1) FBI Clearance

To complete your FBI Fingerprinting Clearance

Start: Immediately

Due: Step one outlined below is due by your scheduled Enrollment Session date Items required: your demographic information; your calendar/work schedule; credit card; PC with internet access; your email inbox please

Step one is registering to be fingerprinted. Step two is going to an authorized center to be fingerprinted.

1) Visit this site: https://uenroll.identogo.com/

2) You will be asked for a code; enter 1KG756

3) Click on "Schedule or manage an appointment"

• You will fill out all of your contact information

• IMPORTANT: the next screen asks for your Employer information. DO NOT ENTER ANY INFORMATION and click "Next" at the bottom right.

• You will fill out the information for "Citizenship" and "Personal Information".

• If you had a maiden or former last name, then select "Yes" for the question "Have you ever used an alias?"

• You DO NOT have an authorization code for payment. You will be paying for this clearance on your own (\$24).

4) Continue through the remaining screens.

• When asked for an address for the clearance to be mailed to, fill out your personal address, as the clearance will come to your house.

• When asked what your ID will be that you bring to the center for fingerprinting, I expect most of you will select "Driver's License issued by a state or outlying possession of the U.S."

5) You will now be bought to the appointment section. Fill in a convenient zip code to see the locations available to you. Select a center to see the appointments available.

• Even with an appointment, I still had to wait one hour.

• If you are an out-of-state resident, you must complete the clearance in PA.

• I strongly advise you against trying the walk-in option, as most centers run behind on appointment times.

• Choose an appointment that is within the next three weeks, even if you have to travel a little further.

6) Once your appointment is set, you will receive an email with your appointment details. Forward this email to son.admissions@sluhn.org. The subject of your email should be "Fingerprinting appointment – (your last name)"

7) Go to your fingerprinting appointment with your ID and payment. The completed clearance will arrive in the mail at your house as early as one week after your appointment, or as late as one month. If its longer than one month, contact Identigo. An example of what the clearance looks like is at the end of this packet.

8) Save the original of your clearance to bring to Angela by Dec 6 (see the Final Requirements Meeting Page)

See page 11 for an example of what the completed clearance will look like when it arrives at your house.

2) - Completing your child abuse clearance

To complete your PA Child Abuse Clearance

Start: Immediately

Due: Immediately

Items required: A list of all addresses/family members you have lived with since 1975; credit card; PC with internet access; your email inbox

1) You will need to open your email, either on the PC you are working on, or on your phone.

2) Highlight this site with your mouse, right click, and choose "Go to...": https://www.compass.state.pa.us/cwis/public/home

3) Click on "Create a new account"

4) Fill out all required fields. This process should take 15 minutes.

5) When you are finished, you should receive a PDF. Hold your mouse over the document, and look for the "Save" disk.

\*If you do not receive a completed Child Abuse clearance, log out and check your account periodically over the next two weeks. If you do not receive a clearance in two weeks, contact the DPW.

6) Email the completed PDF clearance to son.admissions@sluhn.org.

See page 12 for an example of what the completed clearance will look like when you download it, or when it is mailed to your house (you have the option of requesting this)

### 3) Obtaining your health clearance

### Instructions to student for the St. Luke's School of Nursing Physical Examination form

### Start: Immediately

### Due: No later than Friday, December 6, 2019

### Length of time required: varies, average time is one month

Description: The attached forms must be completed by a qualified healthcare provider. As a nursing student, you are required to have a physical examination, document your health history, and provide proof of vaccinations. You are not permitted to attend class without the physical examination form satisfactorily completed.

### <u>Steps</u>:

- 1. Print the 7 page health packet at the end of this document.
- 2. Many students already have the required immunizations, but a healthcare provider must verify that the student has completed the following:
  - Measles, mumps, rubella (commonly referred to as MMR) most students receive during adolescence
  - Varicella (chicken pox) most students receive during adolescence
  - Tdap only administered after August 2011, many students will require
  - Influenza Many students have received from employer or individually. Bring your documentation to your appointment for the physical exam
  - Tuberculin Skin Test students working in healthcare may have this completed. Bring your documentation to your appointment for the physical exam
  - Meninogoccal Vaccine students who previously resided in a dorm may have this completed. Bring your documentation to your appointment for the physical exam
  - 3. Download the attached health history packet. Call your healthcare provider to verify immunization records are available.

3a) If your records are available...

and you will be returning to the same healthcare provider:	but you will be seeing another healthcare provider for the physical and	and you are a St. Luke's Health Network employee:	but you do not have a healthcare provider and do not have insurance:
---	---	--	--

	packet completion:		
Make an appointment for your physical and to fill out the remainder of the packet.	Request that the records be sent to the new healthcare provider. You may make an appointment for the physical, but be sure the records arrive before the appointment.	You cannot use the pre- employment physical you obtained, but you may ask for documentation of your vaccinations to take to a CareNOW facility or your primary healthcare provider.	You may call a St. Luke's CareNOW facility for the physical examination, and have the records sent to the facility. The information is at the end of this packet. You should also have a copy sent to yourself. You may make an appointment for the physical, but be sure the records arrive before the appointment.

3b) Your records are not available...

make an appointment for your physical and to have titers completed with a qualified healthcare provider. If you need a healthcare provider, please see the attached flier for the <u>St. Luke's CareNOW facilities</u> as an available option.

4. Visit your healthcare provider.

 If your healthcare provider determines that you need titers completed, which may occur even if you have your immunization records, you may have to return for a second appointment to have the provider appropriately fill out the packet. Some offices may fill out the paperwork for you once the lab results arrive without requiring a separate appointment. If you require immunizations, be prepared for multiple visits. Several
immunizations require two doses over a fixed time. (For example, the
varicella vaccine requires a minimum of 28 days before the two doses.)
Plan to visit your healthcare provider twice in order to have a completed
packet.

5. Check the packet for completion before leaving the healthcare provider's office! There are several fields that you, the student, need to fill out. If additional appointments are necessary, be sure the packet will still be completed by the deadline. Tip: If your packet is returned to you with only the original pages you printed, you are missing documentation!

6. Keep an extra copy of the titer results and the completed packet for yourself.

7. Call Angela Daniel at 484-526-3443 or email <u>son.admissions@sluhn.org</u> for a 15 minute appointment to go over the completed packet. You should not make an appointment unless your packet is complete. Your appointment with Angela must be completed no later than December 6. If Angela determines your packet is incomplete, you only have until December 13 to resubmit the completed packet.

See pages 13 through 19 for the required packet, page 20 for the CareNOW instructions, and page 21 for the CareNOW locations

4) CPR

### Instructions to student for obtaining the correct CPR certification

### Start: Register now; take a course now - December 6, 2019

### Due: No later than December 6, 2019

### <u>Time required: searching and registering for a course - one hour; full course - four hours;</u> <u>certification arrival - one week</u>

Description: As a nursing student, you are required to have the correct CPR certification that will last you the full 20 months that you are enrolled. An example of the correct card is at the end of this packet.

