

# Sticking to Our New Year's Resolutions

Each January, Americans flock to gyms across the country with newfound resolve. They toss their cigarettes in the trash can. They swear off carbs and meat and alcohol and coffee. For many of us, the promise of beginning anew is too powerful to resist. Until it's not.

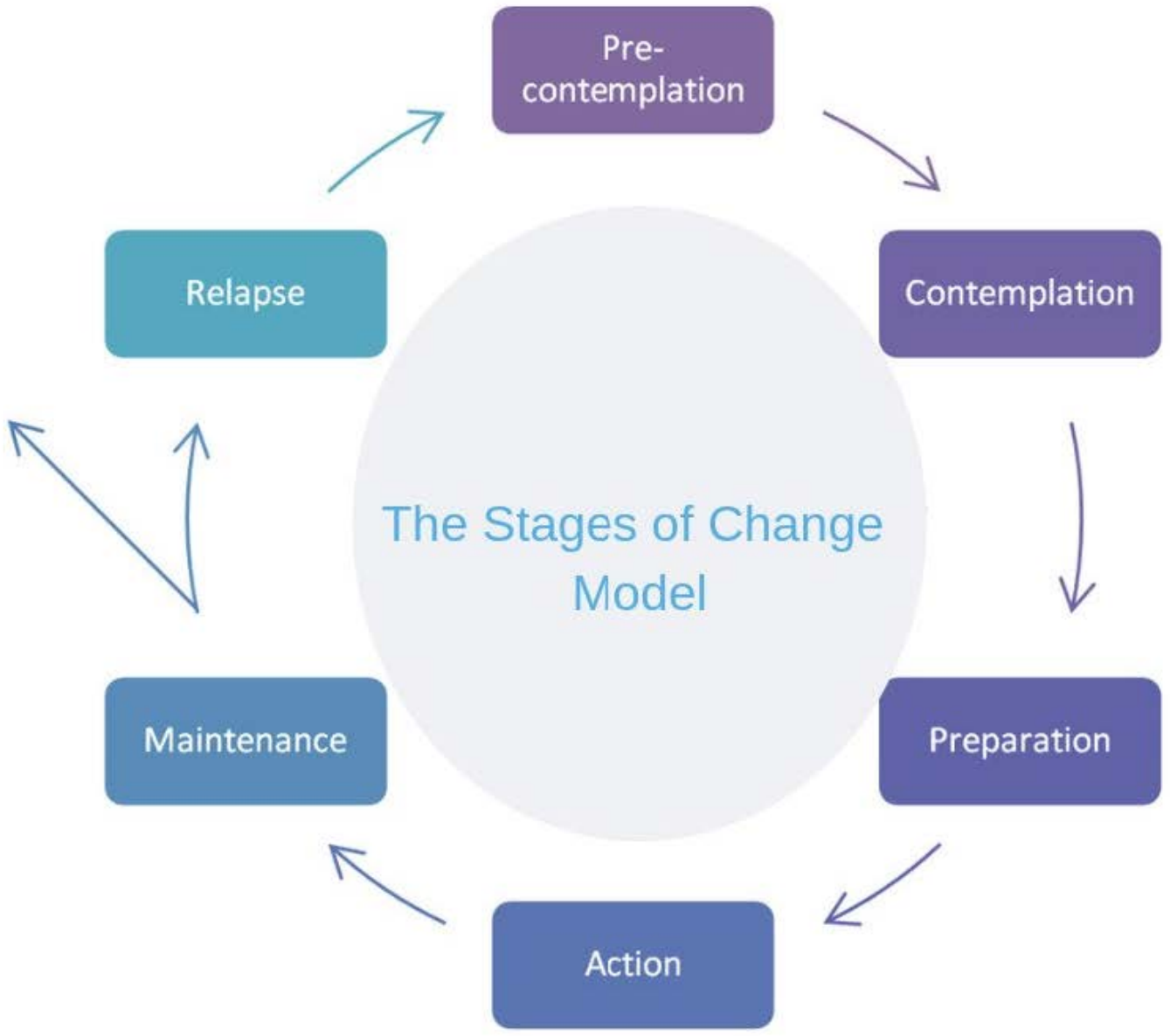
It's a familiar story. According to a survey from the online polling company YouGov, although 68 percent of Americans have sought to change their behavior through New Year's resolutions, only 8 percent have succeeded.<sup>1</sup> As physicians, we understand that the top risk factors for premature mortality are diet, high blood pressure, obesity and tobacco use, and we strive to address unhealthy behaviors with our patients.

The beginning of the calendar year is a time when people are focused on their desire to change, but effective methods to help modify behavior can be elusive. Most patients understand that smoking is harmful, for example, but it is difficult to quit.

