

update

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January 21, 1980

Voluntary Effort

Saving Lives, Saving Money

A recent *Evening Chronicle* headline concerning the AP wire story on hospitals cutting costs was definitely an eye catcher — "HOSPITALS SET NEW EXPENSE CUTTING GOALS." The article reports that, although \$2.9 billion have been saved by the nation's hospitals so far, the Carter administration says that this voluntary reduction is simply not good enough. The "Voluntary Effort to Contain Health Care Costs," begun as a nationwide coalition in late 1977, has brought hospital inflation rates down from 19% to 13.3% nationwide. This happened during a time when overall economic inflation rose from 6.6% (March, 1978) to 12% (overall 1979).

In response to the charge that past results aren't good enough, for 1980 the VE plans to increase productivity, develop new types of insurance plans to cut costs, and prod the government into reducing paperwork and administrative requirements.

On the state level, Pennsylvania's Voluntary Effort (PAVE) has been successful in holding down the rate of increase in hospital expenditures during its first year, begun in March, 1978 — also during a period when inflation was soaring.

Since then, 230 participating Pennsylvania hospitals were able to reduce their rate of increase in spending from 15.7% (fiscal year 1978) to 14% (estimated fiscal year 1979), a reduction of 1.7%, or \$56 million that would have been spent during the year had the rate of increase not been reduced. The PAVE 2 year goal is a 4% reduction in the rate of increase in hospital's expenditures.

With encouragement by a statewide committee of industry, business, labor and insurance leaders, hospitals in the Commonwealth have accepted the challenge to voluntarily reduce spending and to meet the goal. How are they doing it? Group purchasing and shared service programs, personnel productivity improvements, cost containment in construction and design, development of the Pennsylvania Hospital Insurance Company for professional liability insurance, and much more have all contributed to controlling costs without sacrificing quality care.

But what about the Administration's charge that all of this "isn't good enough?" According to PAVE Committee Chairman Eugene J. O'Meara, the recent defeat of the President's proposed hospital cost control plan by the U.S. House of Representatives is an acknowledgement that the health care field is succeeding in its voluntary commitment to holding down expenses.

O'Meara has called on all Pennsylvania health care providers to review their commitment to PAVE and continue to bring down the rate of hospital spending increases in spite of all obstacles.

UROLOGY SEMINAR

"G U Cancer — An Overview" will be presented by the Clinical Oncology Program and the Division of Urology on February 2, 1980, at 8:45 A.M., in the Hospital Center Auditorium.

The seminar was developed in response to expressed interest by the Division of Urology at Allentown Hospital and A&SHHC regarding the multidisciplinary management of the patient with Gastro-Urinary Cancer. The conference is designed for urologists, family practitioners, internists, medical and surgical oncologists, and radiation therapists.

The program features introductory remarks by John Jaffe, M.D., Division of Urology, Allentown Hospital and A&SHHC; Review of Cancer of the Kidney, Bladder, Prostate and Testis, by Alan Wein, M.D., Associate Professor of Urology, University of Pennsylvania School of Medicine; and a panel discussion with Robert M. Post, M.D., Division of Hematology and Medical Oncology, A&SHHC and Allentown Hospital, Nathaniel Silon, M.D., Chief, Department of Radiation Oncology, Allentown Hospital, Robert Wasko, M.D., Division of Urology, A&SHHC and Allentown Hospital, and Drs. Jaffe and Wein.

There is no fee for registration, and Category I Credit is available through the Lehigh Valley Area Health Education Center. For further information, contact Tish Isack, Executive Director, Clinical Oncology Program, 1627 Chew Street, Allentown, PA 18102, 821-2582.

Rec Committee Bake Sale — Jan. 25!

