

CHECKUP

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'Snappy' Campaign May Save Your Life

"It's a snap, don't recap" may be the best advice TAH—LVHC employees will ever get to avoid syringe and sharp puncture wounds and possible exposure to blood-borne diseases like hepatitis B and AIDS.

The "snappy" theme will appear throughout both hospital sites on posters, pens, buttons and Post-it Notes beginning with Infection Control Awareness Week, Oct. 17-22.

This week kicks off the three-month anti-stick campaign sponsored by TAH—LVHC Infection Control Department. Employees are invited to lobbies at both sites on Monday, Oct. 17 to enjoy refreshments and peruse product and educational displays and videos relating to the campaign.

The campaign's message is simple: avoid attempting to recap needles; therein lies the greatest risk for a puncture wound. Also, dispose of used syringes and sharps using the containers located in each patient room in the hospital. The covers of these containers must be "snapped" shut following needle insertion.

"This is the most important program Infection Control has initiated in recent years," says Luther Rhodes, M.D., hospital epidemiologist and chairman of the hospital's Infection Control Committee. "An anti-stick campaign is the major prevention measure for protecting employees and their families against AIDS and hepatitis B."



Campaigns similar to ours are now included as part of the universal precautions against blood and body fluid exposure recommended by the Centers for Disease Control (CDC), added Rhodes. In July of this year, the CDC began its own six-month nationwide campaign of initiating such precautions.

According to Mary Ellen Beideman, R.N., director of Infection Control at TAH—LVHC, at least 200 health care workers across the nation died from hepatitis B contracted from needle stick and puncture wound injuries during 1987.

"Although national awareness is focused on AIDS, it is hepatitis B which poses the highest risks. It is fatal 10 percent of the time."

At TAH—LVHC, sharp and needle sticks are on the rise. Terry Burger, R.N., Infection Control nurse at the LVHC site, says the three-year average at both sites is alarming.

"Our statistics show about 27 incidents per month since 1985 at LVHC — almost one daily and 15 monthly at TAH.

"Between January and July of this year, however, 209 or nearly 35 sticks per month were reported at LVHC, and 116 or 19 per month occurred at TAH. The numbers are increasing."

Fortunately, no one at the hospital has contracted an infection resulting from a needle or sharp wound. But the cost to the hospital for the necessary and required follow-up to such incidents is staggering, totaling over \$100,000 each year.

"The average cost for one incident is \$200, which includes testing, time away from the job, and the involvement of Infection Control and Employee Health," says Burger. "And that doesn't include what it costs to involve a physician."

Education and training through department-specific inservices are the strategies planned for the campaign. For the next three months, Infection Control, along with Emma Hooks, TAH—LVHC safety officer, and Employee Health will target all clinical areas in efforts to reduce hospital-wide incidents by 10 percent.

"That's a savings of over \$10,000 for the first year," says Burger. "We hope the campaign will start a momentum resulting in further decreases each year in puncture wounds."

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The Allentown
Hospital—
Lehigh Valley
Hospital Center

A HealthEast Hospital

'Snappy' (from page one)

"We want to identify the high-risk areas where our employees are exposed to large amounts of blood," says Beideman. "However, all clinical areas, indeed all locations in the hospital, are potential hazards."

"From a safety standpoint, the campaign and all succeeding efforts in this regard key in on employee safety, improved morale and the development of proper safety attitudes," explains Hooks.

The CDC, Occupational Safety and Health Administration, Joint Commission on Accreditation of Hospitals and American Hospital Association have increased their educational strategies in the area of needle and sharp wound prevention, according to Beideman.

"Proper disposal of syringes and sharps is regulated by OSHA. CDC recommendations include: no recapping unless specified, i.e., when doing blood gas studies; proper use of disposal containers; alternatives to "piggy backing."

A poster contest, rewards and recognition for safe disposal practices and suggestions for effective methods for avoiding puncture wounds will also be featured through Jan. 17, 1989. The poster contest and safety suggestions will pay \$100 each for the two best ideas. Entries can be submitted to Infection Control, LVHC site. The deadline for both contests is Jan. 17, 1989. Both winning entries will be recognized in *CheckUp*.

An ice cream celebration will be held at the conclusion of the campaign if the 10 percent goal is reached.



