

# BEACON

FEBRUARY 2010



**EXCELLENT  
PEOPLE.  
EXCELLENT  
HOSPITAL.**



**BEEBE MEDICAL CENTER—RECIPIENT OF THE  
2010 DISTINGUISHED HOSPITAL AWARD,  
CLINICAL EXCELLENCE™**

**EMPLOYEES TELL THEIR STORIES . . .**



Beebe Medical Center  
LEWES, DELAWARE

# People Make the Difference



## BEEBE MEDICAL CENTER RECEIVES THE 2010 HEALTHGRADES® DISTINGUISHED HOSPITAL AWARD FOR CLINICAL EXCELLENCE™



Beebe Medical Center has announced with great pride that it has received the 2010 HealthGrades® Distinguished Hospital Award for Clinical Excellence™. The award says that Beebe Medical Center is among the top 5 percent of all hospitals in the nation for overall quality. The award recognizes hospitals with the lowest risk-adjusted mortality and complication rates across a range of procedures and diagnoses. That means that Beebe has built a measurable record of successfully treating its patients and sending them home with fewer complications than 95 percent of all the hospitals in the nation. Only 269 of the nation's 5,000 hospitals received this award.

HealthGrades, the nation's leading healthcare rating organization, also has given Beebe Medical Center 5-Star ratings, the highest attainable, for Treatment of Heart Attack (four years in a row), Treatment of Pneumonia (five years in a row), Treatment of Stroke, Treatment of GI Bleed, and Treatment of Sepsis, a life-threatening blood infection.

The Distinguished Hospital Award for Clinical Excellence™, announced this month, is in addition to Beebe's HealthGrades Orthopaedic Surgery Excellence Award™, Best in Delaware and Delmarva, and 5-Star ratings for Overall Orthopaedics, Joint Replacement, and Spine Surgery that were announced last fall.

At Beebe Medical Center we know that it is our team members and the Medical Staff who, working together, have created Beebe's atmosphere of quality, reliability, professionalism, and commitment to the safety and wellness of each patient. Some of those on our team would like to share their thoughts with you.

"I've watched Beebe grow since I graduated from Beebe School of Nursing 30 years ago. But despite the growth, it has held onto its sense of community and family," says Noah Piper, RN, who has been a nurse in the Critical Care Unit since 1982.



2010

“People tell us that we make a difference in their lives. Patients come back to visit us and thank us. Even the family members of those who don’t make it say that we have touched them.”

## A FAMILY

Ann M. Regacho, a medical social worker, joined Beebe Medical Center recently after working more than 15 years for a large medical center in the Baltimore area. It was the beach that caused her children to beg her and her husband to move to the area, but it has been Beebe’s family spirit that has captured her heart.

“When you walk through the doors, you become part of a family,” she says. “The employees help each other. They often wear several hats and pull together to do what they have to do. It is such a blessing. It is such a difference from a large institution.”

Mrs. Regacho works as a case manager for patients on the fifth floor.

They are people who have pulmonary diseases, heart failure, and other chronic problems. Her role is to handle all aspects of discharge planning, which helps ensure that patients have the care they need after they leave the hospital.

“I love making a difference in their lives, especially at such a difficult time.”

Mary Jo Cauley, RT CT, a CT tech at Beebe Health Campus, says she enjoys getting to know the patients and their families. Many of her patients are battling cancer, and they come to Ms. Cauley when they need CT scans.

“They return as their condition is being followed and their families come with them. You come to care about them and truly feel good when they are getting better.”

Ms. Cauley, who has been in radiology for 18 years, says she trusts and depends on her co-workers. “We’re a good team. We make sure the job is done safely and accurately, no matter what.”

Besides working at Beebe Health Campus, she often is on call for the Emergency Department where she comes across people who need immediate atten-



*“People tell us that we make a difference in their lives.”*

—Noah Piper, RN



*“Beebe is one of the best hospitals in Delaware.”*

—Mary Jo Cauley, RT CT



*“When you walk through the doors, you become part of a family”*

—Ann M. Regacho, medical social worker

tion for illnesses such as appendicitis and pulmonary embolism, and injuries from falls, motor vehicle collisions, and beach accidents.

