

Vacation Meets Culture

The summer is nearly over. I am sitting down in a beautiful villa in Southern Italy surrounded by ageless olive trees, flourishing grape vines and, a few miles away, the pristine Adriatic Sea. I am enjoying our family summer vacation and a return to my childhood.

As a child, I spent many summers in this region of Italy. My father was born here. He immigrated to the United States as a teen and ultimately became a college Italian professor. With summers free, our family often traveled back to “the homeland,” where we would soak up the sun and reconnect with family and Italian culture.



Joseph E. Patruno, MD
President, Medical Staff
Obstetrics and Gynecology
Gynecology/Primary Care OBGYN

As is often the case with young people, I had little appreciation for these summer vacations! I missed my friends and complained about not having the typical comforts of my home in America. As I sit here today, I feel humbled and comfortable, gaining perspective on the impact of this beautiful country. I recognize that my experiences as a youth and my cultural background have made me who I am today; certainly as an individual, but also as a doctor.

As providers, we are taught the importance of cultural sensitivity when caring for patients, especially as our demographics, both locally and nationally, become more diverse. Research has shown that patient care can be optimized if health care providers are able to bridge the gap between the culture of medicine and the ideals and practices that make up patients’ value systems. This includes age, religion, sexual orientation, disability and socioeconomic status, as well as ethnic heritage and nationality. Our goals as health care providers are to have a positive impact on patient health through every encounter. We can maximize this potential only by making the effort and learning more about patients’ cultures.

Similarly, cultural factors dictate how we care for patients, and they also influence who we are as providers. Culture, upbringing, and past experiences inevitably play a factor in why we become doctors and likely influence our style and patterns of practicing medicine. Invariably these factors also affect our career decisions, including medical specialty choice, practice structure, and geography as to where we choose to care for patients.

So how have my experiences as a child and my heritage influenced who I am as a doctor? As I sit here in these beautiful surroundings, still feeling full from last night’s marathon dinner with cousins I last saw 17 years ago, I believe there are several values and qualities that I have inherited, as part of my background and experience, that influence who I am today as a provider.

In Italy, where friendships are top-value and allegiance to family is vital, I saw firsthand the significance of relationships with others. Since joining LVHN, I have been practicing in the Center for Women’s Medicine (CWM) at LVH–17th Street. This practice – my partners, the nurses, the staff and in many ways the patients – have become my community and my “professional” family. I feel honored to be part of the CWM. My allegiance extends beyond the walls of my office, however, and includes the exceptional global health care community throughout LVHN.

Italian people are friendly, optimistic, generous and good humored. These are qualities I feel I have developed as a person, and I try to incorporate them into my interactions with patients in my practice as an obstetrician/gynecologist. Even more specifically, I believe these traits allow me to be more effective in my subspecialty practice where I care for patients with chronic pelvic pain.

Finally, through my experiences and time spent in Italy, it became clear that Italians are hard workers. At the same time, they also know when it is time to unwind. Recognizing the importance of this balance may be common to many countries where people “work to live.” I believe this is often not the case in the United States, where many people “live to work.” As an Italian and a product of the American medical education system, I appreciate the value and necessity of working hard. Although it has taken time, I’ve also learned the importance of balance and the need to nurture other critical areas of my life. This balance allows me to remain effective and healthy as a caregiver and remains the foundation for professional satisfaction.

I hope each of you had the opportunity to relax and get away this summer. I’m incredibly thankful for the opportunity to revisit not only Italy but also my past. Perhaps even more importantly, I’m grateful to have had the opportunity to share this unique experience with my three children. I hope these 10 days and the exposure to this unique country, its people and its culture will influence and touch them as they continue to grow and develop as individuals and ultimately as professionals.

A handwritten signature in black ink, appearing to read "Joseph E. Patruno". The signature is fluid and cursive, with a large loop at the beginning and a long horizontal stroke at the end.

Joseph E. Patruno, MD
Medical Staff President

Dementia Study Enrolling Patients

LVHN is now a registered dementia specialist site in the \$100 million Imaging Dementia Evidence for Amyloid Scanning (IDEAS) Study (Ideas-Study.org). LVPG Neurology is enrolling eligible Medicare patients in the trial to determine the clinical usefulness of positron emission tomography (PET) imaging of brain amyloid deposits in the diagnosis of patients who are being evaluated for Alzheimer's disease and dementia.

Lorraine Spikol, MD, serves as the principal investigator and lead referring dementia specialist for the IDEAS study at LVHN.

