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Newsletters

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LVHN Weekly-Pocono

Lehigh Valley Health Network

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Thanks for Making
LVHN a
Top Workplace

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Support Program

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LVHN news

Winter Words to the Wise

NYC Police Retiree Beats the Odds

Signs of Sepsis

You Can Help Create a Glass Sculpture for Our Children's Hospital

BY [RICK MARTUSCELLI](#) · MARCH 14, 2019

Lehigh Valley Reilly Children's Hospital is a special place for kids, and exists to care for all children and families, from every town in our region, of every age and ability. We are opening a new entrance specifically for Children's Hospital, and you can be a part of making it magical.



Through our partnership with ArtsQuest Glassblowing Studio, a one-of-a-kind glass sculpture will be created to adorn the entrance lobby. This unique piece will include 400 blown-glass “beans” made by people like you. Each glass bean will be as unique as the person who makes it. The shimmering beans will be affixed to three spheres that will hang from the ceiling of the new children's hospital new entrance.

How you can help

You can sign up to create your glass bean during events at the Banana Factory on:

- Saturday, March 16; [Make a reservation](#)
- Sunday, March 24; [Make a reservation](#)

You also can book a hot glass party at the ArtsQuest Glassblowing Studio by contacting Ken Shirey at kshirey@artsquest.org. Parties can accommodate 6-20 people, and are great ways to celebrate birthdays, team-build and just have fun. Make a “magic bean” to be included in the sculpture for just \$75 per person.

By contributing to the sculpture, you will help create a colorful, magical reminder to our patients, families and colleagues that our Children’s Hospital is here to heal, comfort and care for each individual patient and family who walks through our doors.

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New LVHN Surgery Robot One of 15 in the World

BY [NINA ACE](#) · MARCH 14, 2019

LVHN is further enhancing its already largest and most advanced robotics surgery program in the region with the acquisition of the innovative [da Vinci single port \(SP\) robotic surgery system](#). The SP, one of just 15 being used around the world, is the latest robotic-assisted technology used by surgeons to perform minimally invasive urologic surgical procedures, including prostate cancer and kidney cancer, as approved by the U.S. Food & Drug Administration (FDA).

The da Vinci SP system provides surgeons with robotic-assisted technology designed for deep and narrow access to tissue in the body. The ability to enter the body through a single, small incision helps surgeons perform more complex procedures.

“Surgeons only need to make a one-inch incision utilizing da Vinci SP, which may reduce pain, shorten the healing process, limit complications and get the patient back to work and other normal activities more quickly,” says Angelo Baccala, MD, Chief of Urology.

LVHN physicians utilize at least one robot at six of the health network’s hospital campuses. The arrival of the SP, expected next month at LVH–Cedar Crest, will boost the program to 10 robots with nearly 50 surgeons performing procedures in 11 specialties. LVHN’s program has performed more than 14,000 robotic procedures since 2008.

“This acquisition places our robotic surgery program on the world stage,” said Martin Martino, MD, Gynecologic Oncology, Lehigh Valley Cancer Institute. “Acquiring the da Vinci SP further demonstrates our commitment to improve minimally invasive surgery with technology that can positively impact patient outcomes. In addition, it will further enhance our position as a training ground for clinicians around the country.”



The da Vinci SP is the fourth-generation da Vinci surgical device. The FDA approved da Vinci SP for urologic procedures in June 2018. It is anticipated that within the next year, the FDA will decide on the approval of the da Vinci SP for additional procedures, such as ear, nose and throat (ENT) and colon-rectal surgery.

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Lynn's Turn: Celebrating the Women of LVHN

BY [RICK MARTUSCELLI](#) · MARCH 12, 2019

In 1980, President Jimmy Carter declared the first National Women's History week. Since then, Congress has passed several proclamations identifying March as Women's History Month. Every president has made annual proclamations to reaffirm Women's History Month, which celebrates women's contributions to our history, culture and society.

