

There's a lot going on at Lehigh Valley Health Network. In case you didn't catch all the latest news, here's a recap of what happened this week. Here are links to Mission Central posts, the latest issues of CheckUp and Healthy You magazines, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news. You also can link to Dr. Swinfard's latest Fireside Chat video, which is available with closed captioning.

[You're Invited to Special LVHN Fitness Classes](#)

LVHN Fitness is offering free group fitness classes for colleagues from April 28 through May 4.

[Watch April's Leader-to-Leader Video](#)

See if we're reaching our goals, get a financial update from our CFO and learn about corporate compliance.

[How Does Your Mom Inspire You?](#)

Visit Mission Central to share photos and stories of your mom.

[Wellness: Avoid a Side Stich](#)

Learn tips to prevent the stabbing pain you may experience in your ribcage while running.

[John Hart Named Senior Vice President of Medical Services](#)

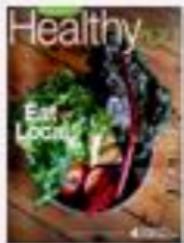
He will lead five departments that focus on providing supportive services to our clinicians.

[Take Note: Epic's NoteWriter](#)

Clinicians will use this new tool to write a patient's assessment and plan of care, and search for data.



**Read the latest
issue of CheckUp**



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a blog on LVHN.org containing
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You're Invited to Special LVHN Fitness Classes

Need a jump-start to get yourself into shape? Then this one's for you. LVHN Fitness is offering free group fitness classes for all colleagues from April 28 through May 4. Free classes are available on a first-come, first-serve basis. No pre-registration is required. Classes will be held at Lehigh Valley Hospital-Cedar Crest, Lehigh Valley Hospital-Muhlenberg, LVHN Fitness-Muhlenberg and LVHN-Mack Boulevard. Here are the details.



LVHN Fitness offers a variety of group fitness classes, such as Zumba.

Lehigh Valley Hospital-Cedar Crest

April 28 – Tabata (high-intensity interval training), 3:30 p.m., ECC room 1

May 1 – Yoga, 6 a.m., ECC room 9

May 2 – Zumba, 3:30 p.m., ECC room 1

Lehigh Valley Hospital-Muhlenberg

April 28 – Strength, Train and Tone (STAT), 3:30 p.m., ECC room B

LVHN Fitness-Muhlenberg

April 30 – Core Synergy, 5:30 a.m., 2nd floor group fitness room

May 1 – Core Synergy, 3:45 p.m., 2nd floor group fitness room

LVHN-Mack Boulevard

April 30 – Zumba, 5 p.m., auditorium

"Within our fitness centers, we will be offering some fitness tips and trivia during that week," says Lisa Bednarski, LVHN Fitness operations manager. "We'll also be putting out a call to our fitness center members to tell us what fitness has done for them."

Forms will be available at the fitness centers for members to describe their fitness experiences. Submissions also will be accepted by emailing Lisa.Bednarski@lvhn.org. All submissions will be entered into a raffle for LVHN Fitness prizes.

The free classes and special events at LVHN Fitness are part of its commemoration of Medical Fitness Week. For more information, call 610-402-9714 or email Lisa.Bednarski@lvhn.org.

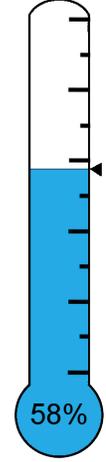
This entry was posted by [Ted Williams](#) on April 24, 2014 at 2:15 pm, and is filed under [Learn](#), [Live Healthy](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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2 comments

Azareth Chevere 14 DAYS AGO

This is a wonderful idea!!!! However, will there be any classes offered at 17th & Chew St site?

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Lisa Bednarski 14 DAYS AGO

Thanks for your response! In scheduling classes, we were challenged with finding an appropriate room and an instructor with availability. We are open to suggestions.

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Watch April's Leader-to-Leader Video

Do you want to know what's going on in our health network? Watch the Leader-to-Leader meeting. Leader-to-Leader meetings are held the third Thursday each month in the Lehigh Valley Hospital-Cedar Crest auditorium and simulcast to participants at Lehigh Valley Hospital-17th Street, Lehigh Valley Hospital-Muhlenberg and Mack Boulevard. Using a PowerPoint presentation as a guide, guest speakers share updates on key issues and initiatives.

Scroll down to view videos of each of the speakers.

(Please note you must be logged on to our intranet with Internet Explorer in order to access the videos. You also need to have Microsoft Silverlight installed on your computer. If the links do not open properly, try refreshing your browser. If you have questions or need assistance, please contact information services at 610-402-8303.)

