



Here are the latest encouraging stories, health tips and news items.

*\*COVID-19 stories highlighted in blue*

## JUST FOR COLLEAGUES

### COVID-19 VACCINE UPDATE

#### First COVID-19 Vaccine Shipment Arrived

We will begin vaccinating colleagues today.

### TAKE THE COVID-19 VACCINE SURVEY

#### Take the COVID-19 Vaccine Survey

Responses to this short survey must be submitted by Dec. 18.

### INSURANCE COVERAGE FOR COVID-19 TESTING

#### Insurance Coverage for COVID-19 Testing

Get answers to frequently asked questions.

### NEW CONSERVA SELF-SCREENING SHEET

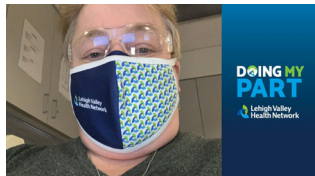
#### Get the New Conserva Tip Sheet

It answers your questions about self-screening.

### COVID-19 TESTING TURNAROUND TIME

#### Update: COVID-19 Testing Turnaround Time

Do not call HNL Lab Medicine for updates on the status of a test.



#### Karen Ferry Models Safe Behaviors

She is doing her part to keep her family and our community safe.



## Lynn Breisch Finds New Ways to Stay Connected

She uses technology to stay safe.

## OPTIONAL MID-YEAR CHECK-IN

## Mid-year Check-in Between Colleague & Manager is Optional

Get tips for the best check-in conversation if you opt to have one.



## Celebrate 2020 Friends of Nursing Award Recipients

See the list of honorees during "Year of the Nurse."



## Order Your Free Holiday Gift by Dec. 31

Choose an oven mitt or knitted hat.



## NORI Supports Nursing Research

It's the topic of the latest Spotlight on Evidence.



## LVHN-Pocono Foundation Tree Lighting

Virtual event supports Monroe County nonprofit organizations.

---

## HEALTH TIPS



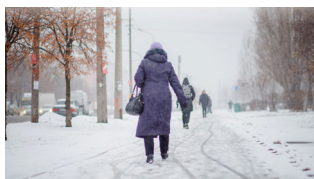
## Is Total Joint Replacement Right for You?

Get answers to five common questions.



## COVID-19 Vaccine Myth Buster – VIDEO

See myth buster videos and read COVID-19 vaccine FAQs.



## Snow Shoveling: Not for the Faint of Heart

It causes 11,500 people in the U.S. to end up in ERs each winter.

---

## LVHN NEWS

### LVHN FITNESS TEMPORARY CLOSURE

EFFECTIVE DEC. 12

### LVHN Fitness Center Locations Temporarily Closing Dec. 12

Check “MyClub Portal” for updated virtual class options.

---

## IN THE NEWS

### COVID-19 vaccines arrive at Lehigh Valley hospitals this week

December 14, 2020 | [lehighvalleylive.com](https://lehighvalleylive.com)

### Pfizer coronavirus vaccine scheduled to arrive at Pa, NJ hospitals this week

December 13, 2020 | [wfmz.com](https://wfmz.com)

### LVHN Doctor among first to get the vaccine

December 13, 2020 | [wfmz.com](https://wfmz.com)

---

Share your story at [LVHN.org/stories](https://LVHN.org/stories).

## COVID-19 VACCINE UPDATE

## COVID-19 Vaccine Update: First Shipment Arrived

December 16, 2020

Today is a milestone in our fight against COVID-19. The first shipment of COVID-19 vaccine arrived safely at Lehigh Valley Health Network (LVHN), and we will begin vaccinating our front-line colleagues immediately. While LVHN is a clinical trial site for the Pfizer-BioNTech COVID-19 vaccine, this is the first shipment received under U.S. Food and Drug Administration Emergency Use Authorization.

As a clinical trial site, LVHN was first in the region to administer the vaccine and we assure you that when it comes to distribution and care, LVHN will continue to put safety

[Home](#)
[Share this release](#)

COVID-19 Vaccine Update: First Shipment Arrived



Tweets by @LVHN



Ellen Kalinosky is a long-time patient of Lehigh Valley Cancer Institute. Grateful for her care, she decided to give back to LVH—Cedar Crest Infusion Center the best way she knows how — through art. Learn more about this incredibly talented woman here: [bddy.me/3s4uWRX](https://bddy.me/3s4uWRX).


[Embed](#)
[View on Twitter](#)
[Connect](#)

first.

## Updated LVHN COVID-19 vaccine plan

The shipment contains enough vaccinations for 975 colleagues to receive their first dose. To ensure fairness, LVHN will randomly select 975 front-line colleagues from the 1A tier of the [LVHN Vaccination Plan](#) to determine the order in which colleagues receive the vaccine. If you are selected, LVHN's Access Center will reach out to you by phone to schedule an appointment for vaccination with Employee Health Services. You must respond to their call within 24 hours to hold your spot. If you choose not to receive the vaccine when it is first offered to you and decide later that you do want to be vaccinated, your name will go back on the list after all other colleagues have been offered the opportunity to be vaccinated.

Do not reach out to Employee Health Services or the Access Center about scheduling your vaccination until you have been contacted.

Receiving the vaccine is voluntary. However, we strongly encourage you to be vaccinated as soon as you are called for your protection and the protection of our patients. Given the logistics associated with administering the vaccine, careful planning is required to ensure every dose of the vaccine is used.

LVHN is aggressively working to obtain sufficient doses for all colleagues as quickly as possible [per the tiered plan](#). We appreciate your cooperation and partnership when you are called to schedule your vaccination appointment. **Have questions about the vaccine?** [Read LVHN COVID-19 Vaccine FAQ](#)

## A gift for doing your part

As a thank you for doing your part, LVHN is giving a T-shirt to all colleagues who get vaccinated. Details about how to get your T-shirt will be shared with you after you receive the second dose of the vaccine.

You'll also receive an "I got my shot" sticker. We encourage you to post selfies with this sticker and use the hashtag #LVHNProud to encourage our community to get vaccinated,



or submit your selfie to us at [LVHN.org/stories](https://LVHN.org/stories) and tell us why getting vaccinated is important to you and our community.



### **Plan for distribution to the community**

LVHN is following guidelines from the National Academy of Medicine, a branch of the Centers for Disease Control called Advisory Committee on Immunization Practices (ACIP), and Pennsylvania's Department of Health to draft the priorities — one set for health care colleagues and another set for patients.

On Dec. 1, ACIP made the recommendation for health care personnel and residents of long-term care facilities to receive the vaccine first. Likewise, Pennsylvania Department of Health recommends health care personnel, emergency medical services first responders and residents and staff of congregate care settings receive the vaccine first. Retail pharmacies such as CVS are distributing vaccines to residents and staff of long-term care facilities.

As we gain more information about additional shipments, we will finalize a plan for providing vaccines to our community.

### **LVHN COVID-19 vaccine website**

We have developed a website to answer our communities' questions. This site will be updated as we have new developments.

**Visit [LVHN.org/COVID19vaccines](https://LVHN.org/COVID19vaccines)**

### **Watch the first LVHN EUA vaccination live**



Join us for an informative Facebook Live today at 1 p.m. to view LVHN front-line colleague Chantal Branco, RN, receive the first COVID-19 vaccine through Emergency Use Authorization. [Jody Yozviak, DO, LVHN COVID-19 Vaccine Clinical Trial Principal Investigator](#), will answer our community's questions. As a colleague, you can submit questions about COVID-19 vaccines on the internal [COVID-19 Vaccine FAQ page](#).

