

BEEBE MEDICAL CENTER



# BEACON

MAY 2008



Beebe Medical Center  
LEWES, DELAWARE

# MEDICATION SAFETY

KNOWING THE MEDICATIONS AND SUPPLEMENTS YOU TAKE IS CRITICAL TO YOUR HEALTH



**Cover:** Sam Roberts, RPh, MS, Pharmacy Director at Beebe Medical Center, says patients must be partners with physicians in their medical care. Knowing their medications is first on the list. Here, Beebe patient Sunny Spencer promises to keep her list in the red File of Life packet on her refrigerator.

In a concerned interest for patient safety, Long Neck family practice physician Jeffrey Hawtof, MD, often will reschedule a patient who has come in for a consultation.

“I ask them to go home, gather up their pills, and come back so that I can treat them accurately,” says Dr. Hawtof, a member of the Beebe Medical Staff. Dr. Hawtof does not want to prescribe a medication that may interact with one the patient is currently taking. Dr. Hawtof knows that the very symptom the patient is worried about may be the result of a medication.

As patients have become older and sicker, they take more and more medications to keep chronic illnesses at bay and to prolong their lives. They take them for organ transplants, cancer, heart disease, diabetes, and kidney troubles. They get them prescribed by different doctors from different medical specialties. They shop for deals, buying them from local pharmacies, discount stores, and Internet purveyors.

“It’s critical for patients to know what medications they take so that a doctor can treat them quicker and safer,” says Michael Edwards, MD, Medical Director of Emergency Services at Beebe Medical Center. Dr. Edwards says that if a patient takes two or three medications, or even just one but regularly, there is a chance for a drug interaction that can cause serious health consequences when new medication is introduced. Yet, every day, patients come to the Emergency Department to be treated without having any idea what medicines they take. Few patients who come to the Emergency Department will admit to taking Viagra, for example, yet a nitroglycerin tablet given for angina pain when Viagra is in the system can cause the blood pressure to drop, which, in turn, potentially could cause the patient to die.

## BEEBE FOCUSES ON SAFETY

Beebe Medical Center is in the forefront of a national healthcare movement to make sure that medications are prescribed safely. A critical component of this effort is the patient’s responsibility, says Sam Roberts, RPh, MS, Pharmacy Director at Beebe Medical Center.



Family physician Jeffrey Hawtof, MD, counsels his patients to know their medications and the dosages, and to always keep the medication list updated and available.

“Treatment is going to be hit and miss if the doctor doesn’t know what the patient is taking.”

—SAM ROBERTS, RPh, MS, Pharmacy Director at Beebe Medical Center

“Treatment is going to be hit and miss if the doctor doesn’t know what the patient is taking,” Mr. Roberts warns. “The patient must be our partner in medication safety.”

From his office adjacent to Beebe Medical Center’s in-house pharmacy, Mr. Roberts oversees Beebe’s Medication Reconciliation program, implemented in January 2006. It requires that the medications of every patient seen at the hospital are reconciled—i.e., the list of medications a patient takes is documented, either when the patient arrives in the Emergency Department or before a surgery or outpatient procedure. The treating physician then bases his or her prescription decisions on the illness and what already has been prescribed (according to the patient’s list). If the patient is admitted to the hospital, this list of medications is sent to the appropriate floor and to the pharmacy. A nurse prepares a medication reconciliation form and checks again with the patient for its accuracy. A pharmacist inputs the list into the computer and makes sure that the medications can be taken together safely. Beebe pharmacists and physicians consult one another, focusing on the efficacy and safety of the medications being prescribed. At discharge, a summary of which medications the patient should continue taking is prepared. It is given to the patient or the patient’s surrogate decision maker, the primary care physician, and to the next provider, such as a nursing home.

## THE PATIENT MUST BE A PARTNER

Clearly, a key to the success of this effort is what the patient knows and shares accurately with any medical professional who might be treating him or her. For several years, Beebe Medical Center has encouraged people to use the File of Life, a plastic pouch that holds an up-to-date list of medications a person takes and information on health history. This pouch has a magnet that attaches it to the refrigerator. It also has a sticker that should be affixed to the front of the house. That way, if an ambulance is called to the home, the list will help in the emergency care of the patient.