To Admitting

Ginger Schurawlow

To Ambulatory Services

Anita Miller

To Dietary

Carmen Cruz

Liz Roma

To Perfusion

Karen Steixner

To Housekeeping

Jimmy Gross

To Nursing Services

Karen Cauley

Janet Chopel

Mary Kay Cogan

Kimberly Guzik

Mary Haas

Marilyn Hanas

Anne Hunsicker

Lorraine Johnston

Paula Kossey

Monica Michalerya

Elaine Miller

Patricia Peters

Kathy Roderick

Donna Roncolato

Carol Saxman

Tamera Ungerer

Bridgette Warmkessel

Jamie Xelowski

Ruth Zezoney

To Radiology

Mark Perna

To Respiratory Therapy

Sybil Wilson

To SPD

Roy Aber

James Horwath

Leonard Kelly



MARIE WEISSMAN



KIM KUDER

Marie Weissman has been appointed Director of Utilization Review/Discharge Planning. Marie has a Masters Degree in Social Work from Marywood College, Scranton, and has been a medical social worker at the Center since October, 1978.

Prior to her employment here, she was employed at Grand View Hospital, Sellersville, and Lehigh Valley Child Care, Allentown.

Kim Kuder has been promoted to Senior Technician in the Cardiac Catheterization Laboratory. Kim, who has been working in the Cath Lab since May, 1975, will have her duties expanded to include charge of the lab, teaching responsibilities, and administrative assistance. She has been at the Center since October, 1974, beginning in the Heart Station as an EKG Technician.

JoBeth Newhard, Pulmonary Function Technician, has been certified by the National Society of Cardio-Pulmonary Technologists. To become certified, JoBeth passed an exam concerning general knowledge in all aspects of pulmonary, invasive and non-invasive cardiology fields.

Janine Fiesta will attend the Board of Directors meeting for the AHA's Society of Risk Management on January 22 and 23. As a member of the Board, she represents the Eastern region of the United States.

In March, she will be speaking in New Orleans, Louisiana, on the topic of Risk Management and Liability.

Janine is the author of a textbook on Nursing Law, which will be published in early 1981.

News from the Clinical Oncology Program — **Karen Knibbe, R.N.**, Oncology Nurse Administrator, presented a paper, "A Multidisciplinary Approach in the Care of the Dying Cancer Patient." at the Thanatology Conference, January 10, at Lehigh University. . . **Janet Ordway, R.N.**, is the new oncology nurse with the Clinical Oncology Program's Mobile Rehabilitation Team. Janet's a graduate of the Hahnemann School of Nursing, Philadelphia, and was a staff nurse at Allentown Hospital prior to her appointment. . . **Pat Nolan** has taken over as Health Records Analyst for the Clinical Oncology Program. She has been a Tumor Registrar in Medical Records at A&SHHC.



What are your interests? Tennis? Softball? Theater? Racquetball? Whatever they may be, the Rec Committee is always looking for active members to plan fun-filled and exciting events for A&SHHC employees and their families. If you'd like to help us, or if you have any good ideas, contact any of the Rec Committee members listed below.

Upcoming activities include:

January 23 — Mixed Volleyball, 7:00 P.M. - 9:00 P.M., Ritter School Gymnasium, Plymouth and East Washington Streets, Allentown. Come on out and get a good workout!

January 25 — Bake Sale! Another super event that you can really sink your teeth into. 8:30 A.M., in the lobby. If the past two bake sales were any indication, you better get there early!

February 1, 2, 3 — Killington, Vermont Ski Trip. Super fun! One opening is available due to a cancellation. Contact Frank Santaniello, Extension 2193, to reserve the spot.

February 15 - Deadline to sign-up for **Racquetball** memberships at Vantage Point. Cost is \$25.00 a year per person, including use of locker room, shower and towels. Court fee is \$8.50 per hour. Contact Len Macalush, Pharmacy, Extension 2176.

Plans are still underway to continue the film series, more on that later.

Coming up in the near future, don't forget the **Raft Trip** down Pine Creek. A late April weekend is being planned. . . **Softball** - good news here! We're going to have a real honest-to-goodness softball field very soon. Expected completion of the field at the entrance to the Hospital Center is April 1, depending on the weather. So, people interested in joining the men's modified pitch softball team, which plays in the East Penn Modified League, should contact Jim Higgins. Employees interested in forming a men's and women's intra-hospital league should contact Len Macalush or Joanne Macko. . . **Great Adventure Discount Tickets** will be available in Public Relations . . . **Summer Picnic** - we're working on a super event that'll rival the recent

Birthday Party. More help is needed for planning, so, if you're interested, contact any Rec Committee member . . . **Summer Volleyball** — help is needed in organizing another mixed, men's and women's league . . . **Roller Skating** — if your into wheels, look for an incredible skating party being planned for September. Think of how good you'll be by then!

