

FOCUS

DECEMBER 2016 VOLUME 27, NO. 13

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

INSIDE

4 EARLY DETECTION

Symposium focuses on screening for lung cancer

14 SCHOLARS DAY

Highlights of INBRE Scholars Research Day & Luncheon

22 PHIL AWARD

Respiratory Therapy launches annual award program



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

Christiana Care Health System has been honored as one of only 60 institutions out of 605 by the American College of Surgeons (ACS) Clinical Congress for achieving "Meritorious" outcomes in surgical patient care.

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

CONTINUED



Get the latest at
CHRISTIANA CARE
news.org

AMERICAN COLLEGE OF SURGEONS | CONTINUED

Christiana Care is one of only 17 health systems to receive the recognition at least two years in a row.

“This award belongs to our extraordinary and dedicated staff who ensure that our surgical patients achieve optimal health and an exceptional experience when they are under our care,” said Gerard Fulda, M.D., FACS, FCCM, chair of the Department of Surgery at Christiana Care and director of Surgical Critical Care and Surgical Research at Christiana Care.

The program measures actual surgical results 30 days after the operation and makes risk adjustments to compensate for

differences among patient populations and acuity levels. Participating hospitals are required to track the outcomes of inpatient and outpatient surgical procedures and then analyze their results, which direct patient safety initiatives within the hospital and impact the quality of surgical care.

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

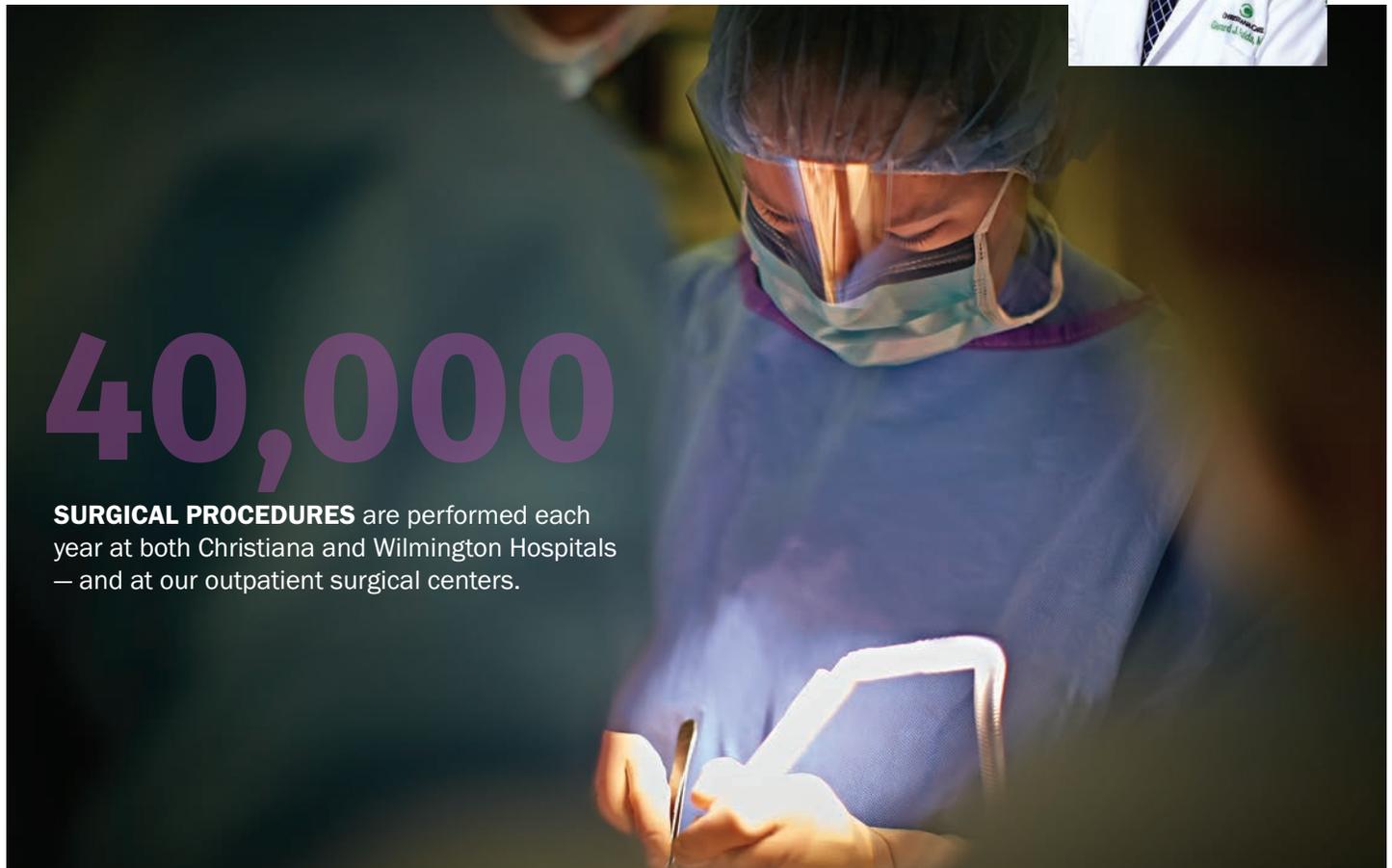
- Mortality.
- Cardiac arrest and heart attack.
- Pneumonia.
- Unplanned intubation.
- Ventilator use for longer than 48 hours.

- Renal failure.
- Surgical site infections.
- Urinary tract infection.

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

“This award belongs to our extraordinary and dedicated staff who ensure that our surgical patients achieve optimal health and an exceptional experience when they are under our care.”

GERARD FULDA, M.D., FACS, FCCM



40,000

SURGICAL PROCEDURES are performed each year at both Christiana and Wilmington Hospitals — and at our outpatient surgical centers.

Wellbeing at work — improving the health care team experience

By Heather Farley, M.D., FACEP, director of Provider Wellbeing, Institute for Learning, Leadership and Development (iLEAD)



the majority of my time in this new role, leading our Center for Provider Wellbeing.

A key goal of the Center for Provider Wellbeing is to cultivate an environment that optimizes the experience of providing care — in large part by addressing both institutional and individual sources of stress and “burnout.”

The generally accepted definition of burnout is, “a prolonged response to long-term emotional and interpersonal stressors on the job.” To put a health care spin on it, burnout includes depersonalization, characterized by a cynical or negative attitude toward patients, emotional exhaustion, including a lack of empathy, and feelings of decreased personal achievement.

The reason we care about promoting care team wellbeing is simple. There are real consequences to burnout that are economic, patient-care-related, and most importantly, personal.

Studies have shown that health care providers have higher rates of emotional and physical ailments than the patients they treat. Burnout has been linked to increased medical errors, reduced empathy for patients, diminished patient experience, decreased adherence to treatment recommendations, and reduced access to care.

So, what are we doing about it?

For starters, Christiana Care provides a variety of resources for all care team members to help manage stress and emotional challenges, because we recognize the importance of these issues. For example:

- The MyWellness website offers a variety of web-based health and wellness resources.
- The Employee Assistance Program through ComPsych provides counseling, crisis support and referrals for child care, elder care, financial, legal and education, special needs, parenting, pet care and more.
- myStrength offers web-based and mobile self-help resources that encourage users to be active partners in their physical and psychological health and wellbeing. (See page 26.)

- The Care for the Caregiver Peer Support Program provides confidential one-on-one peer support following an adverse event or medical error.

In addition, the Center for Provider Wellbeing at iLEAD is developing a new set of resources tailored specifically for physicians, PAs and advance practice nurses to support their unique needs. Examples include:

- Provider Litigation Program, which provides educational resources regarding the legal process and promotes emotional wellbeing during litigation.
- Vital WorkLife offers confidential behavioral health services, peer coaching and work-life assistance free to all members of the Medical-Dental staff. (Visit <http://www.vitalworklife.com> or call 877-731-3949.)
- On-site executive coaching offered to a pilot group of physicians.
- Provider Wellbeing: Essential Leadership Skills series, which provides physician leaders with tools to build resilient teams and prevent burnout.
- Confidential consultation with a Provider Wellbeing coach (referral for additional services as needed).

We have also joined forces with Stanford University’s Academic Consortium for Integrative Medicine and Health to measure levels of burnout within Christiana Care and among our provider community, using their confidential survey tool, personal interviews and focus groups. Data gathered will be used to establish provider wellbeing as a key quality metric for our institution — one that we prioritize, track, and for which we hold ourselves accountable.

Our next step is to assemble an advisory panel to guide our institutional provider wellbeing strategy, based upon the survey and interview results. The resulting institutional strategy will focus on the fourth component of the Quadruple Aim — creating the conditions for the health care workforce to find joy and meaning in their work, and in doing so, improving the provider experience.

As we strive toward this goal, it is essential to recognize that fostering wellbeing at work requires targeting not just individuals but also their work environment. Availability of resources to enable employees to improve their personal resilience is important, but is not sufficient — we must also create a work environment that enables us not merely to survive, but to truly flourish.

We welcome your ideas or concerns regarding personal wellbeing at work and in the broader context of our health system. Please, consider me a sounding board and a resource. Send comments or inquires to me at hfarley@christianacare.org.

Statewide screening program aims to reduce lung cancer mortality



Panelists at the 2016 Annual Cancer Symposium on Sept. 22 provided insights on the National Cancer Institute (NCI) Phase III Trial results of lung cancer screenings, as well as early results of the Delaware Statewide Lung Cancer Screening Program.



“Lung cancer deaths every year exceed the total deaths from breast, colorectal and prostate cancers.”

NICHOLAS J. PETRELLI, M.D., FACS

Lung cancer kills more people in the United States than any other cancer. Yet only in recent years have screenings been recommended for people at elevated risk of developing lung cancer.

Collaborative initiatives at Christiana Care Health System, across the state and across the nation are identifying at-risk individuals through potentially life-saving screenings.

At the 2016 Annual Cancer Symposium, Sept. 22 at the John H. Ammon Medical Education Center, presenters provided insights on the National Cancer Institute (NCI) Phase III trial results of lung cancer screenings, as well as early results of the Delaware Statewide Lung Cancer Screening Program.

“Lung cancer deaths every year exceed the total deaths from breast, colorectal and prostate cancers,” said Nicholas J. Petrelli, M.D., FACS, the Bank of America endowed Medical Director of Christiana Care’s Helen F. Graham Cancer Center & Research Institute. “Early detection through lung cancer screening and prevention with smoking cessation programs drive some of the goals of Vice President Joe Biden’s Moonshot Program to accelerate progress in cancer prevention, diagnosis, treatment and care.”

