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LVHN Weekly-Pocono

Newsletters

10-4-2019

LVHN Weekly-Pocono

Lehigh Valley Health Network

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LVHN news

Tips to Prevent Carpal Tunnel

Tips for Managing Migraines

Sleep Tied to Children's
Behavior & Development

LEAPing Forward: Epic Now Live at LVH–Hazleton, LVH–Pocono and LVH–Schuylkill – PHOTOS

BY [JENN FISHER](#) · OCTOBER 2, 2019

After a year of preparation, LVHN Enterprise Alignment Project (LEAP) took a giant step at 2:25 a.m. Tuesday morning as the Epic electronic health record (EHR) system (and 100+ associated systems, applications and technologies) went “live” at LVH–Hazleton, LVH–Pocono and LVH–Schuylkill, as well as outpatient departments and services in those communities.

With this go-live and the removal of information silos created by multiple electronic health record systems, colleagues at LVHN can now work from one integrated chart for each individual patient, helping to improve care and standardize important patient care and business processes.

Over the last few years, LVPG practices serving Luzerne, Monroe, Pike and Schuylkill counties all transitioned to Epic. With hospital locations outside the Lehigh Valley now utilizing Epic, the EHR system is fully integrated throughout Lehigh Valley Health Network.

LVH-Hazleton-4th-Floor-1





Image 1 of 9

LVH–Hazleton 4th floor showing their commit–“mint” to LEAP go-live.

Cutover and Go-Live sequence

While work leading up to LEAP day has been ongoing for twelve months, the last 24-hours were critically important to LEAP Go-Live:

7 a.m., Monday, Sept. 30, cutover begins

Cutover is a systematic process of switching from an existing system to a new one. For LEAP hospitals, that new system is Epic. This entails entering patient information into Epic, and removing and cleaning up provider orders.

12:01 a.m., Tuesday, Oct. 1, preparing for go-live

LVHN LEAP project team and LVHN operations start testing the system to ensure patient data in Epic is accurate and that interfaces work properly.

2:25 a.m., Epic is “live” at all LEAP hospitals

LEAP by the Numbers

Here are some of the stats associated with the LEAP implementation:

Appointment and charge conversion

- Converted **23,315** scheduled appointments over the 9/15 weekend, and kept Epic and legacy systems in sync until the go live on 10/1 for future appointments
- Converted over **50,000** charges for an estimated **12,058** appointments converted

Department builds in Epic

- Built **235** LEAP departments in Epic and **938** bed definitions for northern hospitals
- Consolidated **128,500** charge codes to the LVHN standard **2,378** charges

Hardware installation

- Installed **2,010** computer monitors, larger monitors to meet the Epic standard for size
- Installed **2,293** new peripherals (printers, bar code scanners, signature pads, tap n go)

- Installed **1,428** endpoint computing devices (workstations, laptops, and thin clients)

Training

- Trained **293** providers and provided personalization sessions for 160 providers
- Trained over **4,100** colleagues in Epic with near around the clock training classes
- **3,049** training classes held with total seats offered **48,784**

Conversion of Legacy applications to LVHN

- Converted over **180** legacy applications to ~**234** standard LVHN software applications

Thanks to all

A go-live of this magnitude requires the help, guidance and leadership of hundreds, and the engagement of several thousand colleagues. “The partnership required of our entire organization by LEAP cannot be understated,” says Mike Minear, Chief Information Officer for LVHN. “From my colleagues in information services, to our clinical partners in nursing, clinical informatics, medical informatics and the department of medicine, to non-clinical colleagues who provide incredible support throughout the organization, you all made LEAP Go-Live a success. I sincerely thank you for your contributions and for being a partner to LEAP.”

Continued support

During LEAP Go-Live, hundreds of LVHN colleagues will provide at-the-elbow support, as well as, remote monitoring and support:

- **LVHN Epic command center**

Location: Three City Center, downtown Allentown

Hours: 24/7

A team of more than 300 people will monitor the system, consult with leadership, and provide expert support throughout the go-live period.

- **Floor support team members**

Locations: LVH–Hazleton, LVH–Pocono, LVH–Schuylkill and outpatient service departments locations

Hours: 24/7

More than 300 floor support resources – including super users from LEAP hospitals and colleagues from Lehigh Valley-based hospitals and departments – will provide onsite assistance. In addition, LVHN is again working with Divurgent, a health care consulting firm, to provide additional at-the-elbow support to units and departments.

Communications concerning LEAP will be handled by the LEAP command center communications team. Among the messages that colleagues from LVH–Hazleton, LVH–Pocono, LVH–Schuylkill and LEAP outpatient services locations can expect to receive include LEAP News email newsletters, which will provide go-live status updates, information about any issues, and tip sheets to help address issues.

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LEAP Go-Live Day is Here

BY [JENN FISHER](#) · OCTOBER 1, 2019

Special Announcement



This message is from Terry Capuano, RN, Executive Vice President and Chief Operating Officer, Tom Whalen, MD, Executive Vice President and Chief Medical Officer, and Kim Jordan, DNP, RN, Senior Vice President and Chief Nursing Officer.

