

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, details about our goals for fiscal year 2015, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news.

[Greetings from the Acting President and CEO](#)

Brian Nester, DO, sends a message to all colleagues.

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[Wellness - Have Safe Travels](#)

If you're traveling abroad this summer, learn what precautions you should take before your summer vacation.

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issue of CheckUp



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« Motivational Monday: You're the Key

Got Stuff? Donations Being Accepted for Attic Treasures Sale at LVH-Muhlenberg Summer Festival »

Greetings from the Acting President and CEO

*** This message is from Brian Nester, DO, acting president and CEO, Lehigh Valley Health Network. ***

I'd like to take this opportunity to say hello to you as I formally begin serving Lehigh Valley Health Network (LVHN) in my new role as acting president and CEO.



At the forefront of my mind is the strength of our organization. Now that FY14 has come to a close, we should step back for a moment and take pride in all we've accomplished. According to U.S. News & World Report, we've now been among the best hospitals in the country for 18 consecutive years. Additionally, we're one of only 7 percent of U.S. hospitals to be accredited by the American Nurses Credentialing Center as a Magnet hospital for our quality nursing care. And, once again, more people have chosen LVHN for their health care than any other health system in the region.

This past year alone, we expanded our reach by merging with the Greater Hazleton Health Alliance, and we also opened an amazing standalone orthopedics facility at LVHN-Tilghman. From our new health centers, to our exploding ExpressCARE initiatives, to our ever-expanding LVPG services, to our Children's Hospital and Children's ER, we are providing improved service, access and convenience to our patients – quite honestly, we're unparalleled in our region in what we can offer. Of course, none of this happens without the hard work of 13,000 colleagues dedicated to one cause – to heal, comfort and care for the people of our community. Day in – day out, we deliver.

As I roll up my sleeves and get to work, I want you to know I will always be here to address your questions and concerns as best I can. You'll be hearing much more from me in the near future about LVHN's plan for FY15 and beyond. We've said goodbye to a great leader and a good friend in Dr. Ron Swinfard, but I assure you we will not miss a beat at LVHN. Our community mission and our standard of excellence is unchanged, thanks to all of you.

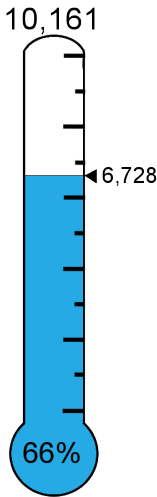
I'll close by wishing everyone a great Independence Day holiday weekend, with one final bit of advice. As many of you may know, I am an emergency medicine physician (ER doc), so it is impossible for me to think about this great holiday without the worry of injuries. So, have fun, but please be careful by the grill and with your fireworks as you enjoy "the rocket's red glare."

Thank you for all you do for LVHN.

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Top 5 Reasons You Should Attend LVHN-One City Center's Community Open House on July 15

On Tuesday July 15 from 5-7 p.m., the doors will open on Lehigh Valley Health Network's (LVHN) newest facility. [LVHN-One City Center](#) is your destination for all things sports medicine and fitness. Here are five great reasons why you should attend our Community Open House.

- You'll experience the new downtown Allentown.** LVHN-One City Center is located in the complex that will include the PPL Center arena, the Marriott Renaissance Hotel and several restaurants. This is your chance to see the sports medicine and fitness component of Allentown's amazing transformation.
- You'll see another level of fitness.** LVHN-One City Center includes the brand-new, 17,000-square-foot LVHN Fitness location. You'll see firsthand how it has resources to help you stay well.
- You'll be part of the action.** Lace up your sneakers. You can try our new multisport simulator – a large-screen interactive TV experience. You also can join in a group fitness class demonstration or try an anti-gravity treadmill.
- You'll get the full picture.** By touring the facility you'll learn how fitness, sports performance, sports medicine, rehabilitation, orthopedics, occupational medicine and concussion management all work together to help people of all ages be their best.
- You can win prizes.** Enter to win an iPad, a monthly LVHN Fitness membership or massage giveaways.

Attendees to the Community Open House will park at the Linden Street garage, a short walk from LVHN-One City Center. Use the entrance marked 707 Hamilton St. Please register in advance – call 610-402-CARE.

