

APRIL 2010

CheckUP

Let's Eat... Local

Read about Dawn Brazuk's
pledge, page 8



A PASSION FOR BETTER MEDICINE.™

 **Lehigh Valley
Health Network**

The First Step to Healthy Living

To care for others, you have to care for yourself first



A few weeks ago colleagues from the finance department invited me to join their Stair Masters club as they climbed their 100,000th stair together. Talk about a workout! The group started walking the stairs at lunch on Jan. 11, and kept the routine going until March. They estimate they climbed 335,000 stairs, or the equivalent of climbing the Eiffel Tower about 200 times. No wonder I worked up a sweat!

While walking with this group, I realized how this healthy break energized the finance department—and how it energized me.

These days we often get so busy we forget to take care of ourselves. Here's the catch: if we're going to stay busy caring for our families and our patients, we have to be healthy enough to do so. If we say we have a passion for better medicine, then we need to be healthy enough to make good on that promise.

That means you need to make time to take care of yourself. For starters, you can check out a Well U. event for tips on how to live a healthier lifestyle at work and at home. There are still a few scheduled during the next few days. You also can log on to the new online Health Risk Assessment tool (see story on page 10). My Personal Health Suite—a part of Spectrum Administrator's Web SAI personal health benefit site—has information, videos and interactive tools to help you take charge of your wellness.

If you need some pointers on healthy eating, read about how Dawn Brazuk, R.N., is eating locally grown foods (see story on page 8). If you want to feel a bit more at ease and give yourself a mental break, take a walk down our hospital's hallways and take a look at the various works of art on display. It's a personal passion of Christine I. Oaklander, Ph.D. (see story on page 4).

The health network cares about you and your health and feels strongly about keeping you healthy. That's why we give you 700 Culture of Wellness dollars each year for you and your family to use toward things such as fitness classes, gym memberships, stress-reduction programs, wellness classes and more. Now's a great time for you to spend those dollars and stay well!

*Terry Capuano, R.N.
Chief Operating Officer*

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A Passion for the Brain

Science meets art—Neurosurgeon Stephen Campbell, M.D., says his background in electrical engineering helps him follow the rules of science while he practices the art of patient care.

A job as an electrical engineer sparked an interest in medicine for neurosurgeon Stephen Campbell, M.D.

Stephen Campbell's career seemed set. In his late 20s, he enjoyed an invigorating job as the lead electrical engineer on top-secret naval defense projects involving stealth aircraft. Yet his work life soon took a dramatic about-face.

Campbell worked with super computers, devices modeled after the human brain. That work gave him an "a-ha" moment: If he fully understood the brain's intricacies, Campbell figured, he might be able to stretch the computer's power. So he enrolled in medical school and planned a neurosurgery residency.

"To learn what I wanted to learn, I needed 12 years of medical training," Campbell says. "It was a major turning point that forever altered the course of my life."

He excelled at Georgetown University School of Medicine and his hands-on neurosurgery residency. In the process, he fell in love with the circuitry of the human brain. Today, he's Stephen Campbell, M.D., a busy neurosurgeon with our health network. He's part of a team that also includes neurosurgeons Stefano Camici, M.D., P. Mark Li, M.D., Chris Lycette, M.D., and Mei Wong, M.D.

While computers still fascinate Campbell, they pale in comparison to the nuances of the brain and nervous system. He explores those nuances every day in his work removing brain tumors, performing neurovascular and spine surgeries, and treating brain trauma patients. "Every single patient is different," he says. "Computers are a science, but neurosurgery is an art."

Campbell is known for his technical skill and also for guiding his patients to the most appropriate treatment. "I believe in doing the right thing for them, even if the right thing is hard for the patient to hear," he says.

Looking back, he says he'd do it all over again. Becoming a neurosurgeon wasn't easy; many of his fellow students didn't make it. For him, the career is a perfect fit. "I enjoy a challenge," he says. "As a neurosurgeon I'm always learning, and technology is always evolving. My background helps me follow the rules of science while practicing the art of patient care."

Learn more about our neurosurgical services at lvhn.org/checkup.

—Amy Koch

An Art Museum in a Hospital

Arts coordinator Christine I. Oaklander, Ph.D., bridges art and healing

A child and his mother walked through the main lobby at Lehigh Valley Hospital-Cedar Crest. The child looked up at the paintings and photographs adorning the walls and said, "Mom, this is a museum!" "No," the mom reassured the child, "it's a hospital, but it sure looks like a museum."

That story—told to Christine I. Oaklander, Ph.D., by a former colleague—shows the close relationship between the arts and healing. Oaklander, the health network's arts coordinator, makes that relationship come alive. The former director of collections and exhibitions at the Allentown Art Museum, Oaklander's connection to local artists and expert knowledge of art history combine to create a pleasant, comforting environment for patients, visitors and colleagues.



"Fifty percent of health networks nationwide have some sort of arts programming, including art therapy, music and art collections," Oaklander says. "Art is proven to lower stress, increase the rate of healing and improve staff morale and retention."

Oaklander comes from a family steeped in medicine and education. Her mother, Isabelle Rapin, M.D., and sister, Anne Louise Oaklander, M.D., Ph.D., are believed to be the only mother-daughter pair of academic neurologists in the nation. Her father, Harold Oaklander, Ph.D., is professor emeritus at Pace University's Graduate School of Management.

While the arts were a part of Oaklander's upbringing ("I grew up going to the Metropolitan Museum of Art; my family collected antiques, and we didn't have a television," she says), she didn't develop an appreciation for art history until she began working at the New York Historical Society in 1984. "I met visiting scholars and art patrons," she says. "I loved learning about the relationships between artists and patrons—why they liked a certain artist and how they helped artists' careers."

