

Videos Show LVHN Conveniences

See how easy it is to call, click or walk in.

Growth and Flexibility

Kim Jordan thanks colleagues who've been floating.

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This year, students must have certain immunizations.

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LVH-17th Street Play Center Anniversary-Photos

Jennifer Miller has been there throughout its 15-year history.

National Coloring Book Day

You can color during your break on Aug. 2.

Give Blood August 3 and 24

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Learn CPR, get your car seat checked and more.

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Videos Show our Call, Click and Walk In Convenience-VIDEO

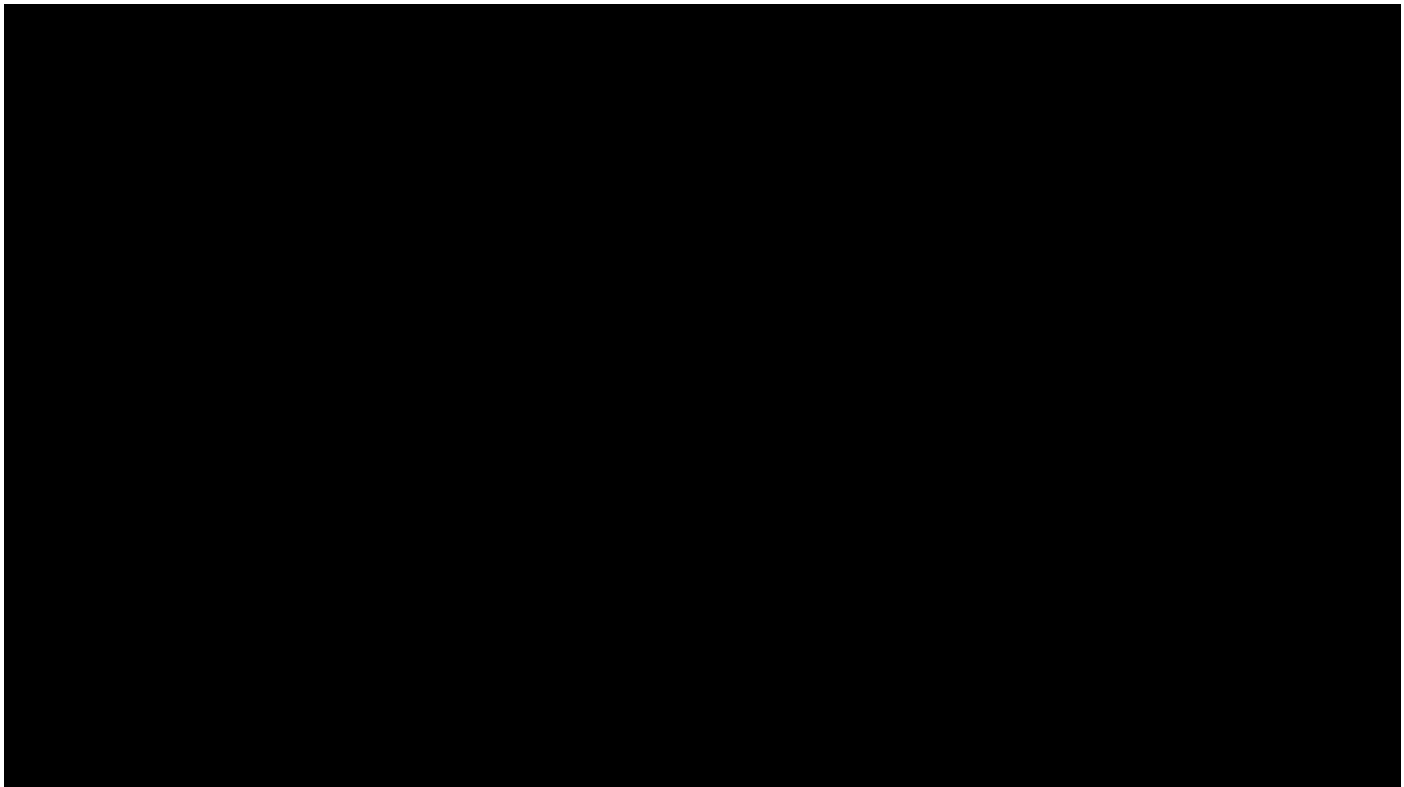
BY [RICK MARTUSCELLI](#) · JULY 27, 2017

The people of our community want convenient access to LVHN's quality care, and we're giving them what they want. At LVHN, it's easy to make an appointment and connect with everything LVHN has to offer. All you need to do is call one toll-free number, 888-402-LVHN (5846), click LVHN.org or walk in ExpressCARE.

