

More Than 725 Community Members and Colleagues Celebrate 'Friends of Nursing'

Learn about the seven care teams and 34 individuals who received awards at the gala.

Will We Likely See Changes in our Health Insurance in the Coming Years?

Read the answer from David Burrack, director of compensation and benefits.

Spring Magnet Attractions Debuts; Learn New Ways to Interact With Our Publication for Clinicians

This issue has a focus on how our caregivers are providing multicultural nursing.

'I Will Always Write Back': Nurse Documents Pen Pal Experience in New Book

Caitlin Alifirenka's pen-pal relationship with an African boy changed her life and inspired a new book.

Win Valley Preferred Cycling Center Tickets

Enter now through May 18.

Epic Training: From Preparation to Expectations

Inpatient colleagues can review the Q&A to prepare for their Epic journey.

Attention Nurses With (or Getting) BSN Degrees: LVHN Wants You to Attend a Graduate Nurse Recruitment Event

Learn how to register.

Personal Experience With Guillain-Barre Syndrome Inspires Leigh-Anne Piechta's Career in Physical Medicine and Rehabilitation

Q & A

Get answers to your questions

Read the newest issue of Healthy You



DISCOUNTS AND PERKS

Read Lehigh Valley Health News

a blog on LVHN.org containing timely health information and health network news.



Her memories of the person who helped her the most in her recover were paramount in her career choice.

Register as an Organ Donor and Save Lives

Register at one of two upcoming events.

55 SELECT Medical Students Begin Studies at LVHN

Welcome to the students who make up our class of 2017.

VALIC – Retirement Strategies for Women

Learn how you can register to attend.

HIPAA Tip #4: Protect Your Password

Helpful tips to keep patient information safe.

Fourth Quarter Core Bundle on The Learning Curve

Complete it by June 30.

May Brings Many Specials to Our Cafeteria Menus

National Salad Month and Military Spouses' Day are some of the specials on tap inside LVHN's cafeterias this month.

More Than 725 Community Members and Colleagues Celebrate 'Friends of Nursing'

BY [JENN FISHER](#) · MAY 8, 2015



◀ Back

Picture 1 of 8

Next ▶

A night of celebration for National Nurses Week included a reflection on the question, “Where did you learn the things you know?” at LVHN’s annual Friends of Nursing 2015 celebration. The event was held last night at SteelStacks in Bethlehem. Seven care teams and 34 individuals received awards at the event attended by more than 725 LVHN colleagues and community members.

For more than 25 years, the Friends of Nursing program has honored LVHN nursing colleagues for the exceptional care they provide our community. The program awards funding that colleagues may use for continuing education and professional development, as well as for nurse-led research that enhances patient care.

In addition to the Friends of Nursing awards program, Lehigh Valley Hospital–17th Street emergency department nurse Caitlin Alifirenka, RN, signed copies of a book she co-authored, “I Will Always Write Back: How One Letter Changed Two Lives.” The book tells the story of Alifirenka’s pen pal correspondence and friendship with Martin Ganda, then a student in Zimbabwe, who co-authored the book with her.

Over the course of several years, Alifirenka’s and Ganda’s friendship evolved from one focused on teen topics to one that provided an honest perspective about the circumstances that made Ganda’s promising life very difficult. As a result of their friendship and her family’s guidance and assistance, Ganda came to the United States for college, graduated from Villanova University with his undergraduate degree and Duke University with his MBA, and has established a foundation that helps educate children in Zimbabwe. Alifirenka credits her career in nursing to the lessons she learned in compassion and caring from her pen pal experience.

The following is a complete list of 2015 Friends of Nursing award recipients:

Darlene Hinkle – Fairgrounds Surgical Center

The Florence Nightingale Exemplary Professional Practice Award

Kallan Dianna – Operating Room, LVH–Cedar Crest

Joseph J. Prorok, MD Award for Excellence in Perioperative Nursing

Jessica Smith – Express Admissions Unit, LVH–Muhlenberg

Dr. and Mrs. Donald H. Gaylor Medical-Surgical Nursing Award

Lynn Morgan – Intensive Care Unit, LVH–Muhlenberg

The Medical Staff Administrative Partner Award

Jill Peoples – Neuroscience Intensive Care Unit

Award for Excellence in Neuroscience Nursing

Susan Eckhart – Cancer Center, Multipurpose Services

LVHN Department of Legal Services Award for Excellence in the Promotion of Patient Care

Steven Scott – Department of Medicine

Professional Excellence Council Physician Friends of Nursing Award

Jennifer Nagle – Burn Center

The Robert Lurig Memorial Award for Excellence in Burn Care

Post-Anesthesia Care Unit and Preadmission Testing Staff – LVH–17th Street

The Tewari Family Award for Professional Nursing Certification – Department Less Than 15 Staff Members

6C

Award for Professional Nursing Certification – Department Greater than 15 Staff Members

Karen Saab – Hospice Inpatient Unit

The Fleming Nursing Caring Award

Andrew Kovach – Anesthesia

The Fleming Nursing Caring Award

Intensive Care Unit – LVH–Muhlenberg

The Fleming Award to Recognize a Department that Promotes Family Presence

4K

The Fleming Award to Recognize a Department that Demonstrates a Commitment to Structural Empowerment

Walter J. and June H. Okunski Burn Recovery Center

The Fleming Award to Recognize New Knowledge, Innovations & Improvements

Patricia Karo – Division of Education

Jeffrey J. Hitchings Award for Excellence in Education

Jessica Marie Kelley – Cedar Crest College

John M. Eisenberg, MD Award for Excellence as a Student Nurse

Dawn Emes – 6T

Award for Excellence as a Nurse Preceptor

Diane Limoge – Inpatient Hospice Unit

Josephine Ritz, RN Nursing Award for Excellence in Patient and Family Teaching

Mark Reifsnider – Cardiac Intensive Care Unit

The Medical Staff Technical Partner Award

Simone Tukeva – 4K

The Medical Staff Technical Partner Award

Stephanie Stezenko – Cardiac Intensive Care Unit

LVPG Pulmonary and Critical Care Medicine–1250 Cedar Crest Award for Excellence in Critical Care Nursing

Janine Gilboy – Cancer Support Services

William F. Ihrie, Jr. & Elizabeth A. Ihrie Digestive Sciences Award

Karen Griffith – Post-Anesthesia Care Unit, LVH–17th Street

Allentown Anesthesia Associates Post-Anesthesia Care Nursing Award

Vicki Wertman – Labor & Delivery

Award for Excellence in the Delivery of Obstetrical/Gynecologic Nursing Care

Robert Allman – Respiratory

The Medical Staff Award for Excellence in the Delivery of Respiratory Care

Ervina Gordon – Float Pool

The Medical Staff Patient Observation Assistant Award

Elizabeth McDonald – Pediatrics

M.G. Asnani, MD Award for Excellence in Pediatric Nursing

Jennifer Deutsch – Speech Pathology

The Bill and Nancy Mason Award for Excellence in the Delivery of Rehabilitation Services

