

Visit [LVHN Daily–Hazleton](#) to read these stories:

[I Hear You: Bullying Has No Place at LVHN](#)

Lynn Turner talks about LVHN's zero tolerance for bullying.

[The Day My Email Exploded](#)

Kim Jordan on bullying culture.

[Have a Clinical Question? DynaMed Plus is Now Available](#)

Access it through the Library Services Page on LVH-H Intranet.

[Welcome New Colleagues – October 2017](#)

Colleague Flu Shot Clinics Begin

[See Dates](#)



LVH–Hazleton DAISY Awards

[Read More](#)



Welcome new colleagues who joined our LVHN family.

Disney On Ice: "Dream Big" Presale Tickets

See your favorite Disney characters perform Jan. 11-15.

Regional Urology Symposium at Skytop Lodge Oct. 20-21

Five LVHN urologists among 23 presenters.

"The World Is Our Community"

Colleagues are helping and educating the people of Haiti.

Attend LVH-Schuylkill Auxiliary's "Art for a Cause"

Abdul Wahhab, MD, will auction off 100 original paintings.

**I Pink I Can, Live
and Simulcast
This Year**

[Read More](#)



LVHN news

What Are the Symptoms of
Head and Neck Cancer? »

Gamma Knife Icon Effectively
Treats Painful Trigeminal
Neuralgia Without Surgery »

LVHN Claims 2 Honors in
2017 Morning Call Readers'
Choice Awards »

Information on LVHN Weekly–Hazleton is for LVHN colleagues only and cannot be accessed on smartphones or computers outside of LVH–Hazleton's network.

Last week on LVHN Daily, two blogs focused on the subject of colleague bullying. It's a topic that has been on my mind all week, and yours too, based on the continued stream of emails on the subject.

Because my message last week was primarily directed toward nursing/patient care, I want to go a step further. Demeaning behavior or mistreatment of any person – colleague, patient, family member, classmate, neighbor, etc., etc. – is unacceptable. Awareness of our own tendencies toward incivility is the starting point. But it has to continue from there with action and self-checking to ensure the people we encounter at work, home, in parking lots or grocery stores see and experience the better side of us. We are, after all, human too.



Your feedback about bullying

I have read many very thoughtful emails from you about bullying. One of the common threads was to make sure we (collectively) take an honest look at ourselves and make sure each of our practices, hospitals, offices and health centers are places all feel welcome.

Here are some additional thoughts from your LVHN colleagues that struck a chord with me:

- “I am one of the seasoned nurses and feel an extra sense of protection for the newer nurses that I encounter on nights. We can always do better!”
- “It is only in a respectful and inclusive workplace that colleagues can perform at their best and provide the best possible care for patients and families.”
- “I’ve been in the network a long time, and you are right. This is not, ‘Who we Are.’ Our culture has always been P.R.I.D.E. behaviors. We have gotten so far removed from that, I can almost bet most people don’t know what it means anymore.”
- “NOBODY should be bullied at work! No employee on any level should have to tolerate this behavior against them!”
- “I hope our workplace will become a more cohesive and team building workplace.”

How do we tackle this?

As colleagues – whether in patient care or in administrative or other supporting roles – I am humbled by the call for action to make LVHN a better place for all of us. In my opinion, change begins with self-reflection. Think about this:

- Do I gossip?
- Do I intentionally leave someone out of our work clique?
- If someone doesn't want to join us at lunch or other activities, do I feel insulted and dislike that person?
- Do I harass someone (verbally, physically or emotionally)?
- Do I yell at colleagues or speak harshly to patients?
- Do I apologize and then repeat a demeaning or cruel behavior?
- Do I create a negative work environment?

If you identify with one or more of these behaviors, it's time to change.

If you are subject to someone behaving this way toward you, it's time to speak up.

Last week on LVHN Daily, Lynn Turner, Senior Vice President and Chief Human Resources Officer, provided excellent advice about confronting this type of behavior and the resources right here that can help. I encourage anyone who is struggling with this (victim or perpetrator) to please read Lynn's blog: [I Hear You: Bullying Has No Place at LVHN](#).

Next step: Kindness

Among the emails about bullying, I received an intriguing note from an LVHN nurse who brings decades of care to our patients. In her note, she shared insights about, "The Gathering of Kindness," a conference she is attending (at her own cost) to learn more about how Australian hospitals have focused on "kindness" to reshape health care culture.

In her note she said, "Perhaps using the word 'kindness' more often rather than 'bullying' may instill some compassion in the more senior staff. In my humble opinion, this is not just a nursing problem, every department has dealt with bullying or rather, lack of kindness, issues."