Throughout history, women have not always gotten notoriety for their accomplishments and contributions. However, every woman has a story to tell and gifts to share with the world. They are activists, writers, inventors, scientists, visionaries, mothers and daughters.



Women make up 80 percent of LVHN's total workforce. I'd like to thank you for your hard work and dedication in providing outstanding care to our patients.

I also encourage you to celebrate the magnificent women in your life, whether they be family, friends or colleagues. You can:

- Write a letter to a woman who has made a positive impact on you.
- Spend time with a special lady in your life.
- Learn about amazing women in our history.
- Take time to focus on women's health care.

I'd also love to hear about the special women in your life, professionally and personally. Tell me about them by posting a comment on this story below.

"We must tell girls their voices are important." – Malala Yousafzai



A handwritten signature in black ink that reads "Lynn Turner".

About me: My name is Lynn Turner, Senior Vice President and Chief Human Resources Officer. In this blog, I will write about the issues important to you, share information about our policies and how LVHN works to support you. In return, I hope you will feel comfortable asking questions and sharing your concerns.

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Register for Health Care Career Discovery Day

BY [RICK MARTUSCELLI](#) · MARCH 14, 2019

On Thursday, April 25, LVHN's department of education and The Dorothy Rider Pool Health Care Trust will offer Health Care Career Discovery Day for children of LVHN colleagues in grades 9-12. This coincides with the national "Take Our Daughters and Sons to Work Day."

The event will be held at LVH–Cedar Crest, LVH–Muhlenberg, LVH–17th Street, LVH–Pocono and LVH–Hazleton. Educational presentations and tours of a variety of departments will be provided. Registration is now open and is required for the event.

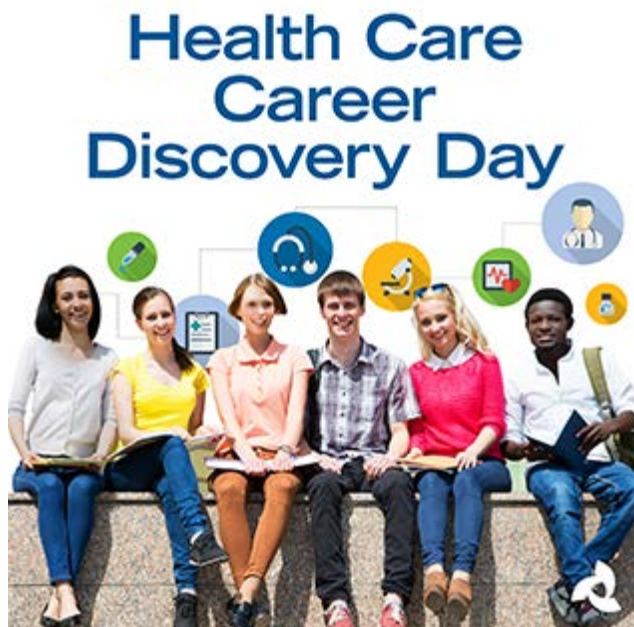
To register for the event:

- At LVH–Cedar Crest, LVH–Muhlenberg, LVH–17th Street and LVH–Hazleton, [click here](#)
- At LVH–Pocono, email Mary.Ambrosius@lvhn.org

There is limited capacity at each location, and slots are expected to be filled quickly.

Depending on location, your child may have the opportunity to visit and learn about:

- Radiology
- Regional Heart Center
- Emergency department
- Engineering and safety
- Respiratory care
- Nursing
- Food and nutrition
- Sleep disorders
- Perioperative services
- Interpreter services
- Cancer and infusion services
- Surgical innovations



MedEvac and emergency services

If you have any questions, or if your department is interested in hosting the participating young adults during the event, please email Brooke.Zumas@lvhn.org, Senior Education Consultant, Youth Programs.

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Mini Medical School Will Help People Live Their Healthiest Lives

BY [RICK MARTUSCELLI](#) · MARCH 12, 2019

Mini Medical School is LVHN's annual month-long, interactive educational series for high school students (age 13 and older) and lifelong learners with an inquiring mind. This year, participants will learn how LVHN helps the people of our community live their healthiest life.

