

Ranked #6 in the Region and #12 in the State by *U.S. News and World Report* · Heart Valve Center Provides Access to Specialized Care

synapse

THE CHESTER COUNTY HOSPITAL MAGAZINE | 2016 : VOL 1

CHESTER COUNTY HOSPITAL
FLOURISHES AS PART OF
ABRAMSON CANCER CENTER

Bringing the Cure within Reach



Penn Medicine

CALENDAR

▼ ONGOING

Keynote Speakers at your Service...

Are you looking for a dynamic speaker to talk about a specific health care topic at your next program, meeting or event? Chester County Hospital has a panel of health care providers and wellness educators available to provide information and education on a variety of current topics. Our Speaker's Bureau is a **FREE** service designed to meet the interests of community groups and organizations.

Topics that can be covered include a wide array of specialties such as:

- **Heart Health** - Risk Assessment, A-Fib, Stroke and Heart Attack Symptoms and Prevention, Know Your Numbers
- **Bone Health** - Osteoporosis, Arthritis, Joint Replacement
- **Cancer Prevention** - Screening Recommendations, Prevention and Early Detection
- **Women's Health** - Breast Health, Women and Heart Disease, Menopause, Pelvic Health
- **Senior Health** - Variety of Topics
- **Screening Recommendations** and Disease Prevention
- **Nutrition** - Healthy Eating, Diet and Weight Loss, Super foods
- **Diabetes** - Prevention, Treatment, Diet and Lifestyle... *plus more*

Chester County Hospital welcomes the opportunity to address your community group and assist you in implementing a successful event. Call **610.738.2300** to inquire about our Speakers Bureau.

Note: Participants must be a non-profit or civic organization within the hospital's service area. A minimum of four-weeks' notice is required for each request.



Wellness Events

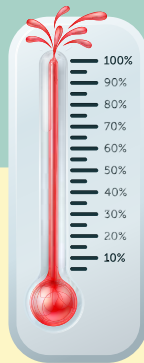


Chester County Hospital is committed to providing a broad scope of high quality health education programs to the community it serves. A wide variety of wellness programs and services that address specific life cycle needs and chronic health conditions are also available on an ongoing basis. Our aim is to keep you and those you love, healthy and well.

Visit ChesterCountyHospital.org/Wellness or call **610.738.2300 to register for health programs like...**

Stop Smoking Now! / Reversing Pre-diabetes / Diabetes Basics Living with Type 2 Diabetes / Struggles and Solutions (*healthy lifestyle ideas*) / **Weight Matters / Hands-Only CPR / Heart Tracks** (*cardiovascular risk assessment*) / **Childbirth Education** (*prepared childbirth, tours, sibling class*) / **Pre-Surgery Joint Replacement Class Senior Supper Club / Wellness Presentations...**

and many more!



Fundraisers

Throughout the year, The Chester County Hospital Foundation host numerous special events with the purpose of raising money to support health services and programs. The success of the events is the result of dedicated volunteers, creative ideas and community support.

Check out ChesterCountyHospital.org/Foundation or call **610.431.5054 to learn more about these annual fundraising events...**

St. Patty's Day Beef – Beer - Boogie / Dash 4 Diabetes / Gala at Longwood Gardens / FORE Health Invitational / Polo Cup Chester County Challenge for Cancer Bike Tour / Chester County Day House Tour / Dilworthtown Inn Wine Festival / SHINE Gala...

...and others!

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▼ DEAR NEIGHBORS



Chester County Hospital has always embraced a pursuit for quality. In fact we live it every day. Year over year, we evaluate, measure and compare our efforts to our regional and national peers to gauge our effectiveness in delivering the highest quality of care in a manner that is safe and cost effective.

And so it with great pride to share that Chester County Hospital has been ranked 6th in the Philadelphia region and 12th in the state by *U.S. News & World Report*. The magazine placed Penn Medicine among the top 10 hospitals in the nation and #1 in Pennsylvania, achieving Honor Roll status and top rankings in 11 clinical specialties.

U.S. News rankings recognize hospitals for outstanding quality, expertise, technology, and experience.

Chester County Hospital is also among the top two percent of hospitals nationwide to receive a five-star rating from the Centers for Medicare & Medicaid Services (CMS). The new Overall Hospital Quality Star Rating methodology takes 64 existing quality measures already reported on the CMS Hospital Compare website and summarizes them into a unified rating of one to five stars.

To know that all of the efforts we have put in place to ensure that our patients receive high quality care and a positive patient experience have been recognized by CMS and U.S. News and World Report, is a tribute to all who work at the hospital and a commitment to those who walk through our doors.

Warm regards,

Michael J. Duncan
President and CEO

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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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points of pride

Penn Medicine Hospitals Named Among Top 10 in Nation and #1 in Pennsylvania

Penn Medicine hospitals have once again been ranked among the top 10 hospitals in the nation and #1 in Pennsylvania by *U.S. News & World Report*, achieving Honor Roll status and top rankings in 11 clinical specialties. Together, the combined enterprise of the Hospital of the University of Pennsylvania and Penn Presbyterian Medical Center is ranked as the 9th best hospital in the United States for the 2016-2017 annual survey by U.S. News. Once again, the hospitals are ranked #1 in the Philadelphia area.

Locally, U.S. News ranked Chester County Hospital #6 in the Philadelphia Metro Region and #12 in Pennsylvania. This announcement comes on the heels of the hospital's 5-Star Rating by the Centers for Medicare & Medicaid Services (CMS). It was among the top two percent of hospitals nationwide to receive this top honor.

Michael J. Duncan, President and CEO, says, "Chester County Hospital is pleased to be among the top in both of these lists. It is a tribute to our care teams, medical staff and nurses to see that all of the efforts we have put in place to ensure that our patients receive high quality care and a positive experience are recognized by CMS and acknowledged by the U.S. News."

Out of nearly 5,000 hospitals analyzed nationwide, Penn Medicine is among only 20 institutions – **and the only one in the Philadelphia region** – to be named to the publication's 2016-2017 Honor Roll.



Chester County Hospital Supports Gift of Life Donor Program

Each day, 21 people in the United States die while waiting for a life-saving organ transplant. Chester County Hospital has joined the Hospital & Healthsystem Association of Pennsylvania (HAP) and Gift of Life Donor Program to inspire hope, advocacy and passion. Gift of Life is encouraging individuals to register to become an organ, tissue and cornea donor.

"As part of the Penn Medicine health system, we are uniquely positioned to not only tend to the health of our patients, but to inspire our community to be mindful of wellness in all aspects of life," says Michael J. Duncan, Chester County Hospital President and CEO. "The more people we can inspire to become organ donors, the better we can serve our mission to be advocates for the well-being of our entire community."

