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....and much much more!



A bi-monthly health newsletter from Medical Services

med services



current topics >>>

May is... American Stroke Month

What is a stroke?

A stroke occurs when blood flow to the brain is interrupted by a blocked or broken blood vessel. Brain cells then die and brain damage occurs.

What are symptoms of a stroke?

- Sudden weakness or numbness of face, arms or legs—especially on one side of the body
- Sudden confusion, trouble speaking, or understanding
- Sudden trouble walking, dizziness, loss of balance, or coordination

If you notice any of these signs, call medical services immediately!

Information courtesy of American Heart Association.

Fun in the Sun

Proper protection in the sun is a must!

With summer fast approaching it is extremely important that everyone use proper protection when spending time outdoors. The UV rays can reach our skin even when the sky is cloudy. Follow these tips from the CDC to remain safe in the sun!

- Always put sunscreen on 30 minutes before heading outdoors so a good layer of protection can form.
- Use a sunscreen with an SPF of 15 or higher. Also make sure it offers protection from both UVA & UVB rays.
- Wear clothing to protect exposed skin. Wear a hat with a wide brim that covers the face, head, ears, and neck. Also wear sunglasses that wrap around and block as close to 100% of UVA & UVB rays as possible.
- Seek shade, especially during midday hours as this is when the sun's rays are the strongest. The most hazardous hours for UV exposure are between 10 AM & 4 PM.
- Reapply sunscreen if staying outdoors for more than 2 hours or if you're spending time in the water.
- Remember to check expiration dates of sunscreen! If it has no expiration date, it has a shelf life of no more than 3 years. This shelf life will be shorter if exposed to high temperatures.



Proper Handwashing Techniques

Handwashing is one of the most important ways to prevent the spread of germs & illness. Follow these tips to keep your hands clean!



If you could see the germs, you'd wash your hands

Soap & Water (cont.)

- Continue rubbing your hands together for 20 seconds. Imagine singing “Happy Birthday,” twice through.
- Rinse hands well under running water.
- Dry your hands with a clean paper towel.
- Turn off the faucet with a new clean paper towel.

Soap & Water

- Wet your hands with clean running water & apply soap. Use warm water if it is available.
- Rub hands together and make a lather.
- Scrub all areas of your hands—pay special attention to your fingernails, knuckles, and in between your fingers.



Alcohol-Based Hand Sanitizer

- Always use soap & water if your hands are visibly dirty.
- Apply a quarter-sized amount of sanitizer to your hands.
- Rub your hands vigorously together until the sanitizer has dried. Remember your fingernails, knuckles, and in between your fingers!

Information courtesy of the CDC



Stay Hydrated!

Water makes up between 60-70% of the human body by weight, so it's important that we get plenty of water to keep our body functioning well.

- Drink water when you first wake up in the morning.
- Carry a water bottle with you at work or when you're away from home for a long period of time.
- Drink before you get thirsty.
- Limit caffeine and sugary beverages.
- Drink something before, during, and after exercise—especially on a hot day.

medi-aide rewind >>>

Has it been a while since you've been in medi-aide? You're not alone! Read this section to brush up on the skills & review the information you learned in medi-aide class.

Medication Storage

- Internal medication (anything the person takes by mouth) must be stored separately than any external medication.
- SDO medications should be stored separately from prescription medications.
- Refrigerated medications should be stored between 36-46 degrees Fahrenheit. If you find the refrigerator not running between those temperatures, contact medical services.
- Vials and bottles should be dated when opened and discarded within the appropriate time frame.
- If food is kept in the medication refrigerator, make sure medications are stored above the food.
- The med room/cart should be locked at all times when unattended.
- Keep the med room organized, clean, and uncluttered at all times.
- Remove any expired or discontinued medications and send into med services



10 Healthy Foods for Under \$1

Many people are on a tight budget and struggle to find healthy food items they can afford. Here are 10 healthy foods that cost less than \$1.

