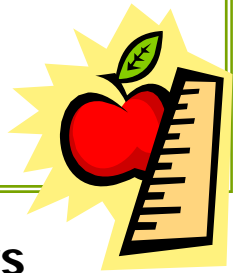


SC-HCQU View

Facilitate-Educate-Communicate



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Impulse Control Disorders

~ Cherie Adkins, RN

There are several disorders and related problems that fall under the broad diagnosis/category of "impulse control disorder" including the following:

- Kleptomania (compulsive stealing)
- Intermittent Explosive Disorder (unpredictable, aggressive behavior)
- Pyromania (compulsive, purposeful fire-setting)
- Pathological Gambling
- Trichotillomania (habitual hair-pulling)
- Paraphilia (compulsive sexual behavior)
- Compulsive eating, cell phone use, internet use, and/or shopping
- Self-mutilation/self-injurious behavior

In considering impulse control disorders, it is important to distinguish between an impulse and a compulsion. An impulse is a state of tension that does not *necessarily* (but may) involve an action while a compulsion is a state of tension that *always* involves an action of some sort. Both are repetitive in nature and can lead to addictive behaviors.

An impulse control disorder may be defined as "the failure to resist an impulsive act or behaviour [sic] that may be harmful to self or others...not premeditated or not considered in advance and one over which the individual has little or no control" (Hucker, 2005). While each of the specific disorders or problems above has unique features, there are several similarities found among them all. For example, a person with an impulse control disorder experiences recurrent failure or difficulty in resisting or controlling impulses to do a particular action, regardless of the known negative consequences to themselves or others. A person may have impulse control problems or addictive behaviors in several areas or "clusters" of behaviors. There are frequent comorbidities with disorders of mood, and/or anxiety, and/or eating, and/or substance abuse. And the acting out of the impulse often relieves or lessens anxiety.

(Continued on page 4)

September

National Health Awareness Month

Healthy Aging Month
info@healthyaging.net
www.healthyaging.net

National Cholesterol Education Month
nhlbiinfo@nhlbi.nih.gov
hin@nhlbi.nih.gov/cholmonth

National Sickle Cell Month
scdaa@sicklecelldisease.org
www.SickleCellDisease.org

Head Lice Prevention Month
npa@headlice.org
www.headlice.org

National Pain Awareness Month
www.understandingpain.org
acpa@pacbell.net

Childhood Cancer Month
info@candlelighters.org
www.candlelighters.org/septchildhoodcancermonth.stm

Leukemia & Lymphoma Awareness Month
infocenter@leukemia-lymphoma.org
www.lls.org

National Food Safety Education Month
ichuboff@nraef.org
www.nraef.org/nfsem

Ovarian Cancer Awareness Month
nocc@ovarian.org
www.ovarian.org

Prostate Cancer Awareness Month
info@pcacoalition.org
www.pcacoalition.org

Reye's Syndrome Awareness Month
nrsf@reyessyndrome.org
www.reyessyndrome.org



Med Task Force / Performance Improvement Trainings

Cumberland/Perry/Dauphin Co.
Dates: 9/18, 10/16
Time: 1:00pm – 2:30pm
Site: CMU, 1100 S. Cameron St., Harrisburg

Franklin/Fulton Co.
Dates: 9/26, 10/24
Time: 10:00am – 11:30am
Site: Franklin/Fulton Drug & Alcohol, 2nd Street Bldg.

Lancaster Co.
Dates: 9/25, 10/23, 11/27
Time: 2:00pm – 3:30pm
Site: PAI, 1820 Rohrstown Rd., Lancaster

Lebanon Co.
Dates: 9/14 (1:00pm)
Site: Lebanon Co. MH/MR, 220 E. Lehman St.
Lebanon

York/Adams Co.
Dates: 9/21
Site: ARC of York

Save the Date!

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 September)*
- ◆ 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.**

South Central HCQU Regional Trainings

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



- **Sleep Apnea** – September 25 from 10:00 am – 12:00 noon @ Annex Building, 218 N. 2nd. 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**
- **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**

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



- **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**
- **Changing Needs With Aging** – October 12 from 10:00 am-12:00 noon @ Typical Life Corp., North East Plaza, North George St., Manchester – **Registration Deadline: October 5 before 4:00 pm**
- **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**



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

- **Depression & MR/DD** – September 26 from 1:00 pm – 2:30 pm @ Lebanon Community Library 125 N. 7th St., Lebanon – **Registration Deadline: September 19 before 4:00 pm**
- **GERD** – October 26 from 10:00 am – 12:00 noon @ Lebanon Community Library, 125 N. 7th St., Lebanon – **Registration Deadline: October 19 before 4:00 pm**

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



- **Seizures** – September 27 from 10:00 am – 11:30 am @ Keystone Residence, 1891 Santa Barbara Drive, Lancaster – **Registration Deadline: September 20 before 4:00 pm**
- **Diabetes** – October 25 from 10:00 am – 12:00 noon @ Keystone Residence, 1891 Santa Barbara Drive, Lancaster – **Registration Deadline: October 18 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 trainings)
- Do not bring children to trainings.
- Do not bring consumers to trainings (unless training is a consumer training).
- 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!

Screen for Life **Colorectal Cancer**

National Colorectal Cancer Action Campaign

What is Colorectal Cancer? It is cancer that occurs in the colon (large intestine/bowel) or rectum. It is often called colon cancer for short. Colorectal cancer is the second leading cancer killer in the United States, but doesn't have to be. If everyone age 50 or older had regular screening tests, at least one-third of deaths from this cancer could be avoided.

The risk for getting colon cancer increases with age. Your risk may also be higher than average if you or a close relative have had colorectal polyps or cancer, or if you have inflammatory bowel disease. You may need more frequent screening tests than someone without these conditions. Ask your doctor when you should begin screening and how often you should be tested.

