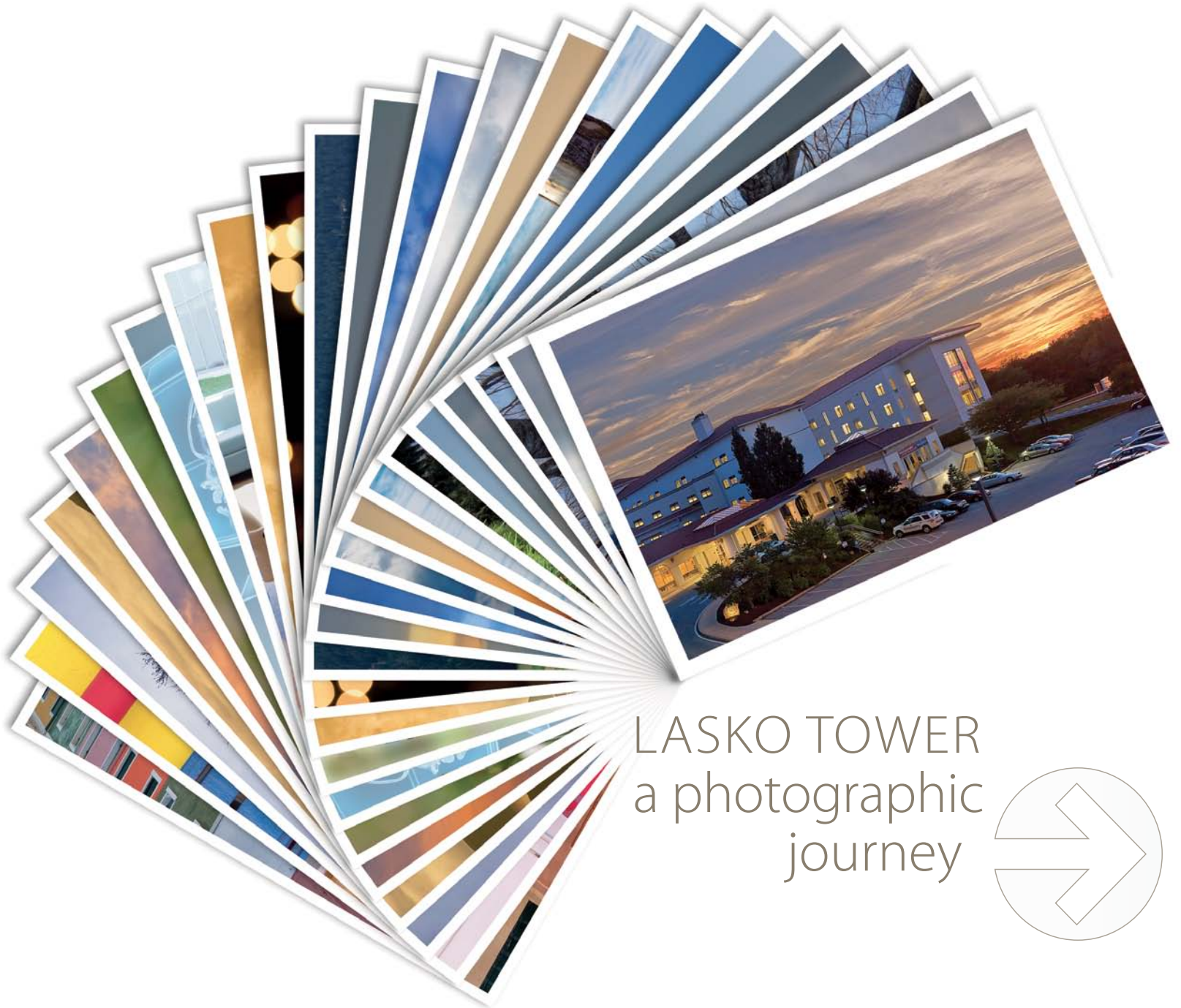


synapse

THE CHESTER COUNTY HOSPITAL MAGAZINE | 2014: VOL 2



LASKO TOWER
a photographic
journey



CALENDAR

▼ ONGOING

Childbirth Education

Chester County Hospital offers a comprehensive suite of Childbirth Education Programs to meet the needs of first-time and experienced parents. These include a wide variety of classes to help prepare the entire family in welcoming the newborn. The curriculum has been carefully designed to assist parents in obtaining the tools they will need for pregnancy, labor, birth, postpartum, breastfeeding, newborn care, parenting, and sibling preparedness. Classes are taught by experienced maternal/infant nurse educators who are certified in childbirth education.

