OUR VISION
Our vision is for Sussex County to be one of the healthiest counties in the nation.

OUR MISSION
Beebe Healthcare’s charitable mission is to encourage healthy living, prevent illness, and restore optimal health with the people residing, working, or visiting the communities we serve.

The Beacon is published by Beebe Healthcare to present health information to the people of Sussex County. Health information provided in the Beacon should not be substituted for medical advice offered by a physician. Please consult your physician on medical concerns and questions.

Jeffrey M. Fried President and CEO, jfried@beebehealthcare.org
Kelly L. Griffin Director, Marketing and Communications, kgriffin@beebehealthcare.org
Susan L. Towers Editor/Writer, stowers@beebehealthcare.org
Rachel Mavity Contributing Writer, rmavity@beebehealthcare.org

With photography by Scott Nathan
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ON THE COVER: Orthopaedic surgeon John E. Speier, MD, with patient and friend Paul Tyrrell.

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ORTHOPAEDIC INJURIES TREATED AT BEEBE HEALTHCARE IN 2013

EXAMPLES OF TYPES OF INJURIES

Bicycle injuries: broken femur, hip, arm, lower leg, wrist
Surf injuries: broken lower leg, arm
Pedestrian injuries: broken lower leg, wrist

FRACTURE INJURY CAUSES

The numbers of patients admitted to orthopaedic care through Beebe’s Emergency Department for traumatic injuries:

- Falls ........................................ 237
  (135 of these falls resulted in hip fractures)
- Surf injuries ................................ 10
- Bicyclists .................................... 8
- Motor vehicle collisions ................. 7
- Machinery (nail guns/table saws) ....... 7
- Pedestrian ................................... 3
- Animal bites ................................ 2
- Motorcycle .................................. 1
- Firearm injuries ............................ 1
- Assault ...................................... 1

Orthopaedic surgeon John E. Spieker, MD, cycles with his friend and patient Paul Tyrrell.
Injuries Repaired With Orthopaedic Expertise

Keith Ricker and Paul Tyrrell know firsthand the kind of quality orthopaedic care available at Beebe Healthcare. Both in their 40s, they are athletes who have both suffered broken clavicle bones in bicycle accidents. While today they are regularly riding their bicycles, their X-rays show how each have bones that were repaired with plates and screws (see page 4). Beebe orthopaedic surgeons performed the operations: John E. Spieker, MD, operated on Paul and Gita Pillai, MD, operated on Keith.

The surgical repair of broken bones—along with so many successful orthopaedic treatments, procedures, and surgeries over the years—has allowed Beebe Healthcare to be known as a premier place for orthopaedic care. For the third year in a row (2012, 2013, 2014), Beebe was named one of America’s 100 Best Hospitals for Orthopaedic Surgery, Joint Replacement, and Spine Surgery, according to a report from Healthgrades®, a provider of information designed to help consumers decide which physicians or hospitals to choose.

In March 2014, The Joint Commission, the body that accredits hospitals throughout the United States, certified Beebe as a Spine Surgery Center. The Joint Commission, in 2011, had certified Beebe as a hip and knee replacement center.

Beebe’s orthopaedic program includes a specially trained surgical team and 12 orthopaedic surgeons, and a dedicated unit in the hospital where experienced nurses and staff care for patients that have had surgeries and joint and hip replacements, as well as surgeries of the back and spine. There also is a team of physical and occupational therapists that helps patients regain their strength and mobility.

Repairing Broken Bones

“We have many new techniques today to help our patients who have broken bones,” Dr. Spieker says, explaining that there is always an orthopaedic surgeon on call to repair broken bones. Other common orthopaedic injuries seen in the ER include tendon and ligament strains and sprains, in addition to open wounds and traumatic joint dislocations. Advanced arthritis also causes orthopaedic problems that need medical attention.

In Keith’s case, he was on a road ride two years ago near Lewes with six friends when a dog ran out in front of them. He swerved to avoid the dog and flew over his
help patients with broken bones,” says Beebe orthopaedic surgeon Mark J. Boytim, MD. “Beebe offers expertise in the care of patients with bone fractures, which occur as a result of vehicular accidents, falls, and other injuries.” He adds that the most common breaks occur when someone stretches out a hand to break the fall. That common, instinctual reaction can result in a broken wrist, elbow, or shoulder.

