

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, details about our goals for fiscal year 2015, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news.

## [We're a U.S. News Hospital Again](#)

Read a message from our acting president and CEO Brian Nester, DO, and get details about our 19th consecutive year on the list and the 10 specialties for which we've been recognized.

## [Celebrate LVHN-One City Center Opening](#)

Relive the grand opening ceremony and view a photo gallery of the event.

## [Take Your Health and Wellness Assessment Today](#)

Colleagues must complete it on MyPopulytics.com by Aug. 29 in order to enroll in Choice Plus health benefits for 2015.

## [Wellness – Read Your Food Labels](#)

Check the nutritional information on your food selections during your next trip to the grocery store.

## ['Twas the Night Before Go-Live...Getting Epic Prepared – VIDEO](#)

Learn more about LVHN's Epic clinical readiness team.

## [Daniel Lozano, MD: Seeing Burn Patients Back to Normal 'All the Thanks I Need'](#)

Burn surgeon Daniel Lozano, MD, is passionate about helping burn victims get back to living a normal life.



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issue of CheckUp



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### News Release and Coverage for U.S. News & World Report Rankings

Comments: 0

07/16/14 by Admin in Celebrate, Get News

Lehigh Valley Hospital (LVH) ranks for the 19<sup>th</sup> consecutive year as one of the nation's top hospitals on U.S. News & World Report's Best Hospitals list.

The 2014-2015 list names LVH among the nation's top 3 percent of leading hospitals in 10 categories: [cardiology and heart surgery](#); [diabetes and endocrinology](#); ear, nose and throat; [gastroenterology and GI surgery](#); [geriatrics](#); [gynecology](#); [neurology and neurosurgery](#); [orthopedics](#); [pulmonology](#); and [urology](#). This is the first year in which the hospital ranked in double digits.

LVH's [cardiology and cardiac surgery](#); [gastroenterology and GI surgery](#); [geriatrics](#); [gynecology](#); [orthopedics](#); [pulmonology](#); and [urology](#) specialties also made the 2013-2014 Best Hospitals list. This is the 10th time [cardiology and heart surgery](#); [geriatrics](#); and [urology](#) have been on the list; the ninth for [gastroenterology and GI surgery](#); the sixth for [orthopedics](#); and the third for [gynecology and pulmonology](#).

LVH is the only hospital in the area to make the U.S. News national rankings in at least one specialty area every year since 1996.



Billboards announcing LVHN's U.S. News & World Report rankings have already begun popping up throughout the area.



In addition to the Best Hospitals national rankings, U.S. News cites only about 15 percent of hospitals as "high-performing" in regional markets around the country. Lehigh Valley Hospital and [Lehigh Valley Hospital-Muhlenberg](#) are both recognized among the Best Hospitals in Northeastern Pennsylvania/Lehigh Valley. Lehigh Valley Hospital is ranked the No. 3 hospital in Pennsylvania. Lehigh Valley Hospital-Muhlenberg is listed as a high-performer in [gastroenterology and GI surgery](#); [geriatrics](#);

[orthopedics](#); [pulmonology and urology](#), and is ranked No. 24 in the state. [Lehigh Valley Hospital-Hazleton](#) is listed as a high-performer in [pulmonology](#) and is ranked No. 35 in Pennsylvania.

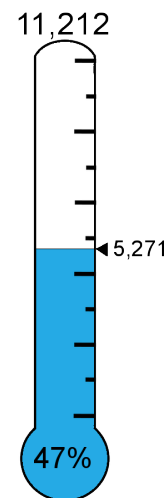
"This kind of national quality recognition reflects the passion, talent and hard work of our 13,000 network colleagues," said Brian A. Nester, DO, MBA, acting president and CEO of Lehigh Valley Health Network. "Their daily dedication to healing, comforting and caring for the people of our community is unparalleled."

U.S. News evaluates hospitals in 16 adult specialties. In most specialties, it ranks the nation's top 50 hospitals and recognizes other high-performing hospitals that provide care

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at nearly the level of their nationally ranked peers.

“The data tell the story – a hospital that emerged from our analysis as one of the best has much to be proud of,” said Avery Comarow, U.S. News Health Rankings Editor. “A Best Hospital has demonstrated its expertise in treating the most challenging patients.”