Amber Barnes – Float Pool

Joseph and Judith Kaminski Award for Excellence as a Float Nurse

Michelle Motsko – Case Management

Award for Excellence as a Case Manager

Janette Tough – Multipurpose Area, Cancer Center, LVH–Muhlenberg

Cancer Center Leadership Council Excellence in Cancer Care Award

Theresa Sanders – Pharmacy, LVH–Cedar Crest

Award for Excellence as a Pharmacist

Kim Vaupel – 7K

Dr. Peter and Ruth Keblish Award for Excellence in Orthopaedic Surgical Nursing

Angela George – Cytology

Kathy Mundt-Bulla Memorial Award for Excellence as a Laboratorian

Paulette Villafane – 7K

The Medical Staff Licensed Practical Nurse Award

Dean Romanchuk – Progressive Coronary Care Unit

Commitment to Patient Safety Award

Justine Waldeck – Operating Room, LVH–Cedar Crest

The Medical Staff Award for Excellence in a Care Delivery Technician Role

Amy Werkheiser – Lehigh Valley Home Care

Alma W. Holland Award for Excellence in Home Care Nursing

LVPG Pediatric Infectious Diseases

Lehigh Valley Health Network Board of Trustees Patient Satisfaction Award for Ambulatory Services

Post-Operative Unit – LVHN–Tilghman

Senior Management Council Patient Satisfaction Award for Inpatient Care

View photographs from the event in the gallery. Be sure to check back on LVHN Daily every Friday in May to read stories about our honorees that were shared during the celebration.

Will We Likely See Changes in our Health Insurance in the Coming Years?

BY RICK MARTUSCELLI · MAY 6, 2015

This question was asked at a recent Casual Conversations session with LVHN president and chief executive officer Brian Nester, DO, MBA, FACOEP. Here is a response from David Burrack, director of compensation and benefits.

Every year, LVHN reviews our health plan to make sure it is in compliance with the new Accountable Care Act regulations and to ensure we can maintain a competitive health plan in our market. One area we are watching very closely is the Excise Tax, also known as the Cadillac Tax, which will be implemented in 2018. Organizations that provide health plan benefits that are richer than an established level must pay this tax, which is very high. Choice Plus currently meets these criteria to incur this tax.

Due to our health plan costs rising each year, we look for cost effective ways to continue to offer a valuable and affordable health care plan for colleagues. We will continue to monitor our health plan costs and make necessary



changes each year. One way we will continue to control costs is to encourage colleagues to be good health care consumers. Here are ways to do so:

- **Know your numbers.** When you take action to learn your blood pressure and body mass index, you'll be taking the first step to a healthier you and controlling health care costs. You'll also help us meet our "better health" goal so we can get closer to earning a Shared Success Plan (SSP) bonus.
- **Know where to go for care.** By learning when to visit your primary care provider or an ExpressCARE location instead of going to the ER, you're helping to manage health plan costs.

Details on any 2016 health plan changes will be distributed to colleagues in the summer prior to open enrollment.

Tags: [Choice Plus](#) [health insurance](#) [health plan](#) [insurance](#) [Q and A](#) [Q&A](#) [QandA](#)

☐ RELATED CONTENT



[How Can I Be Sure Our Retirement Plans Are Safe?](#)

29 APR, 2015



[How Will the New Center for Inpatient Rehabilitation Affect Our Relationship with Good Shepherd Rehabilitation Hospital?](#)

22 APR, 2015



Will I be penalized if my numbers are high?

8 APR, 2015

Spring Magnet Attractions Debuts; Learn New Ways to Interact With Our Publication for Clinicians

BY [KYLE HARDNER](#) · MAY 4, 2015

It's National Nurses Week 2015, and what better way to celebrate than to learn about our clinicians' many great accomplishments. The Spring 2015 issue of Magnet Attractions debuts today, with a focus on how our caregivers are providing multicultural nursing in our hospitals, inside our practices, and even across the globe.

Inside you'll meet Caitlin Alifirenka, whose middle school pen pal project sparked a lifelong friendship with a boy from Zimbabwe. She will be signing her book, "I Will Always Write Back," at the Friends of Nursing Gala on Thursday.

Starting with this issue of Magnet Attractions – available exclusively online – we're making it easier for you to find each story, read each story and interact with us. You can:



- [Read the entire issue \(in PDF format\)](#) on the intranet home page (LVH.com)
- [Print off the PDF](#) and read it at your desk

You also can get a sneak preview by reading two stories below:

- [Rounds With Anne](#) – A message from senior vice president of patient care services and chief nursing officer Anne Panik, RN, explaining multicultural nursing and previewing the stories in this issue
- [Professional Milestones](#) – Publications, poster presentations and other accomplishments from your colleagues.

If you'd rather read the Magnet Attractions stories here on LVHN Daily, we'll be presenting a new story from this issue once a week starting this week (look for Caitlin Alifirenka's story on Thursday). This will allow all LVHN colleagues to read each story online. In addition, all Magnet Attractions stories will appear on the [nursing section](#) of LVHN Daily.

Once the stories are posted, you can make comments and let us know your thoughts on Magnet Attractions.

Rounds With Anne: Care Across Cultures



*Anne Panik, MS, BSN, RN, NEA-BC
Senior vice president, patient care services and
chief nursing officer*

What are your core beliefs? What are the customs you've developed in your daily life? What is your language? What is your routine thought process? All of these areas define you as a person. When applied to a group of people, they define a culture.

As clinicians, most of us interact with hundreds of people in any given week. This allows us to experience numerous different cultures representing all walks of life. That's why embracing transcultural nursing is so important. It helps us to deliver care that is culturally sensitive and appropriate in all settings.

Such a task is not easy. When it comes to speech, for example, our patients speak more than 56 different languages. It's not possible to speak and understand 56 different languages. Yet learning more about different cultures – and knowing where to find resources here at LVHN – opens your world to a deeper level of human understanding.

This issue of Magnet Attractions includes numerous examples of transcultural nursing. You'll read about four LVHN nurses who traveled to Haiti, where they drew inspiration from the nursing care they saw, and also helped deliver care and provide education in various areas. One traveler noted, "We learned as much from them as they learned from us."

You'll learn about Caitlin Alifirenka, RN, an emergency department nurse who chose to write to a boy from Zimbabwe in a school project. That first letter sparked a lifelong friendship that Alifirenka says, "opened my eyes to the rest of the world." Now she's co-authored a book about her unique experiences, and she'll be signing copies at our Friends of Nursing celebration in May.