Individuals are encouraged to talk with family members and friends about registering as a donor. Each organ, tissue and cornea donor can help up to 50 people. **To sign up, visit www.donors1.org/penn.**

Wound Care and Hyperbaric Medicine Receives Center of Distinction and Center of Excellence Awards

The Wound Care and Hyperbaric Medicine Center has been awarded the "Center of Distinction Award," which was given to the wound care team by Healogics, Inc. The Center achieved outstanding clinical outcomes for 12 consecutive months, exceeding the patient satisfaction goal and the wound healing rate within 30 median days to heal, and other quality outcomes.

"Our focus is simple: quality drives longevity, and patients know when quality care is given. This team has provided **a 97% patient satisfaction Press Ganey score, 98% healing rate**, less than 28 median days to heal from the first admission day. This team truly cares," says Benjamin M. Wolf, Program Director.

In recognition of clinical excellence, the program also achieved the "Center of Excellence" award. This is achieved by meeting all benchmarks in clinical outcomes for two consecutive years in a row. The hospital's program has completed all requirements and has a focus driven model on outpatient wound management. The Robert A. Warriner Center of Excellence has been given to the Wound Care and Hyperbaric Medicine Center in recognition of outstanding quality of care.

Embracing ABRAMSON CANCER CENTER AT CHESTER COUNTY HOSPITAL

IN THE FALL OF 2013, WHEN CHESTER COUNTY HOSPITAL AND THE UNIVERSITY OF PENNSYLVANIA HEALTH SYSTEM ANNOUNCED THEIR INTENTION TO JOIN FORCES, THE POTENTIAL FOR BOTH SYSTEMS, FOR THEIR COMMUNITIES AND, MOST IMPORTANTLY, FOR THEIR PATIENTS, WAS CLEAR.

“The University of Pennsylvania Health System is a world renowned leader in patient care, education and research,” Kevin Holleran, Esq., chairman of The Chester County Hospital Foundation, said at the time. “We are excited about bringing these resources, knowledge, and expertise to our community, and accelerating our vision to be the leading provider of care in our region and a national model for quality service excellence and financial stewardship.”

“We fully believe that they will make the best partner for our Health System,” agreed Michael J. Duncan, President and CEO of the hospital. “We will blend the clinical excellence and innovative aspects of Penn with our longstanding and deep-rooted mission to serve our community.”

When discussing the state of Penn Medicine two years later, Dean J. Larry Jameson, MD, PhD, reported in a speech made in Philadelphia, “Penn Medicine’s footprint is rapidly expanding. The time has long since passed when most clinical activity took place on this campus. ... We recently acquired Chester County Hospital with their many outpatient facilities. ... It’s important to engage in this

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COVER

Sisters Pati & Kim

“We never expected to face cancer together, but that’s what happened when we were diagnosed with ovarian cancer, one right after the other. Chester County Hospital was here for us, right here at home. We had the same doctor, same team, and most importantly, the same outcome. Thanks to Penn, we are survivors. That’s a kind of sisterhood all its own.”

Hear Pati and Kim’s story at www.chestercountyhospital.org/synapse.

◀ MIKE DUNCAN ANNOUNCES THE RELATIONSHIP WITH ABRAMSON CANCER CENTER



ABRAMSON... *continued*

refreshed look at the clinical environment, because there is a growing emphasis on population health and coordination of care. This gives us a larger footprint for clinical trials, for referrals, and for advanced care.”



▲ DR. CHI VAN DANG, MIKE DUNCAN, DR. DENNIS BERMAN, DR. LYNN SCHUCHTER, AND RALPH MULLER WERE AMONG THE LEADERS WHO ESTABLISHED ABRAMSON CANCER CENTER AT CHESTER COUNTY HOSPITAL.

Chester County Hospital’s cancer program was a founding member of the Penn Cancer Network, and its further integration with Penn Medicine, more specifically as an Abramson Cancer Center site, has enabled the program to foster even greater collaboration in patient care.

Chester County’s Cancer Program has maintained accreditation by the Commission on Cancer of the American College of Surgeons since 1978, and its Breast Health Program has been accredited by the National Accreditation for Breast Cancers since 2010. The Abramson Cancer Center is a world-renowned leader in cancer research, patient care, and education, and has been designated a Comprehensive Cancer Center by the National Cancer Institute since 1973.

Before the merger, there had already been a relationship between the two hospital systems in the areas of oncology, radiology, and maternal fetal medicine, so further integration of the cancer-fighting efforts was a natural evolution. Initial integration efforts in cancer care have resulted in thoracic surgery and neurosurgery specialists now holding clinics at Chester County, enabling patients to be seen closer to home for consultations and follow up care.

“If you’re not feeling well, it’s hard to make an hour drive into Philadelphia for treatment and then have another hour drive home. Better to have the same treatment regimens available here and drive 10 minutes.”

DR. ANDRE KONSKI



shared medical records

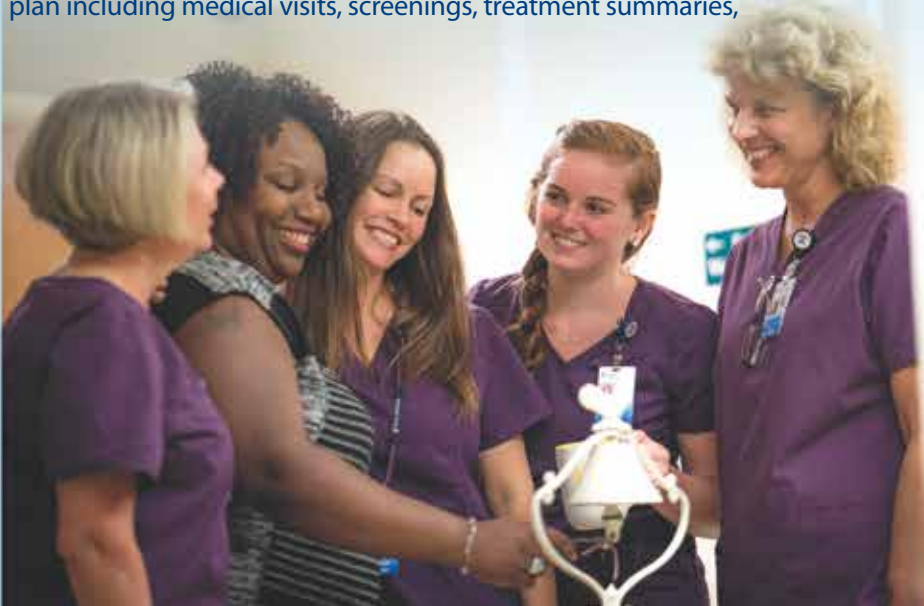
One of the major enhancements is bringing all of Penn Medicine onto one information technology platform, allowing access of patient records to the wide range of primary-care doctors, specialists and other personnel with whom a patient will come in contact. This change alone is “epic,” according to Dennis A. Berman, MD, Medical Director of Chester County Hospital’s Cancer Program.

