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Meet the colleagues who participated in this EMS event.

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# We Want to Address Your Questions/Concerns About Measles Exposure

BY [BRIAN DOWNS](#) · OCTOBER 16, 2019

**This message is from Luther Rhodes MD, FACP, FIDSA, FSHEA, Chief Infection Control and Hospital Epidemiology, and Matt McCambridge, MD, MHQS, FACP, FCCP, CPHQ, SVP, Chief Quality and Patient Safety Officer.**

With a Pennsylvania Department of Health (DOH) confirmed measles case in the Allentown area within the past week, we want to address questions and concerns we have received, and provide caregivers, our colleagues and the public information to help protect them and their families. Here are some messages that should help you better understand the current situation and facts about measles and communicate them to others.

## MEASLES UPDATE



- If anyone who might have been exposed to measles at several locations in the Allentown area, between Oct. 7 and 12 was properly immunized against measles, your risk of getting the disease is minimal.
- The potential exposures occurred at the following locations and times:
  - 7350 Office Building, 7350 Tilghman St., Allentown, PA, 18106 on Oct. 7 from 9:30 a.m. to 11:45 a.m.
  - 1251 S. Cedar Crest Blvd. Office Building, main lobby of the building, Allentown, PA, on Oct. 7 from 2:30 p.m. to 4:35 p.m.
  - Quest Diagnostics, 1608 W. Allen St., Allentown, PA, on Oct. 8 from 8 a.m. to 10:30 a.m.
  - Lehigh Valley Hospital, 1200 S Cedar Crest Blvd, Allentown, PA 18103, on Oct. 12 from 9:15 a.m. to 11:45 a.m. in the proximity of the emergency department waiting room.
- **The patient with measles has recovered and was discharged home from LVH-Cedar Crest.**
- **Hospital operations were normal during treatment of the patient. Beyond those who might have been exposed in the emergency department who have been contacted, and staff who treated the patient, there was no exposure to anyone else who was in the hospital at the time or anyone coming to the hospital since the patient arrived and going forward.**

- The Pennsylvania DOH is working with the Allentown Health Bureau and Lehigh Valley Health Network to notify individuals who may have been exposed.
- The measles virus is a highly contagious disease. Measles spreads through coughing, sneezing or other contact with the mucus or saliva of an infected person.
- Symptoms typically appear one to three weeks after infection and include rash, high fever, cough, and red, watery eyes.
- Those at highest risk of acquiring measles from a confirmed case:
  - Infants less than one year of age who are too young to have received the MMR vaccine
  - Individuals who refused vaccination
  - Individuals from parts of the world where there is low vaccination coverage or circulating measles.
- Additionally, even if you were vaccinated, you may still be at risk if you:
  - Were vaccinated with an inactivated vaccine, which was used from 1963 through 1967, and have not been revaccinated
  - You were born after 1957 and have only received one dose of MMR vaccine
- If you believe you might have been exposed to measles and experience symptoms, please contact your healthcare provider or call the DOH's toll-free hotline at 1-877-PA-HEALTH **PRIOR** to walking in a clinic or hospital to avoid exposing other individuals.
- Measles is preventable with a proven and safe vaccine.
- Vaccines are safe and essential tools to protect children from preventable diseases. Vaccinations not only protect children, but those with serious health conditions who cannot get vaccinated.
- There have been **16 cases** of measles confirmed in Pennsylvania in 2019. In 2018, Pennsylvania had two confirmed cases.

## EMPLOYEE EXPOSURES

- As noted above, the DOH has defined the type of exposure and time frame for exposure to this patient that would carry a risk of infection, if the exposed person is susceptible. Based on the DOH criteria, very few LVHN colleagues at LVH-Cedar Crest had this type of exposure.
- **All of the employees that met the DOH exposure criteria have been identified. It has been determined by employee health, through a review of the affected employee health records, that these employees have acceptable immunity and are not susceptible, that is, have documentation of two doses of the MMR vaccine, or had bloodwork drawn during the pre-employment physical indicating immunity.**
- Employees who do not have documentation are required to be vaccinated prior to starting their job.
- If you remain concerned about your immunity status, please contact employee health services at 610-402-1894.