Why is screening important? Some people with colon polyps or cancer do not have symptoms. That is why having a screening test is so important. Colorectal cancer usually starts from polyps (a small growth that shouldn't be there), which over time can turn into cancer. If screening tests are performed, they can find polyps and be removed before they turn into cancer. Also, if the cancer is found early through screening, there is a good chance of being cured.

Some abnormal symptoms that warrant a check-up with the doctor include

- Blood in or on the bowel movement (stool)
- Pain, aches, or cramps in the stomach that happen a lot with no explainable cause.
- A change in bowel habits, such as having stools that are narrower than usual.
- Losing weight without a cause.

There are several different screening tests that can be used alone or in combination with each other.

- Fecal Occult Blood Test or Stool Test: stool is checked for blood (yearly)
- Flexible Sigmoidoscopy: a short, thin, flexible, lighted tube put into the rectum and lower third of the colon (every five years).
- Colonoscopy: test similar to sigmoidoscopy, but usually light sedation is used. Doctor able to check entire colon and rectum, and remove polyps and some cancers (every 10 years).

Take the important step today and schedule an appointment to discuss the risk factors with your doctor. Colorectal cancer does not have to be the second leading cancer killer in the United States!

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



Impulse Control Disorders *(continued from page 1)*

If you support an individual that you suspect may have an impulse control disorder, observe and document their behavior patterns and provide that information to their physician. Treatment for impulse control disorders are disorder/problem-specific and may include medication, psychotherapy, psychoanalysis, hypnotherapy, family therapy, and/or behavioral modification.

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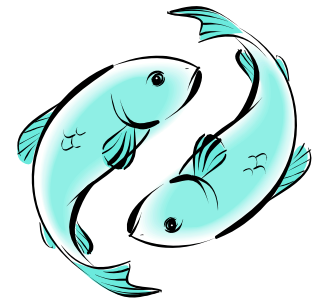
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~~Not~~ A Fisherman's Tale



Consider the Watusi, a very interesting tribe living at the headwaters of the Nile. Fish is a mainstay of their diet. The tribesmen are tall and athletic with magnificent physiques, and stand well over six feet tall. Several of the neighboring Ethiopian tribes are agriculturists with corn, beans, sweet potatoes, and other grains as their chief articles of food. Physically they are not as well built.

Each year the government of Kenya sponsors an athletic contest among the various tribes, testing their strength. One particular tribe has repeatedly won this trophy. It is a tribe that resides on the east coast of Lake Victoria and lives largely on fish. This tribe's athletes are powerful and wonderful swimmers.

In a study conducted in the Netherlands, researchers found that one serving of fish per week substantially reduces the incidence of coronary heart disease. All ocean fish are excellent sources of macro and trace minerals, particularly iodine and zinc. Our soils may be depleted of certain trace minerals, but every one we need exists in the oceans; seafood is our only sure source for obtaining them all.

Recently, many people have given up fish due to reports of mercury contamination. Mercury is a danger when eating fish from shoreline waters or from contaminated freshwaters. You don't need to be concerned about mercury levels in deep-sea fish, such as salmon, tuna and swordfish or from sole or flounder that come from clean waters, such as the North Atlantic. Farm-raised fish are best avoided.

Fish also have healing powers, found mostly in the omega-3 fatty acids. We understand scientifically that fish protect the arteries from damage, thin the blood, reduce blood triglycerides, lower LDL blood cholesterol and blood pressure, ease symptoms of rheumatoid arthritis, relieve migraine headaches, fight inflammation, help regulate the immune system, and much more. Do we need any more reasons to include more fish into our diet?

*Resources: Nourishing Traditions by Sally Fallon. New Trends Publishing, Washington, D.C. 2001
The Maker's Diet by Jordan S. Rubin. The Berkeley Publishing Group, New York 2004.*

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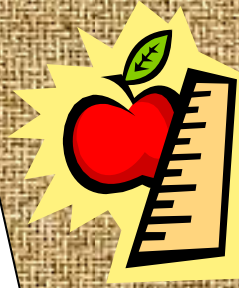
JAMBALAYA

~ a simple fish recipe ~

- | | |
|---|---|
| 1 large onion, chopped | 1 tsp. dried thyme |
| 1 medium green pepper, chopped | ½ tsp. each pepper and hot pepper sauce |
| 2 ribs of celery, chopped | Choice of cooked white fish, chopped (optional) |
| 8 oz. fully cooked smoked sausage, sliced | 12 oz peeled, de-veined cooked shrimp |
| 28 oz. diced tomatoes, un-drained | 2 Tbsp. chopped fresh parsley |
| 3 cloves garlic, chopped | |

1. Mix all ingredients except shrimp and parsley in a 3-4 qt. or larger slow cooker. Cover and cook on Low for 6-8 hours or until vegetables are tender.
2. Stir in shrimp, cover and cook 20 minutes or until cooked through. Stir in parsley.
3. Serve over rice and add hot sauce as desired.

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 –

If you think education is expensive, try ignorance.

~Attributed to both Andy McIntyre & Derek Bok

PADDNN

Healthy Outcomes: Celebrating Developmental Disability Nursing In Pennsylvania



**2nd Annual Educational Conference
October 18, 2006**

Penn Stater Conference Center
215 Innovation Blvd
State College, PA 16803



Registration Deadline: October 2, 2006

To register contact Melody Wolf, LPN
c/o Hope Enterprises, Inc., 136 Catawissa Avenue, Williamsport, PA 17701
Phone: 570-326-3745 ♦ Fax: 570-326-1258 ♦ e-mail: mwolf@heionline.org