

# SC-HCQU View

Facilitate-Educate-Communicate



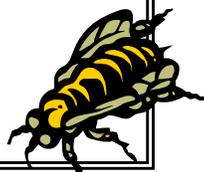
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## Anaphylaxis

At this time of year many people worry about their environmental and outdoor allergies. A severe allergic reaction causing a life threatening situation is called anaphylactic shock (anaphylaxis).

Anaphylaxis can be triggered by foods, insect stings, latex and medications and can start within minutes or days after you have come in contact with the cause. Symptoms may include: anxiety, tingling, metallic taste, swelling of the lips and tongue, hives, trouble breathing, and chest pain. It may also include vomiting, diarrhea and stomach cramps. Common food causes in adults and children are peanuts, tree nuts, shellfish and fish. These food allergens are almost impossible to completely avoid therefore you must always be prepared to treat a reaction. **Reading all food labels is crucial and wearing a medic alert bracelet is important.** If you are allergic to insect stings avoid wearing bright colored clothing when outside. Scented cosmetics such as hairspray attract insects. Avoid walking barefoot outdoors and always use insect repellent.

**If a person's reaction is severe it is important to call 911 for immediate help.** Many people who know they have severe allergic reactions carry an EpiPen which contains epinephrine that is injected into the thigh at the first sign of anaphylaxis. This drug works fast to stop swelling in the throat that can block breathing. After the administration of the medication observe the person for airway blockage and be prepared to assist to the best of your ability until the ambulance arrives. Try to stay calm and encourage the person to sit or lie down. If oxygen is available apply it to the victim, especially if trouble breathing is one on the symptoms. Monitor the person for additional signs of shock, swelling and change in pulse rate.

After the immediate danger is relieved, observation in the ER is usually a precautionary step. If the reaction is severe and difficult to resolve, admission to the hospital may be required.

It is crucial to determine the cause and be sure that those around you know what to do and how to prevent coming in contact with the allergen that can cause anaphylactic shock.

Reference: Nursing 2005, pg. 46





## Straight From the Heart ~Cholesterol Facts~

What's the big deal about cholesterol? I'm young and don't have any serious health problems. Do I need to be concerned about my cholesterol? Should I have my cholesterol checked? Yes, yes, and yes.

Everyone older than age 2 should care about cholesterol to reduce the risk of developing heart disease as an adult. Children as well as adults can improve the health of their hearts by following a low-saturated fat and low-cholesterol diet, avoiding obesity, and being physically active. There are no signs or symptoms of high blood cholesterol. Many people don't know that their cholesterol level is too high.

Saturated fat increases blood cholesterol more than anything else you eat. If you are overweight, losing weight is important for lowering cholesterol. Being physically active also helps raise HDL (good) cholesterol and lowers the LDL (bad) cholesterol, and will help you lose weight, lower your blood pressure, and improve the fitness of your heart and blood vessels.

Some causes of high cholesterol cannot be controlled, but as a risk factor can be monitored closely. We cannot control our genetic makeup, which may contribute to high blood cholesterol, but being aware of family history is important to know and inform your health practitioner. Also, age and sex impact on cholesterol levels. Starting at puberty, men have lower levels of HDL than women. As women and men get older, their LDL levels rise. Younger women have lower LDL levels than men, but after age 55, women have higher levels than men.

High blood cholesterol is diagnosed by a simple blood test called a lipoprotein profile. You will need to fast 8-12 hours before having the blood test. Your healthcare provider will review the results with you and help determine if any therapeutic lifestyle changes are necessary (diet, weight loss, activity, smoking cessation, medication).

Here are some simple steps to help reduce your risk of high cholesterol:

- Get a fasting lipoprotein profile to find out your total cholesterol, LDL, HDL, and triglyceride numbers.
- Discuss your risk for heart disease with your health care provider and take steps to reduce your risk factors.
- Participate in physical activity of moderate intensity- like brisk walking- for 30 minutes daily (you will benefit even by breaking the 30 minutes into 3- 10 minute sessions).
- Don't smoke. If you do smoke, contact your healthcare provider to discuss ways in which they can help you quit.
- Learn to read food labels and choose foods that are low in saturated fat, trans fat, and cholesterol.

