

Wayne Memorial Wayne Memorial Hospital

Health Connection

Spring 2010

Big-city knowledge, small-town personalized care

WMH nurses receive national wound-care certification

Wayne Memorial Hospital (WMH) has always known about the importance of wound care. So it's no surprise that hospital and rehabilitation management decided to sponsor the wound-care certification of two current registered nurses on the rehabilitation staff.

WMH employees Heather Hires Holton, R.N., W.C.C., and Randy Crawford, R.N., W.C.C., became wound-care certified practitioners through a program provided by the National Alliance of Wound Care. The certification, which requires 40 hours of educational classes, pass or fail competency testing and steep training fees, teaches nurses specialized patient charting, product-education specifics, wound-care prevention and advanced techniques that promote faster healing.

"Planning and providing treatment to patients with complicated wounds or pressure ulcers and to patients with the

(continued on page 8)

Must-read wellness news

Monitor your health at home

Medicine do's and don'ts



Incoming patients:

Preregister quickly and securely at www.wmhweb.com.

Lotions, potions and ...warnings?

Look out before reaching over the counter

You have a bad case of acne, calves so sore it hurts to walk or an unsightly wart that won't go away, but you have no time for a doctor's visit, so you head to the drugstore for an over-the-counter (OTC) remedy. No big deal, right? Not always. Some of these are pretty powerful medications and can be poisonous—and not just if you swallow them—so you need to take caution, especially with the three lotions listed here:

Muscle-pain creams Methyl salicylate is a wintergreen-scented chemical that's found in deep-heating creams, such as BenGay and Icy Hot, which are used to

relieve sore muscles and joints. It works like aspirin and if you use too much, it can cause nausea, vomiting, breathing problems and kidney failure. To be safe, don't use methyl salicylate creams for more than a week, and never rub the stuff on cuts or damaged skin.

Acne creams Topical salicylic acid is used to help clear up and prevent acne. It can also help treat skin conditions such as psoriasis, dandruff, corns, calluses and warts. It comes in varying strengths, some only available by prescription. But even the OTC versions can be strong and may irritate your skin, so be sure to follow the directions on the package label. And if you're taking aspirin or water pills or are using products containing methyl salicylate, check with the pharmacist about possible precautions or interactions.

Anti-aging lotions Once available only by prescription, today you'll find many forms of vitamin A (retinol) on drugstore shelves. They're used for treating different skin conditions, such as sun spots and wrinkles. Retinol is a powerful antioxidant that fights free radicals—molecules that can break down your skin cells and cause wrinkles. However, retinol may cause skin irritation, rashes, burning or redness in some people. Pregnant women or women who may become pregnant should avoid vitamin A products because they can increase the risk of birth defects. ●



Apply with care:
Some over-the-counter
creams contain powerful
ingredients.

HealthExtra

{ WELLNESS NEWS FROM THE WORLD OVER }

> Relax, for your health's sake

Think twice before you pass on that get-together with friends. A recent study published in *Psychosomatic Medicine: Journal of Biobehavioral Medicine* shows that the more time you spend doing different types of enjoyable activities, the better your health tends to be. Fourteen hundred people reported how often they participated in leisure activities including visiting friends or family, going on vacation, going to clubs or religious activities or playing sports. Those who spent the most time doing leisure activities had lower blood pressure, waist circumference, body mass index and measurements of the stress hormone cortisol. More benefits of downtime: lower levels of depression, better sleep and more consistent exercise. To reap the rewards, call a friend and take a walk, see a movie or go out for dinner.

> OJ may keep the doctor away

Drinking a glass of orange juice isn't just a delicious way to start your day—it's also heart smart! Research shows that hesperidin, an antioxidant in orange juice, may improve blood vessel function and help lower your risk of heart disease. In a small study, 24 men at risk for cardiovascular disease each drank one of three drinks: either 500 milliliters (ml) of orange juice, an energy drink that contained a placebo capsule or the energy drink fortified with a capsule containing 292 milligrams of hesperidin (the same amount found in a 500-ml glass of orange juice). After one month, the men who drank the orange juice or the beverage that was



fortified with hesperidin had lower diastolic blood pressure (the bottom number). So if you're looking for an easy way to keep your heart healthy and strong, consider OJ.

> Paying a high price for obesity

We know that carrying around extra weight can take a toll on health. But if you're overweight, your wallet can take a hit, too. People who are obese spend about \$1,500 more each year on healthcare—that's about 41 percent more—than an average-weight person, according to a recent study sponsored by the Centers for Disease Control and Prevention. As a result, medical costs soar, since additional care is needed to treat the health conditions that obesity causes, such as heart disease, diabetes and cancer. According to the researchers, the best way to save money—and improve health—is to lower the obesity rate. Ward off obesity by making healthy food choices and being more physically active.



Give blood today!

Each one-pint donation can help save up to three lives.

