

MAY 2013

CheckUP

Reaching Back

This stone has a
story to tell, page 10



A PASSION FOR BETTER MEDICINE.™



Meeting Every Challenge

Our team always pulls together in times of crisis



An event like our hospice team experienced in March makes you stop and reflect on the fragility of life and power of human relations. Our love and connection to the people closest to us can be inspiring and uplifting. Sadly, it also has the ability to spur behavior we cannot otherwise imagine or think is even possible.

Comforting and caring for people as they near the end of life requires a unique blend of empathy, instinct and education. Our hospice team is as good as they come. Yet, there will

always be circumstances and situations that cannot be anticipated. Facing such a crisis, our team acted swiftly and admirably, as evidenced by the outpouring of support that arrived from across our region and nation.

It was the kind of performance under pressure I've come to expect from colleagues across our health network. As health care providers, we are by nature people of compassion. Many of us deal with life and death situations every day, and that compassion shines through, regardless of the challenge.

Some of those challenges we plan for and are prepared to meet. Others require us to act in a split second. What remains consistent is our respect, teamwork and deep commitment to our fellow human beings. Decisions are made not for recognition or reward, but rather, out of concern for one another and the patients and families we serve. That's why I am incredibly proud to call you my colleagues.

Without a doubt, we have hurdles to overcome and improvements to implement in order to make our health network an even safer and better place to work. I promise you these issues are being addressed with the same compassion, diligence and expertise you exhibit each day.

*Terry Capuano, RN
Chief Operating Officer*

INSIDE THIS ISSUE

Helping You Get and Stay Healthy 3
Culture of Wellness news

Set Your Sights on Our Goals 4
You can help us surpass them

Nursing at Its Best 6
Our Friends of Nursing Award recipients

Meet the SELECT Faculty 8
Educators' medical school vision

Rock of Ages 10
Stone connects Paul Evans and his father

Service Star of the Month 11
Traci Stahl, CRNP, meets everyone's needs

Be an Advocate 12
Get prescription refills in the mail

A Guide to Our Care 13
Innovations in breast cancer care

What's Happening 14
Win IronPigs tickets

PRIDE in Our People 15
Doll makers help diabetic children

Service Anniversaries 16
Colleagues celebrate their years of service

Helping You Get and Stay Healthy

Learn about changes to your Culture of Wellness benefits

Our health network is committed to helping you stay healthy through Culture of Wellness. Here's a snapshot of how you can learn about programs and improve your health.

What's covered under Culture of Wellness?

Colleagues and dependents covered by Choice Plus have \$700 per family to spend annually on approved wellness classes, fitness center membership, massage therapy and health assessments. How will you spend your money? Check out your options in the new Culture of Wellness booklet, available on the intranet at www.lvhn.com.

Introducing LVHN Fitness

Our Healthy You Fitness Centers have a new name. They're now called LVHN Fitness. Inside each location (LVHN Fitness–Cedar Crest, LVHN Fitness–Muhlenberg and LVHN Fitness–Mack Boulevard) you'll find a dedicated, professional staff focused on getting you in shape. Whether you're a weekend warrior or an elite athlete, a person recovering from a health challenge or someone managing a chronic health condition, LVHN Fitness can help. Services include:

- Full array of cardiovascular, strength and functional equipment
- Group fitness classes
- Personal training
- Fitness assessments
- Massage therapy
- Sports performance

By joining LVHN Fitness, you can participate in group classes such as zumba, yoga and line dancing. Membership is covered under Culture of Wellness. Certain requirements must be met before you are reimbursed.

Taking athletic ability to the next level

Are you ready to get into the best shape of your life? Our Sports Performance Program can help you reach your goals. Tailored to fit individual needs for injury prevention, mobility, strength, speed, agility and conditioning, the program is available for all ages. Whether you want to go solo, sign up with a few friends, take a group class, or sign up as a team, we have options that will work for you, including:

- Team performance packages
- Peak performance packages
- Individual and group performance training sessions
- Baseline testing and program updates

Sports performance training is covered by Culture of Wellness. For details, call **610-402-5705**.

The art of mindfulness

Life is stressful. Our Center for Mindfulness can help. Beginning in June, the cost of the center's Mindfulness-Based Stress Reduction Program will be reimbursed to you once you meet program requirements. It's part of your Culture of Wellness benefit. During the eight-week program you'll learn:

- Meditation
- Deep relaxation techniques
- How to recognize and modify your signs of stress
- How to work with your thoughts to help manage stress
- How to communicate more effectively
- How to prioritize self-care and build self-confidence

To register for an upcoming session, call **610-402-CARE**.

—Amy Koch



Set Your Sights on Our Goals

How you can help us surpass them

Like a marathon runner determined to cross the finish line faster than ever before, we're driven to achieve our goals. When we meet or surpass our goals, you're at your best, our health network is strong and the people of our community receive exceptional care.

Our goals are related to our five fundamental priorities: people, service, quality, cost and growth. Your department has goals that support each of the five priorities. How your department performs contributes to whether or not we meet our health network's overall goals.