“What this does is allow all Penn Medicine physicians to have one line of sight,” Dr. Berman says. “Say you’re being cared for by myself and other Penn doctors. Instead of each one of us having his or her own chart, you have a single electronic record that we all write in. All the tests, all the treatments, X-rays, phone calls, they are all in one chart.”

network of support

Nurse Navigators coordinate and streamline patient care, from scheduling initial appointments, to diagnostic testing, to visits with specialists, to treatment. The integration enhances the Chester County navigators’ ability to work with their counterparts in Philadelphia and vice-versa. There is true collaboration with both groups in order to provide expedited patient services. Navigators provide advocacy, education and support for patients and families across the continuum of care.

“Often, when a patient’s treatment is complete, their question is, ‘What’s next?’” says Cindy Brockway, Director of Oncology Support Services. We provide Survivorship Navigation to assist patients in answering this question. Survivorship planning focuses on a follow-up plan including medical visits, screenings, treatment summaries,



educational materials, and team contact information. Patients and families may benefit from a support group during their active treatment and during survivorship. Because of the integration, the navigators and social workers are able to refer to support groups here in West Chester. "If there isn't a particular support group locally, there may be one available at other Penn locations, such as Valley Forge, Radnor, Lancaster or a location downtown," Brockway adds.

clinical trials

Another crucial component that integration provides is bringing cutting-edge research, clinical trials, and treatments closer to home for Chester County patients. "The biggest area for us, in radiation, is access to clinical trials that patients otherwise wouldn't have been able to participate in to test new treatments," says Dr. Andre A. Konski, Medical Director of the hospital's Department of Radiation Oncology and a Professor of Clinical Radiation Oncology at Penn Medicine. "We have upgraded our technology and we are using it in new and innovative ways that will allow us to treat cancer patients in the community without making them travel to Philadelphia."

Such access can be critical to a patient's quality of life. That makes a big difference for patients and their families, reducing their stress and the financial burden they have to endure."



DR. JAMES METZ

consistency of care

Even more important from the patient perspective, integration means that wherever care is received in the Penn Medicine network, the same exacting, high-quality standards will be in place.

"Penn Medicine spans a large group of practices, from the University of Pennsylvania Hospital to Lancaster General, coming online to groups in Cherry Hill, so the goal is to provide the same quality, standardized care across the network."

"There's a lot of planning going on that wasn't happening before," says Dr. James Metz, chairman of Penn Medicine's Department of Radiation Oncology and the Henry K. Pancoast Professor of Radiation

“Try to imagine if someone is sick and scared, and wondering where the best place is to go for treatment. We want to be able to say that whether they visit a Penn Medicine office in Valley Forge or Radnor or one of our locations in West Chester, Exton or Kennett Square, the care, the protocols, the quality controls, down to how doses are mixed in the pharmacy, are all the same high quality.”

DR. DENNIS BERMAN



Oncology. "Communication between physicians at Penn Medicine and Chester County has gone up exponentially. We're evaluating pathways to deliver the best care, both locally and system-wide."

Chester County Hospital's integration provides almost as many therapies and treatments available in Chester County as there are in Philadelphia. Leading oncology surgeons and neurosurgeons are just as likely to be working in the suburbs as the city.

"Integration is going great, and it is fabulous for patients," Dr. Berman says. "For staff, there has been a work flow change -- you can't always do things the way you were used to doing them -- personally I think it's going very well."

Dr. Metz agrees, "The integration has been very smooth. You can feel the excitement in Chester County and at Penn Medicine downtown to make this successful and it's great to see. In the end, it's the patients who are going to benefit."

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ABRAMSON... *continued*

new science

The integration also comes at an important moment for cancer treatment.

"This is a really exciting time from an oncology standpoint," Dr. Berman says. "There are so many new treatments coming online, including cellular and targeted treatments. I've been in practice a long time, and before we might see modest gains in treatments, say with melanoma or lung cancer, and now we can make major inroads. Former President Jimmy Carter, for example, had melanoma in the brain, and he is now cancer free. This is pretty exciting stuff."

Those times, combined with the integration between Chester County Hospital and Penn Medicine, bode well for patients.

And, as Dean Jameson said in his 2015 speech: "If we have the right people, armed with the right resources and tools, and the right culture, we'll thrive."

By Francis T. Strong

▶▶ LEARN MORE AT
www.chestercountyhospital.org/synapse

Vice President Biden Launched "Moonshot" Effort at Abramson Cancer Center



Days after President Obama announced the "moonshot" to find a cancer cure during his 2016 State of the Union in January, Vice President Joe Biden visited Penn's Abramson Cancer Center to kick off the national effort he said aims to "accelerate the progress already underway" – much of which is happening right here in the Philadelphia region.

"You're on the cusp of some breakthroughs," Biden said. "In my terms – not your medical terms – we are at an inflection point in the fight against cancer."

While researchers have made significant headway in the fight, the field is not without its challenges, the Penn faculty members who gathered for a roundtable discussion at the event agreed. Data sharing needs to continue but expand and silos at and among academic medical centers and drug companies need to be broken down, he said, in order to speed up progress. This year also finds the National Cancer Institute with its biggest budget increase in 10 years, but Biden stressed that more support from the private and public sector and philanthropists is essential to get us closer to cures and better treatments for the host of cancers diagnosed every day—some, he recognized, more complex and deadly than others.

Chi Van Dang, MD, PhD, director of the Abramson Cancer Center of the University of Pennsylvania, has been named to the Blue Ribbon Panel that will help inform the scientific direction for the National Cancer Moonshot Initiative.

"My commitment is not for the next 12 months," Biden told the crowd, which also included elected officials and the press. "I've been stunned by the overwhelming response of welcoming me, to ask me to be the facilitator and convener. ...I plan on doing this the rest of my life."



Heart Valve Center Gives New Options To Our Community

EVERYONE HOPES FOR A LONG LIFE. We all would like to live well into our Golden Years. And, if we are lucky to reach those, we want them to be as healthy, productive, and enjoyable as possible. Many factors can affect how long we live and the quality of life we experience. Lifestyle, environment, medical issues, and family history can each play a significant role, and so can the typical wear-and-tear of living and aging.

Heart valve disease can be one of the physical consequences involved in the aging process. The condition develops when a heart valve has weakened or has become deteriorated from use over time or damaged by other influences along the way. Heart valve issues can progress quite slowly, and some people may have a problem for decades without knowing it or without experiencing any symptoms. Or they might misattribute their symptoms to something else, like old age. It is not normal to be short of breath climbing a single flight of stairs at any age. When heart valve disease becomes severe, however, it can be life-altering and life-threatening. Fortunately, heart valves can be repaired or replaced.

"Just like any essential part of any working mechanism, a heart valve can wear out. It can stop functioning in the way it needs to in order to keep the heart working properly... even in an otherwise healthy heart," says Sharon Delaney, Director of Cardiology Services at Chester County Hospital. "Worn out heart valves can shorten lives and hamper quality of life, but that doesn't have to be the case... not today... not with the level of care and resources available right here in our community."

