

CHECKUP

Volume 3, No. 18 Nov. 30, 1990

Pharmacy Receives ASHP Residency Accreditation

The new pharmacy residency program at TAH—LVHC has been fully accredited by the American Society of Hospital Pharmacists (ASHP) for a period of three years. As such, Pharmacy joins only a handful of non-university based programs nationwide.

Organized in 1989 under the direction of Jim Giardina, RPh, director of pharmacy, and Richard Attilio, RPh, assistant director, the program offers a general hospital residency in which Attilio serves as resident pre-

ceptor.

It is an organized, directed post-graduate learning experience intended to develop competent practitioners who are able to provide a broad scope of pharmaceutical services. The resident spends a minimum of 2,000 hours over at least 50 weeks in clinical services, drug information, drug distribution, product formulation, quality control and administrative services.

In addition to the 10 required rotations, each resident is allowed to develop an original project for presentation at a regional or national meeting.

Giardina reports the residency program is available to any pharmacist or pharmacy graduate pending licensure in Pennsylvania, whose career objectives center around institutional or clinical practice. "Now that the residency is fully accredited, application is made through a resident matching program, which is offered by the ASHP as a service to applicants and residency directors," Giardina says.

The process is similar to the way medical and surgical residency slots are filled.

Giardina says much of the credit
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Employees, Staff Invited To Holiday Meal

Employees, volunteers and medical staff of TAH—LVHC and HealthEast have again been invited by Sam Huston, president and CEO, HealthEast, to the annual holiday dinner, scheduled for several periods on Dec. 12 and 13 at the two hospital sites.

Meals will be served by managers, and staff members will be required to show their I.D. card to receive the meal at no cost. "Individuals who are not scheduled to work and are unable to attend the lunchtime meal," Huston adds, "are invited to attend the evening meal."

A prize ticket will be issued at the door for a variety of prizes. Deposit drums will be located in the cafeterias. Drawings will be held Dec. 14 and winners names posted.

The meal schedule at TAH site includes 1 a.m. to 3 a.m., 11 a.m. to 2 p.m. and 4 p.m. to 7 p.m., all on Wednesday, Dec. 12. The schedule at LVHC site is 1 a.m. to 3 a.m. on Wednesday, Dec. 12 and 11 a.m. to 2 p.m. and 4 p.m. to 7 p.m. on Thursday, Dec. 13.

The menu includes: appetizers — fresh fruit and cheese, pigs in blanket or meatballs; salads — tossed salad with dressing, molded cranberry salad or marinated tortellini salad; entrees — chicken breast with apple, raisin and pecan sauce, baked ham or sirloin strip; side dishes — potato filling, broccoli normandy, corn o'brien or candied sweet potatoes; breads — fresh bread basket with strawberry and orange blended butters; desserts — assorted gourmet pies, party cookies and holiday candy; and beverages — coffee, tea, milk and soft drinks.

In This Issue...

Off Site Services

Think patient care and most would think of TAH and LVHC sites. But two units serve special needs at 1251 S. Cedar Crest — Healthy Business and the Helwig Diabetes Center. Profiles are on pages 4 and 8.

Getting Married ... With A Little Flair

What do you do when a guest at your wedding has a heart attack? If you're intensive care nurses, you do what you do best: save a life. See page 2.



The Allentown
Hospital—
Lehigh Valley
Hospital Center

A HealthEast Hospital

Congratulations!

Recent engagements include **Bonnie Rader**, Radiology (LVHC), to **Anthony Collins**. No wedding date has been set. Also planning on marrying is **Mary Hartman, RN, 4B (LVHC)**, to **Charles Stone** at St. Catharine of Siena Church. **Michael Kochanek, RN** and **Kathy Groller, RN**, both of 6B (LVHC), plan to marry in August. **Sharon L. Hix**, manager, Outpatient Rehabilitation Services, plans to marry **Donald Duvall**. **Sallie Johnston**, Human Resources (LVHC), plans to marry **Gregg Zahour**, Information Services.

