

### [Nurse Residency Program Accreditation](#)

Ours is Pennsylvania's first ANCC-accredited program.

### [NFL Network Video Includes LVHN - Video](#)

It stars Saquon Barkley and pediatric rehab colleagues.

### [Colleagues Celebrate the Holidays - Photos](#)

See festive pics submitted to LVHN Daily.

### [Don't Lose Your FSA Dollars](#)

Remember to use your dollars by Dec. 31.

### [Need CE Credits Before End of Year?](#)

Library services has you covered.

### ['The heART of Healing' - Photos](#)

Visit a student art exhibit at LVH-Cedar Crest.

### [Anonymous Donor Strikes Again](#)

Unknown colleague pays for beverages at LVH-Schuylkill.

### [Celebrating a Life Saved](#)

Those who cared for Craig Heffner reunite.

### [An Advocate for Sleep Medicine](#)

Appointment recognizes work of Sameh Morkous, MD.

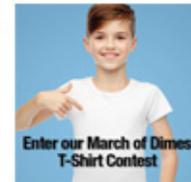
Watch the  
Annual  
Meeting

[Learn More](#)



Enter March of  
Dimes T-Shirt  
Contest

[Learn More](#)



Including  
Everyone This  
Holiday Season

[Learn More](#)



## LVHN news

---

Keep Kids Safe During  
Holiday Travels

---

Bisphosphonates Can Help  
Your Bones

---

Protect Kids From Lead  
Poisoning

# Nurse Residency Program Receives Accreditation With Distinction from ANCC

by [Paula Rasich](#) · December 10, 2018

On Dec. 6, LVHN's Department of Education was informed by the American Nurses Credentialing Center (ANCC) that its Vizient/AACN Nurse Residency Program™ achieved Accreditation with Distinction through the ANCC Practice Transition Accreditation Program (PTAP)™. Accreditation with Distinction is the highest honor an organization can be awarded and the program now becomes the first ever ANCC accredited Nurse Residency Program in Pennsylvania.

□ 5

□ Share



“After completing a 700-page self-assessment and a virtual visit from ANCC, we were beyond excited to get the news,” says Tiffany Epting MSN, LVHN’s Director of Professional Development. “This Accreditation with Distinction elevates us among the many nurse residency programs in Pennsylvania. ANCC accreditation means our program uses evidence-based criteria and adheres to global standards, thereby serving as a model for other nurse residency programs to emulate.”

## Abundant support for new nurses

The Accreditation with Distinction recognition is the culmination of a six-year effort that began in April 2013. As of November 2018, a total of 1,377 nurses have been

enrolled in the program, which now includes seven LVHN hospital campuses. The program's curriculum is designed to instill confidence and understanding in new nurses as they work through the challenges of becoming nurse leaders, clinical decision makers and competent researchers. "We give them a toolkit to help them transition through the first year of nursing practice," Epting says. "They participate in small-group discussions, learn how to effectively engage with other members of the health care team and effectively produce evidence-based practice projects, several of which have changed practice at LVHN." The end result is a highly competent nursing workforce that provides high-quality, safe care for the patients at LVHN that new nurses care for.

### **A culture of innovation**

Another significant program impact is 12-month retention rate. The first year of nursing is when many nurses leave the profession or transfer places of employment. One of the greatest benefits of this program is related to our retention rate. The national retention benchmark is 92.7 percent with the baseline retention rate at LVHN 85 percent. "In fiscal year 2018, we exceeded both benchmarks with a retention rate of 94.9 percent for our nurse residents," Epting says. "Nurses who complete our Nurse Residency Program remain as strong members of our LVHN team."