In Chester County, heart valve disease is being targeted by medical experts dedicated to helping people live longer and better. Chester County Hospital's Heart Valve Center brings together an interdisciplinary team of cardiologists, cardiac surgeons, and other specialists – including physicians from the Hospital of the University of Pennsylvania – to identify, evaluate, manage, treat, and provide long-term care for people with heart valve conditions.

"Not long ago, we completed a study within our own community. When we looked at the numbers in Chester County, we quickly realized that there were many more people with undiagnosed heart valve disease who would benefit from evaluation and treatment than there were people who know they have the disease and are receiving appropriate care," explains Steven Weiss, MD, Chester County Hospital's Chief of Cardiac Surgery. "So the impetus behind establishing the Heart Valve Center was to get the best care available to anyone and everyone in the community

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heart valve center... *continued*



DR. WEISS IN THE
OPERATING ROOM ▶



DR. STEVEN WEISS
Chief of
Cardiac Surgery

who could benefit from it, and to remove all barriers – like distance – that might be keeping people from receiving that care.”

Chester County Hospital’s Heart Valve Center began seeing patients in September of 2015. Since then, it has been providing local access to the region’s most comprehensive range of treatment options for valve disease available, under one roof. Services include complete medical evaluation by heart valve specialists and state-of-the-art diagnostic testing, as well as advanced nonsurgical and surgical treatments for heart valve disease.

“No single treatment plan is right for every heart valve disease patient. It’s not that simple. Each patient has unique needs. We do a comprehensive analysis, and our team looks at the whole patient,” says Timothy Boyek, MD, Medical Director of Cardiac Diagnostic Interventional Catheterization Laboratories at the hospital. “The most appropriate treatment depends on the type and severity of the disease, as well as other things like whether or not the person has additional health issues. Each plan is tailored specifically to the needs of the individual, and time is taken to explain everything to the patient and their family.”

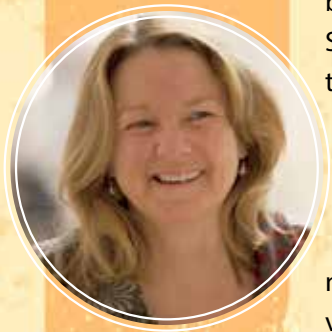
Someone in the earlier stages of heart valve disease may need only medication and/or close medical supervision whereas someone in a later stage might require a minimally

invasive surgical procedure. “Minimally invasive valve surgeries provide quicker recoveries, better outcomes, and higher quality of life than traditional open chest surgeries,” Dr. Boyek notes. “We are able to operate through small incisions. There’s less bleeding, less pain, and less chance of infection.”

For people exhibiting symptoms of severe heart valve disease who have other major medical conditions, the opportunity for the best outcome may be through a revolutionary treatment called a “transcatheter aortic valve replacement” or TAVR. In fact, TAVR may be the only viable treatment option when other valve replacement surgeries are deemed too risky for a specific patient. According to Dr. Weiss, the survival rate for people with symptomatic severe aortic stenosis (a type of valve disease) is dismal if left untreated. Without the proper medical intervention to address their condition, a third of these patients will die in the first year after symptoms begin and their quality of life during that time will probably be poor.

“By offering TAVR, we are able to give our patients an option that did not even exist a few years ago. TAVR is a way to replace the aortic valve without having to perform open heart surgery, which can be too risky for some patients,” says Dr. Weiss. “Before TAVR was available, patients who might not have been candidates for traditional surgery, now have a treatment option that’s highly successful, allowing them to live longer, quality lives.”

Heart Valve Center patients in Chester County



SHARON DELANEY
Director of
Cardiology Services



DR. TIMOTHY BOYEK
Medical Director of
Cardiac Diagnostic
Interventional
Catheterization
Laboratories

how heart valves work

have TAVR surgery at the Hospital of the University of Pennsylvania (HUP), one of the top TAVR centers in the nation. Penn has performed more than 1,300 TAVR procedures to date and has achieved outstanding results. Although TAVR takes place at HUP, patients are able to have most of their post-operative care locally.

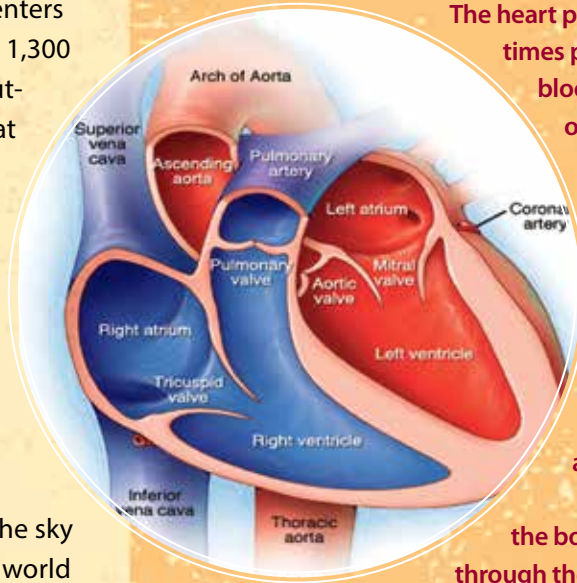
One of the most surprising things for patients being treated at the Heart Valve Center is that age is not always a deciding factor when it comes to whether or not someone is a good candidate for TAVR. People in their 90s have had heart valves repaired or replaced and achieved successful results.

“Someone might say ‘trees don’t grow to the sky and people don’t live forever... so why in the world are you doing anything to a 90+ year-old?’” says Dr. Weiss. “But the truth is you can have a 60-year-old who is diabetic with vascular disease, liver disease, lung disease and is very debilitated and you can have a 90-year-old who is active and in perfect health except for having a heart valve problem. There could be a 30-year difference in age, but with their individual risk factors, the 90-year-old could be a better candidate for surgery than the 60-year-old.”

All Heart Valve Center patients are assigned a navigator who specializes in valve disease to ensure long-term care and attention, whether or not their treatment plan includes a surgical procedure. People who are diagnosed with minor heart valve disease, but have no symptoms and require no immediate treatment are monitored very carefully. The navigator helps the patient through that process, and if there is a change in their condition, a treatment plan is ready to be activated.

Ongoing care is also provided for patients who are diagnosed with severe valve disease but have a high level of risk that makes surgery of any kind too dangerous for them. “For some people, surgery is simply not an option, because it will only make them more ill,” explains Delaney. “If our team looks at all the evidence and decides a patient’s illness is inoperable, we help the person deal with the illness in a way that offers the highest possible quality of life. To me, that is one of the most beautiful aspects of our program.”

By Beth Eburn



The heart pumps an average of 115,000 times per day to deliver oxygen-rich blood throughout the body and the oxygen-depleted blood back to the lungs for re-oxygenation. The human heart has four valves – the tricuspid, pulmonary, mitral and aortic valves. These valves work to contain and regulate the blood flow to the appropriate area of the heart as it becomes oxygenated and returns back out to the body. Oxygen-depleted blood from the body’s vascular system enters through the right atrium of the heart.