### <u>Steps</u>:

1. The correct certification is the American Heart Association's Basic Life Support (BLS) for Healthcare Providers or the RQI provided to St. Luke's Employees. Other forms are not acceptable, so no exceptions to this will be made.

- If you already have the AHA BLS Healthcare Providers certification, it must expire August 2021 or later. If it expires earlier than August 2021, you MUST complete a renewal course now through December 6, 2019. (This means you have to have completed the course initially in August 2019 or later.) No exceptions, even if you work at St. Luke's.

- If you have the RQI certification, it has to also last through August 2021. No exceptions.

- Visit <u>http://ahainstructornetwork.americanheart.org/AHAECC/classConnector.jsp?pid=ahaec</u> <u>c.classconnector.home</u> to find courses that run now through December 6, 2019. BE SURE TO SELECT THE CORRECT COURSE! The course is BLS Provider for first time students. This will insure that your certification will be current through your graduation date of August 2021.
- 3. A few classes will be run at the School of Nursing during November and December. I will email a flyer out on November 12<sup>th</sup> with details. Class size is limited.

Alternatively, you can search community colleges and health centers for the correct course.

4. Upon class completion, you will receive (or may have to request) a document stating that you completed the course. Keep this document.

5. Your CPR card will either be issued upon conclusion, or issued at a later date. Bring in the CPR card or email your e-card by your appointment with Angela by December 6. (See the Final Requirements Meeting page.) If you do not have the card by that date, bring in the verification that you completed the course. We will make a copy. For convenience, please try not to fold your card until we make a copy.

An example of the completed, correct card is on page 22

### 5) Uniforms

Description: Clinical rotations are completed two days per week, and students are required to wear approved uniforms from Ken Allen Uniforms ONLY (no exceptions). The total packet/instructions are included.

The following are required purchases from Ken Allen Uniforms:

- Authorized scrub top with logo
- Authorized pants
- Navy blue long-sleeved shirt for under the scrub top
  - Students with arm tattoos must purchase this shirt, no exceptions.

- Since other hoodies and cover-ups are not allowed, it is recommended that all students purchase the long-sleeved shirt for use during the colder months

The following is an optional purchase from Ken Allen Uniforms:

• Optional warm up jacket with logo

The following are other required purchases that may or may not be purchased from Ken Allen uniforms:

- White hosiery/socks
- White undergarments
- White professional shoes or all white sneakers
- Watch with secondhand
- Bandage scissors
- Pen with black ink
- Pen light
- Stethoscope (dual head, bell and diaphragm)

Start: November 11, 2019

Due: December 9, 2019

Length of time: appointments - varies, order fulfillments - up to three weeks.

Steps:

1) Please see the attached flyer from Ken Allen Uniforms for information on making appointments to obtain the tops, pants, and jacket.

2) Uniforms may not be available immediately, so it is recommended that orders be placed early.

3) The school dress code is in this packet as well.

### Pages 23 to 32 contain the packet with directions, and the school dress code

### 6) Additional health clearances posted in December

Instructions for your Drug and TB screening will be posted no later than December 10. You will have between ten days to complete the directions to obtain both your drug and TB test. Testing will occur at any of the St. Luke's CareNOW facilities before 6pm Monday - Friday, and before 12pm if done on a Saturday. This is for your information only. You cannot obtain the tests without the instructions that will be posted.

### 7) Testing accommodations

If you are requesting testing accommodations, please contact <u>son.admissions@sluhn.org</u> to obtain the required paperwork that your Doctor has to fill out during your Physical.

### 8) Textbooks

During semester 1, new students are enrolled in both Nursing 1 and 2A. The school does not have a bookstore, so you are permitted to purchase the books from any site of your choice. The textbook list will be posted shortly.

9) Final requirements meeting

Task: Scheduling an appointment with Angela Daniel to bring in your required items.

### Start: as early as November 2019

### Due: No later than December 6, 2019

### Time required: meeting will last at least 15 minutes

### Steps:

### 1) Gather the following items:

### - Your completed health history forms, completed by your healthcare provider

- Your CPR card (or your verification that you completed the correct CPR class)

- Your FBI Fingerprinting clearance and all additional sheets (blue paper that was mailed directly to your home)

- Your driver's license

- the date of your uniform appointment

- If you ever applied for a job at St. Luke's before and created a Workday account with your personal email address, you will need to bring that log-in information. Please go to www.sluhn.org/careers to recover it

2) Email <u>son.admissions@sluhn.org</u> or call Angela Daniel at 484-526-3443 to schedule a 15 minute appointment to review your paperwork no later than December 6, 2019. Failure to submit all required paperwork will result in rescission of admission offer. If you do not want to come to campus, you can scan and email all documents for me to review. If they are correct, I will email you additional directions and you can bring your originals to orientation.

3) If your paperwork is deemed unacceptable, you must complete the paperwork and make another appointment no later than December 13, 2019. Failure to submit all required paperwork will result in rescission of admission offer.

10) New Student Orientation

Task: attend the mandatory New Student Orientation.

Date: Both December 10 and December 11: 6p - 10p (I recommend arriving on campus by 5:30p to have enough time to park)

All parts of Orientation are mandatory, and attendance will be taken during each session.

Attire: The agenda will be posted a few days prior. Please, no facial piercings or exposed tattoos since the Hospital's President will be greeting you on August 28. A class photo will be taken. Do not wear your uniforms to Orientation.

What to bring: your laptop approved for ExamSoft

### 11) Submit final official transcripts

Task: Submit final official transcripts

Due: Upon completion of your final course, regardless of whether it is a prerequisite or not. If the course is a prerequisite, your unofficial transcript (grade or email from your instructor stating you got at least a "C") must be received by December 19; your official transcript must be in the office by January 3

Description: All official transcripts on file must be final, and must show completion of all prerequisites.

Please call or email us if you are unsure if we have your transcript.

12) Obtain a laptop

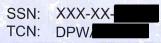
Due: January 3, 2020

All students are expected to bring a laptop that meets the requirements listed at the link below to all exams during the Nursing Education. Remember: laptops only – no phones, ipads or tablets

https://examsoft.force.com/emcommunity/s/article/Examplify-Minimum-System-Requirements







Your Federal Bureau of Investigation (FBI) fingerprint based record check has been processed in accordance with Public Law 92-544 and the Child Protective Services Law (Title 23, Pa C.S. Chapter 63). The following is the result of your federal criminal history background check as of 03/17/2016.

### NO RECORD EXISTS

**<u>RECORD EXISTS</u>**, but conviction(s) **does not prohibit hire** in a childcare position according to the Child Protective Services Law.