“Beebe is one of the best hospitals in Delaware,” she says. “And I’m happy to be here.”

## HELPING OTHERS

Helping patients to recover is a powerful motivator for Graham Robbins, PT, Director of Rehabilitation Services.

“Helping others makes my life better,” says Mr. Robbins, who has worked as a physical

therapist at Beebe Medical Center for more than 12 years. “The patients have touched my life. Their stories, their struggles, and their successes have inspired me to be a better therapist, a kinder friend, and a more caring husband and father. I feel I play a small part in each one of their successes.”

Mr. Robbins leads a team of more than 50 rehabilitation professionals, including physical therapists, occupational therapists, and speech/language pathologists, who provide therapy services at multiple sites throughout the community.

“My biggest rewards have been the many friendships developed and the opportunity to have my life enhanced through countless patient interactions.”

## FRIENDSHIPS

Jenni Callard, RN, a nurse in the Critical Care Unit, also worked for a major medical institution

true community means.

“You’re able to follow up more with your patients. It’s like neighbors looking after neighbors. You have so much invested.”

Mrs. Callard sees both her patients and her Beebe team members “everywhere”—when she takes her children to school, when she is at the supermarket, or when she is just around town.

“It’s so personal here. You always seem to know someone, or someone who knows someone. You take care of people you already care about. And, people are genuinely nice here.”

Denise Larson, RN, a clinical education specialist, who has worked at Beebe as a nurse for more than a decade after working in a large metropolitan area, echoes what has been said about community.

“You are more than a member of a hospital, you are a member of this community. You take care

of a patient as if that patient is a member of your own family.”

Mrs. Larson believes that Beebe can give such good care to the patients because the team members work so closely together.

“When you call the Lab to ask the result of a test, for example, you know the person on the other end of the phone, and you both trust each other and know you are trying to do the right thing for the patient.”

Mrs. Larson has worked in Labor and Delivery,

in the Baltimore area before coming to Beebe Medical Center nearly four years ago. But it wasn’t until she came to Beebe that she discovered what

Home Health, Wound Care, and recently began to serve as the Clinical Education Specialist in the medical center’s Education Department.



*“Helping others makes my life better.”*

—Graham Robbins, PT,  
Director of Rehabilitation Services



*“It’s like neighbors looking after neighbors.”*

—Jenni Callard, RN



*“You take care of a patient as if that patient is a member of your own family.”*

—Denise Larson, RN,  
Clinical Education Specialist

“I hope to make a difference with our young nurses, and to encourage them in their careers,” she says.

## SUPPORTING OTHERS

Jean Winstead, Beebe’s Health Sciences Librarian, enjoys supporting Beebe physicians, surgeons, nurses, nurse educators, and other medical professionals who regularly work with her to find the latest information on diseases, medications, and treatment options.

“I have the opportunity to coordinate medical library resources that our physicians and staff rely on for direct patient care. I feel that helping our medical professionals search for articles and new study results may hold the key to a patient’s positive outcome.”

Mrs. Winstead applauds Beebe Medical Center’s participation in DelMIRA, Delaware’s Medical Information Resource Alliance. DelMIRA allows physi-

cians and team members to access the subscription electronic databases of medical journals that include the latest medical information available throughout the nation and around the world.

Deborah Della Camera and Marie Adams, telephone operators and greeters with Beebe Medical Center’s Patient Access Team, both enjoy Beebe’s sense of community.

“We often are the patient’s first point of contact, and we want to make that contact positive,” says

Mrs. Adams. “We want people to know that Beebe has been there for them.”

Mrs. Adams, who previously worked at Lewes Convalescent Center, says many people remember her from there and say “hello” when they see her at Beebe. “It makes me feel as if I am with family.”