In the late 1970s, psychologists James Prochaska and Carlo DiClemente developed the Stages of Change model. It describes the phases people go through on their way to change: precontemplation, contemplation, preparation, action and maintenance, with relapse a normal part of the process.<sup>2</sup>



**Patricia Martin, MD**  
President, Medical Staff  
Radiology-Diagnostic Medical Imaging  
Diagnostic Radiology



In theory, if we as health care providers take time to understand which stage the patient is in, we can ask pointed questions to nudge them to the next stage. However, no matter how skilled providers become at motivational interviewing, we would need a lot of time to make this work. Not only is it impractical in work environments driven by relative value units (RVUs), it is also ineffective. The model's most critical flaw is that it assumes people make rational decisions about their health. Anyone who has ever had one too many beers or reached for a tub of Häagen-Dazs after a frustrating day at work knows this is not true.

There has to be a better way to steer people to do the right thing. Humans may not behave rationally, but their behavior is often predictable. Israeli psychologists Daniel Kahneman and Amos Tversky laid the foundation for the field of behavioral economics by designing experiments that showed we often make decisions that are not in our best economic interests.

The key is to understand how we are wired in order to design the right incentives and deterrents to help us make better choices.<sup>3</sup> Medical researchers and business leaders have begun to apply some of the principles to promote healthier behaviors and have had modest success. In a recent trial of smoking cessation involving more than 6,000 participants, cash incentives were superior to other more traditional interventions in achieving abstinence.<sup>4</sup>

Another area of active research involves the use of technology, games and social networks. Mobile applications like the Reflexion Health app assist patients with virtual physical therapy, using animated figures that show correct form and provide instant feedback. Victims of stroke and spinal cord injuries are using virtual reality games such as those by neurotechnology startup MindMaze for physical and mental rehabilitation. Some fitness apps use cash incentives and peer pressure to achieve compliance with fitness regimens; members who don't meet their goals must pay those who do. There is preliminary evidence that these "gamification strategies" can work.<sup>5</sup>

Learning from this new research and helping our patients (and ourselves!) stick to resolutions is at the heart of what we strive to do. Long-term behavior change could save millions of health care dollars annually and save lives. It is worth the effort and creates opportunities for all of us in this New Year and those that follow.

[Patricia Martin, MD](#)

Medical Staff President

1. "One in five Americans has stuck to their 2018 new year's resolution." YouGov website. [today.yougov.com/topics/lifestyle/articles-reports/2018/06/28/2018-new-years-resolutions-update](http://today.yougov.com/topics/lifestyle/articles-reports/2018/06/28/2018-new-years-resolutions-update)
2. "Behavior change." O'Connell, D. Behavioral Medicine: A Guide for Clinical Practice (4th ed.). Feldman, M.D., et al. New York, NY: McGraw-Hill, 2014.
3. Lewis, M. The Undoing Project. W.W. Norton & Company, 2016.
4. "A pragmatic trial of e-cigarettes, incentives and drugs for smoking cessation." Halpern, S.D., et al. New England Journal of Medicine. 2018; 378(24): 2302-10.
5. "Gamification for health and wellbeing: a systematic review of the literature. Internet Interventions. 2016; 6: 89-106.

# GLVIPA General Membership Meeting Scheduled January 28

The next general membership meeting of the Greater Lehigh Valley Independent Practice Association will be held on Monday, Jan. 28, 2019, beginning at 6 p.m. in the Lehigh Valley Hospital (LVH)–Cedar Crest Auditorium with video conferencing to LVH–Muhlenberg, LVH–Hazleton, LVH–Pocono and LVH–Schuylkill.

For more information, contact [Mary Ann Curcio](#), Coordinator, Greater Lehigh Valley Independent Practice Association, at **610-969-0423**.

# Allied Health Staff Biennial Reappointment Deadline Sunday, Jan. 20

In compliance with the regulations of the Pennsylvania Department of Health, the Medical Staff and Hospital Bylaws, the standards of the Healthcare Facilities Accreditation Program (HFAP) and The Joint Commission (TJC), each member of the hospital's Allied Health Professional staff must be reappointed a minimum of once every two years.

On Jan. 1, 2019, the biennial reappointment process was put into motion when reappointment applications were made available for more than 950 members of the Allied Health Professional staff.

Directions for completing the reappointment application process are included with the application notice sent to the provider. This new reapplication process has data screens requiring the practitioner to review the current data and add or change as appropriate. The practitioner should review the directions provided to make sure all the information is completely addressed and arrangements for submission of all the required documents have been made. This information will serve as both the official and confidential file for the Medical Staff Services office and the network.