**RECORD EXISTS**, but no conviction(s) is shown. This **does not prohibit hire** in a childcare position according to the Child Protective Services Law.

**DISQUALIFICATION** – Record exists and contains a conviction(s) that is grounds for denying employment in a childcare position according to the Child Protective Services Law.

If you are questioning the accuracy of this response, please submit court documents to support your position. You may request a copy of your record from one year following receipt of verification by making a written request to the address listed above. Applicants are encouraged to provide this verification to the prospective employer immediately upon receipt.

Sincerely,

X

Cinde Atraham

Cindi E. Horshaw, Acting Bureau Director Bureau of Policy, Programs and Operations

> Office of Children, Youth and Families ChildLine and Abuse Registry | Criminal Verification Unit PO Box 8053 | Harrisburg, PA 17105-8053 | P 1.877.371.5422 | F 717.772.6533 | www.dhs.state.pa.us



### PENNSYLVANIA CHILD ABUSE HISTORY CERTIFICATION

and Addres:

CERTIFICATION ID: CERTIFICATION PURPOSE: VOLUNTEER VERIFICATION DATE: SOCIAL SECURITY #: XXX-XX-' DATE OF BIRTH:

The above named person has applied for a Pennsylvania Child Abuse History Certification pursuant to 23 Pa. C.S., Chapter 63 related to the Child Protective Services Law. NO RECORDS EXIST in the Pennsylvania Department of Human Services' Statewide database listing Your NAMET as a perpetrator of an Indicated or Founded report of child abuse.

Applicants are required to show the Administrator the results of their Child Abuse History Certification. Administrators are required to keep a copy of this Child Abuse History Certification on file. Any person altering the contents of this document may be subject to civil, criminal or administrative action.

> ISSUED BY Commonwealth of Pennsylvania Department of Human Services CHILDLINE AND ABUSE REGISTRY ChildLine Verification Unit P.O. Box 8170 Harrisburg, PA 17105-8170 1-877-371-5422

### ANY ALTERATION OR ERASURE VOIDS THIS DOCUMENT



CY8930 - 6/00

046390

# St. Luke's School of Nursing Diploma Program Bethlehem, Pennsylvania



### PHYSICAL EXAMINATION FORM

Form must be completed by a licensed healthcare provider after July 1, 2019.

Date of exam:

	Section I	
Name of Student:	DOE	3:
Height:	Weight:	Temp:
B.P.:	P:	R.:
Vision-Snellen: R L	Corrected with Glasses/Lenses? Ye	es No

Section II				
Physical Examination Results				
	Check if Normal	Abnormal Findings *		
A. General Appearance				
B. Skin				
C. Eyes				
D. Ears				
E. Nose				
F. Oropharynx				
G. Trachea				
H. Neck				
I. Lymph nodes				
J. Thyroid				
K. Chest				
L. Lungs				
M. Heart				
N. Abdomen				
O. Spine/back				
P. Extremities				
Q. Reflexes				

Section II (continued)
Physical Examination Results
*An explanation of any abnormal finding is required. Please use this comment section. Abnormal Finding Comments

Section III List all medications person is currently taking				
Name of MedicationConditionDosageFrequency				

	Section IV Is this person under treatment or EVER been treated for any of the following conditions? If YES, please give a brief description and treatment below Section IV.			
А.	Disease of heart, arteries, or veins; chest pain?	YES	NO	
В.	High blood pressure?	YES	NO	
C.	Cancer, tumor or polyp?	YES	NO	
D.	Diabetes?	YES	NO	
Ε.	Asthma, bronchitis, tuberculosis, or other lung disease?	YES	NO	
F.	Behavioral health disorder including, but not limited to, ADHD, anxiety, bipolar disorder, depression, personality disorder, schizophrenia?	YES	NO	

	Is this person under treatme If YES, please			ving condi	tions?
G.	Ulcers, colitis, diseases of the liver, stomach, gall bladder, or intestines?		YES	NO	
H.	Epilepsy, loss of consciousne	ess, or dizziness?		YES	NO
Ι.	Disease of the kidney, blade	der or other part of ur	inary tract?	YES	NO
J.	Any disease of the prostate Any disease of the uterus, ov		nale?	YES	NO
К.	Arthritis, gout; paralysis, defo	prmity or disease of th	e bones, muscles or joints?	YES	NO
L.	Disease of glands thyroid, pa	arathyroid, etc.		YES	NO
M.	Disease or impairment of ey	es or ears?		YES	NO
N.	Anemia, leukemia, or other	blood disease?		YES	 NO
О.	History of Hepatitis A, B, C and existence of carrier state, if any?			YES	 NO
Ρ.	History of Hepatitis A, B, C ar	nd existence of carrie	er state, if any?	YES	NO
Q.	Has this person ever been diagnosed with an alcohol and/or drug prescription or illicit. addiction?			YES	NO
•	• If yes, when?			Date:	
•	Is she/he currently under treatment?		YES	NO	
R.	Other?			YES	_ NO
S.	. Has this person ever had a surgical operation or have been observed, examined or treated in a hospital, clinic, or dispensary not revealed above?		YES	_ NO	
	**Descriptions for <u>YES</u>	answers above, use	e reverse if more space i	s required.	
D	Description of condition i.e. "e. asthma"		te and description of trea 1998, controlled with inhaler al		eeded"
Attac	ch or forward pertinent resul abnori			rdered ba	sed on the
	□ Not applicabl		Results a	Ittached	

Student Name:

	Section V	
Required immunizations		
Mumps – please place a checkmark next to the appropriate field		
Official immunization record is attached of t	wo MMR or Mumps shots, or of one MMR or Mumps booster	
Official documentation is attached of immu	nity to Mumps via titer	
Immunizations provided in this office:		
Shot 1: Was this a booster?	Shot 2:	
Date:	Date:	
Brand/manufacturer:	Brand/manufacturer:	
Site of injection:	Site of injection:	
Lot number:	Lot number:	
Expiration date:	Expiration date:	
<u>Measles (Rubeola)</u> – please	place a checkmark next to the appropriate field	
Official immunization record is attached of	two MMR or Measles shots, or of one MMR or Measles boos	
Official documentation is attached of imm	unity to Measles (Rubeola) via titer	
Immunizations provided in this office:		
Shot 1: Was this a booster?	Shot 2:	
Date:	Date:	
Brand/manufacturer:	Brand/manufacturer:	
Site of injection:	Site of injection:	
Lot number:	Lot number:	
Expiration date:	Expiration date:	
<b>Rubella</b> – please place a	a checkmark next to the appropriate field	
<u>Rubella</u> – please place a checkmark next to the appropriate field Official immunization record is attached of two MMR or Rubella shots, or of one MMR or Rubella booster		
Official documentation is attached of immunity to Rubella via titer		
Immunizations provided in this office: Shot 1: Was this a booster?	Shot 2:	
Date:	Date:	
Brand/manufacturer:		
	Brand/manufacturer:	
Site of injection:	Site of injection:	
Lot number:	Lot number:	
Expiration date:	Expiration date:	

ease place a checkmark next to the appropriate field
nfluenza vaccine administered August 2019 or later
son for not obtaining the Influenza vaccination, ns, the student must contact the school for the the student's behalf.
e a checkmark next to the appropriate field
icella shots, or of one MMR-V or Varicella booster
Varicella via titer (Required if student had the disease)
Shot 2:
Date:
Brand/manufacturer:
Site of injection:
Lot number:
Expiration date:
administered August 2011 or later
et 2011 must be repeated. The Td and Dtap ven if the Tdap was administered once.
ministered after August 2011
· · · · ·