That passion for art history motivated Oaklander to pursue higher education, earning a Master of Arts degree, then a Ph.D. She came to Allentown in 2001 and joined the health network in 2006. She works half-time here and devotes the rest of her time to research, publications and sales to museums and private clients.

As arts coordinator, Oaklander catalogues and selects art to be displayed around our hospital campuses. "When I came here, most of our collection was donated," she says. "Since then we have purchased a number of pieces with a very modest budget, focusing on regional artists." She also implemented a museum-style labeling system that includes information about each artist and his or her work.

Each piece tells a story. There's *Musing*, a painting of three modern young women gazing at a sketch of the three graces of ancient Greek mythology, painted by a Parkland High School student who now attends Temple University's Tyler School of Art. There are photographs at Lehigh Valley Hospital-Muhlenberg by an Allentown photographer capturing the unexpected beauty of deserted buildings at Bethlehem Steel.

In turn, Oaklander spreads the word of our arts program nationally. In 2008, the Metropolitan Museum of Art published her article in its *Bulletin* as the cover story. It mentioned her position with our health network. In 2007, she lectured at New York City's Frick Museum, and again our art program was highlighted.

By telling our story and building our art collection, Oaklander reignites her passion for the arts every day. "Even after 25 years in this field, it's deeply satisfying to be an advocate for regional artists and to see how their work brightens our health network," she says.

—Kyle Hardner

Pieces From Our Collection



The Feet on the Way, 2008

Oil on canvas

Ramon Peralta (born 1968)

Allentown

Lehigh Valley Health Network
purchase, 2009

Ramon Peralta is a native of the Dominican Republic. As a child he became deeply interested in the arts, going on to study at the Escuela de Bellas Artes in Santiago. In New York City, where he emigrated in 1987, Peralta studied drawing at the Art Students League. Each Friday, he visited the Metropolitan Museum of Art, where Velazquez, Caravaggio and Goya became his heroes. In 2006, he moved with his family to Allentown. His art focuses on figural scenes with themes about immigration and Dominican life and history.

Location: Main floor, Lehigh Valley
Hospital—17th street



Goldfish, 2009

Mosaic with glass and ceramic fragments
Tile surround by Raymond Gallucci

Barbara J. Kozero (born 1952)

Bethlehem

Lehigh Valley Health Network
purchase, 2009

Barbara Kozero is at ease working with different mediums and subjects, but her images of wild and domestic animals are especially successful. Although **Goldfish** is one of her very first mosaics, the vivid, glossy glazes and whimsical animal imagery link it closely to her ceramic sculpture. A Bethlehem native, Kozero earned a bachelor's in fine arts from Tyler School of Art and a master's in fine arts from the University of Wisconsin-Madison. She has exhibited locally, regionally and nationally.

Location: Cafeteria, Lehigh Valley
Hospital—Cedar Crest



Plant Form, 2007

Danby marble

Roger Loos (born 1954)

Riegelsville

Lehigh Valley Health Network
purchase, 2008

Roger Loos began sculpting in 1997 when he was a docent at Grounds for Sculpture, in Hamilton, N.J. He studied art at Muhlenberg College, the Pennsylvania Academy of the Fine Arts, and with Carlos Dorrien in Vermont. His works have been exhibited for the past decade, including a solo show at the Michener Museum in 2007. In October 2008, Loos completed a commission in Australia for the Barroosa Sculpture Park. He carves each piece by hand and each is unique. Focusing on subtle suggestion of subject matter, he explores organic curves and sharp edges in his work.

Location: Second floor, The Center for
Advanced Health Care

Reporting From the Bedside

Standing bedside, Amy Serfass, R.N., noticed changes in her patient: her blood pressure had dropped and she was very sleepy. Serfass told this to Jamesetta Quiteh, R.N., the colleague standing next to her. Quiteh would care for the patient when Serfass' shift ended. The 6B nurses informed a physician and worked together to ensure the patient received the care she needed.

The sudden change in the patient's condition was noticed quickly thanks to a new tool used by 6B nurses, a bedside shift report. It's a meeting at a patient's bedside between a nurse ending her shift and the nurse taking over. A few months ago, patient handoff communications among nurses took place at a nurses' station.

Now, with the patient and family present, nurses discuss the patient's condition, medications, tests, procedures and more. "It's a great way to enhance quality and safety," says 6B director Maryann Fye, R.N. "It also keeps patients and families up to date and gives them an opportunity to ask questions."

A project of our Patient-Centered Experience (PCE) 2016, a 10-year initiative to enhance all patients' experiences, bedside shift reporting recently was introduced on 19 units network-wide. Here's what it took to get it started on 6B, the pilot unit, and how it has enhanced care and efficiency.

The survey

Nurses offered feedback before bedside shift reporting was implemented. Some of their questions: Will it take longer? Will it jeopardize patient confidentiality? What if I say the wrong thing in front of the patient and family? "The survey identified areas we needed to address to ensure success," says 6B patient care specialist Tracie Heckman, R.N.

The pre-observation

Colleagues examined the former way nurses shared patient information when shifts changed. Some nurses met face-to-face in the nurses' station or lunchroom, while others used a tape recorder to document information for the new nurse to hear. The problems: conversations were interrupted, and nurses didn't have a chance to immediately listen to the recording as the shift began. "On average, it took 35 minutes for a nurse to receive her reports and be ready to see patients," Fye says.

The report card

When giving a report, nurses reference a card that contains a patient's medications, level of activity, diet, procedures and other care-related information. Because the design of the old card (Kardex) varied from unit to unit, Heckman and staff members developed a standard Bedside Handoff Report Card. "It will be used on all medical-surgical units to give nurses an easier, more standardized method to give reports," Heckman says.

The education

During educational sessions, 6B and float pool nurses learned how to review and complete the report card, what to discuss during the report, how to be efficient, and how to field questions from patients and families. A brochure was created to inform patients and families that bedside shift reporting will take place.

