H1N1 Flu - UPDATE

We are experiencing our first known case of the Swine Flu. Below is the CDC’s recommendation for the management of health care personnel.

Health care personnel should not report to work if they have a febrile respiratory illness. In communities where novel H1N1 transmission is occurring, health care personnel who develop a febrile respiratory illness should be excluded from work for 7 days or until symptoms have resolved, whichever is longer.

In communities where novel H1N1 transmission is not occurring, health care personnel who develop febrile respiratory illness and have not been in areas of the facility where swine influenza patients are present should follow facility guidelines on returning to work.

We should also inform clients for whom the employee has worked and have them monitor members of the household for fever and/or cold like symptoms and have them report any significant findings to their M.D.§

Effective May 27th, the employee referral bonus has been rolled back to $100 after 40 hours worked. For more details, please refer to your employee handbook page 16. If you have any questions, please feel free to contact HR at hr@ahhc-1.com.
TO: AMERICAN HOME HEALTH NURSES

SUBJECT: MEDICATION RECORD

As you are well aware, we have moved to a new Medication Record. Since we started using them, there have been many questions. It is my hope this memorandum will clarify those concerns.

1. The medication column has vital information. There must be a Doctor’s order to substantiate any changes to the Medication, Dose, Frequency, and Route.
2. It is the responsibility of the nurse who receives interim change orders (a new order, a D/C order, or a change order) to complete the order with all vital information needed such as but not limited to medication, dose, frequency, route, PRN use, length of medication, etc.
3. Every month the next month’s medication record will be mailed to the client’s home on the 25th of each month. Each client will receive one medication record per month.
4. The only time a hand written medication, dose, frequency, and route should be hand written is when there has been an addition, stop or change to a medication. Do NOT hand write in all the medications on our previous forms unless it is an emergency. This computer generated medication record drastically reduces the possibility of medication errors.
5. When there is a new order received, it MUST be sent (mailed/faxed) to the office within 24 hours. This will ensure it is updated in a timely fashion.

Background: When the office receives a order, we upload the order into the computer system. This then will populate the 485/Plan of Care (POC) and the Medication Sheet at the same time. The medication on the 485/POC and the medication sheet will always match one another, if printed out at the same time.

If you have any further questions or concerns, please feel free to contact Monica Ponder, RN, at (630) 236-3501.

Best regards,

Shawn Pickett, RN, BSN  Henriette Iwema, RN,BS  Monica Ponder, RN, BSED
Nursing Manager   Nursing Manager   Quality Assurance

Training:

American Home Health is proud to announce a new monthly feature. Effective June 9th and 10th, we will have reoccurring monthly trainings for both Private Duty and Home Health employees. Private Duty trainings will be held every 2nd Tuesday and Home Health every 2nd Wednesday. Please call the office for additional information.
WRONG ANSWERS
The following questions had a high percentage of wrong answers. Please read all questions carefully. Medication Calculations will be addressed separately.

CULTURAL CONSIDERATIONS
3. Irrational intolerance of or hostility toward members of a certain race, religion, or group is stereotyping. 60% wrong ANSWER: PREJUDICE

Stereotyping is an oversimplified conception, opinion, or belief about some aspect of an individual or group of people.

5. When a person believes that other groups have “natural” cultural characteristics and there are no variations within a specific culture, this person displays ethnocentrism. 35% wrong ANSWER: ESSENTIALISM

Ethnocentrism is a belief that one’s way of life and view of the world are inherently superior to others and more desirable.

TB
4. It is alright to care for a client with TB as long as you wash your hands frequently. 20% wrong ANSWER: FALSE

TB is spread by droplet form from coughing or sneezing or speaking. The infected person must wear a mask to prevent the spread of TB.

6. All of the following are risk factors for TB: employees in long-term care facilities, children exposed to high risk adults, patients infected with HIV, hypertension. 42% wrong ANSWER: FALSE

Hypertension is NOT a risk factor for TB.