Tim Cooper, Special Operations Coordinator of Sussex County Emergency Medical Services, says that the File of Life is especially helpful if the person is



Sussex County EMS responders Eric Huovinen, paramedic district supervisor, and Frank Mayhorn, paramedic, routinely check to see if a File of Life is on the refrigerator. The bright red packet should contain medical information that can be life saving, especially if that patient is unconscious.

# MANAGING YOUR MEDICATIONS

MANAGING MEDICATIONS IS IMPORTANT FOR YOUR SAFETY.

There are two types of medications:

- Over-the-counter drugs without a prescription (*ibuprofen, Sudafed, Aspirin, vitamins, and herbals*)
- Prescription drugs with a healthcare provider’s prescription

### READ THE LABEL. IT WILL TELL YOU:

- the name of the medication
- how to take it
- how often to take it
- the expiration date

Also read any package inserts. Pay attention to any warning stickers.

### TAKE THE CORRECT DOSAGE.

Take the exact amount written on the label. Taking more or less can be dangerous.

### FOLLOW ALL INSTRUCTIONS.

For example, some medications need to be taken with food. Others should be taken on an empty stomach. Get written instructions, if possible.

### MAKE A SCHEDULE.

Take each dose at the same time every day.

### USE THE SAME PHARMACY FOR ALL YOUR PRESCRIPTIONS.

Your pharmacist will keep a record of your medications. He or she can alert you to any possible interactions.

## WORK WITH YOUR HEALTHCARE PROVIDER AND PHARMACIST.

### LET THEM KNOW IF YOU:

- take any other medications or use herbal remedies
- are allergic to any drugs
- have a long-term condition or disease
- drink alcohol
- are pregnant or breast-feeding

### ASK QUESTIONS.

Ask questions before you take the medication. If you think of a question after you get home, call your healthcare provider or pharmacist.

### REPORT ANY PROBLEMS IMMEDIATELY.

Call you doctor if you feel you’re having problems with your medications.

## SOME MEDICATION DON'TS:

- Don’t use alcohol while taking your medication.
- Don’t stop taking your medication or change your dosage.
- Don’t crush or break a pill or capsule.
- Don’t use old medications, or any that have lost their labels.

## FILE OF LIFE

In order to help people better document their medications in case of a medical emergency, Beebe Medical Center in 1999 began distributing File of Life packets. These free, red plastic, magnetized packets contain a person's personal medical information and health history and are kept on the refrigerator for paramedics to use as a reference when responding to a medical emergency. A window sticker is visibly displayed outside the home so paramedics know to look for these packets. Beebe Medical Center has distributed more than 60,000 of them.

### UPDATE YOUR FILE OF LIFE.

Please make sure that the original Emergency Medical Information form is updated. And, please complete the new Universal Medication form and include it in your File of Life packet. Please call (302) 645-3468 for additional information, forms, or a new red plastic packet.

### DOWNLOAD YOUR FILE OF LIFE FORM.

You can download File of Life forms from our website at [www.beebemed.org](http://www.beebemed.org).



**Sunny Spencer fills out a File of Life packet that will include the medications she is currently taking. Beebe recommends using a pencil so you can easily update your medical information as it changes.**

“The message is that the patients have to be our partners in their own medical care.”

—SAM ROBERTS, RPh, MS, Pharmacy Director at Beebe Medical Center

unconscious when the ambulance arrives. Often, there are only neighbors on site.

“The list helps the paramedics, police, fire, and EMT know the person's medical problems,” he says.

Beebe Medical Center advises patients to update their lists every time there

is a change in their prescriptions. They should make sure they know the name of the medication, the dosage they take, and how often they take it. They also should know what the medication is for, even if only generally. This list should be readily available and taken to every doctor appointment and to every visit to the Emergency Department.



**Michael Edwards, MD, Medical Director of Emergency Medicine at Beebe Medical Center, urges emergency patients to bring a bag of their medications with them, or an up-to-date medication list.**

## HERBALS AND SUPPLEMENTS CAN'T BE FORGOTTEN

Beebe Pharmacy Director Sam Roberts warns that because prescription medications can interact with commonly used over-the-counter drugs such as ibuprofen and acetaminophen, as well as vitamin supplements and herbal medicines, everything must be included on that list.

“The ibuprofen you take for an ache or a pain, or the herbal that you take to relax you in the evening, could easily interact with something the physician would prescribe,” he says. “You simply cannot ignore the impact one drug can have on another.”

Because of the critical nature of the safe use of medications, a Beebe team participating in a Patient Safety Improvement Corps program has chosen medication reconciliation as its course project.

