

FOCUS

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

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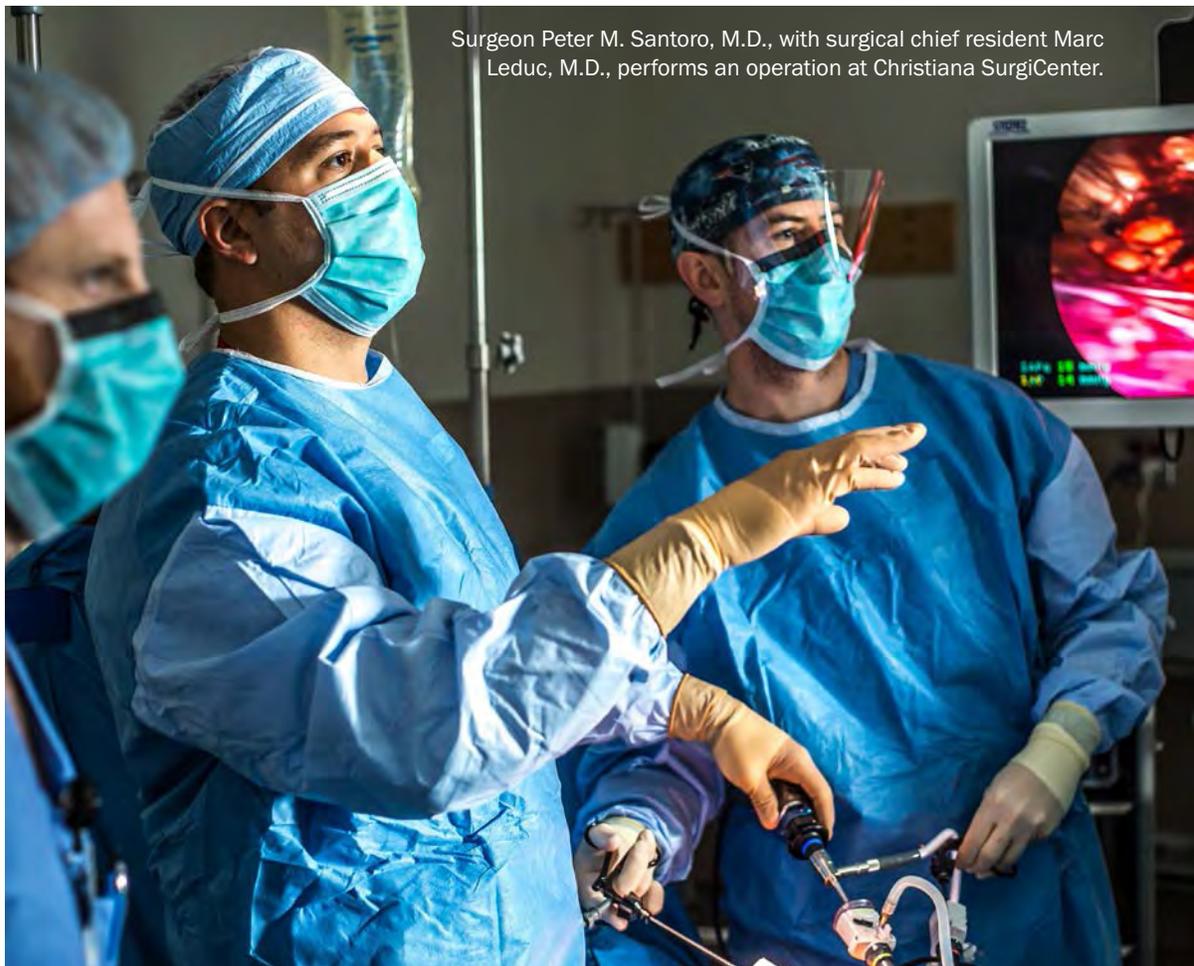
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Surgeon Peter M. Santoro, M.D., with surgical chief resident Marc Leduc, M.D., performs an operation at Christiana SurgiCenter.

American College of Surgeons recognizes Christiana Care for 'Meritorious' surgical outcomes

Christiana Care Health System has been honored as one of only 52 institutions out of 517 by the American College of Surgeons (ACS) Clinical Congress for achieving meritorious outcomes in surgical patient care.

This is the third consecutive year that Christiana Care has been recognized through the organization's National Surgical Quality Improvement Program — also known as ACS NSQIP — which is the only nationally validated quality-improvement program that measures and enhances the care of surgical patients.

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“This recognition is a reflection of our staff’s commitment to advancing the Christiana Care Way so we can provide optimal health and an exceptional experience to our neighbors,” said Dennis R. Witmer, M.D., vice chair of Surgery for quality and safety at Christiana Care.

The ACS NSQIP program measures actual surgical results 30 days after the operation and makes risk adjustments to compensate for differences among patient populations and acuity levels. Participating hospitals are required to track the outcomes of inpatient and outpatient surgical procedures and then

analyze their results, which direct patient safety initiatives within the hospital and impact the quality of surgical care.

Christiana Care was honored with ACS NSQIP recognition for its performance in eight clinical areas:

- Mortality.
- Cardiac arrest and heart attack.
- Pneumonia.
- Unplanned intubation.
- Ventilator use for longer than 48 hours.
- Renal failure.
- Surgical-site infections.
- Urinary-tract infections.

Christiana Care manages more than 40,000 surgical procedures each year at both its hospitals — Christiana Hospital and Wilmington Hospital — and at its outpatient surgical centers. Since Christiana Care began its participation in NSQIP nearly eight years ago, the health system has experienced improvements in patient outcomes that include a reduction in the rates of wound infection, deep-vein thrombosis and several other post-operative complications. ●

Dana Malek, CRNA, monitors a patient’s anesthesia during a surgery at Christiana SurgiCenter.

DID YOU KNOW?

40,000

Surgical procedures are done each year at Christiana Care

3

Each of the last 3 years Christiana Care has been recognized by the ACS National Surgical Quality Improvement Program

52/517

Christiana Care is one of only 52 institutions out of 517 honored by the American College of Surgeons



Compliance results in better value, better patient care

By Tina Babenko, MSN, RN, CHC, Corporate Compliance Officer



Most people think of compliance as simply following rules.

But in our organization, compliance is more than that. It's about living the values of The Christiana Care Way by ensuring we're doing the right thing for the people we serve.

The Corporate Compliance Department focuses on the

detection and prevention of violations of federal, state and local laws. This can be very challenging in today's world of increasingly complex and ever-changing regulations that control how we deliver care to our patients.

The Centers for Medicare and Medicaid Services (CMS) have reported billions of dollars in improper payments through the Medicare and Medicaid Programs due to fraudulent claims and wasteful spending. The mission of the Department of Health & Human Services Office of the Inspector General (OIG) is to combat fraud, waste and abuse in government programs. To stay up-to-date on enforcement activities, members of Christiana Care's Compliance Department receive weekly updates from CMS, Medicare contractors and the OIG. This information helps us stay well-informed of the regulatory landscape. We are then able to take this information and work with a multidisciplinary team of experts at Christiana Care to evaluate and determine if interventions are required.

When organizations are faced with legal trouble, fines and investigations, it can be very disruptive and costly. I'm sure many people cringe when they hear there is a new compliance requirement, a new compliance update, or yet more controls that need to be implemented. These compliance activities not only serve to protect patients and mitigate risk, but they also have many significant business benefits.

When people are aware and understand the rules, they can feel confident about doing their job. One of the ways we have

strengthened awareness is through mandating compliance training for employees, the Medical-Dental Staff, contractors and vendors. Targeted compliance training encourages a better workplace culture. It helps keep pace with ever-changing laws and regulations, increases transparency and reduces risk by averting mistakes that may lead to a breach in the law.

No compliance program can anticipate and address every situation that employees may encounter on the job. In many cases, common sense and good judgement will be the best guide. However, because of the complex regulatory environment in which we operate, some questions will naturally arise that require additional guidance. I encourage individuals to seek answers when confronted by such issues and remember that when acting on behalf of Christiana Care, our reputation for honesty and integrity is in your hands.

Individuals may also report compliance issues on a confidential basis 24 hours a day, seven days a week by calling the Compliance Hotline (877-REPORT-0). We believe this is an important tool in maintaining compliance because individuals can anonymously report activities they believe to be inconsistent with Christiana Care policy or legal/regulatory requirements in any area of operation. Their input is invaluable because their insight may help improve processes. We often learn important information during our investigation and follow-up.

I believe most individuals, like myself, work in health care because we truly believe in the value that we bring to patients and health care overall. People want to stay with a company that has strong values. The Compliance program is committed to promoting a culture where honesty and integrity is embedded in our day-to-day activities and decisions are based on sound legal and ethical principles. This is the Christiana Care Way!

To learn more about compliance, and about health care fraud and abuse laws, visit the Corporate Compliance intranet site at <http://intranet/sites/CorporateCompliance/Pages/Home.aspx>. ●

Patient and family advisers collaborate on key initiatives



Janice E. Nevin, M.D., MPH

“These volunteers demonstrate an extraordinary commitment to patients and staff. You have transformed us as an organization.”

JANICE E. NEVIN, MD, MPH

“These volunteers demonstrate an extraordinary commitment to patients and staff,” she said. “You have transformed us as an organization.”

The number of patient and family advisers at Christiana Care has grown significantly over the last two years, with groups at both Wilmington Hospital and Christiana Hospital. Currently more than 100 patient and family advisers and more than 40 staff advisers help to guide Christiana Care.

“When we ask for volunteers and input, the teams are quick to respond and engage with us in adding value to our care,” said Ann-Marie Baker, MSN, RN BC, senior program manager, Patient Experience, and coordinator of patient and family advisory work.

At Christiana Care, patients are at the center of care. That is why patient and family advisers play a key role in meeting the challenges of sweeping changes in health care, said Janice E. Nevin, M.D., MPH, president and CEO.

Dr. Nevin spoke at the quarterly meeting of the Patient and Family Advisory Council on Oct. 7. She said the insights of volunteer advisers are essential to the collaborative process that will help the health system achieve its goals of optimal health, exceptional experience and organizational vitality.

“You have shown us that to be healed is more than just great medical care,” Dr. Nevin said.

