase I and Phase II drug trials in collaboration

with research centers across the country. The studies often give patients the opportunity to be part of the newest cancer treatments.

- The Tissue Procurement Center has provided research-quality specimens for the groundbreaking Cancer Genome Atlas Project since 2009, supporting the work of scientists to unlock cancer's vulnerabilities. The center also processes biological specimens for Wistar for melanoma, ovarian, and head and neck cancer research, as well as the development of a commercially viable blood test for the most commonly diagnosed form of lung cancer, known as non-small cell lung cancer.

The NCI application also takes advantage of the Wistar Institute being a private, nonprofit basic-science institute with 30 laboratories and distinguished achievements in vaccine development, having created standard-of-care protections against rubella, rabies and rotavirus. The vaccinations earned \$17.7 million in licensing revenues in 2013. Wistar was designated an NCI cancer center in 1972, focusing research on understanding the causes and treatment

of cancer. The institute's cancer center has a history of significant advances in cancer genetics, cancer biology, tumor immunology and virology.

Since 2011, the growing institutional partnership has combined Wistar's strengths in basic biomedical research with the Graham Cancer Center's exceptional cancer treatment of patients. One goal of the growing collaboration has been to translate or advance research discoveries made in Wistar's labs into Phase I and Phase II clinical trials with patients at the Graham Cancer Center. At 20 percent, the Graham Cancer Center has had one of the nation's highest patient accrual rates into cancer clinical trials, far above the national average.

"With our Christiana Care collaboration we are bringing our research to the next level, which is into the community where 85 percent of oncology care is given," said Dr. Altieri. "At Wistar, we would like to create opportunities for innovation and partnership with Christiana Care at the cutting edge of basic and translational research, where we see a real need." ●

## Always tired? Sleep Disorders Center may be able to help

Polysomnographic Tech II  
Nicole Liounis adjusts a CPAP  
device for a patient diagnosed  
with sleep apnea.



Eric Rendulic prepares for his sleep study, as monitors are attached to him to read his vital signs throughout the night

**W**hen Eric Rendulic consulted with his primary care doctor earlier this year, he mentioned that he snored loudly, woke up two or three times at night and felt drowsy during waking hours.

These are signs of frequent pauses in breathing caused by an obstructed airway, suggesting that Rendulic was struggling with sleep apnea. For a thorough diagnosis, the 32-year-old Middletown man was referred to Christiana Care's Sleep Disorders Center.

"When people come to the lab, their primary care doctor has recognized something is wrong," said Mary Rose Hancock, RPSGT, RST, manager of the Sleep Disorders Center. "We have a full range of diagnostic tools for an overnight sleep study to help patients like Eric. Sleep apnea is the number one reason that people come to the lab."

In July 2015, the Sleep Disorders Center was accredited by the American Academy of Sleep Medicine (AASM), the only professional society dedicated exclusively to the medical subspecialty of sleep medicine. The AASM develops clinical guidelines for the sleep field and accredits sleep disorders centers and home sleep-testing programs. Christiana Care now has accreditations for both. To earn accreditation, a sleep center is evaluated on personnel, training, equipment, data collection, and policies and procedures for a range of disorders.

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“The Sleep Disorders Center is an important resource to the local medical community and provides academic and scientific value, in addition to the highest quality care for patients suffering from sleep disorders,” said AASM President Nathaniel Watson, M.D.

Shilpa Kauta, M.D., director of the Sleep Disorders Center, can assist patients with problems such as insomnia, restless leg syndrome, sudden daytime attacks of deep sleep (narcolepsy), sleep walking, night terrors, teeth grinding and sleep apnea.

Americans in general are sleep-deprived, she said. Despite a growing awareness of the importance of a good night’s sleep in maintaining health, too many sleep problems go undertreated. According to the National Institutes of Health, close to 70 million Americans suffer some type of sleep problem. Linked to high blood pressure, diabetes and risk factors for stroke and heart failure, sleep apnea is a common disorder in which breathing stops and starts during sleep, often waking the person up repeatedly throughout the night.

“We’re fortunate that sleep apnea is treatable,” Dr. Kauta said. “Patients often have success with the use of a CPAP (continuous positive airway pressure) machine at home and get the benefit of an improvement in their sleep quality.” A CPAP machine delivers an adjustable amount of air pressure through a mask that the person wears during sleep, preventing airways from collapsing and enabling steady breathing.

In the Sleep Disorders Center, there are eight rooms for overnight studies and a ninth for daytime sleep testing. The rooms are similar to hotel bedrooms, except that in addition to a TV and a large adjustable bed, there is a camera and microphone for monitoring and recording the sights and sounds of sleep. There is also equipment to monitor brain waves, eye movements, the heart’s electrical activity, leg movements and breathing.

In an adjacent section of the center there is a control room where technicians, licensed by the state of Delaware, monitor computer screens to keep track of data as it’s recorded.

Rendulic, who works for Christiana Care as a CT scan technician, brought a favorite blanket and pillow for the study. He said with all the monitoring of his vital signs he thought he would have trouble sleeping. His worries were unfounded, but when he awoke the next day, he learned that he had a moderate form of sleep apnea and had stopped breathing 60 times during the night.

“This explains why I have sometimes felt like I was in a fog and could feel run down,” he said.

With this diagnosis, Rendulic returned for a second sleep study and to spend a night using a CPAP machine. The stay allowed technicians to adjust the machine’s positive airflow during the night. Afterward, the sleep center referred him to medical supply companies so he could obtain a CPAP machine for home use.

Now, after several months sleeping with a CPAP machine, he says he’s enjoyed improved sleep and relief of his daytime symptoms.

“I have more energy,” he said. “I am also more alert and have more ability to get things done. I am so happy I got this resolved.” ●



# 70 million

**Americans suffer from some type of sleep problem. Sleep apnea is among the most common sleep disorders.**



Shilpa Kauta, M.D., director of the Christiana Care Sleep Disorders Center, can help people with problems such as insomnia, restless leg syndrome, sudden daytime attacks of deep sleep (narcolepsy), sleep walking, night terrors, teeth grinding and sleep apnea.



Jennifer Guerrazzi, BSN, RN, and President and CEO Janice E. Nevin, M.D., MPH, rounded together on the Post-Anesthesia Care Unit at Wilmington Hospital as part of the annual Share-a-Shift program.

## Nurses and senior leaders share insights through Share-a-Shift

**“Every day our nurses work with our patients as respectful, expert caring partners in our neighbors’ health whether they are just out of surgery, with us for observation or in the hospital for an acute illness.”**

JANICE E. NEVIN, M.D., MPH

Earlier this fall, President and CEO Janice E. Nevin, M.D., MPH, and Jennifer Guerrazzi, BSN, RN, rounded together on the Post-Anesthesia Care Unit (PACU) at Wilmington Hospital for a special shift. Both came as experts and as learners during the annual Share-a-Shift program organized by the Professional Nurse Council.

In Share-a-Shift, nurses and health system leaders partner to gain a deeper understanding of each other’s roles and experiences.

Rounding with Guerrazzi, Dr. Nevin visited with patients in the PACU and learned about the medication processes and patient- and family-centered care standards on the unit.

“Jennifer and her colleagues truly reflect The Christiana Care Way,” Dr. Nevin

said. “Every day our nurses work with our patients as respectful, expert caring partners in our neighbors’ health, whether they are just out of surgery, with us for observation or in the hospital for an acute illness. Nurses like Jennifer and the PACU team demonstrate why we are a twice-designated Magnet health system.”

On another day, Guerrazzi paired with Dr. Nevin for her “shift,” which included meeting with community leaders in Wilmington.

“We talked about everything from employment to real estate,” Guerrazzi recalled. “I met a lot of people I don’t usually run into, which helped me to see the big picture. It reminded me that everyone at Christiana Care has the same goal: taking care of patients.”

### An inside look at health system finances

On the Intensive Care Unit at Wilmington Hospital, Lisa Markiewicz, BSN, RNIII, CCRN, closely monitors patients. In her Share-a-Shift session, she got an up-close look at the finances of operating a health system, attending meetings with Tom Corrigan, MBA, CPA, executive vice president and chief financial officer.

“Lisa brought a fresh perspective and was an active participant in our discussions,” Corrigan said. “We learned from one another, which is always a positive experience.”

During a meeting, Markiewicz told the group about forms in the ICU admissions packet that are no longer used. Her insights identified an inefficiency that can be eliminated and streamline the patient experience.

“The best part of Share-a-Shift was that I was able to relate to areas they were discussing and offer constructive comments,” Markiewicz said.

### Chief nursing officer — always a nurse

Traci Williams, BSN-BC, RN, a nurse in Wilmington Hospital’s psychiatry unit, teamed with Diane Talarek, MA, RN, NE-BC, senior vice president, Patient Care Services, and chief nursing officer.

“She has had a very impressive career, and is tremendously approachable,” Williams said of Talarek, who has been at Christiana Care since 1991 and is retiring this month. “It was such an educational experience spending time with Diane, who is a great nurse leader.”

Talarek, who has participated in Share-a-Shift multiple times, said the benefits go both ways.

“Sharing thoughts and ideas with nurses who are on the floor provides valuable insights,” she said. “Nurses are directly connected to patient care, and everyone in the health system can learn from them.” ●

“The best part of Share-a-Shift was that I was able to relate to areas they were discussing *and offer constructive comments.*”

LISA MARKIEWICZ, BSN, RNIII, CCRN



Lisa Markiewicz, BSN, RNIII, CCRN, of the Wilmington Hospital Intensive Care Unit, offered a nurse’s perspective in meetings with Tom Corrigan, MBA, CPA, executive vice president and chief financial officer, during their Share-a-Shift.

