

SC-HCQU View

Facilitate-Educate-Communicate



In This Issue

- Bulletin Board 6
- Fire Facts 5
- Don't Squash The Squash 4
- Med Task Force Dates . . 6
- National Health Awareness Month 2
- On-Line Trainings 6
- Positive Practices Resource Team 2
- Regional Trainings 3
- Take A Deep Breath 1

South Central PA HCQU
 1126 Cocoa Avenue
 Hershey, PA 17033
 Phone: 717-909-3854
 Trainings: 717-909-3858
 Fax: 717-909-3852
www.geisinger.org/schcqu

Star Long, Director
smlong@geisinger.edu

Melissa Erdman, Editor
mmerdman@geisinger.edu



TAKE A DEEP BREATH

~ Wanda Nikolaus, RN

How often do you hear someone tell you to breathe deeply? When at the doctor's, perhaps? Or do you say it to yourself when trying to maintain your cool? Perhaps you do it without thinking when you walk outside on a beautiful fall morning. Imagine how it would be if you were one of the millions of people who *can't* take a deep breath. There are chronic lung diseases that make it difficult or impossible to breathe normally.

It is estimated that 8.2% of adults residing in the United States have asthma. This is a chronic condition in which the airways narrow in response to allergens such as smoke, pollen, dust mites, animal dander or cold air. The smooth muscle of the bronchi (the branches that lead from the trachea to the lungs) go into spasm, resulting in coughing and wheezing. There are a lot of treatments available, including medications such as Singulair and Azmacort that enable individuals to keep their asthma under control.

Chronic obstructive pulmonary disease (COPD) may be caused by emphysema or chronic bronchitis. In 2004 it was estimated that 9 million Americans have chronic bronchitis. This is a persistent cough that produces sputum but isn't due to a discernable medical cause. The bronchi divide into bronchioles and the alveoli, where air exchange occurs, are at the ends of the bronchioles. In emphysema the air spaces are increased in size and the alveolar walls are destroyed. It is estimated that 3.6 million people have this progressive disease. Bronchodilators such as theophylline or Spiriva may be used for treatment. Individuals with this condition may eventually need constant oxygen in order to breathe.

Keep in mind that many of the individuals that we serve are at risk for developing dysphagia (difficult swallowing) and therefore may be aspirating their food. This can lead to repeated instances of pneumonia, a serious and potentially fatal illness.

How do we protect our lungs? The best way is to not smoke and avoid breathing second-hand smoke as well. Caution should be taken to avoid all toxic fumes and allergens as far as possible. Disposable masks can be worn as a precaution, for example, when working near sawdust, spray painting or even when cleaning a dusty room. Individuals with lung disease need to use caution when going outside on very humid or very cold days.

A healthy diet with sufficient amounts of Vitamin D could be beneficial in maintaining lung health. As winter approaches be sure to get sufficient sleep, maintain your exercise program and wash those hands so that colds and acute bronchitis can be avoided.

October is Healthy Lung month. Keep your lungs in top shape so that you can continue to take those deep breaths!

*American Lung Association, 5/06
 Estimated prevalence & Incidence of Lung Disease*

October

National Health Awareness Month



Healthy Lung Month
info@lungusa.org
www.lungusa.org

National Celiac Awareness Month
celiacs@csaceliacs.org
www.csaceliacs.org

National Dental Hygiene Month
media@adha.net
www.adha.org

National Spina Bifida Awareness Month
sbaa@sbaa.org
www.sbaa.org

Eye Injury Prevention Month
eyemd@aao.org
www.aao.org

Children's Health Month
www.childrenshealth.gov

National Depression Screening Day (5)
Info@mentalhealthscreening.org
www.mentalhealthscreening.org

Bone & Joint Decade National Awareness Week (12-20)
usbjd@usbjd.org
www.usbjd.org

