

There's a lot going on at Lehigh Valley Health Network. In case you didn't catch all the latest news, here's a recap of what happened this week. Here are links to Mission Central posts, the latest issue of CheckUp, our 2013 Community Annual Report and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news. You also can link to a page on Mission Central where you can submit a question.

[Just Published: CheckUp](#)

Meet Hazleton colleagues, get tips for working night shift, learn about a music research study, remember colleagues we lost and more.

[See Our Hazleton Ad Campaign and Website](#)

Check out the newspaper, TV and billboard ads we're running in the Hazleton community, as well as our new website and Facebook page featuring our services in Hazleton.

[Register for the Lehigh Valley Health Network Via Marathon](#)

Sign up now for the marathon, half-marathon or team relay and receive special discounts.

[Are We Planning to Establish Our Own Insurance Company?](#)

Find out the answer, and learn how to submit a question any time on Mission Central.

[Wellness: Mix It Up](#)

Learn how variety will help you get the most of your workouts.

[Highlights From the Hazleton Celebration – VIDEO](#)

A two-and-a-half-minute feature provides an inside look at great moments from the Jan. 9 celebration and inspires us to move medicine forward in the Greater Hazleton area.

[Are We Reaching Our Goals in February?](#)

See where we stand on the goals related to our five fundamental priorities.

[Epic Launch Date for Wave 1 is Set](#)

Epic is set to go live Wednesday, Feb. 18, 2015 for LVHN's first round of go-live.

[January's Leader-to-Leader Video Is All About Growth](#)

See presentations about our Hazleton merger, and the opening of LVHN-Tilghman and the Health Center at Bangor.



Just Published:
**Read the latest
issue of CheckUp**

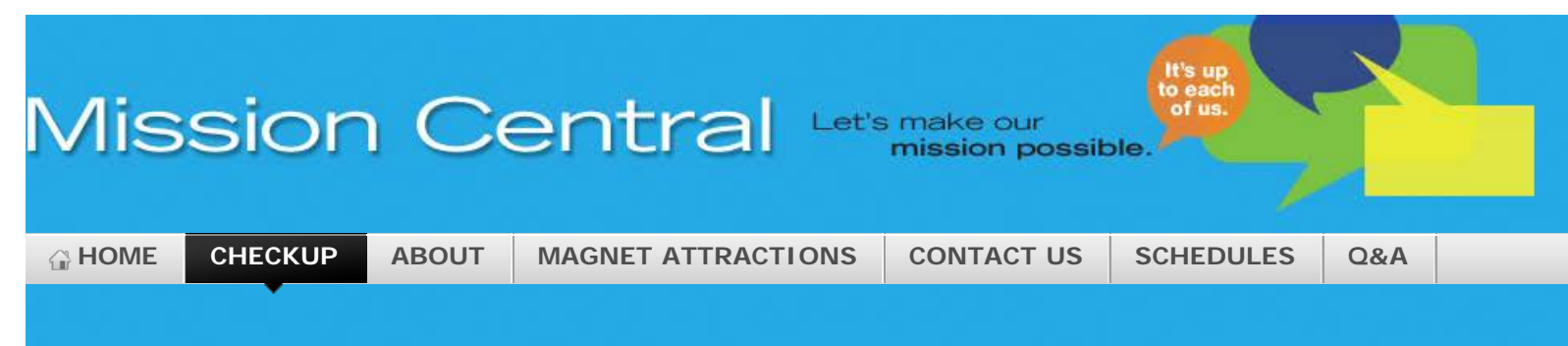
EXPERIENCE
THE 2013 LVHN ANNUAL REPORT
VISIT LVHN.ORG/REPORT

READ LEHIGH VALLEY HEALTH NEWS

a blog on LVHN.org containing
timely health information and
health network news.



**Ask Questions
Any Time on
Mission Central**



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CheckUp

CheckUp May 2014

You can learn something new every day. This edition of CheckUp tells the stories of colleagues who are doing exactly that. Read the issue and you'll learn something too. It's filled with helpful tips to help you be at your best at work and home.

In the May edition, you'll meet colleagues who are going back to school and educating the next generation of physicians. You'll learn how to build trust during a Gemba walk, and how to prevent workplace injuries. You'll also be inspired by the continuous learners who are this year's Friends of Nursing Award recipients.

