

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, a link to ask questions on Mission Central, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news.

[Parking at LVHN-One City Center On Friday? Some Things To Know](#)

Get information about event parking at LVHN-One City Center.

[Inside the Numbers](#)

Learn more about our U.S. News & World Report Best Hospitals ranking with this easy-to-read infographic.

[Pablove Shutterbugs Photography Program Coming to LVHN](#)

Children's Hospital at Lehigh Valley Hospital was awarded a grant to implement a program for children and teenagers battling cancer.

[Wellness – Check Your Cough](#)

Be prepared for cold season and know what to do when you or a family member develops a cough.

[Get Schooled in Epic](#)

Learn about LVHN's new electronic medical record on The Learning Curve (TLC).



Read the latest
issue of CheckUp



Read the latest
issue of Healthy You



**Ask Questions
Any Time on
Mission Central**

READ LEHIGH VALLEY HEALTH NEWS

a blog on LVHN.org containing
timely health information and
health network news.

Mission Central

Let's make our mission possible.



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Parking at LVHN-One City Center On Friday? Some Things To Know

Tomorrow's Eagles concert marks the first major event to be held at PPL Center. Due this this event, we would like to provide information to Lehigh Valley Health Network (LVHN) colleagues working at or visiting LVHN-One City Center who may be affected.

Colleagues who are not attending the event may remain at their work stations until their standard departure times. We do not anticipate any parking verification will be necessary. But if a staff member is asked for a parking pass, simply present your LVHN ID badge. There will be no parking violation citations issued and no LVHN colleague working or visiting on-site will be charged when departing the North/Linden Street Deck.

Colleagues attending the concert (or event in the future) who wish to remain in the North/Linden Street Deck should be purchasing event parking passes online through PPL Center's website prior to the event. This pass should be retained. Staff members will not need to move their cars and re-enter the deck.

Parking in the South/8th Street Deck will remain LVHN badge access-restricted. If you have permission to park in this deck, there will be no change in procedure whether or not you are attending an event.

Additionally, LVHN Fitness-One City Center will close at 5 p.m. on Friday (9/12), Monday (9/15) and Tuesday (9/16), in order to study the impact of events on traffic, parking and way-finding for members.

This entry was posted by [Amanda Coe](#) on September 11, 2014 at 2:45 pm, and is filed under [Get News](#). 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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We Reached 88%

Nearly 10,000 colleagues completed their health and wellness assessment.

11,212



9,832

88%

Watch for information on open enrollment 2015 in your home mailbox the week of September 15.

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Inside the Numbers

When U.S. News & World Report released its most recent Best Hospitals rankings, Lehigh Valley Hospital (LVH) made the list for the 19th straight year, while LVH–Muhlenberg and LVH–Hazleton earned high-performing honors. Here's how the numbers stack up:



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This entry was posted by Kyle Hardner on September 12, 2014 at 10:37 am, and is filed under Celebrate, Learn. 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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Pablove Shutterbugs Photography Program Coming to LVHN



Children's Hospital at Lehigh Valley Hospital's pediatric hematology/oncology department is one of 13 health and community groups nationwide to be awarded a grant to implement a photography program for children and teenagers battling cancer.

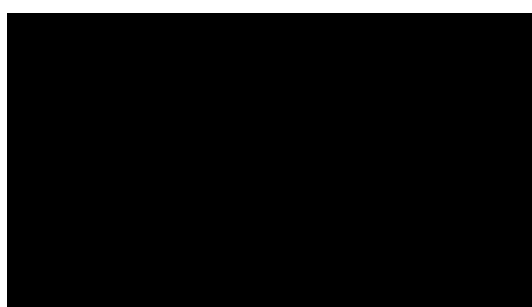
Children's Hospital earned the \$12,595 grant by securing enough online votes to be selected as a [LIVESTRONG Foundation Community Impact Project](#) winner.

Since 2010, LIVESTRONG has conducted voting for organizations looking to employ programming that supports people affected by cancer. These organizations present proposals touting their cancer efforts to LIVESTRONG, and those approved get on the Community Impact Project ballot, which is open to the public.

