Esperanza J Almonte

From: Kristine A Petre
Sent: Friday, September 15, 2017 3:49 PM
To: Esperanza J Almonte
Subject: FW: Access to LVPG News and more

From: LVHN
Sent: Friday, September 15, 2017 3:18 PM
To: All Employees-LV Area; SELECT_CLASS_2018
Subject: Access to LVPG News and more

LVPG News Now on LVHN Daily
Learn about the great things happening within LVPG.

LVPG Bird’s-eye View
Get an update on MyLVHN and visit the LVPG intranet site.

Positive Dynamos vs. Energy Vampires
Kim Jordan discusses the power of positivity.

New RetireFIT Statement
Look for it in your home mail.

CEO Update: Caring for Carbon County
Our steadfast commitment to its residents remains.

Register for Research Day
Learn how nurses are improving patient outcomes.

All About LVHN’s Simulation Center
It provides a safe environment for learning.

Meet Three DAISY Award Recipients
There’s something very special about these nurses.

Mindfulness-Based Stress Reduction
Learn how it can help you at an info session.

I Pink I Can is Oct. 2
The annual event focuses on women and cancer.

Gamma Knife Offers Patients a Comfortable Frameless Treatment Option

What Should You Do If You Get Sick While Traveling?
Attend the 50+ Wellness Expo
Get a free flu shot, health screening and more on Sept. 16.

Recognized by March of Dimes
Colleagues were thanked for their continued support.

Monster Jam Presale Tickets
It’s coming to PPL Center Feb. 23-25.

*Information on LVHN Weekly is for LVHN colleagues only and cannot be accessed on smartphones or computers outside of LVHN’s network.*
LVMG News Now Featured on LVHN Daily

BY RICK MARTUSCELLI · SEPTEMBER 12, 2017

Lehigh Valley Physician Group (LVPG) is among the largest medical groups in the United States. More than 3,500 colleagues work within LVPG, which contains 163 physician practices. In fiscal year 2017, they accommodated more than 2.4 million visits. LVPG colleagues are doing amazing work, and now you can stay informed about what’s happening within LVPG on LVHN Daily.

Beginning tomorrow, LVPG news will be featured more prominently on LVHN Daily. When new LVPG stories are posted, they will appear at the top of the main feed. Plus, all of the LVPG stories ever posted will be accessible by clicking the new “LVPG” category in the top navigation bar.

Here are some of the LVPG stories you’ll be seeing:

- **Open Mike** – That’s the name of a new blog written by LVPG President Mike Rossi, MD. He’ll write about timely topics related to our medical group.
- **Practice of the Month** – You’ll meet colleagues from one practice every month and learn about the great work they’re doing to give our patients the best possible experience.
- **Provider You Should Know** – You’ll meet some of our LVPG physicians and advanced practice clinicians and learn what makes them tick professionally and personally.
- **Bird’s Eye View** – Get updates on the work being done to achieve our health network goals within LVPG.
- **Quality Quips** – Learn how LVPG colleagues ensure the quality of care they provide is top-notch.

All the LVPG stories posted on LVHN Daily also will appear in LVHN Weekly, the email colleagues receive every Friday containing links to all the stories posted that week.

If you work in LVPG, make sure to encourage colleagues on your team to visit LVHN Daily often to stay informed and engaged. The same goes for you if you don’t work in LVPG, because the more you know about our health network, the better equipped you are to give our patients and their loved ones the exceptional care they expect and deserve.
Introducing LVPG Bird’s-eye View

BY MARCIANN ALBERT · SEPTEMBER 14, 2017

Navigating the ambulatory landscape can be a daunting task. As LVPG’s initiatives and practice locations grow, it can be difficult to keep up with everything that’s going on and know where to get updates.

Now on LVHN Daily, you can get learn about all of LVPG’s focus areas for fiscal year 2018 (FY18) in a new regular feature called “LVPG Bird’s-eye View.”

