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LVHN Weekly-Pocono

Newsletters

12-27-2019

LVHN Weekly-Pocono

Lehigh Valley Health Network

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LVHN news

Keep Your Family Safe &
Warm This Winter

When High Cholesterol is
Hard to Control

Diabetes in Pregnancy

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Annual Holiday Tree Lighting Helps Area Children in Need

by [Ellyn Schindler](#) · December 23, 2019

This year the 28th Annual Holiday Tree Lighting, held on Thursday, Dec. 5, at LVH–Pocono's Dale and Frances Hughes Center, awarded \$12,000 to local non-profits benefiting children in Monroe County. The following agencies were granted funds raised through a longstanding partnership between LVHN–Pocono Foundation and the Rotary Club of the Smithfields:

- Family Promise of Monroe County
- Garden of Giving
- Melon's Gift, Inc.
- Monroe County Youth Employment Services
- Pleasant Valley Ecumenical Network
- Pocono Area Transitional Housing
- Salvation Army – East Stroudsburg Corps

In addition to the award celebration, the festive evening showcased performances from local school choirs and bands. This year holiday cheer was provided by Stroudsburg Jr. High School choir, East Stroudsburg High School–North chorus and the Pleasant Valley High School Brass band.



*Representatives of the non-profit recipient winners
and the LVHN-Pocono Foundation*

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Area students singing at the Annual Holiday Tree Lighting

The funds awarded are raised by selling bulbs in honor or in memory of loved ones and local businesses sponsor Christmas trees and purchase advertising in the program booklet. All funds raised are given back to community non-profits.

Festivities and Fun for Local Children in Need

by [Ellyn Schindler](#) · December 24, 2019

On Dec. 12, the annual Olsen Christmas Wish gift giving was held at the LVH–Pocono Dale and Frances Hughes Cancer Center, which supported dozens of area families in need. Santa, along with a police escort, arrived to greet all of the families where gifts were distributed along with light refreshments. Members of LVH–Pocono’s security team were key to the success of this holiday event.



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Officer Chris Shelly, a member of the Monroe County Drug Task Force and officer with the Stroud Area Regional Police Department, started the Olsen Christmas Wish after a friend and fellow officer died in 2006. Since then, Officer Shelly has been working hard with other community members – including LVHN colleagues — to find donations and help families to make their Christmas a little brighter.

Every year, thousands of dollars are raised to support 70-80 disadvantaged children during the Christmas season, in addition to providing assistance to the parents, grandparents or caretakers by providing gift cards to help with groceries and other household items.

Watch coverage of the event from:



Distance Learning Provides Alternate Teaching Environment for Local Emergency Medical Technician Students

by [Ellyn Schindler](#) · December 26, 2019

For the second year, seven Monroe County Emergency Medical Technician students successfully completed the LVHN George E. Moerkirk Emergency Medicine Institute Paramedic Program. This was a distance learning program which encompassed all state and national registry requirements for successful completion of a paramedic program. LVH-Pocono clinical departments were pivotal to the telecommute program, providing leadership, instruction and program logistics.

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Three local paramedic preceptors, Susan Kulick, Steven Kulick and Jackie Barzev, assisted during classroom didactic telecommute lectures throughout 2019. Included in the Paramedic Program were the following courses: PHTLS, ACLS, PALS, review of ALS Protocols and the different phase testing. These courses were completed under the supervision of paramedic program liaison Steven Kulick, with a focus on the LVH-Pocono Simulation Lab at the Learning Institute. The paramedic program also paid special tribute to fellow Paramedic student and EMT Jason Bate, who passed away during the course.

Additional program facilitators included department directors and administrators, registered nurses and physicians from the LVH–Pocono emergency department, OR anesthesia, ICU, NICU, OB and cardiac catheterization lab colleagues. Special thanks to LVH–Pocono President Elizabeth Wise for her support.

LVH–Hazleton Holds Emergency Department Ribbon-cutting and Grand Re-opening – PHOTOS & VIDEO

by [Jane Danish](#) · December 27, 2019

The second portion of the newly expanded and renovated emergency department (ED) at LVH–Hazleton opened for patients on Dec. 23, following an official ribbon-cutting and grand-re-opening ceremony on Dec. 20. The first portion of the new ED opened in August 2019. During the event, colleagues, community members, business leaders and government officials toured the new facility, which includes:

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- Almost 19,000 square feet of new and renovated space (the facility was previously 8,700 square feet)
- 30 treatment bays (the facility formerly had 18 bays),
- Four super-track bays and a super-track process for urgent care conditions
- Private treatment rooms with glass-door enclosures for privacy
- Advanced imaging technology, including a new 128-slide CT scanner located in the ED
- Triage room for rapid assessment
- Dedicated trauma room
- Women's specialty room
- Secure five-bed behavioral health unit
- Pneumatic tube system to increase efficiency of lab and pharmacy services
- Easier access for ambulance arrivals



Image 1 of 10

To view the ribbon-cutting ceremony in its entirety, [visit LVH–Hazleton's Facebook page](#). (NOTE: Use Google Chrome for the best experience.)