Once the atrium is filled, the tricuspid valve opens to allow the flow of blood into the right ventricle of the heart. Once filled, the tricuspid valve closes tightly to prevent the backflow of blood while the pulmonary valve opens to allow blood to flow through the pulmonary artery into the lungs. The valve then shuts, again, to prevent the backflow of blood. Oxygen-rich blood returns to the heart filling the left atrium before the mitral valve opens and allows blood into the left ventricle. As the mitral valve closes, the aortic valve opens to allow blood into the aorta that supplies blood to the circulatory system of the body.

These tissue-paper thin valves open and close an estimated 80 million times per year. Over time, these valves can become damaged and affect the flow of blood through the heart. Blood can begin to regurgitate or flow backwards causing the heart to work harder to pump the same amount of blood. Stenosis is also a common effect that refers to a narrowing of a valve opening that reduces blood flow, increases the chance of clotting and, again, makes the heart work harder to pump blood to the body.

Such issues can cause chest pain, tiredness, shortness of breath, light-headedness and loss of consciousness. It is important to see a professional if you experience any of these symptoms.


To diagnose valve disease, a cardiologist may use methods including physical examination, testing like electrocardiography, x-rays, nuclear scanning and echocardiography. In some cases, cardiac catheterization is used to determine if a patient has had coronary artery disease that may cause plaque build-up around the valves.

Treatment includes surgical valve repair or replacement that can be performed either traditionally or through a minimally invasive approach. Transcatheter aortic valve replacement (TAVR), allows for the replacement of a valve while the heart is still beating. Penn Medicine was the first in the Philadelphia area to perform TAVR and has performed more than 1,300 since its introduction in 2007. Penn is the second largest TAVR program on the East Coast and at the forefront of aortic valve repair using valve sparing techniques.

►► TO LEARN MORE ABOUT
OUR HEART VALVE CENTER,
www.PennMedicine.org/ccheart.

The 'Light' Side of Health Care Associated Infections

INFECTION PREVENTIONISTS AND ENVIRONMENTAL SERVICES USE UV-C LIGHT TO DISINFECT AND PROTECT AGAINST HEALTH CARE ASSOCIATED INFECTIONS



NATIONALLY, ONE IN 25 PATIENTS PER DAY CONTRACT A HEALTH CARE ASSOCIATED INFECTION (HAI) DURING THE COURSE OF THEIR HOSPITAL CARE. However, research shows that when health care facilities, care teams and individual doctors and nurses are aware of infection risks and take steps to prevent them, rates of HAIs decrease by more than 70 percent. HAIs are major, yet often preventable, infections that occur after a patient is admitted into a hospital or health care facility.

Chester County Hospital's Infection Preventionists regularly educate and implement practices to keep HAIs, harmful bacteria and illnesses out of the hospital. Their most recent addition to these practices is the Surficide Helios System, which eradicates multi-drug resistant organisms that cause HAIs. The hospital uses this system in addition to the most widely known HAI prevention methods such as hand washing, protective garments and gloves and routine thorough cleaning of patient rooms and clinical areas.

Surficide uses ultraviolet germicidal irradiation (UVGI). UVGI is a disinfection method that utilizes short-wavelength ultraviolet (UV-C) light to kill or inactivate the microorganisms that cause common infections in hospitals, leaving them unable to repair or replicate themselves. The most common health care associated infections are: pneumonia, surgical site infections, gastrointestinal infections, urinary tract infections and primary bloodstream infections.

The system has three UV-C light emitting towers that operate during a synchronized disinfection cycle leaving no exposed surface untouched. The benefit of having three emitters as opposed to the more common single UV-C light emitter is that rooms can be completed in one cycle.

"We know that nothing has been missed. A single UV-C light emitter has to be physically moved around the area for multiple cycles and that leaves room for error," says Charleen Faucette, MT, Director of Infection Prevention and Control. The three UV-C light emitters don't require any re-positioning or additional cycles after room set up. This results in a more thorough disinfection and faster room turn-around.

"This system has the flexibility for us to disinfect large areas such as patient or operating rooms but also allows us to use one emitter at a time for smaller areas like patient restrooms," Faucette continues. The emitters also have what is called the "scrub feature" that enables UV-C light to be directed into a targeted area such as portable work stations or surgical tables.

One of the most important features of the Surficide Helios System is its safety detection. The amount of UV-C light that these towers emit can be harmful to individuals. The towers have the ability to detect anyone entering the room and shut off instantly, ensuring patient, visitor and employee safety.

by Diana Walker

▼ OUR INFECTION PREVENTIONISTS AND MEMBERS OF OUR ENVIRONMENTAL SERVICES TEAM STAND WITH SURFICIDE.



new physicians

ACTIVE STAFF

Section of Cardiac Surgery

Edward Cantu, MD

Dr. Cantu earned his medical degree from Columbia University in New York. He completed his Residency Program at Duke University Medical Center in North Carolina. Board certified in the field of Thoracic and Cardiac Surgery, he practices at the Hospital of the University of Pennsylvania's Department of Cardiovascular Surgery in Philadelphia.



Satoshi Furukawa, MD

Dr. Furukawa earned his medical degree from the University of Pennsylvania School of Medicine, where he continued to complete his Residency Program. Board certified in the field of Thoracic Surgery, he practices at the Hospital



of the University of Pennsylvania's Department of Cardiovascular Surgery in Philadelphia.

Yoshikazu Suzuki, MD

Dr. Suzuki earned his medical degree from the University of Tokyo. He completed his Residency Program at Okinawa Chubu Hospital in Japan, and then finished his Fellowship Program at the University of Michigan. He practices at the Hospital of the University of Pennsylvania's Department of Cardiovascular Surgery in Philadelphia.



Mathew L. Williams, MD



Dr. Williams earned his medical degree from Duke University in North Carolina. He completed his Residency Program at Duke University Medical Center. Board certified in the

field of Thoracic Surgery, he practices at the Hospital of the University of Pennsylvania's Department of Cardiovascular Surgery in Philadelphia.

Section of Orthopaedic Surgery

David L. Glaser, MD

Dr. Glaser earned his medical degree from Cornell University Medical College in New York. He completed his Internship and Residency programs at the Hospital of the University of Pennsylvania. After which, he completed his Fellowship at the University of Pennsylvania. Board certified in the field of Orthopaedic Surgery, he practices at Penn Musculoskeletal Center in Philadelphia.

Section of Cardiology

Kurt J. Schillinger, MD

Dr. Schillinger earned his medical degree from Baylor College of Medicine in Texas. He completed his Internship/Residency and his Fellowship Program at the Hospital of the University of Pennsylvania. Board certified in the field of Internal Medicine, he practices at Cardiology Consultants of Philadelphia - Chester County Cardiology Associates Division in West Chester.