Inside This Issue

Through Our Patients' and Providers' Eyes

That's how chief operating officer Terry Capuano, RN, viewed her Gemba walk at LVHN-Tilghman.

A Day in the Life of an Emergency Medicine Resident

It's busy, but it earned John Ashurst, DO, a prestigious award.

Safety First

Committees focus on reducing workplace injuries.

Going Back to School

Meet two colleagues who say it's the best decision they ever made.

Put on Your Walking Shoes

Gemba walks build trust between leaders and front-line colleagues.

The Future Begins With You

Meet our 2014 Friends of Nursing Award recipients.

Celebrating Colleagues – May 2014

Colleagues perform our 100th TAVR procedure, support patients following knee-replacement surgery, reduce office supply costs and raise money to help patients with heart failure.

Service Star – May 2014

The compassion of Brigitte Naratil eases anxiety for inpatient hospice unit patients.

Service Anniversary List – May 2014

See who is celebrating a career milestone at Lehigh Valley Health Network in May.

Wellness Profile – May 2014

Tips from Craig Souders will strengthen your glutes so you can exercise without pain.

What's Happening – May 2014

See May's Culture of Wellness programs, attend purse and jewelry sales, learn income strategies for retirement, save on your wireless phone service and enjoy spring in New York City.

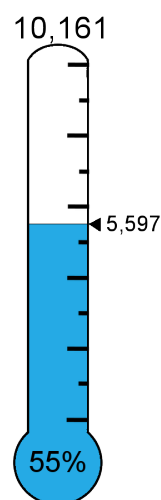


[Page through CheckUp.](#)
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Are We Reaching Our Goals in May?

See where we stand on the goals related to our five fundamental priorities. Striving to reach these goals helps us be at our best. If we succeed, your reward may be an SSP bonus.

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< Motivational Monday: Success is a Journey

Register for the Lehigh Valley Health Network Via Marathon >

See Our Hazleton Ad Campaign and Website

We're moving medicine forward in the Greater Hazleton area and want people in the community to know about it. That is why we launched a new Hazleton website and Facebook page, and are running newspaper, TV and billboard ads in the community.

There are two different print ads. One ad is a [letter from Thomas Kennedy](#), Chairman of the Board of Directors of Lehigh Valley Hospital-Hazleton. The second ad introduces [our passion for better medicine](#). The [TV commercial](#) portrays the compassion of our colleagues and informs the community that special care is now closer to home than ever before. The [billboards](#) reinforce that the merger will move medicine forward in Hazleton.

The new website, [LVHN.org/Hazleton](#), contains information about the services available at Lehigh Valley Hospital-Hazleton and the Health & Wellness Center at Hazleton. People also can find a doctor, get patient and visitor information, and learn about wellness resources on the site. The new Facebook page is called Lehigh Valley Health Network in Hazleton. Visit it at [Facebook.com/lvnhazleton](#) to learn about services and events provided in Hazleton, as well as health tips.

If you have family and friends in the Hazleton area, tell them about the new website and Facebook page and encourage them to use our health network when they need care.



This entry was posted by [Rick Martuscelli](#) on January 13, 2014 at 3:45 pm, and is filed under [Get News](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

One comment

Cynthia Spence 98 DAYS AGO

What an exciting time for our network! The ads and the website are very nice. Also wishing a big welcome to all our new colleagues from Hazleton.

LOG IN TO REPLY

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[« See Our Hazleton Ad Campaign and Website](#)

Answer to a Question Asked at the HNL Forum

»

Register for the Lehigh Valley Health Network Via Marathon

Sign up now for the marathon, half-marathon or team relay on Sept. 7, or the Via Walk or 5K on Sept. 6. The first 75 colleagues who register for the marathon, half-marathon or 5K, and the first 75 relay teams that register will receive a 15 percent discount. To receive your registration discount, call 610-402-CARE. Be one of the first 30 runners to call and receive free registration.



This entry was posted by [Admin](#) on January 14, 2014 at 1:18 pm, and is filed under [Get News](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

3 comments

Alyssa Young 100 DAYS AGO

Last year, the Via 5K was my first-ever race. Today, I registered for the half-marathon!