**BROKEN HIPS**

At 68 years old, Charles Baker appears to be in pretty good shape. He’s a commanding 6-foot, 3-inches tall and works out at the YMCA in Rehoboth Beach three times a week. But, getting where he is today in regard to his health definitely had some bumpy spots. Charles had been in management in the corporate arena for many years, often leading a sedentary life. In 2012 in Texas, he suffered a heart attack and had two stents inserted into his cardiac arteries to improve the blood flow to his heart. Then, in April 2013, just a few days after he and his wife Sharon retired to their condo in Rehoboth Beach, he fell, breaking his femur and hip bones.

“I was in a lot of pain and couldn’t move,” he recalls after finishing a morning in the gym. He had just gotten on a bicycle that he had not ridden in six years. His wife wanted to walk on the boardwalk. He thought he would ride. When he found some problems with the chain, he tried to get off, but his leg caught and down he went.

“Luckily the property manager was there to call 911,” he says. Charles was rushed to the Beebe Healthcare Emergency Department. He was treated and stayed the night. Early the next morning, Dr. Boytim operated, repairing both the leg and hip bones.

“Charles was one of the 143 patients who were treated with a hip fracture at Beebe in 2013. He also was one of 237 patients who were treated for an injury due to a fall during the same year. These statistics are kept as part of the Trauma Registry. While some patients never regain the same range of motion as they had before a hip fracture, especially older patients, many recover, Dr. Boytim says.

**REHAB MAKES A DIFFERENCE**

“They had me up within 24 hours, and then the physical therapy began,” Charles says, highlighting the help he received from the staff of Beebe Rehab Services.

In cases of a broken hip, physical therapists and occupational therapists work with the patients, getting them out of bed within hours of a surgery.

Charles was determined not only to walk
again, but also to get into better shape. He went through physical therapy for months, first at a rehab facility in Milford and then with Beebe Healthcare Home Care Services. He also worked with a physical therapist in Rehoboth who had him regularly walking on the boardwalk. He was released in October 2013 and has been working out at the YMCA regularly ever since.

Graham Robbins, PT, Director of Rehab Services, says the goal of physical therapy is to help patients heal and stay in motion in the short term and, in the long term, to return to normal activity. Beebe's Rehab Services staff also will help patients improve their balance.

"We evaluate our patients and develop an individualized plan for them," Graham says. "We definitely address a situation in which a patient does not have good balance. It is a risk for future falls and usually means the patient will avoid exercise."

As part of the Orthopaedic program, Beebe offers patients educational classes to prepare for joint replacement and spine surgery.

Charles Baker, 68, wasn’t going to let a broken hip slow him down. After surgery and months of physical therapy, he is back to his regular rigorous routine at the YMCA.

THE LATEST IN IMAGING TECHNOLOGY PROVIDES ANOTHER TOOL FOR PHYSICIANS

When more than X-rays are needed, Beebe has the latest in imaging technologies that surgeons and radiologists use to evaluate serious injuries and help with pre-surgery planning in complex cases.

Beebe uses state-of-the-art imaging technologies. The Philips 256-slice CT scanner, pictured here, provides fast, high-quality images that translate into better outcomes by aiding physicians in their diagnoses.
Ronald J. Wisneski, MD, puts his patients at ease with his calm, soft-spoken manner, warm sense of humor, and an immediately evident wealth of knowledge about the spine and neck.

He’s had more than 30 years of experience treating patients who have chronic and painful problems with their spine and neck. He is a Board Certified orthopaedic surgeon specializing in spinal reconstructive surgery. He has taken part in research efforts, published articles in peer-reviewed journals, and taught at prestigious medical centers. Before joining the Beebe Medical Staff in 2012, he was affiliated with The Ohio State University Medical Center in Columbus as Chief, Spine Surgery Division, and was an associate professor and the Wiltberger Memorial Chair in Orthopaedic Surgery.

Dr. Wisneski knows that the majority of chronic spine and neck problems can be treated without surgery or habit-forming drugs. Today, he is excited because he has been named the Medical Director of a non-surgical, evidence-based program being introduced this spring to Delaware: Beebe HealthyBack. The program is opening on the second floor of Beebe’s new outpatient facility in Georgetown.

