

APRIL 2013

CheckUP



She Knows 'Green'

Why you should too, page 6

A PASSION FOR BETTER MEDICINE.™



Change for the Better



Enhanced teamwork helps patients return to the community faster

“You can’t step in the same river twice,” goes an old saying. It reminds us that the world around us is constantly changing – even if we don’t always notice. That’s certainly true in health care. New regulations, financial realities and clinical advancements continuously emerge. We need to stay on top of these changes, and in turn transform ourselves in order to keep making our mission possible.

I find myself thinking a lot about change lately. Twice in the past week I publicly applauded the positive changes we’ve made to reduce our acute care length of stay. In other words, we’re doing a better job getting people out of the hospital and into less intensive care settings.

It’s an effort we began nearly a decade ago with two important initiatives: Growing Organizational Capacity and Turnaround Team. A diverse group of colleagues on these teams closely examined how patients enter and move through our care continuum. I was involved in both initiatives and loved every minute of it. It was a chance to work closely with some very talented and passionate people. I’m proud to say we made great strides in improving the efficiency of the care we provide.

As innovative as those teams were, we still are striving to reduce our length of stay even further. And we’re making good progress. What’s different? The answer is teamwork. Our LVHN team is stronger than ever, thanks to a deeper commitment from our providers – physicians, nurse practitioners and physician assistants – as well as our physician leadership. I can’t overstate how game-changing their engagement has been. Your engagement is important too. That’s why we need your help in identifying ways to make our care more efficient. Working together, we can make sure patients are cared for in the right place, at the right time and with the most appropriate services.

It certainly makes financial sense for us to embrace these changes, but our motivation lies deeper. Getting people back into the community is essential to their quality of life. If you think about it from a patient perspective, it’s quite simple: There’s no place like home.

*Terry Capuano, RN
Chief Operating Officer*

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5 Things

You Should Know About Preferred EAP

Use it when life gets tough

Do you have problems at work or home that seem too much to bear? Do you wonder where to turn? That's when the Preferred EAP (Employee Assistance Program) can help.

"We provide behavioral health counseling when normal stress turns into distress, or when a bad day turns into a bad week," says Oliver Neith, Preferred EAP program director. Because our health network cares about you, we provide these services to prevent personal problems from affecting your health and well-being.

Preferred EAP can help if you have:

- ▶ Marital or relationship problems
- ▶ Depression, anxiety or stress
- ▶ A death in the family
- ▶ Difficulty with a job change
- ▶ Conflict with a colleague or family member
- ▶ Drug or alcohol addiction

Here are five things you should know about Preferred EAP so you can get the help you need.

1 It's confidential. Preferred EAP will not release any information without your consent. That means your supervisor, colleagues or family will never know you called. **To schedule an appointment, call 610-433-8550** weekdays from 9 a.m. to 4:30 p.m. You'll be offered a day or evening appointment usually within six days. If you're experiencing a crisis, you can call 24/7. You'll receive immediate help and an appointment within 24 hours.



Licensed professional counselor Carolyn Lamparella and her colleagues at Preferred EAP can help if you have a personal problem.

2 It's free. All colleagues who work more than 16 hours per week receive this benefit, as do dependents covered by Choice Plus. The benefit includes up to five sessions with a counselor per episode at no cost. The counselor will address the nature and severity of your problem, provide counseling and refer you for further counseling if necessary.

Counselors are qualified.

Each counselor is a licensed clinical social worker, licensed professional counselor or certified addictions specialist and meets the high standards of our health network. A Spanish-speaking counselor also is on staff.

4 Special sessions are available.

Free sessions are held within our health network six times a year. Upcoming topics include:

- ▶ Take Control of Your Stress, May 9
- ▶ Effective Communication and Listening, June 6
- ▶ Dealing With Conflict, July 11
- ▶ Creating a Culture of Respect by Welcoming Diversity, Aug. 22

Get more information at www.preferredEAP.org

5 It works. About 9 percent of colleagues use Preferred EAP every year. "It shows that colleagues trust us and have positive outcomes," Neith says. You'll feel satisfaction from confronting and resolving a problem, and will notice an improvement in your job performance, job satisfaction and overall quality of life.