### Section VI

### **Optional immunizations**

### Meningococcal Vaccine

Meningococcal disease can be dangerous. Students living in residence halls are more likely to develop this illness than the general population. The Pennsylvania State legislature passed the College and University Student Vaccination Act which was signed into law on June 28, 2002. This Act requires that **all students living in dormitory residences** be either vaccinated against the disease and provide proof of vaccination or sign a Waiver after being provided with information on the risks associated with meningococcal disease and the availability and the effectiveness of any vaccine.

### Please place a checkmark next to the appropriate field:

\_\_\_\_ Official immunization record is attached showing Meningococcal vaccine administered

### \_\_\_\_ Student declines vaccine, **please have student read and sign**:

I, the student, understand that I may be at increased risk of acquiring a meningococcal infection from an exposure while living in a residence hall. I understand that a meningococcal infection can result in severe illness or death. I understand that the vaccination may protect me from acquiring the meningococcal infection. I understand the risks and benefits of meningococcal vaccination. I decline to be vaccinated for meningococcal disease.

Χ\_\_\_

Student signature

### <u>Hepatitis B</u>

Three vaccines OR a titer showing immunity are encouraged for Hepatitis B unless the Declination Statement is signed below. Hepatitis B virus is a risk in the health care setting. The Hepatitis B Vaccine decreases that risk. **Please place a checkmark next to the appropriate field:** 

\_\_\_\_\_ Official immunization record is attached showing three Hepatitis B shots administered. Shots one and two must be at least 28 days apart. Shot 3 must be 16 weeks after the first shot and at least 8 weeks after the second shot.

\_\_\_\_\_ Official immunization record is attached showing at least the first Hepatitis B shot administered, and the dates of the next two appointments are indicated below. Shots one and two must be at least 28 days apart. Shot 3 must be 16 weeks after the first shot and at least 8 weeks after the second shot.

Appointment date for shot 2, if not administered:

Appointment date for shot 3:

\_ Titers results showing immunity to Hepatitis B are attached

\_ Student declines vaccine, **please have student read and sign**:

Declination: I, the student, understand that I may be at increased risk of acquiring a Hepatitis B viral infection from an exposure to blood or body fluids that contain the Hepatitis B virus. I understand that a Hepatitis B viral infection can result is severe illness or death. I understand that the vaccination series will reduce my risk of acquiring a Hepatitis B infection. I have had an opportunity to ask questions and I understand the risks and benefits of immunization. I decline to be immunized against Hepatitis B at this time, but I understand that I may elect to receive the vaccination series at any time in the future, if I am working in a position at increased risk of exposure to the Hepatitis B virus.

X\_\_\_\_\_Student signature

### Section VII Certification

In addition to academic achievement, students must have the physical and emotional health necessary to fulfill the objectives of the nursing program. A Student Health Program is offered in an effort to maintain optimum wellness. Nursing students who have restrictions due to physical or behavioral health conditions and are under the care of a physician must update the School as to these restrictions on an annual basis or when the health status of the student changes. Written clearance from the healthcare provider is required to attend the clinical components of the curriculum.

Name and credentials of provider completing exam/paperwork (please print):

Signature of provider completing exam:

Please fill out the following. A stamp or business card containing the information below is also acceptable.

Provider's office/practice:

Address of office/practice:

Phone number to contact for additional questions/clarifications:



### Don't have insurance? We are happy to offer St. Luke's School of Nursing students the following services by appointment: Physical \$50.00 Mumps, Measles, Rubella and Varicella titers \$25.00 each 3-shot series Hep B \$70 per shot Tdap: \$50

Varicella is not administered at this site

Total cost \$410.00 for all items

- These rates are ONLY for St. Luke's School of Nursing students, so please mention you are starting the nursing program in January when scheduling your appointment. To schedule an appointment, please call 484-526-2233.
- Students must bring a printed copy of the "2020 SON health history packet" to the appointment, as the CareNOW sites do not have copies.
- IMPORTANT: if you have items to be listed on pages 1 3 of the packet (medications, previous health conditions, etc.), its is recommended that you do not utilize this option. If you must, it is imperative that you bring records from your Primary Car office.
- If you have immunization records, be sure to bring copies! This can save time and money!

# LOCATIONS ARE LISTED ON PAGE TWO OF THIS DOCUMENT





# St. Luke's Occupational Medicine

Location Guide – Pennsylvania & New Jersey

# Pennsylvania

### ALLENTOWN

St. Luke's Care Now – Allentown St. Luke's West End Medical Center

501 Cetronia Rd Suite 105 Allentown, PA 18104 484-426-2513

Mon. – Fri. 7:30 am to 10:30 pm Sat. – Sun. 8 am to 8 pm

### **BETHLEHEM**

**St. Luke's Care** *Now* – **Bethlehem** St. Luke's North

153 Brodhead Road Bethlehem, PA 18017 484-526-3223

Mon. – Fri. 7:30 am to 10:30 pm Sat. – Sun. 8 am to 8 pm

### BRODHEADSVILLE

St. Luke's Care Now – Brodheadsville St. Luke's Health Center – Brodheadsville

111 Route 715 Suite 102 Brodheadsville, PA 18322 272-212-0420

Mon. – Fri. 8 am to 8 pm Sat. – Sun. – 8 am to 4 pm

### **CENTER VALLEY**

### St. Luke's Care Now – Center Valley St. Luke's Center Valley Health Center

5445 Lanark Road Center Valley, PA 18034 484-526-5750

Mon. – Fri. 8 am to 8 pm Sat. – Sun. 8 am to 4 pm

### FORKS Opening 12/17!

### St. Luke's Care Now – Forks

2003 Sullivan Trail Easton, PA 18040 484-503-6470

Mon. – Fri. 8 am to 8 pm Sat. – Sun. 8 am to 4 pm

# HAMBURG

### **St. Luke's Care Now – Hamburg** St. Luke's Health Center – Hamburg

9 Dave's Way Hamburg, PA 19526 610-628-7200

Mon. – Fri. 8 am to 8 pm Sat. – Sun. 8 am to 4 pm

### **JIM THORPE**

### St. Luke's Care Now – Jim Thorpe

1104 North Street Jim Thorpe, PA 18229 570-325-2400

Mon. - Fri. 8 am to 4 pm

### **LEHIGHTON**

# **St. Luke's Care** *Now* – Lehighton St. Luke's Health Center – Lehighton

575 South 9th Street Lehighton, PA 18235 570-645-1000

Mon. – Fri. 8 am to 8 pm Sat. – Sun. 8 am to 8 pm

### NEW RINGGOLD

### St. Luke's Care *Now* – West Penn

2092 West Penn Pike New Ringgold, PA 17960 570-645-1520

Mon. – Fri. 8 am to 6 pm Sat. 8 am to 4 pm

### PENNSBURG

St. Luke's Care Now – Upper Perkiomen St. Luke's Upper Perkiomen Outpatient Center