She recalled that when the Intensive Care Unit at Wilmington Hospital was relocated, patient advisers were on-site at 5 a.m. to help with the transition.

Advisers provide viewpoints that can dramatically change a project, a product and outcomes. The quarterly meeting itself was designed with feedback from advisers who wanted to bring the entire group of advisers together to collaborate on larger systemwide projects.

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Greg O'Neill, BSN, RN, CCRN led the discussion about hospital discharge process.



100/40

There are more than 100 patients and family members and 40 Christiana Care staff members who serve as advisers.

“We have built a community within our patient and family advisers that provides value to Christiana Care, to the many people we serve, and to these individuals who so generously volunteer their time and hard work,” said Shawn R. Smith, MBA, vice president, Patient Experience.

The advisers focused on two important projects during the meeting: redesigning patient gowns and enhancing the patient discharge process.

“This is so rewarding,” Smith said. “The excitement and enthusiasm of these advisers is contagious, knowing that these two unique projects have the potential to impact every single patient we serve.”

Three prototypes of gowns, designed in collaboration with the University of Delaware, were passed around the auditorium at the John Ammon Medical Education Center so advisers could scrutinize the fabric and construction. Many tried them on for size.

“We’re looking for ways the patient can be covered up while still allowing the caregiver to have access to the patient,” said Renee Tomczak, patient adviser.

They learned that designing a simple gown is a complex proposition. Can it accommodate a nursing mother? Can leads for monitoring the patient be readily passed through the pocket? Can the gown be easily removed when a patient has surgery? Is there a better way to secure the gown than the ties currently in use?

The advisers learned that plastic snaps can be warped by the high heat in the hospital laundry. Velcro soon picks up lint and its edges grow sharp, which could harm patients’ skin. Metal snaps are durable, but are they easy for patients to manage?

Advisers will continue to provide input after the gowns are tested in several patient care units.

The group also evaluated a questionnaire designed to make the discharge process more patient-friendly.



Advisers appreciated the concept of providing a list of tips and questions that patients and families can readily reference. They suggested streamlining the list or developing two separate sets of tips, with one list focusing on the day of discharge.

“Being in the hospital can be overwhelming,” Tomczak said. “We don’t want to overload patients.” ●

Patient and family advisers tried on prototype patient gowns and provided valuable feedback that will help to guide their continuing design.

Swank Memory Care Center sponsors film screening and discussion about Alzheimer's disease



Mary Beth Transue, LCSW, senior social worker and program manager at Swank Memory Care Center; Patricia M. Curtin, M.D., FACP, CMD, chief, Geriatric Medicine, director, clinical strategy and community affairs at Swank Memory Care Center and medical director of Acute Care of the Elderly (ACE) Unit; and James M. Ellison, M.D., MPH, The Swank Foundation Endowed Chair in Memory Care and Geriatrics.

For many of the people who attended a screening of the film “Still Alice” sponsored by the Swank Memory Care Center at Christiana Care, living with Alzheimer’s disease and other memory disorders is a real-life drama. “Still Alice,” starring Julianne Moore, is a dramatic film about a woman facing early onset Alzheimer’s disease — and its impact on the people she loves.

“Memory disorders impact the entire family, not just the patient,” said Mary Beth Transue, LCSW, senior social worker and program manager at the Swank Memory Care Center. “We’re here to address any questions and concerns you might have.”

Transue participated in a panel discussion after the screening that

included her colleagues James M. Ellison, M.D., MPH, The Swank Foundation Endowed Chair in Memory Care and Geriatrics at Christiana Care; Patricia M. Curtin, M.D., FACP, CMD, chief, Geriatric Medicine, director of clinical strategy and community affairs at the Swank Memory Care Center and medical director of the Acute Care of the Elderly (ACE) Unit; and Jerry Spilecki, a caregiver whose elderly mother has Alzheimer’s disease.

Dr. Ellison noted that Alzheimer’s disease was initially believed to be a disease of younger people. The first diagnosed case was a woman whose first symptoms were seen at age 47. As the disease became better understood, increasing age was identified as its important risk factor.

“As many as 40 percent of people over age 85 are affected,” Dr. Ellison said.

In the film, Alice is 50 when she learns she has a rare, inherited form of early-onset Alzheimer’s. Two of her three children are tested for the gene and one tests positive, meaning there is a 100 percent chance she will develop the memory loss associated with the disease.

One of the attendees was concerned because a parent and two aunts have Alzheimer’s. They developed their memory problems later in life. Does that mean she will, too?

Dr. Ellison explained the average level of risk is only slightly elevated for people who have relatives who were diagnosed with Alzheimer’s later in life, after age 65. He emphasized that physical activity and good nutrition, among the most important tools for optimal brain aging, are healthy behaviors to adopt whether your risk for dementia is normal or increased.

Dr. Curtin noted that Alzheimer’s Disease is the most common cause of memory loss in the elderly, and that there are other types of cognitive disability. One condition, for example, impacts some patients who have undergone chemotherapy or radiation. Some conditions that impact memory, such as depression, thyroid disease and vitamin B-12 deficiency, can be treated and often reversed.

“We see patients at the memory center who have memory impairment of any kind,” she said. “We also are able to rule out memory problems in some cases.”

In the film, Alice loses interest in activities that once gave her joy as her illness progresses. Spilecki, the caregiver on the panel, has had similar experiences with his mother. He

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encouraged caregivers in the audience to keep their loved ones engaged with life.

“My mom shies away from social life, but if I can get her to church, get her to the picnic, she is fine and enjoys herself,” Spilecki said.

When Alice is first diagnosed she asks her doctor what she can do to stay as healthy as possible. He tells her to exercise, drink lots of water and make sure to get enough sleep.

“That’s good information,” Dr. Ellison said. “Exercise, hydration and sleep are very important for Alzheimer’s patients. In addition to aerobic exercise, which we usually think of as ‘exercise,’ it’s important to stretch, to engage in strength-building exercises and to practice balance exercises.”

When she first seeks help, Alice acknowledges that she is having difficulty remembering. Transue said that is often the case with people in the early stages. They may notice problems in themselves that others want to see as normal signs of aging.

Later on, the picture changes. “When we ask people if they have a problem in the later stages, they say no,” she said. “They no longer realize there is a problem.”

At that point, others are very aware of their difficulties, and the patient’s caregivers may need support, education and help accessing resources that will assist them in the difficult job of providing care to a person with failing memory.

Medical science has conquered devastating illnesses, and researchers have already made considerable progress in understanding the nature of Alzheimer’s disease. Symptom-reducing treatments already exist. More definitive treatments may be on the way.

“The Swank Memory Care Center is privileged to serve as a resource in the Christiana Care Health System, consulting to patients, caregivers and health care providers in order to help everyone to access the best treatment currently available,” Dr. Ellison said.

About the Swank Memory Care Center

The Swank Memory Care Center at Christiana Care is Delaware’s first and only comprehensive outpatient office for patients with memory disorders and their families.

Our geriatricians, nurse practitioner, social worker, community educator and medical and administrative assistant work closely with specialists, including neurologists and psychiatrists, to provide specialized care. Our staff also assists patients in arranging additional consultations or diagnostic testing as needed, and coordinates follow-up care with other providers.

The Swank Memory Care Center is a collaborative care program of Christiana Care’s departments of Medicine, Family & Community Medicine and Psychiatry.

More than 14,000 people across Delaware are coping with Alzheimer’s disease and other forms of memory loss. ●

A post-screening discussion of the film “Still Alice” featured panelists Jerry Spilecki, a caregiver whose elderly mother has Alzheimer’s, Mary Beth Transue, LCSW, Patricia M. Curtin, M.D., FACP, CMD, and James M. Ellison, M.D., MPH.



Panel discusses opportunities for Hispanic partnerships

Hispanics comprise the largest growing population in the United States, 53 million strong.

Their voice is important — and health systems need to learn how to foster multicultural collaborations.

In observance of National Hispanic Heritage Month, a panel discussion on Oct. 6 focused on ways to promote respect and partnerships with Hispanic colleagues and patients. Panelists included: Andrea Huertas, BSN, MBA, clinical director, Christiana Care VNA; Jacqueline Ortiz, MPhil, director, Cultural Competence and Language Services; Luisa Ortiz-Aponte, program manager, Healthy Family/Promotora, Helen F. Graham Cancer Center; and Adrian Quesada-Rojas, M.D., Department of Obstetrics and Gynecology.

Huertas recalled growing up in a large, close-knit family headed by her Portuguese mother and Puerto Rican father. She was the first in her family to go to college, embracing emerging opportunities for education for Hispanics.

“Twenty-five years ago, I was a minority and that was a leg up,” Huertas said.

Dr. Quesada-Rojas, who grew up in Costa Rica, came to the United States to enhance his medical education. At first, he struggled with speaking English.

“Women in Labor and Delivery would look at me and say ‘go get me a doctor,’” he recalled.

He worked hard to perfect his English. At the same time, his fluency in Spanish enabled him to communicate effectively with Latina patients.

“Speaking to someone in her own language opens the door to help,” he said.

Ortiz-Aponte also learned that speaking Spanish removes barriers to communication with the patients she serves as a community education and outreach worker.

“I let the people explain what they want, what they need,” Ortiz-Aponte said. “That way we can connect them with resources that can help.”

Asking patients how they would like to be treated is an essential component of cultural competency, noted Ortiz.

“It’s helping people to empathize with folks who may be different,” she said. “Making that connection is the challenge.”

Ortiz was born in the U.S. to parents who came from Argentina. She began her career in sociology but soon started volunteering to work in medical interpreting. Today, she is responsible for Christiana Care’s growing Language Services team of qualified medical interpreters.

“My career changed when I followed my heart,” she said.

Maria Cabrera, Wilmington’s first Hispanic councilwoman, spoke about the importance of events that promote Latin culture and awareness.

“It is an opportunity to teach people who we are and how we contribute,” Cabrera said.

The event was part of a series celebrating diversity hosted by Christiana Care’s Learning Institute and Multicultural Heritage Committee. The panel was held at the John H. Ammon Medical Education Center with video conferencing to the Gateway Center at Wilmington Hospital. ●

“Speaking to someone in her own language opens the door to help.”

