



## We're No. 1... Again!

U.S. News & World Report names LVH top hospital in the region for ninth year running.

[Read more →](#)

## Spread the Word About Upcoming Recruitment Events

Make sure your friends, neighbors and professional networks know LVHN is hiring now.

[Read more →](#)



## What LVHN Colleagues Need to Know About Monkeypox

Learn what you need to do to stay healthy.

[Read more →](#)



## Monkeypox Update: Specimen Collection, Special Grand Rounds

View new specimen collection guidance and Department of Medicine Special Grand Rounds.

[Read more →](#)



## Check Your Home Address in Lawson by Aug. 12

Make sure your address is correct because LVHN will be mailing important colleague communications and materials to you.

[Read more →](#)



## It's the 32nd Anniversary of the Americans with Disabilities Act

Learn about the Americans with Disabilities Act and Project Search.

[Read more →](#)



## Develop and Strengthen Your Skills

Learn about the professional development opportunities available to you.

[Read more →](#)



## Bring Your Favorite Homemade Chocolate Chip Cookies to Work

August 4 is National Chocolate Chip Cookie Day.

[Read more →](#)



## Calling all work besties! 🧡 Aug. 7 marks National Friendship Day. To celebrat...

[Read more →](#)



## Take Me Out to the Ballgame: See the IronPigs or Railriders This Summer

Discounted tickets are still available for Lehigh Valley IronPigs and Scranton/Wilkes-Barre Railriders.

[Read more →](#)



## New Category Management Professionals

LVHN's supply chain services continues its transformation.

[Read more →](#)



## Check out this TikTok video featuring Maggie Brown, LVHN's Director of Compas...

Have an idea for a TikTok video? Want to be part of the fun? Comment on this post or email [insiderhelp@lvhn.org](mailto:insiderhelp@lvhn.org).

[Read more →](#)



## LVHN and Penn State Quarterback Sean Clifford Host Football Camp

LVHN's sports medicine team and local sponsors, hosted "Nittany Lion Summer IMPACT" with Impact Athlete, Sean Clifford.

[Read more →](#)



## Be Summer Smart: Safety Tips for You and Your Kids

The Healthiest You Podcast: Episode 17.

[Read more →](#)



## All-Star Sisters Rely on Each Other and Lehigh Valley Orthopedic Institute

Sports are an important part of life for the Roth family.

[Read more →](#)



## Implanted Defibrillator Saves Nikki Dadarria's Life

When ventricular fibrillation struck at work, an implanted defibrillator helped restore her heart's rhythm.

[Read more →](#)



## After Two Knee Replacements, Easton Woman Feels as Good as New

Denise "Dede" Orey turned to Lehigh Valley Orthopedic Institute for both knee surgeries.

[Read more →](#)





## **We're No. 1... Again!**

U.S. News & World Report names LVH top hospital in the region for ninth year running.

LVHN Insider

Wednesday, July 27, 2022

For the ninth consecutive year, Lehigh Valley Hospital (LVH) ranks as the No. 1 hospital in the Lehigh Valley on the U.S. News & World Report Best Hospitals list. U.S. News & World Report also ranks LVH among the top 10 hospitals in Pennsylvania.

“Being recognized as the top hospital in the region for the ninth consecutive year demonstrates the high level of quality care LVHN delivers to our patients,” says Brian A. Nester, DO, MBA, President and Chief Executive Officer, Lehigh Valley Health Network. “U.S. News & World Report has recognized our health network among the best health care organizations in the country for over 20 years, which is a testament to our long-standing dedication to safety, quality and innovation. This recognition shows our community that excellent care always matters at LVHN.”

The annual Best Hospitals rankings and ratings, now in their 33rd year, are designed to assist patients and their doctors in making informed decisions about where to receive care for challenging health conditions or for common elective procedures.

LVH earned “High Performing” designations in six adult specialties and 13 common adult procedures and conditions.

### **Take a closer look at our performance**

#### **High Performing Specialties**

- Gastroenterology & GI Surgery
- Geriatrics
- Neurology & Neurosurgery
- Orthopedics
- Pulmonology & Lung Surgery
- Urology

#### **High Performing Common Adult Procedures and Conditions**

- Aortic valve surgery
- Chronic obstructive pulmonary disease (COPD)
- Colon cancer surgery
- Diabetes
- Heart attack
- Heart bypass surgery
- Heart failure
- Hip replacement
- Kidney failure
- Knee replacement
- Pneumonia
- Stroke
- Transcatheter aortic valve replacement (TAVR)

### **Colleagues make this recognition possible**

This recognition would not be possible without the hard work of our colleagues. Each day, you go the extra mile to deliver the extraordinary care our patients expect and deserve. You act ethically and honestly, create exceptional experiences for our patients, and focus on innovation to achieve the best possible outcomes. You are the cornerstone of our successes and should be #LVHNProud for all we have accomplished together.