The deadline to return reappointment applications is Sunday, Jan. 20, 2019.

If you have any questions related to the reapplication requirements or submission of supporting documents, please call Medical Staff Services at **484-862-3900**.

If you have any problems related to logging in to the application or technical questions concerning completing the application, please call Rita Mest and Diane Horoski at **484-862-3141** for assistance.

# Advance Care Planning eBook: Your Life, Your Wishes

Advance health care directives (AD) are important documents that allow people to express their wishes, preferences and instructions for their future health care. AD allow you to pick the person who will share your wishes for care if you cannot speak for yourself.

A Lehigh Valley Health Network (LVHN) colleague survey conducted during the 2017 flu clinic demonstrated that only 10 percent of the population had an advance care plan and shared it with their family and health care provider.

**Advance Health Care Directives**  
**Your Life, Your Wishes**

Your choices for medical care are important — even if you cannot speak for yourself.

**Click here to begin**

Lehigh Valley Health Network

To promote the completion of an AD, DOE Patient Education and the Advance Care Planning Committee, with support from a Dorothy Rider Pool Health Care Trust grant, created an interactive ebook to educate our colleagues and community. This ebook incorporates videos, an advance directive form (which can be completed online) and a survey that will collect feedback on the ebook and the user's confidence in create a directive after using the interactive book.

This interactive ebook is available at [education.lvh.com/advancecareplan/lvhn.html](http://education.lvh.com/advancecareplan/lvhn.html). It can also be accessed by

scanning the QR code provided. It is best viewed in Google Chrome. You are encouraged to read the book, complete an advance health care directive and share it with your family and provider. Urge your patients to complete an AD by providing an advance health care directive flyer or a handout called, “Your Information Prescription: Talking About End of Life Care,” located on the Patient Education page of the LVHN Intranet. The Information Prescription also contains links to other videos and documents that will help educate your patients on advance health care planning.



How to scan the QR code: Install a QR code reader app on your cellphone.

Open the app and aim your phone camera at the QR code to read the ebook.

For more information, contact Patient Education at **610-402-2487**. Or visit [patienteducation.content.lvh.com](http://patienteducation.content.lvh.com).

# Upcoming LVHN Special Events

Mark your calendar for these Lehigh Valley Health Network special events coming up in the New Year:

- May 20, 2019 – 27th Annual Golf and Tennis Classic, Saucon Valley Country Club
- 29, 2019 – 24th Annual Nite Lites Gala, Lehigh Valley Hospital–Muhlenberg



# Andrew Sumner, MD, Named Chief of Cardiology

Andrew Sumner, MD, has been appointed as Chief of Cardiology. Sumner joined Lehigh Valley Health Network (LVHN) in 2006 from Penn State College of Medicine, where he served as Associate Professor of Medicine and Radiology. He came to LVHN as a cardiologist and director of noninvasive cardiology for the network.

For the past 10 years, he has served as practice leader of LVPG Cardiology—1250 Cedar Crest and helped oversee the practice as it has grown from 12 cardiologists and three advanced practice clinicians (APCs) to more than 35 cardiologists and 15 APCs. In 2018, he became Associate Medical Director of Lehigh Valley Heart Institute.

Sumner earned his medical degree from the Pennsylvania State University College of Medicine and completed his internal medicine residency at the Penn State Milton Hershey Medical Center, where he also served as Chief Medical Resident. He completed his cardiology fellowship at the University of Rochester, Strong Memorial Hospital and a mini-fellowship in cardiac MRI at the University of Virginia. He is boarded in cardiology, echocardiography and clinical lipidology.

Clinically, Sumner has been active in patient care, imaging, and established and directs health network's lipid clinic. He has been the primary investigator on several multicenter clinical trials as well as several investigator-generated trials. He has published in the area of lipid management, preventive cardiology and imaging.

Sumner and his wife Lucy live in Coopersburg with their son Jeremy and daughter Hanna.

# LVH–Cedar Crest Receives Healthgrades Awards

Lehigh Valley Hospital (LVH)–Cedar Crest was the only hospital in our local and extended markets to receive all three of the prestigious cardiovascular related awards in the 2019 Specialty Excellence Awards from Healthgrades: America's 50 Best Hospitals for Cardiac Surgery, America's 100 Best Hospitals for Cardiac Care and America's 100 Best Hospitals for Coronary Intervention. In addition to this being a hospital award, LVH–Cedar Crest is the flagship of Lehigh Valley Heart Institute.

