This year marks the 90th anniversary of the Beebe School of Nursing. The school was established through the efforts of hospital founders Dr. James Beebe, Sr., and Dr. Richard Beebe as the Beebe Hospital Nurses’ Training School. It thrived and has continually offered an excellent education locally while augmenting with specialized course work through larger medical institutions. In recent years, its graduates have consistently earned some of the highest pass rates in Delaware on the nursing licensure exams. For the past several years, students have continued their education by pursuing a bachelor’s degree in nursing through an affiliation with Wilmington University.

Today, the Beebe School of Nursing envisions a future with a new name and new possibilities. Plans are under way to begin an expansion in the spring of 2012 that will provide more space and introduce new technologies to faculty and students. A new agreement with the University of Delaware will open the doors to students for advanced educational opportunities. It is an exciting time for Beebe School of Nursing, for Beebe Medical Center, and for our community.

A REPUTATION ESTABLISHED

Somewhere around 1920, just four years after the Beebe brothers opened their two-room hospital in Lewes, Olive Lingo, the Directress of Nurses, and Dr. Florence Kline, a hospital resident, began developing a nurse education program. They even designed the school uniform.

By 1921, the school was officially accredited by the Board of Examiners for the Registration of Nurses for the State of Delaware, now the Board of Nursing. In 1924, Beebe physicians taught classes at the school.
Students also attended nine months of training in pediatrics, obstetrics, and dietetics at Delaware Hospital in Wilmington. In 1938, the first instructor began. In 1948, a science instructor and an educational director arrived. The quality of the small school was established.

“I graduated from Beebe School of Nursing in 1965 and got a job immediately at the Wilmington Medical Center. It was known that if you graduated from Beebe, you didn’t even have to be interviewed,” says Jeanne Smith, RN, who eventually returned to Beebe Medical Center and today is in charge of employee health.

EDUCATION RELEVANT TO HEALTHCARE DEMAND

Bonnie Austin, RN, BS, a nursing supervisor at Beebe Medical Center who graduated from Beebe School of Nursing in 1962, says that the school has remained relevant because its curriculum has kept up with the changes in the medical arena and the increased demands on the nursing profession. Bonnie taught at the school for 30 years and has seen many former students begin their careers at Beebe Medical Center.

“Nursing care used to be more task oriented,” she explains. “Now, it is a profession and each patient receives an individualized plan of care based on the patient’s anatomical, physiological, emotional, and spiritual needs. Nurses are involved in the planning and in implementation.”

Nursing education also has been impacted by the explosive growth in the pharmaceutical arena and all the medications that are in use, says Nina Hazzard, RN, MS, the school’s Curriculum Coordinator. It has meant that student nurses have to be familiar with the benefits and adverse effects of a seemingly endless number of drugs and the many ways they can be administered to the patient.

“The students have had to keep up with drug development, as well as with the new technologies,” she explains. Nina points out how the curriculum incorporates the information that nurses need on the job. For example, not only are the nurses learning the latest in evidence-based medicine and patient care but also the new electronic medical records system. They are exposed to how quality and safety guidelines established by the Centers for Medicare and Medicaid Services are implemented in day-to-day procedures and protocols.

To help us ensure the continued availability of educated and experienced nurses, please support our Nursing Education Campaign. Contact Beebe Medical Foundation at 302-644-2900 for more information.
Above is the rendering of the new Beebe School of Nursing. Construction is scheduled to begin in the spring of 2012.

The expanded school building will have room for more students and incorporate the latest technologies in nursing education.

Nursing has become a career of specialties. There are nursing specialists in oncology, surgery, anesthesiology, critical care, and cardiac care, just to name a few of the areas where they have to take extra education. And while Beebe School of Nursing is a place where students learn entry-level nursing, the school introduces the students to these disciplines and to the scientific information in which they are grounded.

Connie Bushey, RN, MSN, MEd, School Director, says that because the school is a department of Beebe Medical Center, it is integrally involved in the medical center’s strategic planning process, and its goals parallel the healthcare needs of the community.