**Visit the [LVHN Facebook page](#) to watch**

### **It's not too late to take the survey**

LVHN is asking all colleagues to take a survey to help Employee Health Services with planning the distribution of vaccines. The survey takes less than a minute to complete. **Survey responses must be submitted by Friday, Dec. 18.**

The survey is not anonymous. **If prompted, log in with your SUI number ([SUI@lvh.com](mailto:SUI@lvh.com)) and your password.**

**[Take the COVID-19 vaccine survey](#)**

## TAKE THE COVID-19 VACCINE SURVEY

## Take the COVID-19 Vaccine Survey

December 16, 2020

We expect our first shipment of COVID-19 vaccines to arrive this week. In preparation, LVHN is asking all colleagues to take a survey to help Employee Health Services with planning the distribution of vaccines. The survey takes less than one minute to complete. **Survey responses must be submitted by Friday, Dec. 18.**

Receiving the vaccine is voluntary. Given the logistics associated with administering the vaccine, careful planning is required to ensure every dose of the vaccine is used. You can view the [LVHN Vaccination Plan](#) for a phased approach on the [COVID-19 intranet](#)

Home

Share this release

Take the COVID-19 Vaccine Survey



Connect





[page](#). The survey is not anonymous. **If prompted, log in with your SUI number (SUI@lvh.com) and your password.**

**[Take the COVID-19 vaccine survey](#)**

# INSURANCE COVERAGE FOR COVID-19 TESTING

## Community FAQs: Insurance Coverage for COVID-19 Testing

December 16, 2020

If a community member needs a COVID-19 test, the cost they are required to pay depends on their insurance coverage. Before getting a COVID-19 test, it is important to verify and update insurance information. Review this [FAQ about insurance coverage for COVID-19 testing](#).

**If a community member has COVID-19 symptoms:**

Home

Share this release

Community FAQs: Insurance Coverage for  
COVID-19 Testing



Connect



At this time, if the community member **does not have health insurance**, there is no cost for **symptomatic** COVID tests, including specimen collection, diagnostic and antibody testing, based on the [Coronavirus Aid, Relief, and Economic Security \(CARES\) Act](#).

If the community member has health insurance, but **LVHN or LVPG providers are out-of-network**, they can receive a COVID test at an LVHN location if they are **symptomatic**. Most insurance plans have waived out-of-network cost-sharing (co-pay, co-insurance and deductible) during the COVID-19 pandemic. However, there are some exceptions based on individual policies.

If the community member has health insurance with **in-network LVHN or LVPG providers**, they can receive a COVID test at an LVHN location if they are **symptomatic**. Most insurance plans have waived in-network cost-sharing (co-pay, co-insurance and deductible) during the COVID-19 pandemic. However, there are some exceptions based on individual policies.

#### **If the community member does not have COVID-19 symptoms:**

If the community member is **asymptomatic**, meaning they do not have COVID symptoms, they will likely be responsible for paying the fees associated with getting a COVID test regardless of insurance coverage.

However, there are some exceptions based on individual policies. If they have questions about their insurance coverage, they should contact their insurance provider by calling the member services phone number on the back of their insurance card or by visiting their website for additional guidance.

## COVID-19 TESTING TURNAROUND TIME

### COVID-19 Testing Turnaround Time at HNL Lab Medicine

December 04, 2020

**This message is from Ronald Walsh, MD, Chief Medical Officer and Clinical Laboratory Director, HNL Lab Medicine.**

#### Dec. 15 update

Understandably, patients who receive a COVID-19 test are anxious to learn the results. The best way for patients to get their test results is to use the [MyHNLAccess](#) or [MyLVHN](#) patient portals. Patients can [view test results and quarantine instructions as soon as they are available using MyLVHN](#). **Patients**

Home

Share this release

COVID-19 Testing Turnaround Time at  
HNL Lab Medicine



Connect





Lehigh Valley Health ...

49,403 likes

[LehighValley.org/COVIDSTRONG](#)



#LVHNCOVIDSTRONG

Like Page

Share

should not contact HNL Lab Medicine directly for updates on the status of a COVID-19 test.

Consistent with increasing COVID-19 cases and hospitalizations in the Lehigh Valley and northern Pennsylvania, HNL Lab Medicine has experienced a significant increase in demand for testing during and following the Thanksgiving holiday, leading to an increase in turnaround times.

---

The convergence of the holiday, surge in demand and acute supply chain challenges have all contributed to this challenge to our system. HNL Lab Medicine continues to manage our capacity in alignment with the priorities we've set with our partners, and I expect our baseline turnaround times to normalize over the next couple of days.

LVHN remains our **PRIORITY** during these challenging times, and our leadership teams are aligned. Our focus is on hospitalized patients and healthcare workers with symptoms or close contact with COVID-19 positive individuals.

For the ambulatory population, please limit COVID-19 molecular testing to symptomatic and recently exposed patients per the current [CDC guidelines](#).

### Turnaround time prioritization

#### Current turnaround 24-48 hours once in lab:

- Hospitalized patients
- ED unadmitted patients
- LVHN colleagues

#### Current turnaround 2-3 days once in lab:

- LVPG and ExpressCARE symptomatic patients
- LVPG and ExpressCARE asymptomatic patients with high-risk exposure

#### Current turnaround 4 days once in lab:

- Asymptomatic pre-procedure

**Postpone testing at this time:**

- Asymptomatic with no known exposure
- Return to work
- Travel

Our commitment to our LVHN family has not wavered. Timely testing and the need to expedite results remains our commitment to you.



## Karen Ferrey Models Safe Behaviors for Her Family

December 11, 2020

Karen Ferrey, PA-C, is a physician assistant at LVHN ExpressCARE–Muhlenberg. She knows she is just one link in the chain to help prevent the spread of COVID-19. She practices safe behaviors for her family, to help keep them safe and help us all get back to “normal life.”

“I have three children in high school who participate in extracurricular activities,” says Ferrey. “I don’t want them to miss out on their education and activities.”

Home

Share this release

Karen Ferrey Models Safe Behaviors for Her Family



Connect



Follow Karen's lead and do your part.

### **Submit your story**

We are at a critical crossroads where positive cases and hospitalizations continue to rise. We must do everything possible to stop the surge. How do you model the behaviors that keep us safe? How do you inspire others to do the same? Submit your story and masked selfie at [LVHN.org/stories](https://LVHN.org/stories), and you could be featured for doing your part.





## Lynn Breisch Finds New Ways to Stay Connected During the Holidays

December 14, 2020

Lynn Breisch is an occupational therapist specializing in lymphedema at Rehabilitation Services–Cetronia Road. With special focus on the holiday season, she shares tips for staying safe and in touch with others.

“I am staying connected with lots of group chats and video chats over gaming apps on my phone,” says Breisch. “I commit to patient safety to decrease the spread of COVID-

Home

Share this release

Lynn Breisch Finds New Ways to Stay Connected During the Holidays



Connect



19 and to keep everyone happy, safe and healthy so we can all enjoy the holiday season and the amazing year to come.”

Follow Lynn’s lead and do your part.

### **Submit your story**

We are at a critical crossroads where positive cases and hospitalizations continue to rise. We must do everything possible to stop the surge. How do you model the behaviors that keep us safe? How do you inspire others to do the same? Submit your story and masked selfie at [LVHN.org/stories](https://LVHN.org/stories), and you could be featured for doing your part.

