

9-15-2017

## LVHN Weekly-Pocono

Lehigh Valley Health Network

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### NICHE Membership

LVH-Pocono is a 2017 member of Nurses Improving Care for Healthsystem Elders (NICHE), an international nursing education and consultation program designed to improve geriatric care in health care organizations.



The NICHE program of NYU Rory Meyers College of Nursing provides resources for nursing and interdisciplinary teams to achieve organizational goals for the care of older adult clients. Our membership gives us access to resources and tools to implement the NICHE program and achieve – and sustain – better care and outcomes for older adult patients. “Utilizing evidence-based nursing practices in education, quality and safety is imperative to provide the best possible care for senior citizens and the elderly,” says LVH-Pocono Nurse Educator Carol Hunt, MS, RN, CCRN-K.

### POSITIVE PATIENT TESTIMONIAL

“I was definitely pleased with my experience at the ExpressCare. It’s fabulous having this facility in our town.”

### Vote in Readers’ Choice Survey

You are urged to show your pride and cast your vote for LVH-Pocono in the Pocono Record 2017 Readers’ Choice survey. Here’s how:



- ▶ Visit [PoconoRecord.com](http://PoconoRecord.com).
- ▶ In the “Our Picks” section, click on the “2017 Readers’ Choice image.”
- ▶ Under “Pick a Category,” click “Healthy, Beauty and Wellness.”
- ▶ Under the respective category, you can vote for the following LVH-Pocono facilities and caregivers:
  - Cancer Center: Dale & Frances Hughes Cancer Center
  - Cardiothoracic Surgeon: Dr. Nche Zama
  - Cosmetic Surgeon: Dr. Charles Herman
  - Hospital: Lehigh Valley Hospital-Pocono
  - Urgent Care: Lehigh Valley Health Network ExpressCARE and Immediate Care Centers
  - Weight Loss Center: Biggest Winner Program at Lehigh Valley Hospital-Pocono
  - Hospice: VNA Hospice

**The deadline to vote is Sept. 25.**



### THANKING OUR HEALTH CARE PARTNERS

**Colleen Kennedy, MD** (third from right), Medical Director of the Mattioli Emergency Center at LVH-Pocono, presented members of the West End Ambulance with a certificate of recognition for going above and beyond to help a patient in need. The team cared for the patient on scene for an extended period of time, scheduled doctor appointments for her and even picked up her prescriptions.



## Our Commitment to Carbon County Remains

In the changing world of health care, it's my goal to keep you up to date on the industry and how LVHN is navigating the current environment.

As you may know, St. Luke's University Health Network and Blue Mountain Health System announced their intent to merge.

LVHN has provided nationally recognized health care services to the residents of Carbon County for decades. We remain steadfast in our commitment to this region. Residents of these communities can continue to choose LVHN for primary care and specialty services – including burn, trauma, emergency, neuro, heart, cancer and telehealth services. Also, residents now have access to more advanced patient care, research and education through our new

LVHN Heart Institute, LVHN Cancer Institute and LVHN Institute for Special Surgery.

LVHN will continue to focus on the health care needs of the residents of Carbon County who have trusted us to provide their care for many years. We appreciate their trust and look forward to continuing to serve their needs.

I will continue to keep you up to date on our strategy. You can take steps to stay informed by reviewing my monthly CEO Update, attending Town Hall meetings and talking with your manager about the latest LVHN news via the Communication Cascade.

Thank you for all you do to heal, comfort and care in all the communities we serve.



**ABOUT ME:** My name is Brian Nester, DO, MBA, FACOEP, and I am the President and Chief Executive Officer (CEO) of Lehigh Valley Health Network (LVHN). I came to LVHN in 1998 as the Director of LVH–Muhlenberg's Emergency Department. Prior to becoming President and CEO in 2014, I served as the health network's Chief Strategy Officer. I am originally from Reading, and I'm proud to lead an organization that continually strives to provide better health and better care at a better cost for the great people of our community.



### A WALK WITH A PURPOSE

LVH–Pocono's Nurse-Family Partnership participated in the recent Monroe County Recovery Walk at Dansbury Park in East Stroudsburg. The event raised awareness and understanding of mental and substance use disorders, and celebrated the people who have recovered from these disorders.

