

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 issues of CheckUp and Healthy You magazines, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news. You also can link to Mission Central's "Contact Us" page where you can comment about anything, including this email, ask a question or share a story.

[Robert Barraco, MD, Named Interim Associate Dean of SELECT](#)

Learn how he will help advance our medical school program with the USF Health Morsani College of Medicine.

[See Our New Stroke Care Ads](#)

Our new marketing campaign supports our brand and promotes our passion for treating stroke.

[Struggling With a Chronic Disease? Choice Plus Offers Coaching, Strategies to Members](#)

Learn about the built-in coaching team that will teach you strategies to manage your condition and improve your health if you are a Choice Plus member.

[Wellness: Colleagues Making Changes](#)

Meet colleagues who are taking action to improve their wellness during lunch breaks.

[Charting a New Course: Wave 1 Applications for Epic Go-Live](#)

See which systems our Epic electronic medical record (EMR) system will replace.

[Healthcare Heroes Award Ceremony Honors LVHN Programs, Providers](#)

See which colleagues and programs were recognized by Lehigh Valley Business.

[Kate Agresti, DO: 'We're Making Decisions Together'](#)

The Nazareth Primary Care family medicine physician partners with patient to provide the best care.



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< Motivational Monday: Do What Others Won't

Healthcare Heroes Award Ceremony Honors LVHN Programs, Providers >

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Robert Barraco, MD Named Interim Associate Dean for USF/LVHN SELECT Medical School Partnership

This message is from Tom Whalen, MD, chief medical officer

I am pleased to announce that effective immediately, Robert D. Barraco, MD, is now the interim associate dean of SELECT, our unique medical school program with the USF Health Morsani College of Medicine (USF MCOM).

Dr. Barraco has been with Lehigh Valley Health Network (LVHN) for more than ten years, most recently serving as chief, section of geriatric trauma; and director, surgical care clerkship and surgical critical care fellowship.

Please join me in congratulating Dr. Barraco on his new role with SELECT. Read more details about this announcement in the press release below.

Lehigh Valley, Pa. (April 7, 2014) – [SELECT, the unique medical education program established by Lehigh Valley Health Network \(LVHN\) and the USF Health Morsani College of Medicine \(USF MCOM\)](#) has selected a new interim associate dean.

[Robert Barraco, MD](#), currently associate professor of surgery and chief, geriatric trauma and trauma outreach at LVHN, this week was appointed the interim associate dean for educational affairs.

"It's an exciting transition for me," Barraco says. "As a leading hospital for nursing and health care, LVHN offers a brand-new type of medical school in partnership with the University of South Florida that focuses not just on teaching our students about medicine, but on providing leadership experiences, developing professionalism and establishing interdisciplinary collaboration skills they will take into their careers."

Barraco replaces J. Alan Otsuki, MD, the founding associate dean for educational affairs, who is taking a senior associate dean position with the Frank H. Netter MD School of Medicine at Quinnipiac University in Connecticut.

"Dr. Otsuki was an excellent associate dean for SELECT who brought a depth of experience from his previous position with Emory University School of Medicine," says [Tom Whalen, MD](#), LVHN's chief medical officer. "Dr. Barraco will bring his own expertise to the SELECT program, including academic research and medical teaching experiences, and importantly, a deep knowledge of our culture here at LVHN."

Collaborative, interdisciplinary training is a hallmark of that culture. "We have trainees in many fields, from pharmacy to pastoral care, nursing to medical students," Barraco says. "SELECT provides an opportunity for these trainees to work together and learn together while building a patient-centered team. This is an important aspect of training that will make a difference in the care all patients will receive."

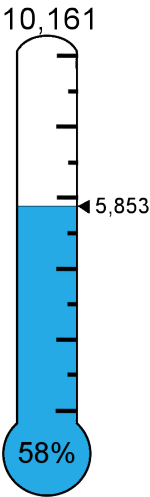
Barraco received his bachelor's degree from Rutgers College, and earned his doctor of



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medicine from the Robert Wood Johnson Medical School/UMDNJ in 1989. He served his residency at Morristown Memorial Hospital in New Jersey, and followed that with a surgical critical care fellowship at the University of Maryland Medical Center, Baltimore. He is board-certified in both surgery and surgical critical care, and also holds a master's degree in public health from the Bloomberg School of Public Health, Johns Hopkins University. Barraco also serves as president of the Lehigh County Medical Society.