The implementation

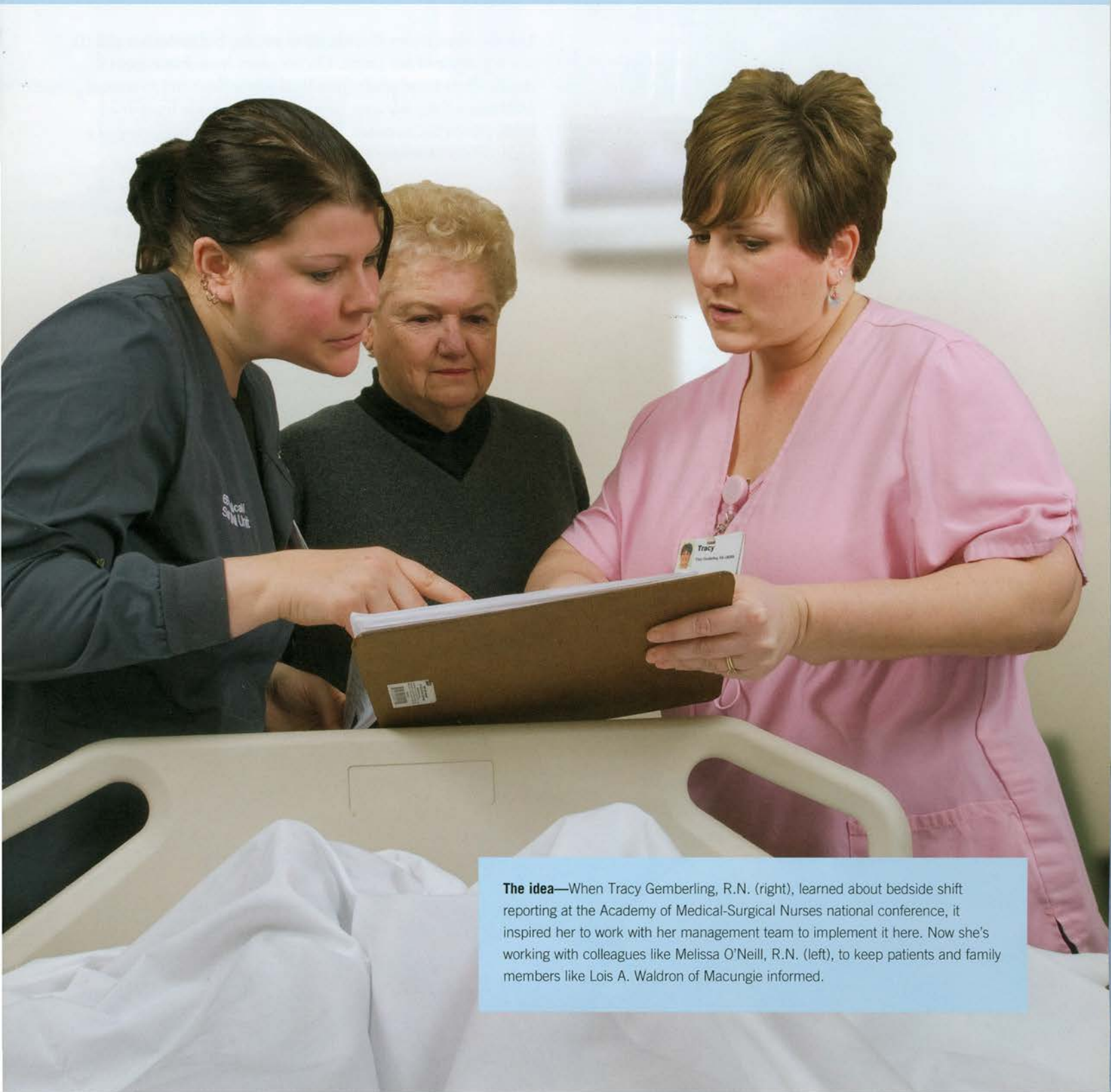
On day one, the 6B management team worked with staff to validate the reports, and offer support and coaching. As staff members became more comfortable, they discovered ways to improve the report card. Colleagues who embraced bedside shift reporting mentored those having difficulty getting used to it.

The post-observation

Efficiency is improved. Nurses receive their reports in as little as 17 minutes. Caregivers like the new process. "New nurses are glad they never learned to report with tape recorders," Heckman says. "Technical partners say nurses are more readily available during report time to answer questions." Best of all, it's helping health network colleagues provide a higher level of care. With two nurses collaborating to deliver quality care, eliminate mistakes and provide education for patients and families, bedside shift reporting prevents medication errors, enhances communication and supports network quality initiatives such as patient satisfaction and the reduction of pressure ulcers and falls. "Patients love it," Fye says. "They're asking questions and appreciate knowing what's going on."

—Rick Martuscelli

This new tool creates better care by making communication at shift change easier



The idea—When Tracy Gemberling, R.N. (right), learned about bedside shift reporting at the Academy of Medical-Surgical Nurses national conference, it inspired her to work with her management team to implement it here. Now she's working with colleagues like Melissa O'Neill, R.N. (left), to keep patients and family members like Lois A. Waldron of Macungie informed.

A Garden of Eatin'

A Q&A with Dawn Brazuk, R.N., who pledges to eat local foods for a calendar year

Last October, Dawn Brazuk, R.N., sat down to breakfast and saw a glimpse of her future. On her plate: homemade apple-sauce, wheat bread made from local wheat flour and sweetened with honey from her own beehives, and tea made from dried herbs grown last summer. The meal marked the beginning of a yearlong commitment she calls, “the project.”

