



Lehigh Valley
Hospital Center

A HealthEast Hospital

update

VOL. 10, NO. 10

A Newsletter of Lehigh Valley Hospital Center

OCTOBER, 1987

PLANS FOR NEUROSCIENCE REGIONAL RESOURCE CENTER UNDERWAY AT LEHIGH VALLEY HOSPITAL CENTER



Much of the work being done through the Neuroscience Regional Resource Center will be accomplished by several task forces. Pictured here are members of the Acute Neuro-rehab Task Force including Holly George, OTR/L, occupational therapist, Nancy Stott, B.S., clinical instructor, Christopher Lynch, M.D., physiatrist and chair of the task force, and David Schlegel, ACSW, social worker. Missing from the photo are Kim Hull, R.N., Central Nervous System Unit, and Dolores Kristofits, speech therapist.

Plans are underway at Lehigh Valley Hospital Center to develop a Neuroscience Regional Resource Center which will bring together the many areas within the neurosciences to provide comprehensive services to patients and families without increasing the cost of health care. This will be achieved through joint planning for patient care services, professional education, and research in the neurosciences. Funding for the planning, development, and implementation of Regional Resource Centers

was approved by the HealthEast board of directors in May of 1986.

The neurosciences deal with the diagnosis and treatment of disorders of the brain, spinal cord and the peripheral nervous system; these include brain tumors, stroke, epilepsy, and multiple sclerosis.

The neurosciences include the areas of neurology, neurosurgery, neuroradiology, neuropathology, neuro-rehab, and

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*Resource Center
continued from front cover . . .*

neuro-vascular. A Neuroscience Regional Resource Center will bring together specialists from these areas to provide the best means of diagnosis, treatment, and follow-up services to the patients served by Lehigh Valley Hospital Center.

In April of 1987, the HealthEast board of directors granted provisional status to the Neuroscience Regional Resource Center to further plan and develop its programs. Three factors were favorable in their decision: (1) Nearly all neurosurgery in Allentown is performed at Lehigh Valley Hospital Center; (2) a large percentage of patients with diseases or injuries of the central nervous system are also treated at the Hospital Center; and (3) in April of this year, a magnetic imaging unit, which provides the newest diagnostic services available to neuro patients, was opened on the Hospital Center's campus.

Jointly spearheading the planning of the Neuroscience Regional Resource Center are co-medical directors Robert Morrow, M.D., neurosurgeon, and Peter J. Barbour, M.D., neurologist, both Hospital Center physicians. Alverta R. Stichter, former senior vice president at the Hospital Center, will serve as program coordinator of the Neuroscience Regional Resource Center.

According to Dr. Morrow, "We have excellent facilities and staff available to

provide complex diagnostic and treatment services to the neurologically afflicted residents of our region. The 'jewel in our crown' is the Hospital Center's Central Nervous System Unit which gives us the capability to specialize in caring for the most critically ill patients." Units such as the Central Nervous System Unit are generally found only in large medical centers. In addition, the Hospital Center has a Neuro Medical/Surgical Unit, an Electrodiagnostic Department, specialized neuro-radiology services including CAT scanning and a vascular laboratory. A Neurology Clinic is located at The Allentown Hospital.

In addition to diagnostic and treatment services, the Neuroscience Regional Resource Center will also be concerned with prevention, education, and research, and will serve as a resource to patients, families, and physicians in the region.

Today, members of the Hospital Center's medical staff specializing in the neurosciences include 11 neurologists, five neurosurgeons, three neuroradiologists, and one neuropathologist. There are also 90 specially trained nurses and technologists. "One of my primary objectives is to act as a facilitator among this group of highly motivated individuals and help the co-medical directors create an interdisciplinary team that will be a resource to other physicians, health professionals, and the public," said Mrs. Stichter.

Continued on next page . . .



The Brain Tumor Study Task Force is also an important part of the Neuroscience Regional Resource Center. Members include (from left to right) Carol Steager, social worker, Dolores Fioriglio, volunteer coordinator, Lu Ann Franco, R.N., clinical nurse specialist with Allen Neurosurgical Associates, Inc., and chair of the task force, and Linda Miller, VNA of Lehigh County.

Resource Center continued . . .

The Neuroscience Regional Resource Center will be a catalyst for the development of services for unmet needs, for coordinating educational programs, and for stimulating participation in clinical research. "A good example of that intent is our present pursuit in becoming a participant in the University of Pittsburgh study for brain tumor patients," said Dr. Barbour. The study involves randomized controlled clinical trials using treatments that in many cases are not generally available to patients in other centers. "Today, patients must travel to Pittsburgh for inclusion in this National Institutes of Health (NIH) Study. However, within a few months, we anticipate becoming designated as part of that study with a treatment center located here in Allentown," Dr. Barbour continued.