Congratulations! LVHN Enterprise Alignment Project (LEAP) go-live day is here, and with it we transform our entire health network by implementing 100+ applications including, the Epic electronic health record (EHR) system, and standardize important patient care processes throughout LVHN.

When LEAP was announced last year, we shared our vision that LEAP would improve the flow of patient information across our network and remove barriers (and silos) that prevented that communication from happening. Beginning today, our entire health network can utilize **one chart for each patient**.



Your LEAP go-live support

While much testing, training and practicing has occurred leading up to today, you may still have questions or experience issues now that the systems are “live.” To support you and all colleagues at LVH–Hazleton, LVH–Pocono and LVH–Schuylkill, the LVHN command center, located at Three City Center in downtown Allentown, will provide around-the-clock support. A team of more than 300 people will monitor the systems, consult with leadership, and provide expert support throughout the go-live period.

To help you at your location, here's your go-live go-to team:

- **On-site help**

A team of floor support resources – including super users from your hospital and colleagues from our Lehigh Valley-based hospitals and departments – will provide on-site assistance. In addition, LVHN is

again working with Divurgent, a health care consulting firm, to provide additional support for our providers. Divurgent has helped with all large LVHN Epic go-lives, including the February 2015 go-live for LVPG in the Lehigh Valley and August 2015 go-live at all Lehigh Valley-area hospitals.

▪ **Email info**

The LEAP team will send communications during the day (including LEAP News) with updates about any issues that occur, and provide tip sheets to help you address them.

▪ **Operational calls**

Managers and other operational leaders will have scheduled daily calls with the command center to learn about the trending issues, how any issues are being addressed, and to report any concerns they have.

▪ **Call in tickets**

Should you experience an issue, please call the IS support center to report your issue. Be sure to include your name, a telephone number that you can easily answer, and a description of the problem.

IS Support Numbers:

| Site | 10-digit # | On campus 4 digit # |
|---------------|--------------|---------------------|
| Lehigh Valley | 610-402-8303 | 8303 |
| Hazleton | 570-501-4889 | 4889 |
| Schuylkill | 570-621-4106 | 4106 |
| Pocono | 570-420-4993 | 4444 |

Again, thank you for your commitment as LEAP goes-live and we launch Epic at LVH–Hazleton, LVH–Pocono and LVH–Schuylkill. Your engagement in this process will make the difference in how this transformation is achieved as well as how it is perceived by our patients and our community.

Congratulations and thank you for your Epic contributions to today’s go-live.

Giving Partner John Sokalsky: “In the Long Run, You’re Giving to Someone You Love.”

BY [RICK MARTUSCELLI](#) · OCTOBER 2, 2019

As a Biomedical Equipment Technician in Clinical Engineering, John Sokalsky sees the advancements being made at LVHN and how they impact people’s lives. “Our health network does things that are light years ahead of other health care organizations,” Sokalsky says. He believes one reason we are able to provide world-class care is philanthropy. It’s why Sokalsky is a Giving Partner and supports our Colleague Giving Campaign.

Be a Giving



Partner. Visit give.LVHN.org/GivingPartner to make a donation.

Throughout his 18-year LVHN career, Sokalsky has seen LVHN make wise investments to advance care. “The more resources we have, the more we can do,” he says. “Philanthropy allows us to do things that are above and beyond what would be possible otherwise.”

Professionalism is the reason Sokalsky gives. “It should be our professional motivation to help the organization which, in turn, helps us,” he says. “Chances are you or someone you love is going to benefit from something you supported at LVHN. It’s almost inevitable; you’re giving back to someone you love in the long run.”

How to be a Giving Partner

All donations, large and small, make a difference. Payroll deduction allows you to give over a longer period of time with little to no impact on your budget. If all colleagues gave \$5 per pay period, we would raise \$2.34 million. A gift of \$100 is only \$3.84 per paycheck.

To make a donation using payroll deduction:

- Visit give.LVHN.org/GivingPartner.
- Download and complete the payroll deduction form. (Note: In the area of the form asking for the “Purpose” of your gift, you can designate the program or service you would like your gift to support, such as cancer, heart or children’s care.)
- Follow the instructions on the form to submit it.

To make a one-time gift:

- Visit LVHN.org/give.
- Enter the amount of your gift.
- Designate how you would like your gift to be used.
- Submit your personal information.

To speak with a colleagues from the Office of Philanthropy about how you would like to designate your gift, call 484-884-6385.

Progress Notes: With the Suppleness of a Palm Tree

BY [PATRICIA MARTIN, MD](#) · OCTOBER 4, 2019



When I was growing up on the island of Puerto Rico, I would sit with my grandmother on the porch and watch the wind blow against the tall and graceful palm trees along the beach. “They survive hurricanes,” she would say, “because of their suppleness and flexibility.” In these challenging times, when we too work under difficult conditions, my grandmother’s words come back to me. I wonder how we can develop the resilience to be at our best.

In my work as a clinician and as President of the Medical Staff, I understand the structural challenges that impact our ability to enjoy taking care of patients. Please rest assured that medical staff leadership is engaged in a constant dialogue with physician leaders and administrators to find solutions to these organizational challenges.