You'll also read about our communication boards, which take a multicultural approach to keeping patients and colleagues informed. You'll get an update on our Future Search 2020 – including our efforts to recruit and retain more diverse nursing staff – and you'll learn about some of the evidence we've gathered for our Magnet redesignation application.

Our region is rich with history, culture and diversity. By committing yourself to transcultural nursing, you are sharing your passion for patient care in ways that transcend borders.

Professional Milestones

PUBLICATIONS

"Keeping a Grasp on Patient Safety," American Nurse Today, January 2015, Volume 10, Number 1, pp. 49-50.

Amy L. Giesler, BSN, RN

Mary Ellen O'Connell, MSN, MBA, RN

Laura J. Walker, BSN, RN, CCRN

[“Huddle Up for Patient Safety,”](#) American Nurse Today, Practice Matters section, February 2015, Volume 10, Number 2, pp. 1-6 (web).

Jaclyn Bergstol, RN

Roseanne Kratzer, RN

Maryann Lubinensky, RN, C

[“Implementation of a Rapid Assessment Unit \(Intake Team\): Impact on Emergency Department Length of Stay,”](#) The American Journal Of Emergency Medicine, February 2015, Volume 33 (2), pp. 291-3.

Jennifer Brown, RN

David Burmeister, DO

Megan Dambach, DO

Marna Greenberg, DO, MPH, FACEP

Christopher Kita, MEd

Richard Mackenzie, MD

Shaheen Shamji, DO

Melissa Teitsworth, BSN, RN

["How Project LeaRN Promotes Lifelong Learning,"](#) American Nurse Today, March 2015, Volume 10, Number 3, pp. 44-47.

Kim S. Hitchings, MSN, RN, NEA-BC

Karen Jones, BSN, RN, CCRN

POSTER PRESENTATIONS

"Medication Reconciliation: A New Role to Decrease Discrepancies," at the American Nurses Association Seventh Annual Nursing Quality Conference TM in Orlando, Fla.,

February 2015.

Sue Deturk, BSN, RN, PCCN

"An Interdisciplinary Approach to Reducing Pressure Ulcers in the Geriatric Trauma Population," at the Society of Trauma Nursing 18th Annual Conference in Jacksonville, Fla., in March 2015.

Kai Bortz, MSN, RN, CMSRN, CNL

"Situational Awareness and Nursing Empowerment Results in Safety," at the Society of Trauma Nursing 18th Annual Conference in Jacksonville, Fla., in March 2015.

Jody Shigo, MSN, RN

"Implementation of a Dementia Screening Tool," at the University HealthSystem Consortium/

American Association of Colleges and Nursing Annual Meeting in Phoenix, in March 2015.

Amanda Fougere, BSN, RN

Courtney Greene, BSN, RN

“Translating Research Findings Into Practice: An Investigation of Missed Nursing Care,” at the American Organization of Nurse Executives in Phoenix, in April 2015.

Tricia Bernecker, PhD, MSN, RN, ACNS-BC

Maeann Pasquale, PhD, MSN, RN

“What Will Nursing in Your Organization Look Like in 2020? Strategic Planning to Ignite the Ideal Future State,” at the American Organization of Nurse Executives in Phoenix, in April 2015.

Jacqueline Fenicle, MSN, RN, NEA-BC

“Managing High-Risk Patients: Community Care Team Outcomes,” at the American Organization of Nurse Executives in Phoenix, in April 2015.

Kay Werhun, DNP, MBA, RN, NE-BC

“Medication Reconciliation: A New Role to Decrease Discrepancies,” at the NICHE Annual Conference in Orlando, Fla., in April 2015.

Amanda Fougere, BSN, RN

Tracie Heckman, MSN, RN, CMSRN

ROUNDTABLE DISCUSSION

“Reducing Antipsychotic Medications on a Transitional Care Unit,” at the NICHE Annual Conference in Orlando, Fla., in April 2015.

Nancy DiRico, MSN, RN, CMSRN

PANEL DISCUSSION

“Focus on Nurse Resident Organizational Engagement,” at the University Health System Consortium/American Association of Colleges of Nursing Nurse Residency Program 2015 Annual Meeting in Phoenix, in March 2015.

Patricia Karo, MS Ed, BSN, RN-BC

ORAL PRESENTATIONS

“Project HUSH – Helping Understand Sleep Heals,” at the American Nurses Association Seventh Annual Nursing Quality Conference™ in Orlando, Fla., in February 2015.

Carolyn L. Davidson, PhD, RN, CCRN, APRN, CPHQ

Marion Daku, BSN, RN, CCRN

Eva Fox, BSN, RN

Heather Koch, RN

“Clinician Engagement in Quality: The Evidence-Based Practice (EBP) FellowS2 (Sharing Science) Program,” at the American Nurses Association Seventh Annual Nursing Quality Conference™ in

Orlando, Fla., in February 2015.

Carolyn L. Davidson, PhD, RN, CCRN, APRN, CPHQ

“Creating a Geriatric-Focused Model of Care in Trauma with Geriatric Education,” at the Society of Trauma Nursing in Jacksonville, Fla., in March 2015.

Kai Bortz, MSN, RN, CMSRN, CNL

“Vasospasm! Utilization of Nicardipine Infusion as an Adjunct Therapy,” at the American Association of Neuroscience Nurses (AANN) in Nashville, Tenn., in March 2015.

Susana Garcia, BSN, RN, CNRN

Maureen Smith, MSN, RN, CNRN

Nicholas Stendell, BSN, RN, CNRN

“Predictors of Missed Nursing Care in a Multicampus Regional Health Network:

Implications for the Nursing Work Environment,” at the Eastern Nursing Research Society 27th Annual Scientific Sessions in Washington, D.C., in April 2015.

Tricia Bernecker, PhD, MSN, RN, ACNS-BC

Maeann Pasquale, PhD, MSN, RN

“Put One Foot in Front of the Other: Early Mobilization for Elders,” at the NICHE Annual Conference in Orlando, Fla., in April 2015.

Catherine Dimostsis-Schaefer, BSN, RN

Eileen Sacco, MSN, RN, CNRN

“Translating Evidence into Practice to Improve Outcomes for the Elderly Patient,” at the NICHE Annual Conference in Orlando, Fla., in April 2015.