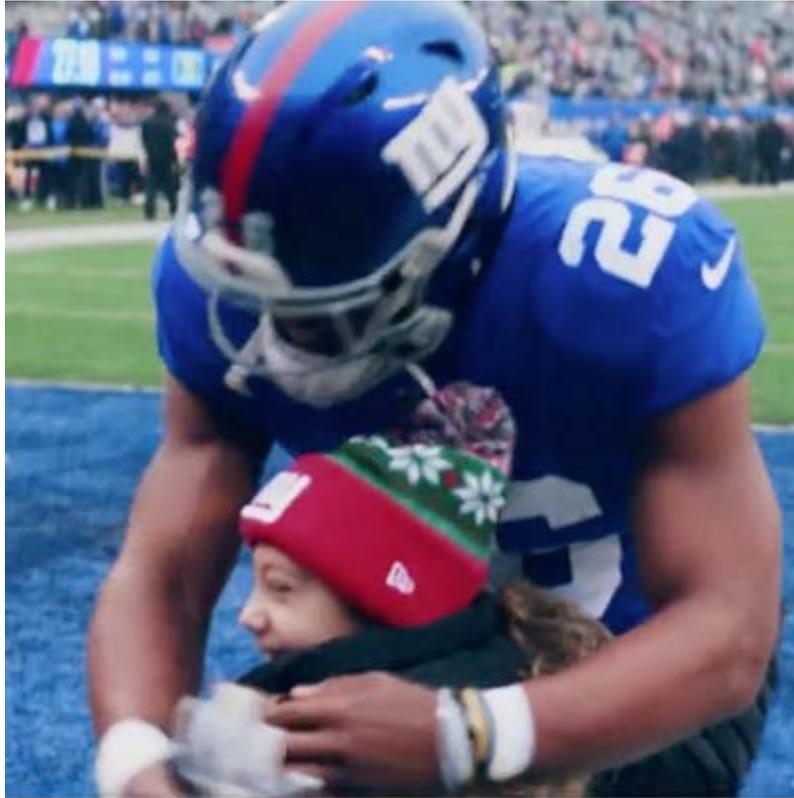
The Nurse Residency Program at LVHN was made possible with the awarding of a \$1.6 million grant from the Dorothy Rider Pool Health Care Trust in June 2012. To learn more about enrolling in the program, visit the [Nurse Residency Program page](#) on LVHN.org.

# NFL Network Video With Saquon Barkley Includes LVHN – VIDEO

by [Brian Downs](#) · December 12, 2018

The day before Thanksgiving, the NFL Network filmed a segment at LVHN Pediatric Rehabilitation with the niece of Saquon Barkley, the current New York Giants running back who starred at Penn State and Whitehall High School.

Barkley's niece, Amirah Johnson, was born with a genetic defect called 22q. Barkley has made it his cause and is trying to bring more attention to it through the NFL's "My Cause, My Cleats" program. He wore a pair of cleats with Amirah's picture and 22q painted on them during the Dec. 2 game versus the Chicago Bears.



□ 10

□ Share

[Click here to watch the NFL Network's story.](#)

