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LVHN Weekly-Pocono

Lehigh Valley Health Network

Help Stop Tailgaters

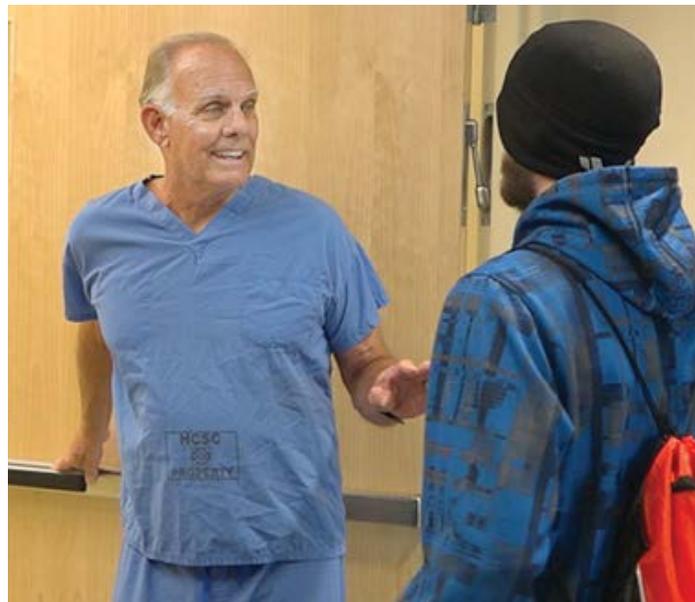
Chances are you take the time to hold the door for the person behind you. That's just good manners and a way of showing respect for others. Yet in some situations, allowing a stranger to enter behind you puts others at risk. It's called tailgating. And it's a problem that's happening on hospital campuses and in other health care settings across the country. As a result, health care workers have been injured.

Tailgating occurs when an unauthorized person gains access to a restricted area by trailing behind a colleague. It can happen on any locked unit, at physician and administrative buildings, or any area where colleagues must swipe to enter. Often, the unauthorized person enters behind you without your knowledge or when you're distracted. It can also happen when you hold the door for a stranger, giving them access to a secure building or area.

SAFETY IS EVERYBODY'S BUSINESS

When we stop tailgating before it occurs, we make LVHN safer for everyone. Below are four new behaviors you can adopt to keep our campuses safe for everyone.

- 1. Don't allow tailgating.** Don't let anyone in the door who doesn't have access. That includes colleagues, visitors and patients.
- 2. Wait for automatic doors to close.** The Joint Commission and other governing bodies require doors to stay open for a set period of time to meet regulatory standards. Stop and wait for doors to close before moving on to your destination.
- 3. Direct individuals to the visitor desk.** Inform visitors that a pass or escort is required for entry. Help guide visitors who may need assistance.



- 4. When in doubt call security.** If an individual is acting suspiciously, or you feel uncomfortable about their behavior, call security.

At LVHN, colleague safety is our top priority. We want you to feel comfortable coming to work so you can continue to provide excellent care to our community. When we're aware of our surroundings and stop problems before they occur, we make LVHN safer for everyone.

Watch this video to learn more about [preventing tailgating](#).

Hand Hygiene Compliance

Congratulations to the physician assistants, nurse practitioners and students, as well as the respiratory, physical therapy, care coordination, transport, environmental services, 6B, pediatrics, same day surgery/PACU and the inpatient rehab units for 100 percent hand hygiene compliance for December. The overall hand hygiene compliance for the month was 91 percent. Physical therapy and environmental services maintained hand hygiene compliance at 99 percent and 98 percent respectively throughout 2017.

Hand hygiene is incredibly important for the safety of our patients and ourselves, especially as we get deeper into flu season. Don't forget to protect yourself against the flu by wearing a mask if you have not been vaccinated, washing your hands and keeping your equipment clean when caring for patients.

POSITIVE PATIENT TESTIMONIAL

"The doctor and Nurse Amy took excellent care of my husband all night. All of the staff in the ED during his visit were just great!"