2793 Geryville Pike Pennsburg, PA 18073 267-424-8005

Mon. – Fri. 8 am to 8 pm Sat. 8 am to 4 pm

### QUAKERTOWN

### St. Luke's Care *Now* – Quakertown

157 S. West End Blvd. Quakertown, PA 18951 215-538-4930

Mon. – Fri. 8 am to 8 pm Sat. – Sun. 8 am to 8 pm

Students: call 484-526-2233 to schedule 484-526-3460 • OCCMED.SLUHN.ORG **STROUDSBURG** 

St. Luke's Monroe Campus – Medical Office Building

200 St. Luke's Lane Suite 201 Stroudsburg, PA 18360 272-212-1024

Mon. - Fri. 8 am to 4 pm

### WHITEHALL

### St. Luke's Care Now – Whitehall

2402 MacArthur Road Whitehall, PA 18052 484-426-2026

Mon. – Fri. – 8 am to 8 pm Sat. – Sun 8 am to 8 pm

### WIND GAP

### St. Luke's Care Now – Wind Gap St. Luke's Wind Gap Medical Center

487 East Moorestown Rd Suite 103 Wind Gap, PA 18091 484-526-7850

Mon. – Fri. 7:30 am to 10:30 pm Sat. – Sun. 8 am to 8 pm

# **New Jersey**

### BELVIDERE

St. Luke's Care Now – Belvidere St. Luke's Health Center – Belvidere

187 County Route 519 Belvidere, NJ 07823 908-847-3418

Mon. - Fri. 8 am to 6 pm

### **CLINTON**

### St. Luke's Care Now - Clinton

22 Wal-Mart Plaza Clinton, NJ 08809 908-847-5272

Mon. – Fri. 8 am to 8 pm Sat. – Sun. 8 am to 4 pm

### **PHILLIPSBURG**

### St. Luke's Care Now – Phillipsburg

200 Stryker Road, Suite 2 Phillipsburg, NJ 08865 908-847-1035

Mon. – Fri. 8 am to 8 pm Sat. – Sun. 8 am to 4 pm



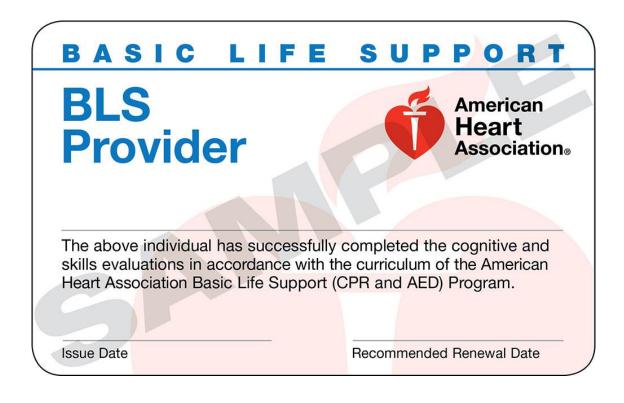
N7909/9-18

StLuke's Care Now

Here is what your CPR card MUST look like. Any other CPR certification from any other agency

cannot be accepted.

Your CPR certification MUST be valid from the start date of our program through your graduation date. The **issue date** on your card must be on or AFTER August 2019. There are no exceptions. This is to protect you from any chance of missing clinical sessions due to expired CPR certification.



# School of nursing

# **KEN ALLEN UNIFORMS**

1046 W. Hamilton St. Allentown, PA 18101 p. (610) 439-1201 | f. (610) 439-8011 customerservice@kenallenuniforms.com www.kenallenuniforms.com

# FITTINGS

All students must set an appointment for fittings. This is to ensure that each student receives complete attention from our staff. Drop-ins without appointments are heavily discouraged. Appointments may be set by phone or by email between November 11th and December 13th. Ken Allen Uniforms periodically closes for holidays and events so students are urged to call ahead for a time slot. A typical fitting takes 15–30 minutes.

Appointments may be made 10 am–4 pm Mondays, Tuesdays, Wednesdays, and Fridays; 10 am–5:00 pm on Thursdays; and 10 am–2:00 pm on Saturdays. Special exceptions may be made in extenuating circumstances. Please call the store for details.

We kindly request that students give 24 hours notice when canceling or rescheduling an appointment.

# RETURNS

Ken Allen Uniforms will accept for return or exchange any garment or product unwashed, unworn, unaltered and otherwise saleable within 30 days of receipt. **Customized garments are not eligible for return or exchange**. Damaged or defective goods may be eligible for exchange or store credit upon inspection in store; problems must be reported within 7 days of receipt.

# **UNIFORM POLICY**

The clinical uniform consists of *at minimum* one (1) approved scrub embroidered with the St. Luke's School of Nursing emblem; one (1) pair of white scrub pants. Students are encouraged to invest in two sets of scrubs for their twice-weekly clinical rotations.

# Shoes

Students are required to wear all-white enclosed shoes. Crocs, open-toed footwear, mesh sneakers, and casual shoes (e.g. flats, canvas shoes) are not permissible. Students are encouraged to wear occupational shoes, such as those produced by Nurse Mates, Dansko, and Cherokee Footwear. Backless shoes are not permissible. Students will be given the opportunity to fit and order shoes at the initial uniform fitting, and are encouraged to order or purchase from available stock as soon as possible before the start of classes.

# STUDENT DISCOUNT

All uniforms and accessories in the School of Nursing collection are set at a discounted rate for students. No additional discounts will be taken on these select garments and products.

Students may purchase additional scrubs *outside of the clinical uniform* (for work or use outside of school) at a 20% discount for the entire length of their term as a student. This discount applies to garments, shoes, and accessories; customizing is excluded from any discount.