Amanda Fougere, BSN, RN

Tracie Heckman, MSN, RN, CMSRN

SPECIALTY CERTIFICATIONS

Tanya R Bauer, RN, CMSRN

Kimberly A. Bucha, RN, CMSRN

Susan T. Buesing, RN, CMSRN

Donna A. Doe, RN, CMSRN

M. A. Fabian, RN, CMSRN

Deidre L. Kutzler, RN, CMSRN

Sarah E. Montano, RN, CCRN

Michelle D. Reigard RN, CNOR

Erik A. Resch RN, CEN

Gina M. Rush, RN, CMSRN

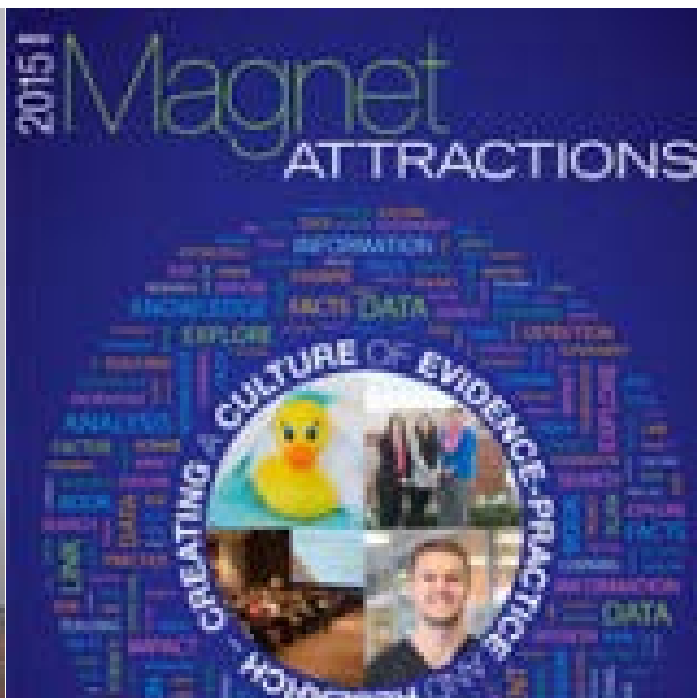
Mercy D. Shepherd RN, CMSRN

Tags: Magnet Attractions

RELATED CONTENT



'I Will Always Write Back': Nurse Documents Pen Pal Experience in New Book

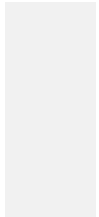


Get Inspired by Our Clinicians; Read the Winter 2015 Issue of Magnet Attractions

Spring Magnet Attractions Debuts; Learn New Ways to Interact With Our Publication for Clinicians | LVHNDaily

7 MAY, 2015

28 JAN, 2015



'I Will Always Write Back': Nurse Documents Pen Pal Experience in New Book

BY [JENN FISHER](#) · MAY 7, 2015

The following story, published in the [Spring 2015 edition of Magnet Attractions](#), spotlights an LVHN colleague and author who will be signing books at tonight's Friends of Nursing event. Check LVHN Daily tomorrow for full coverage and photos from Friends of Nursing.

Caitlin Alifirenka, RN, was an all-American 12-year-old in 1997 when she got an incredible assignment in her seventh-grade English class. Everybody got to choose a pen pal in another country. She chose Zimbabwe because it sounded exotic compared to her small-town life in Hatfield, Montgomery County. She began writing to a boy named Martin Ganda, who lived in the city of Mutare.

Alifirenka had no idea then they would eventually become best friends, or that her experience helping him and his family would lead to a nursing career



that allows her to care for people from many cultures.

“Martin opened my eyes to the rest of the world,” says Alifirenka, who works in LVH–17th Street’s

emergency department. “Our relationship made me more aware of cultural differences and more compassionate about what other people are going through.”

Their astonishing relationship even inspired them to write a book together. Their goal: to show teens that the world is a diverse place, and that a little kindness sometimes goes a long way.

Pen pals forever

The letters started off simple and general, detailing their favorite music (they both loved the Spice Girls) and what they liked to do (she adored going to the mall with friends, and he lived for soccer). Alifirenka assumed he was an African version of the American kids she knew, and smart too; he was the top student in his school.

But as he gradually revealed more about his life, and his letters started arriving written on pieces of trash, she realized with increasing concern that he couldn’t be more different. His family was impoverished, barely able to survive in their one-room shack where Ganda and his four siblings slept on the floor. When he finally told her he had to quit school because Zimbabwe didn’t offer free public education and his parents couldn’t afford tuition, Alifirenka knew she had to do something.

Without telling her parents, the thenninth-grader began stuffing her letters with babysitting money – \$20 and \$40 at a time. “With that simple cash I was able to get him and his siblings back in school, feed their family, and help keep them in their room,” she says.

Eventually she told her parents, who stepped in and continued supporting the family. They even helped Ganda get a full four-year scholarship to Villanova University. He graduated in 2007 after earning two bachelor degrees in four years and has since gone on to get his MBA at Duke University.

‘An amazing feeling’

Alifirenka decided to pursue nursing as a teen when she first discovered how good it felt to help Ganda. “I knew I wanted to make a difference in people’s lives,” she says. “I specifically chose emergency room nursing because that’s when people are at their worst. Helping just one person through a

EXEMPLARY PROFESSIONAL PRACTICE

EP4

Clinicians at Magnet® hospitals create partnerships with patients and families to deliver patient-centered care. Caitlin Alifirenka’s lifelong friendship with a boy from Zimbabwe helped inspire her to be a nurse and to deliver culturally appropriate care in all settings.

terrible time is the most rewarding feeling.”

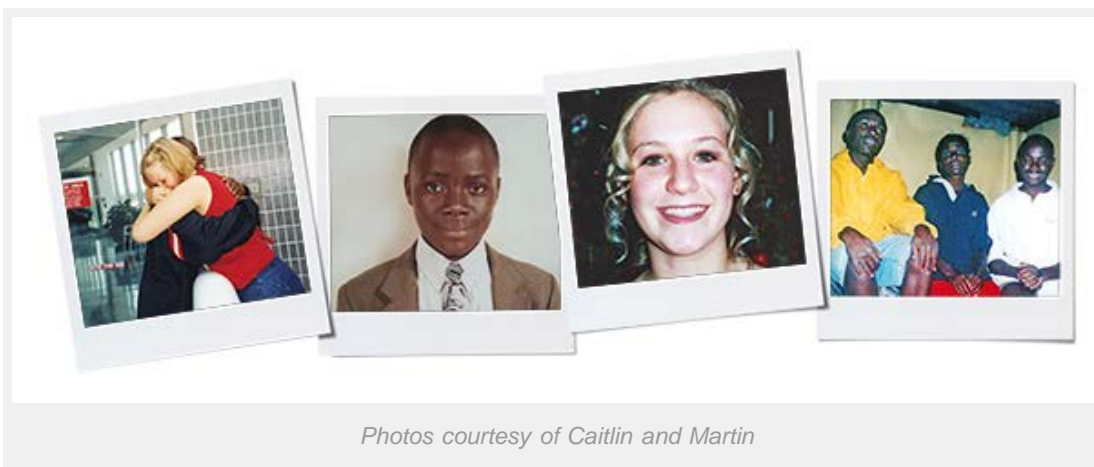
Alifirenka has a particular interest in transcultural care, something she focused on in nursing school and relishes in her daily work. “Knowing Martin has made me more aware of how to treat patients with different medical rituals – whether it’s their preference to not look them in the eye, or calling them Miss or Mister, or asking a family elder for permission to treat someone,” she says. “I love meeting these patients because they’re teaching me how to be a better nurse.”