Section of Pediatric Hospital Medicine

Rena K. Chandra, MD

Dr. Chandra earned her medical degree from Northeastern Ohio Medical University. She completed her Residency Program at Rainbow Babies & Children's Hospital in Ohio. Board certified in the field of Pediatrics, she treats patients at the Pediatric Unit at Chester County Hospital, which is part of the CHOP Care Network.



Patrick C. Hanley, MD

Dr. Hanley earned his medical degree from Jefferson Medical College. He completed his Residency Program at Rainbow Babies & Children's Hospital in Ohio, and then finished his Fellowship at Children's Hospital of Philadelphia. Board certified in the field of Pediatrics, he treats patients at the Pediatric Unit at Chester County Hospital, which is part of the CHOP Care Network.

Michelle Quirk, MD

Dr. Quirk earned her medical degree from Penn State University. She completed her Residency Program at Georgetown University Hospital in Washington, DC. Board certified in the field of Pediatrics, she treats patients at the Pediatric Unit at Chester County Hospital, which is part of the CHOP Care Network.

Rachel Manaloor Thomas, MD

Dr. Thomas earned her medical degree from the University of Texas Southwestern Medical Center. She completed her Residency Program at University of Missouri's Children's Mercy Hospital. Board certified in the field of Pediatrics, she treats patients at the Pediatric Unit at Chester County Hospital, which is part of the CHOP Care Network.

continued >

new physicians

Section of Anesthesiology

Scott W. Davis, MD

Dr. Davis earned his medical degree from Drexel University of Medicine. He completed his Internship Program at Hahnemann University Hospital. He finished his Residency Program at Thomas Jefferson University Hospital, from where he also completed his Fellowship Program. Board certified in the field of Anesthesiology, he practices with West Chester Anesthesia Associates.

Christos Kessarlis, MD

Dr. Kessarlis earned his medical degree from the University of Athens in Greece. He completed his Internship and Residency programs at the Medical College of Wisconsin. After which, he completed his Fellowship Program at Cleveland Clinic Foundation. Board certified in the field of Anesthesiology, he practices with West Chester Anesthesia Associates.

Gregory T. Pruckmayr, MD

Dr. Pruckmayr earned his medical degree from Temple University School of Medicine. He completed his Internship Program at Lankenau Medical Center and then finished his Residency Program at the University of Pennsylvania. Board certified in the field of Anesthesiology, he practices with West Chester Anesthesia Associates.

Section of Dermatology

Alexis T. Curreri, MD

Dr. Curreri earned her medical degree from Thomas Jefferson University. She completed her Residency programs at Lankenau Medical Center and at SUNY Downstate Medical Center. Board certified in the field of Dermatology, she practices at Main Line Dermatology in West Chester.

Section of Plastic and Reconstructive Surgery

Laura A. Gowen, MD

Dr. Gowen earned her medical degree from Georgetown University School of Medicine. She completed her Residency Program at Georgetown University Hospital. She practices at Cirillo Center for Plastic Surgery in Bryn Mawr.

Department of Obstetrics/Gynecology

Marlesa R. Moore, MD

Dr. Moore earned her medical degree from Howard University College of Medicine in Washington, DC. She completed her Internship/Residency at Abington

Memorial Hospital. She practices at Penn Ob/Gyn in Exton.

Baohuong T. Tran, DO

Dr. Tran earned her medical degree from New York College of Osteopathic Medicine. She completed her Internship/Residency at Newark Beth Israel Medical Center. She practices at Penn Ob/Gyn in Exton.



Section of Gastroenterology

Eva E. Sum, MD

Dr. Sum earned her medical degree from the University of Louisville School of Medicine. She completed her Residency and then her Fellowship at Temple University Hospital. Board certified in the fields of Internal Medicine and Gastroenterology, she practices at West Chester Gastrointestinal Group.



Section of Gynecologic Oncology

Ashley F. Haggerty, MD

Dr. Haggerty earned her medical degree from Wake Forest School of Medicine in North Carolina. She completed her Residency Program at the University of Pennsylvania. She practices at Penn Women's Specialty Center in West Chester.



Section of Internal Medicine – Hospitalist

Waheeda R. Ali, MD

Dr. Ali earned her medical degree from Rawalpindi Medical College in Pakistan. She completed her Internship Program at Chestnut Hill Hospital, and then finished her Residency Program at Lankenau Hospital. Board certified in the field of Internal Medicine, she is a Hospitalist at Chester County Hospital.

Edward T. Ma, MD

Dr. Ma earned his medical degree from New Jersey Medical School. He completed his Internship/Residency at Thomas Jefferson University Hospital. Board certified in the field of Internal Medicine, he is a Hospitalist at Chester County Hospital.



Fiona Simpkins, MD

Dr. Simpkins earned her medical degree from Temple University School of Medicine. She completed her Internship/Residency at Johns Hopkins University School of Medicine, and then finished her Fellowship Program at Cleveland Clinic Foundation. Board certified in the fields of Gynecologic Oncology and Obstetrics/Gynecology, she practices at the University of Pennsylvania's Division of OB/GYN Oncology in Philadelphia.



Department of Radiology

William W. Boonn, MD

Dr. Boonn earned his medical degree from Icahn School of Medicine at Mount Sinai in New York. He completed his Internships/ Residencies at Albert Einstein Medical Center and the Hospital of the University of Pennsylvania. Board certified in the field of Diagnostic Radiology, he practices at Penn Radiology.



Tessa S. Cook, MD

Dr. Cook earned her medical degree from the University of Pennsylvania School of Medicine, where she also completed her Internship, Residency and Fellowship programs. Board certified in the field of Diagnostic Radiology, she practices at Penn Radiology.



Benoit Desjardins, MD

Dr. Desjardins earned his medical degree from University of Montreal. He completed his Internship Program at McGill University Hospitals in Quebec, and then finished his Residency Program at University of Pittsburgh Medical Center. After which, he completed his Fellowship Program at Brigham and Women's Hospital in Massachusetts. Board certified in the field of Diagnostic Radiology, he practices at Penn Radiology.



Eugene M. Glavin, MD

Dr. Glavin earned his medical degree from Jefferson Medical College. He completed his Residency Program at Christiana Care Health System in Delaware. Board certified in the fields of Diagnostic Radiology, Internal Medicine and Pediatrics, he practices at Penn Radiology.

Saurabh Jha, MD

Dr. Jha earned his medical degree from Guy's, King's and St. Thomas Medical School in England. He completed his Residency and Fellowship programs at the Hospital of the University of Pennsylvania. Board certified in the field of Diagnostic Radiology, he practices at Penn Radiology.



Harold I. Litt, MD

Dr. Litt earned his medical degree from SUNY at Buffalo Medical Center. He completed his Internship Program at Harvard Medical School in Massachusetts. After which he finished two residencies at the University of Pennsylvania School of Medicine and the University of California's San Francisco School of Medicine. Board certified in the field of Diagnostic Radiology, he practices at Penn Radiology.