The America's 50 Best Hospitals for Cardiac Surgery Award™ recognizes hospitals for superior outcomes in heart bypass surgery and heart valve surgery. Patients who have these surgeries at these nationally recognized hospitals have a lower risk of dying.

The America's 100 Best Hospitals for Cardiac Care Award™ recognizes hospitals for superior outcomes in heart bypass surgery, coronary interventional procedures, heart attack treatment, heart failure treatment and heart valve surgery. Patients who have these treatments or procedures at these nationally recognized hospitals have a lower risk of dying.

The America's 100 Best Hospitals for Coronary Interventional Award™ recognizes hospitals for superior outcomes in coronary intervention procedures. Patients who have these procedures at these nationally recognized hospitals have a lower risk dying.

An America's 50 Best Hospitals for Specialty Care award is given when fewer than 100 hospitals have the superior outcomes necessary to be recognized as an America's Best Hospital for the corresponding specialty area. Furthermore, an America's 100 Best Hospitals for Specialty Care award is given to hospitals that perform at the top 10 percent in the nation in that specialty. This means that according to Healthgrades, LVH–Cedar Crest is among the top 50 hospitals nationally for cardiac surgery and in the top 10 percent for cardiac care and cardiac interventions in the United States.

# Conflict of Interest/Commitment Questionnaire 2019

As stipulated in the Medical Staff Bylaws, all members of the Medical Staff are required to complete the Lehigh Valley Health Network (LVHN) Conflict of Interest/Commitment Questionnaire on an annual basis. This year, you are required to complete the Conflict of Interest Questionnaire by Tuesday, April 2, 2019.

Please remember, the overarching purpose of our conflict of interest policy is to protect LVHN's interest when it is entering into or contemplating a transaction or arrangement that might benefit the private interest of any individual who has a role in the decision-making process with respect to the transaction or arrangement, or who otherwise has the ability to affect the decision-making process in any manner.

The LVHN Compliance Services Department has partnered with Health Endeavors to administer the Conflict of Interest Questionnaire. The information is confidential and will be reviewed by LVHN Compliance Services.

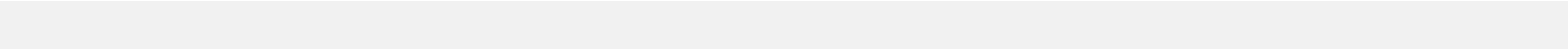
In January, you received an email via your LVHN email account that included your personalized link to access the new online questionnaire.

If you have questions related to the questionnaire, contact [Shannan Ott](#) or [Gwen Pongracz](#) in Compliance Services via email [Compliance\\_Services@LVHN.org](mailto:Compliance_Services@LVHN.org).

Other pages within this guide will provide the resources you need to build a professional bibliography. You will find information on citing the literature, web pages and e-books. Writing and submitting an article and information presenting a poster at a conference are all to be found in this guide.

You also can contact one of the Medical Librarians who can assist with the process.

For more information, contact Library Services at [libraryservices@LVHN.org](mailto:libraryservices@LVHN.org) or **610-402-8410**. Or you can submit a question through the “Ask a Librarian” link found on the Library Services Digital page. Visit the Digital Library Services page on the LVHN Intranet by clicking on FIND FAST and then choosing Library Services.












































# Make a Research Resolution

It's a new year and perhaps you have been diligently keeping track of collecting data on a group of patients who have participated in a particular treatment. Maybe you have had a reorganization in your practice and have kept data on whether this has been an improvement. You have kept spreadsheets on this information with the idea of publishing your findings. Now is the time to begin the process of writing and submitting your article.

Where to begin? Even if you have read some articles or attended presentations on the research, it is a good idea to begin with a literature search. What have others done on this subject? You begin by going to the Library Services Digital site and check out the search engines listed under the FIND ARTICLES heading.

## FIND ARTICLES

<a href="#">Medline (Ebsco)</a>   	<a href="#">HealthStar</a>   
<a href="#">CINAHL (Nursing &amp; Allied Health)</a>   	<a href="#">Health &amp; Psychosocial Instruments (HaPI)</a>   
<a href="#">Cochrane Clinical Answers</a>  	<a href="#">Psychology and Behavioral Sciences</a>   
<a href="#">Cochrane Database of Systematic Reviews</a>    	<a href="#">Ovid Medline</a>   
<a href="#">Cochrane Central Register of Controlled Trials</a>    	<a href="#">PubMed Medline</a>    NOTE: Includes some poor quality journals
<a href="#">Cochrane Methodology Register</a>    	<a href="#">PubMed Single Citation Matcher</a> 
<a href="#">Google Scholar</a> 	<a href="#">PubMed Clinical Queries</a> 
<a href="#">Health Business Elite</a>   	<a href="#">More..</a>

If your subject has to do with a treatment or procedure for patient care, you will want to begin with Medline. If you are looking for information dealing with health business practices, you may want to check out Health Business Elite. If your practice treats behavioral health patients, you will want to search the Psychology and Behavioral Sciences engine. If you have questions, you can contact a Medical Librarian, who will assist with your search or questions.