- [Kids Songs](#)
- [Introduction and Honor Roll](#)
- [Service Star](#)
- [Epic](#)
- [First 90 Days](#)
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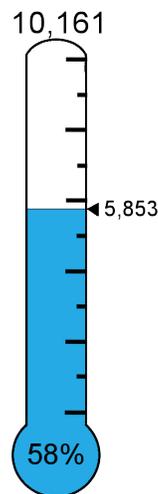
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Lehigh Valley Health News Digest: April 21 – 25 >

How Does Your Mom Inspire You?

Perhaps no one has molded you into the person you are today more than your mom. Mother's Day is May 11. It's a perfect opportunity to thank your mom for everything she has done for you, and Mission Central is a place where you can do just that.

Visit the [Contact Us page](#), and share stories and photos of you and your mom. Specifically, explain how your mom inspires you. Maybe she inspired you to follow a certain career path, to be the best parent you can be or to take charge of your health.

On Mother's Day and every day that week, visit Mission Central and LVHN's Facebook page. That's where we'll share the stories and photos you submit so many people can be inspired by the moms of LVHN colleagues. Feel free to comment on the stories too.

This entry was posted by [Rick Martuscelli](#) on April 25, 2014 at 3:19 pm, and is filed under [Celebrate](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

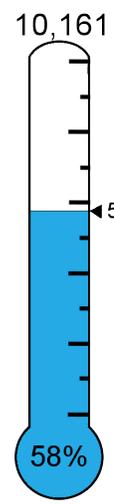
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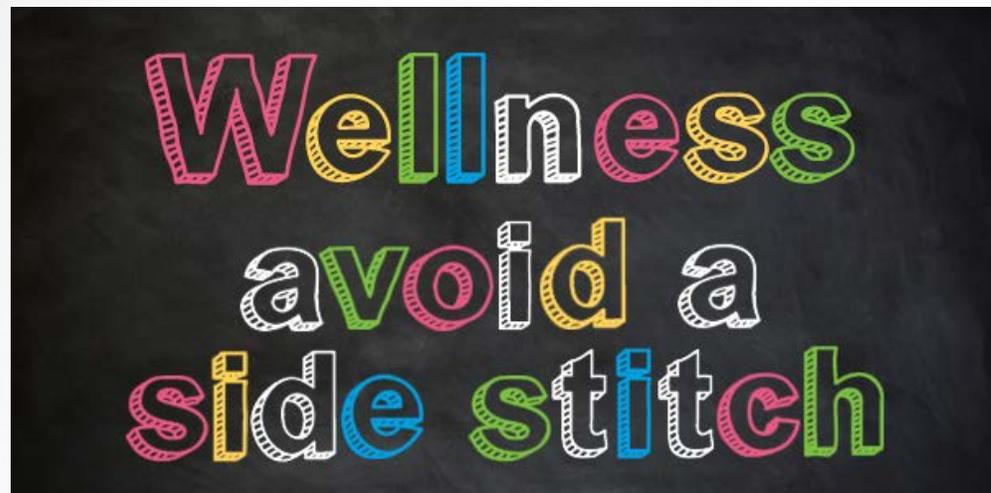
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Wellness Wednesday – Avoid a Side Stich



In March, we asked what topics you want to learn about in future Wellness Wednesday posts. One colleague responded, "I'd like to see tips on how to avoid, or minimize, the dreaded 'side stitch' while running."

"There are many theories about why you experience exercise-related transient abdominal pain (ETAP), a stabbing pain under the lower edge of the ribcage," says Erin Bloodworth, exercise physiologist with LVHN Fitness. "This pain is persistent with exercise and is resolved with rest."

Many studies agree that ETAP is most commonly seen while running and swimming. It often interferes with performance, but isn't related to a person's gender or body mass index. "Some people think ETAP may be caused by the internal organs (like the liver and stomach) pulling downwards on the diaphragm, but that theory is inconsistent with its frequent occurrence during swimming which involves almost no downward force on these organs," Bloodworth says.

There are many theories about where ETAP comes from. One idea is that high internal pressure in the liver or spleen restricts blood flow, causing:

- Oxygen deprivation
- Shallow breathing
- Restricted blood flow

This week's Wellness Wednesday challenge: Go for a run and monitor yourself for exercise-related pain.

Some tips for easing the symptoms of ETAP include:

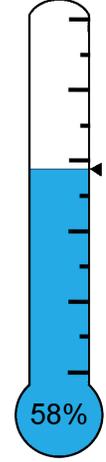
- Time any pre-run meal to allow it to digest prior to the activity.
- Stretch before you run, or when you feel ETAP. Raise your right arm straight up and lean toward the left. Hold this position for thirty seconds, release and switch sides.
- Slow down your pace until pain lessens.
- Massage the area where you are feeling pain.