I decided to learn more about the Gathering of Kindness, and read a blog by physician, *Catherine Crock, AM, with Royal Children's Hospital in Melbourne*. Her thoughts about kindness sum up what I would like to see our culture fully evolve to:

- "Kindness does three vital things. Kindness makes best use of your team – if you are kind to those

around you, then they will be there to provide support and assistance and kind behaviors in return. Kindness brings the safest environment – by fostering a culture where people aren't afraid to speak up, mistakes or risks can be dealt with openly, and before they have consequences. Lastly, kindness creates unexpected wonderful moments of joy.”

I thank you all for contemplating and seriously addressing the need for more kindness in our workplace (and everywhere). So many of you are already there – you do it every day! Keep showing your kindness in action because it is a gift that has abundant returns: more satisfaction at work, less colleague turnover, safer environment for our patients. These are the pillars we want to build our culture upon. With a foundation of kindness and respect, let's see how far we can go.

Kim

P.S.: My email is always available to you, so do not hesitate to share your thoughts on this topic (or other nursing/patient care/colleague retention/positivity topics) with me: Marie.Jordan@lvhn.org.



Kim Jordan

About me: My name is Kim Jordan, DNP, RN, and I am Senior Vice President and Chief Nursing Officer at LVHN. I came to LVHN 15 years ago as director of the open-heart and transitional open-heart units. I consider it an honor and a privilege to lead our outstanding nursing colleagues.

The Day My Email Exploded

by [hazlvhndaily](#) · October 13, 2017

I am out of town at the 2017 ANCC National Magnet Conference®, but it's important that you know I am not out of touch. In fact, my email has been exploding since yesterday when a post surfaced on social media, alleging that a new LVHN nurse was bullied by another colleague (or other colleagues).



LVHN is continuing to investigate this, but let me get to the heart of my message: Bullying, harassment, intimidation or any other mistreatment of colleagues is NEVER OK and does not represent LVHN's culture. More specifically: These behaviors are not acceptable parts of our nursing culture or anywhere in health care. Not in the Lehigh Valley. Not in Pottsville, Hazleton, East Stroudsburg or any other LVHN location.

(See [Lynn Turner's post](#) about this topic and LVHN's zero-tolerance policy for harassment.)

Any type of bullying behavior, and what it represents, is offensive to me. The old adage, "Nurses eat their young," ends here.

You agree: This is not us

I tend to get quite a few emails, but this topic hit a nerve. Many colleagues who sent emails wanted to make sure I knew about the post; however, many included powerful messages that uplifted me and should uplift you too:

- "This is not who we are!"
- "This does not represent nursing at LVHN."
- "Be responsible for the positive environment you wish to work in and accept nothing less!!!"
- "Remember silence denotes agreement – if you see bad behavior address it and seek help."

While I may not have a chance to reply to every email that I received about this topic, please know that I read every single one. I must admit that at first, I was confused. Then upset. But after reading messages that said "this is not us," I felt better and more resolved than ever that with your partnership, we will ensure LVHN is a positive place to work.

People also have asked me, "What can I do?" My advice is this: Support each other at work. Look out for each other and be present for each other.

You are LVHN

Nursing is challenging and demanding work, as much as it is rewarding. All of us can help make every day positive in some regard:

- **New colleagues** – Seek support and offer thanks.
- **Seasoned colleagues** – Share your knowledge, tips and techniques.
- **Reminder** – Resentment and bullying have no place in nursing.

Regularly, I see and hear about the good – **the great** – that each of you brings to patients. It's the reason you got into this career – you can make an important, oftentimes life-changing, difference to another human being. When you support your colleagues, it helps each of them bring “the great” to their patients. It's a circle of care that builds momentum: you feel supported, your colleagues feel supported, and most importantly, your patients feel supported. You are what makes LVHN great. Never forget that.

Thank you for bringing “the great” to work and to each other. And please keep in touch. My email is always open to you (Marie.Jordan@lvhn.org), or if you see me on rounds, be sure to introduce yourself and let me know what's on your mind.

Kim



Kim Jordan

About me: My name is Kim Jordan, DNP, RN, and I am Senior Vice President and Chief Nursing Officer at LVHN. I came to LVHN 15 years ago as director of the open-heart and transitional open-heart units. I consider it an honor and a privilege to lead our outstanding nursing colleagues.

Welcome New Colleagues – October 2017

by [Jane Danish](#) · October 13, 2017

We are happy to welcome these new colleagues to our LVHN family.



(Front row, l-r) Sara Baker, LVPG Orthopedics; Miranda Green, RN, Family Birth and Newborn Center; Greymi Guzman, LVPG Surgery; Jessenia Guzman, LVPG Internal and Family Medicine; Karen Larock, LVPG Surgery; (second row, l-r) James Ortiz, food services; Lisa Neikam, food services; Amber Lamb, RN, 7th floor med/surg/peds; Nicole Stephens, emergency department; Vanessa Najunas, LVPG Podiatry.