Barraco came to Lehigh Valley Health Network in 2004 and has served in several leadership roles, including chief, section of geriatric trauma; chief, section of pediatric trauma; and director, surgical care clerkship and surgical critical care fellowship.

As the interim associate dean for educational affairs, Barraco will report to Whalen, as well as to the vice dean for educational affairs at USF MCOM, Bryan Bognar, MD. "Dr. Barraco will travel frequently to Tampa to meet with Dr. Bognar, as well as the other associate deans," Whalen says. "He will also play a primary role when the next class of SELECT is welcomed to LVHN, and when our soon-to-be fourth-year students seek residencies to continue their graduate studies in medicine."

"We are absolutely delighted to have Dr. Barraco take on this new role. His energy and enthusiasm for the students and the SELECT program are palpable," says Bognar. "We are grateful for the vision and leadership that Dr. Otsuki provided and look forward to building up that foundation."

"SELECT is a very unique medical school model," Barraco says. "I'm excited to have a hands-on role helping create a group of learners who are equipped to embrace change, as well as serve as agents of change in the evolving landscape of health care."

Lehigh Valley Health Network includes four hospital facilities – two in Allentown, one in Bethlehem and one in Hazleton, Pa.; 11 health centers caring for communities in five counties; primary and specialty care physician practices; pharmacy, imaging, home health services and lab services; and preferred provider services through Valley Preferred. Specialty care includes: trauma care at the region's busiest, most-experienced trauma center treating adults and children, burn care at the regional Burn Center, kidney and pancreas transplants; perinatal/neonatal, cardiac, cancer care, and neurology and complex neurosurgery capabilities including national certification as a Comprehensive Stroke Center. Children's Hospital at Lehigh Valley Hospital, the only children's hospital in the region, provides care in 28 specialties and general pediatrics. Lehigh Valley Health Network has been [recognized](#) by *US News & World Report* for 18 consecutive years as one of America's Best Hospitals and is a national Magnet hospital for excellence in nursing. Lehigh Valley Health Network's Cancer Center is one of only 21 sites nationwide that partners with the national Cancer Institute's Community Cancer Centers Program. Additional information is available at [lvhn.org](#) and by following us on [facebook.com/LVHealthNetwork](#) and [twitter.com/LVHN_MediaTeam](#).

USF Health's mission is to envision and implement the future of health. It is the partnership of the USF Health Morsani College of Medicine, the College of Nursing, the College of Public Health, the College of Pharmacy, the School of Biomedical Sciences and the School of Physical Therapy and Rehabilitation Sciences; and the Doctors of USF Health. USF Health is an integral part of the University of South Florida, a high-impact, global research university dedicated to student success. For more information, visit [www.health.usf.edu](#).

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See Our New Stroke Care Ads

Over the past several months, you've likely seen the marketing campaign that supports our health network's brand. The campaign features people who experience our passion for better medicine and explains that we do more than treat the condition. We treat the person.

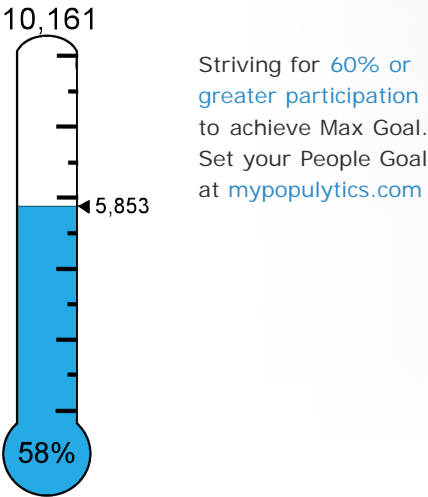
In April and May, this campaign will continue with a new message: Our passion for [treating stroke](#). These ads will run in the Lehigh Valley and Hazleton areas. In the Lehigh Valley, you'll also continue to see ads about our passion for cancer care and physical therapy. Ads will appear on TV, radio, print, billboard, bus shelters, our social media sites, and at local movie theaters prior to the start of the motion picture. See the ads below.