Mark C. Lester, M.D., neurosurgeon, chairs the Brain Tumor Study Task Force. He has been meeting with representatives from the University of Pittsburgh in an effort to have the Hospital Center designated as part of the NIH study.

In addition to the Brain Tumor Study Task Force, the Neuroscience Regional Resource Center is involved in three additional areas of study including the Brain Tumor Support Group Task Force, the Acute Neuro-rehab Task Force, and a Neurosciences Registry.

Lu Ann Franco, R.N., clinical nurse specialist with Allen Neurosurgical Associates, Inc., chairs the Brain Tumor

Support Group Task Force. This group provides support to patients and their families through monthly meetings. A telephone answering service is also available to offer support and information. Members of the task force include Dolores Fioriglio, volunteer coordinator; Linda Miller, VNA of Lehigh County; and Carol Steager, Hospital Center social worker.

The Acute Neuro-rehab Task Force is chaired by Christopher Lynch, M.D., physiatrist. The task force will study the acute neuro-rehabilitation needs of Hospital Center neuro patients to identify total length of stay, to identify what part of the length of stay is not actually necessary, to identify what the Hospital Center can do to speed up an appropriate transfer, and to identify what services can be done to meet the patients' needs if it is necessary for them to remain in the hospital for a considerable amount of time prior to transfer. Members of this task force include David Schlegel, ACSW, social worker; Holly George, OTR/L, occupational therapist; Kim Hull, R.N., Central Nervous System Unit; Dolores Kristofits, speech therapist; and Nancy Stott, B.S., clinical instructor.

The establishment of a Neurosciences Registry is the responsibility of the fourth task force. Members of this committee are the co-medical directors, Drs. Barbour and Morrow, Brian Little, M.D., neuropathologist, and James Reed, Ph.D., director of the Research and Publication Support Department.

BLOOD DRIVE SCHEDULED

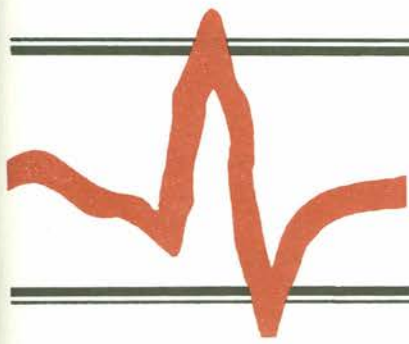
The Miller Memorial Bloodmobile will be at the Hospital Center on Monday, November 2, from 2-5 p.m., AND on Tuesday, November 3, from 9 a.m.-Noon, in Classrooms 2 and 3 in the Anderson Wing. At least 80 donors are needed each day.

Membership in the Miller Memorial Blood Assurance Plan is a very important benefit available to Hospital Center employees. However, this is an optional benefit. In order to become a member, employees must complete an enrollment card. The program covers the enrollee, spouse, dependent children, and parents and grandparents of both the enrollee and spouse.

We cannot emphasize enough how important it is to be a member of the Blood Program. Medical plans generally do not reimburse you for the cost of replacement blood, and a serious illness or operation can require many pints of replacement blood. More importantly, your donation can help save the life of someone you love.

In order to meet the Hospital Center's quota for 1987, a total of 284 pints are needed this year. To sign up for the blood drive in November, please contact Rose Ann Wiley in Personnel at Ext. 8842 as soon as possible to schedule a time to donate.

Your support is extremely important!



MEDICAL STAFF NEWS

SAMUEL W. CRISWELL, M.D., family practitioner, recently received board recertification from the American Academy of Family Practice.

This past spring, PETER A. KEBLISH, M.D., orthopedic surgeon, was a guest lecturer at Bichat University in Paris, France. Dr. Keblish's presentation highlighted new concepts in knee replacement.

INDRU T. KHUBCHANDANI, M.D., chief of the division of colon and rectal surgery at the Hospital Center, was the featured speaker from the United States at the Congresso Internazionale Di Chirurgia held earlier this year in Genoa, Italy. He spoke on "Pull-through Surgery for Management of Anal Incontinence." Dr. Khubchandani also participated on a panel in which he discussed "Alternatives in Surgery for Inflammatory Bowel Disease." Over 20 countries were represented at the meeting which was attended by over 200 people.

Following the meeting, Dr. Khubchandani was invited by Professor Guido Castrini,

Head Professor of the University of Rome, to lecture to graduate and post-graduate surgical students. There he spoke on "Management of Stoma Complications."

Since LAWRENCE P. LEVITT, M.D., chief of neurology at the Hospital Center, wrote "Neurology for the House Officer" in 1974, another 17 like it have been published about other specialties, a series of companion books full of case studies has begun, and the entire 20-book series has sold more than a million copies around the world. These books are available at all major medical book stores.