Food And Nutrition Services Staff Busy At Work

The People Behind The Food

(EDITOR'S NOTE: Publication of the following article was delayed due to illness.)

Health Care Food Service Week was celebrated from Oct. 2 to 8. This is the week set aside to honor those individuals involved in the planning and preparation of food for employees, physicians, volunteers, patients and visitors in health care facilities.

Did you ever consider what is involved in the preparation of a meal for thousands of people? Food and Nutrition Services directors Gerry Schlonecker (TAH) and Bob Smith (LVHC), who oversee the preparation of meals at their respective sites, have it down to a science.

Beginning at 5 a.m. each weekday, the Food and Nutrition Services staff shifts into gear to begin preparation of the day's meals. According to Schlonecker, "It takes a lot of people to prepare the food for so many employees, patients, volunteers and visitors. Clinical dietitians, chefs, cooks, food service workers, servers, diet aides, hot food cart persons, counter persons, cashiers, nourishment and snack persons, clerical staff and managers all work together as a team to prepare each day's meals."

In addition to more than 4,000 cafeteria meals served at the two sites, the staff also prepares and delivers more than 2,000 patient meals daily.

How much food does it take to feed all these hungry mouths? Well, during an average week about 800 pounds of poultry, 1,500 pounds of fish and beef and 900 loaves of bread are devoured.

Just like at home, after the food is prepared, served and eaten, someone has to do the dishes. That is when the kitchen patrol takes over. During an average day, about 25 operators run

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CheckUp is a biweekly publication of the Communications Department of HealthEast. To submit an article or for additional information, call ext. 7915.

Our mission is your health.

HealthEast, a not-for-profit regional health care system, is more than 8,000 professionals, employees and volunteers working to provide you with quality, comprehensive health services.

Employee Recognition Dinner Oct. 22

Each year an annual recognition dinner is held to honor employees who have reached milestones in years of service. The event is held to thank employees for their continuous commitment in making the hospital the outstanding health care institution it is today.

There is not a suitable facility in the area which will accommodate the large numbers of employees involved in this recognition program. Therefore, the invitation list has been modified.

Employees with 10 years of service or more, in increments of five (i.e., 10, 15, 20, 25, 30, etc.), will be honored at the Recognition Dinner. Employees with five years of service will be honored at another event to be held soon.

This year's dinner will be held Saturday, Oct. 22 at the George Washington Lodge in Whitehall. The cocktail hour will begin at 6 p.m. followed by a petit filet mignon/crab imperial dinner at 7 p.m.

A program including the presentation of recognition pins and certificates will begin after dinner, followed by dancing to the tunes selected by Mike Foxx, a disc jockey with Sound Celebration.

Invitations have already been mailed. If you are a hospital or HealthEast employee who should be honored at the dinner, but did not receive an invitation, please call Kathy Fracas, ext. 8839 (LVHC) or Ann Kelby, ext. 2930 (TAH).



Jamie Anewalt, Communications (LVHC), right, and Randy Stubits, Purchasing (TAH), left, join Andy Scott, general manager and vice president of Scott Chevrolet, in admiring the 1989 Chevrolet Corsica donated by Scott Chevrolet. Everyone who returns a United Way pledge card has the chance to win the brand new automobile. The drawing will be held on Oct. 27. Other incentives offered to employees who support the United Way campaign include the opportunity to win days off and to be eligible for six cash prize drawings of \$500.

United Way Gifts Really Help

United Way Campaign '89 concludes Friday, Oct. 21. If you have not yet filled out your United Way pledge card and returned it to your department head, please do not delay another moment. Any gift, regardless of the amount, is greatly needed.

How does your gift to United Way help?

Just \$1 per week provides about 6½ hours of group therapy for an adolescent substance abuser.

Just \$2 per week provides about four in-home visits by health care

professionals to take care of the infirm.

Just \$3 a week provides for the processing and careful "matching" of one child with a "Big Sister" or "Big Brother."

Just \$5 per week provides for about five days of emergency assistance, counseling and medical attention for one run-away or homeless youth.

Your individual gift really does make a difference. United Way—it brings out the best in all of us.