NCI trial results indicated that screenings help to diagnose lung cancer earlier, resulting in a 27 percent reduction in all-cause mortality and a 20-percent reduction in lung-cancer-specific mortality, said Charles R. Mulligan, M.D., chief of Thoracic Surgery at the Graham Cancer Center.

Participants in the trial were current or former heavy smokers ages 55 to 74. Individuals were required to have a smoking history of at least 30 pack years and were either current or former smokers without signs, symptoms or history of lung cancer. They received annual low-dose CT scans or chest X-rays for three consecutive years. Researchers concluded that participants who received CT scans were 15-20 percent less likely to die than individuals screened with X-rays.

“You see a lot more on a CT scan than you do on a chest X-ray,” Dr. Mulligan said.

While the screenings detected cancers earlier, he noted that there is still work to be done. One-third of the lung cancers in participants developed after the screening period ended.

Delaware currently is the only state with a statewide lung cancer screening program, said Stephen S. Grubbs, M.D., vice president of clinical affairs for the American Society of Clinical Oncology.

CONTINUED

The Delaware Cancer Consortium and Screening for Life already are diagnosing lung cancers. To date, 52 percent of the diagnosed cases are in early stages when the cancer is most treatable.

“Thanks in large part to the dedication of nurse navigators, 98 percent of the people who are eligible have received screenings,” Dr. Grubbs said.

Christiana Care’s Lung Screening Program takes a consultative, multidisciplinary approach, with nurse navigators coordinating care that is convenient and accessible, said Roger Kerzner, M.D., assistant medical director for specialty services, The Medical Group of Christiana Care. “There is smoking cessation counseling at every step, every touchpoint,” he said.

A collaborative research study between the lung screening program and Christiana Care’s Family & Community Medicine Service Line helps identify patients who are eligible.

“The idea is outreach,” said Heather Bittner Fagan, M.D., associate vice chair of research, Family & Community Medicine. “We know that certain populations will be harder to reach. Plus, when

I know my patient and their preferences, it helps start a good conversation about screening.”

She discussed shared decision-making modules for lung cancer screening in which providers partner with patients so individuals can make informed choices.

“We wanted to make sure that every patient who underwent a low-dose CT scan participated in shared decision-making,” she said.

To that end, all screening must be generated by a face-to-face visit with a physician or other qualified provider, such as a physician assistant or nurse practitioner.

Risks include false positives, false negatives, radiation exposure and overtreatment.

Michael Hewitt, D.O., a Christiana Care radiologist, explained why scars and infections in the lungs can sometimes produce false positive screenings. He also reviewed potential complications of lung biopsies. ●

HOW TO CONNECT PATIENTS WITH LUNG SCREENINGS

The U.S. Preventive Services Task Force recommends annual screening for lung cancer with low-dose CT in high-risk individuals.

“Health care

providers can make a significant impact in reducing the cancer burden in our state by connecting their patients with screenings that have the potential to save lives,” said Nora Katurakes, MSN, RN, OCN, Community Health Outreach and Education manager at the Graham Cancer Center.

Christiana Care offers lung screenings for patients who have a history of heavy smoking. The Lung Health and Screening Program offers:

- A dedicated nurse navigator to assist with the entire screening process, from scheduling to following up with test results.
- A low-dose CT lung scan, which is a protocol that was found to be effective in the National Lung Screening Trial.

- A shared decision-making clinic to meet with the health provider for information about the program and to discuss risks and benefits of lung cancer screening.
- A multidisciplinary team to assist with abnormal findings, referrals and follow-up.
- A health coach available to provide smoking-cessation counseling.



Patients may qualify for the lung cancer screening if they are 55-77 years of age, have a history of smoking the equivalent of one pack a day for 30 years, are currently smoking or have quit within the past 15 years and have not had a CT scan of the lungs within the last 12 months.

To learn more, call Julia Adams, BSN, RN-BC, CCRC, the nurse navigator, at 302-623-2273 or go to <https://christianacare.org/health/healthtools/lunghealthandscreening/>

For individuals meeting the same criteria who are age 55-80 and meet specific income guidelines, The Delaware Screening for Life program also offers low dose-CT scans. For details, call 302-744-1040.

Women learn about wellness and breast health at Every Woman Matters

Breast cancer survivor Elena Blanco Allende attends Christiana Care Health System's Every Woman Matters: A Breast Health and Wellness Conference each year to help other women as they journey along the "long, hard road" of breast cancer.

"I know how much it means to have the opportunity to talk with someone when you are going through it," said Allende, of Newark.

Now in its fourth year, this free annual event features a resource fair with community partners, free health screenings and expert speakers. More than 130 people attended the Oct. 1 conference, which emphasized an array of health and wellness topics including living with breast cancer, genetics and maintaining strong bones.

Breast health can be affected by overall health, said speaker Colleen Doyle, MS, RD, managing director of nutrition and physical activity for the American Cancer Society.

"Preliminary research indicates that losing weight can help reduce your cancer risk," Doyle said. Other manageable risk factors include physical activity, alcohol use and

diet. "I'm making a passionate plea for you to spread the word in the community," she told the audience. "If there's a magic bullet for health, it's activity."

A special focus of the conference was metastatic breast cancer, in which the cancer spreads to other organs, lymph nodes or bones. While metastatic breast cancer cannot yet be cured, it can be slowed, said Ramya Varadarajan, M.D., an oncologist at the Helen F. Graham Cancer Center & Research Institute. Her advice: Listen to your body.

"Be an active partner with your doctor," Dr. Varadarajan said. "Stay in touch about changes you may experience or pain you may feel. It's always better to speak up. We need to know what you are feeling to best care for you."

Michelle Bailiff, LCSW, OSW-C, of the Graham Cancer Center, offered similar guidance on a panel about living with metastatic breast cancer. "Every story is different. If you take anything away from here today, it's to really know our own particular situation intimately well."

Women with metastatic cancer often have a desire to feel whole, and they feel a loss

of control over their lives, she said. "It's about making peace with this being a part of your life. Learning to exist, to thrive and then being OK with uncertainty — that's one of the most difficult things."

Much of the anxiety surrounding cancer involves being pushed out of your comfort zone, Bailiff said, but "there are things you can do to take back empowerment."

Sister Julian Wilson, MSFL, ACC, a chaplain at Christiana Care, advised women to identify what quality of life means for them and to construct a support team of people who can provide a sense of completeness. "It may include a yoga instructor, or a massage therapist," she said. "Do what you need to do to feel complete. You are a valuable, precious person."

A survivorship panel, led by Darcy Burbage, MSN, RN, AOCN, CBCN, nurse navigator with the Graham Cancer Center, highlighted the importance of the role of nurse navigator in helping the newly diagnosed. Tabe Mase, NP, director of Employee Health at Christiana Care, spoke about returning to work after diagnosis and treatment and the importance of working with your human resources department or employee health team.

Tanya Robinson and Melanie Garrison of Sigma Gamma Rho Sorority Inc., said their group has supported the conference since its inception four years ago, when it was called Sisters Helping Sisters.

"We want to bring awareness to the community," Garrison said.

The sororities provided free blood pressure screenings to more than a dozen attendees. Christiana Care nuclear medicine tech Stacy Adams provided free osteoporosis screenings to 26 women.

CONTINUED



Michelle Bailiff, LCSW, OSW-C and Sister Julian Wilson, MSFL, ACC offered guidance to those living with metastatic breast cancer to help regain control and to do what is needed to feel complete.

Simply You Boutique, with locations at the Graham Cancer Center and on Concord Pike in Wilmington, was on hand to talk about personal fittings for women who have undergone a mastectomy.

“Every woman goes into it differently,” said owner Cassie Giannoni. “We can help women feel comfortable in their body after a breast cancer procedure.”

Community Health Outreach Manager Nora Katurakes, MSN, RN, OCN, who organized the conference, said the day was designed with key take-away messages about how women can achieve optimal health through education about important screenings and inspiration for women with breast cancer. ●



Elena Bianca Allende, breast cancer survivor, attends the conference every year to help others in their journey.

Darcy Burbage, MSN, RN, AOCN, CBCN, nurse navigator at the Graham Cancer Center, leads a survivorship panel discussion on returning to the workforce and the financial impact of cancer with panelists Tabe Mase, FNP, director of Employee Health at Christiana Care, and Danielle Brown, MSW and Kathy Coward, BSN, RN, OCN, nurse navigator, Graham Cancer Center.



“Cancer is life-changing. At the Graham Cancer Center and with our dedicated community partners, we have what women need to get back on track and stay on track.”

NORA KATURAKES, MSN, RN, OCN



The Every Woman Matters committee included individuals from local organizations including several sororities. Front: Tanya Robinson, Sigma Ganna Rho Sorority, Inc.; Styna LeCompte, Alpha Kappa Alpha Sorority, Inc.; Nora C. Katurakes, Helen F. Graham Cancer Center & Research Institute; Melissa Donovan, Graham Cancer Center, and Monica Moore, Delta Sigma Theta Sorority, Inc. Back: Allison Gil, American Cancer Society; Shealese P. Russell-Reams; Renitia Pulliam, Delaware Clinical & Laboratory Physicians, PA and Zeta Phi Beta Sorority, Inc.; Danielle Brown, Graham Cancer Center and Zeta Phi Beta Sorority, Inc.

Evening of Hope celebrates advances in cancer research and treatment



Eric Kmiec, Ph.D., director of the Gene Editing Institute at the Graham Cancer Center and an international pioneer in molecular medicine and gene editing, shared new findings that can lead to novel cancer treatments.



Celebrating An Evening of Hope are Katie O'Dell-Shreve, Dana Nestor, and Diane du Pont of the Friends of the Helen F. Graham Cancer Center; Graham Cancer Center Director Nicholas Petrelli, M.D.; special honorees Tina and Pete Hayward; Elisa Komins Morris of the Friends; and Friends Chair Lois Galinat.



The Friends of the Helen F. Graham Cancer Center & Research Institute celebrated significant advances in cancer research and treatment at An Evening of Hope, an educational and fund-raising event, Oct. 19. The sold-out event at the Wilmington Country Club raised \$107,000 to benefit the Gene Editing Institute at the Helen F. Graham Cancer Center.

The Gene Editing Institute is a worldwide leader in personalized genetic medicine. Guests heard from its founder and director, Eric Kmiec, Ph.D., an international pioneer in molecular medicine and gene editing.

“Gene editing is rapidly becoming one of the most dominant and impactful techniques in biomedical research today and will lead to novel, therapeutic regimens in the treatment of many types of cancer,” Dr. Kmiec said.