## Medical-Dental Staff celebration honors exceptional caregivers

The 2015 Christiana Care Medical-Dental Staff Annual Meeting, Awards Celebration, Art Exhibit and Dinner was held Nov. 6 at Deerfield Golf & Tennis Club. This year's event honored Anand P. Panwalker, M.D., with the Commendation for Excellence Award, and eight Rising Stars.

*It is the caregivers who make Christiana Care Health System the special institution that it is.*

*Official record keeping of the Medical-Dental Staff began in 1946 with two physicians and one dentist. Today, the talented Medical-Dental Staff currently has 1,517 on staff. There are also 287 young physicians in training programs at Christiana Care as well as nurse practitioners, physician assistants and genetic counselors who provide care for our patients.*

*This evening is dedicated to welcoming the new Medical-Dental Staff, recognizing the achievements of individuals who are helping to make this institution great, and showing our gratitude to the retired physicians who led the way.*

JIM T. HOPKINS, M.D., PRESIDENT, CHRISTIANA CARE MEDICAL-DENTAL STAFF

Medical-Dental Staff immediate past President Brian E. Burgess, M.D. welcomes new Medical-Dental Staff President James T. Hopkins, M.D.



### 2015 MEDICAL-DENTAL STAFF TEACHING AWARDS

#### EMERGENCY MEDICINE

**Jonathon D. McGhee, D.O.**  
*Teaching Attending of the Year*

#### MEDICINE

**Erin Meyer, D.O.**  
*Leonard Lang Teacher of the Year*

**Kunal P. Bhagat, M.D., FACP**  
*IPC Healthcare Hospitalist of the Year*

**Marci Drees, M.D.**  
*Distinguished Educator Mentor*

**LeRoi S. Hicks, M.D., MPH**  
*Distinguished Research Mentor*

**John Donnelly, M.D.**  
*Student Teacher of the Year*  
*Student Internal Medicine*

**Erin Meyer, D.O.**  
*Resident Teacher of the Year*  
*Resident Internal Medicine*

#### OBSTETRICS-GYNECOLOGY

**Moses Hochman, M.D.**  
*CREOG National Faculty Award for Excellence in Resident Education*

**Susan F. Wilson, M.D.**  
*The Apple Award*

**Arlene J. Smalls, M.D.**  
*APGO – Excellence in Teaching Award*

#### ORAL & MAXILLOFACIAL SURGERY & HOSPITAL DENTISTRY

*Excellence in Teaching:*  
**Lynn M. Collins, D.D.S.**  
**M. Constance Greeley, D.D.S.**  
**Joseph A. Napoli, M.D., D.D.S.**  
**Raymond W. Petrunich, D.D.S.**  
**Louis K. Rafetto, D.M.D.**  
**Glen H. Tinkoff, M.D.**

#### PEDIATRICS

**Anthony Gannon, M.D.**  
*Joel David Klein Faculty Teacher of the Year Award*  
*Pediatrics*

**Himani R. Divatia, D.O.**  
*Herman Rosenblum Award for Excellence in Delivering Pediatric Care*

**David Chen, M.D.**  
*John W. Maroney Award for Excellence in Ambulatory Care in Pediatrics*

#### PSYCHIATRY

**Linda J. Lang, M.D.**  
*Delaware Psychiatric Center Teaching Award*

**Sandeep Kumar Gupta, M.D.**  
*Delaware Psychiatric Center Teaching Award*

#### RADIOLOGY

**Shabbir A. Naqvi, M.D.**  
*Teacher of the Year*

#### SURGERY

**Diana Dickson-Witmer, M.D.**  
*Teaching Attending of the Year*

2015 RISING STAR AWARDS



**Zohra Ali-Khan Catts, MS, CGC**  
Cancer Program



**Richard B. Bounds, M.D., FACEP**  
Emergency Medicine



**Erin Grady M.D., CCD, FACNM**  
Radiology



**Úrsula Guillén, M.D.**  
Pediatrics



**Christopher R. Martin, M.D.**  
Psychiatry



**Erin M. Meyer, D.O., FAWM, FAAP,  
FACP, SFHM**  
Medicine



**Bradley J. Sandella, D.O.**  
Family & Community Medicine



**Maria Elena Soler, M.D., MPH, MBA**  
Obstetrics & Gynecology

## Anand P. Panwalker, M.D., awarded Commendation for Excellence

**A**nand P. Panwalker, M.D., chair of the Department of Medicine Professional Excellence Committee, assistant infection control officer and a member of the senior education faculty in the Department of Medicine, received the 16th Annual Commendation for Excellence presented by the Medical-Dental Staff of Christiana Care Health System, Nov. 6.

The Commendation for Excellence honors individuals for exceptional contributions to our community through clinical, scholarly, educational or humanitarian activities.

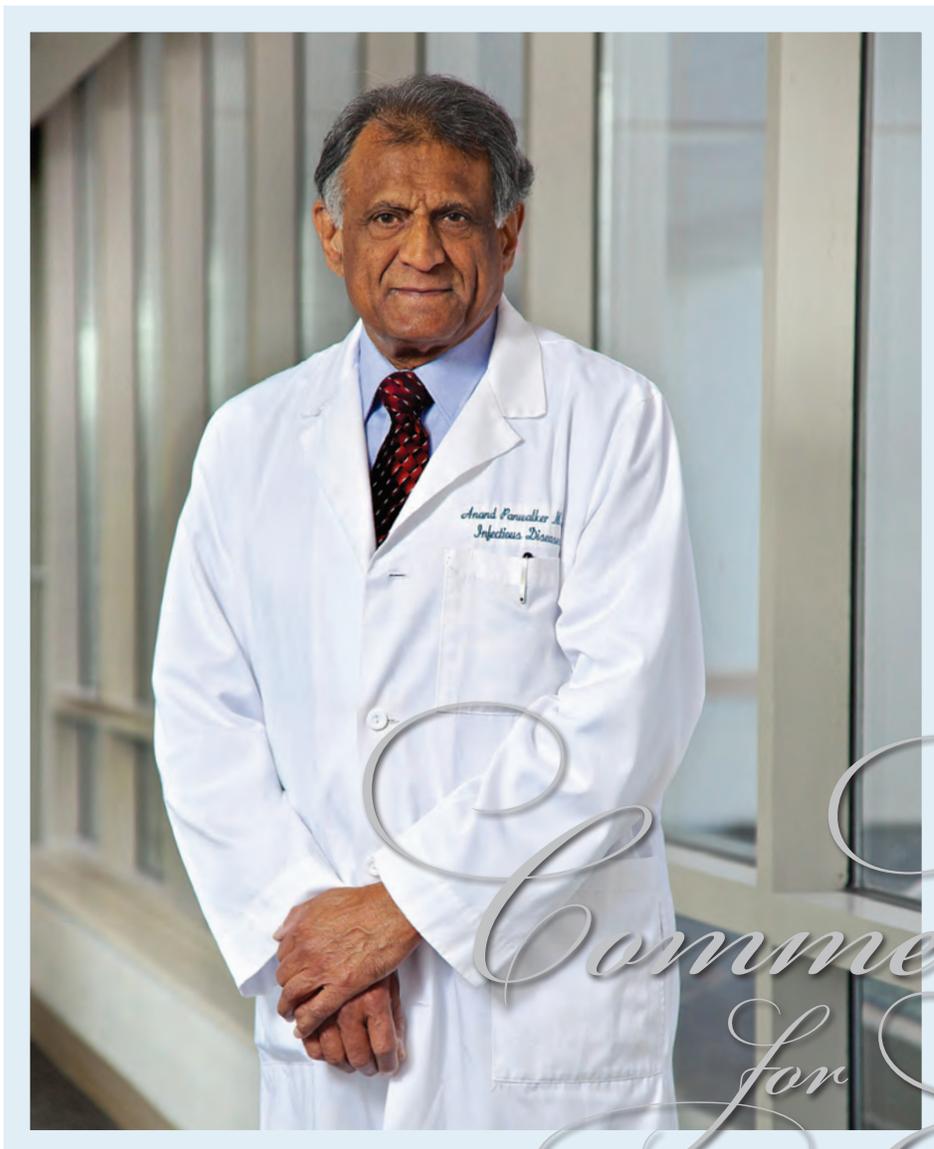
As a physician and specialist in infectious diseases, Dr. Panwalker has served Delaware since his arrival in 1980, when he moved from Chicago to establish the first Infectious Diseases Section for the Veterans Affairs Medical Center in Elsmere.

He is currently a clinical professor of medicine at Sidney Kimmel Medical College. He was appointed associate professor of medicine at a time when a new medical education affiliation between the VA Medical Center and Thomas Jefferson University, Philadelphia, had just begun.

During the next 23 years he developed student and resident teaching programs, served as infection control officer and created specialty clinics to treat patients with HIV and hepatitis C. He established guidelines for the coordinated care of veterans with hepatitis C at 10 VA hospitals across Delaware, Pennsylvania, Maryland and West Virginia, creating a regional approach to care that was recognized as an exemplary program and a model by the U.S. Government Accountability Office.

Dr. Panwalker joined the Medical-Dental Staff of Christiana Care, Infectious Diseases Section, in 2003 and was appointed section chief in 2007. As chief, he fostered camaraderie among infectious-disease doctors in private practice and worked with them to establish standards for excellent patient care and professionalism. He promoted the health system's expertise about infectious diseases, started a series of

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*Commendation  
For  
Excellence*

popular infectious disease conferences and served for several years as director of the nationally renowned William Holloway Infectious Diseases Symposium.