Auxiliary Plans Italian Dinner

The Auxiliary of The Allentown Hospital site will sponsor an Italian dinner and raffle on Thursday, Nov. 3 in the dining room at TAH site. The event will feature delicious food and wine served by candlelight. Abe Samuels, a member of the HealthEast Board of Directors, will entertain guests with various piano selections.

Tickets are priced at \$6 for adults and \$3 for children under 10. Tickets may be purchased in the Alcove Shop at TAH site and in the Tree Top Shop at the LVHC site or from Christine Messina Boyer at HealthEast.

Smoking Policy Changes Set

A new no smoking policy for TAH—LVHC has been written and will become effective Jan. 1, 1989. **Smoking will be prohibited in all internal facilities at TAH—LVHC.** The purpose of the policy is to provide a healthier environment at TAH—LVHC by eliminating health hazards associated with smoking and to promote the safety, health, morale and well-being of patients, physicians, employees, volunteers, auxiliary members, physician extenders, students and visitors. The new policy further demonstrates the hospital's leadership and commitment to the health of people with whom it works and serves. Additional details of the new policy will be outlined in future issues of *CheckUp*.

Smoking cessation programs, counseling and support groups will be made available to those interested members of the hospital who need assistance in addressing their smok-

ing dependencies. Such services will be made available through Employee Health and the HealthCounts Program. Among the services available are: individual health counseling, smoking cessation, hypnosis sessions and Smoke Stopper classes. For additional information contact HealthCounts at 821-2150.

Additional services will also be available to employees. A special steering committee has been established with representatives from several hospital departments to prepare for the implementation of the policy. The departments include: HealthCounts, Pastoral Care, Social Services, Employee Health, Employee Relations, Communications and the Employee Assistance Program. The goal of the committee is to provide a supportive environment for effectively counseling and referring employees.



Carol Solderich, wife of Edward Solderich, an employee at TAH site, won a \$100 U.S. Savings Bond at the first annual HealthEast Family Fun Day at Dorney Park. Among the other winners of the \$5,000 in Savings Bonds awarded was none other than Carol's husband.

Recreation Committee News

Outing Planned For Racing Fans

Attention, racing fans! The Recreation Committee at TAH site will sponsor a trip to Penn National Race Course on Friday, Oct. 28. The cost is \$23, which includes bus fare, clubhouse admission, an official racing program and a full course roast beef jardiniere dinner in the clubhouse. The bus will leave TAH site at 5 p.m. For more information, or to register, call Hazel Kramer at ext. 2391.

Atlantic City Here We Come

On Saturday, Nov. 12 a bus will depart from TAH site at 7:30 a.m. for a fun-filled day at Caesar's Casino in Atlantic City. The cost is only \$17 per person, which includes a \$15 coin rebate plus a \$5 deferred voucher. The bus will leave Atlantic City at 7 p.m. promptly. For more information, or to register, call Hazel Kramer at ext. 2391.

Seats Still Available For New York Trip

There are still a few seats available for the bus trip to New York on Saturday, Dec. 3, sponsored by the LVHC Recreation Committee. The cost is \$15 per person. For more information, contact Stan Jones at 791-9637.

October Film Special

The film special for October at the LVHC site is an 8X10 color enlargement for \$1.99. The regular price is \$2.75.

Chippendale Outing Scheduled

A bus trip to see the Chippendales has been scheduled for Saturday, Jan. 14. The cost is \$45 which includes transportation and admission to the show. For more information, contact Stan Jones at 791-9637.

Cystic Fibrosis Bowl-A-Thon

The LVHC Recreation Committee is looking for people to bowl in the Cystic Fibrosis Bowl-A-Thon during the weekend of Nov. 12. Teams of four or five people are needed. For more information call Kay Zelina at ext. 8024.



Bob Lazansky (Internal Audit-HealthEast) with Nathan and Tim.

HealthEast Family Fun Day Fun For All



Gale Schmidt Hodavance, vice president, HealthSearch, helps her 2-year-old daughter Kristin draw the name of a lucky winner of another U.S. Savings Bond.



es a spin with sons



Several picnickers take a break from riding to exchange "shop talk" at the picnic. They are, from left, I-Mei Hsiu, Nursing Administration, LVHC site; Ruth Martin, twin sister of Beth Martin, Development, HealthEast; Carol Sargent, Finance, HealthEast; and "Mike of California," a friend of I-Mei's.