“Beebe is committed to taking a proactive approach to patient safety,” says Michele Seiler, Director of Quality Commitment/Decision Support. “And we felt that the problems arising from medications was the most important patient safety problem to solve.”

The Patient Safety Improvement Corps is a partnership between the national Agency for Healthcare Research and Quality and the Department of Veterans Affairs. Its sole goal is to improve patient safety.

The Beebe team is studying how to make the medication reconciliation process work successfully. It also is focused on encouraging patients to keep track of the medications they take.

As Mr. Roberts says, “The message is that the patients have to be our partners in their own medical care.” ■

# Best of the Beach

## ART AUCTION



It's that festive time again. Beebe Medical Foundation will host its 19th Annual *Best of the Beach* Art Auction Dinner & Dance on Saturday, June 14, from 6 p.m. to 11 p.m., under a huge tent on the grounds of the Beebe Health Campus, John J. Williams Highway, Rehoboth Beach.

"This event traditionally has been a memorable one that kicks off the summer season," says Chair Mindi Tunnell. "This year, our committee has been creating an exciting new format that we know will be a wonderful surprise to those who have attended in the past, as well as to those newcomers to the area."

Change will be the description of the evening, with new sounds, new auction items, and a new format that promises to get attendees up and dancing before they know it. A Golden Paddle Club is being launched to provide exclusive benefits to those most interested in bidding in the live auction. Bruce Emmert, the area's most respected auctioneer, will donate his time for the live auction. The live auction will take place during the cocktail hour and before dinner. The after-dinner program has been shortened to get people dancing to The Strangers, a new dance band from Philadelphia.

"We know that everyone will have a wonderful time," Mrs. Tunnell says.

The popular event, founded as a way to support both Beebe Medical Center and the Rehoboth Beach Art League, will showcase works of many fine artists from the Mid-Atlantic Region. This year's featured cover artist is Nick Serratore, who is based in Lewes and teaches at the Rehoboth Beach Art League. Serratore has won numerous awards for his pastel landscapes. He graduated from the Hussian School of Art in Philadelphia and is a member of the Pastel Society of America.

Net proceeds will benefit Beebe Medical Center's Beebe School of Nursing, which will soon build a new facility adjacent to the medical center in Lewes to replace the older building. The funds also will benefit the programs of the Rehoboth Beach Art League.

### 2008 *Best of the Beach* Art Auction INTRODUCES SURPRISES

For information on *Best of the Beach*, or to arrange reservations, please call the Beebe Medical Foundation at (302) 644-2900.

*Beebe Medical Foundation was established in 1989 with the sole mission to raise philanthropic support for Beebe Medical Center. It is located at 902 Savannah Road, Lewes, DE 19958. Please visit us online at [www.beebemedicalfoundation.org](http://www.beebemedicalfoundation.org).*



Nick Serratore's pastel "New Day Dawning" is the featured artwork.

# Taking Control of Your Life

## WOUND CARE SERVICES/DIABETES MANAGEMENT AT BEEBE



Rose Marie Barcellona says she would still be spinning her wheels if she had not discovered Beebe Medical Center's Diabetes Education program, offered at the Wound Care Services/Diabetes Management outpatient center on Long Neck Road.

"It was an outstanding experience. It taught me how to control my diabetes," she says. "The one-on-one with [registered nurse and certified diabetic educator] Tina Trout, and the follow-up, made all the difference in the world."

Ms. Barcellona, who retired to the local area from Annapolis, Md., struggled with her Type 2 diabetes for years. Consequently, she also has suffered medical complications, including heart disease.

"The training enabled me to plan meals properly, eat more appropriate foods, and to exercise," she says. "When I implemented what I learned, I experienced immediate results. Within three days my high sugar levels dropped an average of 40 points and within two months I lost over 30 pounds. My energy levels improved, and I feel like a new person!"

Ms. Barcellona is among almost 4,000 patients in the last four years alone who have found success in controlling their diabetes, thanks to the help of the professional team of diabetes educators at Beebe's center. In August the center will celebrate its 10th anniversary.

"Our goal is to educate people so that they can take control of their lives to avoid complications," says Bonnie Cunningham, APRN, BC, CWOCN, Director of the center.

Leading the diabetes team is clinical diabetes educator Tina Trout, APRN, BC, CDE, who patients describe as the one who "puts it all into English."

