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a blog on [LVHN.org](#) containing timely health information and health network news.



Inpatient RNs to Debut New Standardized Uniforms in May

BY [ADMIN](#) · MARCH 11, 2016

This message is from Anne Panik, MS, BSN, RN, NEA-BC, senior vice president, patient care services, and chief nursing officer

To help make our registered nurses (RNs) easily identifiable for our patients, staff RNs across all inpatient specialties at LVHN, the Emergency Departments, and specific outpatient areas will be unveiling new standard uniforms starting in May 2016.

The new uniforms will be navy blue with white LVHN-branded embroidery. Nurses associated with the Children's Hospital at LVH will wear navy blue uniforms with white embroidery of that brand. The navy blue uniform color was chosen by our own nursing colleagues



in a poll we conducted.

This important change follows what other health care organizations are doing nationwide. Hospitals that have moved to a standard RN uniform have reported improvements in both patient safety and patient satisfaction. In addition, our nurses at LVHN are nationally recognized as Magnet®, and these uniforms will help underscore the professionalism of our nurses.

Get a sneak peek

If you want to see the new uniform style options, attend our upcoming “fashion show” preview events, which will be hosted by our chosen vendor, Lizard Apparel & Promotions of Dayton, Ohio. The events are set for:

- March 15 – LVH–Muhlenberg – Café Lobby – 8:30 a.m. to 11 p.m.
- March 16 – LVH–Cedar Crest – Lower Level Jaendl Pavilion – 8:30 a.m. to 11 p.m.

All RNs are encouraged to attend one of the events, each of which will run from 8:30 a.m.-11 p.m. Volunteer models will display the various uniform styles and sizes. Models will tour hospital units and also will be stationed at the specified locations mentioned above, on their respective dates. Spaces will be available for nurses to try on garments. Please take advantage of these fittings.

- Also on March 15th, a Lizard representative will be available at 17th Street Auditorium with some samples, from 3:00 p.m. to 6:30 p.m.

For more specific details on our new RN uniforms, see the following documents: [Uniform Standardization FAQs](#) and [How to Navigate the Uniform Shopping Website](#). If you have questions that aren't addressed, please contact me at Anne.Panik@lvhn.org.

Free Tickets Available for Greater Lehigh Valley Auto Show March 17

BY [TED WILLIAMS](#) · MARCH 8, 2016

Are you an LVHN colleague with a passion for cars? Are you looking for a new automobile in the new year? Then it may be time to attend the 2016 Greater Lehigh Valley Auto Show. As an LVHN colleague, you can attend the show for free on St. Patrick's Day (Thursday, March 17) – and bring three other friends, family members or guests with you – from 10 a.m. to 9 p.m.

Here's how:

- [download this voucher](#)
- print it out
- show it at the door.

Maxing MyLVHN

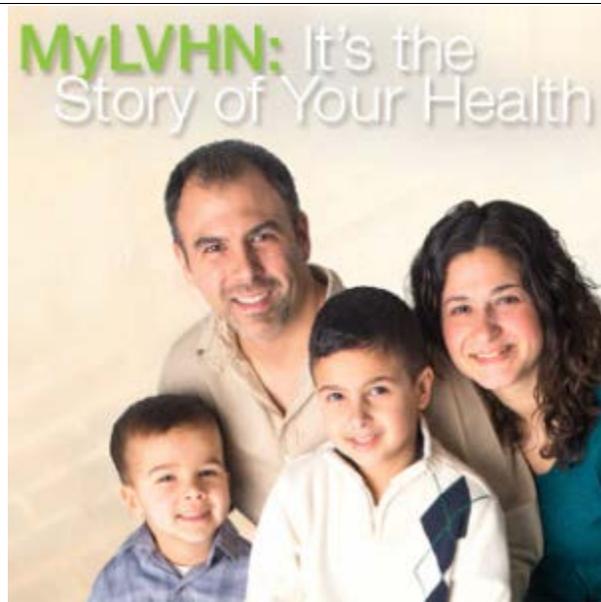
BY [JENN FISHER](#) · MARCH 4, 2016

You've done it again, LVHN. Less than 2 months, after reaching the reset network goal (55,000 MyLVHN activations), you have reached an even more impressive *unofficial* goal: 80,000 MyLVHN activations. High fives all around—you are MyLVHN MVPs and your patients are the winners.

Cool fact: If LVHN breaks the 100,000 activations mark this summer, we could be the first Epic site to reach that pinnacle during the first full year on the EMR system.

What we're hearing.

Patients (including colleagues and family members who



are LVPG patients) tell us they love having convenient, any-time-of-day access to their health information, and more importantly, how connected they feel to you – the care providers – because of the communication pathway created by MyLVHN.