Mrs. Della Camera also enjoys helping



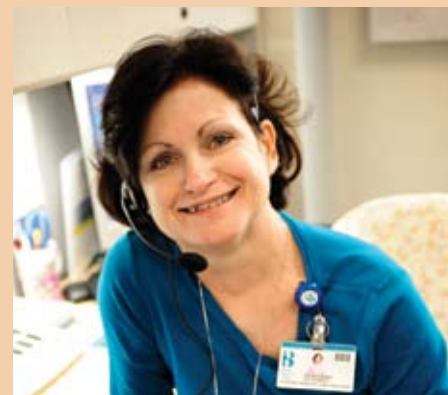
*“I feel that helping our medical professionals search for articles may hold the key to a patient’s positive outcome.”*

—Jean Winstead,  
Beebe’s Health Sciences Librarian



*“We often are the patient’s first point of contact, and we want to make that contact positive”*

—Marie Adams,  
Patient Access telephone operator and greeter



*“Sometimes just a kind word makes all the difference.”*

—Deborah Della Camera,  
Patient Access telephone operator and greeter

people. “Sometimes just a kind word makes all the difference. They need help in stressful situations. And when I serve as a greeter, showing them where the cafeteria is, or the Same Day Surgery waiting area is, or taking flowers to their rooms, it lightens my own load.”

One of her favorite stories she has heard from patients and visitors is one in which hospital co-founder Dr. James Beebe used to help local families when they were in need. ■



# Quality Orthopaedic Care

Orthopaedic surgeon James P. Marvel, Jr. beamed (center in black suit) when his peers honored him recently. Left to right, Wilson C. Choy, MD; Paul J. Harriott, MD; Mark J. Boytim, MD; John E. Spieker, MD; James P. Marvel, Jr., MD; Ronald Sabbagh, MD; Edmund Carroll III, DO; and David Sopa, DO.

## Beebe Medical Center Names Orthopaedic Wing After Lewes Orthopaedic Surgeon Dr. James P. Marvel, Jr.

It was a special day in November 2009 for Beebe Medical Center and for Lewes orthopaedic surgeon James P. Marvel, Jr., MD, who began the hospital's Orthopaedic program in 1980.

Despite storm-filled, blustery winds on a threatening November day, more than 125 people defied the elements to attend the official dedication of the "James P. Marvel Jr. MD Wing," Beebe Medical Center's renovated third floor and new orthopaedic wing.

"Dr. Marvel is the father of our Orthopaedic program," said Jeffrey M. Fried, President and CEO of Beebe Medical Center. "We are proud of our surgeons, and there is no greater tribute to Dr. Marvel than being recognized by his peers."

Both Mr. Fried and Janet McCarty, Chair of the Beebe Medical Center Board of Trustees, noted that the dedication was a collaborative decision by the seven other orthopaedic surgeons who are on the Beebe Medical Staff. They are members of three different local private practices.

The remodeled wing includes 22 patient rooms and a dedicated area for patients who have had joint replacement surgery. All staff members who work on the wing are specially trained and educated in the care of orthopaedic patients.



James P. Marvel, Jr., MD



Over the past four years HealthGrades® has ranked Beebe Medical Center as a top Orthopaedic program. For 2010, HealthGrades ranked Beebe Medical Center among the top 5 percent of all hospitals in the nation. HealthGrades rated Beebe Medical Center as the only hospital in Delaware, Maryland, and Virginia to receive 5 stars for all orthopaedic procedures it measures.

Dr. Marvel has a private practice in Lewes, serves as the Trauma Medical Director for Beebe Medical Center, and was recently appointed to the Beebe Medical Center Board of Directors. He also is active in the Medical Society of Delaware and serves on the Board of the Medical Society Insurance Subsidiary and as Chairman of the Delaware Medical Education Foundation.

“Dr. Marvel set the standard for this hospital, and all the surgeons here are in his debt,” Lewes orthopaedic surgeon and keynote speaker John E. Spieker, MD, said during the dedication. Dr. Marvel brought Dr. Spieker to Beebe Medical Center in 1988. “I came because of his national reputation,” Dr. Spieker added, as he shared details of Dr. Marvel’s impressive career with the audience.

Dr. Marvel, a grandson of James Beebe, one of the medical center’s co-founders, was accomplished early in his career. After earning his medical degree from Jefferson Medical College in Philadelphia in 1962, he interned at Memorial Hospital in Wilmington and started a residency in orthopaedic surgery at Jefferson. His residency was interrupted when he joined the U.S. Army, serving as an orthopaedic surgeon at Fort Dix, New Jersey, and as an orthopaedic trauma surgeon in Viet Nam. He then completed his residency at Jefferson and practiced with Dr. Anthony F. DePalma, professor of Orthopaedic Surgery. For 10 years before coming to Beebe Medical Center he was associated with Dr. Richard Rothman at the Pennsylvania Hospital in Philadelphia, which was affiliated with the University of Pennsylvania for its residency program.