"Anxiety levels are high with newly diagnosed patients," Ms. Trout says, explaining that diabetes can cause changes to occur to blood vessels that



Bonnie Cunningham, APRN, BC, CWOCN, Director of Wound Care Services/Diabetes Management, removes dead tissue from Karen Reid's wound with a debrider. The Ultrasonic Wound Debridement System is the only machine of its kind on Delmarva.

Rose Marie Barcellona, of Millsboro, receives counseling from Tina Trout, APRN, BC, CDE.

Tina Trout, APRN, BC, CDE, clinical diabetes educator, reviews methods of teaching patients to use insulin with other team members. Participating in the meeting are (left to right) Marilyn Korshgen; Theresa Bradley, MA, patient care technician; Craig Dioreo (standing); Florence Kasden, RN, FNP, CDE; and Terry Foster.



in turn negatively impact the heart, the kidneys, the eyes, and the feet. “This is a 24-hour disease. Patients have to know what to do.”

Ms. Trout is joined by team members Patricia Bradley, MA, RD, CDE, a registered dietitian, and Florence Kasden, RN, FNP, CDE, both clinical diabetes educators. The center offers individual and group education on: healthy eating, being active, monitoring, taking medication, problem solving, healthy coping, and reducing risks. Patients are able to ask follow-up questions when they need to. Ms. Barcellona points out that, as an example, when someone with diabetes has a respiratory infection, the sugar level in the body usually will get out of control. She has found that checking with the Diabetes Management center when she has had a fever or an infection has helped her to maintain her blood sugar control.

The other part of the Wound Care Services/ Diabetes Management outpatient facility is exactly what the name reflects, wound care. When wound care is also taken into consideration, the outpatient facility has treated nearly 8,000 patients in the last four years.

Suffering from wounds that are difficult to heal is a very real problem for those with diabetes. Non-healing foot ulcers, for example, are a frequent cause of amputation in people with diabetes. Consequently, professional wound care services are a critical component of diabetes management. Operating like an outpatient clinic, the Wound Care

# Diabetes Awareness

About 19 million people in the United States have diabetes, and another 54 million are “prediabetic,” meaning they have abnormalities in their blood sugar that increase their risk for the disease, according to the American Diabetes Association. About 70,000 people have diabetes in Delaware.

Diabetes is the fifth-leading cause of death by disease in this country, killing about 73,000 people each year. The number of cases in the United States is growing by about eight percent a year. Though treatable, the disease is not curable, and it is often poorly controlled.

## WHAT IT IS

- **TYPE 2 DIABETES (95% OF PATIENTS):** The insulin-secreting cells of the pancreas cannot keep up with the body’s demand for the hormone. Insulin is necessary for the body to be able to use glucose for energy. When you eat food, the body breaks down all of the sugars and starches into glucose, which is the basic fuel for the cells in the body. Insulin takes the sugar from the blood into the cells. When glucose builds up in the blood instead of going into cells, it can cause two problems: Right away, your cells may be starved for energy. Over time, high blood glucose levels may damage eyes, kidneys, nerves, or the heart.
- **TYPE 1 DIABETES** Usually arises in childhood or adolescence when insulin-secreting pancreas cells die.
- **PRE-DIABETES:** A condition that occurs when a person’s blood glucose levels are higher than normal but not high enough for a diagnosis of Type 2 diabetes. There are 54 million Americans who have pre-diabetes.

## RISKS

Type 2 and pre-diabetes are caused by a combination of genetic and lifestyle factors:  
Age • Overweight/obesity • Sedentary lifestyle

## COMPLICATIONS

- Foot injuries due to numbness caused by nerve damage (diabetic neuropathy) and low blood flow to the legs and feet. The most serious injury is a foot ulcer. Diabetic foot ulcers are at very high risk of becoming infected, and sometimes they cannot be healed. Non-healing foot ulcers are a frequent cause of amputation.
- Blindness
- Heart disease and stroke
- Kidney disease

## SYMPTOMS

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

Source: American Diabetes Association



Tina Trout, APRN, BC, CDE, shares information on diabetes with team members (left to right) Florence Kasden, RN, FNP, CDE; Craig Dioreo; and Terry Foster. Here, she contrasts the faster and slower movement of nutrients through the blood, depending on how high or low the patient’s blood sugar is.