—Rick Martuscelli

What's Next? It's Up to You



Your employee survey and employee forum feedback will guide our Mission Possible journey

Eighteen months ago, you did something special. You joined colleagues and started a cultural transformation called Mission Possible. Since then, you've been engaging in conversations, gaining skills to be at your best and exploring ways to make our health network even better.

(Read the box to see how far we've come.)

Everything we accomplished through Mission Possible is for you. "We want colleagues to be even more engaged, energized and rewarded at work," says president and chief executive officer Ron Swinfard, MD. But are you? **You can tell us by taking the 2013 employee survey April 1-18.**

What's on the survey?

The survey contains more than 40 statements about your work and our organization. You'll be asked for your level of satisfaction or agreement with each statement's topic. The survey also contains open-ended questions that allow you to offer feedback on ways we can continuously improve. All responses will remain anonymous.

Who will tabulate the results?

HealthStream, an independent consulting firm, will tabulate the results. They'll compare portions of our latest results to results from our 2009 employee survey. They'll also tell us how we compare to 345 health care organizations similar to ours.

For the first time, we have a goal related to our survey. Because we've worked so hard to be at our best, our goal is to score higher than 50 percent of the 345 health care organizations in job and organizational engagement. The goal is so important, it's linked to our Shared Success Plan bonus (SSP) this year.

How do I take the survey?

Before you begin, confirm your department's cost center with your manager. On a health network computer, visit the intranet (www.lvhn.com) and click the banner ad that says, "Take the Employee Survey." On the Internet, visit www.healthstreamsurveys.com/LVHN. Once on HealthStream's website, use the password "LVHN13" to access the survey.

How will we use the survey results?

Your feedback will be used to develop our health network's strategic plan for fiscal year 2014. We'll also use the tips you provided during employee forums about how to build or restore time, trust and teamwork. More than 10,000 ideas were recorded, analyzed and organized into themes by colleagues from the Mission Possible evaluation team.

What themes emerged from employee forums?

When talking about how to build or restore time, trust and teamwork, colleagues used words like encourage, smile, focus, try and attitude. As responses were evaluated, themes began to emerge. According to your suggestions, colleagues need to be present, positive, engaged and accountable to build or restore time, trust and teamwork.

Here are things colleagues said at employee forums that support these themes.

Be Present

"Listen to colleagues and ask for ideas. Make sure they have a voice."

"Focus on our patients. You are here to serve them."

Be Positive

"Recognize at least one good thing from each shift that made a difference."

"Acknowledge hard work. Smile. Praise."

Be Engaged

"Always try to go beyond what is expected. Never stop learning."

"Have conversations. See problems as a way to work on solutions."

Be Accountable

"Realize everything you do impacts others."

"Lead by example."

In the months ahead, you'll be seeing more of these themes – as well as our employee survey results – as we continue to transform our culture and make our mission possible.

– Rick Martuscelli

HOW FAR WE'VE COME

- ▶ You learned to see possibilities through reframing and how to build relationships through conversation.
- ▶ You need time, trust and teamwork to be at your best.
- ▶ You prefer to be called "colleague" and stand eye-to-eye with one another.
- ▶ You defined our desired culture: "Respectful communication in a safe environment where honesty and openness are valued, not punished."
- ▶ You shared tips to create time, trust and teamwork.
- ▶ You read The Great Employee Handbook, attended Crucial Conversations® forums, participated in the Trustworthy Leader Series and are visiting Mission Central to gain skills to be at your best.

Every Day Is earthday

Our latest steps to reduce waste and save the environment

Our health network is committed to being a good environmental steward. We consider our carbon footprint and environmental impact in everything we do. Here is the latest on how we're going green.

