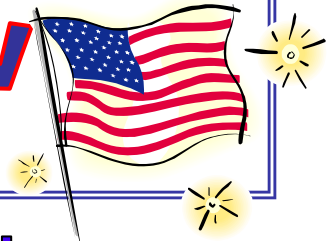


# SC-HCQU View

Facilitate-Educate-Communicate



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## Decrease Summer Risks

While summertime is the perfect time to participate in recreational activities and to increase physical activity, people with developmental disabilities are at greater risk for heat-related conditions because of medications, inability to control hydration, and lack of safety awareness. Signs of heat stroke or dehydration may be overlooked or confused with general mental status. Early signs of heat stroke include: nausea, vomiting, headache, weakness, altered mental state (confusion, aggressiveness, incoherent rambling), red skin with no sweating, rapid pulse, or fever during hot weather. At the first sign of overheating, move the person to the shade, and bathe in cool water. Seek medical attention immediately.

Remember these precautions to decrease summer risks:

- \* Know what medications can cause increased sensitivity to the sun (photosensitivity).
- \* Know skin cancer risks. Use sunscreen (with an SPF of 15 or higher). Reapply every 2 hours or after swimming or sweating. Hats (with a 3-inch brim or bill facing forward) and long-sleeved clothing can block the sun's harmful rays.
- \* Provide sunglasses that block 90-100% of ultraviolet rays.
- \* Ensure adequate hydration. Most people require about 8 glasses of water per day during hot weather.
- \* Use insect repellent. Be aware of people with allergies to insect bites.
- \* Provide adequate shade and ventilation.
- \* Don't leave anyone in a car or van! It can take as little as 10 minutes for the temperature inside the car to rise to a level that can kill a person, even with a window open. Use air conditioning even when people are getting in and out of the vehicle.
- \* Ensure that a physical examination is conducted before a person begins a new exercise or sports program.
- \* Provide supervision when using an outdoor grill, at or near a swimming pool, or in a car, bus or van.
- \* Plan indoor activities during periods of high heat and humidity. Those most at risk for heat-related illnesses include the elderly, very young people, those who are in poor physical condition, take medications that inhibit perspiration or increase fluid loss, or have poor fluid intake.

If you are going on an outing remember to take these essentials:

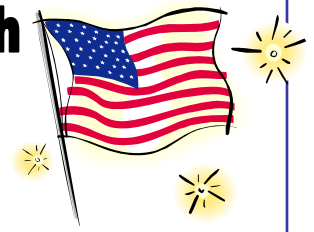
- ✓ Water
- ✓ First aid kit
- ✓ Sun screen
- ✓ Hats
- ✓ Emergency medications
- ✓ Cell phone

Have a safe and happy summer!

Resource: *The Safety Net*, Volume 2, Issue 2<sup>nd</sup> quarter 2002

# July

## National Health Awareness Month



International Group B Strep Awareness Month

[info@thejessecause.org](mailto:info@thejessecause.org)

[www.thejessecause.org](http://www.thejessecause.org)

UV Safety Month

[eyemd@aao.org](mailto:eyemd@aao.org)

[www.aao.org](http://www.aao.org)

### Physical Activity and Developmental Disabilities

Recent studies have shown that due to lack of physical activity many persons with developmental disabilities have heart and lung functioning of people 20 to 30 years older than their actual chronological age. Encouraging physical activity can help improve health and self-esteem and provide enjoyable social outlets. There are, however some things that one should consider when planning physical activities for persons with developmental disabilities.

#### **Individuals with Asthma and Respiratory conditions**

- \* Avoid potential irritants (grass, dust, allergens, smog, ozone, etc.). Due to the possibility of high ozone levels people who have a poor respiratory system should watch for advisories and limit time outdoors to times when air quality is best.

#### **Individuals with Cerebral Palsy**

- \* Monitor activities, being cautious not to fatigue the person.
- \* Allow extra space to accommodate balance difficulties and involuntary muscle spasms.
- \* Provide relaxation activities to decrease involuntary muscle movements.

#### **Individuals with Diabetes**

- \* Keep activities similar in duration and intensity.
- \* If activities are longer than usual, encourage a snack break.
- \* Be cautious of any skin damage (particularly to the foot area).
- \* Keep a piece of candy or packet of sugar handy.



#### **Individuals with Down Syndrome**

- \* Be aware that the person may have poor balance or fear of balance activities
- \* Check medical records for congenital heart conditions or atlanto-axial instability (a misalignment of the top two vertebrae of the neck).
- \* If the individual has atlanto-axial instability, avoid activities that hyperextend or put pressure on the neck (i.e., gymnastics, diving, "heading" in soccer, collision sports).