## BEEBE MEDICAL CENTER WOUND CARE SERVICES/ DIABETES MANAGEMENT SERVICES

Wound Care • Ostomy Care • Diabetes Management • Nutrition Classes for Diabetes Nutrition Counseling/Medical Nutrition Therapy • Diabetes Class Series three times a month



## Joe Radcliffe

Joe Radcliffe, a retired general manager from northern Virginia, was surprised and disappointed when he was diagnosed with diabetes. He knew that the disease would impact his health for the rest of his life.

**“The diabetes class at Beebe put it all into perspective,” he recalls. “The disease wasn’t as bad as I thought.”**

Mr. Radcliffe says the educational program, as well as the team at the Wound Care Services/Diabetes Management outpatient facility, were key to his ability to control his diabetes.

**“All the reading you can do doesn’t help if you can’t ask questions.”** Mr. Radcliffe notes that, as an example, on his own he would have cut out carbohydrates; but, through the individualized program of diet and exercise, he learned that he can eat carbohydrates. **“I’ve learned my own limits.”**

Today, he uses a software program to keep himself on track. **“I’ve had such good A1C results that you wouldn’t know I have diabetes.”**

Services center offers patients the latest in healing techniques, medications, and technologies, including the SonicOne™—Ultrasonic Wound Debridement System, made by Misonix. This technology allows the wound care professional to effectively remove devitalized or infected tissue, fibrin, and foreign materials in order to aid the healing process.

“Beebe is the only medical center in the state to have this technology,” says Bonnie Cunningham, the Director, who is also a certified wound care specialist. “We have several modalities of care that can be used, based on the situation. Also, our team members are specially trained to understand and care for wounds.” Ms. Cunningham is joined on her team by five clinicians trained and certified in wound care. They include certified wound care nurse Tanya Crawford, RN, CWON; nurse practitioner Peggy Gatti, MSN, FNP, APRN-BC; registered nurse Denise Larson, RN; and certified wound care nurse Wendy Surguy, CWOON.

Patient Larry Douglas was very impressed with the care he received. For two years his Maryland physician had tried to control the swelling in his legs, and the subsequent blistering sores that would not heal, to no avail. He eventually was referred to Beebe’s Wound Care Services/Diabetes Management center.

“They got rid of the swelling and the blisters,” he says. “I highly recommend them to anyone.” Mr. Douglas, who has diabetes, also attended the diabetes education classes, which helped him to understand the disease and maintain his health.

“These wound care specialists are able to expedite wound healing because they have access to many materials and methods of healing not immediately available to the physician,” explains James Spellman, MD, Medical Director of the program. “They also work closely with physicians, such as vascular surgeons, whose patients have poor blood circulation.”



**James Spellman, MD, Medical Director of Wound Care Services/Diabetes Management, says the specialized staff brings a unique medical service to the community.**



**Denise Larson, RN, checks the blood pressure of Larry Douglas, of Frankford, prior to treatment. Nurse practitioner Peggy Gatti, MSN, FNP, APRN-BC, documents the patient visit. Larry, a former New York Knicks’ guard who sports an NBA Championship ring, is now a coach at Delmar High School.**

Ms. Cunningham says that her team helps patients without diabetes who have issues with non-healing wounds. “People with compromised immune systems often have problems with wounds healing,” she says. “Chemotherapy and rheumatology medications, for example, can change the skin texture, making it thin and fragile.”

The team members also are trained to treat issues for persons with ostomies.

Ms. Cunningham says another important role of the multidisciplinary team at the Wound Care Services/Diabetes Management center is monitoring all of the patients’ medications during their treatment. When a patient enrolls in a program, a team member has the patient prepare a list of all medications taken, their dosages, how often they are taken, and what they are for. This list is updated at every visit. Medication management is critical to diabetes management and wound care because of the interaction of medications with each other, and within the body. Nurses at the center also can prescribe medications. Dr. Spellman notes that there is a patient-tracking system—an electronic medical record—that graphically demonstrates the patient’s progress. This allows the patient to keep up with his or her health and medications, and to have records available for any treating physician.

“It’s a big chemistry game,” Ms. Barcellona says. “You have to be your own advocate, but I’m so grateful for the team of professionals who have had such a positive impact on my life.”

Physicians can refer patients to any one of the programs, or patients can telephone the center directly at (302) 947-2500. ■

Tina Trout, APRN, BC, CDE, demonstrates the use of the glucose monitor to Ann Hoagland, of Long Neck.