ADRIAN QUESADA-ROJAS, M.D.



Andrea Huertas, BSN, MBA, clinical director, Christiana Care VNA; Adrian Quesada-Rojas, M.D.; Luisa Ortiz-Aponte, program manager, Healthy Family/Promotora and Jacqueline Ortiz, MPhil, director, Cultural Competence and Language Services.

More than 100 make Delaware Today Top Doctor list

More than 100 doctors from Christiana Care's Medical-Dental Staff were named to Delaware Today magazine's 2015 Top Doctors list.

In May, Delaware Today invited doctors in Delaware to nominate the physicians they would recommend to a loved one. Only doctors licensed in the state could vote.

Congratulations to the 2015 Top Doctors listed by specialty:



ADDICTION

Seth Ivins, M.D.

ALLERGY- IMMUNOLOGY

Gregory V. Marcotte, M.D.
Quan C. Nguyen, M.D.

ANESTHESIOLOGY

Nicholas C. Gagliano, M.D.

CARDIOLOGY

George D. Moutsatsos, M.D.
Jeanne Marie Baffa, M.D.
Ajith G. Kumar, M.D.
Gilbert A. Leidig Jr., M.D.

ELECTROMYOGRAPHY

Enrica Arnaudo, M.D.
Stephen M. Beneck, M.D.
Arnold B. Glassman, D.O.

EMERGENCY MEDICINE

Brian J. Levine, M.D.
Patrick Matthews, M.D.
George R. Zlupko, M.D.

ENDOCRINOLOGY

Valerie A. West, M.D.
Ripudaman Hundal, M.D.
Amy B. Wachter, M.D.

FAMILY MEDICINE

Stephen J. Kushner, D.O.
David M. Bercaw, M.D.
Hugh Bonner III, M.D.

GASTROENTEROLOGY

Nathan A. Merriman, M.D.
George Benes, M.D.
Joseph F. Hacker, M.D.

GENETICS

Louis E. Bartoshesky, M.D.

GERIATRICS

David A. Simpson, M.D.

GYNECOLOGY

Nancy Fan, M.D.
Gregory W. DeMeo, D.O.
Alexander L. Kirifides, D.O.
Richard W. Leader, M.D.

HEMATOLOGY

R. Bradley Slease, M.D.
Frank Beardell, M.D.
Eric S. Martin, M.D.

HOSPITAL MEDICINE

Robert J. Brus, D.O.

INFECTIOUS DISEASE

David M. Cohen, M.D.
Alfred E. Bacon III, M.D.
Wesley W. Emmons III, M.D.
John P. Piper, M.D.

INTERNAL MEDICINE

Alexia M. Moutsatsos, M.D.
David A. Maged, M.D.

MATERNAL-FETAL MEDICINE

Vanita D. Jain, M.D.
Jennifer B. Merriman, M.D.

MEDICAL IMAGING

Mandip Gakhal, M.D.

NEONATOLOGY

David A. Paul, M.D.
Deborah J. Tuttle, M.D.

NEPHROLOGY

Arun V. Malhotra, M.D.
Prayus Tailor, M.D.

NEUROLOGY

S. Charles Bean, M.D.
Richard Fischer, M.D.

ONCOLOGY

David D. Biggs, M.D.
Stephen S. Grubbs, M.D.
Gregory A. Masters, M.D.

OPHTHALMOLOGY

Andrew M. Barrett, M.D.
Sharon S. Lehman, M.D.
Dorothy M. Moore, M.D.

ORTHOPAEDICS

Eric T. Johnson, M.D.
Leo W. Raisia, M.D.
Drew A. Brady, M.D.
Evan H. Crain, M.D.
Randeep Kahlon, M.D.
Peter F. Townsend, M.D.

OTOLARYNGOLOGY

Neil G. Hockstein, M.D.
Michael T. Teixeira, M.D.
William M. Sheppard III, M.D.

PAIN MANAGEMENT

Rachael Smith, D.O.
Kartik Swaminathan, M.D.
Selina Y. Xing, M.D.

PATHOLOGY

Mary V. Iacocca, M.D.

PEDIATRICS

Matthew P. Gotthold, M.D.
Kerry S. Kirifides, M.D.
Robert Walter, M.D.

PHYSICAL MEDICINE- REHABILITATION

Kelly S. Eschbach, M.D.
Barry L. Bakst, D.O.
Rachael Smith, D.O.
Craig D. Sternberg, M.D.

PLASTIC SURGERY (COSMETIC)

Lawrence Chang, M.D.
Benjamin Cooper, M.D.
Jonathan N. Saunders, M.D.
Joseph Thornton, M.D.

PLASTIC SURGERY (RECONSTRUCTIVE)

Lawrence Chang, M.D.
Benjamin Cooper, M.D.
Joseph Thornton, M.D.
David D. Zabel, M.D.

PODIATRY

Raymond A. DiPretoro Jr., DPM
Anthony M. Caristo, DPM
Joseph A. Ciampoli, DPM
Raymond V. Feehery Jr., DPM
Roman C. Orsini, DPM

PSYCHIATRY

Peta Clarkson, M.D.
Carol A. Tavani, M.D.

PULMONOLOGY

Aaron S. Chidekel, M.D.
Anthony A. Vasile, D.O.

RADIATION ONCOLOGY

Adam Raben, M.D.
Jon F. Strasser, M.D.

REPRODUCTIVE MEDICINE

Jeffrey B. Russell, M.D.
Barbara A. McQuirk, M.D.
Adrienne B. Neithardt, M.D.

RHEUMATOLOGY

Carlos D. Rose, M.D.
Shakaib S. Qureshi, M.D.

SPORTS MEDICINE

Joseph J. Straight, M.D.
Bradley C. Bley, D.O.
Joseph J. Mesa, M.D.

UROGYNECOLOGY

Babak Vakili, M.D.
Howard B. Goldstein, D.O.

UROLOGY

David J. Cozzolino, M.D.
T. Ernesto Figueroa, M.D.
Andrew J. Glick, M.D.
Steven A. Terranova, M.D.

HIV Program offers new hope to people infected with hepatitis C



HIV primary care nurse Mary Matsumoto, BSN, ACRN, HIV Program Medical Director Susan Szabo, M.D., and clinical pharmacist specialist Christopher James, Pharm.D., partner with patients who are infected with HIV, hepatitis C or both viruses to help them manage and even overcome their illnesses through the Christiana Care HIV Program.

James Harrison, who spent more than 20 years working at Brandywine Counseling and Community Services in Wilmington, used to see three or four people die of hepatitis C every month. Hepatitis C is a blood-borne virus that causes inflammation of the liver and can lead to liver failure.

A former intravenous drug user, he himself had been infected with the virus 30 years ago and underwent regular testing to monitor its damage. In 1999, he endured eight months of the only treatment known at the time, accompanied by debilitating side effects, only to find it hadn't worked.

So earlier this year, when he was told he was in Stage 4 — the worst — of cirrhosis of the liver, he anxiously turned for help to the infectious disease clinic, located in Brandywine Counseling and run by the Christiana Care HIV Program. There he hoped he would be

able to access new blockbuster drugs capable of wiping out the disease.

He was in luck. In the past, the HIV Program offered treatment for hepatitis C, but usually only for patients who also were infected with the virus that causes AIDS. But when Harrison arrived, the clinic had quietly begun to expand its hepatitis C treatment.

In April, Harrison completed the three-month treatment and has been cured of the virus.

"I got a new lease on life," said Harrison, who would write inspirational messages on the pill bottles as he emptied them. On the last one, he penned: "Praise God. This is done."

William Mazur, M.D., an infectious disease specialist with the HIV Program at Christiana Care, said that as new, highly effective drugs have become available in the past few years and

Delaware residents have exhibited a growing desire for them, it was a natural step to expand treatment beyond HIV-infected patients.

"It was very organic how things came together — and at the right time," Dr. Mazur said.

Dr. Mazur splits his time between the HIV Program, based at Wilmington Hospital, and the Delaware Department of Corrections, where he often sees inmates infected with hepatitis C.

"It was always challenging when a person was leaving the prison system to figure out where to send them for treatment," he said.

Now, he can continue to see them at Christiana Care, at one of eight sites statewide.

"There has always been an interface between the two epidemics," — HIV

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and hepatitis C — said Arlene Bincsik, MS, RN, CCRC, ACRN, director of the HIV Program, which was created in 1989 and currently serves 1,800 patients.

Christiana Care's HIV patients always have been tested for the hepatitis C virus, she said, and the co-infection rate is about 28 percent.

Meanwhile, according to Harrison, slightly more than half of those treated at Brandywine Counseling test positive for the virus. An IV drug user is likely to contract hepatitis C within 18 months of beginning to shoot up, he said.

Until about two years ago, however, few opted to be treated for hepatitis C because the regimen was long, success rates were poor and the physical and psychological side effects were extreme.

“Treatment is prevention. Studies show that the more people who are in treatment and reach viral suppression, the fewer the new cases in the community.”

ARLENE BINCSIK, MS, RN, CCRC, ACRN

Over a 10-year period, about 25 patients underwent the previous therapy at Christiana Care — and fewer than half were cured, said Susan Szabo, M.D., medical director of the HIV Program. In the past two years, 55 co-infected patients have been treated.

Dr. Mazur brought in the first hepatitis C patient not infected with HIV for treatment in February 2014. Since then, about 25 more have been treated.

The parallels between HIV and hepatitis C treatment made expanding the program a natural progression, Szabo said. The routes of transmission are similar. The viruses tend to disproportionately affect a disenfranchised population. HIV and hepatitis C patients benefit from a multidisciplinary infrastructure that includes social workers who can assess family support and transportation needs, mental health counseling and actual treatment.

“Our existing care model lends itself to this type of service,” Dr. Mazur said.

Explained Bincsik, “We take care of people in a very comprehensive way.”

For both diseases, the drugs have evolved over time to become extremely effective.

Referring to the evolution of hepatitis C drugs, Dr. Mazur said, “It’s happened shockingly fast and will continue to change at a rapid pace.”