(Front row, l-r) Kimberly Jones, radiology; Shamine Ramroop, radiology; Frankie Diaz, central transport; Millie Velez, patient registration; Stephanie Pillsbury, LVPG Physiatry; Samantha Tizekker, RN, emergency services, (second row, l-r) Terry Harvey, radiology; Cruz Finneccum, Gunderson Rehab; Laurie Lombardo, RN, LVPG Oncology; Jennifer Kistler, materials management; Sherry Sinclair; human resources.

Also, joining the LVHN family are Brandon Darrough, central transport, and Esmita Khan, environmental services.

Have a Clinical Question? DynaMed Plus is Now Available!

by [hazlvhndaily](#) · October 11, 2017

LVHN Library Services now has made available *DynaMed Plus*® through the Digital Library Services website and EPIC. *DynaMed Plus* presents critically appraised evidence from more than 500 medical journals in a quick, easy-to-read format designed for use at the point of care.



With *DynaMed Plus*, you will get:

- **Evidence-based recommendations** with supporting references updated 24/7/365 using GRADE
- Internal medicine topics developed and maintained jointly by *DynaMed Plus* and American College of Physicians (ACP) clinical leadership
- Ability to sign up for alerts when a topic or specialty area is updated with new evidence and guidelines
- **Free CME** AMA Category 1 Click for [more information](#)

Where can I find *DynaMed Plus*?

- **Remote Access.** Create a personal account to access DynaMed Plus anywhere on any device.
- **Free mobile app** available on Android and iOS platforms. After you download the app, use your personal account to login or get an authorization email from Dynamed. [Click here for instructions](#)
- On Site at LVH-H: From the LVH-H intranet homepage, click on **Library Services** then click on *DynaMed Plus* or use the **DynaMed Plus search box**
- On Site at LVH-S: From the LVH-S intranet homepage, click on **Library Services & Patient Ed** then click on *DynaMed Plus* or use the **DynaMed Plus search box**
- On Site at LVH-P: *Please note not all eBooks are currently available at your site.* From the LVH-P intranet homepage, click on **LVHN Links** and then click on **Library Services\Patient Ed** then click on *DynaMed Plus* or use the **DynaMed Plus search box**
- On Site at LVH-CC /17 and LVH-M:
 - From the LVHN intranet homepage, click on **Find Fast/Library Services** then click on **DynaMed Plus** or use the **DynaMed Plus search box**
 - In **EPIC** choose **DynaMed plus** under **WebLinks**
 - **Also in EPIC** in the following Health Maintenance, Diagnoses / Chief Complaint, Allergies, Procedures Entry, Flowsheets, Results, and Vitals screens:

Health Maintenance

Due Date	Topic	Frequency	Date Completed
8/23/1972	Tetanus	10 year(x)	
8/23/1972	Preventative Care Visit (40-64 y o)	1 year(x)	

Search: (Tetanus) AND (AG Middle Aged 45-64 year) [Search]

Results

Tetanus Condition

Overview and Recommendations History and Physical Diagnosis

vaccine preventable, neurologic illness evoked by toxins produced by Clostridium tetani, characteristically causing generalized rigidity and muscle spasms.

Problem List

Create Patient Care Coordination Note

Diagnosis: Musculoskeletal

- Chronic back pain greater than 3 months duration

Plan

Associate Providers

Pharmacy: No Selected Pharmacy

CAR Common Orders

Common Diagnoses

- Common Diagnosis: Aortic valve disorder [I35.9] [Details]

Vital Signs

Taken on 8/31/17 2:43 PM

BP: 102/62 Weight: _____ Pain score: _____

Pulse: 80 Height: _____ Location: _____

Temp: 100.2 F (37.9 C) Resp: 21 Educated?: _____

Source: _____ SpO2: 96% Comment: _____

Tobacco Use: Never Assessed Smokless: Unknown

Ready to quit? Yes No

Counseling given? Yes No

Mark as Released Never reviewed

[Guide]

Allergies/Contraindications

Add a new agent [Add]

Allergies	Reaction
Amoxicillin [Details]	Hives, Itching, Rash

Results Summary

ALL TOPICS	8/30/17	8/31/17	9/1/17	9/2/17	9/3/17	9/4/17
LABORATORY RESULTS						
MICROBIOLOGY TESTS						
HEPATIC TESTING						
IMMUNOLOGY TESTS						
HIV-1, HIV-2, HIV-1/2 Screen						Negative
OTHERS						
INFLUENZA						
INTRACRANIAL HIGGON						
INTRACRANIAL STEM PLAC						
Stem Test						Negative

If you have any questions, please contact Library Services at 610-402-8410 or email us at Libraryservices@lvhn.org.

Disney On Ice: Dream Big Presale Tickets Now Available

by [Jane Danish](#) · October 10, 2017

Disney On Ice presents Dream Big at the Mohegan Sun

Arena at Casey Plaza Jan. 11-15, 2018.

The ticket presale is now live and ends Oct. 16. Tickets go on sale to the general public Oct. 17.

To purchase tickets, [click here](#) or go to ticketmaster.com and use code MSAPRE.