AN EXCITING FUTURE

Beebe School of Nursing is ready for the next step in preparing nurses for the healthcare demands of the future. Academically, it has created an agreement with the University of Delaware in which its students who have earned their RN and who qualify can transition into a university program to earn a master’s degree in Nursing in what’s called a “RN to MSN” program. Students in this program do not need to earn a bachelor’s degree first. Nurses with MSN degrees are advanced practice nurses and can function in clinical specialties. Their knowledge is expanded and they can provide a higher level of care.

Beginning in the spring of 2012, a construction project will increase the size of the school, allowing it to accept more students and to incorporate new technologies as it offers a higher level of education. The project will be completed in two phases. In Phase I, the old two-story dormitory will be razed to make room for a three-story building to house classrooms and clinical laboratories. In Phase II, the existing building will be renovated; the library will be updated; seminar rooms will be added; and, the latest educational technologies such as human patient simulators, which are programmed to express vital signs, specific symptoms and to respond to interventions.

The Community Supports its School of Nursing

The construction project is being made possible by the Nursing Education Campaign begun earlier this year. As of July, the campaign had raised the $6 million necessary to complete Phase I, thanks to the donation of $3 million from the Ma-Ran Foundation (see adjoining story). The campaign is now focusing on raising an additional $2.5 million to complete Phase II.

The campaign has met with strong support from the community. Beebe Medical Center Auxiliary, for example, which has raised money for Beebe Medical Center and the Beebe School of Nursing since 1936, has continued to show its commitment to education. Last year, the Auxiliary presented the Beebe Medical Foundation with $300,000 for the nursing school, the largest single donation the Auxiliary has ever made and officially the first donation to the Nursing Education Campaign.
Warren (Ren) Allen, Jr., pictured here with his daughter Alexa Allen Baich, donated $100,000 to the Nursing Education Campaign through their family’s Warren L. Allen Family Charitable Fund. Mr. Warren holds a portrait of his father, who established the fund and after whom the fund was named.

Beebe Medical Foundation’s Board of Ambassadors recently set a goal to raise $100,000 in support of the Nursing Education Campaign. The first three pledges of $10,000 each were made by Board members Keith Parsell; Mike Fannin, Chairman of the Board of Ambassadors; and Lewes urologist Ramachandra Hosmane, MD, who has been a member of the Beebe Medical Staff since 1978.

Warren L. Allen, Jr., of Seaford recently donated $100,000 to the campaign because of his belief in the quality of the program. His daughter Alexa Allen Baich is a senior at the school.

“This school fulfills a critical need that we have here in Sussex County,” he says, noting that he was born at Beebe. “It is a top-notch program. I was sold when I learned that it is partnering with the University of Delaware.”

“I never expected to learn as much,” says Alexa, who earlier this year was honored by The Zwaanendael Women’s Club of Lewes with a scholarship for her academic accomplishments. She has worked as a certified nursing assistant for two years on the Medical/Surgical Unit at Beebe Medical Center. As part of her school program, she also receives experience in the hospital two days a week. For example, she recently observed in the operating room as part of her clinical experience.

“I’d like critical care,” she says. “And I would love to teach one day.”

The donation comes from the Warren L. Allen Family Charitable Fund, which was established by Alexa’s grandfather in the mid-1990s. Mr. Warren passed away in November 2010. Mr. Warren was a well-known community supporter and statewide leader. He also served in the Delaware House of Representatives from 1946 to 1952 and was the House minority leader during his final term.

“This is a true philanthropic gift,” says Hugh Leahy, senior vice president for Southern Delaware of the Delaware Community Foundation, which manages the fund. “This gift will be used for generations to come.”

“We are receiving wonderful support from community for the Nursing Education Campaign,” says Alex Sydnor, Executive Director of the Beebe Medical Foundation and Vice President of External Affairs for Beebe Medical Center. “This is a testament to the quality of the program and to the commitment of the students.”

“We are receiving wonderful support from community for the Nursing Education Campaign. This is a testament to the quality of the program and to the commitment of the students.”

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SCHOOL OF NURSING CAMPAIGN DONORS
(AS OF JULY 14, 2011)
After 90 years of providing excellent education for nurses, the Beebe School of Nursing will be starting a new chapter with a new home and a new name. In early July, Beebe Medical Foundation received a $3 million gift for the Nursing Education Campaign from the Ma-Ran Foundation. The Beebe Medical Center Board of Directors agreed to recognize this generous donation by naming the Beebe School of Nursing in honor of one of the donors, Margaret H. Rollins, a Lewes native now residing in Atlanta.