Medicare will only cover these exams for seniors if done as part of clinical trial or data registry. Currently, no private insurer covers amyloid PET scans for patients being evaluated for dementia or memory loss. Local providers can refer eligible patients to LVPG Neurology so these patients can get Medicare-covered care that may help them and better inform future Alzheimer's diagnosis and treatment.

Diagnosing Alzheimer's is complex. With no single test currently available, diagnosis is based on an individual's history, physical examination and cognitive testing. Amyloid PET imaging represents a potential major advance in the assessment of those with cognitive impairment. The scan visualizes plaques present in the brain, which are prime suspects in damaging and killing nerve cells in Alzheimer's. Before amyloid PET, these plaques could only be detected by examining the brain at autopsy. The first-of-its-kind IDEAS Study will follow Medicare beneficiaries for up to four years to determine if amyloid PET scans may help doctors make more informed treatment decisions.

"There has never been a study of this scale to evaluate the clinical value of brain amyloid imaging in diagnosing and caring for those affected by Alzheimer's," said Maria Carrillo, PhD, Alzheimer's Association chief science officer and IDEAS Study co-chair. "The dementia specialists and facilities that register for the IDEAS Study will play an essential role in engaging the nearly 19,000 individuals needed in the study and carrying out the amyloid PET scans."

Patients cannot directly enroll in the IDEAS Study. IDEAS study dementia specialists, such as Spikol, must enroll patients whose cases meet the study criteria and refer them for an amyloid PET scan. These scans will be performed and interpreted by a nuclear medicine physician or radiologist. Results will be provided to the ordering physician for disclosure to the patient and to support further diagnostic decisions. Scan results and diagnosis will be captured for the study.

The IDEAS Study is sponsored by the American College of Radiology (ACR) and American College of Radiology Imaging Network (ACRIN), with funding and direction provided by the Alzheimer's Association, the ACR and the manufacturers of the FDA-approved radiopharmaceuticals for amyloid imaging.

For more information or to refer patients for evaluation for enrollment in this study, contact Joanne Dinatale at 610-402-9543 or e-mail Joanne_J.Dinatale@lvhn.org.

Remember These Documentation Requirements

The Joint Commission's focused standards assessment for this year has been completed. As follow-up to the assessment, please clearly document the requirements below.

1. Medical Record Entry Authentication

All handwritten entries in the medical record must be signed, dated and timed by the person responsible for providing or evaluating the service provided.

Please include the date and time with your signature:

- When completing patient care consents (examples: procedural and anesthesia)
- During downtime on all handwritten documentation and co-signature of verbal orders

2. Verbal Order Authentication

Verbal and telephone orders shall only be given in an emergency situation and must be signed within seven days. Please remember to access your Epic inbasket, Hospital Chart Completion folder, and sign your verbal orders.

3. Postoperative Note Requirements

A brief postoperative note is required immediately after surgery, if a full operative report is not documented and available in the medical record prior to the patient being transferred from PACU to the floor or ICU.

The Epic brief operative note template will guide you through all of the required elements.

Please remember to complete all blank fields and document "none" when appropriate:

- Pre- and postoperative diagnoses
- Name of surgeon(s) and assistant(s)
- Procedure performed
- Description of each procedure finding
- Type of anesthesia
- Estimated blood loss (document none or minimal as appropriate)
- Specimen(s) removed (document none as appropriate)
- Complications (document none as appropriate)

For questions or feedback on this article, contact [Donna Steigerwalt, RHIA](#), in health information management operations at 484-884-1832.

Toxicology Clinic Open

The LVHN Toxicology Clinic provides outpatient appointments located on the first floor of the LVH–Tilghman Center for Orthopedic Medicine within the ExpressCARE department.

Consultative services are provided for both pediatric and adult patients to determine if signs and symptoms are related to a medication, toxin, poison or environmental exposure. Furthermore, snakebite victims who were treated in the hospital can have follow up visits arranged at the Toxicology Clinic.

Patients must be referred by their primary care provider or specialist. Walk-ins are not accepted. The clinic is open the third Tuesday of each month from 9 a.m. to 1 p.m.

LVPG providers complete referrals by following the standard ambulatory referral process in the LVHN electronic medical records system. The ambulatory order to complete the referral is REF312 – AMB REF TO TOXICOLOGY CLINIC.

Non-LVPG referrals are processed by the access center at 484-884-1557.

Take the Colleague Survey

All LVPG-employed physicians are invited to take LVHN's Colleague Survey from Sept. 25 to Oct. 9. Eligible physicians will receive an email containing a secure link to the online survey. The survey can be taken at work or home on a computer or smartphone. It should takes 15 minutes to complete.