National Mammography Day (20)
www.cancer.org

Halloween Safety Month
info@preventblindness.org
www.preventblindness.org

National Breast Cancer Awareness Month
nbcaminfo@yahoo.com
www.nbcam.org

Lupus Awareness Month
info@lupus.org
www.lupus.org

Rett Syndrome Awareness Month
irsa@rettsyndrome.org
www.rettsyndrome.org

National Down Syndrome Awareness Month
info@ndss.org
www.ndss.org

Hearing Aid Awareness Week (1-7)
www.ihsinfo.org

Fire Prevention Week (8-14)
public_affairs@nfpa.org
www.firepreventionweek.org

National Health Education Week (16-20)
ray@nche.org
www.nche.org

Respiratory Care Week (22-28)
marketing@aarc.org
www.aarc.org

Positive Practices Resource Team (PPRT)

In July 2006 the PA DPW initiated a partnership with OMR and the Office of Mental Health and Substance Abuse Services (OMHSAS) programs and developed the Positive Practices Resource Allocation Process (PPRAP).

The purpose of the PPRAP is to identify and develop system resources that may be dedicated to address issues pertaining to a person's behavioral health support needs.

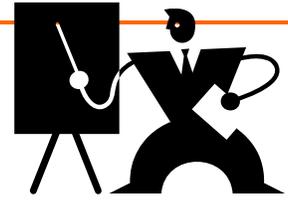
The resources include, but are not limited to staff from OMR State Centers, Central and Regional Office; OMHSAS State Hospitals, Headquarters, and Regional Office; County staff; Advocacy staff; OMR Consultant staff; Health Care Quality Units; Families; others as needed. The resources are combined to pull together a *Positive Practices Resource Team (PPRT)*.

The criteria for referral should be a person with a developmental disability who is demonstrating escalating at-risk behavioral challenges and who the support team determines may be at risk for needing enhanced levels of support not readily available or known to the team.

The process for referral is facilitated through the focused person's county of registration MH/MR County Office. For more information contact your MH/MR County Office. Positive Practice Committees meet regularly within the region and are an open forum to discuss contemporary practices and local resources available to support people with MR, who are experiencing signs and symptoms of a mental health disorder. Residential and vocational service providers and county staff are especially encouraged to attend these sessions.

Mark the date: The next Positive Practices committee meeting is scheduled for November 28, 2006 from 10am-1pm in York at Typical Life Corporation (TLC). Watch for more details in the next newsletter or call the HCQU office at 717-909-3854.

South Central HCQU Regional Trainings



All trainings are **free**, but registration is required.

- **Med Errors R3** – October 24 from 10:30 am – 12:30 pm @ East Shore Library, 4501 Ethel St., Harrisburg – **Registration Deadline: October 17 before 4:00 pm**
- **Substitute Health Care Decision Making** – October 30 from 9:00 am – 3:30 pm @ Lancaster County Public Safety Training Center, 101 Champ Blvd., Manheim – **Registration Deadline: October 16 before 4:00 pm**
- **Osteoporosis** – November 2 from 10:30 am – 12:30 pm @ East Shore Library, 4501 Ethel St., Harrisburg – **Registration Deadline: October 26 before 4:00 pm**
- **Slips, Trips & Falls** – November 2 from 1:00 pm – 3:00 pm @ East Shore Library, 4501 Ethel St., Harrisburg – **Registration Deadline: October 26 before 4:00 pm**

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



- **Common Eye Diseases and Disorders** – October 24 from 1:00 pm – 3:00 pm @ Bell Socialization Services, 160 S. George St., York – **Registration Deadline: October 17 before 4:00 pm**
- **Routine Screenings & Cerebral Palsy** – November 9 from 10:00 am – 12:00 noon @ Typical Life Corp., North East Plaza, North George St., Manchester – **Registration Deadline: November 2 before 4:00 pm**
- **Legal Competency** – November 28 from 1:00 pm – 3:00 pm @ Bell Socialization Services, 160 S. George St., York – **Registration Deadline: November 21 before 4:00 pm**