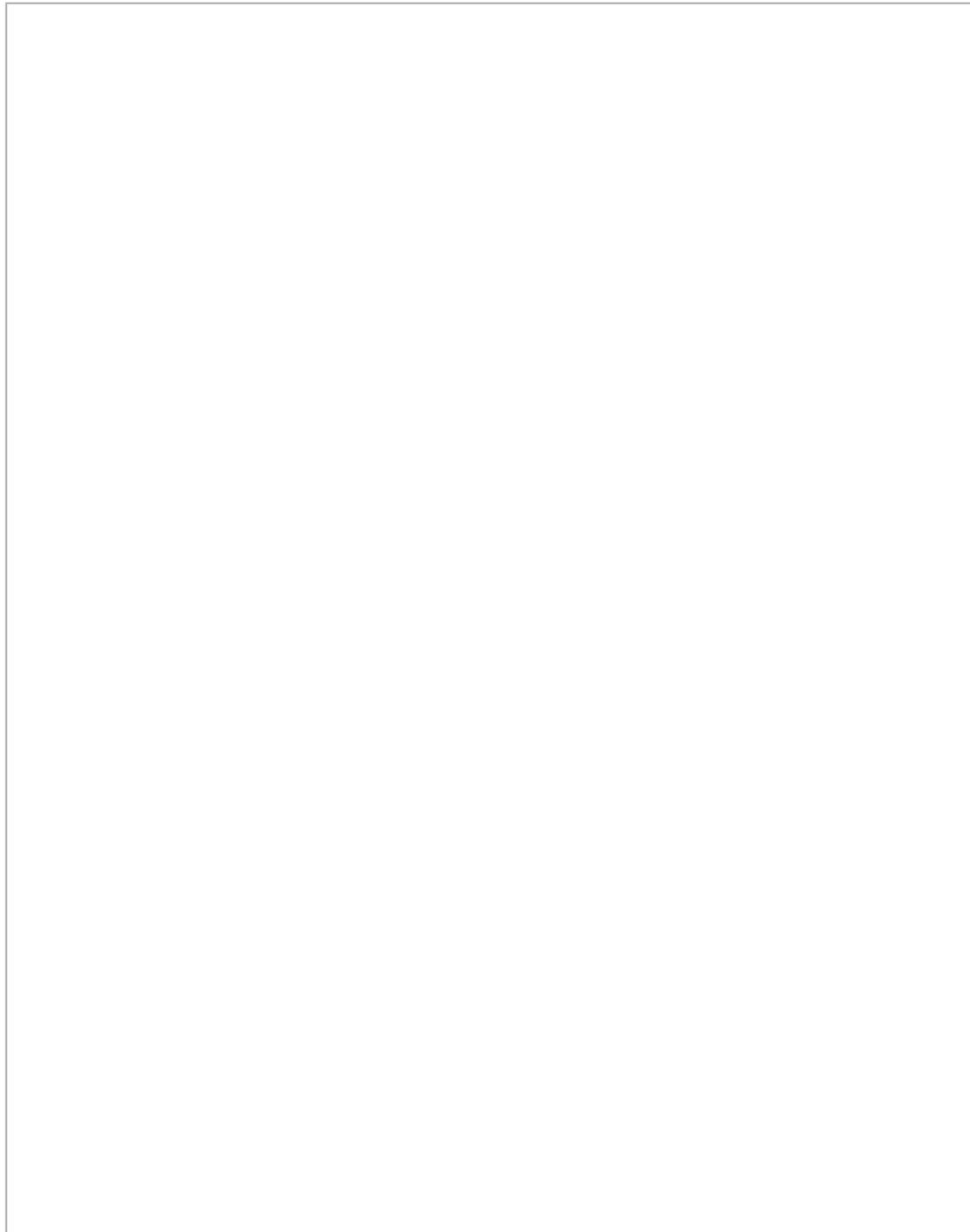
# Colleagues Celebrate the Holiday Season – PHOTOS

by [Rick Martuscelli](#) · December 13, 2018

Throughout the health network, colleagues are spreading holiday cheer and celebrating the season. Some are wearing holiday sweaters, while others are having holiday parties. See photos of colleagues celebrating. Then, share a photo [here](#) and look for your picture on LVHN Daily. (Please submit only one photo per department.)

5

Share





[◀ Back](#)

Picture 1 of 7

[Next ▶](#)

From the Epic family portrait team (look on top of the fireplace) to your family,

# Don't Lose Your 2018 FSA Dollars

by [Admin](#) · December 11, 2018

Take a few minutes this month to log into [MyPopulytics.com](#) to review your flexible spending account (FSA) status and ensure you don't lose your 2018 funds. You'll also want to reference the FSA summary plan document (SPD) to verify plan-specific details related to using your FSA dollars. Generally, contributions to your FSA must be used for services received within the calendar year.



Share

As a convenience, Populytics offers direct access to the FSA Store, the only e-commerce site exclusively stocked with FSA-eligible products and services. The FSA Store eliminates the guesswork behind what is reimbursable under your FSA. You can access the site easily once you've logged into [MyPopulytics.com](#). Simply click on WealthCare FSA & HSA Account under the "Quick Links" menu just as you would to check your FSA balance. Then, click on the FSA Store ribbon at the top of the page.

Keep in mind that incurring expenses is not the same as submitting a claim. In order to be reimbursed with 2018 funds after Dec. 31, a paper claim for 2018 expenses must be submitted to Populytics by March 31, 2019. Debit card transactions on Jan. 1, 2019 and after will apply toward 2019 expenses.

If you have questions about your 2018 funds or any FSA issue, please contact Populytics at 484-862-3505, 800-925-8459 or via [MyPopulytics.com](#) where you can submit your questions by clicking on "Contact Us" at the top right side of the home page.

# Need CE Credits Before the End of the Year?

by [Rick Martuscelli](#) · December 12, 2018

Need continuing education (CE) credits before the end of the year? LVHN Library Services has you covered.

