

2-23-2018

## LVHN Weekly-Pocono

Lehigh Valley Health Network

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## POSITIVE PATIENT TESTIMONIAL

“ RN Anna and Dr. Kennedy could not have been more kind in my care. They were there for anything I needed. ”

## Annual FUN-Raiser Benefits Colleagues

**The 20th Annual Employee Basket Raffle was held on Feb. 15 and 16 in the Stroud & Brodhead Rooms at LVH-Pocono.** Through the generosity of many departments throughout the hospital, 28 baskets were donated raising \$6,800. The varied and creative baskets contained such items as pet supplies, gourmet food, baseball merchandise, gift cards, wine, cash, lottery tickets and two VIP parking spots at LVH-Pocono.

All proceeds from the Employee Basket Raffle are directed to the Employee Crisis Fund, which assists colleagues, volunteers and medical staff who are experiencing a financial crisis as a result of an unexpected event in their life. Since the fund's inception in 2008, nearly \$142,000 has been distributed to our LVH-Pocono family members in need.

Longtime Pocono Foundation volunteer Bill Howells entertained the crowd with his talents as Master of Ceremony. He is pictured with Michelle Wager from Dietary, who won the children's book nook donated by the behavioral health unit. Thank you to all who donated a basket, bought tickets and volunteered their time at the event. You helped make the raffle a success.

# \$6,800

was raised through the generosity of many departments throughout our hospital.

## Teen Talk

**Members of the Healthy Young Men and Spirit Girls were treated to a motivational discussion by Cardiovascular and Thoracic Surgeon Nche Zama, MD, PhD, at LVH-Pocono.** Zama discussed his life in Africa and his personal journey to becoming a surgeon. He encouraged the teens to reach for the stars no matter the obstacles and work hard. “You're only in competition with yourself,” he said.



# Earning Opportunities for Colleagues

For several months, our health network has made significant progress in giving people the health care convenience they expect and deserve. Now when people wish to make an appointment with an LVPG practice, we “just say yes” and promise to see them today, tomorrow or the next day. That’s what we must do to meet the high demand for our care within LVPG, ensure people get the best possible care at LVHN and further our mission.

To meet our community’s needs and deliver health care convenience, we need your help to attract talent to LVHN and LVPG practices throughout the health network. That’s why we’re offering three earning opportunities for colleagues who can help us create access.



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## Become a moonlighter.

If you are an LVHN colleague with experience as an advanced practice clinician (APC), medical assistant or patient services representative in select specialties, you can help us increase access in high demand areas by becoming a “moonlighter.” Per diem contracts are available for colleagues and retirees who can help us meet demand during day, night or weekend sessions.

LVPG practices in the Lehigh Valley and Poconos are looking for moonlighters for the following specialty areas:

- Urology
- Neurology
- Neurosurgery
- Rheumatology
- Cardiology
- Orthopedics

### NEXT STEP: LEARN MORE

To learn more about our moonlighting opportunities, contact one of the following:

**APCs:** Contact [Tim Friel, MD](#), Chair, Department of Medicine.

**Medical assistants:** Contact [Kim Korner](#), DNP, Administrator, Clinical Services, or [Tracy DeLong](#), Clinical Coordinator.

**Patient service representatives:** Contact [Jim Demopoulos](#), LVPG Senior Vice President of Operation.

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## Earn a referral bonus.

We’re offering sign-on and referral bonuses on select LVPG and LVHN positions throughout the health network. When you refer a qualified candidate for select positions you will be eligible to earn a referral bonus. (Referral and sign-on bonuses do not apply to moonlighters.)

[For positions in the Poconos, Hazleton and Schuylkill County](#)

- Physicians: \$10,000 referral bonus
- APCs: \$2,500 referral bonus

[For positions with LVPG practices in the Lehigh Valley](#)

- Physicians: \$5,000 referral bonus
- APCs: \$1,000 referral bonus

[Currently there are openings for physicians and APCs in the following areas:](#)

- Medicine
- OB/GYN
- Pediatrics
- Family medicine
- Emergency and hospital medicine
- Surgery
- Psychiatry

### NEXT STEP: REFER A PHYSICIAN OR APC

To refer a physician or APC, contact [Lea Carpenter](#) or call 484-862-3218. The deadline to refer a physician or APC is April 15. Physicians or APCs must begin employment no later than Sept. 30, 2018.

3

## Help us attract experienced medical assistants.

We’re offering sign-on and referral bonuses for experienced medical assistants in the Poconos and Lehigh Valley.