Watch these videos. Then, as an LVHN ambassador in our community, tell your family, friends and neighbors how convenient it is to access the health care services they need at LVHN.

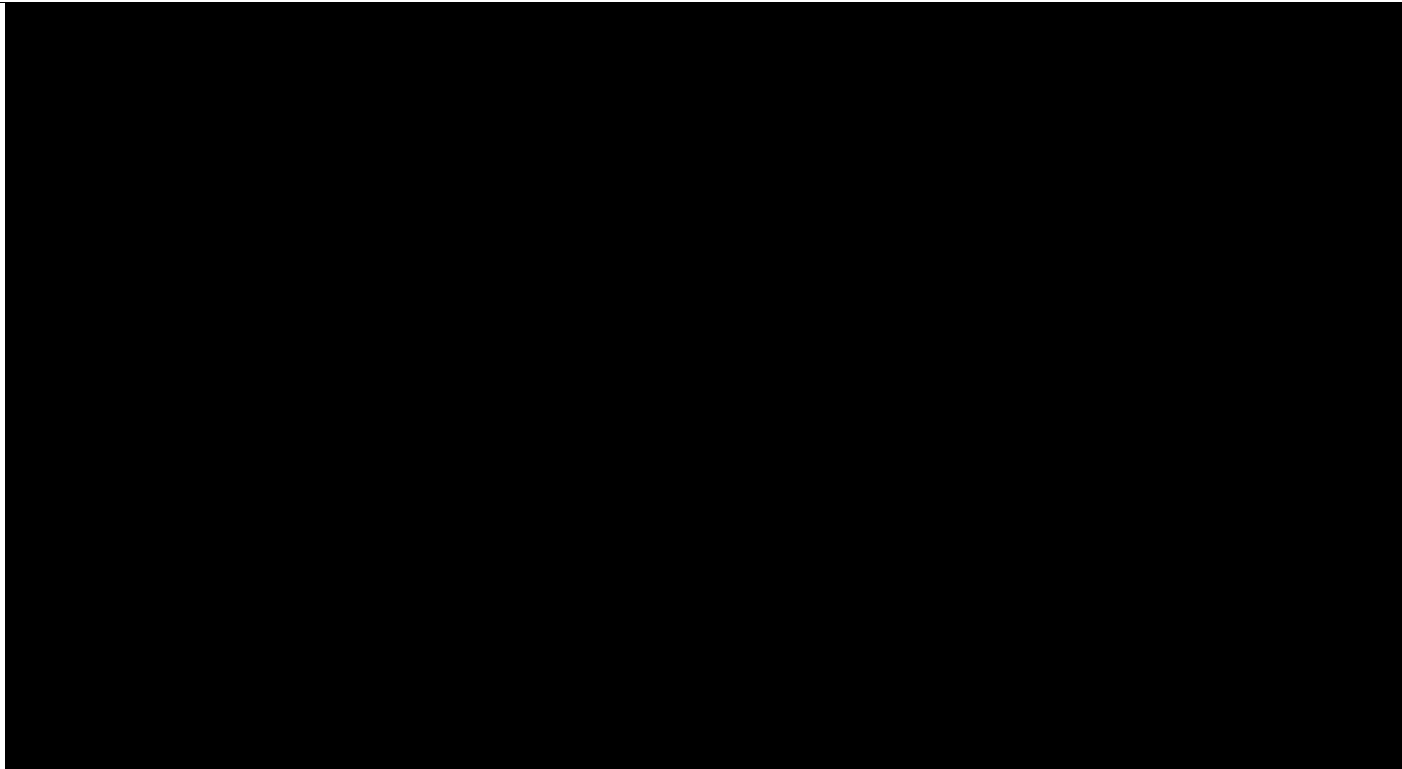
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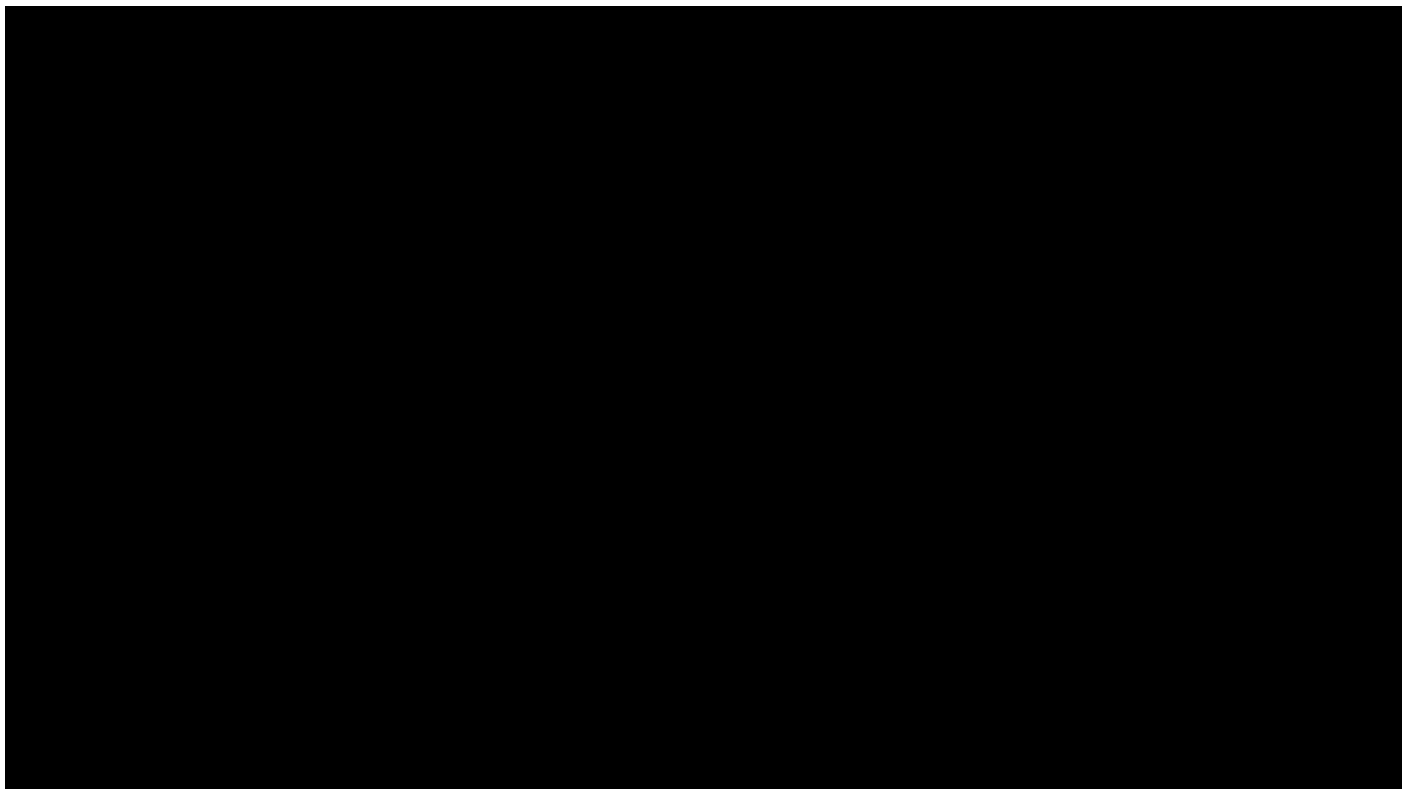
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Walk in ExpressCARE