Dr. Panwalker left private practice to join Christiana Care full time in 2012 as chair of the Department of Medicine Professional Excellence Committee, assistant infection control officer and a member of the senior education faculty in the Department of Medicine.

Dr. Panwalker's special interests include bacterial kidney infections, clinical HIV management, endocarditis, guidelines for prescribing antibiotics, hand hygiene, and *Clostridium difficile* infections. Working with colleagues in the GI and ID sections, he was instrumental in bringing fecal microbiota transplantation to Christiana Care in 2014. That year he also was appointed associate vice president for Medical Affairs (Professional Excellence), charged with disseminating state-of-the-art peer-review practices under the umbrella of the Culture of Responsibility. In addition, he works closely with Christiana Care Physician Relations staff to facilitate outreach, communication and mentoring opportunities with both employed and community physicians.

He is a master trainer for the CANDOR program, helped revamp the hand hygiene program at Christiana Care and is certified as a Just Culture champion. He has, over the past 13 years at Christiana Care, served on more than 30 departmental and institutional committees. As president of the Medical-Dental Staff he founded the Institutional Peer Review Committee.

From 1971 to 1980 Dr. Panwalker was an intern, resident and chief resident in medicine and an infectious diseases fellow and assistant professor of medicine at the University of Illinois College of Medicine in Chicago, where he received the Raymond Allen Award (Golden Apple) for Teaching, the Clifford Pilz Award for Best Attending of the Year and hooded the graduating medical students in 1980. A 1967 graduate of Christian Medical College of Punjab University in Ludhiana, India, he trained at hospitals in India, Kenya and the USA, and practiced for three years in Kenya, where he grew up.

Dr. Panwalker has also been honored for his work as a teacher since arriving in Delaware in 1980. He has received the Jefferson Medical Residents Award for Excellence in Teaching 11 times, the Chief Resident Distinguished Teaching Award and the Teaching Award for Junior Medical Students. Jefferson senior students elected him to their chapter of the Alpha Omega Alpha medical honor society in 1985.



Dr. Anand P. Panwalker with his spouse, Aisha, received the 16th Annual Commendation for Excellence, the highest award presented to a member by the Medical-Dental Staff of Christiana Care Health System, at a Nov. 6 celebration at Deerfield Golf Club.

Christiana Care residents selected him in 2004, 2007, 2010 and 2013 to share his clinical experiences during the annual "Clinical Pearls" presentation at Medical Grand Rounds.

Christiana Care's Department of Medicine honored him with the Leonard Lang Award for Teacher of the Year in 2007. He also has been honored for providing outstanding medical care. In 2001, he received the William Holloway Award for HIV care to veterans from the HIV Consortium of Delaware. In 2005, Christiana Hospital honored him with the Mark Maxwell Award for compassion, humility, extraordinary enthusiasm and devotion to his patients.

The next year the Delaware chapter of the American College of Physicians honored him with the Lang Award for excellence in clinical care. He was recognized in 2006 for his contributions to HIV care and education with the Hero Award from the Beautiful Gate Outreach Center in Wilmington. In 2010 he received the Laureate Award from the Delaware Chapter of the American College of Physicians.

Dr. Panwalker has more than 60 original articles, reviews, abstracts and book reviews to his credit. He has participated in several research projects dealing with antibacterial and antiviral agents, pyuria, pyelonephritis, renal dysfunction in chronic UTI, the epidemiology of legionella and alternative therapy in HIV.

In his leisure time Dr. Panwalker enjoys reading, traveling, listening to Indian ghazals and classical and jazz music, and playing the tabla. His wife, Asha, a retired dietitian, and son, Sandeep, are the joy of his life. ●

## Timothy J. Gardner, M.D., honored by American Heart Association



**American  
Heart  
Association®**

life is why™

**During Dr. Gardner's term, the American Heart Association advocated strongly for health care reform for the more than 45 million Americans without health insurance.**

The American Heart Association presented its Chairman's Award saluting excellence in volunteer service to Timothy J. Gardner, M.D., medical director of the Center for Heart & Vascular Health at Christiana Care Health System, "for his long-standing commitment to providing the association invaluable leadership and expert guidance in making progress toward accomplishing its mission."

Dr. Gardner received the award during the opening of the AHA Scientific Sessions 2015 at the Orlando Convention Center. Association Board Chairman Alvin L. Royse presented the award, a citation and \$1,000 honorarium.

"For three decades Dr. Gardner has been actively involved in the American Heart Association's priority planning, programming and governance at virtually every level, including the presidency," the award citation says. "This service included three years at the helm of the association from mid-2007 to mid-2010, as president-elect, president and immediate past president."

During Dr. Gardner's presidency, the AHA promoted the importance of prevention through its campaign of "Building a Healthier World, Free of Cardiovascular Diseases and Stroke." During his term, the AHA also advocated strongly for health care reform for the more than 45 million Americans without health insurance.

Gardner began volunteer service to the AHA in 1985 on the program committee of the Council of Cardiovascular Surgery and Anesthesia. He later chaired that council and also served on numerous other AHA councils and panels.

"Few individuals have voluntarily devoted more of their time and talents to the American Heart Association than Tim Gardner," Royse said in presenting the award. ●

## Patricia Fenimore recognized for nursing excellence

Patricia Fenimore, RN, CNRN, CCRNN, a staff nurse in the Neuro Critical Care Unit at Christiana Hospital, was honored with a 2015 Delaware Excellence in Nursing Practice Award from the Delaware Nurses Association in partnership with the Delaware Organization of Nurse Leaders.

In addition, three Christiana Care nurses were recognized at the Delaware Excellence in Nursing Practice Awards banquet for being finalists in their respective categories:

- Sonya Stover, MSN, RN, CCRN, NE-BC, nurse manager 3D, Nurse Leader.
- Sawdia Salmon, BSN, RN, 5E, New Nurse Graduate.
- Tamekia Thomas, MSN, RN, CCRN, NE-BC, staff education specialist, Nurse Educator and Staff Specialist.

The awards recognize nurses who consistently promote and excel in their profession, and bring a positive approach to their area of nursing practice. Fenimore was honored as the winner in Inpatient Based – Critical Care category.

She began her 25-year career at Christiana Care Health System as a staff nurse in the Neuro Intensive Care Unit. She worked as a patient care coordinator from 2004 to 2014 before returning to the Neuro Critical Care Unit, where she works today.

“I was extremely honored to be nominated and truly honored when I won this award,” said Fenimore. She says she chose nursing as a career because she wanted to help people and make a difference in their lives.

“Patricia Fenimore exemplifies 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. ●



## Michele Savin receives Excellence in Neonatal Nursing Practice Award



Michele Savin, MSN, NNP, was the recipient of the Academy of Neonatal Nurses' 2015 Excellence in Neonatal Nursing Practice Award at the National Neonatal Nurses Conference in Orlando.

Savin graduated from the University of Delaware in 1988 with a BSN and joined Christiana as a nurse on 5A. She started working in the Neonatal ICU in 1989.

She received her MSN degree as a neonatal nurse practitioner from the University of Pennsylvania in 1992 and practiced at Thomas Jefferson University Hospital from 1992 until returning to Christiana Care in 1998. She currently is pursuing a doctor of nursing practice (DNP) degree.

In 2012 she returned to Jefferson as coordinator of the Neonatal Nurse Practitioner Program, and now splits her time between there and Christiana Care.

She is involved in local and national nursing and advocacy organizations, speaks professionally to local and national audiences, serves as a review editor for *Advances in Neonatal Nursing*, and is an Editorial Advisory Board member for *Healthy Mom and Baby Magazine*. ●



# Advancing care in our community

That's The Christiana Care Way



This fall, staff from a wide range of Christiana Care departments and services demonstrated The Christiana Care Way in the community by providing free health information, education and screenings to our neighbors at health fairs and special events. Topics included cancer prevention and screening, heart health, stroke, diabetes, violence prevention and safe disposal of unwanted or expired medications.

Every day, at our hospitals and satellite locations, and out in the community, professionals throughout Christiana Care demonstrate their exceptional commitment to improving the health and well-being of everyone we serve. ●





**CHRISTIANA CARE**  
HEALTH SYSTEM



1. Community Outreach Coordinator Juanita Ramos talks about cancer prevention with attendees at Day for Kids at the Riverfront.

2. Employee Health Nurse Bernadette Baker, MSN, APRN, NP-C, and Blood Pressure Ambassadors offer blood pressure screenings at the American Heart Association's Heart Walk.

3. Luisa Ortiz-Aponte, program manager for the Healthy Families program, and Melissa Donovan, coordinator, Community Health Outreach & Education Department, take a break after the Making Strides Against Breast Cancer Walk.

4. Cancer Outreach Coordinator Sandy Miller, RN, OCN, of the Helen F. Graham Cancer Center & Research Institute, speaks to a Delaware Park employee about the new lung cancer screening program.

5. Diane Wolf, MSLS, Christiana Care Community Library librarian, offers health information and screenings at the annual National Guard health fair in New Castle, alongside five other Christiana Care departments.

6. Staff from Rehabilitation Services and Concord Health Center offer health information and screenings at the 2015 La Comunidad Hispana in Kennett Square. Left to right: Megan Deldeo, MS, OTR/L, Sarah White, MSN, FNP, and Hillary Mattei, MS, OTR/L.

7. Lorraine Nowakowski-Grier, MSN, APRN, BC, CDE, provides glucose screenings at the National Guard health and wellness expo.