# Nominate a Colleague for a 2020 Service Excellence Award

BY [RICK MARTUSCELLI](#) · OCTOBER 15, 2019

Colleagues throughout LVHN do amazing things every day. They deserve to be rewarded for all they do for our health network, our patients and our community. To give colleagues the recognition they deserve, LVHN expanded our annual Service Excellence Awards to include colleagues network-wide. It's the next step in the process to full integrate our health network.

## What are Service Excellence Awards?

For many years, Service Excellence Awards were presented annually to colleagues in the Lehigh Valley. Now, we're welcoming nominations for these awards from throughout LVHN. Services Excellence Awards reward and recognize colleagues who do exceptional things. There are several to choose from. You can nominate a colleague or team for one of these awards:



- **The LVHN Guldin Award for Efficiency and Innovation in the Clinical Workplace** recognizes a colleague or team that exhibits exceptional contributions toward implementation of a new or more efficient clinical work practice and/or process method.
- **The LVHN Guldin Award for Efficiency and Innovation in the Nonclinical Workplace** recognizes a colleague or team that exhibits exceptional contributions toward implementation of a new or more efficient administrative work practice and/or process method.
- **The LVHN Guldin Award for Efficiency and Innovation in a Physician Practice** recognizes a colleague or team that exhibits exceptional contributions toward implementation of a new or more efficient work practice and/or process method.
- **The LVHN Mark Young Award** recognizes a physician who demonstrates an outstanding accomplishment in community health improvement.
- **The Provider Service Star Award** recognizes an LVPG physician or advanced practice clinician (APC) who consistently demonstrates exceptional customer service characteristics. One award recipient will be named in each LVHN region (Lehigh Valley, Hazleton, Schuylkill and Pocono).
- **The LVHN Star Mentor/Coach Award** recognizes a colleague who instructs, develops and promotes other colleagues and is considered an “unsung teacher” in their department.
- **The Volunteer Community Service Award** recognizes a colleague or team that represents LVHN

in the local community. This individual or team demonstrates outstanding commitment in volunteer activities and has shown dedication and philanthropy to an organization, business and/or institution (inside or outside LVHN). Six awards recipients will be named, three from the Lehigh Valley and one each from Hazleton, Schuylkill and Pocono.

Service Excellence Awards also will be given to the outpatient departments, inpatient departments and physician practices for patient satisfaction performance criteria.

### **How do I nominate a colleague?**

You can nominate a colleague for a Service Excellence Award on PRIDEpoints. Here's how:

- From your SSO toolbar, click "PRIDEpoints."
- In the left column, click "Service Excellence."
- Click "Get Started" next to the award for which you want to submit a nomination.
- Enter the name of the colleague(s) or team. Try to provide the names of all the colleagues you are nominating.
- Enter the reason or story behind why you believe the colleague or team should receive the award. Provide specific examples of how the colleague(s) or team meets the award criteria. Please use uppercase and lowercase letter.
- Click "Submit."

**Attention LVH–Pocono colleagues:** Because PRIDEpoints is not yet live at your site, you can nominate a colleague by visiting the intranet and clicking "Service Excellence" under "HR Special Links" on the home page. LVH–Pocono colleagues who have questions should email Lynn Lansdowne [Lynn.lansdowne@lvhn.org](mailto:Lynn.lansdowne@lvhn.org) (570-476-3365),

or Amanda Skrzysowski [Amanda.Skrzysowski@lvhn.org](mailto:Amanda.Skrzysowski@lvhn.org) (570-476-3364) if you need assistance.

### **What is the nomination deadline?**

Nominations must be received by Nov. 15 to be considered.

### **Can someone help me complete the nomination?**

Yes. The LVHN Reward and Recognition Committee has coaches to help you select the most appropriate award and complete your nomination. Contact Lorraine Pirino, [Lorraine\\_T.Pirino@lvhn.org](mailto:Lorraine_T.Pirino@lvhn.org) (484-884-0956), or Barbara Lachimia at (484-884-7090) [Barbara.Lachimia@lvhn.org](mailto:Barbara.Lachimia@lvhn.org), if you need assistance.