MyLVHN update

MyLVHN, our patient portal, remains one of LVPG’s primary focus areas for FY18. It’s a pathway to enhance the patient experience, demonstrate total team care, promote utilization of convenience tools and improve access to care. Since we launched MyLVHN, we’ve made tremendous progress by implementing many optimization features that allow patients to:

- Complete questionnaires before an appointment
- Have a video visit
- Schedule an appointment
- Receive appointment reminders
- Refill a prescription
- And more (see timeline)
We know patients appreciate the work we’re doing to enhance MyLVHN. How do we know? They’re using it. MyLVHN now has more than 177,000 unique users and has been visited more than 58 million times since it launched in February 2015.

In FY18, we will continue to enhance MyLVHN. We will:

- Measure MyLVHN engagement among patients who have an account
- Increase the number of patients who activate an account
- Help new patient get an appointment more quickly
- Target communication around preventive care and scheduling appointments
- Expand eVisits – an option for people age 18 and older who have a non-urgent problem that doesn't usually require an in-person visit.

LVPG intranet
Interested in learning more about LVPG clinical services or the patient experience? Visit the new LVPG intranet page. This user-friendly site is designed to give colleagues quick access to the resources they need. It's the central repository for all LVPG divisions and departments. You can:

- Request a SharePoint site
- Provide feedback
- Click the LVPG site map to navigate your way to the resources you need

With so many resources and links, it's worth the time to check it out.
Positive Dynamos vs. Energy Vampires

BY KIM JORDAN, DNP, RN · SEPTEMBER 15, 2017

How do positive people make you feel? For me, they make me feel energized, happy and eager to tackle whatever is next. (Note: Energy vampires, the evil twins of positive people, have the opposite effect.)

Instead of meeting up with energy vampires this week, I had the good fortune to meet with the Staff RN Retention Committee, a group of volunteers who are “positive energy” personified. To describe them briefly, they are idea-generating, morale-boosting, problem-solving dynamos. These colleagues volunteered to meet with me twice a month to develop and work on strategies intended to improve colleague retention, particularly among RNs, but all patient care services will benefit.

Next steps for retention committee

Over the next few weeks, committee members will self-identify into subgroups to work on one of three particular areas:

1. Clinical ladder proposal
2. Invigorating our shared governance structure
3. Social and networking functions (or as I call it …the FUN group!)

It is hard to convey how much energy this group generates as they brainstorm and debate ideas, but let me just say, they are all in and committed to making a difference (multiple differences) that will enhance our nursing culture. As we move forward, nursing leadership also will begin to participate in these subgroups. Nursing directors are very eager to participate to help bring about positive changes each one of us can benefit from, and build on, to make us “the organization” everyone wants to work at.

Who is fabulous? You are.

It doesn’t escape my notice that even volunteer activities – like the retention committee – can cause schedule interruptions. I want to acknowledge the commitment of the nurses who attend the meetings, especially those who come in early ahead of working nights – thank you for your dedication. I truly
appreciate it.

If you are involved in patient care at LVH–Muhlenberg, a special shout-out to you. This hospital has been very busy lately, and I thank each of you for your hard work. Your patients are able to see the caring side of patient care because you put them first. Thank you.

Kudos to colleagues at all locations – I know you are working hard to make sure patients are comforted as they heal, or comforted as they take another path. Thank you for your compassionate care no matter who your patient is or where they are on their life’s journey.

**Living the positive**

I do my best to keep a positive mindset, so let me share this advice: Try to avoid energy vampires. They delight in bringing down your mood and poisoning the culture. If you aren’t sure who an energy vampire is, they are usually quick to degrade a colleague or speak sharply to a patient. Not only do I hope you are not an energy vampire, I hope you call out those who are and help them make a positive change.

Happiness and satisfaction at work (here or anywhere) is often a reflection of the people who work together. When you care about each other and respect each other, you build trust. I see how quickly it happened with the retention committee.

When you trust your colleagues, something amazing happens. You have the energy to share a smile or a story, or step in to help an overwhelmed colleague. Suddenly, the difficult is easier to manage. Positivity begins to outweigh negativity, and you can bank some of that positive energy to share with someone else.

Thank you for another week of positive, professional nursing. Thank you for sharing your positive life with me, and especially, sharing that positivity with your patients.

Kim

**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.
Updated RetireFIT Statement Is Coming to You

BY RICK MARTUSCELLI · SEPTEMBER 13, 2017

At LVHN, we are constantly striving to educate you on your benefits and provide additional tools that will help you improve your current and future well-being, including your financial well-being.

