

# FOCUS

JUNE 2016 VOLUME 27, NO. 6 *Focusing on the people and initiatives that distinguish Christiana Care Health System*

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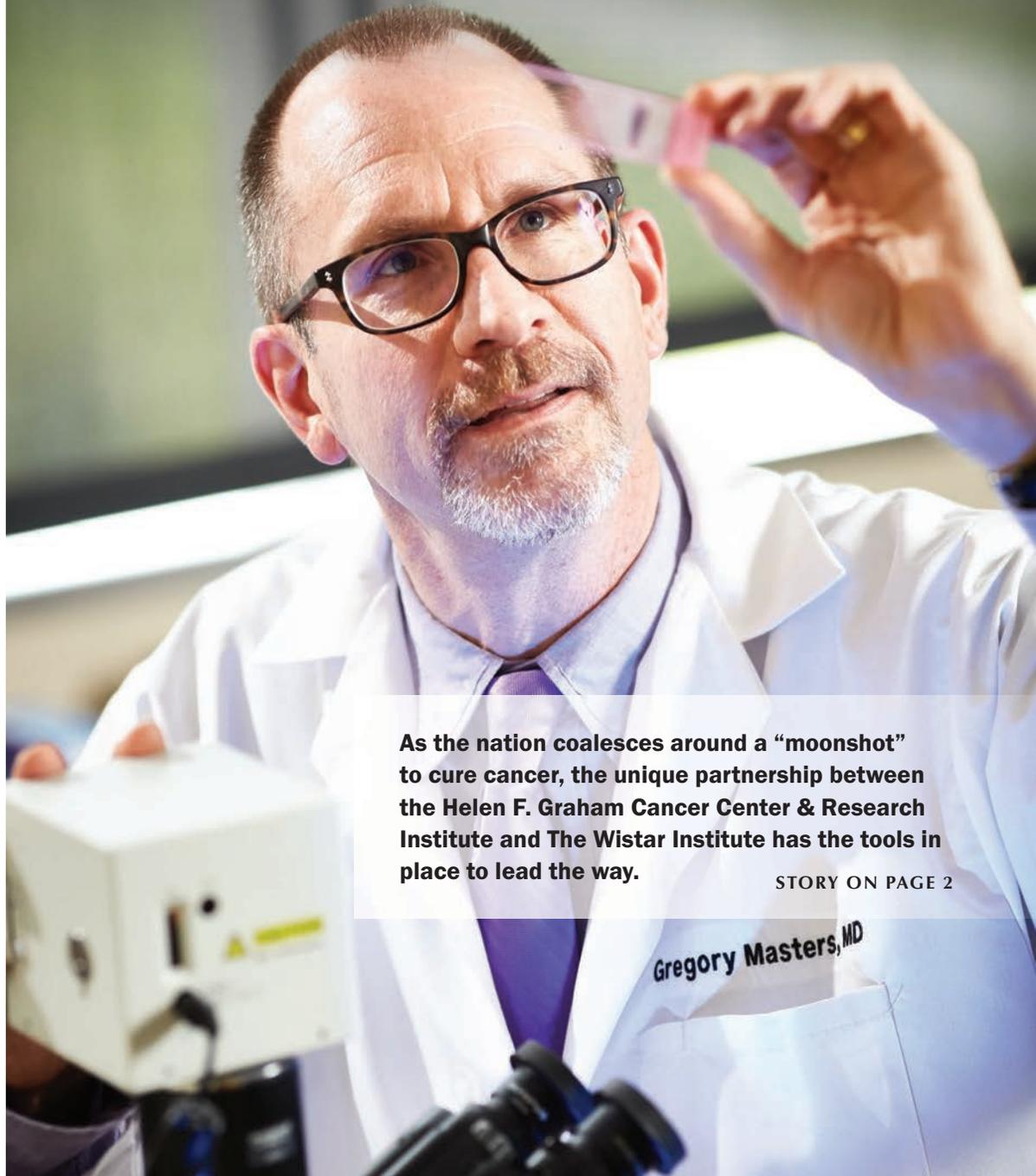
Champions of Service awards recognize those who give back to their community.

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Photo: Gregory Masters, M.D., principal investigator at the Graham Cancer Center, reviews genetic samples from the Tissue Procurement Center enabling researchers develop an accurate test that can confirm an early diagnosis of lung cancer.

## In nation's 'moonshot' quest to eliminate cancer, Delaware is positioned to lead



As the nation coalesces around a “moonshot” to cure cancer, the unique partnership between the Helen F. Graham Cancer Center & Research Institute and The Wistar Institute has the tools in place to lead the way.

STORY ON PAGE 2

Gregory Masters, MD

**THE CANCER MOONSHOT**

*“When we established this historic partnership, we envisioned our physicians joining with Wistar scientists to move translational research quickly into the community – and that is exactly what we are doing.”*

NICHOLAS J. PETRELLI, M.D., FACS  
BANK OF AMERICA ENDOWED MEDICAL DIRECTOR  
OF THE GRAHAM CANCER CENTER



Nicholas J. Petrelli, M.D., Bank of America endowed medical director of the Helen F. Graham Cancer Center & Research Institute, and Dario C. Altieri, M.D., president and CEO of The Wistar Institute and director of the Wistar Institute Cancer Center.

*Together, Wistar and the Graham Cancer Center are collaborating on projects targeting lung cancer, melanoma, ovarian cancer, breast cancer and more.*

When President Obama earlier this year announced the National Cancer Moonshot initiative, Christiana Care’s Helen F. Graham Cancer Center & Research Institute was already positioned to play a key role in the nation’s quest to eliminate cancer.

The Graham Cancer Center, an NCI Community Oncology Research Program, had already established a special partnership with The Wistar Institute, an NCI-designated research institute in Philadelphia. The unique relationship between these leaders in cancer care and research represents a new cancer center model that offers patients access to more innovative research, earlier-phase clinical trials and better care.

“The whole idea of the moonshot is to move research along rapidly so that we can move forward in cancer care,” said Nicholas J. Petrelli, M.D., FACS, Bank of America endowed medical director of the Graham Cancer Center. “When we established this historic partnership, we envisioned our physicians joining with Wistar scientists to move translational research quickly into the community — and that is exactly what we are doing.”

The Graham Cancer Center excels at applying the benefits of research to patient care.

“Our accrual rate is anywhere from 18 to 22 percent — that’s six to seven times the national average,” Dr. Petrelli said. The national accrual rate for NCI clinical trials — the percentage of patients receiving the most advanced care through enrollment in cancer clinical trials — is approximately 3 percent. “Translational research means bringing bench research to patient care, and we are able to do that at a high rate and in a short period of time.”



**Bringing unique strengths to a vital partnership**

The Graham Cancer Center is a national leader in advancing the leading edge of cancer research, eliminating cancer disparities in community care and providing the benefits of advanced clinical trials to patients. Eighty-five percent of all cancer care in the United States is provided through community-based hospitals, and the Graham Cancer Center cares for some 3,200 new cancer patients each year.

The Wistar Institute, the nation’s first independent institution devoted to medical research, is an international leader in basic biomedical cancer research. Together, Wistar scientists and Graham Cancer Center physicians are collaborating on translational research projects targeting lung cancer, melanoma, ovarian cancer, breast cancer and more.

“This partnership enables a whole spectrum of collaborative bench-to-bedside cancer research,” Dr. Petrelli said.

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The relationship spans a wide variety of research areas.

“Programs like the Moonshot, which are truly meant to transform how we care for cancer patients in the 21st century, can only be successful through collaboration,” said Dario C. Altieri, M.D., president and CEO of The Wistar Institute.

“By bringing together scientists and clinicians in this unique model of collaboration with the Graham Cancer Center, we have created the conditions to make available the most significant advances in cancer research to our communities and neighborhoods.”

For example, Christiana Care offers a lung-screening program using low-dose CT scans, which has helped to lower the mortality rate for lung cancer by 20 percent. Recently, after a Wistar research scientist discovered a biomarker for detecting early lung cancer via a blood sample, Christiana Care began applying that biomarker to its screening program.

“We already have a cohort of 178 patients statewide,” Dr. Petrelli said. “Because of our relationship with Wistar, this has gone from bench to bedside very rapidly.”

In another trial, the Graham Cancer Center and Wistar are collaborating on investigating a targeted therapy for advanced metastatic melanoma. That research is looking at myeloid-derived suppressor cells, a group of immune cells that expand in pathological situations such as chronic infection and cancer.

One of the Graham Cancer Center’s important research resources is the Tissue Procurement Center. As part of one of the nation’s largest community-based health systems at Christiana Care, the Graham Cancer Center has been able to preserve, clinically annotate and make available for research a large tissue bank of widely diverse patient specimens through the Tissue Procurement Center. It contains more than 5,000 high-quality tissue and

blood samples from patients with lung, breast, colorectal, head and neck, ovary, brain and other cancers. The Graham Cancer Center has been a biospecimen collection center for the National Institutes of Health Cancer Genome Atlas project.

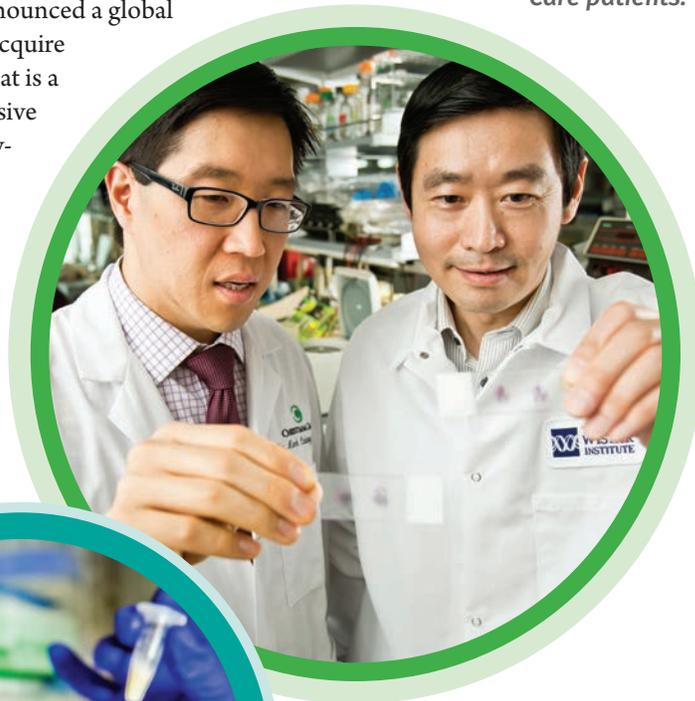
The Tissue Procurement Center is a resource that has proved highly valuable to Wistar researchers. “We’ve already been able to provide some 600 blood and tissue specimens to our scientists at The Wistar Institute,” Dr. Petrelli said.

Some of those tissues helped a Wistar scientist to identify a panel of biomarkers circulating in the blood that could detect lung cancer in high-risk patients. The research is so promising that OncoCyte, a developer of new, non-invasive products for cancer detection, announced a global licensing agreement to acquire commercial rights to what is a revolutionary, non-invasive blood test to detect early-stage lung cancer.

“The hope is that this test can confirm a patient’s diagnosis and address the high false-positive rate obtained via low-dose computed tomography, currently the gold standard for early lung cancer diagnosis,” Dr. Petrelli said. If successful scientific results are achieved, OncoCyte will work with Wistar to fully validate the test in 2016 and set up its commercial launch.

CONTINUED

*A newly discovered blood test for detecting early lung cancer is being used to screen Christiana Care patients.*



*The Tissue Procurement Center makes available to researchers high-quality samples from cancer patients.*

THE CANCER MOONSHOT CONTINUED



*The High-Risk Familial Cancer Registry houses data from more than 6,600 families and more than 260,000 individuals.*



*Researchers at the Gene Editing Institute are making discoveries that will revolutionize cancer treatment.*

The need for an effective early diagnostic tool is especially dire in lung cancer, where patients have an 80 percent chance of five-year survival after diagnosis in the earliest stages, but only a 1 percent chance if found in stage IV, when it is commonly diagnosed and difficult to treat.

The Graham Cancer Center also brings to the Wistar partnership the resources of its statewide High-Risk Familial Cancer Registry, one of only three such state registries in the U.S. The registry houses data from more than 6,600 families representing more than 260,000 individuals whose genetic makeup puts them at high risk for cancer. The registry program, which also offers education, screening, genetic counseling and gene testing for the families, provides a core resource for future genetic, environmental and epidemiological research.

**Advancing the frontiers of cancer research**

Through its Gene Editing Institute, the Graham Cancer Center is also distinguished as a leader in personalized genetic medicine. Led by world-renowned molecular biologist and gene-editing

pioneer Eric Kmiec, Ph.D., the Gene Editing Institute is unlocking the genetic mechanisms that drive cancer and that can lead to revolutionary new therapies and treatments.

These efforts include developing the next generation of precise genetic tools, such as CRISPR (clustered regularly interspaced short palindromic repeats) and TALENs (transcription-activator-like effector nucleases), which can manipulate and control genetic material to help develop revolutionary new cancer therapies and pharmaceuticals. By using these methods of cutting DNA, researchers can remove a mutated gene and insert a normal gene into the DNA.

In a breakthrough discovery, researchers at the Gene Editing Institute found that combining CRISPRs and single-stranded DNA oligodeoxynucleotides — short strands of synthetic DNA — greatly enhances the precision and reliability in editing the human genome. With this combination, researchers are better able to identify and develop innovative therapies and pharmaceuticals to revolutionize cancer treatment.

“You can also recreate a genetic mutation in cell lines,” Dr. Petrelli explained, “then test those cell lines with new drugs as a rapid way to drug discovery. Wistar is into the research of new drug discovery, so this is another good way of partnering with them.”

Programs like these, Dr. Petrelli said, are just a sample of what can be accomplished with a partnership like the one between the Graham Cancer Center and The Wistar Institute.

“Both institutions are committed to a unique model of innovation in merging the strengths of an NCI basic-science center and a large hybrid academic community cancer center,” Dr. Petrelli said. “That’s why, in a very short period of time, the partnership has been so successful. This is the first collaboration of its kind in the U.S. It is the sort of partnership that is needed to make substantial contributions to the Cancer Moonshot, and it’s happening first here in Delaware, the First State.” ●

## Be a caring partner in your own health and wellness

By Alisa Carrozza, M.S., Wellness Program coordinator



**A**s leaders in health care, we are all committed to The Christiana Care Way, serving our neighbors as respectful, expert, caring partners in their health.

But employees need to take care of themselves, too. We are our neighbors in the workplace. We need to take responsibility as partners in our own health and wellness.

We know from employee feedback that stress is a source of concern. We also know that many of us are overweight. So, in developing wellness programs based on employee needs, we ask ourselves important questions. How can we help people at work to deal with stress? How can we support colleagues who want to lose weight?

Exercise can help us to relieve tension. Working out also burns calories. And we can reduce the number of calories we take in by learning to plan and prepare healthy meals, foods that are high in nutrients and fiber, and low in fats and sodium.

As people who are committed to helping others achieve optimal health, we listen to patients and their families. As colleagues, shouldn't we also be focused on attaining optimal health for ourselves?

We don't have any say as to our genetics, our family medical history. But we do have control over our lifestyle. That includes our diet, our level of physical activity and our behaviors, such as quitting smoking, limiting our intake of alcohol and avoiding substance abuse.

Since July 2015, our on-site employee fitness centers have been available without charge, removing what might have been a barrier to access. Since then, membership enrollment has tripled.

If we want to lead fitter lives, it's all laid out here for us. There is an indoor and outdoor walking trail at Christiana Hospital as well as walking trails at other sites.

Foods in the cafeteria are marked with fat and sodium content so we can evaluate various meals and make wise choices. Ask yourself, how do I want to fuel my body? We can learn more about diet, exercise and stress management on the employee Wellness website.

You don't have to guess about how well you are doing. There are tools for us to track and validate our progress. Wellness goals should be realistic, attainable and measurable.

Still, it's up to us to take responsibility. Just because programs are available at work doesn't mean that everyone who is eligible automatically benefits. To gain the positive effects of programs and opportunities we have to take advantage of them.

It's just like that treadmill you own at home. If it's gathering dust in the basement it isn't doing you any good. But if you put on your favorite half-hour sitcom and watch it as you walk or jog on that treadmill you are going to get somewhere.

Getting rest is a priority, too. Even if you feel that you need to get more done, that there aren't enough waking hours in a day, give yourself permission to get eight hours of sleep each night. Your body and your brain will thank you for it.

That's one of the great things about regular exercise and healthy eating. It's truly effective and affordable once we establish those healthy habits. Taking the stairs instead of the elevator doesn't cost a dime.

You can personalize your wellness plan to accommodate your work day. Even taking regular, five-minute breaks to stretch or take a quick walk can make a difference. The key is to be consistent and exercise for a total of at least 30 minutes a day. Take time to purposefully pump your heart, 100 squeezes a minute or more. Being mindful of a daily commitment to wellness will lead you to a healthier lifestyle.

As Christiana Care colleagues, we value personal integrity. Think about yourself with integrity. Take care of the body that carries your brain.

When you deliver oxygen to more parts of your body you move better. You think better, too. You want to be able to pick up your sunglasses when you drop them, to reach for that upper cabinet.

I can tell you personally that I am never sorry that I exercised. Every time I leave the gym, I am so glad I went. So many colleagues tell me they feel the same way.

Spending time and effort to keep ourselves well is important. Being our best selves empowers us to take better care of others. Being partners in our own health is truly The Christiana Care Way. ●

## Clinical Pathways website now available

By Ken Silverstein, M.D., MBA, Chief Clinical Officer



The development, implementation and consistent use of clinical pathways are keys to our strategy to achieve our strategic aims of Optimal Health, Exceptional Experience and Organizational Vitality. Clinical pathways help us to ensure that we provide the right care to every patient at the right time, and with the right people involved. And they help to reduce risk of harm and eliminate the wasteful use of resources that can occur due to unnecessary variations in care.