"That's why it's important for colleagues in each department to meet regularly, review their goals and discuss ways to ensure they're met," says SPPI director Dale Lucht.

Here's a status report on our overall goals. Green numbers show where we're strong. Red numbers indicate opportunities for improvement. See where we stand and learn how you can help us meet our goals by the end of our fiscal year (June 30).

people

SSP
BONUS

44.9%***

Percentage of Choice Plus enrollees who received a preventive health screening
GOAL: 40%

service

SSP
BONUS

88.50***

Patient satisfaction score (Press Ganey and HCAHPS)
GOAL: 89.04

quality

84.85%***

Percentage of patients who received education to quit smoking when needed
GOAL: 76.23%

Level of organizational and job engagement: Results to come from 2013 Employee Survey
GOAL: Higher than 50% of health care organizations similar to ours

• Only the health portion of the people goal is linked to the Shared Success Plan (SSP) bonus.

cost

SSP
BONUS

\$14,884**

Cost per case (lower is better)
GOAL: \$14,949

17.70*

Monthly readmission rate
GOAL: 18.05

10*

Core measures achieved per month
GOAL: 9

SSP
BONUS

The awarding of the SSP bonus is contingent upon us meeting these three goals by the end of the fiscal year. Read June's CheckUp for the latest numbers.

*As of December 2012 **As of January 2013 ***As of February 2013



growth

47,562***

Inpatient admissions

GOAL: 47,032

339,655***

Outpatient registrations

GOAL: 359,399

932,799**

LVPG visits

GOAL: 848,713

How You Can Help Meet Our

goals

Take the Employee Survey.

The deadline has been extended to April 30.
Visit the intranet at www.lvhn.com and click the
Employee Survey banner ad.

Get a preventive health screening.

Then visit WebSAL.com and complete the "LVHN
Preventive Screening Form."

Practice AIDET.

It puts patients, families and colleagues at ease,
builds trust and helps you provide the best possible
experience.

Engage and encourage colleagues to engage.

Practice what you learned in Crucial Conversations®
Forums, the Trustworthy Leader Series and
The Great Employee Handbook.

Work efficiently.

Look for and share ways to eliminate waste in your
department, and take action to change.

Be a role model and advocate.

Use our health network's services when you need care
and encourage people you know to do the same.

Remember the four ways we want to be.

It will help you build or restore time, trust and
teamwork.

BE present

Focus on patients, colleagues and our mission.
Listen. Live in the moment.

BE positive

Have a good and caring attitude. Offer support.
Smile and have fun.

BE engaged

Connect with patients and colleagues.
Communicate. Share and care.

BE accountable

Act as a role model. Take responsibility and
ownership. Be a respected team member.



— Rick Martuscelli —

Nursing at Its Best

Annual Friends of Nursing celebration highlights our caregivers

The annual Friends of Nursing event recognizes and promotes excellence in nursing practice, education and research. It honors all nurses and clinicians at our health network, including those who were nominated for and those who are recipients of Friends of Nursing Awards.



Medical Staff
Administrative
Partner Awards
Maria del Pilar London,
Adult Psychiatry



**Debra Rice, Regional
Heart Center Medical**



Keri Fegley Suchy
Award for Excellence
in the Delivery of
Ambulatory Care
Christine Heffernan,
Radiation Oncology,
LVH-Muhlenberg



The Robert Lurig
Memorial Award
for Excellence in
Burn Care
Katrina Schafer,
Regional Burn Center



Cancer Services
Leadership Council
Excellence in Cancer
Care Award
Sarah Lichtenwalner,
Multipurpose Area,
Cancer Center,
LVH-Muhlenberg



Fleming Nursing
Caring Awards
Stacy Michalik,
Trauma Neuro ICU



Lori Ann Dietz Fontaine,
Inpatient Hospice



Award for Excellence
as a Case Manager
Jonelle Pionegro,
Case Management



Pulmonary
Associates Award for
Excellence in Critical
Care Nursing
Andrea Tewari,
Cardiac ICU



William F. Ihrie Jr.
and Elizabeth A. Ihrie
Digestive Sciences
Award
Joan Collette, GI Lab



Jeffrey J. Hitchings
Award for Excellence
in Education
Jennifer Trubilla,
Dialysis



The Florence
Nightingale
Exemplary
Professional Practice
Award
**Tiffany Epting, Clinical
Staff Development**



Alma W. Holland
Award for Excellence
in Home Care
Nursing
**Tara Mertens, Lehigh
Valley Home Care**



Joseph and Judith
Kaminski Award for
Excellence as a
Float Nurse
Timothy Kelly,
Float Pool



Medical Staff
Licensed Practical
Nurse Award
**Ruth Ocasio, Radiation
Oncology**



Dr. and Mrs. Donald
H. Gaylor Medical-
Surgical Nursing
Award
Tracy Gemberling, 6T



Award for Excellence
in Neuroscience
Nursing
Christina Merrell,
Neuroscience ICU



Award for Excellence
as a Nurse Preceptor
**Donna Hill, Intervent-
ional Progressive
Coronary Unit**