At Medical Staff Services, we are also looking for ways to support you at a personal level. We have been working with our colleague, Susan Wiley, MD, and her team at the LVHN Center for Mindfulness to offer you a free new program this fall, “Growing Resilience with Mindfulness.” This course will begin on Nov. 4 and will consist of a series of 2.5 hour classes taught over four consecutive weeks.

Growing Resilience with Mindfulness will begin **Monday, Nov. 4, 6-8:30 p.m.** and continue on three subsequent Mondays (Nov. 11, 18 and 25) at LVH–Cedar Crest. It’s free!

- [Read this event flyer](#) for Continuing Education Credit details.
- To register for **Growing Resilience with Mindfulness**, email mytotalhealth@lvhn.org by **Oct. 31**.
- [View an orientation video](#) to learn more about mindfulness and decide if this program is right for

you.

- To learn more, visit LVHN.org/mindfulness.

I interviewed Dr. Susan Wiley to learn more about this opportunity.

Patricia: Please define mindfulness.

Susan: Mindfulness is an innate human quality. Everyone can be mindful. It's not difficult. It is just different than our usual way in which we live, reflecting on the past, or planning for the future, preoccupied with anticipating and solving the next problem to present itself.

Mindfulness describes a quality of paying attention to what is unfolding moment by moment, with patient, alert awareness and with an attitude of curiosity.

Patricia: What is mindfulness meditation?

Susan: There are many kinds of meditation. Some people meditate on a fixed object such as a phrase or mantra, or the flame of a candle, or an imagined place of ease. In mindfulness meditation, we train our minds to attend to the moment-to-moment shifting experiences in the body, or our thoughts or feelings. When we do this we notice how these experiences are always changing. First it is like this, and then, it's like that. It helps us realize that much of what we experience and take for happening "to me" isn't just personal. These experiences are often simply part of the human condition. We can learn to be at ease with shifting experience, even when it is unpleasant or challenging. We learn to see our usual patterns of reactivity and this helps us to discover better ways to respond to challenges.

Patricia: Are there any studies in the literature that prove that practicing mindfulness increases resilience/well-being and/or reduces stress?

Susan: The literature is replete with studies that link stress reduction and resilience with mindfulness. An early study in 2003 by Neuroscientist Richard Davidson showed in a RCT that Mindfulness Based Stress Reduction significantly reduced both state and trait anxiety in participants and that these changes were still present four months after the intervention. The same study demonstrated sustained improvement in affective tone on EEG and heightened immune response to flu vaccine.

A more recent meta-analysis of 11 RCT studies of resilience training programs demonstrated that those interventions which used mindfulness and cognitive behavioral interventions had a strong correlation with resilience.

Patricia: What is Mindfulness Based Stress Reduction?

Susan: Mindfulness Based Stress Reduction is a specific program designed by Jon Kabat-Zinn about 40 years ago. This eight-week program has been extensively researched and shown to reduce stress, anxiety and depression, reduce inflammation, promote healing of psoriatic lesions among others and support recovery from cancer and other chronic illness. It has been used to support weight loss, recovery from addiction and post-traumatic stress disorder. One of the primary objectives is to teach participants how to meditate with mindfulness.

The LVHN Center for Mindfulness has been offering this program quarterly to the community since 2001.

Patricia: How is this new “Growing Resilience with Mindfulness” program different from Mindfulness Based Stress Reduction?

Susan: We were encouraged by those physicians who participated in the eight-week intervention to shorten the program so that more physicians would be able to make the time commitment to attend.

Growing Resilience with Mindfulness is a 10-hour mindfulness meditation program offered over four weeks. The first cycle begins Monday, Nov. 4, at LVH–Cedar Crest and will be offered specifically to members of the medical staff.

In this new program we have shifted the emphasis from “stress reduction” to “resilience.” Why? Growing Resilience with Mindfulness has been designed specifically for medical professionals and hospital personnel with the goal of providing specific skills to reduce burnout and promote resilience through mindfulness and self-compassion, both of which have been shown to improve resilience.

Mindfulness and self compassion help us by:

- Growing ease and pleasure in each moment
- Learning how to be with unpleasant experience
- Recognizing our negative patterns of reactivity
- Reducing “adventitious stress,” the part we add to unpleasant experience
- Developing a voice of kindness and understanding for ourselves and others

Medical Staff Services has worked with us so that we can offer this abbreviated intervention for free to medical staff.

Patricia: Do mindfulness and meditation practices require a large time commitment?

Susan: Mindfulness can be practiced anywhere, anytime. One can practice mindfulness while lying down, walking or even while engaged in activity. In order to learn to be mindful, we encourage dedicating a small amount of time each day to the practice of training your attention. The more time allotted for this practice, the more quickly the skills are acquired. However, even committing to 10 minutes of practice a day will yield benefits.

Patricia: How difficult is mindfulness practice for the average person?

Susan: Mindfulness can be practiced by everyone. Even the busiest mind can be coaxed to pause from its usual activity, to relax the body and mind, and to be present with the moment as it is. I consider mindfulness practice a kind of hygiene, like showering. By making it part of every day, one can be more at ease with life’s challenges and more the person one aims to be.