To help fit parents' busy schedules, classes are held on evenings and weekends on the hospital campus.



Please note that pre-registration is required for all programs.

- Prepared Childbirth: Four-Week Series
- Prepared Childbirth: One-Day Class
- Childbirth Refresher
- Maternity Unit Tour (featuring our 24 new PRIVATE postpartum rooms)*
- Newborn Care
- Prenatal Breastfeeding
- Sibling Class

* Please note: A tour is included with the Prepared Childbirth One-Day and Four-Week Series.

HOSPITAL PROGRAMS & SUPPORT: Chester County Hospital offers various types of programs, courses, support groups and fundraising events. Here are a few of the many opportunities that will be taking place in the upcoming months.

Wellness Events & Fundraisers

Reversing Pre-Diabetes – Oct 22

Dining with Diabetes (Series) – Oct 22–Nov 12

Weight Matters (Series) – Oct 22–Dec 17

Hands-Only CPR Training (Free) – Oct 27

Breast Cancer Risk: Through the Eye of the Microscope (Free) – Oct 28

Cardiology 101: Decrease Your Risk for Heart Disease (Free) – Oct 29

Hands-Only CPR Training (Free) – Oct 30

Taking Care of Yourself: A Woman's Workshop (Free) – Nov 1

SHINE Gala* – Nov 8

It's a Weigh of Life – Nov 11

Reversing Pre-Diabetes – Nov 13

Turn Your Health Around – Nov 15

Diabetes Night: Education and Expo – Nov 20

It's a Weigh of Life – Dec 9

Living with Type 2 Diabetes (Free) – Dec 10

Reversing Pre-Diabetes – Dec 10

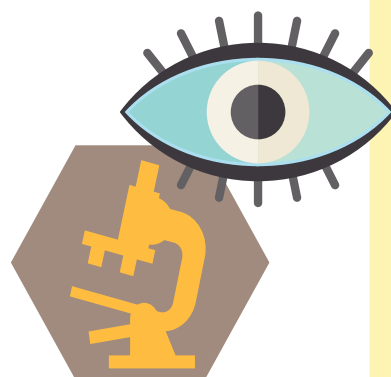
Registration

Register online or call **610.738.2300**, except where noted.

Please note: Some programs have a fee. Pre-registration is required for these programs. Because enrollment is ongoing, these events could potentially be filled. *Dates are subject to change.*

www.chestercountyhospital.org/synapse

* For fundraiser info, call 610.431.5329. Fundraisers organized by The Chester County Hospital Foundation solely benefit Chester County Hospital.



▼ DEAR NEIGHBORS



We have just celebrated our one-year anniversary with Penn Medicine, and it's been an amazing journey so far. We

simply couldn't be more pleased with the health system we chose to be our partner in your care.

Over the past year, we have been blending the best of Chester County Hospital with the remarkable achievements of Penn Medicine to create one of the leading hospitals in the Philadelphia suburbs. We've learned along the way, that there is no master "instruction manual" for merging one health system into another. It has taken a great deal of planning, collaboration and ingenuity from all levels of hospital management. I am so proud of my colleagues and the way that they have willingly accepted the challenge of weaving together multiple processes, systems and strategies. There is still much to do, but we are off to a great start.

For our patients and community, you continue to receive the same quality care for which our hospital is known while benefiting from the medical advances and innovation inherent to Penn Medicine. We thank you for choosing us to be part of your health care team.

Warm regards,

Michael J. Duncan

Michael J. Duncan
President and CEO

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Your best Heart & Vascular Care begins at Chester County Hospital.