U.S. News publishes Best Hospitals to help guide patients who need a high level of care because they face particularly difficult surgery, a challenging condition, or added risk because of other health problems or age. Objective measures such as patient survival and safety data, the adequacy of nurse staffing levels and other data largely determined the rankings in most specialties.

The specialty rankings and data were produced for U.S. News by RTI International, a leading research organization based in Research Triangle Park, N.C. Using the same data, U.S. News produced the state and metro rankings.

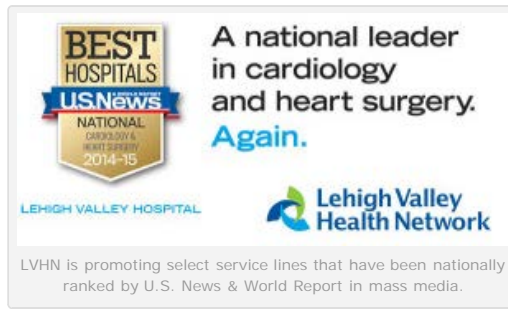
The rankings have been published at <http://health.usnews.com/best-hospitals> and will appear in print in the U.S. News Best Hospitals 2015 guidebook, available in bookstores and on newsstands in August.

**See media coverage:**

- [Lehigh Valley Hospital nationally ranked in 10 specialties on Best Hospital Report](#) (Lehigh Valley Business)

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## LVH Cited for 19th Consecutive Year Among Best in U.S.

Comments: 0

07/15/14 by Admin in Celebrate, Get News

**\*\*\*This message is from Brian Nester, DO, MBA, FACOEP, acting president and chief executive officer\*\*\***

I have never had a more fulfilling start to a new a job than since beginning to serve as Lehigh Valley Health Network's (LVHN) acting president and CEO on July 1. The words of welcome, congratulations and advice have been hugely gratifying and encouraging. There are so many reasons to be proud of working at LVHN.



Here's one more really BIG reason:

Lehigh Valley Hospital (LVH) ranks for the 19<sup>th</sup> consecutive year as one of the nation's top hospitals on U.S News & World Report's Best Hospitals list that is being released officially today. LVH is the only area hospital that has made the U.S. News rankings in at least one category every year since 1996.

The 2014-2015 list names LVH among the nation's top 3 percent of leading hospitals in 10 specialties: cardiology and heart surgery; diabetes and endocrinology; ear, nose and throat; gastroenterology and GI surgery; geriatrics; gynecology; neurology and neurosurgery; orthopedics; pulmonology; and urology.

This is the first year in which the hospital is ranked in double digits on this prestigious list. National quality recognition of this magnitude is a testament to the passion, talent and hard work of our network colleagues. What an awesome accomplishment!

In addition to the Best Hospitals national rankings, U.S. News cites only about 15 percent of hospitals as “high-performing” in regional markets around the country. LVH and LVH-Muhlenberg both are recognized among the Best Hospitals in Northeastern Pennsylvania/Lehigh Valley. LVH is ranked as the number 3 hospital in Pennsylvania, an improvement over last year’s number 4 position. LVH-Muhlenberg ranks as a high-performer in gastroenterology and GI surgery; geriatrics; orthopedics; pulmonology; and urology, and is ranked number 24 in the state. LVH—Hazleton is listed as a high-performer in pulmonology, ranked number 35 in Pennsylvania and recognized among the Best Hospitals in Northeastern Pa./Lehigh Valley and the Scranton metro area.

Since we’re celebrating the opening of One City Center today, we’ll be spreading the word of the extraordinary U.S News rankings to the news media and on our internal communications and social media sites starting tomorrow. And be on the lookout right away for billboards throughout the Lehigh Valley displaying our U.S. News rankings, followed by area TV and print ads.

I feel such pride in being part of our health network, of its history, successes and potential. Thank you for your support and for what you do every day. Your dedication to healing, comforting and caring for the people of our community is unparalleled.

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## Local and Pro Athletes, Government Officials, Dignitaries, Community, Celebrate LVHN-One City Center Opening

With an audience of state and local government officials, community leaders, a former professional hockey player, a commissioned artist and numerous dignitaries looking on, three dozen high school athletes ran through a makeshift "finish line" this afternoon to celebrate the official opening of Lehigh Valley Health Network's (LVHN) newest location.