For more up to the minute info on what's happening with the Rec Committee, check the **new bulletin board in the Cafeteria** — located on the back wall!!

Recreation Committee Members

Wally Smith, President — Respiratory Therapy 2193
Jim Higgins, Vice President — Public Relations 3084
Donna Hedash, Treasurer — Nursing Services/Critical Care — 2151

Colleen McLaughlin, Secretary — Medical Records — 3031
Steve Berman — Laboratory — 2135
Debby Black — Medical Records/Transcription 2058
Debbie Duchodni — Nursing Office — 3110
Mary Fallstich — Pulmonary Lab — 2191
Dennis Fettes — Bio. Med. — 3161
Jeanne Fignar — Financial Services — 2062
Dean Fritch — Laboratory — 2050
Mary Green — Emergency Room — 2130
Karen Griess — Nursing Services/6C — 2117
Robie Harding — Escort Service — 2185
David Laskin — Medical Resident
Janet Laudenslager — Public Relations — 3084
Mary Lenahan — Nursing Services/6C — 2117
Joanne Macko — Laboratory — 2050
Len Macalush — Pharmacy — 2176
Sandy Odenwelder — Pharmacy — 2176
Sue Peeples — Nursing Services/4A — 2084
Mike Quinn — Operating Room — 2064
Terry Roth — Nursing Services/5B — 2001
Frank Santaniello — Respiratory Therapy — 2193
Ron Springel — Surgical Resident
Carol Sterk — Nursing Services/4C — 2088
Cathy Sweigert — Radiology — 3050
Drew Zavada — Laboratory — 2136

NUTRI-NOTES

If you're thinking about biting into that juicy steak, tossed salad with rich and creamy blue cheese dressing, and baked potato drenched in melting butter, Stop! Think twice.

Those delicious luncheon meats, fatty hamburgers, and hot dogs supply more than twice as many calories (9 per gram) as protein or carbohydrates (4 per gram). So cutting down on fat helps weight loss.

Learn to distinguish between the types of fats:

- Saturated fats - found in meat and dairy products (butter, eggs, milk, cheese), raise blood cholesterol levels and often lead to hardening of the arteries and similar blood diseases. These are solid at room temperature.
- Unsaturated fats - found in fish, nuts, olive and peanut oils. They have little effect on blood cholesterol and are liquid at room temperature.
- Polyunsaturated fats - choose safflower, sunflower, soybean, corn, or cottonseed oils. These tend to lower blood cholesterol levels and are liquid at room temperature.

On the other hand, fats are necessary to form cell membranes, carry fat soluble vitamins, and supply the essential fatty acids that the body cannot manufacture. However, the U.S. Senate Nutrition Committee recommends cutting fats from 42% of the current average U.S. diet to 30% while increasing the percentage of carbohydrates eaten.

Consider these tips to start you on your way to a low fat, low cholesterol diet.

- Eat more poultry and fish than meat
Discard the skin of poultry before serving
Use lean meats, trimming visible fat before cooking
Reduce intake of fried foods
Switch to low fat dairy products
Substitute ice milk for ice cream and yogurt for sour cream
- Refrigerate soups, stews, and gravies, and skim off the fat before reheating and serving
- Eat fruits for desserts and snacks
- Avoid fatty hamburgers, hot dogs, luncheon meats, breaded and pre-fried fish and organ meats
- Use two egg whites for one whole egg in recipes, adding a teaspoon of salad oil to replace the missing yolk's non-stick properties.