No Pass Zone Champ

Congratulations to Martha Carbone of rehabilitation services who was chosen as December's No Pass Zone Champion. Carbone is being recognized by her peers as a role model in providing the service and care we want for all of our patients, and for always answering a lit call light when she sees one. Response time to a call light is one of the most highly correlated factors to a patient's overall satisfaction with his/her stay. Patients often view their call light as their "lifeline" to staff and help.



Upcoming Pay Adjustments

If you have not already done so, please review your paycheck in Ultipro to ensure your 2018 deductions are correct. Any adjustments regarding LTD, spousal surcharge or wellness will be made in the Jan. 18 pay period, which will also include the PTO cash out. If you have any concerns, please contact human resources at **570-476-3360**.



January DAISY Award Recipient

Emergency department caregiver Nelida Grampp, RN, was named January's DAISY Award recipient. Grampp was recognized from nominations through patient letters and colleagues for her compassion and skill. She received an award and flowers in front of her colleagues and patients. Here are comments from her patient's nomination letter:

"Nurse Nelly went above and beyond helping me with my father in the ER, putting in motion the correct people to see he gets the attention he needed to stay for rehab to get him stronger to be able to come home. Nurse Nelly has gone above and beyond the duties of a nurse. Nurse Nelly is heaven sent and it is a pleasure knowing her. We love Nurse Nelly so much and appreciate her time, talents and loving kindness."

Ask the Doctor: Weight Loss and Age

An LVH–Pocono physician is featured regularly in *The Pocono Record's Ask the Doctor* column. This week's featured caregiver is Seanna Thompson, MD. She is board-certified in obstetrics and gynecology, and the Medical Director of LVPG–Pocono Obstetrics and Gynecology.

Q. As an older woman, it's harder to lose weight. Is there anything I can do, and are there any real risks if I'm only worried about an extra 5 pounds?

A. First, let me assure you you're not alone. No matter your age, losing weight can often be a struggle. Some people are the healthiest they have ever been in their later years. I think it best not to have age be a barrier. I personally think the older you are the wiser you become. In my younger days, I am sure I ate a Twinkie or two, but now I would never consider artificial foods because of what I've learned about the benefits of healthier types of foods. We have challenges at all ages. Many women have had children, and as a natural part of life the body changes after children. The best suggestion to keep the pounds off is to choose a plan you can follow.

SIMPLE TIPS

- ▶ I recommend substituting all sugary beverages with water.
- ▶ New data suggests limiting food intake to a 12-hour window. It's also important to stop eating when full. This is your body communicating, and it's best to listen.
- ▶ As we age we want to increase our dietary calcium. Eating yogurt is always a great choice.
- ▶ Add exercise simply. For instance, whenever you pump the gas pump your calves, when you brush your teeth do a set of squats. It's important to find things that aren't hard to follow.



RISK FACTORS

What is really important to understand are the risk factors associated with increased weight, specifically for women. Being overweight and obese can increase the risk for many health conditions including cancer, in addition to the likelihood of developing type 2 diabetes, high blood pressure, heart disease, strokes, sleep apnea, and uterine and breast cancer.

Even a few pounds can change your health. Five pounds can easily become 10 pounds. You blink and before you know it, you've gained 15 pounds. If we all were able to see what 5 pounds of fat really looks like then we would not want it. And remember, we can't control where the 5 pounds go or, scientifically, what cancer-causing genes are turned on by those 5 pounds.

Studies have linked sustained weight loss to type 2 diabetes remission in addition to reversal of other health conditions. Even if someone is diagnosed with cancer, weight loss helps in possibly decreasing re-occurrence.

LVH–Pocono and LVHN has many specialists and services to help our community members. I recommend scheduling an appointment with your primary care provider, or women can see me directly. The important thing is to ask for help and get started. Help is covered by insurance in many instances and cheaper than any non-sustainable gimmicks. Working with a provider can give a tailored program with long-term results.

And remember, be mindful of what you eat and choose healthier options, forgive yourself and start again, and understand the risks. You can change your body. Whether you want to define and sculpt or lose weight, you're improving your health overall.