An operating room nurse, Brazuk is a locavore—someone who only eats food grown or produced locally. Brazuk defines local as a 125-mile radius, the distance she travels to Long Beach Island, N.J., for sea water she converts into salt. She’s pledged to be a locavore for a full year, a commitment that earned her headlines in *The Morning Call*. Now Brazuk tells us how “the project” is going, and what’s in store for the future.





Q: What motivated you to become a locavore?

A: I always wanted to have a farm and live off the land, but my true inspiration came from the book, "Plenty: One Man, One Woman and a Raucous Year of Eating." It documented the authors' quest to eat food from within 100 miles of their home. I learned that foods on a typical dinner plate travel between 1,500 to 2,500 miles to reach your dinner table. That's not acceptable to me. Being a locavore allows me to feel more connected to the community and reduce the carbon footprint of the food that ends up on my plate.

Q: Have any colleagues or family members joined your quest?

A: Not yet. When I first talked about it, people thought I was crazy. Now they admire my commitment, but they still aren't willing to join me. Many were concerned about how to get through the winter, but preparation is the key.

Q: How did you prepare?

A: It took about six months. I had to learn how to make my own foods, like salt from sea water and vinegar from local wines. I also planted fruits and vegetables, which I canned and froze to last through winter. Many local farmers helped enhance the supply I harvested.

Q: What has been your biggest obstacle?

A: Finding flour from locally grown wheat. Luckily, I found a grist mill near Fleetwood where I bought 10

pounds of flour, 24 pounds of wheat berries and 10 pounds of roasted cornmeal. It also was hard to find cheese, but I recently found a local farmer who produces his own, so I can make pizza again. That makes me happy.

Q: What foods from your "can't eat" list do you miss most?

A: Chocolate cake, ice cream and beer... not necessarily in that order.

Q: Do you ever cheat?

A: I don't consider it "cheating" because I'm not doing this to punish myself. I do allow for exceptions like holiday and birthday parties. But when I entertain for family and friends, I only serve meals made from local foods.

Q: How do your friends and family react to that?

A: They love it. I had 11 people at my house for a totally local Thanksgiving meal. Each person brought something that was made only from local foods. It was delicious.

Q: What happens when "the project" ends in October?

A: I'll never go back to eating the way I had been. I'm having too much fun. I've never felt better, I'm learning ways to cook more creatively, and although it was expensive to start, I'm saving money in the long run. It's humbling to know how much I'm helping the environment by doing this. I hope to inspire others to do the same.

—Amy Hines

A locavore's recipe

Honey Wheat Hickory Nut Crepes

- 1 cup skim milk (Crystal Spring Farm, New Tripoli)
- 2 eggs (Glasbern, Fogelsville)
- 1 cup and 2 Tbsp. whole-wheat flour (Browns Mill, Fleetwood)
- ¼ tsp. salt (Long Beach Island, N.J.)
- 3 Tbsp. butter (made from Crystal Spring Farm heavy cream)
- 2 Tbsp. raw honey (from a beehive)
- 1 Tbsp. hickory nuts (from a New Tripoli tree)

Beat together eggs and milk. Add to flour mixed with salt. Mix with spatula for 1 minute. Pour melted butter into batter. Stir batter. Heat skillet. Add a dab of butter. Melt. Pour one ladleful of batter on skillet. Flip crepe when edges look firm. Drizzle honey over crepes and top with nuts. Makes 6-8 crepes.



It's All About You

'My Personal Health Suite' allows you to embrace wellness

You resolved to lose weight in January, but that vow veered off track. You know you should get back to it, but what's the best way? Spectrum Administrators is here to help with a brand new tool just for you.

Here's a look at what you'll find:

Wellness assessment—Not sure where to start? "A wellness assessment will ask you specific questions, then guide you to wellness programs that meet your needs," Asbell says. Beyond learning more about your health status from the assessment, you and each eligible covered family member earn a bonus—an additional \$25 to use through your Culture of Wellness benefit.

Virtual wellness—Want to stay in shape? You can use a virtual personal trainer or fitness tracker. Want to keep your diet on track? You can make a virtual sandwich or analyze the nutrition content of fast-food menus. Want to train for the Lehigh Valley Health Network Marathon for Via? Start by watching a video on preparing for a 5K race.

Healthwise conversations—If you have a chronic illness, this tool can help you manage it. "It leads you through a series of questions as if you're sitting down with a health coach," says Valley Preferred health educator Carol Michaels. "It will make you more informed and prepared for your medical visits."

Personalized health information—If you're coping with a health condition or experiencing the joys of pregnancy and childbirth, you'll find plenty of tips. You can find menus that help people fighting cancer, or listen to audio about the importance of exercise during pregnancy. There's also information about diet, exercise, sports and nutrition, tailored for specific groups (men, women, children, people over 50, people coping with medical issues). You even can use an RSS feed to catch the latest national health news headlines, or have interactive conversations about topics like low back pain and sleeping well.

—Erin Alderfer

The screenshot shows a web browser window with the URL <https://secure.healthx.com/>. The page is titled "Health and Wellness Assessment" and is for user "John Johnson". A progress bar indicates "56% COMPLETE". The form includes a "CHOOSE LANGUAGE" dropdown set to "English" and a "BACK TO MAIN" button. The "Additional Biometrics" section contains the following fields and values:

Biometric	Value	Unit
Hip		inches
Neck		inches
Resting Pulse		beats per minute (bpm)
Blood Pressure	110 / 80	mmHg
Total Cholesterol	35	mg/dL
HDL Cholesterol		mg/dL
LDL Cholesterol		mg/dL
Triglycerides		mg/dL
Glucose		mg/dL
Hemoglobin A1c		%
Body Fat		%
Body Mass Index	26.2	

Below the form are "Back" and "Next" buttons. A note at the top of the form states: "Please do not enter values that are more than 3 months old. If you leave any of the items below blank, you will be asked to give estimates. Some biometric values from your participation in a recent screening event may appear below. If you have other values that you would like to enter, highlight the existing number by scrolling over it with your mouse, then enter the new value."