Photography for the cover story is credited to the following local photographers: Sarah Bones, Rick Davis, Don Pearse and John Welsh



synapse

SYNAPSE MAGAZINE SINCE 1981

Synapse is an award-winning publication produced by Chester County Hospital's Corporate Marketing Department. The articles provided in this magazine are solely for informational purposes. It should not be relied on or used in placement of a physician's medical advice or assessment. Always consult a physician in matters of your personal health.

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► Feedback Welcome

Email synapse@cchosp.com to let us know what you think, to make suggestions about future topics or to change your mailing information.

Penn Partnership: Our First Year in Review

WE JOINED PENN MEDICINE ON SEPTEMBER 1, 2013.

HERE IS AN ABBREVIATED LIST OF WHAT HAS BEEN ACCOMPLISHED SINCE THAT DATE:

Facilities and Technology

- The hospital celebrated the opening of 72 all private rooms on the Lasko Tower.
- A new MRI was installed in Exton.
- The Radiology Department added Breast Tomosynthesis at Fern Hill.
- The Cath Lab was renovated with new GE equipment.
- The ED launched its Rapid Treatment Area, reducing patient wait times to under 10 minutes on average.
- Construction started on Penn Medicine Southern Chester County – a comprehensive medical site to serve our neighbors in West Grove and surrounding area.

Quality*

- The Cancer Program was one of only 74 programs in the country to receive the Commission on Cancer's Outstanding Achievement in 2013.
- The Intensive Care Unit received the Silver Beacon Award for Excellence.
- The Chest Pain Center earned re-accreditation.
- The hospital received the 2013 VHA APEX Award – Silver Level for exceptional performance in VTE and patient falls prevention.
- The Emergency Department (ED) achieved 97% patient satisfaction (top 3% in the country).
- The Nursing Department submitted its 3,000-page Magnet document for quality review.

Clinical Programs

- A Thoracic Oncology Clinic started at the hospital, introducing Dr. John Kucharczuk to patients with lung health concerns.
- The Gynecology-Oncology program integrated into the Penn Medicine service line, and Drs. Robert Giuntoli, Mark Morgan and Janos Tanyi began seeing patients.
- The Radiation Oncology Department introduced TrueBeam technology with RapicArc, SBRT and HDR, as well as a new CT Simulator, and it welcomed Dr. Andre Konski as its Medical Director.
- Penn Neurosurgery opened an office in West Chester, welcoming experts such as Drs. James Schuster and Donald O'Rourke to the region.
- The Operating Room adopted Single Site surgical capabilities, thus surpassing the 1200th robotic surgical case since starting the program in 2011. *See photo below.*
- The ED and Pediatrics departments cooperatively introduced the Pediatric Emergency Department model with CHOP.
- Additional experts, such as Drs. Paula Barry, Karen Baird and Catherine Porter, were recruited to join hospital-employed practices across the county.

* *Although our quality initiatives are certainly enhanced by joining Penn Medicine, achieving recognition for many of these initiatives was already in progress prior to joining the health system.*

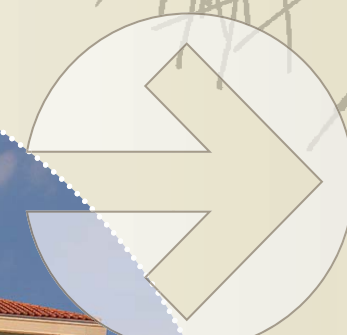
▼ *Seated: Dr. Rhoads, standing from left: Dr. Fukuchi, Dr. Witterholt and Dr. Demnicki.*

Robotics Program Continues to Grow

Here at Chester County Hospital, more than 1,200 surgeries have been performed by our Urologists, Gynecologists and now our General Surgeons using the da Vinci Si Robotic System. Specifically, our robotically-trained General Surgeons – Dr. Pamela Demnicki, Dr. Steven Fukuchi, Dr. Donelle Rhoads and Dr. Kenneth Witterholt – have performed more single-incision gallbladder removals (*230 and counting*) than any other hospital in Delaware, South Jersey and the entire Philadelphia region. In addition, our General Surgeons also perform appendectomies, low anterior resections, hernia repairs and surgery for gastric reflux and diverticulitis using robotic technology. The 3D camera and increased dexterity of robotics allows for more precise and less invasive abdominal surgery than ever before. This may result in faster recovery for patients. Because of the experience of our Robotics team, we have been designated as an observation center for other General Surgeons training to use robotics. Dr. Demnicki is a robotics proctor and trains other General Surgeons throughout the region to use this new technology.



