

| FROM THE PRESIDENT |



STICKING TO OUR NEW YEAR'S RESOLUTIONS

Each January, Americans flock to gyms across the country with newfound resolve. They toss their cigarettes in the trash can. They swear off carbs and meat and alcohol and coffee. For many of us, the promise of beginning anew is too powerful to resist. Until it's not.

It's a familiar story. According to a survey from the online polling company YouGov, although 68 percent of Americans have sought to change their behavior through New Year's resolutions, only 8 percent have succeeded. As physicians, we understand that the top risk factors for premature mortality are poor diet, high blood pressure, obesity and tobacco use, and we strive to address unhealthy behaviors with our patients.

Learning from recent research about behavior change and helping our patients (and ourselves!) stick to resolutions is at the heart of what we strive to do. Long-term behavior change could save millions of health care dollars annually and save lives. It is worth the effort and creates opportunities for all of us in this New Year and those that follow.

Patricia Martin, MD
Medical Staff President

[MORE ONLINE](#)

| DEADLINE: APRIL 2, 2019 |

CONFLICT OF INTEREST/ COMMITMENT QUESTIONNAIRE

As stipulated in the Medical Staff Bylaws, all members of the Medical Staff are required to complete the Lehigh Valley Health Network (LVHN) Conflict of Interest/Commitment Questionnaire on an annual basis. This year, you are required to complete the Conflict of Interest Questionnaire by Tuesday, April 2, 2019.

Please remember, the overarching purpose of our conflict of interest policy is to protect LVHN's interest when it is entering into or contemplating a transaction or arrangement that might benefit the private interest of any individual who has a role in the decision-making process with respect to the transaction or arrangement, or who otherwise has the ability to affect the decision-making process in any manner.

In January, you received an email via your LVHN email account that included your personalized link to access the new online questionnaire.

[MORE ONLINE](#)

| FOR CARDIOVASCULAR CARE |

LVH-CEDAR CREST RECEIVES HEALTHGRADES AWARDS

Lehigh Valley Hospital (LVH)–Cedar Crest was the only hospital in our local and extended markets to receive all three of the prestigious cardiovascular-related awards in the 2019 Specialty Excellence Awards from Healthgrades: America's 50 Best Hospitals for Cardiac Surgery, America's 100 Best Hospitals for Cardiac Care and America's 100 Best Hospitals for Coronary Intervention. In addition to this being a hospital award, LVH–Cedar Crest is the flagship of the Lehigh Valley Heart Institute.

The America's 50 Best Hospitals for Cardiac Surgery Award™ recognizes hospitals for superior outcomes in heart bypass surgery and heart valve surgery. Patients who have these surgeries at these nationally recognized hospitals have a lower risk of dying.

[MORE ONLINE](#)

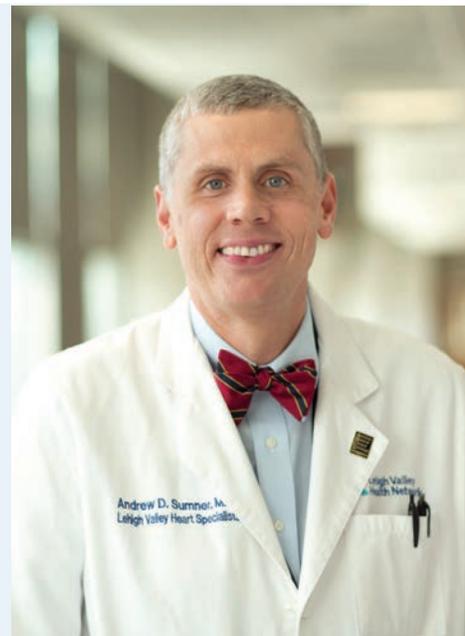
| LEADERSHIP NEWS |

ANDREW SUMNER, MD, NAMED CHIEF OF CARDIOLOGY

Andrew Sumner, MD, has been appointed as Chief of Cardiology. Sumner joined Lehigh Valley Health Network (LVHN) in 2006 from Penn State College of Medicine, where he served as Associate Professor of Medicine and Radiology. He came to LVHN as a cardiologist and director of noninvasive cardiology for the network.

For the past 10 years, he has served as practice leader of LVPG Cardiology–1250 Cedar Crest and helped oversee the practice as it has grown from 12 cardiologists and three advanced practice clinicians (APCs) to more than 35 cardiologists and 15 APCs. In 2018, he became Associate Medical Director of the Lehigh Valley Heart Institute.

[MORE ONLINE](#)



| SEMINARS, CONFERENCES AND MEETINGS |

Department of Education Conferences

Jan. 9, Jan. 25-26

Where: Locations vary.

Questions? Call 610-402-2277, option 1, or visit go.activecalendar.com/LVHN-DOE.

