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A Newsletter of Lehigh Valley Hospital Center

DECEMBER, 1987

# IRENE EHRGOTT RECEIVES HEALTHEAST MEDALLION

During the recent HealthEast Annual Meeting, Irene Ehrgott, R.N., M.S.N., oncology clinical instructor, became the first member of the Hospital Center's staff to receive the HealthEast Medallion. This award is part of HealthEast's Friends of Nursing program created to recognize nurses and to promote nursing as a career.

The Medallion is awarded to recognize a nurse who has lade a brilliant contribution to the practice of nursing in each of the components of HealthEast. Mrs. Ehrgott received the Medallion for implementing a nurses guide to chemotherapy agents.

In order to be eligible for the Medallion, the nominee must be an employee within the HealthEast system for at least one year and work as a professional nurse within the HealthEast system.

Mrs. Ehrgott has been a member of the Hospital Center's staff since October of 1976. Since that time, she has been a clinical instructor for the neurology/neurosurgery, plastic surgery, gastrointestinal, diabetic, and oncology units.

Mrs. Ehrgott is a graduate of St. Agnes Hospital School of Nursing. She graduated Cum Laude from East Stroudsburg University where she received her bachelor of science degree, and from Gwynedd-Mercy College where she received her master's degree in Nursing.

When asked how she felt about being chosen as the first Medallion recipient from the Hospital Center, Mrs. Ehrgott said, "I'm honored to have been selected by my colleagues to be the first recipient of such a prestigious award."

Other Medallion recipients include Vicky Geiger, R.N., from The Allentown Hospital, for developing and implementing a perinatal loss program; Mary Lesniak, R.N., from Gnaden Huetten Memorial Hospital, for her role in expanding the hospital's mental health unit; and Cynthia leiss, R.N., from Slate Belt Medical Center, for facilitating the establishment of the Medical Center's Community Health Center.



Irene Ehrgott

Congratulations, Irene!



## TEACHER-PRACTITIONER-RESEARCHER PROGRAM

In an effort to enhance nursing education and practice in the Lehigh Valley, the Teacher-Practitioner-Researcher (TPR) Program was developed and began in 1982. The TPR Program involves two schools of nursing and four health service agencies in the Lehigh Valley working jointly with each other. The program is designed to enhance nursing education and practice through collaboration between faculty and nurses. By providing professional growth opportunities for these individuals, such as shared and joint appointments, funding for clinical research studies, and opportunities for consultation, the TPR Program helps to retain highly skilled nurses in Lehigh Valley healthcare and educational institutions.

Goals of the TPR Program are to enhance the clinical knowledge and skills of faculty and practitioners; to attract and retain high-quality personnel; to promote cooperation between the health service agencies and the colleges; to enhance opportunities for, and generate interest in, clinical research; to increase job satisfaction of nursing personnel; and to improve educational programs for students.

Institutions currently participating in the TPR Program include: Allentown College of St. Francis de Sales, Cedar Crest College, Muhlenberg Hospital Center, the Visiting Nurses Association of Lehigh County, The Allentown Hospital, and the Hospital Center.

In 1982, the program began as a three-year pilot project with funding provided entirely by five participating institutions (The Allentown Hospital was not a member at that time). In August of 1985, the TPR Program received partial funding from the Dorothy Rider Pool Health Care Trust.

During the three years of the pilot project, 19 appointments were shared between faculty and nurses. Between Fall of 1985 and Summer of 1987, 12 shared appointments contributed over \$28,000 in services to the participating institutions.

Last year, several shared appointments involved Hospital Center personnel. Nancy Kanuck, R.N., M.S.N., assistant professor of Nursing at Allentown College of St. Francis de Sales, was a clinical instructor for registered nurses enrolled in the Enterostomal Therapy Course offered by the Hospital Center. In exchange, Kim Hitchings,

R.N., M.S.N., assistant director of operations for Clinical Programs, taught sophomore nursing students at Allentown College in the clinical and laboratory settings. In addition, Connie Molchany, R.N., M.S.N., clinical instructor, and Ellie Franges, R.N., M.S.N., clinical specialist, taught cardiac and neuro nursing respectively in the classroom setting to junior nursing students at Allentown College.

