

## *Picnic To Take Chill Out Of Winter*

You've heard of Christmas in July. Well, how about a picnic in March?

Given the weather of late, that prospect may not sound too appealing. But, rest assured, the picnic will be held *indoors* in the cafeterias at both hospital sites.

The Picnic in March has been planned to recognize the dedication and team spirit of the entire hospital team who put their personal needs and family responsibilities temporarily on hold to provide care to our patients during the recent weather crisis.

Employees and volunteers contributed in many different ways. Some arrived early, ready to work double-shifts or until relief arrived. Many who live close to the hospital, but were not scheduled to work, forged their way through deplorable conditions to cover

for their fellow employees and volunteers. Clinical and non-clinical personnel alike made extreme sacrifices to ensure uninterrupted patient care.

For that, we thank you and invite you to join us for our Picnic in March for some great food and great fun in the comfort of our climate-controlled cafeterias.

For the convenience of all employees and volunteers, the food services staff will be serving up burgers and baked beans, hot dogs and potato salad and pretty much everything else you'd find on a checkered tablecloth on March 2 and 3 at the following times:

**Cedar Crest & I-78:**

**11 a.m. - 2 p.m.; 4-7 p.m. and 1-4 a.m.**

**17th & Chew:**

**11 a.m. - 1:30 p.m.; 4-6 p.m. and 1-3 a.m.**

Please remember to bring along your "picnic pass" and your hospital ID in order to receive your complimentary meal. Sunglasses are optional! ■



The growing shift from inpatient to outpatient services, the trend toward managed care and the effects of healthcare reform on area healthcare providers and consumers were outlined by Elliot Sussman, MD at a recent lecture sponsored by WomanCare.



## *“Homework” Is Key To Poison Prevention*

Each year, more than 3 million children accidentally poison themselves. Nearly 80 percent of these incidents involve healthy, active children under the age of six. Yet, many adults don't know how or why children get poisoned.

“It's time to do our homework,” says Kathy Ray, Lehigh Valley Hospital's poison prevention educator, of the need to promote poison awareness among children and adults. That also happens to be the theme of Poison Prevention Week, March 20-26, 1994.

To help parents and caregivers teach young children how to stay safe from poisons, Ray offers four “lesson plans” that include:

### **Lesson #1: Poisons Can Smell Good or Bad**

Just smell the appealing lemony scent of your furniture polish...or the fresh pine smell of your favorite all-purpose cleaner. And don't forget perfumes, cosmetics and shampoos. For the small child, if it smells good, it must be good enough to drink. Bad smelling products include gasoline, nail polish, oil-based paints and varnish, ammonia and bleaches.

### **Lesson #2: The Many Colors of Poison**

Aren't the bright colors of most household products inviting? Children are especially vulnerable to the lure of these appealing colors. A three-year-old who can't read warning labels can easily mistake red kerosene oil for cherry soda. Pretend you are a toddler...think pink... and try to distinguish bubble bath from a popular pink antacid medication. It's confusing, isn't it? And don't forget pills—they come in all colors, too. But, then again, so does candy!

### **Lesson #3: The Four Forms of Poison**

Solid poisons are chunky and chewable—like air fresheners, pills and lipsticks. Liquid poisons can be watery, creamy, blobby and any color from pink to green. They include alcohol, bleaches and furniture polishes. Spray poisons can be aerosol sprays or pump

sprays. Oven cleaner is a major culprit here, especially if its corrosive foam is accidentally sprayed into a child's eyes. Invisible poisons include carbon monoxide and other dangerous vapors. We know it's not easy to teach kids to stay away from something they can't see. But you can teach them never to play near a car when its engine is running. Teach children that fresh air is carbon monoxide's worst enemy.

### **Lesson #4: Containers Poisons Come In...**

Household products come in a wide array of container shapes...everything from boxes, jars and tubes to bottles and cans. Many containers are made of plastic with smooth, curved contours, just like preschool toys. A three-year-old can not tell the difference. Want proof? Just line up four white, plastic jugs—chlorine bleach, drain unclogger, laundry detergent and milk. Then look at them and see what a thirsty child sees. The shapes of these products look remarkably alike, yet how easily a tragic case of mistaken identities could occur.

“These lessons emphasize how important it is to poison-proof your home,” Ray says. To do that, she recommends that parents and caregivers remove all potentially harmful products from a child's reach, pick up any item they drop—everything from small pieces of food to coins and buttons; and work with the children to put Mr. Yuk stickers on boxes, bottles, cans and sprays in the kitchen, workshop, bathroom and garage.

