

# Companions in Cancer Care

**Beebe Healthcare provides comprehensive cancer care to treat patients in mind, body, and spirit.**



**B**eebe Healthcare's integrated cancer care prioritizes treating the whole person, displacing illness by creating wellness physically, emotionally, and spiritually. Understanding that body, mind, and spirit are inseparable, the evolving standard of cancer care extends beyond the treatments of surgery, radiation, and chemotherapy.

"By engaging in the many ways we can support mind, body, and spirit, we optimize our body's healing potential," says Judith Ramirez, manager of psychosocial services.

With this approach, care plans address nutrition, exercise, and stress management as well as beliefs, social support, creative thinking, and spirituality. Patients become active members of their own care team, contributing to their health and maximizing the potential for complete recovery while maintaining a higher quality of life. Care teams have expanded to include dietitians, social workers, integrative health and wellness coaches, and navigators.

Beebe provides two nurse navigators specifically for breast cancer patients

to guide them through screening, diagnosis, treatment, and survivorship. One breast health navigator assists with needs related to mammography, diagnostic imaging, and biopsy. Should the biopsy result in a cancer diagnosis, the second nurse navigator works with patients, addressing concerns and coordinating care.

"The navigators are focused on constantly assessing all aspects of the patient and their concerns," Ramirez says. "They look at any barriers that could get in the way of the patient's care, whether finances, anxiety, depression, or something else. Our goal is for people to have a seamless experience."

## Expert Care Close to Home

The whole-person care approach extends to Beebe's recently opened South Coastal Cancer Center, which offers comprehensive, on-site services including integrative health practices such as aromatherapy, breathwork, and meditation. Other psychosocial services include supportive counseling, nutritional counseling, health coaching, and navigation services.

Prior to the new cancer center opening, 30% of the patients at Beebe's Tunnell Cancer Center in Rehoboth traveled from Bethany, Ocean View, Millville, Dagsboro, and Frankford.

"It's our responsibility to take care of this county, as it has been for more than 100 years," says Barry Hamp, executive director of oncology services. "To do that, we must take the medicine to where people are."

"This new cancer center aligns perfectly with Beebe's focus on bringing innovative specialty care closer to where our patients live and work," says David Tam, MD, MBA, FACHE, CPHE, president and CEO of Beebe Healthcare. "I am incredibly proud of the team that worked so hard to bring this new care site to the South Coastal community and the supporters who donated the funds to help us."

The South Coastal Cancer Center is 17,000 square feet, with efficiency and patient experience built into every facet of its design. The smaller, more efficient footprint means less walking for patients. There's also a café, helpful for caregivers at the cancer center for many hours during infusion treatments.

To maintain continuity of care, physicians from Tunnell rotate through South Coastal Cancer Center, so patients who transfer their care to the new facility are able to keep their current doctor.

"It's a new facility but with many familiar faces," Hamp says. "It's the people our patients recognize. Anything we can do to take the stress off these patients, we're doing it. The continuity of care really makes a difference for them."



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