## OPTIONAL MID-YEAR CHECK-IN

### Optional Mid-year Check-in: Dec. 15, 2020 - Feb. 28, 2021

December 10, 2020

In these rapidly changing times, regular connection between colleagues and their managers provides many benefits. It helps colleagues:

- Stay motivated
- Understand what is and what is not working
- Stay focused on the right things

Home

Share this release

Optional Mid-year Check-in: Dec. 15, 2020  
- Feb. 28, 2021



Connect



Like Page

Share

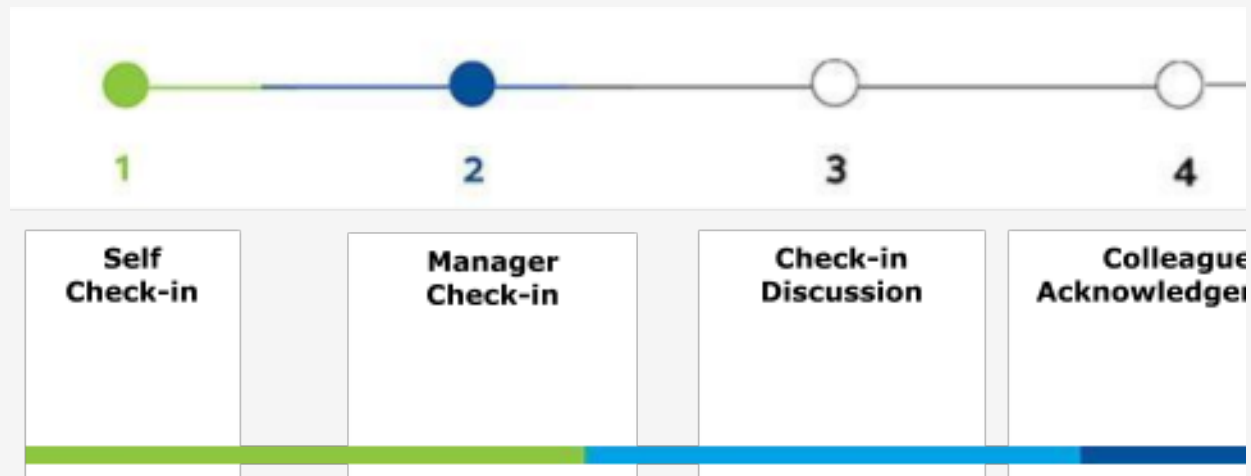
- Adjust priorities based on changing conditions

The mid-year check-in between colleagues and managers is an ideal opportunity to review the amazing work colleagues have done so far this year and reaffirm what we need to focus on in the months ahead. Because colleagues are working hard to care for our community during this latest COVID-19 surge, **the mid-year check-in will be optional in fiscal year 2021 (FY21)**. If either the manager or colleague want to hold a mid-year check-in, please do so between Dec. 15 and Feb. 28 and document your discussion in PeopleFluent.

## When

- Due date for optional self-check-in (step 1): Jan. 15
  - All colleagues will be automatically moved to step 2 after Jan. 15.
- Due date for completion of optional check-in (step 5): Feb. 28

## All steps are optional in fiscal year 2021



## High-value check-in conversations focus on:




1. Core values and behavioral performance (Check out the new [LVHN Core Competency Model](#).\*)



2. Job performance
3. Progress against FY21 performance goals
4. Progress against FY21 development goals

\*The new LVHN Core and Leadership Competency Model defines our core behavioral expectations. The Core and Leadership competencies are from the Korn Ferry [“For Your Improvement” \(FYI\) Competency Development Guide](#), which is available for download on the [Organizational Effectiveness website](#). The FYI competencies have been in use at LVHN for many years, particularly with our managers, and are being incorporated across HR processes.

**Remember:** The mid-year check-in is the only time managers can adjust colleagues’ goals or add new goals in PeopleFluent during the fiscal year, if necessary.

### About PeopleFluent

- Access PeopleFluent on your **SSO toolbar**.
- To complete your check-in, click **“My Tasks”** or the **“Performance Review”** quick link on the performance management dashboard.
- **Training resources for the mid-year check-in process** are available on the dashboard in the upper right corner under **“Performance Management Resources.”** Be sure to check out the new LVHN Core Competency Model posted there.
- If you have an issue with the automated log-in process, please contact the Technology Support Center based on your location:
  - Lehigh Valley: 610-402-8303 
  - Hazleton: 570-501-4889 
  - Schuylkill: 570-621-4106 

- Pocono: 570-420-4444 
- Coordinated Health: 610-402-8303 

### Mid-year check-in sessions for managers

To **assist managers with upcoming check-in conversations**, our Leadership and Organizational Development team is providing **Take60: Mid-Year Check-In sessions** through February 2021. Please visit the [Organizational Effectiveness \(OE\) intranet site](#) to register for a time that works best for you.

If you have questions regarding the performance management process or use of the performance management system, please contact colleagues in the compensation department at [HRCompensation@lvhn.org](mailto:HRCompensation@lvhn.org) or your human resources consultant/representative.



## Celebrate 2020 Friends of Nursing Award Recipients During 'Year of the Nurse,' the Year of our Heroes

December 16, 2020

Friends of Nursing recognizes and promotes excellence in nursing practice, nursing education and nursing research. This year, the global COVID-19 pandemic showcased the heroism of our nurses who continue to work tirelessly to care for our community.

Home

Share this release

Celebrate 2020 Friends of Nursing Award Recipients During 'Year of the Nurse,' the Year of our Heroes



Connect





The pandemic also made it necessary to cancel the beloved Friends of Nursing Awards Gala this year. While we wish we could have gathered to hear stories, honor award recipients and reflect on the incredible impact our nurses make each day, we will wait until it is safe to be together in person. Then, we will celebrate our recipients and their families in the way they deserve.

Until that time, the individual stories of each Friends of Nursing Award recipient will be shared on LVHN Daily in the coming weeks. Here's a list of all the 2020 recipients.

**The Auxiliary of Lehigh Valley Hospital–Muhlenberg Administrative Partner**

**Award** Kim Flegler, Medical Oncology, LVH–Muhlenberg  
*Donated by: The Auxiliary of Lehigh Valley Hospital–Muhlenberg*

**The Auxiliary of Lehigh Valley Hospital–Muhlenberg Administrative Partner  
Award**

Kim Flegler, Medical Oncology, LVH–Muhlenberg  
*Donated by: The Auxiliary of Lehigh Valley Hospital–Muhlenberg*

**Advanced Practice Clinician Award**

Michael Erdman, Neuro Critical Care, LVH–Cedar Crest  
*Donated by: Dr. John and Dr. Kathy Gray*

**The Award for Excellence in the Delivery of Ambulatory Care**

Jury Vera, Population Health  
*Donated by: Mr. Robert and Mrs. Bonnie Hammel*

**The Award for Excellence in Cardiovascular Nursing**

Mary Grace Conklin, Cardiac Cath Lab, LVH–Pocono  
*Donated by: Friends and Colleagues of Donna Petrucelli, RN*

**The Fleming Nursing Caring Awards**

Jacqueline Arthur, Medical Oncology, LVH–Muhlenberg  
Vivian Foulke, Child Life Department, LVH–Cedar Crest  
*Donated by: The Fleming Trust established by Richard and Peggy Fleming*

**Care Management Continuum Award**



John Shoemaker, Population Health

*Donated by: Mr. Michael J. Schiffer and Family in memory of Mr. and Mrs. Calvin Schiffer*

**Award for Excellence in Critical Care Nursing**

Lydia Kleiner, 2KS, LVH–Cedar Crest

*Donated by: LVPG Pulmonary and Critical Care Medicine–1250 Cedar Crest*

**The Florence Nightingale Exemplary Professional Practice Award**

Gina Day, Wound Care, LVH–Pocono

*Donated by: Attorney and Mrs. Matthew Sorrentino*

**Joseph and Judith Kaminski Award for Excellence as a Float Nurse**

Terri Ferrizzi, Nursing Float Pool, LVH–Cedar Crest

*Donated by: Mr. Joseph and Mrs. Judy Kaminski, RN*

**The Dr. Fred Fister Award for Excellence in Hospice Nursing**

Michelle Massi, Hospice Skilled Nursing

*Donated by: The Fred Fister, MD, Endowment Fund established by Mrs. Joanne Fister, RN*