Library resources that offer CE credits include:

- DynaMed Plus
- ClinicalKey & ClinicalKey for Nursing
- Visual Dx
- Prescriber's Letter

Visit our [Continuing Education Guide](#) for the full details about CE opportunities in the health network.

[Post this flyer](#) in your department or share it with colleagues who may have last-minute CE needs.

If you have any questions or need help, please contact us at [libraryservices@lvhn.org](mailto:libraryservices@lvhn.org).



□  
□ [Share](#)

# Students Present ‘The heART of Healing’ – PHOTOS

by [Rick Martuscelli](#) · December 11, 2018

LVHN partnered with Andrew Ward, Founding Visual Art Educator with Building 21 High School of the Allentown School District, in the creation of an exhibit titled “The heART of Healing.”

□ 2

□ Share

The art project was intended to connect students with the theories and ideas that art can communicate a sense of hope or healing to the public and people in need.

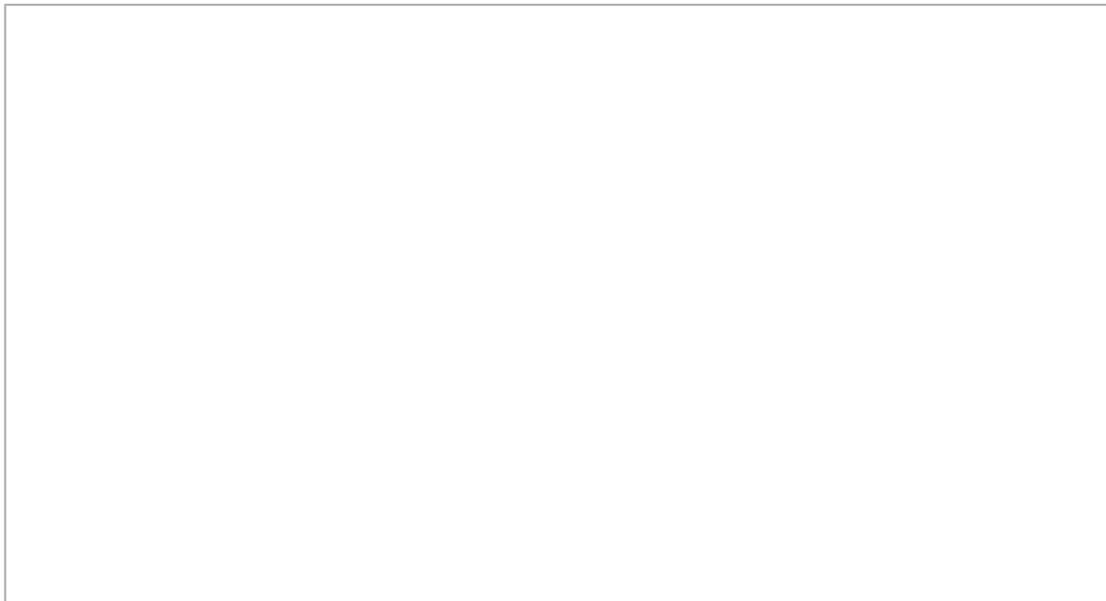
Some students took a personal approach in their projects to focus on experiences they or loved ones have faced while others decided to create around human conditions such as love and happiness.

Students constructed art in 2D and 3D formats, and repurposed donated hospital materials in their designs. Some of the items utilized in their designs included sterile blue wrap from the operating rooms and plastic caps from vials. A special thank you to Katie Velekei, LVHN Senior Sustainability Specialist, and all the staff that collected items to repurpose.

You can visit the “The heART of Healing” exhibit, which is displayed at the bottom of the Jaindl Pavilion stairs at LVH–Cedar Crest through Dec. 17.

*Photos courtesy of The Dorothy Rider Pool Health Care Trust/Peter Keady*

*Photography*





[◀ Back](#)

Picture 1 of 4

[Next ▶](#)

Joseph Napolitano, PhD, CRNP, Program Officer for The Dorothy Rider Pool Health Care Trust, views “The heART of Healing.”

# Anonymous Donor Strikes Again

by [Mike Peckman](#) · December 10, 2018

LVH–Schuylkill’s ‘Secret Santa’ is at it again. For the fourth consecutive year, an unknown colleague has paid for any size hot beverage for fellow colleagues and visitors at both LVH-Schuylkill cafeterias on a designated day. The designated day was last Wednesday.