7.Persons with latent TB(LTB) are asymptomatic (they have no symptoms of TB disease) and are not infectious. 26% wrong ANSWER: TRUE

8. TB has been on the rise since 1953. 53% wrong ANSWER: FALSE

NURSING PROCESS
3. Taking a pulse is considered inspection. 38% wrong ANSWER: FALSE

Taking a pulse is considered palpation.

4. Assessment is done once a shift. 46% wrong ANSWER: FALSE

Assessments are ongoing.

14. Inspection uses the sense of touch to assess various parts of the body. 55% wrong ANSWER: FALSE

Palpation uses the sense of touch to assess various parts of the body.
CONGRATULATIONS

The following employees scored 100% on the In-Service

<table>
<thead>
<tr>
<th></th>
<th>Andrea Turner</th>
<th>Jean Mavigliano</th>
<th>John Tibbits</th>
<th>Joyann Jesman</th>
<th>Kimberly Canaletta</th>
<th>Lois Steffen</th>
<th>Margy Vieceli</th>
<th>Marylee Stewarts</th>
</tr>
</thead>
</table>

American Home Health Corp.

CONGRATULATIONS

Your child can pass the time in the car this summer while keeping skills sharp. Print free worksheets from http://printables.familiyeducation.com/ or www.edhelper.com, and place them in sheet protectors in a binder. Keep them in the car along with washable markers and wet wipes. Your youngsters can do them as often as they like.

Physical Parameters Associated with Degree of Dehydration

1. Dehydration is usually quantitated based on the % of total body weight loss.
2. A weight loss of less than 3-5% can be difficult to discern clinically.
3. Determining weight gain following rehydration is often the only way to assess the degree of actual dehydration that existed at onset of therapies.
4. Any 3 of the first four parameters in this table predict dehydration of >5%, with a sensitivity of 87% and specificity of 82% (Duggan, 1996, Gorelick 1997).

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Mild (&lt;6%)</th>
<th>Moderate (6-9%)</th>
<th>Severe (&gt;9%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MUCOUS MEMBRANES</td>
<td></td>
<td>Slightly dry</td>
<td>Dry</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dry</td>
<td>Mottled, poor refill</td>
</tr>
<tr>
<td>EXTREMITIES</td>
<td>Warm, good refill</td>
<td>Delayed refill</td>
<td>Mottled, poor refill</td>
</tr>
<tr>
<td></td>
<td>Warm, good refill</td>
<td>Delayed refill</td>
<td>Mottled, poor refill</td>
</tr>
<tr>
<td>TEARS</td>
<td>Normal</td>
<td>Normal to absent</td>
<td>Absent</td>
</tr>
<tr>
<td>MENTAL STATUS</td>
<td>Normal</td>
<td>Normal to listless</td>
<td>Normal tocoma</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>Normal</td>
<td>Normal</td>
<td>Normal/decrease</td>
</tr>
<tr>
<td>Pulse “quality”</td>
<td>Normal</td>
<td>Normal/decrease?</td>
<td>Moderate decrease</td>
</tr>
<tr>
<td>Heart Rate</td>
<td>Normal</td>
<td>Increased</td>
<td>Increase or decrease</td>
</tr>
<tr>
<td>Skin Turgor</td>
<td>Normal</td>
<td>Decreased</td>
<td>Decreased</td>
</tr>
<tr>
<td>Fontanel</td>
<td>Normal</td>
<td>Sunken</td>
<td>Sunken</td>
</tr>
<tr>
<td>Eyes</td>
<td>Normal</td>
<td>Sunken</td>
<td>Deeply sunken</td>
</tr>
<tr>
<td>Urine Output</td>
<td>Slight decrease</td>
<td>&lt; 1ml/kg/hr &lt; 1ml/kg/hr</td>
<td></td>
</tr>
<tr>
<td>Thirst</td>
<td>Slight increase</td>
<td>Moderate increase</td>
<td>May be unresponsive</td>
</tr>
</tbody>
</table>

Worksheets on the go!

For General Newsletter Submissions, please contact Edward Lara or Karen Centowski at 630.236.3501 or hr@ahhc-1.com.
American Home Health Corp.