(Source: The Pennsylvania State University, The U.S. Department of Agriculture and The Lehigh County Extension Service)

on call

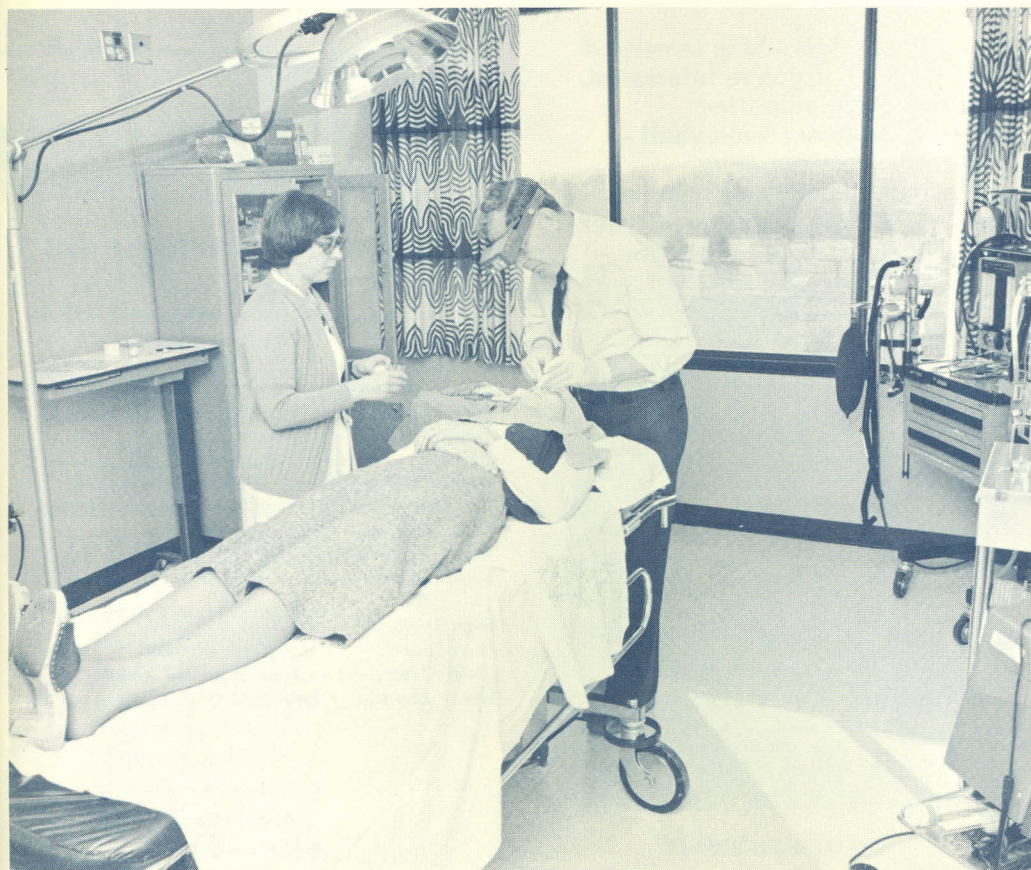
Appearing on "On Call: A Valley Health Series," on WLVT-TV, Channel 39, will be:

January 21, 7:30 P.M.

January 26, 2:30 P.M. — "Open Heart Surgery - The Coronary Artery Bypass" - An encore presentation of the Hugo award winning documentary. Host David Ogden Steirs, of M*A*S*H, narrates this controversial surgical procedure, videotaped at the Hospital Center earlier last year. The A&SHHC TV Department used five cameras to cover the operation performed by the open heart team which included cardiac surgeons Dr. Antonio Panebianco, Dr. James C. Rex, Dr. Luke Yip; Chief of Anesthesiology Dr. Samuel Lerner; Chief Perfusionist Robert Olewine; Physicians' Assistants Dennis McCann and Rich Kocher; O.R. Supervisor Mildred Guzara, R.N., and O.R. Nurses Loretta Adams, Margaret Castronova, Lois Hyde, Connie Kemmerer, Judy Wippel, and Donna Zinggeler.

January 28, 7:30 P.M.

February 2, 2:30 P.M. — Live "On Call" - Cancer - Earl Sipes, M.D., and David Prager, M.D., discuss what has become the most terrifying disease of the 20th Century. Viewers are encouraged to phone in their questions, which will be answered over the air, by calling 867-4677.



Outpatient Surgery Relocates - A larger room and relaxed atmosphere are two of the benefits derived from the Outpatient Surgery Unit's recent move to 7A. Scheduling for the busy department (766 surgical procedures last year) can be arranged by calling 821-3199. Assisting the surgeons, preparing charts, patient and the unit is Charlene Dunn, R.N. Hours for operation of the unit are from 8:00 A.M. to 12:00 Noon, Monday through Friday.

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