**The Legal Services/Risk Management Award for Exemplary Care and Professionalism in a Critical and Challenging Situation**

Hope Johnson, Perioperative Services

*Donated by: Attorney and Mrs. Glenn Guanowsky*

**The Medical-Surgical Nursing Award**

Stacey Lang, 5T, LVH–Muhlenberg

*Donated by: Frances R. Worman, RN*

**Edward and Anne Davis Award for Excellence as a Nurse Preceptor**

Aurey Amato, Population Health

*Donated by: Mr. Edward and Mrs. Anne Davis, RN, BS, MEd*

**The Fleming Award for Exemplary Performance Associated with the Nurse Residency Program**

Lien Hoang, 3A, IPCU, LVH–Cedar Crest

*Donated by: The Fleming Trust established by Richard and Peggy Fleming*

**Josephine Ritz, RN, Nursing Award for Excellence in Patient and Family Engagement**

Megan Kershner, Cancer Services, Health Center at Bangor

*Donated by: Mrs. Josephine Ritz, RN*

**Award for Excellence in Pediatric Nursing**

Alexis Chauvette, Pediatric Unit, 5J, LVH–Cedar Crest

*Donated by: The Michelle Asnani, MD, Endowment, established by Mr. Gul Asnani*

**Edward and Anne Davis Award for Excellence in Perioperative Nursing**

Margaret MacMahon, Operating Room, LVH–Cedar Crest

*Donated by: Mr. Edward and Mrs. Anne Davis, RN, BS, MEd*

**Award for Excellence as a Pharmacist**

Jason Laskosky, Pharmacy, LVH–Cedar Crest

*Donated by: Mr. Robert and Mrs. Bonnie Hammel*

**The Cancer Institute Leadership Council Excellence in Cancer Care Award**

Erin Beers, Medical Oncology, LVH–Muhlenberg

*Donated by: Cancer Institute Leadership Council*

**Professional Excellence Council Physician Friends of Nursing Award**

Christopher Melinosky, Neuro Critical Care

*Donated by: Mr. Robert and Mrs. Bonnie Hammel*

**Award for Excellence in the Promotion of Patient Care**

Beverly Jo Schmick, LVPG Maternal Fetal Medicine

*Donated by: Lehigh Valley Health Network Retiree Association*

**Psychiatric Nursing Award**

Michele Kratzer, Adolescent Psychiatry Unit, LVH–Muhlenberg

*Donated by: LVHN Department of Psychiatry*

**Award for Excellence in Rehabilitation Nursing**

Candice Veale, Inpatient Rehabilitation Center–Muhlenberg

*Donated by: Deborah Kissling in memory of Randall D. Kissling*

**The Bill and Nancy Mason Award for Excellence in the Delivery of Rehabilitation Services**

Caitlin Costanzo, Physical Therapy/Occupational Therapy, LVH–Cedar Crest

*Donated by: The Bill and Nancy Mason Endowment established by Mr. and Mrs. William R. Mason*

**The Kim Jordan Transformational Leadership Award**

Neil Kocher, Regional Heart Center, LVH–Muhlenberg

*Donated by: Kim Jordan, RN*

**The Auxiliary of Lehigh Valley Hospital Technical Partner Awards**

Tina Fiorino, ED, LVH–Muhlenberg

Michael Glover, Specialty Float Pool, ED, LVH–Cedar Crest

*Donated by: The Auxiliary of Lehigh Valley Hospital*

**Trauma Nursing Award**

Lauren Curcio, Transitional Trauma Unit, LVH–Cedar Crest

*Donated by: The Physicians of LVPG General and Trauma Surgery*

**The Fleming Award to Recognize a Unit/Department Which Demonstrates a Commitment to Structural Empowerment**

Medical Oncology, LVH–Muhlenberg

*Donated by: The Fleming Trust established by Richard and Peggy Fleming*

**John M. Eisenberg, MD, Award for Excellence as a Student Nurse**

Erin Rooney, Cedar Crest College

*Donated by: The John M. Eisenberg Resident and Nursing Award Endowment Fund*

**Senior Management Patient Satisfaction Award for Inpatient Care**

Perinatal Unit, LVH–Muhlenberg

*Donated by: Lehigh Valley Health Network Leader Council*

**The Lehigh Valley Health Network Board of Trustees Patient Satisfaction Award  
for Ambulatory Services**

Cath Lab, LVH–Muhlenberg

*Donated by: The Lehigh Valley Health Network Board of Trustees*

**Award for Professional Nursing Certification – Department Greater Than 15 Staff  
Members**

ICU, LVH–Muhlenberg

*Donated by: Allentown Hospital School of Nursing Alumni Association in memory of  
deceased alumni*

**Award for Professional Nursing Certification – Department Less Than 15 Staff  
Members**

EAU, LVH–Muhlenberg

*Donated by: Mr. Robert and Mrs. Bonnie Hammel*

## Get Your Free Holiday Gift: Choose An Oven Mitt Or Knitted Hat

November 30, 2020

**This message is from Lynn Turner, MBA, Senior Vice President and Chief Human Resources Officer, LVHN.**

The holidays are a time to reflect on the past and look to the future. I want to acknowledge your tireless efforts this year and thank you for your heroic dedication to caring for others. Because of you, LVHN is certified as a “Great Place to Work.” This national recognition reflects everything the LVHN family does to “heal, comfort and care for the people of our community.”

As we do our part to keep others safe, LVHN will not host holiday buffets for colleagues this year. Instead, in appreciation of each of you doing your part to keep everyone safe and healthy, each colleague will receive a holiday gift from LVHN.

### Order your holiday gift

Our gift to you is a free **LVHN oven mitt** or **knitted hat**. All colleagues can order your free gift online and it will be shipped to your home at no cost to you.

[Home](#)

### Share this release

Get Your Free Holiday Gift: Choose An Oven Mitt Or Knitted Hat



### Tweets by @LVHN



LVHN and Coordinated Health proudly support two local Division 1 rivals, [@LafCol](#) and [@LehighU](#). Last week's double-header was so exciting! It's good to have you back in the game. Good luck this season! Learn all the ways we support our local athletes at [bddy.me/3hXMPgu](https://bddy.me/3hXMPgu).

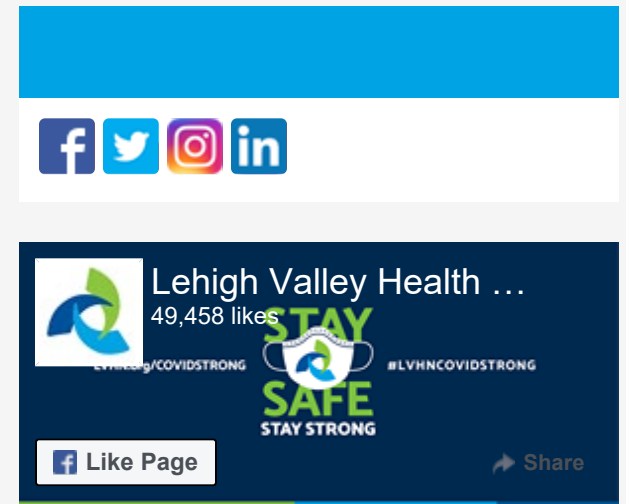
**OFFICIAL HEALTH CARE PARTNERS  
OF THE REGION'S ONLY  
HOSPITAL**


[Embed](#)[View on Twitter](#)[Connect](#)



Follow these steps to order your gift.