[Medical assistants\\* for LVPG practices in the Poconos and Lehigh Valley](#)

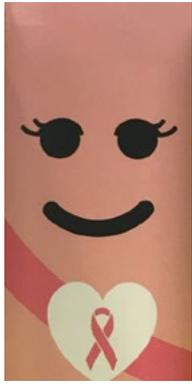
- \$1,500 sign-on bonus
- \$500 referral bonus

*\*Minimum of one year experience required*

### NEXT STEP: REFER A MEDICAL ASSISTANT

To refer an experienced medical assistant, fill out a [referral form](#) for each candidate who is interested in applying. Candidates should visit [LVHN.org/careers](#) and search “Medical Assistants” to apply. They should also include “referred by” and your name in the application source field.

Referral bonuses are paid in two installments. The first half will be paid after successful completion of an orientation period. The second half will be paid after one year of employment. Please read the [guidelines](#) for additional information regarding referrals.



## Where is it at LVH-Pocono?

◀ The answer will be given in the next issue of LVHN Weekly-Pocono. Happy guessing!



◀ Last week's answer



## Set for April 28

**It's not spring yet, but the LVH-Hazleton Run/Walk Committee is already gearing up for the 2018 LVHN 5K Run/Walk.** This very popular event, sponsored by the Health & Wellness Center at Hazleton, is scheduled for Saturday, April 28, at Hazle Township Community Park.

The event features a free Kids' Run for children ages 11 and younger beginning at 9:30 a.m., the 5K run/walk at 10 a.m. and a complimentary picnic lunch following the race. Early registration fee is \$20 and extends until April 14. Race day or late registration fee is \$25. A T-shirt is guaranteed with early registration.

Monetary prizes and awards will be presented to the top three overall male and female runners and walkers. Medals will be awarded to the top three male and female runners and walkers in the specific age groups. (PIAA rules apply to student athletes.)

Spring will be here before you know it. So lace up your sneakers and register today at [LVHN.org/runwalk](http://LVHN.org/runwalk). The LVHN 5K Run/Walk is part of the 2018 Greater Hazleton Festival of Races.



## Feverishly Providing Access

**Before I plug in the mic this month, I'm going to take a few minutes to disinfect my desk.** As a physician, husband and father, I spend a lot of time advocating for preventive care. Like many of you, the most important thing to me is keeping all of us healthy, happy and safe.

In recent weeks, the topic of preventive care and health is being discussed at a "feverish" level. The influenza virus, more commonly referred to as "the flu," has swept across all 50 states at an alarming rate. To understand the gravity of the flu's impact, just turn on a news broadcast. You are bound to hear a story about the rise in flu cases, mortalities, school closures and prevention education.

One of the key components to maintaining good health is having access to good care. The critical message throughout many of the flu news stories is the importance of getting early medical care – as soon as symptoms arise. LVPG is committed to providing the people of our community convenient access to our high quality health care providers at our 200 practice locations throughout the region.

In fact, this past month our LVPG primary care practices saw more than 50 percent of their patient visits within the "today, tomorrow or the next day" service promise timeline. Now that's impressive! These aren't just empty words – they are real actions. By feeling it, believing it and "just saying yes," we guide our patients on their journey to optimal health. Your active participation is the key ingredient to our success.

The only thing we want "going viral" is our message of thanks and sincere appreciation to all of you.

Be well. Be present. Be healthy...and wash your hands (frequently).

–Mike



**About me:** My name is Michael Rossi, MD, MBA, and I am the Chief Physician Executive for LVHN and President of LVPG. I came to LVPG 15 years ago as Chief of Cardiology for LVHN and Medical Director of our Regional Heart Center. I truly enjoyed caring for cardiac patients and getting to know them and their families. I am proud to be part of such a great organization. My passion is patient care. I view my current role as taking that passion for caring for an individual patient, to caring for our entire community. It is an honor to work with such an outstanding network of dedicated colleagues.

# Patients Share How Lehigh Valley Heart Institute Saved Their Lives

Colleagues at Lehigh Valley Heart Institute are “Amazing. Everyday.” And we want to continue to tell the people of our community all about them. On Feb. 26, we will begin to share the stories of the amazing care some of our patients received.

**FOR EXAMPLE:**

- Paul was told by another local hospital that he should “get his affairs in order.”
- Anita feared she would miss the birth of her first grandchild.
- Andrea was worried she would not survive to see her daughter become a teenager.

