A CANCER SURVIVORSHIP CONFERENCE
After Ringing the Bell
Hosted by the Sussex County Survivorship Coalition

January 15, 2015
8:30 a.m. – 4:00 p.m.
Rehoboth Beach Country Club
221 West Side Drive, Rehoboth Beach, Delaware

CEUs for healthcare professionals

Offered at no cost, this conference is intended for cancer survivors and healthcare professionals. Continental breakfast and lunch provided. Seating is limited; please register by January 9, 2015. For more information or to register, please contact Jo Allegro-Smith via e-mail jallegro@cscde.org or phone (302) 645-9150.

Judith Ramirez, EdD
Beebe Healthcare
Manager, Oncology Population Health
Topic: Hear What We See—Survivorship Stories

Beverly Geffon, RYT
WhYoga, LLC
Milford, Delaware
Topic: Mind, Body, Spirit & Yoga

Gioia Chilton, PhD, ATR-BC
Rebecca Wilkinson, MA, LCPAT, ATR-BC
Creative Wellbeing, LLC • Studio Artists & Art Therapists
Topic: Honoring Resilience

Clare Wilson, RN, MS
Tunnell Cancer Center
Certified Wellness Coach
Topic: Mindfulness Meditation

Conference Objectives
- Discuss the power of the story, resilience, and cancer survivorship.
- Identify strengths and resilience through creative processes.
- Recognize post-treatment emotional concerns and identify local resources for support.
- Describe the integration of mind-body medicine in cancer survivorship care.

Formed in July 2011, the Sussex County Survivorship Coalition works to coordinate efforts and provide support to cancer survivors. The Coalition has grown and includes: Beebe Healthcare’s Tunnell Cancer Center; Nanticoke Cancer Care Center of Nanticoke Memorial Hospital; Cancer Support Community–Delaware; Delaware Breast Cancer Coalition; American Cancer Society; The Leukemia & Lymphoma Society; Cancer Care Connection; and Susan G. Komen for the Cure Philadelphia® Affiliate.

Breast Cancer 5-Year Survival Statistics

Between 2006–2010, there were 3,371 women in Delaware treated for breast cancer, of which 869 were in Sussex County. In 2013, Beebe screened more than 14,000 women, of which 175 were diagnosed with breast cancer.

Beebe also diagnosed five men with breast cancer.

BREAST 5-YEAR SURVIVAL 2002–2009
Observed Percentage Rates Overall

<table>
<thead>
<tr>
<th>Stage</th>
<th>Beebe</th>
<th>Delaware State</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>In Situ</td>
<td>olley</td>
<td>100%</td>
<td>100%</td>
</tr>
<tr>
<td>Stage I</td>
<td>80%</td>
<td>60%</td>
<td>50%</td>
</tr>
<tr>
<td>Stage II</td>
<td>70%</td>
<td>40%</td>
<td>70%</td>
</tr>
<tr>
<td>Stage III</td>
<td>60%</td>
<td>20%</td>
<td>40%</td>
</tr>
<tr>
<td>Stage IV</td>
<td>50%</td>
<td>10%</td>
<td>30%</td>
</tr>
<tr>
<td>Unknown</td>
<td>40%</td>
<td>10%</td>
<td>20%</td>
</tr>
</tbody>
</table>

^ Standard error was > 10% or fewer than 10 cases used for calculations


Tunnell Cancer Center Receives 2014 Susan G. Komen Philadelphia® Grant

For the third time since 2010, Tunnell Cancer Center received a grant from the Komen Philadelphia® Community Grants Program to fund its program Sharing Our Stories, Saving Our Sisters (SOS²), which focuses on prevention and diagnosis of breast cancer in minority and underserved populations in Sussex County. A cancer screening nurse navigator works in conjunction with a team of volunteer lay navigators to educate the people in their communities and to encourage them to have regular screenings for cancer.