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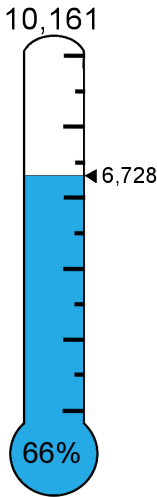
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Got Stuff? Donations Being Accepted for Attic Treasures Sale at LVH-Muhlenberg Summer Festival

The 53rd annual Lehigh Valley Hospital (LVH)-Muhlenberg Summer Festival is less than two months away. Here's a neat way to get involved. If you have a new or gently-used household item, you can turn it into an "Attic Treasure." It's a sale that Lehigh Valley Health Network's Professional Excellence Council will conduct at the Summer Festival from Aug. 13-16.

The following items are being accepted:

- Housewares and decorative items
- Linens, fabrics, window treatments
- Candles
- Collectibles
- Artwork
- Electronic devices
- Toys, games, puzzles
- Tools
- Small working appliances
- Accessories: jewelry, handbags, belts, hats, scarves
- New/unopened body-care products, i.e. lotions, perfumes, shower gels
- Movies, DVDs
- Music – CDs

Deliver your items to any of the following locations:

- **LVH-Muhlenberg** – autoclave/storage building in the south parking lot
- **LVH-Cedar Crest and LVH-17th Street** – volunteer office
- **Center for Professional Excellence** – Cedar Crest Professional Park, 1247 S. Cedar Crest Blvd., Suite 106B
- **LVHN- Mack Blvd.** – garage

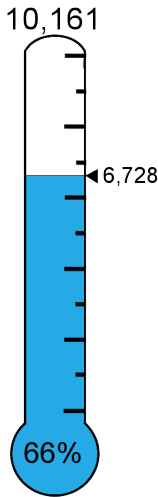
Clothing and magazine donations are not being collected. Book donations should be directed to [Dave Kline](#) at 484-884-2906. For any other questions, call the Center for Professional Excellence at 610-402-1704.



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Wellness Wednesday – Have Safe Travels



Do you have a vacation planned for this summer?

If you're planning a summer vacation overseas, take precautions.

According to the CDC, travelers' diarrhea is the most predictable travel-related illness. Plan to eat carefully if traveling to a country with an increased risk of traveler's diarrhea. Tips include:

- Eat foods that are steaming-hot and well-cooked, as these are usually the safest
- Avoid eating foods from street vendors, no matter how appetizing they look
- Avoid unpasteurized dairy products and raw or uncooked seafood
- Peel fruits yourself
- Drink commercially bottled water or carbonated beverages
- Avoid ice
- Use bottled water when brushing your teeth
- Avoid swimming and any water activities in freshwater lakes and streams, as you may be exposed to certain diseases. If you are traveling to a country with an increased risk for disease transmitted by mosquitoes, be sure to protect yourself with insect repellents, special clothing and bed nets.

Traveling to more exotic locations can lead to other types of health related issues. "When you travel abroad, you may be exposed to diseases, insects and parasites we don't have in the United States," says Lehigh Valley Health Network infectious disease physician [Suzanne Templer, DO](#), with [Lehigh Valley Infectious Diseases Specialists](#).

Seeing a travel medicine physician before you travel may be beneficial. This specialist can review your health history along with your travel plans and provide vaccines, medications and advice to help prevent illness and injury while you're traveling. Many of these physicians also specialize in infectious diseases.

"Meeting with a travel medicine specialist is especially helpful if you have a chronic health condition, are going to an exotic location or are nervous about your trip," Templer says.

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“But anyone taking a cruise or traveling outside the United States can benefit.”

This week’s Wednesday Challenge: If you’re traveling abroad this summer, learn what travel precautions you should take before your summer vacations.

There are many things to expect before your travel medicine appointment. Your physician will collect your health history, along with information about the trip. Both sets of data will be combined in order to assess your risk. “If you’ll be in a four-star hotel in an urban area for a couple of days on business, your risks are different than if you’re going on a mission trip in a rural area for a couple of weeks,” Templer says.

During the appointment, you will be advised on topics such as:

- Diseases or illnesses that are endemic to the area you are travelling
- Immunizations that required for your travel
- Medications available for traveler’s diarrhea and malaria, if necessary
- Jet lag
- Blood clots
- Exposure to local animals
- Altitude sickness

You’ll also receive written information that you will be able to take along with you about any vaccinations or medications you received, which will be needed at customs and useful if you experience illness while abroad.

If you’re planning on meeting with a travel medicine specialist, make your appointment four to six weeks prior to your trip. This will help if you’re in need of immunizations. Some immunizations don’t take effect for a few weeks, and some can’t be given at the same time.

Do you have a topic or question for Wellness Wednesday? Leave a comment and let us know what you want to read about.