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Growth and Flexibility

BY [KIM JORDAN, DNP, RN](#) · JULY 28, 2017

Just over a month ago, the Family Health Pavilion at LVH–Muhlenberg opened. On day two of operations, our first Family Health Pavilion baby was born – [the lovely Daphne Mongi, of Bethlehem](#). Babies #2 and #3 soon followed...and then came a delivery rush.

We are seeing more patients and delivering more babies than anticipated in Bethlehem. This is fantastic! In addition, at LVH–Cedar Crest we continue to see many deliveries, and it all comes with the need to adjust staff in response to those volumes. So we have been asking staff to float between the two campuses.

For all who volunteer to change their scheduled work location, thank you very much. Your flexibility helps us adjust our staffing numbers to meet the needs of patients – as you know, babies wait for no one on their birth day, and you are most definitely needed then and there. During critical times, let's put the right number of staff on the right campus so our colleagues and patients will be more satisfied.



Brain teaser

What has 104 legs, works at LVH–Cedar Crest, LVH–17th Street and LVH–Muhlenberg, and has 432 years of service at LVHN? Why those numbers are all about the RNs who are members of the RN staff retention committee.

The committee met on Thursday, bringing out the volunteers who work days (35 RNs), nights (16 RNs) and weekends (one RN) at LVHN. As a recap, earlier this month we brainstormed factors surrounding why people leave and why others choose to stay. At yesterday's meeting, we presented those results to the committee and drilled in to gain a better understanding of these factors.

We will talk about outcomes from this meeting in next week's blog.

Being there for each other and our patients

I believe most of us became nurses or got into the patient care field because of our desire to help others. Lately, it's been more difficult than usual to say you have enough people to provide the kind of

care you strive to give. But when I look at how our colleagues have stepped up and offered to staff the busier-than-anticipated Family Health Pavilion at LVH–Muhlenberg, I see another ray of hope.

We have (and continue to) put the right tools in place. 1) We are still focused on recruiting to bring more trained staff to our floors. And 2), with the help of the RN staff retention committee, we will find ways to keep people here for longer stretches. But as I think about how staff members have shifted between LVH–Cedar Crest and LVH–Muhlenberg, I see how incredibly helpful it is to adjust staff in a more nimble way. It better reflects the changing needs of our patients and allows us to support each other.

If you are in a situation where opportunities to serve in another department come up, please consider volunteering. Not only will you have a chance to interact with colleagues who may not typically cross your radar, you will give them (and their patients) the gift of your expertise during a period of lower staffing. I am also certain you will make an impression on your new patients, who will see you giving your best to them, while never realizing you aren't one of the “regulars” there.

I am humbled by your efforts to put patients first every day. Thanks for another great week of patient care and care excellence.

Kim



Kim Jordan

About me: My name is Kim Jordan, DNP, RN, and I am Senior Vice President and Chief Nursing Officer at LVHN. I came to LVHN 15 years ago as director of the open-heart and transitional open-heart units. I consider it an honor and a privilege to lead our outstanding nursing colleagues.

Back to School Immunization Reminder

BY [JENN FISHER](#) · JULY 26, 2017

Did you know: Students who don't have all required immunizations for the coming school year will have just five days to begin them or risk exclusion from school?

That's one of the key components of the 2017-2018 school immunization requirements published by the Pennsylvania Department of Health. Now is the time to make sure your child is ready for the first day of classes.

According to the requirements, all children grades K-12 must receive (or have already received):

- 4 doses of tetanus, diphtheria and acellular pertussis (DTaP, DTP, DT or Td)
- 4 doses of polio
- 2 doses of measles, mumps and rubella
- 3 doses of hepatitis B
- 2 doses of varicella (chickenpox) or evidence of immunity

Additional requirements apply to grades 7-12:

- 2 doses of meningococcal conjugate vaccine (first dose 11 to 15 years, second dose age 16)
- 1 dose of tetanus, diphtheria and acellular pertussis (Tdap)

All children must have at least one dose of the above vaccinations or risk exclusion from school. Unlike previous years, there is no "provisional period" for children to be admitted to school. Children must have at least one dose of a multidose vaccine at school entry or a single dose of a one-time vaccine.

If your child is behind on immunizations, you will need a medical certificate stating the schedule for any remaining doses. Your child can attend school while waiting for the next immunization.

For more information about the immunization requirements in Pennsylvania visit:

dontwaitvaccinate.pa.gov.

Should you need a pediatrician or family medicine provider, visit LVHN's [Find a Doctor](#) page to find a provider in your area.



3-D Mammography Gives Cancer Survivor Peace of Mind

BY SHEILA CABALLERO · JULY 27, 2017

Getting an annual screening mammogram can save your life. In FY18 one of our better health goals is to increase the number of women who get their annual mammogram. Women aged 40 and over don't need a script for an annual mammogram. Women diagnosed with dense breasts, those at higher risk for cancer and others are encouraged to consider an annual 3-D mammogram. While 2-D mammograms are fully covered by all insurers, coverage for 3-D mammogram varies. As of July 1, 2016, colleagues on LVHN Health Plan who elect 3-D mammography will not receive a bill.