Since shared appointments proved successful, a model for joint appointments was developed in 1986. A joint appointment is a more formal arrangement than a shared appointment. A nurse in a joint appointment is responsible to an educational institution and a health care agency, and is compensated by both institutions based on the proportion of time committed to each. Initially, contracts for joint appointments are for a two-year period.

There are currently two joint appointments involving the Hospital Center. Dianne Kinsey, R.N., Ed.D., is associate professor of Nursing at Cedar Crest College and Mental Health clinical specialist at the Hospital Center. Barbara Moyer, R.N., M.S.N., is a clinical

instructor at the Hospital Center and assistant professor at Allentown College.

In 1985, the TPR Program began offering research seminars to nurses in the Lehigh Valley featuring local and nationally known nurse researchers. Annually, a Nursing Research Day is held for local nurses to present completed research studies. These seminars not only stimulate nursing research, but also provide a forum for and recognition of the contributions of area nurses to nursing and health care.

In 1986, the TPR Program began providing research grants for clinical nursing research. Two studies have been funded thus far. One was a study by two nurses from the Visiting Nurses

Association of Lehigh County seeking to identify the needs of home ventilator patients in the Lehigh Valley. The second study examined the mood profiles of patients undergoing electrophysiology studies. Jane Borbe, R.N., M.S.N., head nurse of the Progressive Coronary Care Unit, Connie Molchany, R.N., M.S.N., and Dianne Kinsey, R.N., Ed.D. researched this topic.

Through the TPR Program, nearly 100 master's and doctorally prepared nurses from the six institutions comprise a collective pool of expertise in the Lehigh Valley. Faculty and nurses share their expertise by providing consultation to participating institutions.

The TPR Program publishes a quarterly

newsletter to recognize nurses for their contributions to nursing practice, education, and research. Recent presentations and publications by area nurses are also highlighted. The newsletter also acts as a communications tool between the six participating institutions on program activities and developments.

The TPR Program has begun to achieve national recognition and will serve as a model for other communities as it is expanded and refined. The program was the only faculty practice model cited in the 1985 Report to the President and Congress on the Status of Health Personnel in the United States by the Department of Health and Human Services.



Kathleen T. Lucke

Kathleen T. Lucke, R.N., M.S.N., is director of the Teacher-Practitioner-Researcher Program. In this role, Mrs. Lucke coordinates the agency, college, and participant activities of the program. In addition, she plans, implements, and evaluates all program activities with input and guidance from the Coordinating Committee and the Advisory Committee.

The Coordinating Committee, which comprises the chairs of the Schools of Nursing and the vice presidents for Nursing of the agencies, provides direction for the various program activities. The presidents and deans of the colleges, the presidents or CEO's of the agencies, the executive director of the Pool Trust, and the members of the Coordinating Committee make up the Advisory Committee.

In addition to her TPR Program responsibilities, Mrs. Lucke also conducts clinical research, teaches part-time at Allentown College, and works part-time in the Hospital Center's Central Nervous System Unit.

Mrs. Lucke came to Allentown in 1985 from Indianapolis where she was project director and clinical specialist for critical care at Wishard Memorial Hospital, Indiana University Medical Center. She is a graduate of the Dominican College in Houston, Texas, where she received her bachelor's degree in nursing. She received her master's degree in Nursing from the Medical College of Georgia in Augusta.

## HEALTHEAST DIABETES CENTER RECEIVES STATE RECOGNITION

The HealthEast Diabetes Center was recently informed by the Pennsylvania Department of Health that its patient education program met national standards and is now a recognized provider of quality outpatient education. According to the Department of Health, the HealthEast Diabetes Center is one of approximately 30 recognized programs in Pennsylvania and the only recognized program in the Lehigh Valley and Harrisburg region.

Recognition is a voluntary but formal process of identifying programs that meet national standards for diabetes patient education. Recognition provides continuing assurance that an education program merits the confidence of the community it serves.

National standards for diabetes patient education programs have been endorsed by the National Diabetes Advisory Board. These standards were developed under the auspices of the Board in collaboration with the American Association of Diabetes Educators, the American Diabetes Association, Centers for Disease Control, Diabetes Research and Training Centers, International Diabetes Center, the Juvenile Diabetes Foundation, and the National Diabetes Information Clearinghouse. These standards establish 76 criteria against which programs can measure themselves.