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Preview: Workflow Walkthrough

"Workflow walkthrough" might be a little tricky to say ten times fast, but colleagues invited to attend an upcoming workflow walkthrough session won't have any trouble taking a first look at Lehigh Valley Health Network's Epic electronic medical record (EMR) system and seeing the ways the EMR will transform patient interaction and care when it goes-live.



"The first Epic workflow walkthroughs (WFWT) will take place on July 29," Lynnette Clinton, manager, process team for access and revenue says. "For this initial WFWT, we are inviting individuals who are involved in Wave 1. They will view wave 1-focused demonstrations since ambulatory, cadence and professional billing applications are [the first LVHN locations to go-live with Epic on February 18, 2015.](#)"

What's a Workflow Walkthrough?

A workflow walkthrough showcases the Epic workflows that have been tailored to suit Lehigh Valley Health Network's (LVHN) specific needs. This customization has been done with the input and validation of [subject matter experts \(SMEs\) and champions.](#)

There are two types of workflow walkthroughs that will be conducted on July 29:

- A large demonstration session will present the integrated EMR and several applications, such as [Cadence](#), [Resolute Professional Billing](#) and [MyChart](#). Observers will see how the applications work and, importantly, how they work together.
- Smaller breakout sessions will focus on specific applications and tasks, such as appointment entry in [Cadence](#) or payment posting for [Resolute Professional Billing](#). Attendees at smaller sessions will have an opportunity to ask questions.

As part of LVHN's ownership of the EMR, LVHN Epic colleagues will run the walkthrough sessions. "Team members from LVHN have worked very hard to build our Epic EMR to reflect the needs of our network," Clinton says. "They are excited to conduct the workflow walkthroughs to give fellow colleagues a firsthand perspective of what to expect when Wave 1 goes-live in February."

Workflow Walkthrough Video

Since the initial workflow walkthrough sessions will be limited to invitees, you will still have an opportunity to see how the system works. "Because we cannot accommodate everyone who might like to see the workflow walkthroughs, the sessions will be video recorded and posted on Mission Central," Clinton says. "In addition, the [Epic Readiness Team](#) will also communicate information about the workflow walkthroughs using the [tiered communication system](#) on August 7, 2014."

Looking to the future, Wave 2 Hospital-Based Settings will hold a WFWT session when they transition to Phase 4 of the Epic transformation in Fall 2014.

While it is hard to believe an entire year has already passed since the first steps of the

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Epic journey at LVHN began, we are now at the stage of showing a significant portion of our integrated and responsive EMR system. “Epic will transform the way our patients’ medical information is accessed and utilized, from first touch to last,” Clinton says. “Thanks to you and your engagement in this process, we are well on our way to achieve this massive, transformative goal here at LVHN.”

Pencil us in: [Wave 1 of LVHN's Epic EMR lifts-off on February 18, 2015.](#)

Next summer: Wave 2, hospital-based settings, goes-live August 1, 2015.

Wanted: Ambulatory-setting Super Users

The Epic EMR transformation needs you! Non-provider super users are critical to end-user success. [Learn about the Epic super user program](#) and [submit your application](#) today.

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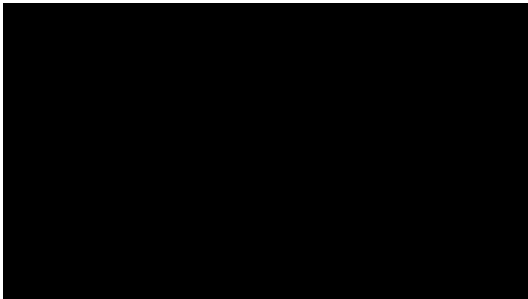
We are producing videos of our doctors and advanced practice clinicians (APC) to help our community find trustworthy health care providers. We will share them here to introduce you to these colleagues. You'll learn about their personality, philosophy of care and inspiration for practicing medicine. These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

Paul Cesanek, MD, is a Lehigh Valley native who enjoys caring for his fellow community members. He reduces their anxiety and helps improve their surgery outcomes by educating them about their condition, their treatment options and what they can expect after surgery.

"I want patients to know that I care, that I'm a normal guy," he says. "That their goal and my goal is the same, which is to get them better."

He is a board-certified surgeon who also performs [robotic surgery](#) at Lehigh Valley Health Network. He sees patients at [General Surgical Associates of LVP](#).

Get to know him with this video.



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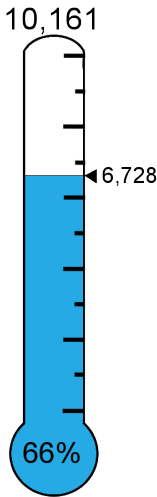
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