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

- **GERD** – October 26 from 10:00 am – 12:00 noon @ Lebanon Community Library, 125 N. 7th St., Lebanon – **Registration Deadline: September 19 before 4:00 pm**
- **Med Errors R3** – November 9 from 10:00 am – 12:00 noon @ St. Mark's Church 426 N. 8th St., Lebanon – **Registration Deadline: November 2 before 4:00 pm**

The following trainings are co-sponsored by the
Lancaster County Training Network
(Lancaster County Providers Only)



- **Diabetes** – October 25 from 10:00 am – 12:00 noon @ Keystone Residence, Santa Barbara Drive, Lancaster – **Registration Deadline: October 18 before 4:00 pm**
- **Obesity & Osteoporosis** – November 29 from 10:00 am – 12:00 noon @ Keystone Residence, Santa Barbara Drive, Lancaster – **Registration Deadline: November 22 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.

Remember!

- Sign-in on your agency's sheet.
- Be on time; training credit may not be given to those who come in late.
- Silence or turn off all cell phones, beepers, etc.
- Do not eat during a training (participants may bring beverages into training).
- Do not bring children to trainings.
- Do not bring consumers to trainings (unless training is specifically aimed at).
- Avoid walking in front of the speaker when entering/exiting the training room.
- Fill out the evaluation at the conclusion of each training.
- Sign-out on your agency's sheet.



Thank you!

"Don't Squash the Squash"

Are squash fruits or vegetables? If you said vegetable, you are wrong. Squash are fruits that belong to the gourd family and fall into two classifications, summer squash or winter squash.

The term "summer" and "winter" for squash are only based on current usage, not on actuality. Summer types are on the market all winter and winter types are on the market in the late summer and fall, as well as winter. The terms summer and winter are deceptive and confusing. This terminology was never meant to confuse, it just dates back to a time when the seasons were more crucial to man's survival than they are now. "Good keepers" became known as winter vegetables if they would "keep" until December. Squash come in many varieties, each with their own distinctive flavor, but all packed full of vitamins.

Winter squash come in many shapes-- round, elongated, pear-shaped and their colors range from golden yellow to brilliant orange to dark green. When purchasing a squash choose firm, well-shaped squash that are heavy for their size and have a hard, tough skin. Do not choose those that have sunken or moldy spots.

Have fun with these squash recipes, and enjoy eating towards a healthier you. Be on the lookout for other new squash recipes to try.

* * * * *

Butternut Squash Bake



- | | |
|--|---|
| 1 small butternut squash, peeled, seeded & cubed
(about 2 cups) | 1 teaspoon sugar |
| ½ cup mayonnaise | Salt and pepper to taste |
| ½ cup finely chopped onion | ¼ cup crushed saltines (about 8 crackers) |
| 1 egg, slightly beaten | 2 tablespoons grated Parmesan cheese |
| | 1 tablespoon butter or margarine, melted |

Place squash in a saucepan and cover with water; bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until very tender. Drain well and place in a large bowl; mash squash. In another bowl, combine the mayonnaise, onion, egg, sugar, salt and pepper; add to squash and mix well. Transfer to a greased 1-quart baking dish. Combine cracker crumbs, cheese and butter; sprinkle over top. Bake, uncovered at 350 degrees for 30-40 minutes or until heated through and top is golden brown. Yields 6 servings.

Beef Stew With Squash and Peas

- | | |
|--|---|
| 1½ lb. lean boneless beef chuck | 1 butternut squash (about 1 lb.) peeled
and seeded, cut into 1½-in. chunks |
| 3 large garlic cloves, minced | 1 can (14.5 oz.) reduced-sodium chicken
broth |
| 2 tsp. <i>each</i> ground cumin and paprika | ¾ c. frozen peas |
| 1 tsp. <i>each</i> ground coriander and salt | ½ c. small pimiento-stuffed green olives, halved |
| ⅛ tsp cayenne | 2 Tbs. chopped fresh cilantro |
| 3 carrots, cut into 1-in. chunks | |
| 2 large tomatoes, cut into 1-in. chunks | |