The school will be named The Margaret H. Rollins School of Nursing at Beebe Medical Center at an official dedication ceremony this fall. “A school named for a donor brings prestige to the program and its alumni,” says Alex Sydnor, Executive Director of Beebe Medical Foundation. “We are confident that our nursing education program will attract other supporters for many years, enhancing the resources to support the educational experience.”

The Ma-Ran Foundation was established by R. Randall Rollins and Margaret Rollins of Atlanta. Mrs. Rollins, known to childhood friends as Peggy Hastings, was born in 1933 in Lewes and grew up here. She attended Lewes School, and she worked in the administrative offices at Beebe Hospital after school and on weekends when she was in high school. She went to Goldey-Beacom College in Wilmington and returned to Lewes to work full time at Beebe Hospital in administration. She and Mr. Rollins were married in Lewes in 1953. The couple had their oldest two of six children in Lewes before relocating to Wilmington and later to Atlanta. They continue to return regularly to their house on Lewes Beach.

“My mother has stayed involved in what goes on in Lewes,” says daughter Amy Kreisler. “She has read about the need for nurses and that Beebe would like to expand the nursing school. She felt that it was a very important project for Lewes, for Sussex County, and all of Delaware.”

The Ma-Ran Foundation has been a continual benefactor of Beebe Medical Center since 1985. Randall Rollins is the son of O. Wayne Rollins and a nephew of John Rollins, who also has been a benefactor of the medical center.

“Not only is this the largest gift ever received by Beebe Medical Foundation, it is large enough to complete the fundraising for the first phase of the nursing school expansion,” explains Alex Pires, Campaign Co-chair and member of the Beebe Medical Foundation Board of Directors. The Nursing Education Campaign cabinet and the Board of Directors of the Beebe Medical Foundation will begin to pursue raising the $2.5 million needed to complete Phase II as Beebe Medical Center moves forward in the spring of 2012 with construction of Phase I.
Improving the Health of Our Community

At 45 years of age, Daisey Mae Wright decided to get a mammogram.

“They told me there was a shadow on my left breast and to go to the doctor,” recalls the Lewes resident. “I couldn’t feel a lump or anything.”

Daisey Mae’s shadow turned out to be cancer. Never missing a day of work, she went through months of treatment, had 22 lymph nodes removed from her arm, and for the next five years took prescribed tamoxifen tablets. Today, she is 11 years cancer free and a vocal advocate of cancer screenings.

“I wouldn’t be here today if I had not had a mammogram,” she says. “Early detection is so important.”

Sharing Our Stories

Daisey Mae works full time as a stock keeper at the Indian River Power Plant. She spends many evenings and weekends as a cancer education and screening “lay navigator” for Tunnell Cancer Center’s Sharing Our Stories, Saving Our Sisters breast cancer initiative, which is funded by a grant from the Susan G. Komen for the Cure, Philadelphia Affiliate. She talks to women at churches, schools, community centers, and at events, discussing breast cancer and urging them to have regular screenings. She’s not shy about reminding them to have colonoscopies, skin cancer screenings, and pap smears for cervical cancer. Daisey Mae is one of 10 lay navigators in the program who have spoken with more than 2,000 people. They support the efforts of Beebe Medical Center Cancer Screening Nurse Navigator Kathy Cook, RN, MSN.

“I feel that I am giving back to the community,” Daisey Mae says. “I want to help others. And I want to make sure that the young people are aware of how important it is to detect cancer early.”

Above, Daisey Mae Wright and Kathy Cook, RN, MSN, Tunnell Cancer Center’s Cancer Screening Nurse Navigator, team up to promote cancer screenings in the community.
Prevention, Screening, and Early Diagnosis

The grant-funded breast cancer program is part of Tunnell Cancer Center’s overall cancer outreach program focused on prevention and early diagnosis. It complements Beebe Medical Center’s Community Health outreach that educates and screens people for diabetes, stroke, osteoporosis, and cardiovascular disease—the nation’s number-one killer. About a dozen Beebe nurses implement these screening programs. Over the past year, they have taken part in more than 100 events and have connected with more than 9,000 people.