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“The common thread in all of the theories about ETAP is change of oxygenation associated with tissue,” Bloodworth says. “Due to the fact that ETAP is resolved with rest, or once the tissue is re-oxygenated, we focus on breathing and conditioning of individuals that suffer from this.”

If you have more questions about ETAP or other aspects of your exercise activities, exercise physiologists are available for consultation through LVHN Fitness.

Do you want to see a Wellness Wednesday based on one of your questions? Leave a comment and let us know what you want to see.

Have you participated in the [FY14 People Goal](#)? Go to [MyPopulytics.com](#) and set your own wellness goal. Not only will setting your goal keep you healthier, but it also will make you eligible to win monthly prizes and a grand prize at the end of fiscal year 2014. When you're healthy, you're at your best for colleagues, patients and their families. Help LVHN serve as a role model by taking steps to improve your wellness.

This entry was posted by [Amanda Coe](#) on April 23, 2014 at 1:44 pm, and is filed under [Live Healthy](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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John Hart Named Senior Vice President of Medical Services

This email is from Tom Whalen, MD, chief medical officer.

I am pleased to announce that effective immediately, John Hart is now senior vice president of medical services, a new position at Lehigh Valley Health Network (LVHN). In this role, John will lead five departments that focus on providing supportive services to our clinicians. These departments include medical staff services, physician and executive recruiting, health information management (commonly known as medical records), the division of education and the Network Office of Research and Innovation (NORI).

As LVHN creates and supports new partnerships that require senior leaders to conduct business outside our health network, this new position will ensure an LVHN leader is present to address the needs of our clinicians.

This position is a natural extension of what John has accomplished throughout his 30-year career at LVHN. During his tenure, John successfully merged medical staffs on three occasions, managed our first physician practices, authored a medical staff development plan that assures LVHN attracts and retains the highest-quality physicians, and established an organization that allows our advanced practice clinicians to collaborate with members of our medical staff.

John most recently served as vice president of medical staff services. In his new role, John's experience will allow him to lead and support colleagues who are doing work integral to our health network's success. For example, in health information management, John will support the implementation of our Epic electronic medical record transformation, as well as our transition to ICD-10.

Leaders in each of the five departments will report directly to John. They include:

- Dana Hacker, director, medical staff services
- Tammy Jamison, director, physician and executive recruiting
- Zelda Greene, administrator, health information management
- A.J. Lemheney, administrator, division of education
- Eric Mueller, director of research administration, NORI, and Leslie Baga, director of research, NORI

John earned a Bachelor of Science in medical technology from the Pennsylvania State University, a Master of Education in biology from Kutztown University, and a Master of Science in administration from the University of Notre Dame.

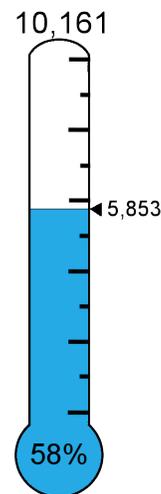
John's record of success and proven commitment to our clinicians make him uniquely qualified for this position. I am confident his departments and our health network will progress under his leadership. Please join me in congratulating John on his new role at LVHN.

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Take Note: Epic's NoteWriter

While the days of paper, pen and pencil medical charting are over, it doesn't mean the need for notes is in the past. In fact, as we transition to the Epic electronic medical record (EMR) clinicians will have a new tool at their disposal to write a patient's assessment and plan of care and search for data.

NoteWriter is a documentation tool providers can use to efficiently compose notes in the so-called SOAP format – subjective, objective, assessment and plan. (See screen shot #1.) With NoteWriter, you will use templates to list the patient's history of present illness (HPI,) review of systems (ROS,) details from the physical exam and then your assessment and plan for care.

Not only does NoteWriter provide space to write progress notes, the application includes tools that let you click and go, and sift through valuable data, too.

NoteWriter benefits and key features

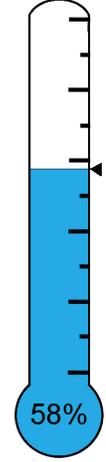
- Point and click tools in NoteWriter generate corresponding note text. In screen shot #2 (below,) as the provider makes selections under ROS (left side of chart) for facial swelling, neck pain, eye pain, discharge and redness, and dysuria, NoteWriter composes information based on those clicks on the right side of the chart.
- The NoteWriter template can be configured to pull in clinical information from the patient's chart such as – chief complaint, diagnosis, medication list and medical history – and then display that information within the note.
- Selections made by the provider are saved as discrete data, providing a valuable source of information for LVHN. Utilizing the EMR, discrete data can be mined to help LVHN and providers better understand the populations they are treating and how their care can be improved or streamlined.
- NoteWriter also uses a standard template, which helps providers see and read information more efficiently.