About Beebe Healthcare

Beebe Healthcare is a not-for-profit healthcare system that offers comprehensive medical care and outpatient services throughout Sussex County, Delaware. For more information, please visit us online at beebehealthcare.org.

Lewes, Delaware • (302) 645-3300
www.beebehealthcare.org

Beebe Now is published by Beebe Healthcare to present health information to the medical professionals of Delmarva.

Jeffrey M. Fried, FACHE, President and CEO, jfried@beebehealthcare.org
Paul C. Peet, MD, FAAFP, President of Medical Staff
Jeffrey E. Hawtof, MD, FAAFP, Vice President, Medical Operations & Informatics
Susan L. Towers, MS, Writer and Editor, stowers@beebehealthcare.org
Cryoablation Can Improve Quality of Life for Patients With AFib

Firas El-Sabbagh, MD, an electrophysiologist and Medical Director of Electrophysiology Services at Beebe Healthcare, has introduced catheter cryoablation to treat patients diagnosed with atrial fibrillation.

Cryoablation is a minimally invasive procedure that allows the electrophysiologist to restore a normal heartbeat by freezing the misfiring tissue in the heart, rather than heating it through a radiofrequency ablation procedure. Dr. El-Sabbagh performs the procedure in the EP Lab at the Medical Center in Lewes.

Recent studies have shown that this procedure is more effective than drug therapy and has been proven to be safe and effective for many drug refractory patients. Please contact Dr. El-Sabbagh’s office at (302) 644-0999 for more information.

Home Care Services Recognized

For the second year in a row, Beebe Home Care Services has been named to the Top 500 of the 2014 HomeCare Elite™, a recognition of the top-performing home health agencies in the United States. HomeCare Elite identifies the top 25 percent of agencies and highlights the Top 100 and Top 500 agencies overall. Winners are ranked by an analysis of publicly available performance measures in quality outcomes, best practice (process measure) implementation, patient experience (Home Health CAHPS®), quality improvement and consistency, and financial performance. To be considered, an agency must be Medicare-certified and have data for at least one outcome in Home Health Compare. Out of 9,994 agencies considered, 2,501 are elite.

The Joint Commission Recertifies Several Specialty Programs

The Joint Commission, which accredits hospitals and specialty medical programs throughout the nation, extended accreditation for the following programs at Beebe:

- Hip Replacement
- Knee Replacement
- Spine Surgery
- Stroke
Doctor Joins Millville Practice
Nicholas N. Borodulia, MD, FAAFP, CMD, has joined Beebe Family Practice of Millville at 32550 Doc’s Place, Creekside Plaza, Route 26. Phone: (302) 539-4302.
Dr. Borodulia is helping with the patients of the late Jeffrey Dunn, MD, who passed away in October. Four of Dr. Dunn’s five office staff members have been retained.

Learn More About Beebe
Two end-of-year publications are now available: the Special Beacon—Beebe Annual Report and the Tunnell Cancer Center Annual Report.
The 2015 Cancer Survivors’ Calendar that shares stories of Beebe patients also is available.
All three publications can be found on the Beebe Healthcare website: www.beebehealthcare.org. To receive a copy, please contact Jeff Peirce, Physician Marketing Representative, at (302) 858-2208.

Beebe HealthyBack Gets People Moving Again
Patients who have been participating in the Beebe Healthyback program, which began April 29, 2014, already are reporting an improvement in their chronic back pain.

As of October 30, 2014, data from 200 participants, of which 45 participants had completed the therapy, showed the following results:

• Patients reported a 109% increase in function, based on HealthyBack’s scoring process. Individuals set goals for themselves that are relevant to their lifestyle. For example, people said they wanted to be able to garden, lift their grandchildren, get in and out of the car, and be more active in recreational activities.
• The maximum Pain Score (VAS) is a 10. Pain Scores averaged 3.96 VAS compared with an initial 7.39 VAS over the 10-week period. The overall 46.47% reduction in pain represents a drop from “intense” to “mild” pain.