Resource: <http://www.nhlbi.gov>

**A healthy heart diet emphasizes foods low in saturated fat, total fat, and cholesterol to help lower blood cholesterol. Following are some *Healthy Heart Recipes* for you to try.**

### 1-2-3 PEACH COBBLER

½ tsp. ground cinnamon	1 T. margarine	
1 T. vanilla extract	1 c. pancake mix, dry	
2 T. cornstarch	⅔ c. all-purpose flour	
2 c. peach nectar	½ c. sugar	
¼ c. pineapple juice or peach juice	⅔ c. evaporated skim milk	
2 – 16 oz. cans sliced peaches packed in juice, drained (or 1¾ lbs fresh)	nonstick cooking oil spray (for baking dish)	

Topping:  
½ tsp. nutmeg  
1 T. brown sugar

1. Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in a saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
2. Add sliced peaches to mixture.
3. Reduce heat and simmer for 5-10 minutes.
4. In another sauce pan melt margarine and set aside.
5. Lightly spray an 8-inch square glass dish with cooking oil spray. Pour hot peach mixture into the dish.
6. In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk.
7. Quickly spoon this mixture over peach mixture.
8. Combine nutmeg and brown sugar. Sprinkle mixture on top of batter.
9. Bake at 400° F for 15-20 minutes or until golden brown.
10. Cool and cut into 8 squares.

Makes 8 servings—serving size: 1 square. Calories 271; Fat 4 g; saturated fat less than 1 g; cholesterol less than 1 mg; sodium 263 mg.

## Healthy Heart Recipes – continued

### SUMMER VEGETABLE SPAGHETTI

2 c. small yellow onions, cut into eighths  
2 c. chopped, peeled, fresh, ripe tomatoes (about 1 lb.)  
2 c. thinly sliced yellow and green squash (about 1 lb.)  
1½ c. cut fresh green beans (about ½ lb.)  
⅔ c. water  
2 T. minced fresh parsley

1 clove garlic, minced  
½ tsp. chili  
¼ tsp. salt  
Black pepper to taste  
1 can (6 oz.) tomato paste  
1 lb. uncooked spaghetti  
½ c. grated parmesan cheese

1. Combine first 10 ingredients in large saucepan; cook for 10 minutes, and then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti and sprinkle parmesan cheese over top.

Yield: 9 servings—serving size: 1 cup spaghetti and ¾ cup sauce with vegetables. Calories 279; total fat 3 g; saturated fat 1 g; cholesterol 4 mg; sodium 173 mg.

### SUMMER BREEZE SMOOTHIE

1 c. yogurt, plain nonfat  
6 medium strawberries  
1 c. pineapple, crushed, canned in juice

1 medium banana  
1 tsp. vanilla extract  
4 ice cubes

1. place all ingredients in a blender and puree until smooth.
2. serve in a frosted glass.

Makes 3 servings—serving size: 1 cup. Calories 121; fat less than 1 g; saturated fat less than 1 g; cholesterol 1 mg; sodium 64 mg.



## Ease In Removing Ticks

This is an alternative method of using a tweezers to remove ticks, especially those sometimes difficult to get to between toes or in the middle of a head full of dark hair:

- Apply liquid soap to a cotton ball, until very saturated. Cover the tick with the soap-soaked cotton ball and gently swab the tick with the soap for 15-20 seconds. The tick will come out on its own and be stuck to the cotton ball when you lift it away.

This technique is much less traumatic for the patient and easier for the caregiver. Unless the individual is allergic to the soap, it is not harmful in any way.

**(Remember that any person who has been bitten by a tick should seek medical attention if signs of tick-borne illness develop).**

## Med Task Force / Performance Improvement Trainings

### Cumberland/Perry/Dauphin Co.

Dates: 8/21, 9/18, 10/16

Time: 1:00pm – 2:30pm

Site: CMU, 1100 S. Cameron St., Harrisburg

### Franklin/Fulton Co.

Dates: 8/22, 9/26, 10/24

Time: 10:00am – 11:30am

Site: Franklin/Fulton Drug & Alcohol, 2<sup>nd</sup> Street Bldg.