All responses will be kept anonymous and won't be linked back to any individual. An independent firm, Strategic Management Decisions, will administer the survey, analyze the responses and provide reports to develop improvement plans.

The survey asks universal questions about working at LVHN, as well as questions specific to the work done by physicians. The survey's results will be used to create action plans to make LVHN a better place to work and practice.

LVH Sleep Disorders Centers Update

The LVH Sleep Disorders Centers would like to thank you for the numerous referrals to the sleep centers. Together, we have been able to help diagnose and treat many patients with life-altering sleep disorders. We are pleased to offer both in-lab and home sleep testing at various locations throughout the network.

Please remember to order all sleep studies by using Ambulatory Referral to Sleep or REF-99 in EPIC.

For more information, click [here](#).

New Reasons to Call 610-402-TEST

There is only one phone number you need to remember to schedule a test: 610-402-TEST. We listened to physician and patient feedback and made scheduling a test quicker and easier. Here are reasons to encourage your office staff or patients to call 610-402-TEST.

- **Service patients deserve.** For the provider offices, scheduling tests for patients during their doctor's visit removes the need for patients from having to do it on their own and helps the patient more easily navigate the health network. For patients, the single number offers easier access for any of their appointment needs.
- **Fast service.** It takes about 10 seconds for a 402-TEST scheduler to answer a call. Although times vary depending on the caller's needs, it takes an average of five minutes to obtain an appointment.
- **Convenient hours.** 402-TEST is available Monday through Friday 7 a.m. to 8 p.m., and Saturday 9 a.m. to 5 p.m.
- **Appointments scheduled more quickly.** Our goal is to schedule tests within five days. The scheduler offers the first available appointment nearest to the patient's starting point – such as their home or place of work – and extends the search outward until the patient's needs are met.
- **Less stress.** Schedulers use Google maps and street view to give callers directions and landmarks to help them easily find an LVHN location.
- **Appointment reminders.** We'll soon offer text and phone call appointment reminders to patients who opt in to this service.

Visit LVHN.org/for_referring_physicians to provide feedback on how LVHN can better serve you.

LVHN VIA MARATHON
TEMPORARY EVENT PARKING

LVHN Colleague Parking

EVENT SCHEDULE

5:30-6:30 a.m.

Runners arrive

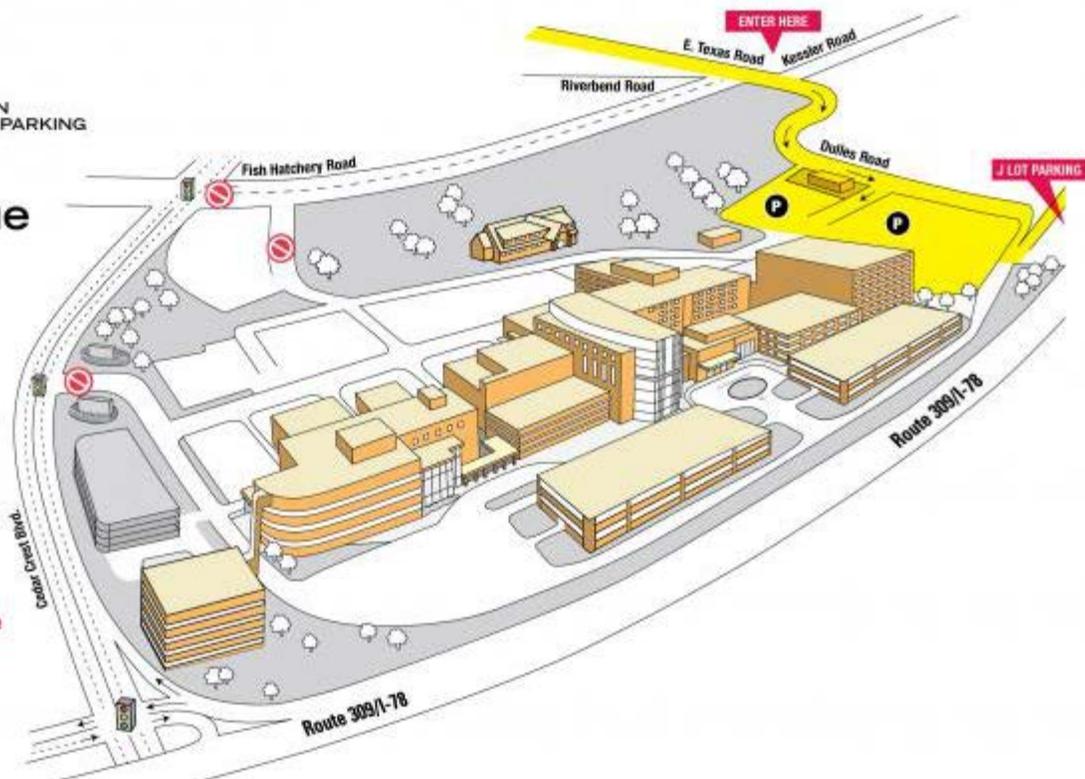
6:40 a.m.