LVHN-One City Center is the first venue to open inside the downtown Allentown complex that also will include the PPL Center arena, Marriott Renaissance Hotel and several restaurants. The facility includes a 17,000-square-foot LVHN Fitness location along with sports performance, rehabilitation services, occupational health, a concussion and head trauma program, a grab-and-go café and a retail shop.

"Here people can exercise, eat well, improve their sports performance or get a massage," said LVHN chief operating officer Terry Capuano, RN. "It's also where they can access important health services such as physical and occupational therapy, and find expert care for concussions." The facility also includes features like a virtual sports simulator and an anti-gravity treadmill.

Numerous special guests attended this afternoon's event. Todd Fedoruk, a retired National Hockey League (NHL) left winger, attended as a special guest of Lehigh Valley Phantoms team owners Rob and Jim Brooks. Fedoruk, who played for six NHL teams (including the Philadelphia Flyers) in nine seasons, was part of the 2004-05 Calder Cup-winning Phantoms squad when the team called Philadelphia home. The Phantoms will begin playing in the PPL Center this fall, and LVHN is the Official Health Care Provider for the Phantoms.

"If I was in the minors and had a facility like this, I wouldn't want to go to the NHL," Fedoruk told the crowd of about 200 onlookers this afternoon. Added Jim Brooks, "This is the top training facility in the entire American Hockey League. It will allow us to develop our players for the NHL and allow our community to become healthier and more vibrant." Jim and Rob Brooks also unveiled a framed, autographed NHL jersey from Philadelphia Flyers defenseman Chris Pronger that will be displayed inside LVHN-One City Center.

### Creating 'transformational change'

Calling LVHN-One City Center a "shining example of how a public-private partnership can create transformational change," Capuano credited the team of public and private members who played a key role in creating the entire City Center project. In turn, government officials praised LVHN for its role in the project.

"I commend LVHN for its commitment to the health of downtown Allentown," said Sen. Pat Browne, R-16, Senate Majority Whip and author of the legislation that created Allentown's Neighborhood Improvement Zone (NIZ). "(LVHN's leaders) understand that urban revitalization is so much more than an arena. In order to be successful, we need 'feet on the street' – people working in the buildings, patronizing the restaurants, attending cultural, pop and sporting events. We welcome LVHN and its employees."

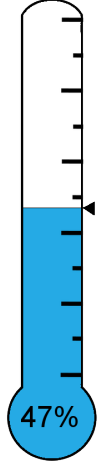
In his remarks, Browne recounted the history of the Allentown region going back to Revolutionary War times. He then unveiled a painting titled "A Moment of Peace," commissioned by artist Kathryn Maxwell specifically for LVHN-One City Center. The

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painting features an original depiction of a hospital that once stood at 8<sup>th</sup> and Hamilton streets in Allentown serving the Continental Army in 1777. Invited guests from the Lehigh Valley Military Affairs Council, the National Society Daughters of the American Revolution Liberty Bell Chapter, and the Lehigh Valley Heritage Museum were recognized during the presentation.

### A commitment to Allentown

LVHN acting president and chief executive officer (CEO) Brian Nester, DO, said LVHN-One City Center deepens the organization’s commitment to Allentown. “That commitment goes back to 1899 and the opening of our original hospital, today’s Lehigh Valley Hospital-17<sup>th</sup> Street,” he said.

“The state-of-the-art LVHN facilities are a tremendous addition to the downtown; they will be a huge draw,” said Allentown Mayor Ed Pawlowski. “The center includes the latest in diagnostic and therapeutic equipment. Sports fitness is a rapidly expanding industry, but the best part about the center is that it will serve any patient, not just athletes.”

J.B. Reilly, president and CEO of City Center, recognized the team that helped bring the project to life. “We are proud to be in partnership with LVHN,” Reilly said. “I can’t wait to see the hundreds of LVHN employees who will be working here in the coming weeks.”