AFFILIATE STAFF

Department of Family Medicine

Brian R. Boucher, MD

Dr. Boucher earned his medical degree from Thomas Jefferson University. He completed his Residency Program at Abington Memorial Hospital. Board certified in the field of Family Medicine, he practices at Colonial Family Practice in Coatesville.



Geoffery M. Burgess, MD

Dr. Burgess earned his medical degree from Penn State University's Hershey Medical Center. He completed his Residency Program at Fairfax Hospital in Virginia. Board certified in the field of Family Medicine, he practices at Colonial Family Practice in Coatesville.



Section of Internal Medicine

Vitasta Bamezai, MD

Dr. Bamezai earned her medical degree from Patrice Lumumba University School of Medicine in Russia. She completed her Internship Program at Safderjang Hospital in India. She then finished two Residency Programs at the University of Massachusetts' Berkshire Medical Center and the Medical College of Georgia. Board certified in the field of Internal Medicine, she practices at Gateway Internal Medicine at Brandywine in Coatesville.



Eugene J. Ferguson, MD

Dr. Ferguson earned his medical degree from Georgetown University School of Medicine in Washington, DC. He completed his Residency Program at the Hospital of the University of Pennsylvania. Board certified in the field of Internal Medicine, he practices at Gateway Internal Medicine at Brandywine in Coatesville.



continued >

new physicians

AFFILIATE STAFF

Department of Family Medicine

Laurie A. Gallagher, DO

Dr. Gallagher earned her medical degree from the Philadelphia College of Osteopathic Medicine, after which she completed her Internship Program. She finished her Residency at Bryn Mawr Hospital Family Practice Residency. Board certified in the field of Family Medicine, she practices at Gateway Brandywine Village Family Medicine in Downingtown.

I. Dennis Holgado, DO

Dr. Holgado earned his medical degree from the Philadelphia College of Osteopathic Medicine. He completed both his Internship and his Residency at Warren Hospital in New Jersey. Board certified in the field of Family Medicine, he practices at Village Family Medicine at Lionville.



John N. Khalifa, MD



Dr. Khalifa earned his medical degree from Ross University School of Medicine in the West Indies. He completed his Residency Program at Crozer-Chester Medical Center. Board certified in the field of Family Medicine, he practices at Village Family Medicine at Lionville.

Marianne R. Nikas, MD

Dr. Nikas earned her medical degree from Pennsylvania State University College of Medicine. She completed her Residency Program at Chestnut Hill Hospital. Board certified in the field of Family Medicine, she practices at Colonial Family Practice in Coatesville.



Darlene Y. Ouattara, DO

Dr. Ouattara earned her medical degree from the Philadelphia College of Osteopathic Medicine. She completed her Internship/Residency at St. Joseph Hospital. She practices at Chester Springs Family Practice.

Department of Pediatrics

Donna M. Sammaritano, MD

Dr. Sammaritano earned her medical degree from the University of Pennsylvania School of Medicine. She completed her Internship/Residency at Children's Hospital of Philadelphia. Board certified in the field of Pediatrics, she practices at Chester County Pediatrics in Avondale.

Department of Family Medicine

Ranette C. Schurtz, MD

Dr. Schurtz earned her medical degree from Drexel University of Medicine. She completed her Internship Programs at Crozer-Chester Medical Center and the Philadelphia College of Osteopathic Medicine. After which, she completed her Residency Program at Crozer-Chester Medical Center. She practices at Gateway Family Practice in Downingtown.



Gene F. Uhler, MD

Dr. Uhler earned his medical degree from Rutgers New Jersey Medical School. He completed his Residency Program at Somerset Medical Center in New Jersey. Board certified in the field of Family Medicine, he practices at Colonial Family Practice in Coatesville.

Alpa Vadher, MD

Dr. Vadher earned her medical degree from Temple University School of Medicine. She completed her Residency Program at Hunterdon Medical Center in New Jersey. Board certified in the field of Family Medicine, she practices at Colonial Family Practice in Coatesville.



Linda C. Vilbert, DO

Dr. Vilbert earned her medical degree from the Philadelphia College of Osteopathic Medicine. She completed her Internship/Residency at Bryn Mawr Hospital. Board certified in the field of Family Medicine, she practices at Exton Family Medicine.



Valerie G. Vilbert, DO

Dr. Vilbert earned her medical degree from the Philadelphia College of Osteopathic Medicine. She completed her Residency Program at Bryn Mawr Hospital Family Practice Residency. Board certified in the field of Family Medicine, she practices at Exton Family Medicine.

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

Chester County Hospital set to unveil new Electronic Medical Record



The entire Penn Medicine health system is in the process of consolidating its inpatient and outpatient information into a single electronic health record in conjunction with integrated billing and support systems. The result will be **PennChart*** – a single patient record to support coordinated patient care across the entire health system. PennChart will allow Chester County Hospital and all Penn Medicine entities to further provide coherent and comprehensive patient care while delivering a consistent and outstanding experience to patients.

Here's the strategy: Penn

Medicine will fulfill its strategic plan imperatives of innovation, integration and impact, by developing PennChart, an electronic health record that spans the continuum of care, and creates value for patients and clinicians. With this strategy, Penn Medicine is poised to meet future patient and health system needs in an evolving health care landscape.

For several years, multidisciplinary teams from across the health system and locally at the hospital have been planning, collaborating and troubleshooting the technology process to create a standardization of practice. The go-live date for Chester County Hospital is Saturday, October 22. All Penn Medicine hospitals and facilities will be up and running with PennChart by April 2017.

As our team members put their intensive PennChart training into practice this October, it is possible that registration and other points of care could take longer than expected in the days and weeks to follow. We expect the transition to be seamless, but we will do our best to master the new system with as little impact on our patients and their loved ones as possible. As with any hospital endeavor, our goal is to provide the very best care for our patients. PennChart supports that goal.

We will provide additional information about this transition in the upcoming months.

**PennChart is Penn Medicine's enterprise name for the Epic platform.*

▶▶ FOR UPDATES, VISIT:
www.chestercountyhospital.org

Robotics Program Attains Major Milestone Surgery

Chester County Hospital's Robotics Program marked its 2,000th surgery! Dianne D. Hotmer, MD, Obstetrics/Gynecology, performed the milestone surgery in late March. The achievement reflects the community's need for surgeries that are less invasive and result in less pain, faster recovery and fewer surgical complications.

To keep up with the demand of the 500+ robot cases the hospital sees each year, a second state-of-the-art robot – the da Vinci Xi – was added to the program in early 2016. The da Vinci



THE DA VINCI XI

robotics systems allow surgeons to perform advanced minimally invasive surgeries with the help of robotic arms.

According to James Kozub, PA-C, Robotic Surgery Coordinator at Chester County Hospital, "The new robot has an entirely new design that allows easier and greater access to all quadrants of the abdomen, which will facilitate our ability to accomplish those more complex, multi-quadrant cases in a more efficient manner."