8. Christiana Care promotoras carry the Christiana Care banner in the Wilmington Hispanic Festival and Parade.

9. Charlene Marinelli, BSN, RN, OCN, and Community Outreach Coordinator Joceline Valentin provide information about cancer prevention and screenings at the Coleman Memorial United Methodist Church health fair.

10. Health Guide Carlette Dickerson speaks to a Delaware Park employee about community health resources.



Strong and Healthy Latinas attendees start the day with an early morning Zumba class to get hearts pumping.

## Strong and Healthy Latinas event celebrates 10 years of bringing Hispanic community together for good health

The 10th annual Latinas Fuertes y Saludables — Strong and Healthy Latinas — conference, Oct. 24 at Bayard Middle School in Wilmington, combined equal parts education, health services and celebration.

Latinas Fuertes y Saludables is a special program presented entirely in Spanish for women of all ages and their families. The event included health education, free health services, a celebration for cancer survivors and performances by local dance groups.

The day began with a 9 a.m. Zumba class that had participants of all ages out of their seats, dancing energetically. The festive atmosphere continued through the afternoon.

This year the event was sponsored by Christiana Care and partners the Delaware Breast Cancer Coalition, Susan G. Komen Philadelphia, Westside Family Healthcare, the Latin American Community Center, the American Cancer Society, the Arsht Cannon Fund, St. Francis Healthcare and the Henrietta Johnson Medical Center, which provided 117 flu shots to attendees throughout the day. St. Francis Healthcare's team of volunteers provided 48 blood pressure screenings and sugar screenings.

Christiana Care Imaging Services provided 31 osteoporosis screenings. Other partners included Astra Zeneca, Christiana Care Health Ambassadors, the Hispanic Nurses Association and Avon Breast Health Program. Volunteers from the partner organizations set up tables in the school's gymnasium to provide information on the health and community resources each organization had to offer.

Nora Katurakes, MSN, RN, OCN, manager of the Community Health Outreach and Education Program at Christiana Care and co-leader of the event, emphasized growth and the importance of 10 years of partnerships with other sponsors.

"A decade ago, we started this event to address women's breast health in the Hispanic community," Katurakes said. "Today, while breast health is still at the core of our focus, we have expanded to include programs on diabetes, childcare, mental health, dialogue in the community and free health services such as blood pressure and osteoporosis screenings. The success we are having is the result of a joint effort over the past 10 years between Christiana Care and all of the outstanding partners we have had. We couldn't do it by ourselves."

Carlos Dipres, formerly a volunteer with the American Cancer Society, was there representing Delaware Start, a program that connects families and children with preschools and day-care centers in New Castle County. He has participated in the event since it began. "The first year we had about 90 people," Dipres said. "Each year the event has grown, and now we have women who came when they were children who are bringing their own children. It shows that we are taking care of ourselves."

The Promotoras de Salud, a dedicated and spirited group of volunteers trained to provide information and resources to women in the community, were on hand interacting with attendees and even signing up new women to take part in their program. A major focus was directing attendees to the mammogram booth, where women were able to sign up to get screenings and make follow-up appointments. Throughout the day, 78 women, ages 40 and older, signed up to get mammograms or make follow-up appointments, an increase from the previous year.

The day also included a look back at a decade of accomplishments for this important community resource that Hispanic women have come to count

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Christiana Care's Health Ambassador Program, led by Carla Aponte, hosted a Latina baby shower promoting the importance of perinatal care.



on for health and social information. Joceline Valentin, event co-leader and community outreach coordinator for Christiana Care, presented a slideshow highlighting 10 years of progress and outreach in the community. Three members of the Wilmington City Council, Maria Cabrera, Sherry Dorsey Walker and Hanifa Shabazz, presented Christiana Care with a proclamation for its outstanding work. Councilwoman Cabrera commended the attendees for their participation: "It's because of you all, and your participation, that we can continue to have this event, and have survivors who teach and strengthen our communities."

One such survivor was Maria Matos, president of the Latin American Community Center, diagnosed with breast cancer 10 years ago. She spoke about preventive care and the importance of family history in risk assessment, a theme that was echoed throughout the day. She also spoke about the power of speaking out about issues like breast cancer.

"10 years ago, no one in the Hispanic community would talk about breast cancer," Matos said. "This event has

given people a chance to tell their stories and allowed others to hear them."

More than half of the 360 people who attended the conference were there for a second time. A few, like Nimia Burgos, have attended every single year.

"It's very important to learn about our health and how to take care of ourselves," Burgos said. "This is one of the few places where I can get the information that I need in Spanish. I really love it!"

At the end of the day, the Christiana Care Health Ambassador Program, led by Carla Aponte, hosted a Latina

baby shower promoting the importance of perinatal care. New and expecting mothers received guidance on topics including proper nutrition and developmental milestones for children. Kids participated in group songs and reading activities. A few lucky winners went home with raffle prizes.

Cancer survivor Elena Blanco Allende left Bayard Middle School with a smile on her face.

"Cancer is for real. It's a struggle," Allende said. "But days like today help me heal, think positively and give back to the community. It's really great." ●

**"A decade ago, we started this event to address women's breast health in the Hispanic community. Today ... we have expanded to include programs on diabetes, childcare, mental health, dialogue in the community and free health services, such as blood pressure and osteoporosis screenings."**

NORA KATURAKES, MSN, RN, OCN



Joined by Latin American Community Center President Maria Matos and Wilmington City Councilwomen Maria Cabrera, Hanifa Shabazz and Sherry Dorsey Walker, Nora Katurakes, MSN, RN, OCN, Christiana Care's manager of Community Health Outreach & Education and co-leader of the event, displays a proclamation for outstanding work presented by the City Council to Christiana Care.

## Christiana Care trauma nurse Kathy Boyer recognized for efforts against distracted driving



Kathy Boyer, MSN, RN, with Director of the Office of Highway Safety Jana Simpler.

**“At Christiana Care, we have a responsibility to educate our young neighbors about the consequences of distracted driving before they get behind the wheel of a car.”**

KATHY BOYER, MSN, RN

Kathy Boyer, MSN, RN, has been selected by the Delaware Office of Highway Safety for the Corporate Partner’s Outstanding Program Award in recognition of her efforts to prevent distracted driving.

Boyer, a trauma nurse with more than 25 years of experience, is the trauma center’s injury prevention coordinator and ThinkFirst program coordinator at Christiana Care. In this role, Boyer has provided nearly 180 educational programs to schools, colleges, community organizations and businesses on the dangers of distracted driving. Boyer was nominated by both Nemours/Alfred I. duPont Hospital for Children and the Latin American Community Center.

During her presentations, Boyer uses a “distracted driving simulator” — a realistic program in which participants navigate a roadway reflected on a computer screen while simultaneously attempting to text messages on their

cell phones. In almost every instance, the simulation ends in a car crash. The simulation helps participants to understand the consequences of distracted driving. According to the U.S. National Highway Traffic Safety Administration, 3,154 people were killed and 424,000 people were injured in motor vehicle crashes involving distracted driving in 2013.

“At Christiana Care, we have a responsibility to educate our young neighbors about the consequences of distracted driving before they get behind the wheel of a car,” Boyer said. “We are grateful for the support from our state and local partners that enable us to protect our children and teenagers from the very preventable injuries caused by distracted driving.”

Boyer coordinates the trauma team’s ThinkFirst program, a national initiative led locally by Christiana Care that is designed to educate young people about their personal vulnerability and the importance of making safe choices.

Christiana Care’s outreach efforts in injury prevention also include programs designed to reduce the rate of violent injuries and reduce falls among older adults. The program is another example of how Christiana Care serves its neighbors by caring for them when they are sick, but also partnering with them to stay safe and healthy.

Christiana Hospital is the only Level I trauma center for both adults and children in Delaware, and the only one of its kind between Baltimore and Philadelphia. Christiana Hospital’s trauma center features a full range of specialists and resources with the capability of providing total care for every aspect of injury, from prevention through rehabilitation. ●

## Appoquinimink cheerleading squad helps support cancer research at Helen F. Graham Cancer Center & Research Institute

The Appoquinimink High School fall cheerleading squad made a generous \$1,000 donation to support research at the Helen F. Graham Cancer Center & Research Institute. The 42-member squad sold nearly 300 pink T-shirts to bring attention to breast cancer at the Middletown school.

“We chose the Graham Cancer Center because we want to build awareness in our community and raise funds that can support important research into treatment and cures for cancer,” said Brooke Martin, head varsity cheerleading coach at Appoquinimink. “Our cheerleaders worked extra hard selling shirts when we decided to donate to breast cancer research.”

The Christiana Care Breast Center, part of the Graham Cancer Center, is the only one in the region devoted exclusively to

breast care where patients receive diagnosis and treatment with a wide array of supportive resources. The designation as a Breast Imaging Center of Excellence by the American College of Radiology certifies technology and expertise to ensure the highest level of image quality and patient safety.

“On behalf of the patients, families and staff of the Graham Cancer Center, thank you to the Appoquinimink Jaguar cheerleaders for being on our team,” said Nicholas J. Petrelli, M.D., FACS, Bank of America endowed medical director of the Graham Cancer Center. “It is wonderful to see our young people lending their time and energy to support important causes. This gift contributes to our research program and highlights that we are all partners in preventing and treating cancer in our community.” ●



**“Thank you to the Appoquinimink Jaguar cheerleaders for being on our team.”**

NICHOLAS J. PETRELLI, M.D.