Michelle Figueroa was 17, newly married and on top of the world. She and her husband felt the world was their oyster. Then the unexpected happened and she was diagnosed with trophoblastic carcinoma, a female cancer that mimics pregnancy. Barely out of high school, she began chemotherapy and subsequently lost her hair. Treatment made her very ill and led to a stay in the intensive care unit.

While treatment lasted several months, her memory of that time has lasted for decades. Today, Figueroa is 44 and cancer free. The experience left her with an awareness of what she needs to do to stay healthy for herself, her two children and her husband.

“I don’t want to go through that again,” says Figueroa. “I try to take care of myself to avoid getting sick again. I go to the doctor, get annual checkups with my gynecologist and always get my mammogram.”

Something suspicious

Figueroa got her first mammogram at age 40. She’s had an annual mammogram since. Two years ago she was called back for a diagnostic evaluation after a radiologist saw an apparent change on her 2-D mammogram.

“I was sick to my stomach,” Figueroa says. “I got a second mammogram and an ultrasound right away. The care team was wonderful, but the experience rattled me. My mind went immediately back to my previous bout with cancer.”

Figueroa’s false positive reading was due to overlapping tissue. It’s a common problem that occurs due

to the nature of 2-D mammography. This past July, she elected to have 3-D mammography – also called tomosynthesis – instead.

Most patients don't notice a difference between 2-D and 3-D mammography. The experience is similar and 3-D scans take just a few seconds longer. 3-D scans capture more images of your breasts and at multiple angles. Doctors see clearer images of the breast tissue in very small slices, which improves detection rates.

“3-D mammography is more effective for women with dense breasts and for detecting smaller cancers,” says radiologist Priya Sareen, MD, with [Medical Imaging of Lehigh Valley, PC](#). “They also detect 41 percent more invasive breast cancers and reduce false positives up to 40 percent.”

Getting the all clear

Less than a week after Figueroa had her 3-D mammogram, she received a letter from LVHN's [Breast Imaging Services](#) saying her results were normal. The letter also contained information about her breast density – a mandatory notification that educates women about the makeup of their breast tissue.

Dense breasts can increase a woman's cancer risk. 3-D mammograms are proven to be more accurate for women with dense breast tissue and make it easier to catch breast cancer in its earliest stages.

“Women need to take time for themselves,” Figueroa says. “If you get sick, you can't take care of anyone else. Delaying your mammogram can lead to a more serious diagnosis if you do have a problem. A couple seconds can save your life.”

Scheduling your mammogram is more convenient than ever. LVHN offers 2-D and 3-D mammography using advanced Hologic Genius™ technology at [many convenient locations](#) throughout the health network. Simply call 610-402-2791 or schedule online through [MyLVHN](#).

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Happy 15th Anniversary to LVH–17th Street Play Center

BY [TED WILLIAMS](#) · JULY 27, 2017

When the doors first opened at the LVH–17th Street Play Center in 2002, Jennifer Miller and her colleagues there weren't sure what to expect. "I remember the first day and the first few weeks, we didn't get many children," says Miller, who has been a play center assistant through its entire history. "That was probably good at the start as we were getting settled. But that certainly changed through the years."

The 15th anniversary of the play center was observed with a special celebration on July 27, with Miller being honored for her loyalty to the program and expertise in handling her young visitors. "She's really great with the kids," says Sue Jones, Administrator for LVH–17th Street Operations. "She's such a kind person and just has a way with them. We've never had the slightest complaint from parents or guardians. In fact, many kids ask if they can come back even if mom or dad doesn't have an appointment."

N02846_LVH-17th-Play Center2



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Safe, supervised play at the play center

The program was originally devised by Jim Geiger, President of LVH-Muhlenberg, because many parents who were bringing children to appointments at the hospital had difficulty looking after them.

The play center is open weekdays from 8 a.m.–4:30 p.m. and is available to children ages 2½ to 11. Their stay is rarely as long as two hours. Safety is the primary concern. Parents, guardians and their children are identified by wristbands, and the door to the center is always locked until someone who wants to enter is recognized and admitted.