# LADIES

# Tops

Students are required to choose AT LEAST ONE of the following:









Cherokee ww610 Ladies' Mock-Wrap Top in Navy Sizes XXS–XL **\$22.00** | 2XL–5XL **\$25.00** 

Cherokee ww620 Ladies' V-Neck Top in Navy Sizes XXS–XL **\$21.00** | 2XL–5XL **\$24.00** 

### Coordinating Pants in white:

Cherokee ww110 Ladies' Straight Leg Pull on Pant (elastic yoga waist) Sizes XXS–XL **\$18.00** | 2XL–5XL **\$20.00** Petite available XXS-3XL at same pricing Tall available XS-2XL – contact us for pricing

Cherokee ww120 Ladies' Mid Rise Moderate Flare Leg Pant (elastic waist with drawstring) Sizes XXS–XL **\$19.00** | 2XL–5XL **\$21.00** Petite available XXS-3XL at same pricing Tall available XS-2XL – contact us for pricing



Barco 71166 Ladies' V-Neck Top in Navy Sizes XXS–XL **\$27.00** | 2XL–5XL **\$30.00** 



Barco GRST001 Ladies' V-Neck Top in Navy Sizes XXS–XL **\$30.00** | 2XL–5XL **\$33.00** 



Barco GRST011 Ladies' V-Neck Top in Navy Sizes XS–XL **\$29.00** | 2XL–5XL **\$33.00** 

### Coordinating Pants in white:

Barco 4245 Ladies' Grey's Anatomy 4-pocket cargo pant with elastic waist Sizes XXS–XL **\$26.00** | 2XL–5XL **\$29.00** Petite available XXS-XL at same pricing Tall available XXS-XL – contact us for pricing

Barco 4277 Ladies' Grey's Anatomy 6-pocket modern low rise pant with elastic drawstring waist Sizes XXS–XL **\$29.00** | 2XL–5XL **\$32.00** Petite available XXS-2XL at same pricing Tall available XXS-XL – contact us for pricing

Barco GRSP510 Ladies' Grey's Anatomy 5-pocket mid rise elastic waist Sizes XXS–XL **\$29.00** | 2XL–5XL **\$32.00** Petite available XXS-2XL at same pricing Tall available XXS-XL – contact us for pricing

# **Optional Items**

These are highly suggested, but not required for students.



Cherokee ww310 Ladies' Snap Front Jacket in Navy Sizes XXS–XL **\$25.00** | 2XL–5XL **\$28.00** 



Barco 4450 Ladies' Snap Front Jacket in Navy Sizes XXS–XL **\$35.00** | 2XL–5XL **\$38.00** 



Cherokee 4881 stretch cotton long-sleeve Tee in Navy Sizes XS–XL **\$11.99** | 2XL **\$14.99** 

# MEN

# Tops

Students are required to choose AT LEAST ONE of the following:



Cherokee ww690 Men's V-Neck Top in Navy Sizes XXS–XL **\$23.00** | 2XL–5XL **\$25.00** 



Barco GRST009 Men's V-Neck Top in Navy Sizes XXS–XL **\$32.00** | 2XL–5XL **\$35.00** 

# Pants

Landau 8550 Elastic Waist Pant in White Sizes S–XL **\$22.00** | 2XL–5XL **\$25.00** Also avail. in Short S–3XL | Tall S–XL Contact us for pricing Landau 8555 Elastic Waist Cargo Pant in White Sizes S–XL **\$24.00** | 2XL–5XL **\$27.00** Also avail. in Short S–3XL | Tall M–3XL Contact us for pricing

# **Optional Item:**

This item is highly suggested, but not required for students.



Jerzees 29LS Heavyweight Blend T-shirt in Navy Sizes S–XL **\$10.50** | 2XL–3XL **\$13.50** 

ACCESSORIES

# Required (stethoscope)



Littmann Classic III Stethoscope Student Price: **\$79.99** *plus tax* 

# Colors Available:

Black Gray Navy Caribbean Blue Burgundy Ceil Blue Breast Cancer Awareness Pearl Pink Plum Lavender Turquoise

Colors subject to availability Color chart available to view in store at time of fitting. Students may choose one of the models shown or any higher grade stethoscope

# Optional (highly suggested)





5.5" Stainless Steel Bandage Scissors **\$5.60** Bright LED Penlight **\$8.95** Recommended brand: Prestige Medical\* Recommended brand: Prestige Medical\* \*brands & model may be subject to change without notice; styles may be substituted where necessary; colors shown are subject to availability





Watch showing military time **\$30–40** 

Support Socks in White \$7.19

Product shown does not reflect all products available. Prices and styles may vary. Special orders are available.

All tops and jackets are embroidered with the St. Luke's School of Nursing emblem in white on the right chest side. Only items pictured here are approved and may be purchased for use during clinicals. Rev 2-19

Students adhere to this dress code policy, which is derived from the SLUHN administrative policy and addresses dress codes specific to the School of Nursing.

Appropriate attire projects a professional image of the hospital as well as the departments and individuals. A dress code provides appropriate adherence to infection control principles and Occupational Safety and Health Administration (OSHA) and National Institute of Occupational Safety and Health (NIOSH) guidelines.

### POLICY

Students of St. Luke's School of Nursing present professional appearances to patients and the general public. Students are expected to adhere to this dress code.