- [Click here](#) to visit the ordering website.
- Enter your Employee ID number as your username and your last name as your password. Your password will be case sensitive. If your last name is more than one word separated by a space or symbol, include that space or symbol (example: Smith Jones or Smith-Jones).
- You can find your Employee ID number in the top left corner of your home page on the Colleague Resource Center. (Access the CRC from your SSO Toolbar. If you are prompted to log in to the CRC, enter your SUI@lvh.com and your LVHN password.) **NOTE: Your Employee ID number is a five or six digit number (example: 123456). This is different than your SUI number, which starts with a letter followed by four numbers (example: X1234).**



- Enter your home address. NOTE: Do not have your gift shipped to your work address.
- Enter your email address. This is where you will receive USPS tracking information.
- You have the option to order either an oven mitt or a knitted hat. Select your gift.
- There is a limited supply of each item, so place your order early to ensure the item you want is in stock. The last day to place your order is Dec. 14, 2020.
- Your gift will be shipped the week of Dec. 14.
- If you have questions about ordering your gift, call Volunteer Services at 610-402-8899 , Mon.-Fri., 8 a.m.- 4 p.m. or email [LVHN@lvhn.org](mailto:LVHN@lvhn.org).

Have questions? [Read this Q&A.](#)

### **Warm wishes this holiday season**

Over the holidays, please make every effort to recharge and reflect on the important contributions you make every day.

Thank you for doing your part to keep our patients, colleagues and communities safe.



## Spotlight on Evidence: NORI Supports Nursing Research

December 11, 2020

Unless you've conducted a research study at LVHN, you may not know all that happens behind the scenes to execute a research project.

Network Office of Research and Innovation (NORI) at LVHN provides resources, infrastructure, tools and managerial support to any LVHN colleague who wants to do research.

"Most often, we support physicians, residents, fellows or nurses who identify a problem

Home

Share this release

Spotlight on Evidence: NORI Supports Nursing Research



Connect





and want to conduct a research study to find a solution,” says Hope Kincaid, MPH, NORI Biostatistician. “We guide them through the process.”

## **Have an idea for a research project? Start here**

There are two types of research studies conducted at LVHN: investigator initiated research studies and sponsored clinical trials.

Sponsored clinical trials are managed by NORI clinical teams. Investigator initiated research studies are supported by biostatisticians and other NORI administrative staff.

If you think you have an idea for a research study, speak with your manager first. Then, [visit NORI on the intranet](#) where you can learn about study design and statistics, protocol development and data collection. Then, determine if the idea you have is really a [research project](#).

Finally, if you’re ready to turn your idea into a research project, complete [this intake form](#). Within 24-48 hours, the Research and Design Analysis team will contact you to discuss study design and statistical support.

## **The research process**

For investigator-initiated research studies, the Research Design and Analysis team will help the researcher, known as the principal investigator (PI), turn their idea into a workable research question. Next, the PI will work with NORI to write up the research protocol, which is reviewed through LVHN’s [three-step research approval process](#).

Step 1 – Departmental scientific review

Step 2 – NORI feasibility review

Step 3 – Institutional review board (IRB)

After the project is approved, the Research Design and Analysis team assists the investigator with building a REDCap database for data collection and entry. Then, it’s up to the investigator and the team listed on their research protocol to collect the data.

“From this point, we will export data into statistical analysis software and produce a results report,” says Kincaid. “We go back and forth with the PI if they need additional results or if results prompt new questions about the research.”

### **Turning research into new information**

Colleagues conduct research to answer a question or find a solution to a problem. Sometimes, they choose to share this new information with others by presenting a poster or an abstract at a conference. NORI can help with that too.

“We help investigators write their abstracts,” says Kincaid. “Sometimes, those abstracts become manuscripts that are published in scholarly journals.”

### **Real impact of research projects**

When COVID began to spread across the globe earlier this year, scientists and medical professionals alike were learning something new about the virus every day.

Earlier this year, the NORI clinical team coordinated COVID-19 treatment trials, enrolling hospitalized patients with COVID. They anticipate opening several more trials in the coming weeks. In September, the team launched the Pfizer vaccine study, enrolling 75 participants in just one month. Participants enrolled in that study will be engaged for up to two years.

“Now that we’ve been through the first wave, we’re looking at retrospective data and asking, ‘What can we learn?’” says Kincaid. “When we study the data, we learn how we can be better prepared in the future.”

To learn more about NORI, call 610-402-9543



**Call: 610-402-9543**

or email [nori.submissions@lvh.com](mailto:nori.submissions@lvh.com).





## LVHN–Pocono Foundation Hosts Virtual 29th Annual Holiday Tree Lighting to Benefit Local Nonprofits

December 16, 2020

BY JESSICA BLASCO

For the 29th year in a row, the [Lehigh Valley Health Network–Pocono Foundation](#) and the [Rotary Club of the Smithfields](#) held their annual Holiday Tree Lighting on Thursday,

Home

Share this release

LVHN–Pocono Foundation Hosts Virtual 29th Annual Holiday Tree Lighting to Benefit Local Nonprofits



Connect



Dec. 3. While the tree lighting took place at [Lehigh Valley Hospital–Pocono’s Dale and Frances Hughes Cancer Center](#), it was broadcast virtually for the first time because of the COVID-19 pandemic.

In addition to kicking off the holiday season, the Holiday Tree Lighting raises money to benefit nonprofit organizations in Monroe County that provide programs for children in need. Leading up to the event, community members are invited to purchase holiday bulbs in memory or in honor of a loved one. The money raised through bulb sales and event sponsorships helps to fund the grants. This year’s grants totaled \$5,000 and were distributed evenly among the following nonprofits:

- [Family Promise of Monroe County](#)
- [The Garden of Giving](#)
- [Pocono Area Transitional Housing](#)
- [Pleasant Valley Ecumenical Network](#)
- [Make-A-Wish Foundation of Greater Pennsylvania and West Virginia](#)

The event also included musical performances from [Clear Run Intermediate School Chorus](#), [East Stroudsburg North Chorale](#), [Pocono Mountain East High School Chorale](#) and [Pleasant Valley High School Band](#).

**[Watch a recording of this year's event here.](#)**



## Is Total Joint Replacement Right for You?

*Answers to five common questions*

December 15, 2020

BY HANNAH ROPP

Knee and hip pain due to injury or osteoarthritis can become a daily ordeal – but is total joint replacement surgery right for you? Five [Lehigh Valley Health Network \(LVHN\)](#) orthopedic surgeons, with [LVPG Orthopedics and Sports Medicine](#) and [Coordinated Health](#), share what to consider and expect.

Home

Share

Is Total Joint Replacement Right for You?



Connect



## How do I know if I need joint replacement surgery?

Once diagnostic tests confirm osteoarthritis, nonsurgical options such as weight loss, physical therapy, pain medication and joint injections may help. “Joint replacement is the last option to consider after first trying more conservative measures,” says orthopedic surgeon [Prodromos Ververeli, MD](#). Does joint pain diminish quality of life? Regularly cause sleep loss? Impair normal function or activities, including work and recreation? If so, surgery may be called for.

## Am I too old (or young) for surgery?

Many people get total joint replacement surgery in their 60s or older after a lifetime of joint wear and tear. “But age isn’t the most important consideration,” says orthopedic surgeon [Eric Lebby, MD](#). “A younger person can be a candidate if joint damage is significant enough.” In older people, overall health and ability to recover counts more than age.