Show us how you are #LVHNProud of this accomplishment by submitting photos of you and your colleagues to LVHN Insider.

---



### **Spread the Word About Upcoming Recruitment Events**

Make sure your friends, neighbors and professional networks know LVHN is hiring now.

LVHN Insider

Thursday, July 28, 2022

You know LVHN is a certified Great Place to Work. So, invite the jobseekers in your circle of friends, family and neighbors to join our team of exceptional colleagues. Plus, earn a bonus when a qualified candidate you refer is hired by LVHN (more on that below 🙌).

## Spread the word

All colleagues play an important role in attracting new colleagues to join the LVHN family. Here is what you can do:

- Tell your family, friends and neighbors that LVHN is hiring now.
- Update your professional network if you've recently joined the LVHN family or started in a new role. Be sure to update your LinkedIn profile to reflect your current job. Right click or tap on the image below, save to your computer or cellphone and share the great news!



- Follow LVHN on social media and share messages LVHN posts about career opportunities on your social media channels.
- Encourage people to explore career opportunities at [LVHN.org/careers](https://www.lvhn.org/careers).

## Upcoming recruitment events

You can always find details about recruitment events listed on [LVHN.org/careers](https://www.lvhn.org/careers). Here are three events happening in August:

### LVH–Carbon Careers Event

When: Wednesday, Aug. 17, 3-6 p.m.

Where: LVH–Carbon Community Room, 2128 Blakeslee Blvd. Drive East, Lehighton, Pa.

Learn more and register: [LVHN.org/CarbonCareers](https://www.lvhn.org/CarbonCareers)



### LVHN Careers Event at Coca-Cola Park

When: Tuesday, Aug. 23, starting at 2:30 p.m.

Where: 1050 IronPigs Way, Allentown, Pa.

Learn more and register: [LVHN.org/HiringNow](https://www.lvhn.org/HiringNow)





## LVHN Careers Event at Blended by Bru Daddy's

When: Thursday, Aug. 25, 3-8 p.m.

Where: Blended by Bru Daddy's, 27 N. Seventh St., Allentown, Pa.

Learn more and register: [LVHN.org/CedarCrestCareers](https://www.lvhn.org/CedarCrestCareers)



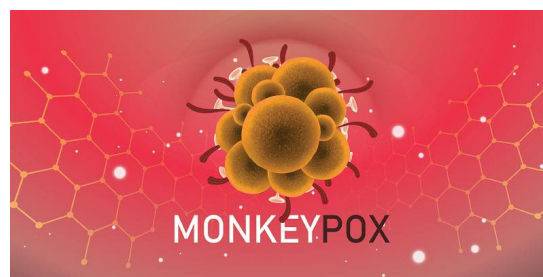
## Earn a referral bonus when you spread the word

Make some calls, send some texts and write some emails, because [when you refer a qualified nursing candidate who gets hired to work in an inpatient department, you will BOTH receive a \\$10,000 bonus!](#)

It could be anyone – your best friend, your college roommate, even a sibling – as long as they're a qualified nurse focused on delivering high-quality care, you'll both be rewarded!

When you refer a candidate to LVHN, the candidate should include your name on their application. Referral bonuses are awarded as a result of referring an external candidate. Submit a nurse referral or see the full list of roles with referral bonuses at [LVHN.org/employee-referral-form](https://www.lvhn.org/employee-referral-form).

---



## What LVHN Colleagues Need to Know About Monkeypox

Learn what you need to do to stay healthy.



LVHN Insider

Sunday, July 24, 2022

LVHN is closely monitoring the spread of the monkeypox virus. As the region's health care leader, we are prepared to respond to this evolving outbreak and we are sharing the most updated precautions and policies that protect colleagues and keep our community healthy.

**Monkeypox resources can be found under Announcements on the [LVHN intranet homepage](#).** Note: You can access the intranet only if you are on a device connected to the LVHN network. If you are working remotely, you must be connected to the LVHN network via VPN.