In the event of a poison emergency, Ray notes that help is available 24-hours-a-day by calling the Philadelphia Poison Control Hotline at 1-800-722-7112.

For more information on poison prevention, be sure to visit the Lehigh Valley Mall on March 19, 20, 26 or 27 where representatives of the hospital's poison prevention program and the Pennsylvania Society of Hospital Pharmacists will offer poison safety tips and hand out free posters promoting Syrup of Ipecac, a first-aid formula used in some poison emergencies.

Poison information and Mr. Yuk stickers are also available by calling Lehigh Valley Hospital's Poison Prevention Program at (610) 402-2903. ■

CheckUp is a biweekly employee publication of Lehigh Valley Hospital, Public Relations, 1243 S. Cedar Crest Blvd., Allentown, PA 18103. Interoffice mail submissions should be addressed to 1243SCC-PR. For additional information, call extension 3000. Lehigh Valley Hospital is an equal opportunity employer. M/F/D/V



## *Nephrology Unit Preparing For Move*

**Editor's Note:** To prepare the hospital for dramatic changes in the delivery of healthcare, Lehigh Valley Hospital has initiated plans to renovate, right-size and relocate many of its clinical and support services. The plans, as outlined in the last issue of *CheckUp*, include the relocation of the nephrology unit which is the focus of this article.

Talk with the staff members of the nephrology unit at Lehigh Valley Hospital and the camaraderie among them is clear. So, too, is their regard for Shelley Mesics, RN, the unit's director of patient care services.

"Many of us have worked with Shelley and each other for six or seven years," one staff nurse observes. "And, I might add, we work very well together." With that level of confidence, the staff is preparing to relocate from 4S at 17th & Chew to 7C at Cedar Crest & I-78.

Effective Wednesday, March 2, patients with renal disease will be admitted to 7C. Meanwhile, patients admitted prior to that date will continue to receive treatment on 4S until their discharge or through March 4, whichever comes first. After March 4, patients on 4S who need to remain hospitalized will be transferred to 7C.

Under the medical direction of Joseph Guzzo, MD, the new nephrology unit on 7C will accommodate 35 patients. The main number for the new unit is ext. 1900 while 4S can be reached at ext. 2331.

According to Mesics, one of the most appealing aspects of the move is that it will eliminate the need for shuttling patients from one site to another. "We often had to transport patients by ambulance from 17th & Chew to Cedar Crest & I-78 for services such as cardiac and neurological testing," she explains.

While Mesics and her staff anticipate the move, the nephrology unit will only occupy 7C until December 1994 at which time it will shift to 7A.

The additional move is necessary to facilitate the relocation of other service areas including the Short Procedure Unit's pre- and post-operative functions which now occupy 7A and will be consolidated with other ambulatory services at 17th & Chew.

In the midst of all these changes, Mesics admits that she and her staff are "thrilled that we'll continue to work together as a team." "It's also a plus for our patients," she says, explaining that the unit has served many of the same patients over the years. "They know us by name and we know their medical histories by heart," she says. "That will help to make this transition easier on all of us." ■

*More information on the hospital's short term initiatives and master facility plan will be featured in subsequent issues of CheckUp and other hospital publications. For reprints of previous articles that address these issues, please call the Public Relations Department at ext. 3000.*

## *Department of the Month: CT Scanning*

In recognition of the role CT Scanning plays in the diagnosis of patients, and in appreciation of the technicians who provide this service, the Recreation Committee of Lehigh Valley Hospital has selected the CT Scanning Department as the Department of the Month for February.

Based at both hospital sites, the CT Scanning Department provides around-the-clock services primarily to medical/surgical and pediatric patients and outpatients at 17th & Chew.

Medical/surgical and trauma patients and interventional procedures, such as biopsies and percutaneous abscess drainages, dominate the department's caseload at Cedar Crest & I-78. A CT Scan or Cat Scan, which stands for Computerized Tomography, is a non-invasive procedure which produces images of the internal organs. Contrast agents are used to add to the quality of the scan and, in some cases, a three dimensional image can be created with all of the images taken from the original scan. If you would like to observe a CT Scan, call Cindy Brunner (17) at ext. 2451 or Craig Czaplinski (CC) at ext. 8637. ■