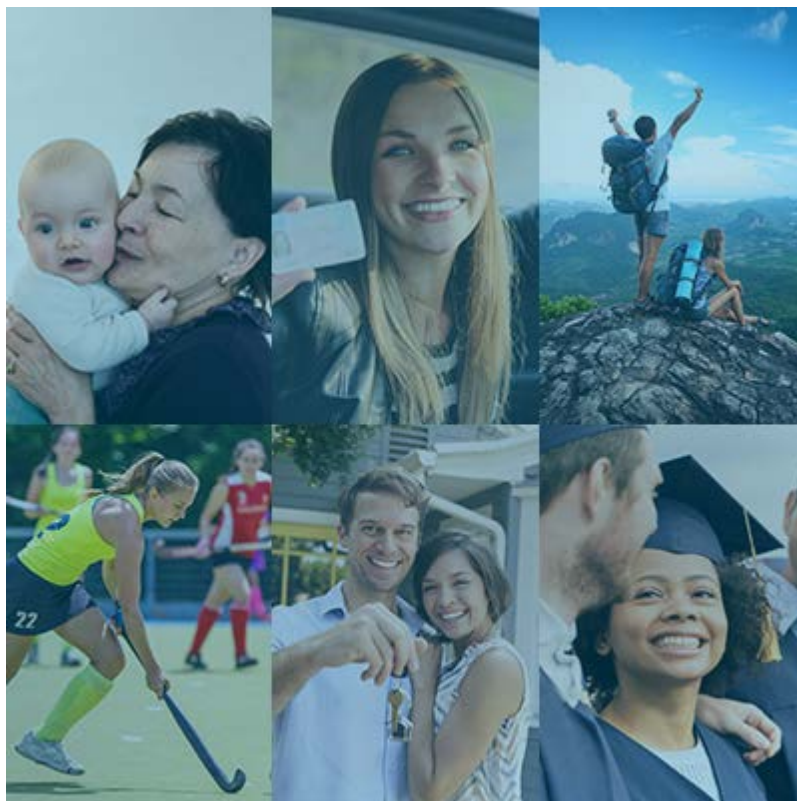
Encourage your family and friends to register for this free event.

“Helping Others Live Their Healthiest Lives”

Mini Medical School

Thursdays in April, 6:30-8 p.m.

LVH–Cedar Crest auditorium



To register, visit

LVHN.org/MiniMedSchool or call 888-402-CARE (5846).

Mini Medical School course content will highlight four leading clinical initiatives at LVHN:

- Lehigh Valley Heart Institute (April 4)
- Lehigh Valley Cancer Institute (April 11)
- Lehigh Valley Special Surgery Institute (April 18)
- Lehigh Valley Reilly Children' Hospital (April 25)

Each night, experts will share in layman's terms their experiences, technology and ideas on how to help people live their healthiest life. A medical or scientific background is not needed, and you won't have to write a paper or take a final exam. At the end of the fourth completed session, participants will earn a certificate of achievement. Mini Medical School is a free program, but registration is required due to limited space.

This is not an accredited course nor associated with University of South Florida.

Meet our Latest DAISY Award Recipients – PHOTOS

BY [LORI GRISCHOTT](#) · MARCH 11, 2019

Nurses from LVH-Cedar Crest, LVH-Muhlenberg and LVH-Pocono were nominated and recognized by colleagues and patients for a DAISY Award. The DAISY Award recognizes nurses who exhibit exceptional levels of care, compassion and professionalism. Read excerpts from patient letters and colleague nominations:

October 2018

Catherine Quinn Messere, BSN, RN,
OCN

LVH-Cedar Crest, 7C

Nominated by colleague Nicole Ruggerio,
RN

“While giving change-of-shift report, Cayte casually mentioned a scenario that was extraordinary and reflects her expert nursing care and effortless compassion. Cayte is a night-shift weekend nurse and works Fridays and Saturdays. The patient came to 7C, newly diagnosed and terminally ill. She was fortunate to have Cayte as her weekend RN. The patient was 51 years old and had four small

children. Hospice was consulted but unable to see the patient until Monday. Cayte, being the experienced oncology nurse she is, took it upon herself to educate the family on the death process both physically and emotionally. She put all the needed moving pieces into action, including support for the patient’s small children. Cayte was instrumental in making sure the patient had the necessary meds available to keep her comfortable and at peace during her last days. The patient’s mother flew in to see her from another state during this weekend. Cayte spent at least an hour discussing her current condition, scans and the death/dying process. Cayte was careful not to overstep her scope of practice while ensuring the family and patient understood everything that was happening. The patient passed away three days post admission. After working with Cayte for several years, this story does not at all surprise me. I have heard and witnessed countless other scenarios similar to this involving Cayte over



the years. Her compassion and expert knowledge deserves recognition for effortlessly handling such a tough and sensitive situation. I cannot imagine how this patient and family would have coped with the given situation without her. She goes above and beyond to educate her patients on a daily basis about life-changing oncology diagnoses, treatments and end-of-life care. Her recognition is long overdue. She is a great example to all of us on 7C!"

November 2018

Marsha Kvacky, RN CVM

LVH-Muhlenberg, cardiac catheterization lab

Nominated by patient's spouse

"My husband and I have been married for 42 years and are as close as two people can be. So, when he was sent to the cardiac cath lab for what we thought would be a small blockage, it was nerve-racking and frightening, as neither of us really knew what to expect. Upon our arrival, nurse Marsha Kvacky greeted us and explained what would be happening from prep to discharge. After my husband was taken back for the procedure, seeing that I was a bit anxious, Marsha asked me if I had any questions and assured me that he was in good hands and that the procedure would not be difficult. My sweetheart would be just fine. Upon completion of the procedure, I was called back into the bay and Marsha explained what was done. She spent so much time helping us understand what was happening that we felt like we were her only patients (which was not the case). When my husband was ready to be transferred to the cardiac unit, Marsha took him. I know this could have been done by a technical partner, but she showed real caring. I believe Marsha was doing her job and is quite good at it. Marsha also went out of her way to stop into my husband's room the next day to check in and see how he was feeling. Nurses are incredibly busy and have so much to do. The fact that she spent a few minutes of her personal time with us showed what a caring and dedicated nurse she is. I am in awe of Marsha Kvacky and will always be grateful to her for going way above and beyond."



December 2018

David Miller, RN

LVH-Cedar Crest, pediatric unit

Nominated by patient

“My teenage son came to LVH-Cedar Crest for emergency surgery in November. This was our first encounter with this health care system. Although we were pleased with all the care we received from his physicians and nurses, there was one nurse in particular that stood out. I asked my son why he felt this nurse over any other deserved to be recognize. He described David as more than just a nurse, and because of his personality they bonded quickly. My son

said David felt more like a friend than a nurse. He loved how David made time for him and treated him like a person, explaining everything, making him feel a part of his care rather than just another patient that he had to complete tasks on. As a parent and a nurse of 27 years, you expect your nurse to display good clinical skills, which David did, instilling a sense of confidence in his nursing ability, but it was his personality that made the true difference. David displayed a sense of pride and love for being a nurse. He had a great sense of humor and compassion that made those long days in the hospital more tolerable. He displayed excellence in his care and genuineness towards his patients. These attributes are not learned in nursing school, but something that you possess. We would like to recognize David for being ‘that nurse’ who puts patient and their families first, for making us feel more like family and not just a job.”