Patricia: Some people feel that self-compassion reinforces failure. Is that right?

Susan: On the contrary, research has demonstrated that learning to respond to our setbacks and failures with kindness to oneself actually increases the likelihood of making a subsequently successful

effort.

Patricia: Can you provide a few references or books for folks who may want to read about this further?

Susan:

- Jon Kabat-Zinn, “Mindfulness for Beginners” is an excellent introduction to mindfulness.
- Jon Kabat Zinn, “[Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life](#)” is an excellent way to bring mindfulness into everyday life.
- Jon Kabat-Zinn “Full Catastrophe Living” describes the entire Mindfulness Based Stress Reduction program.
- Kristin Neff, “[Self-Compassion: The Proven Power of Being Kind to Yourself](#)”
- Christopher Germer and Sharon Salzberg “The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions”

Patricia: How about apps? Podcasts?

Susan:

Mindfulness apps

- Headspace
- Insight Timer
- Stop, Breathe, Think
- Calm

Podcasts

- Mindfulness Meditation Podcast
- Mindful in Minutes
- The Meditation Podcast



P Martin MD

About me: My name is Patricia Martin, MD. I am President of the LVHN Medical Staff. I have been a practicing neuroradiologist at LVHN since 2000. It is an honor to represent the exceptional physicians and advanced practice clinicians of LVHN. I am always willing to partner with you to explore new and innovative ways to provide exceptional care. I encourage you to share what's on your mind.

Otolaryngologist John Sirotnak III, MD, Joins LVPG Ear, Nose and Throat–East Stroudsburg

BY [JENN FISHER](#) · OCTOBER 3, 2019

Pocono region patients don't need to travel far now for ear, nose and throat condition care – otolaryngologist John Sirotnak III, MD, is now providing care at [LVPG Ear, Nose and Throat–East Stroudsburg](#).

Sirotnak served his otolaryngology residency at the State University of New York (SUNY) at Buffalo – Sisters of Charity Hospital. He received fellowship training in head and neck/plastic and reconstructive surgery at Roswell Park Cancer Institute, also in Buffalo. He is board-certified in otolaryngology. Among the conditions he treats:

- Acute and chronic sinusitis
- Hoarseness and voice disorders
- Tympanic membrane perforation
- Hearing loss
- Deviated septum and nasal disorders
- Dizziness and vertigo
- Head and neck cancer
- Swallowing disorders
- Earwax buildup
- Nasal fracture
- Gastroesophageal reflux disease (GERD)
- Nosebleeds
- Oral cancer
- Otitis media (middle ear infection)
- Otitis externa (swimmer's ear)



He also performs endoscopic sinus surgery, laryngoscopy, tonsillectomy and myringotomy (incision to the eardrum) with or without tube placement, among other services.

Learn more about John Sirotnak III, MD, at LVHN.org/Sirotnak.

To make an appointment, please call 888-402-LVHN (5846).

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Amputee Support Group Comes to LVH-Pocono

BY [KATIE CAVENDER](#) · OCTOBER 3, 2019

The loss of a limb impacts a person's everyday life. The Lehigh Valley Amputee Support Group is expanding to LVH-Pocono to provide solidarity and comfort to this group of people with unique challenges. The group assists members with their condition, lifestyle transitions and financial struggles. They always welcome new members and there is no cost to join. If transportation assistance is needed, the group will cover the cost.

Dale and Frances Hughes Cancer Center

181 E. Brown Street, East Stroudsburg, PA 18301

First Monday of each month

5–7 p.m.

Upcoming meeting topics include:



- Oct. 7 – Hanger Prosthetics: Answering your questions and concerns about prosthetics
- Nov. 4 – Cindy Clarke – Tri State Advocacy Project: What do I qualify for? What about disability?
- Dec. 16, 4 p.m. – Annual Holiday Dinner at Outback Steakhouse Tilghman Street, Allentown
 - This dinner is \$5.00 per person, and members must RSVP to attend.
- Jan. 6 – Start off the new year right: Pocono Physical Therapy Department presents exercises to keep active.

Dinner is served at every meeting held at the hospital. In the event of inclement weather, please call 610-402-CARE by 4 p.m.

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Service Anniversary List – October 2019

BY [RICK MARTUSCELLI](#) · SEPTEMBER 30, 2019

Happy anniversary to these colleagues celebrating a career milestone at LVHN in October 2019. Congratulate them on their years of service.