Dr. Kmiec has led research teams in developing gene-editing technologies and genetic therapies for inherited disorders,

including leukemia, lymphoma and esophageal and liver cancers. In a breakthrough discovery, researchers at the Gene Editing Institute found that combining the CRISPR gene editing tool 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.

“The Gene Editing Institute is a catalyst that will speed progress in personalized medicine for cancer and other diseases,” said Nicholas J. Petrelli, M.D., Bank of America endowed medical director of the Graham Cancer Center.

Long-time friends of Christiana Care Pete and Tina Hayward were special honorees at An Evening of Hope. Pete Hayward is a former Christiana Care trustee, and Tina Hayward is a current trustee who led an effort to bring “baby cams” into Christiana



Janice E. Nevin, M.D., MPH.

Christiana Care Trustee Tina Hayward.

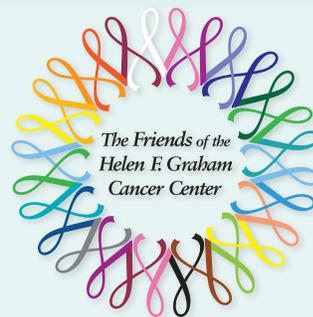
Researchers Natalia Rivera-Torres, MS, and Kristen Pisarcik, David E. Wilks, Esq., Bettina Tweardy Riveros, Esq., and Ashley Wilks.

Hospital's Neonatal Intensive Care Unit to enable parents to connect remotely with their newborns during their stay.

"The Haywards have been tremendous supporters of Christiana Care for many years, and we wanted to recognize their many important contributions," said Lois Galinat, chair of the Friends of the Helen F. Graham Cancer Center & Research Institute.

With Galinat, Diane du Pont, Elisa Komins Morris, Dana Nestor and Katie O'Dell-Shreve co-chaired An Evening of Hope.

"The Friends of the Helen F. Graham Center are valued partners in advancing research that will accelerate prevention, diagnosis and treatment of cancer," said Christiana Care President and CEO Janice E. Nevin, M.D., MPH. "Their hard work and dedication support our neighbors in achieving optimal health through innovations in research, prevention and care." ●



Founded in 2002, the Friends of the Helen F. Graham Cancer Center & Research Institute is a volunteer organization working in cooperation with the clinical staff of the Graham Cancer Center to help fund programs that enhance the patient care experience, support research, and provide public education on prevention, early detection and treatment of cancer.

New program helps hospital patients kick the smoking habit

Christiana Care hospital patients who smoke have a new resource to help them kick the habit. Project Connect, a pilot program of the Heart and Vascular Service Line, links them with a state initiative that provides free counseling and eight weeks' worth of tobacco-cessation medication.

“Project Connect is the first Christiana Care Health System coordinated effort to engage smokers in tobacco-cessation counseling after hospital discharge,” said Edward Goldenberg, M.D., FACC, director of Preventive Cardiology.

Dr. Goldenberg, who founded Million Hearts Delaware in 2012 as part of a nationwide endeavor to prevent 1 million heart attacks and strokes by 2017, saw an opportunity to optimize the health outcomes of these patients. The Million Hearts project already had focused on the “ABC” of heart health — aspirin, blood pressure and cholesterol. Now, the project would complete the acronym by targeting the final “S” — smoking, the leading preventable cause of death and disability.

“If you can get them to stop smoking, within 24 hours there are actual physiological changes going on,” he said. “Five years after quitting, they have the stroke risk of a nonsmoker, and after 15 years, their risk of heart disease returns to that of a nonsmoker.”

“If you can get people to stop smoking, within 24 hours there are actual physiological changes going on.”

EDWARD GOLDENBERG, M.D., FACC

Each day, about 150 smokers are seen at Christiana Care hospitals.

Many patients in the hospital have received a wake-up call in the form of a heart attack or stroke and are motivated to change their behavior. The key was finding a way to engage them after they leave the hospital. During their stay, smokers receive nicotine

CONTINUED



Christiana Care volunteer Sandra Juric shares information about Project Connect with patient Shannon Adams.

150

SMOKERS ARE SEEN EACH DAY AT CHRISTIANA CARE HOSPITALS

72

HOURS AFTER DISCHARGE DELAWARE QUITLINE CONTACTS PATIENTS WHO WANT TO QUIT

303

PATIENTS WERE VISITED BY A TRAINED VOLUNTEER FROM FEBRUARY TO MAY 2016

patches when medically appropriate. But once they walk out the door, they're on their own.

"Patients are forced to quit smoking while they are hospitalized, but without a support system on the outside, many return to the habit," said Denise Taylor, MS, RD, project manager.

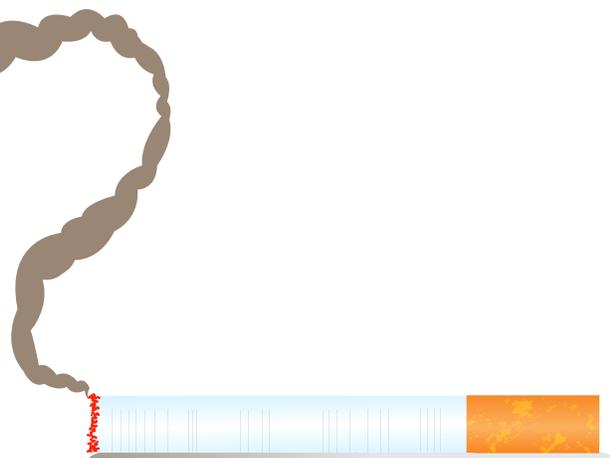
Studies show that if a smoker can get through two weeks of abstinence, he or she has a better chance of staying tobacco-free. Interventions that begin with a hospital stay and continue with supportive contact for at least one month after discharge increase the proportion of smokers who quit by 37 percent.

Project Connect is a collaboration of team members from Cardiovascular Prevention, Information Technology, Nursing, Pharmacy, the Value Institute and Volunteer Services. Because it uses volunteers and refers patients to the free Delaware Quitline program, costs are minimal, Taylor said.

Here's how it works: Each day, patients admitted to the heart and vascular units are asked if they use tobacco products. Those who say yes receive a visit from a Project Connect volunteer, who engages the patient in a nonjudgmental, non-nagging discussion about quitting tobacco. To ensure the patients who want to stop smoking don't relapse during the time it takes to get enrolled in the Delaware Quitline, Project Connect invests in a four-day supply of nicotine patches.

Patients who are ready to quit in the next 30 days and want to work with the Quitline are fax-referred, and the Quitline calls them within 72 hours after discharge.

Proactively contacting patients has been shown to increase the number of smokers enrolling in treatment thirteen-fold, Taylor said. Three days after discharge, a Christiana Care nurse phones the patient with a reminder. Program volunteers also check in with the patient after three months.



From mid-February, when Project Connect started, through May, 303 patients were visited by a trained volunteer. Of those, 128 were referred to the Delaware Quitline, and 49 subsequently enrolled in the service. Since the project's inception, the monthly average number of referrals to the Delaware Quitline has increased from five to 40.

The initiative dovetails with a larger systemwide push to treat the whole patient as part of a move toward a value-based model of care.

"Project Connect represents a value-based approach by treating tobacco use as a chronic disease that is addressed in the hospital and managed through referral to free resources in the community," she said.

Phase 2 of Project Connect will be a joint effort of the Heart and Vascular, Acute Medicine and Neurosciences service lines. Project Connect will have a dedicated tobacco treatment specialist who can provide a more intensive bedside visit and reach more patients, but will continue to use volunteers to support the service. ●

New learning management system launches in January

Learning Space replaces Education Center

Christiana Care’s Institute for Learning, Leadership & Development (iLEAD) is replacing the Education Center with a brand new, state-of-the-art Learning Space on Monday, Jan. 9. The Learning Space is a cloud-based system that Christiana Care employees can access anywhere using their 801 number and password.

“The new Learning Space will provide an improved educational experience with resources to develop our Extraordinary People, enhance our culture of learning and advance The Christiana Care Way by making it easier for staff to grow and succeed,” said Neil Jasani, M.D., MBA, FACEP, chief learning officer and chief academic officer at iLEAD.

The Learning Space offers employees and managers an intuitive graphic overview so staff can easily see assigned courses, courses in progress and completed courses. Employees can also view iLEAD’s entire course catalog and enroll in courses that may not be assigned to them. To help navigate the catalog, the Learning Space can recommend learning content based on an employee’s role or other courses they have completed.

Starting the week of Dec. 12, the Learning Management System Implementation & Training team will provide instructors, learning administrators and content developers in-person training about the Learning Space. There will also be web-based, eLearning modules and resources for all users in the system when the Learning Space launches on Jan. 9. ●

“The new Learning Space will provide an improved educational experience with resources to develop our Extraordinary People, enhance our culture of learning and advance The Christiana Care Way by making it easier for staff to grow and succeed.”

NEIL JASANI, M.D., MBA, FACEP



If you have questions about the Learning Space and its implementation, contact Tom Peters, director, Learning Operations & Technology at 302-733-3539 or Tamika Cashaw, Learning Technologies manager at 302-733-1447.



Health & Technology Innovation Center at Christiana Care co-sponsors major coding competition

Christiana Care colleagues Erwin Bautista, John DiGiovanni, Jonathan Meade and Neil Jasani, M.D., talk with OpenBracket Delaware contestants.



“This was a great opportunity to work with local leaders in technology and to inspire programmers to use their skills to help us improve the health of our community.”

RANDY GABORIAULT, MS

Joining with several other Delaware companies, Christiana Care Health System showed its support for innovation and the local tech community by sponsoring {OpenBracket Delaware — a coding competition where top programmers competed for \$20,000 in cash prizes.

On Saturday, Nov. 5, the third floor of The Baby Grand on Market Street in Wilmington was filled with over 100 coders — people who travelled from all over the country — who worked feverishly on one of six challenges given to the participants only the night before. Two of the challenges were presented by the Health &

Technology Innovation Center at Christiana Care: a mobile solution that would serve as a health care “boarding pass” and a wellness application for Google Cardboard.

“OpenBracket was a valuable experience for the Innovation Center team,” said Christiana Care Chief Information Officer Randy Gaboriault, MS, senior vice president, Innovation and Strategic Development. “This was a great opportunity to work with local leaders in technology and to inspire programmers to use their skills to help us improve the health of our community.” ●

Student researchers celebrate success and collaboration at Scholars Research Day



Delaware undergraduates who spent 10 weeks immersed in research projects under the guidance of Christiana Care Health System mentors presented their findings at a recent research luncheon.