### **What is monkeypox?**

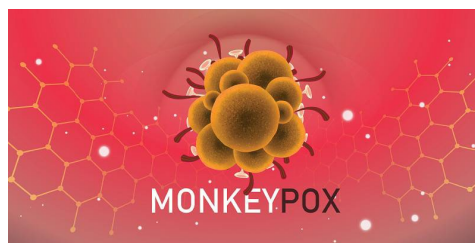
According to the Centers for Disease Control and Prevention (CDC), monkeypox is a rare viral disease with symptoms similar to — yet milder than — smallpox. The first human case of monkeypox was recorded in 1970 with relatively few reported cases until the current multinational outbreak of 2022.

With cases rising in the United States and throughout the globe, the World Health Organization today declared monkeypox a public health emergency of international concern. It is necessary to be aware of how monkeypox is spread, treatment options and more for the safety and health of our colleagues, patients and community.

In the last few days, we have confirmed the diagnosis of monkeypox in local patients. We are awaiting final test results for several other patients. Therefore, our clinicians need to be on the lookout for additional cases and be prepared to perform appropriate diagnostic testing and make informed recommendations to manage infected and exposed patients and prevent further spread of the virus.

### **Monkeypox resources**

- For information regarding exposure and symptoms from employee health services, [review these guidelines](#).
  - For information regarding infection control and prevention in health care settings, [review these guidelines](#).
  - [Review guidance](#) for monkeypox specimen collection.
  - For more on monkeypox, [visit the CDC website](#).
- 



## Monkeypox Update: Specimen Collection, Special Grand Rounds

View new specimen collection guidance and Department of Medicine Special Grand Rounds.

LVHN Insider

Wednesday, July 27, 2022

The situation with the multinational outbreak of monkeypox continues to evolve. As the region's health care leader, we are sharing the most updated information to protect colleagues and keep our community healthy. Here are the latest details:

### Monkeypox specimen kits

- Monkeypox specimen kits that were distributed July 22 to emergency departments, ExpressCARE locations, infectious diseases offices and Comprehensive Health Center are being retrieved and replaced with new specimen kits. LVPG will receive new kits on the afternoon of July 26.
- [Monkeypox specimen collection guidance](#) has been updated, reflecting a change in our process for obtaining specimens.

### Department of Medicine Special Grand Rounds: Monkeypox Update

Members of the Department of Medicine's (DOM) Divisions of Infectious Diseases and Occupational Medicine provided a comprehensive overview of monkeypox during a special grand rounds presentation earlier today. The lecture reviewed the epidemiology, transmission, clinical presentation, diagnosis, treatment, prevention and monitoring of the disease which continues to spread across the globe. Watch the recording and view the slides from the July 26 meeting.

- Recording: [DOM Special Grand Rounds: Monkeypox Update – 7.26.22](#) (password: DxWDHij4)
- Slides: [DOM Special Grand Rounds: Monkeypox Update – 7.26.22](#)

### LVHN Sanford Guide

- Additional information on monkeypox and medication ordering is contained in the LVHN Sanford Guide, which can be accessed via a mobile app or desktop internet connection.
- [LVHN Sanford Guide instructions](#)

**Monkeypox Resources** can be found under **Announcements on the LVHN intranet homepage**. Note: You can access the intranet only if you are on a device connected to the LVHN network. If you are working remotely, you must be connected to the LVHN network via VPN.

For more on monkeypox, [visit the CDC website](#).

---



## Check Your Home Address in Lawson by Aug. 12

Make sure your address is correct because LVHN will be mailing important colleague communications and materials to you.

LVHN Insider

Thursday, July 28, 2022

Is your correct mailing address listed in Lawson? Not sure? You should always make sure your address is correct with LVHN so any important materials can be mailed to you, including benefits materials, open enrollment communication and tax related documents.

### How to change or confirm your mailing address

If you moved or have not been receiving communications from LVHN in your home mail, please take these steps:

- Visit the Colleague Resource Center by clicking the “LVHN – CRC Lawson” icon on your SSO toolbar.
- Click the “Employee Resources” tile on the home page.
- Under “Employee Self-Service,” click “Move – Change Your Address.”
- Enter the effective date and new address.
  - **Both the “Home” and “Supplemental” tabs must be completed when you have an address change.** The “Home” tab is the only tab that can have a PO Box for the address.
  - Do not change your address if you notice abbreviations (such as if “Road” is abbreviated “RD” or if “APT” is replaced with #). These abbreviations are reviewed against the U.S. Postal Service (USPS) for accurate reporting to local tax authorities.
  - To ensure your taxes are withheld properly, your address must match the USPS address. To confirm you have the correct USPS address, visit <https://tools.usps.com/zip-code-lookup.htm?byaddress>
  - You cannot submit a future dated address change update. Please update your address once your move is final.
- Click “Update.”