Americans consume **9 to 12** grams of salt a day—more than **four times** the American Heart Association's recommendation of less than 2.3 grams a day.

> Help to see the glass half full

Palliative care—a medical specialty focused on the relief of pain and stress of a serious illness—may help you have a rosier outlook. In a report from the *Journal of the American Medical Association*, researchers studied more than 300 people with advanced cancer. Half received their usual cancer treatment plus four weekly educational sessions and monthly follow-up meetings that encouraged self-management and empowerment. The other half received standard treatment with no palliative care. The findings? Those who received palliative care had an improved quality of life and mood, but they didn't see a significant change in the number of days spent in the hospital or visits to the emergency department or the severity of symptoms compared to people who received usual care. The bottom line: While it may not keep you out of the hospital, palliative care could improve your spirits and provide you with the lift you need to face your battle.

> Keep an eye on your teen's medication

As if you need one more thing to worry about when it comes to your teenager: A recent study published in the *Journal of Adolescent Health* warns that one in



five adolescents is lending or borrowing prescription medications. Researchers asked nearly 600 young people ages 12 to 17 whether they had borrowed or loaned a prescription drug and, if so, what kind. Allergy medications and pain relievers were the most commonly loaned. As it turns out, kids aren't sharing their medicine to get high. Nearly three-quarters of the teens surveyed borrowed the drugs so they wouldn't have to go to the doctor, but many of them eventually ended up at the doctor's office anyway. This is a dangerous trend, as sharing drugs can lead to antibiotic misuse, resistance or drug interactions. Be sure to discuss the dangers of medication sharing with your teen. It could save a life.

WMH recognized for safety

Liberty Mutual employees Roy Langston and Daniel Sims visited Wayne Memorial Hospital (WMH) recently to present the Liberty Mutual Safety Award for Commendable Safety Performance.

"This safety award is figured by OSHA (Occupational Safety & Health Administration) Lost Time Case Rates and is based on figures from the Bureau of Labor Statistics. This award shows that WMH's rate is much better than others in the same industry group," says Roy Langston of Liberty Mutual's Loss Control Advisory Services Department.

"Safety is an important practice at WMH, not only for our patients and visitors, but for our staff and providers as well," says WMH Director of Human Resources and Physician Recruiting John McIlwain. "When the hospital receives an award like this it is because everyone worked together as a team to accomplish a goal. This award belongs to all our employees." ●



Some members of Wayne Memorial Leadership and Management gather to accept the award from Liberty Mutual: (l-r) Joseph P. Ierardi, WMH C.E.O.; Roy Langston; Gregory Jones, C.F.O.; Matt Farrell, Director of Environmental Services; Deborah Wasdin, R.N., Director of Quality Management; Marilyn Johnson, Chief Laboratory Technologist; Charlene Hand, R.N., Director of Education; Joe Davis, Director of Engineering; John McIlwain, Director of Human Resource & Physician Recruiting; and Daniel Sims.

Wayne Memorial Hospital

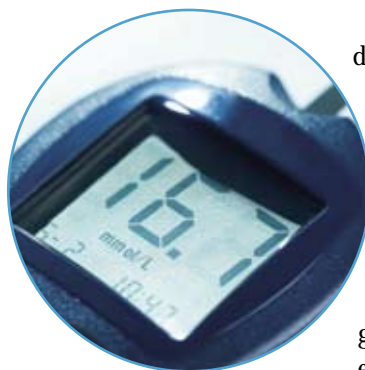
Chief of Staff.....Lance Hendrix, M.D.
(internal medicine)
Chief Executive Officer.....Joseph P. Ierardi
Chief Financial Officer.....Gregory Jones
Chief Nursing Officer..Annette Kirksey, R.N., B.S.N.
Director of Marketing.....Tina Hinson

4WMH

Get healthy at home

Self-monitoring tips to keep you in shape

Taking an active role in your healthcare makes the most positive impact on your health. And at-home monitoring allows you to detect potential problems early so your healthcare provider can make adjustments to your treatment to help ward off serious problems. Consider these doctor-approved do-it-yourself tests:



Tip!

MEASURE YOUR BLOOD PRESSURE

Measuring your blood pressure at home can show you and your healthcare provider how much (or how little) your pressure varies during the day and can provide early detection if you're in the beginning stages of high blood pressure. Your provider uses the measurements to determine whether medicine is needed or how your current medication is working. You can pick up a blood pressure monitor without a prescription at your drugstore.

Blood pressure lower than 120/80 mm Hg is considered normal. High blood pressure is 140/90 mm Hg or higher. Most healthcare providers suggest that you check your blood pressure several times a day before they determine whether or not you have high blood pressure.

>> **Call the doctor if:** your blood pressure continually reads 140/90 mm Hg or higher or if you feel dizzy or have chest pain, confusion, ear noise or buzzing, an irregular heartbeat, a nosebleed, tiredness or vision changes. If your blood pressure spikes suddenly, you could be at risk of a stroke, and if your numbers reach 180 mm Hg or higher over 120 mm Hg or higher, your blood vessels can become

damaged and your heart won't be able to pump blood properly. If you experience a severe headache, anxiety or shortness of breath, get medical attention immediately.