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< Disney Channel's Peyton List to Appear at Special Free Local Event

Lehigh Valley Health News Digest: April 7 – 11

Struggling With a Chronic Disease? Choice Plus Offers Coaching, Strategies to Members

Chronic conditions like diabetes or asthma can be hard to handle on your own. But if you are a Choice Plus member, you have a built-in coaching team to teach you strategies so you can manage your condition and improve your health.

“Our disease management program offers confidential health coaching support for employees enrolled in Choice Plus and their covered dependents who are living with conditions like high cholesterol or vascular disease, among many others,” says Deb Cook, MSN, RN, manager, direct care management, Populytics.

Currently, the disease management program offers health coaching for these eight conditions:

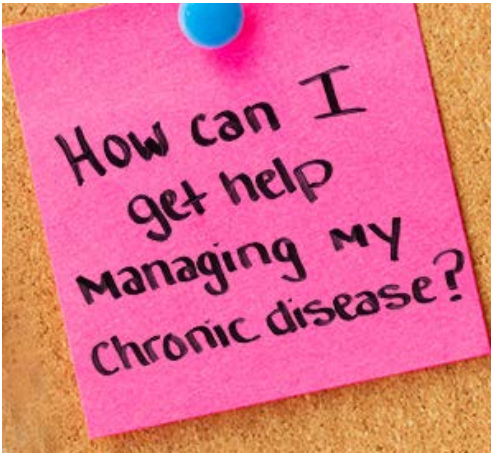
- Asthma (Pediatric and Adult)
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure
- Diabetes
- High cholesterol
- Hypertension
- Obesity
- Vascular disease

Gaining access to health coaching is as easy as making a phone call. “Members can self-refer by calling the health coaches at 484-884-0417 or toll free at 866-293-5452,” Cook says. “Or they can be referred to the program by their health care provider or through our claims division.”

Planting the seeds of knowledge

Health coaches are focused on helping members and family members make the most of their health. “We assess what they know by asking questions and discussing what the doctor has ordered,” says Jean Davies, RN, health coach, care management within Populytics. “Then we go deeper. ‘What is your greatest concern about your health?’, ‘What do you want to work on?’, ‘What are the roadblocks holding you back?’ Those are the things we want to help them address.”

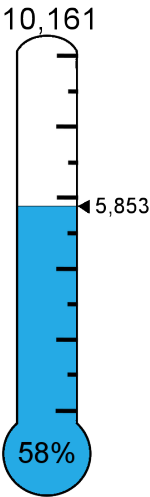
Chiseling away at roadblocks is especially important. “Sometimes I reframe what they are saying,” Davies says. “Let’s say a person is having a hard time eating the right things because they are the only ones in their family doing it. So I will ask, ‘How could a new way of eating benefit your family?’ By simply helping them see how the whole family can benefit, it makes the change easier to implement.”



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And as a ‘coachee’ learns more about making positive changes, he or she is empowered to share that knowledge. “People tell us that they share what they learn with family and friends, which turns them from the learner to the teacher,” Davies says. “Hearing that is one of the great rewards for me.”

No-excuses convenience

Do you have a phone? Health coaches offer flexible phone coaching options. Prefer face-to-face interaction? Health coaches offer that too, with appointments at LVHN-Mack Boulevard. “We also try to accommodate people’s schedules, so if early morning is better for you, we can talk then. If early evening is better, we can do that, too,” Davies says.

Most coaching sessions take from 45 minutes to one hour, and once you enroll in the program, you will have 6-to-12 months of health coaching, depending on the severity of your condition.