Once you have completed your research, it's time to select a journal in which to publish. On the Library Services Digital site, click on the Writing and Citing guide.

Subject Guides and Reading Lists  
Training & Tutorials  
Writing & Citing  
LVHN Historical Archives  
USF Shimberg HS Library (Faculty)



[AAP Red I  
King Guide](#)  
[LexiComp](#)  
[LexiComp](#)  
LVHN 201

To ensure that you select a well-respected journal, there are two pages in the guide to assist with that decision, “Selecting a Journal for Publication” and “Finding Peer Reviewed Journals.”

Other pages within this guide will provide the resources you need to build a professional bibliography. You will find information on citing the literature, web pages and e-books. Writing and submitting an article and information presenting a poster at a conference are all to be found in this guide.

You also can contact one of the Medical Librarians who can assist with the process.

For more information, contact Library Services at [libraryservices@LVHN.org](mailto:libraryservices@LVHN.org) or **610-402-8410**. Or you can submit a question through the “Ask a Librarian” link found on the Library Services Digital page. Visit the Digital Library Services page on the LVHN Intranet by clicking on FIND FAST and then choosing Library Services.

# January 2019 Papers, Publications and Presentations

- Jeanne Jacoby, MD, of the Department of Emergency Medicine, co-authored an article, “Left ventricular perforation with catheter decompression: case report and review of complications.” It was published Oct. 26, 2018, online ahead of print in the American Journal of Emergency Medicine.
- Brian Stello, MD, and Beth Careyva, MD, of the Department of Family Medicine, co-authored an article, “Decision support and navigation to increase colorectal cancer screening among Hispanic patients.” It was published Oct. 17, 2018, online ahead of print in Cancer Epidemiology, Biomarkers & Prevention.

# January 2019 Upcoming Seminars, Conferences and Meetings

## Department of Education Conferences

- 9 – Child Maltreatment
- 25-26 – Department of Anesthesiology Ninth Annual Winter Retreat Conference; Bear Creek Mountain Resort, Macungie

*For details, call 610-402-2277, option 1, or visit [go.activecalendar.com/LVHN-DOE](http://go.activecalendar.com/LVHN-DOE).*

## Surgical Grand Rounds

- 8 – Medical Education: Hot Topics with Joseph Stirparo, MD, and Amy Smith, PhD; LVH–Cedar Crest auditorium, 7–8 a.m.

*For more information, contact [Wendy.Hess@LVHN.org](mailto:Wendy.Hess@LVHN.org).*

## Pediatric Grand Rounds

- 8 – Topic TBA, with Melissa Brannen, MD, pediatric hospitalist; LVH–Cedar Crest Kasych Family Pavilion, ECC Room 6, 8-9 a.m.
- 15 – Applying Motivational Interviewing to Pediatric Care, with Bridget Blitz, LCSW; LVH–Cedar Crest Kasych Family Pavilion, ECC Room 6, 8-9 a.m.
- 22 – Topic TBA, with Yallie Perez, MD, PGY-III; LVH–Cedar Crest Kasych Family Pavilion, ECC Room 6, 8-9 a.m.
- 29 – CSC Verification, PIPS Programs and Other QI Initiatives, with Robert Cilley, MD, Penn State Children's Hospital; LVH–Cedar Crest Kasych Family Pavilion, ECC Room 6, 8-9 a.m.

*For more information, contact [Cari Cleffi](#) in the Department of Pediatrics at 484-862-3131.*



# Who's New—January 2019

## MEDICAL STAFF

### New Appointments

Effective Jan. 2, 2019

#### **Ricky A. Buckshaw Jr., DO**

Medicine

General Internal Medicine

(LVH Department of Medicine)

Lehigh Valley Physician Practice

Cedar Crest and I-78, PO Box 689

Allentown, PA 18105-1556

Phone: 484-862-3159 Fax: 484-862-3175

Provisional Limited Duty

Appointment date: 01/02/2019 Temporary privileges: 12/13/2018

LVH LVH-M

#### **Benjamin E. Jack, MD**

Emergency and Hospital Medicine

Emergency Medicine

(TeamHealth Emergency Medicine)