In videos posted on [LVHN.org/HeartInstitute](http://LVHN.org/HeartInstitute), these patients share their emotional journey about how Lehigh Valley Heart Institute restored their health. We’re sharing their stories with the people of our community in TV commercials, on billboards, through social media and in newspaper ads.

**LEHIGH VALLEY HEART INSTITUTE**

Here's what heart care that's amazing everyday is all about. Paul M.'s heart was getting weaker. He was tired all the time and didn't have the energy to work on his prized muscle car. A heart surgeon at another area hospital called Paul, "a walking dead man" and urged him to, "get his affairs in order." Paul was only 50. He went to the Lehigh Valley Heart Institute and learned that he had been misdiagnosed. We performed a minimally invasive heart procedure on Paul and he went home the same day feeling better than he had in years. That kind of success is one reason

why more than twice as many patients choose us for heart care over other hospitals in the region. After all, we're first in leading-edge care, groundbreaking research and have more specialists with training from top heart programs. And that's why we save more lives. Just ask Paul, now that his heart is going as strong as his muscle car.

To learn more about Paul's amazing journey, visit [LVHN.org/HeartInstitute](http://LVHN.org/HeartInstitute).

**Amazing. Everyday.**

**ANOTHER HEART DOCTOR CALLED PAUL  
A WALKING DEAD MAN.  
WE SAVED HIS LIFE.**





**Lehigh Valley  
Heart Institute**  
LEHIGH VALLEY HEALTH NETWORK

Print Ad



**LEHIGH VALLEY HEART INSTITUTE**

**We save more lives.  
Just ask Andrea.**

**Amazing. Everyday.**



**Lehigh Valley  
Heart Institute**  
LEHIGH VALLEY HEALTH NETWORK

Andrea H., & daughter

Billboard

## ASK THE DOCTOR

# Psoriasis and Psoriatic Arthritis

**Q** I have psoriasis, and I'm notice pain in my joints. I'm worried I could be developing psoriatic arthritis like my father did at my age. Is there a connection between psoriasis and psoriatic arthritis, and is it hereditary?

**A:** In short, it seems likely that both genetic and environmental factors play a role with psoriasis and psoriatic arthritis. The medical community is still studying which genes are involved. Psoriasis is an autoimmune disease that primarily affects the skin, and about 40 percent of people with psoriasis also develop a form of inflammatory arthritis called psoriatic arthritis. What this means is the body's immune response causes inflammation that triggers joint pain, stiffness and swelling. The inflammation can affect the entire body and may lead to permanent joint and tissue damage if it is not treated early and aggressively.

Most individuals experience what's called a flare, which can be

caused by infection, stress, cold weather and obesity, among other triggers. Symptoms of a flare can include:

- Tenderness, pain and swelling over tendons
- Swollen fingers and toes that look like sausages
- Stiffness, pain, throbbing, swelling and tenderness in one or more joints
- A reduced range of motion
- Morning stiffness and tiredness
- Nail changes—for example, the nail separates from the nail bed and/or becomes pitted and mimics fungus infections
- Redness and pain of the eye, such as conjunctivitis

Every person with psoriatic arthritis is different. Some have mild symptoms compared to others with more severe symptoms. There are actually five types of psoriatic arthritis:

- Symmetric psoriatic arthritis: This makes up about 50 percent of psoriatic arthritis cases.
- Asymmetric psoriatic arthritis: Often mild, this type appears in 35 percent of people.
- Distal psoriatic arthritis: This type causes inflammation and stiffness

near the ends of the fingers and toes.

- Spondylitis: Pain and stiffness in the spine and neck are hallmarks of this form of psoriatic arthritis.
- Arthritis mutilans: The most severe form of psoriatic arthritis, arthritis mutilans affects only 5 percent of people and causes deformity in the joints with destruction.

Because pain is the number one concern with individuals with any type of psoriatic arthritis, there are some ways to manage pain through medications your rheumatologist would prescribe you. Other ways to prevent or manage pain includes avoiding certain foods like fatty red meats, dairy, refined sugars, processed foods and vegetables like potatoes, tomatoes and eggplants. Better food options can help alleviate pain such as choosing fish, like mackerel, tuna and salmon which have omega-3 fatty acids. Those have been shown to reduce inflammation. Weight loss will also help alleviate joint pain.

If you have concerns, schedule an appointment with your primary care provider or rheumatologist.



*An LVH–Pocono physician is featured regularly in The Pocono Record's Ask the Doctor column. This week's featured caregiver is Rheumatologist Arif Shahzad, MD. He is board certified in internal medicine.*