Regional Urology Symposium at Skytop Lodge Oct. 20-21

by [Ted Williams](#) · October 10, 2017



Five LVHN urologists will be among 23 presenters taking part in the 3rd Regional Urology Symposium: Advances and Updates, a network-sponsored educational program scheduled for Oct. 20-21 at Skytop Lodge, 1 Skytop Lodge Road in Skytop, Pa.

Angelo Baccala, MD, LVHN's Chief, Division of Urology, joins fellow health network urologists Joseph Feliciano, MD, Clifford Georges, MD, James Johannes, MD, and Maria Voznesensky, MD, in the program. The symposium also features physicians from Cleveland Clinic, Memorial Sloan Kettering Cancer Center and Fox Chase Cancer Center among other highly regarded institutions. Suresh Nair, MD, Physician-in-Chief, LVHN Cancer Center, will be presenting as well.

All LVHN physicians, residents, advanced practice clinicians, nurses and allied health care providers are invited to attend the program. LVHN designates this educational activity for a maximum of 11.75 AMA PRA Category 1 Credits. Physicians should only claim credits with the extent of their participation in the educational activity.

Urologic topics for the Friday, Oct. 20 session include:

- Endourology, 8:15-9:50 a.m.
- Kidney Cancer, 10:05 a.m.-noon
- Prostate Cancer, 1-2:35 p.m.
- Female Urology, 2:50-4:45 p.m.

Saturday, Oct. 21 topics include:

- Benign Prostatic Hyperplasia (BPH), 8-9:35 a.m.
- Erectile dysfunction and Men's Health, 9:50-11:25 a.m.
- Hot topics in 2017, 11:25 a.m.-1 p.m.

Registration fees include the educational program plus related food events (breaks, lunches, Friday evening reception). The fees are as follows:

- Physicians – \$349 prior to Oct. 13; \$374 on site (if space permits)
- Advanced Practice Clinicians – \$200 prior to Oct. 13; \$225 on site (if space permits)
- Residents/Nurses/Other – \$100 prior to Oct. 13, \$125 on site (if space permits)

The complimentary Friday evening reception will be held for all registrants. Anyone wanting to add a guest for the reception should include an additional \$100 payment prior to Oct. 12, \$125 on site.

To register for the program, [complete electronic registration and payment by credit card online](#). You will receive an email confirmation of your registration. Anyone with questions should call the Department of Education at 610-402-2277.

'The World Is Our Community'

by [Sheila Caballero](#) · October 10, 2017

In 2014, the Nursing Professional Excellence Council established a relationship with Hospital de la Convencion Baptiste d'Haiti (HCBH) in Cap-Hatien, Haiti. The relationship was inspired by the Magnet® vision that challenges professional nursing to influence health care globally. Since then, nursing and other colleagues have made six trips to Haiti to provide humanitarian outreach, education and other support. Following is a brief look of some of the work LVHN colleagues are doing to influence health care in Haiti.

Tonya Kemp, RN, primed herself as best she could for her first medical mission to Haiti in November 2015. But nothing prepared her for watching a Haitian woman almost die for lack of a blood transfusion.

It happened on one of Kemp's first days at the Hospital de la Convencion Baptiste d'Haiti (HCBH) in Cap-Haïtien. The patient had already lost her baby due to a uterine rupture. Massive blood loss threatened her life.

"In the U.S., it's easy for me to get a blood transfusion for a patient," says Kemp. "In Haiti, the nurses were excellent and knew exactly what they needed but didn't have resources. I could feel their frustration."

Kemp left shaken and deeply affected. "I thought, 'We need to fix this.'" Her determination set the stage for two additional trips by Kemp and a hunt for desperately needed resources. Here's a look at what she and her colleagues are doing in Haiti:

A blood bank for Cap-Haïtien

At the top of Kemp's list was a blood bank and lab equipment that would improve treatment for traumas like hemorrhages. Back in the U.S., she met a retired nurse who had connections. She also reached out to Miller-Keystone Blood Center, the Haitian Embassy in Washington D.C., and the Red Cross.

Return trip, November 2016

The rains were falling heavily during Kemp's second trip. Severe flooding slowed the stream of patients to the hospital, allowing Kemp and hospital administrators to focus on the blood bank.

Within a short period of time, paperwork from a previous blood bank application was found. A Michigan organization confirmed it could provide much-needed lab equipment. And the hospital staff located a



compliant refrigerator that met Haitian Red Cross specifications. With tears in her eyes, Kemp placed an order for the remaining items needed for the blood bank. Everything was coming together.

Team approach

The most recent trip to Haiti in March 2017 included a multidisciplinary team of colleagues including obstetrician-gynecologist Tim Pellini, MD, labor and delivery nurse Melissa Motz, RN, lactation consultant Mary Kelly Aungst and Kemp.