Diabetes is a serious and common disease which is treated directly or indirectly in practically every health care facility in the nation, regardless of size or location. In chronic diseases, especially diabetes, patients are required to assume a major share of responsibility for their own care. Only a well-informed and motivated person who has the support of the primary health care provider can carry out this responsibility effectively. Evidence is growing that inadequate patient knowledge results in multiple hospital admissions, excessive use of emergency rooms, unnecessary medication, and a high incidence of long-term complications of diabetes, all of which increase human suffering and escalate the costs of care. Studies testing patient education as the variable component of the treatment regimen have shown consistent reductions in these measures. Education for self-care is therefore recognized to be a fundamental component of quality treatment of diabetics.

At the present time, both the quantity and quality of education offered to people with diabetes vary considerably in the United States. Experience in other fields has demonstrated the ability of uniform standards to improve the quality, effectiveness, and availability of programs. It is hoped that the implementation of national standards will result in increased access to this fundamental component of treatment.

## DID YOU KNOW...



Tish Isack

...Tish Isack, M.S.W., executive director of the Lehigh Valley Stroke Program and member of the board of directors of the National Stroke Association, recently visited its national headquarters in Denver, Colorado. Mrs. Isack was a guest at the National Stroke Association Annual Awards Dinner where Harry Caray, voice of the Chicago Cubs, received the Award of Courage.

Mr. Caray suffered a stroke in February, 1987. With unsurpassed determination and courage, he fought back to overcome his physical and speech deficits, and in three months, returned to his beloved fans and Cubs

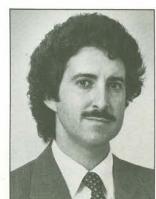
Mrs. Isack also attended the National Stroke Association semi-annual board of directors meeting. The central focus of the National Stroke Association is to unite those involved with stroke through a strong, viable information and service network. Supportive activities include a clearinghouse providing information, resources and referral services; a quarterly newsletter featuring articles from authorities on stroke, new developments and breakthroughs in stroke care; and generally providing a regular and common forum for sharing, exchanging and disseminating information on stroke.

...Lionel Kier, vice president, was recently admitted to nominee status in the American College of Healthcare Executives.

The American College of Healthcare Executives is a Chicago-based international professional society representing more than 20,000 health care executives. Nomineeship is the first level of professional achievement

in the College. Nominees must demonstrate their educational preparation and commitment to the health care field through an extensive application process. After a period of continued professional development, the nominee may make application to advance to

membership status. Membership is achieved after meeting application requirements and passing an extensive written and oral examination. Fellowship, the highest level of professional achievement. may be attained after a specified number of years of service, continuing professional development, demonstration of leadership and completion of an original detailed project by the candidate.



Lionel Kier

... Two papers written by Hospital Center staff members were presented recently at the Tenth Annual Conference of the Mid-Atlantic Association of Burn Care Facilities at the Philadelphia Airport Hilton hosted by St. Agnes Medical Center Burn Center. "Non-Invasive Monitoring of Arterial Saturation in Burn Patients Using Pulse Oximetry," was written by Cynthia Mastropieri, R.N., B.S.N., Burn Center staff nurse, David Barillo, M.D., plastic surgery resident, Walter J. Okunski, M.D., director of the Burn Center, and Michael Cohen, anesthesiologist at Tufts-New England Medical Center in Boston. "An Assessment of Burn Nurses' Perceptions of the Needs of Burn Patients Families," was written by Yvonne M. Troiani, R.N., M.S.N., Burn Center head nurse. Fourteen members of the Hospital Center's Burn Center staff attended the conference.



Along with the holiday season comes its usual round of entertaining and parties. During this season, please remember that friends don't let friends drive drunk.

If you plan to entertain, remember that true hospitality includes caring about the post-party safety of friends and relatives. Two options for caring hosts are to offer non-alcoholic thirst-quenchers and curb alcohol consumption at the party by emphasizing food rather than drink.

Some suggestions to make your party both

merry and safe include:

\* Serve plenty of food right from the

very beginning.

\* Set up your buffet in a location that is convenient for all and make it temptingly attractive.