17th & Chew

Sixth Floor

Fifth Floor

Fourth Floor

① Nephrology (4S) moves to 7C on March 2, 1994

4S

4T

② Med/Surg (4T) moves to 4S on March 16, 1994

Third Floor

Second Floor

First Floor

Ground Floor

17th STREET

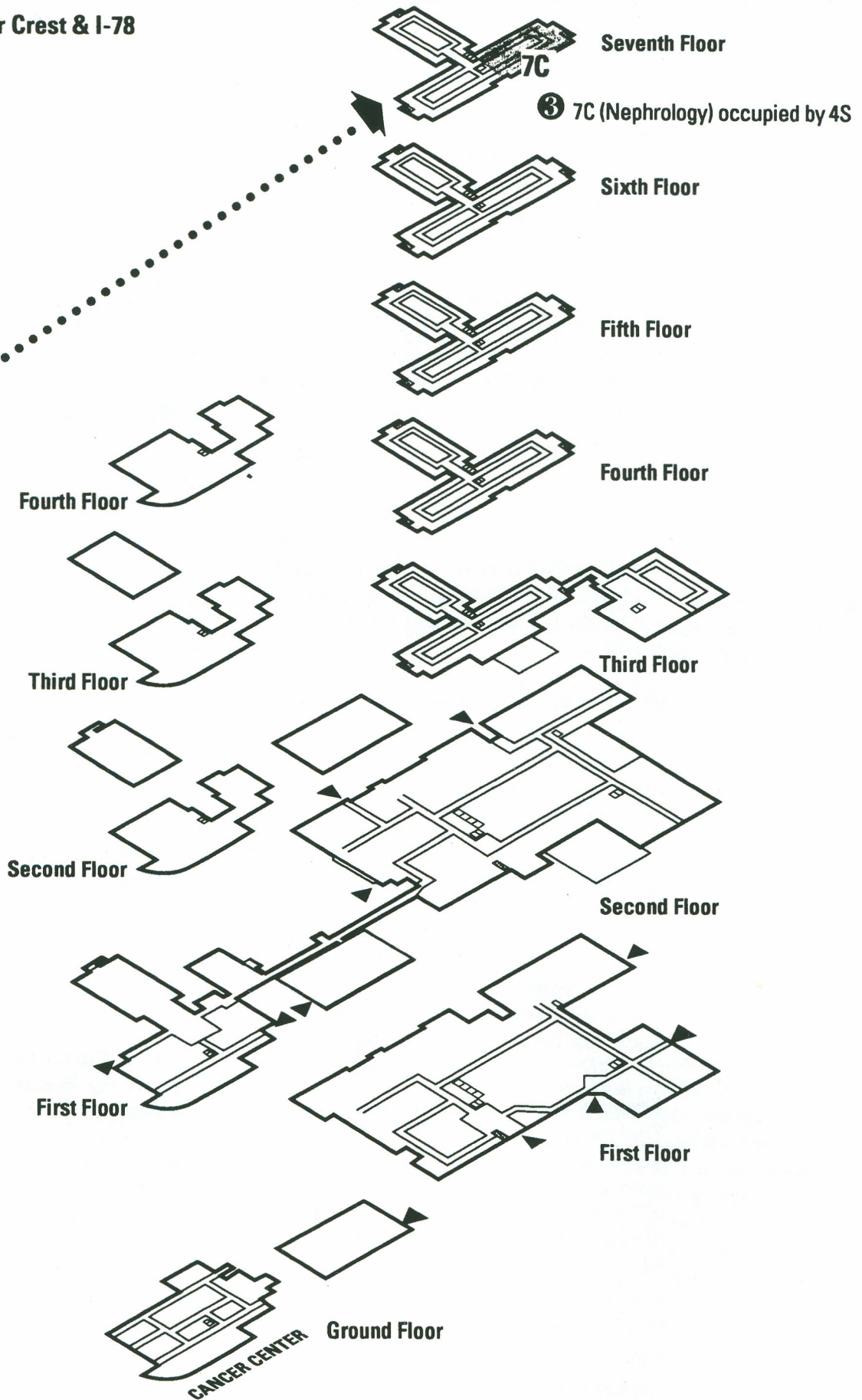
CHEW STREET

## Site & Facilities

- ① Nephrology (4S) moves to 7C on March 2, 1994
- ② Med/Surg (4T) moves to 4S on March 16, 1994
- ③ 7C (Nephrology) occupied



Cedar Crest & I-78



*ties Plans*

s to 7C on March 2, 1994  
o 4S on March 16, 1994  
ied by 4S



### ■ *Hospital Orientation*

The next hospital orientation will begin at 8 a.m. at Cedar Crest & I-78 on Monday, March 7. An optional tour of both sites will be held on Wednesday, March 9 beginning at 1 p.m. at 17th & Chew and 2:30 p.m. at Cedar Crest & I-78. Reservations are required for the tour. To register, call ext. 4761.