Allentown, PA 18103-6235

Phone: 570-621-4090 Fax: 570-628-2210

Provisional Active

Appointment date: 01/02/2019 Temporary privileges: 12/13/2018

LVH-S

#### **Wayne A. Martini Jr., MD**

Emergency and Hospital Medicine

Emergency Medicine

(LVH-M Emergency Medicine)

2545 Schoenersville Road, Fifth Floor

Bethlehem, PA 18017-7300

Phone: 484-884-2888 Fax: 484-884-2885

Provisional Limited Duty

Appointment date: 01/02/2019 Temporary privileges: 12/13/2018

LVH LVH-M LVH-S

**Joseph V. Moran, DO**

Medicine

General Internal Medicine

(LVH Department of Medicine)

Lehigh Valley Physician Practice

Cedar Crest and I-78, PO Box 689

Allentown, PA 18105-1556

Phone: 484-862-3159 Fax: 484-862-3175

Provisional Limited Duty

Appointment date: 01/02/2019 Temporary privileges: 12/13/2018

LVH LVH-M

**Helmi A. Saud, DO**

Emergency and Hospital Medicine

Emergency Medicine

(TeamHealth Emergency Medicine)

Lehigh Valley Hospital-Schuylkill

700 E. Norwegian St.

Pottsville, PA 17901-2710

Phone: 570-621-4090 Fax: 570-628-2210

Provisional Active

Appointment date: 01/02/2019 Temporary privileges: 12/13/2018

LVH-S

**Gregory M. Singer, MD**

Family Medicine

(Gregory M. Singer, MD, PC)

227 S. Route 100

Allentown, PA 18106-9212

Phone: 610-366-1000 Fax: 610-366-1050

Provisional Active

Appointment date: 01/02/2019 Temporary privileges: 12/13/2018

LVH LVH-M

**Sevak Soukiazian, MD**

Emergency and Hospital Medicine

Emergency Medicine

(TeamHealth Emergency Medicine)

Lehigh Valley Hospital-Schuylkill

700 E. Norwegian St.

Pottsville, PA 17901-2710

Phone: 570-621-4090 Fax: 570-628-2210

Provisional Active

Appointment date: 01/02/2019 Temporary privileges: 12/13/2018

LVH-S

## Resignations

Richard E. Arnold, MD  
Pediatrics  
General Pediatrics  
(LVH-S Department of Pediatrics)  
Provisional Active  
LVH-S  
11/19/2018

Stephen A. Arrigo, MD  
Cancer Institute  
Radiation Oncology  
(Cancer Treatment Center at Hazleton)  
Active  
LVH-H  
10/25/2018

Atena Asiaii, MD  
Obstetrics and Gynecology  
Obstetrics/Gynecology  
(LVPG Obstetrics and Gynecology-Pond Road)  
Active  
LVH LVH-M  
12/05/2018

Amanda K. Brown, MD  
Anesthesiology  
Pediatric Anesthesiology/General Anesthesiology  
(AAA Anesthesia Associates, Inc.)  
Active  
LVH LVH-M LVH-H LVH-S  
11/12/2018

Ann M. Cadwalader, MD  
Pediatrics  
General Pediatrics  
(LVH-S Department of Pediatrics)  
Provisional Active  
LVH-S  
11/19/2018

Rene Chalom, MD  
Pediatrics  
General Pediatrics

(LVH–S Department of Pediatrics)

Provisional Active

LVH–S

11/19/2018

Peter W. Kozicky, MD

Surgery

Orthopedic Surgery

(LVPG Orthopedics and Sports Medicine–Health & Wellness Center)

Active

LVH LVH–M LVH–H

11/12/2018

Avani K. Patel, MD

Anesthesiology

General Anesthesiology

(AAA Anesthesia Associates, Inc.)

Active

LVH LVH–M LVH–H LVH–S

11/29/2018

Marian O. Pokuah, MD

Emergency and Hospital Medicine

Hospital Medicine

(Integrated Medical Group, PC)

Provisional Active

LVH–S

09/12/2018

Tricia L. Royer, DO

Medicine

Infectious Diseases

(LVPG Infectious Diseases–1250 Cedar Crest)

Active

LVH LVH–M LVH–H LVH–S

11/21/2018

Ali A. Shah, MD

Medicine

Occupational Medicine

(HealthWorks)

Active

LVH LVH–S

11/20/2018

John C. Smulian, MD, MPH

Obstetrics and Gynecology  
Maternal-Fetal Medicine/Obstetrics  
(LVPG Maternal Fetal Medicine–3900 Hamilton Blvd.)  
Active  
LVH LVH–M  
11/30/2018

John K. Taus, DO  
Medicine  
Gastroenterology  
(Eastern Pennsylvania Gastroenterology and Liver Specialists, PC)  
Active  
LVH LVH–M  
11/19/2018