Since he joined Beebe Medical Center he has served as Chief of Staff and Chief of Surgery. He has been Trauma Medical Director since 1999, during which time Beebe Medical Center has gone through three re-verification visits by the American College of Surgeons, with trauma verification being approved as a Level III Trauma Center. He served on the Blue Ribbon Commission for Malpractice Insurance when there was no viable malpractice insurance carrier in Delaware. He served twice as the President of the Medical Society of Delaware and served as a Delegate to the American Medical Association from the Medical Society of Delaware.

State Representative Pete Schwartzkopf also spoke during the dedication and read the official tributes from the Delaware House and from the Delaware Senate. Stephen R. Permut, MD, JD, Professor & Chair, Department of Family & Community Medicine, and Associate Dean of Academic Affiliations at Temple University School of Medicine, read the official tribute to Dr. Marvel from the Medical Society of Delaware.

## BEEBE MEDICAL CENTER’S ORTHOPAEDIC SURGEONS

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# A Leader in Back Surgery



**5-STAR RATING, 4 YEARS IN A ROW!**

**M**ark Ostroski, hating to admit that he has rounded the age of 40, has always been an avid outdoorsman, a runner, a hunter, and lover of sports. He played catcher as a young man, often taking the brunt of a missed fastball or the forceful momentum of a runner sliding into home plate. Just a few years ago he even broke his leg playing in a slow pitch softball league.

He was not surprised when lower back pain crept up with his stream of birthdays. Two years ago he turned to Lewes orthopaedic surgeon Ronald Sabbagh, MD, to find out what could be done. He learned that he was suffering from disc degeneration and that there was nerve impingement.

“We tried all kinds of treatments to avoid surgery,” recalls Mr. Ostroski, a 20-year veteran with the Delaware State Police. “I did physical therapy and took medication. But I couldn’t get any relief, and then the numbness got worse.”

Finally, in October 2009, after it got so bad that Mr. Ostroski could not stand or sit for long periods of time, he and Dr. Sabbagh agreed on a new, minimally invasive surgical procedure using the Aspen™ Spinous Process System by LANX®. The system is a tiny device that the surgeon inserts and positions on the spine, after making a small incision, to align and stabilize it.

“The pain was gone the morning after the surgery,” Mr. Ostroski says. “I can’t believe how wonderful it is to be able to stand up and to just walk again.”

**Below:** Back patient Mark Ostroski, of Lewes, searches for wildlife with son Jackson and daughter Sydney.

**Inset:** Mark Ostroski (left) is treated for back pain by Dr. Ronald Sabbagh.



*“In 2007 there were just over 200 procedures performed here, and this year the number is expected to top 300 procedures.”*

According to Dr. Sabbagh, this surgical procedure is one of several minimally invasive options used at Beebe Medical Center that can improve certain kinds of back problems and allow patients to get back on their feet much quicker than with traditional surgery.

Beebe Medical Center was the first hospital in Delaware to offer the LANX® procedure, an example of one of the latest technologies available.

“Our back surgery program has grown and improved in recent years,” says Marie Berntsen, Director of Orthopaedic Services. “In 2007 there were just over 200 procedures performed here, and this year the number is expected to top 300 procedures.”

Beebe Medical Center’s back surgery program not only has grown, but its quality has been recognized. HealthGrades, the leading independent healthcare ratings company, has given Beebe Medical Center a 5-star rating for spine surgery and a 5-star rating for back and neck surgery for 2010. HealthGrades also ranked Beebe Medical Center Orthopaedic Services among the top 5 percent of all hospitals in the nation, and rated Beebe Medical Center as the only hospital in Delaware, Maryland, and Virginia to receive 5-stars for all orthopaedic procedures it measures. According to HealthGrades, patients were 80 percent less likely to experience a major complication in 5-star-rated hospitals when compared with 1-star-rated hospitals.