Dr. Peter and Ruth
Keblish Award
for Excellence in
Orthopaedic Surgical
Nursing
Emily Sorrentino, 5C



Allentown Hospital
School of Nursing
Alumni Association
Award for Excellence
in Palliative Care
**Jacaline Wolf, OACIS
Services**



Josephine Ritz, RN,
Nursing Award for
Excellence in Patient
and Family Teaching
**Borna Oriko, Regional
Heart Center Medical**



M.G. Asnani, MD,
Award for Excellence
in Pediatric Nursing
**Jane Nemeth,
Neonatal ICU**



Joseph J. Prorok,
MD, Award for
Excellence in
Perioperative Nursing
**Andrea Jones,
Operating Room,
LVH-17th Street**



Award for Excellence
as a Pharmacist
**Leroy Kromis,
Pharmacy**



Allentown Anesthesia
Associates Post-
Anesthesia Care
Nursing Award
**Maria Elsa Plamenco,
Post Anesthesia Care
Unit, LVH-Cedar Crest**



Professional
Excellence Council
Physician Friends of
Nursing Award
**Darryn Shaff,
Interventional
Radiology**



LVHN Department
of Legal Services
Award for Excellence
in the Promotion of
Patient Care
**Jessica Rush,
Hospital Medicine,
LVH-Muhlenberg**



The Bill and Nancy
Mason Award
for Excellence
in the Delivery
of Rehabilitation
Services
**Michael Pechulis,
Physical Therapy**



Medical Staff
Technical Partner
Awards
Vivian Izquierdo, 7A



Brian Spadt, 6T



Medical Staff Award
for Excellence in
a Care Delivery
"Technician" Role
**Pamela Stauffer,
Operating Room,
LVH-Cedar Crest**



Kathy Mundt-Bulla
Memorial Award
for Excellence as a
Laboratorian
**Patricia Evans,
Health Network
Laboratories**



John M. Eisenberg,
MD, Award for
Excellence as a
Student Nurse
**Jasmine Rodriguez,
Cedar Crest College**

Team Award Recipients

Fleming Award to Recognize
New Knowledge, Innovations and
Improvements
**Emergency Department Staff of
the Rapid Assessment Unit,
LVH-Muhlenberg**

Commitment to Patient Safety
Award
5C Skin Integrity Team

Fleming Award to Recognize a
Department Which Promotes
Family Presence
Inpatient Hospice

Fleming Award to Recognize a
Department Which Demonstrates
a Commitment to Structural
Empowerment
Neuroscience ICU

Senior Management Council
Patient Satisfaction Award for
Inpatient Care
Regional Burn Center

Lehigh Valley Health Network
Board of Trustees Patient
Satisfaction Award for Ambulatory
Services
Gynecology Oncology Specialists

Betty E. Andersen, RN, Award for
Professional Nursing Certification
Dialysis Unit

*Magnet™ names and logos are
registered trademarks of the American
Nurses Credentialing Center.*

Meet the SELECT Faculty

Three educators share their vision and excitement as the first class arrives

SELECT Scholarly Excellence.
Leadership Experiences.
Collaborative Training.
Experiences for a lifetime. A network for life.™



After two years of study at University of South Florida's Morsani College of Medicine, the 18 students in our first SELECT class will arrive here May 6. For the past several months, colleagues have been developing curriculum and designing this unique medical school program that emphasizes the development of physician leaders.

Students in SELECT (Scholarly Excellence. Leadership Experiences. Collaborative Training.) will learn from highly qualified faculty mentors, physicians who have been caring for our community as LVHN colleagues for years. Meet three members of the SELECT faculty and learn why they're excited for the arrival of the first class.



Kristin Bresnan, MD

OACIS Services (palliative care)

ROLE WITH SELECT: Direct courses in value-based care, part of the SELECT emphasis on professional development coaching.

EXPERIENCE: Board-certified in family medicine, hospice and palliative medicine. Received her medical degree from Temple University School of Medicine. Has been teaching since her residency days at Lehigh Valley Hospital.

GOAL: Develop health care leaders and stress the importance of the patient-doctor relationship.

GETTING STARTED: "I can't wait to meet the students. There's a lot of work to do and a lot of course-building as we go, but it's really an exciting time for all of us."

Eugene York, MD

LVPG Hospital Medicine at LVH-Cedar Crest

ROLE WITH SELECT: Direct department of medicine courses, including inpatient hospital rotations, outpatient services at family practices and clinical specialty education in medicine, surgery, pediatrics, OB/GYN and neuropsychiatry.

EXPERIENCE: Board-certified in internal medicine. Was chief resident at Polyclinic Medical Center in Harrisburg, Pa., before coming to LVHN. Received his medical degree from Universidad C.E.T.E.C., Escuela de Medicina in Mexico City, Mexico. Has been teaching for more than 30 years.

GOAL: Give each student a syllabus with specific details about what to expect and guide them along in their progress.

GETTING STARTED: “We’re doing something no one else has done before. With LVHN’s longstanding commitment to community care, it makes sense that we’re rising to this challenge.”