Paying it forward

These days, Alifirenka and Ganda are carrying their transcultural message even further with a new book about their pen pal experience called “I Will Always Write Back.” Part of the proceeds goes to the Seeds of Africa Fund, which Ganda started in Zimbabwe to help educate poor young students.

“We want kids to start embracing cultural differences and treating each other nicely,” Alifirenka says. “Doing something kind can really make an impact on someone’s life.”

She and Ganda are living proof of that.



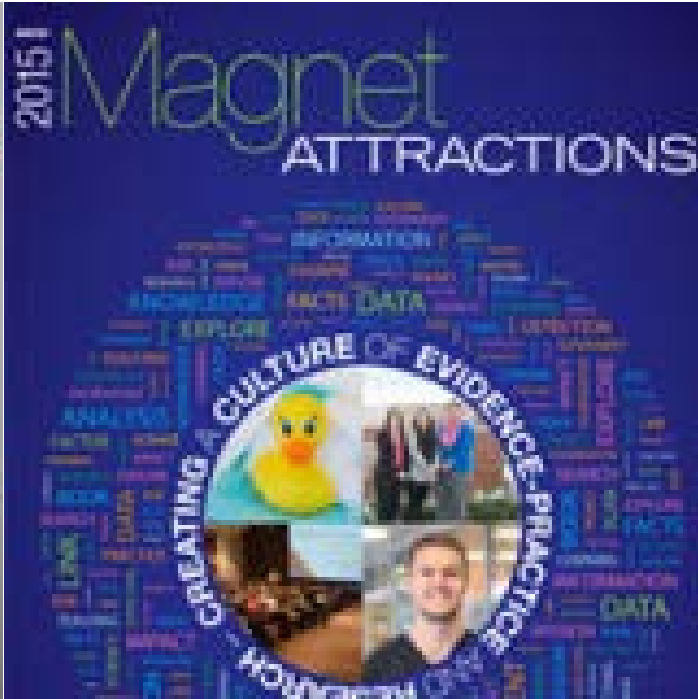
Tags: [Caitlin Alifirenka](#) [LVH-17th Street](#) [Magnet Attractions](#) [Martin Ganda](#) [Pen Pal](#) [Zimbabwe](#)

RELATED CONTENT



Spring Magnet Attractions Debuts; Learn New Ways to Interact With Our Publication for Clinicians

4 MAY, 2015



Get Inspired by Our Clinicians; Read the Winter 2015 Issue of Magnet Attractions

28 JAN, 2015

Win Valley Preferred Cycling Center Tickets

BY [ADMIN](#) · MAY 4, 2015

As the naming sponsor of the Valley Preferred Cycling Center in Trexlertown, Valley Preferred is offering colleagues a chance to win two tickets to a 2015 Valley Preferred Cycling Center racing event. Tickets can be used at any of the 13 season races scheduled Fridays from June 5 to Aug. 28.

Through a random drawing, 100 lucky winners will be selected. To register, email Agnes Ziegler (agnes.ziegler@lvhn.org) or call 610-969-0485. Provide your name, department, phone number and email address.

For all 2015 season race dates, visit [The Valley Preferred Cycling Center](#).

The registration deadline is May 18. Winners will be announced May 22 on LVHN Daily.



[Go to LVHN Intranet](#)

LVHNDAILY

Your everyday source for LVHN news.

GOALS AND STRATEGY

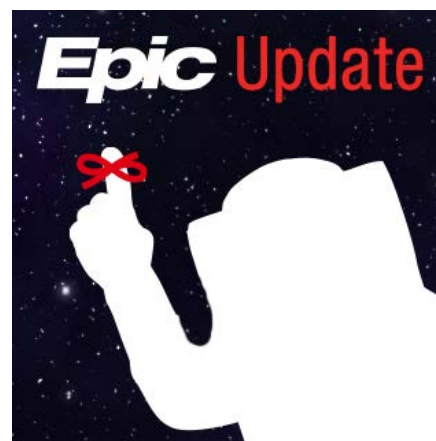
Epic Training: From Preparation to Expectations

BY [JENN FISHER](#) · MAY 7, 2015

In the midst of a dream, a calm voice fills your mind as you find yourself standing in an airport gate area: “Good day, ladies and gentlemen. We’re about to pre-board families and those who need a little extra time finding their seats. Please have your ticket and carryon luggage ready and we’ll be ready for take-off in no time.”

You look around in a panic thinking, “Where am I going? What happens when I get there? Who can help me? Why am I wearing pajamas?” Waking up with a start, you realize, “It’s just a dream,” and drift back to sleep.

But substitute the first day of your Epic training into that scenario – are you ready for Epic training? Do you know where you are going? What class you are taking? Who can help you? And are you dressed appropriately? Your Epic training is a journey that requires figuring out the “who, what, when, where, why and how” questions before that first day to ensure your training experience is a dream, not a nightmare.



Training Preparation Q & A

Am I signed up for Epic training?

Talk to your manager or director. If you are not enrolled, ask your manager/director to enroll you in the appropriate course track via The Learning Curve (TLC) site. Refer to the [Wave 2 Training Wheels catalog for course track information](#).

What if my staff received the incorrect list of classes in TLC?

Call 402-EPIC and select option 4. Leave voicemail regarding incorrect courses listed on TLC. In your message, be sure to include the name and system user identification (SUI) number for each person who needs help with courses, as well as a call-back number. (**Note:** SUI refers to the unique identifier you enter when logging on to a network computer—it is one letter followed by 4 numbers.)

When do super users take classes again?

After completing super user training in May, each super user will then attend training in either June or July to become even more proficient in Epic.

How long are classes?

Each course is 4 hours long and you must take your courses sequentially. If you have to cancel your class for any reason, please work with your manager/director to reschedule your class.

Where are prerequisite elearnings located?

Prerequisites that are tied to your courses are found on the TLC site. You should complete these courses prior to coming to class to help familiarize you with the screen.

Where is Epic training held?

A majority of training will take place at the LVHN Epic training facility located on the 5th floor of LVHN—One City Center, 707 Hamilton Street in Allentown. [Review and print this map and Q&A flyer for parking information](#). The parking flyer is updated every other week and sent along with the Epic Flash the week it is updated. Please note: A few selected classes for the OpTime and Anesthesia applications are available at LVH—Cedar Crest and LVH—Muhlenberg.

What should I bring to class?

Remember your LVHN identification badge. If Tap and Go is used in your unit or area, you will have an opportunity to enroll at training. Also, a notebook and a pen will come in handy to take notes. **Hint:** Your notes and Epic Playground exercises can be referred to when you take your assessment (during your last course).