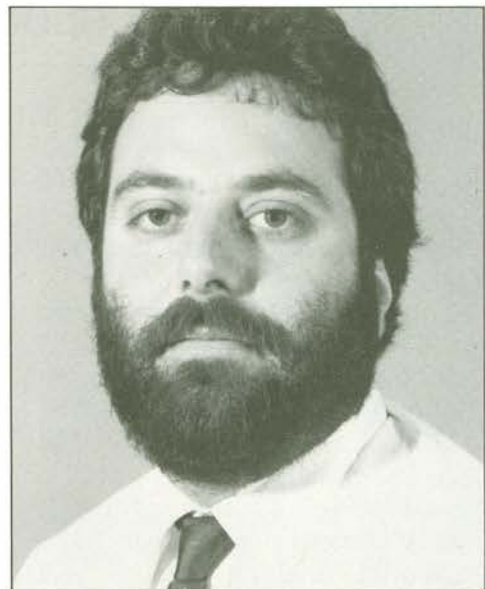
Dr. Levitt and longtime friend Dr. Howard L. Weiner, professor of neurology at Harvard Medical School, have written three books in the series and agreed to edit at least 10 of the new case study books. They have already edited case study handbooks on endocrinology and psychiatry and plan to include others on cardiology, neurosurgery, gastroenterology, rheumatology and obstetrics.

Two physicians were recently appointed to the Hospital Center's medical staff.

JOHN S. PAPOLA, M.D., joined the staff as an otolaryngologist. He is a graduate of



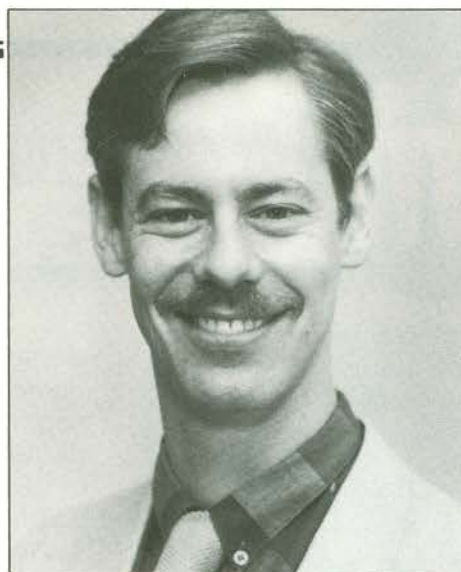
Indru T. Khubchandani, M.D.



John S. Papola, M.D.

Temple University School of Medicine. Dr. Papola received his first year of post-graduate education at Episcopal Hospital in Philadelphia, and completed a four-year residency in otolaryngology at Temple University Hospital.

DANIEL I. ROSS, M.D., a graduate of State University of New York at Buffalo School of Medicine, joined the staff as an ophthalmologist. He received his first year of post-graduate education at Boston VA Medical Center, followed by a three-year ophthalmology residency at SUNY. Dr. Ross also completed a Vitreoretinal Diseases Fellowship at Massachusetts Eye and Ear Infirmary.



Daniel I. Ross, M.D.

UPCOMING CANCER PROGRAMS

Two educational programs sponsored by the Comprehensive Community Cancer Center will be held this month.

"Chemotherapy: In Theory & Practice," a program for registered nurses, will be held on October 22 and 23 from 8 a.m. to 5 p.m., in the Hospital Center's Auditorium. Speakers for the program will include Richard Attilio, R.Ph., M.S., senior clinical pharmacist; Deirdre Darraugh, R.N., staff nurse, Short Stay Unit; Joy DuGan, R.N., B.S.N., oncology nurse, Multidisciplinary Cancer Resource Team; Irene Ehrigott, R.N., M.S.N., oncology clinical instructor; and Mary Lenahan-Durnin, R.N., B.S.N., head nurse, 6C. The fee for the program is \$50, however, there is no charge for employees of the HealthEast system.

"Introduction to Immunology - A Primer in Understanding Immunotherapy as a Treatment for Cancer" is a program for registered nurses, pharmacists, and physicians. This program will be held on eight consecutive Thursdays, except Thanksgiving, beginning October 15, from 6-8:15 p.m., in Room 310 of Curtis Hall at Cedar Crest College. Speakers for the program include Henry Fremount, Dr. P.H., professor of Biology at East Stroudsburg University, and Francis Kostelnik, M.D., Department of Pathology at Sacred Heart Hospital. The fee for the program is \$20, however, employees of the HealthEast system may attend free of charge.

Pre-registration is required for both programs. For more information or to register, contact Sandra Smith, R.N., M.S.N., at the Cancer Center, 778-2582.