Beebe HealthyBack offers comprehensive and transformational solutions to those with chronic back and neck pain. Based in Georgetown, Delaware, the program is supported by an integrated team of health experts—physicians, physical therapists, exercise physiologists, health coaches, and wellness trainers. For more information, please call (302) 217-3000.

24-hour Immediate Coverage by Emergency Medicine Physicians Available at Level III Trauma Center
The Trauma Center at Beebe Healthcare in Lewes has been verified once again as a Level III Trauma Center by the Verification Review Committee, an ad hoc committee of the Committee on Trauma (COT) of the American College of Surgeons (ACS).
According to the American Trauma Society, a Level III Trauma Center has demonstrated an ability to provide prompt assessment, resuscitation, surgery, intensive care, and stabilization of injured patients and emergency operations.

ELEMENTS OF LEVEL III TRAUMA CENTER
• Provides 24-hour immediate coverage by emergency medicine physicians and the prompt availability of general surgeons and anesthesiologists.
• Incorporates a comprehensive quality assessment program.
• Has developed transfer agreements for patients requiring more comprehensive care at a Level I or Level II Trauma Center.
• Provides back-up care for rural and community hospitals.
• Offers continued education for the nursing and allied health personnel or the trauma team.
• Is involved with prevention efforts and must have an active outreach program for its referring communities.

Find Beebe Healthcare on Facebook!
Chronic Lung Condition Patients Benefit from Rehab Program

Beebe’s Pulmonary Rehab program offers patients with a chronic lung condition a one-on-one exercise and education outpatient program at the Medical Center in Lewes.

Patients attend an initial assessment that includes physical, psychosocial, nutrition, smoking cessation, medications, quality of life, and exercise ability. A treatment plan is then developed. The referring physician needs to collect the following information before a patient begins the program.

1. PFT with post-spirometry at minimum, completed within the past 12 months from the date the patient starts pulmonary rehab.
2. Patients must meet minimum standards obtained from their PFT.
   a. COPD= FEV1/FVC Ratio less than 70%; FEV1 less than 80% post-bronchodilator
   b. Non-COPD= FEV1, FVC, or DLCO less than 60% post-bronchodilator
3. An EKG completed within the past 12 months from the start date of pulmonary rehab
4. H&P
5. An office note completed within the 90 days from the start of rehab to include a brief statement pertaining to a discussion about pulmonary rehab with your patient
6. A referral with medical necessity appropriate diagnosis

For patient referrals, please fax the information above to (302) 645-3239 or (302) 645-3027. For more information, please call (302)-645-3579.

Frances Esposito, MD, Recognized with the 2014 Beebe Standards of Excellence Award

Beebe Healthcare has recognized Frances Esposito, MD, for her commitment to clinical excellence and for her contributions to healthcare by honoring her with the organization’s Standards of Excellence Award.

Jacquelyn O. Wilson, EdD, Board Vice Chair of Beebe Healthcare, and Jeffrey M. Fried, FACHE, President and CEO of Beebe Healthcare, presented the award at the third annual New Provider Reception and Physician Awards dinner event.

Dr. Esposito, who is Board Certified in Radiology and Nuclear Medicine, has served for 10 years as the Chair of the Department of Radiology. Previously, she has served as President of the Medical Staff and served for four years as Chair of the Credentials Committee. She joined the Beebe Medical Staff in 1992.

During the event, Douglas Allen, DO, and James Palmer, MD, were recognized for their 25 years of service to the Beebe Medical Staff.

Tommy Cooper, Beebe Medical Foundation Board Chair, presented a gift to Greg Bahtarian, MD, for his years of service to the Board. Ellen Bahtarian, MD, accepted the gift on his behalf. Mouhanad Freih, MD, has joined the Board.

Frances Esposito, MD, and Jeffrey Hawtof, MD, FACHE, VP of Medical Operations and Informatics

Frances Esposito, MD, and Jeffrey Hawtof, MD, FACHE, VP of Medical Operations and Informatics