Special benefit: diabetes medication co-pay reduction program

Choice Plus members who are treated for diabetes have an additional incentive to enroll in the health coaching program – they can qualify for reduced medication co-pays for 6 or 12 months (depending on whether they are considered at moderate risk or high risk for worsening diabetes.)

“Members who have diabetes and sign up for health coaching can receive a 50% reduction in their medication co-pay,” Cook says. “Members at moderate risk can receive this benefit for six months, while high risk members can receive it for 12 months.”

You must follow the requirements of the program to remain eligible. Requirements include participating in the scheduled health coaching sessions. “We try to elicit a change from members, and bring them from, ‘I should do this,’ to ‘I will do this,’” Davies says. “We know that ongoing coaching helps our members ‘own’ their condition and improve their lives through better self-management.”

For more information, call the Choice Plus health coaches at 484-884-0417 or toll free at 866-293-5452.

Watch this [Health Coaching](#) video from February 2014 Leader to Leader.

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Wellness Wednesday – Colleagues Making Changes



Each week, you learn ways to make positive changes to your overall health and wellness. Here are colleagues who have taken action.

Marisol Colon, Allison Rompilla, Lissette Trexler, Lori Pritchard, Jennifer Chrin, Michele Holland and Suzanne Green are colleagues in LVPG business services at LVHN-Mack Boulevard. A month ago, they changed the way they spend the fifteen minute breaks they have each day.

“I was feeling sluggish and tired when I returned from break,” Rompilla says. “After talking with my colleagues, we decided to start walking around the building during breaks.”

In the past, they had spent this time very differently. “I was using my break to eat junk food,” Colon says. “When I would get back to work, I felt tired. I knew the right thing to do would be to change that bad habit. I want to use my break for something positive. Walking releases my stress, which is one of my goals on MyPopulytics.”

Walking is a simple way to improve wellness and [avoid a sedentary lifestyle](#). People should aim to take 7,000 to 10,000 steps per day, which is considered an active lifestyle. Ten-thousand steps also is the target number of steps needed to maintain or lose weight without adjusting your diet.

Since the group started walking together, they all have experienced positive results. “My evenings are busy with my children’s activities, sports and school work, as well as taking

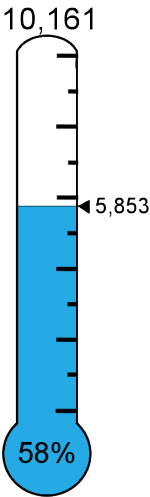


(L-R) Marisol Colon, Allison Rompilla, Lori Pritchard, Lissette Trexler, Michele Holland, Suzanne Green, Jennifer Chrin

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care of the home and family,” Green says. “Incorporating healthy exercise during my time away from home is a win-win situation.”

They have also found that their walking group affects how they spend their time at work. “The walks are a great refresher,” Chrin says. “They give me an extra burst of energy to power through the rest of my day. Walking also has made me want to eat smarter and healthier. If I put junk in my body, that walk is going to be ten times harder. If I put good food in my body, I’m able to power through the walk.”

“Walking has helped us build relationships,” Colon says. “We talk and encourage one another, and that has made all the difference. My clothes fit much better too.”

This week’s Wellness Wednesday challenge: Take action and make at least one daily change to improve your health.

What if rainy weather gets in the way? There are easy ways to integrate indoor activities into break-time exercise. “If the weather is bad, find a long hallway and walk back and forth,” Trexler says. “We incorporate squats and other moves to help with the workout when we are indoors.”

Don’t forget about eating a healthy diet. “I bring something light for lunch, which I eat at my desk either before or after my break,” Holland says. “That way I can dedicate the entire half hour to my walk.”

Colleagues in LVPG business services are encouraging others to walk with them and have seen new additions to the group this week. “It’s just a matter of making up your mind and sticking to it. Even if it’s just 15 minutes a day, you have to start somewhere if you want to see positive changes,” Colon says.

Do you incorporate wellness into your breaks? Would you want to start a walking group with colleagues where you work? 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 April 9, 2014 at 1:30 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.