Sandra Colon

SANDRA COLON, Business Office manager since 1980, was recently appointed to the position of assistant controller, patient accounting. In this position, she will be responsible for accounts receivable management, patient and insurance billing, credit and collections, data entry, the cashier's office, and the control department.

Mrs. Colon joined the Business Office staff in April of 1977 when she was hired to set up a credit and collection department for the Hospital Center. She was promoted to staff assistant in June, 1978, and in February of 1979, to Business Office supervisor.

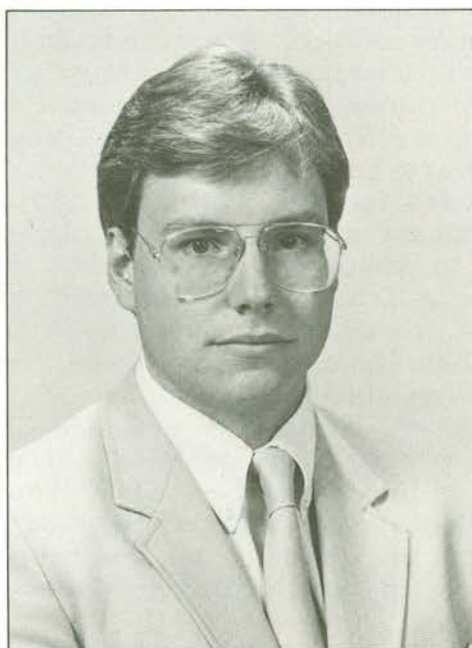
Mrs. Colon has a Bachelor of Science Degree from Bloomsburg University and an Associates Degree from Cedar Crest College.

GLENN GUANOWSKY recently joined HealthEast's Department of Legal Services as staff attorney. He will provide assistance to the

department on all legal issues, including representation, research, and development and distribution of legal and regulatory guidelines. His office is located in the Anderson Wing across from Personnel.

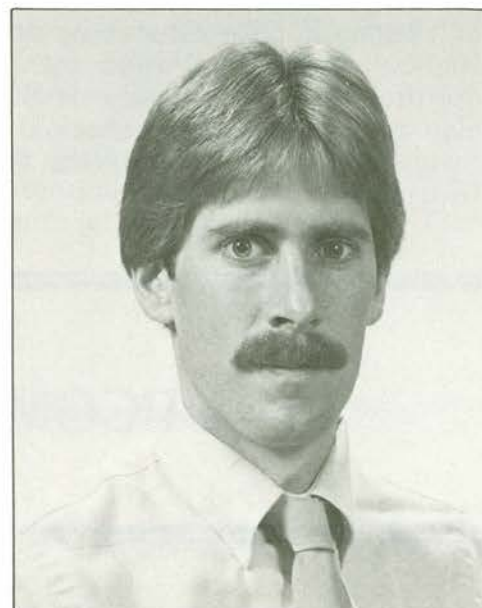
A graduate of the University of Notre Dame Law School where he served as executive director of the Legal Aid and Defender Association from 1986-1987, Mr. Guanowsky also holds a bachelor's degree in Administration of Justice from Penn State University.

Mr. Guanowsky served as a summer associate for Weiner, Waldman, Gordon and Silver, Ltd., Las Vegas, concentrating on civil litigation, bankruptcy, and general corporate law. In addition, he completed internships at the Pennsylvania Department of Transportation and Dauphin



Glenn Guanowsky

County District Attorney's Office, both in Harrisburg.



Richard Mueller

RICHARD MUELLER was recently named director of Physical Therapy at the Hospital Center. In his new position, Mr. Mueller will be responsible for staffing, budgeting, education, and patient programs.

Mr. Mueller is a graduate of Lycoming College where he received a bachelor of arts degree in Biology. He received his Certification in Physical Therapy from Hahnemann University.

Prior to joining the Hospital Center's staff, Mr. Mueller was a supervisor in Physical Therapy at Good Shepherd Rehabilitation Hospital. While at Good Shepherd, he developed the outpatient component for their spinal cord injury program.

Mr. Mueller is a member of the American Physical Therapy Association.

CONSTRUCTION UPDATE

Anderson Wing: First Floor

Most of the first floor of the Anderson Wing was completed at the end of August with the majority of departments moving in during September. The last area to be completed is the auditorium which is scheduled to be opened by October 15.

With the completion of the Anderson Wing, cafeteria renovations will be the focus of attention. These renovations will be done in four or five phases. Work began the week of October 5 to renovate former Classrooms I and II. During the week of October 12, renovations began in the auditorium. Renovations to these areas will provide a new access corridor to the Anderson Wing. The scope of work involves removing the exterior stone wall panels and replacing them with windows to provide natural light for the planned expanded cafeteria seating area. The second phase of construction will begin mid-December following the employee Christmas dinner at which time the kitchen and other food service areas will be renovated.