My Personal Health Suite—a part of Spectrum Administrators' claims and health information Web site (WebSAI)—contains trusted health information, videos and interactive tools to help you take charge of your wellness. "It's more fun than just reading an article, and you don't have to be a Web expert to use it," says Spectrum Administrators general manager Stacey Asbell.

Why a Pediatric ED?

Questions and answers about our recently announced project to enhance children's care

Lehigh Valley Hospital–Cedar Crest's emergency department (ED) cares for 13,000 children annually. To ensure we're providing these children with the best possible care, we're establishing the area's first pediatric ED. "We currently give our younger patients and their families access to a wide range of specialty care services," says pediatrics chair John Van Brakle, M.D. "An ED dedicated to serving the needs of children is the next logical step."

Here are answers to questions you may have about this upcoming service:

Why do we need a pediatric ED?

Even though we already care for a large number of children in our EDs, we could help even more. Parents and pediatricians in our community want highly specialized care in an ED that's dedicated to caring for children. Plus, because the number of patients coming to our ED continues to increase, we would have had to expand the ED in 2013 anyway. With a pediatric ED, we'll have the space to care for everyone who turns to us for care.

Where will it be located?

The pediatric ED will occupy the former intensive care unit east/west space adjacent to Lehigh Valley Hospital–Cedar Crest's current ED. The area will be renovated and remain separate from the current ED. It will include 11 beds and have its own waiting room for children and their family members. It is tentatively scheduled for completion in the spring of 2011.

Who will staff the pediatric ED?

Dedicated pediatric emergency physicians and nurses will provide care. A child life specialist also will be available to help children and their families cope with the psychological and social issues of an ED visit.

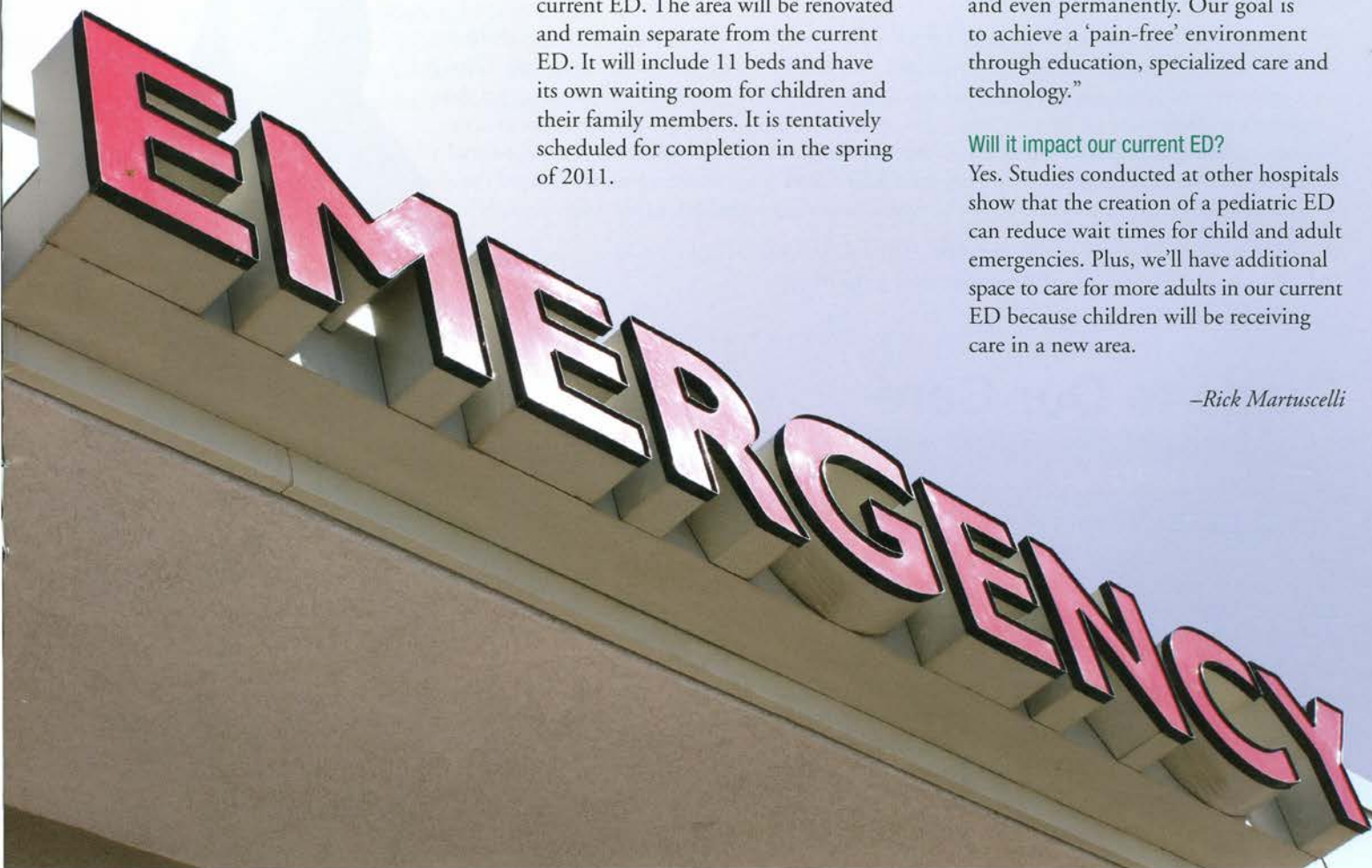
How will it be different from our current ED?