Dale Dangleben, MD

Surgical Specialists of the Lehigh Valley

ROLE WITH SELECT: Direct courses regarding administrative, leadership and organizational skills as related to surgical situations.

EXPERIENCE: Fellowship-trained in trauma/critical care. Board-certified in surgery and surgical critical care. Received his medical degree from Pennsylvania State University College of Medicine. Has been teaching since his first job as a high school science teacher in the Caribbean.

GOAL: Develop and implement technology that gives students immediate access to information and learning materials using web and mobile applications.

GETTING STARTED: “We’ll be dealing with a new generation of learners. They don’t want big books. They want information in a precise and concise manner. Using the web and apps along with traditional educational materials will make a real difference.”

—Ted Williams



Rock of Ages

Stone from Lehigh Valley Hospital–Cedar Crest stairwell connects father and son

The ritual was subtle, yet tender. Every time Paul Evans reached the bottom of the Pool lobby staircase at Lehigh Valley Hospital–Cedar Crest, he gently tapped the adjacent stone wall that was the building’s original facade. It’s also the exact spot his father – and hero – waited for rides home when he worked at the hospital years earlier.

“He’s the reason I’m here today,” says Evans, a certified registered nurse anesthetist who joined our health network in 1986.

Mike Evans, who passed away in 2005, was a familiar face around the hospital during the 1970s, 80s and 90s. An orthopedic technician, he set up trac-

tion equipment and was responsible for casting in the emergency room. Regardless of the setting, his true specialty was providing inspiration. “My father had a kind heart and wonderful sense of humor,” Evans says. “He inspired his patients to get better and inspired me to pursue a career in health care.”

Mike began working at The Allentown Hospital (now Lehigh Valley Hospital–17th Street) as an orderly in 1937. He was an army medic during World War II and later held positions at various hospitals. While working for an Allentown orthopedic surgeon in 1973, he took care of health network founder Leonard Parker Pool. Pool was so impressed, he recruited Mike to help

set up his new hospital’s operating and emergency rooms. “Dad stood at Mr. Pool’s shoulder to welcome the very first emergency room patient,” Evans says proudly.

Mike loved being outside, so he chose to walk the four-plus miles – rain or shine – to the hospital from his downtown Allentown home. At the end of his shift, he would wait for a ride home by the building’s front entrance, which was later enclosed when the hospital expanded.

When Evans learned the original wall was scheduled to be partially dismantled and covered by drywall during the ongoing Pool lobby renovations, he asked for a piece. “They offered me the whole wall,” he says with a chuckle, “but all I needed was one stone.”

That stone now sits in the garden of the Lower Macungie home Evans shares with his five children. Surrounded by plants, it represents the things their grandfather loved most: being outdoors, his family and home, and a hospital that allowed him to touch so many lives. “It’s a fitting symbol,” Evans says. “My dad’s legacy of love has come full circle.”



... he gently tapped the adjacent stone wall that was the building’s original facade.

– Gerard Migliore

Service Star of the Month

Traci Stahl, CRNP, Pulmonary Associates of LVPG

Nominated by Beth Turoscy, RN, Nicholas Stendell, RN, Jackie Butsavage, RN, Sara Page, RN, Alyssa Hartman, RN, and Kristina Houck, RN, neuroscience intensive care unit



Visit Mission Central

Read the stories of our Service Star nominees:

Deb Stupak, RN, Jennifer Trubilla, RN, Judy McGovern, RN, Tatyana Yemelyanova,
Hemodialysis Center

Sharon Kromer, RN, TeleHealth services

Leigh Ann Ryan, home care and hospice

Megan Wirth, RN, Mary Grace Richard, RN,
emergency department, Lehigh Valley Hospital–Cedar Crest

Melba Fenstermacher, post-anesthesia care unit, Lehigh Valley Hospital–Cedar Crest

Lillian Hendry, RN, emergency department, Lehigh Valley Hospital–Muhlenberg

Stephanie Rasley, emergency department, Lehigh Valley Hospital–Muhlenberg

Kelly Wolfenden, RN, cardiac intensive care unit, Lehigh Valley Hospital–Cedar Crest

Laurie Cartwright, RN, emergency department, Lehigh Valley Hospital–Cedar Crest

Things to remember when nominating a Service Star:

- Choose a colleague or team of colleagues.
- Tell a story. Specifically explain how the colleague or team did something extra special.
- You don't have to provide direct patient care to be a Service Star. All colleagues and teams can be nominated.

To nominate a Service Star:

- Visit www.lvhn.org
- Go to the "Find Fast" box
- Click "Service Star Nomination"



As night shift began, the neuroscience intensive care unit (NSICU) team received a patient with a severe brain bleed who needed to be stabilized. At the same time, another patient became unstable when his blood pressure dropped drastically. Because of the complexity of the patients' conditions, the team members thought they were in for a challenging night.