Opening ceremonies,
road closures

7:10 a.m.

Race start

**Stay alert and enter
from E. Texas Road.
Do not use main entrance
or Fish Hatchery Road.**



Parking Changes for Sept. 11 Via Marathon

The starting line for the Sept. 11 LVHN Via Marathon is at LVH–Cedar Crest, which will add traffic to nearby roads and temporarily impact colleague parking. If you plan to arrive at LVH–Cedar Crest between 5 and 10 a.m. that morning, please allow extra travel time.

To expedite parking, please avoid the main entrance or Fish Hatchery Road. Instead, enter the campus through East Texas Road. The inner campus road and all corresponding parking lots located off Fish Hatchery Road will be closed to all through traffic. If you normally use one of these lots, please park in an alternate location, such as the J lot (located by the water tower), the employee lots behind the Kasych Family Pavilion, or the other two lots off Dulles Road, as shown in yellow on the map.

Thank you for doing your part to help make the LVHN Marathon for Via an enjoyable event for our community and the many out-of-town visitors who will participate in the race.

21st Annual Nite Lites Black Tie Gala: 'All That Jazz at Nite Lites'

The 21st Annual Nite Lites Black Tie Gala "All That Jazz at Nite Lites," will be held on Saturday, Oct. 1, 5 p.m. to 12:30 a.m., on the campus of LVH–Muhlenberg.

Proceeds benefit the mission of LVHN.

For sponsorships reservations, contact Sandi Marsh, special events planner, at 484-884-9119 or sandra.marsh@lvhn.org.

Body Family Medical Library Hours Update

The LVH–Cedar Crest Body Family Medical Library hours (when the door is open) are now 12:30 to 4 p.m., Monday through Friday. All other hours are by card swipe only.

Physicians, residents, fellows, PAs, CRNPs and allied health providers have card-swipe access established automatically. Employees can gain card swipe access to the library after-hours by completing a request for on the library website.

A phone number or virtual teleconferencing connection will be provided for access to library staff between 10 a.m. and 4 p.m.. Monday through Friday. Book checkouts will be done only during hours when the library is staffed or a virtual librarian is available. Printing, copying and faxing will be self-service only. Instructions are posted.

At the LVH–Muhlenberg library, the printer/copier has been removed. Access continues to be by card swipe only. There will be no librarian hours.

For routine article and literature search requests, use the on-line request forms on the library home page. For urgent patient care or legal requests, complete the on-line form on the library website and also call 610-402-8410.

Zika and Mosquitoes

The Zika virus is making the news. There is now a section of Miami that has a travel warning. Until a vaccine becomes available, the best way to prevent a Zika infection is prevention of mosquito bites. Besides wearing long-sleeved shirts and pants and keeping windows closed or screened, the CDC recommends using an EPA-registered repellent. The ones listed below have been shown to be safe and effective even for pregnant or breastfeeding women. Unless indicated, most are considered acceptable to be used for children ages 2 months or older.

- **DEET** (Deep Woods OFF and Repel 100): 30% = protection for up to 8 hours, 20% = 4-5 hours protection
- **Picaridin** (Avon Skin So Soft Bug Guard Plus Picaridin): 20% = 7 hours protection, 10%= 5 hours protection
- **IR3535** (Avon Skin So Soft Plus IR3535): 10-60 minutes of protection
- **Lemon eucalyptus oil** (Cutter Lemon, Repel Lemon): Not recommended for children under age 3; two hours of protection

Beware Potential Drug Interactions

Risky OTC supplements vs. prescription medications present possible dangers. Listed below are some significant potential interactions of which we should advise our patients.

- **John's wort:** Besides interfering with SSRIs (Prozac, Zoloft, Paxil) and Tramadol, thereby increasing the possibility of serotonin syndrome, it also can decrease effectiveness of oral contraceptives, Eliquis, Xarelto, digoxin and cyclosporine. Clopidogrel's antiplatelet activity can be increased with St. John's wort, which can cause risk of bleeding.
- **Ginkgo:** Can cause seizures in combination with epilepsy medications and also increases bleeding with antithrombotics (aspirin, Pradaxa, etc.).
- **Glucosamine:** With or without chondroitin, combined with warfarin, it can cause an INR change and increased risk of bleeding.
- **Soy isoflavones:** They are converted in the body to phytoestrogens and can interfere with the antiestrogenic action of tamoxifen and aromatase inhibitors such as Arimidex.