“This (expansion and renovation project) was a collaborative effort between the health network and our hospital to realize our vision and strategy to heal, comfort and care for our patients in a modern environment, with advanced technology and services, and access to care that our patients and

community need to live a fulfilling life,” said Thomas Kennedy, Chairman of the LVH–Hazleton Board of Trustees.

However, expanding the department alone was not going to improve wait and treatment time to the extent we wanted, according to Andrew Miller, DO, Acting Vice Chair of Emergency and Hospital Medicine at LVH–Hazleton. A team spent a significant amount of time examining the patient flow process to improve efficiency and increase patient and provider satisfaction. As a result, several new process changes are now in place.

The change that will be noticed most by patients is the presence of a pivot nurse at registration. When a patient comes into the ED, he or she is immediately registered, while at the same time being greeted by an RN who quickly determines whether or not the patient needs immediate intervention. If immediate intervention is needed, the patient is directed to the triage room and taken back to the treatment area. If the need is not immediate but urgent, the patient is triaged and seen in the new super-track area, decreasing the time patients with less severe conditions have to wait for care. This process was implemented in October and there already have been positive results in the decreased number of patients who left without being seen. Patients satisfaction also increased.

Other collaborative efforts between the LVH–Hazleton ED and the health network that have raised the bar in quality include TeleStroke and other telehealth programs, the MI Alert for Heart Attacks program, accreditations as a Primary Stroke Center and Level IV Trauma Center, and the partnership with LVHN EMS and other regional first responders.

“I am very proud to tell you that you have one of the best ERs in the region,” said David Burmeister, DO, Chair of the Department of Emergency and Hospital Medicine at LVHN. “Members of this team are truly committed, compassionate and experts in what they do. They are saving lives every day. Our community is fortunate to have this quality care right here in Hazleton.”

Colleagues in LVH–Hazleton’s ED are expected to see about 33,000 patients this fiscal year, a 27-percent increase from when the ED was expanded in 2006.

Children's Specialty Center Main Entrance to Close for Renovations

by [Rick Martuscelli](#) · December 27, 2019

The Children's Specialty Center at LVH-Cedar Crest will be under construction starting Jan. 20, 2020. During construction, the exterior entrance to the building will be closed. Patients and families should use the Lehigh Valley Reilly Children's Hospital entrance.



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[Please print these maps](#) and share them with patients and families. The maps explain where to park and how to walk to the Children's Specialty Center once inside the hospital.

Renovations being made to the Children's Specialty Center include a new, welcoming lobby and colorful exterior lighting that will tie the building into the facade of Lehigh Valley Reilly Children's Hospital.

New Episode of 'Essential Partners' Features Martin Martino, MD –

PODCAST

by [Rick Martuscelli](#) · December 24, 2019

People are talking about the podcast featuring LVHN Executive Vice President and Chief Medical Officer Tom Whalen, MD. In this edition, Dr. Whalen speaks with LVHN cancer surgeon Martin Martino, MD, who discusses why he entered medicine, his passion for gynecologic oncology, robotic surgery, and his innovative approach to caring for patients while achieving a work-life balance.



Martin Martino, MD

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You can listen to Essential Partners on LVHN Daily.

Your browser does not support the audio element.

You also can listen on the go on your smart device. Simply search “Essential Partners” or “LVHN” on the following podcast platforms:

- iTunes
- Apple Podcast
- Overcast
- Stitcher
- Castbox
- Spotify
- TuneIn

LVHN's Chief Wellness Officer Role Models Healthy Behaviors

by [Marciann Albert](#) · December 24, 2019

Cold weather, holiday activities, increased work hours, and hectic schedules can often derail a person's wellness routines.

LVHN Chief Wellness Officer Joseph Patruno, MD, knows maintaining wellness routines during the holiday season can be challenging, but

not impossible. During his tenure as President of LVHN's Medical Staff (2016-2018), Patruno implemented several wellness-focused initiatives and programs to reduce provider burnout.

In his newly appointed role as Chief Wellness Officer, Patruno will work to implement strategies that meet the goals of the LVHN Well-Being Paradigm. This paradigm focuses on the following three core initiatives:

- Creating a culture of wellness
- Optimizing efficiency in practice
- Promoting personal resiliency

Patruno not only promotes creating a culture of wellness, he role models healthy routines and behaviors. Just a few days ago, he was spotted at LVHN Fitness with his son, Danny.

This month, make time for self-care, maintain wellness routines and be sure to



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utilize some of LVHN's health and wellness programs.