In addition to the da Vinci Xi, the hospital has also acquired a Trumpf Medical TruSystem 7000dV surgical table. The table connects to the da Vinci Xi so that a patient can be dynamically positioned while the surgeon operates. Chester County Hospital is the first in the region with a "fully integrated" robotics program meaning the surgical team can reposition the patient by syncing the surgical table and da Vinci robot during surgery.

charitable giving

LEGACY

The power of giving...

If you care about our hospital, you can make an impact regardless of your current financial means. Remembering Chester County Hospital in your will or estate plans leaves a lasting legacy, ensuring that high quality health care is available in our community for generations to come. But what is right for you? A bequest in your will; a charitable gift annuity; a charitable remainder trust? You may even be eligible to make a gift directly from your IRA. The options are numerous with greater advantages for some than others, depending on your circumstances.

In January, we lost a member of the Kennett Square branch of the Women's Auxiliary, Barbara Gilpin Beddall. Barbara had a life-long connection to Chester County Hospital: she was born in our hospital, gave birth to her baby girl here, and passed away here. It was important to Barbara to remember our hospital in a significant way through a bequest in her will. The gift received through her estate will directly impact the lives of your family, friends and neighbors who need the services of Chester County Hospital.

Peter and Joan Orr – dedicated hospital volunteers for many years – understand the importance planned gifts have in building the future of our hospital. They have decided to remember Chester County Hospital in their will to ensure that our hospital continues to thrive and provide the compassionate care for which it is known.

As Chester County Hospital prepares to celebrate its 125th Anniversary, the generosity of the Orrs, coupled with legacy gifts of other dedicated benefactors, volunteers, and friends who have chosen to utilize creative giving to support our hospital, will help ensure another 125 years of excellent care in our community.

Everyone's financial situation is different. The Chester County Hospital Foundation staff can provide information on all possible options. *Please contact Colleen Becht-Foltz, Director of Development, at 610-431-5697 or Colleen.Becht-Foltz@uphs.upenn.edu with any questions you may have regarding how to include Chester County Hospital in your estate and financial plans.*

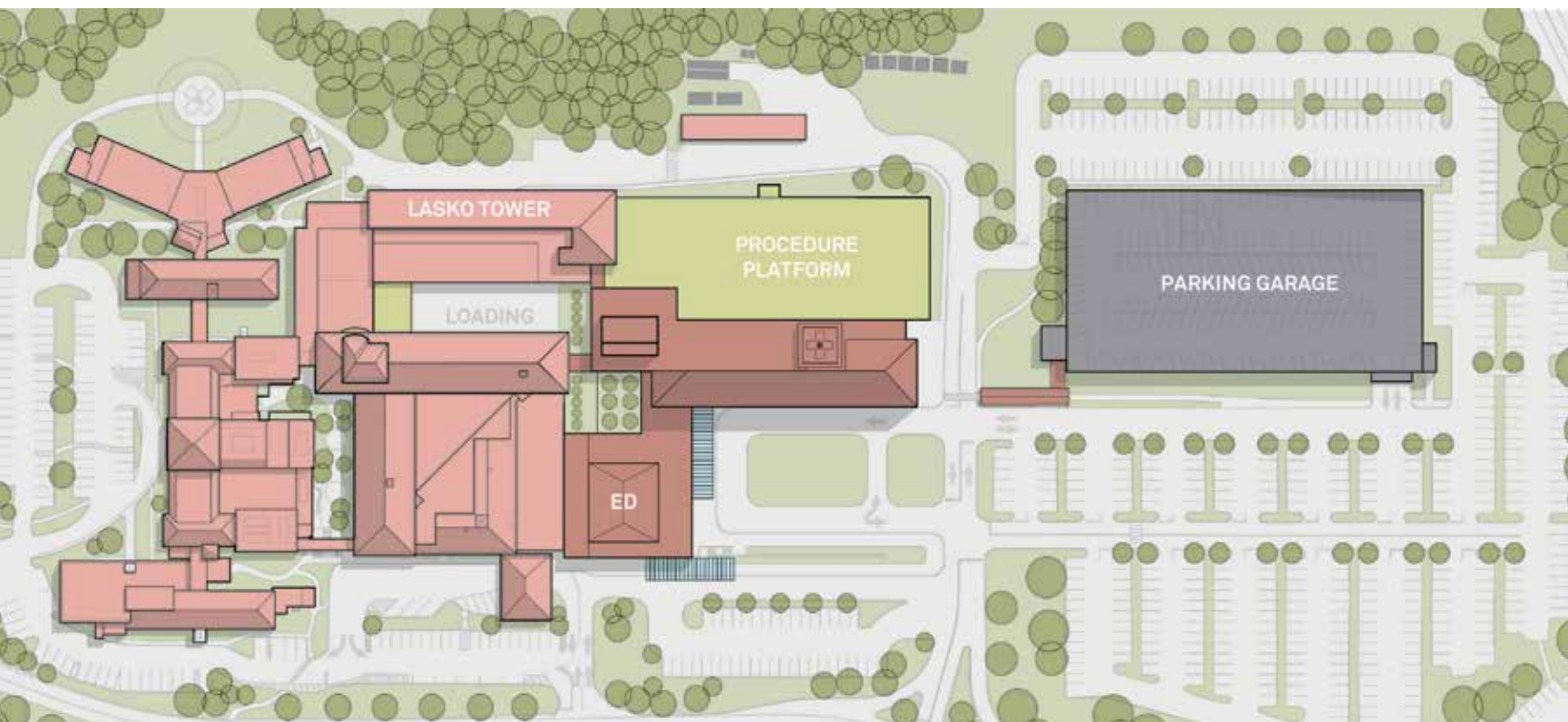
Information is not offered as legal or tax advice. We urge you to seek the advice of your tax advisor, attorney and/or financial planner to make certain a contemplated gift fits well into your overall circumstances and planning.

JOAN & PETER ORR
OF WEST CHESTER

happening on campus

New Beautifully Designed Parking Garage

CHESTER COUNTY HOSPITAL BEGAN CONSTRUCTION ON A PARKING GARAGE THIS PAST MARCH. This 701-space parking structure is needed to accommodate the healthy growth the hospital has been experiencing over the past few years. Once completed in November, it will increase the total number of parking spaces available on campus. During construction, visitors are welcome to park in the main lot or use the free valet service at the front entrance. We thank you all for your patience and support during this time of growth. Following the completion of the garage, our next construction project will create new, spacious operating room suites and an expanded front entrance. *Stay tuned for details!*





Call 610.738.2793 to update your mailing information.



ONE *in* **8** *women*

has a chance of being diagnosed with **BREAST CANCER**

EARLY DETECTION IS KEY FOR A FAVORABLE OUTCOME.

Chester County Hospital can help you schedule your mammogram.

Call 610.431.5131 or visit ChesterCountyHospital.org/Mammo