Breastfeeding is the gold standard for infant nutrition and a natural solution to prevent hemorrhaging. Yet it's not a cultural norm in Haiti. Motz and Aungst set out to educate new mothers and nurses to help them understand the benefits of breastfeeding and to initiate feedings.

"Breastfeeding stimulates the release of oxytocin which helps contract the uterus," Motz says. "We did a lot of education around the benefits of breastfeeding, skin-to-skin contact and early management of hemorrhaging."



Labor and delivery education

In Haiti, nurses perform vaginal deliveries and repairs, while doctors handle cesarean sections, office visits and complicated deliveries. Pellini assisted Haitian doctors by examining patients, dating pregnancies through ultrasound and counseling mothers with the help of a translator.

Motz prepared education on gestational diabetes and shoulder dystocia. She was accompanied by Pellini in a demonstration on maternal positioning techniques and fetal rotation using a cardboard box to replicate a woman's pelvis. Together, the team led a lively question-and-answer session.



"I expected to find a lack of resources and a lack of knowledge," says Pellini. "What I found was only a lack of resources. The commitment and knowledge were impressive."

A life-changing experience

Team members say the experience changed them. “I’m learning to be thankful for what we have here,” Kemp says. “Part of LVHN’s mission statement is to care for people in our community. The whole world is our community. As a leader in the health care field, we have a responsibility to the world.”



From Studio to Showroom

by [hazlvhndaily](#) · October 11, 2017

LVH–Schuylkill Auxiliary is busy preparing for its annual Breast Cancer Awareness Dinner, and so is retired surgeon Abdul Wahhab, MD. This year’s dinner features an “Art for a Cause” auction where the Auxiliary is planning to auction off approximately 100 Wahhab originals. “Right now I have 101,” says Wahhab during a walk through his den where he has been organizing his completed works.

The event is Wednesday, Oct. 18, at the Lodge at Sharp Mountain, 201 South 26th Street, Pottsville. You can preview the art and enjoy hors d’oeuvres and a dessert buffet beginning at 6 p.m. The cost is \$35 in advance and \$40 at the door. For tickets or more information, contact Mary Bardell at 570-621-4242 or mary.bardell@lvhn.org. For a sneak peek at Wahhab’s work, visit LVHN.org/artforacause.

Each year, the Auxiliary hosts a social and educational evening as part of National Breast Cancer Awareness Month. This year, local surgeon Kristina Thornburg, DO, is the featured speaker. She will discuss “Awareness as the Key to the Cure.”

“Early detection is so important,” says Thornburg. “My main message is to discuss the prevalence of and risk factors for breast cancer. Creating awareness is a good start.”

Retired LVH–Schuylkill caregiver Ruby Paris, RN, will serve as auctioneer. The KRJ Trio will provide entertainment throughout the evening.



Colleague Flu Shots Clinics Oct. 5-Dec. 1

by [Jane Danish](#) · September 22, 2017



It's the time of year when we begin to think about fall foliage and unfortunately, the upcoming flu season. Colleagues know our annual flu shot clinics at LVH–Hazleton are just around the corner. This year, flu shots will be available in the sixth floor conference room and employee health office on varying weekdays and times from Oct. 5 to Dec. 1. Here is the schedule.

Sixth Floor Conference Room

Thursday, Oct. 5, 1:30-4 p.m.

Friday, Oct. 6, 1:30-4 p.m.

Monday, Oct. 9, 7-8 a.m.

Monday, Oct. 9, 2-4 p.m.

Tuesday, Oct. 10, 2:45-4 p.m.

Thursday, Oct. 12, 7:15-8:15 a.m.

Thursday, Oct. 12, 1:45-4 p.m.

Friday, Oct. 13, 9-10 a.m.

Friday, Oct. 13, 2:45-4 p.m.

Monday, Oct. 16, 7:15-8:15 a.m.

Monday, Oct. 16, 2-4 p.m.

Tuesday, Oct. 17, 2-4 p.m.

Wednesday, Oct. 18, 9-10 a.m.

Wednesday, Oct. 18, 3-4 p.m.

Thursday, Oct. 19, 7:15-8:15 a.m.

Thursday, Oct. 19, 3-4 p.m.

Monday, Oct. 23, 8-10 a.m.

Monday, Oct. 23, 3-4 p.m.

Tuesday, Oct. 24, 2-4 p.m.

Wednesday, Oct. 25, 9-10 a.m.

Friday, Oct. 27, 3-4 p.m.

Monday, Oct. 30, 7:15-8:15 a.m.

Monday, Oct. 30, 3-4 p.m.

Tuesday, Oct. 31, 1:45-4 p.m.

Employee Health Office

Wednesday, Nov. 1, 3-4 p.m.

Friday, Nov. 3, 7:30-8:30 a.m.

Friday, Nov. 3, 3-4 p.m.

Monday, Nov. 6, 2-4 p.m.

Thursday, Nov. 9, 2-4 p.m.

Tuesday, Nov. 14, 2-4 p.m.