### Update your address by Aug. 12

To ensure you get important information from LVHN, your address must be correct by Aug. 12.

Information about your benefits and Open Enrollment will be mailed to your home in a few months. The information you receive will help you choose the best benefit plan for you and your dependents.

It's very important and it's your responsibility to keep your mailing address up to date in Lawson. It's how you stay connected and receive all the important communications LVHN mails to your home. Thanks for doing your part to help us support you!

---



## **It's the 32nd Anniversary of the Americans with Disabilities Act**

Learn about the Americans with Disabilities Act and Project Search.

LVHN Insider

Monday, July 25, 2022

**Karla Bachl is LVHN's Administrator, Colleague and Volunteer Engagement. She guides colleague engagement committees and leads the health network's reward and recognition committee. She also has responsibility of all LVHN volunteer services and gift shops and is a liaison to the auxiliaries. In this blog, she shares the significance of the Americans with Disabilities Act in honor of its anniversary.**

This year marks the 32nd anniversary of the Americans with Disabilities Act (ADA). LVHN reflects on this significant milestone by acknowledging the experience and contributions of our patients and colleagues who are living with a disability and those whose lives have been impacted by someone living with a disability.

### **The Americans with Disabilities Act**

On July 26, 1990, President George H.W. Bush signed into law the Americans with Disabilities Act. This legislation ensures the civil rights of people with disabilities by prohibiting discrimination in employment, transportation, public accommodations, commercial facilities, telecommunications and state and local government services.

### **Project Search**

LVHN has been a sponsor of Project Search since 2019 and has hosted 34 students to date at two hospital campuses. Project Search is a one-year school-to-work transition program designed for young adults with intellectual and developmental disabilities who are in their last year of school.

These students are on our campuses each school day. They are immersed in the workplace with on-the-job coaching and classroom instruction.

This program helps the young adults develop the necessary tools for employment, skills needed for self-determination, management and self-advocacy. Individual development and placement are based on the participant's experiences, strengths and skills. As a result, LVHN has placed many of these students into rewarding jobs within the health network after graduation.



## Develop and Strengthen Your Skills

Learn about the professional development opportunities available to you.

Brianna Mccauley

Tuesday, July 26, 2022

The Organizational Development team, in partnership with Northampton Community College (NCC), is pleased to announce that colleagues can now sign up for our **FY23 Essentials Development sessions**. In addition to our standard class offerings, we will be adding three exciting new sessions, including Excel Advanced, Coaching for Improved Performance and Customer Service in Times of Change/Challenge. These are just a few of the many classes we will offer throughout the fiscal year.

Additionally, through our continued partnership with NCC, colleagues can receive a Certificate of Achievement in three areas: Management, Customer Service and Administrative Professional. The list and descriptions of development sessions and online registration can be found on the LVHN Intranet linked [here](#). Please note that we will continue to add classes throughout the year. We encourage you to check our page for new and upcoming development opportunities.

While you are visiting our site, check out Leadercast ShiFt and Essentials: On-Demand. Did you know you can also earn stackable credentials through a LinkedIn Learning license? Registration is fast and easy!

Now is the perfect time to consider developing your skills to strengthen your ability to meet the needs of our organization and the patients we serve!

Have questions? Reach out to [LOD@lvhn.org](mailto:LOD@lvhn.org) with any questions regarding the programs and sessions offered.

\*Please note that you need to be logged into the LVHN network to access the Intranet link.

---



## **Bring Your Favorite Homemade Chocolate Chip Cookies to Work**

August 4 is National Chocolate Chip Cookie Day.

LVHN Insider

Tuesday, July 26, 2022

National Chocolate Chip Cookie Day is Aug. 4, and LVHN is joining in the fun by paying tribute to this true classic. There may be thousands of varieties out there, but you probably have that one special version that you love. So, get ready to bake a batch of your favorite cookies and share it with your colleagues.

“Sharing a cookie is a great way to connect with each other, and get to know someone. Maybe there’s a baker in your group with a hidden talent,” said Karla Bachl, Administrator, Colleague and Volunteer Engagement at LVHN. “It’s part of our mission to be happy and have joy at work.”