At the 2016 INBRE Scholars Research Day & Luncheon, Aug. 19 at the John H. Ammon Medical Education Center, 13 student researchers presented projects that represented a summer of intense study and collaboration with Christiana Care mentors.

The summer research program is a collaboration between Christiana Care’s Value Institute and the Delaware IDeA Network of Biomedical Research Excellence (INBRE), which is funded by the National Institutes of Health and the state of Delaware. The four broad aims of INBRE are: to foster a statewide network for biomedical research; develop independent and interdependent researchers and institutions; cultivate Delaware INBRE initiatives; and enhance our state’s knowledge of biomedical science and technology.



“Christiana Care’s emphasis on innovation, effectiveness and affordability guides the health system to think through how its complex systems of care are experienced by its patients.”

ERIC V. JACKSON JR., M.D., MBA

Eleven students worked through INBRE, while two participated through the Value Institute’s Harrington Fund.

“What’s most rewarding is watching their growth,” said LeRoi Hicks, M.D., MPH, FACP, vice chair of Medicine. Dr. Hicks worked with Destiny Hollis, a biology major at Wesley College. “This young lady learned a semester’s worth of master’s level epidemiology in one summer,” he said.

Their research analyzed the prescription of opioids for patients who had been treated for suspected drug overdoses.

Several of the student research projects provided opportunities for students to observe Christiana Care’s staff deliver care.

In one such study, Delaware Technical Community College histotechnology student Edward McCaffery joined mentor Andrew Doorey, M.D., interventional cardiologist and Value Institute scholar, in an investigation of the adoption of a communication method called a “readback” in the cardiac catheterization laboratory. The term describes the practice of a listener repeating the speaker’s words — in this case, the name of a drug, the unit of measurement and the number of units — to eliminate miscommunication.

The study, a continuation of a 2015 INBRE project, recorded improvements in how often lab staff performed complete readbacks compared to the previous year.

“It shows that we have a team that wants to make things better,” McCaffery said.

CONTINUED

Scott Siegel, Ph.D., Christiana Care’s institutional lead for Delaware INBRE, said studies like these provide an opportunity for the complexities of modern medicine to be translated into practice.

“Health care has become so complex. These kinds of studies provide the biggest opportunities to improve the delivery of care,” he said.

Kelly Banas, a University of Delaware medical laboratory student researcher, paired with Eric Kmiec, Ph.D., director of the Gene Editing Institute, to study the use of a breakthrough gene editing tool called CRISPR. The technology was named the 2015 Breakthrough of the Year by Science magazine.

“Here we are at Christiana Care, literally at the forefront of that discovery,” said Dr. Siegel.

Banas and Dr. Kmiec were able to hone a synthetic technique — meaning no biological materials were required — that allowed them to perform a targeted edit of a single RNA base pair that caused a tumor cell to glow green. Fluorescence is important in gene editing because it is a marker that demonstrates that the intended edit to a gene has taken effect.

The lab is an intense environment in which not all undergraduates can flourish, Dr. Kmiec said. But Banas did.

“She was relentless,” he said.

The INBRE collaboration also serves as a reminder to Christiana Care providers that research is an important part of the health system’s mission, said Lauren Pigeon, CPhT, research project manager.

“This shows others that research can be done in 10 to 12 weeks of time,” she said.

The luncheon was also an opportunity to honor and remember Seema Sonnad, Ph.D., former director of health services research at the Value Institute. She suffered a fatal cardiac arrhythmia while running an ultra-marathon in 2015.

Four students were chosen to receive the Seema S. Sonnad Memorial Fund for Young Investigators Award. The students were rated across several dimensions, especially their outspokenness on important issues.

“I can think of no better way to honor and remember Seema,” said Timothy Gardner, M.D., medical director of the Center for Heart & Vascular Health and executive director of the Value Institute. ●



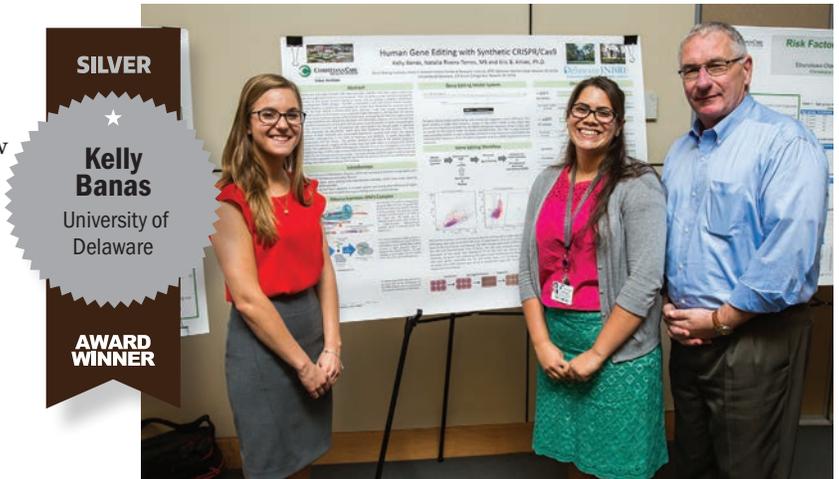
GOLD

★

Thomas Marconi
University of Delaware

AWARD WINNER

Student: Thomas Marconi. Mentor: Sherry Sixta, M.D. Research Topic: Retrospective and Prospective Outcomes of Trauma Resuscitation Pre and Post Implementation of Thromboelastography.



SILVER

★

Kelly Banas
University of Delaware

AWARD WINNER

Student: Kelly Banas. Mentor: Eric Kmiec, Ph.D., (Pictured with Natalia Rivera-Torres, Ph.D. (c)) Research Topic: Gene Editing as a Therapeutic Approach to Sickle Cell Disease and a Basis for Studying Chromosomal Translocations in Leukemia.



BRONZE

★

Destiny Hollis
Delaware Technical & Community College

AWARD WINNER

Student: Destiny Hollis. Mentors: LeRoi Hicks, M.D., MPH, FACP; Alexandra Mapp, MPH. Research Topic: Establishing a ‘Real-time’ (during hospitalization) Registry of Opioid Overdose Patients at Highest Risk of Rehospitalization for Engagement in an Integrated Care Management Program to Reduce their Hospital Utilization.

Christiana Care seeks ways to correct health care disparities for inmates released from prison



In 2016, thousands of offenders are expected to be released from the Delaware Department of Correction, and these are people at the fringe of our health system with unmet medical needs that could be addressed.

LEROI S. HICKS, M.D., MPH, FACP



Medical care for Delaware prisoners is a constitutional right. But when inmates are released back to their communities, they often experience lapses in treatment for chronic conditions such as hypertension, diabetes and heart disease.

“In 2016, thousands of offenders are expected to be released from the Delaware Department of Correction, and these are people at the fringe of our health system with unmet medical needs that could be addressed,” said LeRoi S. Hicks, M.D., MPH, FACP, vice chair, Department of Medicine.

Under the leadership of Dr. Hicks, Christiana Care is seeking to collaborate with community partners to correct these disparities, given that more than 90 percent of inmates will be placed on parole.

To explore research issues and look at models to eradicate disparities, the Value Institute and the Department of Medicine sponsored a conference on “Transforming Healthcare through the Lens of Post-incarcerated Patients.” More than 120 Christiana Care staff and Delaware community members attended the Aug. 22 event at the John H. Ammon Medical Education Center.

The symposium was funded by Delaware CTR-ACCEL, a \$20 million, five-year grant from the U.S. National Institutes of Health (NIH), along with \$5 million from the state of Delaware.

“One of the most important elements of the grant is community engagement, and this symposium is an example of that,” said William S. Weintraub, M.D., MACC, FAHA, FESC, director of funded research, Value Institute, Christiana Care principal

CONTINUED



Nicole Redmond, M.D., Ph.D., MPH, discussed the higher percentage of prison inmates suffering from hypertension, compared with the total U.S. population.

Brita Roy, M.D., MPH, MHS, assistant professor, section of General Internal Medicine and director of Population Health for Yale Medical Group and Yale University School of Medicine, speaks at the symposium.





Brita Roy, M.D., MPH, MHS, Assistant Professor, Section of General Internal Medicine, Director of Population Health for Yale Medical Group and Yale University School of Medicine; Eric V. Jackson, M.D., MBA, Associate Director, Value Institute, Director, Center for Health Care Delivery Science; Vincent F. Carr, D.O., MSA, FACC, FACP, Medical Director, Delaware Department of Correction; LeRoi Hicks, M.D., MPH, FACP, Vice Chair, Department of Medicine; William Weintraub, M.D., Founding Director, Center for Outcomes Research, Value Institute; Emily Wang, M.D., MAS, Co-Founder, Transitions Clinic Network, Associate Professor, Yale University School of Medicine; Nicole Redmond, M.D., Ph.D., MPH, Medical Officer, U.S. National Institutes of Health.

investigator, Delaware CTR Grant, unit medical director, Cardiology ICU, and associate program director, Cardiology Fellowship Program.

Among the speakers was Emily Wang, M.D., MAS, associate professor, Yale University School of Medicine, who said the scale of incarceration among black men is significant yet its effect on research showing health disparities among minorities has not been well-understood.

“None of our major health studies follow people in and out of prison,” said Dr. Wang. “So we have limited knowledge.”

Existing data on incarceration, which disproportionately affects minorities, show worrisome trends. For instance, 30 percent of state and federal inmates suffer from hypertension compared with 18 percent of the U.S. population, said Nicole Redmond, M.D., Ph.D, MPH, medical officer, National Heart, Lung and Blood Institute.

She suggested that as Delaware’s primary medical provider, Christiana Care is in a strong position to positively impact the health of returning inmates. She said it was encouraging that a representative from the Delaware Department of Correction medical team was taking part in the symposium.

Vincent F. Carr, D.O., MSA, FACC, FAC, medical director, Delaware Department of Correction, said he is interested in improving the continuation of care for returning inmates. Currently, there are discharge plans for inmates, who leave with a 30-day supply of medication and a promise that they will get a Medicaid card to pay for health care.

“We have a great relationship with Christiana Care and their infectious disease program,” said Dr. Carr, adding that HIV-AIDS patients receive very good care when they return to the community. But, he said, returning prisoners with other chronic health issues do not consistently seek new providers.

Dr. Wang is co-founder of a San Francisco program to overcome disparities for returning inmates. She reported that since the Transitions Clinic was launched in 2006, it has shown significant success. The program has been adopted in 16 locales, and there is now a Transitions Clinic Network, which has received a \$6.8 million Health Care Innovation Award from the U.S. Centers for Medicare & Medicaid Services. The network supports health systems in developing innovative programs to address the re-entry needs of individuals released from prison.