## Neil Jasani, M.D., MBA, FACEP, appointed chief learning officer



**N**eil Jasani, M.D., MBA, FACEP, has been named chief learning officer of Christiana Care's Learning Institute.

Dr. Jasani is also chief academic officer and vice president of Medical Affairs. He retains these roles and continues to serve as the designated institutional official for graduate medical education.

He brings innovation to the Christiana Care's academic mission.

In announcing his appointment as chief learning officer of the Learning Institute, President and CEO Janice E. Nevin, M.D., MPH, said Christiana Care is "elevating our brand promise and engaging our diverse community of stakeholders in our academic mission to help us to achieve our goals of optimal health, exceptional experience and organizational vitality."

Dr. Jasani is an associate professor of emergency medicine at Sidney Kimmel Medical College at Thomas Jefferson University in Philadelphia. He has an extensive background in graduate medical education, having been Christiana Care's program director for Emergency Medicine since 2007 and associate program director from 1992 to 2007.

He is a national leader in quality and safety, serving as an independent examiner for the renowned Malcolm Baldrige National Quality Award since 2010.

Dr. Jasani graduated from Georgetown University School of Medicine and completed his emergency medicine residency at Christiana Care in 1990. He received a physician executive MBA from the College of Business, University of Tennessee, Knoxville. He has authored numerous peer-reviewed publications and presentations. ●

## Staci L. Vernick named chief external affairs officer and senior vice president



**A**s chief external affairs officer, Staci Vernick is responsible for communicating the health system's brand promise and engaging its diverse community of stakeholders in partnerships that enable Christiana Care to achieve its strategic and operating goals. She leads Christiana Care's External Affairs Department, which encompasses external

and internal communications, media relations, community relations, development and donor relations, board and trustee relations, government affairs, marketing and advertising, and Web services and digital communications.

Vernick was promoted to senior vice president in October. She joined Christiana Care in 2013 as vice president of communications, responsible for strategic communications planning and oversight of all External Affairs functions and programs.

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

She serves on the board of directors of The Grand Opera House and Bartram's Garden in Philadelphia. She served previously on the steering committees of the National Cancer Institute Public Affairs Network, the Association of Independent Research Institutes and the Young Adult Alliance of the LIVESTRONG Foundation.

A former reporter for the Associated Press and Beaver County (Pa.) Times, she earned a bachelor's degree in journalism and political science from the University of Pittsburgh in 1990. ●

## Kirk Noel Garratt, MSc, M.D., appointed associate medical director, Center for Heart & Vascular Health



**K**irk Noel Garratt, M.D., MSc, joined Christiana Care Health System as associate medical director, Center for Heart & Vascular Health, with notable clinical, academic, leadership and research achievements in interventional cardiology.

Dr. Garratt is board-certified in internal medicine and cardiovascular disease with added qualifications in interventional cardiology by the American Board of Internal Medicine.

He earned his medical degree from the University of California College of Medicine, Irvine, followed by an internship in internal medicine at Los Angeles County-UCLA Harbor Medical Center. He completed residency training in internal medicine at Duke University Medical Center, and fellowships in clinical cardiology at University of California (UCLA) Center for Health Services and interventional cardiology at Mayo Clinic and Foundation in Rochester, Minnesota.

Dr. Garratt spent 17 years at Mayo Clinic and was a member of the team of physicians who first performed minimally invasive heart procedures at the clinic, including laser coronary angioplasty, directional coronary atherectomy and coronary stent implantation.

He completed his time there as associate professor of medicine, consultant for the Department of Internal Medicine and Cardiovascular Diseases, and chair of the Department of Cardiology at a Mayo affiliate hospital in La Crosse, Wisc.

In 2005, he joined Northshore-LIJ, Lenox Hill Hospital and Lenox Hill Heart and Vascular Institute in New York, serving as staff interventional cardiologist, director of cardiac intervention, director of cardiovascular research, director of the interventional cardiovascular fellowship program, and associate chair of cardiovascular medicine responsible for quality and process improvements. He left the Northshore-LIJ health system in 2015 with the academic title of professor of medicine.

Dr. Garratt is actively involved in professional associations and societies, nationally and internationally, as a committee member and leader to advance interventional methods to improve patient care and outcomes. He serves on medical advisory boards, task forces and steering committees, and presents at conferences and symposiums worldwide. He is an active member of The Society for Cardiovascular Angiography and Interventions (SCAI), serving currently on the Executive Committee, and will serve as president of SCAI in 2018. He has participated in clinical research for more than 30 years, authored more than 300 publications, and is a reviewer and editor for multiple medical journals.

Dr. Garratt has earned awards, recognition and grants for academic achievement, research, teaching and mentorship. ●

## Donna M. Bogari, MHA, CRA, appointed director for Accreditation Services



**D**onna M. Bogari, MHA, CRA, CCM, has been appointed director for Accreditation Services in the Department of Patient Safety and Accreditation Services, Office of Quality and Patient Safety.

Bogari joined Christiana Care in October, coming from Lancaster General Health, Lancaster, Pa. Her career includes 26 years of clinical and leadership experience in radiology, accreditation and regulatory compliance, and care management.

She has experience in Lean, quality improvement, accreditation and regulatory oversight as well as building

and leading operational teams. She has led successful state and Joint Commission accreditation surveys and brings a wealth of management and leadership experience to the Office of Quality & Patient Safety.

Bogari received her bachelor's degree in radiologic technology from Bloomsburg University and is a registered radiography technologist, a registered diagnostic medical sonographer and vascular technologist, and a certified case manager. She received her master's degree in health care administration from the University of St. Francis in Joliet, Ill.

She will focus on survey readiness activities to support achievement of successful hospital accreditation and disease-specific certifications from The Joint Commission as well as Medicare surveys. ●

## Terry Foraker named director of operations for Wilmington campus



**T**erry Foraker, MSN, RN, ONC has been promoted to director of operations — Wilmington Campus.

Foraker joined Christiana Care Health System in 1976 as a registered nurse. She earned her BSN degree in 1999 and her MSN in 2007 from Wilmington University. She has served the organization in multiple roles, including patient care coordinator, case manager, nurse manager of the Center for Advanced Joint Replacement and senior nurse manager.

In her new role she is responsible for the coordination of operational activities and for providing day-to-day operational leadership on the Wilmington Campus. ●

### PUBLISHING, PRESENTATIONS & AWARDS

#### Publishing

**Bradley Bley, D.O., FAAP, RMSK, CSCS** and **Waqas Abid, M.D., FCPS**, an editorial, "Imaging of Tendinopathy: A Physician's Perspective." *Journal of Orthopaedic & Sports Physical Therapy*. November 2015.

**Allen R. Friedland, M.D.**, et al. "The Med-Peds Hospitalist Workforce: Results From the American Academy of Pediatrics Workforce Survey." *Hospital Pediatrics*. November 2015.

**Kelly S. Gray, BSN, RN, David A. Paul, M.D.**, et al. "Multicenter Study of Hand Carriage of Potential Pathogens by Neonatal ICU Healthcare Personnel." *Journal of the Pediatric Infectious Diseases Society*. September 2015.

**Matthew K. Hoffman, M.D., MPH**, et al. "Prior Ultrasound-Indicated Cerclage: Comparison of Cervical Length Screening or History-Indicated Cerclage in the Next Pregnancy." *Obstetrics & Gynecology*. November 2015.

**Adam Raben, M.D.**, et al. "Cardiovascular Mortality Following Short-term Androgen Deprivation in Clinically Localized Prostate Cancer: An Analysis of RTOG 94-08." *European Urology*. October 2015.

**Sudhakar Satti, M.D.** "Meta-Analysis of CSF Diversion Procedures and Dural Venous Sinus Stenting in the Setting of Medically Refractory Idiopathic Intracranial Hypertension." *American Journal of Neuroradiology*. October 2015.

**Anthony Sciscione, D.O.**, et al. "ACOG/SMFM Obstetric Care Consensus: Periviable Birth." *American Journal of Obstetrics & Gynecology*. September 2015.

#### Presentations

**Richard Derman, M.D., FACOG**, Marie E. Pinizzotto, M.D., Endowed Chair of Obstetrics and Gynecology:

- "Overview of International Maternal Child Health: Emerging Themes." 143rd APHA Annual Meeting & Exposition. International Maternal, Neonatal & Child Health Session. November 2015, Chicago.
- Principal Investigator, Global Research Network for Women's and Children's Health. "Collaborations in Global Health: The Global Network for Women's & Children's Health Research." The Innovative Discoveries Series, ACCEL and the Value Institute. October 2015.
- "Women and Children's Research Collaboration in South Asia." Global Health Symposium. STAR Campus, University of Delaware. October 2015.

**Danielle Mosby, MPH, and Bailey Ingraham Lopresto, MS.** "Systematic Review: Fecal Microbiota Transplantation in the Treatment of Pediatric Gastrointestinal Diseases." Advance Inflammatory Bowel Diseases: Crohn's & Colitis Foundation's Clinical and Research Conference. Orlando. December 2015.

**Jacqueline Ortiz, MPhil**, director, Cultural Competence and Language Services, lectured on language access at Christiana Care Health System. Phoenix, Ariz. October 2015.

**Ramya Varadarajan, M.D., Jennifer Sims-Mourtada, Ph.D., Erin Helm, Bailey Ingraham Lopresto, MS, Lori Huelsenbeck-Dill, Patricia Swanson, BSN, RN, Seema Sonnad, Ph.D., Diana Dickson-Witmer, M.D.**, et al. "Directed Exercise Intervention in Breast Cancer Patients with Arthralgias Receiving Aromatase Inhibitors: A Randomized Pilot Study." San Antonio Breast Cancer Symposium. San Antonio. December 2015.