Last year, we introduced a resource tool for all colleagues under the LVHN Retirement Plans called RetireFIT, which is offered through VALIC. This program provides you with a personalized analysis of where you stand in terms of your own retirement readiness and wealth building journey.

You will be receiving a new RetireFIT statement in your home mail in September. This statement is designed to help you understand where you are in your retirement planning.

RetireFit includes a personalized retirement analysis report to help you prepare for retirement by showing:

- Where you are today
- Where you want to be in the future based on estimated retirement income
- What steps you may need to take to get you closer to your retirement savings goals

Watch for your RetireFIT statement in your home mail in September. VALIC financial advisors will be available to review your statement with you. You can contact a VALIC financial advisor at 610-402-8801.

Note for participants enrolled in VALIC’S Guided Portfolio Services (GPS) Portfolio Manager:

Portfolio Manager is the managed account option that automatically implements investment advice, provides ongoing portfolio monitoring and asset rebalancing, and updates your advice and retirement income forecast annually. As a result of you being enrolled in the GPS Portfolio Manager, you will not be receiving the RetireFIT statement.
CEO Update: Our Commitment to Carbon County Remains

BY RICK MARTUSCELLI · SEPTEMBER 14, 2017

In the changing world of health care, it’s my goal to keep you up to date on the industry and how LVHN is navigating the current environment.

As you may know, St. Luke’s University Health Network and Blue Mountain Health System announced their intent to merge.

LVHN has provided nationally recognized health care services to the residents of Carbon County for decades. We remain steadfast in our commitment to this region. Residents of these communities can continue to choose LVHN for primary care and specialty services – including burn, trauma, emergency, neuro, heart, cancer and telehealth services. Also, residents now have access to more advanced patient care, research and education through our new LVHN Heart Institute, LVHN Cancer Institute and LVHN Institute for Special Surgery.

LVHN will continue to focus on the health care needs of the residents of Carbon County who have trusted us to provide their care for many years. We appreciate their trust and look forward to continuing to serve their needs.

I will continue to keep you up to date on our strategy. You can take steps to stay informed by reviewing my monthly CEO Update, attending Town Hall meetings and talking with your manager about the latest LVHN news via the Communication Cascade.

Thank you for all you do to heal, comfort and care in all the communities we serve.
ABOUT ME: My name is Brian Nester, DO, MBA, FACOEP, and I am the President and Chief Executive Officer (CEO) at Lehigh Valley Health Network (LVHN). I came to LVHN in 1998 as the Director of LVH–Muhlenberg’s Emergency Department. Prior to becoming President and CEO in 2014, I served as the health network’s Chief Strategy Officer. I am originally from Reading, and I’m proud to lead an organization that continually strives to provide better health and better care at a better cost for the great people of our community.
Learn what nurses at Johns Hopkins and your peers at LVHN are doing to improve outcomes for patients. Nursing colleagues who attend the annual Research Day educational event “Crossing the Bridge from Inquiry to Practice” will earn 1.5 contact hours (Oct. 24) and 5.25 contact hours (Oct. 25).

Here are the highlights:

Tuesday, Oct. 24

**Keynote: Building Leadership Capacity for Evidence-Based Practice**

Kathleen Murphy White, PhD, RN, NEA-BC, FAAN  
Johns Hopkins University, School of Nursing  
LVH–Cedar Crest auditorium, 4:30-6 p.m.

**Presentation of Nursing Quality Awards**

Wednesday, Oct. 25

**EBP: Advancing Practice and Improving Outcomes...The Hopkins Experience**

Kathleen Murphy White, PhD, RN, NEA-BC, FAAN  
LVH–Cedar Crest auditorium, 7:45 a.m.-2:15 p.m.
Additional topics

Other topics to be covered include:

- Anatomy of a Project
- Showcase of Nurse Resident Projects
- Family Presence During Trauma Resuscitation
- The Opioid Crises

An evening reception and daytime refreshments will be provided in ECC rooms 6, 7 and 8.

