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LVHN Weekly-Pocono

Lehigh Valley Health Network

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Colleague Flu Shots Available Oct. 2-27

It's the time of year when we think of fall foliage and unfortunately, the upcoming flu season. Colleagues know our annual flu shot clinics at LVH-Pocono are just around the corner. Here is where and when you can get vaccinated.

Oct. 2-15 • 8 a.m.–noon and 6-8 p.m.

Consultation office across from the HR office in the basement)

Roving cart (phone number: **x7224**)

Oct. 16-27 • 9 a.m.–noon

Employee health office. Appointment needed.

Flu shots will be given on site at LVH-Pocono's outside buildings between Oct. 16–Oct. 30. Check with your manager for more information.

Flu shots are for LVH-Pocono colleagues, medical staff, licensed independent practitioners, students, contracted staff and volunteers age 18 and older. Parents or guardians should accompany volunteers younger than 18 to the clinic. Colleagues who are pregnant or breastfeeding are asked to obtain a note from their health care providers and present it to the vaccinator prior to getting the shot.

As in prior years, LVHN policy mandates a flu shot as a requirement for colleagues who have patient contact at most of our campuses. All other colleagues are strongly encouraged to get one as well. It's our way of keeping colleagues healthy while giving back to the community. Whether you are attending a religious service or out at a social event, you will not be potentially increasing the influenza risk. If you have questions about the flu shot policy, please review the policy on the LVH-Pocono intranet.

“WHY SHOULD I GET VACCINATED?”

The Centers for Disease Control and Prevention (CDC) recommends the vaccine for all persons over the age of 6 months, especially health care workers. Everyone, including laboratory, clerical, dietary, environmental services, maintenance, security and administrative personnel, might be exposed to the flu virus even



though they are not directly involved in patient care and could transmit the virus to others. Additionally:

- ▶ A flu shot is the best way to protect yourself and your loved ones from the flu.
- ▶ A flu shot reduces the potential spread of the influenza virus through our hospitals, health centers and outpatient practices.
- ▶ Influenza/pneumonia is the No. 8 cause of death in the U.S. This year's quadrivalent vaccine protects against four types of influenza – two type A viruses and two type B viruses. They are:
 - ▶ A/Michigan/45/2015 (H1N1)pdm09-like virus
 - ▶ A/Hong Kong/4801/2014 (H3N2)-like virus
 - ▶ B/Brisbane/60/2008-like (B/Victoria lineage) virus
 - ▶ B/Phuket/3073/2013-like (B/Yamagata lineage) virus

The CDC Advisory Committee on Immunization Practices continues to recommend that the live attenuated influenza vaccine (LAIV) – also known as the “nasal spray” flu vaccine – should not be used during the 2017-2018 flu season. The recommendation is based on data showing poor or relatively lower effectiveness of LAIV in recent years. The nasal spray flu vaccine will not be available to LVHN colleagues through employee health services.

4TH ANNUAL DOREEN MIRAMS MEMORIAL GOLF TOURNAMENT

Sept. 30, 2017

Benefits the Pocono Foundation

williammirams.com

570-213-7870

Tickets available for the dinner only too!

Simulating Surgery

Not only did community members have the opportunity to take advantage of a free hernia screening at LVH–Pocono, they also got the chance to see what it's like to perform robotic surgery. Kathryn Wheel, MD (seated), a general surgeon who specializes in robotic and minimally invasive surgery, demonstrated how our da Vinci surgical system works, and gave people an opportunity to try it for themselves.



Remember to Vote

Did you enjoy your chocolate chip cookie? It was your reminder to cast your vote for LVH–Pocono in the Pocono Record 2017 Readers' Choice survey. Here's how:



- ▶ Visit 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 TODAY, Monday, Sept. 25.

Attend the LVHN Stroke Symposium

All primary care providers, nurse practitioners, physician assistants, registered nurses and pre-hospital care providers are invited to a symposium entitled "The Stroke Journey: From Diagnosis to Treatment to Recovery" on Friday, Oct. 6, from 8 a.m.–2 p.m. at Capriotti's Palazzo in McAdoo, Pa. LVHN and pre-hospital providers will speak on various aspects of the stroke care journey beginning with pre-hospital care to post-stroke treatment plans.



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LVH–Pocono colleagues interested in attending should first talk with their supervisor or manager. The registration fee is \$50 for EMS personnel, and \$75 for all other attendees. To complete electronic registration and payment, please visit go.activecalendar.com/lvhn-doe, scroll down to find the event listing and click "Details."



Day of Caring

LVH–Pocono was a sponsor of the United Way of Monroe County's Day of Caring. On that special day, (l-r) colleague Christine Hayes, United Way of Monroe County President and Chief Executive Officer Michael Albert and colleague Jennifer Dillon helped clean up the 9/11 Memorial Garden.

POSITIVE PATIENT TESTIMONIAL

"I work in nursing in NY. The standards and quality of care (at LVH–Pocono) were amazing! Thanks to all staff!"

Navigating the Carpal Tunnel

An LVH–Pocono or affiliated physician is featured regularly in the Pocono Record's Ask the Doctor column. This week's featured physician is Frederick Barnes, MD.

Q. I work in a garage, fixing engines and doing bodywork. I wake up with pain in my fingers, and sometimes, I can't feel them. Could this be Carpal Tunnel Syndrome? I thought that was something that office workers who type too much got.

A. You very well might have Carpal Tunnel Syndrome (CTS), and it's worth checking with your health care professional and finding out for sure.

CTS is common among professions like yours, where workers commonly grip hand tools for long hours at a time or work extensively with equipment like grinders and spray guns, which I assume you use a lot in your garage.

CTS, which is also known as compressive neuropathy, really does affect a "tunnel" in your wrist; it's the space through which nine flexing tendons and the median nerve connect to transfer movement from the muscles in your forearm to your fingers.

Generally, these tendons slide easily through the tunnel, but after hours of repetitive motions, this lubrication system can break down. The resulting friction and swelling can cause tingling, pain, numbness, swelling and restricted movement.

Your job as a car mechanic could be playing a large role in how you feel. Assembly line workers and people who work in construction often get CTS. The jarring, repetitive movement can cause swelling and pain.

But people in other job situations can get it, too. Dairy farmers who milk by hand have been known to get it; as have supermarket checkers who use hand-held scanners all day and professional musicians who play strings.



CTS isn't only caused by occupation. People who have thyroid conditions, who experience fluid retention or are obese can develop the condition. Pregnant women can get it as well. Patients experiencing symptoms that result from these causes can feel better by addressing the underlying factor.

According to research we have now, women are three times more likely to be CTS patients than men. This may be related to female shifts in fluids based on hormonal changes. Or it may be that women are more prone to seek diagnosis.

CTS treatment can range from simple rest and ice to external recommendations for equipment like splints. Splints may be helpful at night to

guard against the tendency for people to unconsciously bend the wrist and clench when they sleep. Other solutions include anti-inflammatory medications, corticosteroid injections and surgery.

The important thing is to seek treatment. Hand discomfort may seem like little more than a nuisance at first, but it should be checked. Untreated, CTS can evolve into seizures in the hand, permanent muscle loss and even total disability.

Fortunately, treatment plans – coupled with lifestyle changes – are generally very effective in relieving CTS. So in your instance, a few breaks per day from the wrench set or the body sander might improve things considerably.

Start with a trip to your doctor as a first step in alleviating the pain you're feeling after a day in the garage.

Frederick J. Barnes, MD is Board-certified in orthopedic surgery. He is a member of the medical staff at Lehigh Valley Hospital–Pocono.