Photo by: Rick Davis



a photo
journey
into the

patient- centric

design of
the Lasko
Tower



1 SIGNING THE BEAM

Upholding construction tradition, members of the Chester County Hospital family signed a ceremonial beam, which was then hoisted into place during a Topping Out service.



3 FLOORS ADD
+93,000
SQUARE FEET



2 GROUND BREAKING

With silver shovels in hand, hospital leadership marked the ceremonial start of the tower construction project by breaking ground.



private suites



- Quiet Atmosphere
- Spacious Bathrooms
- Flat Screen LCD Televisions
- Overnight Guest Accommodations



3 SPECIAL AMENITIES

On the Mother and Baby Pavilion, you are welcome to enjoy complimentary beverages and snacks.

2,500

BABIES ARE BORN
HERE EVERY YEAR

4 RAINFALL RELAXATION

Spacious European-inspired bathrooms in all Lasko rooms are filled with natural light and feature a rainfall shower.

5 BONDING WITH BABY

Moms and babies stay together, but a large nursery is in the heart of the unit when moms need to rest.

A WARM ENVIRONMENT FOR PATIENTS AND THEIR LOVED ONES

6 SAFE AND SECURE

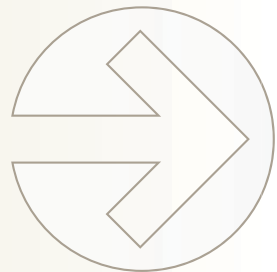
The Mother and Baby Pavilion entrances are locked and monitored with highly sensitive digital ID devices.



advanced technology

State-of-the-art equipment for patient care

Private rooms provide enhanced infection control and management



...partnered with compassionate care



7 TRUEBEAM LINEAR ACCELERATOR

More precise and faster treatment options for radiation therapy patients.

3D IMAGING FINE TUNES PRECISE TUMOR TARGETING

TECHNOLOGY GATEWAY

With TrueBeam, the hospital now has RapidArc, SBRT, and HDR, plus a new CT Simulator has been installed.

8 PERSONAL ATTENTION

Patients are checked every hour and nurses are just steps away whenever they are needed.

72 BIG PRIVATE ROOMS IN LASKO TOWER

9 CARING AND COMPASSIONATE

Our clinical teams provide care for patients and comfort for their families.



10



13

a beautiful environment to heal



11



...and wait for loved ones



Elegantly appointed waiting rooms with floor-to-ceiling windows



12



10 CALMING SPACES

Our design intention was to build relaxing rooms for treatment and recovery.

300 SQ. FT. PATIENT ROOMS

11 BRIGHT AND ROOMY

Natural light has healing properties. All 72 rooms have oversized windows.

ROOMS WITH GREEN VIEWS

12 EARTH FRIENDLY

A vegetated roof is just one of the Tower's many sustainable features.

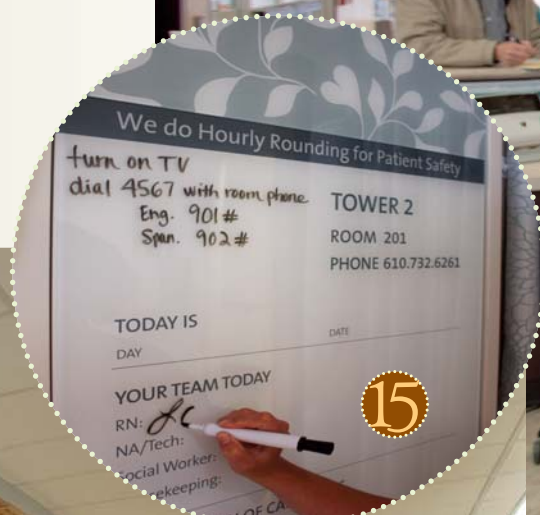
13 FAMILY FOCUSED

With plenty of space for loved ones, Lasko Tower has six large waiting areas.



intelligently designed spaces

Nurses and architects worked together to create spaces that are both functional and beautiful



14 CLINICIAN COLLABORATION

Alcoves between the rooms help nurses efficiently monitor patients with little disruption.