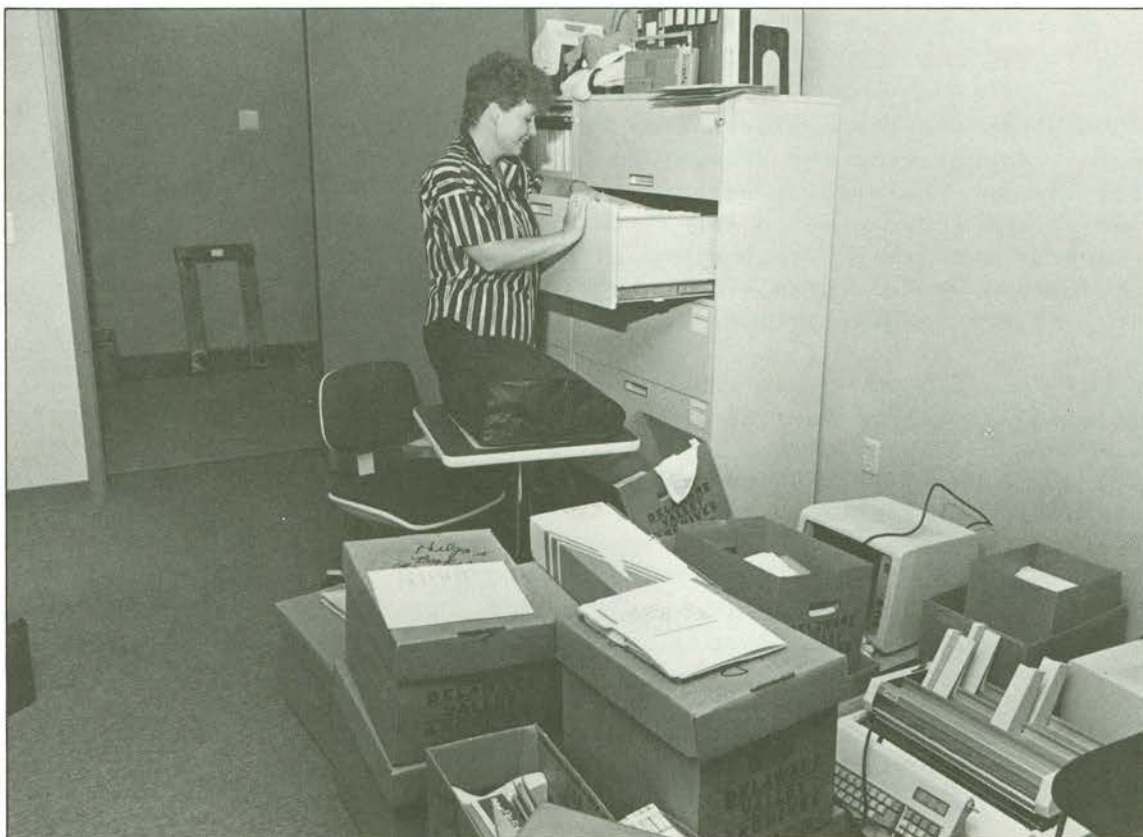
Department of Surgery

Completion of new offices, to be located on the second floor of the Anderson Wing, is scheduled this month.

Parking

Salisbury Township recently granted approval for the new South Parking Lot which will provide 450 additional spaces. Work is to begin this month. When the lot is completed, it will provide more convenient access for those employees who work on the East side of the Hospital Center, such as Radiology, the Emergency Department, and the Shock/Trauma Unit. By relocating those staff members out of the main lot, the Hospital Center will have sufficient capacity to provide additional reserved parking for patients and visitors.

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Helga Klemp, secretary in the Office of Education, organizes her files following the department's recent move to the Anderson Wing.

MRI/MOB 2 Link

Work will begin this month to extend the existing link from MOB 1 across the front of the Lehigh Magnetic Imaging Center to the new medical office building. This will provide patients, visitors, and staff with enclosed passage to those buildings. Construction should be completed in spring of 1988.

CNS Unit—Phase II

The second phase of the Central Nervous System Unit renovation is scheduled to be completed in November. This will increase bed capacity from six to eight in the unit and provide some relief for the demand for critical care beds.

Other Projects

Plans for renovations to the East side of the Hospital Center's first floor are in the final stages. Renovations will begin to expand the Medical Records department.

Plans are currently underway to complete renovations and redecorating of the Emergency Department.

The main Operating Room suite support areas will be expanded through the addition of new lockers and lounge facilities for staff.

Notes from our Patients

"One of our family members had the misfortune of being in an automobile accident in August. He was brought to Lehigh Valley Hospital Center and spent six days in the Shock/Trauma Unit. He is now recovering on the fifth floor.