### **Cookie competition**

Want to have your special cookie recipe judged? Morrison Healthcare will host a chocolate chip cookie contest at cafeterias across our health network. Make a batch of your cookies and bring six of them to an LVHN cafeteria between 8 and 10 a.m. on Thursday, Aug. 4. The contest will be held at LVH–Cedar Crest, LVHN–Mack Boulevard, LVH–17th Street, LVH–Hecktown Oaks, LVH–Muhlenberg, LVH–Carbon, LVH–Pocono, LVH–Schuylkill and LVH–Hazleton with a winner announced at each campus.

Who can resist a chocolate chip cookie? Since the tasty holiday only comes once a year, take the opportunity to indulge with colleagues. Happy National Chocolate Chip Cookie Day!

---



Calling all work besties! 🤝 Aug. 7 marks National Friendship Day. To celebrate, we want to feature #LVHNProud work besties on our social channels. To participate, share work selfie or snapshot with your favorite colleagues, tag them and let us know what makes them great work friends. Send your photos to [social@lvhn.org](mailto:social@lvhn.org) or post to the #LVHNProud channel on LVHN Insider by Wednesday, Aug. 3.

by LVHN Insider  
Published July 19, 2022

---



## Take Me Out to the Ballgame: See the IronPigs or Railriders This Summer

Discounted tickets are still available for Lehigh Valley IronPigs and Scranton/Wilkes-Barre Railriders.

Donna Stout  
Friday, July 22, 2022

Don't let the summer slip away without enjoying America's favorite pastime: baseball.

The LVHN Recreation Committee has one more group outing at the **IronPigs** on Saturday, August 27, 2022, 6:35 p.m. There are limited tickets available, so order soon.

Tickets must be ordered online. These group tickets are not available at the gate. Tickets are non-refundable. If the game is canceled due to weather, your ticket may be used for another game of your choice.

To order tickets: <https://fevo.me/3zz9Ijt>



Or, maybe you would rather go to the **Scranton/Wilkes-Barre Railriders**? We have a discount offer for you there too.

Order tickets in advance and online: <https://offer.fevo.com/lehigh-valley-health-network-outing-a52745c?fevoUri=lehigh-valley-health-network-outing-a52745c%2F>

---



## **New Category Management Professionals**

LVHN's supply chain services continues its transformation.

Juanita Stith

Tuesday, July 26, 2022

**This message is from Nita Stith, Vice President, Supply Chain Management, and Allison Hontz, Administrator, Strategic Sourcing and Value Analysis.**

We are pleased to update you on the latest development in LVHN's supply chain services transformation. We are adding new colleagues to the strategic sourcing team, which is the supply chain function comprising contracting and clinical value analysis.

The strategic sourcing team will introduce industry standard methods of spend management into the process of sourcing and purchasing for LVHN. One such practice is leveraging organizational spend for products and services that are used network-wide.

To put the power of our organizational spend to work in the marketplace, cross-industry category management professionals will join LVHN to relaunch our strategic sourcing category management function. These category managers will focus on our largest spend categories (clinical and nonclinical) and will develop strategies to obtain aggressive pricing in the marketplace.

We also will be onboarding several clinical value analysis coordinators who will analyze utilization and procurement data to support a revised network-wide value analysis structure and ensure we are receiving the best value for our spending.

The new category managers and clinical value analysis coordinators will be joining LVHN remotely. They bring deep experience in a variety of supply chain functions and have knowledge of industry standard methodologies and practices. The new colleagues will add significant value to LVHN's strategic sourcing team.

This is a high-level overview of what's upcoming in supply chain services. In the coming days and weeks, our team looks forward to introducing the specific individuals who will work with your department. We will share more details about what assistance they will be providing and how to contact them, as well as how the roles of other supply chain services colleagues will change. Please feel free to contact us if you have any questions or concerns.

---

### **Check out this TikTok video featuring Maggie Brown, LVHN's Director of Compassion and Caring for Colleagues**

Have an idea for a TikTok video? Want to be part of the fun? Comment on this post or email [insiderhelp@lvhn.org](mailto:insiderhelp@lvhn.org).

by LVHN Insider  
Published 6 days ago

<https://onfirststep.com/LVHN/LVHN/contents/32638895>

---

## **LVHN and Penn State Quarterback Sean Clifford Host Football Camp for Young Athletes**

By Brian Downs  
July 26, 2022





Lehigh Valley Orthopedic Institute's sports medicine team, along with several local sponsors, hosted "Nittany Lion Summer IMPACT" with its Impact Athlete and Penn State quarterback, Sean Clifford. The camp, held at Riverfront Sports on Saturday, July 23, was free of charge and open to youth football players entering fifth through ninth grade.