LOG IN TO REPLY

Pamela Riddell 99 DAYS AGO

Congratulations, Alyssa! You are an inspiration!

LOG IN TO REPLY

Dennis Harbon 99 DAYS AGO

Excited for this! The colder months have been brutal on my running routine. This gives me something to look forward to!

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[« Register for the Lehigh Valley Health Network Via Marathon](#)

Wellness Wednesday – Mix It Up [»](#)

Answer to a Question Asked at the HNL Forum



Colleagues Forums are now complete, and more than 4,000 colleagues attended. At the forums, president and chief executive officer Ron Swinfard, MD, answered dozens of questions. Here is an answer to a question asked during a Colleague Forum held at Health Network Laboratories.

Are We Planning to Establish Our Own Insurance Company?

We are looking at various options. The new paradigm is allowing us to do things we haven't done before. With new service teams and new technology, colleagues from [Populytics](#) (formerly Spectrum Administrators) are putting together all

claims data for our employees and the six other AllSpire systems to see if we should partner with an insurance company or create our own, like Geisinger has done. To get more insights into the many facets of Populytics and how our innovations in population health management provide the means to higher quality and lower cost through value-based health care, visit [populytics.com](#).

Remember, you can [ask your questions any time on Mission Central](#). We'll share your question with the colleague who can best answer it and post the response ASAP. You also can visit the [Q&A page](#) to read the answers to all the questions asked at Colleague Forums and on Mission Central. Thanks for keeping the conversation going.

ForumQuestions2013

This entry was posted by [Rick Martuscelli](#) on January 14, 2014 at 3:00 pm, and is filed under [Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

One comment

Julie Werkheiser 98 DAYS AGO

Since LVHN is moving into many areas, I'd like to see LVHN consider opening a medical office(s) of various options to the community of the area in or near Hatboro, PA 19040

LOG IN TO REPLY

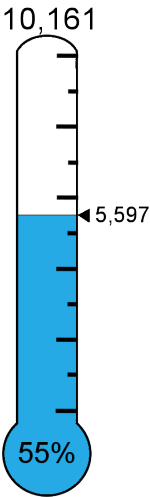
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Wellness Wednesday – Mix It Up



In November, you learned about [tracking your steps](#), but walking is just the first step. Exercise is vital to maintaining or improving your overall health, and altering your routine will help you avoid plateauing. "If it does not challenge you, it does not change you," says Erin Bloodworth, exercise physiologist with [LVHN Fitness](#).

"Your muscles, cardiovascular system and all energy systems thrive on adaptations made by challenges," says Wayne Stephens, clinical coordinator with LVHN Fitness. "If a system is not challenged further, it becomes efficient. In most cases this would be good, but an efficient body conserves energy. Conservation of energy works against caloric expenditure. Therefore, we continually challenge our current state of efficiency with the hopes of improvement."

There are many ways to mix up your workout routine and challenge your body:

- Change the frequency of your workouts
- Up the intensity of your workouts
- Work out longer each session

All three of these solutions work together. If you're increasing the time or intensity of your workout, you might want to lower the frequency of your workout sessions. One way to spice up your routine without changing the frequency, intensity or duration of the workout is to change the type of exercise you're doing.

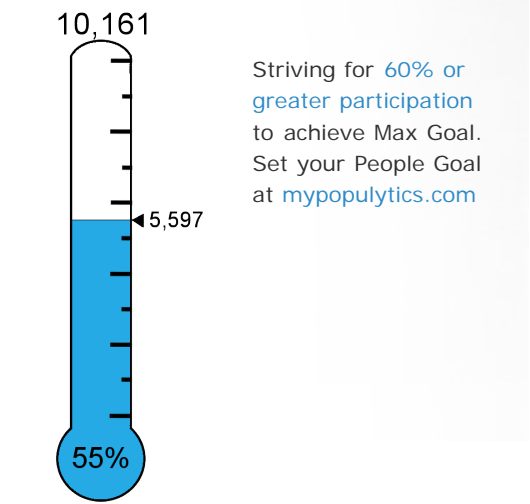
This week's Wellness Wednesday challenge: Try one new fitness activity this month to add variety to your workouts.