Marriages included **Bernadette Phillips**, Medical Information Specialist, Information Services, to **Richard H. Woodring Jr.** on July 1 at Faith United Church of Christ, Coopersburg. **Patricia Ann Rexer**, Short Stay Unit (LVHC), and **Mark F. Janotka** were married Sept. 22 at Corpus Christi Church, Upper Gwynedd, Pa. A reception and dinner followed at the Center Square Golf Club, and the couple honeymooned in Tahiti. **Laurie Weil**, housekeeper, General Services (LVHC), married **Rod Parks** on Sept. 22. **Susan Miller, 5C (LVHC site)**, married **Ed Kremposky** on Sept. 22 in Allentown. **Cathy Fasching**, unit clerk on 5C (LVHC), married **Michael Neith** on Oct. 6 in Cherryville. **Tracy Parr**, medical technologist, Chemistry (LVHC), married **John Marshall** on Oct. 6. They honeymooned in Jamaica and plan to reside in Emmaus.

Wedding bells recently rang for four nurses on GICU-West at LVHC site. **Lisa Messino, RN**, married **Ralph Romano** on Sept. 15 and they honeymooned on a Caribbean cruise. **Diane Stoffan, RN**, married **Gary Kocsis** on Sept. 29, and they honeymooned in Bermuda. **Laura Szymanski, RN**, was married to **Craig Bell, RN**, on Oct. 13 and they, too, went south — to the Virgin Islands.

Tammy Duka, search coordinator for HealthSearch, exchanged vows with **Brian Jamison** on Sept. 22 at an outdoor ceremony in Green Lane. The couple honeymooned in Key West.

Eight families grew recently.

Jamie Anewalt, secretary, Communications, and her husband, **Dee**, became the parents of a son, **Dustin James**, on Nov. 9. He weighed 7 lbs. 1/2 oz. and was 22 inches long. He has a 2-year-old brother, **Brandon**.

David Fluck, housekeeper, General Services, and his wife, **Lucille**, are the parents of **Beth Ann Fluck**, born on April 3. She weighed in at 4 lbs. 3 oz. and was 18 inches in length.

Jeffrey Beisel, storeroom (TAH), and **Michelle Beisel**, nursing assistant, 5T (TAH),

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...Something Borrowed To Save Someone Who Was Code Blue

Every bride's dream is a perfect wedding and reception, but few go off exactly as planned. How many brides, for example, expect to join their new husband and co-workers on the floor, saving a life?

On Oct. 13, the gaiety of a reception to cheer the wedding of **Craig Beil, RN**, and **Laura Szymanski, RN**, both of GICU-W (LVHC), was interrupted when a guest suddenly collapsed. The first to come to the victim's rescue suspected she was choking on food, but a virtually intact team of critical care nurses immediately recognized a Code Blue.

Although they lacked a code cart, professional instincts clicked into gear. Laura says she can't recall exactly who did what, but credits **Judy Strawdinger, RN**, with mouth-to-mouth while **Rick Ashford, RN**, and **Beil**, all from the same unit, with CPR. "There were several others involved, too, including a couple of respiratory therapists."

Local police arrived with oxygen, but the paramedics brought something better: a monitor and related cardiac care equipment. "We all became more comfortable when we got the patient on the monitor," Laura relates. "We even intubated her."

Nonetheless, "it really looked bad," she continues. The patient was taken to the nearest hospital, but the joy of the day was shattered. Many of the guests departed, but the medical team lingered, waiting for news in subdued spirits.

Craig and Laura received condolences from friends for their latest turn of bad luck; he had only recently recovered from injuries suffered in a motor vehicle accident.

"Although some felt badly for us," she says, "I would have felt a lot worse if the patient had left the party



Newlyweds Craig and Laura Beil cut the traditional cake at their wedding reception just shortly before they and co-workers saved the life of a guest who had suffered a heart attack.

and then had the attack with no one to help her." She was told the patient, just prior to collapsing, was planning to depart.

Word eventually came from the hospital that the reception guest was alert and stabilized, along with astonishment that the patient survived so severe a heart attack. (She eventually recovered and received an automatic implantable cardioverter defibrillator). Buoyed, the remaining guests resumed celebrating and the newlyweds eventually departed for the Virgin Islands ... and a perfect honeymoon.