Operation 'Green Team'

Operating room (OR) colleagues started a "green team" a few years ago. Their goal? Recycle or reprocess (reuse or resterilize) as much as possible. This year, anesthesiology colleagues like certified registered nurse anesthetist Jason Makin joined the team, which is led by Rachel Wisner, RN.



12.6 tons

**AMOUNT OF BLUE WRAP
RECYCLED IN 2012**

(USED FOR SURGICAL CASES)

11.4 tons

**WEIGHT OF SINGLE-USE ITEMS
REPROCESSED WITH THE HELP
OF STRYKER SUSTAINABLE
SOLUTIONS**

\$230,000

**SAVINGS IN 2012
USING REPROCESSED
SINGLE-USE ITEMS**

In the OR, when something that could be discarded in a clear bag is placed in a red bag, an unnecessary expense is created. Here's why.

3.5¢/lb.

**COST TO REMOVE
CLEAR BAG WASTE**

(ANYTHING YOU WOULD THROW
AWAY AT HOME)

9¢/lb.

**COST TO REMOVE
ORANGE BAG WASTE**

(REGULATED MEDICAL WASTE, WHICH
INCLUDES ITEMS THAT CONTAIN A LIMITED
AMOUNT OF BLOOD OR BODY FLUID, THAT
ARE STERILIZED ON-SITE IN OUR AUTOCLAVE
UNITS AND THEN DISPOSED
OF IN LANDFILLS)

40¢/lb.

**COST TO REMOVE
RED BAG WASTE**

(CONTAMINATED MEDICAL WASTE)

Alternative fuel vans

We're getting two new vans this spring that will run on compressed natural gas (CNG). "We wanted to find a way to improve the financial and environmental impact of our fleet vehicles," says Craig Onori, vice president of support services. The vans will be piloted as part of a community partnership with Lehigh Gas, Coca-Cola and LVHN. Lehigh Gas installed a CNG fueling station on Route 309, where our vans will be filled. Our engineering team, which travels from site to site, will operate the vans.

— Amy Koch

30%

**REDUCTION OF CARBON
MONOXIDE EMISSIONS USING
A CNG VEHICLE VERSUS A
GASOLINE-POWERED VEHICLE**

40%

**SAVINGS PER GALLON
OF CNG VERSUS GASOLINE**

(CNG COSTS APPROXIMATELY
\$1.45 PER GALLON)

90%

**REDUCTION OF OTHER
TOXIC EMISSIONS USING
A CNG VEHICLE**

MEET OUR NEW SUSTAINABILITY EXPERT

We have plans to get even greener. That's why we welcomed Katie Velekei as our new sustainability specialist. A graduate of the University of Pittsburgh and the University of Exeter in England, where she obtained her degree in sustainable development, Velekei grew up in Whitehall. She loves spending time outdoors and tries to go for a run or bike ride every day.

She will focus on getting the word out about existing programs like recycling and food composting. She also hopes to strengthen initiatives like the "deans of green," which encourages each department to have a green champion. "I want to get everyone involved because we all have the power to make a difference in the environment," she says.





“We’re forerunners in
this sort of medical
education approach.”

—Jennifer McCormick

The SELECT Students Are Coming

Preparing for the arrival of the medical school program's first class

For the past several months, Jennifer McCormick has discovered how much hard work goes into being a pioneer.

"This is totally unique," says our director of medical education development, who has been preparing for the arrival of the first class of SELECT medical students. "We're forerunners in this sort of medical education approach."

In 2009, we entered into a partnership with University of South Florida's (USF) Morsani College of Medicine that created the SELECT (Scholarly Excellence. Leadership Experiences. Collaborative Training.) program. Students in the program study in Tampa for two years before coming to our health network. They spend two years living in the Lehigh Valley, focusing on clinical education and learning the full spectrum of health care inside our network. The first 18 students will arrive here on May 6.