Funding is provided by the Peggy Fleming Endowed Chair in Nursing. Registration is free for LVHN colleagues and retirees. Register now. The deadline to do so is Oct. 17, 2017.
Simulation Center Provides a Safe Environment for Learning

BY RICK MARTUSCELLI · SEPTEMBER 11, 2017

There’s only one way to hone your skills. Practice. And that’s what you can do at LVHN’s Interdisciplinary Simulation Center. Most importantly, you can learn skills and techniques to provide exceptional patient care in an environment that never compromises patient safety.

Housed within the department of education at 1247 S. Cedar Crest Blvd., the Simulation Center opened in July 2009. Today, it contains 12 outpatient rooms, three inpatient rooms and numerous multipurpose and procedural areas. It also has a virtual simulation center that allows for online educational simulation experiences.

Simulation education is a bridge between classroom learning and real-life clinical experience. It provides a safe learning environment for individuals and teams to practice teamwork and communication skills. For example, medical students and residents go through simulation training on how to give bad news or how to have a crucial conversation with a colleague.

Educational sessions are provided with realistic, high-fidelity mannequins that exhibit behaviors and symptoms of a patient in a real-life situation. These mannequins can have a variety of procedures performed on them, such as applying oxygen, CPR including defibrillation, chest tubes, urinary catheters and drawing blood. Certain task trainers provide simulation for a specific task or procedure, such as lumbar puncture or arthrocentesis. Some can even deliver a baby.

The center also hires simulated patient actors who are trained to portray a particular role. Actors often apply makeup to show bruising or stab wounds. Through collaboration with subject matter experts, smells and sounds are added for realism.

About 250 colleagues from a wide range of specialties use the simulation center each month:

- Emergency medicine residents and attending physicians hold monthly education.
- OB groups – including residents, nurses and technical partners – attend interdisciplinary simulations every other month.
- NICU and labor and deliver colleagues conduct monthly simulations for neonatal resuscitation.
Simulation Center Provides a Safe Environment for Learning – LVHN Daily

- Numerous courses for newly licensed pediatric, emergency and critical care nurses, such as four-minute code blue drills, GI bleeds and stroke care, are held.
- LVPG offers monthly courses such as suture and staple removal, ear irrigations and infection control in the outpatient setting.
- Technical partners complete their training by participating in hands-on simulations with our patient actors.
- Residents/fellows in pediatrics, emergency medicine, internal medicine and nephrology use our task trainers for yearly CVC training.
- APCs practice and learn new skills at procedure workshops.
- MedEvac colleagues perform simulated intubations on adults, children and neonates.
- SELECT medical students use patient actors to prepare them for clinical testing once they graduate.

The simulation team also offers on-site simulations for unit-based and team specific education. Simulation equipment is available on site at LVH–Cedar Crest, LVH–Muhlenberg and LVH–17th Street. Consulting services also are provided to ensure the educational objectives of each training are met.

If you or members of your team are interested in learning more about or using the Simulation Center, visit the department of education intranet site or call 610-402-2277.

NEXT STORY
Registration Now Open for Research Day 2017

PREVIOUS STORY
Aggressively Recruiting

LEAVE A REPLY
You must be logged in to post a comment.
Every month, LVHN honors a nursing colleague with a DAISY Award, a highly coveted award that recognizes nurses who exhibit exceptional levels of care, compassion and professionalism. Read about our April 2017 DAISY Award recipient, Kacie McCreesh, RN, our May 2017 DAISY Award recipient, Debra Craig, RN, and our June 2017 DAISY Award recipient, Pamela Fisher, RN.

April 2017 DAISY Award Recipient

Kacie McCreesh, RN

Open-heart unit, LVH–Cedar Crest

Nominated by: Patient’s wife

Nomination excerpt:

“Kacie just got finished explaining all the tubes, monitors and machines hooked up to my husband who was in the open-heart unit immediately after his surgery. This was a tremendous help to my daughter, his father, sister, and me. Kacie gave me a huge hug and said, ‘We will take good care of him.’ She had me select a heart pillow that he would prefer.

‘What kind of music does your husband enjoy?’ Kacie asked me. With the help of my daughter, because I temporarily forgot the singer’s name, I said ‘Adele….I guarantee he will wake up to Adele.’ In the afternoon, Kacie came out to the waiting area and excitedly exclaimed to us, ‘He woke up to Adele. It was amazing.’

