

**U.S. News Ranks LVH Among Nation's Best**

We're No. 4 in PA and rank in five specialties.

**Vendors Added for RN Uniforms**

See where to buy embroidered garments.

**Improving Heart Attack Care**

LVHN funds purchase of modems for ambulances.

**AAO Colleagues Cultivate Community Garden**

It provides free, healthy food to the people they serve.

**Legacy of a Leader**

Anne Panik, RN, reflects on her career.

**First Core Bundle on TLC**

Mandatory training must be complete by Sept. 30.

**Corporate Challenge Set for August 12**

Cheer on two Valley Preferred cycling teams.

**Investment Planning Seminars**

VALIC will host four seminars this month.



# U.S. News & World Report Ranks LVH Among Nation's Best Again

by [Ted Williams](#) · August 2, 2016

For the 21<sup>st</sup> consecutive year, U.S.  
News & World Report ranks Lehigh

Valley Hospital (LVH) among the nation's best hospitals. LVH is listed as the No.4 hospital in Pennsylvania. The 2016-2017 best hospitals rankings place LVH among the nation's leading hospitals in five specialties:



- Cardiology and heart surgery
- Gastroenterology and GI surgery
- Geriatrics
- Orthopedics
- Pulmonology

“This recognition reflects our health network’s relentless focus on improving the quality of care we provide to our community, to keep them healthy and care for them when they are ill or injured,” says LVHN president and chief executive officer Brian Nester, DO, MBA, FACOEP. “Our colleagues are to be commended for their unwavering commitment to their patients.”

LVH is the only hospital in the region to make the U.S. News national rankings in at least one specialty area over the last 21 years. During that span, cardiology and heart surgery have made the list 12 times, geriatrics 12 times, gastroenterology and GI surgery 11 times, orthopedics eight times and pulmonology seven times.

In regional rankings, LVH–Muhlenberg also is recognized among the best hospitals in Northeastern Pennsylvania/Lehigh Valley and the Allentown-Bethlehem-Easton Metro Area. LVH–Muhlenberg ranks No. 20 among Pennsylvania’s 238 hospitals and is listed as “high-performing” in urology.

The rankings have been published on the [U.S. News website](#) and will appear in the U.S. News Best Hospitals 2017 guidebook, which becomes available later this month.

# Additional Vendors Added for Embroidered RN Uniform Garments

by [Ted Williams](#) · August 1, 2016

MP Outfitters and Ken Allen

Uniforms have been added as

approved vendors for the purchasing of all standardized navy blue registered nurse (RN) uniform garments that include LVHN and Lehigh Valley Children's Hospital logos. Garments with and without logos are now available for purchase at their area store.



All RN uniforms garments continue to be available online through Lizard Apparel & Promotions (Lizard AP) of Dayton, Ohio through our special website – [lvhnuniform.com](http://lvhnuniform.com). A limited supply of uniforms, complete with embroidery in the most popular sizes and styles, are available in LVHN gift shops.

MP Outfitters has locations at:

- 2733 W. Emmaus Avenue, Allentown (610-797-6900)
- 4422 Birkland Place, Bethlehem Township (610-923-6900)
- 1710 MacArthur Road, Whitehall (610-797-6900, ext. 551)

Ken Allen Uniforms is located at:

- 1046 W. Hamilton St., Allentown (610-439-1201)

If you have any questions, please contact [Susan.Steward@lvhn.org](mailto:Susan.Steward@lvhn.org).

# LVHN Helps Fund Improvements to Heart Attack Care

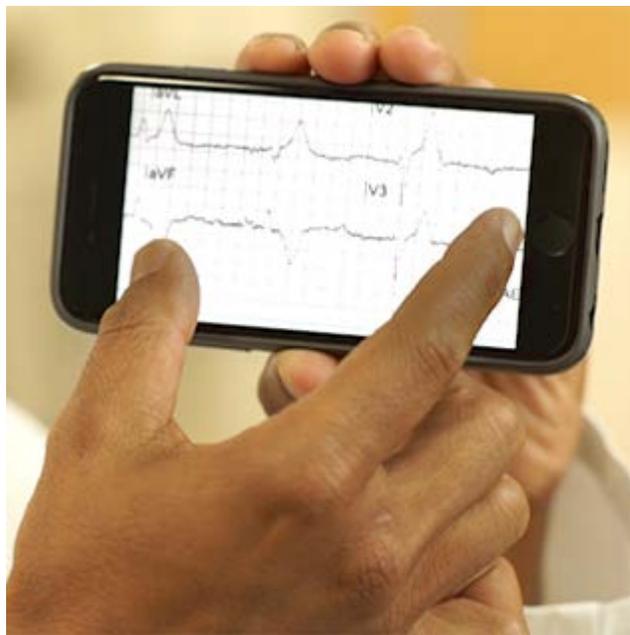
by [Robert Stevens](#) · August 3, 2016

LVHN is teaming up with Pocono  
Medical Center and the Eastern

Pennsylvania EMS Council to improve the care of people who suffer heart attacks.