Of the three programs funded this year through LIVESTRONG's E. Lee Walker Award for national expansion, Children's Hospital's pediatric hematology/oncology program is among the 13 organizations chosen to participate in the [Pablove Foundation Shutterbugs](#) photography program. It's conducted through a California foundation established in honor of Pablo Thrailkill Castelaz, who lost his battle with kidney cancer at age 6.

"It's really a hat's off to our community for supporting us so well in the voting process," says Children's Hospital at Lehigh Valley Hospital pediatric hematologist/oncologist [Philip Monteleone, MD](#). "This program is a great way to help kids learn to handle their cancer socially and emotionally. We're honored to be part of this initiative."

The Pablove Shutterbugs program can accommodate up to 15 patient photographers per session. It's scheduled to be conducted over five successive Saturdays in each of two sessions. A fall session will begin Sept. 20 and conclude Oct. 18. A spring session is scheduled to begin April 18 and conclude May 16. Each Saturday class for the fall session will run 9:30-11:30 a.m. and be held at the [Banana Factory in south Bethlehem](#). Details for the spring session are pending.



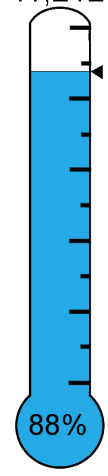
The fall classes will be conducted by [Laurinda Faye Rubin](#), an award-winning professional photographer from Bartonsville, Pa. Students will benefit from Rubin's expertise as they learn about the capabilities of the camera, the use of lighting and shadowing in photography, the nuances of portrait photography and how to tell a story with pictures. A photography field trip enabling students to make use of these photo concepts also will be part of the program.

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The final class will be a celebration of the students' work with their families. A gallery show of the best of the student photos will be presented following the conclusion of the second session.

The program is open to patient photographers ages 6 to 18. Families interested in having a child patient participate are urged to contact Raul Lorenzana, The Pablove Foundation's regional program manager, at raul@pablove.org.

Volunteers are also being sought to help with the classes as teaching assistants, photographers, and to provide general classroom support. Experience working in the arts or working with children is helpful, but not required. Sign up at <http://pablove.org/volunteer>.

Children's Hospital's pediatric hematology/oncology program diagnoses 35 to 40 new patients with cancer each year, and 40 to 50 patients actively receive chemotherapy. Children's Hospital follows about 200 children who have completed their cancer treatments, as well as more than 200 children with blood disorders such as sickle cell anemia.

This entry was posted by [Ted Williams](#) on September 9, 2014 at 1:08 pm, and is filed under [Celebrate, Learn](#). 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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Wellness Wednesday – Check Your Cough



Coughs are intense self-defense weapons in your body. Their mission is to quickly expel intruders from your throat and lungs.

When you're healthy, the tiny, hair-like fibers that line your bronchial tubes push material out of the lungs and into the throat. If fluid, viruses, bacteria or even dust causes irritation, your cough reflex takes action. Suddenly, the muscles of your throat and chest contract and expel the intruder in a rush of air and mucus at speeds that can reach 100 mph.

As we enter cold season, it's you'll likely get a cough at some point. But do you know when you're facing a run-of-the-mill cold or something more serious?

"That occasional cough is normal and helpful," says family medicine physician [Mark Wendling, MD](#). "It helps clear foreign substances and secretions from your lungs and prevents infection."

A cough is one of the most common symptoms patients experience and is the fifth most common reason for visits to physicians. They are either non-productive (dry cough) if there is minimal clear-white or no phlegm, or productive (wet cough) if there is yellow, green, or brown phlegm.

A cough that lasts only a few days or weeks is common and could be caused by allergies, a cold or other lung infection.

This week's wellness challenge: Be prepared for cold season and know what to do when you or your family develops a cough.

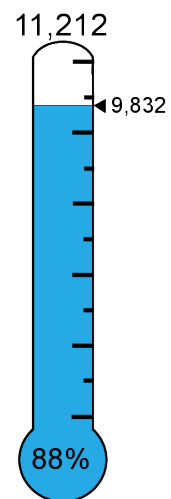
There are easy ways to help ease your cough, such as:

- Use cough drops or hard candies. They may ease a dry cough and soothe an irritated throat. Never give these to a child under age 3 because they can cause choking.
- Use a vaporizer or take a hot, steamy shower to moisten the air.
- Drink fluids to thin the mucus in your throat. Warm liquids like broth or tea can have a soothing effect.