Dr. Wang said the Transitions Clinic model relies on former inmates, trained to be community health workers, who coordinate disease management as part of a team of providers and are multifaceted in what they do to assist returning inmates.

The community health workers reintegrate inmates into their community. Early research on the Transitions Clinic model has demonstrated important results. For instance, a randomized trial of 200 inmates released to San Francisco was shown to decrease patients’ emergency department visits by 50 percent over the course of a year, if they were enrolled in the Transitions program. In addition, Transitions Clinic patients have reported decreased rates of depression, hazardous alcohol consumption and smoking compared to historic controls.

Dr. Hicks praised the work of Dr. Wang and the Transitions Clinic Network. He said Christiana Care’s objective is to maximize the health of all Delaware residents, and he is working to offer better care for returning prisoners.

“I envision our becoming a model of care nationally and addressing this extraordinary health need,” he said. “Whatever treatment model we adopt will include a research component so we can establish best practices for this population.” ●

Teen trauma patient and her parents return to say thanks

Julia Short is grateful for each step she takes. Last April, when she was an 18-year-old high school senior, she was severely injured in an automobile accident that nearly severed her right ankle.

This fall, she and her parents, Barbara and Chris Short, returned to the Center for Rehabilitation at Wilmington Hospital to say thank you to the people who helped her walk again.

The Shorts presented a plaque to the doctor, nurses, therapists and techs who cared for her, inscribed with the words: "Forever grateful for a life saved."

"We want to thank you all for helping Julia," Mrs. Short said.

Julia came to the Rehabilitation Center after a two-week stay at Christiana Hospital, where she was treated for multiple injuries, including a broken hip, fractured vertebra in her neck, a dissected carotid artery, skull fracture and trauma to her right ankle. "It looked like a shark bite," she recalled.

The Shorts, who live Middletown, took turns staying in a patient- and family-centered room on the unit so that they could be with their daughter. They even brought the family dog, a bichon named Sugar, for a visit to cheer her up.

During her two weeks at the Rehabilitation Center, Julia received physical, occupational and speech therapy, and 24-hour nursing

care. She relearned such tasks as getting dressed, getting in and out of a car and retrieving objects from a shelf.

"It took a small village to take care of me," she said. Climbing stairs was her most difficult challenge.

"She literally did not have a good foot to stand on, with the hip fracture on the left and the severe ankle injury on the right," said Kelly Eschbach, M.D., section chief, Physical Medicine & Rehabilitation.

More than 700 patients pass through the Center for Rehabilitation each year, said Felisha Alderson, MSN, RN, CRNN, nurse manager. Like Julia, 82 percent of them go directly home from the Rehabilitation Center rather than to a nursing home or other facility, a rate far better than the national average.

Because rehab patients typically stay for a number of days and work hands-on with the staff, they often form a bond with the people who help them, Alderson said. A number of patients write thank-you notes. A few call regularly to stay in touch.

The Shorts also planned to visit the Emergency Department at Christiana Hospital to present a plaque to say thanks to the team that provided Julia with expert care.

Today, Julia is 19, a student at the University of Delaware and considering a career in nursing. "We have so much to be grateful for," her father said. ●

Center for Rehabilitation at Wilmington Hospital staff gather with patient Julia Short and her parents, Barbara and Chris, to receive plaque in gratitude for care received since an accident in April 2015. From left, Megan Ramage, OT, Felisha Alderson, MSN, RN, CRNN, nurse manager, Courtney M. Nice, PT, DPT, NCS, Heather Egnor, MS, CCC/SLP, Barbara Short, Rehab Therapeutic Tech II, Melody Roehsler, Julia K. Short, Kelly Eschbach, M.D., and Chris Short.



Cuddlers honored with Governor's Outstanding Volunteer Service Award

The Christiana Care Cuddlers Program received the 2016 Governor's Outstanding Volunteer Service Award on Oct. 19 at Dover Downs Hotel. The annual award recognizes the important contributions of Delaware's adult volunteers.

Through the Christiana Care Cuddlers Program, a team of 50 volunteers hold and provide comfort to the tiniest and most fragile hospital patients: the babies in the Neonatal Intensive Care Unit (NICU) and the Neonatal Abstinence Syndrome (NAS) unit, both of which are located at Christiana Hospital. These devoted volunteers ensure that these

babies experience the ongoing human interaction so essential to their well-being, especially when parents are juggling multiple responsibilities — such as jobs and other children — and cannot always be at the hospital.

While holding a baby may seem like an innate skill, these babies are medically fragile patients who require specially trained individuals to ensure their safety and comfort.

Christiana Care Manager of Volunteer Services Rose Wessells nominated the volunteers for the award.

In addition, Marsh Uebler was individually recognized for the 2016 Governor's Outstanding Volunteer Service for spending more than 2,000 hours volunteering in the Ronald McDonald Family Room at the NICU. Uebler's duties include welcoming families and children to the support room and providing supervision for children as needed. She also provides refreshments for children and families and helps to keep the Ronald McDonald Family Room clean. ●

Delaware Gov. Jack Markell, Judith Feeny, Maureen Kaufman, Carol Retherford, Gloria Pharis, Marianne Fugeman and June Emory at the ceremony honoring Christiana Care's Cuddlers.



Speaker inspires at Disability Employment Awareness Month event

The National Disability Employment Awareness Month Expo and Speaker event in the John H. Ammon Medical Education Center in October featured Ewa Okla, Ph.D., manager of the Process Analytics team at Cigna Insurance, who delivered a moving presentation about her life journey living with a physical disability as a result of arthrogryposis multiplex congenita disease.

The Expo event in the lobby of the John H. Ammon Medical Education Center provided information about the services, resources and support available in our community for individuals with disabilities.

"Ewa is a great example of how we can leverage the skills and talents of individuals with disabilities at all levels of the organization," said Dana Beckton, director of Diversity and Inclusion. "Her transparency is inspirational to everyone, regardless of ability. This is the second year we've held the expo, and we learn something new every time. There are any number of organizations that provide needed services and unfortunately, not enough people know about them." ●



Ewa Okla, Ph.D., gave a moving presentation about her life journey living with a physical disability.

Did you know that Christiana Care earned recognition in demonstrating exemplary hiring and employment practices for people with disabilities?



Staff and community partners earn recognition for violence prevention efforts

Christiana Care Violence Prevention Coordinator Chaz Molins, LCSW, has been awarded the Peacemaker Among Us award by Pacem in Terris, an interfaith, nonprofit organization in Delaware whose mission focuses on advancing peace and justice.

A social worker by training, Molins coordinates the violence prevention programs that are carried out by Christiana Care's Trauma Program. Those programs include:

- You Only Live Once (YOLO): a re-enactment of a trauma resuscitation inside Christiana Hospital's Virtual Education and Simulation Training Center designed to offer young people an honest and unrestricted look at the consequences of violence.
- Violence prevention videos: short films and documentaries designed to show young people the medical consequences of violence and ways to prevent violence.
- We are the Why: a community partnership that gives young men a chance to learn about the consequences of gun violence and the dangers of being confrontational during police interactions.

“Chaz is deeply committed to ensuring that our neighbors in Delaware understand that violence is a public health issue that is very preventable. We are grateful that his hard work is being recognized through this prestigious award.”

KEVIN M. BRADLEY, M.D., FACS

Molins was selected for a “Peacemaker Among Us” award specifically for incorporating disciplined research and creative means of communications — coupled with successful community partnerships — to help combat gun violence through public health initiatives.

“Chaz Molins is a dynamic force for bringing peace to our streets and community,” said Pacem in Terris executive director Medard Gabel. “His work is inspiring, thoughtful and effective. Our community needs more like him.”

Christiana Hospital features the only Level I trauma center for both adults and children in Delaware, and the only one of its kind between Baltimore and Philadelphia.

Molins' recognition is part of a string of accolades that Christiana Care's Trauma Program has received in recent months. In September, the Eastern Association for the Surgery of Trauma awarded the trauma program its John M. Templeton Jr., M.D.,



Injury Prevention Research Scholarship. Named after the late Dr. John (Jack) Templeton, this \$10,000 scholarship supports research in the field of injury prevention. The trauma program will use the scholarship to study the effectiveness of its YOLO program.

In addition, partners of Trauma's violence prevention programs also were recently recognized in August at the Healing Justice Conference in Baltimore, which brought together the top experts and experience in the field of violence prevention.

At the conference, Derrick Chambers, hospital responder and violence interrupter with partner agency Cease Violence Wilmington, received the inaugural Willis Young Memorial Award, which celebrates outstanding work on the frontline of a hospital-based violence-intervention program.

In addition, Christiana Care's VOICE (Violence Outreach Intervention and Community Engagement) Program colleague Christian Harris, who participates in the YOLO program and other violence prevention initiatives, received the Young Leadership Scholarship at the conference. ●

First State School and volunteer Ann Carney honored at Wilmington Awards

At the 14th annual Wilmington Awards, Oct. 5, Christiana Care's First State School was honored for its achievements in educating chronically ill students since 1985, and Ann Carney, who volunteers at the Wilmington Hospital, was recognized as this year's outstanding senior citizen.

These honors were among 15 awards recognizing outstanding accomplishments by Wilmington citizens and programs presented during a ceremony hosted by Wilmington Mayor Dennis P. Williams in the Louis L. Redding City/County Building.

"The First Lady and I are really proud of you," said Williams in thanking recipients. "Please continue to do the work that you do. It will make us a great city."

Accepting the First State School award on behalf of Janice E. Nevin, M.D., MPH, president and CEO of Christiana Care, was Elizabeth Houser, MSN, APRN, program director of First State School.

"Our students have serious illnesses, such as severe and persistent asthma and rare genetic disorders," Houser said. "We do our best in collaboration with the Red Clay School District to provide our young people with a fun and stable environment where they can continue their studies and receive the daily medical treatments they need."

The First State School, which has been called a model program by the American College of Physicians, is the nation's first hospital-based public school for chronically ill students, from kindergarten through high school. Founder Janet Kramer, M.D., former director of Adolescent Medicine at Christiana Care, recognized that many chronically ill students were missing academic and social opportunities by not being able to attend school. She began the school in patient rooms at Christiana Hospital. It is now a stand-alone school at the Wilmington Hospital, with its own nursing unit as well as individual classrooms. The school has educated more than 300 students and is a partnership between Christiana Care and the Red Clay Consolidated School District. ●

Kathleen Mattix, principal of First State School, Mervin B. Daugherty, superintendent of the Red Clay Consolidated School District, and Elizabeth Houser, MSN, APRN, First State School program director, celebrate First State School's honors.