□ 6

□ Share

“People were a bit surprised and definitely thankful,” says cashier Gail Blasko. Adds Food & Nutrition Operations Manager Bob Seitzinger, “This is a great gesture. It nice to see colleagues spread good will, especially at this time of the year.”

When all was done, 114 beverages were served between both hospital campuses. The LVH-Schuylkill team thanks our Secret Santa for paying it forward to our colleagues and visitors.

# Reuniting to Celebrate a Life Saved

by [Mike Peckman](#) · December 13, 2018



□ 1

□ Share

*Attending the reunion were (l-r) Tony Leshner, Tara Morrow, Taylor Boyce, Bryan Nelson, Katie Kurtz, T.J. Boyer, Craig Heffner, Jason Sterner, Carol Herb, Cara Turner, Bob Steiff, Brian Carroll and Mike Lorence.*

“Sometimes things happen for a reason,” says Lehigh Valley Heart Institute Program Coordinator Bryan Nelson. “In this case, the result was a person’s life was saved.”

Nelson joined members of Schuylkill EMS and officials of Hexcel Corporation, St. Clair, to pay tribute to the quick action of Hexcel employees, EMS providers, and colleagues from LVHN–MedEvac and Lehigh Valley Heart Institute. These teams came together to save the life of 52-year-old Craig Heffner. Schuylkill EMS organized an event to reunite everyone involved.

On Oct. 14, Heffner collapsed during his shift in the St. Clair Industrial Park. Proper training, quick thinking and immediate intervention is credited with saving his life.

Coworker Carol Herb found Heffner down on the production floor. She enlisted the help of colleagues Cara Turner and Bob Steiff, who called 911 and, after finding no pulse or breathing, initiated CPR. Colleague T.J. Boyer then used an automated external defibrillator (AED), a device that delivers an electrical shock to help the heart re-establish an effective rhythm, to revive Heffner.

“It is something we train for,” says Hexcel Corporation Plant Manager Stan Bolinsky. About 60 of Hexcel’s 300 employees volunteered to become CPR-certified and learn to use an AED.

Heffner’s attack came near the end of his shift. “Fifteen minutes later, he might have been all alone and had a different outcome,” Bolinsky says. “This could have been a catastrophe, but instead we are celebrating a life.”

Heffner thanked everyone for quickly coming to his aid. “Thank you all for what you did,” he said during the reunion. “I will never forget it.”

“Employees’ quick action was key in the chain of survival,” says Paramedic Pat Moran, Education and Community Outreach Coordinator for Schuylkill EMS.

“Employees did everything needed so our crew could continue Craig’s care when they arrived on scene.” EMS continued to resuscitate Heffner and prepare him for transport via MedEvac to LVH–Cedar Crest. Moran thanked the Hexcel team for their role in saving Heffner and presented them with special pins that read, “I made CPR count.”

# An Advocate for Sleep Medicine

by [Marciann Albert](#) · December 13, 2018

Pediatric Neurologist [Sameh Morkous, MD](#), LVPG Pediatric Neurology—1210 Cedar Crest, was appointed Northeastern Region (U.S. states) Ambassador for the American Academy of Sleep Medicine (AASM) Political Action Committee. The appointment recognized his extraordinary commitment to the field of sleep medicine.



□ 5

□ Share

Morkous' responsibilities as the Northeastern Region Ambassador include, but are not limited to, working with the Political Action Committee chair to educate members about committee initiatives and pertinent legislation, advocating for issues relevant to the the field of sleep medicine, communicating with legislators, participating in various committee recruiting tasks, and advancing the AASM Political Action Committee's mission.

With his new role, Morkous wants to take the opportunity to encourage other physicians to pursue similar legislative and scholarly work. "I look at this as a good accomplishment for our health network, rather than just for me personally," he says. "I try to put the emphasis on the importance of thinking not as I or me, but as us."

This appointment continues through June 2019 with re-appointments conducted on a yearly basis. Appointees can serve up to three one-year terms.

Please join in congratulating Morkous on his new appointment and continued commitment to the field of sleep medicine and pediatric neurology.