One way to introduce yourself to new fitness activities is to take advantage of one of the classes offered at [LVHN Fitness – Cedar Crest](#) and [LVHN Fitness – Muhlenberg](#), such as Zumba, Cardio Cross Training, Yoga and more.

If you're making changes to your routine, check with an expert to make sure you're making the right change for what you want to accomplish with your workout. "It is important to contact an exercise physiologist for specific training programs and variations to your training program in order to meet your goals," Bloodworth says.

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Exercise physiologists are available for consultation through LVHN Fitness.

How are you going to spice up your workout? Leave a comment and let us know.

Have you participated in the [FY14 People Goal](#)? Go to [MyPopulytics.com](#) and set your own wellness goal. Not only will setting your goal keep you healthier, but it also will make you eligible to win monthly prizes and a grand prize at the end of fiscal year 2014. When you're healthy, you're at your best for colleagues, patients and their families. Help LVHN serve as a role model by taking steps to improve your wellness.

This entry was posted by [Amanda Coe](#) on January 15, 2014 at 2:00 pm, and is filed under [Live Healthy](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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< Wellness Wednesday – Mix It Up

Epic Launch Date for Wave 1 is Set >

Highlights From the Hazleton Celebration – VIDEO

There was a sense of exhilaration in the air as Lehigh Valley Health Network (LVHN) leaders met new colleagues in departments throughout [Lehigh Valley Hospital \(LVH\)-Hazleton and the Health & Wellness Center at Hazleton](#) during the official kick-off of our newly merged organization last week. “I cannot believe the enthusiasm of the employees here for this merger,” said LVHN president and chief executive officer Ron Swinfard, MD.



That enthusiasm is captured in video taken throughout the [celebration day](#). The camera crew tagged along as new Hazleton colleagues exchanged greetings with LVHN leadership, received LVHN logo pins and talked about what this [merger](#) means for the community. “Today is an exciting day for health care in Hazleton,” said LVH-Hazleton interim president John Fletcher.

Watch the video and experience the excitement and energy for yourself. The two-and-a-half-minute feature provides an inside look at great moments from the celebration and inspires us to move medicine forward in the Greater Hazleton area.

This entry was posted by [Jenn Fisher](#) on January 16, 2014 at 10:00 am, and is filed under [Celebrate, Watch](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

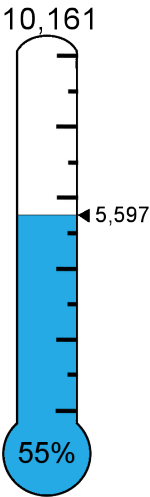
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Are We Reaching Our Goals in February?

People, service, quality, cost and growth. These are our five fundamental priorities. At LVHN, we remain strong and make our mission possible when we focus on and perform well in these areas. To help us celebrate our successes, identify opportunities for improvement and keep us on track, we set goals associated with the priorities each fiscal year.

Every month, you can visit Mission Central to get a progress report on our goals. It's important you know where we stand because all colleagues play a role in helping us achieve our goals. That's why our people, service and costs goals are connected with our Shared Success Plan (SSP) bonus. If your hard work helps us achieve these goals, you may receive an SSP bonus in October 2014. If we don't meet our goals, you may not receive the SSP bonus.

This information will be updated and posted in the [CheckUp section of Mission Central](#) each month. It tells you where we're strong and where we need to kick it up a notch. Stay informed; be accountable, engaged, positive and present; and do your part to help us achieve our goals. **Click each goal for more information.**



LINKED TO SSP BONUS
Percentage of colleagues who committed to achieving a wellness goal
FIRST QUARTER TARGET: 30% ACTUAL: 31%



LINKED TO SSP BONUS
LVHN Press Ganey Patient Satisfaction Score
TARGET: 90.85 ACTUAL: 91.10
Number of HCAHPS categories in which the target score was achieved
TARGET: 12 OF 16 CATEGORIES ACTUAL: 10 OF 16 CATEGORIES



Total quality indicator points associated with:

- Catheter-associated urinary tract infection (UTI)
- Central-line associated blood stream infection
- Surgical site infection
- Deep vein thrombosis (DVT)
- Body mass index (BMI) measurement and intervention