#### Awards

**Heather Panichelli, MSN, APRN, AGCNS-BC, CPEN**, was selected as the national Society of Trauma Nurses (STN) Fellow for 2016. She is the only one in the country receiving this honor. Panichelli will attend the Eastern Association for the Surgery of Trauma (EAST) Annual Scientific Assembly in January in San Antonio, Texas. ●

## Community partners join Christiana Care for Disabilities Employment Awareness Month Expo



Christiana Care medical interpreters Leidy Acero and Juan Navaro.

In celebration of National Disabilities Employment Awareness Month, Christiana Care’s Learning Institute and Multicultural Heritage Committee Oct. 20 hosted an Expo at both hospital campuses.

The event, open to Christiana Care employees, community organizations and the general public, helped raise awareness that disabled doesn’t mean unable, said Stacy N. Burwell, program coordinator, Learning Institute/System Learning, Center for Diversity & Inclusion, Cultural Competence and Equity.

Approximately 20 organizations and agencies, including Christiana Care Rehabilitation Services and Project Search, plus external participants such as the Delaware Division of Vocational Rehabilitation, Division of Developmental Disabilities Services and Division for Visually Impaired, Brandywine Counseling & Community Services Inc., Easter Seals and many more, came together to furnish information about the services, resources and support available in our community for individuals with disabilities. ●



Project Search clients and staff share information with Expo goers about the nationally recognized program at Christiana Care dedicated to workforce development, focused on individuals with significant barriers to employment.

*For information about programs and help for persons with disabilities available from Christiana Care, contact Stacy Burwell at 302-733-2154 or [sburwell@christianacare.org](mailto:sburwell@christianacare.org).*

## Annual symposium is Delaware's premier orthopaedic education event

Musculoskeletal health professionals who missed the Delaware Orthopaedic Symposium Oct. 31 at the John H. Ammon Medical Education Center will want to mark their calendars to attend next year's symposium on Oct. 29, 2016.

As the premier orthopaedic education event in Delaware, the annual conference features seminars on orthopaedic surgery, primary care orthopaedic medicine and a sub-specialty that varies each year. Previous flex tracks have included orthopaedic nursing, hand therapy, rheumatology, occupational health and trauma nursing.

Christiana Care speakers at the symposium this year included Brian Galinat, M.D., MBA, chair of Christiana Care's Department of Orthopaedic Surgery and an orthopaedic surgeon with Delaware Orthopaedic Specialists; J. Rush Fisher, M.D., orthopaedic spine surgeon with Christiana Spine Center; Maripat Welz-Bosna, MN, CRNP-BC, nurse practitioner with Christiana Care; and Daniel M. Grawl, PA-C, physician assistant with Christiana Care. A full slate of invited speakers also helped make the event a success.

The symposium is presented by Christiana Care, the Medical Society of Delaware and the Delaware Society of Orthopaedic Surgeons. ●



Among the speakers and experts attending the Delaware Orthopaedic Symposium Oct. 31 were J. Rush Fisher, M.D., Stephen L. Malone, M.D., Gabriel E. Lewullis, M.D., James Zaslavsky, D.O., Maripat Welz-Bosna, MSN, CRNP-BC, John E. Spieker, M.D., FACS, Peter F. Townsend, M.D., James R. Ficke, M.D., Douglas W. Lundy, M.D., Rebecca A. Byrne, FNP, Randeep S. Kahlon, M.D., Brian J. Galinat, M.D., MBA, and Gerald R. Williams Jr., M.D.

## Kidney Transplant Symposium

More than 100 people participated in the 6th Annual Kidney Transplant Symposium for Nurses and Dialysis Technicians in October at Executive Banquet and Conference Center, Newark. The goal of the symposium was to provide nurses caring for potential kidney transplant patients with knowledge of how the selection process works for both the recipient candidates and potential donors. ●



## 2nd Annual Heart & Vascular Interventional Services Conference

A team of Christiana Care physicians and staff from Heart & Vascular Interventional Services organized the 2nd annual HVIS Conference, Nov. 7 at the John H. Ammon Medical Education Center.

The daylong event was devoted to trends and advances in electrophysiology, cardiac catheterization, vascular interventional radiology and innovations in neuro interventional radiology to include aneurysm and stroke treatment.

Sharon Urban, MSN, RN-BC, CNML, HVIS clinical operations director, and Leslie Mulshenock, MBA, director, business and informatics, welcomed the audience and provided an overview of Christiana Care's current state of Heart & Vascular Interventional Services.

Anand Kenia, M.D., discussed the LINQ implantable recording device and subcutaneous implantable cardiac defibrillator. James Hopkins, M.D., spoke about the Watchman left atrial appendage closure device, and Wasif Qureshi, M.D., discussed transcatheter valve replacement. Sandra Weiss, M.D., lectured about radial artery catheterization.

F. Todd Harad, M.D., presented "Leg Veins: Vain or Pain? Ablation, Excision, Injection, Long Pants." William Dahms, D.O., discussed "Everything You Ever Wanted to Know About Renal Denervation." And Demetrios Agriantonis, M.D., presented "Transarterial Hepatic Locoregional Therapy: Chemoembolization vs. Radio Embolization."



Afternoon presenters included discussions on aneurysm and stroke, including Sudhakar Satti, M.D., on "Flow Diversion for Intracranial Aneurysms: A New Paradigm," and Thinesh Sivapatham, M.D.'s discussion, "Intervention for Acute Stroke: Proof of Concept." ●

F. Todd Harad, M.D.,  
James Hopkins, M.D.,  
Wasif Qureshi, M.D.,  
Anand Kenia, M.D., and  
Thinesh Sivapatham, M.D.

Johnita Hendricks, BSN, RN, renal transplant coordinator, Christiana Care Kidney Transplant Program, presents on the evaluation process and recipient screening for kidney transplant.

Ryan Haydu, MBA, administrative director, Christiana Care Kidney Transplant Program and Stephanie Gilibert, M.D., medical director, Christiana Care Kidney Transplant Program.



## Fetal growth study Q&A with Anthony Sciscione, D.O.



Christiana Care Health System played a leading role in a groundbreaking study on racial and ethnic differences in fetal growth, published in the October issue of the American Journal of Obstetrics and Gynecology and sponsored by the U.S. National Institute of Child Health and Human Development. Christiana Care enrolled the most patients in the multi-site study, which concluded that that race and ethnicity play a significant role in birth weights.

The study of 2,334 multi-racial, multi-ethnic women also concluded that current standards, which are more than 30 years old and focused mostly on white women, are outdated. Researchers believe the study will inform new standards that will reduce unnecessary tests.

Anthony Sciscione, D.O., director of the Delaware Center for Maternal & Fetal Medicine of Christiana Care and program director of the Christiana Care OB/GYN Residency Program, was an author of the study.

**Q:** You have been studying fetal growth for a number of years. What is significant about this latest study?

**A:** We studied the impact of race and ethnicity on fetal growth in mothers who self identify as Asian, black, Hispanic and white. We learned that there are significant differences in fetal growth among the groups and that as many as 15 percent of non-white fetuses are erroneously classified as too small. The study will inform new guidelines to create a customized approach to fetal growth. Women will get better care that will likely cost less.

**Q:** What did the study show about the impact of race and ethnicity on fetal growth?

**A:** There is a huge impact. First of all, we learned that growth patterns are different. The difference in weight is significant in different ethnicities, even though all the mothers in the study had low-risk pregnancies with a single baby. We learned that white and Hispanic babies are on average about one pound bigger than babies who are of Asian or African descent. Boys are bigger than girls across ethnicities.

**Q:** The study concludes that up to 15 percent of non-white fetuses may be misclassified as too small. What impact does this have on care?

**A:** Here's an example: I see a patient who is Asian. She is 5 feet, 2 inches tall, and weighs 110 pounds, and under the current guidelines I have to tell her that her baby is too small and at increased risk. Growth restriction is very serious and could be a sign that the placenta is not doing its job of getting the baby the nutrients he or she needs. We need to perform additional testing, such as ultrasounds twice a week. Plus, the mother suffers the anxiety of worrying that her baby is OK. Our study demonstrates that baby is actually normal weight because we know now that Asian women generally have smaller babies.

**Q:** Why is it important to study fetal growth patterns?

**A:** This study will likely have an impact on care worldwide. Establishing more accurate guidelines is great for population health. We also expect fewer unnecessary tests, less anxiety for parents.

CONTINUED

**Q: What makes Christiana Care Health System an ideal place to study fetal growth?**

**A:** When the National Institutes of Health looks at where to put taxpayers' money they are very careful about it. We have done multiple NIH trials over the years and have a very long and very good track record. We have a team of research nurses, a statistician and a data manager on staff. We also enrolled 558 patients — more than any of the 12 institutions participating in the study.

There is lots of racial and ethnic diversity in the patients we see at Christiana Care. We have large Hispanic and Asian populations in Delaware. We also have diversity in the resources and vulnerability in our patients. We had a huge impact on a study that will make a big difference in care.

**Q: The current standard fetal reference charts date back more than 30 years and focused on white, middle-class mothers. How have things changed since then?**

**A:** Today, we are seeing greater ethnic and racial diversity among our patients. We also are seeing more mothers who are older and more mothers who are obese with

comorbidities like diabetes. Guidelines previously were based on live births. Now we are now studying fetal growth through ultrasounds.

