

THE LG EXPERIENCE

LANCASTER GENERAL HEALTH

APRIL 2021



MASSIVE 220-TON CYCLOTRON ARRIVES at Ann B. Barshinger Cancer Institute

Construction of the Proton Center at Penn Medicine Lancaster General Health's Ann B. Barshinger Cancer Institute (Cancer Institute) reached an important milestone Jan. 16 with the arrival and installation of a 220-ton cyclotron, which will be used to treat patients with advanced radiation therapy.

Delivery of the cyclotron and related essential components involved a 20-axle, 210-foot-long trailer truck to transport the unit to the Cancer Institute, and multiple heavy-duty cranes to lift and lower it in place.

Weighing as much as a 747 airliner, packed into an 18-foot-wide by 8-foot-tall space, the cyclotron is the centerpiece of the technology behind proton therapy.

The cyclotron accelerates protons (positively charged atoms) to near-light speeds, creating a beam of high

energy that delivers radiation with unprecedented accuracy. The shape, location and depth of the tumor site is first measured by the radiation team. This allows custom-designed proton beams to carefully target and destroy cancerous cells, while reducing damage to nearby healthy tissue.

Proton therapy is used to treat cancerous tumors located close to critical organs and highly sensitive areas, such as the spinal cord, heart and brain. It also provides new options for patients whose cancers can't be completely removed by surgery, or who previously received conventional radiation in the same area.

"As part of Penn Medicine — the world leader in proton therapy — LG Health physicians will integrate proton treatments with other cancer-fighting therapies offered at the Cancer Institute, including chemotherapy, immunotherapy

and molecularly targeted drugs," said **Kenneth R. Blank, MD**, medical director, Radiation Oncology, LG Health. "Precise, individualized treatments allow us to safely and effectively treat cancers with much less side effects."

Penn Medicine's groundbreaking Roberts Proton Therapy Center in Philadelphia, which opened in 2010, is the largest center in the world for both proton and conventional radiation. The state-of-the-art Proton Center in Lancaster will be Penn Medicine's second center to offer this treatment. Expected to open by Summer 2022, it will be the first and only proton therapy center in Central Pennsylvania.

"Proton therapy is only available at select centers in America. We are excited to bring this powerful treatment to patients in Lancaster, who will no longer have to travel hours for this expertise," Blank said.



CEO MESSAGE

JOHN J. HERMAN, MBA, FACHE, CEO, PENN MEDICINE LANCASTER GENERAL HEALTH

Hello everyone! In just a short time, I have learned so much about Penn Medicine Lancaster General Health, as well as the communities we serve. I am most impressed by the character of the people and the passion to provide exceptional care. It's already become quite clear to me that this is a very special place.

As we get to know each other, you will see that communication is very important to me. Here in my monthly column, and in other forums, I'll share more about me and my approach to leadership, as well as provide perspectives on what is most important for you to know as an LG Health employee.

In my first message, I'd like to tell you a little bit about myself. The most important thing for you to know is that, for me, family comes first. I want you to care for yourself and your family in the

same way...and that family includes each of us, as colleagues.

I grew up in a small town in western New York, the oldest of three children. I lived a very simple life, hunting, fishing and playing outside. As a teenager, I worked on a neighboring dairy farm, where I threw hay bales and chopped wood. My love for spending time outdoors remains strong today.

While at Canisius College in Buffalo, I had the opportunity to play football. My work ethic more than my talent allowed me to start as a strong safety for three years, which included recovering from a serious knee injury. Playing college football taught me many life lessons. I learned that much of success depends on discipline, teamwork and staying focused on our priorities.

My wife Lisa and I met at college. We got married and bought our first house within the same week. Today, we've been married 28 years, and we have two children. Our son John is pursuing a career in corporate tax accounting with hopes of practicing law, and our daughter Alex, a senior at Louisiana State University, hopes to become a clinical psychologist.

Our family owes much of our success to Lisa. She's a great mom — balancing her incredible drive with never-ending compassion. She's dedicated to our family and to her work as a vice president for a large international banking company.

I have spent almost my entire career in health care, most recently in New Orleans, Louisiana. Lisa and I are excited to settle into our new home in Lancaster.

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LG Health Leads Coalition Behind COMMUNITY VACCINATION CENTER



The Vaccinate Lancaster Coalition, led by Penn Medicine Lancaster General Health and Lancaster County Government, opened a public COVID-19 vaccination center March 10 at the site of the former Bon-Ton department store at Park City Center.

The coalition includes community partners and all four major health systems serving Lancaster County — LG Health, Penn State Health, UPMC and WellSpan Health. Rock Lititz was hired to prepare the space and handle logistics.

The center is operating seven days a week through June 30, with vaccinations given between 8 a.m. and 6 p.m., pending adequate supply. As a pilot, a limited number of shots were administered when the center opened.

The number of people vaccinated has since increased and is expected to give upwards of 6,000 per day, depending on the number of vaccines received from the Pennsylvania Department of Health (DOH). Vaccine allocations are determined and shipped by the state DOH.

Coalition leaders estimate 432,000 Lancaster County residents ages 16 and older are eligible for the vaccine. **For updates visit [VaccinateLancaster.org](https://www.vaccinate Lancaster.org).**



► The former Bon-Ton department store is now a community COVID-19 vaccination center.