The biggest barrier to treatment is the cost: A full regimen of the current drugs used to treat hepatitis C can run from \$75,000 to \$150,000, depending on a person’s genotype, Dr. Mazur said. Medicaid and health insurance programs generally will approve it only for the sickest patients.

Much of the HIV Program’s work, therefore, is spent at the front end, getting the treatments pre-approved, Bincsik said.

The expansion of treatment to non-HIV patients aligns with Christiana Care’s commitment to community health, she said. “Treatment is prevention. Studies show that the more people who are in treatment and reach viral suppression, the fewer the new cases in the community.”

It is unclear how many people in Delaware are infected with hepatitis C, because the Delaware Division of Public Health does not report the statistics. Nationwide, however, new cases of hepatitis C increased 151.5 percent from 2010 to 2013, according to the Centers for Disease Control and Prevention.

Bincsik said the HIV Program is not trying to compete with the private sector in offering hepatitis C treatment, but aiming to identify patients who might otherwise not be able to get the drugs. This involves outreach at Brandywine Counseling, Westside Family Healthcare and elsewhere. Christiana Care also has a program called Project Engage, whose counselors check in with people admitted to the hospital for reasons related to substance abuse.

It hasn’t been hard to find new patients, she said. “They’re finding us.” ●



Arlene Bincsik, MS, RN, CCRC, ACRN, is director of the HIV Program at Christiana Care, which was created in 1989 and currently serves 1,800 patients.

Anniversary celebration recognizes Christiana Care Cuddlers

Christiana Care Health System marked the first anniversary of the Cuddlers Program with a salute to the volunteers who generously share their time and tenderness with our littlest patients. These devoted volunteers ensure that babies receiving care in the Neonatal Intensive Care Unit (NICU) and Continuing Care Nursery experience the ongoing human interaction so essential to their well being, especially when parents are juggling multiple responsibilities such as jobs and other children, and cannot always be at the hospital.

“Babies need love and touch to thrive,” said Carlos Duran, M.D., FAAP, chair of the NICU Patient and Family Centered Care Team. “Babies who are held more often sleep better, cry less and grow more. In fact, numerous studies show that the peaceful, loving interaction of cuddling leads to healthy weight gain and earlier discharge home. Cuddling is especially important for babies in the NICU who may endure a lot of negative stimuli such as light, noise, tubes and procedures, and is vital for babies experiencing the symptoms of drug withdrawal.”

While volunteers have been cuddling babies at Christiana Care for many years, the official Cuddlers Program was introduced in October 2014. Since then, 33 volunteers have participated in comprehensive classroom and hands-on training to understand the fragile nature of premature infants and to learn how to provide proper care.

Pam Green, manager of the Pediatric Therapy Team, oversees the training program. “Premature babies can easily become overwhelmed,” said Green. “Our therapists use a well-rounded approach to educate our cuddlers and help them recognize the cues that will ensure these babies receive the right manner and frequency of stimulation and comfort.”

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Jean Kunkle settles in to cuddle baby Van with an assist from NICU nurse Ashley Mulholland.

“I know we’re helping the babies and their families, and the nurses as well, but I feel like I’m the lucky one.”

JEAN KUNKEL





Volunteers recognized at the one-year anniversary celebration of the Cuddlers Program included Gloria Pharis, Amanda Sleeper, Gretchen Fitzgerald, Shirley Hills and Jean Kunkle.



Volunteer cuddler Amanda Sleeper, who delivered her son at Christiana Hospital and serves as a NICU patient adviser, is presented with a Certificate of Excellence by Dr. Duran.

Cuddlers provide a human touch and warmth when parents aren't able to be at the bedside. "This gives our staff more time to work toward the exceptional experience we want for all of our patients," said Susan Foster, BSN, RN NICU nurse manager, Neonatal Intensive Care Unit. The relationship between the nurses and the cuddlers has truly grown into one of mutual respect and appreciation."

In the past year, the Christiana Care cuddlers have dedicated more than 800 hours and cuddled nearly 1,000 babies. Jean Kunkel has been cuddling babies at Christiana Hospital for 17 years, long

before there was a formal program. "I just want to be there for the babies who might need someone," Kunkle said. "I know we're helping the babies and their families, and the nurses as well, but I feel like I'm the lucky one."

Shirley Hills, another long-time volunteer and chair of Christiana Care's Junior Board Maternity Committee, echoed Kunkle's sentiments. "It's so peaceful holding these precious little ones and singing to them softly," she said. "The rest of the world simply goes away."

"We're the winners," added Gretchen Fitzgerald, another long-time volunteer who became a cuddler this year. "You can never hold these little miracles too much. It's an absolute joy."

Shawn R. Smith, vice president, Patient Experience, agrees that the program has a tremendous impact on both the babies and the volunteers. "The connections made are so powerful," Smith said. "Our cuddlers provide not only comfort, but love to each one of these babies. It's something that cannot be measured, and it truly defines The Christiana Care Way."

At the recent anniversary celebration, Margarita Rodriguez-Duffy, MSW, CAVS, director of Visitor and Volunteer Services at Christiana Care, expressed her deepest appreciation to Dr. Duran for championing the Cuddlers Program, to the many departments involved in making this initiative a success, and most importantly, to our volunteers for their partnership.

"Never underestimate the healing power of touch," Rodriguez-Duffy told the group. "Because of you — neighbors helping our tiniest neighbors — these babies are receiving the extra love and compassion they need to flourish. We are so very grateful for all that you do." ●

To learn more about becoming a cuddler, visit christianacare.org/volunteer or call 302-733-1284.



Aurora Kauffman, PCT II, passes baby Jocelyn to cuddlers Gretchen Fitzgerald and Shirley Hills, who teamed up in the Continuing Care Nursery.

Patient Relations Ambassadors receive Governor's Outstanding Volunteer Awards

Christiana Care's Patient Relations Ambassadors — volunteers with special training and a special role in welcoming hospital patients — were honored at the Governor's Outstanding Volunteer Awards, Oct. 6 at Dover Downs. The awards recognize the efforts of thousands of Delawareans who make positive contributions to society and inspire others to do the same.

"These volunteers recognize that it's not about them. It's about the people they serve," Gov. Jack Markell said. "The people we honor not only illustrate the growing ethic of volunteerism in our state, but they contribute to a stronger and healthier Delaware."

Launched in 2013, Christiana Care's Patient Relations Ambassadors program established a new role for hospital volunteers in visiting patients within 48 hours of admission to offer a special welcome, and to provide an extra orientation, answer questions or just provide some friendly company for a little while.

More than 400 people attended the annual event sponsored by the Office of the Governor, Delaware Health and Social Services, the Division of State Service Centers, the State Office of Volunteerism, as well as the Governor's Commission on Community and Volunteer Service. ●

Secretary of the Delaware Department of Health and Social Services Rita Landgraf and Delaware Gov. Jack Markell present the Outstanding Volunteer Award to Patient Relations Ambassadors Pauline Morris, Frances Leach, Peggy Collins and Michael Benefield.



Jennifer LeComte, D.O., honored with Wilmington Award

Jennifer LeComte, D.O., FACP, FAAP, medical director of Christiana Care's Transition Care Practice, received the 2015 Wilmington Award, presented Oct. 7 for her contributions in Health/Science.

The Transition Care Practice is Delaware's first primary care practice focused on providing a medical home for young adults with chronic complex medical conditions who are transitioning from pediatric to adult care.

Dr. LeComte was recognized for her role in providing primary care and care coordination for a vulnerable population of patients from across the state as they age and leave their community pediatricians. She welcomes patients at a crucial time in their lives when they might find the transition to adult care providers to be challenging and stressful. Most of her patients have physical or intellectual disabilities, and many are dependent on assistive technology.

Dr. LeComte also was recognized at the Wilmington Award presentation for teaching, as she encourages medical students and resident physicians to observe and participate in the Transition Care Practice, where they are introduced to the medical and non-medical management of patients and families with complex medical conditions. She has conducted training sessions to educate nurses, medical assistants, dental assistants, social workers and clerks on the culturally competent approach to working with patients with disabilities.

Dr. LeComte also serves as medical director of the Pediatric Practice Program at the Rocco A. Abessinio Family Wilmington Health Center.

"Through her hard work and unwavering commitment to creating and developing the Transition Care Practice, which has created a medical home for young adults facing chronic,

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Christiana Care honored for hiring military veterans

Christiana Care was honored with the Warrior Friendly Business Award from the Joint Military Affairs Committee of the Delaware State Chamber of Commerce, the New Castle County Chamber of Commerce and the Central Delaware Chamber of Commerce.

The groups came together for the creation of the annual award, presented to one small business and one large business that has demonstrated outstanding leadership in hiring or offering job readiness initiatives for service members and veterans.

Christiana Care has hired 60 veterans over the past two years and is keeping on pace to repeat that accomplishment for the upcoming year.

"I think our efforts were good, and it was the thing that we should be doing, but until I realized some of the challenges that our veterans and our military face, I really didn't understand the extra effort that we should be putting into this," said Audrey Van Luven, senior vice president and chief human resources officer at Christiana Care. She said Christiana Care has continued to hire veterans because of their amazing values.

"The teamwork, the excellence, integrity, discipline, loyalty — what employer wouldn't be proud to have these individuals in their workforce?" she asked. "To me, this was a great opportunity to be able to marry talent with needs." ●



Gov. Jack Markell presents the Warrior Friendly Business Award to Audrey Van Luven, senior vice president and chief human resources officer at Christiana Care.

complex medical conditions, Dr. LeCompte has raised the bar for the care of young adults with special health care needs in Delaware," said Wilmington Mayor Dennis P. Williams. "I commend her for dedication to compassionately serving patients with disabilities from the city of Wilmington and across the state of Delaware."

Dr. LeCompte graduated from Christiana Care's Medicine-Pediatrics Residency Program and served as chief resident at A.I. duPont Hospital for Children. She is board-certified in both pediatrics and internal medicine. In 2010 she received the Howard Schubiner Award, a prestigious honor bestowed by the National Med-Peds Residency Association to a resident physician who makes extraordinary, lasting contributions to the organization's success or to medicine-pediatrics at the local or state level. ●



Jennifer LeCompte, D.O., FACP, FAAP, medical director of Christiana Care's Transition Care Practice, received the 2015 Wilmington Award for her contributions in Health/Science. Dr. LeCompte was accompanied at the Oct. 7 awards ceremony by her parents, Dave and JoAnn Stott, and her husband John LeCompte.