For McCormick and her team, part of the challenge in preparing for students' arrival is that the program is a totally new venture with no track record from which to work. "We've had medical students from area schools spend four to eight weeks with us, but this is something completely new," she says. "We have things like testing and evaluation, setting up curriculum and other educational components that in our experience had always been handled by the home school. That has meant engaging our faculty and staff in training sessions and learning new software programs."

McCormick and her team have been in regular communication with USF colleagues to ensure a smooth transition. They've also been in video conferences with the students to prepare them for their arrival and beyond. "They're getting new lab coats with a specially designed SELECT logo," McCormick says. "They're pretty excited about that."

Over the next few weeks, students will be arriving in the Lehigh Valley to arrange their living quarters for the next two years. On May 6, they'll be formally introduced at a welcoming event by president and chief executive officer Ron Swinfard, MD. Then they'll dive right into classroom study, participate in medical simulations, and experience regular hospital rotations and private practice assignments.

"Part of the education is developing leaders," McCormick says. Our students will learn how to serve patients, lead a health care team and help patients navigate health care environments. They'll be learning directly from highly qualified faculty mentors and developing professional relationships they'll maintain throughout their careers.

"I'm grateful to everyone that's been involved in our preparation effort," McCormick says. "We're all really excited about what's to come."

—Ted Williams

BECOMING A DOCTOR

In the United States, the typical educational path to becoming a doctor is:



4 years in college



4 years in medical school

Upon graduation, you receive an MD (medical doctor) or DO (doctor of osteopathic medicine).



3 years residency

You are a doctor who practices under the supervision of more experienced doctors.



1+ year fellowship (optional)

A higher level of education in a specific specialty

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



New in the NICU

How we're providing patients and families safe, innovative, patient-centered care

There's a lot happening in our neonatal intensive care unit (NICU) these days. New technology is helping babies born with a high risk for neurological problems. Cool cameras are keeping families connected. The NICU also started using a new visitor verification process to keep patients, families and colleagues safe. Here's the latest NICU news.

Visitor verification

The NICU is one of seven Lehigh Valley Hospital–Cedar Crest units to recently implement a visitor verification process. All visitors, including family members and LVHN colleagues, must now present a visitor badge in order to visit patients on these units. “We want to keep our moms and babies safe,” says Mary Bianchi, vice president for women’s and children’s services.

Visitor badges are provided at the main lobby welcome desk in exchange for a valid ID. (Colleagues may exchange their LVHN-issued ID badge for a visitor badge if they have no other form of identification available. If you are carrying out routine LVHN business, such as dropping off a package or coming to test or treat a patient, you do not need a visitor badge.)

OTHER UNITS REQUIRING VISITOR VERIFICATION:

- ▶ Transitional trauma unit (TTU)
- ▶ Pediatric intensive care unit (PICU)
- ▶ Labor and delivery
- ▶ Perinatal unit
- ▶ Pediatric inpatient units 4A and 4B
- ▶ Mother-baby unit

Cool cap treatment



Liam Nagy was born after an emergency C-section at another hospital and rushed to our NICU. He suffered

from a condition called neonatal hypoxic-ischemic encephalopathy (HIE), which means oxygen was not getting to his brain properly. He received a treatment new to the NICU called therapeutic hypothermia. His core temperature was lowered by applying the Olympic Cool Cap system to his head. This therapy provides hope for reducing the severity of a newborn’s potential neurologic injuries. Liam, son of Justin and Jeanine Nagy, has amazed caregivers with his positive progress since being released from the NICU.

BabyCam a big hit



Since December, parents like Jacelia Cruz and Samuel Colon have been able to watch their babies in the NICU 24/7 through a live video stream shown on a secure website. BabyCam was developed by the University of Arkansas for

Medical Science so families and friends can have access to an infant they can’t be with in person. Currently, nine beds in the NICU have mounted cameras and six more are expected to be added later this year. In the first six weeks of BabyCam, 28 families watched children for more than 6,000 hours. One family logged 800 hours by streaming the video to a TV set and leaving it on.