“We have a complete multidisciplinary approach to our back and neck surgery with dedicated surgical and nursing teams that support our surgeons,” says Mrs. Berntsen, emphasizing the specialized education and training of all the staff members who work with orthopaedic patients.

Beebe Medical Center also has a dedicated wing, the James P. Marvel Jr. MD Wing, for patients who have undergone orthopaedic surgery. While Dr. Sabbagh specializes in back surgery, orthopaedic surgeon David Sopa, DO, Chief of

Orthopaedic Surgery at Beebe, and neurosurgeon Balepur Venkataramana, MD, also perform back and neck surgical procedures.

“It is important to talk to a physician if you are having back pain,” says Dr. Sopa. “There are so many minimally invasive treatment options available today. And if there is degeneration in the disc, early treatment can avoid more serious problems.” ■



Ronald Sabbagh, MD, uses a model to explain the anatomy of the spine.



Orthopaedic Department nurses Ashley Dorman, RN, ONC; Regina Newell, RN, ONC; Diane Wilson, RN, ONC; and Beth Waite, RN, ONC, have all received orthopaedic certification.

Brad Bradford, surgical tech; Dr. David Sopa, orthopaedic surgeon; and Dr. Balepur Venkataramana, neurosurgeon (left to right), perform spinal surgery at Beebe Medical Center. Nurse anesthetist Cheryl Cowan, CRNA, is visible in the background.



# Providing Hope for the Future



## Taking Part in the Battle Against Breast Cancer

Adela Gladwell takes a special pill once a day. The Lewes resident doesn't know what is in it, but she knows that by following her daily regimen, she is taking part in the battle against breast cancer.

Adela is a seven-year survivor of breast cancer, a patient of Tunnell Cancer Center, and a participant in a randomized, "double-blind" clinical trial to determine whether the drug Letrozole, an aromatase inhibitor, will reduce the risk of breast cancer in the patients who already have had five years of hormonal treatment. The trial also will help determine whether this extended Letrozole treatment will increase the patient's risk of blood clots or osteoporosis. Because it is a double-blind trial, Adela does not know if her pill is Letrozole.

"It's not a hardship," Adela says. "I feel good and didn't have a problem with my original treatment. I feel certain that clinical trials were involved in developing the course of treatment that I received. Now it is my turn to help in the treatment of others."

Adela entered the five-year trial in April 2009. She returns to Tunnell Cancer Center every six months for an examination. She meets with oncology nurse Kari Souder, RN, OCN, one of the center's two research coordinators. She also meets annually with medical oncologist/hematologist Srihari Peri, MD, Medical Director of Tunnell Cancer Center.

Tunnell Cancer Center, which is part of Beebe Medical Center, can enroll Adela in a clinical trial because of Beebe's affiliation with the Delaware/Christiana Care Community Clinical Oncology Program (CCOP). Through the CCOP network, Beebe Medical Center physicians work with scientists

*"I feel certain that clinical trials were involved in developing the course of treatment that I received. Now it is my turn to help in the treatment of others."*

—Adela Gladwell, of Lewes

to conduct National Cancer Institute–supported clinical trials. This collaboration helps to offer the latest research findings at the community level and to provide quality care to those at Tunnell Cancer Center.

## Focus on Quality Care

In 2008, 8.4 percent of Tunnell Cancer Center patients participated in clinical trials, which exceeds the national average of 3 percent. Though Tunnell Cancer Center has the opportunity to enroll patients in as many as 60 clinical trials, on average, patients are enrolled in around 20 at any one time.

Adela, for example, is enrolled in the Protocol B-42 clinical trial of the National Surgical Adjuvant Breast and Bowel Project (NSABP).

Tunnell Cancer Center’s impressive participation is due to its focus on bringing the best care to its patients. Kari and Donna Miskin, RN, the other research coordinator, remain up to date on the ongoing National Cancer Institute–supported clinical trials taking place across the nation. The two nurses screen all newly diagnosed Tunnell Cancer Center patients for their eligibility in these trials and discuss their evaluations with the Tunnell Cancer Center medical oncologists.

“The standard of cancer treatment today is where it is today because of the patients who participate in trials,” Donna says. “And our patients have the same opportunity as those being treated at major university hospitals to take part in clinical trials.”