Outstanding Senior Citizen Ann Carney

Recognized as this year's Outstanding Senior Citizen, Ann Carney is a long-standing volunteer who provides companionship to the sick, serves as a Catholic Eucharistic minister, prays with Catholic patients and serves communion. Her son, U.S. Rep. John Carney, was among those on hand to celebrate her award.

"Ann Carney loves volunteering, and she enriches the lives of our patients through her service," said Margarita Rodriquez-Duffy, MSW, CAVS, director of Visitor and Volunteer Services at Christiana Care. "We are grateful that she is on our team of extraordinary volunteers."

Celebrating 30 years of providing high-quality education to kids with chronic illnesses, staff, students and alumni of First State School gathered for a reunion at Wilmington Hospital's atrium in 2015.



Respiratory therapist Doris Ryan honored with inaugural PHIL Award



Respiratory therapist Doris Ryan, RRT, and her family posed for a photo after she received Christiana Care's inaugural PHIL Award during a special ceremony Oct. 19 at the Christiana Hospital West End Café. Ryan is holding the award.

Respiratory therapist Doris Ryan, RRT, has spent the past 30 years helping patients breathe.

"We are there at the beginning of life and the end of life, and every breath you take in between," said Ryan, who was honored Oct. 19 with Christiana Care Health System's inaugural PHIL Award.

The distinction, which stands for "pulmonary health and illness of the lungs," is the signature program of the FACES Foundation, created in 2006 in memory of Philip Lamka by his wife. It is the only nationally recognized hospital-based appreciation program dedicated to honoring outstanding respiratory therapists, as nominated by patients, their families and caregivers. The annual award is administered by more than 60 hospitals in 18 states.

Mike Eppheimer, MHSA, FACHE, senior vice president for service line operations, presented Ryan with a certificate and a statuette depicting a figure holding a large butterfly with its wings spread, symbolizing the lungs. The sculpture represents respiratory therapists' ability to help their patients breathe more easily. The honor also includes a paid trip to the annual conference of the American Association of Respiratory Care, the largest and most comprehensive respiratory care meeting in the world.

"I can't say thank you enough," Eppheimer told Ryan.

Eppheimer said Christiana Care's respiratory therapists are a key part of the critical care team and are known nationally for their excellence. Christiana Care is recognized as

CONTINUED

a Quality Respiratory Care institution by the American Association for Respiratory Care, a distinction shared with only about 15 percent of hospitals nationwide.

Ryan's brother Lewko Korzeniowsky, who traveled from Pittsburgh for the award ceremony, said his sister takes after their parents, Ukrainian immigrants Maria and Jerry, who instilled in their children a tireless work ethic. The couple also was on hand to witness the honor.

"She's extremely self-effacing, very determined, exacting, precise and detail-oriented," he said of his sister, adding that while the whole family recently had spent a weekend together, Ryan breathed not a word of the award.

Little did she know that her colleagues previously had arranged for her family to surprise her at the hospital reception.

Ryan's modesty was on display in her acceptance. "I'm not much for this type of atmosphere," she said. "But it's a nice reward after all these years to get acknowledged. We usually just go home with a silent feeling in our head that we did well."

That type of unassuming attitude reflects the role of respiratory therapists as unsung heroes of the intensive care unit.

"Nobody knows what a respiratory therapist is until you need one," Ryan said.

In accepting her award, she recognized the work of the other nominees: Kate Bonnema, RRT, Lauren Kibler, RRT, and Linda Lavelle, RRT IV.

"She puts her heart behind her work. Doris was my mentor — she taught me a lot of the things I know," said Adrienne Trzonkowski, BS, RRT, who along with Amanda Farris, BA, RRT-NPS, and Danielle Martino, BS, RRT, helped to bring the PHIL Award to Christiana Care.

About 150 respiratory therapists at Christiana Care respond in the direst of situations, including cardiac arrests and when patients at the end of life are on a ventilator, Ryan said. For patients of every age, from the premature baby to the 100-year-old, respiratory

therapists are called when ensuring the ability to breathe spells the difference between life and death. And they are the ones who remove the ventilator when families make the difficult decision to discontinue life support for a dying patient.

Working in teams, respiratory therapists follow their patients — for example, from the intensive-care unit to a stepdown unit to rehabilitation or discharge — creating long-lasting relationships.

"She always has the patients and their families in mind," said John Emberger, BS, RRT-AACS, FAARC, CPHQ, director of Respiratory Care, describing Ryan as a dedicated therapist and mentor to her colleagues. "She is very helpful with nursing and while caring for some of our most challenging patients — those who can't speak for themselves."

Mike Benninghoff, D.O., medical director, MICU, MERC, Respiratory Care, concurred.

"Doris is the ultimate patient advocate," he said. "She always does the right thing. She takes care of her patients meticulously."

Ryan has experienced both sides of the bedside. In June, after she encountered excruciating pain in her abdomen during a shift, coworkers convinced her to seek medical attention.

It was a good thing: Her appendix had ruptured, and Ryan spent the next nine days hospitalized. It was the first time she had called in sick in 13 years, said her brother, who was by his sister's side during the whole stay, sleeping in her hospital room.

"When you're on the other side as a patient, you realize what trauma a family goes through, and how they appreciate you taking just a little time with them," Ryan said.

"I thought I was compassionate and understanding before, but I really got a taste of the other side." ●

"Doris is the ultimate patient advocate ... She always does the right thing. She takes care of her patients meticulously."

MICHAEL BENNINGHOFF, M.D.



Roshni T. Guerry honored among DBT40 by Delaware Business Times



Roshni T. Guerry, M.D., medical director of Inpatient Supportive and Palliative Medicine, was named a Delaware Business Times DBT40 honoree. The DBT40 event recognizes Delaware's achievers and innovators under the age of 40 who are advancing in their workplace and engaging their communities.

"As a member of Leadership Delaware class of 2016, I have witnessed Dr. Guerry's authenticity, unending passion, positive attitude, and courage and compassion in a relatively short period of time," said one of her Leadership Delaware colleagues, as reported in the Delaware Business Times. "She embodies the spirit of leadership with her persistent desire for knowledge, innate ability to lead and selfless determination to make a difference."

Dr. Guerry said being a part of the Leadership Delaware program provided her with a "big break." "Not being a native Delawarean, I wasn't familiar with the program, but the experience has been extremely rewarding. I really am getting my "degree in Delaware."

Given the chance to steer health care in Delaware, she said, "I would prioritize access to high-quality resources for mental illness in the state. I think investment in this area will pay dividends in the opioid abuse problem, violence and general wellness in Delaware."●

Shauna Vogl promoted to director of pharmacy operations at Christiana Hospital



Shauna Vogl, Pharm.D., has been appointed director of pharmacy operations at Christiana Hospital. She previously served as interim director for pharmacy operations.

Vogl provides leadership to dispensing operations across all shifts and works closely with the other pharmacy directors to maximize the efficiency and effectiveness of pharmacy services.

She joined Christiana Care in 1998 as a pharmacy intern and has filled the roles of clinical pharmacist and supervisor of inpatient pharmacy operations.

"Her historic knowledge of our operations and the design touchpoints between PharmNet and PowerChart is impressive," said Terri Corbo, Pharm.D., MHCDS, FASHP, vice president, Pharmacy Services. "She has participated in or led a wide variety of initiatives. Among her strengths is the ability to leverage our various technologies in support of safety and efficiency of service."

Vogl earned her Pharm.D. degree with a minor in psychology from the University of the Sciences in Philadelphia in 2003 and received a certificate in health care leadership from the University of Delaware in 2014. Her professional service includes multiple terms as an officer of the Delaware Society of Health System Pharmacists (DSHP).●

Care Link care management services added to employee benefits starting in January

Beginning Jan. 13, 2017, Christiana Care is transitioning care management for all employees, spouses and their dependents eligible for benefits from Geisinger xG to Christiana Care Care Link, LLC (Care Link), an innovative care management program designed to help each of us achieve optimal health.

“With Care Link, there is no need to change doctors, no need to sign up and no paperwork to fill out,” said Katie Muther, MSN, RN, director of Care Link Services. “Care Link strengthens your relationship with your primary care provider by providing real-time alerts and insight into your health status so you can work together to improve outcomes.”

“Offering the proven care management services of Care Link to employees and their loved ones will help achieve better health and an exceptional experience,” said Chris Corbo, corporate director of Benefits and Wellness.

To enhance access, Care Link care managers are embedded in a number of Christiana Care employed primary care practices to better coordinate and integrate care delivery, he said. “For colleagues already enrolled in disease management programs for asthma, diabetes, renal disease and other conditions, the transition to Care Link will be seamless.”



“With Care Link, there is no need to change doctors, no need to sign up and no paperwork to fill out. Care Link strengthens your relationship with your primary care provider by providing real-time alerts and insight into your health status so you can work together to improve outcomes.”

KATIE MUTHER, MSN, RN

“Care Link leverages an unprecedented information technology platform that combines all available sources of a person’s health data to find and address brewing medical concerns before they turn into serious health problems,” said Sharon Anderson, BSN, MS, RN, FACHE, chief population health officer and president of Christiana Care Care Link, LLC.

“In addition, Care Link is HIPAA-compliant in all respects, ensuring that the medical records of employees and dependents are secure and completely confidential,” she said.

Care Link’s “hub” of clinical experts — nurses, pharmacists, social workers and respiratory therapists working with Care Link’s own medical director — are also skilled at uncovering life’s challenges, like finances, transportation or family needs, that make it harder for people to take care of themselves the way they should. Care Link partners with primary care providers to remove barriers and connect people with community resources to help them live their healthiest lives.

Muther said, “Think of Care Link as your own personal team of health coaches, whose job is to help you stay as healthy as possible by coordinating appointments with physicians and for preventive care and testing, teaching you ways to better manage a chronic condition and monitor prescribed medications. If Care Link uncovers something in your health status that needs attention, a team member will reach out to you directly to offer assistance.”

With Care Link support, patients are less likely to be readmitted to the hospital after a stroke, more likely to be able to go home sooner following a joint replacement, more likely to show strong improvement four weeks after being discharged and less likely to come to the emergency department for their diabetes.

“Care Link is a more personalized and efficient way to deliver safe, high quality care and exceptional experiences for the neighbors we all serve — and for the exceptional people who serve them,” said Anderson. ●

myStrength helps employees to be psychologically fit



Brittany Federal's life was turned upside down in May when she lost her home and all her possessions in a fire.