Food Service Plans Holiday Bake Sale

A variety of baked goods will be offered by Food Service to employees in time for the holidays. Order forms are available at both site cafeterias, and must be completed by Dec. 19. Baked goods can be picked up between 1 and 5 p.m. on Dec. 21.

Additional information is available in the cafeterias.



Yvonne Rennirt, MT ASCP, assistant microbiology supervisor at Humana Hospital — University of Louisville, takes a peek at a specimen at LVHC site with Margaret Hoffert, MT, Microbiology. Diane Halstead, PhD, supervisor, Microbiology/Virology/Immunology, supervised the visit. Rennirt was a guest for a week at LVHC as part of an informal program that evolved out of the National Consortium of Clinical Microbiologists, of which Halstead is president. The purpose of the program is to allow microbiologists to observe labs other than their own with the intention of comparing notes and mutually expanding knowledge and techniques. Rennirt says she was particularly pleased to study virology and immunology at TAH—LVHC because of the high reputation it has, and she departed with "a stack of materials and a lot of new knowledge." Humana Hospital in Louisville is a merged hospital of about 800 beds.

October Prize Winners Find It Was Worth It

Winners in the October drawing of the HealthCounts® "I'm Worth It" program were recently announced. They include: 35mm camera, Anne Keene (TAH) and Robert King Jr. (LVHC); Lehigh Valley Mall gift certificate, Neil Keefer (TAH) and Irene Ehrigott (LVHC); Mt. Hope Winery Holiday Event gift certificate, Donna Burkos (TAH)

and Lisa Miller (LVHC); HealthCounts gift certificate for health promotion class of choice, Gloria Ferko (TAH) and Denise Wolst (LVHC); and three month HealthCounts exercise membership, Michael Shadt (TAH) and Lorraine Staruk (LVHC).

Winners should call HealthCounts at 821-2150 for prize details.

Does Anyone Want To Horse Around?

Barbara Salvadore, administration, and Mary Tolmie, digestive sciences, both at LVHC site, wish to determine potential interest in organized trail riding or other equine activities among employees who own horses.

Information is sought about shar-

ing transportation of horses in trailers, approximate riding experience, best days of the week and hours of the day to ride, preferred seasons and suggestions about places to ride.

Salvadore can be reached at ext. 8415 and Tolmie at ext. 8413.

Safe Holidays Purpose Of Seasonal Pamphlet

The holiday season should be a time of caring, not carelessness. Overlooking some simple safety precautions can leave your celebrations smoldering.

To help employees and their families enjoy the season's festivities, the Employee Safety Commit-

tee and the Department of Safety are issuing a pamphlet with December paychecks. "Celebrate a Fire-Safe Christmas" will accompany paychecks at TAH site on Dec. 6 and at LVHC site and HealthEast on Dec. 13.

Congratulations!

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are the parents of a son, Derek Jeffrey Beisel, born Sept. 6.

Kathleen Cortright, unit clerk, 5T (TAH), and her husband, Wayne, are the parents of a son, Jared Scott Cortright, born Oct. 5.

Laurie Schweyer, purchasing clerk, Purchasing (LVHC), and her husband, Gary, welcomed a son, Adam John Schweyer, on Sept. 17. He weight 8 lbs. 13-1/2 oz. and was 21-1/2 inches in length.

Tina Deyman, respiratory care therapist, and her husband, Gary, are the parents of a son, Michael Thomas Deyman, born July 3. He weighed 8 lbs. 3 oz., and was 19-3/4 inches in length.

Donna Czonstka, RN, 5C (LVHC), and her husband, Chris, welcomed a daughter, Megan Lee Czonstka, on Sept. 10. She was 20 inches in length and weighed 8 lbs. 8-1/2 oz.

Brenda Rocchino, design coordinator, Engineering (LVHC), and her husband, George, are the parents of a daughter, Gabrielle Helen Rocchino, born Sept. 1. She was 21-1/2 inches long and weighed 7 lbs. 6 oz.