Folusho A. Tugbiyele, MD  
Obstetrics and Gynecology  
Urogynecology/Gynecology  
(LVPG Female Pelvic Medicine and Reconstructive Surgery–Pond Road)  
Active  
LVH LVH–M  
11/21/2018

Frank C. Zhang, MD, PhD  
Medicine  
Neurology  
(LVPG Neurology–1250 Cedar Crest)  
Active  
LVH LVH–M LVH–H LVH–S  
11/30/2018

## **ALLIED HEALTH STAFF**

### **New Appointments**

Effective Jan. 2, 2019

#### **Tamara K. Callender, CRNP**

Certified Registered Nurse Practitioner  
(LVPG Neurosurgery)  
LVHN–One City Center, PO Box 1086  
Head Trauma and Concussion Center–Suite  
Allentown, PA 18105-1806  
Phone: 484-862-3001 Fax: 484-862-3047

Supervising Physician: Mark Li, MD  
Appointment date: 01/02/2019 Temporary privileges: 12/17/2018  
LVH LVH-M

**Christine M. Ciaverelli, PA-C**

Physician Assistant-Certified  
(OAA Orthopaedic Specialists)  
250 Cetronia Road, Second Floor  
Allentown, PA 18104-9168  
Phone: 610-973-6200 Fax: 610-973-6546  
Supervising Physician: Christopher A. Hawkins, MD  
Appointment date: 01/02/2019 Temporary privileges: 12/13/2018  
LVH LVH-M

**Pamella B. Hennessy, CRNP**

Certified Registered Nurse Practitioner  
(LVPG Cardiology-1250 Cedar Crest)  
1250 S. Cedar Crest Blvd., Suite 300  
Allentown, PA 18103-6381  
Phone: 610-402-3110 Fax: 610-402-3112  
Supervising Physician: Apurva V. Vyas, MD  
Appointment date: 01/02/2019 Temporary privileges: 12/31/2018  
LVH LVH-M LVH-S

**Michele L. Herron, PA-C**

Physician Assistant-Certified  
(LVPG Hematology Oncology-1240 Cedar Crest)  
1240 S. Cedar Crest Blvd., Suite 401  
Allentown, PA 18103-6218  
Phone: 610-402-7880 Fax: 610-402-7881  
Supervising Physician: Usman Shah, MD  
Appointment date: 01/02/2019 Temporary privileges: 12/17/2018  
LVH LVH-M

**Heather L. Horvath, PA-C**

Physician Assistant-Certified  
(LVPG Neurosurgery-Muhlenberg)  
1770 Bathgate Road, Suite 402  
Bethlehem, PA 18017-7302  
Phone: 484-884-8950 Fax: 484-884-8952  
Supervising Physician: Mei Y. Wong, MD  
Appointment date: 01/02/2019 Temporary privileges: 12/17/2018  
LVH LVH-M

**Cara M. Nealon, CRNP**

Certified Registered Nurse Practitioner

(LVPG Endocrinology–1243 Cedar Crest)  
1243 S. Cedar Crest Blvd., Suite 2800  
Allentown, PA 18103-6230  
Phone: 610-402-6790 Fax: 610-402-6979  
Supervising Physician: Andrew J. Brackbill, MD  
Appointment date: 01/02/2019 Temporary privileges: 12/17/2018  
LVH LVH–M

**Kevin M. Nicgorski, CRNA**

Certified Registered Nurse Anesthetist  
(Lehigh Valley Anesthesia Services, PC)  
Lehigh Valley Hospital  
Cedar Crest and I-78, PO Box 689  
Central Utilities Building, Second Floor  
Allentown, PA 18105-1556  
Phone: 610-402-1374 Fax: 610-402-4230  
Supervising Physician: Thomas M. McLoughlin, Jr., MD  
Appointment date: 01/02/2019 Temporary privileges: 12/17/2018  
LVH LVH–M LVH–S

**Jessica R. Pavolko, PA-C**

Physician Assistant-Certified  
(LVPG–Emergency Medicine)  
Lehigh Valley Hospital  
Cedar Crest and I-78, PO Box 689  
Allentown, PA 18105-1556  
Phone: 484-862-3232 Fax: 484-862-3250  
Supervising Physician: Marianne L. Smalley, MD  
Appointment date: 01/02/2019 Temporary privileges: 12/17/2018  
LVH LVH–M LVH–H