Traci Stahl, CRNP, was up for the challenge. As a member of Pulmonary Associates of LVPG who was working with the NSICU team, Stahl calmly handled the situation with professionalism. For the first five hours of the shift, Stahl went from patient to patient. She ordered tests and medications, inserted IV lines and always stayed one step ahead to ensure the patients were safe and stable.

Then bad news – a CT scan showed the patient with the brain bleed would not survive his injuries. Stahl sat with the family to discuss what had happened and explain their options. They decided to withdraw care. Stahl stayed with the family, comforted them and assured them their loved one would be comfortable and at peace. In the early morning after the patient passed away, the patient's wife personally thanked Stahl for her time, compassion and support.

In its nomination letter, the NSICU team writes, "Traci was on top of everything. When she is working, everyone feels a sense of relief. Not only is she quick and reliable, she also is extremely intelligent and a great resource for us."

—Matthew Burns

WELLNESS ROLE MODEL

ROSE WOODSIDE, RN



When Rose Woodside, RN, was diagnosed with a possible torn rotator cuff that developed into a frozen shoulder, she was frightened and in pain. Her doctor and physical therapist encouraged exercise at LVHN Fitness to help her heal. Woodside credits exercise physiologist Jess Bem with being her source of encouragement and support. “When I struggled with exercises, Jess would get down on the mat with me to guide and encourage me,” Woodside says. “There were times I was ready to give up, but she gave me the confidence to continue.” As a result, Woodside’s condition improved significantly, and her pain is only a bad memory. “We’re fortunate to have people like Jess and LVHN Fitness available to us,” says Woodside.

- ▶ For a list of Culture of Wellness programs, visit the intranet (lvh.com) and click the Culture of Wellness booklet banner ad.
- ▶ To register for Culture of Wellness programs, call **610-402-CARE**.
- ▶ Get a health screening and enter to win a prize. Complete the “LVHN Preventive Screening Form” at WebSAI.com.

Get Your Prescription Refills in the Mail

You can now sign up with Health Spectrum Pharmacy Services to have prescription refills shipped to your home. It’s a new service available to all colleagues and Health Spectrum Pharmacy Services customers. After you sign up for the service, simply indicate that you want your prescription shipped when you reorder your prescription online or via phone. You’ll then receive an email with a tracking number, and your medication will arrive in two to three days. You are responsible for shipping charges, which are based on U.S. Postal Services rates. New prescriptions and refrigerated items will not be shipped, and shipped prescriptions cannot be returned.

Orthopedics Moving to Kasych

Lois Guerra and her staff can’t wait until May 19. It’s when the orthopedics unit will move from 5C in the Pool Pavilion to 7K in the Kasych Family Pavilion. “The difference will be like night and day,” says Guerra, the unit director. 7K will have 30 private rooms, compared to 32 double-occupancy rooms in 5C. Each room will have a private bathroom and a freezer for ice packs, while 5C has common bathrooms and one unit freezer. Having special features to accommodate the needs of patients who need a total joint replacement, 7K will have a large therapy gym with a car simulator and a bathtub for teaching patients access while recovering. Twenty-four of the rooms on 5C will serve medical-surgical patients while renovations are made on the remainder of the unit.

TO SIGN UP:

- Print a registration form at **LVHN.org/pharmacy**
- Drop off the completed form at any of our pharmacies, located in each of our hospitals

YOU WILL NEED TO PROVIDE:

- Flexible spending account and/or credit card information
- Email address
- Phone number
- Shipping address

A Guide to Our Care



I Pink I Can!

Come learn about the latest news in clinical and imaging breast cancer detection and appropriate treatment at one of our annual I Pink I Can events. All events are 12–1 p.m. and include a box lunch, giveaways and raffles. Call **610-402-CARE (2273)** to register.

Monday, May 6: LVH–Cedar Crest ECC rooms 6 and 7

Friday, May 17: LVH–17th Street auditorium

Wednesday, May 29: LVH–Muhlenberg ECC rooms B and C

Special Speaker to Kick Off EMS Week

Local emergency medical services (EMS) providers are invited to an educational and emotional event to begin EMS Week. Comilla Sasson, MD, was one of two emergency physicians working in the ER the night of a mass shooting in an Aurora, Colo., movie theater. Sasson, an assistant professor at University of Colorado School of Medicine, will discuss the lessons learned from that tragic night at a free event on Monday, May 20 in the Kasych Family Pavilion's Medical Imaging rooms 6, 7 and 8. Dinner will be served at 6 p.m. Sasson will speak at 7 p.m. EMS providers can register online at emi-lvh.net.



Specialized Home Care for Children

Lehigh Valley Home Care has a dedicated staff of pediatric clinicians to help children and their families make the transition from hospital to home as seamless as possible. Home care services include non-ventilator respiratory care, tube feedings, venipunctures, physical therapy and detailed education about medications, treatments and home exercise. Our pediatric home care specialists help families take a larger role in assisting in a child's recovery, as well as in promoting future growth and development.