- Name tags are provided at no cost and must be worn in all hospital and community areas; these areas include, but are not limited to, cafeteria, library, clinical units, community experiences, etc. All name tags must be worn above the waist on the right side of the chest. Therefore, name tags should not be on a lanyard, necklace, waist, worn on the lab coat, or on any other outer garment worn. ID Badges must be clearly visible to identify the student name to patients, visitors and employees.
- 2. Attire must be neat, clean, professional looking and of the appropriate size, not revealing cleavage, midriffs or undergarments. Spandex, leather, sheer or clinging fabrics are not acceptable.
  - Class Attire Students are to wear neat, clean, conservative, casual or professional appearing attire. Bathing suits, miniskirts, short shorts, bare midriff styles, baseball caps and bare feet are inappropriate. All buildings are air-conditioned, which should be kept in mind when dressing for class.
  - Hospital Research Attire A full-length laboratory coat worn over "class attire" (jeans not permitted), name pin and shoes with hosiery or full-cut socks must be worn when in patient areas. Sandals, beach shoes or similar style shoes are not permitted.
  - Clinical Experience Attire The School uniform is worn when having patient care assignments. The complete uniform includes: authorized polo or tunic top and pants or skirt; only the optional, authorized warm up jacket, vest, long-sleeve tee with tunic top or lab coat may be worn as part of the uniform; white hosiery/full-cut socks and white undergarments; white professional shoes or all white sneakers; a watch with a second hand or digital readout, bandage scissors, pen with black ink, pen light and stethoscope. Additionally, uniforms must be pressed; hosiery or socks must be worn at all times. Sandals, beach shoes or similar style shoes are not permitted.
  - Clinical Experience Attire in the Community Community experiences may require professional business attire in place of the School uniform. Suits, shirts, pants, skirts and dress lengths must be appropriate and in good taste. See-through or revealing clothing is not permitted. Hosiery or socks must be worn at all times. Sandals, beach shoes or similar style shoes are not permitted.
- 3. Hair must be neat and trimmed. Students must have their hair secured properly. Hairstyles chosen should not fall forward or over the face while performing job duties. Hair that exceeds collar length must be pulled back and tucked in so as not to extend beyond the collar or be secured properly off the collar. Hairstyles, hair color or make-up of an extreme nature are not acceptable. Hair decoration should be kept at a minimum, in a professional manner, and be discrete. Facial hair must be neatly trimmed; otherwise, it must be clean shaven daily.
- 4. Due to close contact with others, body odor, which is offensive to others, is not acceptable. A light cologne or perfume is acceptable. Deodorant or antiperspirant shall be worn. Personal cleanliness and good body hygiene are a must in the SLHHN environment.
- 5. For safety and sanitary reasons, no dangling earrings or excessive jewelry should be worn. Visible face and body jewelry are not permitted (i.e., nose, lip, eyebrow or tongue jewelry are not permitted). Other visible jewelry should be kept simple and limited to a wristwatch, one neck chain, one ring per hand, and no more than two small, discrete earrings in/on each ear.
- 6. Per SLUHN policy, tattooing and body art that cannot be suitably covered by clothing or other means is not permitted. (Authorized long-sleeve tee may be worn with tunic top.)
- 7. Students may not wear artificial nails. Artificial nails are defined as any material applied to the natural nail, included but not limited to plastic press-on nails, acrylic nails, acrylic nail tips, fiberglass, gels, silk wraps, nail extenders or any other additional items applied to the nail surface. Appropriate nail polish may be worn. Extremes in manicures that are deemed unprofessional by the instructor are not acceptable.
- 8. Existing safety, health, infection control codes, rules and regulations cover all other aspects of personal appearance.
- 9. Any insignia, button, pin or label worn is limited to that which identifies the students' role in School of Nursing organizations and functions. Other slogans or photos are not permitted.

**PLEASE NOTE:** This dress code is only a guideline. If either an affiliating clinical agency, or School of Nursing faculty or administrative staff suggests a more stringent interpretation of this guideline or alteration in this dress code, it is expected that students adhere to the request.

### Visiting in the Hospital

Students may visit patients in the Hospital. Students must wear street clothes when visiting friends and relatives and are expected to adhere to the policies set for Hospital visitors. No visiting is allowed in restricted areas (Psychiatric, Obstetric, Pediatric, Intensive, and Coronary Care Units) unless an authority in the restricted area grants permission.



2019 - 2020 Academic Calendar

### Fall 2019 Semester

New student orientation - Day Class of 2021SP	Wednesday, August 28
Labor Day (No classes)	Monday, September 2
Classes begin	Tuesday, September 3
Meet and greet (Day)	Friday, September 6
Promotions and Recognition - Day Class of 2020SU	Friday, September 6
Constitution Day	Tuesday, September 17
Rotation ends: N4 - 7	Wednesday, October 23
Break (No classes)	Thursday, October 24 - Friday, October 25
Rotation begins: N4 - 7	Monday, October 28
Thanksgiving holiday break (no classes)	Thursday, Nov. 28 - Friday, Nov. 29
Classes resume	Monday, December 2
NCLEX Live Review - Day Class of 2019 FA	Wednesday, Dec. 4 - Friday, Dec. 6
New student orientation - E/W Class of 2021SU	Tuesday, December 10
Graduation breakfast, rehearsal and ceremony	
for Day Class of 2019FA	Thursday, December 12
All courses complete	Friday, December 13
Grades due	Monday, December 16
Holiday break (No classes)	Tuesday, Dec. 17 - Wed., January 1

### Spring 2020 Semester

Classes begin	Thursday, January 2
Meet and greet (E/W)	Thursday, January 9
Promotions and Recognition - E/W Class of 2020FA	Thursday, January 9
Rotation ends: N4 - 7	Tuesday, February 18
Break (No classes)	Wed., February 19 - Friday, February 21
Rotation begins: N4 - 7	Monday, February 24
NCLEX Live Review - E/W Class of 2020SP	Friday, April 3 - Sunday, April 5
Graduation celebration and rehearsal	
for E/W Class of 2020SP	Monday, April 6
N8 Ends	Tuesday, April 7
Graduation ceremony - E/W Class of 2020SP	Tuesday, April 7
All courses complete	Friday, April 10
Grades due	Monday, April 13
Vacation break (no classes)	Tuesday, April 14 - Sunday, April 26
New student orientation - Day Class of 2021FA	Wednesday, April 22

### Summer 2020 semester

Classes begin	Monday, April 27	
Meet and greet (Day)	Friday, May 1	
Promotions and Recognition - Day Class of 2021SP	Friday, May 1	
Memorial Day (no classes)	Monday, May 25	
Rotation ends: N4 - 7	Tuesday, June 16	
Break (no classes)	Wed., June 17 - Friday, June 19	
Rotation begins: N4 - 7	Monday, June 22	
Independence Day holiday (no classes)	Friday, July 3	
NCLEX Live review - Day Class of 2020SU	Wed., August 5 - Friday, August 7	
Graduation celebration, rehearsal, and ceremony		
for Day Class of 2020SU	Thursday, August 13	
All courses complete	Friday, August 14	
Grades due	Monday, August 17	
Vacation break (no classes)	Tuesday, August 18 - Sunday, August 30	
New student orientation - E/W Class of 2022SP	Tuesday, August 25	

# St Luke S SCHOOL OF NURSING

2020 - 2021 Academic Calendar

### Fall 2020 Semester

Classes begin	Monday, August 31	
Labor Day (No classes)	Monday, September 7	
Meet and greet (E/W)	Tuesday, September 8	
Promotions and Recognition - E/W Class of 2021SU	Tuesday, September 8	
Constitution Day	Thursday, September 17	
Rotation ends: N4 - 7	Wednesday, October 21	
Break (No classes)	Thursday, October 22 - Friday, October 23	
Rotation begins: N4 - 7	Monday, October 26	
Thanksgiving holiday break (no classes)	Thursday, Nov. 26 - Friday, Nov. 27	
Classes resume	Monday, November 30	
NCLEX Live Review - E/W Class of 2020 FA	Friday, Dec. 4 - Sunday, Dec. 6	
Graduation breakfast, rehearsal and ceremony		
for E/W Class of 2020FA	Thursday, December 10	
All courses complete	Friday, December 11	
Grades due	Monday, December 14	
Holiday break (No classes)	Tuesday, Dec. 15 - Wed., January 3	
New student orientation - Day Class of 2022SU	Wednesday, December 16	

