

good health



Ensuring that you get the best care close to home

Demonstrating once again that Union Hospital is the area's leader in state-of-the-art health care, three of the hospital's clinical care departments have been recognized with awards and accreditations from major national organizations. Accreditation helps ensure that the hospital's staff, facilities and procedures meet the most stringent standards of care — which means that the care you receive at Union Hospital ranks with some of the best in the country.

The Breast Health Center at Union

Hospital is the first and only center in the area to receive accreditation by the American College of Surgeons' National Accreditation Program for Breast Centers (NAPBC). In fact, we are one of the first 23 breast cancer centers nationwide to earn this distinction.

In awarding accreditation, the NAPBC said that the Breast Health Center had "demonstrated a firm commitment to offering its patients every significant advantage in their battle against breast disease." This accreditation helps to ensure that patients at the Breast Health Center will have high-quality, comprehensive breast care, as well as access to information about clinical trials and advanced treatment options.



The Outstanding Achievement Award bestowed to the Cancer Program was one of three prestigious recognitions recently earned by Union Hospital clinical care departments for providing a high level of quality care.

The Cancer Program at Union Hospital has been honored with a 2008 Outstanding Achievement Award from the Commission on Cancer (CoC) of the American College of Surgeons. Only 95 cancer facilities across the United States received this award, and we are one of only five Maryland cancer facilities and the only one in the area to earn this prestigious honor.

This award represents the commitment by the Cancer Program's staff to provide the highest level of care. When patients come to Union Hospital for cancer treatment, they can feel confident the program offers a full spectrum of services including diagnosis, prevention and screening, treatment, state-of-the-art cancer fighting technologies, ongoing monitoring and improvement of care, and access to clinical trials.

Union Hospital's Nuclear Medicine Department is one of the first departments of its kind in North America to win accreditation from the International

Commission for the Accreditation of Nuclear Medicine Laboratories (ICANL). In addition, the department is one of only four in Maryland to have won ICANL certification in both Nuclear Cardiology and General Nuclear Medicine.

Nuclear medicine imaging is used in a range of diagnostic procedures, such as cardiac stress tests and lung scans. The technology can also play a key role in treatments for numerous medical conditions including orthopedic injuries, bone pain, infections and kidney function.

'Camera in a pill' helps diagnose digestive disorders

Video cameras are everywhere: at busy intersections, in store parking lots, on cell phones — and now in a pill-sized capsule that helps doctors at Union Hospital diagnose causes of bleeding in the small intestine, and detect polyps, inflammatory bowel disease (Crohn's disease), ulcers and tumors of the small intestine.

With the technology (called capsule endoscopy), patients can swallow the PillCam SB with water and go about their normal activities. Meanwhile, the camera moves through the digestive tract, taking two photographs per second for approximately eight hours. In all, more than 50,000 images are transmitted to a recording device. The physician can then examine the images to help make a diagnosis.

"Except for X-rays, which do not show much detail, the PillCam is the only way to see the entire small intestine," says Rani Chintam, MD, of Union GI Associates. "It is a noninvasive procedure that gives us valuable information in identifying small intestinal disorders. This part of the bowel cannot be reached by traditional endoscopy or colonoscopy."

Compared to other procedures, the PillCam offers most patients benefits such as no pain or discomfort, no unpleasant preparation, no anesthesia and no inconvenience. As a precaution, an X-ray may be performed to make sure the small intestine is not obstructed. Also, individuals who have pacemakers or defibrillators are not eligible for PillCam procedures.

In addition to Dr. Chintam, Union GI Associates physicians Nader Dababneh, MD, and Irfan Din, MD, (pictured below) offer PillCam services. If you are concerned about intestinal symptoms, speak with your doctor, or call Union GI Associates at **(410) 398-8888** for more information.



Project ECHO provides funds for community improvement

Providing comprehensive health care is only part of the mission of Union Hospital. As members of the community, our employees are also committed to making Cecil County a better place to work, play, live and raise a family.