Where are API readers?

The Epic training center has multiple API badge readers for staff to clock in and out.

Where can I eat?

There are several restaurants in the area but if you want to bring a meal, there is a kitchen with microwaves and a refrigerator. Vending machines with drinks and snacks are also available.

What's the dress code?

Dress code at LVHN–One City Center is the same as listed in the [LVHN Administrative Policy](#) *with one exception*: business casual Friday attire. Colleagues **may not** wear denim jeans on a Friday. Khakis or similar types of pants are permissible for a Friday. No yoga pants, exercise wear or sports logo clothing is ever permitted (as outlined in the LVHN dress code).

Training expectations

Major Transformation wants you to keep in mind some important training expectations:

- Trainers know **Epic** not specific LVHN workflows.
 - Trainers will teach functionality.
 - Functionality is consistent across all areas.
 - Speak to your managers about process and workflows.
- Epic is a powerful tool.
 - We will provide you with the tools you need to get the job done.
 - Within your department, discuss how Epic will enhance your work processes.
- Training assessments are part of the process.
 - An assessment will be given after your last course of the track.
 - You can use your notes and Epic Playground exercise packets during the assessment.
 - The assessment is not difficult – we want you to pass!
 - Trainers will be in the room to help you.

Wave 2 Inpatient

Now: Wave 2 inpatient equipment delivery and set-up

May 11–31: Wave 2 super user training

May 12–June 26: Wave 2 Technical Dress Rehearsal (TDR)

May 29: Patient Movement Matrix day in inpatient settings

June 1–July 26: Wave 2 end user training

July 14: Wave 2 Super User Refresher meeting. *(Two times available. Register on TLC.)*

July 20, 2015–Aug. 14, 2015: PTO freeze (restrictions) in effect for Wave 2 (inpatient) colleagues

Aug. 1, 2015: [Go-live for Wave 2, inpatient settings](#)

Wave 1 Ambulatory

Mid-2015 and beyond: [Optimization](#)

Tags: [Epic](#)

RELATED CONTENT



[Epic Training Logistics](#)

23 APR, 2015



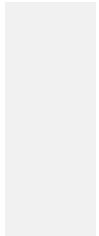
[Watch April's Leader-to-Leader Video](#)

20 APR, 2015



20/20 Epic Insights from Wave 1 Super Users

16 APR, 2015



Attention Nurses With (or Getting) BSN Degrees: LVHN Wants You to Attend a Graduate Nurse Recruitment Event

BY [TED WILLIAMS](#) · MAY 4, 2015

The future of nursing is about advanced education. Here's what the Robert Wood Johnson Foundation and the Institute of Medicine expect to happen in the coming years:

- The proportion of nurses with baccalaureate degrees should increase across all schools of nursing to 80 percent by 2020.
- The number of nurses with doctoral degrees should double by 2020.

Lehigh Valley Health Network (LVHN) has embraced this Robert Wood Johnson Foundation/Institute of Medicine future of nursing initiative. LVHN, this region's largest employer and [only Magnet® recognized hospital in the Lehigh Valley area](#), will be hosting a Graduate Nurse Recruitment event on Saturday, May 30 from 10 a.m. to 2 p.m. in Allentown.

This event is for current seniors or recent graduates of an accredited BSN program. If you are interested in LVHN's



Fall 2015 [Graduate Nurse Residency Program](#), please call 610-402-CARE between May 1 and May 22 to register. Invitations will be sent to the leading candidates to attend the event. The location of the candidate's specific event will be included in the invitation.

Please note, in order to attend this event you must be a current senior or recent graduate of an accredited BSN program.

Each candidate will learn about our Graduate Nurse Residency Program and the opportunities for professional and personal growth at LVHN. We'll also be discussing our commitment to advancing technology and offering tours of our state-of-the art facility that helped make Lehigh Valley Hospital one of the [nation's top hospitals for the last 19 years](#) as recognized by U.S. News & World Report.

Do you know someone who recently received or is about to receive a BSN degree? Please urge that person to call 610-402-CARE between May 1 and May 22 to register.

Tags: [BSN](#) [Graduate Nurse Residency](#)

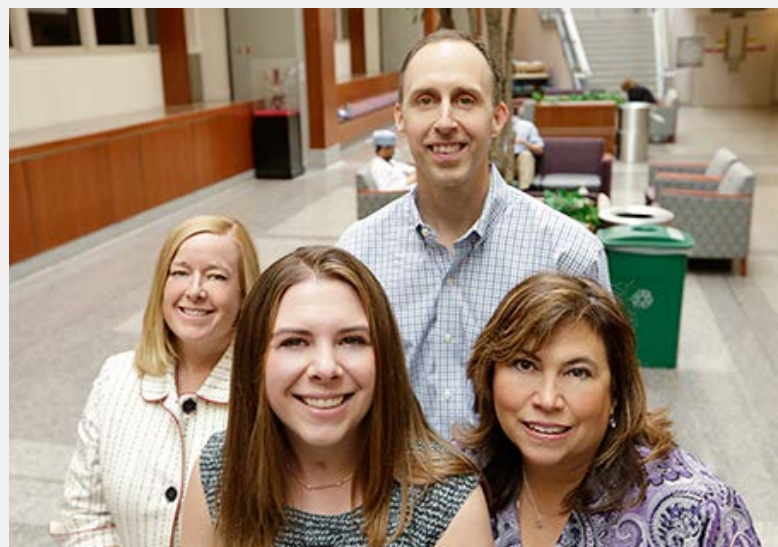
Personal Experience With Guillain-Barre Syndrome Inspires Leigh-Anne Piechta's Career in Physical Medicine and Rehabilitation

BY TED WILLIAMS · MAY 5, 2015

At age 19, Leigh-Anne Piechta, DO, developed Guillain-Barre Syndrome, a rare disorder in which a body's immune system attacks the nerves. For months, Piechta couldn't put on clothes or take a shower without assistance.

She'll never forget the person who helped her the most. "It was a female physiatrist (physical medicine doctor) at a rehabilitation facility where I went after a long hospital stay," Piechta says. "She had a great sense of humor and a positive attitude."

Gradually, Piechta's function returned, and her future plans were clear. "I set my sights on



(From left) Robin Fritsch, administrator for the Center for Inpatient

Rehabilitation—Cedar Crest, Leigh-Anne Piechta, DO Physical medicine and rehabilitation, Tim Haring, PT, DPT and Tina Roma Fisher, RN.

becoming a physiatrist," she says.

This summer, Piechta's story will come full circle. That's when she will officially become the medical director for the Center for Inpatient Rehabilitation—Cedar Crest. This 34-bed facility will be located on the sixth and seventh floors of Lehigh Valley Hospital—Cedar Crest's Kasych Family Pavilion in Salisbury Township.