During the two-hour event, Clifford, along with several of his Penn State teammates, including, Nick Dawkins, Curtis Jacobs and Parker Washington and the Orthopedic Institute team, led a variety of skills and drills designed to help athletes take their game to the next level. They also took part in some spirited competition with the young athletes.

**"Sean is a powerful athlete who is having an amazing football career at Penn State. He can truly show young athletes what hard work and dedication look like."**

Clifford is one of five Lehigh Valley Health Network (LVHN) Impact Athletes. Steve Hultgren, Director, Sports Performance Initiatives, Lehigh Valley Orthopedic Institute, says LVHN Impact Athletes are athletes who were molded by their community to become successful collegiate athletes. Hultgren says the goal of the Impact Athlete program is to provide regional youth athletes with strong inspirational role models who encourage them to pursue their goals.

Other LVHN Impact Athletes include Jahan Dotson, who was recently drafted as a wide receiver for the Washington Commanders, University of Florida track and field star and 2022 NCAA Indoor and Outdoor Champion (400 meters) Talitha Diggs and NBA draft pick Tyrese Martin. Hultgren says that LVHN will host several camps for youth athletes throughout the year with other Impact Athletes.

According to Hultgren, partnering with Clifford as an LVHN Impact Athlete was an easy decision. “Sean is a powerful athlete who is having an amazing football career at Penn State. He can truly show young athletes what hard work and dedication look like,” says Hultgren.

Other sponsors of the event included Northeast Rehab, Fidelity Bank, DiPietro’s Pharmacy, Allied Services, Brucelli Advertising, Century Dental and Center for Independent Living.

---

## **HEALTHIEST YOU PODCAST**

### **Be Summer Smart: Safety Tips for You and Your Kids**

Advice about best type of sunscreen, when to apply bug repellent and keeping kids safe around water on The Healthiest You Podcast: Episode 17

By Amanda Newman  
July 27, 2022



Summer is in full swing. It’s the season for less screen time and more sunshine for your kids. Before you head out on your next adventure together or take a trip to the pool, listen to the latest episode of the Healthiest You Podcast.

You’ll get the “deets” on bug spray, sunscreen and screen time. [Opens in new tab](#)Mike and Steph from [B104](#) discuss summer safety tips for kids with [Krystal Trinkle, CRNP](#), with [LVPG Pediatrics–Pennsburg](#), to help you and your kids have the best (and safest) summer yet.

#### [About the podcast](#)

The Healthiest You podcast is hosted by familiar voices – [Opens in new tab](#)Mike and Steph from [B104](#). In each episode they will interview doctors and experts across [Lehigh Valley Health Network](#) (LVHN) to learn practical health tips for everyday life – to empower you to be the healthiest you.



## **PATIENT STORY**

### **All-Star Sisters Rely on Each Other and Lehigh Valley Orthopedic Institute to Excel**

#### **Julia and Sammy Roth bounce back from ACL injuries**

By Hannah Ropp



Sports are an important part of life for the Roth family. All four of the Roth siblings play multiple sports. Fifteen-year-old Allentown Central Catholic High School (ACCHS) sophomore Sammy and her 18-year-old sister, Julia, a recent graduate of ACCHS, both participate in basketball, soccer and cross-country. In fact, Julia earned 16 varsity letters during her time at ACCHS, more than anyone else in the school's history.

“Sports was always something we could do together,” says their mother, JoAnn Roth. “For us, family vacations were tournaments and eating WaWa in the back of the car, but it was great because we were all together.”

Because Sammy and Julia both had a passion for sports, they looked forward to playing on the same team in high school for the year that they would share the school. However, Sammy suffered an injury during basketball that left them wondering if they would be able to play together after all.

“I was at a basketball tournament in Tennessee, and I turned the wrong way and heard my knee pop. I knew right away that it wasn't good. We came home and I went to see Dr. Luchetti, and he told me that I tore my ACL,” Sammy says.

“As soon as it happened, I took her right to Lehigh Valley Orthopedic Institute. We saw how well Sammy's recovery went, so we knew that Julia would do well too.” JoAnn Roth

Although upset with the diagnosis, Sammy says that her team at Lehigh Valley Orthopedic Institute and orthopedic surgeon [Wayne Luchetti, MD](#), with LVPG Orthopedics and Sports Medicine, kept her spirits up. “I could feel that Dr. Luchetti was really confident, and that helped to make me feel like I could get through this,” she says.

## Comeback athlete

Sammy had her surgery two weeks after her injury, to allow the swelling to subside. She was surprised how quickly she began physical therapy. “At first I was really nervous because I thought I would hurt myself again, but after I got started and it went well, I was able to relax,” Sammy says.