Food And Nutrition Services Outlined *(from page 2)*

the dish machines which clean over 36,000 dishes — and that does not include silverware.

In addition to preparing daily meals, the Food and Nutrition Services Department also handles special events, including the annual Christmas dinner, hospital wing dedications, groundbreaking ceremonies and the hospital picnic. This year for the first time, the department was responsible for the merged hospital picnic. According to Smith, "Planning and preparing the food for 2,000 people was quite a challenge, but it was a lot of fun. I am looking forward to next year's picnic, and I expect to see *everybody* there."

Catering has also become a big part of the department's responsibility. Refreshments, snacks and meals are provided to over 80 meetings and functions on a weekly basis.

Nutritional services are also an important part of the department's function. Jane Ziegler, R.D., M.S., executive dietitian, works with four clinical dietitians at TAH site and eight clinical dietitians at the LVHC site. They coordinate their activities with the directors at both sites to insure that patients receive adequate and appropriate nutrition. With 75 percent of the patients on modified diets, this can become quite a challenge.

Calorie counts and nutritional assessments are just two of the tools used by the clinical dietitians to help maintain the nutritional needs of patients. Calorie counts consist of the number of calories and grams of protein consumed by a patient during a 24-hour period. The clinical dietitians handle over 500 calorie counts per month. A nutritional assessment is a process to determine the well-nourishment of a patient. Over 400 are completed each month. Clinical dietitians also provide counseling and education for both inpatients and outpatients.

Special projects are also being undertaken by the Food and Nutrition Services Department. To maintain consistency at both campuses, the diet manual is being reviewed and revised and will be combined in the near future. The diet manual contains nutrition guidelines which are followed by the medical staff and clinical

dietitians. It is also an educational tool used by physicians and nurses on the nursing units when they have questions regarding nutrition.

Planning stages for the \$1.5 million kitchen and cafeteria renovation project at the LVHC site are now complete. According to Phillip DiChiara, vice president, "Construction is expected to begin in January 1989 with opening sometime in the summer of 1989. The new cafeteria will include a scatter system approach which will eliminate the long lines. Other new features will include a deli bar, salad bar and a special feature called Grills and Frills consisting of a charbroiler which will prepare grilled fish, gourmet hamburgers and luncheon steaks."

Conceptual plans are also complete for a new cafeteria and kitchen at TAH site. However, a number of issues, such as financing, still need to be finalized.

A new restaurant-style patient menu is currently being planned and is expected to be introduced at the Hospital Center site in November. The current patient menu revolves around an eight-day cycle and offers patients two hot choices and one cold choice for lunch and dinner. With the new restaurant-style menu, selections will not change from day to day; however, a combination of 19 hot and cold entrees will be offered daily. This will provide more choices and increase variety for the patients.

What's Cookin'?

Take Me Out To The Ballgame

The Food and Nutrition Services Department at the LVHC site will sponsor a "World Series Celebration" on Thursday, Oct. 20. Some of the items available will be tacos, hot dogs with sauerkraut or chili, nachos with cheese, miniature pizzas, hot soft pretzels and fresh popcorn.

To complete your meal, why not add an item from the apple cart: fresh apple cider, candied and caramel coated apples, apple dumplings, apple crumb pie, Jewish apple cake, apple turnovers and Apple Brown Betty.

The Great Pumpkin Quiz

"The Great Pumpkin" will be on display Oct. 17 through 28 in the LVHC site cafeteria. Guess the number of seeds in the Great Pumpkin and win a "spooktacular" prize. Each employee will be entitled to one guess. The winner will be announced Oct. 31.

Halloween Special

As part of the Halloween celebration on Monday, Oct. 31, the LVHC site cafeteria will serve chef-carved steamship round of beef on a hard roll as one of the menu selections.

Big Apple Comes To TAH Site

The Food and Nutrition Services Department at TAH site has planned another special event for employee mealtime. On Tuesday, Oct. 18, celebrate Big Apple Day in the cafeteria. The specialties available will include: fresh baked apple dumpling served warm with milk; jumbo fresh Washington state apples; freshly squeezed apple cider; deep fried apple fritters; baked apple crisp; old-fashioned apple pie; apple pancakes (breakfast only) and roast boneless loin of fresh pork (sliced to order) with apple raisin sauce.