Avoid salty foods which stimulate thirst. Instead offer high protein

foods and moist foods.

\* After serving the first drink, let guests determine when they want a refill. Don't force additional drinks, nor spend the evening freshening up the drinks in guests' hands. Never offer "one for the road."

Use a shot glass when measuring mixed

drinks.

\* Watch for over-indulgers. Try to divert attention from the bar with dancing, games, or conversation. If you notice a guest drinking excessively, engage him in conversation or offer food to slow down the rate of alcohol consumption. Offer to mix his next drink and go light on the alcohol.

Bring on the coffee, and plenty of it, at least an hour or more before your guests will be leaving. Coffee is not a cure for overindulgence, but when drinking coffee, guests are not taking

in more alcohol.

\* When the party's over, even the best host may wind up with an intoxicated friend. If so, be a true friend and don't let him drive drunk. See that

he is driven home by someone who is sober. If there's a local taxi company, engage it; the cost is modest compared to injury to persons and vehicles. Heed the slogan, "Take a taxi, not a life." Prepare overnight sleeping facilities ahead of time in case this alternative is needed. Or drive your guest home yourself. His life is far more important than a little inconvenience.

Remember, no tactic is too extreme if it keeps a drunk driver off the road!

When the party's over and everyone's home safely, kick off your shoes, and toast yourself for being first a friend...and then a host

#### ALCOHOL FACTS...

...20% of alcoholic beverages sold are served in restaurants, bars and lounges. The other 80% is consumed at home.

...only the passage of time can reduce the level of alcohol in the blood.

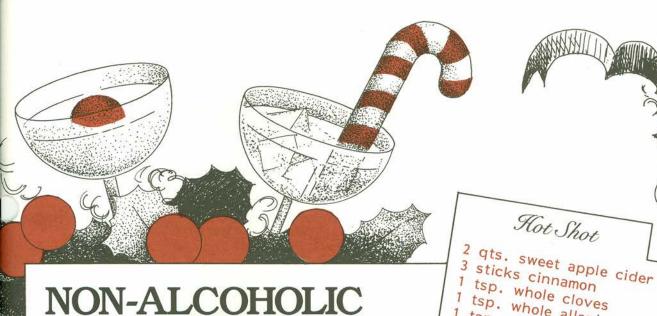
...coffee, exercise, or a cold shower will not make a person sober.

...1 out of 2 Americans will be involved in an alcohol-related accident in their lifetime.

...50% of all highway fatalities are alcohol-related.

...driving ability is impaired at a blood alcohol level of .05% which is half the legal limit to be considered intoxicated (.10%).

...a drink of 86 proof liquor  $(1\frac{1}{2} \text{ ozs.})$ , or 12 ozs. beer, or 6 ozs. of wine all pack the same punch per drink. They have the same amount of alcohol and the same intoxicating potential.



### **NON-ALCOHOLIC** DRINK RECIPES FOR THE HOLIDAYS

Here are a few unspiked delights to keep energy levels high and minds sharp.

## Spunky Eggnog

1 qt. eggnog 1 1/2 Tbls. hot water 1/4 tsp. orange extract 2 C. finely crushed ice

In a small bowl dissolve honey and orange 1 tsp. rum flavor extract in water; cool. In a large mixing Ground ginger bowl combine honey mixture, eggnog, ice and rum flavor. Mix at high speed until and rum flavor. Mix at high speed until flavor. Sprinkle each serving with ginger. Yield:

# Dandy Alexander

Hot Shot

1 tsp. chopped candied ginger

Bring cider, 3 sticks cinnamon, cloves, allspice and ginger to a boil in saucepan;

simmer uncovered 10 minutes. Strain before serving. Garnish each serving with a butter ball and a stick of cinnamon. Yield: 8 cups

1 tsp. whole allspice

Butter balls

2 pkgs. powdered non-alcoholic Alexander.

2/3 C. cream or 4 Tbls. ice cream 1/2 C. crushed ice

1/4 tsp. almond extract Nutmeg

Blend and pour into two chilled cocktail glasses. Sprinkle each with nutmeg.

## Demure Daiquiri

cherry.