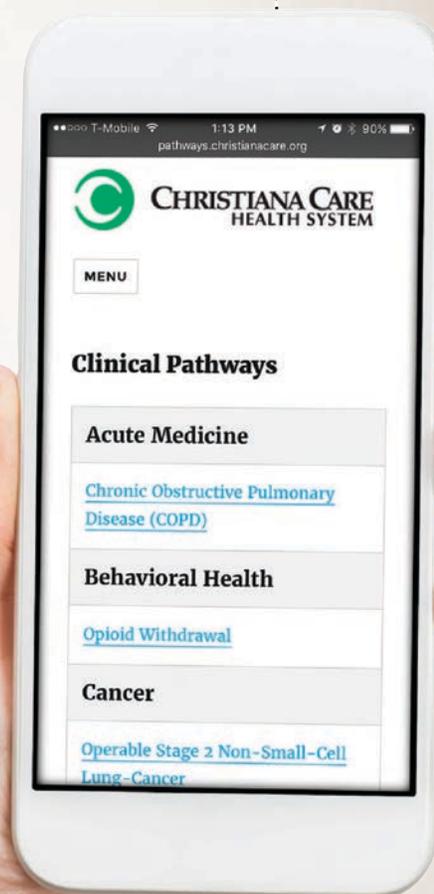
Through the diligent work of our service lines and essential services, the first nine clinical pathways have officially launched under this new model, and they can be accessed now through the website <http://pathways.christianacare.org>. This website — the online library of our clinical pathways —

is a new resource for our health care providers and partners both inside and outside of our organization. It is optimized to be easily viewed on PCs, tablets, smartphones and other mobile devices. I encourage you to visit it today and bookmark it on your phone or iPad. Links to the website also have been added to the intranet portals and to the “For Physicians” section of Christiana Care’s consumer website.

As this online library of pathways grows, and as we and our colleagues learn to employ clinical pathways in the daily work of caring for our neighbors, it will become an important tool spanning the continuum of care, creating new opportunities for us to positively impact the health of everyone we serve.

In addition to this new website, we continue to update and develop new pathways, and to embed the pathways into our existing and emerging tools and processes of care.

Thank you to everyone who has been involved in this process, which represents a new chapter in our journey of Advancing the Christiana Care Way.●



<http://pathways.christianacare.org>

## Former Congresswoman Gabrielle Giffords tours Christiana Hospital's Trauma Center and VEST Center



Sandra Medinilla, M.D., medical director of violence prevention at Christiana Care, shows former Congresswoman Gabrielle Giffords one of Christiana Hospital's trauma bays.

Former Congresswoman Gabrielle Giffords and her husband, astronaut Capt. Mark Kelly, USN (Ret.), toured Christiana Hospital's Level 1 Trauma Center and Virtual Education & Simulation Training Center on March 27.

Giffords survived a gunshot wound to her head as a victim of a 2011 shooting rampage in Tucson, Arizona, that left six people dead and 13 wounded. Due to the challenging recovery from the brain damage caused by the bullet, Giffords resigned from her House seat and, along with Kelly, now runs Americans for Responsible Solutions, a national organization that advocates for common-sense gun-control legislation. Giffords and Kelly were accompanied by leaders of the Delaware Coalition Against Gun Violence, which included former State Sen. Liane Sorenson and former New Castle County executive Dennis Greenhouse.

Giffords and Kelly met with Janice Nevin, M.D., MPH, president and CEO of Christiana Care, Ken Silverstein, M.D., MBA, chief clinical officer, and other senior leaders and members of Christiana Care's trauma team.

During the meeting, Sandra Medinilla, M.D., medical director of violence prevention, shared Christiana Care's violence-prevention programs, which include the You Only Live Once (YOLO) program, in partnership with Christiana Care's Virtual Education & Simulation Training Center.

YOLO sparks discussion with Delaware youth about ways to mediate conflict and promote peace in their community. It does

so by exposing them to the realities of gun violence, as a team of trauma nurses and physicians simulate the resuscitation of a gunshot-wound victim. The scenario is based on a true story.

Giffords and Kelly also learned about the trauma team's violence-prevention videos, which are part of an educational effort to dissuade young people from resorting to violence to solve problems, and Christiana Care's active involvement in the U.S. Centers for Disease Control & Prevention's Community Advisory Group, which aims to identify at-risk youth in the city of Wilmington and surrounding areas to provide early interventions before they resort to violence.

Following the meeting, Susan Coffey Zern, M.D., CHSE, director of Simulation Education, led Giffords and Kelly on a tour of the simulation center, and Linda Laskowski-Jones, MS, APRN, ACNS-BC, CEN, FAWM, FAAN, vice president of Emergency & Trauma Services, led a tour of Christiana Hospital's Emergency Department.

Christiana Care's trauma team cares for more than 4,000 patients each year for every aspect of injury, from prevention through rehabilitation. ●



Astronaut Capt. Mark Kelly, USN (Ret.), his wife, former U.S. Rep. Gabrielle Giffords of Arizona, and Janice E. Nevin, M.D., MPH, president and CEO of Christiana Care Health System.

## New four-story garage to significantly increase parking at Christiana Hospital



The new, four-story parking garage will be at the main entrance to Christiana Hospital on the current site of parking lot B.

*“The decision to build this new garage speaks directly to our commitment to increasing access to care and creating an exceptional experience for our patients and visitors.”*

SHARON KURFUERST, ED.D., OTR/L, FACHE, FAOTA, FABC, SENIOR VICE PRESIDENT, HEALTH SERVICES OPERATIONS

Construction begins June 27 on a four-level, 700-space garage for patients and visitors on the Christiana Hospital campus directly at the main entrance to the hospital. The garage, planned in consultation with Christiana Hospital’s Patient and Family Advisory Committee, is expected to open in June 2017, increasing access and convenience for patients and families.

“The decision to build this new garage speaks directly to our commitment to increasing access to care and creating an exceptional experience for our patients and visitors,” said Sharon Kurfuerst, Ed.D., OTR/L, FACHE, FAOTA, FABC, senior vice president, Health Services Operations. “This garage will increase patient and visitor parking on campus as close as you can get to the front door. This is, without question, the safest, most ideal location for the convenience of patients and visitors.”

The new garage, on the current site of Lot B, will complement the architectural design and brick façade of the hospital and will feature a covered walkway to the main entrance, said Patrick Fugeman, vice president, Design and Construction.

The garage’s “flat-plate” design eliminates parking on sloping ramps, and energy-efficient LED lighting will enhance comfort and safety, said Fugeman. As another added convenience, campus shuttles and DART buses will be able to pull directly into the garage to drop off and pick up passengers.

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T I M E L I N E

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June 13

New covered employee parking deck opens in Lot F; temporary employee lot at the Route 4 entrance to the hospital campus converts to a valet lot.

June 20

Prep work begins for patient and visitor garage. Additional handicapped spaces created in Lots A and C. The gated section of Lot A, currently used for employee parking, will become a patient and visitor lot during construction. Spots in Lot C currently reserved for valet parking will be designated for patient and visitor parking during construction.

June 27

Lot B closes for garage construction. Free valet service for patients and visitors expands from 6 a.m. to 9 p.m. on weekdays; 9 a.m. to 6 p.m. on Saturdays. Valet service is not currently offered on Sundays but will be continuously evaluated during construction. Courtesy shuttle service will increase from surface lots.

2 0 1 7

June

Four-story, 700-space patient and visitor parking garage opens.

Throughout project

Campus roads will remain open but some lanes may be re-directed.



**Amenities for patients and visitors during the garage project will minimize disruption:**

- **Free valet service for patients and visitors expands** from 6 a.m. to 9 p.m. on weekdays; 9 a.m. to 6 p.m. on Saturdays; valet service closed on Sundays.
- **Consistent and reliable courtesy shuttles transport guests from clearly marked shuttle stops** at Lots B and C to the main entrance and The Center for Heart & Vascular Health (E-Tower) entrance.
- **Self-park:** Free patient and visitor parking will continue to be available in Lot A near the Women and Children's building, parts of Lot B and in Lot C, in front of the hospital near the Ammon Center. Courtesy shuttles will circle Lots B and C frequently to bring you directly to the main entrance and The Center for Heart & Vascular Health (E-Tower) entrance. Look for designated, clearly marked shuttle stops.
- **Handicapped parking:** Drivers or passengers relying on handicapped parking are encouraged to use our free valet service at the main entrance during construction. For those who prefer to self-park, handicapped spaces are designated in Lots A and C.
- **Lots remain open for patients and visitors** entering Medical Arts Pavilions 1 and 2, the Christiana Surgicenter and the Helen F. Graham Cancer Center & Research Institute.

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*“As former patients, family members and employees ourselves, advisers are the voice of the patient in many types of important decisions, including this new parking garage.”*

MAUREEN STARR  
MEMBER, PATIENT AND FAMILY ADVISORY  
COMMITTEE

**Christiana Hospital’s Patient and Family Advisory Committee provided valuable insight about both the need for a garage and in determining its location.**

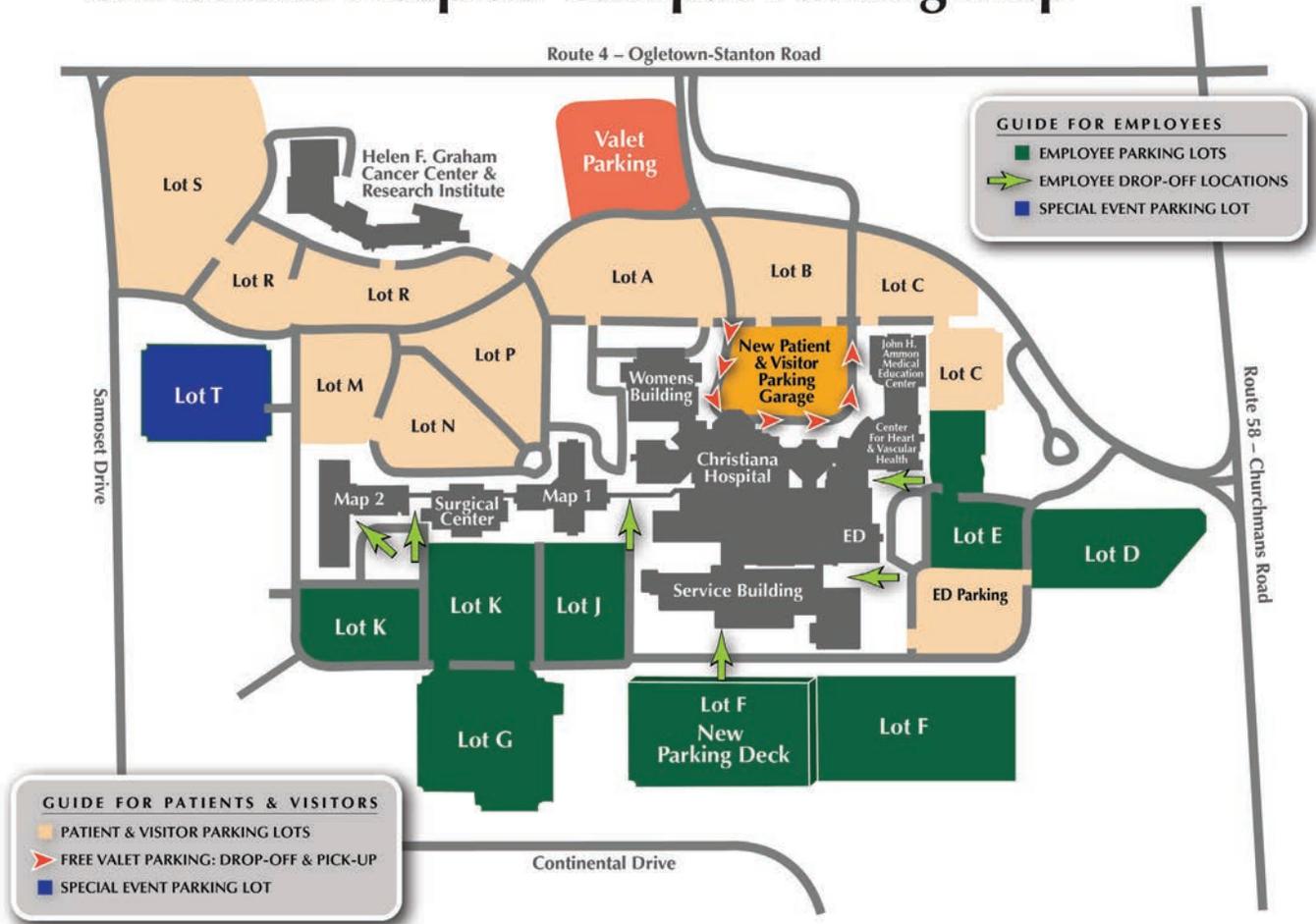
“As former patients, family members and employees ourselves, advisers are the voice of the patient in many types of important decisions, including this new parking garage,” said adviser Maureen Starr, a retiree and former patient, who comes from a family of Christiana Care employees. “We all agree that this garage has been needed for a long time,” she said, adding that it’s an important step in better serving patients and visitors.

The Christiana Care Board of Directors approved the dual-phase parking project in July 2015. The garage is part of an approved record plan with New Castle County, which also included the future construction of the Women & Children’s transformation project and the newly built employee parking deck at Lot F opening June 13.

“As the Christiana Hospital campus expands, additional surface parking is simply no longer practical,” said Robert Mulrooney, vice president, Facilities and Services. “We are very appreciative of the Board’s support to be able to move forward with offering convenient, free garage parking to our patients and visitors as close as possible to the main hospital entrance.”

“The temporary inconvenience of construction will lead to a long-term solution that will help us better serve patients and visitors for years to come,” Mulrooney said. “The extraordinary people of Christiana Care have done this before, and we can do it again. That is The Christiana Care Way.” •

## Christiana Hospital Campus Parking Map





## HOW EMPLOYEES CAN WARMLY WELCOME PATIENTS AND VISITORS DURING CONSTRUCTION

*“The extraordinary people of Christiana Care have done this before, and we can do it again. That is The Christiana Care Way.”*

ROBERT MULROONEY  
VICE PRESIDENT, FACILITIES AND SERVICES

Employees will play a key role in ensuring that disruptions are minimal during construction of the new patient and visitor garage. Employees can help by parking only in designated employee spaces — including the new parking deck at Lot F — and by avoiding being dropped off or picked up at the main hospital or E-Tower entrances.

Approved alternative employee drop-off and pick-up locations are:

- Ambulance entrance between E-Tower and the Emergency Department.
- Entrance next to Textiles at the bottom of the fire lane.
- Lot F entrance.
- Ambulance entrance next to the MRI.
- MAP 2 employee entrance.

Employees visiting the Christiana Hospital campus for meetings and events, including those in the John H. Ammon Medical Education Center, are reminded to park only in designated employee lots and not to park in patient and visitor lots.

**To follow progress and to learn more, visit [www.christianacare.org/parking](http://www.christianacare.org/parking).**

## Mini-Medical School partnership expands health literacy in the First State



Ina Li, M.D., medical director of Clinical Geriatrics, discusses the physical differences between the healthy brain and a brain of a person who had Alzheimer's disease, at the final 2016 Mini-Med session sponsored by Christiana Care and the Delaware Academy of Medicine/Delaware Public Health Association.

As she settled into the final class of the Delaware Mini-Medical School for 2016, Carol R. Ford of Talleyville was eager to learn what to expect as she ages.

"You can't beat the information you get and what the instructors teach you," said Ford, who has attended the free series of lectures at the John H. Ammon Medical Education Center the last three years. "Tonight is all about geriatrics."

She encouraged friends and family to sign up to learn what it means to have heart failure or what kind of toll stress takes on the body — two of the topics covered in the six-week series. Ford is not alone in finding the classes valuable.

"With medicine there is so much to learn, and everything is always changing," said Marilyn Powers of Hockessin. "Anything you can learn is helpful."

The Mini-Medical School is a partnership between Christiana Care and the Delaware Academy of Medicine/Delaware Public Health Association to achieve greater health understanding and literacy in the First State. Similar programs have been popular around the nation, said Timothy Gibbs, MPH, executive director of the Delaware Academy of Medicine/Delaware Public Health Association. The ninth round of classes, which drew between 117 and 160 students each night, concluded April 14.

The classes are designed to impart in-depth medical information without academic pressure. There are no tests or grades. This year's classes were taught by Christiana Care clinicians and a University of Delaware professor. The content is much like that of medical school, though no previous medical training is required.

However, many of the younger attendees are thinking about medicine as a career.

Anthony Farmah of Sharon Hill, Pennsylvania, certainly is. He is completing his undergraduate studies and working as a surgical technologist. "These classes are a great opportunity because I am interested in neurosurgery and going to medical school," said Farmah, who is 32.

Alexis Paulino, a junior at Caravel Academy, feels similarly. "I am interested in becoming a nurse and thought this was a good way to learn some of my options," she said. "And I am learning a lot."

Each year students make suggestions for topics they would like covered the next year. This year's classes on drugs, alcohol, addiction and concussions were suggested by students in 2015. Mark Lanyon, Ph.D., program manager with Project Engage, taught the class on

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## 24 physicians named Top Docs by Philadelphia magazine

Twenty-four physicians from Christiana Care's Medical-Dental Staff have been named to Philadelphia magazine's "Top Doctors" list for 2016. Physicians on the list were nominated by their professional peers, with final selection by Castle Connolly Medical Ltd.

These year's list, featured in the May issue, recognizes the following physicians for their outstanding work and expertise in their specialties:



### 2016 Philadelphia magazine Top Doctors

#### Cardiovascular Disease

Michael Kostal, M.D.