LVHN-One City Center has created 15 new jobs in Allentown. This fall, 450 additional LVHN employees will relocate there. Also this fall, LVHN-One City Center will add the following services:

- Imaging
- [Orthopedics](#)
- Sports medicine
- [Sports nutrition](#)
- Sports psychiatry
- Podiatry



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This entry was posted by [Kyle Hardner](#) on July 15, 2014 at 5:30 pm, and is filed under [Celebrate](#), [Get News](#). 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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## Join Your 5,200+ Colleagues Who Have Already Done It; Take Your Health and Wellness Assessment Today

So far, 5,271 colleagues have taken their Health and Wellness Assessment on MyPopulytics.com. Now it's your turn.

If you haven't yet taken your Health and Wellness Assessment, you need to do so by Aug. 29, 2014. Taking the assessment is a must if you wish to enroll in Choice Plus PPO or HSA health benefits for 2015.

**What is it?** The assessment is a confidential survey that asks you questions about your lifestyle habits and general health. After you complete it, the answers give you an overview of your current health status and evaluate if you are at risk for any health problems. It also will show you simple steps you can take to reduce your risk.

**Where do I find it?** Click on MyPopulytics on your SSO toolbar or visit MyPopulytics.com on the Internet. Once you log in, you'll see the words Health and Wellness Assessment highlighted in yellow. Click on that link. Then click on the "Get Started" button underneath "Take Your Wellness Assessment." If you already started your assessment and want to go back in to complete it, click on "Wellness Assessment" in the left-hand menu.

**Who needs to take it?** All LVHN employees who wish to enroll in the Choice Plus PPO or HSA health benefit plans for 2015 must take the assessment. All employees are encouraged to take the assessment. Dependents (age 18+) are not required to take it but can do so if interested.

**How can I learn if I already took it?** If you aren't sure whether or not you've taken your assessment yet in 2014, visit MyPopulytics.com, click on the "Health and Wellness Assessment" link, and then click on the "past wellness assessments" link on the lower left-hand side of the page. That will tell you the dates and results of any past assessments you've taken. If you do not see a completed assessment in 2014, you need to take yours prior to Aug. 29, 2014, to be eligible to enroll for 2015 health benefits.

**What information do I need to have when I take it?** For a more detailed report with the best results, you should include your most recent blood glucose, blood pressure, cholesterol, triglycerides and weight numbers. However, you are able to proceed without providing this information.

**Where can I get updates?** Check the thermometer on the Mission Central home page to see how many colleagues have taken their Health and Wellness Assessment. Then watch for Open Enrollment for 2015 benefits. It will take place October 10-31, 2014. All benefit-eligible colleagues must complete open enrollment in order to have benefits starting in January 2015. Remember, if you want to enroll in health benefits, you must complete your Health and Wellness Assessment by Aug. 29, 2014.

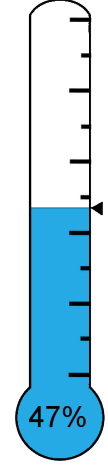
This entry was posted by [Kyle Hardner](#) on July 17, 2014 at 10:39 am, and is filed under [Get News, Live Healthy](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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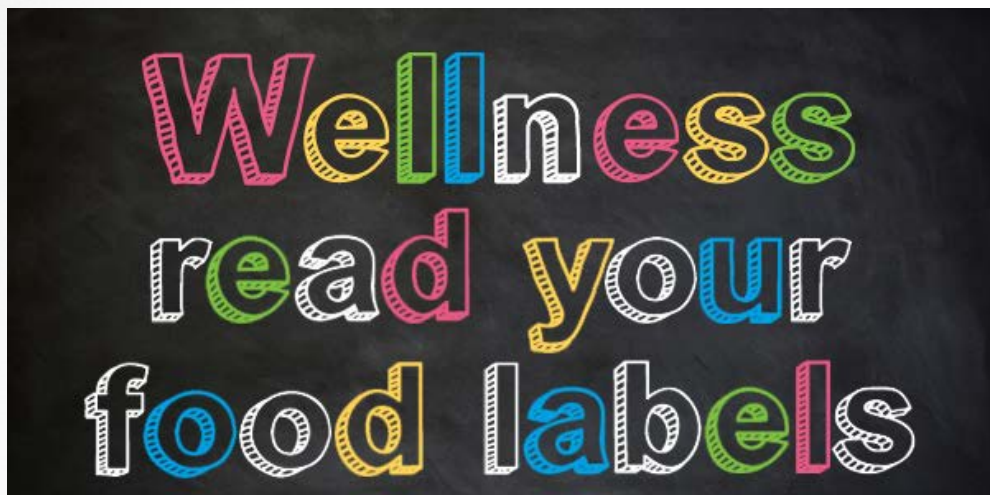
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## Wellness Wednesday – Read Your Food Labels



When you're shopping, you might look at the labels on the food you pick up off the self. You might not – and if not, you should start.