Beebe Medical Center’s prevention efforts are augmented by outreach efforts from individual departments, such as Diabetes Management. The Physical Rehab Department offers free driver-safety checks for senior drivers, making sure that as they age they are able to safely and comfortably operate their vehicles.

Improving the Health of Our Community

All these efforts support Beebe Medical Center’s goal of encouraging health and wellness in Sussex County. Even as Beebe Medical Center focuses on increasing its outreach efforts, its goal will be a difficult one. According to the recently published Robert Wood Johnson Foundation’s County Health Rankings, Sussex County has many health challenges. The adult obesity rate is 29 percent; the excessive drinking rate is 17 percent; and, the adult smoking rate is 22 percent. All of these are risk factors for cardiovascular disease, diabetes, and stroke.

“Beebe has been sending nurses to our annual health fair for eight or nine years,” says Victoria Mesa, who has coordinated the Georgetown event for Iglesia Dios Maranatha Church of Seaford for three years. “We usually get between 400 and 500 people from around Sussex County.”

Event founder Pastor Israel Figueroa says Beebe has been most supportive, offering free screenings and helping people find medical services at low cost or no cost when they could not otherwise afford them.

Ward Ellinger, a Rehoboth Beach art gallery owner and artist, says that Beebe Medical Center has been supportive of the gay and lesbian community, offering free health screenings every year at multiple Camp Rehoboth events.

“The Beebe nurses are wonderful and they’ve been coming for years,” he says. “For me it is a barometer, making sure that my cholesterol, blood sugar, and blood pressure are where they should be.”
Being a Health Advocate for Oneself

Megan Williams, FNP, a family nurse practitioner with Beebe Medical Center Community Health, focuses on getting people connected with a primary care provider when a screening shows that they need further evaluation. “These diseases need to be identified early so that we can initiate treatment, improving the quality and longevity of one’s life,” she says. “Everyone should have their cholesterol, blood sugar, blood pressure, and body mass index (BMI) checked. They should do it earlier if there is a strong family history of heart disease, diabetes, or if they are obese.”

Lewes family physician Amy Robinson, MD, is another who advocates screenings and regular checkups. “Prevention is very important and part of what family practice focuses on,” she says. “I try to discuss it with my patients at most visits, even sick visits, because sometimes that might be the only time I see them. I emphasize the importance of annual paps and mammograms to women, as well as prostate screening for men that includes a simple blood test—a PSA, or prostate specific antigen. In addition, I try to make sure each patient has had a timely cholesterol panel and blood sugar in their chart. Colorectal screening is something I discuss with all patients over 50.”

Dr. Robinson says she also emphasizes the importance of immunizations in both children and adults. “Making sure the kids are up to date on their shots and making sure adults have had recent Adacel®, Pneumovax™, and Zostavax™ immunizations is very important to maintaining their health and well-being.”

No one could be a bigger believer in screenings than Lillian Senn of Millsboro. Lillian attended one of Tunnell Cancer Center’s monthly Breast Health Forums and learned about breast cancer and cancer in general. Cancer Screening Nurse Navigator Kathy Cook enrolled her into the government-funded Screening for Life program and gave her the name of an obstetrician/gynecologist who she would see. Though she did not have breast cancer, through conversations with the physician about some symptoms she was having, she was eventually diagnosed and treated with early stage uterine cancer. She also had a hysterectomy and has been cancer free for several months. She has a hopeful outlook. “The only protective measure we have for ourselves is to educate ourselves, to screen for what we can, and to listen to our bodies. I would not have known there was something wrong if I had not gone to the screenings and talked to a doctor.”

A complete list of recommended screenings is available on the Beebe Medical Center website beebemed.org under the Community Outreach Section, Screening Checklist.
Delphine Rideau of Millsboro owns a vibrant cleaning business. “Top Notch Cleaning Service” has become so busy that she’s got her family members working, too. Her list of customers stretches from Milford south to Dewey.

“I’m going a mile a minute,” she says. “I have so much energy.”

But that wasn’t always the case. At age 41, her surge of energy came about soon after her laparoscopic hysterectomy in March of this year.

“I could not believe how easy it was,” she says of the minimally invasive surgery. She went home the same day with only two tiny incisions to show that an operation had been performed.