George Moutsatsos, M.D.

Mitchell Saltzberg, M.D.

#### Family Medicine

David Driban, M.D.

Omar Khan, M.D.

Jon C. Yeagan, M.D.

#### Gastroenterology

David R. Beswick, M.D.

Scott M. Meyerson, M.D.

#### Geriatric Medicine

Ina Y. Li, M.D.

#### Gynecologic Oncology

Mark E. Borowsky, M.D.

#### Hematology

R. Bradley Slease, M.D.

#### Internal Medicine

David Maleh, M.D.

#### Medical Oncology

David D. Biggs, M.D.

Gregory A. Masters, M.D.

#### Obstetrics and Gynecology

Matthew Fagan, M.D.

#### Orthopaedic Surgery

Peter F. Townsend, M.D.

#### Otolaryngology

Kieran Connolly, M.D.

#### Pain Medicine

Phillip Kim, M.D.

#### Pediatrics

Neal B. Cohn, M.D.

Robert Walter, M.D.

#### Plastic Surgery

Joseph Napoli, M.D., DDS

#### Radiation Oncology

Jon Strasser, M.D.

#### Thoracic and Cardiac Surgery

Ray Blackwell, M.D.

#### Surgery

Velma P. Scantlebury, M.D.

#### MINI-MEDICAL SCHOOL CONTINUED

addiction, and Kristopher Fayock, M.D., assistant director of the Sports Medicine Fellowship, addressed concussions.

The last speaker in this year's series was Ina I. Li, M.D., director of Clinical Geriatrics and program director for Christiana Care's home visiting program. Students praised her engaging lecture style.

Dr. Li pointed out that aging is a process but not a disease, and that there are healthy ways to age.

"Most organ systems lose function at 1 percent a year starting at around age 30," Dr. Li said. "Muscle strength declines with age as well."

However, she pointed out that the fastest-growing segment of the population is 85 and older. "We have better drugs, better interventions and people are taking better care of themselves," she said. "In general we are living longer." ●



Mini-Med School participant Carol R. Ford of Talleyville was eager to learn what to expect as she ages.

## Imagine Delaware forum highlights Christiana Care's efforts to curb diabetes



Imagine Delaware panelists M. James Lenhard, M.D., FACE, FACP, medical director of Christiana Care Health System's Metabolic Health Services, receives praise from Patrice A. Harris, M.D., the incoming board chairman of the American Medical Association, for excellent work in diabetes care.

Christiana Care partnered with the News Journal to jointly sponsor a special community forum at Cab Calloway School of the Arts in Wilmington focused on combating diabetes.

Part of an ongoing series of issues-oriented forums, the "Imagine Delaware" community talks have resonated with Delawareans. The Imagine Delaware forums are designed to educate members of the public as well as learn from them, improve the health and welfare of Delawareans, and attract influential leaders throughout the state and region.

Addressing a crowd of more than 500 people, Christiana Care Chief Transformation Officer Edmondo J. Robinson, M.D., MBA, FACP, noted that Christiana Care "strives to achieve optimal health for every member of the

community, an exceptional experience for those we care for, and to be fiscally responsible so that we can reinvest in our community."

"Diabetes can only be solved by us working together as a community," said Dr. Robinson, who is leading a dramatic transformation of the way Christiana Care provides care by expanding the use of innovative delivery models focused on health, wellness and community-based care.

The forum included a panel that featured international diabetes expert M. James Lenhard, M.D., FACE, FACP, medical director of Christiana Care's Metabolic Health Services, which includes the Diabetes & Metabolic Diseases Center, the Diabetes & Metabolic Research Center and Christiana Care's Weight Management Center.

Although diabetes can lead to heart problems, nerve damage, blindness and amputations if left uncontrolled, Dr. Lenhard reinforced throughout the evening that many people can avoid or control diabetes through healthy eating and a balanced diet.

"I hope to drive two messages home tonight," said Dr. Lenhard, who has authored or co-authored 52 original reports on diabetes care and research in peer-reviewed journals. "The first one is that adopting a healthy lifestyle is a key factor in managing diabetes. Diabetes can be controlled.

"And for many people, adopting a healthy lifestyle may help them avoid diabetes altogether. Diabetes can be prevented."

*"I hope to drive two messages home tonight. The first one is that adopting a healthy lifestyle is a key factor in managing diabetes. Diabetes can be controlled."*

M. JAMES LENHARD, M.D., FACE, FACP  
MEDICAL DIRECTOR, CHRISTIANA CARE'S  
METABOLIC HEALTH SERVICES

The forum followed two days of coverage by the News Journal on the impact of diabetes on the state and the nation. The percentage of Delawareans with diabetes has doubled to 11 percent in the last two decades.

Throughout the forum, Christiana Care was lauded for both for its work in combating diabetes and outreach to the community, and its work to help prevent people from developing diabetes.

Delaware Department of Health and Social Services Secretary and Imagine Delaware panelist Rita Landgraf spoke about the State Innovation Model multi-

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million-dollar grant that Christiana Care helped secure, designed to transform and improve the entire health care delivery system in Delaware.

“We are very thankful for Christiana Care, St. Francis Healthcare and other nonprofit health systems for really stepping up to help people understand how to prevent diabetes and prediabetes,” Landgraf said.

Imagine Delaware panelist Patrice A. Harris, M.D., the incoming board chairman of the American Medical Association, also praised Christiana Care for its work. “Christiana Care was one of the first health systems we worked with to combat diabetes,” she said.

Several patients in the audience referred to Dr. Lenhard as the “King of Diabetes Care in Delaware” for the expert help he has provided to them and their families.

“I thank Dr. Lenhard for his great medical help,” said one patient through tears to the entire audience. “I wouldn’t be here without him.”

Christiana Care’s reputation as a national leader in diabetes care was reinforced when Henry Weiner, M.D., FACC, associate section chief for quality and safety for Christiana Care Cardiology Consultants, recently was selected to participate in a diabetes prevention planning meeting held by U.S. Department of Health

& Human Services Secretary Sylvia Mathews Burwell. Christiana Care was the only hospital health system invited to the planning meeting, which was held in advance of a national news conference to announce that U.S. Centers for Disease Control and Prevention-approved diabetes prevention programs will be covered by Medicare.

Christiana Care teams and services participated in a health fair prior to the forum which was attended by hundreds of people who later attended the forum.

Among those participating were: the Center for Heart & Vascular Health Blood Pressure Ambassadors, the Department of Medicine endocrinology section, the Department of Orthopaedic Surgery podiatry services, Metabolic Health Services, Weight Management, Nutrition Services, School-Based Health Centers and Wound Care. ●



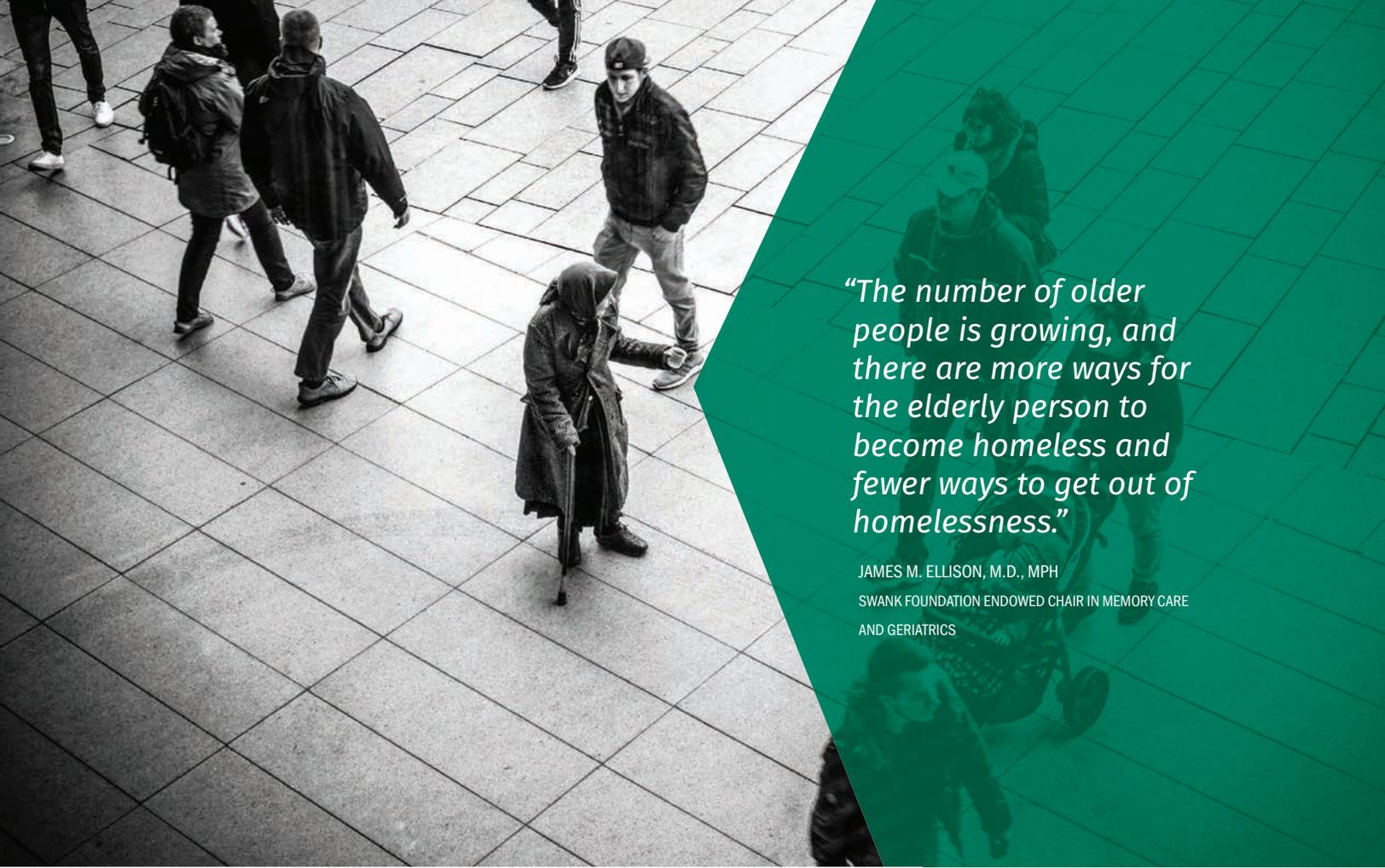
*“Diabetes can only be solved by us working together as a community.”*

EDMONDO J. ROBINSON, M.D., MBA, FACP  
CHRISTIANA CARE CHIEF TRANSFORMATION OFFICER



More than 500 people attended the Imagine Delaware diabetes forum April 27 at Cab Calloway School of the Arts in Wilmington.





*“The number of older people is growing, and there are more ways for the elderly person to become homeless and fewer ways to get out of homelessness.”*

JAMES M. ELLISON, M.D., MPH  
SWANK FOUNDATION ENDOWED CHAIR IN MEMORY CARE  
AND GERIATRICS

## Community Partnership meeting explores how to help homeless older adults

**A**lthough there is no accurate count of elderly Delawareans who are homeless, there is evidence that their numbers are growing in Wilmington and the rest of the state, creating new challenges for providers of social services.

At the April meeting of the Community Partnership Initiative at the Gateway Conference Center, Wilmington Hospital, James M. Ellison, M.D., MPH, Swank Foundation Endowed Chair in Memory Care and Geriatrics, provided an overview of pathways to elder homelessness.

Dr. Ellison said that the number of elderly homeless people in Delaware is estimated at about 200, although that number is probably low, based on a 2009 study that estimated the total number of homeless people in Delaware at 1,479. He estimates that 85 percent of the homeless elderly have a chronic medical condition.

“The number of older people is growing, and there are more ways for the elderly person to become homeless, and fewer ways to get out of homelessness,” he said. “We also know there is a high rate of complicated medical, cognitive and behavioral problems that often go untreated.”

Dr. Ellison said that close to 600,000 people across the age spectrum are homeless in the U.S., with two-thirds living unsheltered. His presentation was followed by a discussion among more than three dozen representatives of Wilmington social-service agencies and staff from Christiana Care.

In 2011, Christiana Care launched the Community Partnership Initiative, which brings together local organizations to share their mission, programs and efforts in helping the underserved, elderly, at-risk and homeless populations. The

monthly meetings are convened by Linda Brittingham, BCD, CCM, LCSW, corporate director of the Department of Social Work, and her staff.

Organizations involved in the initiative have updated information in the “Homeless Survival Guide” for the city of Wilmington, which has been given to homeless and at-risk individuals for the past 20 years. The guide includes information on shelter and housing, state service centers, financial assistance, health services, and resources for food, employment and drug and alcohol treatment.

“Our coming together has been invaluable in understanding the social resources in Wilmington,” said Joseph Hickey, executive director of Saint Patrick’s Center, a daytime drop-in center serving 1,500 families a month. The center provides

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James M. Ellison, M.D., MPH, Swank Foundation Endowed Chair in Memory Care and Geriatrics, Joseph Hickey, director, St. Patrick's Center, Kevin L. Gaines, director of Path Outreach at the Rick Vanstory Resource Center, Melissa Morgan-Gouveia, M.D., of Rocco A. Abessinio Family Health Center, and Lottie Lee, a housing development coordinator with the Delaware Division of Services for Aging and Adults with Physical Disabilities.

emergency food, meals, respites, clothing, transportation and recreational activities for people in need on Wilmington's East Side. Individuals who use the center are often elderly and in poverty.

"Our clients want to know where they get their next meal," said Hickey. "Or they ask: How can I pay for medicine? Where can I get clothes to help my grandkids get back to school? When can I talk to a social worker?"

As a result of the Community Partnership Initiative, Christiana Care social workers have taken on the role of assisting the poor who come to Saint Patrick's Center, and that's been a valuable addition to the center, said Hickey. "We've found people are reluctant to go to a doctor and hospital," Hickey said. "It takes them out of their comfort zone. They prefer to stay in a community center where they have friends, feel secure and understand the system."

Christiana Care clinicians shared perspectives on how medical services can be provided to the elderly. For example, Omar A. Khan, M.D., MHS, FAAFP, Service Line Leader, Primary Care & Community Medicine, talked about a pilot initiative being developed at Wilmington Hospital that assists older patients who come to the Emergency Department to set up primary-care appointments.

"Through multiple linked programs such as Care Link and our health guides in primary care offices, we are trying to provide patients access to the full range of needed services," said Dr. Khan.

"The collaboration of the Swank Memory Center and the Geriatrics program, both part of our service line, has been exceptional in developing ways to care for those at risk."

Melissa Morgan-Gouveia, M.D., a geriatrician in the Wilmington Adult Medicine Office of the Rocco A. Abessinio Family Wilmington Health Center, explained her work with the Home Visit/ Independence at Home program. She is part of a multidisciplinary team providing primary care in the home for more than 540 people in New Castle County. These are patients who are typically disabled and have a difficult time making an office visit. "Most patients are older, but you do have to be homebound to use this service," Dr. Morgan-Gouveia said.

Other contributors to the discussion included Kevin L. Gaines, director of Path Outreach at the Rick Vanstory Resource Center, which offers services to people in recovery from psychiatric disorders; and Lottie Lee, a housing development coordinator with the Delaware Division of Services for Aging and Adults with Physical Disabilities. ●



*"Through multiple linked programs, such as Care Link and our health guides in primary care offices, we are trying to provide patients access to the full range of needed services."*

OMAR A. KHAN, M.D., MHS, FAAFP  
SERVICE LINE LEADER, PRIMARY CARE & COMMUNITY  
MEDICINE



Kawene (Munch) Lewis slices, chops and dices fresh vegetables behind the scenes at Christiana Hospital's West End Café.

## Student chef interns learn career skills at Christiana Care

*Partnership with Colonial School District and Jobs for Delaware Graduates yields enriching experiences for aspiring young chefs.*

**C**hristiana Care Health System has pioneered an innovative partnership to train the next generation of chefs while providing high school students with invaluable workplace experience.

The first cohort of three culinary arts students wrapped up a 10-week internship in April that exposed them to the full gamut of Christiana Care's food services, including ordering supplies and preparing stock from basic ingredients.

Christiana Care partnered with the Colonial School District and Jobs for Delaware Graduates, a Dover-based nonprofit that prepares students for college and career.

The unpaid internship was conceived as a way to provide students with an opportunity to work in a real-world, high-stakes team setting, said Jeanana Lloyd, a talent adviser at Christiana Care.

Students from William Penn High School in New Castle learned "how working as a team player ultimately impacts the patient experience," she said.

The internship expanded on the students' culinary coursework and was also an opportunity to instill Christiana Care values, especially a professionalism borne of a respectful, effective team environment.

It was a lesson taken to heart for Ibn Goldsborough, one of the first three William Penn interns.

Once, as Goldsborough struggled to grill a sandwich, another chef, Danny Herbein, took notice and demonstrated a simpler method for chopping the meat.

"It let me know that even though the culinary world is very stressful and it seems like nobody has your back, it's still a team," Goldsborough said.

### A broad-based curriculum

The internship's curriculum, crafted to encompass a range of roles in Christiana Care's food service operation, included work in cafeterias, where patients' families and staff eat, as well as in patient kitchens.

Kip Poole, a William Penn instructor, said his students learned how to cater to patients' dietary restrictions. In such cases, creativity takes a backseat to precision. No salt, to take one example, means no salt.

Part of the curriculum aimed to reinforce what are often called "soft skills," a cluster of abilities that include interpersonal aptitude — such as teamwork and listening — alongside character traits like work ethic.

Thanks to Jobs for Delaware Graduates, a senior at William Penn may already have three years of this training under his or



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her belt, said Laurie Fuski, a supervisor at the nonprofit organization whose classroom specialists teach a wide range of job, life and financial skills.