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- Take an expectorant (cough syrup) that can help make mucus easier to cough up. Do not give expectorants to children.

Because a cough expels bacteria and viruses, always cover your mouth with a disposable tissue.

If a cough lasts longer than a few weeks, there may be an underlying problem or more serious infection. "Watch for symptoms like wheezing, shortness of breath or fever over 100.5, particularly lasting more than 48 hours," Wendling says. This could signal a more serious lung infection, lung condition such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or lung cancer.

If you experience these symptoms, you should call your primary care physician. He or she will do a physical exam and may ask for diagnostic testing (such as a chest X-ray, CT scan or an endoscopy to examine nasal passages, bronchial tubes or the esophagus) to determine the cause of your cough. That will help diagnose the cause and help you and your doctor determine the best treatment.

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

This entry was posted by [Amanda Coe](#) on September 10, 2014 at 2:00 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.

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Get Schooled in Epic

In just over five months, the Epic electronic medical record (EMR) system will go-live across Lehigh Valley Health Network (LVHN) ambulatory sites as part of the scheduled wave 1 launch. (Don't forget: [Wave 1 go-live is February 18, 2015.](#)) Currently, LVHN Epic instructional designers are preparing curriculum that will be presented at formal training sessions in January for all ambulatory colleagues.

However if the New Year seems a long way off and you're feeling drawn to the Epic orbit, you can start learning about Epic and a multitude of workflows starting **now**.

TLC + Epic = Elearning

A vast Epic curriculum is available on The Learning Curve (TLC) elearning site. In fact, there are over 680 Epic elearnings that you can watch, interact with and learn about many aspects of Epic, from preadmission workflows to customizing [SmartPhrases](#).

Start by clicking on the TLC schoolhouse icon on your Single Sign-On (SSO) toolbar to log into TLC.

Once logged-in, look at the top left side of The Learning Curve screen for the "Search" box. Type "Epic" into the search box and hit enter. This will take you to a page listing all 680+ Epic elearning modules. If you click on a title, you will be able to see a brief description of the course. To narrow your choices, you can also search for specific topics by using a combination of keywords, such as "Epic SmartText" or "Epic Insurance" or "Epic Office Visit" or any other keyword(s) that describe the Epic topic you want to see. To take a course, click on the "Register" button.

You're in Hyperspace

One of the first TLC searches you should do is with the words "Epic hyperspace." There are two courses you should specifically look for: "Overview of hyperspace for clinical applications" and "Overview of hyperspace for revenue and access applications." Depending on your work function (clinical or administrative) select the course that's the best fit for your job.

Epic hyperspace is what you will log-into in order to do your work within Epic. It is a graphical interface, which essentially means you will use icons, buttons and other images to navigate through your workflows. By taking one of these hyperspace courses (approximately 10 minutes long,) you will receive a good overview of how the workflow page is generally laid-out, where toolbars, activity bars and task buttons are located, and how you will navigate from section to section (hint: the TAB key plays a prominent role in Epic.)

Once you begin your formal training classes in January, you will receive a log-in for the Epic Hyperspace "playground," where you can practice in the hyperspace environment that you will work in once Epic goes-live.

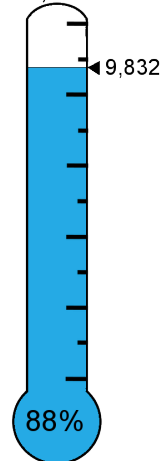


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REMINDER: Wave 1 Super Users – Friday, September 12 is your day! Wave 1 super users (ambulatory settings) will meet immediately after the “Wave 1 Managers’ Fair” in the Mack Auditorium, 3 to 4 p.m. on Friday, September 12.

Your Epic Calendar:

Now through October 31: [Testing Epic applications](#)

Beginning December 1: [Super user](#) training:

Beginning January 5, 2015: End user training

Late January 2015: Dress Rehearsal

February 18, 2015: [Go-live for Wave 1, ambulatory settings](#)

August 1, 2015: Go-live for Wave 2, hospital-based settings

This entry was posted by [Jenn Fisher](#) on September 11, 2014 at 4:57 pm, and is filed under [Learn](#). 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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