Christy Singley, coordinator, Cardiac Rehab Unit (LVHC), and her husband, Scott, welcomed a daughter, Annie Paige Singley, on Nov. 8. She was 20 inches in length and weighed 8 lbs.

Coy Ackerman, senior accountant, Finance (TAH), and his wife, Paula, became the parents of a son on Nov. 2. Colin Thomas Ackerman weighed 9 lbs. 4 oz. and was 21-1/4 inches in length.

Congratulations! welcomes announcements of employees' engagements, weddings and dependent births. Submit information in writing to Communications, 50 College Drive.

Fund Honors Home Care Nurse

Contributions are now being accepted for a Home Care Nursing Education Fund in memory of Joan Farnschader, RN, who died unexpectedly on Oct. 20. She had been an employee at Home Care since 1983. A memorial service was held Oct. 24.

PCU Plans Benefit Bake Sale

Staff in PCU unit will hold a bake sale Dec. 5 from 8 a.m. to 1 p.m. outside LVHC cafeteria to benefit Kaitlin Dries, infant daughter of Cheryl Dries, a nurses aide on the unit. A variety of baked goods will be available, and more information is available by calling ext. 8740.



Judy Matusic, RN, is a member of a hospital team that directly serves the needs of Lehigh Valley businesses.



Helene McGuire-Hein, RN, when not taking blood pressure readings, keeps track of employee visits and schedules.



Laurie Gates, RN, demonstrates a hearing test with the group's new assistant office manager, Kathy Chrapacz serving as a patient.

Healthy Business Serves Needs Of Area Companies

More than 100 Lehigh Valley employers of all sizes have made a valuable investment in their employees, realizing that healthy workers play a crucial role in keeping a sound bottom line. They are clients of Healthy Business, HealthEast's occupational health services provider, and their medical needs result in substantial demand for TAH—LVHC inpatient and outpatient services.

Located at 1251 S. Cedar Crest Blvd., across from LVHC site, Healthy Business provides pre-employment and executive physicals, drug screening and treatment of workplace-related illnesses and injuries. The staff of physicians, nurses and clerical persons is guided by a mission of giving quality patient care in a quick and convenient fashion to benefit both client businesses and their employees.

Healthy Business's client list reads like a partial "who's who" of Valley employers, including Lehigh County, Daytimers, Phoebe Nursing Home and Hospital Central Services (HCSC).

Jeffrey Burtaine, MD, Healthy Business's director, explains that his staff functions as the company medical unit for organizations which don't employ full-time physicians.

"We see a lot of Worker Compensation cases, 99 percent of which involve the musculoskeletal system, such as back strains or wrist tendonitis. Severe injuries are rare."

As a patient source for the hospital, Healthy Business averages nearly 200 physician referrals annually and one to two hospital admissions per month, says Burtaine.

"We also have frequent interaction with outpatient services like the ER, laboratory, physical therapy, radiology, EKG and pulmonary function," he adds.

Companies find Healthy Business an ideal partner because it offers employers case management of its injured workers, which involves both initial and follow-up care, and referrals to specialists, where necessary. Also, employers value the

good communication which Healthy Business maintains with them. One advantage of this is the tracking of an employee's recovery from illness or injury so that the client can adjust staffing patterns, if necessary.

Healthy Business is open 12 hours daily, Monday through Friday, to promote immediate access to medical care for most businesses. After hours, weekend and holiday emergency patients are seen in the TAH and LVHC site Emergency Departments, and Healthy Business begins managing the care of the client on the next business day.

Visitors and patients of Healthy Business are greeted in the reception area by Kathy Chrapacz and Michelle Lutzko. Staff physicians include Burtaine, who is board certified by the American Board of Preventive Medicine in the subspecialty of occupational medicine, and Jo-Anne Steward, MD, Gary Nothstein, DO and Russell Rentler, MD serve as consulting physicians.

Healthy Business's staff nurses are Helene McGuire-Hein, RN, who is a certified occupational health nurse, Judy Matusic, RN, and Laurie Gates, RN.

Patrick Kincaid is operations manager, and Sheila McCarthy and Laura Mertz are the account representatives.