Friday, Nov. 17, 2-4 p.m.

Monday, Nov. 20, 2-4 p.m.

Wednesday, Nov. 29, 2-4 p.m.

Friday, Dec. 1, 2-4 p.m.

If you can't make any of the designated times, call the employee health office for an appointment at 570-501-4788. Colleagues who do not receive a flu shot or have received a flu shot elsewhere are required to sign a declination form at the employee health office. Colleagues receiving shots elsewhere also must provide proof of vaccination to the employee health office.

Colleagues at the Health & Wellness Center at Hazleton are asked to contact their department managers if they'd like a flu shot. You will be notified when flu shots will be administered at your department.

As in prior years, LVHN policy mandates a flu shot as a requirement for LVHN colleagues who have patient contact at most of our campuses. All other colleagues are strongly encouraged to get one as well. It's our way of keeping colleagues healthy while giving back to the community. Whether you are attending a religious service or out at a social event, you will not be potentially increasing the influenza risk.

“Why should I get vaccinated?”

The Centers for Disease Control and Prevention (CDC) recommends the vaccine for all persons over the age of 6 months, especially health care workers. Everyone, including laboratory, clerical, dietary, environmental services, maintenance, security and administrative personnel, might be exposed to the flu virus even though they are not directly involved in patient care and could transmit the virus to others. Additionally:

- A flu shot is the best way to protect yourself and your loved ones from the flu.
- A flu shot reduces the potential spread of the influenza virus through our hospitals, health centers and outpatient practices.
- Influenza/pneumonia is the No. 8 cause of death in the U.S.

This year’s quadrivalent vaccine protects against four types of influenza – two type A viruses and two type B viruses. They are:

- A/Michigan/45/2015 (H1N1)pdm09-like virus
- A/Hong Kong/4801/2014 (H3N2)-like virus
- B/Brisbane/60/2008-like (B/Victoria lineage) virus
- B/Phuket/3073/2013-like (B/Yamagata lineage) virus

The CDC Advisory Committee on Immunization Practices continues to recommend that the live attenuated influenza vaccine (LAIV) – also known as the “nasal spray” flu vaccine – should not be used during the 2017-2018 flu season. The recommendation is based on data showing poor or relatively lower effectiveness of LAIV in recent years. The nasal spray flu vaccine will not be available to LVHN colleagues through employee health services.

DAISY Award Program Comes to LVH–Hazleton

by [Jane Danish](#) · September 29, 2017

LVH–Hazleton has joined other hospitals in our health network (LVH–Cedar Crest, LVH–Muhlenberg and LVH–Pocono) and more than 2,700 hospitals worldwide that recognize the legacies of exceptional nurses with DAISY Awards.



The DAISY Foundation was formed in 2000 in memory of J. Patrick Barnes by his family. He had an immune disorder that required high-tech care during the last eight weeks of his young life. The family wanted a way to honor and keep Patrick’s memory alive while recognizing the exemplary clinical skills and heartwarming compassionate care each of his nurses provided. Little did they know this idea would launch a foundation, as well as national and international recognition of outstanding nursing care. Today the program is administered by the DAISY Foundation. DAISY is an acronym for Diseases Attacking the Immune SYstem.

A DAISY Award Recognition Committee is in the process of developing procedures, templates and celebrations to bring this award to our deserving nurses throughout LVHN facilities in Hazleton. These include LVH–Hazleton, Health & Wellness Center at Hazleton, the Health Center at Mountain Top, LVPG–Hazleton practice sites and ExpressCARE. Each quarter, one RN will be chosen to receive the DAISY Award for his or her excellent clinical skills, compassionate care and exemplary service. Nominations can be submitted by colleagues, patients, families and/or volunteers.

The DAISY Award Recognition Committee will work throughout October to finalize the program, which is expected to roll out in early November.

Visit LVHN Daily–Hazleton to learn more about the DAISY Award program as it begins to unfold. In the meantime, start thinking about who you would nominate for the DAISY Award.

I Pink I Can: Continuing Education Symposium for Colleagues

by [Jenn Fisher](#) · October 9, 2017

If faced with either of these questions from a patient, how

would you answer?

- **“My breast hurts, and I feel a lump. What should I do?”**
- **“I have a discharge from my nipple–what is that about?”**

Two LVHN lead providers from Breast Health Services will present I Pink I Can, a one-hour symposium on these topics and help prepare you to answer these questions from your current or future patients. All physicians, residents, students and staff are welcome to attend.



Diagnostic radiologist Priya K. Sareen, MD, Imaging Director, Breast Health Services and surgeon Lori Alfonse, DO, Medical Director, Breast Health Services, have met and counseled thousands of women. In this symposium for colleagues, you will receive information to achieve these objectives:

- Discuss how to appropriately manage work-up for a patient with breast lump or pain.
- Describe causes, clinical findings, work-up and treatment of nipple discharge.

Tuesday, Oct. 17, 2017

12–1 p.m.