#### **Individuals with Spina Bifida**

- \* Watch for skin damage and pressure sores.
- \* Be aware of a loss of injury sensation, particularly in the lower extremities.

#### **Individuals with Visual Impairment**

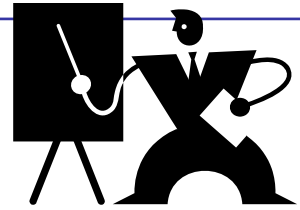
- \* Avoid activities that could result in blows to the head.
- \* Use sound devices or bright multicolored equipment.
- \* If the individual wears glasses, wear safety glasses for protection.
- \* For individuals with glaucoma, avoid weight lifting activities.



Resource: *The Safety Net*, Vol. 2, Issue 2<sup>nd</sup> Quarter 2002

## South Central HCQU Regional Trainings

*Trainings are free, but registration is required.*



- **Cancers of the Reproductive System** – July 25 from 10:00 am – 12:00 noon @ Lancaster County Public Safety Training Center, 101 Champ Blvd., Manheim – **Registration Deadline: July 18 before 4:00 pm**
- **Substitute Health Care Decision Making** – August 29 from 9:00 am – 3:30 pm @ Dauphin County CMU, 1100 S. Cameron St., Harrisburg – **Registration Deadline: August 15 before 4:00 pm**

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

- **Sexuality and Social Skills** – July 13 from 10:00 am – 12:00 noon @ Typical Life Corp., North East Plaza, North George St., Manchester – **Registration Deadline: July 6 before 4:00 pm**
- **Seizures & Epilepsy** – July 25 from 1:00 pm – 3:00 pm @ Bell Socialization Services, 160 S. George St., York – **Registration Deadline: July 18 before 4:00 pm**
- **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 @ Bell Socialization Services, 160 S. George St., York – **Registration Deadline: August 15 before 4:00 pm**



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

- **Healthy Diets: What You Need to Know** – July 27 from 1:00 pm – 3:00 pm @ Lebanon Co. Penn State Extension Service – **Registration Deadline: July 20 before 4:00 pm**
- **Observation, Reporting and Documentation** – August 24 from 10:00 am - 12:00 noon @ Community Services Group, 512 South 8<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.*

**There are also training opportunities through  
Riverside Professional Development, LLC**

Office: P.O. Box 1835 ~ Harrisburg, PA 17105-1835 ~ Phone (717)-561-1855 ~ Fax (717)-561-1089  
*All trainings held at Super Giant Center, 32<sup>nd</sup> St. and Trindle Rd., Camphill  
or Hemlock Girl Scout Council, 350 Hale Ave., Harrisburg*

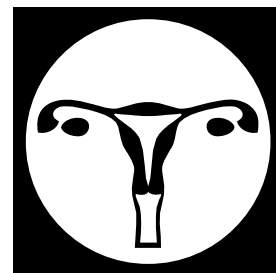
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**Lancaster County MH/MR**

provides staff training opportunities covering a variety of topics including those addressing Self-Determination, Community Support Program, and Grammar/Writing. Many (but not all) of these training are free. For more information, please contact Sandi Hampton at [hamptons@co.lancaster.pa.us](mailto:hamptons@co.lancaster.pa.us) or 717-299-8038.

# The Challenge of Ovarian Cancer

Silence is not golden when it comes to ovarian cancer, commonly referred to as the “silent disease.” It is estimated that 20,180 new cases will be diagnosed and 15,310 deaths due to ovarian cancer will occur in 2006. More women die each year from ovarian cancer than from cervical and endometrial cancer combined. It is the sixth most common cancer (other than skin cancer) in women, and ranks fifth as the cause of cancer death in women. Screening for early detection has not been proven effective, leading to diagnosis in advanced stage, and often involving spread to the abdomen and other nearby organs. However, several potential screening methods are being tested, including ultrasound and the measurement of tumor markers such as CA125.



There are several factors associated with a **decreased risk** which include:

- ◆ Using oral contraceptives,
- ◆ Having and breastfeeding children
- ◆ Having a bilateral tubal ligation (tubes tied as a means of birth control)
- ◆ Hysterectomy
- ◆ Preventive oophorectomy (surgical removal of the ovary)

On the other hand, there are several factors that have been associated with an **increased risk** in developing ovarian cancer which are:

- ◆ Post-menopausal hormone replacement therapy
- ◆ Infertility treatment
- ◆ Long term talc powder usage to the perineum
- ◆ Obesity, high BMI (body mass index) during adolescence
- ◆ Close relatives (mother, daughter, sister) who have had the disease
- ◆ Having had breast, endometrial, or colon cancer

Generally the disease has no symptoms, which is why it is called the “silent disease.” Symptoms are oftentimes vague, but as they persist, women complain of pelvic pressure, back pain, abdominal swelling, digestive problems, and abnormal vaginal bleeding.