### ■ *CPR Certification*

CPR Certification will be held in two parts and attendance is required at both. Part I will be held Friday, March 4 from 9 a.m. to noon in room 900, School of Nursing, 17th & Chew.

Part II will be held Friday, March 11 from 9 a.m. to noon, also in room 900, School of Nursing. To register, complete and return the appropriate form which is available on a monthly HRD calendar, outside HRD, room 1914, School of Nursing, 17th & Chew, or outside the HR benefits area at Cedar Crest & I-78.

### ■ *CPR Recertification*

CPR Recertification will be held in the 24 hour period beginning at 10 a.m. on Wednesday, March 16 in the Nursing Learning Lab, 2nd floor, General Services Building, Cedar Crest & I-78

### ■ *Symposia Reminder*

The Human Resource Development Department has announced the next topics of the Regional Symposium Series which will be held in the auditorium at Cedar Crest & I-78. Additional information is available by calling ext. 4609.

*Traumatology: Psychiatric Contributions to Treatment and Recovery* will be held Friday, March 4. Topics will include "Family Reactions to Trauma," "Neuropsychiatric Aspects of Traumatic Brain Injury," "Post-Traumatic Stresses in Rescue Personnel," "Developmental Delays in Severely Injured Adolescents," and "Research Collaboration in Psychiatry and Trauma Critical Care."

*The Fifth Annual Symposium on Infectious Diseases* will be held Thursday, March 10.

Topics will include "Changing Patterns of Infectious Diseases," "New Aspects of Ventilator Associated Pneumonia," and "Listeria Infections."

*Update on Heart and Lung Surgery* will be held Saturday, March 26. Topics will include "Cardiac Surgery in the Elderly," "Coronary Disease in the Young Adult," "Cardiomyoplasty," "Homograft and Autograft Replacement of the Aortic Valve," "Aortic Dissection," and "Thoracoscopic Surgery."

### ■ *WomanCare Lectures & Support Groups*

*For more information and to register for lectures or support groups, please call WomanCare at ext. 3800, unless otherwise noted.*

#### **Discovering Your Uniqueness Through Non-Verbal Communication**

Non-verbal communication, including body language and wardrobe and the messages it conveys to others, will be outlined by Jane Roncoroni, an image consultant, at noon and at 7 p.m., Tuesday, March 1 in the auditorium, 17th & Chew.

#### **When Getting Pregnant Is Difficult**

The methods of testing and treating infertility in men and women will be outlined by Stacie Weil, MD, a reproductive endocrinologist, during a two-part lecture Tuesday, March 15 and Tuesday, March 29 in Conference Room B in the Center for Women's Medicine, 17th & Chew. Both lectures will begin at 7 p.m.

#### **Women's Power Realized: Grass-Roots Support For Breast Cancer Research**

Advances in the prevention, detection and treatment of breast cancer will be outlined by Elisabeth Crago, MSN, RN, a cancer research coordinator, at noon and at 7 p.m. on Tuesday, March 15 in the auditorium, 17th & Chew. Among the subjects she will address are the political impact of women campaigning for more research into the disease and the progress being made in the Breast Cancer Prevention Trial, a national study of the effects of tamoxifen therapy.

*(please turn to page 7)*



## BULLETIN BOARD

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### ■ *Self-Defense Classes*

The Security Department is offering instruction in personal self-defense in three-hour classes which emphasize safety awareness and techniques for fending off an attacker. Each class is limited to 20 participants who are encouraged to wear comfortable, loose-fitting clothing and sneakers or running shoes. Classes have been scheduled at Cedar Crest & I-78 for Monday, March 7 from 6 - 9 p.m. in Classroom 1 and Wednesday, March 23 from 6 - 9 p.m. in Classroom 2. To register, call ext. 8220 between 8 a.m. and 4 p.m.