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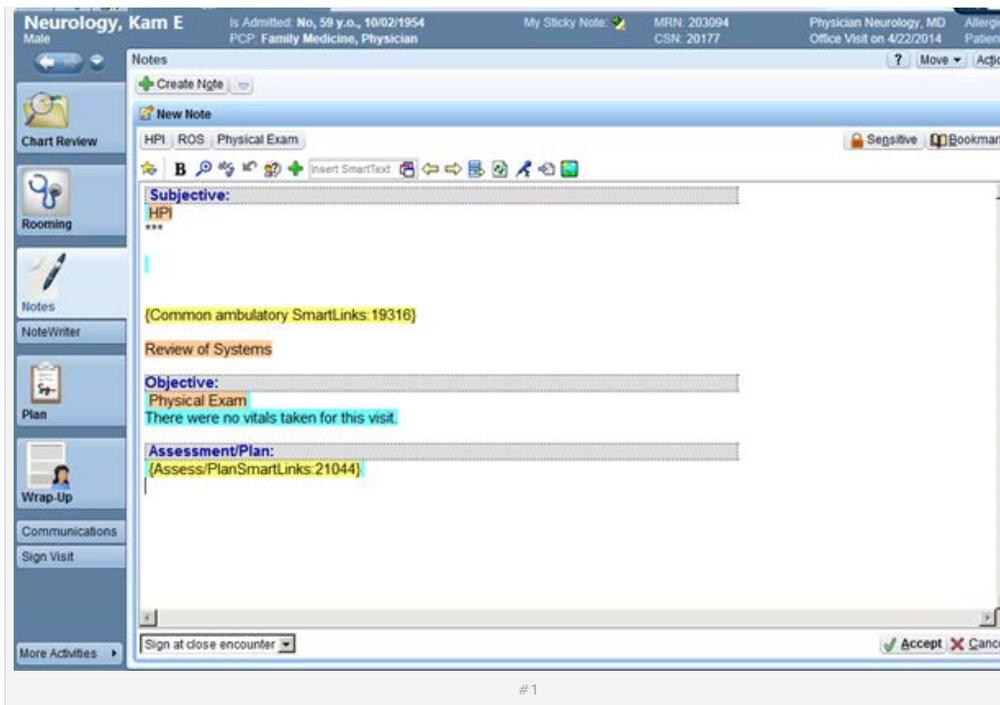
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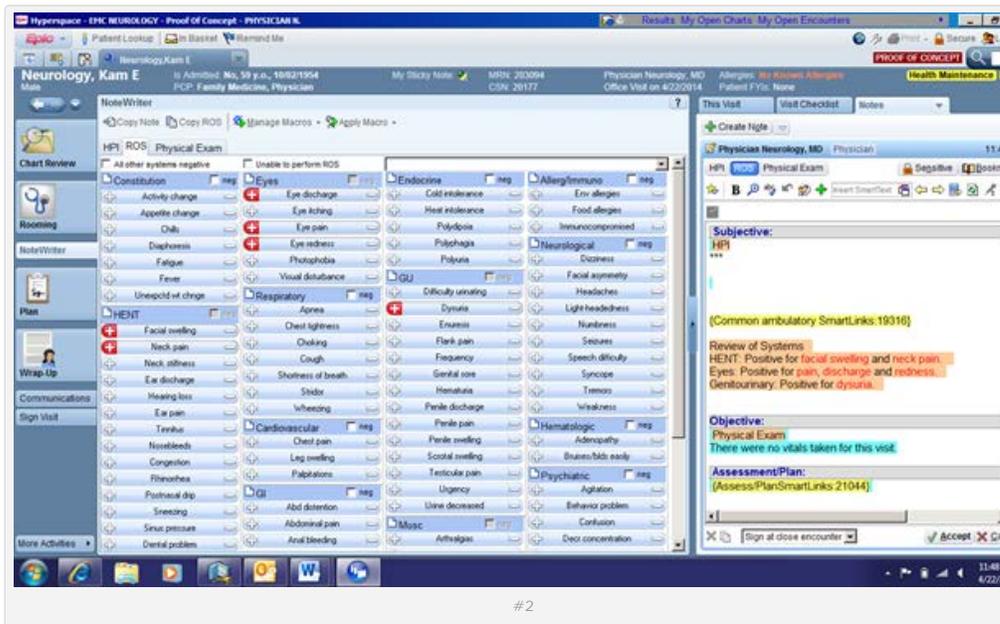
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NoteWriter is used in inpatient and ambulatory applications, so if you have patient contact as a caregiver, you will become familiar with its capabilities as a key part of this integrated EMR.

Save the Date: [Wave 1 Go-Live is set for February 18, 2015.](#)

Keep up with news about the LVHN Epic transformation on the [LVHN Epic intranet site.](#)

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