**Q: Have the results of the study had an impact on the way we care for pregnant women at Christiana Care?**

**A:** Not yet. But it will. Health systems need to develop a universal formula that we can consult when we do ultrasound tests. It will create a new field for ethnicity, which is not currently in the data.

**Q: What's next?**

**A:** We need to take this data and apply it to outcomes. What happens when babies are too big or too small? This will help us to be even better in predicting adverse outcomes. We can be more precise. We can fine tune our care based on ethnicity. We also will be looking for ethnic differences in the fetal growth of twins. ●



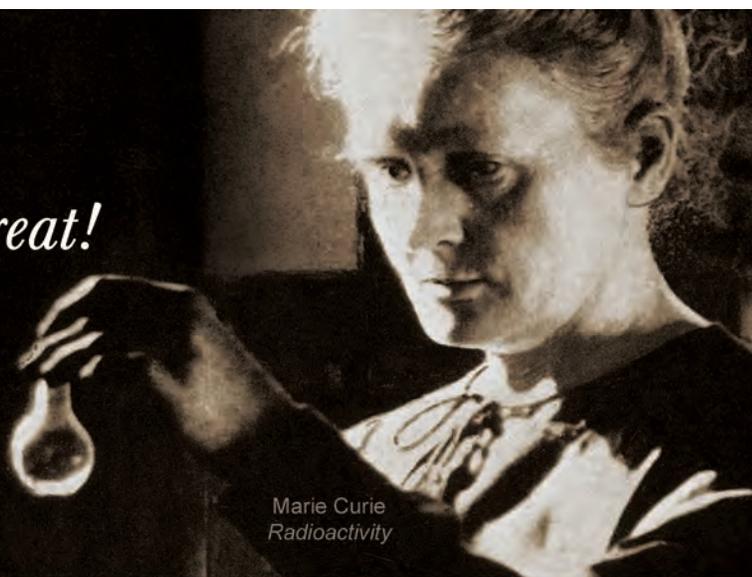
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## Don't forget to sign up for health assessment, biometric screenings

At Christiana Care Health System, we are respectful, expert, caring partners in our employees' health, as well as our neighbors'. Our Wellness Program is designed for employees — and their spouses — who need help to improve their health, as well as employees who currently are in good health.

To enroll in the program, you and your covered spouse must complete three steps:

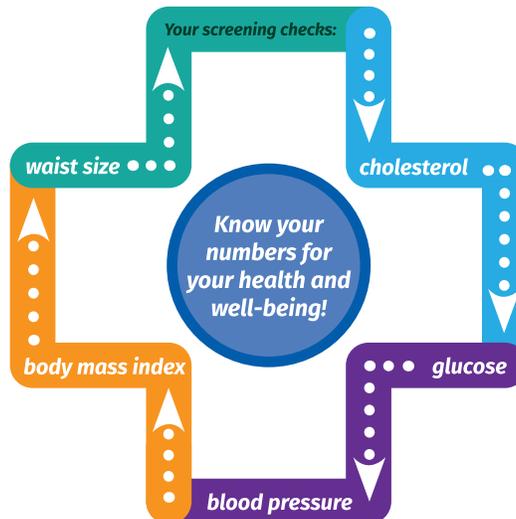
- ① Register through the My Wellness website.
- ② Complete a health assessment.
- ③ Participate in a free biometric screening, or provide the lab results from your primary care provider that reflect the testing done in the biometric screening.

Biometric screenings are quick and easy. Screenings involve taking body measurements and a blood sample that provide you with these essential numbers:

- Total cholesterol, HDL (good cholesterol), LDL (bad cholesterol), and total cholesterol to HDL ratio.
- Fasting glucose, triglycerides.
- Systolic and diastolic blood pressure.
- Height, weight, BMI (body mass index, a ratio of height to weight).

In addition, biometric screenings will test for nicotine this year.

The screenings and health assessment will help you to learn more about your risk for certain diseases and conditions. They also will help you to reduce the money you contribute to your medical premiums.



Registration for the 2016 biometric screening was postponed from its earlier date and now begins in late December. Screenings will start in January and end in March. To receive the premium credit for the 2016 benefit year, employees must also complete the health assessment no later than March 31, 2016. There will be no exceptions for missing the deadline.

A wellness credit of \$15 will be awarded for completing the biometric testing and health assessment (one for the employee and one for benefited spouse).

A wellness credit of \$50/100 will be awarded for non-tobacco use. Tobacco users (employee or spouse) will pay \$50/100 per pay period, unless they meet requirements for the tobacco program.

Look for a special newsletter in December that provides more details about the 2016 Wellness Program, including information on health coaching for employees who need extra help in achieving their wellness goals. ●

## Christiana Care achieves Health Champion Designation



Christiana Care has earned the Health Champion Designation from the American Diabetes Association. This newly launched designation recognizes companies and organizations that inspire and encourage organizational well-being and is part of the association's Wellness Lives Here initiative.

"This recognition from the American Diabetes Association underscores our commitment to the health and wellness of our employees," said Chris Corbo, corporate director of Benefits and Wellness. "Our goal is to encourage the adoption of healthy habits that will benefit our employees and their families, and improve productivity and morale overall."

To qualify for the Health Champion Designation, Christiana Care achieved healthy living criteria in the following areas:

- Nutrition and weight management: Christiana Care's cafeterias promote nutritional information and offer healthy food choices. These include healthy portion sizes of foods low in salt, and high in fiber and whole grains. It also includes the elimination of trans fats and hydrogenated oils.

## Give yourself the gift of a low-stress holiday

This time of year, many of us press ourselves to make sure the people we love have a happy holiday. We shop. We bake. We entertain. And in the process we often spend too much, eat too much and party too much. The result is stress that can linger after the holidays. This year, give yourself a gift: a strategy that will help you to effectively cope with stress.

Here are a few simple tips for reducing your stress level:

- Exercise. Don't let the demands of the season gobble up the time you devote to working out. Regular exercise will boost your energy levels at a time of year when you need it most. Working out isn't just a great stress buster; exercise burns calories, too.



- Set realistic expectations. Avoid the stress of additional debt by resisting the temptation to overspend on gifts. You don't have to burn the midnight oil baking pies and cookies. Really, you don't. Instead, buy just a few special treats at a bakery.
- Make a list — and check it twice. Make sure you block out enough time to accomplish specific tasks so you don't feel rushed.
- Don't drink too much, especially if you are feeling blue. Alcohol makes depression worse.
- The shortest days of the year are in December, meaning it gets dark earlier. If you are feeling SAD — as in feeling the effects of seasonal affective disorder — lighten your mood by using a full-spectrum lamp 20 minutes a day.

- Take it easy on the cookies. Foods high in fat and sugar translate into unwelcome pounds and also make you feel sluggish.
- Acknowledge that it's OK to feel sad if you are coping with divorce, the death of a loved one or another loss. The holidays do not make us magically happy at a time when it is natural to grieve. If you feel lonely, plan an activity with other people, such as volunteer work.
- Avoid unpleasant people. You do not have to spend time with people who take the joy out of your holiday. The choice is up to you.
- Take the pause that refreshes. Even 15 minutes spent meditating, taking a walk or reading a good book can help to recharge your batteries. ●

***If you feel stressed or depressed, be good to yourself. Make an appointment with your doctor or contact the Employee Assistance Program at 877-595-5284.***



- Physical activity: Christiana Care operates free employee fitness centers and promotes programs such as Fit4Life, Weight Watchers at Work and Optifast. Wellness walking activities and trails are available on each campus. A permanent stone labyrinth is available for walking meditation, as well as a portable labyrinth. Each week employees can choose from 25 group exercise classes as well as systemwide challenges throughout the year.
- Organizational well-being: Christiana Care has been a tobacco-free campus since 2005. A Health and Wellness Council seeks to improve employee health and wellness, reduce absenteeism and increase productivity. Employees are encouraged to “know their numbers” — including weight, body-mass index, blood pressure and blood sugar levels — through a voluntary and free biometric screening and online health assessment.

“Engaging employees or members in healthy living is no easy task,” said Denise Andersen, Director of the ADA's Mid-Atlantic North Region. “We applaud the Health Champions for their commitment to making the health and wellness of employees a priority in their organizations.”

Severely overweight and obese individuals risk developing pre-diabetes or diabetes, especially if they have a family history of the disease. According to the Delaware Division of Public Health, an estimated 70,000 adult Delawareans have diabetes. The prevalence of Delaware adults diagnosed with diabetes more than doubled from 4.9 percent in 1991 to 11.1 percent in 2013, and the state rate mirrors the national trend.

To learn more about the American Diabetes Association's Wellness Lives Here program, go to [www.diabetes.org/wellnessliveshere](http://www.diabetes.org/wellnessliveshere). ●



Find these events and more online at <http://events.christianacare.org>.

**MOMs HEAL**

Thursdays, Dec. 3, 10, 17, 6 – 7 p.m.

Room 1900, Christiana Hospital Women’s and Children’s Services building

MOMs HEAL is a free support group for pregnant women and new moms, providing opportunities to discuss and share:

- Adjustment challenges, depression or anxiety during pregnancy and after your baby is born.
- Coping methods and concerns during the adjustment period and challenges of new motherhood.

For more information, call 302-733-6662 or e-mail [cwew@christianacare.org](mailto:cwew@christianacare.org).



**Perioperative Perspectives**

Saturday, Feb. 20, 7 a.m. – 3:15 p.m.

John H. Ammon Medical Education Center

Christiana Care’s Perioperative Professional Nurse Council sponsors this 8th annual Perioperative Perspective: Latest Trends & Practices. Featured speakers include Willy Wilkinson, MPH, and Bobbie Staten, BSN, RN, MPH. For more information, contact Starr Fields, [sfields@christianacare.org](mailto:sfields@christianacare.org).