### Lancaster Co.

Dates: 8/28, 9/25, 10/23, 11/27

Time: 2:00pm – 3:30pm

Site: PAI, 1820 Rohrstown Rd., Lancaster

### Lebanon Co.

Dates: 8/10 (10:00am), 9/14 (1:00pm)

Site: Lebanon Co. MH/MR, 220 E. Lehman St.  
Lebanon

### York/Adams Co.

Off for the summer.

**Save the Date!**



## South Central HCQU Regional Trainings



*Trainings are free, but registration is required.*

- **Substitute Health Care Decision Making** – August 29 from 9:00 am – 3:30 pm @ Dauphin Co. CMU, 1100 S. Cameron St., Harrisburg – **Registration Deadline: August 15 before 4:00 pm**
- **Sleep Apnea** – September 25 from 10:00 am – 12:00 noon @ Annex Building, 218 N. 2<sup>nd</sup>. St., Chambersburg – **Registration Deadline: September 11 before 4:00 pm**
- **Aging & MR/DD Training Day** – September 29 from 9:00 am – 3:30 pm @ Lancaster County Public Safety Training Center, 101 Champ Blvd., Manheim – **Registration Deadline: September 15 before 4:00 pm**
- **Slips, Trips, & Falls** – October 3 from 10:00 am – 12:00 noon @ St. Josephs Church, 410 E. Simpson St., Mechanicsburg – **Registration Deadline: September 26 before 4:00 pm**

*The following trainings are co-sponsored by the*  
**York/Adams Training Network**



- **Nutrition** – August 10 from 10:00 am – 12:00 noon @ Typical Life Corp., North East Plaza, North George St. Manchester – **Registration Deadline: August 3 before 4:00 pm**
- **Intermittent Explosive Disorder & Impulse Control Disorder** – August 22 from 1:00 pm – 3:00 pm @ Typical Life Corp., North East Plaza, North George St., Manchester – **Registration Deadline: August 15 before 4:00 pm**
- **SAD & Depression in Developmentally Disabled** – September 14 from 10:00 am – 12:00 noon @ Typical Life Corp., North East Plaza, North George St., Manchester – **Registration Deadline: September 7 before 4:00 pm**
- **Respiratory Complications & Allergies** – September 26 from 1:00 pm – 3:00 pm @ Bell Socialization Services, 160 S. George St., York – **Registration Deadline: September 19 before 4:00 pm**



*The following trainings are co-sponsored by the*  
**Lebanon Education Network (LEN)**  
**(LEN Providers Only)**

- **Observation, Reporting and Documentation** – August 24 from 10:00 am - 12:00 noon @ Lebanon Community Library, 125 N. 7<sup>th</sup> St., Lebanon – **Registration Deadline: August 17 before 4:00 pm**

***Unfortunately, we are unable to accommodate registrations after the deadline.***

*For more information call Cherie Adkins at 717-909-3858 and  
leave a message re: registration, questions, etc.  
Listen to prompts on this phone line regarding trainings that are full,  
as well as cancellations due to weather.*

# August

## National Health Awareness Month



### Cataract Awareness Month

[eyemd@aao.org](mailto:eyemd@aao.org)  
[www.aao.org](http://www.aao.org)

### National Immunization Awareness Month

[npi@hmb.org](mailto:npi@hmb.org)  
[www.partnersforimmunization.org](http://www.partnersforimmunization.org)

### Psoriasis Awareness Month

[getinfo@psoriasis.org](mailto:getinfo@psoriasis.org)  
[www.psoriasis.org](http://www.psoriasis.org)

### Spinal Muscular Atrophy Awareness Month

[sma@fsma.org](mailto:sma@fsma.org)  
[www.fsma.org](http://www.fsma.org)

# HEALTH ALERT



Office of Mental Retardation  
Office of the Medical Director

JULY 10, 2006

## POISON PREVENTION AND TOXIC HOUSEHOLD SUBSTANCES

### What is a poison?

A poison is something that can make you sick or kill you if you eat, touch or breathe it in. Even some helpful products can be dangerous if used in the wrong way. Common household items that can harm people are cleaning products (like floor or drain cleaners), personal hygiene items (like mouthwash or bath products), car fluids, gardening chemicals, and even medications. Some house plants may also be toxic.