All patient rooms will be private. People recovering from stroke, neurological disorders, orthopedic injuries, amputations and other conditions will receive at least three hours of rehabilitation therapy almost every day for an average of two weeks.

"My mission will be to provide patient-focused care that allows people to heal with respect and dignity," Piechta says.

Piechta graduated from the New York College of Osteopathic Medicine in Old Westbury, N.Y., and did her residency in physical medicine and rehabilitation at Sinai Hospital in Baltimore. She previously served as the medical director of regional acute rehab at Phoenixville Hospital.

Members of her team at the Center for Inpatient Rehabilitation—Cedar Crest will include:

- **Tina Roma Fisher, RN, director of clinical services** – A Lehigh Valley native with 25 years of experience as a certified rehabilitation nurse at Moss Rehab at Sacred Heart-Einstein Healthcare Network and St. Luke's University Health Network, Roma Fisher is active both nationally and locally in the Association of Rehabilitation Nurses. She received her bachelor's degree in nursing at York College and her master's degree in nursing at Allentown College of St. Francis of DeSales.

"My passion is rehabilitation and caring," Roma Fisher says. "The Center for Inpatient Rehabilitation—Cedar Crest will have an exceptional staff that will provide compassionate, quality care to those need acute rehabilitation. This state-of-the-art facility will provide healing environment for rehabilitation patients."

- **Tim Haring, PT, DPT, therapy manager** – Haring has worked in physical therapy in the Lehigh Valley region for more than 20 years, including associations with Good Shepherd Rehabilitation Hospital and HRC ManorCare, both in Allentown, and Orthopedic Associates of Bethlehem. He received his bachelor's degree in health sciences at Lock Haven University, earned his master's degree in physical therapy at the University of Delaware, and earned his doctoral degree in physical therapy at the University of Scranton.

"We will build a strong, collaborative, interdisciplinary team which embodies a patient-first culture," he says. "The physical workplace at the Center for Inpatient Rehabilitation—Cedar Crest has been masterfully designed, and it is rich in technology and utility. Combining this with a top-notch staff, we'll be able to provide the best in patient care."

Tags: [Dr. Piechta](#) [Guillain-Barre Syndrome](#) [Inpatient Rehab](#) [Leigh-Anne Piechta](#) [Rehabilitation](#) [Tim Haring](#)
[Tina Roma Fisher](#)

RELATED CONTENT

Q & A

Inpatient
Rehab



How Will the New Center for Inpatient Rehabilitation Affect Our Relationship with Good Shepherd Rehabilitation Hospital?

LVHN Adding Inpatient Rehabilitation Facility to Lehigh Valley Hospital—Cedar Crest This Summer

22 APR, 2015

8 JAN, 2015

Register as an Organ Donor and Save Lives

BY GERARD MIGLIORE · MAY 6, 2015

Every 10 minutes, another person who needs an organ transplant is added to the national waiting list. This week alone, more than 100 of those waiting will die because not enough organs are available. This is a needless tragedy that could be averted if more people would register as organ, eye and tissue donors.

To encourage colleagues to sign up, our health network is sponsoring a series of organ donor registration events. **The next event will take place May 13 from 12-4 p.m. in the LVH-Muhlenberg café lobby.**

There will be laptops available, staff on hand to assist you with registration and free giveaways just for stopping by. All it takes is a few minutes of your time. Can't make it? There will be two more registration events next month:

- **June 3** (LVHN-Mack Boulevard elevator lobby)
- **June 12** (LVH-Cedar Crest Anderson Pavilion, outside auditorium)



These registration events are part of LVHN's efforts to support the Donate Life Hospital Campaign, sponsored by the Hospital and Healthsystem Association of Pennsylvania (HAP). Between April 1 and August 31, hospitals statewide are partnering with organ, eye and tissue donation organizations to step up their awareness efforts. The partners include Gift of Life, our region's organ procurement agency.

If you can't attend a registration event, you can sign up to become a donor by visiting the Gift of Life [donor registration page](#). Then be sure to discuss your decision with your loved ones.

If you'd like to learn more about organ donation before registering, the Donate Life Pennsylvania website offers key [donation facts](#), debunks common donation [myths and misconceptions](#), and shares interesting statistics about the [impact one donor can make](#).

If you are already registered as an organ donor, thank you. You can help the campaign by sharing your decision with family, friends and colleagues and urging them to join you.

Tags: [gift of life](#) [organ donation](#) [organ transplant](#) [transplant](#)

55 SELECT Medical Students Begin Third-Year Studies at LVHN

BY SHEILA CABALLERO · MAY 6, 2015

SELECT Scholarly Excellence.
Leadership Experiences.
Collaborative Training.

Experiences for a lifetime. A network for life.™



Goodbye Tampa, hello Lehigh Valley. After spending two years in the classroom at the University of South Florida (USF) Health Morsani College of Medicine, the newest class of the SELECT medical program started the clinical side of their schooling at LVHN on Monday, May 4.

After moving to the Lehigh Valley in recent weeks, a total of 55 students from across the nation began orientation and the next phase of their schooling this week.

The class of 2017 is the third one to make the transition from classroom learning in Tampa to the more experiential aspects of the program at LVHN. Over the next two years, students will rotate throughout LVHN developing their scholarly knowledge alongside our top faculty and more than 13,000 colleagues. They'll also hone the leadership skills needed to deliver excellence in patient-centered care. Welcome class of 2017.

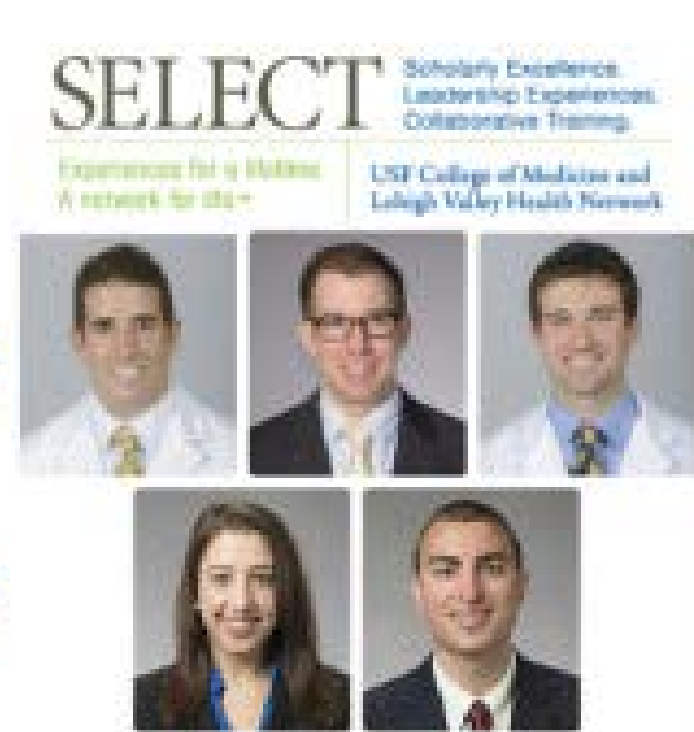
Tags: [Medical Students](#) [SELECT](#) [University of South Florida](#) [USF](#)