Luck Of The Irish? Notre Dame Pin Found

A pin from the University of Notre Dame was recently found on the floor outside the newborn nursery by Debbie Nenow at TAH site. It is currently hanging in the window at the nursery in the hopes it may be reunited with its owner.

Raffle Winners Named

The Employee Activities Committee recently held a raffle for Entertainment '91 books. Winners of the prizes were Lisa Sallurday, RN, 7C (LVHC), and Awilda Morales, Food Service (TAH). Books remain on sale at Human Resources, both sites, for \$30 each.

Prizes Galore For Creative Hospital Pumpkin Designers

"How do you judge a pumpkin? I've never had to do it before," complains the judge.

But a conclusion had to be made, and at two different sites at that. Because the hospital library had no definitive work on Pumpkinology, and because administrators had never evolved a policy to define "Most Halloween Spirit," the volunteer judges were left to rub their chins, ponder and debate.

And make difficult choices. Impressed with all the entries, there were assorted prizes to be awarded in the Great Pumpkin Decorating Contest, and each of the judges called upon the full range of talents and skills from QES classes to higher education to reach consensus.

In the end, it was the CNS unit at LVHC site and Toxicology at TAH site who best defined the term "most original." CNS offered a scene from "Cinderella" — in which the famous coach at the stroke of midnight is turned into a you-know-what. Toxicology offered a deceased pumpkin-headed dummy along with the lab report indicating substance abuse and the famed "Just Say No" message.

Humor was best defined by GICU East at LVHC site and 5T



Pumpkin experts ponder the entries. Yep, it's Keith Strawn, Jane Ziegler and Maria Dresen.

at TAH site, while "Halloween Spirit" victory was awarded to Respiratory (Evenings) at LVHC site and Newborn Nursery at TAH.

Other prizewinners included Respiratory Therapy (Nights), Admitting, Blood Bank, Nuclear Medicine, Respiratory (Days), PCCU and Pulmonary, all from LVHC site, and Labor and Delivery at TAH site.



What does a coach become at midnight? Ask CNS at LVHC site.



What sort of brains does a drug abuser have? Ask Toxicology.

Hospital Receives ASHP Residency Accreditation

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to the strong start goes to Attilio and Eric Jozefiak, RPh, "who did an outstanding job of organizing the program, as well as the program's first resident, Maria Concilio."

Since completing her residency, Concilio has enrolled in a two-year Doctor of Pharmacy program at the Philadelphia College of Pharmacy and Science.

Mary Bradley, a graduate of Rutgers College of Pharmacy and the current resident, has selected improving the hospital's adverse

drug reaction reporting program as her major project.

"This project is needed," Attilio says, "and will have a profound impact on the quality of care given to our patients for many years to come." He explains that while adverse reactions average 30 percent nationally, there are fewer than five reported monthly at TAH—LVHC. Bradley believes improvements in the reporting process could decrease the number of occurrences as well as the frequency of increased lengths of stay attributed to adverse reactions.

Poinsettia Sale At LVHC Site

Members of LVHC site Auxiliary will sell poinsettias in the lobby of LVHC site from 7 a.m. to 7 p.m. on December 6.

Christmas Bazaar At TAH Site

Employee Activities Committee will sponsor a Christmas Bazaar in TAH site lobby on the evening of Dec. 6 and all day Dec. 7. Employees wishing to sell handcrafted items should contact Marge Scarcia, ext. 9454, for additional information.

Annual Meeting Dec. 12

The annual meeting of the boards of directors of TAH—LVHC and HealthEast will be held at 4 p.m. Dec. 12 in LVHC site auditorium. The meeting is open to the public.

For These Are Jolly Good Fellows...

They are the new and eager faces in hospital administration but without a hospital to run. What they're doing, though, is gaining a thorough and detailed look at hospital management from the top through the HealthEast Management Fellowship Program.

One, Kenneth Szydlow, already has a master's degree in health administration from Duke University and sees the fellowship as an opportunity to acquire a diversity of practical knowledge from a wide variety of interacting departments.

The other, Debra Bernstein, is participating as part of the work she needs for a master's degree at Johns Hopkins University.