She had the procedure at Beebe Medical Center, which earlier this year was the first hospital in Delaware and on the Delmarva Peninsula—and one of only 15 in the United States—to be named a Center of Excellence in Women’s Health by the American Institute of Minimally Invasive Surgery (AIMIS).

Her obstetrician/gynecologists Vincent B. Killeen, MD, and Steven D. Berlin, MD, together with Leo H. Eschbach, DO, also were recognized and accredited for their expertise in minimally invasive gynecologic surgery by the American Institute of Minimally Invasive Surgery, which has designated their private practice, Bayside Health Association Chtd., as a Practice of Excellence.

This recognition by AIMIS means that Beebe Medical Center—together with Drs. Killeen, Berlin, and Eschbach—offers laparoscopic and minimally invasive gynecologic surgery, particularly laparoscopic hysterectomy, that produces excellent patient outcomes and meets the highest standards of quality and safety as set by the American Institute of Minimally Invasive Surgery.

Delphine is a hard-working woman. She is married with three older children,
has worked as a teacher in a Head-Start program, and runs a cleaning business. In recent years, however, she struggled with chronic pain from fibroids. She was advised to have a hysterectomy but was terrified to have one.

“My mother had to stay in the hospital with her hysterectomy, and she had so many problems. I didn’t want to go through that.”

But Delphine’s symptoms worsened. Eventually, she needed emergency treatment and a blood transfusion.

Now, with her restored strength and health, she has been able to grow her part-time cleaning business into a full-time, lucrative venture.

“I’ve got my life back and I’m on the move now,” she says.

Hysterectomy may involve removal of the uterus, the uterus and the cervix, and, for some conditions, the fallopian tubes and ovaries. Each year, more than 600,000 women undergo the procedure, with one in three women in the United States having the surgery by age 60.

The procedure is used to treat fibroids (non-cancerous uterine growths); endometriosis (when growth of uterine tissue affects other abdominal organs); uterine prolapse (uterus moves within abdomen, causing urinary problems, pelvic pressure, and other problems); cancer; persistent vaginal bleeding; and chronic pelvic pain.

The traditional open hysterectomy usually requires patients to spend three to four days in the hospital and up to six weeks recovery from the painful abdominal incision.

The laparoscopic hysterectomy, which requires only two small incisions as surgeons work with special equipment, allows patients to go home the same day, and they can resume normal activity in one to two weeks.

Susan Vanderslice of Laurel was in her thirties when fibroids caused her to suffer from heavy menstrual bleeding that led to anemia. She found that her lack of energy and excruciating pain made it difficult to keep up with her small children.

Dr. Eschbach, her obstetrician/gynecologist, tried two non-invasive treatments to help her. But her condition persisted. Susan, like Delphine, proved to be a candidate for the minimally invasive laparoscopic hysterectomy.

Dr. Eschbach and Dr. Berlin performed the minimally invasive surgery at Beebe Medical Center, and Susan returned home the same day.

“It was the best thing I’d ever done,” recalls Susan, now 34. “My husband and I are so happy. I have so much energy now. I can’t believe it. I didn’t realize how tired I was. Even my complexion has changed for the better.”

Susan says she didn’t even have to take the pain medication that Dr. Eschbach prescribed.

“I made dinner the next night, and I was at my son’s flag football game the following Saturday.”

Beebe Medical Center has been named a Center of Excellence in Women’s Health by the American Institute of Minimally Invasive Surgery.
Beebe Medical Foundation’s 2nd Annual Treat the Beat 5K Walk

SUNDAY, SEPTEMBER 11TH

George H.P. Smith Park at Blockhouse Pond. Registration begins at 8 a.m. with walk starting at 9 a.m.

The Treat the Beat 5K Walk benefits Cardiac and Vascular Services at Beebe Medical Center. Last year, $29,000 was raised. A portion of the funds were used to purchase equipment for the Cardiac Rehab Department.

Participation is free, but all walkers must register. All participants are encouraged to donate or raise donations. Registration is available online or by mailing in a registration form. For more information visit www.beebemedicalfoundation.org or contact Mary Green at mgreen@bbmc.org or at 302-644-2951, extension 13.

Our Mission
Beebe Medical Center’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.

Our Vision
Beebe Medical Center will be a community-based healthcare system committed to providing high-quality, cost-effective healthcare in fulfillment of our charitable mission.