BEEBE MEDICAL CENTER

## Vendla Esler, *Vice President of Patient Care Services*

Beebe Medical Center announces that Vendla Esler, RN, has been named Vice President of Patient Care Services. She is a member of the Executive Staff and reports to Jeffrey M. Fried, FACHE, CEO and President of Beebe Medical Center.

Mrs. Esler, who has extensive nursing leadership experience, served as the interim Vice President of Patient Care Services at Beebe Medical Center from December 2007 until her permanent appointment in April. In that capacity, she was a key player in Beebe Medical Center’s preparations for the survey by the Joint Commission, the independent, non-profit organization that accredits healthcare organizations in the United States. She continued to work on the planning and implementation of the move into the new Joseph R. Hudson Wing, which includes a new 42-bed Medical/Surgical unit, a 20-bed Critical Care Unit, and the 37-bed Emergency Department. She also has facilitated the development of new policies and procedures to improve patient care.

“We are proud to welcome Vendla to our team at Beebe Medical Center,” says Mr. Fried. “She has done an excellent job in her interim capacity and we now look forward to working with her on a permanent basis. She has extensive knowledge and experience, and she is committed to helping us deliver quality care and services to our community.”

Mrs. Esler previously served as nurse executive at Nanticoke Hospital, Prince George’s Hospital, and Greater Baltimore Medical Center. She lives in Seaford with her husband and two of their four children.



# BEEBE MEDICAL CENTER Honors

## *A Call for Nominations*

The Beebe Medical Foundation is accepting nominations until May 30, 2008, for the prestigious Beebe Medical Center Honors, named after three of Beebe's prominent supporters.

The three Beebe Honors were established in 2003 in memory of Norman B. Baylis, John W. Rollins, Sr., and Robert W. Tunnell, Sr., individuals who represent the epitome of volunteerism and generosity that Beebe Medical Center has received from the community since the hospital first opened its doors in 1916.

The Award for Excellence in Healthcare was named after Norman B. Baylis, who served as a member of the medical center's Board of Directors for 28 years and saw Beebe as not only a healthcare provider, but also a community partner.

The Award for Healthcare Philanthropy was named after John W. Rollins, Sr., who felt that personal wealth was a poor measure of success if one did not give back to the community.

The Award for Service to Beebe Medical Center was named after Robert W. Tunnell, Sr., who appreciated the need to bring sophisticated cancer care and other advanced care to the people and visitors to southern Delaware.

The selection committee established a fourth award—the Lifetime Commitment Award—to recognize people of vision, dedication, and enthusiasm. It is given periodically to an individual or a family that has significantly advanced medical care in eastern Sussex County.

"The generosity, dedication, and commitment by so many people has made Beebe Medical Center what we are today," says Jeffrey M. Fried, President and CEO of Beebe Medical Center.

"These honors allow us the opportunity to thank and to recognize those who have so unselfishly made a significant difference to the quality healthcare that we provide and to the lives of so many."

### THE BEEBE MEDICAL CENTER HONORS

**Thursday, September 11, 2008**

**Dinner and Recognition Ceremony**

The Clubhouse at Baywood Greens, Long Neck  
**Nominations are due May 30.** They should be made for one specific award.

Contact the Beebe Medical Foundation at (302) 644-2900 for a form, or visit [www.beebemedicalfoundation.org](http://www.beebemedicalfoundation.org).

## BEEBE MEDICAL CENTER HONORS

### NORMAN B. BAYLIS AWARD FOR EXCELLENCE IN HEALTHCARE

- 2007** Christine M. Strauss
- 2006** James J. Martin, Jr.
- 2005** Eolyne K. Tunnell
- 2004** The Honorable James Scott Brady and Sarah Kemp Brady
- 2003** Blanche and Raymond Baker

### JOHN W. ROLLINS, SR. AWARD FOR HEALTHCARE PHILANTHROPY

- 2007** Joseph R. Hudson
- 2006** Longwood Foundation
- 2005** Dewey Beach Lions Club
- 2004** Elmer and Mary Ann Fannin
- 2003** Jean Ellen duPont Shehan

### ROBERT W. TUNNELL, SR. AWARD FOR SERVICE TO BEEBE MEDICAL CENTER

- 2007** E. James Monihan, LFACHE
- 2006** James P. Marvel, Jr., M.D.
- 2005** Dr. and Mrs. James Beebe, Jr.
- 2004** Florence A. Wingate
- 2003** Anis Saliba, M.D.