### Spring 2021 Semester

Classes begin	Monday, January 4	
Meet and greet (Day)	Friday, January 8	
Promotions and Recognition - Day Class of 2021FA	Friday, January 8	
Rotation ends: N4 - 7	Tuesday, February 23	
Break (No classes)	Wed., February 24 - Friday, February 26	
Rotation begins: N4 - 7	Monday, March 1	
NCLEX Live Review - Day Class of 2021SP	Wed., April 7 - Friday, April 9	
N8 Ends	Tuesday, April 13	
Graduation celebration, rehearsal and ceremony		
for Day Class of 2021SP	Thursday, April 15	
All courses complete	Friday, April 16	
Grades due	Monday, April 19	
Vacation break (no classes)	Tuesday, April 20 - Sunday, May 2	
New student orientation - E/W Class of 2022FA	Tuesday, April 20 and Thursday, April 22	

### Summer 2021 semester

Classes begin	Monday, May 3	
Meet and greet (E/W)	Tuesday, May 11	
Promotions and Recognition - E/W Class of 2022SP	Tuesday, May 11	
Memorial Day (no classes)	Monday, May 31	
Rotation ends: N4 - 7	Tuesday, June 22	
Break (no classes)	Wed., June 23 - Friday, June 25	
Rotation begins: N4 - 7	Monday, June 28	
Independence Day holiday observed (no classes)	Monday, July 5	
NCLEX Live review - E/W Class of 2021SU	Friday, August 6 - Sunday, August 8	
Graduation celebration, rehearsal, and ceremony		
for E/W Class of 2021SU	Thursday, August 12	
All courses complete	Friday, August 13	
Grades due	Monday, August 16	
Vacation break (no classes)	Tuesday, August 17 - Monday, August 30	
New student orientation - Day Class of 2023SP	Tuesday, August 25	

uploaded on 09/16/19

### <u>St. Luke's School of Nursing</u> Evening/Weekend option Clinical weekends (as of **09/16/19**, dates subject to change)

Clinical weekends (as of 09/16/19, dates subject to change)					
Class of 2020FA (April 2019 start date)	Class of 2021SU	Class of 2022SP			
2010 first somester	(January 2020 start date)	(August 2020 start date)			
2019, first semester May 11 & 12	2020, first semester	2020, first semester			
3	January 4	September 5			
May 18 & 19 June 8 & 9	January 11 & 12	September 12 & 13			
	January 25 & 26	September 26 & 27			
June 15 & 16	February 8 & 9	October 3 & 4			
June 29 & 30	February 15 & 16	October 17 & 18			
July 13 & 14	February 29 & March 1	October 31 & November 1			
July 27 & 28	March 14 & 15	November 14 & 15			
August 3	March 28 & 29	November 21 & 22			
Clinical make-up dates if needed:	Clinical make-up date if needed:	December 5			
August 4 and 10	April 4	Clinical make-up date if needed:			
2019, second semester	2020, second semester	December 6			
September 14 & 15	May 2				
September 28 & 29	May 16 & 17				
October 12 & 13	May 30 & 31				
October 19 & 20	June 6				
November 2 & 3	June 0 June 13 & 14				
November 16 & 17	June 27 & 28				
November 23 & 24	July 11 & 12				
December 7 & 8	July 25 & 26				
Clinical make-up dates if needed:	August 8				
December 14 & 15	Clinical make-up date if needed:				
2020, third semester, rotation 1	August 9				
January 11 & 12	August 7				
January 18 & 19					
February 8 & 9 Clinical make-up date if needed:					
February 16					
2020, third semester, rotation 2					
February 29 & March 1					
March 7 & 8					
March 14 & 15					
March 28 & 29					
Clinical make-up date if needed:					
April 5					
2020, fourth semester, rotation 1					
May 2 & 3					
May 16 & 17					
May 30 & 31					
June 6 & 7					
Clinical make-up date if needed:					
June 13					
2020, fourth semester, rotation 2					
June 27 & 28					
July 11 & 12					
July 25 & 26					
August 8 & 9					
Clinical make-up date if needed:					
August 15					
2020, fifth semester					
Nursing preceptorship, hours will vary					

# **NURSING STUDENTS**

**WELCOME TO** 



Performance Centers

At the St. Luke's Fitness & Sports Performance Centers, we design programs that cater to many fitness levels. Our staff of exercise physiologists, specialists and instructors will help you in designing a personal program that reflects your needs and helps you achieve your goals.

Our fitness program is anchored in science and focuses on <u>results</u> through systematic guidance from the staff.

Your Fitness & Sports Performance training begins with a scheduled fitness orientation.

## **GETTING STARTED**

Schedule an appointment in one of the centers listed below for an Orientation Session. Explain that you are a St. Luke's Hospital Nursing Student. State whether you will be living on campus in the dorm (Free Membership), or not (Employee Discount rate of \$25/month for General Fitness or \$30/month for Sports Performance).

### **ORIENTATION SESSION**

One-on-one orientation consisting of:

- Review of medical history and goal setting
- Fitness assessment and program development
- Orientation to equipment
- Review of training methodology and healthy eating nutritional concepts

### ONGOING

Staff is always available for questions and program adjustments. Ask staff about the many group exercise classes offered.

# PLEASE CALL ANY OF THESE LOCATIONS TO SCHEDULE YOUR ORIENTATION SESSION

ALLENTOWN	PHILLIPSBURG	BETHLEHEM	EASTON
<b>ST. LUKE'S WEST END</b>	<b>St. Luke's Fitness and sports</b>	<b>Commerce Way</b>	<b>St. Luke's Anderson Campus</b>
<b>MEDICAL CENTER</b>	<b>PERFORMANCE CENTER</b>	77 South Commerce Way	1700 St. Luke's Boulevard
501 Cetronia Road	755 Memorial Pkwy.	Third Floor	Medical Office Building Ground Floor
Allentown, PA 18104	Phillipsburg, NJ 08865	Bethlehem, PA 18017	Easton, PA 18045
Phone: (484) 426-2540	908-847-8833	Phone: (484) 526-3177	Phone: (484) 503-0100
HOURS	HOURS	HOURS	HOURS
Monday – Thursday	Monday – Thursday	Monday – Thursday	Monday – Thursday
5:00 AM – 10:00 PM	5:00 AM – 10:00 PM	5:30 AM – 10:00 PM	5:30 AM – 10:00 PM
Friday 5:00 AM – 8:00 PM	Friday 5:00 AM – 8:00 PM	Friday 5:30 AM – 9:00 PM	Friday 5:30 AM – 9:00 PM
Saturday & Sunday	Saturday & Sunday	Saturday & Sunday	Saturday 7:00 AM – 4:00 PM
7:00 AM – 4:00 PM	7:00 AM – 4:00 PM	7:00 AM – 4:00 PM	Sunday 9:00 AM – 4:00 PM