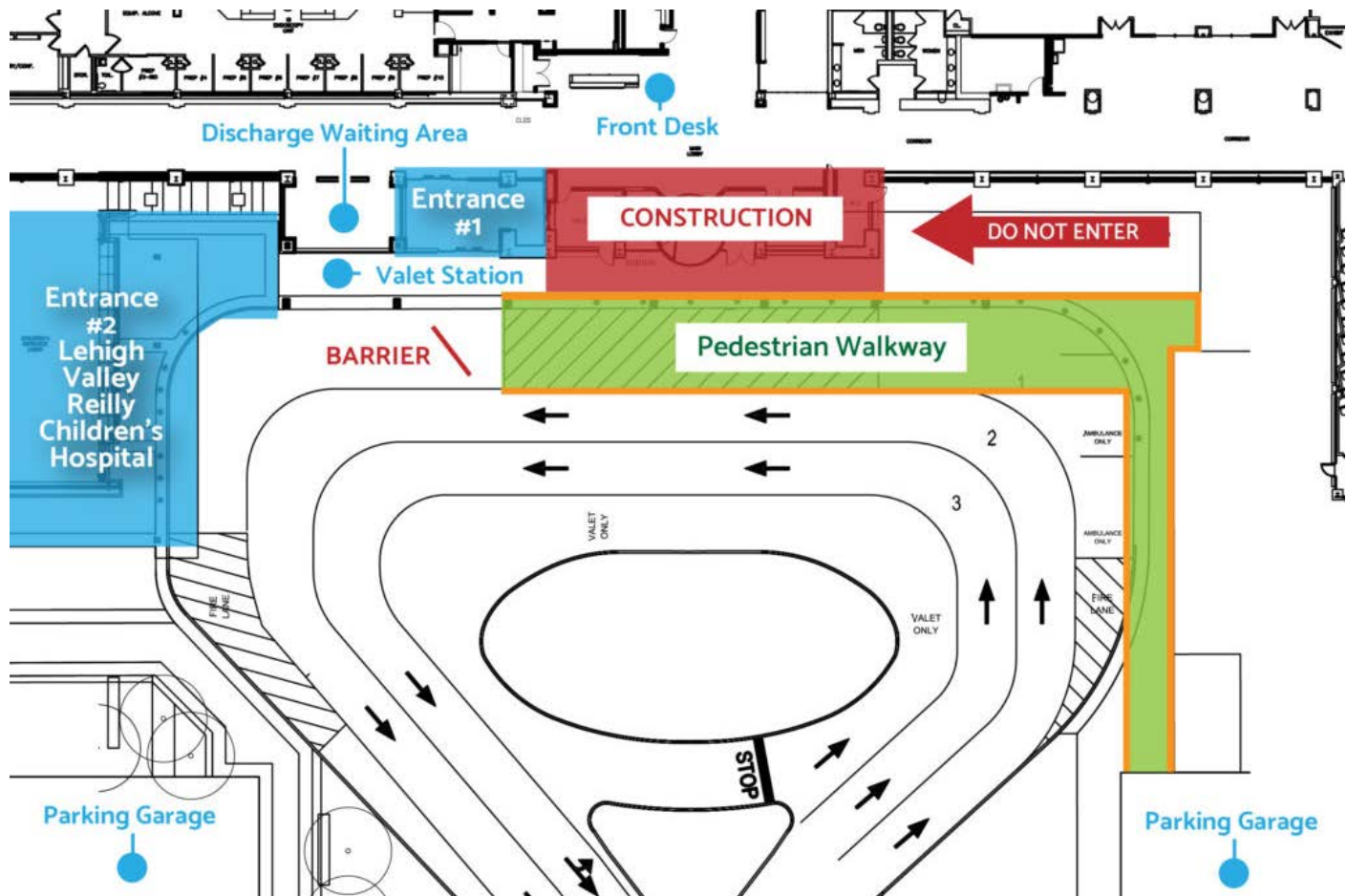
### **When will the award recipients be named and recognized?**

Award recipients will be honored during the Leader to Leader meeting on Jan. 16, 2020. Following the meeting, the stories and photos of the recipients will be featured on LVHN Daily.

# LVH–Cedar Crest Main Entrance Construction

BY [KATIE CAVENDER](#) · OCTOBER 16, 2019

Starting Oct. 21, a portion LVH–Cedar Crest's main entrance will be temporarily closed while under construction. Here's what you need to know:



- The area shaded red in the attached map will close Monday, Oct. 21 at 6 a.m., and will remain closed until Jan. 2020.
- Access to both parking decks in front of the hospital will not be affected.
- A pedestrian walkway will be created to guide people from west parking deck H to the entrance near the discharge waiting area.
- Valet and transporter staff will be positioned along the road and will be available to help patients and visitors as needed.
- Temporary construction barriers and flagmen will direct traffic as required.