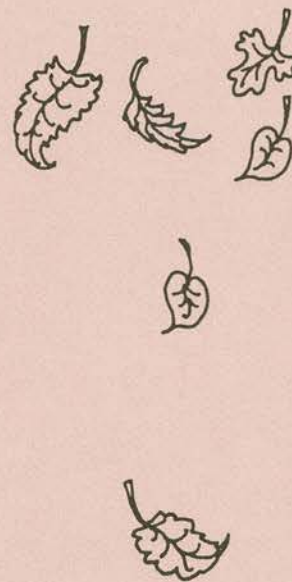
We would like to express our sincere appreciation to all of the Shock/Trauma personnel who assisted him during his critical period. Everyone was very professional, kind and helpful.

During those critical days, we were very concerned and worried. However, we came to realize that he could not have been in a better place nor could he have had better care.

We're very grateful for a facility such as the Lehigh Valley Hospital Center and especially for its staff.

Again, our sincerest appreciation."

The family of a patient from
the Shock/Trauma Unit





The Wellness Corner

A Word About Low-Sodium Diets

Cutting down on salt may sound difficult and distasteful, but it doesn't have to be either. Yet the health consequences can be significant -- reducing the amount of salt or sodium that one consumes often helps people with high blood pressure.

Salt, or more correctly sodium (salt is 40 percent sodium), is important to the body. However, excessive salt in the diet has been linked to hypertension, or high blood pressure. High blood pressure, in turn, can result in heart or kidney disease or stroke.

Americans are generally accustomed to highly salted foods. It's a taste that is acquired almost from birth. Many people not only like to salt their foods heavily, but they also consume packaged and processed foods that have salt added to them.

However, concern about the link between sodium and high blood pressure has brought about changes. Many people have learned to cut down on the salt they use in cooking and at the table. They usually report that after awhile they just don't miss the salt flavor. It's generally best to cut back gradually to give the tastebuds time to adjust.

Here are a few tips to help you cut down on your sodium consumption:

- * Use the saltshaker sparingly. Don't use it until you've tasted your food.
- * Read food labels. Look for the amount of sodium in a product. See where salt or sodium is on the ingredient list.
- * Look for low-salt, low-sodium or sodium-reduced products. These days the low-sodium list runs literally from soup to nuts.
- * Try cooking with less salt. Use spices and other seasonings.
- * A teaspoon of salt contains almost 2,000 milligrams of sodium.
- * Give yourself a little time to get adjusted to a diet lower in sodium. Most people make the adjustment and enjoy it.

DID YOU KNOW...



Visitors gather to view the University MedEvac helicopter which arrived during the dedication of the helipad at Gnadon Huetten Memorial Hospital in Lehighton the end of August. Over 150 people were on hand for the dedication ceremonies.

...On August 25, George E. Moerkirk, M.D., medical director of the Hospital Center's flight program, was the featured speaker at the helipad dedication at Gnadon Huetten Memorial Hospital in Lehighton. Over 150 people attended the ceremony which initiated helicopter service from Gnadon Huetten to the Hospital Center -- a trip which takes only nine minutes in MedEvac 1.

...At the invitation of the Pennsylvania State Education Association (PSEA), Joanne McLaughlin, R.N., director of Professional Affairs for the Burn Foundation, and Jacqueline Fenicle, R.N., B.S.N., assistant head nurse, Burn Center, will present a workshop on childhood burn injury at the PSEA's annual statewide conference to be held on October 31, at the Hershey Hotel and Conference Center.

The workshop, entitled "Childhood Burn Injury: Causes, Treatment and Prevention," was developed primarily for school nurses. Topics will address causes, emergency procedures, wound care for minor burns, post-burn school re-entry, and a brief overview of Burn Foundation prevention programs.

...During the Hospital Center's Seatbelt Audit held on Thursday, September 10, 83% of those surveyed were wearing their seatbelts. Keep up the good work!

AUXILIARY NOTES

The Hospital Center's Auxiliary recently celebrated the 15th Anniversary of its founding with a luncheon which was held at the George Washington Lodge in Whitehall. Since its inception, the Auxiliary has donated over \$1 million to the Hospital Center.

* * * * *

Several members of the Auxiliary recently attended the fall meeting of the Eastern Region Pennsylvania Association of Hospital Auxiliaries which was held at St. Joseph's Hospital & Health Care Center in Lancaster. Those attending included Jane Martindell, president; Alice Ritter, treasurer; Pat Bausman, immediate past president; Sharon Burns, publicity chair; and Helen Hallock, board member and past president.

* * * * *

The Auxiliary hosted its annual fall luncheon meeting on Thursday, October 8, at Lehigh Country Club. A program entitled "Darth Vader Meets the Auxiliary," which highlighted an update on laser surgery, was presented by Francis S. Kleckner, M.D., gastroenterologist.