### LIFETIME COMMITMENT AWARD

- 2007** The Honorable Eugene D. Bookhammer
- 2006** Lena M. English
- 2004** Harry W. Lynch, Jr. (Posthumously Awarded)



# FOR OUR COMMUNITY

## SCREENINGS

### FREE GLUCOSE SCREENINGS

**Every Wednesday at Four Locations  
1 p.m. – 2:30 p.m.**

Free, finger-stick, glucose screenings are offered every Wednesday at four locations. No appointments are necessary. The results of these screenings can indicate whether a patient needs to see a physician for evaluation for diabetes.

*They are not intended for diabetes management.*

- First Floor Phlebotomy Lab  
Beebe Medical Center  
(302) 645-3568
- Beebe Lab Express—Five Points  
(302) 644-9344
- Beebe Health Campus, Route 24  
(302) 645-3010 ext. 2444
- Beebe Lab Express—Milton  
(302) 684-8579

### CAPE SENIOR CENTER

**Rehoboth Beach**

**Second Tuesday of Each Month**

- Blood pressure screenings every month
- Glucose/cholesterol screenings offered periodically
- Bone density screenings offered periodically

Contact Bernita at (302) 227-2055.

*Beebe's Community Health Department supports our charitable mission to encourage healthy living and prevent illness among residents and visitors to our community. Beebe provides a range of free health screenings throughout our community, including blood pressure, cholesterol, osteoporosis, and skin and prostate cancer screenings. To schedule screenings for your group or event, please contact Beebe Medical Center's Community Health Department at 645-3337.*

## SUPPORT GROUPS

### FIBROMYALGIA SUPPORT GROUP

For further information please contact Beebe Medical Center's Integrative Health Department at (302) 645-3528.

### DIABETES INSULIN PUMP SUPPORT GROUP

If you wear an Insulin Pump or are interested in learning about wearing a pump, come join us. A support group provides an opportunity to meet others who also live with diabetes and share concerns. Beebe Medical Center's Certified Diabetes Educators will be available to answer questions. For further information, please call (302) 947-2500.

### 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.

## CLASSES

### CPR

Classes are available to the public. Contact Jennifer Hargreaves, RN, at (302) 645-3293.

### DIABETES

Diabetes educational programs are offered two times each month for persons newly diagnosed and those who have limited knowledge of managing their disease. An 8-hour diabetes self-management education series is presented as four 2-hour classes or as two 4-hour classes each month. Both provide the ADA standard curriculum for healthy eating, increasing activity, monitoring blood glucose, taking medications, healthy coping, problem solving, and preventing complications. Programs also are offered in the Spanish language, and Certified Diabetes Educators teach all classes. Contact: Wound Care Services/Diabetes Management Department at the Beebe Long Neck Health Center, 32060 Long Neck Road; telephone (302) 947-2500.

## EVENTS

### CLASSIC AT BAYWOOD GREENS

**Wednesday, June 4, 2008**

Baywood Greens Championship Golf Course  
Long Neck, Delaware

For more information contact Bill Haughey at (302) 945-9300 or Jessica Gordon at (302) 644-2900.

### 19TH ANNUAL BEST OF THE BEACH ART AUCTION

**Saturday, June 14, 2008**

Beebe Health Campus  
Rehoboth Beach, Delaware

For more information contact Beebe Medical Foundation at (302) 644-2900.

### 5TH ANNUAL PROGRESS FOR PROSTATE GOLF TOURNAMENT

**Thursday, July 17, 2008**

Cripple Creek Golf & Country Club  
Dagsboro, Delaware

For more information contact Beebe Medical Foundation at (302) 644-2900.

### Beebe Medical Center Presents 2ND ANNUAL GO RED FOR WOMEN FASHION SHOW AND LUNCHEON

**Wednesday, September 17, 2008**

The Clubhouse at Baywood Greens  
Long Neck, Delaware

For more information contact the American Heart Association at (302) 856-7386.

### 9TH ANNUAL JEAN & JOAN FUND GOLF TOURNAMENT

**Tuesday, October 7, 2008**

Kings Creek Country Club  
Rehoboth Beach, Delaware

For more information contact Kevin Wiest, Golf Pro, at (302) 227-8953.