If you have questions, contact the facilities and construction department at 484-884-8597.

Thank you for sharing this important information with our patients and visitors. By keeping them informed and thanking them for their patience, you help to make their LVHN experience the best it can be.

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## Service Star of the Month – October 2019

BY [PAULA RASICH](#) · OCTOBER 17, 2019

### **Lori Steinhart, RN, and John Steinhart, RN, Clinical Documentation and Emergency Room, LVH–Schuylkill**

One afternoon, John and Lori pulled into a convenience store in Pottsville. As John was adding air to the tires, they both noticed a nearby car idling. Inside, a man was slumped over the steering wheel and a child was in the back seat. John and Lori rushed over to help, but the doors were locked. Lori yelled for help, asking if anyone had a tool to break the window open. An officer came over, cracked open the window and they pulled the driver out of the car. Another woman took the child in her arms. The man was unresponsive and quit breathing but he had a pulse.



Lori and John opened his airway as EMS

arrived on the scene. Moments later, the man sat up. Overwhelmed, he suddenly began sobbing. It turned out that Lori knew the man and his mother who also lived in Pottsville. Lori stayed by the distraught man's side to console him, helping him process what just happened. She helped him see the miracle in the moment: He was given a second chance at life. He and his child were alive and safe. "Lori and John helped a man when he needed it most – on the verge of death. What better way to show compassion for our community?" says nominator Lynn Hausman.

### **Next Steps**

Nominate a Service Star.

Congratulate these PRIDE Award recipients. The PRIDE Award is part of our expanded [Service Star Award program](#).

### **Megan Kershner, RN, Lehigh Valley Cancer Institute, Health Center at Bangor**

When a patient grew extremely angry and impossible to communicate with after a cancer diagnosis,



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Kershner reached beyond this emotional wall. She gave him an outlet to work through his difficult emotions. As a result, he began to smile more and argue less with his daughter, his main caregiver. Kershner gave this patient what he couldn't give himself – support, tenderness and a smile.

### **Michelle ZeRuth, RN, Oncology, LVPG–Pocono**

“Class act” and a “warrior” in the battle against cancer are just two ways a cancer patient recently described ZeRuth. Grateful for the extraordinary care he received from ZeRuth, this patient penned a letter praising her special style – “can’t be done” is not in her vocabulary. A beacon of light, ZeRuth left this patient with the most important gift of all – hope.

### **Julie Rosato, RN, Emergency Room, LVH–Pocono**

On her way to work, Rosato witnessed a rollover accident. A tractor trailer crashed through a guardrail and slid down an embankment. A large diesel spill surrounded the area. Rosato ran across the road and climbed down the embankment to check on the driver. After EMS arrived on the scene, Rosato continued on her way to work. There she changed into a clean uniform and was waiting for the driver when he arrived in the ER.

### **Robert Meridionale, Technologist, Nuclear Medicine, LVH–Hazleton**

At the beginning of the summer, an 87-year-old man began prepping his garden. But symptoms during physical exertion led to several trips to Nuclear Medicine for diagnostic tests. After getting to know the couple, Meridionale offered a hand with their gardening project. Meridionale went to the patient's house multiple times until the garden was tilled, weeded and planted. This allowed the patient to relax and improve his health instead of stressing about home projects.

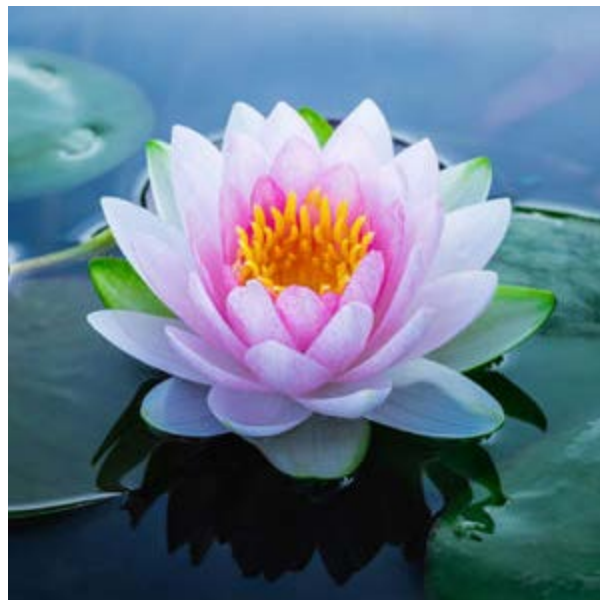
# Free Mindfulness Program for Physicians and APCs

