

BACK ON THE ROAD AGAIN

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®.



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
<i>(135 of these falls resulted in hip fractures)</i>	
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



Gita Pillai, MD



John E. Spieker, MD



Keith Ricker got back to cycling a few months after he had surgery to repair a broken clavicle.



TRAN-SIT® CAR TRANSFER SIMULATOR

Orthopaedic surgery patients and other patients that have movement and flexibility limitations can receive a rehab boost with the “WT-960 TRAN-SIT® Car Transfer Simulator.” Physical therapists use the device to educate patients on how to safely get in and out of their vehicles without hurting themselves. The device is located in Beebe’s Orthopaedic Unit on the 3rd floor. It looks like the inside of a car, and it has a bench seat, a steering wheel, pedals, and functioning doors.

handlebars, landing smack on his head and shoulder with a force he still remembers. Dr. Pillai operated and repaired his broken clavicle at Beebe three days later. Keith says he took it easy for a while after that.

Paul’s accident happened three years ago. He was in a race in Columbia, Md., when another cyclist hit a traffic cone that bounced in front of Paul. He swerved to avoid it and ended up crashing, landing first on his elbow and then on his head. The pain was so bad he passed out three times. Although he was taken to an emergency room in Maryland, he didn’t have his surgery until he returned to Lewes and Dr. Spieker performed it at Beebe.

“There is a lot that we can do today to

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 HIP

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.

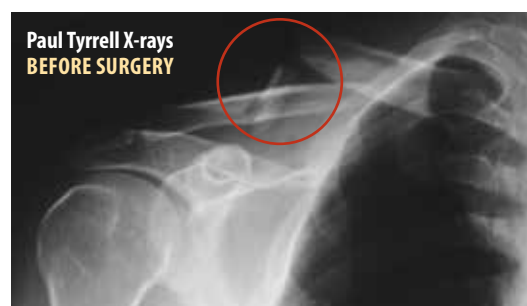
“Luckily the property manager was there to call 911,” he says. Charles was rushed to the Beebe Healthcare Emergency Department.

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.



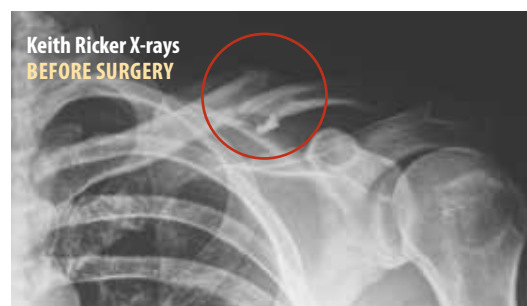
Mark J. Boytim, MD



Paul Tyrrell X-rays BEFORE SURGERY



AFTER SURGERY



Keith Ricker X-rays BEFORE SURGERY



AFTER SURGERY

These X-rays show how badly the clavicle bones were broken and what they looked like after surgery.

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. ■

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 iCT scanner, pictured here, provides fast, high-quality images that translate into better outcomes by aiding physicians in their diagnoses.



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.