Among the soft skills these students were able to polish at Christiana Care was punctuality, said Andrew Snapp, an executive chef who has worked at Christiana Care for 25 years.

“They’d stroll in at five or 10 after,” he said. “It was a point I stressed from early on: Learn to be on time. They straightened up quickly about things like that.”

Indeed, Lloyd said she was proud of how well the students adapted to the rigors of a professional kitchen.

“They took feedback like an actual employee would. They adjusted, they were flexible, they appreciated the opportunity,” she said.



William Penn High School senior Tiabronna Cooper prepares sweet Italian sausage for supper at the West End Café, Christiana Hospital.

State Sen. Nicole Poore, Jobs for Delaware Graduates president, said she was thrilled to have found a partner in Christiana Care.

“The fact that they have taken an interest in offering our students an opportunity in the career pathway that they want to be in is amazing — it’s outstanding,” Poore said.

The nonprofit has helped more than 50,000 young people in its 37-year-history. Given the success at Christiana Care, Jobs for Delaware Graduates is looking

to double the internship to 20 weeks and expand the number of students.

Meanwhile, the first students say the experience has reinforced their desire to work in the culinary arts.

“I think my mindset stayed the same or maybe even got stronger,” senior Tiabronna Cooper said. “I can make people feel better by preparing healthy food for them.” ●



Ibn Goldsborough of William Penn High School takes a shift on the busy grill at West End Café.

*“I can make people feel better by preparing healthy food for them.”*

TIABRONNA COOPER, HIGH SCHOOL SENIOR





## Partnership with Concord High leads to national award for Scan 'n Sort

Concord High School and Christiana Care's Project SEARCH Program partnership led to the creation of Scan 'n Sort, a device that can alphabetically categorize medications. Project SEARCH intern Justin Hall can do his job more efficiently without the barrier of having to read small type on the medicine bottle labels.

A barcode-scanning device that enables Christiana Care employees with disabilities to categorize unused medicines is the winning idea in SourceAmerica's Design Challenge, a national engineering competition where students develop assistive technology for nonprofit agencies employing people with disabilities.

Students from Concord High School partnered with Christiana Care's Project SEARCH program to create Scan 'n Sort, a device programmed to alphabetically categorize meds.

Scan 'n Sort allows Justin Hall, a Project SEARCH intern, to do his job more efficiently. Hall said the largest barrier to productivity was reading small type on the labels on medicine bottles. Now, the scanner does that for him. Hall then places the medication in the correct bins, which are labeled alphabetically.

"This collaboration has added so much value across the organization," said Nicole

D'Ambrosio, talent adviser, Human Resources, Talent Acquisition Strategy. "Because of Scan 'n Sort, we are able to make job accommodations for individuals with a variety of different disabilities. This benefits the business as well, for it allows our pharmacy techs to spend more time on their core roles."

With the scanner, sorting is now easy for workers of many physical skill levels and disabilities, allowing for improved patient care and employee efficiency.

"Justin arrives to the pharmacy every day with a positive attitude. It is a pleasure working with him, and we are excited to have the opportunity to help a person with a disability," said Sam Wetherill, Pharm.D., MHA, director of pharmacy supply and automation. "Having Justin allows our pharmacy techs more of an opportunity to focus on providing patient care and reducing turnaround times. He has provided a source of inspiration for the entire pharmacy team."

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At the start of SourceAmerica’s Design Challenge last fall, Concord High students met with Angie Hansen, Project SEARCH instructor at Christiana Care. Project SEARCH serves people with disabilities through innovative workforce and career development.

“What I like most about the Concord team’s device are the results Justin is able to achieve with it,” Hansen said. “He feels very independent and has a higher efficiency rate, which builds his self-esteem. The Scan ‘n Sort makes him that much more valuable in our department.”

The students used trigonometry to determine the right angle of the scanner and a 3-D printer to improve the design’s accuracy. The user swipes the barcode on the medication under the scanner.

The Scan ‘n Sort features an LCD screen that visually displays information to the user. The device also is equipped with speakers that audibly indicate the correct alphabetical sorting bin for each medicine. The sound can be turned up to accommodate users with hearing problems.

If an unknown medicine is scanned, the Scan ‘n Sort features an “add mode” to enter and store new medicine into the database. The device was recently modified to speak different languages, which can accommodate employees with language barriers.

The winning designs were announced April 13 at the National Finals in Washington, D.C.

“Through the dedicated work of students, coaches and nonprofit partners, the Design Challenge has a tremendous impact on communities,” said Charissa Garcia, Design Challenge coordinator. “We are addressing employment issues in a multi-faceted manner. The tools enhance employment success for those with disabilities. The projects help the students become better engineers and conscious employees, and the whole program showcases what can be accomplished when we work together.” ●

## Delaware labor secretary tours Project Search



Project Search interns Brian Snell, Kevin Handlin, Erik Zavala, Sam Swift (seated), Project SEARCH instructor Angela Hansen, Jakai Walker, Justin Hall (seated), Delaware Department of Labor Secretary Patrice Gilliam-Johnson, Ph.D., Griffin Uhl, Rudel Serrano.

Delaware’s secretary of the Department of Labor, Patrice Gilliam-Johnson, Ph.D., visited the Christiana Care Project SEARCH program April 4.

Project SEARCH is a nine-month job-development internship for people age 18–21 with cognitive disabilities. This program takes place entirely at Christiana Hospital as a way to provide total workplace immersion, which facilitates a seamless combination of classroom instruction, career exploration, and on-the-job training and support. Gilliam-Johnson, who in her past career has helped prepare students for the workforce, observed Project Search interns as they worked and learned about each of their roles.

For showing a remarkable commitment to promoting employment opportunities to students with disabilities through Project SEARCH, Christiana Care received the Employer of the Year award from the Division on Career Development and Transition (DCDT), an international organization affiliated with the Council for Exceptional Children that promotes careers and vocations for the disabled. ●



Project Search intern Kevin Handlin shows how he cleans and stocks isolation carts for Materials Management at Christiana Hospital for Delaware Department of Labor Secretary Patrice Gilliam-Johnson during the Secretary’s tour of Project Search at Christiana Hospital.

## Blood Pressure Ambassadors lead neighbors toward better heart health

*Innovative program takes heart health screenings into neighborhoods and community hubs*

**C**hristiana Care Blood Pressure Ambassador Reneé Beaman, RN, loves the work she does to raise awareness of health issues at Bethel A.M. E. Church in Wilmington. She shared her experiences at the first Blood Pressure Ambassador Appreciation Event, April 12 at the University and Whist Club.

In February, American Heart Month, Beaman and fellow ambassador Suzanne Tait offered blood pressure screenings on the second and fourth Sundays. What they discovered among the 72 church members tested was troubling: almost half had elevated blood pressures.

Beaman and Tait knew church members needed to follow up with a visit to a primary care provider, because high blood pressure affects nearly every organ, posing an elevated risk for stroke, heart failure, kidney disease and other issues.

“Though what we learned was disturbing, I was encouraged that I had an opportunity to educate my church family about the importance of these screenings,” said Beaman, who is First Lady of Bethel, founder of an HIV/AIDS awareness program at the church and director of the Division of State Service Centers.

To follow up this spring with her congregation, Beaman planned a Wellness Sunday with exercise during the service and a walk after church.

“All this came out of the Blood Pressure Ambassadors program, and it’s exciting,” Beaman said.

The Blood Pressure Ambassador Appreciation Event was a welcome opportunity for team members from the Center for Heart & Vascular Health to express their gratitude to the 80 volunteers who, equipped with blood pressure cuffs, engage with their communities to increase health awareness.

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Celebrating the achievements of Christiana Care’s Blood Pressure Ambassadors: Timothy J. Gardner, M.D., medical director, Center for Heart & Vascular Health; Trustee and Champions for the Center for Heart & Vascular Health Chair Michelle Shepherd; Elisabeth Bradley, MS, APRN, clinical leader, Cardiovascular Prevention Program; Project Manager Angela Parker, MSN, RN-BC; Trustee and Champions for the Center for Heart & Vascular Health member Michelle Schwandt; Blood Pressure Ambassadors Bernadette Baker, MSN, APRN, NP-C; Tamekia L. Thomas, MSN, RN, PCCN, ACNS-BC; and cardiovascular surgeon Ray A. Blackwell, M.D.





Blood Pressure Ambassador Renee Beaman, RN, left, and fellow ambassador Suzanne Tait, right, launched a wellness program at their church, where they discovered an alarming number of members with undiagnosed or untreated hypertension.

This year volunteers are on track to reach 3,000 individuals with screenings.

“We have wonderful volunteers who go out and deliver a key message related to high blood pressure and how to make lifestyle changes,” said Elisabeth Bradley, MS, APRN, clinical leader, Cardiovascular Prevention Program. “It’s your dedication and passion, combined with a desire to make a difference in the health of the community, which has made the program a success.”

The Blood Pressure Ambassadors Program began in 2011 with 20 volunteers in Wilmington’s African-American communities. Screenings began at festivals and special events, and have since branched out to neighborhood locations such as the Police Athletic League, Wilmington Shoprite and a variety of churches, often offering a monthly schedule of screenings.

“The lack of education about the importance of blood pressure has been a missing piece in our communities, and we add that, empowering people to be more active in controlling their health,” said Blood Pressure Ambassador Susan Sinigaglio, MSN, RN, CCRN, a nurse at the Center for Heart & Vascular Health.

An advisory committee of community leaders helps connect the program to new organizations, and the ambassadors often enlist friends to join, said Project Manager Angela Parker, MSN, RN-BC, who hopes to have 100 ambassadors by year’s end.

“Angela is a terrific leader and we are really proud of this program,” said Timothy J. Gardner, M.D., medical director, Center for Heart & Vascular Health. “We began the ambassadors because we are committed to improving the health of the community. We believe, if we can help people become aware of their risks, they will make contact with health providers and get their blood pressure treated, reducing the potential for stroke and heart attack.”

Dr. Gardner also thanked the program sponsors: the Astra Zeneca Corporation, Astra Zeneca Health Care Foundation and The

Champions for the Center for Heart & Vascular Health. “We greatly appreciate their generosity,” he said.

One of the innovators of the program was Ray Blackwell, M.D., cardiovascular surgeon, who now chairs the Blood Pressure Ambassador Advisory Committee. He became aware of health disparities in Wilmington, in terms of both diagnosis and treatment, and the fact that about 40 percent of African-Americans have high blood pressure.

*“We believe, if we can help people become aware of their risks, they will make contact with health providers and get their blood pressure treated, reducing the potential for stroke and heart attack.”*

TIMOTHY J. GARDNER, M.D.,  
MEDICAL DIRECTOR, CENTER FOR HEART & VASCULAR HEALTH

The health issue has personal resonance for Dr. Blackwell. As a 20-year-old, he went for military testing and learned his blood pressure was 180/110 but didn’t understand how at-risk he was.

“Luckily I learned early, went to see a physician and started taking medication,” he said. “Now I take one pill a day and so far have had no long-term effects of hypertension.”

Dr. Blackwell said the program was designed to be a peer-to-peer outreach with neighbors assisting neighbors because “it’s not always easy to get people to Christiana Care – so we thought we would send ambassadors into the community.”

The model has worked well, he said, proving the truth of the African proverb: “If you want to go fast, go alone. If you want to go far, go together.” ●

## Volunteer appreciation luncheon pays tribute to exceptional service



Recognized at the luncheon for contributing 2,000 hours are Tom Lagana, the Rev. Volodymyr Klanichka, Andrew Del Genio, Nancy Ball, Gretchen Fitzgerald, Diane Margolin, Chong Schenck and Fran Tebbutt.

Christiana Care's dedicated and resourceful volunteers make an invaluable contribution to health care in Delaware. Like diamonds, Christiana Care volunteers have a rare and durable beauty.

"We thank you for your time, your warmth, your humor and caring," said Margarita Rodriguez-Duffy, director, Visitor & Volunteer Services, at the annual volunteer appreciation luncheon April 15 at Deerfield.

Rodriguez-Duffy praised the volunteers for following The Christiana Care Way and for the many ways they contribute to fulfilling the promises contained within the Christiana Care Diamond. "Their role in providing our patients and families with an exceptional experience, their contributions to our organizational vitality, the sheer number of extraordinary people that give so freely of themselves every day ... are diamond-like attributes that help ensure the ability of Christiana Care Health System to be a truly caring partner to our patients and the community we serve," she said.

During the event, Rodriguez-Duffy and her team recognized 10 volunteers as members of the Hall of Fame for 10 years of service and 33 volunteers were honored for donating 1,000 to 8,000 hours of service. In appreciation, departments within Christiana Care contributed 59 gift cards which were given out through a series of drawings.

"You come from different backgrounds and experiences," said Rodriguez-Duffy. "But you have at least one thing in common, all of you give your time to help others.

The volunteers on hand said they receive as much as they give by lending their time and energy to Christiana Care. "Volunteering is the highlight of my week," said Dennis Christy of Warwick, Maryland, who is retired from GM and volunteers every Thursday at the First State School. "There is a joy that comes in helping others and nothing can touch it."

On behalf of senior management, Mike Eppheimer, MHSA, FACHE, senior vice president, Service Line Operations, thanked volunteers for helping the hospital system live up to a promise to neighbors to be an innovative and caring partner in health, as set forth in The Christiana Care Way. He pointed out that volunteer contributions helped Christiana Care be named, for the second year in a row, a Top 100 Hospital by Truven Analytics, which rates exceptional health care value through an 11-measure scorecard.

Also, for the second year in a row, Truven gave Christiana Care an Everest Award, which honors a select group of Top 100 Hospitals that have achieved the fastest long-term improvement over five years. "We were the only large teaching hospital in the country to win an Everest Award two years in a row," Eppheimer said. "This is recognition of all your hard work, along with that of our clinical team."

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More than 1,000 volunteers at Christiana Care attend the annual recognition luncheon.

Among those happy to be part of the luncheon were Andrew Spedden of Pike Creek and Guinness, his German shepherd service dog. Both have survived cancer and volunteer their time at the Helen F. Graham Cancer Center, and the emergency departments at Wilmington and Christiana hospitals. “Guinness calms people and patients tell him everything,” said Spedden. “They love him as a big gentle dog.”

Also delighted to share her volunteer experiences was Carlene Jackson of Kennett Square, Pennsylvania, one of the afternoon’s speakers. Since 2011 she has been a part of the Living History Program, interviewing geriatric patients and others about their families, careers and interests. “I have had the privilege to interview amazing people with incredible stories to tell,” said Jackson, who writes short histories which she shares with the medical staff so they can better know the people they are treating.

The stories have meant a great deal to patients and have touched Jackson as well. “I have laughed with them, cried often with them, held their hands and fell instantly in love with some of them,” she said.

### 2016 Hall of Fame

JAMES DUGAR (PATIENT ESCORT)

CATHERINE GRZYBOWSKI (MEDICAL RESERVE CORPS)

SUSAN HOOKE (FLOWERS)

DIANE MARGOLIN (MENDED HEARTS)

MARY MCCREADY (3B MATERNITY)

CHESTER MCLAREN JR. (MEDICAL RESERVE CORPS)

JAMES NEEL (EVERGREEN)

WILLIAM BENSON (PASTORAL CARE)

LARRY JONES (MEDICAL RESERVE CORPS)

IRENE MONTOYA (REHAB ADMIN)

Jackson was fortunate in getting to know a 92-year-old retired doctor from upstate New York who delivered more than 3,000 babies. He told Jackson he charged \$3 for office calls and \$4 for house calls. And when there was snow, he made house calls on snow shoes and skis.

“When he passed away his daughter sent a lovely note telling me that his family had displayed his life history at his memorial service, with friends and colleagues requesting copies,” Jackson said.

Over three days she was also privileged to know a Polish Holocaust survivor whose father, mother and siblings all died in World War II. When Nazis invaded his village he was 14 and he was sent to Auschwitz, as well as other concentration camps.

The man’s life was spared by General Patton’s Third Army, which counted Jackson’s father among its members. “I could imagine my father handing this man a cigarette or candy — that’s the kind of guy he was,” said Jackson, who had a special resonance with the story.

“I think this was a gift from my dad,” she said, adding that she’s been privileged to meet scores of remarkable patients and tell their stories. “To put it simply — the Life History Program has been one of the best things I’ve ever done.” ●



Carlene Jackson of Kennett Square, Pennsylvania, a Christiana Care volunteer, spoke about the Living History Program, in which volunteers interview patients and share their life stories and remembrances with the family and the care team.

*“The sheer number of extraordinary people that give so freely of themselves every day ... are diamond-like attributes that help ensure the ability of Christiana Care Health System to be a truly caring partner to our patients and the community we serve.”*

MARGARITA RODRIGUEZ-DUFFY  
DIRECTOR, VISITOR & VOLUNTEER SERVICES



## Christiana Care provides screenings and education at annual Wilmington Wellness Day

More than 25 Christiana Care employees from 12 departments participated in the annual Wilmington Wellness Day, April 30 at Rodney Square, bringing information about how to live longer, happier and healthier lives to more than 700 city residents.

Christiana Care's Blood Pressure Ambassadors spoke to hundreds of attendees and provided blood pressure screenings to 93. Christiana Care oral and maxillofacial surgeons John Vorassi, D.D.S., and Michael D'Amcio, D.D.S. performed throat and mouth cancer screenings for 20 people, referring five for follow-up.