To help achieve that goal, Union Hospital recently launched Project ECHO, an employee-driven program that awards money for community-enhancing projects. Project ECHO's first effort was the cleaning, restoring and securing of a chimney at Elkton's Providence United Methodist Church. In need of immediate repairs, the chimney posed a fire risk to the building.

To increase the visibility and goodwill of Union Hospital by helping employees improve the communities in which they live and work.

– Project ECHO's mission statement

Union Hospital employee Leon Braywood wrote the funding proposal, saying that Project ECHO's support would allow the church to "continue our outreach to the community." Among its many other service activities, the congregation provides breakfast for the area's homeless population twice a month, and church choirs throughout the area use Providence United Methodist's sanctuary as a practice space, Braywood wrote. Through Project ECHO, Union Hospital provided \$1,715 for the repairs, which included cleaning the chimney and installing a stainless steel liner and cap, new grout and seal.

Union Hospital will award up to \$9,000 in 2009 for qualifying ECHO projects. In order for a proposed project to be considered:

- The project must be submitted and directed by a Union Hospital employee.
- The proposal must include participation by Union Hospital employees and community members directly benefiting from the project, or community members working on behalf of the beneficiaries.
- The project should take no more than one day to complete.
- Funds must be used for supplies, materials or equipment for the project.



Repair of a chimney at Providence United Methodist Church in Elkton was the first task undertaken as part of Union Hospital's Project ECHO community-enhancement program.

Susan Prior honored with prestigious community service award

Facilitating support groups, educating staff, advocating for prevention, talking to patients — it's all in a day's work for Union Hospital Diabetes Educator Susan Prior, RN, MS, CDE, CWON.

For more than 25 years, Prior has been a champion for diabetes care and awareness. Now, she has her own champions in the Cecil County Board of Health and the Cecil County Health Department, which honored her with the Outstanding Community Service Award in Public Health.

"Susan Prior has, for many years, provided education to patients and the community about diabetes control and prevention," Jane Burton, RN, wrote in nominating Prior. "She works long hours and is a real advocate for patients, the community and our nursing staff for maintaining healthy lifestyles."

Susan Prior, Diabetes Educator

Although Prior has the admiration of her coworkers and patients, she says type 2 diabetes does not get enough respect. But she believes that may change as the number of people at risk for diabetes — and complications such as blindness, amputation, heart attack and stroke — continue to grow. Currently, nearly 24 million people in the United States have diabetes, according to American Diabetes Association (ADA) estimates.

Despite the challenge of getting patients to take diabetes seriously, Prior loves her work. "The people I have been privileged to meet over the years, from all walks of life, have taught me so much. Our patients are just truly incredible people," she says.

Prior also feels privileged to work at Union Hospital, which has an ADA-recognized Diabetes Center. "There are so many myths about the disease that you wish people would take advantage of the resources we have," she says. "Getting information from a certified diabetes educator is key."



Community Health Education Programs – Spring 2009

For more information and registration for these and other Community Education Programs, call (410) 392-7000 or visit www.uhcc.com

Health Programs

American Cancer Society & Union Hospital Co-Sponsor

“I Can Cope” Cancer Education Program

The “I Can Cope” program gives participants an opportunity to share their concerns with others having similar experiences and to design ways to cope with the challenges that arise from a cancer diagnosis. Guest speakers include professionals in the field of cancer management. All classes are free to the community and will be held at Union Hospital from 5:30 - 7 p.m. A light dinner will be provided. **For more information, call Jane Burton at (410) 398-4000, ext. 1729.**

Topics Include:

- **Managing Cancer Related Fatigue**
– Wednesday, June 24
- **Mobilizing Resources and Support**
– Thursday, July 30
- **Keeping Well in Mind and Body**
– Thursday, August 20

Maternal & Infant Programs

Now offering Class Bundling! If you are registered for Childbirth Education, choose two additional family education classes at no extra cost. Call (410) 392-7000 for more information.