45 years

Gary Haas, Information Services

40 years

Mary Daubert, Dietary

Wendy Kowalchuk, Department of Surgery

Linda Krasley, G & A

Kevin Kulp, Sleep Disorders

Natalie Laudenslager, Cancer Program

Louise Scavone, Emergency Department

35 years

Susan Demczyszyn, Open-Heart Unit

Sheila Gasser, Infection Control

Rick Nemeroff, Respiratory Therapy

Nancy Pescinski, Obstetrics

Joseph Shott, Emergency Department

Janet Zema, Same Day Surgery

30 years

Kelly Adams, Information Services

Mary Bardell, Gift Shop



Donna Barron, Respiratory Care Services

Leo Bermudez, Emergency Department

Amy Clancy, Physical Therapy

Barbara Ann Forte, General and Administration

Deborah Gaugler, Financial Services

Lois Krieger, Radiology

Robin Mahalick, Health & Wellness Center

Angel Melendez, Engineering

Michele Moyer, Patient Accounting

Judylee Negrete, Hospice Skilled Nursing

25 years

Roxanne Deegan, LVPG Pediatrics–Pond Road

Stacey Divers, LVPG Pediatrics–Trexlerstown

Lori Fillis, LVPG Pediatrics–Trexlerstown

Rosanne Fox, Information Services

Elizabeth Goff, LVPG Pediatrics–Trexlerstown

Matthew Hoppel, IRF Therapy

Kimberly Labert, LVPG Pediatrics–Fogelsville

Donald Levick, Chief Medical Information Officer

Mary Levick, LVPG Pediatrics–Pond Road

Clarice Miller, LVPG Pediatrics–Trexlerstown

Renee Morrow-Connelly, LVPG Pediatrics–Laurys Station

Leila Nassar, LVPG Pediatrics–Pond Road

Wendy Rush-Spinosa, LVPG Family Medicine–3080 Hamilton

Carol Ryan, Pharmacy

Michael Schwartz, LVPG Pediatrics–Trexlerstown

Stacy Scoble, Revenue Cycle Coordinators

Michele Shappell, Nursing Informatics

Lori Trinkle, TLC Moderate Care

John Tym, Engineering

Nicole Viola, LVPG Pediatrics–Trexlerstown

20 years

Stephanie Achenbach, Ambulatory Surgical Unit

Debra Beck, Operating Room

Nicole Clark, TNICU

Melissa Jo Craigle, Financial Services

Mark Dower, Information Technology

Laura Ferris, Interventional Radiology

Diane Figueroa, Home Care Central Business Office

Wanda Fritzinger, HIM Provider Based Coding

Mildredann Holahan, Nurse Family Partnership

Joseph Kearns, Behavioral Health

Davida Leayman, Center for Educational Development and Support

Elizabeth Leslie, Critical Care Unit

Nicole Maranki, LVPG Pediatrics–Trexlerstown

Tresa Marrow, Wound Ostomy Continence

Deborah Pliska, Ind. Med. Clinic

Kathryn Pursel, Financial Services

Jeffrey Roberts, Plant

Beverly Schmick, LVPG Maternal Fetal Medicine–3900 Hamilton

15 years

Nory Abalos, Inpatient Rehabilitation Center

Patricia Ace, Respiratory Therapy

Patricia Andrews, Radiation Oncology

Katina Castera, Administration

Cynthia Cerami, Pharmacy

Elizabeth Christman, Home Care, Occupational Therapy

Joy Clair, Lehigh Valley Anesthesia Services

Ann Coombe, LVPG Family Medicine—Emmaus

Jeremy Cooper, Epic

Lucinda Cottrill, HealthWorks

Patricia Coykendall, MRI

Kelly Daley, 6 North

Caroline Dunlap, Ambulatory Surgical Unit

Jamie Feick, MedEvac

Rebekah Flack, Clinical Social Work

Lisa Garloff, LVPG Cardiac and Thoracic Surgery

Daniela Gatto, Benefits

Barbara Hunter, Grounds-Housekeeping

Lynda Jakubco, Lehigh Valley Anesthesia Services

Stephen Katz, Children's Clinic

Donna Krohmer, Breast Health Services

Walter Miller, Information Services

Anvery Musa, HIM Provider Based Coding

Pamela Olivieri, LVPG Cardiac and Thoracic Surgery

Lori Osmun, CT Scan

Lori Quick, Hospitalist Program

Tye Ricker, Information Services

Tara Rogers, Pharmacy

Sandra Sames, Supply Chain Administration

Sally Schermerhorn, OP Lab

Carol Shannon, LVPG Cardiac and Thoracic Surgery

Melinda Snyder, LVPG Cardiac and Thoracic Surgery

Charles Tucker, LVPG Cardiac and Thoracic Surgery

Anthony Valente, LVPG Critical Care Medicine

Alice Vrsan, Clinical Informatics

James Wu, LVPG Cardiac and Thoracic Surgery

10 years

Carmen Colarusso, Respiratory Therapy

Kenneth Curran, Engineering

Tiffany Dobracki, Neuroscience Intensive Care

David Drelick, Lehigh Valley Health Network EMS

Lynette Easterday, LVPG Urology

Joeann Gavin, Pharmacy

Brittany Gubala, Emergency Department

Amanda Haas, LVPG Neurosurgery–1250 Cedar Crest

Julia Klees, LVPG HealthWorks

Heather Kost, Health Information Management

Robin Magan, Pediatric Sleep Disorders Center

Kailash Makhija, LVPG Obstetrics and Gynecology–Lehighton

Thomas Mcphillips, Human Resources