BY [KATIE CAVENDER](#) · OCTOBER 15, 2019

Both mindfulness and self-compassion have been shown to reduce burnout and build resilience. **Join us for a mindfulness program offered over the course of four weeks.** Physicians and APC's can learn brief formal meditation practices to achieve basic mindfulness and compassion. Mindfulness will allow you to pay attention to the present moment with curiosity and ultimately see your reaction to events is within your control.

## Program objectives

- Identify internal and external stress and how it is experienced in the body.
- Recognize habitual patterns of appraisal and reactivity.
- Realize that there are alternative ways of seeing and understanding events
- Find new alternative ways to respond and communicate
- Builds resiliency to work during unpleasant and challenging experiences



## Continuing education credits available

Colleagues must attend all four consecutive courses to receive credit. See the designation statement below.

## Meeting details

Lehigh Valley Hospital – Cedar Crest

- Nov. 4 from 6 p.m. – 8:30 p.m. in Kasych Pavilion, ECC 1
- Nov. 11 from 6 p.m. – 8:30 p.m. in Kasych Pavilion, ECC 6
- Nov. 18 from 6 p.m. – 8:30 p.m. in Kasych Pavilion, ECC 1
- Nov. 25 from 6 p.m. – 8:30 p.m. in Kasych Pavilion, ECC 1

**To register, email [mytotalhealth@lvhn.org](mailto:mytotalhealth@lvhn.org) by Oct. 31. To learn more about mindfulness resources, visit [LVHN.org/mindfulness](http://LVHN.org/mindfulness).**

**Designation Statement:**

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It is Lehigh Valley Health Network's policy to ensure balance, independence, objectivity and scientific rigor in all of our educational programs. Faculty and all others who have the ability to control content of continuing education activities provided by Lehigh Valley Health Network are expected to disclose to the audience whether they do or do not have any real or apparent conflict(s) of interest or other relationships related to the content of their presentation(s).

Lehigh Valley Health Network is accredited by the Pennsylvania Medical Society to provide continuing medical education for physicians. Lehigh Valley Health Network designates this live educational activity for a maximum of 10.0 AMA PRA Category 1 credit(s) (Must attend all four consecutive sessions). Physicians should only claim credit commensurate with the extent of their participation in the educational activity.

Lehigh Valley Health Network is an approved provider of continuing nursing education by the PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Completion criteria: Registered Nurses attending the entire program and completing the evaluation tool will receive 10.0 contact hours (Must attend all four consecutive sessions).

Lehigh Valley Health Network has been designated a pre-approved sponsor provider of professional continuing education for social workers, marriage and family therapist and professional counselors by the State Board of Social Workers, Marriage and Family Therapist and Professional Counselors. License # 002613. This educational activity has been approved for 10.0 CEUs (Must attend all four consecutive sessions).

# Pink Out at the Promenade Shops

BY [JENN FISHER](#) · OCTOBER 14, 2019

It's going to be an evening of pink at the Promenade Shops in Saucon Valley for Pink Out, an evening of fun and information presented by Lehigh Valley Cancer Institute.

## **Pinkie swear you'll join us!**

Add these details to your calendar:

**When:** Thursday, Oct. 24, 2019 (rain or shine)

**Time:** 5-8 p.m.

**Place:** Promenade Shops at Saucon Valley

2845 Center Valley Parkway, Center Valley, Pa.

**Cost:** Absolutely free!

Pink Out will feature short presentations by Lehigh Valley Cancer Institute doctors and other LVHN health care providers, as well as opportunities to:

- Tour Lehigh Valley Cancer Institute's Mammography Coach
- Schedule your mammogram

## **Pink Out partner: Barnes and Noble**

Not only is Barnes and Noble a great place to find a good book or a cup of coffee, the retailer is offering to donate a percentage of sales (made locally OR nationally) to Lehigh Valley Cancer Institute if you present this code at the register: **12557377**. This includes sales made in the café too. For more details, [review the Barnes and Noble flyer](#)

## **Wear pink**

Be sure to get your pink on! If you wear something pink, you can enter the Pink Out raffle for fun prizes.