Childbirth Education • \$100 per couple
5-week series, classes held Thursdays,
6:30 - 9 p.m.

Express Saturday classes available
June 20, July 11 & August 22 – call
for more information.

This class is designed to prepare you with the knowledge and coping skills to replace fear of the unknown with realistic expectations for the birth of your baby. Learn about breathing and relaxation techniques, physical and emotional changes to expect, types of anesthesia and medications sometimes used in labor, post-delivery adjustments and care of the newborn. A tour of the Maternal & Infant Center is included. We recommend that classes be started 8-10 weeks before your due date.

Super Siblings

\$10 for one sibling, \$15 for two or more
June 6 & August 1, 10 - 11:30 a.m.
Helping a child cope with the arrival of a new brother or sister can be a challenging

experience. The Union Hospital Maternal & Infant Center offers Super Sibling classes for children ages 3 to 8. This class will focus on the enjoyment of helping Mom and Dad with the new arrival. You must register your child to attend, so please do so during your second trimester as classes fill quickly. Both parents are encouraged to attend and tour the center with your little one.

Breastfeeding Class • \$20 per couple
June 6 & August 1, 1 - 3 p.m.

Breastfeeding Class is recommended to expectant mothers in their third trimester. This interactive class is designed to educate mothers on the benefits of breastfeeding and how to properly breastfeed.

New Additions • \$20 per couple
June 2 & August 4, 6:30 - 9 p.m.

This class prepares the expectant couple for the exciting event of childbirth. It is offered to expectant couples who either are new parents or current parents in need of a refresher. Topics include diapering, bathing, safety and more.

Infant Massage & Soothing Techniques
\$20 per couple • June 1, 6:30 - 9 p.m.

Infant massage promotes bonding and attachment to your new baby. It calms your baby's nervous system leading to less crying and more restful sleep. Included in this class are: therapeutic strokes for relieving symptoms of colic, constipation, teething and congestion; and hands-on practice of techniques using dolls. This course is intended for expectant parents or caregivers of newborns. Dolls will be provided for your use.

Grandparenting Class • \$20 per couple
June 9 & August 11, 6:30 - 8:30 p.m.

Learn how to keep your grandchild safe, make your child's job of parenting easier and receive updated information on the many changes since you first became a parent yourself.

Pain Management in Labor • \$20 per couple
July 9, 6:30 - 9 p.m.

Most mothers-to-be are concerned with how they may feel during the labor process. There are a variety of pharmacological (with medication) techniques and non-pharmacological (without medication) techniques that may be helpful. This class will discuss multiple pain relief options available for labor so that you can make an informed choice in managing your pain.

Meetings, Clubs & Support Groups

Caregivers Support Group • Free
First Tuesday of each month, 3 - 4:30 p.m.

The group offers emotional support, tips about managing your loved one and information about community resources. Sponsored by Union Hospital's Adult Day Services program and located at the Center, 152 Railroad Avenue, Elkton. Anyone caring for a loved one either at home or in a nursing facility is invited. Bring your loved one; staff is available to provide care while you join us for the meeting. **Call (410) 392-0539 for more information.**

Cecil County Ostomy Association • Free
June 8, 7 p.m.

An Affiliate of the UOAA (United Ostomy Associations of America, Inc.)

The Ostomy Support Group of Cecil County provides mutual aid, support and education in care and management for ostomates and their families.

American Diabetes Association
Adult Support Group • Free
June 9, 7 p.m.

This is a support and educational group for persons with diabetes and their families.

Look Good ... Feel Better • Free
Second Monday of each month, 2 - 4 p.m.

This program shows women and men with cancer how to enhance their appearance while undergoing treatment. A licensed cosmetologist assists those with cancer in looking their best. **Registration is necessary, so call (410) 398-4000, ext. 1729.**

Union Survival Circle • Free
Second Wednesday of each month,
noon - 1 p.m. & 5:30 - 6:30 p.m.