Friends of the Helen F. Graham Cancer Center & Research Institute raise \$193,000 for cancer care at Celebration of Hope Gala



Diane du Pont, Elisa Komins Morris, Lois Galinat, Amanda Friz and Karen Kimmel Legum, 2015 co-chairs of the Friends of the Helen F. Graham Cancer Center & Research Institute, at the Celebration of Hope gala.

More than 250 generous supporters of the Helen F. Graham Cancer Center & Research Institute joined together for an inspirational gala held Oct. 3 at the Wilmington Country Club, with supporters gathering to strengthen patient-centered care at one of the nation's most advanced centers of cancer treatment.

The Celebration of Hope gala offered an elegant evening of socializing and raised \$193,000, thanks to the dedicated efforts of The Friends of the Helen F. Graham Cancer Center & Research Institute. The gala's proceeds benefit the Psychosocial Oncology & Survivorship Program, which provides counseling and other services to patients and families affected by cancer.

"We help people live as fully as they can from diagnosis to treatment and beyond," said Scott Siegel, Ph.D., a licensed psychologist and the director of Psychosocial Oncology & Survivorship. "We assist with a lot of the human challenges that come with being diagnosed or having a loved one dealing with cancer."

There is strong demand for these services. About 48 percent of the patients followed annually by Graham Center cancer clinicians have a need for some type of psychosocial support. "Our biggest challenge is in keeping up with the demand," Siegel said.

The Celebration of Hope gala will help Christiana Care to meet that demand and enable the cancer psychology team to implement new models of care.

"We are enormously grateful to all in the community who support what we do," he said.

The Friends of the Helen F. Graham Cancer Center are a group of 65 volunteers celebrating their 12th year of supporting patients and clinicians at one of the nation's first centers designated as a U.S. National Cancer Institute Community Cancer Center. The Friends work in cooperation with the clinical staff of the Graham Center to help fund programs that enhance the patient care experience, support cancer research and provide education on prevention, early detection and treatment of cancer.

Carroll M. Carpenter, chair of Christiana Care Health System's



Left: Chan Lee Pow and Carmen Lee Pow.

Above: Nicholas J. Petrelli, M.D., FACS, Bank of America endowed medical director of the Graham Cancer Center, thanks the Friends committee co-directors for their support. Above-right: Janice E. Nevin, M.D., MPH, Christiana Care president and CEO, with Scott Siegel, Ph.D., director of Psychosocial Oncology & Survivorship.

Trustees and the founder of the Friends, said that it's vital to support psychosocial services because cancer patients and their families should not feel alone and isolated. She praised the current group of volunteers for engaging the community to assist Delaware's leading cancer research and treatment facility.

Lois Galinat, current chair of the Friends, said being a part of the charity is important for many people in the greater Delaware community. "We've all had family and friends affected by cancer, either directly or indirectly, and we need to work together to support our loved ones who face this disease," Galinat said.

Midway through the evening, Galinat took to the stage to thank attendees, sponsors and silent auction donors who made the event possible, as well as co-chairs Diane du Pont, Amanda Friz, Karen Kimmel Legum and Elisa Komins Morris. Galinat

said their energy and leadership was instrumental to the evening's success.

Among those expressing their appreciation to the Friends was Nicholas J. Petrelli, M.D., FACS, Bank of America endowed medical director of the Graham Cancer Center. "Thanks to their support for many of our programs and technologies, we are able to provide cutting-edge, high-quality care to our patients," Dr. Petrelli said.

For example, Christiana Care's Center for Translational Cancer Research, established in 2009, moves bench research to the bedside by applying basic science discoveries to the development of cancer therapies.

Janice E. Nevin, M.D., MPH, president and chief executive officer of Christiana Care, expressed her gratitude to Carpenter and other volunteers who have helped raise more than \$2 million during the past

12 years. She said their philanthropy was in keeping with The Christiana Care Way.

"The funds raised through the Friends have made such a difference in the lives of the people we serve, allowing so many patients to live as they want to live," said Dr. Nevin.

The work of the Graham Cancer Center also inspired Delaware celebrity chef Dana Herbert of Desserts by Dana to create an ice sugar sculpture in the shape of a peacock, a symbol for the 2015 Celebration of Hope. And during the early part of the evening, percussionist Chan Lee Pow of Newark performed an array of songs on steel drums.

In 2013, Pow underwent surgery at the Graham Cancer for prostate cancer and was impressed with the professionalism of the Christiana Care staff. "I wanted to perform as way of saying thank you for all the great care I received," he said. ●



Perioperative Open House

In September, 240 children of Christiana Hospital staff got a sneak peek at what their parents do all day at the Perioperative Professional Nurse Council’s open house. Nurses helped the enthusiastic young visitors don scrubs, gloves and surgical masks, then guided them as they explored an operating room at the SurgiCenter at Christiana Hospital. Perioperative nurses, who care for patients undergoing surgery, demonstrated heart rate monitors, breathing tubes and microsurgical tools, and gave the kids hands-on experience as nurses and patients.

“We get a lot of wows from the kids,” said Perioperative Professional Nurse Council Chair Jessica Donnelly, RN, of Wilmington Hospital’s Post-Anesthesia Care Unit. “They are excited to be in a real operating room, and it gets them thinking about what it means to take care of someone.” ●

Christina Malatesta, CRNA (top), and Brenda G. Johnson, BSN, RN, introduce children of Christiana Care employees to the OR environment at the Christiana Surgicenter open house held by Perioperative Services in September.





Debbie Dibert, BSN, RN, CNOR, and surgical technician Anita Schrader (below) supervised children trying their hands at using various surgical instruments at the Christiana Surgicenter open house.



Christiana Care friends and families support 2015 AHA Heart Walk Event raises \$235,000 to promote heart health in our community

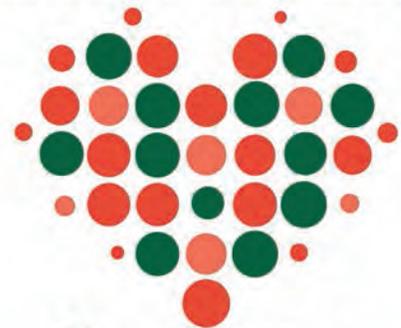
Christiana Care Health System staff, friends and families turned out in numbers to support the American Heart Association's Annual Heart Walk. This year, 62 Christiana Care teams with more than 700 employees, family members and friends took part in the 5K on Saturday, Sept. 12, at Bellevue State Park. Christiana Care teams raised \$41,000 to promote heart health and fund the fight against heart disease and stroke.

"We are proud to team with organizations like the American Heart Association to improve the health of our community and to help raise funds for lifesaving research," said Christiana Care cardiac surgeon Ray Blackwell, M.D., leadership chair of the New Castle County chapter of the American Heart Association.

Overall, more than 1,800 people participated in this year's walk, helping to raise \$235,000 for the cause. ●



HEART WALK 2015



 CHRISTIANA CARE
HEALTH SYSTEM



Striding around the track at Bellevue Park to support heart health: cardiac surgeon Ray Blackwell, M.D., leadership chair of the New Castle County chapter of the American Heart Association, Timothy J. Gardner, M.D., medical director, Center for Heart & Vascular Health, and executive director of the Christiana Care Value Institute, and Mitchell T. Saltzberg, M.D., FACC, medical director, Heart Failure Program.

Quilting group bestows 10,000th masterwork on one of its own

Part of Quilts for Comfort's philosophy is that "Sometimes in a bad situation all you can do is to offer comfort. Sometimes that means a lot."

Earning recognition with the Governor's Award for Excellence and a Jefferson Award, the dedicated artisans have produced more than 10,000 unique, comforting all-cotton quilts at an amazing pace.

Quilts for Comfort has been providing Christiana Care with hand-made quilts since 2002.

"They started by making quilts for Infant ICU, Step-Down Christiana and Outpatient Pediatrics at Wilmington Hospital," said Linda Brennan-Jones, SW, who has often helped coordinate distribution of the quilts. "Pastoral Care also receives quilts for bereavement, and many of our patients receiving chemotherapy at the Helen F. Graham Center & Research Institute receive a quilt during their treatments."

Quilts for Comfort holds regular quilting bees and accepts donations of 100 percent cotton fabric and quilting supplies, as well as sewing machines in working order. ●

To learn more,
visit <http://www.quiltsforcomfort.com>.

To contact the group, e-mail
Edna Kotrola, ekotrola@quiltsforcomfort.com, or call
302-229-9733.



Quilts for Comfort members Annie Harmon, Leila Lyons, Kathy Burawski, Betty Anne Cawthray, Eve English, Charone Mormon, Charlotte Walker, Roberta Propp, Cathy Byrnes and Carolyn Foster were on hand to present their 10,000 quilt to patient Eve English, who is a co-founder of Quilts for Comfort and currently receiving treatment for breast cancer.

Surgicenter team partners with Del Tech to provide enhanced training in ophthalmology



Surgical technologists David Palmarella and Ellen Tuono led the development of an instruction module focusing on eye surgery for Delaware Technical and Community College students.

Delaware Technical Community College Terry Campus offers the only associate degree program in the state for surgical technologists. Christiana Care Health System plays a significant role in the clinical training of the technologists.

During their clinical rotation, students are given the opportunity to work under the supervision of a surgical technologist or RN. These professionals actively participate in the students' training, supervising them working with surgeons during procedures, handling instrumentation, supplies and equipment.

"Our students rotate through the Christiana Surgicenter, the Roxana Cannon Arsht Surgicenter on the Wilmington campus and the main operating rooms at Christiana and Wilmington Hospitals" said Tina Gary, a certified postsecondary instructor and program coordinator for Delaware

Tech's Surgical Technology Program. "The students are at each site for five weeks and gain real-time clinical knowledge about every surgical specialty."