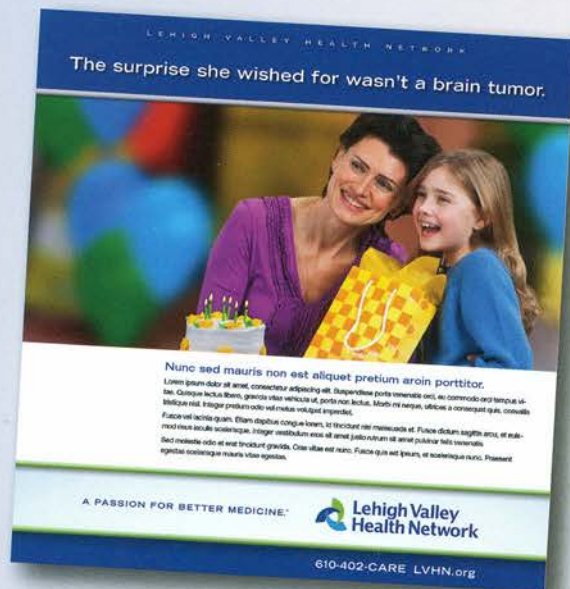
The pediatric ED will have a child-friendly atmosphere. "It's often very difficult for children to be in an environment where adults are suffering from illness or injury," says emergency medicine chair Richard MacKenzie, M.D. "Research shows severe pain and worry can stick with children for a long time and even permanently. Our goal is to achieve a 'pain-free' environment through education, specialized care and technology."

Will it impact our current ED?

Yes. Studies conducted at other hospitals show that the creation of a pediatric ED can reduce wait times for child and adult emergencies. Plus, we'll have additional space to care for more adults in our current ED because children will be receiving care in a new area.

—Rick Martuscelli





Home to the Latest Neurosurgical Breakthroughs

Our health network's most recent advertising campaign focuses on the expertise of our neurosurgery team. Television ads began airing in late February on Philadelphia stations 6 ABC, NBC 10 and on various cable outlets. Accompanying radio and newspaper ads currently are running as well. The message for you to share with friends and family members: Lehigh Valley Health Network is home to the latest breakthroughs for the toughest brain and spine cases. As the region's neuroscience leader, our health network offers high-quality care for brain tumors and spinal problems, aneurysms and stroke. *Haven't seen our TV ad yet? Watch it at lvhn.org/neuroscience.*

She's an Advocate

Irene Killiri, R.N., is a "talking billboard for Lehigh Valley Health Network." Her experiences give her plenty of fodder for discussion. Diagnosed with breast cancer following a routine mammogram, Killiri is now cancer-free and loving life after a mastectomy and reconstructive surgery. "I tell women to get their mammogram here because we have the best radiologists and doctors," she says. The former trauma development office registrar also tells people how we supported her while she studied to become a nurse. Killiri, who now works in Lehigh Valley Hospital-Cedar Crest's progressive coronary unit, says, "I'm always sending nursing students to our nursing liaison because I know this is a great place to work."

Are you an advocate for our health network? If so, call 610-402-3175 or e-mail Richard.Martuscelli@lvh.com and share your story in *CheckUp*.



Guide to Our Care

LVPG

The six surgeons and 10 midlevel providers from Lehigh Valley Heart and Lung Surgeons recently joined Lehigh Valley Physician Group. They have offices at 1250 S. Cedar Crest Blvd., Suite 310, in Allentown and 2545 Schoenersville Road in Bethlehem.

Neurologic Care

Why is our health network the region's leader for neuroscience care? We care for more stroke patients than anyone in the region. We are home to the area's only program providing nonsurgical approaches for strokes, aneurysms and other serious brain conditions. We also use the most advanced devices for complex spinal fusion surgery.

Cancer Care

Our health network takes a team approach to caring for colon rectal cancer. Our team includes fellowship-trained surgeons, doctors, nationally certified oncology nurses and other health care professionals. They meet weekly to discuss and coordinate each patient's care and ensure the most coordinated treatment.



Read and view our news online. Go to lvhn.org/news for the latest media coverage!

The Buzz in Our Community

Proposed Pediatric Emergency Department Makes Headlines

Our health network's recently announced plans to open the region's first pediatric emergency department (ED) at Lehigh Valley Hospital–Cedar Crest made news. The new 11-bed pediatric ED will benefit from resources such as Vanessa Gramm (center), our child life specialist. (*Learn more about the new ED on page 11.*) *The Morning Call*, *Express Times*, *Pottstown Mercury*, *Muhlenberg Weekly* (Muhlenberg College) and 69 News (WFMZ-TV) covered the announcement.

Other headline-makers:

- Psychiatry chair **Michael Kauffman, M.D.**, spoke with *The Morning Call* about the impact of the closing of the Allentown State Hospital.
- Cardiologist **Bruce Feldman, D.O.**, and **Orlando Rivera, R.N.**, of the Regional Heart Center MI Alert Program appeared on WLVT-TV's special heart month program, "When Time Matters." Feldman conducted a live Web chat immediately following the program.
- *The Morning Call* published a story about the death of Lehigh Valley heart care pioneer **Stanley Zeeman, M.D.**, who is credited with bringing the first cardiac catheterization lab and bypass surgery to the area.
- International media outlets, including the *Los Angeles Times* and the Canadian Broadcasting Company, reported on a study by gynecologist **Suzanne Basha, M.D.**, regarding Cesarean births. She gave her presentation at the Society for Maternal-Fetal Medicine's annual meeting in Chicago.
- Psychiatrist **Brian Mika, M.D.**, spoke to *The Express Times* about seasonal affective disorder.
- *The Morning Call* featured security supervisor **Mike Warfel** in an article about security practices locally and nationally.