In addition, a team from Wilmington Health Center provided glucose screenings, and Christiana Care staff offered health information about parenting, cancer prevention and treatment, memory care, kidney transplant, rehabilitation and physical therapy. ●





# Lifesaving Treatments Close to Home

*ChristianaCare  
Kidney Transplant Program  
Offers Exceptional Care  
at a Trusted Health Care System*

- A multidisciplinary transplant team
- Paired Kidney Donation Program



**Health Ambassadors**

## Chief Information Security Officer Anahi Santiago points to training and awareness as key to blocking cyber threats



**A**s chief information security officer (CISO), Anahi Santiago, MBA, CISM, is the senior-level executive responsible for making sure that millions of Christiana Care Health System medical records are secure.

Since May 2015, she has worked collaboratively with the hospital's leaders so they understand the risks associated

with strategic business decisions. She also leads a team of cybersecurity professionals who implement controls and apply risk-management tools to prevent unwanted incidents, such as hackers violating data confidentiality and network security.

While staying ahead of the bad guys is an ever-changing challenge, it's high-pressure work that Santiago is passionate about doing well. "We must always adapt and learn, and these are things that I

love," she said. "At the same time, all the technology in the world isn't going to stop hackers if we're not training our people to know how to protect the organization from cyber threats.

"It only takes one click, one user, from one computer to click on the wrong thing and invite the vampire into your house."

Santiago has had a diverse career in information technology and recently served as director of information security and support services at the Philadelphia-based Einstein Healthcare Network. She is a nationally recognized speaker on information security and a board member of several high-profile organizations, where she networks with other security professionals to stay abreast of industry trends.

Santiago serves on the Advisory Board for Privacy and Security of the eHealth Initiative, an influential nonprofit that researches, educates and advocates for solutions to improve the quality and safety of health care through information technology. "I am one of the first to know what will be impacting our regulatory landscape and can inform our leadership about what's coming on the national scene," she said.

### Q&A with Anahi Santiago

**Cybersecurity has been a hot topic, both within the government and the private sector. For hospitals in general, how secure are records?**

We apply a lot of protection controls to our medical records, and I think we do a better job than most American institutions. Unfortunately, the hacker community is very collaborative and they do a good job of banning together to mount an attack. Attacks by nation-states are also worrisome because of their resources.

**Are there different motivations behind cyber attacks?**

Yes, there is the typical identity theft, where someone wants to use a Social Security or credit card number for financial gain. And there is medical identity theft where someone wants to commit fraud by falsely billing insurance. This has happened a lot. The federal government has recovered \$29.4 billion in false billings since 1997. Sadly, people who are desperate and can't afford insurance are more than willing to pay \$500 to get a medical

identity so they can be treated for a disease such as cancer. And nation states often come after information for business analytics. They are trying to mine information to exploit in the marketplace.

**Are these cyber threats constant for Christiana Care?**

Yes, I can tell you right now there are bad guys trying to get to our data networks. But we have tools that prevent breaches, and we are alerted if hackers are attacking our firewalls. So far, all of their attempts have been thwarted.

**How is the CISO connected to the delivery of quality patient care?**

Right now if your credit card gets stolen, you get a phone call or fraud alert from your bank. Unfortunately, there is no automatic alert for a health care breach. On average it takes 256 days for an organization to learn it has been hacked. If an identity is stolen and used for medical theft, the patient might not know right away, as patients don't typically check their health records monthly to

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see that the information is correct. A theft may be life-threatening if a medical record is altered and a clinician later makes a decision based on that record. That's why I say our role is closely aligned with the quality of care and patient safety. This is also why we work so hard at security.

### Christiana Care's providers use many different kinds of electronic devices. How are these at risk?

The devices are an entry point. They are not necessarily under attack like our network is — but our people are under attack. The most effective way for hackers to get into an organization is through its people. You'll get an e-mail that looks very real, as if it's come from Christiana Care, your bank or your spouse. But it's hiding malware viruses or asking for personal information that a hacker can use to infiltrate the network or steal your data.

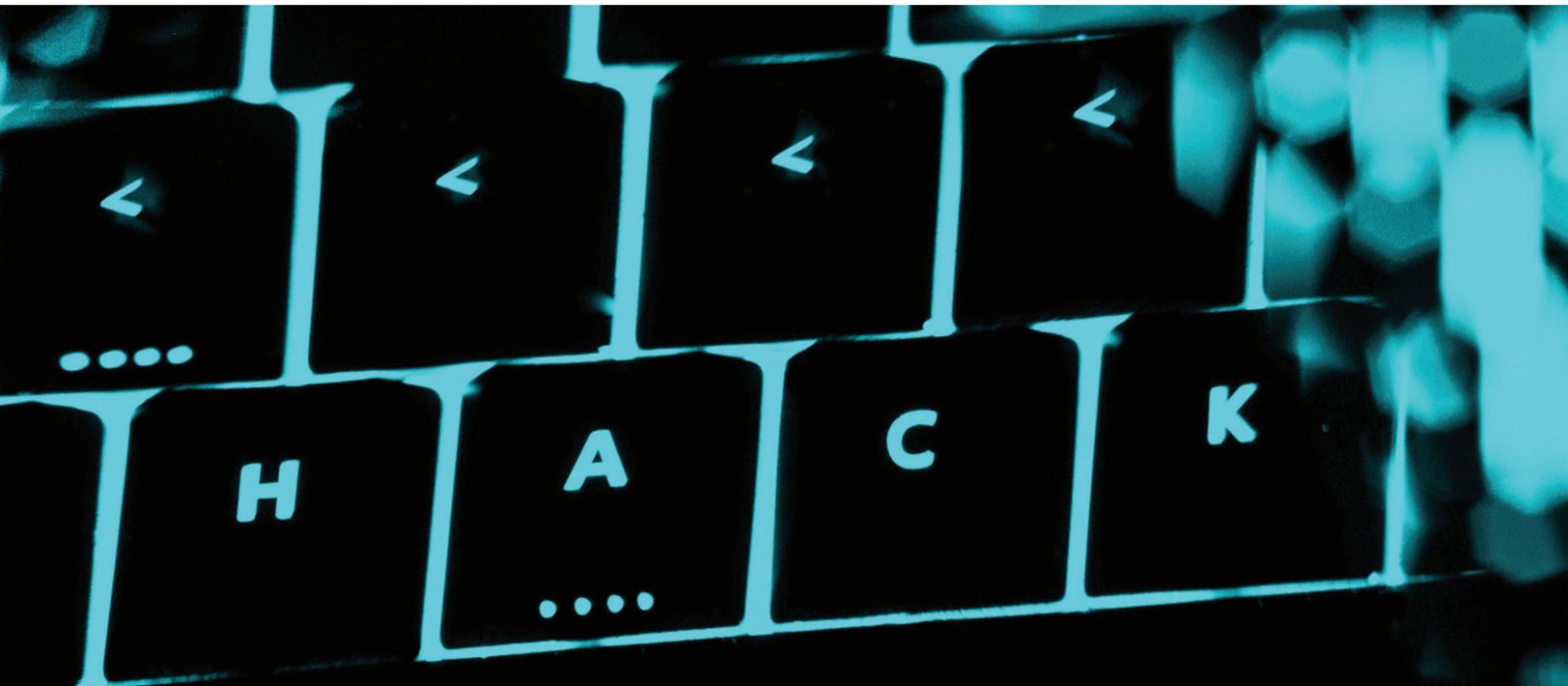
### How can we best protect information assets and manage cyber risks?

We protect ourselves best through education and awareness so our clinicians and staff are on the alert for attacks. And we will be

training on this at Christiana Care. Also, as we grow our business, we need to constantly examine the risk of cyber intrusions and make the appropriate decisions about applying technical controls. Maybe some risks are so great that we will decide not to go down a particular path.

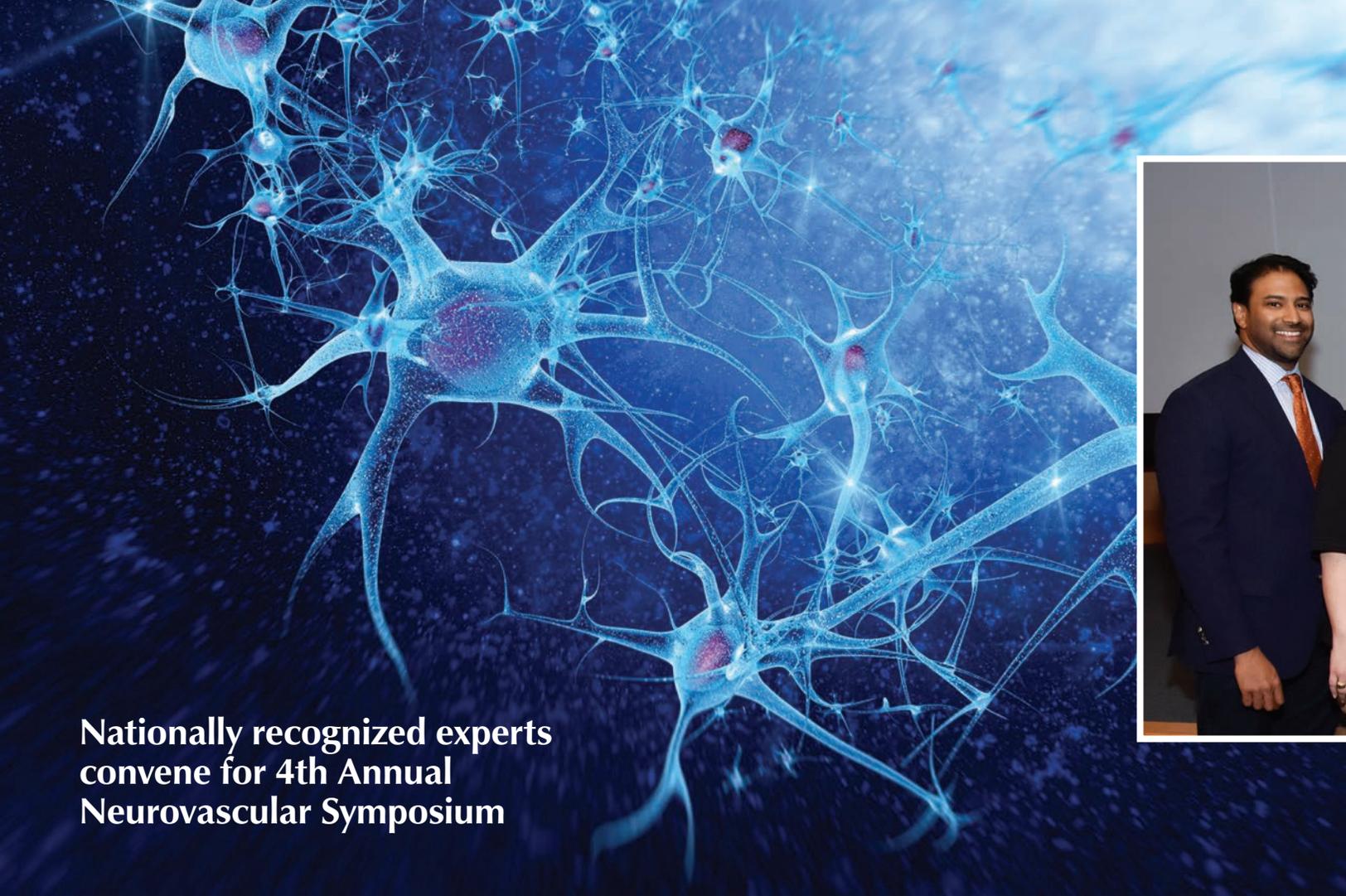
### What best practices do you recommend for Christiana Care employees?

If you get e-mail that looks suspicious, don't click on the link, and don't open the attachment. This could introduce malware into the network. If someone is asking for an ID and password or credit card number or account information, don't give it. Christiana Care will never ask for such confidential information over e-mail. Nor will your bank or mortgage company. Please be cautious at home as well. If you do click on a link by mistake, report it immediately, because we want to know as quickly as possible, and we will not be punitive. The sooner we learn that something has occurred, the sooner we can respond. ●



*"We must always adapt and learn ... At the same time, all the technology in the world isn't going to stop hackers if we're not training our people to know how to protect the organization from cyber threats."*

ANAHI SANTIAGO, MBA, CISM



## Nationally recognized experts convene for 4th Annual Neurovascular Symposium

*“We have grown rapidly in the neurosciences here at Christiana Care ... This year’s symposium is an ideal forum to share our knowledge and experience in the rapid diagnosis and treatment of stroke with the local medical community.”*

GREGG H. ZOARSKI, M.D.

The annual Neurovascular Symposium has achieved continuing success thanks to the energy invested by Christiana Care’s NeuroInterventional Surgery team and is a welcome addition to the educational opportunities available to physicians, nurses and other health care professionals.

In the fourth symposium, April 8 at the John H. Ammon Medical Education Center, experts from Christiana Care Health System and invited presenters discussed the latest diagnostic and treatment advances for patients with stroke and other neurological injuries at the 4th Annual Neurovascular Symposium.

The day-long event focused on advanced diagnostic and treatment techniques for stroke patients, from triage to rehabilitation.

“We have grown rapidly in the neurosciences here at Christiana Care, and the Neurovascular Symposium is a natural extension of our program,” said Gregg H. Zoarski, M.D., chair of the symposium’s education planning committee. “This year’s symposium is an ideal forum to share our knowledge and experience in the rapid diagnosis and treatment of stroke with the local medical community.”

Highlights of the day included:

- A panel on cerebral vascular disease moderated by Barbara J. Albani, M.D., chief of NeuroInterventional Surgery.
- Sessions on adult and pediatric stroke intervention moderated by Sudhakar Satti, M.D., associate chief, NeuroInterventional Surgery. Dr. Satti advocated establishing a registry of

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Sudhakar Satti, M.D., associate chief, Neurointerventional Surgery, Senior Medical Assistant Danica A. Smith, Deborah M. Black, MSN, RN, NP-C, CCRN, CRN, lead nurse practitioner, Barbara Albani, M.D., chief of NeuroInterventional Surgery, Timothy J. Eden, ANP-BC, Thinesh Sivapatham, M.D., interventional neuroradiologist, and Gregg H. Zoarski, M.D., chair of the symposium's education planning committee.

pediatric stroke patients to help facilitate further study. He also spoke about a clot-removing method, mechanical thrombectomy, that has a low rate of complications and good outcomes.

- Kendra Koehler, Psy.D., discussed behavioral health strategies for patients hospitalized after a stroke. “We know that stroke patients are especially vulnerable to stress responses and changes in mood,” she said. Effective strategies include working with patients to help them reframe negative thoughts into positive thinking; identifying triggers for mood changes; easing stress through belly breathing; and increasing the frequency of activities that improve mood or ease depression such as walking around the unit, reading, pastoral care and visits from family.

### Fast treatment strategy for stroke

Jonathan Raser-Schramm, M.D., Ph.D., medical director of the Comprehensive Stroke Program discussed the dramatic improvement Christiana Care has made in quickly administering the clot-busting

agent alteplase, or tPA, to stroke patients and increasing their odds of surviving, walking and living independently.

Three years ago, the average door-to-needle time, or time between arrival to the Emergency Department and administration of tPA, was 63 minutes. To put the process on the fast track, a multidisciplinary team was established that includes Emergency Department nurses, pharmacist champions, neurologists who specialize in stroke care, and CT technologists. The neurologist would either be at the bedside or connected via video technology.

The median door-to-needle time now stands at 35 minutes. A new model that takes patients directly from the ambulance to the CT scanner, where a nurse and neurologist are waiting, is making the process even faster. Average time: 13 minutes. “If there’s no bleeding, the patient gets tPA in the CT scanner,” Dr. Raser-Schramm said.

The educational event also featured videos of two actors portraying patients with strokes of varying severity. Attendees learned to calculate a patient’s NIH stroke scale score by assessing motor function, sensation, language, coordination and object recognition.

“Can you tell me your age? Can you tell me what month it is? Can you open your eyes? Can you make a fist?” asked Jena Logan, MSN, APRN, ACNP-BC, CCRN, nurse practitioner in Neuro Critical Care, who presented with Stroke Program Coordinator Mary Ciechanowski, MSN, RN, APRN, ACNS-BC, CRRN.

Other Christiana Care presenters included: Waimei Amy Tai, M.D., stroke neurologist speaking on neurologic physical examination; Thinesh Sivapatham, M.D., interventional neuroradiologist lecturing on mechanical thrombectomy in adults; and Todd Harad, M.D., chief of vascular surgery, speaking on carotid revascularization in symptomatic patients. ●

## Nurse researchers develop peppermint inhaler to relieve post-op nausea



Helen Hawrylack, BSN, CCRN, RN III (left) and Patricia Briggs, MSN, CCRN, RN IV, HTCP/HTI, of the Cardiovascular Critical Care Unit have demonstrated that peppermint oil is a viable first-line treatment for post-operative nausea in cardiac surgery patients. Their research has led to systemwide use of peppermint oil to alleviate nausea.

**C**ardiovascular Critical Care Unit (CVCCC) nurses Helen Hawrylack, BSN, CCRN, RN III, and Patricia Briggs, MSN, RN IV, CCRN, HTCP, HTI/1, are always looking for ways to improve their patients' experience and get them involved in their own health care.

In 2013, they found an article on treating nausea in post-operative patients using a nasal inhaler suffused with peppermint oil.

"We couldn't find anything particularly addressing its use with open-heart surgery patients," Hawrylack said. At the same time, they were looking for an opportunity to do a simple study that would engage the nursing staff in research. So they purchased inhalers and peppermint oil and embarked on a study — one so successful that the surgeons in their unit immediately adopted the practice to relieve patients' nausea.

"Just giving them the inhaler made patients feel they had more control over their care, and it was easy for nurses to incorporate into their routine," Hawrylack said. "We had patients asking to take the inhalers home."

Today, the devices are available throughout Christiana Care Health System.