Gary started the accredited surgical technology program three years ago and has special praise for the team at the Arsht Surgicenter, which handles about 6,000 cases per year, including orthopaedics, gynecology, podiatry, dental and plastic surgery. The Arsht Surgicenter is the only Christiana Care Operating Room with a specialty in eye surgery, and Gary, who believed students could benefit from more training in this specialty, asked if staff could offer a hands-on workshop on ophthalmological procedures and instruments.

It was a request that went above and beyond the traditional clinical experience provided to the Delaware Tech surgical technologists at the surgicenter.

Joan Glenn RN, BSN, CNOR, the periop specialty coordinator, empowered the staff to take on the project.

"We have always been a learning institution" said Nurse Manager Debbie Gigliotti RN, MBA, CAPA. "This is part of our commitment to the community, and we are pleased to provide outstanding experiences for our students."

Technologists David Palmarella and Eileen Tuono took the lead in preparing the workshop and presentation. They were assisted by Tanya Marandola, RN, MSN, CNOR, service coordinator for ophthalmology, who had created an ophthalmology orientation manual for the surgicenter during her master's degree education. The manual details equipment and procedures for every form of eye surgery and served as an important resource for the project.

Seven surgical technology students who were part of the spring 2015 rotation went through the workshop, which included lecture, video and hands-on experience working with instruments and implants.

"I thought the workshop was amazing and an invaluable experience for the students," said Gary.

At the end of the clinical rotations at Christiana Care, all of the students passed their exams to become certified surgical technologists, and all found employment. The students agreed that their time spent at the Roxana Cannon Arsht Surgicenter was their favorite clinical rotation.

Palmarella and Tuono said they hope to expand the workshop and continue it future students.

"It is rewarding to be able to offer this to our students," Palmarella said. ●

Linda Laskowski Jones inducted as Fellow of the American Academy of Nursing

Linda Laskowski Jones, MS, APRN, ACNS-BC, CEN, FAWM, vice president of emergency and trauma services, is the first nurse at Christiana Care Health System to be named a fellow of the American Academy of Nursing (FAAN). She was inducted in a ceremony in Washington, D.C., Oct. 17.

As a fellow in the American Academy of Nursing, Jones is recognized among the most respected nursing leaders in education, management, practice and research. The approximately 2,200 fellows, recognized for national and international achievement, contribute to advances in nursing education and practice, national health initiatives and addressing health disparities.

At Christiana Care, Jones oversees the operations for one of the nation's busiest emergency departments. With three locations — Christiana Hospital, Wilmington Hospital and the free-standing emergency department in Middletown, Del., Christiana Care's Emergency Department provides care for nearly 190,000 patients in total each year. Christiana Care's Emergency Department is ranked 24th in the United States and 12th on the East Coast in

number of patient visits, according to data from the American Hospital Association.

One of only eight AAN Fellows in Delaware, Jones is a respected nurse leader, educator, author and emergency care expert, said Diane P. Talarek, MA, RN, NE-BC, chief nursing officer and senior vice president, Patient Care Services. "Linda's credentials and contributions are extraordinary," Talarek said. "Her dedicated efforts have led to real change and improvements in health care and inspired fellow nurses to use their expertise and clinical judgment to make a difference in practice, education and research."

Internationally, Jones has served as a nurse consultant for trauma center development in Lund, Sweden, and as an editorial board member for the International Journal of Emergency Nursing. She is editor-in-chief of the journal Nursing. Locally, she was the incorporator and first president of the Delaware Chapter of the American Trauma Society. As one of the founding members of the Delaware Trauma System Planning Group, she helped write state trauma system legislation that provided the organizing



framework for the development and implementation of an inclusive trauma system in the state of Delaware. This legislation, which passed in 1996, has since led to a 40 percent reduction in trauma mortality statewide.

She has published extensively and has regular speaking engagements on emergency and trauma topics. A recipient of many regional, national and international awards, she most recently received the 2015 Warren D. Bowman, M.D. Award from the Wilderness Medical Society. Wilderness medicine combines her lifelong love of the outdoors with her professional passion for emergency and trauma care. ●



VNA welcomes new Director of Finance Donna Maloney

Donna Maloney, MBA, joined Christiana Care Home Health & Community Services (VNA) in August as the director of finance.

Most recently, Maloney worked for Coventry in Delaware and then served as director, finance, when Coventry was acquired by Aetna. In this role she was responsible for the financial operations of the Pennsylvania Medicaid program.

She worked for eight years at Delaware Hospice Inc., progressing in her roles to become vice president and chief financial officer. Prior to that she worked as the accounting manager for Atlantic Aviation. She began her career as a staff accountant with H.B. Frazer Company.

Maloney received a bachelor's degree in accounting and an MBA, both from Wilmington University. ●

Stephanie Jean, M.D., FACOG, new director of gynecologic oncology research

Stephanie Jean, M.D., FACOG, joined Christiana Care in August as director of gynecologic oncology research.

Dr. Jean is a gynecologic oncologist, board-certified in obstetrics and gynecology by the American Board of Obstetrics and Gynecology. She graduated from Stanford University with departmental honors in biological sciences and earned her medical degree from the State University of New York at Stony Brook School of Medicine, where she was inducted into the Alpha Omega Alpha Honor Medical Society.

She completed her residency with the Department of Obstetrics and Gynecology at the Hospital of the University of Pennsylvania, serving as administrative chief resident her final year. She completed her fellowship in gynecologic oncology at University of Pennsylvania and was an instructor performing

genetics research as a recipient of a Foundation for Women's Cancer Research Grant.

Dr. Jean has co-authored abstracts and articles published in *Cancer Cell*, *Journal of Obstetrics & Gynecology*, *Gynecological Oncology*, *American Journal of Surgery* and *Proceedings of the National Academy of Sciences*. She has presented at the *American Society of Clinical Oncology* and the *American Association for Cancer Research*.

She is a fellow of the *American Congress of Obstetricians and Gynecologists* and is a member of the *Society of Gynecologic Oncologists*. ●



PUBLISHING, PRESENTATIONS, APPOINTMENTS & AWARDS

Publishing

Pawel Bialk, MS, Eric B. Kmiec, M.D., et al. "Regulation of Gene Editing Activity Directed by Single-Stranded Oligonucleotides and CRISPR/Cas9 Systems." *PLOS ONE* | DOI:10.1371/journal.pone.0129308 June 8, 2015.

Darcy Burbage, MSN, AOCN, CBCN, and Scott Siegel, Ph.D. "The Embedded Nurse Navigator Model: A Novel Approach to Providing Survivorship Care in a Community Cancer Center." *Oncology Issues*. September-October, 2015.

Melanie Chichester, et al. "The Meaning of Food and Multicultural Implications for Perinatal Palliative Care." *Nursing for Women's Health*, 19, 224- 235. DOI: 10.1111/1751-486X.12204

Diana Dickson-Witmer, M.D., et al. "Performance and Practice Guideline for the Use of Neoadjuvant Systemic Therapy in the Management of Breast Cancer." *Annals of Surgical Oncology*. July 2015.

Viroon Donavanik, M.D., et al. "A Phase 3 Trial of 2 Years of Androgen Suppression and Radiation Therapy With or Without Adjuvant Chemotherapy for High-Risk Prostate Cancer: Final Results of Radiation Therapy Oncology Group Phase 3 Randomized Trial NRG Oncology RTOG 9902." *International Journal of Radiation Oncology Biology Physics*, Vol. 93, No. 2. 2015.

Eric B. Kmiec, M.D., et al. Review article: "Genetic Spell-Checking: Gene Editing Using Single-Stranded DNA Oligonucleotides." *Plant Biotechnology Journal*. 2015.

Eric B. Kmiec, M.D., et al. "The Position of DNA Cleavage by TALENs and Cell Synchronization Influences the Frequency of Gene Editing Directed by Single-Stranded Oligonucleotides." *PLOS ONE* May 2014 Volume 9 Issue 5 e96483.

Mark W. LaSorda, D.O., and Gregory V. Marcotte, M.D. Angioedema of the Tongue With an Unfamiliar Final Diagnosis." *Annals Of Allergy, Asthma & Immunology*. 2015; Vol 114, Issue 4, 269-272.

Kristen E. Miller, Dr.PH., MSPH, Muge Capan, Ph.D., Pan Wu, Ph.D., Eric V. Jackson, Jr., M.D., MBA, and Ryan C. Arnold, M.D. "Operationalizing Sepsis Alert Design and Clinical Decision Support: Developing Enhanced Visual Display Models." *Proceeding of the 2015 International Symposium on Human Factors and Ergonomics in Health Care*. June 2015

Stephen A Pearlman, M.D., MSHQS. Co-editor: "Quick Reference Guide to Neonatal Coding and Documentation-Second Edition." *American Academy of Pediatrics*. 2015.

Anthony Sciscione, D.O., et al. "Racial/Ethnic Standards for Fetal Growth: the NICHD Fetal Growth Studies." *American Journal of Obstetrical Gynecology*. October 2015.

Anthony Sciscione, D.O., et al. "Relationship of Early Pregnancy Waist-to-Hip Ratio versus Body Mass Index with Gestational Diabetes Mellitus and Insulin Resistance." *American Journal of Perinatology*. September 2015.

Anthony Sciscione, D.O., et al. "Antenatal Magnesium and Cerebral Palsy in Preterm Infants." *Journal of Pediatrics*. October 2015.

Anthony Sciscione, D.O., et al. SMFM Statement: "Benefit of Antihypertensive Therapy for Mild-To-Moderate Chronic Hypertension During Pregnancy Remains Uncertain." *American Journal of Obstetrics & Gynecology*. July 2015.

Presentations

John Emberger, BS, RRT-ACCS, FAARC, LSSBB. "How to Ventilate the Premature Neonate – What is the Evidence?" *Maryland/DC Society for Respiratory Care Annual Conference By the Sea*. September 2015.