The program is established to offer a rotational series of preceptors and permit them observer status in the highest of decision-making circles. In the course of their work, they move through a variety of assignments summarized as system relations, planning, management operations and finance/information services — a sort of internship at very high levels.

Directing the program is Paul Nurick, executive vice president and chief operating officer, Hospital Services. "Considering the dynamics and complexity of healthcare today, sound administrative leadership is essential to the success and even the survival of healthcare organizations. It is for this reason that the HealthEast Management Fellowship program was created," he says.

Both came to the program with experience in healthcare. Szydlow, who grew up next door to LVHC site, originally considered architecture as a career, but has developed a strong interest in the administrative end of healthcare.

He worked summer jobs in Radiology at LVHC site, and participated in a work study program at Cornell University Health Service/Gannett Clinic. Later he served as an administrative intern at Muhlenberg Hospital Center.



Paul Nurick, (center), executive vice president and chief operating officer, Hospital Services, oversees the work of Debra Bernstein and Kenneth Szydlow.

Back at Cornell, his entrepreneurial instincts and background in photography led him to develop his own specialty photo service, and last year he served as an administrative intern for HealthEast. After obtaining a bachelor of arts degree from Cornell University, he earned his master's at Duke University.

Bernstein, the daughter of a psychologist, has a bachelor's degree in applied mathematics from The George Washington University and worked in a variety of Admitting positions at Massachusetts General Hospital between 1986 and 1989. She served as the admitting coordinator there and has developed a strong interest in clinical care.

Like Szydlow, she is learning about healthcare systems today but with an eye on what's going to happen tomorrow. Consequently their eyes scour journals for trends and directions. Preventive medicine is at the top of their lists for the future direction of healthcare. From here, it's off to application of all the education and experience, with both seeking beginning administrative positions in medium to large-sized hospitals.



QES Class No. 3 recently gathered for something of a reunion. Standing, from left, are Sandy Eberwein, RN, Ambulatory Care Clinics; Sandra Colon, Patient Accounting; Nancy Carr, Heart Station; Sharon Smetzer, RN, NICU; Anthony Sweigart, General Services; Milton Gottschall, HEIS; and instructor John Salvetti, PhD. Seated, from left, are William Dunstan, Home Care of the Lehigh Valley; Owen Grady, General Services; Richard Mueller, Physical Medicine; Gary Guldin, RN, Nursing SCU; Julia Clelland, RN, Nursing SSU; and John Horoski, Admitting.

Philanthropy: A Lot Of Work, A Lot Of Luck

OK, so who wants to be in charge of fund raising? You know: going around, asking people to donate to our hospital. No takers? That's not surprising; fund raising is tough work and requires special talents and a positive outlook.

There are people like Michael Luck, PhD, who enjoy development work so much they spend their careers connecting donors to institutions and desires to specific causes.

This approach is a long way from hoagie sales and raffles. Luck works in the realms of millions of dollars — \$13 million last year — and with innovative ideas evolved over a successful career enriching the endowments of major universities. He's so good at it that he was recently named "Outstanding Fund Raising Executive of the Year" by the Northeastern Pennsylvania Chapter of the National Society of Fund Raising Executives. A book he wrote, regarded as the best baseline data source on "Community College Development" across the country, has been included in that group's national heritage collection — the best all-time reading on development.

While most people shrink away from asking for money, Luck views it in a much broader context. "I'm selling to-morrow," he asserts, and his role is in bringing people with desires for legacies or concerns about the future of healthcare

together with an institution of important heritage.

What's significant about the concept of the Trust Fund is that it does not lump all philanthropy into one large general fund. The emphasis of Luck's program is to establish a wide variety of small, working funds, usually for very practical purposes. It means, for example, establishing a specific fund to support professional development opportunities for nurses through the Friends of Nursing program.

"Every time people give," he says, "it's a vote of confidence in our hospital. People come and go, names change, organizational structures change, but people keep giving because they believe in what we do."

Luck also dispels the image of the wealthy pillar of the community merely looking to have his name on something. A great many contributors are people of more modest means — including many employees — who through insurance policies and payroll deductions strive to support programs that will benefit their particular department or special clinical interest.