The pair presented their findings at American Association of Critical Care Nurses National Teaching Institute & Critical Care Exposition in New Orleans in May 2016, and the study will publish in the June issue of the journal *Nursing* 2016.

"We've used the study as a teaching tool for nurses who are making and presenting posters, and mentored two nurses in writing one of the two articles that will be published in *Nursing* 2016," said Hawrylack.

According to Nursing Research Facilitator Lynn Bayne, Ph.D., NNP-BC, soon after the study began in the CVCCC, news of its success began to spread. "Before you knew it, the people in the next unit wanted to do it and get trained on it," Bayne said. "What we realized was there was this strong body of knowledge out there that suggests that peppermint is an effective anti-nausea agent. It's been in the literature a long, long time."

The study's findings were striking. Among participants, 93 percent said they were satisfied with the inhaler's effectiveness and would use it again.

The new procedure for the use of peppermint inhalers was approved by the Systemwide Evidence-Based Nursing Practice

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Council in May 2015. The target areas for its use are in pregnant women, patients waking up from anesthesia, those undergoing joint replacements and people with colitis.

“The goal is that in the next year, we will be taking the research work and modeling it into a bundle of performance-improvement initiatives,” Bayne said. “The ultimate goal is for it being a first-line therapy that you would offer to a patient.”

If the inhaler is going to be effective in a patient, it will work in two minutes, Hawrylack said. If it’s not, a patient can be prescribed Zofran, a

pharmaceutical alternative, which takes up to 44 minutes to kick in.

The peppermint inhalers are less expensive than pharmaceutical options and have no side effects. They can be given to a patient of any age, and patients can use it as often as they wish.

“You’re letting the patient have control over their symptoms instead of having to buzz the nurse and ask for Zofran, and having the nurse say, ‘I’m sorry, Mr. Smith, it’s written for every six hours and it’s not time yet.’ There’s no such thing as an overdose of peppermint oil,” Bayne said. ●

**93%**  
of patients were satisfied with the peppermint inhaler’s effectiveness and would use it again.

## Young Friends of Christiana Care

The Young Friends of Christiana Care learned how innovation is transforming the health care landscape during a visit to Christiana Hospital in April. The Young Friends — teenage children and grandchildren of Christiana Care trustees who are following in their elders’ footsteps by embracing the principles of leadership, learning and philanthropy — enjoyed a hands-on experience in the Virtual Education & Simulation Training Center, where clinicians and students in the health sciences gain valuable professional skills.

The group also heard from Randy Gaboriault, MS, chief information officer and senior vice president of innovation and strategic development at Christiana Care, who talked about how health information technology is shaping the future of health care.

In their philanthropic efforts, the Young Friends have raised an initial \$500 in support of First State School, Camp FRESH and the Emergency Department Special Needs Fund. Working in three teams, the Young Friends are arranging events such as basket auctions, letter-writing campaigns, restaurant fundraisers and dress-down days to raise awareness and meet their philanthropic goals toward the future of Christiana Care. ●



## Visiting professor lecture highlights need to incorporate reproductive life plan into primary care

*Hosted by Christiana Care Community Center of Excellence in Women's Health*



**A**n easy-to-understand algorithm for incorporating family planning into primary care can help women to choose the best method of contraception for their stage of life and prevent unintended pregnancies, said

Ashlesha Patel, M.D., MPH, 11th Annual Visiting Professor at Christiana Care Health System.

Dr. Patel, a gynecologist, is system director of Family Planning Services and director

of Ambulatory Services in the Department of Obstetrics and Gynecology at the John H. Stroger Jr. Hospital of Cook County in Chicago, Illinois.

She spoke at two grand rounds and a panel discussion on May 5, hosted by the Christiana Care Community Center of Excellence in Women's Health.

"Reproductive health is all about choice," she said. "We need to reframe it so that it is an educated choice."

Dr. Patel developed the Family Planning Quotient (FPQ), which evaluates the number of children a woman desires, if any, versus the number of children she has. If a woman doesn't want to have children for a number of years or already has completed her family, she can prevent unintended pregnancies with a long-acting reversible contraception (LARC), typically an IUD or a contraceptive implant.

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“It’s a platform to talk to women about planning, to be proactive,” she said, noting that she envisions the FPQ becoming an integral measure in family planning, much the way Body Mass Index (BMI) is used in evaluating obesity.

A panel discussion moderated by Elizabeth Zadzielski, M.D., MBA, associate physician leader, Women and Children’s Service Line, medical director of Christiana Care’s Women’s Health Ambulatory Services, division of education, featured Dr. Patel and experts from Christiana Care, Delaware Health and Social Services, Nemours and Westside Family Healthcare.

Karen Antell, M.D., MPH, Department of Family & Community Medicine, Women’s Health faculty, talked about efforts to reduce unintended pregnancies through Delaware CAN (Contraceptive Access Now) and Upstream USA, a public/private partnership to improve health outcomes for women and children that ensures all Delaware women of reproductive age have same-day access to

the full range of contraceptive methods at low or no cost.

Dr. Antell said that women delivering at Christiana Care now have the option to receive an IUD immediately after the placenta is delivered or a contraceptive implant the day after delivery. She said it’s important for women to learn about these options well before they give birth.

“It’s not a conversation you want to have between contractions,” she said.

Krishna White, M.D., MPH, director of Adolescent Medicine at Nemours, recalled that three of her classmates got pregnant when they were in high school. Today, both teens and parents are becoming more proactive in preventing unintended pregnancies.

“They are asking for LARC,” she said.

Tom Stephens, M.D., chief medical officer at Westside Family Healthcare, said family planning empowers women to lead more productive lives.

“When people do not have unintended pregnancies, it expands their opportunities for work and school,” he said.

Leah Jones Woodall, MPA, chief of the Family Health Systems Section of the state Division of Public Health, said Delaware has ranked first in the nation in the percentage of unintended pregnancies and is working hard to change that by supporting reproductive life planning and making contraception acceptable, accessible and affordable.

“We are reaching out to women with messages that resonate with women,” she said.

In addition to her grand rounds on primary care and reproductive life plans, Dr. Patel also gave a presentation on the impact of cancer treatments on sexuality and fertility.

“If fertility preservation is an issue, it’s time sensitive, something that needs to be addressed ASAP,” she said. ●



Krishna White, M.D., MPH, Ashlesha Patel, M.D., MPH, Karen J. Antell, M.D., MPH, Tom Stephens, M.D., Elizabeth Zadzielski, M.D., MBA, and Leah Jones Woodall, MPA.

## Friends of Helen F. Graham Cancer Center learn about gene editing at Spring Tea

The trailblazing work of the Gene Editing Institute at the Center for Translational Research was in the spotlight at the Spring Tea hosted by the Friends of Helen F. Graham Cancer Center & Research Institute, April 29.

“Gene editing is truly cutting-edge, and we are excited to share that something so revolutionary, so promising, is here at the Graham Cancer Center,” said Lois Galinat, Friends chair, in opening the event.

World-renowned molecular biologist and gene-editing pioneer Eric B. Kmiec, Ph.D., director of the Gene Editing Institute, gave the keynote talk on the promise of gene editing in preventing and curing cancer. Current projects at the Cancer Center include novel uses for CRISPR, a tool that allows scientists to quickly and simply tailor genetic material and repair DNA.

Already, discoveries made through gene editing are improving treatment for patients with sickle cell anemia, said Dr. Kmiec. Sequences of genetic material that cause leukemia in children with Down syndrome are now available for pharmaceutical companies to test.

“The future is extremely exciting and very, very bright,” Dr. Kmiec told the clinicians, researchers and community partners who attended the event at the Graham Cancer Center.

In an update on cancer care, Nicholas J. Petrelli, M.D., Bank of America endowed medical director of the Helen F. Graham Cancer Center & Research Institute, said that the Graham Cancer Center has improved outcomes for patients by taking a comprehensive approach to care, with some of the world’s most advanced medical technology, multidisciplinary care teams and a comprehensive array of services and amenities incorporating such concerns as nutrition, behavioral health and financial assistance.

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Nicholas J. Petrelli, M.D., Bank of America endowed medical director of the Helen F. Graham Cancer Center & Research Institute, thanked the Friends for their commitment to supporting excellence in cancer care and research.



Elisa Morris, Diane du Pont, Lois Galinat, Dana Nestor and Katie O’Dell-Shreve.

The Graham Cancer Center, a National Cancer Institute Community Oncology Research Program (NCORP) site, is in the top 10 NCORP sites enrolling the highest numbers of patients into network clinical trials. In the not-too-distant past, Delaware ranked No. 1 in cancer mortality of all 50 states. Thanks to improvements in early detection and treatment, largely led by the Graham Cancer Center, that rate has fallen dramatically, bringing Delaware to No. 17 in cancer mortality.

The Friends of the Helen F. Graham Cancer Center have contributed tremendously to such advances and to ongoing innovation, said Dr. Petrelli.

“Thanks to the efforts of the Friends of Helen F. Graham Cancer Center over the past 10 years we have been able to attract people like Dr. Kmiec and his team,” Dr. Petrelli said. “With the commitment of the Friends, we are able to keep moving the needle on cancer prevention, treatment and cures.” ●



Eric Kmiec, Ph.D., director of the Gene Editing Institute.



Presenters at Empowering Our Sisters: Our Journey to Wellness highlighted a variety of health topics that are important to women of all ages.

## Empowering Our Sisters: Our Journey to Wellness

Empowering Our Sisters: Our Journey to Wellness, a health and wellness summit, was held April 23 at the John H. Ammon Medical Education Center. More than 200 attendees participated in the event focusing on health and wellness for women and teens. Presentations covered living with and managing chronic disease, breast cancer, and the interconnectivity of mental and physical health. Participants also received free health screenings and information on community resources. The third annual event was presented by Delta Sigma Theta Sorority Inc., Wilmington Alumnae Chapter and Delta Outreach and Education Center Inc., and sponsored in part by Christiana Care Health System. Margot Savoy, M.D., MPH, FAAFP, medical director, Department of Family & Community Medicine, and Velma Scantlebury, M.D., FACS, associate chief of Transplant Surgery at Christiana Care, were the event advisers. ●

## Champions of Service celebrates exemplary service to others

**C**hampions of Service is a special event to recognize the individuals who donate their time, energy and resources to others who need help in the community.

The event combines the annual Jefferson Awards, which recognize outstanding Christiana Care employees who volunteer by helping our neighbors, and the Spirit of Women Awards, recognizing community heroes and young people who serve on an ongoing basis as role models through their volunteer efforts.

Mike Eppehimer, senior vice president of Christiana Care’s Service Line Operations, moderated the event and introduced Janice Nevin, M.D., MPH, president and CEO of Christiana Care Health System. “Dr. Nevin has lived in Delaware most of her life, and as the leader of Christiana Care, one of the most important aspects of her job is the opportunity to serve our community,” said Eppehimer.

Dr. Nevin expressed her gratitude and appreciation to all 30 of the nominees. Eppehimer then introduced David A. Paul, M.D., chair of Pediatrics, to present the nominees for the Spirit of Women Young Person Role Model award.

### Spirit of Women – Young Person Role Model

The Young Person Role Model award winner this year was Adrianna Nelson, a participant and volunteer counselor at Delaware Hospice’s Camp New Hope, where she helps children who have lost loved ones. As the secretary of her school’s Interact Club, Adrianna leads collections and donations, and has started a colon cancer walk.

Other Young Person Role Model nominees included Alyssa Duprey, Lester “CJ” Fair, Julianna and Leah Farro, and Aaron Spock.

### Spirit of Women – Community Hero

Diane Coniglio Bohner, M.D., FACP, medical director for Medical Home Without Walls, presented the Community Hero award this year to Pamela Barnes. Pamela is a cancer survivor who turned the negative energy from her own fears and hardships into a positive thing called “Love Blooms,” in which she uses her art and skills to make one-of-a-kind jewelry to help other women in treatment for cancer to feel beautiful. Currently, she has donated jewelry valued at more than \$1,530 to three hospitals who provide treatment for women with breast cancer.

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*Spirit of Women ~  
Young Person  
Role Model:  
Adrianna  
Nelson*

*Spirit of Women ~  
Community Hero:  
Pamela  
Barnes*

Other Community Hero nominees this year included Al and Ginny Bacon, Tawanda Harbison, Georgia Jones, Cathy Lozes, Shelli Palmer, Dorian Riddick, Marla Smith, Donald Squires, Wanda Tucker, Melissa Walling, Janet Welch, Theresa Wolhar and Debbie Yacyshyn.

### Jefferson Awards

The Jefferson Awards, founded in 1972, are a prestigious national recognition system honoring public service in America. Awards are presented locally and nationally, with local groups sending a delegate to an annual, national awards event in Washington, D.C. This award celebrates the talent and dedication of Christiana Care employees who contribute countless volunteer hours in their communities. Shawn Smith, MBA, vice president of Patient Experience, presented the Christiana Care Jefferson Awards this year.

Two Jefferson Awards co-winners celebrated by Christiana Care Health System are Joyce Bunkley, BSN, RN, and Patricia M. Curtin, M.D., FACP, CMD.

Bunkley, a Christiana Care employee for more than 45 years, has volunteered countless hours to educate our neighbors about HIV/AIDS and worked tirelessly to reduce the burden on our community caused by HIV by participating in innumerable groups, seminars and events to promote awareness. She has been an invaluable member of WE CARE, a volunteer group that has been instrumental in developing the curriculum on health, safety and environmental issues for Christiana Care.

Dr. Curtin, a leading health care professional in the community, is chief of the Geriatric Medicine Section in the Department of Medicine and has helped establish Christiana Care as a national leader for the care of senior citizens. She was nominated for the Jefferson Awards mainly for her volunteer efforts with the Notre Dame University Haiti Program. Since the island nation was struck by a major, devastating earthquake in 2010, she has traveled there 10 times, bringing her professional skill, personal commitment and powerful advocacy to the aid of many Haitians. She has led and organized medical mission teams in providing care to families in mobile clinics and children in orphanages. Caring for more than 100 patients per day and teaching them basic health information, she set up clinics where patients were screened for diabetes and hypertension, treated for malaria and other diseases, and given hope for a brighter future.

She also volunteers for the Sunday Breakfast Mission, the Alzheimer's Association, the Multiple Sclerosis Society and St. Mark's High School.

Dr. Curtin has been selected to represent Christiana Care at the annual Jefferson Awards ceremony this summer in Washington, D.C.

Other Christiana Care employees nominated this year for the Jefferson Award include Charles Baluk, Debbie Harris, Adriana Hurd, Irene Lavita-Harris, Jo Melson, Yanira Ramirez and Linda Sydnor. ●

*Jefferson Award:  
Patricia Curtin,  
M.D., FACP,  
CMD*

*Jefferson Award:  
Joyce Bunkley,  
BSN, RN*

## New Vocera Collaboration Suite is vast improvement over pagers



Hospitalist Ragu Sangeev, M.D., engages in a two-way conversation with a consulting physician using the new Vocera secure messaging app.

The familiar sight of a doctor with a pager is becoming a thing of the past. The Vocera Collaboration Suite includes a web-paging console that is easily used from workstations, allowing users to send secure messages to those who have the Vocera Smartphone mobile app.

“It has the capability to fundamentally change the way we communicate with each other,” said Kenneth Silverstein, M.D., MBA, chief clinical officer. “Physicians and other providers can securely text each other.”

It’s a vast improvement over paging, which provided one-way communication. Vocera allows for both one-on-one and group conversations. Users also can see whether their messages have been read.

“It’s a clean, fresh look that looks like a true text messaging system and also is easier to navigate,” said Virginia Collier, M.D., Hugh R. Sharp Jr. Chair of Medicine. “And it ensures that messages get to the right people with on-call schedules, on-call distribution lists and escalation distribution lists.”

Because it is secure, Vocera is HIPAA-compliant, another advantage over traditional text messaging, in which clinicians could not share patients’ names, dates of birth and other information.

Photographs can be securely texted, as well. “A picture of a rash might be texted to a dermatologist, for example,” she said.

The system also offers groups the ability to enter on-call schedules. There are built-in escalation features that respond to the availability of users. Plus, users know that a message has been delivered, a feature that wasn’t available through paging.

Ultimately, secure, speedy communication enhances patient safety while reducing costs. Studies by the Joint Commission indicate that about 70 percent of serious injuries or accidental deaths in hospitals are linked to gaps in communication. A study at the University of Maryland estimates that inefficient or ineffective communication adds \$12 billion a year to health care costs in the U.S.

It’s a flexible system, which allows users to activate such functions as overriding scheduling in order to contact a clinician in an emergency.

“You also can put yourself on Do Not Disturb when you are with a patient or otherwise unavailable,” said Lonie Sculley, IT project manager. “And if you forget to take yourself off Do Not Disturb, Vocera will remind you.”

Employees who have a need for internal paging/messaging-only while on a Christiana Care campus will receive a leased iOS6-WiFi-enabled phone. Employees who require paging/messaging while off campus will be expected to run the Vocera mobile app on their personal smartphone.

Approximately 400 pagers were replaced with a Christiana Care WiFi-only phone with the Vocera and Capacity Management mobile apps installed as the new bed management system was rolled out in March 2016.

Departments are identifying onboarding champions who will assist with planning meetings and coordinate with the IT team to implement Vocera secure messaging. Users can expect lots of help. There will be on-site kiosks for training, staffed with an educator and troubleshooters. For more information, contact Lonie Sculley. ●

## Janice E. Nevin, M.D., MPH, serves on World Health Care Congress panel

### *Shares expertise in value-based approach to care*

As a panelist at the World Health Care Congress in Washington, D.C., in April, Christiana Care President and CEO Janice E. Nevin, M.D., MPH, talked about approaches to business success in a value-based payment model. She also was interviewed for a conference video on Christiana Care's value-based approach to delivering expert, respectful health care.