Joseph Feliciano, MD



Melvin Steinbook, MD



Jason Sommer, PA

Urology Care Available in Northampton County

On March 1, a new Lehigh Valley Urology Specialty Care practice opened at Lehigh Valley Hospital–Muhlenberg. Urologic oncologist Joseph Feliciano, MD, who had been practicing at Lehigh Valley Hospital–Cedar Crest and specializes in robotic surgery, joins urologist Melvin Steinbook, MD, and physician assistant Jason Sommer on the practice's team. With its latest addition, Lehigh Valley Urology Specialty Care, an affiliate of Lehigh Valley Physician Group (LVPg), now offers urology care in Berks, Lehigh and Northampton counties.

Advanced Spine Center Accepting Patients

Our Advanced Spine Center provides an approach to spine care that is unique in our region. Once referred to us, a patient meets with nurse navigator Carol Fox to begin the process of diagnosis and coordinating care with members of our spine team. Based on the diagnosis and an individualized plan of care, patients may see a physiatrist (Chirag Kalola, MD), receive physical therapy or pain management care (Bruce Nicholson, MD), chiropractic care (Gary Tarola, DC), or surgical care (Chris Lycette, MD). The Advanced Spine Center has offices at 1250 S. Cedar Crest Blvd., Allentown, and 1770 Bathgate Road, Bethlehem. It is open to patients with all types of spine problems and is accepting patients.

WHAT'S HAPPENING

Fourth Quarter Core Bundle on TLC

The fourth core bundle of fiscal year 2013 will be released on The Learning Curve (TLC) in early May and must be completed by June 30. The bundle focuses on Occupational Safety and Health Administration (OSHA) standards. Based on your job responsibilities, you'll be assigned the patient contact or nonclinical version of the bundle.

To access the bundle, click the TLC icon on your SSO toolbar. Your assignment will be listed in the "To Do" list on your learner home page. This is the final bundle of fiscal year 2013. Release and deadline dates of fiscal year 2014 bundles will be published in CheckUp.



FREE IronPigs Tickets

Besides exciting baseball, a Lehigh Valley IronPigs game always includes an enticing lineup of fun activities and surprises. So don't swing and miss at your chance to win two free tickets to the July 18 game versus the Columbus Clippers. Our health network is sponsoring the game, so you and a guest also will enjoy a free, all-you-can-eat buffet on the PPL picnic patio, 6-8:30 p.m. To register, call 610-402-CARE now through May 17. Through random selection, 250 lucky colleagues will receive tickets. Look for the list of winners on Mission Central in late May.

New Tools for Time and Scheduling

As LVHN has grown to include more than 12,000 colleagues, so too has the need to be more efficient with payroll and scheduling. As a result, LVHN is working with API Healthcare to create these new tools that will help colleagues:

Time and Attendance – This will replace the current "time entry" section of Lawson. In this system:

- All nonexempt (hourly) colleagues will use a badge swipe or computer to record time worked.
- All exempt (salaried) colleagues will record their nonproductive time (PTO, sick, jury duty, bereavement leave) on their computer.
- Colleagues who work outside an office or hospital setting will use a telephone system to record time.

Staffing and Scheduling – This will be used by colleagues who currently use Ansos OneStaff. It's a web-based system that will allow colleagues to view unit schedules and open shifts from work or home.

These tools will be piloted by a group of 250 colleagues starting in October and eventually will be implemented network-wide. Check email, CheckUp and Mission Central for future details.

Schedule

For more details on classes (including times, locations and costs), call **610-402-CARE** or visit **LVHN.org** and click "Programs and Events."

Culture of Wellness

May 1, 5, 13 and 26 – Maternity Tour – **FREE**

May 1 – Secrets to Staying Patient and Calm Parent Workshop

May 4 – Baby Care, One-Day Class

May 5 and 19 – Sibling Tours – **FREE**

May 6, 8 and 16 – Postpartum Support Group (Understanding Emotions After Delivery) – **FREE**

May 7 and 29 – Car Seat Check – **FREE**

Starting May 7 – Parenting, Five-Week Series

May 9 and 20 – Breastfeeding Class

May 10 and 11 – Preparing for Childbirth, Friday-Saturday Class

May 13 – CPR Family and Friends

Starting May 14 – Preparing for Childbirth and Baby Care, Six-Week Series

May 15 – Preparing for Childbirth, Refresher Class

May 16 – Managing Sibling Rivalry Parent Workshop

May 18 – Preparing for Childbirth, One-Day Class

May 20 – Becoming New Parents Workshop

May 23 and 30 – Baby Care, Two-Week Series

May 25 and 26 – Preparing for Childbirth, Saturday-Sunday Class

Recreation Committee

Oct. 6-11 – Key West, Fla.

Contact Nicole Maranki (610-402-0155) for details.

Employee Discounts

Save 20% at Scrubeez with your ID.

Blood Drives

May 29 – LVH-17 auditorium, 7-11 a.m.

Vascular Screenings

May 16 – Peripheral Vascular Surgeons, 1-4:30 p.m. Call 610-402-CARE to register.

VALIC – The Investment Planning Seminar

To register, visit <https://my.valic.com/SeminarRegistration> and enter the code.