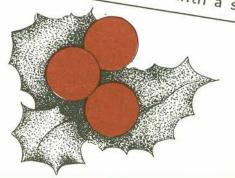
4 Tbls. frozen limeade concentrate 1 C. crushed ice Blend thawed limeade, ice and mint extract 1 drop mint extract in blender for a few seconds on high speed. maraschino cherry Stop motor, rubber enatura production in the stop motor, rubber enatura productions are security of the stop motor, rubber enatura productions are stop motor. glass with rubber spatula. Blend again until glass with rupper spatula. Blend again U Serve in cocktail fine "snow" is formed. Garnish with a glass with short straw.

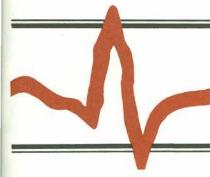
(Reprinted with permission from AAA Today magazine.)

## Lina Lizzazz

1 1/2 oz. orange juice 3 oz. non-alcoholic liquid pina colada mix

Fill a tall, chilled glass half full of ice. Ad juice and the mix. Stir and garnish with a sprig of mint. Serve with a straw.





#### **MEDICAL STAFF NEWS**

DAVID BARILLO, M.D., plastic surgery resident, recently passed the certifying exam of the American Board of Surgeons. He is now board certified in General Surgery.

JOHN S. PAPOLA, M.D., otolaryngologist, recently passed the written examination given by the American Board of Otolaryngology. He is now certified as a Diplomate of the American Board of Otolaryngology.

Sixty members of the Hospital Center's medical staff have received faculty appointments at the School of Medicine of Hahnemann University. They include:

#### ANESTHESIOLOGY

Samuel M. Lerner, M.D., Professor of Clinical Anesthesiology

#### EMERGENCY MEDICINE

Ronald A. Lutz, M.D., Clinical Associate Professor

#### MEDICINE

Peter J. Barbour, M.D., Clinical Associate Professor Donald E. Barilla, M.D., Clinical Associate Professor Dale T. Bowen, M.D., Clinical Assistant Professor Charles M. Brooks, M.D., Clinical Assistant Professor Joseph A. Candio, M.D., Clinical Assistant Professor Carl F. D'Angelo, M.D., Clinical Assistant Professor Dean F. Dimick, M.D., Professor of Clinical Medicine Joseph C. Guzzo, M.D., Clinical Associate Professor Russell H. Jenkins, M.D., Clinical Assistant Professor Douglas Johnson, M.D., Clinical Assistant Professor Jay E. Kloin, M.D., Clinical Assistant Professor Luther V. Rhodes III, M.D., Clinical Assistant Professor Randy A. Rosen, M.D., Clinical Instructor Alan H. Schragger, M.D., Clinical Associate Professor Steven A. Scott, M.D., Clinical Instructor Stephen R. Shore, M.D., Clinical Assistant Professor Glenn M. Short, M.D., Clinical Assistant Professor Howard A. Silverman, M.D., Clinical Assistant Professor William A. Tuffiash, M.D., Clinical Assistant Professor Michael H. Ufberg, M.D., Clinical Assistant Professor Paul W. Weibel, Jr., M.D., Clinical Instructor Headley S. White, Jr., M.D., Professor of Clinical Family Medicine

H. Donald Wills, M.D., Clinical Assistant Professor

## OBSTETRICS & GYNECOLOGY

Stephen K. Klasko, M.D., Clinical Assistant Professor Chong S. Lee, M.D., Clinical Assistant Professor Joseph A. Miller, M.D., Clinical Assistant Professor Ernest Y. Normington II, M.D., Clinical Assistant Professor Gregory J. Radio, M.D., Clinical Assistant Professor Robert J. Snyder, M.D., Clinical Assistant Professor Stanley Snyder, M.D., Clinical Assistant Professor Sze-ya Yeh, M.D., Professor of Obstetrics & Gynecology

#### **PATHOLOGY**

John J. Shane, M.D., Professor of Clinical Pathology

#### **PEDIATRICS**

Russell B. Puschak, M.D., Clinical Associate Professor

#### **PSYCHIATRY**

John F. Mitchell, M.D., Associate Professor of Clinical Psychiatry Susan D. Wiley, M.D., Clinical Assistant Professor

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## BACK TO BASICS

There are many do's and don'ts related to back pain. Here are a few basic preventive techniques to keep in mind.