A Safe, Tasty Way to Celebrate

by [Brian Downs](#) · December 23, 2019

Three cheers for the
HO HO Hazelnut
Hot Chocolate.

The warm, tasty
concoction served
by CAT Country 96
radio's Jerry Padden
was the winner of
the Lehigh Valley
DUI/Highway Safety
Task Force's annual
spirit-free mix-off at
Lehigh Valley
Hospital-Cedar
Crest on Dec. 19.



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Guest servers from local media outlets offered non-alcoholic drinks for judging to educate the community and suggest enjoyable alternatives to using alcohol during the holidays.

This was the 19th annual spirit-free mix-off, all of them hosted by LVHN. The event encourages safe behaviors during the holidays and helps to promote “Operation Safe Holiday” law enforcement mobilization efforts in the Lehigh Valley region and Pennsylvania.

Padden’s ‘mocktail’ featured dark chocolate sauce, hazelnut syrup and milk. Finishing a close second was the Yellow Snow served up by Joy Howe and Jim Vaughn from the WFMZ Channel 69 news team. Other participants included Josh Gears from 100.7 WLEV and Mike Kelly and Stephanie Wells from B104 radio.

Here are recipes for the drinks.

HO HO Hazelnut Hot Chocolate

1 tbsp dark chocolate sauce

1 tbsp hazelnut syrup

1 cup milk

Rudolph's Roost

10 oz espresso roast coffee

8 oz milk

1 tbsp flavored vanilla syrup

Flavored caramel sauce

Yellow Snow

Muddle 2 tbsp of fresh torn basil

Add ice and fill halfway with lemonade

Top glass with seltzer and stir

Garnish with fresh lemon or spring of basil

Santa's Fizz

½ glass orange juice

¼ glass pineapple juice

1 tsp lemon juice

Ice cubes

¼ glass soda / ginger ale / sprite

Sugar / honey / stevia – optional

LVHN Celebrates Partnerships With Mothers and Babies –

PHOTOS

by [Katie Cavender](#) · December 25, 2019

Last week, shoppers at Lehigh Valley Mall joined LVHN to celebrate the health network's latest community lactation space. Event-goers viewed the newly-installed [Mamava pod](#), a freestanding room to provide privacy for breastfeeding and pumping. As a motherhood partner, members of the health network attended to provide education and answer parents' questions. Attendees included:

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- Manju Thomas, MD, with [LVPG Pediatrics](#)
- Karen Vadyak, DNP, Vice President of Patient Care Services
- Laila Nassar, Lactation Consultant with LVPG Pediatrics
- Center for Women's Medicine Team

Against the backdrop of the Lehigh Valley Reilly Children's Play area, children's entertainment did not go amiss. While parents learned about LVHN, a balloon artist, children's musician and face painter put smiles and a little paint on children's faces.

The Lehigh Valley Mall Mamava pod is located near the Lehigh Valley Reilly Children's Hospital Play Area on the first floor. The closest mall entrances are located at JC Penney's and Modell's Sporting Goods.



Image 1 of 7

LVHN lactation spaces in the community

Six [Mamava pods](#) will be installed locations within the health network to supplement existing lactation rooms. Other LVHN lactation spaces installed at locations in the community are located at Coca-Cola Park and Lehigh Valley International Airport.

The Mamava mobile app

By downloading the [Mamava app](#) from the iOS App Store or Google Play, mothers can locate pods near them and unlock it for use. Each pod includes built-in seating, a table, mirror and outlets.

Secret Santa Strikes Again

by [Mike Peckman](#) · December 23, 2019

Every day is a good day to pay it forward. At LVH–Schuylkill, one colleague has put that message into action for the fifth time in as many years.

Secret Santa has struck again causing many to wonder just who it is. LVH–Schuylkill’s benefactor picked

up the tab for any size hot beverage for colleagues and visitors at both LVH–Schuylkill campuses.

“A few years ago while at the drive thru of a local coffee shop, the person in front of me bought my coffee,” says Secret Santa. “That surprise act of kindness had such an impact that I knew I had to create the same feeling with others. My wish remains for it to be contagious.”

And it just may be contagious. Gail Blasko, cashier at LVH–Schuylkill E. Norwegian Street, says one colleague insisted on leaving \$2 for the next person who was getting something other than or in addition to coffee. Moments later, a visitor selected a breakfast item. “Thanks to the kindness of our colleagues, that visitor enjoyed a breakfast sandwich and coffee,” Blasko says. “Everyone has been so appreciative.”

Of course, many people want to know who Secret Santa is. Our Santa has asked to



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remain anonymous, but encourages everyone to pay it forward, not only at Christmas, but all year round.

We thank our Secret Santa for paying it forward to our colleagues and visitors.