ONE-ON-ONE TREATMENT

“This program provides one-on-one treatment to those with chronic back and neck pain,” Dr. Wisneski explains. “Care is based on years of research and includes the efficient use of diagnostic studies, exercise and strengthening, and the elimination of unnecessary surgery, narcotics, and sedating medications.”

Once any serious medical issues are ruled out, eligible patients enter a program in which they work with physical therapists, exercise physiologists, and health coaches to improve their strength and mobility and to decrease their pain so that they can return to a more comfortable and active life. They follow protocols that have been developed through clinical studies and they use equipment registered with the U.S. Food and Drug Administration.

“Low back pain is usually not a serious disease, and recovery is expected in most patients,” Dr. Wisneski says. “However, the patient should remain as active as possible and return to normal activities, including work, as soon as possible.”

Jeffrey M. Fried, FACHE, President and CEO of Beebe Healthcare, points out that Beebe HealthyBack offers a proven option to care for people with chronic neck and back pain, and adds to the range of services that Beebe and its spine surgeons provide.
Margaret H. Rollins School of Nursing Introduces Local Teens to Career Opportunities in Nursing

After seven years of being a nurse at Beebe, Morgan Mast, RN, BSN, MSN, realized that her calling also was to teach others how to be nurses.

“I enjoy taking care of patients in the hospital,” she says. “It feels good to know that I am helping them and truly making a difference in their lives.”

Morgan knew there was a need to develop more nurses for the future. Not only are many of today’s nurses going to be retiring over the next 10 years, but nurses in increasing numbers are playing a larger role in the healthcare environment.

Morgan joined the School of Nursing faculty full time in 2012. Last year, she also developed an outreach nursing educational skills day for middle and high school students based on her research for her master’s program. The first young people to take advantage of this program were Girl Scouts in January 2014 from troops in Sussex County.

“My goal was to promote the profession of nursing in a positive way through connecting with a young audience in our community,” Morgan says. “It is my hope that when they start to think about a career in nursing, they will remember the experience they had in our skills day.”

Morgan set up skills stations for several activities, including proper hand-washing techniques, basic anatomy, and how to apply a bandage. Event themes were the importance of patient safety and taking what they learned and teaching others. Also involved were Ginny Rickards, MEd, RN, Admissions Chairperson; nursing instructor Laura Smith, RN, MSN; and eight nursing students.

The Margaret H. Rollins School of Nursing has been an integral part of Beebe and the local community since it was founded 93 years ago as the Beebe Hospital Nurses’ Training School. Graduates have consistently earned some of the highest pass rates in Delaware on the nursing licensure exams. Articulation agreements with Wilmington University and the University of Delaware facilitate students’ opportunities to obtain a bachelor’s degree.

The School of Nursing is now being expanded and modernized to be able to double the number of graduates each year from 30 to 60 and to allow the latest in educational technologies to be added to the curriculum. Completion is anticipated in 2015.

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DISCOVER A CAREER IN NURSING

Students at the Margaret H. Rollins School of Nursing get hands-on experience at Beebe’s Medical Center in Lewes. Left to right, student Michelle Gray; instructor Morgan Mast, RN, BSN, MSN; student Chelsey Webb; Admissions Chairperson and instructor Ginny Rickards, MEd, RN; and student Sarah Lowe.

Girl Scout Abby Kane gets nursing pointers from Admissions Chairperson and instructor Ginny Rickards, MEd, RN, while student Chelsey Webb pretends to be a patient.
At Beebe Healthcare, the Women’s Health Pavilion team works tirelessly to provide successful labor and deliveries that lead to happy and healthy newborns—and the effort does not end there.

Beebe also strives to provide education that will keep the babies healthy when they go home.

THE SAFE SLEEP INITIATIVE SAVES LIVES

“In the United States, the number of infant deaths is unacceptably high,” says Nancy Forsyth, MSN, RN, NNP-BC, neonatal nurse practitioner at Beebe Healthcare in Lewes. “About half of those deaths have no obvious cause.”