LVHN recently donated \$76,000 to fund the purchase of 76 broadband modems that will enable ambulance personnel in Lehigh, Northampton, Carbon and Schuylkill counties to send electrocardiograms (EKG)

effortlessly and wirelessly to area emergency rooms. This will accelerate the diagnosis and initiation of the life-saving care of patients suffering the most serious kinds of heart attacks, called ST-segment Elevation Myocardial Infarction, or STEMI. Watch the video below to see how the modems will help.



**Due to our network security settings, this video will only play in Internet Explorer in compatibility mode. [Here are instructions](#) on how to adjust your browser's compatibility view settings.**



Pocono Medical Center gave \$14,000 to the EMS Council to outfit 14 ambulances in

Monroe County with the modems. The EMS Council's gift of \$50,000 will go toward the purchase of the three-year data plan needed to facilitate the connection between the ambulance-based modems and the receiving hospitals.

Out-of-hospital patients suspected by EMS providers of having a heart attack typically undergo a highly sensitive, 12-lead EKG provided by a first responder to confirm the diagnosis, which is often caused by a blocked heart artery.

If the ambulance isn't linked wirelessly to an ER via a modem, a paramedic at the scene or on route to the ER interprets an EKG, then verbally alerts a hospital emergency room physician that a heart attack is suspected. This is confirmed upon arrival at the ER by a second EKG.

Ambulances equipped with modems can send the EKGs immediately to the destination ER's medical command physician for confirmation by viewing a large digital image of the EKG. This gives the ER staff specific details and adequate time to prepare for the arrival of the patient and alert the in-house heart attack team of the situation.

"This new technology will greatly improve our regional system of STEMI care for patients in our communities," says Alexander Rosenau, DO, LVHN's senior vice chair of the department of emergency medicine. "Each year, thousands of persons in the greater Lehigh Valley suffer heart attacks at home, work or in other non-hospital settings."

In addition, the ER physician can forward the EKG to the mobile device of the interventional cardiologist who will be treating the patient. Quickly unblocking the artery causing the heart attack provides the best chance for saving the patient's life and prevents heart muscle from being deprived of blood.

"The saying, 'Time is muscle' critically highlights the importance of continuously improving the speed with which medical teams diagnose and open the heart attack patient's artery," says Ronald Freudenberger, MD, LVHN's chief of cardiology and medical director of our Chrin Heart and Vascular Center. "A team, system and technology that work quickly and skillfully offer the best chances of saving these patients."

# Community Garden Provides Free, Healthy Food Choices for People With HIV/AIDS

by [Sheila Caballero](#) · August 3, 2016

On an overcast Wednesday in May,

a handful of colleagues at the [Aids Activity Office \(AAO\)](#) are digging in a 20-foot-by-40-foot patch of dirt. Some are preparing beds. Others are digging holes for peppers, tomatoes and eggplants. Still more are doing chores, such as building and painting a garden table to be used for packing up the vegetable harvest before it's offered for free to local people living with HIV/ AIDS through an Allentown food pantry.



[Share](#)

For the past three summers, colleagues at AAO have been working side-by-side in a community garden project aimed at keeping their patients healthy and well. The colleagues already provide medical, psychological and social support for people with HIV/AIDS. Now their patients can also count on them for fresh, nutritious food.

“HIV medicines can cause gastrointestinal side effects,” AAO case manager Juan Collazo says. “When patients choose fresh vegetables over foods high in carbs and sodium, it gives them a nutritional boost and helps them feel better.”

### **Help beyond medicine**

AAO is the largest comprehensive provider of HIV/AIDS services in the region, serving about 900 people each year. By providing access to healthy food choices, the colleagues are helping people with HIV/AIDS nutritionally, physically, emotionally and financially.