An important aspect of Luck's development program is to permit the donor to be quite specific about what the donation is for and who is to administer it. Further, the department goes to great lengths to

keep the donor informed on at least an annual basis about the specific activity of the fund they've established.

Luck is about to become the president of the Northeast Pennsylvania Chapter of the National Society of Fund Raising Executives, and has recently become the president of the board of directors of the Pennsylvania Stage Company.

Originally interested in a career in anthropology, Luck became involved in community and public relations at Southern Illinois University while completing work on a doctorate. At the age of 27, he became director of development at Massachusetts Institute of Technology and raised over \$256 million in five years. Then he went on to Rutgers University and doubled that school's endowment before joining Wayne State University in Detroit as senior vice president for public affairs.

Five years ago, Luck was offered the opportunity to establish a development office to help support the HealthEast hospitals and a free hand to build it from square one. Using theories he had developed over the years about what he calls "raising awareness of the power of philanthropy," he was able to create a huge, working endowment that helps to support people, programs, facilities and research within the hospital family, both now and in the future.



Marie Shaw, director, WomanCare; Paul Nurick, executive vice president and chief operating officer, Hospital Services; and Francis Salerno, MD, chief of Geriatrics, chat at the first conference offered by Prestige Health.

CheckUp

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Mini-flex Deadline Nears

Employees are reminded that completion and filing of necessary paperwork in connection with the mini-flex benefits program are due in Human Resources on Dec. 5.

Participation in the new program, described in a recent distribution of information to all employees and a series of information meetings for those with questions, is limited to those who file by the deadline.

Remaining information sessions include 9:30 a.m. in TAH site Auditorium and 2:30 p.m. in LVHC site Auditorium on Nov. 30 and at 9:30 a.m., 2:30 p.m. and 9 p.m. in LVHC site Auditorium on Dec. 3.

TAH Site Doors About To Open

The new front door system for TAH site, funded by the site auxiliary, should be completely installed by the end of January, according to engineering.

Construction work related to the new doors should begin soon and take about a month to complete.

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Helwig Diabetes Center Team Important Bridge In Care

The diagnosis can be devastating: you have diabetes. It can lead to many complications. It certainly can mean drastic changes in lifestyle and may create financial hardships.

Exactly what causes diabetes is still being evaluated, but the consequence is insufficient insulin production or ineffective insulin use leading to potential problems due to elevated blood glucose. It takes two forms. Insulin dependent diabetes, also known as Type I and familiar to many as Juvenile Diabetes,

most frequently strikes children and young adults. Type II, or non-insulin dependent diabetes, most often occurs after the age of 40.

Hereditary factors are suspected, but there are other potential causes, too.

"Diabetes is a highly individualized illness requiring highly individualized therapy," says Donna Slotter, RN, one of the staff at Helwig Diabetes Center and just recently certified as a diabetes educator now concluding activities to observe National Diabetes Month.



Service starts with Beverly Trexler.

Kim Sterk, RN, a certified diabetes educator and nurse coordinator at Helwig Diabetes Center, says the center staff forms an important link from the physician's diagnosis to the patient's successful management of the illness. Service begins with helping patients and families cope and adjust to an illness that will never entirely go away.

Next, the center, administered by Tish Isack, works to help patients get a grip on the major lifestyle changes that can include treatment plans, dietary changes, blood glucose monitoring and awareness of potential complications. These include heart disease, blindness, kidney failure and peripheral vascular disease. To start a patient on insulin and monitoring previously involved a hospital admission; those services are now provided by the diabetes center on an outpatient basis in a support role to patient physicians.

"There's no one right way to educate patients about a chronic

condition like diabetes. It has so many implications for the patient's lifestyle," says Ellen Cooper, RN, another educator on the staff. Meeting these individualized needs is what makes this form of nursing appealing to the staff at Helwig Diabetes Center.