**Marketplace Insurance Enrollment Counseling**

Through Jan. 31

Open enrollment for health care insurance launched Nov. 1 and continues until Jan. 31.

Whether you are enrolling for

the first time or planning to change or keep your current health plan, it’s not too early to get ready for open enrollment. Visit <http://www.choosehealthde.com> for information.



**Writing as Healing**

Monday, Jan. 11, 2016, 1 – 3 p.m.

An open invitation to join this group on the second Monday of every month.

Room 1107, Helen F. Graham Cancer Center & Research Institute

Research has shown that certain types of expressive writing can help to reduce stress, promote healing and improve the quality of life. Each workshop offers hands-on experience with varied topics and forms of writing. Those participants who choose to share or discuss their writing will have the opportunity to do so.

Sessions are led by Joan DeFattore, Ph.D., and other guest facilitators, all of whom are professional writers. Pads, pens and light refreshments are provided. Afternoon and evening sessions available. This service is provided by the Junior Board of Christiana Care Inc. Cancer Resource Library and the Psychosocial Oncology & Survivorship program. Seats are limited. Call 302-623-4580 to register.



Save the date

**26th Annual Update in Cardiology**

Friday, March 4, 2016

John H. Ammon Medical Education Center

**4th Annual Neurovascular Symposium**

Friday, April 8, 2016

John H. Ammon Medical Education Center

## Seeking Nominations for Champions of Service Awards

Christiana Care recognizes extraordinary individuals who devote themselves to making a difference in the lives of our neighbors through the annual Champions of Service Awards, including the Jefferson and Spirit of Women awards.

Winners are selected based on their contributions to our community through work, volunteering and service activities.

**Submit your nomination today:**

<https://way.christianacare.org/the-christiana-care-way/champions-of-service/>. ●

**Nominations  
are due by  
Monday,  
Feb. 1, 2016.**



*Spirit of*  
**Women**



2015 Jefferson Award nominees, clockwise from top left, Judy Lind-Maloney, Stacy Burwell, Gwen Runge; (winners) Lauren Ramone, Leanne Holveck, and Stacy Myrie; and Tiffany Cannon and Chanel Tarrant.

## Best practice review

### HAND HYGIENE

#### Q. WHEN SHOULD I WASH MY HANDS?

- A. I should wash my hands: before and after patient contact; after touching surfaces in patient care areas including medical equipment; before donning gloves; when removing gloves; after body fluid exposure risk; and before and after entering a patient's room or bay.

#### Q. IS THERE A RECOMMENDED AMOUNT OF TIME THAT I SHOULD WASH MY HANDS?

- A. I should lather well and scrub all surfaces of my hands with good friction for 15 seconds, remembering to include my thumbs, knuckles and in between fingers.

#### Q. WHEN IS IT RECOMMENDED TO USE SOAP AND WATER INSTEAD OF HAND SANITIZER?

- A. Soap and water must be used when hands are visibly soiled, after using the bathroom, and after providing care to a patient with C-diff or Norovirus. ●

**Handwashing/Alcohol Hand Sanitizer Procedure:**

<http://intranet/sites/InfectionPrevention/Manual/Documents/HandwashingAlcoholHandSanitizerProcedure.pdf>

**Infection Prevention Priority Initiatives:**

<http://intranet/sites/InfectionPrevention/Initiatives/Pages/HandHygiene.aspx>

.....  
If you have questions about this Best Practice Review, please contact the content experts: Infection Prevention 733-3506, or Safety Hotline 7233 (SAFE) from within Christiana or Wilmington Hospitals, or 623-7233 (SAFE) outside.

# Update on oseltamivir (TAMIFLU) recommendations for adults with renal impairment

By Michael Perza, Pharm.D, BCPS

The Centers for Disease Control and Prevention (CDC), recently adjusted the dosing recommendations for oseltamivir for adults with renal impairment based on the changes to the oseltamivir (TAMIFLU) package insert. Previously, patients with a creatinine clearance (CrCl) greater than 30ml/minute received 75 mg BID, those with a CrCl 10-30ml/minute received 75mg once daily, and oseltamivir was not recommended in patients with a CrCl<10 ml/minute. The new recommendations, summarized in Table 1, provide a multi-tiered approach based on new pharmacokinetic data. The reduced dosing strategy achieves drug concentrations similar to the concentrations in patient with normal renal function treated with 75 mg BID.

Despite these new recommendations, it should be noted that oseltamivir is considered to have a wide margin of safety with minimal dose related adverse events. Case reports of use in end-stage renal disease as well as high dose use in critically ill patients during the 2009 H1N1 epidemic demonstrate similar

tolerabilities. Nausea and vomiting are the most commonly reported adverse events.

The efficacy of antiviral treatment is greatest if started within the first 48 hours of symptom onset, as this is the period when viral shedding is at its peak. However, based on limited data, the benefits of antiviral therapy may still be received after 48 hours. Thus, treatment is recommended to start as soon as possible (up to four or five days after symptom onset) for all hospitalized patients with suspected or confirmed influenza. Outpatients should largely be treated only if therapy is initiated within 48 hours of symptoms onset. However, patients with severe, complicated, or progressive illness, or patients at high risk for influenza complications are recommended to start as soon as possible. Patients considered at high risk for complications include those age <2 years or ≥65 years, pregnant or postpartum women, residents of long-term care facilities, immunosuppressed patients, morbidly obese patients (BMI≥40), and those with chronic co-morbidities.

**TABLE 1: OSELTAMIVIR DOSING RECOMMENDATIONS FOR ADULTS**

CRCL (ML/MIN)	TREATMENT	PROPHYLAXIS
>60	75mg PO BID	75mg PO Daily
30-60	30mg PO BID	30mg PO Daily
10-30	30mg PO Daily	30mg PO every other day
<10 ESRD Hemodialysis	30 mg PO now, then after each HD session on dialysis days only x 3 doses	30mg PO after alternate HD sessions on dialysis days only
Continuous Ambulatory Peritoneal Dialysis	30mg PO once – immediately after dialysis exchange	30mg PO once weekly after dialysis exchange
CRRT	Insufficient data May consider 30mg PO BID. Consultation recommended	Insufficient data

Worried about how to remember all of these regimens? Don't be! Use the "Influenza care set" available in PowerChart. The use of oseltamivir for the treatment of influenza is recommended for five days. The Christiana Care Health System P&T Committee has authorized pharmacists to automatically adjust the dose, frequency, and duration for every patient to ensure appropriate therapy. ●

**References:**

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## FORMULARY UPDATE—OCTOBER 2015

## FORMULARY ADDITIONS

Medication – Generic/Brand Name	Strength/Size	Use/Indication	Comment
<b>Ipilimumab Injection / Yervoy</b>	5 mg/mL 10 mL & 40 mL vials	Treatment of advanced melanoma	<ul style="list-style-type: none"> <li>• Prescribing limited to oncologists</li> <li>• Administration limited to Christiana Care-owned ambulatory infusion centers</li> </ul>
<b>Nitrous Oxide / Oxygen Mixture</b>	50% nitrous oxide/ 50% oxygen	Treatment of maternal labor pain	
<b>Nivolumab Injection / Opdivo</b>	10 mg/mL 4 mL & 10 mL vials	Treatment of advanced melanoma	<ul style="list-style-type: none"> <li>• Prescribing limited to oncologists</li> <li>• Administration limited to Christiana Care-owned ambulatory infusion centers</li> <li>• Indication limited to unresectable and metastatic melanoma at present time</li> </ul>
<b>Paliperidone Palmitate Injection / Invega Sustenna</b>	78, 117, 156 & 234 mg syringes	Treatment of schizophrenia and schizoaffective disorder	

## NEW MEDICATION POLICIES

<b>Benzylpenicilloyl-Polylysine Injection / Pre-Pen</b>	Only allergists can order and administer benzylpenicilloyl-polylysine injection
<b>Sodium Bicarbonate 8.4% (1 mEq/mL) IV Solution</b>	Designated a level C medication for administration

## DELETIONS

<b>Clinimix E Amino Acid Injection</b>	10% dextrose in water injection available as an alternative
<b>Liothyronine &amp; Levothyroxine Tablet / Liotrix</b>	Lack of use
<b>Meperidine 100 mg Injection</b>	Infrequent use-product expiring before use. Other doses remain available.
<b>Propantheline Tablets / Pro-Banthine</b>	Lack of use

## MEDICATION NOT ADDED TO FORMULARY

<b>Pembrolizumab Injection / Keytruda®</b>	No identified need for it at the present time
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## 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. 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 Christine Babenko at 302-623-4693.



**CHRISTIANA CARE**  
HEALTH SYSTEM

External Affairs  
P.O. Box 1668  
Wilmington, DE 19899-1668  
[www.christianacare.org](http://www.christianacare.org)

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

## National media spotlights Christiana Care's flu vaccination campaign

NBC Nightly News visited Christiana Care in October to film a feature story about the flu vaccination campaign for employees. The show aired on Friday, Oct. 16, reaching nearly 8 million viewers. The show also appeared on NBC National News' website, reaching another 22 million readers.

Each year, Christiana Care runs a highly successful voluntary flu vaccination campaign that results in nearly 95 percent of our employees receiving the flu vaccine well before flu activity becomes widespread.

In addition, Forbes Magazine and Modern Healthcare noted Christiana Care's successful flu vaccination campaign in their coverage of the flu season. ●