– Gerard Migliore and Ted Williams

Service Star of the Month

Gregg Block, 5T case manager, Lehigh Valley Hospital–Muhlenberg

Nominated by Kathy Scott, RN, case management, Lehigh Valley Hospital–Muhlenberg



Visit Mission Central

Read the stories of our Service Star nominees:

Matt Bowers, clinical engineering

Labor and delivery night shift team

Carolyn Ordway, cardiac intensive care unit

Tonya Galban, float pool

MaryKate Myer, RN, transitional trauma unit

Kimberly Reinart, RN, peripherally inserted central catheter team



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."

A patient with late-stage cancer had one last wish – to marry his fiancée. Gregg Block, case manager on Lehigh Valley Hospital–Muhlenberg's 5T, was determined to make his patient's wish come true, even though physicians advised that time was running short. If the patient was going to be married, it would need to happen by the weekend, which was only four days away.

The patient was weak and too sick to leave the hospital to go to the courthouse. So Block talked with pastoral care colleagues for advice. He learned you could call the county clerk's office and request that the marriage license waiting period be waived. You also can ask the clerk to deliver the marriage certificate to be signed.

The patient's fiancée made the call. She learned they needed a letter signed by a physician that states the extent of the patient's condition. Block wrote the letter on the patient's behalf, sent it to his oncologist for a signature and faxed it to the courthouse. Unfortunately, the request was denied because the letter did not specifically state that the patient couldn't walk into the courthouse.

Now it was crunch time. It was 3 p.m., and the request had to be submitted before the end of the day. Furthermore, the patient was being discharged the next day, and the wedding was scheduled for the following day.

Block quickly rewrote the letter and sent it to be signed. But when the signed letter returned, Block realized it was the wrong draft. He ran through the hospital to hand deliver the correct letter for the oncologist's signature. With five minutes to spare, Block sent the letter to the county clerk's office. Just before the patient was discharged, the county clerk arrived at his bedside with the marriage certificate.

Thanks to Block's efforts, his patient was married the following day. "Gregg was a big part of granting this patient's final wish," says nominator Kathy Scott, RN. "I'm very proud to work with Gregg. He regularly goes above and beyond for his patients and our team. He doesn't hesitate to help whomever he can, however he can, whenever he can."

—Matthew Burns

Batter Up

Our partnership with the Lehigh Valley IronPigs highlights the importance of exercise and other healthy habits. Here is our 2013 event lineup:

- **Kids Run the Bases**
Children take the field for an unforgettable dash around the diamond.
- **Education Game Days**
Thousands of area school-age children learn about health and safety.
- **Health Fair Night**
Interactive and informative booths are stationed throughout Coca-Cola Park.
- **Game Sponsorship Night (500-person picnic)**
Lucky colleagues (and their guests) enjoy baseball and a buffet.
- **Cover Design Contest**
Children submit drawings for "Pork Illustrated," the IronPigs game-day program.

Visit www.LVHN.org/IronPigs for dates and other details.



WELLNESS ROLE MODEL MARK BUTSAVAGE



Mark Butsavage desperately wanted to accompany his son, Justin, on a 10-day hiking trip in New Mexico with Justin's Boy Scout troop. To go, however, Butsavage would have to shed enough pounds to be under the trip's maximum weight limit. "When I decide to do something, I do it 110 percent," says the education specialist. Colleagues from our Weight Management Center and Healthy You Fitness Center taught him to eat healthier and exercise without trying to be perfect. They also held him accountable for his choices. "They are behind you like a bunch of cheerleaders," Butsavage says, "but you have to want to change your life." Butsavage lost 60 pounds, trimmed 6 inches off both his waistline and chest, and met his goal. He and Justin are looking forward to their trip of a lifetime this summer.

- For a list of Culture of Wellness programs, visit the human resources website on the intranet (www.lvh.com) and click "**Benefits**" and "**Culture of Wellness Brochure**."
- 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 www.WebSAI.com

My LVHN Bequest

A bequest to LVHN through your will helps ensure leading-edge care for our community for generations to come. Every gift – regardless of size – has impact. Choose general support or a service or program that is particularly meaningful to you or a loved one.