Information Courtesy of www.webmd.com



1. Apples
What's a serving? 1 large apple
Cost per serving: About \$1
2. Bananas
What's a serving? 1 banana
Cost per serving: About 45 cents
3. Baby Carrots (in bag)
What's a serving? About 1/2 cup
Cost per serving: 19 cents
4. Canned Beans
What's a serving? About 1/2 cup
Cost per serving: About 28 cents
5. Canned Tomatoes
What's a serving? About 1/2 cup
Cost per serving: About 28 cents
6. Oranges
What's a serving? 1 orange
Cost per serving: About 40 cents
7. Pears
What's a serving? 1 large pear
Cost per serving: About 45 cents
8. Lentils (dry)
Great for: Soups, cold bean salads, casseroles
What's a serving? 2 ounces (dry)
Cost per serving: About 45 cents
9. Pearl Barley (dry)
Great for: Soups, cold salads, casseroles
What's a serving? 2 ounces (dry)
Cost per serving: About 12 cents
10. Yogurt (plain, lowfat, or fat-free)
What's a serving? 6 or 8 oz container
Cost per serving: About 60 cents

question & answer >>>

Q: Why is it important to take all of your antibiotics the doctor has prescribed?

A: Oftentimes we begin to feel healthy shortly after starting our antibiotic treatment. It's very important, however, that you do not stop taking the antibiotics until after the prescribed time has past. Antibiotics kill bacteria, starting with the weak bacteria first. If you stop your antibiotic treatment before it is scheduled to be done, you run the risk of having the resistant bacteria multiply and create a new (and possibly stronger) infection.



Reducing Errors in the Med Room



Passing medications is a serious responsibility that cannot be taken lightly. Here are some tips & tricks to help you pass medications safely & avoid medication errors.

1. Know the date and time *before* you start passing medications.
 - Encourage your CSS to purchase a calendar to hang above the med cart. Cross off the days that have passed.
 - Hang a clock above the med cart so you always know the correct time.
2. Remember to *focus* while passing medications.
 - Let your co-workers know you are passing medications so they can help others.
 - Don't hold conversations while preparing & giving medications.
3. Be prepared!
 - Line up all the supplies you need beforehand so you don't end up searching in the middle of a med pass.
4. Get organized!
 - Are you the type that needs a list? Write down the initials of people that get meds and cross them off the list as they are completed.
 - Use the colored tabs in the med binder.
5. Ask questions.
 - Don't be afraid to ask if you don't know the answer.
 - Ask co-workers
 - Call Med Services

pop quiz...

How much did you learn? Test your knowledge!

1. You should put on sunscreen ___ minutes before heading outside.
2. Topical medications should be stored separate from ___ medications.
3. How many seconds should you wash your hands?
4. What is fear of heights called?
5. What is a serving of baby carrots?

1.) 20 minutes 2.) internal 3.) 20 seconds 4.) acrophobia 5.) 1/2 cup



June is... Scoliosis Awareness Month

What is a scoliosis?

- An abnormal curving of the spine

Who does it effect?

- Scoliosis affects infants, teenagers, and adults.

What is the treatment?

- Most people who have scoliosis do not require treatment. However, if treatment is required, it could involve a brace or spinal surgery.



coming soon >>>

In The Next Issue

Taking Care of Your Back

AFO's

Diabetes 101

...and much much more!

Stealth Health

Too busy to fit exercise into your daily schedule? Try these tips to sneak exercise into your routine and get healthier without even trying!

- Take the furthest parking spot away and get in a few extra steps between your car and the building.
- Take the stairs, skip the elevator.
- Turn housework into exercise! Mowing the lawn, scrubbing floors, and gardening are all great ways to burn some extra calories.
- Walk or stretch when you're waiting for supper to come out of the oven, your kid's activity to get done, or the laundry to finish.
- Choose the restroom stall that is furthest away.
- Does 30 minutes of cardio seem too intense? Break the 30 minutes up into three, 10-minute sessions.
- Instead of sitting in the break room for your break, take a quick walk around the building!



Just for Fun...



- Acrophobia
 - Fear of heights
- Sophophobia
 - Fear of learning
- Ichthyophobia
 - Fear of fish
- Cnidophobia
 - Fear of stings
- Aurophobia
 - Fear of gold