December 2018

Lori Wielgus, RN

LVH–Pocono, emergency department

Nominated by colleague Mary Grace Conklin, RN, cardiac catheterization lab

“My husband injured his leg breaking up a dog fight. It was our lucky day when we brought him to the emergency room and Lori was his nurse. Lori was able to put



us both at ease with her clinical knowledge, her care and concern, and her calm demeanor. She explained everything she was going to do before she did anything. She continues to follow up with my husband to make sure he is healing. I have had the pleasure of working side-by-side with Lori for many years, so I know what a wonderful, intelligent and caring nurse she is. This is the first and hopefully the last time I have ever needed her for a personal injury. However, it is comforting to know LVH-Pocono has such wonderful caring nurses when needed.”

January 2019

Iwona Kopacz, RN

LVH-Pocono, 4B

Nominated by colleague Sylvia Marohn,
DNP

“Iwona paged me with a concern that her stage IV cancer patient was experiencing pain despite a highly specialized therapeutic pain regimen. Because of her attentiveness and care, the patient received increased dose of medication appropriately, relieving the pain and allowing for a night of healing and sleep. Iwona is a devoted, caring, attentive RN.

Nominated by patient



"Iwona was so pleasant and was above average. She took good care of me and repeatedly check on me. She made me laugh when I was down. She was gentle and explained everything so well to me. She was truly above average in care and personality, and was determined to keep me comfortable.

Nominated by patient

"Iwona went out of her way to work with the physicians in finding the proper meds for the medical needs I am under."

Nominated by patient

"After having my gallbladder removed, there were complications. I was put in a medically induced coma. Iwona went above and beyond her call of duty when it came to my care. I was in bad shape. Iwona knew when she came on shift in the morning that after laying in the bed for so long I wanted to sit up for breakfast. She would get me up and make sure I had plenty of time to eat. Jenny, who was Iwona's tech, was also top-notch. She combed out all the knots I had in my very long hair. Iwona gave me some advice based on her own personal experience and it helped me tremendously. She is not only a great nurse but a wonderful woman as well.

February 2019

Ellen Kibler, RN

LVH-Pocono, 2B progressive care unit

Nominated by patient

"Being a hospitality professional for over 25 years, I have experienced and helped create memorable moments for countless number of guests. However, the kindness and compassion I received from Ellen was extraordinary. Ellen printed out dietary recommendations to control my uric acid levels, helped me research a specific medical term and made sure my prescriptions were prepared with a coupon to reduce my costs. I was treated like an individual not just another patient.

If every patient received this same level of care as I experienced they should consider themselves lucky. The entire staff was excellent, but Ellen stood out."

Nominated by patient

"So grateful for how sweet, informative and thorough you were today with John. I don't imagine you



realize the comfort your care gives not just to your patients, but the family too. Many, many, many thanks.”

Nominated by colleague, Alison Williams, RN

“The story of Ellen’s service is perpetual. I am unable to find one specific story because her caring is continuously exceptional. She never complains, and she handles all assignments regardless of the patient load. She is a very compassionate individual who delivers care unselfishly. She must be recognized for delivering care with the sole purpose of touching and changing the lives of all of the patients in her charge. Ellen always puts her patients first.”

Nominated by Stephen Kemmerer, patient sitter

“Every time I have a one-on-one on this floor, she is always so nice! She makes my stay and the patient’s stay what every stay at LVH-Pocono should be – the best experience for our patients.”

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Kidney Cancer Community Forum April 2

BY [RICK MARTUSCELLI](#) · MARCH 13, 2019

Leading cancer experts from Lehigh Valley Health Network are proud to present “Advances in Kidney Cancer Care,” a special community forum on Tuesday, April 2, at 5 p.m. at the Lehigh Country Club (2319 S. Cedar Crest Blvd., Allentown, Pa.).

Celebrate survivorship and mingle with other kidney cancer survivors, caregivers and providers. Heavy Hors d’oeuvres and refreshments will be provided at the event which is sponsored by the Andy Derr Foundation for Kidney Cancer Research. Andy Derr was a respected Allentown businessman who was diagnosed with kidney cancer in 2003 at age 42. He battled the disease and sought to help others facing a similar journey for more than 12 years before succumbing in January 2016.