We should ask our patients not only the meds they are on but the supplements as well. Vitamins and supplements are characterized by the FDA as foods, not medicinal products, and the same rigorous verification by the government is not mandatory.

New Products

Lycelle Head Lice Removal Kit (OTC): Pesticide-free, comes with a lice comb.

Jentadueto XR, 2.5/1000 and 5/1000 mg tablets (linagliptin/metformin): An adjunct to diet and exercise to increase glycemic control in adults with type 2 diabetes. Should not be used for type 1.

New Generics

Nuvigil 50, 150 and 250 mg tablets (armodafinil)

Tikosyn 125, 250 and 500 mg capsules (dofetilide): As a reminder, the REMs program no longer has to be completed in order to prescribe or dispense.

For questions or feedback on this article, contact [Jay Needle, RPh](#), manager, Health Spectrum Pharmacy, LVH–Muhlenberg, at 484-884-7004.

Congratulations: September 16

[Sameh Morkous, MD, FAAN](#), chief, division of pediatric neurology, section of pediatric neurology and sleep medicine, department of pediatrics, has been elected a Fellow Member of the American Academy of Neurology in recognition of his contributions to the Academy and to the Neurology community.

[Kim Brown, MD](#), pediatrician, The Children's Clinic, department of pediatrics, has received an Anderson Grant to fund the Early Prevention of Pediatric Obesity study. [Rose Gomez DeJesus, MD](#), adolescent medicine physician, department of pediatrics, has received an Anderson Grant to fund the Healthy Latinas Program research project.

Upcoming Seminars, Conferences and Meetings

Department of Education Conferences

- Sept. 8 – Updates in Pancreatic Cancer
- Sept. 30 – Eighth Annual Fleming Infection Prevention and Infectious Diseases Symposium (held at Bear Creek Mountain Resort and Conference Center)
- Oct. 22 – Pain Management Symposium

For more information, call 610 402 2277, option 1, or visit <https://go.activecalendar.com/lvhn-doe>.

Pediatric Grand Rounds

- Sept. 6 – To be announced
- Sept. 13 – Cardiology topic, with Matthew Elias, MD, pediatric cardiologist, Children's Hospital of Pennsylvania; Kasych Family Pavilion ECC Room 8 at LVH-Cedar Crest
- Sept. 20 – Michael Consuelos, MD, senior vice president, clinical integration, the Hospital & Healthsystem Association of Pennsylvania; Auditorium at LVH-Cedar Crest
- Sept. 27 – Food allergies, with Kathleen Ververeli, MD, pediatric allergist, Center for Allergy and Asthma Care, LLC; Kasych Family Pavilion ECC Room 7 at LVH-Cedar Crest

The department of pediatrics holds Grand Rounds on Tuesdays, beginning at 8 a.m., at the locations noted.

For more information, contact [Cari Coelho](#) in the department of pediatrics at 484-862-3131.

Department of Dental Medicine 41st Annual Continuing Dental Education Program

- Oct. 14 – Restorative Materials: Update 2016
- Nov. 4 – Life is Your Best Medicine
- Nov. 4 – The Nutrition Prescription
- Jan. 4 – The Winner in You: Raising the Bar on Patient Care
- Feb. 9 – Six “Best Practice” Principles for Success

All sessions will be held in the LVHN–Mack Boulevard Auditorium, 1200 Mack Blvd., Allentown, PA 18105. Times vary.

For more information, visit www.lvhn.org/cont_ed_events or www.lvhn.org/dentaeducationprogram.

Cardiology Grand Rounds

- Sept. 9 – Afib and Stroke: The AREST Trial, with Arthur J. Labovitz, MD, FACC, FACP, FCCP, FASE, FAHA, professor and chairman of the University of South Florida College of Medicine Department of Cardiovascular Sciences, Tampa, Florida

Cardiology Grand Rounds are held the first Friday of the month beginning at noon (unless otherwise noted) in the LVH–Cedar Crest auditorium and videoconferenced to ECC Room D at LVH–Muhlenberg.

GLVIPA General Membership Meeting

The next general membership meeting of the Greater Lehigh Valley Independent Practice Association will be held Sept. 27, beginning at 6 p.m., in the LVH–Cedar Crest auditorium, with videoconferencing

to ECC rooms C and D at LVH–Muhlenberg and LVHN–Hazleton, Annex Building, Board Room.

For more information, contact [Mary Ann Curcio](#), coordinator, GLVIPA, at 610-969-0423.