LVH–Cedar Crest

1240 Atrium rooms A, B and C

Those not able to attend I Pink I Can at LVH–Cedar Crest can attend virtually:

LVH–Muhlenberg, conference rooms C and D

LVH–Hazleton, third floor ETC Room

LVH–Schuylkill Wall auditorium

Registration

Whether attending in person or from remote location, please register online at [I Pink I Can Symposium](#).

Accreditation

Lehigh Valley Health Network is accredited by the Pennsylvania Medical Society to provide continuing medical education for physicians. Lehigh Valley Health Network designates this live educational activity for a maximum 1 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the educational activity.

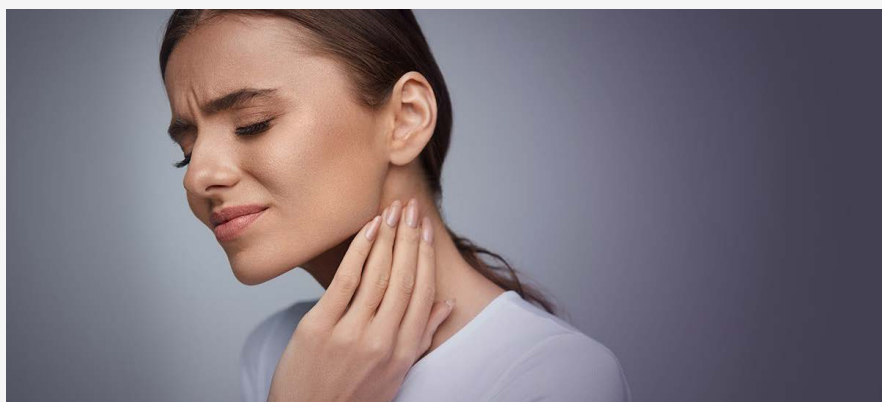
Lehigh Valley Health Network is an approved provider of continuing nursing education by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Completion Criteria

Registered nurses attending the entire program and completing the evaluation tool will receive 1 contact hour.

Activity approved by ASRT for 1 Category A CE credit for radiologic technologists attending entire program.

What are the symptoms of head and neck cancer?



October 11, 2017

Many people with head and neck cancer experience a variety of symptoms, and most are quite noticeable.

“Many symptoms of head and neck cancer don’t go away for two weeks or more,” says Lehigh Valley Health Network otolaryngology surgeon [Chetan Nayak, MD](#), with [LVPG Ear, Nose and Throat](#). “If someone is in a high-risk category – a heavy smoker or consumes alcohol regularly for example – and experiences these symptoms, they would be wise to see a physician as soon as possible.”

Common symptoms of head and neck cancer include:

- A growth or sore in the mouth
- A lump in the neck
- A lump or sore inside the nose that will not heal
- A sore throat that does not go away

Home

Author



LVHN News Contributor

lvhn@lvhn.org

610-402-CARE

Share

What are the symptoms of head and neck cancer?



Learn More



DOWNLOAD A
FREE ENT GUIDE

- Blocked sinuses that will not clear
- Chronic sinus infections
- Cough or hoarseness that does not go away
- Coughing up blood
- Difficulty swallowing, speaking, or breathing
- Frequent headache or pain around the nose, cheeks, jaws, or forehead
- Frequent nosebleeds or ones that don't stop
- Muscle weakness
- Numbness in the face
- Pain in the ear
- Swelling of the eyes or under the chin or around the jaw
- Vomiting

These symptoms may be caused by cancer or by other problems. It is important to see a doctor about any symptoms like these so that the problem can be diagnosed and treated as early as possible.

Do you have questions about head and neck cancers?
Download our [free information guide](#) to learn more.

Gamma Knife Icon effectively treats painful trigeminal neuralgia without surgery

Here's how this noninvasive procedure relieves agonizing facial pain.



October 06, 2017

Author: [Robert Prosnitz, MD](#), is a radiation oncologist with [Allentown Radiation Oncology Associates at Lehigh Valley Hospital–Cedar Crest](#).

I meet many patients with persistent trigeminal neuralgia (TN) who worry they may need invasive surgery to relieve their searing facial pain or otherwise live with it for life.

The positive news is most are good candidates for Gamma Knife® Icon™ treatment, which in most cases alleviates facial

Home

Author



Lehigh Valley Health Network
Provider

lvhn@lvhn.org

888-402-LVHN

Share

Gamma Knife Icon effectively treats painful trigeminal neuralgia without surgery



Next Steps

Imagine finding all your doctors
at one address.

LVHN.org

pain without the need for open surgery or other invasive treatments.

Trigeminal neuralgia is a chronic and debilitating condition that occurs mostly in people over age 50. The pain is usually triggered by blood vessels pressing on the 5th cranial (trigeminal) nerve as it exits the brain stem. This nerve is primarily responsible for transmitting sensations from the face to the brain.