Future events planned for TAH site include a pie sale in November and the annual holiday goodies sale in December.

Benefit Spotlight

Changes At TAH Pharmacy

Employees have the benefit of purchasing prescriptions at discounted rates at the Pharmacies at both hospital sites and at Spectrum Apothecary.

Due to changes in the prescription payment procedure at TAH site, the following changes will be effective Oct. 31 at TAH site only.

1. Present prescription at the Pharmacy. (Consult drop-off schedule posted outside Pharmacy door for further details concerning times).

2. When you return to pick up your prescription, you will receive a white copy of the Pharmacy receipt. Pay the amount indicated on this receipt at the Cashier's office, located on the ground floor of the Schaeffer Wing. The office hours are Monday through Friday, 8 a.m. to 5 p.m.; Saturday 8:30 a.m. to 5 p.m.; and Sundays and holidays, 8:30 a.m. to 3 p.m.

3. Return to the Pharmacy with the cash receipt as proof of payment. At this time you will receive your prescription.

If you require a prescription before 8 a.m. or after 5 p.m., Monday through Friday, please pay at the Outpatient Registration Desk, which is open until 8 p.m., or pay at the Cashier's Office on the next business day.

Performance Scheduled

A performance of "The Best of Gilbert & Sullivan," featuring members of the world-renowned D'Oyly Carte Opera Company of London, will kick off the Community Music School's fund-raising season on Sunday, Oct. 16 at Symphony Hall, Allentown.

Tickets for the performance are \$15 for adults and \$12 for students. Tickets for the reception cost \$25 and patron's tickets are \$100.

Community Music School is a non-profit organization that provides music and dance instruction to people of all ages regardless of their ability to pay. For more information, call 432-7725.



Members of the 19th graduating class of The Allentown Hospital School of Radiologic Technology were honored at commencement exercises held recently. Class members were: (from left) Rhonda Bender, Clearfield; Patricia Boyle, Hatfield; Jamie Siwak, Quakertown; and Cathy Talianek, Allentown. All graduates completed the two-year program which included about 3,000 hours of clinical experience at TAH's Diagnostic Department and related areas.

It's Your Week - *CheckUp* Salutes You

**National Physical Therapy Week:
Oct. 23 - 29**

National Physical Therapy Week, sponsored by the American Physical Therapy Association, focuses attention on physical therapists' contributions to improving the health of all Americans. This year's theme "Physical Therapy — Sharing the Challenge" focuses on the teamwork between physical therapists and their patients.

Physical therapy is a form of health care that prevents, identifies, corrects and alleviates acute or prolonged movement dysfunction of anatomic or physiologic origin. The primary objective of physical therapy is to promote optimum health and function.

Physical therapists test and measure the function of the musculoskeletal, neurological, pulmonary and cardiovascular systems and treat problems in these systems caused by illness, injury or birth defect.

Physical therapists attain their professional skills through extensive educational and clinical training. Education includes courses in biology, chemistry, physics, psychology and the humanities. The education program is similar to the premedical curriculum, with a strong emphasis on the physical and biological sciences and includes an internship.

**Patient Representatives
Day: Oct. 14**

Patient representatives offer support, understanding and encouragement to patients, families and visitors in order to make their interaction with the hospital as pleasant as possible. These dedicated professionals help ensure a prompt response to complaints and other hospital-related policies and procedures. They also strive for patient satisfaction.

To recognize their efforts, Gov. Robert Casey has proclaimed Oct. 14 as Patient Representative's Day throughout the Commonwealth of Pennsylvania.