Kristen Miller, Dr.PH., MSPH, Lorraine Adkins, BSN, RN, CIC, Michael Benninghoff, D.O., Carol Briody, MT (ASCP), CIC, Donna Casey, BSN, MA, RN, FABC, NE-BC, Nancy Davis, BSN, RN, CIC, Robert Dressler, M.D., MBA, Jill K. Kane, BSN, RN, CCRN, Amy Llewellyn, BSN, RN, CCRN, Vinay Maheshwari, M.D., Dannette Mitchell, MSN, APRN, ACNS-BC, CCRN, Badrish Patel, M.D., Carol Ritter, MSN, RN, CCRN, CNML, Maureen Seckel, APN, MSN, ACNS-BC, CCNS, FCCM, Sandy Wakai, MSN, RN,

CCRN, Kathleen Wroten, MSN, RN, CIC, and Marci Drees, M.D., MS. "Using the Comprehensive Unit-based Safety Program (CUSP) Model for Sustained Reduction in Hospital Infections." IDWeek 2015. San Diego. October 2015.

Jacqueline Ortiz, MPhil, "Language Access at Christiana Care. Healthcare Language Services Summit 2015. Phoenix, Arizona. October 2015.

Stephen A Pearlman, M.D., MSHQS. "They Can Handle the Truth: Disclosure of Medical Errors." District VI Perinatal Meeting. Chicago. September 2015.

Stephanie Rogers, BSN, RN. "GEM Project (Generating Equity for Our Mothers) Building Systems of Support for Breastfeeding in the City of Wilmington." CityMatCH Urban Maternal and Child Health Leadership Conference. Salt Lake City, Utah. September 2015.

Denise Taylor, MS, RD. "RDs Manage a Statewide Coalition to Prevent Heart Attack and Stroke - Million Hearts Delaware. Poster session at The Academy of Nutrition and

Dietetics, Food & Nutrition Conference & Expo. Nashville, Tennessee. October 2015.

At the INFORMS Annual Meeting. Philadelphia, November 2015:

- **Muge Capan, Ph.D., Stephen Hoover, Eric V. Jackson, Jr., M.D., MBA, David Paul, M.D., Robert Locke, D.O., MPH.** "Nurse Scheduling Optimization in the Neonatal Intensive Care Unit."
- **Tze Chao Chiam, Ph.D., Kristen Miller, Dr.PH., MSPH, Baily Ingraham Lopresto, MS.** "Data-driven and Analytical Approaches to Hospital Quality and Patient Safety."

At the Annual national meeting of the American Academy of Otolaryngology-Head & Neck Surgery, Dallas, Texas, Sept. 2015, **Robert Witt, M.D.**

- Thyroid Surgery 2015: Molecular Testing, Ultrasound, Neuro-Monitoring and the ATA Guideline. Panel moderator.
- Advances in the Management of Papillary Thyroid Cancer. Instruction Course.
- Minimally Invasive Surgical Techniques for Salivary Gland Neoplasms and Stones. Instruction Course.

Appointments

The Professional Advancement Council announced the following new RN III nurses:

Leslie Combs, 5E; Mary Kate Dunn, Christiana OR, **Andrea Kasprenski,** Christiana ED, **Ryan Miller, CVCCC, Cherie Ward,** Christiana ED.

Awards

The DAISY Award for Extraordinary Nurses: **Kate Armstrong, BSN, RN,** received award for the month of June.

Debra Lovejoy-Bland, BSN, RN, received the award for the month of July.

Meghan Phillips, BSN, RN-BC, received the award for the month of August.

Dana Stanitsky, BSN, RN, received the award for the month of September. ●

Best practice review

ADVANCE DIRECTIVES

Q. WHAT ARE THE NURSE'S RESPONSIBILITIES REGARDING ADVANCE DIRECTIVES?

- A. The nurse's responsibilities include:
- Upon admission, ask patients 18 years or older if they have an advance directive.
 - Document their response on the Advanced Directives Assessment in Powerchart.
 - If the patient has advance directives, determine if a copy is available in Powerchart or AccessAnywhere. If so, print and ask if this is the most recent copy. If obtained from AccessAnywhere, place copy in the HIMS scanning bin to be scanned into Powerchart.
 - Request patient or family bring the most recent copy of the advance directive to the hospital or outpatient setting to be scanned into the medical record if not available.

Q. WHAT ADDITIONAL RESOURCES ARE AVAILABLE FOR PATIENTS REGARDING ADVANCE DIRECTIVES?

- A. Additional resources available for patients include:
- The Five Wishes booklet, available on the patient care unit.
 - The Five Wishes video, viewable on the GetWellNetwork.
 - Patient Relations Department.
 - Department of Pastoral Services.
 - Department of Social Services.
 - Pain and Palliative Care Consultation Services.
 - Ethics Committee.
 - Patient's physician.

Q. WHAT IS THE FIVE WISHES DOCUMENT?

- A. Five Wishes is a comprehensive document that may be used as an advance directive to describe a patient's personal, emotional, spiritual and medical wishes. The Five Wishes include:
- Wish 1: The Person I Want to Make Health Care Decisions for Me When I Can't.
 - Wish 2: The Kind of Medical Treatment I Want or Don't Want.
 - Wish 3: How Comfortable I Want to Be.
 - Wish 4: How I Want People to Treat Me.
 - Wish 5: What I Want My Loved Ones to Know. ●

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 If you have questions about this Best Practice Review, contact the content experts: Donna Casey 733-2633 or Maureen Seckel 733-6023, or call the Safety Hotline 7233 (SAFE) from within Christiana and Wilmington hospitals. Outside call 623-7233 (SAFE).



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

Marketplace Insurance Enrollment Counseling

Nov. 1 through Jan. 31

Open enrollment for health care insurance launches 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.

ACCEL Innovative Discoveries Series



Fridays, Noon – 1 p.m. (lunch served) Value Institute, 2E56, John H. Ammon Medical Education Center

Nov. 6: John Culhane: "Vaccine Law and Policy: When Public Health and Individual Rights Clash."

Nov. 13: Joshua Metlay: "Improving Antibiotic Use and Learning How to Change Healthcare Systems."

Nov. 20: Anand Sarwate: "Data Sharing for Collaborative Healthcare Research: Privacy Issues and Potential Solutions"

Dec. 4: Sebastian Cioba: "Graph Theory and Network Medicine."

For more information, including registration and online viewing, visit <https://de-ctr.org>.

2nd Annual HVIS Conference

Saturday, Nov. 7, 7:30 a.m. – 1 p.m.

John H. Ammon Medical Education Center

"Go with the Flow," this year's exciting agenda includes:

- "Current State of Heart and Vascular Interventional Services."
- "Trends/Technological Advances in the Electrophysiology Lab."
- "Trending in Cardiac Catheterization Lab/Electrophysiology Labs."
- "What's Trending in Vascular Interventional Radiology."

Light breakfast and mid-morning refreshments are included. Register at <http://www.christianacare.org/HVISconference>.

Moving Freely Without Pain: Hands

Thursday, Nov. 12, 6 – 7 p.m.

John H. Ammon Medical Education Center

Your hands are an important part of who you are, how you communicate and how you perform your daily tasks. They should move freely without restriction or pain – sometimes they do not. Join orthopaedic surgeons and physical therapists for a discussion about hand pain and techniques and treatment options to help you get back to your best self. Call 800-693-2273 or visit <http://www.events.christianacare.org> to register.

Delaware Military Medicine Symposium 2015

Saturday, Nov. 14, 8 a.m. – 4:30 p.m.

John H. Ammon Medical Education Center

Topics include "Updates from the Field," global health and military operations, infectious diseases, prosthetics, TBI, suicide, addiction, sexual assault, maxillo-facial reconstructive surgery, coordination of care, and a panel discussion on local resources for active duty personnel, veterans and their families. Learn more at <http://www.delamed.org/>.

Medical Libraries Mobile Fairs

Thursday, Nov. 12, 10 a.m. – 2:30 p.m.

John H. Ammon Medical Education Center

Friday, Nov. 13, 10 a.m. – 2:30 p.m.

Wilmington Hospital Gateway Conference Center

The medical libraries will host a fair to promote mobile medical resources. Representatives from the libraries, mobile app vendors and Christiana IT Department will be available to answer questions and support in downloading the apps. Visit the Mobile Resources page on the Medical Libraries' intranet site to learn which mobile resources the library has available. For more information call 302-733-1164 or e-mail LibraryLink@christianacare.org.

Interested in a health care career, but not sure where to start?

Exploring Careers in Health Care

Thursday, Nov. 19, 5 – 7 p.m.

John H. Ammon Medical Education Center

Sponsored by the Christiana Care Learning Institute, this careers event provides students and adults the opportunity to learn about clinical and non-clinical careers in health care. While not a recruitment event, those who attend will have a chance to speak with representatives from Christiana Care and colleges and universities about different job roles.

Flu vaccination: one way we care for our neighbors

Christiana Care's annual influenza campaign is under way



Christiana Care's flu vaccine campaign demonstrates our commitment to optimal health by protecting the safety and health of our patients, many of whom already have weakened immune systems, as well as visitors, co-workers, volunteers and our families.

Each year in the United States, approximately 226,000 are hospitalized and 36,000 people die due to the flu. These are preventable deaths. Last year, the flu hit Delaware in record-breaking numbers with more than 2,300 lab-confirmed cases and 28 flu-related deaths.

The flu vaccine is the best protection against the flu. The Centers for Disease Control and Prevention recommend a yearly flu vaccine for everyone six months and older. Christiana Care's vaccine campaign consists of:

- Offering flu vaccine free of charge to all employees, Medical-Dental staff and other licensed practitioners (PAs, APNs) who care for patients in the hospital and volunteers.
- Requiring employees, Medical-Dental staff and volunteers to either be vaccinated or complete an exemption or declination form.
- Requiring masks to be worn by all non-vaccinated staff while in patient care areas.
- Distributing badge hang tags to those who are vaccinated.

Employee flu vaccination is one of the metrics we use in our Transformation Rewards Program. Our goal this year is to achieve a 90 percent vaccination rate. Health

I'm
Vaccinated

Christiana Care's employee flu vaccination campaign is about caring for our neighbors — and each other — by preventing the spread of influenza.



care worker influenza immunization rates are now included as part of the online hospital quality data available to consumers by the Centers for Medicare & Medicaid Service on <http://www.hospitalcompare.hhs.gov>.

"Prevention is the key to a healthier population, including our own at Christiana Care," said Tom Corrigan, executive vice president and chief financial officer. "Please join me in getting a flu shot!" ●

You and your health coach: a winning wellness team

Have you ever wished there was someone you could turn to for help when you want to make a healthy lifestyle change?