15 OPEN COMMUNICATIONS

An organized glass board enables caregivers to share information worth remembering.

16 SOUND SAVVY

Special ceiling tiles and sound-dampening flooring materials reduce the amount of hallway noise.

17 RE-ENGINEERED EMERGENCY

Putting doctors at the front of the emergency room process has improved the patient experience.

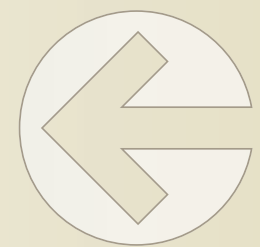
5,000
STEPS CLIMBED BY JOINT REPLACEMENT PATIENTS YEARLY

18 REST PLUS RECOVERY

With a physical therapy gym just steps away, surgery patients are taught how to get back on their feet.



community pride



Rooted in history
 Delivering superior care all along the way
 Focusing on the future

19 **TOPPING OUT**
 In the earliest months of construction, the hospital family congregated to hoist the final beam.

257 **TOTAL BEDS**
AFTER THE TOWER EXPANSION

20 **RIBBON CUTTINGS**
 Nurses and employees were involved in the building's design and its opening ceremonies.

21 **CELEBRATING MOTHERHOOD**
 The first baby - a boy! - was born on Friday, May 9, and within a few days the hospital celebrated its first Mother's Day with gifts, brunch and tiaras for the new families.

22 **A PATIENT'S JOURNEY**
 Whether it is welcoming a new baby, taking first steps after surgery or ringing the final bell on a cancer treatment, our purpose is to help our patients make a full and complete recovery.

23 **OUR FRIENDS, OUR NAMESAKE**
 Thank you to the entire Lasko family for making the Tower expansion possible.



Steven Weiss, MD

Section of Cardiac Surgery. Dr. Weiss, one of a number of physicians from Penn Medicine's Division of Cardiovascular Surgery that practice primarily in other Penn Medicine hospitals or satellite facilities, has recently joined the Medical Staff at Chester County Hospital to support its heart surgery program. To learn more about Dr. Weiss or other Penn Medicine Cardiac Surgeons, search the Find A Doctor section of PennMedicine.org.

Hanna Ahmed, MD

Section of Cardiology. Dr. Ahmed earned her medical degree from Tufts University School of Medicine in Boston. She completed her residency at Rhode Island Hospital and then continued to finish her fellowship at University of Wisconsin Hospitals and Clinics. She is board certified in Internal Medicine and Cardiovascular Disease. Dr. Ahmed has joined West Chester Cardiology.

Eric Parvis, MD

Section of Emergency Medicine. Dr. Parvis earned his medical degree from Jefferson Medical College at Thomas Jefferson University. He completed his residency at Cooper University Hospital in Camden, NJ. Dr. Parvis has joined Emergency Care Specialists and sees patients in Chester County Hospital's Emergency Department.



Meher Burki, MD



Section of Hematology/Oncology. Dr. Burki earned her medical degree from AGA Khan University Medical College in Pakistan. She completed her residency and her fellowship at Temple University Hospital. Dr. Burki has joined Chester County Hematology Oncology Services.

Garo Megerian, MD

Section of Maternal Fetal Medicine. Dr. Megerian earned his medical degree from Hahnemann School of Medicine. He completed his residency at The Allentown Hospital and then continued to finish his fellowship at Pennsylvania Hospital. Dr. Megerian has joined Women's Health Care Group of PA in West Chester.



Natalie Tussey, MD



Department of Family Medicine. Dr. Tussey earned her medical degree from Thomas Jefferson University. She completed her residency at Naval Hospital Jacksonville. She is board certified in Family Medicine. Dr. Tussey has joined Myers, Squire and Limpert Family Practice.

Robert L. Giuntoli, MD



Section of Gynecologic Oncology. Dr. Giuntoli earned his medical degree from the University of Pennsylvania School of Medicine. He completed his residency at Duke University Medical Center, and then finished two fellowships at Women & Infants Hospital of Rhode Island and Mayo Clinic. Board certified in Gynecologic Oncology, Dr. Giuntoli has joined Penn Women's Specialty Center, which has locations in West Chester and Exton.