Sudden Infant Death Syndrome, or SIDS, is the sudden death of an infant up to one year of age in which no cause of death can be determined after review of clinical history, autopsy, and death scene investigation. Research suggests that subtle neurological or brainstem differences may make some babies more vulnerable. Although SIDS may occur any time in the first year of life, the risk for SIDS peaks at between two to four months of age.

Forsyth, who helps educate all team members and new parents on the importance of safe sleep, says that while cases of SIDS are decreasing, cases of Sudden Unexpected Infant Death, or SUID, are increasing. SUID includes suffocation and deaths that could have been prevented.

This is where the Safe Sleep Initiative comes in. It is an educational initiative that
SAFE SLEEP MEANS:
- Baby is put on his back to sleep every time, even for short naps.
- Baby sleeps in a crib or bassinet.
- The crib or bassinet has a firm crib mattress and fitted sheet.
- Nothing is in the bed but the baby: no blankets, pillows, stuffed animals, or crib bumpers.
- Baby sleeps in a one-piece sleeper or sleep sack.
- Car seats, infant seats, and swings should not be used for sleeping.
- Avoid baby’s exposure to secondhand smoke.

“Bed sharing is very prevalent in some cultures, so we need to make sure we are telling new parents that each baby should have his or her own space,” she says. “There are programs available, such as Cribs for Kids, to help low-income families get a crib.”

Breastfeeding also has a protective effect and may decrease the likelihood of SIDS, Forsyth says.

BEEBE FIRST IN STATE TO RECEIVE BABY-FRIENDLY™ DESIGNATION

More than 85 percent of new mothers that give birth at Beebe choose to breastfeed. Across the nation, hospital practices were interfering with the mother’s best chances to breastfeed, but Beebe Lactation Consultant Nancy Hastings, RN, IBCLC, and Beebe’s Women’s Health Pavilion team members have worked tirelessly to make changes so that all new moms can be successful at nursing their children.

It took more than five years for Beebe Healthcare to receive the Baby-Friendly™ designation, Hastings says.

Beebe Healthcare is the first organization in Delaware to earn this international designation, launched as part of the Baby-Friendly Hospital Initiative (BFHI) in 1991 by the World Health Organization and the United Nations Children’s Fund (UNICEF). It recognizes birthing centers that successfully implement the “Ten Steps to Successful Breastfeeding” and the International Code of Marketing of Breast-Milk Substitutes. BFHI encourages practices that protect, promote, and support breast-feeding. The initiative has been implemented in more than 152 countries.

While the focus of Baby-Friendly is on breastfeeding, it also supports the importance of how a mother and infant bond with each other following birth, regardless of feeding method. Immediately after birth, the labor-and-delivery nurse gives the baby to the mother to hold on her bare chest, skin-to-skin, to assist in stabilizing the baby’s temperature and blood sugar and to begin the bonding process. Mothers that give birth by cesarean section at Beebe can practice this skin-to-skin experience once they are in the recovery room.

“Some may worry that the Safe Sleep Initiative, which promotes babies sleeping separately from mothers, goes against breastfeeding, but it really doesn’t,” Hastings says. “The two initiatives really do work hand-in-hand; it’s all about education.”

BABY-FRIENDLY™

10 STEPS HOSPITALS MUST MEET

STEP 1: Have a written breastfeeding policy that is routinely communicated to all healthcare staff.
STEP 2: Train all healthcare staff in the skills necessary to implement this policy.
STEP 3: Inform all pregnant women about the benefits and management of breastfeeding.
STEP 4: Help mothers initiate breastfeeding within one hour of birth.
STEP 5: Show mothers how to breastfeed and how to maintain lactation even if they are separated from their infants.
STEP 6: Give infants no food or drink other than breast milk unless medically indicated.
STEP 7: Practice rooming-in to allow mothers and infants to remain together twenty-four hours a day.
STEP 8: Encourage breastfeeding on demand.
STEP 9: Give no pacifiers or artificial nipples to breastfeeding infants.
STEP 10: Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or birth center.

Left to right: Nancy Hastings, RN, IBCLC; Denice Powell, RN, Nurse Manager of the Women’s Health Pavilion; and unit nurse Joanie Gay, RN.
Rehoboth Residents Share Beebe News With Community

Rob White and Dennis Chupella moved to Rehoboth Beach more than 15 years ago because they loved the beach atmosphere, the laid-back lifestyle, and the community.