“HIV is a chronic condition that needs to be continuously managed,” Collazo says. “It’s important for patients to eat right and exercise, take their medications, keep their medical appointments and get their labs done.” People receiving active medical care from the AAO are eligible for free food from the food bank and community garden based on need.

### **Keeping things fresh**

At the community garden in Whitehall, onions and leaks will mature during the spring, and broccoli, lettuce, beans and summer squash will be planted. Throughout the summer, the seeds will grow into a colorful harvest that will provide a nutritional boost to patients who need to keep their immune systems strong. A small cutting garden planted with dahlias, coneflowers and daisies will provide an emotional lift.

The AAO team has help from a master gardener who volunteers her time to mentor the mostly novice gardeners. Her help, along with succession planting and luck, ensures an adequate harvest throughout the season.

“We serve about 60 families a month,” Collazo says. “The garden gives patients an incentive to keep up with their medical care. It’s also a very rewarding and tangible way for our colleagues to help patients in need.”

See local [media coverage](#) on the garden.

# Legacy of a Leader

by [Rick Martuscelli](#) · August 3, 2016

Looking back and forward with our retiring chief nursing officer and her successor

After receiving direction from Hollywood producers and powder from a makeup artist, a team of medical professionals is introduced. They take the stage to thunderous applause. One member takes center stage. Standing under bright lights before a crowd of 7,000 people, she takes a deep breath, fixes her gaze on the teleprompter and prepares to deliver her lines. Before uttering a word, she thinks to herself, “I’m just a little girl from Jim Thorpe. Look where I ended up.”



The person: Anne Panik, RN, our retired senior vice president of patient care services and chief nursing officer (CNO). The event: The 2013 American Nurses Credentialing Center National Magnet Conference, where LVHN received the Magnet Prize<sup>®</sup>. The memory: The pinnacle moment of Panik’s career.

### **Steps along a journey**

Panik’s 36-year LVHN career started as a staff nurse in Muhlenberg Hospital Center’s emergency department (ED). Hard work led her to become the ED, ambulatory surgical unit and GI lab supervisor. As the merger with Lehigh Valley Hospital was taking place, she met Terry Capuano, RN. When Capuano became CNO, she asked Panik to be the nursing administrator for LVH–Muhlenberg, the EDs, MedEvac and trauma. When Capuano was named chief operating officer and her CNO successor, Molly Sebastian, RN, retired, Panik was named CNO in 2010. “My story is a great example of succession planning,” Panik says, “because I was given opportunities to progress in leadership roles.”

### **A Magnet<sup>®</sup> pioneer**

Panik was deeply involved in our first Magnet designation and all three redesignations. “Becoming Magnet solidified our professional practice model because it promotes professional development, evidence-based practice and

nursing research,” Panik says. “It also helped us become renowned. My colleagues were energized to talk with other nurses at national conferences and learn that we’re nationally known and respected,” she says.

### **A nursing legacy**

Under Panik’s leadership, LVHN’s Nurse Residency Program was established. It’s a program dedicated to the professional development of new graduates, and particularly impressed Magnet appraisers during our latest redesignation. Panik says it’s her greatest accomplishment because it will help new generations of nurses become exceptional. “It will enhance our nursing retention and, most importantly, enhance evidence-based patient care,” she says. Among her many other accomplishments, Panik also empowered nurses by leading the RN Advisory and Night Shift Councils.

### **Remembering what’s important**

Panik walked our hospital halls daily to look at the faces of patients and their loved ones. “I saw people who were anxiously awaiting news about a patient in surgery, or people on the phone talking about their loved one’s condition,” she says. “At times, I may have been concerned about other things, but seeing those people reminded me why we’re here. Our patients and families are what it’s all about.”

### **What’s next?**

Panik always said she has an LVHN family and a home family. She plans to spend more time with her two sons and five grandchildren, sharing memories of her late husband, Jude, and stories about a career in service of people. It’s time for that “little girl from Jim Thorpe” to relax and reflect on where she ended up: a leader in her profession. Before she does, she offers one last bit of advice. “With hard work and dedication – and if you love your profession – you can do it too.”