- “I can review my thyroid test results in MyLVHN and then compare that to when I feel better and worse. This information helps me see when I might need to ask my doctor about my thyroid medication dosage.” Patient of LVPG Internal Medicine–3080 Hamilton Blvd.
- “I love that MyLVHN allows me to personally correspond with my provider, which is huge when you have a follow up question or need a referral.” Patient of LVPG Family Medicine–Emmaus
- “I like to send my provider questions through MyLVHN instead of trying to convey them by phone. She always responds through MyLVHN either the same day or within a business day which is great.” Patient of LVPG Internal Medicine–Cetronia Road
- “My husband is the bill payer in our family, and with MyLVHN he gets notified about bills related to our kids’ appointments and can pay them easily.” Patient of LVPG Pediatrics–Trexlerstown

Our providers are also MyLVHN fans.

- “Patients love receiving a personal response from their provider when they have a question. With MyLVHN, any of my OB or women’s health patients can summarize their non-urgent questions and send them to me in a secure message. Then I can respond with the information they need. This connection is very valuable to them.” [Gregory F. Kainz, DO, LVPG OB/GYN–Pond Road](#)
- “If you have had some tests done, MyLVHN gives you access to results in a timely way – and in many cases that is more quickly than you ever received results before.” [Nidhi Mehta, MD, LVPG Cardiology–Muhlenberg](#)
- “As part of our diabetes patients’ care, many send in blood glucose logs on a regular basis to help us (and them) track their readings over time. Now they are able to send those same readings to us

in a secure MyLVHN message instead of faxing or mailing them.” [Marc Vengrove, DO, LVPG](#)

[Endocrinology–1243 Cedar Crest](#)

Continue your MyLVHN patient engagement.

Just a little over a year ago, we sunsetted what was our original MyLVHN patient portal. When Epic and the new MyLVHN (the MyChart version) launched in 2015, patients who never laid eyes on a portal before started to explore this new site – and use it, too. Today when you introduce a new patient to MyLVHN, remember you are opening a door for them: to easily schedule an appointment; to track their blood pressure readings; to reach out to their care team; and in the future to fill out patient questionnaire forms; to have a virtual visit; and so much more.

MyLVHN is empowering for our patients. With your encouragement, every patient will not only activate their MyLVHN account, they will feel welcome to ask, explore and learn about their health. You remain the key. Thank you for continuing to educate your patients about MyLVHN and inspiring them to log in and get engaged in their health.

LVHN Plans for the Future in Northampton County

BY [ADMIN](#) · MARCH 10, 2016

This message is from Brian Nester, DO, MBA, FACOEP, president and CEO; and Edward Dougherty, chief business development officer

The nature of health care delivery is changing and organizations like LVHN must change to meet the needs of the patient in the most efficient and accessible environment.

Last night at the Lower Nazareth Township Board of Supervisors' meeting, LVHN submitted a zoning amendment for property under contract of sale to the network off Newburg Road. This amendment would help LVHN shape the health care delivery model of the future, and allow us to consider ways to provide access to future services for patients we already serve and our growing and aging population. The long-term vision is to provide a combination of services, mostly focused on outpatient care.

Nearly one-third of the people in Northampton County who need health care services already receive care from an LVHN provider. Our focus is to help these people get the care they need and want close to

home in the setting that is most conducive to health and healing.

The health of our community is and always will be the priority of LVHN, and our decisions are driven by the desire to meet our community's health care needs and our mission. We will keep you informed as any plans for this property become final.

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Flower Sales at LVH–Muhlenberg

BY [NICHOLAS FRITZ](#) · MARCH 10, 2016

Over the years, The Lehigh Valley Hospital–Muhlenberg Auxiliary has supported the hospital by operating the Camille gift shop and conducting a variety of fund-raising events and activities. This month, the auxiliary will help you smell spring by hosting flower sales.

Flower Sale

LVH–Muhlenberg

Hallway in front of the cafeteria

March 16, 17, 18: 7 a.m.-6 p.m.



The history of The Lehigh Valley Hospital–Muhlenberg

Auxiliary

When a group of Lutheran clergy purchased a 102-acre alfalfa field and set out to build a new hospital for Bethlehem in the late 1950s, a group of women who became The Auxiliary of the Muhlenberg Hospital Center went to churches all over the Lehigh Valley to gather members and funds in support of the project. By the time the hospital was dedicated in 1961, it was one of the largest auxiliaries in the country.