### When do poisonings occur?

Most poisonings (more than 70%) occur when the product is being used. For example, things like floor cleaning products are more likely to be drunk during the time that the floor is being cleaned than they are when locked or sitting in a cabinet.

### Who is at risk for ingesting poisons?

Anyone that doesn't understand the difference between something that you can and cannot eat is at risk for drinking or eating a poison. In addition there are individuals that may compulsively drink or eat anything that they come across. They are also at risk for poisoning.

### How do I protect people from accidentally drinking or eating a potentially toxic product?

Part of each person's Individual Support Plan (ISP) should be to identify whether or not they know the difference between something that is edible and something that is not. If they are unable to do this, then all toxic products should be kept locked. The following strategies may also be helpful to prevent accidental poisonings.

- If you are using a toxic product, then the bottle should be put back into the cabinet and locked once you have finished preparing it for use or using it.
- If you are using a toxic product directly from the bottle, you should keep the bottle with you when it is out of the locked container.
- Keeping only a small amount of a toxic product such as personal hygiene items in a container at a time also helps to decrease the potential dose that would harm someone if they did ingest it.
- Keep toxic items out of sight.
- Use child-resistant containers/caps when available which serve to delay someone getting into the bottle or container.
- Keep household products in their original containers. Do not put them into old food containers.
- Never store products in an unlabeled container. If the label comes off or becomes unreadable, relabel or replace the original container as soon as possible. You need to be able to identify what is in that container, what the ingredients are, and the instructions for use.
- Use stickers to label poisonous products. Teach people to recognize these stickers and avoid them.
- Never leave any of these products unattended at any time if there is someone in the home that might eat or drink them.

### What do I do if someone drinks a household product like one of those listed above?

Call the Poison Control Center (phone number 1-800-222-1222). Be sure to give them as much detail as you can about what happened (including an estimate of the amount that someone drank and specifically what you have done). Do not give salt, lemon juice, milk, ipecac, or any other substance unless directed by a doctor or poison control.

# Bulletin Board

## Take note!

To receive our newsletters just send your e-mail address to [mmerdman@geisinger.edu](mailto:mmerdman@geisinger.edu)

You will be placed on our e-mail list and automatically receive *The HCQU View* each month.



## Don't Forget

South Central HCQU continues to collect used cell phones. These phones will be recycled or resold and a portion of the proceeds will benefit the *National Organization On Disability (NOD)*. Just drop off old/unwanted cell phones at the HCQU office or hand them to your regional nurse.

## Remember –

If you haven't any charity in your heart, you have the worst kind of heart trouble.

~Bob Hope

South Central PA  
Health Care Quality Unit



## On-Line Training

Visit our web site and check out the SC-HCQU trainings now available on-line!

- ◆ Take a course at your convenience!
- ◆ Topics include:
  1. *Depression*
  2. *Simplifying Seizures*
  3. *De-Stress the Discharge*
  4. *Body Basics*
  5. *Basic Nutrition*
- ◆ Look for a new training topic every month.
- ◆ Log on at [www.geisinger.org/schcqu](http://www.geisinger.org/schcqu) and click on "On-Line Training".

Great opportunity for staff on night shift or staff with limited time to attend trainings.

## News Flash!!

If you would like to learn how to use the HCQU web site for **ON-LINE training**, the Lebanon Community Library is one place where you can practice your skills. The library has a computer center with internet access, and a staff person who can answer your questions and help you get started. To use their computers you need to bring your *Lebanon County Library Card or Pennsylvania Drivers License*. If you are not a resident of Lebanon County, other community libraries *may* have computers with internet access.

## Check your local library!

The Lebanon Library will be the location of the August 24th *Lebanon Education Network (LEN)* training "Observation, Reporting and Documentation" at 10:00 am. Immediately after the training would be a great time to take advantage of the opportunity to get on-line and discover another way to learn.

Remember our South Central HCQU web address:  
[www.geisinger.org/schcqu](http://www.geisinger.org/schcqu)



Please be sure to fill in your name and complete address. "Certificates of Completion" are mailed out according to the information you enter at the on-line training site.