—Matthew Burns

Heart Care

When a serious heart attack stops the heart from sending oxygen to the brain, the consequences can be life-threatening. To prevent brain damage and save lives, we are the only local hospital using body-cooling technology called Arctic Sun. It lowers the body's core temperature, slowing metabolism and preventing dangerous swelling, giving the body a better chance to heal.

Trauma Care

In the event of a traumatic accident or injury, MedEvac is the fastest way to get patients to our health network. We have the region's only Level I Trauma Center with Level II pediatric trauma accreditation and a geriatric trauma program. Plus, our Regional Burn Center is the only one in the region accredited to care for adults and children.

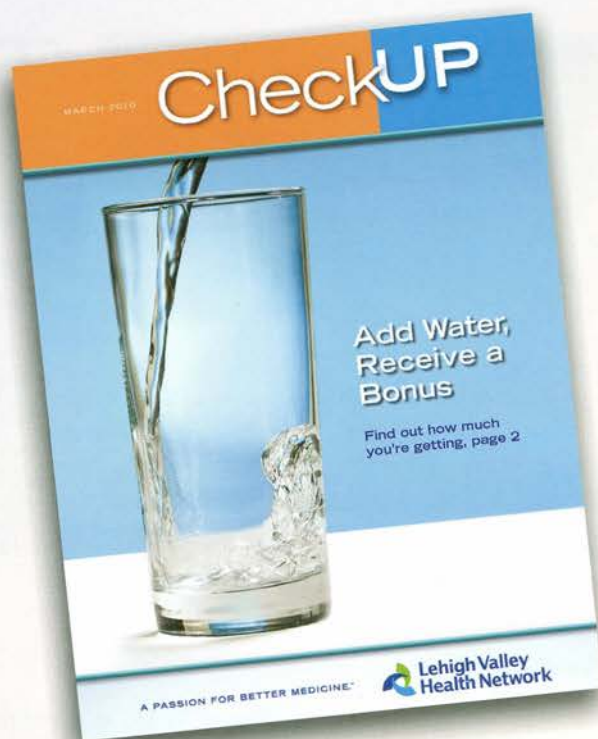
Children's Care

Know someone having a baby? Tell them about our "Preparing for Childbirth" programs. They'll learn about pregnancy, relaxation and breathing techniques, pain management, stages of labor, the partner's role, initial newborn care and more. Classes also are offered to help new moms and dads prepare to become parents. To enroll, call 610-402-CARE.

Psst...Got a Story?

All of us know a good story. Maybe it's something special happening on your unit or in your department. Maybe one of your colleagues recently did something outstanding. Maybe your team embarked upon a successful System for Partners in Performance Improvement (SPPI) project, and now you want to tell the world about how you've successfully found efficiency and improved work.

If you have a good story, please don't keep it a secret—tell us about it! *CheckUp* loves to spread the word about the good work of our colleagues throughout the health network. **Please send all story ideas to Cory.Prohaska@lvh.com, and we'll consider them for a future issue.**



PRIDE in Our People



1. Award-winning leader—Chief operating officer Terry Capuano, R.N., is a recipient of a Take the Lead award from the Girl Scouts of Eastern Pennsylvania. The award recognizes role models who support the Girl Scouts' mission of developing girls as leaders of courage, confidence and character who make the world a better place. Four other local women also will receive Take the Lead awards at a ceremony later this month.

2. Smiles for everyone—Despite a blast of winter weather, children like 6-year-old Joseph (shown here with dental resident Lucas Mantilla, D.M.D.) enjoyed February's "Give Kids a Smile Day." Nearly 60 children received free dental care at our dental clinics at Lehigh Valley Hospital—17th Street and Lehigh Valley Hospital—Muhlenberg. That care

goes a long way. According to the Centers for Disease Control and Prevention (CDC), tooth decay is the most prevalent chronic disease in American children. Providing quality dental care allows children to stay in school and live healthier lives.

3. Medical mission—Pediatrician Scott Rice, M.D. (left), traveled to Haiti with urologist Paul Berger, M.D., and internist Iqbal Sorathia, M.D., to care for earthquake victims. After caring for this mother and child and hundreds of other injured people, the physicians called the mission a life-changing experience. "It renewed my respect for the Haitian people," Rice says. "They can teach us what true faith is, and how to endure incredible pain and suffering."

Schedule

For more details on classes (including times, locations and costs), call 610-402-CARE or visit lvhn.org/checkup.

Culture of Wellness

April 1 and 2 – Ballroom Dancing

Starting April 1 – Preparing for Childbirth Series

April 3 – Preparing for Childbirth One Day

April 3 – Reiki II

Starting April 5 – Parenting Series

April 5 – Yodates

April 5 – Monday Morning Mom's Breastfeeding Support

April 5, 6, 7 and 8 – Zumba

April 6 – Car Seat Check

April 6 – Strength Class

April 7 – Breastfeeding Baby

April 7 – Strength Class

April 8 – Yodates

Starting April 9 – Gym Class for Kids

April 10 – Baby Care

April 10 – Safe Sitter

April 12 – CPR Family and Friends

Starting April 14 – Relaxing Yoga

April 14 – After-Delivery Parent Gathering – NEW

April 14 – Parent Workshop – Power Struggles

April 14 and 15 – Everyday Tai Chi

April 16 and 17 – Preparing for Childbirth

Starting April 17 – Chisel

April 17 – Reiki I

April 19 – Keep Fit and Stay Healthy Bone Density Screening

April 20 – Breastfeeding Baby

April 20 – Healthy Hands and Nails

April 20 – Is Breast Enhancement Surgery for Me?