1. Trim excess fat from beef and cut into 1-in. chunks. In a large nonstick skillet, over medium-high heat, cook beef until browned, about 6 minutes. Remove skillet from heat and stir in garlic, cumin, paprika, coriander, salt and cayenne.
2. Place onion and carrot in slow cooker, Add beef mixture, then tomatoes and squash. Pour broth over top. Cover and cook on High 3 to 4 hours or on Low 6 to 8 hours until beef and vegetables are tender.
3. About 15 minutes before cooking time is up, gently stir peas and olives into beef mixture. Cover and cook on High until peas are cooked, about 10 minutes. Sprinkle with cilantro.

Resource: <http://whatscookingamerica.net>. Courtesy of Linda Stradley, cookbook author and culinary historian.

Fire Facts

Every day Americans experience the horror of fire. But most people don't understand fire. Only when we know the true nature of fire can we prepare ourselves and our families. Each year more than 4,000 Americans die and 20,000 are injured in fires, many of which could be prevented. The U.S. Fire Administration (USFA), a part of the U.S. Department of Homeland Security, believes that fire deaths can be reduced by teaching people the basic facts about fire. Below are some simple facts that explain the particular characteristics of fire.

- **FIRE IS FAST!** In 30 seconds a small flame can get completely out of control and turn into a major fire. It only takes minutes for thick black smoke to fill a house and engulf in flames. There is little time to escape. Get out!!
- **FIRE IS HOT!** A fire's heat alone can kill. Room temperature can be 100 degrees at floor level and 600 degrees at eye level. In five minutes a room can get so hot that everything in it ignites at once: this is called flashover.
- **FIRE IS DARK!** Fire isn't bright, it's pitch black. Fire starts bright, but quickly produces black smoke and complete darkness.
- **FIRE IS DEADLY!** Smoke and toxic gases kill more people than flames do. Fire uses up the oxygen you need and produces smoke and poisonous gases that kill. The odorless, colorless fumes can lull you into a deep sleep before the flames reach your door. You may not wake up in time to escape.

FIRE SAFETY TIPS:

In the event of a fire, every second counts.

1. Escape first, then call for help
2. Develop an escape plan and designate a meeting place outside.
3. Everyone in the home should know two ways to escape from every room
4. Practice feeling your way out of your home with your eyes closed.
5. Never stand up in a fire, always stay low, and keep your mouth covered.
6. Never return to a burning building: it may cost you your life.
7. Have a working smoke alarm on each level of your home, and check the batteries monthly.



Resource: www.usfa.fema.gov

Bulletin Board

Take note!

To receive our newsletters just send your e-mail address to 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 –

A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.
~Harry Truman

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*
 6. *MR: An Overview (coming in October)*
- ◆ Look for a new training topic every month.
- ◆ Log on at 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.

You don't have access to a computer or internet service at home? Check your local Library!

If your agency does not have on-line access there are hard copy training packets available. Call the HCQU office for information on how to receive the hard copy packets.

Med Task Force / Performance Improvement Trainings

Cumberland/Perry/Dauphin Co.
Dates: 10/16
Time: 1:00pm – 2:30pm
Site: CMU, 1100 S. Cameron St., Harrisburg

Franklin/Fulton Co.
Dates: 10/24
Time: 10:00am – 11:30am
Site: Keystone, 170 Mill Rd. Chambersburg

Lancaster Co.
Dates: 10/23, 11/27
Time: 2:00pm – 3:30pm
Site: PAI, 1820 Rohrerstown Rd., Lancaster

Lebanon Co.
Dates: 10/12 (10:00am)
11/9 (10:00am)
Site: Lebanon Co. MH/MR, 220 E. Lehman St.
Lebanon

York/Adams Co.
Dates: 10/19, 11/16 @ 1:00pm
Site: ARC of York

Save the Date!