Food labels are the ultimate must-read in terms of your grocery purchases. "Knowing how to understand a food label is crucial to your health and wellness," says LVHN registered dietitian Karen Conner. "This is especially true if you're managing [diabetes](#)."

Despite your perception of a product, it may wind up being "junk food." By definition, "junk food" lacks nutritional value, and people who eat a lot of it leave less room for foods that provide good nutrition. The primary ingredients in junk food—fat, sugar, and salt—are unhealthy in themselves and are linked with an increased risk for heart disease, diabetes, and obesity, which leads to high blood pressure and stroke.

Ignore touts like "reduced fat" on the front of the box. These can be misleading. For example, the words "sugar-free" may mean that the manufacturer didn't add sugar but it still may contain some natural sugars – so it's not truly sugar-free.

**This week's wellness challenge:** Check the labels on your food selections during your next grocery trip. Compare them to similar products and see if you're making the best choices with your purchases.

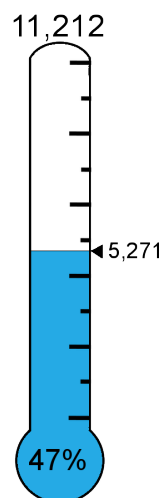
Follow these tips when evaluating your choices:

- **Check the serving size**, which is the first line under the nutrition facts. Many times, one serving is less than the entire package you're purchasing – especially for snacks like chips or sodas, which sometimes contain 3-4 servings per container. The information listed on the label is only for one serving size.
- **Count the calories.** It's the next thing to check after the serving size, says health network endocrinologist [Gretchen Perilli, MD](#). "While the amount of calories a person needs varies based on age and lifestyle, tracking calories is a must if you're trying to maintain your weight or shed some pounds," Perilli says. "Write down your intake, or use a free app on your smart phone to track them."

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- **Flatten the fat.** While total fat is listed underneath the calories, it also may include other types of fat. Generally, healthier foods will have no more than 3 grams of fat for every 100 calories.
- **Curb the cholesterol**, which can affect conditions like [heart disease](#). Your primary care physician will know your specific target range for daily cholesterol.
- **Sideline the sodium.** If you have diabetes, you are at increased risk for heart disease, so you need to watch your sodium intake. A good choice: foods with less than 350 milligrams per serving.
- **Calculate the carbs.** The most important number is listed under “Total Carbohydrates.” The total number of carbs you need a day depends on many factors, so it’s best to work with a registered dietitian to help get the right amount and reach your health goals. “Carbs are your body’s preferred energy source,” Conner says. “But you need to eat them in moderation so your blood sugar doesn’t get too high or too low.”
- **Pick lean proteins**, such as seafood, chicken, turkey, egg whites or egg substitutes, low-fat or fat-free dairy as well as vegetarian proteins such as beans and lentils.

In addition to these tips, consider making choices that include high amounts of fiber, sufficient amounts of iron, calcium, potassium, and vitamins A and C.

Do you have a topic or question for Wellness Wednesday? Leave a comment and let us know what you want to read about.

This entry was posted by [Amanda Coe](#) on July 16, 2014 at 1:30 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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## 'Twas the Night Before Go-Live...Getting Epic Prepared – VIDEO

Members of Lehigh Valley Health Network's (LVHN) Epic clinical readiness team are ramping up preparation efforts for Wave 1 (ambulatory settings) go-live on February 18, 2015. Recently, more than 75 members of the team met for an update on the Epic project and were posed with this question: "On Tuesday, February 17th, how are you going to feel as we get ready for 7:00 a.m. go-live on February 18th?" asked Richard MacKenzie, MD, lead of the LVHN Epic Clinical Readiness program. "We want to feel ready on the eve of go-live, and with your help, we will be."