## What happens during joint replacement surgery?

A surgeon removes damaged cartilage and bone, and replaces them with prosthetic components designed to relieve pain and restore function. “A variety of specialized tools and technologies allow us to precisely adapt the implant to each person’s anatomy to maximize function after surgery,” says orthopedic surgeon [Wayne Luchetti, MD](#).

## Where will my surgery take place?

Your surgery will take place at either [LVH–Cedar Crest](#), [LVH–Muhlenberg](#), [LVHN–Tilghman](#), [CH–Bethlehem](#) or [CH–Allentown](#). All of these locations have strict protocol in place like temperature screenings, social distancing measures and increased cleaning and disinfecting to protect our patients and staff from COVID-19.

## What happens after joint replacement surgery?

Your doctor will encourage you to start using the new joint as soon as possible – sometimes the same day as surgery. “With modern pain protocols and surgical techniques, patients are commonly walking and full weight bearing a few hours after surgery. Specific therapy exercises are initiated and advanced to regain strength and

return to normal activities.” says orthopedic surgeon [Tom Meade, MD](#).

### How long will recovery take?

Everyone’s recovery is different. But most people return home in a day and can ride an exercise bike within two weeks. “Pain immediately after surgery is often less than prior pain from arthritis,” says orthopedic surgeon [Jonathon Brown, DO](#). After recovering with help from physical therapy and exercise, most people can return to normal, pain-free activities within eight to twelve weeks.

*How is joint pain impacting your life? Learn what your next steps may be at [LVHN.org/jointpain](https://LVHN.org/jointpain).*



[Find a Doctor](#)[Locations](#)[Services](#)

## FAQs: COVID-19 Vaccine

Even after COVID-19 vaccines receive Emergency Use Authorization from the U.S. Food and Drug Administration (FDA), clinical trials will continue to gather data. Here's everything you need to know.

Not only is it normal to have questions about the COVID-19 vaccine, it's beneficial. You deserve to know about the safety and the effectiveness of the COVID-19 vaccines. We've compiled the most frequently asked questions to provide answers. [Para español, haga clic aquí.](#)

---

Jump to:

[Questions about safety and effectiveness](#)

[Questions about who should receive a vaccine](#)

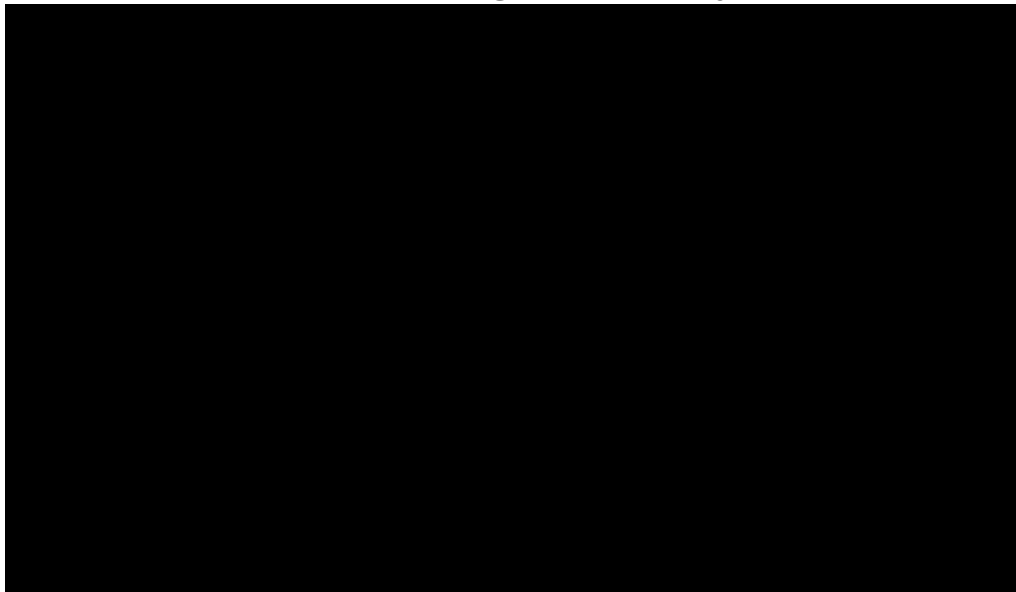
[Questions about how the vaccine works](#)

[Questions about how the vaccine will impact the pandemic](#)

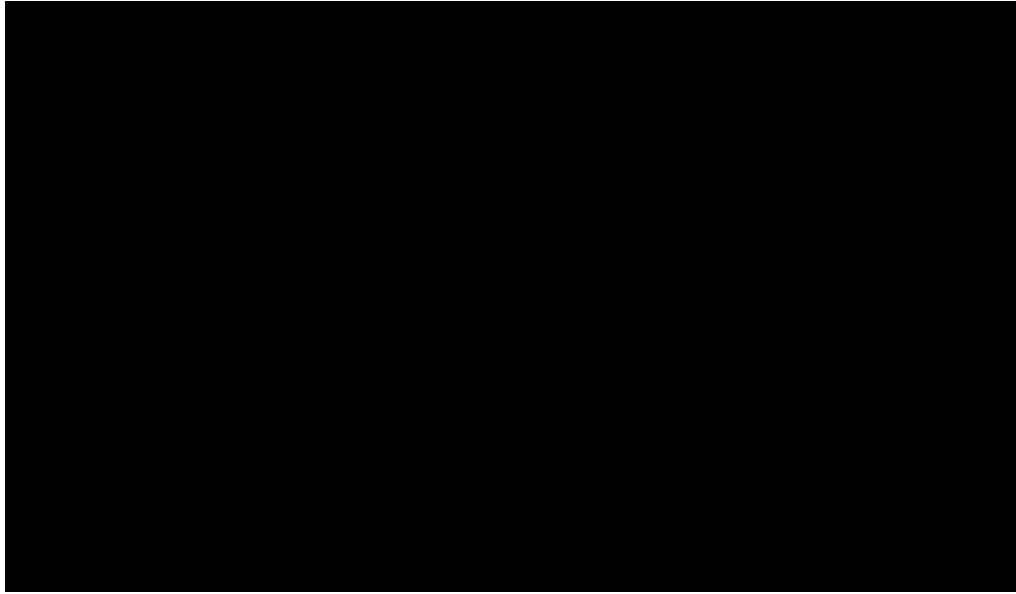
[Questions about clinical trials](#)

## **Questions about safety and effectiveness**

VIDEO: Will COVID-19 vaccines be safe if the clinical trials are moving so quickly?



## VIDEO: Will I get COVID-19 from the vaccine?



**Q:** What are the side effects?

**A:** Pfizer has reported that some Phase III clinical trial participants experienced mild-to-moderate side effects with its investigational COVID-19 vaccine candidate. Scientists anticipate that the shots may cause mild flu-like side effects – including sore arm, muscle aches and fever. We recommend that you take ibuprofen or acetaminophen (if you can safely take them) before you get the vaccine. This will help to significantly alleviate the side effects.

[Back to the top](#)

## Questions about who should receive a vaccine

**Q: Will people who have gotten sick with COVID-19 still benefit from getting vaccinated?**

**A:** Yes. While people who have tested positive for COVID-19 do produce antibodies, the antibody levels and how long they last are not known. Due to the severe health risks associated with COVID-19, and the fact that re-infection with COVID-19 is possible, you are advised to get a COVID-19 vaccine even if you have been sick with COVID-19 previously. At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person, and the evidence suggests natural immunity may not last very long in some people.