Sammy spent the next several months in physical therapy, building up her strength so she could play at the end of her soccer season and be ready for a full basketball season. She says [physical therapist](#) Katie Drayton was largely responsible for her success.

“Katie really helped me to be more confident and pushed me to be better,” she says.

All her hard work paid off when Sammy took to the field along with her sister Julia in Hershey and scored the winning goal in the 2A State Championships in November, less than a year after her injury.

“It was something I’ll never forget. It was an amazing experience,” Sammy says.

While Sammy was almost fully recovered, Julia experienced the same injury during a basketball game. Fortunately, JoAnn knew exactly what to do.

“As soon as it happened, I took her right to Lehigh Valley Orthopedic Institute. We saw how well Sammy’s recovery went, so we knew that Julia would do well too,” she says.

## Athlete of the Year

As a senior, Julia was understandably upset to miss out on the rest of her senior basketball season but tried to remain optimistic. “I was glad I got to play a few games with my sister, and I had already decided on a college,” Julia says.

Julia also had the benefit of going through her sister’s recovery and relied on her for advice and support. “It was nice because if I had questions, I could just ask Sammy and I knew what to expect,” she says.

Despite her ACL injury, Julia had a great senior year, which was topped off when she won [Lehigh Valley Orthopedic Institute’s Athlete of the Year](#), an honor she wasn’t expecting.

“I was shocked. I still can’t believe it,” Julia says.

Although she is still recovering, Julia plans to attend Susquehanna University in the fall and play basketball. She credits Lehigh Valley Orthopedic Institute with helping her achieve her goals.

“Even though this experience has been tough, I’m grateful that I had my sister, Dr. Luchetti and Katie to help me through it. I know that I’ll be ready in the fall,” Julia says.

---

## PATIENT STORY

### **Implanted Defibrillator Saves Nikki Dadarria's Life**

When ventricular fibrillation struck at work, an implanted defibrillator helped restore her heart's rhythm

By Emily Shiffer



Nikki Dadarria, 57, of Lopatcong Township, New Jersey, always thought it was odd that blood pressure cuff machines were never able to read her measurements.

“Doctors and nurses always blamed the machine, and I assumed they were right,” she says.

Since she has fibromyalgia, she thought fatigue and shortness of breath also were related to that. She had no prior indication that anything serious was wrong with her heart until an appointment with her doctor in early 2014. When nurses tried to take her blood pressure, they struggled to get a reading. When her physician came in, Dadarria advocated for herself and asked for a manual reading. And immediately, her doctor thought something was off.

“He listened and thought he heard something odd and sent me for an EKG (electrocardiogram). I had no chest pain, and at 50, I thought I was too young to have heart problems,” she says.

However, more tests showed that something was very wrong: She was diagnosed with left bundle branch block, an electrical conduction problem in the left ventricle. Her cardiologist, Ronak Patel, MD, with LVPG Cardiology, told her that her heart pumping function was at 16%, but it should be in the 50-70% range. This low function showed she was in heart failure.

“It was so scary,” she says.

#### [Plan to help Nikki's heart](#)

Patel created a personalized plan to help Dadarria, starting with medication. “When Nikki first came to me, we started her on goal-directed medical therapy. This is a thoroughly studied combination of medicines that have shown to improve heart failure and potentially prolong life,”



Patel says. “We started her on a beta-blocker, ACE inhibitor and diuretics to help her feel better and allow her heart function to get stronger with time.

“We followed guidelines, put her on appropriate medical therapy and put in a defibrillator, all of which have led to her treatment success. We have a close doctor-patient relationship, and I believe this is part of the reason why she has done so well.” - Ronak Patel, MD.

However, after a few months on the medications, her heart function did not improve significantly. Patel recommended that she have a defibrillator implanted.

“Studies have shown when a patient's heart function is below a certain level, they are at higher risk for lethal heart arrhythmias,” Patel says. “Because of this, we put in a defibrillator to reduce her chances of sudden cardiac death from one of these lethal arrhythmias.”

On May 12, 2016, Dadarria received an implanted defibrillator.

### Defibrillator does its job

Dadarria continued to take medication after receiving the defibrillator and was feeling better. However, in 2018, she suddenly fainted at work.

“I went into VFib (ventricular fibrillation) when I was at work,” she says. “I got super dizzy and passed out, out of sight of my co-workers. When I woke up, I went to find them. I told my colleagues, who were nurses, that my shoulder was killing me, and they suspected my defibrillator had gone off.”