One comment

Ayanna Stringfield 33 DAYS AGO

LOVE IT LADIES!! I am happy that you all are literally taking the right steps to wellness while inspiring others. KEEP ON STEPPIN IN THE NAME OF GOOD HEALTH. Proud of You. Ayanna 😊

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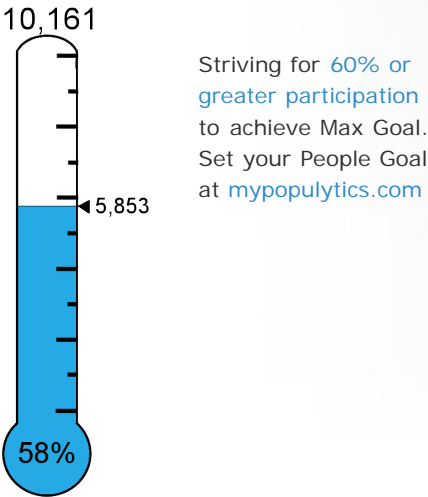
Charting a New Course: Wave 1 Applications for Epic Go-Live

When you hear that the Epic electronic medical record (EMR) system will replace dozens of other systems used by departments and offices across Lehigh Valley Health Network (LVHN), it sparks the question . . . which ones?

Here's an inside peek at some of the LVHN systems that will transition to the Epic EMR when Wave 1 areas go-live on February 18, 2015. Look over the chart and begin to familiarize yourself with the Epic system names that will replace systems you currently use.

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LVHN CURRENT SYSTEM	EPIC SYSTEM	DEFINITION
Centricity Physician Office (CPO)	EpicCare Ambulatory EMR	Clinical documentation and orders management for ambulatory practices
Centricity Business (CB or IDX)	Resolute Professional Billing	Professional Billing – The provider/ service fees are billed in IDX.
	Cadence	Enterprise Scheduling
LVHN Kiosks	Welcome	Patient Kiosk – Deployment limited to existing sites.
Krytiq Patient Portal (Connect/ MyLVHN), RelayHealth	MyChart	Patient Portal – Allows patients to view their medical records and interact with physicians over the Internet or via smartphone application.
Access Databases, Adhoc Reporting, HBI & TruSource	Reporting Workbench – Operational Reports	Epic's embedded reporting will replace (i.e. Access Databases) or supplement current solutions (i.e. HBI, TruSource) with operational reports, dashboards, user-configurable analytics, benchmarking and regulatory metrics.
	Clarity – Analytical Reporting	
	WebI – Adhoc Reporting	
	Pulse – Provider & Department Metrics	
IBM Initiate	Identity	Enterprise Master Patient Index (EMPI) – Can organize patient identifiers from external systems, allowing users to cross reference patient records and access them using a single medical record number across systems.
Orion Portal	CareEverywhere	Physicians can access a patient's external EMR facilitated by the Epic EMR. Outside organizations must use another standards-based EMR or external health information exchange (HIE) platform.
Web Portal	EpicCare Link	EpicCare Link will facilitate referrals and orders by external providers. This web-based portal provides community practice staff and other users <i>view-only</i> access to the charts of patients with whom they have an established clinical relationship.
Centricity Enterprise (CE) – (LVPG only)	Prelude	Registration – Patient demographics and insurance for Wave 1 locations only. An interface from Epic to CE is being implemented prior to Wave 2.
OnBase – (scanning functionality will stay post go-live)	HIM (Health Information Management)	Chart Tracking, Chart Deficiencies, Release of Information, Coding & Abstracting

In nine short months, training for Wave 1 end users will begin. At that point, you and your colleagues will take part in hands-on, scenario-based training classes to learn new workflows and processes for some (or many) of the applications listed above. Training will include opportunities to practice with the Epic applications, both in the training classroom as well as at your own work site. All of these learning opportunities will help you and your colleagues prepare for a smooth go-live on February 18, 2015.

Learn more about the LVHN Epic transformation on the [LVHN Epic intranet site](#).