Sheri Nyce, Cancer Financial Services

Jessica Okamoto, LVPG Pediatric Endocrinology–17th Street

Peter Plywaczewski, Per Diem Pool

Allison Reichard, Diagnostic Radiology

Donna Reph, Progressive Coronary Care Unit

Kailin Rumfield, LVPG Pediatric Endocrinology–17th Street

Karen Sell, Clinical Services Observation

Joann Stankevich, Rehab Unit

Allan Stibrany, Grounds-Housekeeping

Thomas Straubinger, LVPG Neurology–1250 Cedar Crest

Jacqueline Weichman, Lehigh Valley Health Network EMS

5 years

Elizabeth Ajamu, Regional Heart Center–Medical

Erin Barber, Children's Clinic

Melissa Bauman, LVPG Family Medicine–Bath

Jennifer Bettinger, Patient Registration

James Blackwell, Mailroom

Lauren Boksan, 5K

Donaja Booker, LVPG Family and Internal Medicine–Stroudsburg

Cassandra Bradbury, Med Surg 5

John Brandes, Information Services

Kelsey Brault, Pediatric Intensive Care Unit

Xochil Bridges, Interpreter Services

Suzann Brogan, Patient Accounting

Marybeth Browne Wallace, LVPG Pediatric Surgical Specialties—1210 Cedar Crest

Constance Butler, Outpatient Registration

Jacqueline Caicedo, Hospice Home Health Aides

Amanda Cole, Emergency Department

Tammy Collier, Obstetrics

Sheila Conway, Diagnostic Radiology

Timothy Coyle, LVPG Pulmonary and Critical Care Medicine—1250 Cedar Crest

Jazmyn Cunningham, Patient Accounting

Rachel Daniel, Education Services

Theresa Derr, Patient Receivables Office

Lisa Detweiler, Radiation Oncology

Gloria Dugal, Patient Accounting

Dalton Edwards, LVPG Internal Medicine—3080 Hamilton

Rachel Eisenhardt, Float Pool

Karanda Erdman, Emergency Department

Todd Evans, Arena Medical Operations

Ferusha Feradova, Regional Heart Center Medical

Lauren Geldon, Hospice Social Service

Randall Giles, Sterile Processing

Allison Gonsalves, 2B (PCU)

Kelsey Hallman, Hospice Skilled Nursing

Juliet Heimpel, TNICU

Alexandra Hirujo, Emergency Department

Brenda Jastrzemeski, Emergency Department

Beth Kalbach, LVPG Hematology Oncology

Chirag Kalola, LVPG Physiatry–Muhlenberg

Valencia King, Education Services

Steven Kulick, EMS Outreach and Education

Kristin Lindberg, Perinatal Unit

Victor Marshall, Respiratory Care Services

Nancy Maulick, LVPG Family Medicine–Blandon

Jeffrey Miller, Bed Management

Justina Momah, Department of Surgery

Angela Myers, MICU/SICU

Jonathan Myers, MedEvac Ground Ambulance

Annie Nguyen, Neonatal ICU

Elizabeth Nuernberger, Pediatric Rehabilitation

Ruth Ochoa, LVPG Obstetrics and Gynecology–Palmer Township

Cianael Paasewe, Pharmacy

Aaron Phillips, Operating Room

Stephanie Pimentel, LVPG Float Pool

Lorraine Pirino, Human Resources

Bradley Podorsky, Diagnostic Radiology

Adam Polkowski, Hospitalist Program

Shai Post, Physical Therapy

Krystle Reed, Patient Accounting

John Richards, LVPG Peripheral Vascular Surgery

Marissa Robbins, Patient Access Center

Elizabeth Rohn, Psychiatry

Yeriel Rosario, Information Services

Michael Roth, Health Care Analytics

Samantha Schleicher, Neonatal ICU

Heather Seyler, Case Management

Robynne Shelton, Epic

Patricia Sherry, Care Management

Jodi Shoener, LVPG Obstetrics and Gynecology

Amee Siegel, Neuroscience ICU

Diane Stahora, Dietary

Donna Surjnarine, ExpressCARE–Bartonsvle

Kristen Sykora, LVPG Neurosurgery–1250 Cedar Crest

Jaclyn Thoma, Inpatient Rehabilitation Center–Muhlenberg

Olga Villegas, Sterile Processing

Justine Weber, Per Diem Pool

Georgette Wormuth, Per Diem Pool

Nora Yazujian, Rehab at Arena

Cynthia Yeboah-addo, Float Nursing

Lori Young, Tilghman Surgery Center

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Award-winning Presence at American Heart Association Heart Walk – PHOTOS

BY [KATIE CAVENDER](#) · OCTOBER 1, 2019

A sea of red shirts filled Raub's Farm and Corn maze as the American Heart Association (AHA) Heart Walk kicked off on Sunday, Sept. 15.

HW6



Image 1 of 6

With 164 colleagues and 15 teams dressed in red, LVHN joined fellow walkers and advocates to support the cause. LVHN colleagues collectively raised \$8,307, more than any other LVHN team in the last nine years. That achievement garnered the 2019 Top Fundraising Company Award presented by the Lehigh

Valley Chapter of AHA. The Lehigh Valley Chapter also recognized LVHN by presenting the group with the 2019 Corporate Team T-shirt Award.