"I grew up in that house. It was my foundation," she said. "After the fire it was difficult to cope day by day."

She found herself feeling depressed and anxious. So she checked out the Christiana Care employee Wellness Website to search for resources. She found myStrength, which offers web-based and mobile self-help resources that empower users to be active partners in their journey to becoming psychologically and physically healthy.

"It's easy to navigate and has lots of great techniques that people can use every day," said Federal, a medical assistant in the Ambulatory Infusion Center.

When she opens the app on her smartphone, she touches the picture that best describes how she is feeling. She can access it whenever and wherever she wishes, "at home, work, in a restaurant, walking my dog, any time I need a little pick-me-up."

Through myStrength she has learned effective relaxation techniques, such as taking 10 deep breaths. "Or you can picture your annoyance floating up to the sky in a helium balloon," she said.

Colleagues also are benefitting from myStrength — 95.2 percent of Christiana Care members reported they were either extremely satisfied or satisfied with their myStrength experience.

Here's what employees had to say:

"MyStrength is there when I need it. I can go weeks without it but on the day that is hard, it is at my fingertips."

"A place to go for help and guidance to cope with life's challenges."

"MyStrength reminds me to be positive and take one day at a time."

The features that are most-often utilized are personalized articles, followed by inspirational images. Federal said the videos on myStrength provide her with the most help.

"The videos are really short, just a few minutes, which makes it convenient to watch them," she said.

Today, Federal is renting a home with her mother, grandmother, sister and nephew while their house is being repaired. It's still unsettling. But myStrength is helping her to get over the rough patches.

"I've learned positive ways to cope with my situation," she says. "MyStrength is there on my phone, whenever I need it." ●

Want to learn more?

Learn about tools and exercises for stress reduction on the employee Wellness: Caring for Yourself website. That includes myStrength, a confidential, innovative mental wellness portal available 24/7 to employees and spouses who are experiencing stress, anxiety, mild or moderate depression and other mental health issues. You will find a wide variety of resources in your Stress Tool Kit. For help with depression in the workplace, go to The Right Direction.



Let's Commit to Be Fit with Christy Caregiver

At Christiana Care Health System, colleagues work collaboratively as a team. Now we have a team mascot — Christy Caregiver — and a social media hashtag, #LetsCommitToBeFit. It's part of Wellness 2.0, an exciting, multi-faceted program that launches in January.

Wellness 2.0 offers an array of programs and activities that are achievable and fun. It's easy for employees and spouses to become active participants and partner in their own health and wellness.

Think of Christy Caregiver as a friendly booster who supports you in healthy eating, working out, and coping with stress and other behavioral health issues. She also is an advocate for financial fitness, a new emphasis in Wellness 2.0. In October, Christy Caregiver helped to introduce a series of workshops offered at locations throughout the health system on saving and planning for retirement, and advice targeted toward the special needs of women.

So, why do we need Wellness 2.0? Our numbers tell us that even with our best efforts, the health of our Christiana Care population has not improved much. In short, most of us are overweight, which

means more than half of us also have related conditions including hypertension, high cholesterol and pre-diabetes.

We need to do more to realize Christy Caregiver's motto: Let's Commit to Be Fit. You will find lots of opportunities to improve your health and manage stress through a monthly calendar of wellness events, as well as messaging delivered through e-mail, portal, digital boards and Focus.

While we place the health and wellbeing of our patients and community first, we should not forget about our own health and wellness. You provide care to others. Don't forget to care for yourself. ●

Here is a snapshot of the results of our last biometric screening:

73 percent of employees are overweight or obese. Further, only 27 percent are within a healthy weight range.

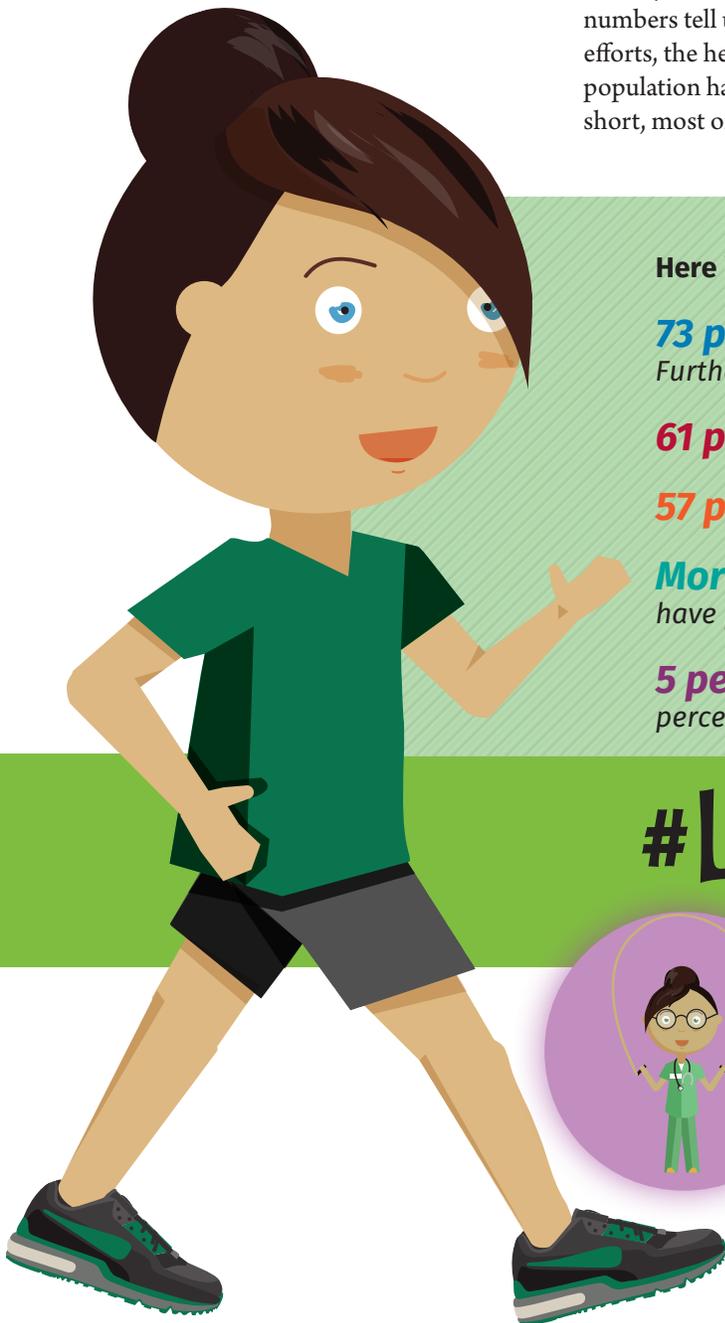
61 percent have high blood pressure or are prehypertensive.

57 percent have borderline or high cholesterol levels.

More than one-third — 38 percent — have pre-diabetes.

5 percent tested positive for tobacco use; and 25 percent did not complete the test.

#LetsCommitToBeFit



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

Affordable Care Act Information & Enrollment

Dec. 8, 4 – 7 p.m.
Wilmington Hospital Lobby

Jan. 12, 4:30 – 7 p.m.
Helen F. Graham Cancer Center at Christiana Hospital – West Entrance

Need help with health insurance for yourself or your family? Certified, bilingual Marketplace Guides from Westside Family Healthcare can help you enroll in a plan before Jan. 31, 2017 to receive coverage in 2017. For more information, call 302-320-6586 or healthguides@christianacare.org.

Free Men's Health Lecture:
The Latest Minimally Invasive Surgical Solutions to Your Prostate Problems

Jan. 17, 6:30 – 7:30 p.m.,
The Eugene du Pont Preventive Medicine & Rehabilitation Institute at Pelleport

Urology expert Christopher Mitchell, M.D., director of Robotic Surgery at Christiana Care will be speaking on the advances of minimally invasive robotic surgery and other solutions for prostate care. Both men and women are invited to attend. Seating is limited. Register today <https://events.christianacare.org/event/robotic-jan17/>.



Perioperative Perspective: Latest Trends and Practices

Feb. 25, 7 a.m. – 3:15 p.m., John H. Ammon Medical Education Center

The Perioperative Professional Nurse Council invites you to attend this 9th annual conference for nursing professionals, student nurses and surgical technicians, with national speakers and educational breakout sessions. For more information, contact Starr Fields, sfields@christianacare.org

Women's Health Lecture
Nutrition Myths and Facts: Truth about the hottest trends

Jan. 19, 6:30 – 8 p.m., Wilmington Hospital, Gateway Conference Center

Alyssa Atanacio, RD, LDN, shares facts about GMOs, organic foods, eating for your body type and more. Register at <https://events.christianacare.org/womenslectures> or call 800-693-2273.

Art and Writing Workshops at the Graham Cancer Center

Healing Through Art

Thursdays Dec. 15, Jan. 5 and Jan. 19, 3:30 – 5 p.m.
 Presented by volunteer Wendy Wallace, M.Ed.

Expressive Art

Second Friday of each month, Dec. 9, 1 – 4:00 p.m.
 Presented by volunteer Georgia Jones.

Both workshops are held in Room 2205, East Wing, 2nd Floor and are free and open to those touched by cancer. Registration is required. Supplies are provided. Please call the center at 302-623-4707 to register. Please specify your choice of workshop(s).

Writing as Healing

A free program open to anyone who wants to explore using expressive and reflective writing techniques, is offered the **2nd Monday of each month from 1 – 3 p.m. at the Graham Cancer Center & Research Institute, Room 1107, East Wing.** Sessions are led by retired University of Delaware English professor Joan DelFattore. Visit <https://events.christianacare.org/event/writing-as-healing/all/> to register for the first session you plan to attend or call the Junior Board Cancer Resource Library staff at 302-623-4580.



Best practice review

USE OF MEDICAL INTERPRETERS

Q. HOW CAN I OBTAIN A QUALIFIED MEDICAL INTERPRETER?

- A.
- Go to any intranet portal and click on the Culture and Language Resources page.
 - ▶ Click on the “Need an interpreter?” button and complete an interpreter request (this takes less than a minute).
 - Qualified interpreters are also available from the blue interpreter phones located throughout the organization.
 - For American Sign Language page interpreter through page operator 302-733-1900.
 - In a medical emergency, please call the interpreter dispatch number at 302-733-4014.

Q. CAN I USE A MEMBER OF THE PATIENT'S FAMILY, A FRIEND OR COWORKER AS AN INTERPRETER?

- A. **No.** Family members, children, friends and untrained hospital employees are not legally qualified interpreters and may not be used to communicate with non-English speaking or Deaf patients about their health care.