TARGET: 65 POINTS ACTUAL: 60 POINTS

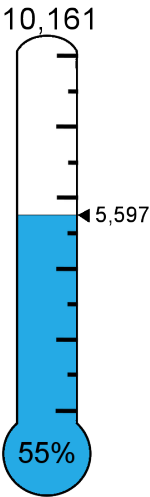


LINKED TO SSP BONUS
Cost per case (lower is better) **TARGET: \$15,782 ACTUAL: \$15,534**

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	Inpatient admissions	TARGET: 35,319	ACTUAL: 35,288
	Outpatient registrations	TARGET: 261,802	ACTUAL: 264,996
	LVPG visits	TARGET: 799,811	ACTUAL: 868,438

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< Highlights From the Hazleton Celebration – VIDEO

Opening of Our New Center for Orthopedic Medicine >

Epic Launch Date for Wave 1 is Set



Epic is set to go live on Wednesday, February, 18, 2015 for Lehigh Valley Health Network's (LVHN) first round of go-live. When these sites begin using the new electronic medical record (EMR), colleagues will have access to comprehensive patient information from every ambulatory setting across the system, in one central location.

Wave 1 sites include all those that

provide care on an outpatient basis. For patients this covers a wide spectrum of services, ranging from physician practices and surgical specialties to community safety net programs, our walk-in centers as well as behavioral health services.

"Currently, we experience a wide variety of workflows, so getting each location on the same page is quite an effort," says LVHN ambulatory process manager Angie Balch. "The great news is, staff from across our sites have been involved in planning from day one – attending validation sessions as well as re-engineering sessions – so we know the final product will meet LVHN's needs."

When the EMR goes live, Epic will help clinicians manage the increasing number of complex patients with multiple needs and extensive histories. Should these patients require hospital care in the future, all of their medical information will be available at the click of a button.

Epic

This entry was posted by [Jenn Fisher](#) on January 16, 2014 at 11:35 am, and is filed under [Get News](#), [Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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Watch January's Leader-to-Leader Video

Growth – it's one of our five fundamental priorities. To further our mission, it's imperative that we continue to grow our health network in a meaningful way. Growth allows us to give the people of our community the care they expect and deserve.

January's Leader-to-Leader meeting focused on three areas of meaningful growth: our merger with the Greater Hazleton Health Alliance, as well as the soon-to-open LVHN-Tilghman and Health Center at Bangor facilities.

Chief operating officer Terry Capuano, RN, [discussed what happened prior to and on the day of our Jan. 9 merger celebration in Hazleton](#). She also showed a [video](#) that captures the excitement of the celebration. [Susan Hoffman, vice president of marketing and public affairs, showed signage](#) that has been installed at Lehigh Valley Hospital-Hazleton and the Health & Wellness Center at Hazleton, as well as the [ad campaign](#) and [website](#).

Brian Leader, vice president of the perioperative and orthopedic service line, talked about LVHN-Tilghman, which will open Feb. 5. The campus will include an inpatient facility called the [Center for Orthopedic Medicine-Tilghman](#) and an ambulatory surgery facility called the LVHN Surgery Center-Tilghman. [ExpressCARE](#) also will be provided. [Watch his presentation to learn about the open house on Feb. 3 and get a sneak peak of our orthopedics ad campaign](#).

[A presentation by Jennifer Chambers](#), director of outpatient planning and operations, focused on the Health Center at Bangor, our eleventh health center. The facility will open Feb. 3, following an open house on Feb. 1. It is our first health center to provide outpatient [cancer care](#). [ExpressCARE](#), [heart care](#), [rehabilitation services](#) and diagnostic testing also will be provided. Chambers' presentation also includes a look at the health center's ad campaign.

The Leader-to-Leader meeting also included a [financial update from chief financial officer Ed O'Dea](#) and introduced colleagues to our [Service Star of the Month](#), Brooke Deisher, RN.

Leader-to-Leader

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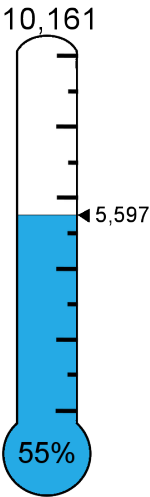
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Welcome to Mission Central. It's the place to get and share information about our health network. Here, you can share stories, ask questions, be inspired, celebrate our accomplishments, learn to be at your best and more. Visit frequently to stay energized at work and help make our mission possible.

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