Section of Pediatrics

Meg Frizzola, DO

Dr. Frizzola earned her medical degree from Philadelphia College of Osteopathic Medicine. She completed her residency at Alfred I. duPont Hospital for Children. Dr. Frizzola has joined CHOP Care Network and treats pediatric inpatients at Chester County Hospital.

Christina Herting, DO

Dr. Herting earned her medical degree from Philadelphia College of Osteopathic Medicine. She completed her residency at Hershey Medical Center, part of Penn State University. Dr. Herting has joined CHOP Care Network West Chester.

Section of Internal Medicine - Hospitalist

Lisa Black, MD

Dr. Black earned her medical degree from Johns Hopkins University School of Medicine. She completed her residencies at Jacobi Medical Center in New York City and St. Luke's-Roosevelt Hospital Center. She is board certified in Internal Medicine. Dr. Black has joined Medical Inpatient Care Associates of Chester County (MICA).



Timi Edeki, MD

Dr. Edeki earned his medical degree from University of Lagos in Nigeria. Dr. Edeki has joined Medical Inpatient Care Associates of Chester County (MICA).

Russal Musthafa, MD

Dr. Musthafa earned his medical degree from Kozhikode Medical College in India. Dr. Musthafa has joined Medical Inpatient Care Associates of Chester County (MICA).



Andre Posner, DO

Dr. Posner earned his medical degree from Nova Southeastern University College of Osteopathic Medicine in Davie, Fla. He completed his residency at PCOM/Aria Health. Dr. Posner has joined Medical Inpatient Care Associates of Chester County (MICA).



Section of Podiatry

Brian McDermott, DPM

Dr. McDermott earned his medical degree from Temple University. He has joined Accurate Foot & Diabetic Care West Chester.

Aabha Suchak, DPM

Dr. Suchak earned her medical degree from Ohio College of Podiatric Medicine. She has joined Podiatry Care Specialists, PC.



Michael Walker, DDS, MD

Section of Oral and Maxillofacial Surgery. Dr. Walker earned his medical degree from Creighton University (Dental School) in Omaha, Neb. and the University of Pennsylvania (Medical School). Dr. Walker has joined Oral and Maxillofacial Surgery Assoc. of Chester County, Ltd.

AFFILIATE STAFF

Department of Family Medicine

Ann Corson, MD

Dr. Corson earned her medical degree from the University of Pennsylvania School of Medicine. She completed her residency at Pennsylvania Hospital. Dr. Corson has a private practice in Kennett Square.

Aileen John, DO

Dr. John earned her medical degree from Philadelphia College of Osteopathic Medicine. She completed her residency at St. Joseph Hospital in Philadelphia and Broward General Hospital in Florida. She is board certified in Family Medicine. Dr. John has joined West Chester Family Practice.

Jyothirmayi Malireddy, MD

Dr. Malireddy earned her medical degree from SRI Venkatesvara Medical College in India. Dr. Malireddy has a private practice in Downingtown.

These physicians hold Medical Staff privileges at Chester County Hospital but they are not necessarily employees of the hospital or Penn Medicine.

▶▶ TO FIND A DOCTOR, CALL 800.789.PENN, OR SEARCH ONLINE AT www.chestercountyhospital.org/synapse

vital signs



One of just 0.2% of Pathologists to Achieve Certificate of Recognition in Breast Pathology

Pathologist **Liza Perez Jodry, MD**, has been a multi-talented member of Chester County Hospital's Department of Pathology and Laboratory Medicine for 14 years. She is an active member of the hospital's Breast Multidisciplinary Team and participates in the Breast Task Force Committee. She recently completed the arduous work required to obtain a Certificate of Recognition for Multidisciplinary Breast Pathology from the College of American Pathologists (CAP) by completing their Advanced Practical Pathology Program in Breast Pathology. This required the completion of seven online prerequisite courses, her presence at a two-day work shop, the successful passing of a graded examination, successful review for quality and content of prior signed-out breast pathology reports, and appropriate attendance at the hospital's Multidisciplinary Breast Tumor Boards. Only 0.2% of Pathologists in the United States have obtained this Certificate, which further adds to the quality of the hospital's Pathology team in terms of patient care diagnostics. Her role as Medical Director of the Blood Bank is also well recognized and she plays a critical role overseeing the Transfusion Service.