NATIONAL PATIENT EDUCATION WEEK

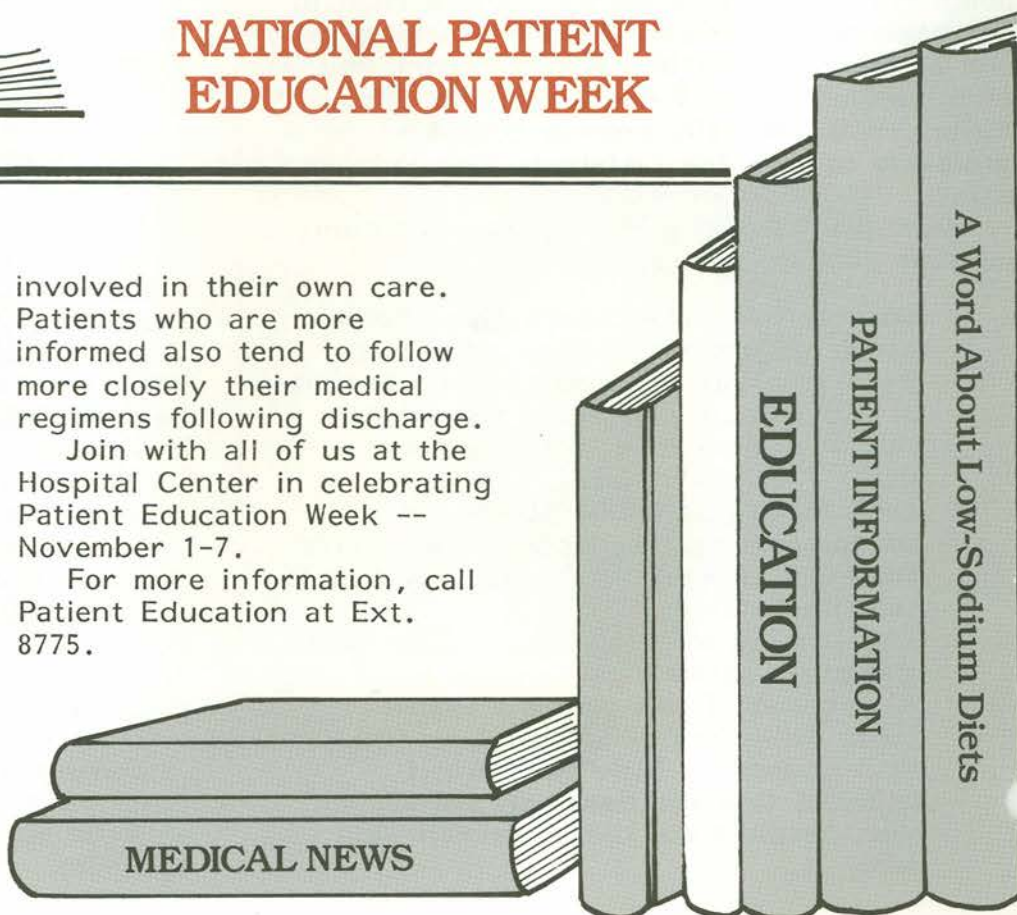
This year, the first week of November has been designated as Patient Education Week.

Patient education is that component of health care which involves giving the patients and their families information they may need to know in order to understand their health problems. This information, which can be given by any member of the health care team, can be used to help patients make informed decisions about any necessary alterations to their lifestyles. It also helps patients become more actively

involved in their own care. Patients who are more informed also tend to follow more closely their medical regimens following discharge.

Join with all of us at the Hospital Center in celebrating Patient Education Week -- November 1-7.

For more information, call Patient Education at Ext. 8775.





Environmental Impact Committee

In September of 1986, a group of Hospital Center employees concerned about environmental issues formed the Environmental Impact Committee. Since that time, the group has developed and implemented programs for aluminum can recycling, computer paper recycling, glass separation, and employee education. Guidelines for trash separation and handling have also been submitted to senior management for review.

The committee meets on a monthly basis and guest speakers from the Department of Environmental Resources have attended several of the meetings.