May 1 – Mack code: LVHALL11AY

May 14 – LVH-CC code: LVHALL11AU

May 15 – LVH-M code: LVHBET11AN

May 16 – LVH-17 code: LVHALL11AQ

All seminars are 12-1 p.m.

LVH-CC Auxiliary Events

Eight-Week Raffle

May 2–June 20 – Tickets available in the LVH-CC and LVH-17 gift shops. Cash prizes.

\$5 Jewelry Sale

May 7 (1-6 p.m.), May 8 and 9 (7 a.m.-6 p.m.), and May 10 (7 a.m.-4 p.m.)

Jaindl Family Pavilion, upper level



Comfort From a Cuddle

A diabetes diagnosis can be terrifying for a young child, and a colleague's mother and some friends are helping to ease those fears. "Project Cuddles" is an informal effort to create hand-knitted dolls for young patients receiving diabetes education at the Helwig Health and Diabetes Center. Sarah O'Hara (standing in photo), a Sodexo clinical dietitian at Helwig, engaged (sitting, from left) Geraldine Smith, Norma Harris and O'Hara's mom, Kathleen Lawson, to help create the free dolls. Marked with the proper injection points, the dolls help children overcome their fear of testing and daily insulin treatments.

She Named That Vulture

It's official. The turkey vulture that regularly sits outside Mack Boulevard's windows is named "Macksimillion." Administrative partner Tonya Galban came up with the name. More than 1,500 colleagues voted in a "Name That Vulture" poll on Mission Central. The majority of voters, 34 percent, think "Macksimillion" is perfect. The name is derived from the Latin "Maximus" meaning "the greatest," which we are. For coming up with the most popular name, Galban won a Sodexo gift card and will go down in LVHN history as the colleague who named Macksimillion.



Interior Decorators

Thanks to donor funds, our staff lactation rooms are now more pleasant and comfortable. A committee of colleagues, including Katie Mercadante, selected and installed decorations for the rooms on their own time. Now the rooms are painted in calming pastel colors, set off by artwork and sayings about babies and parenting. There is one staff lactation room at each of our hospitals and Mack Boulevard so breast-feeding mothers have a private place to go when they need to express breast milk while at work. Each room was customized by colleagues who work at each location.

'At Your Best' Book Club

Perhaps you haven't had time to read The Great Employee Handbook, which provides tips to help you work best with your supervisor, colleagues, patients and their families. Chief operating officer Terry Capuano understands. Her suggestion: Start a book club. That's what she did with Marion Nole (right), Leona Onushco-Hardner and other executive assistants in the management suite. Each club member read a section and shared important points with the group. For tips on how to start a book club in your department, visit Mission Central and search "Book Club."



Name That Dermopath

A team of residents from our dermatology division created some "March Madness" of their own by winning the 7th annual Dermopath Bowl at the American Academy of Dermatology annual conference in Miami. The 48-team field competed by viewing slides (depicting skin disease at a microscopic level) and providing the correct diagnosis. Our victorious journey through the bracket included victories over UMDNJ, Yale, Thomas Jefferson and SUNY Downstate. The champs (l-r: Luis Soro, DO, Marie Lewis, DO, Tatyana Groysman, DO, and Christian Oran, DO) received a crystal vase and stipend for their residency program.

A Visit From Dax

The pediatric inpatient unit of Children's Hospital at Lehigh Valley Hospital received a visit from a large yellow creature wearing a hockey jersey. Dax, the beaver mascot for the Adirondack Phantoms minor league ice hockey team, stopped by the unit to bring smiles to the patients and staff including (l-r) Alexis Newton, MD, Liborio LaRussa, MD, and Ashley Covington. In about a year and a half, Dax and the Phantoms will become the Lehigh Valley Phantoms and play at Allentown's new hockey arena.



VICE PRESIDENT, MARKETING AND PUBLIC AFFAIRS

Susan Hoffman

INTERNAL COMMUNICATIONS

Pamela Riddell

EDITORIAL MANAGER

Kyle Hardner

EDITOR

Rick Martuscelli

CREATIVE MANAGER

Teresa Colbaugh

DESIGN

Erin Parrish

PHOTOGRAPHY

Rick Sweitzer

PRODUCTION ASSISTANT

Alane Mercer

 After reading, please recycle this magazine.

Intranet: www.lvh.com • Internet: LVHN.org

Follow us on:



HAPPY ANNIVERSARY

May 2013

40 Years

Joann Lutte
OB/MFM

Susan Sanders
NICU

35 Years

Susan Collins
TNICU

Carol Guanowsky
Employee Health

Ruth Hughart
Labor & Delivery

Stella Polit
7C

Georgene Saliba
Risk Management

Vicki Spohn
Sleep Disorders Center

Leanne Stendell
Pain Management

Susan Teti
Nursing I/S

Suzanne Trinkle
ASU-PACU/OR

Sharon Wilson
Operating Room

30 Years

Denise Geiger
Labor & Delivery

Anita Kocher
Benefits Verification

Cindy Orlando
Cardiac ICU

Diane Roth
Trexlerstown Medical Center

25 Years

Michelle Brader
Pediatric Pulmonology

Kathleen Brown
Helwig Diabetes Center

James Dunkle
Engineering

Joann Gilmore
Lehigh Neurology

Craig Koller
PGME-OB/GYN

Cathy Kratzer
Nursing Float Pool

Diana Roberts
Express Admissions

Susan Smith
Medical Records

Brenda Stettler
Urogynecology

20 Years

Francis Daugherty
Clinical Engineering

Donna Grather
Concussion/Head Trauma

Debra Kleppinger
Physical Medicine

Rosemarie Marks
Medical Records

Jo Sabia
Home Care

Theresa Shelhamer
LVPG Float Pool

Melodie Wendling
Pharmacy

15 Years

Melissa Czarnecki
Pharmacy

Michael Kurinec
Imaging

Joseph Matus
Kutztown Primary Care

Jay Needle
Health Spectrum
Pharmacy

Dawn Sonon
Hamburg Family Practice

Teresa Wigoda
Emergency Medicine

10 Years

Debra Allen
Cardiology

Sherri Beck
LVPG

Holly Binnig
Bethlehem Family Medicine

Benjamin Bleiler
Imaging

Rachele Bonner
LV Anesthesia Services

Michelle Brown
Float Pool

Gwenis Browning
Patient Safety

Helen Carazo
Interpreter Services

Andrea Coleman
Electrophysiology Lab

Diane Colver
ABC Family Pediatricians

Tracy Crivellaro
TNICU

Cheryl Deily
Cancer Center

April Detweiler
Respiratory Care

Kimberly Faust
Medicine Clinics

Judith Febert
Security

Janet Gross
Muhlenberg Primary Care

Cynthia Heins
Family Health Center

Susan Henry
Case Management

Pamela Hochstrasser
LVPG

Jill Krystofinski
LV Anesthesia Services

Elizabeth McDonald
Pediatric Unit

Joanna Mendez
Cancer Financial Services

Nicole Merkle-Gilfert
Muhlenberg Primary Care

James Moffat
LV Anesthesia Services

Brian Mongrain
Trauma

Kathleen Moser
Community Health

Jeanette Moyer
Pharmacy

Robert Murphy
Administration

Andrea Nansteel
Home Care

Stephanie Nelson
Operating Room

Melissa Paul
5K

Melissa Rasmussen
4CP

Chad Roarabaugh
Regional Burn Center

Beth Rowe
Operating Room

Stefanie Schoeneberger
Case Management

Kristin Scrbacic
OHU

Alicia Seyfried
Diagnostic Radiology

Madeline Sharkey
NORI

Kathleen Sharp
SPPI

Sheyla Torres
Latino Health Initiative

Ivan Torres
Operating Room

Cynthia Umbrell
TNICU

Cynthia Wanamaker
LVPG Billing

Tracy White
LV Home Care/Hospice

Robert Williams
Operating Room

Patricia Williams
Security

Amy Yaple
7C

5 Years

David Ahn
Patient Transport

Emily Anderson
TOHU

Wanda Ayala
7A

Ashley Blackwell
5K

Nidia Bonifacio
7C

Jonathan Borger
Rehabilitation

Kathy-Ann Charter
College Heights OB/GYN

Elizabeth Cooper
6K

Geraldine D'Angelo
Muhlenberg Primary Care

Kiersten Dembicki
TNICU

Emily Edmondson
Labor & Delivery

Barbara Edwards
Coding Integrity

Charlotte Filiciotto
CECE

Paulette Guzy
ICU

Jonathan Haydt
Operating Room

Ashley Italiano
MICU/SICU

Lauren Jakubowitz
NSICU

Angela Johnson
Muhlenberg Primary Care

Samuel Jordan
Emergency Department

Chelsea Labish
7B

Courtney Landau
CT Scan

Lynn Martisofski
Adolescent Psychiatry

Donna Millan
Rehabilitation

Paul Pagoda
Central Scheduling

Kirsten Peters
Operating Room

Judith Pfeiffer
Obstetrics

Richard Pietrulewicz
Engineering

Nicholas Pileggi
Care Continuum

Autumn Pollack
Muhlenberg Behavioral Health

Jacquelyn Purfeerst
Labor & Delivery

Dana Root
TOHU

Carmen Rosario
7T

Vandana Sharma
Progressive Coronary Care Unit

Lisa Shollenberger
Gynecologic Oncology Spec.

Lia Sinatore
ICU

Victoria Sivillo
Regional Heart Center-Medical

Allyson Snik
Cardiac Float Pool

Corinne Solt
Home Care

Heather Thomas
TOHU

Jillian Thomas
Hemodialysis Center

William Trexler
Supply Distribution

Carol Trinkle
Nursing Float Pool

Bridgette Troy
Health Spectrum Pharmacy

Lynnann Ulsh
7B

Amanda Unangst
ABC Family Pediatricians

Clarence Walker
Engineering

Christopher Wilson
5C

Kristen Wismer
7C

Sandra Zawistowski
HealthWorks