She checked in with Patel, who confirmed her defibrillator had gone off.

“She had an episode of ventricular fibrillation detected by her defibrillator, which quickly shocked her out of the lethal rhythm and saved her life,” Patel says.

### A normal life with defibrillator

Since then, her heart function has been back to normal. Dadarria explains that her defibrillator receives remote check-ins at night, while she sleeps. She also has an appointment every six months with Patel to make any adjustments and check in.

“My heart function is now up to 60%, higher than it ever was my whole life,” Dadarria says. “With my defibrillator I get to take care of my grandkids and travel. I can do anything I want to do.”

She credits Patel for saving her life, and they have formed a close bond.

“Nikki is one of our special patients. It has been very satisfying to treat her heart failure and see her get better and live a normal life,” says Patel. “We followed guidelines, put her on appropriate medical therapy and put in a defibrillator, all of which have led to her treatment success. We

have a close doctor-patient relationship, and I believe this is part of the reason why she has done so well.”

And his care has meant the world to Dadarria.

“I trust Dr. Patel so much. He is the sweetest man, and he will see me for any reason. He will coach me, console me, and is always very honest and forthright with what's going on. He’s been fabulous this entire time,” she says.

---

## PATIENT STORY

### **After Two Knee Replacements, Easton Woman Feels as Good as New**

Denise “Dede” Orey turned to Lehigh Valley Orthopedic Institute for both knee surgeries

By Ted Williams



When it came to knee problems, this wasn't Dede Orey's first rodeo. After she got the right knee replaced in 2019, she knew a similar procedure for the left one was inevitable.

“I have osteoarthritis,” says the 65-year-old Easton resident. Osteoarthritis is a degenerative bone disease where the cartilage tissue at the end of bones wears away. By the time she had her right knee replaced, she was in great pain.

“At that point, it was virtually bone on bone in my knee,” Orey says. “The bones were splintering. I had put it off for so long and I couldn’t take it anymore.”

### Ready for replacement

After more than a year of seeing a rheumatologist and getting cortisone shots to cope with the pain, Orey finally sought out Lehigh Valley Orthopedic Institute orthopedic surgeon Jonathon Brown, DO, with LVPG Orthopedics and Sports Medicine–Hecktown Oaks, in 2019. He quickly recommended joint replacement.

“We did the second one robotically. The initial manual procedure went very well, and Dede recovered nicely. But robotic-assisted surgery allows us to be very precise. We were able to recreate what we did in the first procedure with almost no variation.” - Jonathon Brown, DO

“It was a classic case, nothing unusual at all,” Brown says. “The replacement for her right knee was done manually. Dede did a fantastic job. Her recovery went very well.”

Brown told Orey she would likely be seeing him again at some point about the other knee. His premonition came to pass in February 2022.

“I knew what to expect this time,” Orey says. “When the pain came in my left knee, I knew nothing I could do would keep me from getting it replaced. Everything went so well with the first one, I didn’t hesitate to contact Dr. Brown.”

### Second knee, new technique

Brown says that once again, there was nothing unusual in Orey’s case. The only difference was his surgical technique.

“We did the second one robotically,” Brown says. “The initial manual procedure went very well, and Dede recovered nicely. But robotic-assisted surgery allows us to be very precise. We were able to recreate what we did in the first procedure with almost no variation.”

Orey’s surgery was one of the first robotic knee cases performed in the state-of-the-art surgical suite at Lehigh Valley Hospital–Hecktown Oaks. Brown used Mako SmartRobotics™ System, a robotic-arm assisted technology, which permits the orthopedic surgeon to use a three-dimensional model of the knee joint to observe bone structure and disease severity before placing the implant. In Orey’s case, Brown was able to precisely mirror the left-knee implant. Lehigh Valley Orthopedic Institute utilizes six robotic knee systems across Lehigh Valley Health Network.

“By being more precise, we can tailor the operation more closely to the needs of the patient and theoretically can improve outcomes and satisfaction,” Brown says.

Overall, robotic knee replacements benefit patients by resulting in less pain, less need for inpatient physical therapy, reduction in length of hospital stay and improved knee flexion and tissue protection, resulting in better outcomes and faster return to normal activity.

### Orey's advice: Don't wait

Today, Orey is back at work as an assessment department clerk at Northampton County Courthouse, knowing her difficulty in getting around is now behind her.

“I would tell everybody dealing with the pain I was going through, don't wait like I did,” Orey says. “I feel great now, thanks to Dr. Brown.”

---