Ruth Ann Halteman, RN
Behavioral health
Lehigh Valley Hospital–Muhlenberg



Bequest Beneficiary: Established the Behavioral Health Endowment Fund

Why? "Many people with behavioral health challenges stop taking their medications because they can't afford them. My dream is to provide education and resources that will help these people reach and maintain their highest level of functioning."

Want to learn more about bequests?
Call Jane Wrisley in development at 484-884-8759.

A Guide to Our Care

a passion
for repairing
hearts



Passion Part Two

It's been hard to miss our ad campaign the past few months. The TV, radio, newspaper, billboard, Internet and movie theater ads put our passion for caring front and center. The campaign's next phase builds on that theme, once again highlighting our commitment to treating every patient as a unique person. The new ads focus on high-risk pregnancy care, cosmetic surgery, physical therapy and prostate health. You can check them out on Mission Central beginning in early April. The campaign runs through June.

Keeping in Touch During Your Health Journey

Part of caring for patients involves helping them stay connected to their extended circle of family and friends. That is why – as a leader in providing patients the best possible experience – we offer CarePages. It's an online resource to help patients keep in touch with family and friends while experiencing health issues. With CarePages, patients can create a personal profile so people know how they are doing and when they are in the hospital. Patients can send updates to loved ones, post photos from the road to recovery and use a private email address so they can control who receives updates and views photos. Patients can access the CarePages tool on www.LVHN.org/carepages.



IF YOU HAVE NO FAMILY HISTORY, YOU SHOULD
GET YOUR FIRST COLONOSCOPY AT AGE

50

Colon Cancer Screening Saves Lives

About one in three Americans between the ages of 50 and 75 who should be screened for colorectal cancer hasn't been, according to the American Society for Gastrointestinal Endoscopy. Spectrum Administrators statistics show that only 52 percent of colleagues who should be screened for colon cancer via a colonoscopy have done so. Colon cancer is largely preventable. The majority of colorectal cancers arise from precancerous growths called polyps, which can be found during a colonoscopy screening exam and removed before they turn into cancer. Everyone should be screened for colon cancer starting at age 50, and once every 10 years after that, if the initial results are normal. People with a family history of the disease or certain risk factors should talk with their family doctor about getting screened.

Region's First Heart Pump Procedure Performed

Heart surgeons Timothy Misselbeck, MD, Sanjay Mehta, MD, and Gary Szydlowski, MD, recently performed the region's first left ventricular assist device (LVAD) surgical procedure. Weighing 9.9 ounces, LVAD is a battery-operated mechanical pump that is sutured to the heart. It takes over the pumping action for a heart muscle that is too weak to distribute blood throughout the body. The recipient is 74-year-old Dolores Schumann of Bethlehem. "I'm feeling great. I am excited to live and spend time with my family," says Schumann, who will have the pump for the rest of her life. She isn't a candidate for a heart transplant, but was an excellent candidate for LVAD because she has a supportive family, and aside from her heart is in relatively good physical condition. Visit Lehigh Valley Health News (www.LVHN.org/news) for her full story.



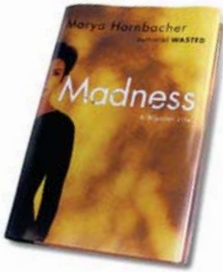
Region's Only PICU

For 13 years, we have provided area families a unique opportunity for pediatric intensive care close to home. The specially qualified staff of our pediatric intensive care unit (PICU) cares for infants to teenagers with life-threatening illnesses, severe traumatic injuries and complex medical conditions.

The PICU is staffed 24/7 by board-certified pediatric intensivists and hospitalists, as well as nurses who specialize in pediatric critical care. Care is provided in a family-centered environment, which includes overnight rooms for parents and child-life programs to make a patient's stay as pleasant as possible.