► Gov. Tom Wolf gives an elbow tap to a staff member of Vaccinate Lancaster.

CEO MESSAGE

Our families still live in western New York, which is about five hours from here. We are very grateful for what we have, especially our families, and we strive to be thankful and live in the moment.

Health is important to us — both physically and mentally. I wake up early every morning and take a long walk with my yellow Labrador retriever, Maxwell. As we walk, I think about my priorities and what I hope to accomplish in the day ahead.

You won't find me sitting at home or in my office for very long. Lisa and I like to be active; we enjoy the outdoors and spending time with people. Like many of you, after a year of COVID precautions, we look forward to gathering with family and friends once again.

I'm also eager to personally meet many of you in the weeks and months ahead. If you see me around, I will normally say "hello," so please say hello back. As I begin to live my legacy at LG Health, I look forward to working alongside you in service to our patients and this very special community.

FAMILY WELLNESS CLINIC OFFERING FREE HPV VACCINATIONS

In pursuit of our mission to advance the health and well-being of the communities we serve, Penn Medicine Lancaster General Health Cervical Cancer and Prevention Program is now offering free human papillomavirus (HPV) vaccines to reduce cervical cancer incidences among uninsured and underinsured patients in our community. The vaccine, which is being offered through a grant from the United Way of Lancaster County, Women United Group, will be available to Lancaster County women ages 19–45. The three-dose vaccine series greatly reduces the risk of developing cancers caused by HPV.



"Widespread vaccination has the potential to reduce cervical cancer around the world by as much as 90 percent. However, cost and access are major barriers," said **Carin J. Molfetta, MSN, CRNP, BC**, Family Wellness Clinic, one of two LG Health nurse practitioners who organized the Cervical Cancer and Prevention Program. "At the LG Health Family Wellness Clinic, we see approximately 780 patients per year. Of these patients, 88 percent are uninsured or underinsured, and the majority of patients are women between the ages of 18 and 45."

While the typical age range for patients to receive the HPV vaccine is between 9 and 12 years old, the CDC has extended the eligible vaccination age to 45. Now, patients who did not have access to the vaccine when they were younger can be protected from HPV.

The HPV vaccine is available to women in Lancaster County who meet one of these requirements:

- Did not complete the required three doses for full vaccination
- Have been previously exposed to the HPV virus
- Are LG Health employees who also meet the above criteria

"LG Health is bettering the lives of Lancaster County women and making an impactful change by reducing the risk for cancers caused by the HPV virus. We are thankful to the United Way for supporting our fight to stop the spread of HPV and cervical cancer," said **Julie Stover, MSN, CRNP, BC**, nurse practitioner, Family Wellness Clinic and co-organizer of the program.

The Family Wellness Clinic has begun administering free vaccines and will continue until July 31. Women are encouraged to register by calling 717-544-4320 before July 1 in order to receive the full vaccination series by the end of July.

The grant provides vaccines to eligible women in Lancaster County. Men, and those who may not be included in the grant, should contact their primary-care provider to learn more about the HPV vaccine.

BreatheBetterTogether AIMS TO REDUCE READMISSIONS IN COPD PATIENTS

BreatheBetterTogether (BBT) is a transition-to-home program that aims to reduce readmissions in patients who are hospitalized for chronic obstructive pulmonary disease (COPD) exacerbations. Penn Medicine Lancaster General Health began a six-month pilot of the program in January, with 17 patients enrolled to date.

The BBT program engages high-risk COPD patients in daily at-home monitoring for early identification of symptoms that could signal a clinical decline. If symptoms are reported, the care team develops and implements interventions to keep patients safe and at home.

"COPD is the third-leading cause of death in the United States, trailing only heart disease and cancer," said **Matthew S. Pavlichko, MS, RRT-NPS**, director, Respiratory Care and Pulmonary Diagnostics. "One in five patients hospitalized with COPD is readmitted

within 30 days, although many of these readmissions may be preventable. This new program has greatly improved our readmission rate, specifically during a time when our COPD patients are at a greater risk due to the COVID-19 pandemic."

After a hospital stay, high-risk COPD patients enrolled in LG Health's BBT program receive a daily text message inquiring about their symptoms. If a patient responds that their breathing is worse, the BBT team is immediately alerted to reach out to the patient.

The Pulmonary Navigation Team who cared for the patient during their hospitalization conducts a phone evaluation and rapidly escalates unresolved issues to the appropriate provider. Personalized interventions may include adjustment of the medical regimen, reassurance and a timely follow-up evaluation in person or by phone.

The program's goal of reducing 30-day readmission rates aligns with similar efforts across LG Health. Results of the pilot have been promising so far, with two readmissions to date, for a readmission rate of 11.8 percent, compared to the typical 16 percent for COPD patients. Additional benefits of the program can include shortened length of stay, as well as enhanced patient engagement and satisfaction.

The program was initially launched at the Hospital of the University of Pennsylvania, where it significantly reduced readmissions, in addition to achieving cost savings. At LG Health, the Innovation team supports a large multidisciplinary effort involving inpatient and outpatient departments. The team expects that use of similar technology will continue to expand elsewhere in the health system.

► THE LG EXPERIENCE

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The LG Experience is published monthly for LG Health employees. Access [The LG Experience](https://www.pennmedicine.org/LGExperience) online at [PennMedicine.org/LGExperience](https://www.pennmedicine.org/LGExperience).