☐ RELATED CONTENT



Future Medical Students Take a Second Look at SELECT

22 APR, 2015



5 SELECT Students Honored by Alpha Omega Alpha Honor Society

8 APR, 2015



Sweety Jain, MD, to Be Inducted Into Alpha Omega
Alpha Honor Society

1 APR, 2015

VALIC – Retirement Strategies for Women

BY [TED WILLIAMS](#) · MAY 5, 2015

VALIC Retirement, the company managing our retirement plans, will host this seminar at the following locations:

May 12 – 12-1 p.m.; LVHN–Mack Boulevard room 6B

May 13 – 12-1 p.m.; LVH–Cedar Crest, ECC room 5

May 21 – 12-1 p.m.; LVH–17th Street auditorium

May 27 – 12-1 p.m.; LVH–Muhlenberg ECC room D

Registration is required to attend one of these seminars. [Click here to register](#) and enter one of the following codes:

For LVHN–Mack Boulevard seminar: LVHALL11BD

For LVH–Cedar Crest seminar: LVHALL11BC



For LVH–17th Street seminar: LVHALL11BF

For LVH–Muhlenberg seminar: LVHBET11AR

VALIC Retirement advisors are available to help you at:

LVH–Cedar Crest:

Jeff Hofmann: 610-402-8801

Michael Ryan: 610-402-8801 (Advisor for LVPG colleagues)

LVH–17th Street:

Tim Schroyer: 610-969-2625

LVH–Muhlenberg and Health Network Laboratories:

Kevin Gertz: 610-392-9912

Tags: [Retirement](#) [Valic](#)

RELATED CONTENT



[How Can I Be Sure Our Retirement Plans Are Safe?](#)

[What's Happening in April 2015](#)

29 APR, 2015

25 MAR, 2015



What's Happening in March 2015

26 FEB, 2015

HIPAA Tip #4: Protect Your Password

BY [RICK MARTUSCELLI](#) · MAY 5, 2015

HIPAA, or the Health Insurance Portability and Accountability Act, is a federal law that protects the confidentiality and security of health care information. As health care professionals, it's our responsibility to follow HIPAA guidelines to ensure our patients' medical information is protected. To help you, a new HIPAA Tip is posted on LVHN Daily each month.

Your password is your personal key to access LVHN's computer network. It's important to protect your password like you would a key to your home or car.

Here are tips to keep your password protected:

- **Never share your password with anyone for any reason.** That includes colleagues who work in information services (I/S). "Our technical support staff will never ask you for your



password,” says LVHN privacy officer Melissa Blihar.

- **Change your password every 90 days.** When it’s time to do so, you’ll be reminded when you log on.
- **Create a strong password.** Use letters, numbers and characters. Never use your name or user name as your password.
- **Avoid writing it down.** If you have to write it down to remember it, however, don’t label it “password” and keep it in a safe place.

[Read the Information Systems User Account Controls policy.](#)

For privacy issues, contact LVHN privacy officer Melissa Blihar at melissa.blihar@lvhn.org or 484-884-1410.

For compliance issues, contact LVHN director of compliance services Cory Flickinger at cory.flickinger@lvhn.org or 484-884-1965.

To file a report anonymously, call 1-877-895-2905 or visit LVHN.ethicspoint.com.

[Read previous HIPAA Tips.](#)

To be eligible to win a prize, [email Melissa Blihar](#) your answer to the following question. A winner will be selected randomly.

True or False: It is OK for me to provide my user name and password to my supervisor, if requested.

Tags: HIPAA

RELATED CONTENT



HIPAA Tip #3: Viewing Your Medical Information Properly

1 APR, 2015



HIPAA Tip #2: Get Permission When Visitors are Present

26 FEB, 2015



Introducing HIPAA Tips

30 JAN, 2015

Fourth Quarter Core Bundle on The Learning Curve

BY [RICK MARTUSCELLI](#) · MAY 7, 2015

The fourth core bundle of fiscal year 2015 is available on The Learning Curve (TLC) and must be completed by June 30. The fourth quarter bundle focuses on Occupational Safety and Health Administration (OSHA) standards. Based on your job responsibilities, you'll be assigned the patient contact or non-patient contact version of the bundle.

To access the bundle, click the TLC icon on your SSO toolbar. Your assignment will be listed in the "To Do" list on your learner home page. This is the last bundle that will be available in fiscal year 2015.

Tags: [The Learning Curve](#) [TLC](#)

RELATED CONTENT



Third Core Bundle on The Learning Curve

3 FEB, 2015

May Brings Many Specials to Our Cafeteria Menus

BY BRITTANY BANZHOFF · MAY 8, 2015

As your food service provider, Sodexo wants to make your visits to LVHN's cafés more than just a quick run-through. Each month, different special themed days and holidays are honored as a way to say thank you to our great customers, and to give you something to look forward to during a break in your day. Here are some highlights this month:

Thursdays in May, LVH–Cedar Crest Café: a different salad at the Innovation Station, celebrating National Salad Month.



On Monday, May 4, "Star Wars Day", Sodexo featured a Forceful Frittata and Bubble

Friday May 8, LVH–Cedar Crest

Café: Military Spouses' Day –

Military spouses entitled to 10 percent discount at register.

Friday May 8, LVH–Muhlenberg Café: “Have a Coke Day” – Coke floats available for \$2.49.

Tuesday May 19, LVH–Muhlenberg Café: National Baking Day – Drop off your best chocolate cake recipe to a cashier by May 13 for a chance to win a gift basket of baking supplies. Winner will be announced on May 20.

Wednesday May 20 through Thursday May 28, LVH–Cedar Crest Café, LVH–Muhlenberg Café and LVH–17th Street Café: Missing Man Table – Symbolic representation honoring fallen, missing or imprisoned military members.

Friday May 22, LVH–Cedar Crest Café: Special Memorial Day menu; purchase of meal includes entry for drawing of a charcoal barbecue set. The winner will be announced on May 26.

Monday May 25, LVH–Muhlenberg Café and LVH – 17th Street Café: Special Memorial Day menu

See the [full calendar of May promotions](#) for each café.

Tags: [Cafe](#) [Cafeteria](#) [Sodexo](#)

RELATED CONTENT



5 Surprising Things Sodexo Provides

New Coffee Shop Café at LVH-Cedar Crest Now

Open

7 APR, 2015

30 MAR, 2015



New Café Coming to the Jai Indl Pavilion

29 JAN, 2015