Liza Perez Jodry, MD

Appointed as Senior Fellow and Selected as FASTRO

Andre Konski, MD, Radiation Oncology Medical Director, was selected as a 2014 ASTRO Fellow (FASTRO) inductee in recognition of his leadership and significant service to ASTRO and his contributions to the field of radiation oncology. "Dr. Konski joins an elite group of ASTRO members who have significantly contributed to the Society, the specialty and cancer patients worldwide through their service to ASTRO and leadership in research, education and patient care," said ASTRO President Bruce G. Haffty, MD. "Congratulations to Dr. Konski on achieving the designation of ASTRO Fellow." In addition, Dr. Konski was selected as a Senior Fellow of the Penn Leonard Davis Institute of Health Economics. His appointment is for a three-year term.



Andre Konski, MD

> SEEKING CUSTOMERS & VOLUNTEERS FOR

creative consigning



When Nina Evans first entered The Encore as a consignor in 1992, the consignment shop template across the country was pretty much universal. Bring in good quality, gently used items and receive a percentage of whatever the store sells.

Twenty-two years later Nina, now a volunteer, sees the 40-year-old quality consignment shop in Kennett Square as so much more. The tanking economy in 2008 boosted the popularity of consignment stores — the shop averages from 30-80 customers a day, with banner days seeing 300 — causing The Encore, run by the Women’s Auxiliary, to get creative in order to remain competitive. It now offers three consignment options.

nina evans



in a vase she doubted the shop would even consider consigning. Meg DiDonato, store co-manager, recognized it as Baccarat crystal and sold it for \$1,800; the consignor received 63% of that.

Nina, a Drexel Hill resident who became a shop volunteer when she retired seven years ago, can attest to another plus to being associated with The Encore: it’s a family to its more than 90 volunteers. Case in point, as Nina is undergoing treatment for cancer and has suspended volunteering, Meg visits her regularly.

Whether a volunteer (*Meg doesn’t hesitate to say: “We are always looking for volunteers, even if you can only commit to one day a month”*) or a consignor, Meg points to an additional positive point to being associated with The Encore. “When people shop here, they’re not only helping the hospital, they’re helping the environment by recycling,” she quips. “Why not save yourself the bother of a tag or yard sale; let The Encore do all the work.”

The Encore welcomes new volunteers and consigners. The store is located at 1056 East Baltimore Pike, along Route 1 North in Kennett Square.