Educational Happenings

Monday, Oct. 17

LVHC - Medical Terminology - 9 to 10:30 a.m., Classroom 3

Wednesday, Oct. 19

TAH - Stroke Team Meeting - 9 to 10 a.m., Cafeteria Conference Room

TAH - Fire Safety Program - 1 to 2 p.m., Auditorium

LVHC - CPR Certification (non-nursing) - 1 to 4 p.m., Auditorium Alcove

LVHC - Fire Safety Program - 7 to 8 p.m. and 8 to 9 p.m., Auditorium

Thursday, Oct. 20

LVHC - CPR Certification (non-nursing) - 1 to 3 p.m., Auditorium Alcove

LVHC - Fire Safety Program - 8:30 to 9:30 a.m., 1:30 to 2:30 p.m., and 2:30 to 3:30 p.m., Auditorium

Friday, Oct. 21

LVHC - Fire Safety Program - 1:30 to 2:30 a.m. and 2:30 to 3:30 a.m., Auditorium

Monday, Oct. 24

LVHC - New Employee Orientation - 8 a.m. to 4:30 p.m., Classroom 3

Tuesday, Oct. 25

LVHC - Medical Terminology - 9 to 10:30 a.m., Classroom 4

Wednesday, Oct. 26

TAH - Stroke Team Meeting - 9 to 10 a.m., Cafeteria Conference Room

Thursday, Oct. 27

LVHC - Community CPR - 7 to 10 p.m., Auditorium Alcove

Wanted: Blood Donors

Miller Memorial Bloodmobile will be at the Hospital Center on Monday, Oct. 31 from 2 to 5 p.m., and on Tuesday, Nov. 1 from 9 a.m. to noon in Classroom 1 of the Anderson Wing. Registration will be held in the Anderson Wing Lobby. At least 80 donors are needed each day.

To register to donate blood, please call Rose Ann J. Wiley in Personnel (LVHC) at ext. 8842.

Hospital Center Tour Set

Pottsville Hospital School of Nursing students will tour the Hospital Center on Monday, Oct. 31 beginning at 9:30 a.m.

WomanCare Schedules Lecture

Two free lectures sponsored by *WomanCare of The Allentown Hospital* remain on the October schedule.

Gazi Abdulhay, M.D., department of obstetrics and gynecology, TAH—LVHC, will discuss "Update on Ovarian Cancer" on Tuesday, Oct. 18 at 7 p.m. in TAH Auditorium. He will explain who is at risk, as well as detection and treatment.

A lecture titled "Infertility in Men and Women," will be held on Wednesday, Oct. 26 at 7 p.m. in the LVHC site auditorium and will feature speakers Gregory Lang, M.D., Department of Obstetrics and Gynecology, TAH—LVHC, and David Beckwith, Ph.D., HealthEast Laboratories. They will dis-

cuss assisted reproductive technology, male infertility and the latest treatments for general problems of infertility, including endometriosis.

Free parking is available for these lectures and light refreshments will be served.

On Wednesday, Oct. 19, the Department of Pediatrics will sponsor a parenting lecture "When Your Child Has A Headache: Causes and Treatment." The lecture will be held at 7 p.m. in TAH auditorium. Martha Lusser, M.D., pediatric neurologist, Department of Pediatrics, will be the guest speaker.

For more information, or to register, call 778-3800.

Costumes Needed For Patients

The Adjunctive Therapy Department at TAH site is hosting a Halloween party for patients on the Psychiatric units and is in need of items to be used for costumes.

If you are able to donate any items to add to the costume wardrobe, please deliver them to the Adjunctive Therapy Department, 6A (tower wing), by Monday, Oct. 24. If you are unable to deliver items, please call ext. 2809 to arrange for pickup.

Trick-Or-Treat Bags Available

Trick-or-treat bags are now available courtesy of TAH—LVHC's ERIC (Emergency Room Information Card) program. ERIC is a service that pre-registers a child's medical data with the hospital's Emergency Center.

Each bag is bright orange and lists helpful safety tips for children to follow on Halloween night. Bags are available while supplies last and may be picked up at the Communications Department at each site (TAH, LVHC and HealthEast). There is no limit on the number of bags per employee.

For more information regarding the ERIC program, call 778-ERIC.

Contract Bridge League Offered

HealthEast and hospital employees have been invited to participate in a contract bridge competition league. The group meets at 7 p.m. at Chrysler First Headquarters (1105 Hamilton, Allentown) on alternate Monday evenings beginning Oct. 17 and ending May 5.

The league features four member team competition with IMP scoring. The cost is \$8 per team per match. Special events and prizes will be announced. Refreshments are available. For additional details, contact Human Resources at HealthEast, ext. 7936.