**A yearly pelvic examination offers the best chance of early detection and cure.** 25% to 50% of women with ovarian cancer survive at least 5 years after treatment. Specific treatment varies depending on the stage of the disease, the type of cancer cell and the patient’s age. Treatment includes surgery to remove the cancerous ovary and other affected areas, with the hope to remove as many cancer cells as possible. Chemotherapy is offered after surgery with radiation used less often. The prognosis is related closely to the stage of the disease when it is first diagnosed and with aggressive treatment, the long-term survival rate is improving.

If you haven’t scheduled your annual gynecological examination, yet,  
**do it today!**

[www.cancer.gov/cancertopic/](http://www.cancer.gov/cancertopic/) (for health professional)

[www.cdc.gov/cancer/ovarian](http://www.cdc.gov/cancer/ovarian)

This Lebanon Education Network (LEN) training is open to all providers, families, and individuals interested in learning more about balanced nutrition. If you are interested in attending this training just follow the registration directions below.



South Central HCQU & Lebanon Education Network  
Present



# Healthy Diets...

## What you need to Know!

Speaker: Kathleen Jaczynski, RN  
South Central PA HCQU



### Registration:

- There is no cost to participate
- Register via e-mail at [csadkins@geisinger.edu](mailto:csadkins@geisinger.edu)  
OR Fax @ (717) 909-3852  
OR Phone @ (717)909-3858
- Include your name, job title, and phone number, plus your agency and county affiliation
- **Registration deadline:**  
**July 20, 2006 before 4:00 pm**  
**Sorry, no exceptions!**

## July 27, 2006

1:00 pm – 3:00 pm

**PSU Extension Office**  
**Lebanon Valley Ag Center**

2120 Cornwall Rd., Suite 1  
Lebanon, PA  
(717) 270-4391  
Ext. 101

This training addresses balanced nutrition, healthy snacks, and “good” desserts, as well as understanding food labels – all with an emphasis on foods low in fat, cholesterol, and sugar. The role of physical activity in one’s overall health will also be discussed.

### Special Instructions:

This training is co-sponsored by the Lebanon Education Network. Training credit will be given only to those who attend the entire training. **Please note: your registration is not completed until you have received written confirmation.**

**Cancellation information:** Call 717-909-3858 and listen to prompt.

### Directions:

From points north of Lebanon: Take Rt. 72-S (10<sup>th</sup> St.) through Lebanon; continue past the K-Mart Shopping Center. Turn left onto Rocherty Rd., then right onto Cornwall Rd. The Lebanon Valley Ag Center is on the left (a 1-story red brick building with shutters); park in front.

From points south of Lebanon: Take Rt. 72-N. Turn right onto Rocherty Rd.; follow as above

From Points west of Lebanon: Take Rt. 322-E. turn left onto W. Main St. (Rt. 419), and then left onto Quentin Rd. (Rt. 72). Turn right onto Rocherty Rd.; follow as above.

# 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 –

When you come to the end of your rope, tie a knot and hang on.

~Franklin D. Roosevelt

## Med Task Force – Save the Dates

### Cumberland/Perry/Dauphin Co.

Dates: 7/17, 8/21, 9/18, 10/16

Time: 1:00pm – 2:30pm

Site: CMU, 1100 S. Cameron St.  
Harrisburg

### Lebanon Co.

Dates: 8/10 (10:00am)

9/14 (1:00pm)

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

### Franklin/Fulton Co.

Dates: 7/25, 8/22, 9/26, 10/24

Time: 10:00am – 11:30am

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

### York/Adams Co.

Off for the summer.

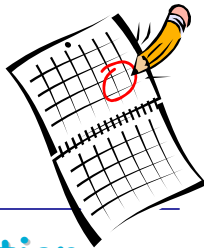
Starting again 9/21 @ 1:00pm

### Lancaster Co.

Dates: 7/24, 8/28, 9/25, 10/23, 11/27

Time: 2:00pm – 3:30pm

Site: PAI, 1820 Rohrstown Rd.  
Lancaster



## Operation Hydration

For several weeks through July and August the HCQU staff will be circulating throughout our 9 county area conducting “**Healthy Hydration**” trainings for consumers. The trainings will emphasize the health benefits of water, proper hydration, identifying dehydration, and the downside of too many sugary drinks.



Your body needs good hydration to work well!

**Do you drink enough water?**

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.