[MORE ONLINE](#)

Surgical Grand Rounds

Jan. 8; 7-8 a.m.

Where: LVH-Cedar Crest auditorium.

Questions? Contact Wendy.Hess@LVHN.org.

Pediatric Grand Rounds

Jan. 8, 15, 22, 29; 8-9 a.m.

Where: LVH-Cedar Crest Kasych Family Pavilion, ECC Room 6.

Questions: Contact Cari Cleffi in the Department of Pediatrics at 484-862-3131.

| PATIENT EDUCATION |

Advance Care Planning eBook: Your Life, Your Wishes

Advance health care directives (ADs) are important documents that allow people to express their wishes, preferences and instructions for their future health care. ADs allow you to pick the person who will share your wishes for care if you cannot speak for yourself.

A Lehigh Valley Health Network colleague survey conducted during the 2017 flu clinic demonstrated that only 10 percent of the population had an advance care plan and shared it with their family and health care provider.

To promote the completion of an AD, DOE Patient Education and the Advance Care Planning Committee, with support from a Dorothy Rider Pool Health Care Trust grant, created an interactive ebook to educate our colleagues and community. This ebook incorporates videos, an AD form (which can be completed online) and a survey that will collect feedback on the ebook and the user's confidence in creating an AD after using the interactive book.

This interactive ebook is available at education.lvh.com/advancecareplan/lvhn.html.

[MORE ONLINE](#)

| ON THE CALENDAR |

GLVIPA General Membership Meeting Scheduled

The next general membership meeting of the Greater Lehigh Valley Independent Practice Association will be held on Monday, Jan. 28, 2019, beginning at 6 p.m. in the Lehigh Valley Hospital (LVH)-Cedar Crest Auditorium with video conferencing to LVH-Muhlenberg, LVH-Hazleton, LVH-Pocono and LVH-Schuylkill.

For more information, contact Mary Ann Curcio, Coordinator, Greater Lehigh Valley Independent Practice Association, at 610-969-0423.

[MORE ONLINE](#)

| LIBRARY SERVICES |

Make a Research Resolution

It's a new year and perhaps you have been diligently keeping track of collecting data on a group of patients who have participated in a particular treatment. Maybe you have had a reorganization in your practice and have kept data on whether this has been an improvement. You have kept spreadsheets on this information with the idea of publishing your findings. Now is the time to begin the process of writing and submitting your article.

Where to begin? Even if you have read some articles or attended presentations on the research, it is a good idea to begin with a literature search. What have others done on this subject? You begin by going to the Library Services intranet site and check out the search engines listed under the FIND ARTICLES heading.

Once you have completed your research, it's time to select a journal in which to publish. On the Library Services intranet site, click on the Writing and Citing guide.

To ensure that you select a well-respected journal, there are two pages in the guide to assist with that decision, "Selecting a Journal for Publication" and "Finding Peer Reviewed Journals."

You also can contact one of the Medical Librarians who can assist with the process.

[MORE ONLINE](#)

| DEADLINE JAN. 20, 2019 |

Allied Health Staff Biennial Reappointment

In compliance with the regulations of the Pennsylvania Department of Health, the Medical Staff and Hospital Bylaws, the standards of the Healthcare Facilities Accreditation Program (HFAP) and The Joint Commission (TJC), each member of the hospital's Allied Health Professional staff must be reappointed a minimum of once every two years.

On Jan. 1, 2019, the biennial reappointment process was put into motion

also ONLINE

JANUARY 2019

Papers, Publications and Presentations

Your colleagues have been publishing and presenting

Who's New

Updates on Medical Staff and Allied Health Staff new appointments



Progress Notes is published monthly to inform the Medical Staff, Advanced Practice Clinicians and colleagues of LVHN about important issues.

▶ See the full version at LVHN.org/progressnotes.

Submissions

Email your materials to Rich Krisher at rkrisher@staywell.com by the 10th of each month.



when reappointment applications were made available for more than 950 members of the Allied Health Professional staff.

Directions for completing the reappointment application process are included with the application notice sent to the provider. This new reapplication process has data screens requiring the practitioner to review the current data and add or change as appropriate. The practitioner should review the directions provided to make sure all the information is completely addressed and arrangements for submission of all the required documents have been made.

The deadline to return reappointment applications is Sunday, Jan. 20, 2019.

[MORE ONLINE](#)

| SAVE THE DATES |

Upcoming LVHN Special Events

Mark your calendar for these Lehigh Valley Health Network special events coming up in the New Year:

- **May 20, 2019** – 27th Annual Golf and Tennis Classic, Saucon Valley Country Club
- **Sept. 29, 2019** – 24th Annual Nite Lites Gala, Lehigh Valley Hospital-Muhlenberg

[MORE ONLINE](#)