April 21 and 28 – Baby Care

April 22 – Interval Express

April 22 – Car Seat Check

April 24 and 25 – Preparing for Childbirth

April 27 – Fit to be Mom Prenatal Exercise

April 29 – Energizing Yoga

April 29 – Balanced Fitness

April 29 – Interval Express

April 29 – Pregnancy 101

Benefits

Refer a Physician, Earn \$500

Special Events

April 12, 13 and 15 – VALIC Retirement Strategies for Women

Sept. 16-26 – The Best of Ireland

Discounts

15% off at Subby D's Pizza & Grill

Service Stars of the Month



(L-r) Lori Molchany, R.N., June Kelly, R.N., Joan Shook, R.N., Colleen McBrearty, R.N., Kathy Ryan, R.N., Ricki Kallish, R.N., Donna Hill, R.N., and their 3A/interventional progressive care unit nursing colleagues, Nominated by Tammy Vash, R.N.

After 14 years in administrative roles, Tammy Vash, R.N., earned her nursing degree and soon after joined the 3A/interventional progressive care unit at Lehigh Valley Hospital–Cedar Crest. She was there only a month when she received unexpected news: a diagnosis of cancer.

Her colleagues immediately pitched in to help. In order for her to receive treatment, Vash's colleagues found a way for Vash to work day shift during the summer to cover another nurse's maternity leave. When she shifted to nights, the day-shift nurses took turns working night shifts as Vash needed continued treatment. They hosted a weekend tea party to keep Vash's spirits up, and held a bake sale to help defer medical costs.

"I couldn't have asked for a better support system," Vash says. "The nurses work as a team, and that teamwork was therapeutic for me. Their acts of unselfishness will stay with me for a lifetime."

—Matthew Burns

Congratulations to Award Nominees

Ruth Dennison, clinical research specialist, Hematology/Oncology Associates

Erin Light, R.N., 7C

Sarah Cruz, R.N., Lehigh Neurology

Sara Happel, R.N., emergency department

Things to remember when nominating a Service Star:

- Choose a colleague or a team of colleagues.
- Tell a story. Specifically explain how the colleague or team did something extra special.
- You don't have to provide direct patient care to be a Service Star. All colleagues and teams can be nominated.

To nominate a star, go to the intranet at lvh.com. Go to the "Find Fast" box and click on **Service Star Nomination**.

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HAPPY ANNIVERSARY

April 2010

35 Years

Mary Boyle
Regional Heart Center

30 Years

Doris Gillette
4CP Medical-Surgical

Cynthia Hertzog
Ambulatory Surgical Unit

Patrick Kincaid
Spectrum Administrators

Nancy Marsh
Cardiovascular Medicine

Peter Martucci
Engineering

Daniele Shollenberger
Neurosurgery

Deborah Swavely
Community Health

Kathleen Tomel
Benefits Verification

Mary Wirth
Radiology

Joni Wright
6T Medical-Surgical

Mary Yackabonis
Pain Management

25 Years

Edward Alex
Patient Accounting

Joseph Felix
Managed Care

Kevin Gross
Diagnostic Radiology

Tania Kincaid
MICU/SICU

Judith McDonald
Radiation Oncology

Thomas Rothrock
MedEvac

Geraldine Schreiber
Invasive Cardiology

20 Years

Sherie Mohn
Ultrasound

Carole Owens
Ambulatory Surgical Unit

Donald Shambo
MedEvac

Suzanne Sostak
Materials Management

Diane Steltz
Surgical Staging Unit

Wendy Weaver
ABC Family Pediatricians

Dawn Yenser
Emergency Services

Sharon Zellner
Patient Accounting

10 Years

Nancy Alekna
Muhlenberg Primary Care

Cheryl Andrews
Center for Women's
Medicine

Rebecca Bartholomew
Pediatric Hematology/
Oncology

Robert Bell
Neuroscience Unit

Susan Bernhard
402-CARE

Cynthia Buervenich
LVP

Tara Ferry
Case Management

Kay Hallman
Trexler Medical Center

Shawn Hawkins
Helwig Diabetes Center

Adelaide Higgins
Home Care

Janine Lynn
Emergency Services

Tina Miller
Operating Room

Stanley Perambo
Sleep Disorders Center

Kathryn Scott
Case Management

Maureen Shaughnessy-Toy
Endoscopy / G.I. Lab

Christina Wignovich
ABC Family Pediatricians

5 Years

Olga Almodovar
Infectious Disease

Maria Alvarez
Courier Services

Linda Applegate Cook
Human Resources

Nancy Boring
Emergency Services

Paula Burke
LVP Diabetes/
Endocrinology

Claudia Carroll
LVP

Gary Clauser
Lehigh Neurology

Robin Connelly
Surgical Oncology

Jesenia Cruz
Maternal-Fetal Medicine

Allyn Danni
Rehab Services

Jean Dickinson
Labor and Delivery

Greta Donovan
Transitional Skilled Unit

Denise Dries
Home Care

Rachel Dries
Case Management

Jason Eckhart
Information Services

Carolyn Gaffney
Mental Health Clinic

Anibal Garcia
Security

Margaret Hadinger
Division of Education

David Haines
Security

Leighanne Hartman
Nursing Float Pool

Nicole Herd
Breast Health Services

Glynis Hood
Open Heart Unit

Anthony Interrante
Emergency Services

Karen Keichel
Cardiology

John Kelly
Pharmacy

Rebecca Klausfelder
OB/GYN Associates

Amy Kunkle
MICU/SICU

Laurie Moshier
Nursing Administration

Julie Patterson
Occupational Therapy

Erin Peters
Heart Station

Carol Pollitt
Transitional Skilled Unit

Christina Reighn
Transitional Skilled Unit

James Reilly
Surgical Specialists/
Trauma

Roxie Reimert
Nursing Float Pool

Cindy Shlanta
Invasive Cardiology

Esteban Surriel
Vascular Lab

Lynn Welliver
4CP Medical-Surgical

Alice Yepsen
Behavioral Health

Kerry Yost
Danielsville Family Practice

Cheryl Zelinsky
Breast Health Services