"What's really exciting," said Dr. Nevin, "is that people can be healthier — there's a way to care for them that's value-based, that's comprehensive, that's different, that fundamentally will improve the quality of their life."

She told the panel, which was moderated by Ben Harder, chief of health analysis and managing editor of U.S. News & World Report, that a value-based approach to care means being available to people when they are sick and also keeping people well, allowing them lead the lives they want to live in a way that is successful for them with care that is also affordable. The current volume-based payment model for health care is "transactional," she said.

"Value-based care gets us into a conversation that's more about the holistic approach to care for a patient over a year, for example, or over their lifetime. As we pay attention to medical issues, we are also paying attention to psychosocial issues. A system of care that really helps patients address behavioral health issues and social determinants of health allows them then to pay more attention to the medical issues."

Joining Dr. Nevin on the World Health Care Congress panel were Robert Fortini, MSN, RN, vice president and chief clinical officer, Bon Secours Medical Group; Randy Oostra, D.M., president and chief executive officer, ProMedica Health System; and Robert Wyllie, M.D., chief medical operating officer, Cleveland Clinic. ●



*"Value-based care gets us into a conversation that's more about the holistic approach to care for a patient over a year, for example, or over their lifetime."*

JANICE E. NEVIN, M.D., MPH



## Gordon Brownlee named vice president of Development

Christiana Care Health System welcomed Gordon Brownlee in April as the new vice president of Development.

Brownlee joins Christiana Care with substantial experience and success as a senior development leader in capital, annual and planned giving programs. He most recently was with St. Andrew's School in Middletown where he served as senior director of Leadership Philanthropy since 2003.

Prior to that, he led development efforts at the Kennedy Krieger Institute in Baltimore, the Mount Rushmore National Memorial Society and the fundraising consulting firm Brakeley, Inc. ●

## Matthew Hoffman, M.D., MPH, FACOG, chair of Obstetrics and Gynecology



Matthew Hoffman, M.D., MPH, FACOG, in March was appointed as the new Marie E. Pinizzotto, M.D., Endowed Chair of Obstetrics and Gynecology at Christiana Care.

Since joining Christiana Care in 1995, Dr. Hoffman has helped guide the department and the health system to provide greater quality and value. He has served as vice chair of the Department

of Obstetrics and Gynecology and the Division of Education and Research since 2011. His previous roles were director of outpatient services for women's health and associate residency program director.

Dr. Hoffman serves on a number of committees both nationally and for Christiana Care. He is an adviser to the Joint Commission on obstetrical issues and a national measure steward for quality markers in obstetrics. He holds a gubernatorial appointment on the Delaware Domestic Violence Coordinating Council.

As director of obstetrical and gynecological research, Dr. Hoffman has conducted studies and led initiatives that have

contributed to reducing the infant mortality rate in Delaware and reduced the use of unnecessary medical procedures during childbirth with the aim of improving the quality of patient care. He is also a funded researcher doing work both nationally and internationally on behalf of the National Institute of Child Health and Human Development's (NICHD) Maternal Fetal Medicine Units Network, NICHD's Global Network and private foundations.

Dr. Hoffman is a fellow of the American College of Obstetrics and Gynecology. He frequently lectures on women's health issues, including domestic violence, pediatric gynecology, menopause and obstetrical emergencies. He is a reviewer for several medical journals in his field, including *Obstetrics & Gynecology* and the *American Journal of Obstetrics & Gynecology*.

Dr. Hoffman earned his medical degree in 1991 from the University of Florida College of Medicine in Gainesville. He completed his residency in obstetrics and gynecology at Pennsylvania State University College of Medicine in Hershey in 1995. In 1998, he earned a master's degree in public health with a sub-specialization in maternal child health research from Johns Hopkins University School of Hygiene and Public Health in Baltimore. ●

## Heather Farley, M.D., FACEP, appointed director of Provider Well-being



Heather Farley, M.D., FACEP, has been appointed director of Provider Well-being for Christiana Care Health System.

In this new role she will oversee internal advocacy programs and initiatives focused on provider well-being, cultivating an environment conducive to optimizing the experience of providing care. She will be responsible for addressing

institutional as well as individual sources of provider stress, burnout and compassion fatigue. She will continue to serve as director of the Care for the Caregiver Peer Support Program, which she has led since June 2015.

"Having a new director of Provider Well-being highlights the importance of this work as we focus on supporting our extraordinary people," said Neil Jasani, M.D., MBA, FACEP, chief learning officer, vice president of Medical Affairs and designated institutional official for graduate medical education. "Heather will

bring an amazing sense of passion and dedication to this work, and we are very fortunate to have her in this new role."

Dr. Farley has been with Christiana Care's Emergency Medicine Department for nearly 14 years.

She completed residency training at Christiana Care in 2005, serving as chief resident in her third year. She completed a fellowship in emergency medicine administration in 2006 and subsequently joined the clinical faculty. She was named assistant chair of the Department of Emergency Medicine in 2010. She was instrumental in establishing the Middletown Emergency Department, which opened in 2013, and served as its medical director until March of this year.

Dr. Farley is an associate professor of emergency medicine at Sidney Kimmel Medical College at Thomas Jefferson University. She has held several leadership positions within the American College of Emergency Physicians on the state and national level. She has co-authored 16 peer-reviewed journal articles and has been the principal or co-investigator in 10 grant-funded studies. She is currently pursuing her master's degree in health care delivery science at Dartmouth College. ●

## Terri Steinberg, M.D., MBA, named among top 50 health care information technology experts

Terri H. Steinberg, M.D., MBA, has been named one of the top 50 health care information technology experts and one of the most powerful women in health care IT by Health Data Management.

In its repeated recognitions of her extraordinary contributions to the field of health information technology, the monthly journal said Dr. Steinberg is “focused on implementing innovative technology architecture platforms to support care delivery within the framework of new payment models.”

Dr. Steinberg is chief health information officer and vice president of population health informatics for Christiana Care Health System. She also is a practicing internist and geriatrician who visits homebound patients.

In its recognition of Dr. Steinberg as a top expert, Health Data Management credited her with leading design of a massive population health effort that has overhauled treatment strategies for more than 20 chronic disease states.

“Christiana Care is now taking population health a step further and analyzing the health status of all Delaware residents, whether by Christiana Care or not, via data feeds from a statewide health information network,” it said.

Dr. Steinberg was lauded as one of health care IT’s most powerful women in part due to her extensive lectures and consultations, including with the Institute for Safe Medication Practice.

As part of this recognition, Dr. Steinberg was invited to speak as a panelist at a May 12 conference in Boston honoring the most powerful women in health care IT. She joined the closing panel, “Finding Improvements and Moving the Needle in the Age of Value-Based Care.”

A graduate of the Mt. Sinai School of Medicine, Dr. Steinberg in 2012 helped Christiana Care win a \$10 million Center for Medicare and Medicaid Innovation grant for the Bridging the Divides program, which used existing information systems to trigger alerts for ischemic heart disease patients who need extra care, both in the hospital and at home.

The Bridges program spawned Care Link, Christiana Care’s care-management program that improves both the individual experience of care and population health outcomes, and increases value by reducing the cost of care by getting people the right level of health care at the right time and in the right place. ●



## Fran Gott III, MBA, RRT, appointed administrative director, Primary Care and Community Medicine service line

Francis A. Gott III, MBA, RRT, has been promoted to administrative director, Primary Care and Community Medicine service line. In this new capacity, Gott will collaborate with physician and nursing colleagues to provide operational leadership for the service line, Department of Family and Community Medicine and related primary care efforts. He also will serve as the co-operational leader on the Primary Care and Community Medicine SLED.

Gott joined Christiana Care in 2001 and has taken on progressively broader responsibility within Respiratory Care until becoming director of the department in 2012.

“Under his leadership, the Respiratory Department has gained national recognition and improved outcomes, while embedding data use and evidence-based care delivery into the fabric of the department,” said Michael S. Eppehimer, MHSA, senior vice president, service line operations. “The Respiratory team successfully reduced ventilator length of stay for one of our sickest and most complicated patient populations — and their outcomes have exceeded national best practice compared to other health

care systems our size. In 2014, Fran maintained his leadership role in Respiratory, while also taking on broader responsibilities as administrative director of Pulmonary Services and Medical Critical Care. In this capacity, he worked within the Acute Medicine service line to support program development and the clinical pathway implementation.”

Gott has a bachelor’s degree and an MBA from Wilmington University and is a certified Lean Six Sigma Green Belt. He represented Christiana Care as a Leadership Delaware fellow in 2014 and has served on state boards such as the Delaware Society for Respiratory Care and the State of Delaware Board of Medical Licensure Subcommittee.

Kathleen Bonis, RRT-NPS, clinical manager of Respiratory Care, is serving as the interim director of Respiratory Care while a search is under way for Gott’s replacement. ●



## Publishing

**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*. February 2016.

**Anthony Sciscione, D.O.**, et al. Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) Maternal-Fetal Medicine Units (MFMU) Network. "Carpenter-Coustan Compared With National Diabetes Data Group Criteria for Diagnosing Gestational Diabetes." *Obstetrical Gynecology*. May 2016.

**Robert L Witt, MD, FACS**. Chapter: "Recurrent Benign Salivary Gland Neoplasms" in the book "Salivary Gland Neoplasms" (Karger Publishers; eds Bradley and Eisele). 2016.

## Presentations

**Darcy Burbage, MSN, RN, AOCN, CBCN**. "Is There a Difference Between African-American and Caucasian Breast Cancer Survivors in the Incidence and Severity of Chemotherapy Induced Peripheral Neuropathy (CIPN)?" *Oncology Nursing Society 41st Annual Congress*. April 2016. San Antonio, Texas.

**Muge Capan, Ph.D., Kristen Miller, Dr.PH., Pan Wu, Ph.D., Danielle Mosby, MPH, Jun Tao, BS, MS, and Ryan Arnold, M.D., MS**. "Visual Sepsis Risk Profiling Model." *National IDeA Symposium of Biomedical Research Excellence*. Washington, DC. June 2016.

**Rachel Carter, M.D.** "Primary Care Updates: USPSTF updates for Syphilis Screening." *Delaware Association of Family Physicians 2016 Annual Scientific Assembly*. Newark, Delaware.

**John Donnelly, M.D.** "Faculty Burnout and Resiliency: Shifting the Balance Towards Wellness." *Association of Program Directors in Internal Medicine Workshop*, April 2016. Las Vegas, Nevada.

**Allen Friedland, M.D.** "Internal Medicine-Pediatrics Senior Resident Career Choices (2014-2106)." Poster. *Med-Peds Program Directors Association*. April 2016. Las Vegas, Nevada.

**Allen Friedland, M.D.** "American Academy of Pediatrics Section on Med-Peds Update." April 2016. Las Vegas, Nevada.

**Claudine Jurkowitz, M.D., MPH, Paul Kolm, Ph.D., Daniel Elliott, M.D., MSCE, Carla Russo, MS, and William Weintraub, M.D.** "Reducing 30-day Readmission After Percutaneous Coronary Intervention in Patients with Chronic Kidney Disease and Multiple Comorbidities." *National Kidney Foundation Spring Clinical Meeting*. Boston. April-May 2016.

**Nora Katurakes, MSN, RN, OCN and Charlene Marinelli, BSN, RN, OCN**. "Health Info on the Go: New Innovative Approach to Cancer Awareness." *Oncology Nursing Society's 41st Annual Congress*. San Antonio. April 2016.

**Kristen Miller, Dr.PH., MSPH, Sherry Monson, RN, MSN, MBA, Susan Coffey Zern, M.D., Neil Jasani, M.D., MBA, and Eric V. Jackson, Jr., M.D., MBA**. "Designing Health Care Facilities to Maximize Productivity and Patient Outcomes Health-Care Environments Track." *International Symposium on Human Factors and Ergonomics in Health Care*. San Diego, Calif. April 2016.

**Lynn C. Jones, FACHE:**

- "Understanding the Dynamics of a Preferred Network Development." *Health Dimensions Group: National Summit*. Las Vegas, Nev. Feb. 2016.
- "Bundled Payment for Care Improvement. (BPCI) Initiative & The Role of Home Health Care Services." *Delaware Association for Home & Community Care*. Dover. April 2016.
- "Best Practices from Michigan Pioneer ACO & Christiana Care - Working with Home Health Providers to Improve Post-Acute Outcomes." *Careport*. Webinar.
- "Health System Perspective on Hospital-PAC Partnerships." *American Hospital Association*. May 2016. Washington, D.C.
- "Home Care's Growing Role in the Healthcare Landscape." *HIDA Educational Foundation, Extended Care Market Conference*. May 2016. Chicago.

At the Eastern Society of Pediatric Research Meeting in Philadelphia, March 2016:

- **Christine Ennis, M.D., Monica Castellano, MSPH, Tina Hendler, NNP Rachel Baldwin, NNP, Lauren Walker, NNP, Lauren Kibler, RT, Mandy Pennington, RN, Robert Locke, D.O., MPH** and

**Haritha Vellanki, M.D.** "Measuring Adherence to Neonatal Resuscitation Program (NRP) Guidelines With Video Recording."

- **Amy L. Lembeck, D.O., Deborah J. Tuttle, M.D., Robert Locke, D.O., MPH, Pamela Jimenez, MSN, RN, CFNP/CPNP, Amy B. Mackley, MSN, RNC, CCRC, and David A. Paul, M.D.** "Outcome Differences in Neonatal Abstinence Syndrome Managed in the NICU Versus Pediatric Floor."
- **Amy L. Lembeck, D.O., Deborah J. Tuttle, M.D., Robert Locke, D.O., MPH, Pamela Jimenez, MSN, RN, MSN, CFNP/CPNP, Amy B. Mackley, MSN, RNC, CCRC, and David A. Paul, M.D.** "Breast Feeding and Formula Selection in Neonatal Abstinence Syndrome."
- **Alyssa Marshall, D.O., Ursula Guillen, M.D., Robert Locke, D.O., MPH, Amy Mackley, MSN, RNC, CCRC, and Wendy Sturtz, M.D.** "Mindfulness Based Training Among Parents with Preterm Neonates in the Neonatal Intensive Care Unit (NICU)."
- **Kaitlin M. McLean, M.D., Julia D Ryan, M.D., Annette L Rickolt, MSN, RNC, and John L. Stefano, M.D.** "Time to First Hold: Quality Improvement Project Using Lean Six Sigma Methodology to Decrease the Time to Parents' First Hold of Infants in the NICU."
- **Kaitlin M. McLean, M.D., Tom Blackson, RRT, Joseph Ciarlo, RRT, Lori Boylan, RRT, Michael Antunes, M.D., Thomas H. Shaffer, MS.E., Ph.D., and Robert Locke, D.O., MPH.** "Impact of Neonatal Endotracheal Tube Biofilm on Resistance and Mechanics of Breathing."

**Jason Mastroiana, Jonathan Meade, MBA, MSIST, and Nelida Rios**. "Agile Information Architecture." *IA Summit*, Atlanta, GA. May 2016.

**Stephen A. Pearlman M.D., MSHQS**. "Coding Seminar" and "QI for the Neonatologist." *Perinatal Strategies Workshop*. April 2016. Scottsdale, Arizona.

**Naomi R. Price**, "It Takes a Village to Stay at Home." *Visiting Nurse Association of America national conference*.

**Mary Shapero, MS, RD, CNSC, LDN**. "Malnutrition Incidence and Physician Compliance to Registered Dietitians

CONTINUED

Malnutrition Diagnosis and Documentation in a Large Trauma Center.” Poster. Clinical Nutrition Management Symposium in Austin, Texas. April 2016. The project also was recognized by the Academy of Nutrition and Dietetics’ Clinical Nutrition Management (CNM) Dietetic Practice Group as one of the Top Ten projects in the Academy’s annual Quality and Process Improvement Award Program.

**Shawn Smith, MBA.** “How to Create and Sustain a Patient-Centered Organization: Lessons from Christiana Care Health System.” Advisory Board web conference - iRound for Patient Experience. May 2016.

**Susan Smola, J.D., MBA,** et al. “Patient with Unmet Legal Needs: Who They are and Gaps in Service.” Medical Legal Partnership Summit. Indianapolis, Indiana. April 2016.

**Daya Sneha, M.D., Himani Divatia, D.O.,** and **Allen Friedland, M.D.** “LEED-R: A Guide to Developing a Leadership Skills Curriculum for Trainees.” Med-Peds Program Directors’ Association Workshop. April 2016. Las Vegas, Nevada.

**Kimberly D. Williams, MPH, Alan L. Schwartz, Psy.D., Susan Smola, J.D., MBA, Julie H. Silverstein, M.D., Erin Booker, LPC, Linda J. Lang, M.D.** “Integrating Behavioral Health into Primary Care: An Evaluation of Patient and Provider Experiences with Behavioral Health Consultant Services.” AcademyHealth Behavioral Health Services Research Interest Group Meeting. Boston, Mass. June 25, 2016.

## Appointments

**Omar Khan, M.D., MHS,** was appointed president-elect of the Delaware Academy of Medicine at the annual meeting of the Academy in April.

**Daniel Meara, M.D., D.M.D.** was appointed president of the Delaware Academy of Medicine at the annual meeting of the Academy on in April.

The Nursing Professional Advancement Council wishes to congratulate new RN III nurses in April: **Arwen Craig, 6B; Kathleen Hackett, 3E MICU; Serah Muhoro,** Center for Rehabilitation; and **Kathleen Jamison,** Christiana Surgicenter.

## Awards

**Moonyeen “Kloppy” Klopfenstein, MS, RN,** was a recipient of the 10th Annual Carrie Chapman Catt Award presented by The League of Women Voters of New Castle County.