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Give Blood in March

BY [NICHOLAS FRITZ](#) · MARCH 8, 2016

Did you know 25 percent of people will require blood at least once in their lifetime? LVHN and Miller-Keystone Blood Center make it easy for you to give the gift of life this month. Visit giveapint.org/LVHN to sign up online for an upcoming blood drive at various LVHN locations. Simply follow the link, choose the date and time you wish to schedule and print out your ticket to bring to the drive.

By signing up online, you not only save time, but are rewarded by earning points for each donation you make through the LifeSaver Rewards Program. These points can be redeemed for a variety of gifts at the online shop. You can also attend any blood drive without signing up online. The following is an upcoming opportunity for you to save a life in



March.

March 14 – LVH–Cedar Crest ECC rooms 9 and 10, 8 a.m.-5 p.m.

To reserve an appointment, visit giveapint.org/LVHN.

Walk-ins also are welcome at this blood drive. Each donor will receive cafeteria vouchers for a meal (\$4 value) and small beverage.

2 Share

Spotlight on Evidence

BY [GERARD MIGLIORE](#) · MARCH 9, 2016

Sleep Promotion by Clustering Care

Project Purpose (PICO Question)

In older medical-surgical patients, does clustering patient care activities between 10 p.m. and 7 a.m. – as opposed to normal care provision – affect sleep satisfaction?

Background

Quality sleep promotes health and well-being, while sleep disturbances can lead to increased fatigue, negative moods and periods of misperception and disorientation.



Authors (left to right): Casey Herrera, BSN, RN; Pam Fisher, BSN, RN; Arielle Cratsenberg, BSN, RN

Florence Nightingale wrote that it's beneficial to avoid waking patients during the night.

Evidence Highlights

Older adults in particular are at high risk for sleep disturbances. Iatrogenic events such as falls, functional decline, delirium and hospital-acquired infections occur more frequently when a patient's sleep/wake cycle is disturbed.

Studies have shown interventions such as clustering care resulted in fewer sleep disturbances and less need for sedatives.

Implementation

During Phase I, a sample group of patients over age 65 were surveyed regarding their sleep routines.

In Phase II, staff on 6C, 4K and 6K were educated about LVHN's policies related to telemetry, vital sign frequency, the "Quiet Time" initiative and clustering care (vital signs, toileting and medication administration).

Phase III repeated the survey with a new group of patients after staff education was completed.

Results

Patients on average reported more total hours of sleep following care clustering education.

Following education, patients responding "yes" to the survey question "Did you experience any nighttime sleep interruptions?" dropped from above 90 percent to just over 30 percent.

Next Step

Implement nighttime care clustering as standard work in the hospital setting throughout LVHN.

Saving Skin One Pressure Dressing at a Time

Project Purpose (PICO Question)

Does the use of adhesive remover wipes reduce the incidence of skin tears during pressure dressing removal following PPM/ICD insertion in the electrophysiology (EP) patient population?

Background

Currently, PAs and NPs remove pressure dressings following permanent pacemaker/implantable cardioverter defibrillator (PPM/ICD) insertion by pulling the tape off the patient's skin.

Nurses on 3A/ICU have reported numerous incidences of skin tears during dressing removal. These



Authors: Kyle Kromer, BSN, RN; Amanda Rapp, BSN, RN

tears cause patient discomfort, predispose patients to infection and may require removal of the PPM/ICD.

Despite the high skin-tear incidence, LVHN has no documented policy on pressure dressing removal.

Evidence Highlights

According to patient safety reports from one recent eight-month period, our IPCU experienced at least one skin tear every month. IPCU nurses believe the actual tear incidence is even higher.

Research reveals no current standardized protocol for pressure dressing removal, but some articles suggest adhesive remover wipes do aid in removal and skin-tear prevention.

Since Duke University Health Center began using adhesive remover wipes, they have not had even one documented skin tear (more than 200 PPM insertion cases).

Implementation

Pilot on 3A/PCU involved attaching two adhesive remover wipe packets to the pressure dressings for PAs and NPs to use in pressure dressing removal.

The EP lab staff or ICS recovery RNs attached the adhesive remover packets onto every pressure dressing before sending patients to 3A/PCU. The receiving RN then documented the presence of the pressure dressing in a log book.

Upon discharge, the presence or lack of skin tears was also documented in the logbook.

Results

During the first eight recorded pressure dressing removals, only one patient sustained a skin tear, which was attributed to a lack of education on adhesive remover use.

Next Steps

Continue the pilot study to collect and analyze more data.

Investigate option for 3A/PCU RNs to remove pressure dressings.

Collaborate with the Epic team in order to make adhesive remover wipes part of the post-PPM/ICD insertion order set.

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