### 21ST ANNUAL THANKSGIVING BALL

**Saturday, November 1, 2008**

Baycenter at Ruddertowne  
Dewey Beach, Delaware

For more information contact Beebe Medical Foundation at (302) 644-2900.



## BEEBE MEDICAL CENTER PHONE DIRECTORY

General Information .....	645-3300
Admitting Office .....	645-3214
<b>Beebe Health Campus</b>	
Baylis Rehabilitation Center .....	645-3010
• Physical Therapy • Speech Therapy • Occupational Therapy	
Bookhammer Outpatient Center .....	645-3010
• Diagnostic Imaging • Women's Imaging • Express Testing	
<b>Beebe Imaging</b>	
— Lewes, Main Campus .....	645-3275
— Georgetown .....	856-9729
— Millsboro .....	934-9039
— Millville .....	539-8749
— Rehoboth Beach .....	645-3010
<b>Beebe Lab Express</b>	
— Lewes, Main Campus .....	645-3568
— Lewes, Five Points .....	644-9344
— Georgetown .....	856-7781
— Long Neck .....	947-1202
— Millsboro .....	934-5052
— Millville .....	539-1620
— Milton .....	684-8579
— Rehoboth Beach .....	645-3010
<b>Beebe Physical Therapy</b>	
— Lewes, Main Campus .....	645-3235
— Millsboro .....	934-1500
— Millville .....	539-6404
— Rehoboth Beach .....	645-3010
<b>Beebe Medical Foundation</b> .....	644-2900
<b>Clinical Case Management</b> .....	645-3313
• Discharge Planning • Inpatient Education • Utilization Review	
<b>Community Health Department</b> .....	645-3337
<b>Emergency Services</b>	
— Lewes .....	645-3289
— Millville (summer only) .....	539-8450
<b>Gull House Adult Activities Center</b> .....	226-2160
<b>Hastings HeartCare Center</b> .....	645-3258
• Cardiac Catheterization • Cardiac Rehabilitation • EKG • Stress Testing	
<b>Home Health Agency</b> .....	854-5210
<b>Human Resources</b> .....	645-3336
<b>Integrative Health</b> .....	645-3528
<b>Medical Records</b> .....	645-3282
<b>Patient Advocate</b> .....	645-3547
<b>Patient Financial Services</b> .....	645-3546
<b>Physician Referral Service</b> .....	645-3332
<b>Pulmonary Services</b> .....	645-3298
<b>School of Nursing</b> .....	645-3251
<b>Sleep Disorders Center</b> .....	645-3186
<b>Tunnell Cancer Center at Beebe Health Campus</b>	
— Medical Oncology .....	645-3770
— Radiation Oncology .....	645-3775
<b>Vascular Lab</b> .....	645-3710
<b>Volunteer Services</b> .....	645-3531
<b>Women's Health Pavilion</b> .....	645-3726
<b>Wound Care Services/Diabetes Management</b> .....	947-2500

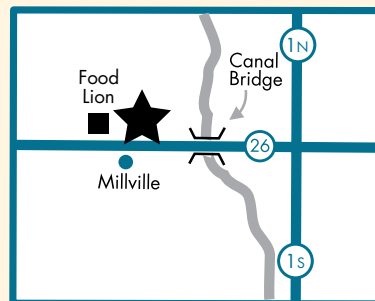
## MILLVILLE EMERGENCY CENTER

OPENS MEMORIAL DAY WEEKEND

Beebe Medical Center's walk-in emergency center in Millville will once again be open during the summer season to meet the needs of Delaware's burgeoning south-coastal population.

The 24-hour emergency center will serve patients seven days a week between Memorial Day weekend and Labor Day weekend. As the number of visitors to the local beaches of Bethany and Fenwick Island has grown, so has the number of patients seen by emergency center doctors. Last summer there were more than 5,732 patient visits, a 10 percent increase over the previous year. A majority of the visits were by tourists and summer visitors who experienced a medical problem.

The center is located on Route 26, right next to the Food Lion supermarket, and just a few miles west of Route 1. The telephone number is (302) 539-8450. For life-threatening emergencies, patients should still call 911.



**BEEBE'S LEWES EMERGENCY DEPARTMENT  
ON SAVANNAH ROAD IS OPEN YEAR-ROUND!**

### 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.

### Our Values

Safety • Respect for the individual • Patient/Customer satisfaction • Commitment to quality  
Personal responsibility • Financial responsibility • Teamwork • Integrity

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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