WHAT'S HAPPENING

Be Inspired at Our Annual Medallion Lecture



During our annual Medallion lecture, colleagues and community members will have a chance to hear Marya Hornbacher's story — a dark

tale of anorexia, bulimia, self-mutilation, promiscuity, substance abuse and finally a type 1 rapid-cycle bipolar diagnosis. Today she is a successful author and speaker, as well as an adjunct faculty member at Northwestern University. Her story is guaranteed to inspire people with mental health issues, their caregivers and professionals who frequently see difficult cases and wonder if they're making a difference. We are offering separate sessions for caregivers and community members. However, colleagues are invited to attend both sessions.

Caregiver session

Focus: The importance of opening lines of communication between providers and patients

May 8, 2 p.m.

- Live at LVH—Muhlenberg Frank Banko Educational Conference Center
- Videoconference to LVH—17th Street auditorium and Mack Boulevard conference room 1

Community session

Focus: Aspects of her journey and reflection on how her life has changed

May 8, 7 p.m.

- Live at Cedar Crest College, Samuels Theatre, Tompkins College Center

Pre-registration is required for both events by calling 610-402-CARE. Books are available for presale by emailing diane_t.beauchner@lvhn.org.

Hear From Our Heart Experts

Spread the word. Everyone is invited to an event where four of our heart experts will discuss the latest advances in heart care.

Tuesday, April 23, 6-7:30 p.m.
Lehigh Valley Hospital—Muhlenberg

Topics include:

- Advanced treatments for abnormal heart rhythms (Hari Joshi, MD)
- Advances in heart surgery (Sanjay Mehta, MD)
- The latest in women's heart health (Deborah Sundlof, DO)
- Heart attacks — high-quality and fast care (Anthony Urbano, MD)

Call 610-402-CARE to register.

PRIDE in Our People | For more stories recognizing colleagues, visit [Mission Central](#).



An 'A-Plus' Preceptor

When he's teaching future nurse practitioners, Dan Taylor, CRNP, has a plan. "I teach them to be confident and comfortable with their decisions, and to strive for independence," he says. His students are noticing. Taylor, a nurse practitioner in trauma surgery, recently earned the 2013 Preceptor of the Year Award from University of Pennsylvania School of Nursing. Taylor teaches the students during their trauma rotations at Lehigh Valley Hospital—Cedar Crest. He's also continuing his own education, working toward a pediatric nurse practitioner degree at Seton Hall University.

Pups in Powder Blue

Our furry and friendly volunteers now sport a new look. Boomer (right), a golden retriever, and Nellie, a labradoodle, are among the 30 specially trained therapy dogs who regularly visit patients in our hospitals.

These exceptional pooches are now wearing new and very fashionable powder blue uniforms. It's the color all our volunteers wear to let patients and families know they're members of our team. Just as the pups make patients smile, the new getup seems to do the same for Boomer and Nellie. For information about making your dog a therapy dog, visit www.lvtherapydogs.org.



Swaddling Solution

Leah Colley, 3, was born with hip dysplasia, a looseness of the hip joint. Her mom, 4C cardiology nurse Erin Colley, RN, did research and found that hip dysplasia also can happen when infants are tightly swaddled around the hips. Colley shared what she learned with caregivers on our neonatal intensive care and mother-baby units. This led to a new swaddling plan at our health network — a simple loosening along the hip area while maintaining the tight swaddling elsewhere. Read Colley's full story in the latest Magnet Attractions, which is available on the intranet (www.lvhn.com).

Schedule

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

Culture of Wellness

April 1, 10 and 18 – Postpartum Support – **FREE**

April 1, 8, 15, 22 and 29 –

Monday Morning Moms

Starting April 3 – Preparing for Baby,
Six-Week Series

April 6 – Baby Care, One-Day Class

April 8 – Breast-feeding Baby

April 8 – Maternity Tour

April 10 – Parenting as a Team Workshop

April 10 and 25 – Car Seat Check – **FREE**

April 13 and 14 – Preparing for Childbirth,
Weekend Class

April 15 – Preparing for Childbirth Refresher Class

April 16 – CPR Family and Friends

April 17 – Raising Toddlers Workshop

April 20 – Preparing for Childbirth, One-Day Class

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

Recreation Committee

New York City Gourmet Shopping –

May 19, Contact Roberta Meckes
(610-402-8881) for details.