**Q: I have a health condition that prevents me from getting vaccines with live viruses. Does the COVID-19 vaccine use a live virus?**

**A:** Both Pfizer/BioNTech's and Moderna's vaccines are mRNA vaccines. This means they are made from genetic material that provides your body with the code it needs to create spike proteins (not the virus) and build immunity. AstraZeneca's and Johnson & Johnson's are non-replicating virus-vectored vaccines. None of these vaccines are live vaccines. When vaccines are licensed, part of the information that will be provided will include who should or should not get each vaccine. At that time, we recommend talking with your health

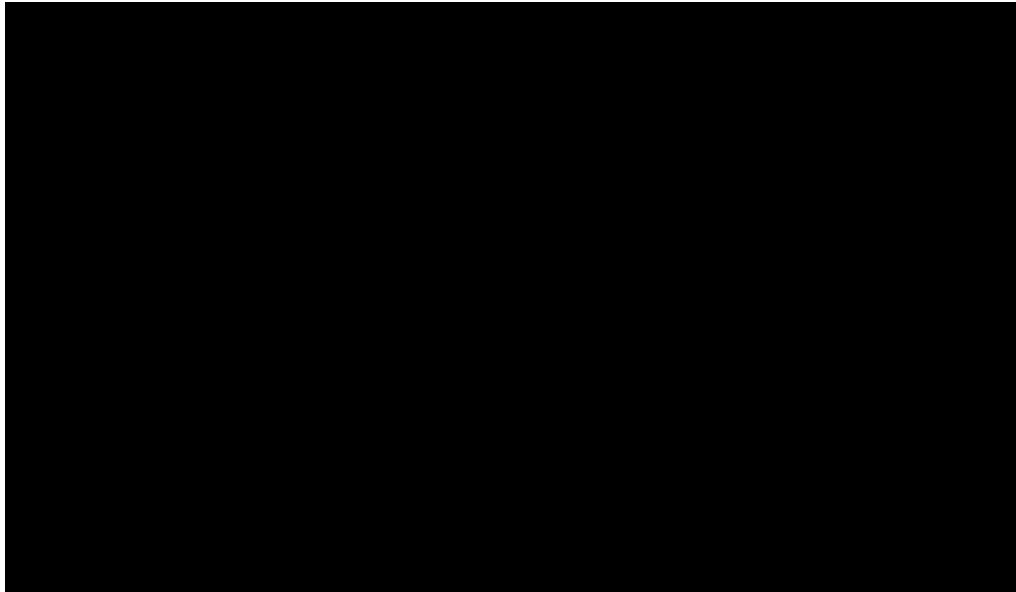
---

care provider to determine which vaccine will be the best one for you to get, given your medical history.

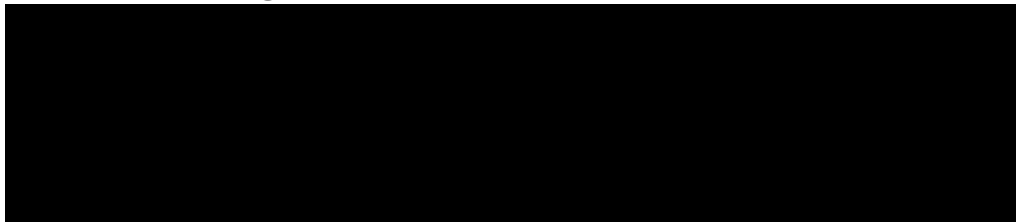
[Back to the top](#)

## **Questions about how the vaccine works**

VIDEO: Does a vaccine only protect the person who receives it?



VIDEO: How long will my vaccine provide protection against COVID-19?





**Q: How does the vaccine for COVID-19 work?**

**A:** Pfizer/BioNTech's and Moderna's vaccines use novel messenger-RNA, or mRNA, technology, which uses modified genetic material to cause the body to create a protein from the virus. The immune system then recognizes the protein as foreign and initiates an immune response. Pfizer/BioNTech's vaccine is the first mRNA product to receive Emergency Use Authorization by the FDA. The study has enrolled 43,538 volunteers. About 42 percent of global participants and 30 percent of U.S. participants have racially and ethnically diverse backgrounds. In Pfizer/BioNTech's late-stage clinical trial, 50 percent of the volunteers got the vaccine, while the other half got a placebo of saline (saltwater). Then they waited to see who would get sick. Only 170 volunteers out of 44,000 have so far gotten sick with COVID-19, and 95 percent of those were in the placebo group.

---

**Q: Will the vaccine keep me from getting COVID-19?**

**A:** Current data shows that both the Pfizer/BioNTech vaccine and Moderna vaccine are 95 percent effective in preventing a person from getting sick with COVID-19. During the clinical trials, scientists compared how many people in the vaccinated group and the placebo group went on to develop the disease.

The companies will continue to test people in the studies for antibodies to the COVID-19 virus, which would include people who did not show any symptoms of infection. This allows researchers to get a better sense of whether the vaccines protect against not only getting sick (experiencing symptoms), but also against infection (becoming infected without experiencing symptoms).

**Q: Will COVID-19 vaccines cause me to test positive on COVID-19 viral tests?**

**A:** No. These vaccines will not cause you to test positive on viral tests, which are used to see if you have a current infection. If your body develops an immune response, which is the goal of vaccination, there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a previous infection or vaccination and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

**Q: What is a vaccine?**

---

**A:** According to the Centers for Disease Control and Prevention (CDC), a vaccine stimulates your immune system to produce antibodies and cellular immunity to combat a specific disease, like it would if you were actually exposed to the disease. After getting vaccinated, you develop immunity to that disease without having to get the disease first. This is why vaccines are necessary — they prevent disease by letting you develop immunity in a safe and controlled way.

**Q:** How many doses of a COVID-19 vaccine will I need?

**A:** The Pfizer/BioNTech vaccine requires a booster 21 days later, and the Moderna vaccine requires a second dose 28 days later. The different vaccine products are not interchangeable. The second dose must be completed with the same vaccine brand as the first dose. Both doses are important to ensure full protection.

**Q:** What if I miss my second dose?

**A:** These two COVID-19 vaccines are not completely effective unless you receive the second dose.

**Q:** Will getting the flu vaccine protect me from COVID-19?

**A:** A flu vaccine will not protect you from getting COVID-19, but it can help to prevent you from getting influenza (flu) at the same time as COVID-19. This can help keep you from having a more severe illness. While it's not possible to say with certainty

---

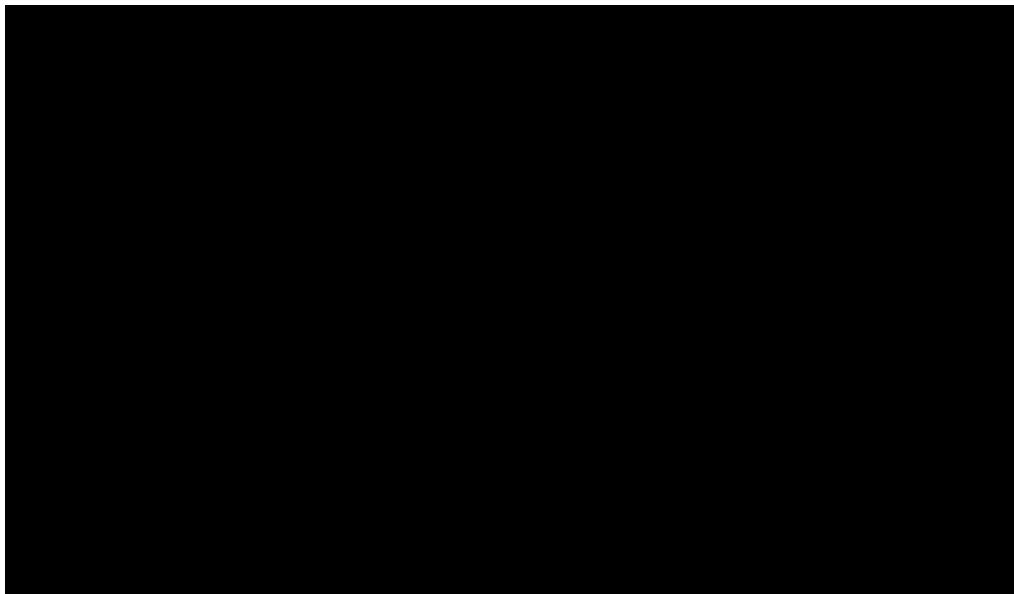


what will happen this winter, CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both spread during that time. You should encourage all of your friends and family to get flu shots.