My husband was in the open-heart unit for several days before going to a step-down floor. Kacie made it a point to come back to his room to visit, bringing a huge smile to his face, and giving me a hug.

Kacie is perfect for caring for patients immediately after surgery in the intensive critical care unit. She is a huge reason for my husband’s rapid recovery.”

Congratulations and thank you, Kacie!
May 2017 DAISY Award Recipient

Debra Craig, RN

Float pool, LVH–Muhlenberg

Nominated by: Jane McKenney, RN, float pool, LVH–Cedar Crest

Nomination excerpt:

“I was fortunate enough to follow Deb in the medical intensive care unit (MICU). The patient she cared for was living in her car. She had no immediate family in the area. This patient required a higher level of care than we could offer and was being transferred to another hospital. The patient was upset that her car/home would be impounded as she parked it by the LVH–17th Street emergency department entrance.

Deb called Allentown dispatch and they were able to locate the car and confirm where it was parked. Deb then called security at the LVH–17th street site who then found a secure place where the patient’s car could be parked until she was discharged from the other hospital.

At the end of her shift, Deb offered to move the car for the patient. She clocked out, drove across town, moved the car and returned the key to the patient. In addition to this heartfelt gesture, Deb reached out to Street Medicine and LVH case workers to ensure the patient had some resources for shelter when she returned to the Lehigh Valley.

This is vintage Deb, as I have known her for several years. She is humble, kind and never seeks attention for her deeds. I am proud to nominate Deb for her deep level of compassion. She is a gifted nurse and an amazing individual.”

Congratulations and thank you, Debra!

June 2017 DAISY Award Recipient

Pamela Fisher, RN

4K, LVH–Cedar Crest

Nominated by: Patient
“From the moment Pamela breezed in my room with her air of ‘I’m here to make you comfortable, feel well and attend to your needs,’ I knew I was in highly competent care. She fixed a small piece of tape that was coming off my IV that had been that way for a day, and wasn’t a huge deal, but the fact that she repaired it without much forethought told me about her ability to take care of the tiniest of details while seriously listening to my current state. She asked me very specific questions about my current health, and I knew she was taking it all in and processing it. Her follow-up questions were knowledgeable and compassionate.

Nothing was overlooked – my mental state, my physical needs and my comfort level in asking any questions of her. If she didn’t know, she’d find out.

An example of her excellence was when I was experiencing a sore throat from the NG tube. Pamela let me know the order was placed for Chloraseptic spray. It took about five hours for the spray to arrive. Pam was on top of it and kept me posted on its arrival. She has such a bright spirit and funny sense of humor that when it finally arrived, she brought it to me on a virtual “gold platter.” Laughter is key to recovery, and Pam knows how to bring this out effortlessly.

When I was in pain she was there quickly to relieve it. She never left my room without asking one more time if there was anything else I needed and told me to ‘make sure to ring anytime!’ I am not comfortable ringing and asking for help, so her confirming that it was imperative to call eased my anxiety.

I thoroughly enjoyed the days when Pam was my nurse. When I got her a second day in a row, I felt like I had struck gold. I knew I wouldn’t be waiting a long time for care, or feel I was rushing her. Not once did she act like I was a burden. Apparently, she loves her work. She is honest, dependable, and incredibly hard-working. Beyond that, her technical nursing skills are impressive.”

Congratulations and thank you, Pamela!
Mindfulness-Based Stress Reduction Information Sessions

BY ADMIN · SEPTEMBER 12, 2017

Learn to Reduce Worry and Stress

Mindfulness-Based Stress Reduction can help you recognize how stress affects your life and teach you ways to manage it. You can learn more about our Mindfulness-Based Stress Reduction classes at these upcoming free information sessions.

LVH-Cedar Crest, Kasych Family Pavilion

Sept. 12 – ECC room 9, 6-8:30 p.m.

Sept. 19 – ECC room 10, 6-8:30 p.m.

Sept. 26 – ECC room 10, 6-8:30 p.m.