Meet Sandi Charney, the new health coach for Christiana Care Health System employees. Her role is to help colleagues who want to quit smoking, lose weight, start exercising or embrace other habits that will enhance their health.

A health coach is a wellness expert and supportive mentor who motivates individuals to cultivate positive health choices. The coach educates and supports employees so that they can achieve their health goals through positive adjustments in their lifestyles and behaviors.

Employees can reach out to Charney directly. Sometimes, nurses refer people who have illnesses that are related to lifestyle choices.

“Often they have hypertension or Type 2 diabetes and have had trouble losing weight,” Charney said. “We know that people who have these conditions benefit from achieving a healthy weight.”

Sandi has a master’s degree in exercise physiology and is a fitness enthusiast herself. She works out at the employee fitness centers at both the Christiana and Wilmington campuses because it’s an opportunity to get to know more of her colleagues.

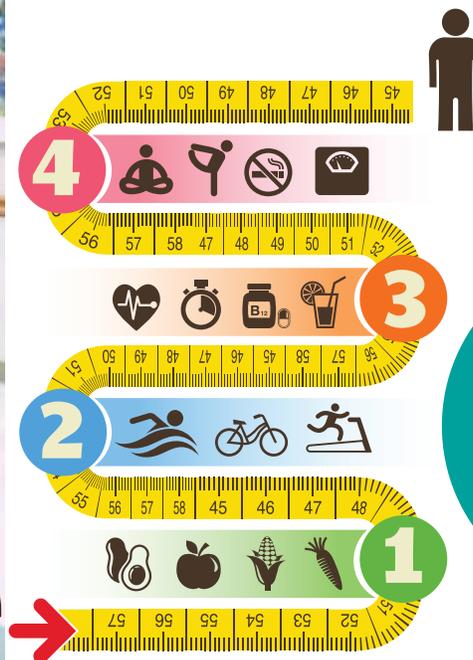
She notes that there are multiple benefits to regular exercise. “You will sleep better. Your stress will be lower,” she said. “Just because you don’t need to lose weight doesn’t mean you don’t need to exercise.”

She also can suggest programs that already are available to health system employees.

“For example, Christiana Care is a partner with Weight Watchers, so the meetings are convenient,” she said. “It’s a tried and true program that has helped many people to lose weight and keep the weight off.”

As the state’s leader in health care, Christiana Care is committed to maintaining a smoke-free environment and supporting employees in their efforts to kick the habit. Tobacco cessation is an important goal in adopting a healthy lifestyle.

There’s no fee for health coaching. There are no forms to fill out or claims to file. Plus, everything you discuss with your health coach is held in strictest confidence. Christiana Care employees and their spouses are eligible. ●



Give your health coach a call at 302-320-9321 or e-mail sandi.e.charney@christianacare.org.

Sandi Charney provides assistance to employees who want to make healthy lifestyle changes.

A wedding dress finds a heartfelt new purpose



Kim Petrella, BSN, RNC-OB, Lynn Caldwell, Kristen Mashongamhende, BSN, RNC-OB, Kathryn Brereton, BSN, RNC-OB, and Junior Board of Christiana Care Inc. member Marianne Ennis. All three nurses are members of the Labor, Delivery & Recovery Bereavement Council.

Lynn M. Caldwell, of Cecil County, Maryland, had heard about groups that accept donated wedding dresses to transform them into baptismal or burial gowns for infants who are deceased or critically ill at birth. Unable to find a national organization currently accepting donations, she reached out to Christiana Care.

She found a way to give back with the help of several team members in Patient Experience and Maternity, who connected her with Junior Board of Christiana Care Inc. member Marianne Ennis to help turn her donated wedding dress into infant gowns. The gowns will be used in support of patients and families through Christiana Care's Maternal/Child Bereavement Committee.

Caldwell shared that her own son was born at Christiana Care, and that her delivery was a wonderful experience. Her donation led to an even greater partnership — today she is a member of Christiana Care's Patient and Family Advisory Council. ●



Flu season is here!

By Kimberly Houck, PharmD and Diane Carroll, PharmD

The CDC is recommending that everyone 6 months of age and older who does not have contraindications receive the flu vaccine. Ideally, vaccination should begin before the onset of influenza activity in the community and continue to be given as long as viruses are active. Receiving the flu vaccine is especially important for people who are at high risk for developing flu related complications. Complications of the flu can include pneumonia, worsening of chronic health conditions, hospitalizations, and even possibly death.

People considered high risk for complications from the flu include:

- Children younger than 5 years of age.
- Adults 65 years and older.
- Pregnant women.
- Residents of long-term care facilities.
- American Indians and Alaskan natives.
- People who are morbidly obese.
- People with immunosuppression.
- People who have chronic medical conditions including diabetes or pulmonary, cardiovascular, neurologic, renal, hepatic or hematologic disorders.

The health system has seven types of influenza vaccines available for use this year:

PRODUCT	VIRUSES PROTECTED AGAINST	AGE GROUP	PRESERVATIVE CONTENT	LATEX CONTENT	PREGNANCY CATEGORY
Fluzone® (single dose syringe or vial)	Quadrivalent: H1N1 and H3N2 (influenza A types) and two types of influenzaB	≥ 36 months of age	Preservative free	Latex free	B
Fluzone® (pediatric single dose syringe, 0.25 mL)		6-35 months of age	Preservative free	Latex free	N/A
Fluzone® (multi dose vial)		≥ 6 months of age	Contains preservative	Latex free	B
FluMist® (single-intraNASAL)		2-49 years of age	Preservative free	Latex free	Contraindicated in pregnancy (live vaccine)
Fluzone High Dose® (single dose syringe)	Trivalent: H1N1 and H3N2 (influenza A types) and one type of influenzaB	≥ 65 years of age	Preservative free	Latex free	N/A
Flucelvax® (single-dose syringe)		≥ 18 years of age	Preservative free	Contains Latex (syringe cap)	B
FluBlok® (single-dose vial):		≥ 18 years of age	Preservative free	Latex free	B

Fluzone High Dose® will be used for all inpatients age 65 years and older who do not have a contraindication. The elderly are at greater risk of developing severe illness from influenza due to weakened immune defenses and a decrease in the body's ability to have a good immune response after getting the vaccine. The high dose formulation contains four times the amount of antigen contained in the regular flu vaccine which should help the body

produce more antibodies. Studies have shown the high dose vaccine elicits a higher immune response and is more effective in preventing the flu in adults 65 years of age and greater in comparison to the standard flu vaccine.

For people with a documented egg allergy, an algorithm will be followed to determine the type of flu vaccine that can be

CONTINUED

FLU SEASON CONTINUED

administered. The vaccine selection will be based on the type and severity of the egg allergy and may require an additional 30 minutes of monitoring after administration. The vaccines that will be used for those who have an allergy to egg or egg-containing products other than hives as the only reaction, will be Flublok® or Flucelvax®. Flublok®, a completely egg free recombinant vaccine will be used for those with a severe egg allergy. A severe allergy would include any of the following: hypotension, difficulty breathing, or a reaction requiring the use of epinephrine

or emergency medical attention. Flucelvax® will be used for those with a mild egg allergy such as rash other than hives or gastrointestinal symptoms such as nausea or vomiting.

Of the vaccines available for inpatient use, Fluzone® and Fluzone High Dose® will be ordered by nursing through the Influenza Vaccine Assessment form. The other influenza vaccines may be ordered by the prescriber through CPOE. ●

FORMULARY UPDATE—SEPTEMBER 2015

FORMULARY ADDITIONS

Medication – Generic/Brand Name	Strength/Size	Use/Indication	Comment
Aripiprazole Oral Solution	1 mg/mL	Treatment of selected psychiatric and CNS diseases	Generic formulation became available after brand product discontinued.
Gadoterate meglumine injection / Dotarem	0.5 mmol/mL 15 mL, 20 mL and 100 mL vials	Used with MRI to detect and visualize areas of disruption of the blood brain barrier and/or abnormal vascularity in the brain, spine and associated tissues	Distributed by Materials & Logistics Department
Human papillomavirus 9-valent vaccine / Gardasil 9	0.5 mL prefilled syringe	Prevention of several diseases associated with infection with HPV types 6,11, 16, 18, 31, 33, 45, 52 and 58	
Ivabradine / Corlanor	5 mg & 7.5 mg tablets	Reduce risk of hospitalization among subset of patients treated for systolic heart failure	
RomiPLOstim / Nplate	250 mcg & 500 mcg vials	Treatment of idiopathic chronic immune thrombocytopenia	Prescribing limited to hematologists

NEW MEDICATION POLICIES

4-Factor Prothrombin Complex Concentrate (Kcentra) Prescribing	Authorized prescribers expanded to include all hematologists and board-eligible or board-certified critical care attending physicians.
Ranolazine / Ranexa	The restriction on ranolazine prescribing has been rescinded.

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 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.

2nd annual health conference affirms that Every Woman Matters

The Every Woman Matters conference shared information about a variety of health topics, including mammography and cancer survivorship. More than 125 people attended the day-long event Oct. 17 at the John H. Ammon Medical Education Center.

The second annual conference was a collaboration involving the Helen F. Graham Cancer Center & Research Institute’s Community Health Outreach Department and community partners.

Mary Williams, RD, a Christiana Care registered dietitian, dispelled myths surrounding the benefits of vitamins and supplements, citing a lack of scientific evidence of their effectiveness and cautioning that most vitamins and supplements are not regulated.

Nora Katurakes, MSN, RN, OCN, community health outreach manager, said the conference offered something for everyone.

“We want women to know what resources we have,” Katurakes said. “For example, we want to help them understand what to expect when they go to imaging, or if they have to make a decision regarding breast reconstruction.”

Event sponsors included Christiana Care’s Women’s Health, The Breast Center, the sororities Alpha Kappa Alpha, Delta Sigma Theta, Sigma Gamma Rho and Zeta Phi Beta, Susan G. Komen for the Cure, Avon Foundation for Women, American Cancer Society, Sisters on a Mission, Delaware Breast Cancer Coalition and Cancer Support Community of Delaware. ●



Breast cancer survivors received a celebratory cupcake at the conference.