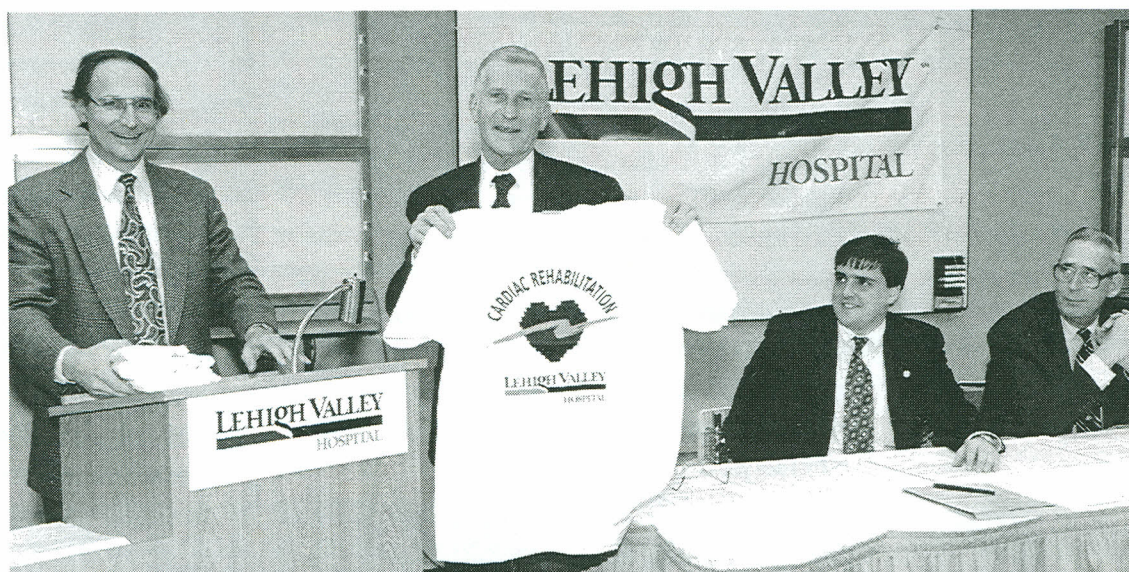
### ■ *Teddy Bear Clinic Seeks Volunteers*

A Teddy Bear Clinic on Saturday, March 19 at the Trexler Mall will kick-off the observance

of Children And Hospitals Week at Lehigh Valley Hospital. The clinic will be staffed by volunteers who will bandage boo-boos and check the heart, ears, blood pressure and breathing of the "furry friends" of area youngsters. The event is designed to take the mystery and fear out of hospitals for children. For more information and to volunteer, call Darla Heivly, child life specialist at ext. 2820.

### ■ *Child Care Center Has Openings*

The Lehigh Valley Hospital Child Care Center has openings for weekend child care from 6 a.m. to 4 p.m. For details, please call Rhonda Beatty, director of the center, at ext. 8969 between 10 a.m. and 2 p.m. ■



Local government officials recently gathered at Lehigh Valley Hospital to sign a proclamation declaring Feb. 14-18 Cardiac Rehabilitation Week. Pictured from left are James Pantano, MD, medical director of Cardiac Rehab; Peter J. Delich, mayor of Palmerton; Gary Day, assistant to the mayor of Allentown; and Otto Ehrsam, city councilman for Bethlehem.

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### LECTURES/SUPPORT GROUPS (from page 6)

#### **Stress in the School-Aged Child**

The causes, effects and techniques for reducing stress in school-aged children will be examined by James G. Showalter, MD, an adolescent psychiatrist, at 7 p.m. on Wednesday, March 16 in the auditorium, 17th & Chew

#### **DES Support Group**

Women and their children who were exposed to

DES, a synthetic hormone administered from 1941 to 1971 to prevent miscarriages, are invited to participate in this support group. Beginning March 13, the group will meet every other Sunday from 10-11 a.m. in room 900 of the School of Nursing, 17th & Chew. Mary Jean Greco Golumb will serve as facilitator of the support group. For more information and to register, please call Golumb at (717) 759-6905.



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## *Best-Selling Author & Documentary Premiere To Highlight Hospice Program*

A presentation by best-selling author Rabbi Harold S. Kushner and the premiere of "To Live in Hope, To Die in Peace," a video documentary about hospice care will highlight a special community program sponsored by Lehigh Valley Hospice and the John and Dorothy Morgan Cancer Center at 7 p.m. on Wednesday, March 16 at the Scottish Rite Cathedral, 1533 Hamilton Street, Allentown.

The 30-minute video weaves footage of actual patients and families, interviews with local hospice staff, and commentary from world-renowned hospice advocates, critics and practitioners including Kushner and Elisabeth Kubler-Ross, MD, author of **On Death and Dying**. Hospice care is an alternative for patients and families who have exhausted the curative treatments of medicine, but still seek all of its palliative resources.