Suresh Nair, MD, Physician-in-Chief, Lehigh Valley Cancer Center, will be moderator of the forum, which begins promptly at 6 p.m. Speakers include:

Candace Peterson, MS, LCGC Manager & Senior Genetic Counselor, The Gregory and Lorraine Cancer Risk and Genetic Assessment Program

Topic: Genetics and Kidney Cancer

Suresh Nair, MD, Physician-in-Chief, Lehigh Valley Cancer Institute

Topic: Genomic Sequencing in Kidney Cancer: What Have We Learned

Ashley Patzuk, BSN, RN, OCN, Clinical Research Coordinator II

Topic: Updates in Clinical Trial Options

Lauren Demberger, PA-C, Hematology-Medical Oncology

Topic: Wellness in the Kidney Survivor

Registration begins at 5 p.m. on the day of the event. To register ahead of time, visit LVHN.org/kidneycancerevent or call 888-402-LVHN (5846).

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Visit Washington, D.C., or Branson With Our Recreation Committee

BY [RICK MARTUSCELLI](#) · MARCH 12, 2019

Ready for a vacation? LVHN's Recreation Committee is running these two trips.

Washington, D.C.: A Classy Tour of Our Glorious Capital

July 12-14, 2019

The three-day, two-night trip includes visits to the Smithsonian Institute, Arlington National Cemetery, multiple memorials, sightseeing tours of the U.S. Capitol, U.S. Library of Congress and much more.

[Get more details and the registration form.](#)

Branson, Missouri, and The Ozarks: A Show Trip Extravaganza

Sept. 7-15, 2019

This nine-day, eight-night trip includes transportation, lodging, tickets to six shows, a dinner cruise, a tram ride at Beautiful Waterfalls, Wildlife Will Come, wine tasting, visits to local historic sites including the world's largest toy museum complex, and much more.

[Get details and the registration form.](#)



Attend the March 20 Physician Billing and Patient Services Representative User Group Meeting

BY [MARCIANN ALBERT](#) · MARCH 12, 2019

Curious about what's sprouting up across the LVPG ambulatory landscape? Are you a patient services representative (PSR), cross-trained medical assistant, office coordinator or revenue cycle support staff? If so, don't miss this upcoming opportunity.

Be sure to register and attend the Physician Billing (PB) and Patient Services Representative (PSR) User Group meeting on Wednesday, March 20, from 8-10 a.m. This month's agenda topics include point-of-service collections and payment tablets.

This meeting will be held live at LVH–Cedar Crest and simulcast to locations across the health network. Here are details.

LVH–Cedar Crest auditorium (live location)

LVH–Muhlenberg ECC room B

LVH–Hazleton Annex Boardroom

LVH–Pocono Serenity Conference Room, second floor, Hughes Cancer Center

LVH–Schuylkill E. Norwegian Street, conference room C, second floor

To register, click below for:

- [Self-registration directions](#)
- [Directions for managers to register one or more colleagues](#)

Please note that all sites will register as attending at LVH–Cedar Crest. This meeting will also be recorded.

At the January meeting, Michele Petchel, PSR and office lead for LVPG Family Medicine–Sugarloaf, was awarded the PSR MVP Award for her dedication to the medical group (she has worked within LVPG for more than 10 years), consideration of colleagues and patients,

and workflow facilitation.

Petchel's manager, Massiel Ortiz, sees firsthand why Ortiz is so deserving of this recognition. "She provides service that is consistently exceptional and is considerate in her treatment of others," Ortiz says. "Despite the overwhelming amount of work that everyone has, Michele consistently finds ways to help colleagues. Her willingness to assist others and her commitment to the practice is unequalled. Her leadership initiatives have contributed to enhancing teamwork and ultimately the success of the practice. She is truly a role model of excellence."



Learn more about [LVPG Family Medicine–Sugarloaf](#) on [LVHN.org](#) and congratulate Petchel for her outstanding efforts.

Questions regarding the PB and PSR User Groups can be directed to Lynne_A.Reph@lvhn.org.