### Clinical Readiness: Who's Who and What's What

Members of the clinical readiness team include site managers, clinical coordinators, patient care coordinators, office coordinators, super users and credentialed trainers, along with physicians, practice managers and leaders, administrators, and assistant medical directors, among others. The clinical readiness owners, as they are called, are responsible for sharing Epic-related information within their practices and departments. They are also charged with handling Epic project questions by either providing answers directly to a colleague, or by sending questions to others who can answer the concern. "Using the [tiered communication system](#), Epic-related questions from all colleagues can be quickly triaged and addressed," MacKenzie says.

In early August the clinical readiness owners will begin tracking progress toward proficiency as they continue once-per-week messages through the tiers. During go-live, the message frequency will increase to twice-per-week. "This project touches every one of us. We need you, the clinical readiness owners, to share information provided by the LVHN Epic team so all employees are ready for go-live," MacKenzie says. "And importantly, we need you to ask your colleagues, 'Did you get the communication? Did you understand it?' The more we can resolve in advance, the fewer problems we'll need to mitigate later on."

### At the Ready

As part of the Epic preparation, here are some key happenings that will occur from summer 2014 through Wave 1, ambulatory go-live early next year:

**July 29:** [Workflow Walkthrough](#)

**August 1 through October 31:** Testing Epic applications

**Beginning December 1:** [Super user](#) training:

**Beginning January 5, 2015:** End user training

**February 6, 2015:** Dress Rehearsal

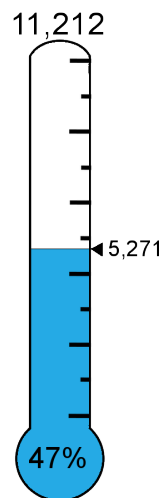
**February 18, 2015:** Go-live for Wave 1, ambulatory settings

"We need to minimize any risk of change management during this transition," says MacKenzie. "With your help during testing, training and go-live, we'll be able to keep problems to a minimum."

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**Riding the wave to ambulatory go-live:** [Wave 1 go-live for ambulatory settings is February 18, 2015.](#)

**Head's up for the next wave!** Wave 2, hospital-based settings, goes-live on August 1, 2015.

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This entry was posted by [Jenn Fisher](#) on July 17, 2014 at 1:48 pm, and is filed under [Get News](#), [Learn](#). 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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## Daniel Lozano, MD: Seeing Burn Patients Back to Normal 'All the Thanks I Need'

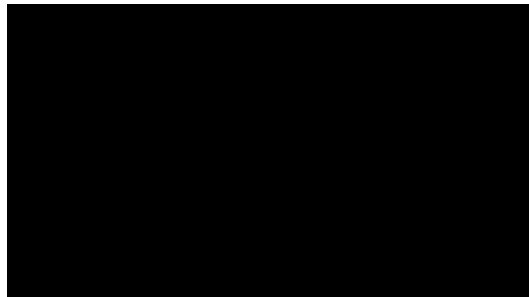
We are producing videos of our doctors and advanced practice clinicians (APC) to help our community find trustworthy health care providers. We will share them here to introduce you to these colleagues. You'll learn about their personality, philosophy of care and inspiration for practicing medicine. These videos are embedded in our website's [Find a Doctor](#) tool, where you can learn about each provider's educational background and more. Enjoy!

Daniel Lozano, MD, enjoys seeing burn patients for follow-up care long after their initial treatment is complete.

"I think what I love most is that we see people in an environment and after a devastating injury that their lives are altered," he says. "And when they can go home after something like this devastating burn injury occurring, and see them walk back in to visit and say hi, and get back and return to their lives, that's all the thanks you ever need."

He is a burn surgeon with the Lehigh Valley Health Network [Regional Burn Center](#). He is board-certified in surgery.

Get to know him with this video.



This entry was posted by [Alyssa Young](#) on July 16, 2014 at 3:34 pm, and is filed under [Connect with Colleagues](#), [Watch](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

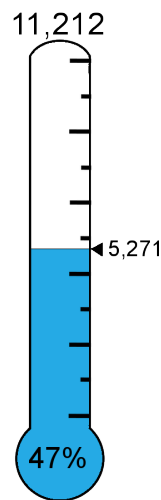
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