With time the pressure leads to nerve damage, causing patients to suffer attacks of stabbing, burning or aching pain in various areas of their face. Gamma Knife Icon works by delivering a single shot of high-dose, laser-focused radiation that interrupts pain signals traveling from the trigeminal nerve back to the brain.

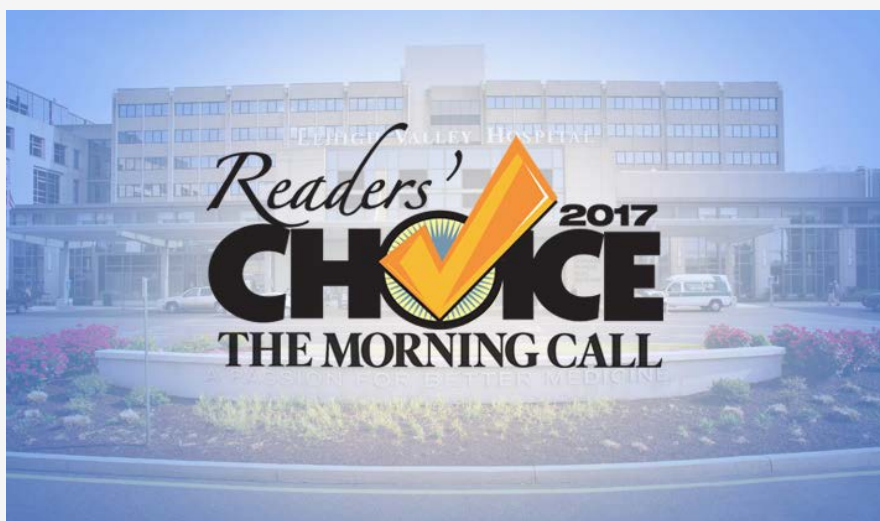
Not only have thousands of TN patients around the world found lasting relief through this noninvasive procedure, it can be a particularly good option if you are older or have other medical problems that make regular surgery risky. Young, healthy TN patients may want to consider microvascular decompression, a procedure that is slightly more effective. Its downside is that it requires opening the skull to relieve pressure on the trigeminal nerve.

Gamma Knife Icon also offers other advantages. For one, treatment is painless. When you arrive, our staff will fit you with a headframe to hold your head completely still so radiation hits only the target area without harming surrounding tissues.

Treatment typically takes 30 minutes, and you go home that day. Best of all, about 90 percent of TN patients either have no more facial pain after Gamma Knife treatment or can easily control it with medication.

Learn more about Gamma Knife in our informational guide > [Download Gamma Knife guide.](#)

LVHN Claims 2 Honors in 2017 Morning Call Readers' Choice Awards



September 25, 2017

Lehigh Valley Health Network (LVHN) has won two prestigious health care honors in the 2017 Morning Call Readers' Choice Awards, released by the newspaper on Sunday.

LVHN won Best Hospital/Health Network and LVPG Family Medicine won Best Family Doctor. The Morning Call invited readers to take part in an online survey to vote in several categories, including health care.

Such honors are a tribute to LVHN's mission to heal, comfort and care for our community. Accessing quality care at LVHN is now easier than ever before. You can do so by:

- Calling one number to access everything our health network has to offer: 888-402-LVHN

Home

Author



Ted Williams

Writer

Ted.Williams@lvhn.org

484-884-0806

Share

LVHN Claims 2 Honors in 2017 Morning Call Readers' Choice Awards



Next Steps

Imagine care with skill,
compassion and
no appointment needed.

ExpressCARE

- Scheduling an appointment on our website, LVHN.org, or on our patient portal, MyLVHN
- Walking into an ExpressCARE without an appointment to get care for a common illness or minor injury
- Addressing a minor medical concern via a video visit with a provider from the comfort of your living room couch.

And on our website, you can choose the best doctor for you by reviewing physician star ratings submitted by real patients.

LVHN has set the standard for care and innovation in the region. And recently we took that standard to the next level with the development of three institutes: the LVHN Heart Institute, the LVHN Cancer Institute and the LVHN Institute for Special Surgery.

The word “institute” describes a health care organization where high-caliber clinicians work together to conduct patient care, research and education, and to better predict, prevent and combat disease. That means when you receive care at an LVHN institute, you’ll have a team of experts working together to ensure you receive leading-edge care.

Lehigh Valley Hospital has been ranked among the nation’s top hospitals by U.S. News & World Report for 22 consecutive years. Last month, LVHN was honored as one of 12 academic medical centers nationally to receive the Bernard A. Birnbaum, MD, Quality Leadership Award at the Vizient Clinical Connections Summit in Denver. The award is issued for demonstrating leadership, collaboration, adaptability and advanced analytics in improving performance across the care continuum.

LVHN also won Morning Call Reader’s Choice awards for Best Hospital/Health Network in 2015 and tied in the 2014 voting. LVHN won Best Family Doctor in 2015 and 2016.