When they decided to give back to their new community, they couldn't think of a better organization to volunteer for than Beebe Healthcare.

Rob says when the couple first started visiting the area in the 1970s, Beebe was still growing, recalling that his impression was people only went to Beebe for emergencies. After moving to Rehoboth in 1997, Rob noticed that the hospital had grown significantly. “Now there is such a level of expertise that members of the community do not have to leave the area for services they need,” he says.

The pair started fundraising projects for Beebe Medical Foundation’s major events—the Beebe Ball and the Art Auction. Soon they were chairing the Beebe Ball and bringing funding and awareness back to the thriving medical center.

The couple stepped down from chairing the Beebe Ball after the 2011 event to become more involved with the Foundation’s Board of Advisors, which is now called the Board of Ambassadors, Rob says.

“Our Board of Ambassadors are valued members of the community who generously share their time, energy, and resources to support Beebe Healthcare. They help us spread the good news and promote the importance of supporting Beebe through participation at our annual events, volunteering to serve on committees, personal philanthropy, and connecting people to our mission and values,” says Judy Aliquo, CFRE, President and CEO of Beebe Medical Foundation.

Dennis agrees, saying, “As ambassadors, we have the responsibility to promote the expertise of the medical care that Beebe can provide and to encourage involvement with Beebe through philanthropy, event support, and volunteerism.”

Rob and Dennis look forward to working to plan for Beebe’s 100th anniversary in the coming year.

“When you first meet Rob and Dennis you are immediately attracted to their gentle and sincere personalities. Their conviction in supporting Beebe Healthcare through the Foundation is immediately evident not only in their own personal contributions, but also in their willingness to reach out to many of our new residents in the community to come and see the great things Beebe Healthcare is doing to improve the lives of our residents and visitors,” says Tom Protack, Beebe Medical Foundation Director of Development.

For more information on Beebe Medical Foundation, call (302) 644-2900.
Walk-In Care Is There For You

Two days are never the same for emergency medicine veteran Joseph Inzerillo, MD, a physician at Beebe Healthcare Walk-In Care in Georgetown, Millsboro, and Millville.

“Kids come in with everything from rashes and strep throat to broken bones,” he says, referring to the patients at the Walk-In Care in Millsboro and Georgetown. “Adults come in with lots of coughs and colds, infections, and injuries from home accidents.”

Describing homes as “not the safest of places,” Dr. Inzerillo says that it isn’t unusual for people to fall off of ladders or down stairs.

“The good thing is that Beebe has X-ray facilities conveniently located near the Walk-In Care locations so we can see if any bones are broken. We can splint them here and then refer the patient to an orthopaedic surgeon.”

Walk-In Care is the place to go when people can’t get in to see their own primary care physicians, when they are visiting the area, or when they have not yet established themselves with a local physician. The centers give people a place to go when their medical problem can’t wait for a doctor’s appointment but is not serious enough to send them to a hospital emergency department.

Beebe Healthcare Walk-In Care in Georgetown and Millsboro are open every day between 11 a.m. and 7 p.m. The one in Millville, where the visitor population swells in the summer months, is open from Memorial Day weekend to Labor Day weekend daily from 8 a.m. to 8 p.m. For two weeks in September, it is open but hours are cut back to 10 a.m. to 7 p.m., Friday through Monday, as the majority of vacationers return home.

“We get plenty of fish hook accidents in the summer,” Dr. Inzerillo says. “People step on them when they are wading in the ocean.”

Tina Dombroski, PA-C, has had experience at all three locations.

“I like the variety of patient experience and I never know what I am going to see,” she says, noting that she enjoys doing procedures, such as suturing cuts when necessary. “I also like working with kids, and to see that even though they come in distressed, they leave calm.”

See back page for details about Beebe Healthcare Walk-In Care and Outpatient Services.

WALK-IN CARE OFFERS MANY ADVANTAGES TO PATIENTS

CONVENIENCE: Evening hours and Lab and Imaging services are at the same locations.

TEAM APPROACH: All Beebe healthcare providers are connected via EMR to the patient’s records.

COST: Reasonable at between $99 to $125 a visit (compared to an emergency room visit). Insurance, Medicaid, and Medicare taken.