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Healthcare Heroes Award Ceremony Honors LVHN Programs, Providers

Several Lehigh Valley Health Network (LVHN) colleagues and programs were honored last week at the inaugural Healthcare Heroes awards ceremony hosted by Lehigh Valley Business.

An independent panel judged 47 finalists and chose 10 Healthcare Heroes for their significant impact on the quality of health care in the Greater Lehigh Valley.

The [AIDS Activities Office](#) at LVHN was the winner of the Education Hero – Organization award. The clinic was recognized for improving the community's understanding of HIV/AIDS and playing a prominent role in efforts to prevent the disease.

Among the finalists for this award was the [Valley Preferred-BeneFIT Corporate Wellness](#) program that serves employers and not-for-profits.

LVHN's flu crew was a finalist for the Innovation Hero award. LVHN's annual drive-through vaccination program has distributed thousands of free flu shots since 1999.

LVHN patient care coordinator Kimberly Bartman, RN, won the Nurse of the Year award. She was recognized for her acts of compassion and various projects she leads that help her patients. Last year, [Bartman was named Magnet Nurse of the Year](#) by the Philadelphia-Area Magnet Consortium.

Among the finalists for Physician of the Year were LVHN internist [Eric Gertner, MD](#), who was recognized for his work as medical director of the health network's patient-centered medical home program, and family medicine doctor/geriatrician [Robert Motley, MD](#), who is president of LVHN's medical staff. Motley's achievements include leading a project to improve diabetes care among Latinos and reaching across disciplines to improve community health.

Another finalist in this category was LVHN physiatrist [Wayne Dubov, MD](#), with [OAA Orthopaedic Specialists](#). Dubov was honored for serving as a valuable resource to patients and colleagues, contributing to clinical knowledge through his publications and service, and volunteering for charitable community organizations.

[See Lehigh Valley Business' photo slideshow of the honorees at the event.](#)

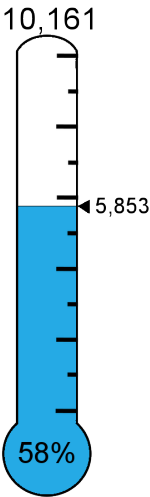


Lehigh Valley Health Network's honorees attend the Healthcare Heroes breakfast and awards ceremony.
Photo courtesy of Lehigh Valley Business

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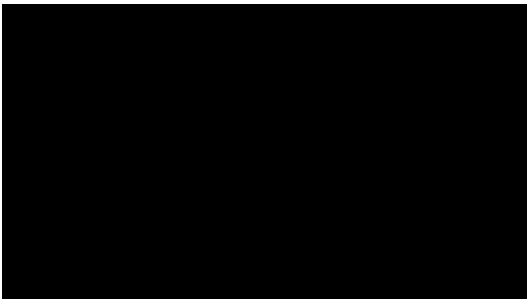
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Kate Agresti, DO: 'We're Making Decisions Together'

We are producing videos of our doctors and advanced practice clinicians (APC) to help our community find trustworthy health care providers. We will share them here to introduce you to these colleagues. You'll learn about their personality, philosophy of care and inspiration for practicing medicine. These videos are embedded in our website's [Find a Doctor](#) tool, where you can learn about each provider's educational background and more. Enjoy!

Kate Agresti, DO, wants her patients to trust her and feel comfortable talking to her so they can work together as partners.

"I am most passionate about getting to know people," she says. "Once you understand somebody's beliefs and culture, that's when you can really learn how to treat them appropriately and get them to be in their healthiest state."



The board-certified family medicine physician with Lehigh Valley Health Network sees patients at the new [Nazareth Primary Care](#). Get to know her with this video.

This entry was posted by [Alyssa Young](#) on April 10, 2014 at 2:25 pm, and is filed under [Connect with Colleagues](#), [Watch](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

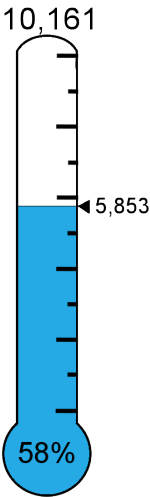
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