Rabbi Kushner, who is best known for his personal exploration of hope and healing in **When Bad Things Happen To Good People**, will speak on "Religious Resources for Healing," and participate in a panel discussion following his presentation.

"To Live in Hope, To Die in Peace" is being produced by Barlieb Wallace Heilman Productions of Allentown, and is the culmination of a year-and-a-half's work and the distillation of more than 50 hours of footage exploring the complexities of this subject.

Barlieb Wallace Heilman have produced documentaries on social issues such as "The Unkindest Cut" on domestic violence;

"Where Do We Go From Here?" on homelessness; and "Know Before You Throw" and "In Our Own Backyard" on environmental issues.

In addition to Kushner and Kubler-Ross, others featured in the video include Dame Cicely Saunders, founder of the modern hospice movement; Ram Dass, spiritual researcher, hospice critic and author of the '60s classic **Be Here Now**; Donald W. Cox, president of the Hemlock Society; Alan Wolfelt, PhD, clinical thanatologist and bereavement counselor; Stephen Levine, author and expert on meditation and conscious living; and Michael Levy, MD, head of the pain management service at Fox Chase Cancer Center, Philadelphia.

The goal of the video is to dispel myths about death and dying, and to inform people that hospice is an alternative that supports life and hope, according to The Rev. Anne Huey, Director of Support Services for Lehigh Valley Hospice.

"It is sad that so many people suffering with a terminal illness feel that they have no recourse when help is so readily available," says Rev. Huey who spearheaded the effort to produce the video.

"Through the video, we will be able to convey the message that there is a way to manage pain, ensure the dignity of the individual and assist the family in coping with the challenges of caring for a loved one who is dying."

Because a large turnout is expected for the Kushner presentation and the video premiere, which will be followed by a panel discussion, early registration is recommended. Cost per person is \$10.

For more information and to register, please call (610) 402-7400. ■



# *Service Anniversaries: March 1994*

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*Human Resources congratulates the following employees on their service anniversaries and thanks them for their continuing service to Lehigh Valley Hospital.*

## **Twenty-Five Years of Service**

March 10 Kathleen Crouthamel / Food Services A

## **Twenty Years of Service**

March 4 Paulette Beck / Acute Coronary Care Unit

March 25 Leonard Farkas / Plant Engineering

## **Fifteen Years of Service**

March 5 Lynette Hersh / Heart Station

March 1 Leslie Pierotti / Info Serv. Implementation

March 5 Helen Raymond-Hoffman / Home Care

## **Ten Years of Service**

March 19 Yvonne Bennett / Health Spectrum Medical Products

March 12 Sandra DeLong/Admitting Office

March 5 Sallijean Ebert / Nursery

March 26 Melody Herb / Food Services C

March 5 Elizabeth Kemler / Vascular Lab

March 5 Michael Orley / Pharmacy C

March 5 Trasey Reitz / Pulmonary

## **Five Years of Service**

March 20 Debra Brotzman / Lab-General

March 20 Gale Brunst / C/C Supervisory

March 30 Eileen Butler / HealthPage

March 20 Amy Colarusso / 3C Staging/Monitored Unit

March 20 Zona Farmer / Social Services

March 20 J. Michael Gilson / Plant Engineering

March 27 Bruce Gresh / Management Systems

March 6 Janice Haninchick / GICU East

March 13 Kim Hicks / Trexlertown Med Center

March 20 Anita Leonhartsberger / Lab-Information Services

March 6 Sharon McNamara / HealthPage

March 20 Mary Miller / 5B Med/Surg Unit

March 20 Suzanne Muir / 4C Med/Surg Unit

March 6 L. Lisa Niemkiewicz / Transitional Open Heart

March 20 Jose Ortiz / Escort-Mlrm-Printshop A

March 6 Holly Purkey / Pediatric Unit

March 20 Robert Rausch / General Services A

March 13 Marie Rosenthal / Pharmacy C

March 20 Judith Schultz / Trauma Reg Res Ctr

March 6 Patricia Shade / General Services C

March 20 Judi Shaughnessy / Clinical Nutrition Serv

March 20 Laurie Stanton / Radiology-Diagnostic A

March 20 Ethelene Swift / Special Care Unit

March 20 Mary Taylor / Lab-Immunology

March 6 William Wirtz Jr. / 5A Med/Surg Unit

March 20 Dennis Young / General Services C

March 20 Tracy Ziegler / 4C Med/Surg Unit