**Joleen M Schade, CRNP**

Certified Registered Nurse Practitioner  
(Valley Kidney Specialists, PC)  
1230 S. Cedar Crest Blvd., Suite 301  
Allentown, PA 18103-6231  
Phone: 610-432-4529 Fax: 610-432-2206  
Supervising Physician: Ravindra Bollu, MD  
Appointment date: 01/02/2019 Temporary privileges: 12/17/2018  
LVH LVH–M

**Ravi J. Singh**

Mapping Support Specialist  
(Boston Scientific)  
4100 Hamline Ave. N.  
St. Paul, MN 55112-5798

Phone: 800-227-3422 Fax: 877-227-6002

Supervising Physician: Hari P. Joshi, MD

Appointment date: 01/02/2019 Temporary privileges: 12/13/2018

LVH LVH-M

**Barry J. Veet, AuD**

Audiologist

(LVPG Pediatric Surgical Specialties-1210 Cedar Crest)

1210 S. Cedar Crest Blvd., Suite 1100

Allentown, PA 18103-6241

Phone: 610-402-7999 Fax: 610-402-7995

Supervising Physician: Sri K. Chennupati, MD

Appointment date: 01/02/2019 Temporary privileges: 12/13/2018

LVH LVH-M

**Thais B. Winmill, CRNP**

Certified Registered Nurse Practitioner

(LVPG Geriatric Medicine-17th Street)

The Center for Healthy Aging

17th and Chew, PO Box 7017, Ground Floor

Allentown, PA 18105-7017

Phone: 610-969-3390 Fax: 610-969-3393

Supervising Physician: Catherine M. Gruer, MD

Appointment date: 01/02/2019 Temporary privileges: 12/17/2018

LVH LVH-M

**Valerie A. Zeffiro, PA-C**

Physician Assistant-Certified

(Center for Women's Medicine)

Lehigh Valley Hospital

1627 Chew Street, First Floor

Allentown, PA 18102-3648

Phone: 610-402-1600 Fax: 610-969-2197

Supervising Physician: Lisa M. Dapuzzo-Argiriou, MD

Appointment date: 01/02/2019 Temporary privileges: 12/31/2018

LVH LVH-M

**Resignations**

Jessa A. Aseng

Emergency Department Scribe

(ScribeAmerica)

Provisional Allied Health

LVH LVH-M

08/01/2018



Monica M. Cades, CRNP  
Certified Registered Nurse Practitioner  
(LVPG Family and Internal Medicine–3080 Hamilton Blvd.)  
Provisional Allied Health  
LVH LVH–M  
11/23/2018

Suzanne M. Cressman, PA-C  
Physician Assistant-Certified  
(Lehigh Valley Family Health Center)  
Allied Health  
LVH LVH–M  
11/20/2018

Amanda J. Davis  
Dental Assistant  
(Marsha A. Gordon, DDS)  
Provisional Allied Health  
LVH LVH–M  
06/14/2018

Ashley M. Gordon  
Dental Assistant  
(DiLeo Oral Surgery)  
Allied Health  
LVH LVH–M  
03/10/2018

Gabrielle A. Gutekunst  
Emergency Department Scribe  
(ScribeAmerica)  
Provisional Allied Health  
LVH LVH–M  
11/16/2018

Britta J. Hansen, CRNP  
Certified Registered Nurse Practitioner  
(LVPG ExpressCare–Nazareth)  
Allied Health  
LVH LVH–M  
12/13/2018

Laura E. Herbener, CRNP  
Certified Registered Nurse Practitioner  
(Adfinitas Health)  
Allied Health

LVH-H  
12/31/2017

Hayden R. Phillips III, PA-C  
Physician Assistant-Certified  
(LVPG-Emergency Medicine)  
Allied Health  
LVH LVH-M  
11/27/2018

Denise S. Stein, CRNP  
Certified Registered Nurse Practitioner  
(LVPG Family and Internal Medicine-3080 Hamilton Blvd.)  
Allied Health  
LVH LVH-M  
11/23/2018

Evelyn Unangst, CRNP  
Certified Registered Nurse Practitioner  
(Daniel M. Rappaport, MD)  
Allied Health  
LVH LVH-M  
11/29/2018

Regina M. Welkie, PA-C  
Physician Assistant-Certified  
(Eastern Pennsylvania Gastroenterology and Liver Specialists, PC)  
Allied Health  
LVH LVH-M  
11/08/2018

**Change of Supervising Physician and Group**

Anna R. Domday, PA-C  
Physician Assistant-Certified  
From: LVPG Orthopedics and Sports Medicine-Health & Wellness Center – Peter W. Kozicky, MD  
To: LVPG Physiatriy-Health & Wellness Center – Ammar S. Abbasi, MD  
Allied Health  
LVH-H LVH-S  
01/02/2019