“We do arts and crafts projects with the kids with a different theme every month, and they really seem to enjoy that,” Miller says. “I’m a mom myself and I’ve learned a lot from the projects my kids brought home from school in their early grades that we ended up trying at the center. We also have books, games, videos and a TV set where we’ll show Nickelodeon or Disney Channel for the kids who don’t want to participate.”

Miller was working at a nearby daycare in 2002 when her uncle, Thomas Eames, an inpatient case manager for the nursing float pool, suggested she apply for a job at the new center. Today, she works alone unless more than 10 children are under her watch. In that case, hospital volunteers are asked to assist.

Ongoing demand for play center care

“It can get busy there, especially in the summer months,” Jones says. “We can get as many as 150 children over a summer month. The rest of the year it’s more like 80 children a month. We’re opening a similar center at the new Family Health Pavilion at LVH–Muhlenberg soon and we hope things go as well as they have gone here.”

After 15 years, Miller feels every day has been memorable in its own way.

“Occasionally we’ve had a child who was upset at being separated from their parent,” Miller says. “We have no choice but to call the parent to come for the child. But that’s happened only a handful of times. It’s more often that the child wants to stay when mom or dad is ready to go.”

And what about the next 15 years. “I really like it here, but you never know what the future holds,” Miller says. “I think whatever I’ll be doing, it will be something about working with kids. I can’t imagine anything I’d enjoy more.”



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LVHN Celebrating National Coloring Book Day

BY [TED WILLIAMS](#) · JULY 25, 2017

For the second consecutive year, Lehigh Valley-based colleagues will have the opportunity participate in National Coloring Book Day on Wednesday, Aug. 2, with a special event sponsored by LVHN gift shops.

Between 11 a.m.-1 p.m. on Aug. 2, colleagues should look for tables with coloring books, colored pencils, markers and crayons set up near these hospital eateries:

- LVH–Cedar Crest: In front of the main cafeteria in the Pool Pavilion
- LVH–Cedar Crest: Near the Coffee Shop Café at the top of the Jaendl Pavilion steps
- LVH–Muhlenberg: In front of the main cafeteria



You can select a page from one of the books and color during a work or lunch break. If you can't get it finished during your break, take it with you and do it later.

Coloring craze

Coloring and coloring books are generally associated with children's activities, but in recent years adult coloring has become very popular. Adult coloring books continue to be big-selling items at LVHN gift shops.

Bonus: On Aug. 2, enjoy a 20-percent discount on all coloring books, pencils, markers and crayons sold at LVHN gift shops located at LVH–Cedar Crest and LVH–Muhlenberg.

There are many activities regionally and online surrounding National Coloring Book Day. To find out more, see the [National Coloring Book Day website](#).

Give Blood August 3 and 24

BY [TED WILLIAMS](#) · JULY 27, 2017

LVHN and Miller-Keystone Blood Center make it easy for you to give the gift of life. Visit giveapint.org/LVHN to sign up online for an upcoming blood drive at the various LVHN locations.

By signing up online, you save time and 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 also can attend any blood drive without signing up online. Here is an upcoming opportunity for you to save a life in August.

Aug. 3: LVH–Cedar Crest ECC rooms 9 and 10, 8 a.m.-5 p.m.

Aug. 24: LVHN–Mack Boulevard auditorium, 7:30 a.m.-12:30 p.m.

To reserve an appointment, visit giveapint.org/LVHN. Walk-ins also are welcome at these blood drives. Each donor will receive cafeteria vouchers for a meal (\$4 value) and small beverage.



August Culture of Wellness Opportunities for Raising a Family

BY [TED WILLIAMS](#) · JULY 25, 2017

Here are this month's Culture of Wellness events for raising a family.

Aug. 1 and 16 – Car Seat Check

Aug. 2 – Baby Care (Spanish)

Aug 3, 5, 17 and 24 – Breastfeeding Baby

Aug. 6, 14, 16 and 27 – Maternity Tours

Aug. 6 and 27 – Sibling Tours

Aug. 7 – CPR for Family and Friends

Aug. 7 and 8 – Preparing for Childbirth (two-day class)

Aug. 12 – Prepared Childbirth (one-day class)

Aug. 19 – Baby Care

Aug. 24 – Preparing for Labor & Childbirth (two-week class)

For more information or to register, call 888-402-LVHN.

[Learn about all of our Culture of Wellness programs.](#)