Another educator who adds the initials "CDE" (certified diabetes educator) with pride after her name is Claire Ann Potter, RN, whose interest evolved when family members had the illness. She focuses on gestational diabetes, which occurs during pregnancy. Re-evaluation follows after delivery, when blood glucose levels usually return to normal — but 20 to 60 percent of such women may develop diabetes within five to 10 years. Because diabetes means major dietary changes for many patients, the staff includes registered dietitian Karen Friedly. She also serves in an educational role and works individually with patients and families to make adjustments critical to management of the disease.

The staff enjoys front office support from Beverly Trexler, who keeps the hectic schedules of the staff organized. Besides one-on-one service, the center offers 10-week classes repeated six times per year that cover all aspects of diabetes. They are also called upon to participate in diabetes awareness programs in the community.

Certain diagnosis requires a venous blood sample, and a test for it is usually a part of basic blood work that goes with regular physical examinations. Isack points to warning signs suggesting an immediate check may be in order. For Type I diabetes they

include the sudden appearance of increased urination, abnormal thirst, unusual hunger, rapid loss of weight, irritability, obvious weakness and fatigue and nausea and vomiting. Type II symptoms may include any or all of the above as well as drowsiness, itching, family history, blurred vision, excessive weight, tingling or numbness in feet, easy fatigue and skin infections with slow healing. Early diagnosis and prompt action can make a considerable difference in successful management and a long and healthy life.

More than 600,000 new cases of diabetes are diagnosed each year in the United States and with its complications is the third leading cause of death. The cost of treatment can be high and coverage by insurance carriers can vary widely.

For the nursing and dietary staff at Helwig Diabetes Center, the work involves vocational aspects that carry strong interests, particularly for the nurses who have found a niche in which they find challenge and opportunity.



Donna Slotter, RN, recently achieved certification as a diabetes educator.



Ellen Cooper, RN, and Tish Isack are among the staff.

CHOOSE THE BEST OF THE BEST!

Last chance to vote!

Four of the nominees have close ties to our system. — Mary H. Davey, Barbara Hanks, Mark Jones and Joe Ludroff III. Hanks and Jones are employees at TAH—LVHC. Regretfully, you can only vote for one, and you can use this flyer to do it.

There's a free trip for the winners to Arizona at stake.

Mark your ballot and send it by interdepartmental mail to Communications, 50 College Drive.

Here's your chance to support four area people who have genuinely achieved their personal best!

VIM & VIGOR

"Personal Best of the Year, 1990"

Each issue, on our "Personal Best" page, *Vim & Vigor* honors several of your friends and neighbors for their outstanding health accomplishments. Now it's your turn to vote for the best of the best — our "Personal Best of the Year, 1990." The winner will be honored at *Vim & Vigor's* annual editorial dinner in Phoenix, Arizona, in February 1991.



Reuben Oatis, "Personal Best of the Year, 1989" winner, is pictured at the awards banquet in Phoenix, Arizona, February 1990.

Voting is easy! Simply check off your choice and mail this entire page or a facsimile to: "Personal Best of the Year, 1990," *Vim & Vigor*, 8805 N. 23rd Avenue, Suite 11, Phoenix, AZ 85021. Votes must be received by December 17, 1990. One vote per reader, please.

Winter 1990

- ☐ Cortney Brandwein
Ft. Lauderdale, FL
- ☐ Anita Dickerson
Columbia, SC
- ☐ Joe Ludroff III
Allentown, PA
- ☐ Mildred Sisson
Jacksonville, FL

Spring 1990

- ☐ Cleo Cummings
Birmingham, AL
- ☐ Barbara Hanks
Allentown, PA
- ☐ Molly Pollack
Ft. Lauderdale, FL
- ☐ Sandi Rudisaile
Phoenix, AZ
- ☐ Marci Williams
Jacksonville, FL

Summer 1990

- ☐ Bianca Amoroso
Ft. Lauderdale, FL
- ☐ Maxine Bishop
Knoxville, TN
- ☐ Don Lohmann
Sheboygan, WI
- ☐ Margaret Whitten
New Orleans, LA

Fall 1990

- ☐ Mary H. Davey
Allentown, PA
- ☐ Mark Jones
Allentown, PA
- ☐ Michael Lockhart
Birmingham, AL
- ☐ Gayle Stewart
Columbia, SC

Your Name

Your Address

City, State, Zip