Q. HOW DO I DOCUMENT THE USE OF A MEDICAL INTERPRETER FOR PATIENT CARE?

- A. Identify the medical interpreter utilized within your progress note or on the consent form by documenting one of the following:
- Medical Interpreter’s name.
 - Medical Interpreter’s ID number.
 - Identification number when using a telephonic interpreter or video remote interpreter.

Q. IF MY PATIENT IS DEAF, CAN I COMMUNICATE BY WRITING BACK AND FORTH ON PAPER?

- A. **No.** Many of our Deaf patients communicate in Sign Language. Sign language is not English, so writing is only appropriate if the patient insists on communicating through writing. Deaf patients have the legal right to receive a Sign Language interpreter.

Q. HOW CAN I IDENTIFY A QUALIFIED MEDICAL INTERPRETER?

- A. Qualified medical interpreters wear purple hangtags on their hospital badges that say “Medical Interpreter” or “LINCC Interpreter.” Qualified agency interpreters wear an ID with the name of their agency, their name and their photo. If the person does not have a hang tag (or an ID card from an external vendor agency), they are not authorized to provide medical interpreting at Christiana care. ●



If you have questions about this Best Practice Review, please contact the Content Expert: Jacqueline Ortiz, director of Cultural Competence and Language Services 733-4014, or call the Safety Hotline: 7233 (SAFE) from within Christiana or Wilmington hospitals; from outside, call 623-7233 (SAFE).

Publishing

Amy Acheson, MS, Anika Vaidy, BS, Kathleen Stomieroski, BS, Dana R. Thompson, MPH, Kristin M. Maiden, Ph.D., Abdul Majeed Bhat, M.D., Robert Locke, D.O., MPH, Louis E. Bartoszesky, M.D., MPH, et al. "Surveillance of Ventricular Septal Defects in Delaware." Birth Defects Research Part A: Clinical and Molecular. November 2016.

Lenae S. Ampersand, LCSW, CPS and Joyce C. Pershing, LCSW. "A Quest for Safety: Helping Delaware Students Find Peace." Delaware Journal of Public Health. October 2016.

Darcy Burbage, MSN, RN, AOCN, CBCN. Book Chapter on Breast Disorders in the Textbook Medical Surgical Nursing: Assessment and Management of Clinical Problems. Lewis, Bucher, Heitkemper, & Harding (Eds). Elsevier: pp. 1204-1226.

Neal D. Goldstein, Ph.D., MBI, Bailey Ingraham, MS, Stephen Eppes, M.D., Marci Drees, M.D., MS and David A. Paul, M.D. "Assessing Occupancy and Its Relation to Healthcare Associated Infections." Infection Control Hospital Epidemiology. October 2016:1-3.

Matthew K. Hoffman, M.D., MPH, et al. "Assessing Occupancy and Its Relation to Healthcare-Associated Infections." American Journal of Perinatology. August 2016.

David A. Paul, M.D., Matthew K. Hoffman, M.D., MPH, et al. "Hospital Admission and Emergency Department Utilization in an Infant Medicaid Population." Hospital Pediatrics, 6(10), 2016.

Presentations

At the American Academy of Family Physicians Family Medicine Experience. September 2016. Orlando:

- **Rachel Carter, M.D.** "Bringing ultrasound to the Family Medicine Curriculum."
- **Novneet Sahu, M.D.** "Asthma and Community Paramedicine."

Barbara A. Dean, BSN, RNC, Gina Moore BSN, CPHQ; Stephen Pearlman M.D., MSHQS, and Tammy Search BSN, RNC. "A Robust Program to Monitor Compliance with Delayed Cord Clamping." Poster presentation at NANN meeting in Palm Springs, California. October 2016

Kaitlin Kenaley, M.D. "Time to First Hold: Decreasing Time to Parents' First Hold of Infants in the NICU." Annual Vermont Oxford Congress. Chicago. September 2016.

Stephen A. Pearlman, M.D., MSHQS. Moderator at Session on Delayed Umbilical Cord Clamping. International Conference on Clinical Neonatology. Turin, Italy. September 2016.

Stephen A. Pearlman, M.D., MSHQS. A Seminar on Difficult Conversations in the NICU and Research Abstract Session. National Conference of the American Academy of Pediatrics. San Francisco. October 2016.

Timothy D. Rodden, MDiv, MA, BCC, FACHE, ACHE/WFC. Leadership Summit – "Diversity as Part of the Cure." Ft. Meyers, Florida. October 2016:

- "LGBTQ Inclusion in Healthcare: Narratives in the Journey" (keynote).
- "Fostering Inclusion of LGBT Patients and Employees" (panelist).

Stephanie Rogers, MSN, RN and Dana Thompson, MPH. "Exploring Options for Health Service Delivery with Pregnant and Postpartum Women in a Methadone Maintenance Treatment Facility." APHA 2016 Annual Meeting and Expo. Denver, Colorado, Oct.-Nov. 2016.

Yukiko Washio, Ph.D. and Stephen A. Pearlman, M.D. MSHQS. "Group Prenatal Care in a Community Based Substance Abuse Treatment Center." Annual Meeting of Lamaze International. West Palm Beach, Florida. October 2016.

Appointments

The Professional Advancement Council congratulates the following new RN III nurses promoted in October: **Alexis N. Herbein, MSN, RN, PCCN, PACU & Surgical Admissions; Jennifer Holveck, MSN, RN, CEN, Christiana ED; Ann Hallstrom, MSN, RN, CEN, Wilmington ED; Tara Miles, BSN, RN, CCRN, 2D NCCU; Barbara M. Vogel, BSN, RN, PCCN, 4E; and Joseph Walsh, BSN, RN, BCEN, HVIS Interventional Radiology.**

Awards

Aaron Schrader, CCT IV, received Delaware Technical Community College's 2016 Distinguished Alumni Award. ●



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.

THERAPEUTIC NOTES

Responsible antibiotic use: sometimes less is more By Matthew Mason, Pharm.D

In recent years, multidrug resistant bacteria have become more problematic, leading to an increase in morbidity, mortality, and health care costs. The Centers for Disease Control and Prevention (CDC) estimate that approximately 23,000 deaths and two million illnesses occur each year due to drug-resistant bacteria¹. New antimicrobials to treat these infections are limited, forcing many providers to resort to older and sometimes more toxic antibiotics like polymixin B and colistin. Drug-resistant bacteria have become such a national concern that in 2015 President Obama established a policy called “The National Action Plan for Combating Antibiotic-Resistant Bacteria².”

In May 2016, the United States reported the first case of polymixin-resistant *Escherichia coli*³. Researchers worry this genetic resistance pattern could be easily passed to other strains of antibiotic-resistant bacteria, resulting in “superbugs.” Given the lack of therapeutic alternatives, the spread of these superbugs is a major patient safety issue and threat to health care systems. In an effort to minimize the risk of developing antibiotic resistance, appropriate and judicious antibiotic use must be employed.

It has been estimated that approximately 50% of antimicrobials are used improperly. The Joint Commission encourages all acute

care health settings establish an antimicrobial stewardship program in an effort to combat antimicrobial resistance. Studies have shown that quality antimicrobial stewardship programs result in less antimicrobial use, decreased rates of bacterial resistance, and even decreased risk of mortality⁴. Christiana Care’s antimicrobial stewardship program encourages the right antibiotic drug be prescribed including the right dose, route and duration in an effort to improve clinical outcomes while minimizing unintended consequences of antimicrobial use.

Both health care providers and patients play a role in promoting appropriate antibiotic utilization. Patients are encouraged to be mindful of antibiotic overuse and understand that not all ailments warrant an antibiotic. Antibiotics are not effective against viral infections such as colds, most coughs, many types of sore throat, and influenza. When you are prescribed an antibiotic to treat a bacterial infection, it is important to take the medication exactly as directed and complete the full course. The overall goal must be to preserve our ability to treat serious infections. In the age of drug resistance, how we use antibiotics today directly impacts how effective they will be tomorrow. ●

References:

1. Antibiotic/Antimicrobial resistance. Centers for Disease Control and Prevention website. <https://www.cdc.gov/drugresistance>. Updated July 14, 2016. Accessed August 9, 2016.
2. The White House. Fact Sheet: Obama Administration Releases National Action Plan to Combat Antibiotic-Resistant Bacteria. The White House Online. <https://www.whitehouse.gov/the-press-office/2015/03/27/fact-sheet-obama-administration-releases-national-action-plan-combat-ant>. Updated May 27, 2015. Accessed September 5, 2016.
3. Discovery of first mcr-1 gene in *E. coli* bacteria found in a human in United States. Centers for Disease Control and Prevention website. <http://www.cdc.gov/media/releases/2016/s0531-mcr-1.html>. Updated May 31, 2016. Accessed August 1, 2016.
4. Ritchie ND, Irvine SC, Aileen H, Fiona R, Jones BL, Seaton RA. Restrictive antibiotic stewardship associated with reduced hospital mortality in gram-negative infection. *QJM*. 2016; pii:hcw134. [Epub ahead of print].

FORMULARY UPDATE | OCTOBER 2016

FORMULARY ADDITIONS

Medication – Generic/Brand Name	Strength/Size	Use/Indication	Comment
Agalsidase beta injection/ Fabrazyme	5 mg & 35 mg vials	Treatment of patients with Fabry disease	<ul style="list-style-type: none"> • Prescribing & administration limited to FDA-approved indication. • Administration limited to Christiana Care Outpatient Infusion centers.



CHRISTIANA CARE
HEALTH SYSTEM

External Affairs
P.O. Box 1668
Wilmington, DE 19899-1668
www.christianacare.org

PRSR STD
U.S. POSTAGE
PAID
WILMINGTON DE
PERMIT NO. 357

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

Follow us on Instagram!



#BecauseWe

When it's flu season, Christiana Care employees are 'all-in,' with more than 90 percent receiving the annual vaccination.

#ExtraordinaryPeople

Chief Nurse Executive Ric Cuming, Ed.D., MSN, RN, NEA-BC, FAAN, with the nurses of 6E.



#ThrowbackThursday

Christiana Care President & CEO Janice E. Nevin, M.D., MPH, with staff at the Materiel Distribution & Logistics Center.

In 1947 during the peak of the polio epidemic in Wilmington, the Doris Memorial General Hospital began to treat polio cases exclusively.



You can now connect with Christiana Care Health System on Instagram at

<http://www.instagram.com/christianacare>. Instagram is just the latest addition to Christiana Care's social media conversation, which includes Facebook, Google+, Pinterest, Twitter, YouTube and our public news website, Christiana Care News, at <http://news.christianacare.org>.