## Don't Live With Pain

Are you living with pain, or do you know someone who is? You can learn how LVH–Pocono can help rid your life of pain at a free orthopedic event. Board-certified Orthopedic Surgeons Fred Barnes, MD, and Brian Powers, MD, will explain the causes of and treatments for:

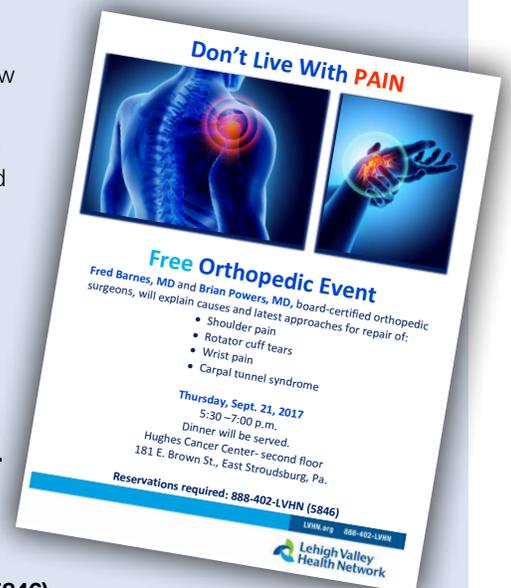
- ▶ Shoulder pain
- ▶ Rotator cuff tear
- ▶ Wrist pain
- ▶ Carpal tunnel syndrome

**Thursday, Sept. 21, 2017 • 5:30–7 p.m.**

Dinner will be served.

Hughes Cancer Center, second floor  
181 E. Brown St., East Stroudsburg

Reservations required: **888-402-LVHN (5846)**



# Ask the Doctor: Repairing the Rotator Cuff

**An LVH–Pocono or affiliated physician** is featured regularly in the *Pocono Record's Ask the Doctor* column. This week's featured physician is Orthopedic Surgeon Brian Powers, MD.

**Q.** My after-work, pick-up basketball team has a crisis. Our captain is out with a torn rotator cuff. What exactly does this mean, and more important from the standpoint of our win-loss record, when can we expect him back?

**A.** First, let me commend you on staying active after work. That kind of exercise – in what sounds like a competitive but fun environment – brings all kinds of health benefits. So, good for you.

With regard to your question about a rotator cuff tear, let's review some anatomy. The rotator cuff is a group of four muscles and their associated tendons. They work together to stabilize the arm bone in the shoulder joint. It's called a cuff because the long tendons and muscles end in a kind of sleeve that attaches the arm bone to the shoulder, almost like a shirt cuff.

There are two ways to tear this cuff. One is called "traumatic," which means it's the result of an injury. This may not be some catastrophic event, but something as simple as walking down the stairs, losing your balance, grabbing the banister and yanking the shoulder accidentally. The sharp pain and ripping sensation is a clear indicator that something has gone wrong.

The other kind of tear is inflammatory, which comes from strain over time. Imagine taking a wet paper towel and putting increased tension on it by pulling. It won't take long before the towel will eventually tear. When this happens inside the rotator cuff,



inflammation can increase to the point that it tears the cuff. Patients usually know when this happens. A dull ache quickly becomes sharp and constant. Interestingly, the rotator cuff caused by inflammation is more common than those caused by traumatic injury.

In either case, the most noticeable symptom of a rotator cuff tear is pain. I tell patients that if discomfort is severe enough to wake them from a night's sleep, it's time to get it looked at. Diagnosis includes patient history and a physical exam, and it may proceed to an MRI.

Treatment doesn't always involve surgery, which is good news for your basketball team. But if it does, take heart. Arthroscopic surgical techniques have drastically shortened recovery

times. Other treatments include medication and physical therapy to strengthen the section of the cuff that isn't torn so that it can compensate for the section that is.

A good preventative measure against rotator cuff tears is exercise. Range-of-motion movements can be as simple as stretching with exercise bands, without the expense of intricate equipment or even weights. These simple workouts can benefit all ages, from children looking to ensure safety while playing school sports to seniors alleviating aches and pains in their joints.

To prevent the rest of your team from landing on the injured-reserve list, make sure you're properly warming up with stretches and a few reps with the exercise bands.

Good luck with the rest of your season. I hope your captain returns to the court soon.