New York City on Your Own – **June 8**, Contact
Fran Sajkowicz (610-969-3430) for details.

Employee Discounts

Save 20% at Great Wolf Lodge, Poconos

Use corporate code: LEH181B

Blood Drives

April 15 – LVH-CC Main Entrance,
10 a.m. – 5 p.m. *(To reserve a spot, call the
volunteer office at 610-402-8899.)*

April 15 – LVH-M, ECC B, C and D,
8 a.m. – 2 p.m.

Jewelry Sale

April 8 – LVH-M, ECC C and D, 8 a.m. – 4 p.m.
(Sponsored by the LVH-Muhlenberg Auxiliary)

Uniform Sale

April 29 and 30 – LVH-M, ECC A and B,
7 a.m. – 4 p.m. *(Sponsored by the
LVH-Muhlenberg Auxiliary)*

VALIC – The Investment Planning Seminar

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

April 3 – Mack code: LVHALL11AX

April 16 – LVH-CC code: LVHALL11AW

April 17 – LVH-M code: LVHBET11AQ

April 18 – LVH-17 code: LVHALL11AT

Got 4.2? Yes!

That’s the message Spectrum Administrators colleagues wore on the back of T-shirts to celebrate the end of a challenging project. What does it mean? “4.2” is the version number of a recent upgrade Spectrum Administrators began using to process medical claims for Choice Plus. Transitioning to the new version was a long process – colleagues joke that it felt like it took 4.2 years to launch – but it was worth it. The secure, web-based system has new features that allow the team to work more efficiently. “Yes!”



Thanks for the Lesson

After speaking to seventh-grade science classes at Orefield Middle School, trauma surgeon Bob Barraco, MD, received numerous “thank-you” letters from the students. He talked about life as a surgeon, gave examples of how he uses seventh-grade science in his career and discussed trauma prevention. He encouraged children and their parents to wear a seatbelt. “If I can make a difference in one life, that’s one less patient I’ll have to see in the trauma bay,” Barraco says. If you are interested in providing education in our community, call Melissa Fitzgerald at 484-884-0813.



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HAPPY ANNIVERSARY

April 2013

30 Years

Donna Carle

ASU Staging

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Supply Distribution

25 Years

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Diana Nonnemacher

MICU/SICU

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20 Years

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Fairgrounds Surgical Center

Leslie Lanchantin

Financial Services

Jennifer McDonnell

Home Care

Jody Millard

Organizational Development

15 Years

Connie Fraind

Fairgrounds Surgical Center

Kelly Weidaw

Patient Accounting

10 Years

Philip Balliet

Biomedical Services

Juan Carrasco

Engineering

Tammy Christ

Operating Room

Deon Davis

Diagnostic Radiology

Cherie Jane Dinopol

MICU/SICU

Diane Duncan

6K

Mary Fabian

TTU

Nicole Frantz

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3A

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Michael Rossi

LVPG

Robert Santucci

Hospice

Hector Trasatti

4CP

Lesley Watt

Operating Room

5 Years

Noemi Almodovar

Lehigh Neurology

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Internal Audit

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Physical Medicine

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Diagnostic Radiology

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Robyn Czura

Children's ER

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Obstetrics

Karen Demarinise-Fugill

Cardiac ICU

Michele Dorshimer

Valley Family Medical Center

Jsea Farkas

5T

Katie Gehringer

ABC Family Pediatricians

Douglas Gerner

EMI

Jose Gonzalez

Information Services

Jacqueline Graciani

6T

Sonia Hadid

Muhlenberg Primary Care

Mobena Hassan

4T

Steven Herzfeld

Surgical Specialists

Amy Jiorle

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Chrissi Kent

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