[Back to the top](#)

## Questions about how the vaccine will impact the pandemic

VIDEO: If I receive a COVID-19 vaccine will I need to wear a mask?



**Q:** Do I have to continue wearing a mask after I get the vaccine?

**A:** Yes, we should all continue wearing face masks, practicing excellent hand hygiene and social distancing until enough

---

vaccine is manufactured and distributed, until we know how long a vaccine will protect us, and until our community shows reduced levels of spread.

It is unclear at this point if the vaccine prevents people from becoming infected with COVID-19 or if it prevents feeling sick when infected. That means you could still transmit virus after you've received your shot.

**Q: Do the new vaccine trial results mean the end to the pandemic?**

**A:** In the short term, no. The soonest that coronavirus vaccines could become widely available to the public would be in the spring. But if effective vaccines become available — and if most people get them — the pandemic could drastically shrink. This means we are one giant step closer to getting our lives back to normal provided as many people as possible get vaccinated as early as possible.

[Back to the top](#)

## Questions about clinical trials

**Q: What does Emergency Use Authorization (EUA) mean?**

**A:** In an emergency, like a pandemic, the FDA can make a judgment that it is worth releasing something for use even without following the typical timeline for a new vaccine or drug.

---

The administrative portions of the trial have been sped up. The scientific analysis of clinical trial participants remains the same for these and all other vaccines. If there's evidence that strongly suggests that patients have benefited from the vaccine in clinical trials and that it is safe, the agency can issue an EUA to make it available. The FDA has issued EUAs many times previously in other situations. The EUA process is well established and is not newly created to address COVID-19 vaccine development.

Current data from the manufacturers for the Pfizer/BioNTech vaccine, and the upcoming one from Moderna, strongly indicate that both vaccines are safe and effective. The FDA granted EUA for the Pfizer/BioNTech vaccine on Dec. 11 and will review Moderna's vaccine on Dec. 17. Even after receiving EUA, vaccines will continue to be studied, as is true with all vaccines.

**Q: Are there non-mRNA vaccines being studied?**

**A:** The AstraZeneca/Oxford team, as well as Johnson & Johnson/Janssen, are also working on vaccines that use different technology for delivering the viral genes that can produce viral proteins to activate the immune system. Novavax and Sanofi/GlaxoSmithKline are working on a vaccine that uses proteins themselves to trigger an immune response. All are close to completing their testing.

[Back to the top](#)



## Snow Shoveling: Not for the Faint of Heart

December 16, 2020  
BY JENN FISHER

There are few moments more tranquil than watching the snow fall on a quiet winter's night--until you have to dig yourself out the next morning. Shoveling snow is *\*not\** for the faint of heart. In fact, depending on the water content of the snow, the weight per cubic foot can range from just over 3 pounds for fluffy snow to a heart pounding 20-plus pounds for wet snow.

Home

Author



**Jennifer Fisher**

Writer

[Jenn.Fisher@lvhn.org](mailto:Jenn.Fisher@lvhn.org)

484-884-0823 

Share

Snow Shoveling: Not for the Faint of Heart



Connect



“Whether you are in shape or not, shoveling snow is exerting work,” says Lehigh Valley Health Network cardiologist [Benjamin Sanchez Jr., MD](#), with [LVPG Cardiology–1250 Cedar Crest](#) in Allentown. “And the more sedentary you are, the greater the impact on your heart when you shovel.”

A 2010 study looked at the incidence of [snow shoveling injuries](#) in the United States over a 17-year period. It found that about 11,500 people end up in the emergency room each winter due to shoveling injuries, most in the muscle strain and slip-and-fall categories. While heart attacks accounted for just under 7 percent of emergency room visits during the study time period, they were responsible for 100 percent of snow-shoveling-related deaths.

“Several factors come into play when you shovel,” Sanchez says. “The weight of the snow, coupled with the cold air, plus any risk factors you may have, could trigger a heart attack.”

#### **Gauge your snow shoveling risk factors:**

- Are you a smoker?
- Are you sedentary?
- Are you [diabetic](#) or [prediabetic](#)?
- Do you have [angina](#) (chest pain)?
- Do you have [hypertension](#) (high blood pressure)?
- Do you have a [lipid disorder](#) (high cholesterol)?

If you answer “yes” to any of these, you need to talk to your doctor about whether shoveling snow is appropriate for you.

“Snow shoveling is an aerobic activity, and in some instances would be considered a high-intensity aerobic exercise,” Sanchez says. “The sudden demand on the cardiovascular system caused by shoveling increases blood pressure, and that pressure can rupture cholesterol plaque that may line your arteries. If that happens, the

plaque or a clot can block blood flow to the heart, causing a heart attack.”

If you are shoveling, pay attention to your body for signs of trouble.

**Symptoms that demand attention:**

- Chest discomfort or pain that lasts more than a few minutes
- Discomfort or pain in one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Cold sweats
- Nausea
- Lightheadedness

If you or someone you are with experiences any of these symptoms while shoveling (or elsewhere) call 911.

“Don’t wait for the next snowstorm – talk to your doctor if you have any risk factors,” Sanchez says. “And if you do, my advice is: don’t push yourself. Instead, pay a teen or a neighbor to handle your shoveling. It is simply not worth taking a chance with your life.”

***For more information or to request an appointment with a cardiologist, visit [LVHN.org/heart](https://www.lvhn.org/heart).***

## LVHN FITNESS TEMPORARY CLOSURE

EFFECTIVE DEC. 12

## LVHN Fitness Center Locations Temporarily Closing Dec. 12

December 11, 2020

In order to slow the spread of COVID-19, Pennsylvania officials have announced new mitigation measures, including temporarily suspending operations at indoor gyms. Due to this new mitigation, LVHN Fitness will close on Dec. 12 until further notice.

Locations that will be temporarily closing include:

**LVHN Fitness—Cedar Crest**  
1243 S. Cedar Crest Blvd.

Home

Share this release

LVHN Fitness Center Locations  
Temporarily Closing Dec. 12



Connect



Allentown, PA 18103

**LVHN Fitness–Muhlenberg**

1770 Bathgate Road, third floor  
Bethlehem, PA 18017

**LVHN–One City Center**

707 Hamilton St., third floor  
Allentown, PA 18101

**LVHN Fitness–Mack Boulevard**

2100 Mack Blvd.  
Allentown, PA 18105

**Fitness Center at the Health & Wellness Center at Hazleton**

50 Moisey Drive, Suite 200  
Hazle Township, PA 18201

We remain hopeful that this closure will be brief. Our team of exercise physiologists, instructors, trainers, massage therapists and MSAs will be eager to serve you in-person again soon. In the meantime, we will continue to be here for you virtually with a variety of class options. Please check “MyClub Portal” for updated virtual class options.

As soon as we have any information on our reopening, we will post to our Facebook page and LVHN Fitness Portal. We also will update our phone messaging.