Heart disease is the No. 1 killer worldwide, and stroke ranks second globally. Funds raised for the AHA Heart Walk are invested in life-saving science that can teach us all how to live longer.

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Colleague Celebrates Survivorship by Launching T-Shirts at Football Game – PHOTOS

BY [MIKE PECKMAN](#) · SEPTEMBER 30, 2019

Friday nights throughout much of our region are filled with bright lights, the sounds of marching bands and of course competition on the grid iron. For Cathy Covach-Hale, RN, Schuylkill Haven, this past Friday was an opportunity for her to join with her sons and colleagues to celebrate positive news.

A nurse in LVH–Schuylkill's ER and cardiac rehab department, Covach-Hale was the first patient at LVHN Cancer Center–Schuylkill. She is now a nine-month cancer survivor and joined with her sons Noah and Luke, and LVH-Schuylkill colleagues to celebrate and have fun.

Football-2



Covach-Hale and company used large sling shots to launch LVHN T-shirts to cheering fans between quarters of the homecoming game between Schuylkill Haven and Mahanoy Area at Rotary Field.

“So many people were overwhelmingly supportive of me, have given so much to me, have offered help to both me and my sons, and it just means the world to me,” Covach-Hale says. “This was so much fun, and the energy tonight was amazing.”

Fans in the home stands, many knowing Covach-Hale or her sons, cheered as the announcer introduced them. Colleagues joined the Hales on the home side and also at the visitors’ bleachers to propel and toss shirts to the cheers of fans.

WBRE TV, Channel 28, also attended the game. [Watch their report.](#)

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IndyCar Series Driver Charlie Kimball Discusses Living With Diabetes at LVH–Cedar Crest

BY [AMANDA BIALEK](#) · SEPTEMBER 29, 2019

IndyCar Series driver Charlie Kimball hit a red flag in his racing career when he was diagnosed with type 1 diabetes at age 22. He sat in the doctor's office wondering what this news meant for his future as a race car driver. Kimball's doctor assured him that diabetes would not slow him down, but his daily routine at the track would change.

Kimball shared his story with LVHN colleagues and patients during a recent visit to LVH–Cedar Crest.

On race days, Kimball prepares his body as meticulously as the mechanics working on his car. As the nuts and bolts are tightened and tire pressure is checked, Kimball gears up for the exciting day ahead. He checks his blood sugar regularly and fuels up with wholesome food. His pre-race meal consists of plain grilled chicken breast, white pasta with a little olive oil, salad and bread. In addition to proper hydration, nutrition and exercise, Kimball manages his diabetes with insulin pens.

"I had to figure out what diabetes meant for me as a person, as an athlete, how I was going to manage my diabetes with my endocrinologist and build a health care team around me," Kimball says. "There is no 'one size fits all' in diabetes management. You have to figure out how to make it work for your lifestyle."

During a race, Kimball monitors his glucose levels with the Dexcom G6 Continuous Glucose Monitor. The receiver is plugged into the race car's data system. His electronic dashboard displays his blood glucose levels along with speed, lap time, oil pressure, water pressure and temperature.

Kimball's dad engineered a device that allows him to hydrate through a tube that runs into his helmet. He can switch back and forth between water and juice with a valve. This helps ensure that his blood



sugar is good to go from the green flag to the checkered flag.

“Each corner, each lap, each race means more to me now than it ever has before. I thought I may never get that chance to climb in that cockpit and go to work again. So each time I do, it’s that much sweeter,” Kimball says.

He is thankful to have the opportunity to pursue his passion and be a part of the diabetes community. His hope is to inspire others to live their dreams and embrace the obstacles.

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The Latest Ambulatory Referral Updates

BY [MARCIANN ALBERT](#) · OCTOBER 2, 2019

This Epic update is from Judith Brooks, CRNP, MSN, Associate Chief Medical Information Officer, Medical Informatics.

Referral Order Update

The following referral orders are no longer able to be ordered with an 'Internal Referral' order class. If you wish to place a referral for one of these services to a Lehigh facility, use the 'Lehigh' specific equivalents available in the system. For example, instead of ordering **AMB REFERRAL TO UROLOGY** with an internal referral order class, place a referral order for **AMB REF LVPG UROLOGY-1250 CEDAR CREST**.