Story by Gail Guterl, Photos by Terry Doran

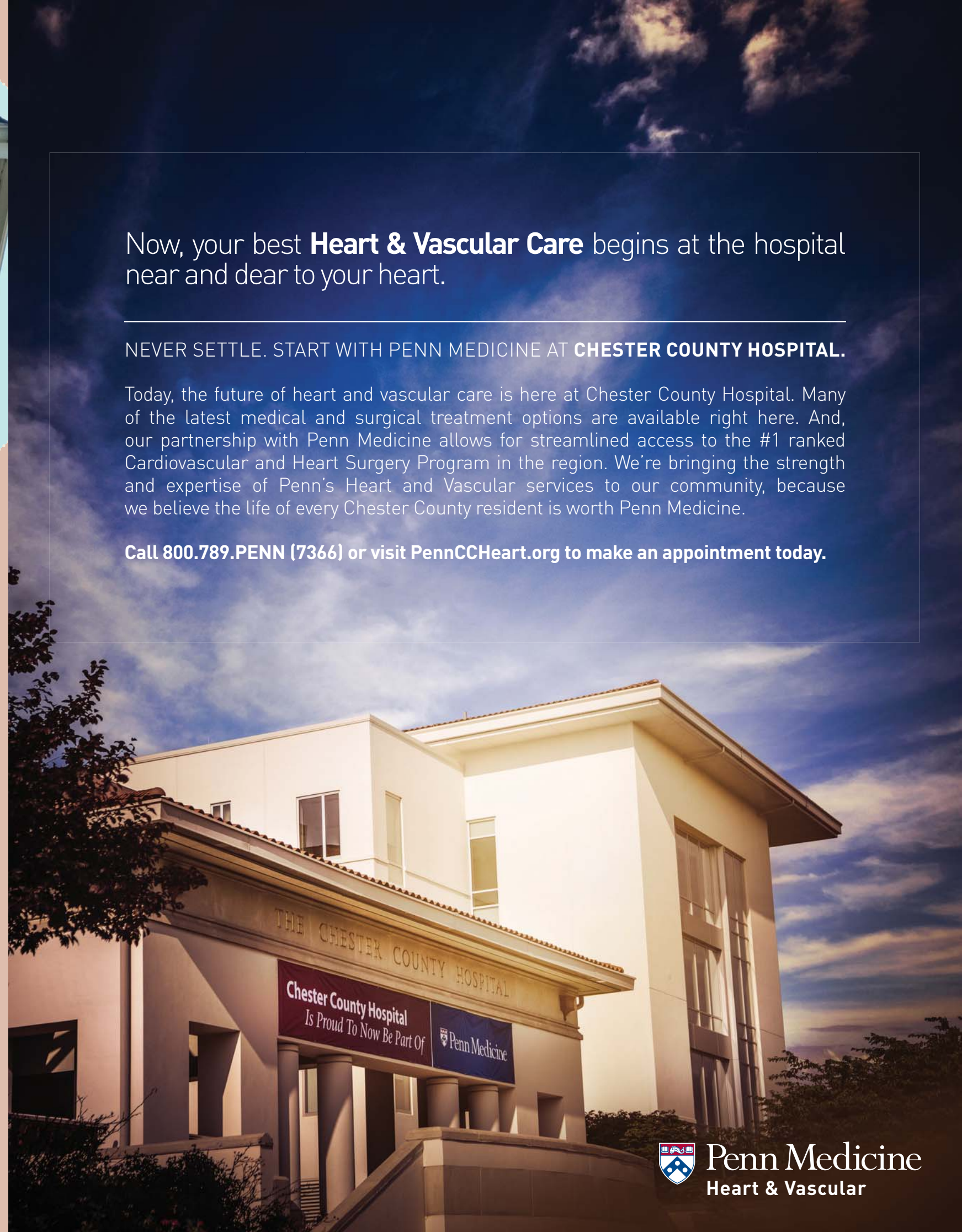
▶▶ TO LEARN MORE ABOUT HOW TO SUPPORT THE HOSPITAL CALL 610.431.5108 OR VISIT www.chestercountyhospital.org/synapse

Now, your best **Heart & Vascular Care** begins at the hospital near and dear to your heart.

NEVER SETTLE. START WITH PENN MEDICINE AT **CHESTER COUNTY HOSPITAL.**

Today, the future of heart and vascular care is here at Chester County Hospital. Many of the latest medical and surgical treatment options are available right here. And, our partnership with Penn Medicine allows for streamlined access to the #1 ranked Cardiovascular and Heart Surgery Program in the region. We’re bringing the strength and expertise of Penn’s Heart and Vascular services to our community, because we believe the life of every Chester County resident is worth Penn Medicine.

Call 800.789.PENN (7366) or visit PennCCHeart.org to make an appointment today.





Call 610.738.2793 to update your mailing information.

NATIONALLY RANKED.
CONVENIENTLY LOCATED.

COMING SUMMER 2015

Penn Medicine Southern Chester County

Route 1 & Route 796, West Grove

Situated just off of the Jennersville exit of Route 1, Penn Medicine Southern Chester County offers access to the region's finest health care. From primary care to a variety of specialty care services, this new comprehensive 72,000-square-foot medical office building provides quality, patient-centered care in a comfortable and convenient environment.

800.789.PENN (7366) ChesterCountyHospital.org/PMSCC

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Surgery
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Gastroenterology
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DEXA, X-ray, and Ultrasound
Laboratory
Physical Therapy
Surgery Center
After hours Family Practice Care and X-ray
services for urgent medical situations