The Environmental Impact Committee is continuously working toward a healthy environment and has developed the following purpose statement to use as a guideline:

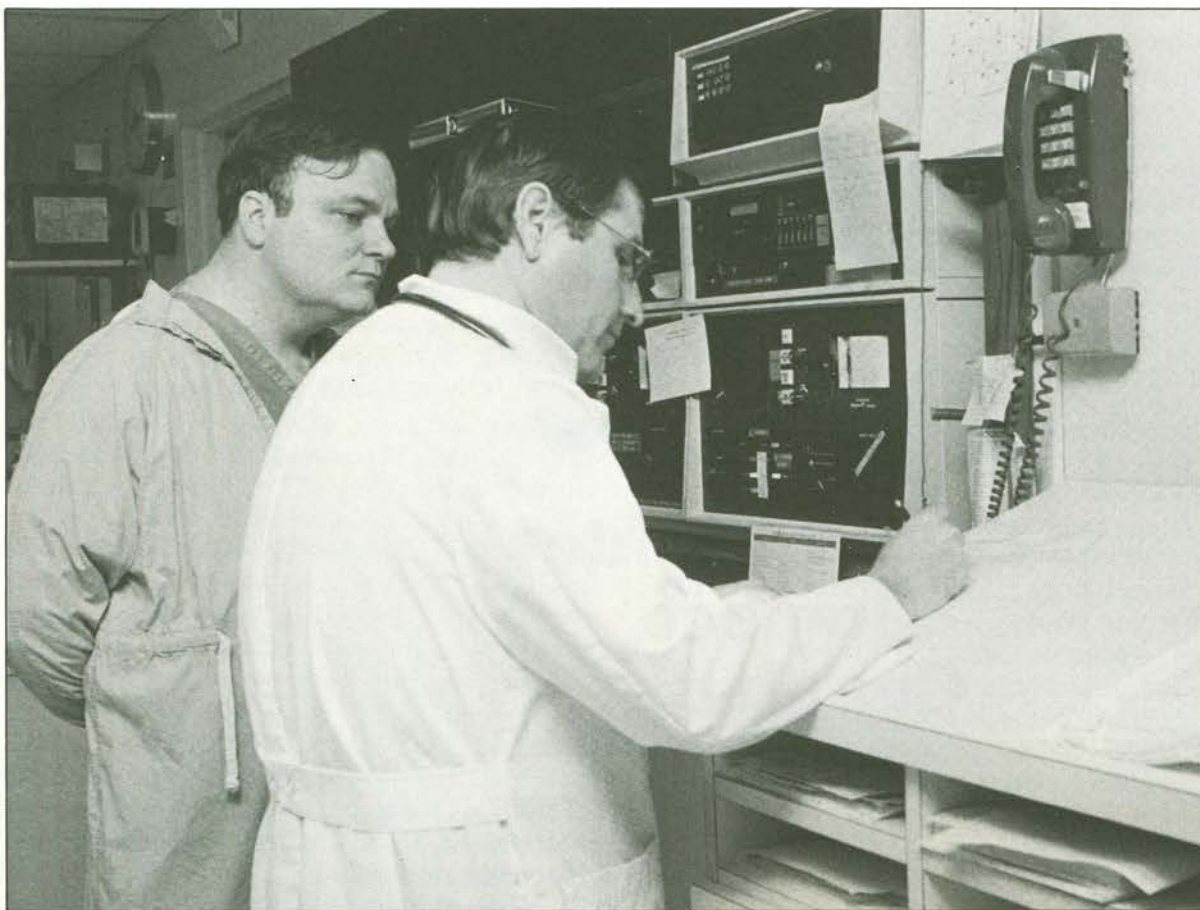
- * To create an awareness and concern for environmental issues among employees;
- * To promote recycling as a necessary and responsible method for preserving resources and reducing solid waste;
- * To influence hospital policy to take environmental issues and concerns into account, especially those decisions involving reusable versus disposable products;
- * To assume a leadership role in promoting sound environmental policy community-wide; and

- * To demonstrate, through action, a commitment to a cleaner, healthier future environment.

Members of the Environmental Impact Committee include:

Sarajane Williams, Chair - Cardiac Catheterization Laboratory
Bob Beyer, Treasurer - Engineering
Donna Matsco, Secretary - General Services
Terry Andrews - General Services
Jamie Anewalt - Public Relations
Mary Ellen Beideman - Infection Control
Lucy Edwards - Cardiac Catheterization Laboratory
Theresa Engelhardt - Short Stay Unit
Mary Ann Frankl - Operating Room
Nancy Hanssen - Radiology
Donna Hedash - Nursing Services
Ann Holmes - Physical Therapy
Leonard Kelly - Archives
Linda Leddy - Volunteer Services
Debra Maleski - Heart Station
Will Mest - Mailroom
George Naugle - Materials Management
Carmine Pierno - Radiology
Rob Stevens - Public Relations
Willard Steward - Engineering
Carolyn Tarabulski - Food Service

All interested employees are welcome to become involved in the committee. For more information, contact one of the members listed above or call Sarajane Williams at Ext. 8829.



Representative John F. Pressmann spent an evening at the Hospital Center earlier this year to observe the routine of a hospital emergency room. Here representative Pressmann watches as Jack Henriquez, M.D., Emergency Department physician, documents information on one of the department's forms.



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