#### Lifting

Be smart! Use the stronger muscles of your legs to help support the weight by bending your knees and keeping your back straight. Be sure of your footing, hold the object firmly and close to you and try not to lift anything heavy above your waist. If the object is heavy or awkward, get help.

#### Driving

Sit close to the wheel so that your knees are bent and higher than your hips. Sit straight, and consider getting a hard seat for your car if you do a lot of driving.

#### Standing

Keep your lower back flat and use a footrest to keep one foot up. Bend your knees when leaning forward.

#### Working

Change position and routine. Use lifting and moving tools for heavy objects. Keep your knees bent and your back straight. Use lightweight tools, good balance, and stand close to your work.

#### Sleeping

The best sleeping postures are on your side with your knees bent or on your back with a pillow under your knees. Sleep on a firm mattress or place a 3/4 inch plywood board under your mattress.

#### Exercising

Proper warm-up and stretching are essential for any exercise program and are especially important in preventing back problems. Good overall exercises are walking, bicycling, and swimming. For people with back pain, jogging on a hard surface may aggravate the condition. Seek your doctor's advice before starting any exercise program.

# HOSPITALS OFFER NURSING STUDENTS TUITION ASSISTANCE

The Hospital Center and The Allentown Hospital have announced a joint venture to provide financial assistance to area nursing students.

The Nursing Tuition Assistance Program (TAP) will provide substantial tuition assistance to students enrolled in area accredited nursing programs in exchange for a contractual agreement to work as a full-time registered nurse at either hospital site upon completion of their education.

Developed to offset a projected national shortage of qualified nurses, TAP is modeled after a similar successful program at University Hospitals of Cleveland.

"We are eager to offer area nursing students an opportunity to pursue their nursing education on a full-time basis and then put their skills to work here in the Lehigh Valley," said TAP spokesperson Barbara Salvadore, assistant to the president.

Students enrolled in accredited four-year college and three-year nursing programs are eligible to participate.

Further information and applications may be obtained by contacting the Office of Nursing Education Tuition Assistance Program at the Hospital Center or by calling 776-8415.



# Motes from our Patients

"The nursing staff was exceptional and dedicated.
Orientation for open heart surgery was comprehensive and most helpful to the family as well as the patient. Good continuing care from cardiology team and pulmonary support group. The Zipper Club representative was good in follow-up. Transition back to real life was well thought out. I doubt that famous centers offer much more. You're active, expert, and coordinated. A real asset to the area."

A patient from the Open Heart Unit

"I am overwhelmed with the competency, cleanliness, dignity, caring and thoughtfulness of your staff. My comments cover the spectrum of your staff physicians to your housekeeping personnel. My heartfelt thanks to your chief of Pathology, John Shane, M.D., a warm and personal friend who encouraged me to travel the 75 miles to your outstanding institution. Now I have a first-hand experience as to the superiority of your reputation."

A patient from 4C

"Past experience in other hospitals puts me in a position to rate Lehigh Valley Hospital Center as the <u>Best</u> in the area in all phases of care. I would not hesitate to return if ever the need arose. Thank you very much for your hospitality and extended thanks to the nursing care."

A patient from 7B

Betty Maier, a member of the Hospital
Center's auxiliary, receives useful information
from Sue Trinkle, R.N., Short Procedure Unit
staff nurse, and Joan Collette, R.N., Operating
Room staff nurse, following her blood
pressure check. Staff members from the
Operating Room and Short Procedure Unit
sponsored blood pressure checks as part of
the Hospital Center's recent celebration of
Operating Room Nurse Day.



In order to fund a state-wide pilot project for a burn safety education program for the elderly, the Pennsylvania Department of Health recently presented a check for \$35,000 to the Burn Foundation of East-Northeast Pennsylvania. Pictured here during the check presentation ceremony are (left to right) B. Daniel Dillard, executive director of the East-Northeast Office of the Burn Foundation; Dr. Victor Greco, Deputy Secretary of Community Health, Commonwealth of Pennsylvania; Donald R. Miller, Burn Foundation director; and the Honorable Donald Snyder, State Representative and Burn Foundation director.





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