To register, call 888-402-LVHN (5846) or visit [LVHN.org/PinkOutEvent](http://LVHN.org/PinkOutEvent).



# Safely Dispose of Unwanted Medications on National Prescription Drug Take Back Day

BY [ADMIN](#) · OCTOBER 16, 2019

When unused medications find their way into the wrong hands, it can have dangerous and often tragic consequences.

On Saturday, Oct. 26, you can be one of thousands across the country who will clean out unwanted or expired medications and help assure that prescription drugs are properly disposed of. National Prescription Drug Take Back Day, organized by the U.S. Drug Enforcement Administration (DEA), encourages citizens across the country to turn in those medications at predetermined, approved locations. One of those locations is the CVS Pharmacy located on Liberty Street in Allentown, next to LVH—17<sup>th</sup> Street.

Visit CVS Pharmacy at 1601 Liberty St. in Allentown on Oct. 26 from 10 a.m. to 2 p.m. to drop off your unwanted medications. Visit [DEATakeBack.com](https://www.deatakeback.com) for other participating sites.



# Talent Showcased for Childhood Cancer Awareness – PHOTOS

BY [KIRSTIN REED](#) · OCTOBER 14, 2019

The auditorium at LVHN–Mack Boulevard came to life as Children’s Cancer and Multipurpose Infusion Center patients and colleagues took to the stage for “Clinic’s Got Talent.”



*Colleagues from the Children's Cancer and Multipurpose Infusion Center organized the event.*





*Scott Wheatley, MD, served as Master of Ceremonies for the evening.*



*Jasmin and Drishti sang a mash-up of the crowd's Disney favorites.*



*Ryan showcased his artistic abilities with some help from Devon Gulick, Certified Child Life Specialist.*



*Dakota took the stage between acts and won over the crowd with each costume change.*





*Tommy demonstrated his cup-stacking talent all the way from Lehigh Valley Reilly Children's Hospital.*



*Lauren applied some spooky special effects make-up on Sloane Radcliffe, Social Worker.*





*Garrett performed a magic trick with some help from Michele Dzomic, RN, and Jacob Troutman, DO.*



*Aleysha wowed the audience with her rendition of Moana's "How Far I'll Go" alongside Jessica Cupples, RN.*



*Lexi and Leslie rocked out to the Backstreet Boys "I Want it That Way."*



*Emily and her sister delivered an emotional performance of "Rise Up."*





*Felipe Bautista-Otanez, MD, wowed the audience with his juggling skills.*



*The performers gathered together on the stage and received a standing ovation from the audience.*

# LVHN at the CODE Conference – PHOTOS

BY [KATIE CAVENDER](#) · OCTOBER 18, 2019

Oct. 9 to Oct. 11 physicians, nurses, paramedics, emergency medical technicians, emergency responders and EMS Agency Managers met at Kalahari Resorts in the Pocono Mountains for the CODE EMS Conference. As platinum sponsor of the event, LVHN had a meaningful presence. LVHN colleagues presented on timely issues and provided unique educational activities.

code1



Image 1 of 6

Megan Leary, MD, with LVPG Neurology kicked off the event by presenting on the Mobile Stroke Unit as the keynote address. Other presentations included:



- “What’s hot, What’s Not in Burn Care” presented by Brian Joho, RN
- “Environmental Emergencies” presented by Jennifer Volpe, DO, with LVH–Pocono Emergency Medicine
- “Injury Stabilization, When Resources are Limited” presented by Sara Jones Sapienza, MD, with Lehigh Valley Institute for Surgical Excellence
- “Venom & Fire” presented by Alex Amaducci, resident with LVPG Medical Toxicology

LVHN teams represented at the event include Medevac, EMS, Lehigh Valley Reilly Children’s Hospital, the Lehigh Valley Heart Institute and the Comprehensive Stroke Team.

LVHN EMS invited people to put their skills to the test in an escape tent that was structured like an “escape room.” Participants were faced with tricky medical situations to assess and appropriately address before escaping the tent.

With LVHN’s tactical operation medical manikin, attendees practiced providing care with a life-like dummy that has sophisticated features to simulate a pulse and blood loss. At the LVHN booth people could also see a product demonstration for a mechanical thrombectomy penumbra which removes clots from blocked arteries. The product is intended for patients with acute ischemic stroke secondary to intracranial large vessel occlusions.