Tunnell Cancer Center has received national recognition for its quality standard of care. In June 2009 it was named a recipient of the 2008 Commission on Cancer Outstanding Achievement Award for excellence. Tunnell Cancer Center is one of only 95 cancer programs across the nation, and the only community hospital program in Delaware, to earn this prestigious award from the American College of Surgeons Commission on Cancer.

The award means that Tunnell Cancer Center not only meets the standards set down by the

Commission on Cancer, but that it has exceeded them. Just a few months before, the Commission granted Tunnell Cancer Center a Three-Year Approval with Commendation. It was the second time in a row that Tunnell Cancer Center has gained the coveted Commendation designation, although Tunnell Cancer Center has consistently received approval from the Commission. In 2009 Tunnell Cancer Center also was recognized by The Oncology Nursing Certification Corporation for the professionalism of its nursing staff.

To Adela, it’s also about quality of life. She is glad that she can help others and that she can sing in the choir at her church, Conley’s United Methodist Church. “Singing is my passion,” she says. ■



Kari Souder, RN, OCN (left), and Donna Miskin, RN, enroll a cancer patient in a clinical trial.



Medical oncologist/hematologist Aasim S. Sehbai, MD, reviews a patient’s clinical trial medications with Kari Souder, RN, OCN (left), and Donna Miskin, RN.

# For Our Community

WHO'S LOOKING OUT FOR YOUR  
*Heart Health?*



George Foreman and Beebe cardiac rehab nurse Jan Glasscock, RN, both Beebe heart patients, enjoy punch and conversation at the 2009 Beebe Celebrate Life event.

JOIN BEEBE MEDICAL CENTER  
FOR ITS **6TH ANNUAL** **HEART FAIR**

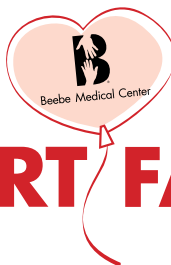
*Thursday, February 18, 2010*

**10 A.M. – 2 P.M.**

**REHOBOTH BEACH CONVENTION CENTER**

REGISTRATION IS NOT REQUIRED FOR THIS FREE EVENT.  
IF YOU HAVE QUESTIONS, PLEASE CALL **645-3468**.

**FREE ACTIVITIES, FOOD, AND SCREENINGS**



LEWES, DELAWARE  
[www.beebemed.org](http://www.beebemed.org)

## 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.

## SUPPORT GROUPS

### CAREGIVERS' SUPPORT GROUP

**Third Thursday of Each Month**

A support group for caregivers of those with Alzheimer's disease and related diseases meets at The Gull House (Bay Mart Shopping Center, opposite Spring Lake, Rehoboth). For further information, please call Kathleen Graham Frey at (302) 226-2160.

### FIBROMYALGIA SUPPORT GROUP

**First Friday of Each Month at 1 p.m.**

Integrative Health sponsors a support group with a positive approach to help with lifestyle, exercise, cooking, and networking. The group meets at Lewes Senior Center in Nassau. Contact Sherry McGoldrick for more information at (302) 644-8181.

### DIABETES SUPPORT GROUP

Beebe Medical Center has a new Support Group for people with Type II diabetes. The group offers information and support to patients and their families dealing with diabetes. It meets once a month at Beebe Medical Center's Diabetes Management Center at 32060 Long Neck Road in Millsboro. For information, call (302) 947-2500.

### MENDED HEARTS SUPPORT GROUP

**Third Tuesday of Each Month at 2 p.m.**

A support group for those who have had open-heart surgery. McCurry Conference Center in the Medical Arts Building, next to the Tunnell Cancer Center on Route 24. Call (302) 645-3514 for more information.

### STROKE SUPPORT GROUP

**Fourth Thursday of Each Month at 5 p.m.**

A stroke support group meets at Tunnell Cancer Center, 18947 John J. Williams Highway in Rehoboth Beach. The group provides support to stroke survivors, care partners, spouses, and friends. It provides education and resources to maximize participation in home and community. The instructor is Holly Sullivan, Speech/Language Pathologist at Beebe Medical Center. For additional information, call (302) 645-3100 ext. 2436.

The *Beacon* is published by Beebe Medical Center 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.

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*With photography by Kevin Fleming*



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