The fall class session runs Oct. 3 through Nov. 11. The classes are fully reimbursable via colleague wellness dollars. For more information, see our Mindfulness-Based Stress Reduction page at LVHN.org.
I Pink I Can, Live and Simulcast This Year

BY JENN FISHER · SEPTEMBER 12, 2017

Each year, colleagues from cancer services and related service lines present an evening of talks for I Pink I Can, a program that focuses on women and cancer. I Pink I Can has always been a Lehigh Valley-only event – until this year.

On Oct. 2, I Pink I Can will be held “live” at LVH–Cedar Crest as usual (in Medical Imaging of Lehigh Valley ECC rooms 6, 7 and 8). This year, however, the program will be shared at three additional LVHN locations via simulcast:

- LVH–Muhlenberg ECC room D
- LVH–Schuylkill Wall Auditorium
- LVH–Hazleton, third floor ETC

Mark your calendars and reserve your spot. I Pink I Can is a great social and learning event. Register online, and remember to select the location where you would like to attend. Everyone attending I Pink I Can, including those at a simulcast location, must register to ensure a seat is reserved.

Featured speakers

This year’s I Pink I Can speakers cover a range of topics, including osteoporosis, genetic testing and more.

- Deborah Sundlof, DO, cardiologist, LVPG Cardiology

**Topic:** Shared risk factors between oncology and cardiology

- Erin Levine, clinical dietitian, Sodexo

**Topic:** The importance of good nutrition during and after cancer treatment

- Samantha Fulton, genetic counselor, LVHN Gregory and Lorraine Harper Cancer Risk and Genetic Assessment Program

**Topic:** The importance of genetic testing and the implications for the patient and family members
Sandra Kowalski, CRNP, LVPG Rheumatology

**Topic**: Treatment and diagnosis of osteoporosis and tips for keeping bones healthy.

In addition to our distinguished panel of speakers, an interactive resource fair will be held before and after the program at all locations featuring experts and information that will enrich the entire program.

Encourage your friends and patients to attend I Pink I Can. If you have questions, please call 888-402-LVHN or go to LVHN.org/IPinkICan.
Attend the 50+ Wellness Expo

BY RICK MARTUSCELLI · SEPTEMBER 14, 2017

You can help us promote good health and prevent falls in people age 50 and older by encouraging your family and friends to attend the 50+ Wellness Expo. Here are details about this free event.

Saturday, Sept. 16

9 a.m.-noon

LVH–Cedar Crest Kasych Family Pavilion

- Free flu shots
- Blood pressure, balance and other health screenings
- Raffle, giveaways and healthy snacks
- Healthy smoothie demonstration, yogurt parfait demonstration and sandwiches provides by Sodexo

Funding for this event was provided by the Drs. Joseph and Rose Mattiolli Endowment Fund for Continuing Excellence in Trauma Care.
LVHN Recognized by March of Dimes

BY SHEILA CABALLERO · SEPTEMBER 12, 2017

Representatives from the March of Dimes were on the campus of LVH–17th Street recently to thank colleagues for their continued support of the annual March for Babies and Run for Babies. In 2017, the March of Dimes raised $460,000 to support research to prevent premature births and birth defects. The LVHN corporate team contributed $42,344 and earned a place as the top corporate fundraising team in the Lehigh Valley. Since 2003, the LVHN team has raised more than $425,000 for the March of Dimes.

This year, LVHN Financial Counselor Jessica Tamandl Faust raised $1,017.51 and gained a place in the non-profit’s Circle of Champions. Faust’s twins were born prematurely at 28 weeks. Their story was featured on LVHN Daily in February. Now 3 years old, the girls are thriving thanks to medical interventions developed thanks to research funded by the March of Dimes.

**Save the date**

The 2018 March for Babies and 5K Run for Babies will take place Sunday, April 29, 2018 at Cedar Crest College.
LVHN Exclusive: Monster Jam Presale Tickets

BY EMILY MITCHELL · SEPTEMBER 14, 2017

Motorsport fans can now purchase tickets for Monster Jam 2018 when it roars into the PPL Center Friday, Feb. 23, through Sunday, Feb 25.

Tickets start at $15. Pit passes are also available for purchase.

To purchase tickets, click on the LVHN’s presale link and use promo code PTLVHN.

The presale ends Monday, Sept. 18, at 11:59 p.m.