| Referral ID | Referral Name |
|-------------|-----------------------------------|
| REF3 | AMB REF TO ADOLESCENT MEDICINE |
| REF8 | AMB REF TO BEHAVIORAL HEALTH |
| REF9 | AMB REF TO TRANSPLANT |
| REF12 | AMB REF TO CARDIOLOGY |
| REF13 | AMB REF TO CARDIOTHORACIC SURGERY |
| REF14 | AMB REF TO BURN CENTER |
| REF16 | AMB REF TO CHIROPRACTIC |
| REF22 | AMB REF TO ENDOCRINOLOGY |
| REF23 | AMB REF TO ENT |
| REF24 | AMB REF TO FAMILY MEDICINE |
| REF27 | AMB REF TO GENERAL SURGERY |
| REF28 | AMB REF TO GERIATRICS |
| REF29 | AMB REF TO GYNECOLOGIC ONCOLOGY |
| REF30 | AMB REF TO GYNECOLOGY |
| REF37 | AMB REF TO INFECTIOUS DISEASE |

| | |
|-------|--|
| REF40 | AMB REF TO INTERNAL MEDICINE |
| REF44 | AMB REF TO NEONATOLOGY |
| REF46 | AMB REF TO NEUROLOGY |
| REF48 | AMB REF TO NEUROSURGERY |
| REF51 | AMB REF TO OB / GYN |
| REF56 | AMB REF TO SURGICAL ONCOLOGY |
| REF57 | AMB REF TO OPHTHALMOLOGY |
| REF58 | AMB REF TO OPTOMETRY |
| REF62 | AMB REF TO ORTHOPEDICS |
| REF64 | AMB REF TO PAIN MANAGEMENT |
| REF65 | AMB REF TO PEDIATRICS |
| REF67 | AMB REF TO PEDIATRIC CARDIOLOGY |
| REF70 | AMB REF TO PEDIATRIC ENDOCRINOLOGY |
| REF73 | AMB REF TO PEDIATRIC GASTROENTEROLOGY |
| REF74 | AMB REF TO PEDIATRIC HEMATOLOGY/ONCOLOGY |
| REF76 | AMB REF TO PEDIATRIC INFECTIOUS DISEASE |
| REF78 | AMB REF TO PEDIATRIC NEUROLOGY |
| REF80 | AMB REF TO PEDIATRIC PSYCHIATRY |
| REF82 | AMB REF TO PEDIATRIC PULMONOLOGY |
| REF84 | AMB REF TO PEDIATRIC SURGERY |
| REF86 | AMB REF TO MATERNAL FETAL MEDICINE |
| REF89 | AMB REF TO PLASTIC SURGERY |
| REF91 | AMB REF TO PSYCHIATRY |
| REF92 | AMB REF TO PSYCHOLOGY/COUNSELING |
| REF93 | AMB REF TO PUBLIC HEALTH |
| REF94 | AMB REF TO PULMONOLOGY |
| REF95 | AMB REF TO RADIATION ONCOLOGY |
| | |

| | |
|---------|--------------------------------------|
| REF97 | AMB REF TO RHEUMATOLOGY |
| REF104 | AMB REFERRAL TO TRAVEL CLINIC |
| REF105 | AMB REF TO UROGYNECOLOGY |
| REF106 | AMB REF TO UROLOGY |
| REF108 | AMB REF TO VASCULAR SURGERY |
| REF126 | AMB REF TO PHYSIATRY |
| REF140 | AMB REF TO NEUROPSYCH |
| REF2501 | EXTERNAL: AMB REF BARIATRIC MEDICINE |

PDMP Report

For prior authorization of controlled substances, some insurances are requiring proof that query of PDMP was performed. A patient level report has been added to Epic. This can be located under:

- Chart Review
- Misc Reports
- PDMP Review History

This can be printed out for the prior auth and submitted to the insurance company:

New Depression Monitoring BPA for FM/IM Practices

Yearly PHQ9 for patients (18 years old and above) with a diagnosis of depression and a PHQ 9 at every visit if last PHQ9 > 5.

BMI BPA has been updated in alignment with FY20 Quality Metrics:

- The BPA will fire for patients aged 18 years and older with a BMI at the current visit that is outside the normal parameters of ≥ 18.5 and $< 25\text{kg/m}^2$.
- The BPA will fire every 6 months if applicable

The **lung cancer screening requisition** and order report has been updated to include the years since quitting information. This is calculated based on the provider entered (and defaulted from smoking history) quit date in the order. The provider does not need to do the calculation in their head/fill out an additional question.

The **imaging tab in Chart Review** has been updated with a new Date column. The dates in this new column are dynamic and updated as certain events occur. When a test is first ordered, the date reflects the order date. When an exam is performed and a result received, the date in this column will be updated accordingly with the date corresponding to those events. The imaging tab will sort by this new column by default. This column replaces two previously existing columns, Order Date and Result Date. Performed date remains a column in the imaging tab.

Transition of Care Phone Outreach Coverage

BY [MARCIANN ALBERT](#) · OCTOBER 3, 2019

Attention all LVPG colleagues. Over the next few months, the Transition of Care (TOC) phone outreach coverage for external discharges will be expanding.

Teams will be able to provide Transition of Care calls as a follow up to patient encounters for facilities that also use Epic (i.e. St. Luke's, Geisinger, etc.)

The Transition of Care calls are integral in facilitating any necessary patient follow up and allow for subsequent billing of your Transition of Care encounters.

Dates and locations include:



| Site | Start date |
|--------------------|------------|
| LVPG-Lehigh Valley | Sept. 23 |
| LVPG-Pocono | Oct. 7 |
| LVPG-Schuylkill | Oct. 21 |
| LVPG-Hazleton | Nov. 4 |

If you have any questions regarding this expanding service, please contact Alisa.Matthews@lvhn.org

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