### **Words from colleagues**

“After working with Anne for only a short time, I understood why everyone loved her. She is knowledgeable, committed, understanding, goal-driven and knows how to mobilize the troops.”–Terry Capuano, RN, executive vice president and chief

operating officer

“Anne was always one to count on in times of stress, sadness and joy. Her boundless energy and positive attitude would propel one to just do it.”—Molly Sebastian, RN, retired CNO

“I will always treasure and respect the support and guidance Anne presented to me. She was my boss, mentor and true friend.”—Charlotte Buckenmyer, RN, pre-admission testing

“Anne is a ‘machine.’ She’s driven with creativity, passion and energy. She’s an authentic nurse and human being.”—Brian Nester, DO, MBA, FACOEP, LVHN president and chief executive officer

# First Core Bundle of Fiscal Year 2017 on The Learning Curve

by [Rick Martuscelli](#) · August 5, 2016

The first core bundle of fiscal year 2017 (FY17) is now available on The Learning Curve (TLC). The mandatory training must be completed by Sept. 30. This bun

includes courses related to our Corporate Compliance Program, which helps you follow LVHN standards and policies as well as the laws and regulations applicable to your job functions. The bundle also includes important information regarding patient rights, identity theft and influenza.

To access the bundle, click the TLC icon on your SSO toolbar. Your assignment will be listed on the “To Do” list on your learner home page. This is the first of four bundles that will be available in FY17.

# Valley Preferred's 10th Corporate Challenge Set for August 12

by [Admin](#) · August 4, 2016

By Lori McFerran

Two Valley Preferred cycling

teams will be racing against other local corporate teams in the Valley Preferred Cycling Center's Rodale Corporate Challenge race on Friday, Aug. 12. Valley Preferred's 2016 teams are continuing the organization's 10-year tradition of Corporate Challenge participation. All team members are LVHN colleagues. Three members were on the original



team in 2006, and team captain Angelo Procaccino has ridden in all 10 races.

The Corporate Challenge race is especially designed for amateur riders, using a simple Italian pursuit format. Six riders per team form a lineup, with the fastest, strongest rider in the back. The team rides six laps around the track's .207-mile oval, with the rider in front dropping off after each lap is completed. The last rider, who races through all six laps (about five laps equal a mile), crosses the finish line. The team with the fastest time overall wins the race.

Part of the training process for the Corporate Challenge is getting used to riding a bike with no brakes. "To stop, you slow your cadence or go to the high part of the track. You can also lightly back pedal, and that will bring you to a halt," says team captain Sallie Urffer, a USAC licensed rider. "When you're racing, you never stop pedaling."

Valley Preferred, the region's leading physician organization, encourages colleagues and their families to come out and cheer for the riders during this exciting, nail-biting event.

**Valley Preferred team roster:**

Sallie Urffer, captain

Elizabeth Berger, MD

Aaron Czysz, MD

Daniel Lavelle

Mark Li, MD

Kimberly Procaccino

Angelo Procaccino, captain

Philip Carson

Jed Deitrick

Scott Higgins

Jennifer Love, RN

Carrie Olson

### **Valley Preferred Cycling Center's Rodale Corporate Challenge**

**Date:** Aug. 12

**Gates open:** 6 p.m.

**Race starts:** 7:30 p.m.

**Admission:** \$5 general or \$8 finish line seating (groups of 25 or more that purchase finish line seating get a free meal voucher for each ticket purchased)

**In case of rain:** Visit [thevelodrome.com](http://thevelodrome.com)

# VALIC – The Investment Planning Seminar

by [Ted Williams](#) · August 4, 2016

VALIC Retirement, the company  
managing our retirement plans,

will host this seminar at the  
following locations:

**Aug. 9** – 12-1 p.m., LVHN–Mack  
Boulevard room 6B

**Aug. 10** – 12-1 p.m., LVH–Cedar  
Crest ECC room 5

**Aug. 11** – 12-1 p.m., LVH–17<sup>th</sup>  
Street auditorium

**Aug. 17** – 12-1 p.m., LVH–  
Muhlenberg ECC room D



Registration is required to attend one of these seminars. [Click here to register](#) and enter one of the following codes:

For LVHN–Mack Boulevard seminar: LVHALL11AX

For LVH–Cedar Crest seminar: LVHALL11AW

For LVH–17<sup>th</sup> Street seminar: LVHALL11AY

For LVH–Muhlenberg seminar: LVHBET11AT

VALIC Retirement advisors are available to help you at:

LVH–Cedar Crest:

Jeff Hofmann: 610-402-8801

Michael Ryan: 610-402-8801 (advisor for LVPG colleagues)

LVH–17<sup>th</sup> Street:

Tim Schroyer: 610-969-2625

LVH–Muhlenberg and Health Network Laboratories:

Kevin Gertz: 610-392-9912