Those who have breast cancer can receive support, understanding, guidance and education to help them stay strong and positive. **For more information, call (410) 620-3710.**

Breastfeeding Support Group • Free
Every Tuesday, 10 - 11 a.m.

This group is a way for mothers to exchange information and experiences, thereby increasing the incidence and duration of breastfeeding. **Call (410) 620-3773 for more information.**

Community Screening Programs

Breast & Cervical Cancer Screening Program – *Early Detection Is the Best Protection*

If you are a woman ages 40 to 64, have limited income and little or no health insurance, you may be eligible for free GYN examination and mammogram. Call the Cecil County Health Department at (410) 996-5168 for more information.

Free Smoking Cessation Services – *Be Happy, Be Healthy, Be Tobacco Free!*

The Cecil County Health Department offers a variety of FREE smoking cessation services to Cecil County residents including nicotine gum, nicotine transdermal patch or Chantix,™ and Tools to Be Tobacco Free Stop Smoking Programs. Call (410) 996-5168 for more information.

Give your baby — and family — a healthy new start

From grandparents to parents to siblings, every family member plays a role in a new baby's health and happiness. That's why Union Hospital's Family Education programs now offer classes to help families prepare for life — before, during and after delivery.

"The Family Education team's mission is to grow healthy families," says Beth Chipriano, RN, CCE, Family Educator at Union Hospital. "We want to provide each family member with valuable, practical information that will lead to improved health for all."

Program topics include:

- **Pain Management in Labor:** Developed for any mom-to-be who wants information about pain relief options, this class includes a Q&A session with an anesthesiologist.

- **Grandparenting:** This class offers an infant CPR demonstration and updated care recommendations, such as new ways to reduce Sudden Infant Death Syndrome risk.

- **Super Siblings:** Older brothers and sisters can learn how to hold and burp a baby, and the importance of expressing their own feelings.

- **Infant Massage and Soothing Techniques:** Massage can help you bond with your baby, learn to read baby's "cues," and ease symptoms of baby's colic, teething and gas.

- **Childbirth Education:** This class — available as both a five-week series and an express program — provides practical information that will prepare you for

childbirth. A tour of the Maternal & Infant Center is included.

- **Breastfeeding:** Learn about the benefits of breastfeeding, as well as proper technique, resources and more.

Classes are open to anyone in the community, and financial assistance is available to those experiencing financial hardship. To learn more or to register online, visit www.uhcc.com, click on *Get Health Info* in the top navigation bar, and follow the links to *Health Education Programs* and *Family Education*. You can also find more about our educational programs on Page 3 of this newsletter.



Union Hospital programs receive national accreditation..... Page 1
 'Camera in a pill' helps diagnose digestive disorders..... Page 1
 Project ECHO provides funds for community improvement Page 2
 Diabetes educator wins prestigious community service award Page 2
 Community Health Education Programs Page 3
 Community Screening Programs..... Page 3
 Give your baby — and family — a healthy new start Page 4
 We can help you find a committed, qualified physician..... Page 4

Need a doctor?

Call Union Hospital's Physician Referral Service at (410) 392-7012

Our physician referral specialist can help you find a committed, skilled and caring physician who's right for you and your family — all backed by a hospital that's dedicated to delivering a quality patient experience.



106 Bow St.
 Elkton, MD 21921
 (410) 398-4000
Rising Sun: (410) 658-4757
Delaware: (302) 731-0743
TDD: (410) 398-5941
Visit us online at www.uhcc.com

Dr. Kenneth S. Lewis, President & CEO
 Kathryn McKinney, Director Public Relations

OR CURRENT RESIDENT

Nonprofit Org.
 US POSTAGE
 PAID
 PROGRESSIVE
 IMPRESSIONS
 INTERNATIONAL
 61701

Good Health is published quarterly by the Public Relations Department of Union Hospital, 106 Bow St., Elkton, MD 21921. Nonprofit postage paid. Issue date: Spring 2009.