**Anne Mueller, MBA, MBE,** was awarded the End-of-Life Coalition Excellence Award for Administration of a program. Mueller was nominated by the Palliative Care Team.

**David Simpson, M.D.** was named Medical Director of the Year for Delaware, in recognition for excellence, by the Delaware Healthcare Facilities Association.

**Mary Stephens, M.D., MPH.,** was recognized with the Down Syndrome Association of Delaware’s Advocacy Award for 2015.

**Audrey Van Luven** was named a Chief Human Resources Officer Finalist at the awards gala at the HRO Today Forum North America. ●

## Christiana Care leaders contribute to Nursing Scholarship Fund

Nursing education got a boost from leaders at Christiana Care who contributed \$4,000 to the Nursing Scholarship Fund.

Contributors to the gift included Tom Corrigan, MBA, CPA, executive vice president and chief financial officer; Ken Silverstein, M.D., MBA, chief clinical officer; Sharon Kurfuerst, EdD, OTR/L, FACHE, FAOTA, FABC, senior vice president, health services operations; Mike Eppehimer, MHSA, FACHE, senior vice president, service line operations; and Audrey C. Van Luven, senior vice president, chief human resources officer.

The Nursing Scholarship Fund supports scholarships for nursing and allied health professionals. ●



## Nursing research competition advances critical thinking

**W**inners of the annual nursing research Tell It In a Poster Contest at Christiana Care were announced May 6.

The initiative begins each year in February, when participating nurses attend intensive workshop sessions to learn about methods for qualitative and quantitative research, and how to effectively evaluate the elements of a research study. Nurses can compete in the poster contest as individuals or in teams of two, with each assigned a mentor to guide them through the process.

The contest is one of several major initiatives developed by Christiana Care's Nursing Research Council to encourage vital research projects that improve patient care outcomes and influence the quality and scope of nursing practice.

The program culminates in May in conjunction with National Nurses Week, when the poster submissions are exhibited at Christiana Hospital for viewing by physicians, nurses, clinicians, staff, patients and visitors. This year there were 25 participants who submitted 13 posters.

Beverly Von-Gorres, MSN, RN, CEN, CCRN, CTRN, of Christiana Care's Critical Care Transport team, took first place with a poster titled "Cervical Spine Motion During Extrication." Lynn E. Bayne, Ph.D., NNP-BC, nursing research Facilitator, mentored Von-Gorres during the project.

Second place went to Maureen Haislett, BSN, RN, CPAN, and Jennifer Schulak, BSN, RN III, CCRN, of PACU at Christiana Hospital, "Burnout and Resilience Among Nurses Practicing in High-Intensity Settings." Their mentor was Darcy Burbage, MSN, RN, AOCN, CBCN, survivorship nurse navigator.

Third place for a poster titled "Staff Nurse Perceptions of Nurse Manager Leadership Styles and Outcomes" was awarded to Leslie Hoefgen, RN, CNOR, and Pamela Ramagano, BSN, RN, CNOR, with mentor Mary Ann Faralli, EdD, MSN, MBA, RN, CCRN, Quality Improvement Program manager. ●



First place: "Cervical Spine Motion During Extrication."



Second place: "Burnout and Resilience Among Nurses Practicing in High-Intensity Settings."



Third place: "Staff Nurse Perceptions of Nurse Manager Leadership Styles and Outcomes."

## June

### Value Institute Spring Symposium

#### “Bridging the Gap: Connecting Data to Decisions”

**Friday, June 10, 11 a.m. – 1 p.m.**

#### John H. Ammon Medical Education Center

Value Institute staff and scholars will share their research and initiatives during the symposium.

Lunch will be provided. ●

## August

### Delaware Donor Dash

**Saturday, Aug. 6, 8:10 - 9:30 a.m.**

#### Wilmington Riverfront, Dravo Plaza

The Delaware Donor Dash is a 5k walk/run event that benefits organ and tissue donation and transplantation initiatives in Delaware. The Dash is a collaborative effort of the Gift of Life Program, Christiana Care Health System, Nemours / Alfred I. du Pont Hospital for Children, and the Delaware Organ and Tissue Donor Awareness Board. The 8:10 a.m. event start-time is an estimate based on the agenda for the 2015 event. For more information and to register, visit <http://www.dedonordash.com>. ●

### INBRE Scholars Research

**Friday, Aug. 19, 11:30 a.m.-1:30 p.m.**

#### John H. Ammon Medical Education Center

The Delaware IDeA Network of Biomedical Research Excellence (INBRE) and The Value Institute are hosts of the 2016 Scholars Research Day & Luncheon, an annual lunch and networking event that features student researchers providing their findings on research topics aimed at improving the delivery of health care in partnership with their Christiana Care mentors. The event will be hosted by Scott Siegel, Ph.D., site principal investigator for INBRE at Christiana Care, director of Population Health Psychology/Office of Transformation, and director of Psycho-Oncology & Survivorship at the Helen F. Graham Cancer Center & Research Institute.

Registration is limited to 150 people. Visit <https://events.christianacare.org>. ●

## Save the Date!

### The American Heart Association's 25th Annual Heart Walk

**Sunday, Sept. 11, 9 a.m., Wilmington Riverfront**

The annual Heart Walk promotes awareness about heart disease and stroke, while raising funds to fight the diseases. To register a walking team at <http://www.heart.org/wilmingtonwalk>, click on “Participant Registration.” Individuals can join one of the several teams from Christiana Care already listed on the site or start a new team. Register to receive one of 1,000 Christiana Care Heart Walk T-shirts reserved for employees and their team members. ●

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



Dozens of medical team volunteers from Christiana Care supported the Delaware Marathon on May 8.

## Volunteer medical team supports annual Delaware Marathon runners and crowd

**M**ore than 2,500 runners participated in the Delaware Marathon, supported by Christiana Care on May 8.

Linda Laskowski Jones, MS, APRN, ACNS-BC, CEN, FAWM, FAAN, vice president, Emergency & Trauma Services, praised a 42-member, all-volunteer team that supported the annual marathon race.

“Thank you all for your spirit of volunteerism, hard work and expertise as medical team members,” she told the team, comprising Christiana Care ED staff and ED Observation nurses, physicians, ED techs and clerks and volunteers, plus an EMT, materials supervisor and an occupational therapist.

Efforts were well supported by several on-site EMS agencies, including the New Castle County paramedics with their mobile command unit, medic unit, gators and ALS bicycle patrol. Security personnel and officers from the Wilmington Police Department also were assigned to the race for added safety.

Of the 35 walk-ins, only one patient required ALS ambulance transport to Wilmington Hospital,

to be treated for severe heat illness bordering on heat stroke. That patient first required ice water immersion in the team’s on-station wading pool for active cooling prior to transport.

“We also treated multiple patients with musculoskeletal pain, cuts and abrasions from falls, blisters, dehydration, dizziness, exhaustion, cramping, nausea, vomiting, syncope, headache and dyspnea,” Laskowski Jones said. “Our teams rotated coverage of the medical tent, the finish line and the transition area for the relay race using event radios for emergency communication.” ●

*“Thank you all for your spirit of volunteerism, hard work and expertise as medical team members.”*

LINDA LASKOWSKI JONES, MS, APRN, ACNS-BC, CEN, FAWM, FAAN  
VICE PRESIDENT, EMERGENCY & TRAUMA SERVICES, EMERGENCY ADMINISTRATION



## Urine drug screening By Hasan Alhasani, Pharm.D.

Urine Drug Screening (UDS) is a common practice in health care settings. It may be used to screen for illicit drug use, to monitor for compliance, or to evaluate drug intoxication or overdose.

Two types of UDSs are typically used; immunoassay and gas chromatograph-mass spectrometry (GC-MS).<sup>1</sup>

Immunoassays are the most common method for the initial screening process, as they allow large-scale screenings with rapid detection at minimal expense, and require little expertise. The current UDS panel at Christiana Care Health System tests for seven classes of drugs: amphetamines, barbiturates, benzodiazepines, cocaine metabolite, opiates, tetrahydrocannabinol (THC), and phencyclidine (PCP).<sup>3</sup> The main disadvantage of immunoassay is false-positive results, which will need to be confirmed by a test for a specific drug. GC-MS is considered the gold standard for confirmatory testing. It is the most accurate, sensitive, and reliable method of testing, however the test is time-consuming, requires an expert laboratory analysis, and is expensive.<sup>1</sup> For these reasons, GC-MS is usually used if there is a diagnostic dilemma, if a patient requests such a test or disputes the results, or if there are serious implications to a positive result (e.g., in a drug rehabilitation program, or child protection cases).

Drugs are present in urine from within minutes of use to several days after, depending on the substance used, quantity ingested, presence of a metabolite, frequency of use (chronic or acute), patient's hepatic or renal function, and in some cases body fat. The Substance Abuse and Mental Health Service Administration (SAMHSA) has reported usual detection time for drugs of abuse, Table 1.<sup>2</sup>

A positive test result means the drug or metabolite of interest is present at the time of screening but does not necessarily indicate active intoxication

DRUG	WINDOW OF DETECTION
Amphetamines and analogues	2 days
Barbiturates-short acting (e.g. pentobarbital)	4-6 days
Barbiturates-long acting (e.g. phenobarbital)	10-30 days
Benzodiazepines-intermediate acting (e.g. alprazolam, clonazepam, lorazepam, temazepam)	1-12.5 days
Benzodiazepines- long acting (diazepam)	5-24 days
Opioids (codeine, hydrocodone, oxycodone, morphine, propoxyphene, hydromorphone)	1-4 days
Opioids (methadone, buprenorphine)	3-11 days
PCP	1.5-10 days
THC	3-20 days
Cocaine Metabolite	2-4 days

Cross-reactivity occurs when a test cannot distinguish between the substance being tested and substances that are chemically similar. Drug class-specific immunoassay tests compare the structural similarity of a drug or its metabolites with specifically engineered antibodies. In general, substances with reactivates near 20 percent or less with the immunoassay have little chance of being detected. Because synthetic drugs have altered a drug's chemical composition, they can have lower cross reactivity and therefore may result in negative test results. For example, oxycodone is a semisynthetic opioid that only has a 14 percent cross reactivity with a Christiana Care opioids immunoassay and thus may not be detected in a urine drug screen.<sup>3</sup> Based on this information a patient may have a negative test result but could still be intoxicated with a drug not detected by the immunoassay. Methadone is a synthetic opioid and will not be detected in a standard opioid immunoassay. Patients enrolled in a methadone maintenance/detoxification program should have a negative opiate screen if compliant with the program. If methadone abuse is suspected a psych drug panel, which includes a Christiana Care current drug screen panel plus a methadone screen, can be ordered.

In addition to the potential for false negatives, some prescription and over the counter medications may also cross-react with the antibodies and produce a false-positive result, thus cross-reactivity can be a double-edged sword in clinical practice.<sup>4</sup>

When ordering a UDS it is important to realize what drugs the test detects, the limitations of the test including the likelihood of false-positive and false-negatives, and the clinical context.

Christiana Care UDS cross-reactivity panel can be accessed through the following link: <http://intranet/sites/LaboratoryServices/Documents/Drug%20Screen%20Detection%20Limits.pdf>.●

#### References:

1. Moeller, Karen E., Kelly C. Lee, and Julie C. Kissack. "Urine drug screening: practical guide for clinicians." *Mayo Clinic Proceedings*. Vol. 83. No. 1. Elsevier, 2008.
2. U.S. Department of Health and Human Services: Substance Abuse and Mental Health Service Administration, *Clinical Drug Testing in Primary Care*, 2010
3. Christiana Care Health System, *Urine Drug Screen Cross-Reactivity Panel*, 2016
4. Brahm, Nancy C., et al. "Commonly prescribed medications and potential false-positive urine drug screens." *American Journal of Health-System Pharmacy* 67.16 (2010): 1344-1350.

## Workplace safety is a team effort

**J**une is National Safety Month, a time to renew our awareness of the importance of safety in the workplace — and how we can work together to prevent accidents on the job.

At Christiana Care Health System, needlesticks and cuts are the No. 1 reportable injury, followed by slips, trips and falls. Other workplace injuries include: being struck by or stuck between objects; injuries while handling patients; lifting or moving materials; patient assaults; and motor vehicle accidents.

We can help to keep one another safe through such measures as making sure to always properly dispose of needles and other sharp objects. We can keep our work areas neat and tidy, with no dangling cords that are a trip hazard to ourselves and our colleagues. We can make certain drawers to desks and file cabinets are fully closed.

If you see a spilled drink or other wet area, don't just walk by. Place an absorbable mat over it. Notify housekeeping of the potential hazard. If you spot a light that has burned out in a stairwell or a crack in a sidewalk or parking lot, be proactive. Report it.

Here are a few other ways we can help to make our workplace a safe space:

- Be aware of your surroundings. You are far less likely to trip over a curb if you are paying attention to where you are going. Make sure you have a clear line of vision if you are pushing a cart or carrying items.
- Always turn on a light before you go into a room, even if it is a place where you go often. This reduces the risk of tripping or bumping into furniture or equipment.
- Take regular breaks. Work-related injuries are more likely to occur when workers are tired and not fully alert to their surroundings. (And don't scrimp on sleep. Arrive at work refreshed and well rested.)
- Pay attention to your posture. If you work at a desk, you are less likely to develop back problems if you keep your shoulders in line with your hips. Lift heavy objects with your legs rather than your back. Grip objects with both hands.
- If you aren't sure about how to perform a task safely, reach out to your supervisor for instruction. ●



### 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.*

## FORMULARY UPDATE—APRIL 2016

## FORMULARY ADDITIONS

Medication – Generic/Brand Name	Strength/Size	Use/Indication	Comment
Ropivacaine injection/Naropin	2 mg/mL (0.2%), 200-mL vial	Local anesthetic	Line-item extension for use in operating rooms

## CHRISTIANA CARE MEDICATION POLICY CHANGE

<b>Idarucizumab / Praxbind</b>	Board eligible or board-certified attending anesthesiologists, cardiologists, hematologists, and critical care & emergency medicine physicians are permitted to prescribe idarucizumab.
<b>Human Prothrombin Complex Concentrate/ Kcentra</b>	Board eligible or board-certified attending Middletown Emergency Department physicians, hematologists and critical care physicians are permitted to prescribe human prothrombin complex concentrate. For hematologist approval, contact the Blood Bank Medical Director or designee

## DELETIONS

<b>Benzocaine lozenges/Cepacol</b>	Removed because the lozenges are unavailable
<b>Capsaicin cream</b>	Removed because of infrequent use
<b>Tiagabine 12- &amp; 16- mg capsules/Gabitril</b>	Removed because of infrequent use. The 2- and 4-mg capsules remain available
<b>Timolol tablets</b>	No longer manufactured.

## Best practice review

## PATIENT FURNITURE REPAIRS &amp; CLEANING

**Q. WHAT SHOULD I DO IF I FIND A RIP OR TEAR IN FURNITURE USED IN PATIENT ROOMS, TREATMENT AREAS, OR WAITING ROOMS?**

- A. Immediately remove furniture from service. Rips and tears prevent adequate cleaning and may promote the growth and potential transmission of infectious pathogens.

**Q. WHAT IS THE PROCESS FOR REPAIRING RIPS OR TEARS IN VINYL FURNITURE?**

- A. Inpatient departments and outpatient offices can submit an Environmental Service Work Request form to report rips and tears. <http://inet/webforms/envserv/workrequest.asp>

**Q. WHAT IS THE PROCESS FOR REPAIRING RIPS OR TEARS IN CLOTH/FABRIC FURNITURE?**

- A. • Departments that have cloth/fabric furniture must develop a plan for routine inspection and cleaning.
- Inpatient departments and those areas supported by Christiana Care Environmental Services can submit a webform to request cleaning. <http://inet/webforms/envserv/workrequest.asp>

- For those sites not supported by Christiana Care Environmental Services, consult the contracted environmental services company for your building. Most companies can sanitize upholstery upon request.
- Replace cloth/fabric furniture when it can no longer be cleaned; only furniture made of cleanable surfaces is currently approved and available through Christiana Care purchasing.

**Q. WHAT IS THE PROCESS FOR CARING FOR PATIENT MATTRESSES?**

- A. • Inspect mattress for signs of damage or wear such as cuts, tears, cracks, pinholes, or stains when changing linens or when cleaning the mattress.
- Immediately remove mattress and replace if damaged, worn, or visibly stained. ●

*If you have questions about this Best Practice Review, please contact the content experts: Infection Prevention: 733-3507; Environmental Services 733-3820. Or call the Safety Hotline: dial 7233 (SAFE) from within Christiana or Wilmington Hospitals, or 623-7233(SAFE) from outside.*



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## First State School prom borrows theme from the Oscars

First State School students this year adopted the theme “Hollywood Red Carpet” for their annual prom on May 6.

“Completed mostly by the students on the prom committee, the decorating work in the atrium setting offered them an opportunity to create their perfect, fantasy night,” said Liz Houser, MSN, APRN, First State School program director. “We would like to give special thanks to Pamela Gardner and the Buccini/Pollin Group for their assistance in helping to decorate for the prom, and to Margarita Rodriguez-Duffy, director of Visitor & Volunteer Services, for coordinating the volunteer opportunity. They generously volunteered their time to help the staff prepare for the night.

“Many of the students would not be able to attend a typical prom at a typical high school. But they were able to create their own star-studded evening this year. The First State School gives children and adolescents who would otherwise be homebound with serious illnesses the chance to attend school with their peers while they get the medical treatment they need.”

Located at Wilmington Hospital, First State School offers kindergarten through high-school education to children with diabetes, sickle-cell anemia, severe asthma, cancer and other illnesses. The program is the first of its kind and one of only three in operation nationwide. It is co-sponsored by Christiana Care and the Delaware Department of Education through the Red Clay School District. ●