Tip!

CONTROL YOUR DIABETES

Checking your blood sugar with a glucose meter is essential to staying healthy. There's no "right" number of times a day to

test. At certain times, such as when you're first diagnosed, you'll benefit from testing several times a day to help get your blood glucose in a healthy range.

You can use a blood glucose monitor to draw and test a drop of blood from your finger, hand, forearm or thigh. Different types of meters are available, including some with memory and others with easy-to-read displays for people with vision problems.

>> **Call the doctor if:** your blood sugar levels are either very high or very low, as this can be a sign of an underlying infection or trouble with certain medicines. If you feel nauseous, sluggish or shaky; have blurred vision; are feeling faint; or have stomach pain or vomiting, get immediate medical attention.

At-home monitoring gives you instant information about your body.



Dieters who step on the scale every day lose twice as much weight over a two-year period as those who weigh in less often.

—*Annals of Behavioral Medicine*

Tip! **MONITOR YOUR CHOLESTEROL**

Some cholesterol test kits measure your total cholesterol; others also measure HDL cholesterol, LDL cholesterol and triglycerides. Even lab testing can show varying results, and there can be even more variations with tests done at home. Ideally, your total cholesterol should measure less than 200 mg/dL. Anything above this is considered borderline high or high.

>> **Call the doctor if:** you've made changes to your diet and are exercising at least 30 minutes a day and your cholesterol is still high. Your doctor can re-check your treatment and may prescribe medication or change your medicine to help get your numbers down. There are usually no physical symptoms of high cholesterol but sometimes it can cause chest pain; get immediate help if this is the case.

Tip! **WATCH YOUR WEIGHT**

Your bathroom scale is a powerful tool in achieving weight loss. Weigh yourself at least once a week if you're trying to lose weight. Remember to set a goal of slow and steady weight loss—1 to 2 pounds a week.

>> **Call the doctor if:** you've been reducing your food intake and have been exercising but you're not losing weight. Your medications could be interfering with weight loss, or you may have a condition that affects your metabolism, such as hypothyroidism.

Tip! **OBSERVE OVULATION**

If you're trying to get pregnant, ovulation is an exciting time. It usually takes place on the 14th day of the menstrual cycle. But for some women, ovulation can vary from month to month, so pinpointing "the" moment can be tricky. Here are a few home tests you can take to give you a better idea of when conception is more likely.



Your basal body temperature, which rises during ovulation, could provide a good clue: Take your temperature every morning, using a digital thermometer. Jot down your readings and look for a pattern—you'll be most fertile two to three days before your temperature rises. You can also try an at-home ovulation kit, which tests your urine for hormonal peaks that happen prior to ovulation.

>> **Call the doctor if:** you've tried to get pregnant for at least one year without success. If you're 35 or older, see your healthcare provider if you've tried for six months; he or she can help you find out why you haven't conceived. ●

Wayne Memorial Health Connection

is a community newsletter distributed quarterly by Wayne Memorial Hospital.

For comments or questions, contact Tina Hinson, Director of Marketing, at (912) 427-6811 or thinson@wmhweb.com. Include *Health Connection* in your subject line.

Find this community newsletter and more WMH information on our Web site at www.wmhweb.com.

Wayne Memorial Hospital
865 South First St.
Jesup, GA 31545

PRSRT-STD
US POSTAGE
PAID
Lebanon Junction, KY
Permit No. 19

4WMH

Copyright © 2010 Wayne Memorial Hospital

Printed With Soy Ink
Please Recycle This Publication

Wayne Memorial Hospital

Big-city knowledge, small-town personalized care

(continued from page 1)

potential for these types of problems is our responsibility," says Holton. "Wound-care certified nurses work as an important part of the team at WMH." WMH has a hospital-based rehabilitation facility that offers traditional therapies along with more options for patients, including a higher number of allowed visits for Medicare patients.

Patients have the right to choose the rehabilitation center they want to use. However, not all rehabilitation centers offer wound care and certainly not wound-care certified specialists. Patients needing wound care are referred by physicians to WMH for all types of wound treatments. "When looking at our own documentation on a patient, it's amazing to see the difference in the healing process when we use our products and techniques," says Holton. "You can actually see some patients heal faster. I credit the information learned from our wound-care certification training."

A NETWORK OF CARE

Only 8,000 nurses in the entire country have received the elite wound-care certification. Wound-care certified specialists like those found at WMH often employ services of other professionals to create a team approach to wound care. "A benefit to becoming wound-care certified is having access to other specially trained nurses in our field across the country so we can share ideas and discuss treatment

options," says Crawford.

"We can do this without breaking any privacy laws by discussing the symptoms and case issues rather than the patient."

Diabetic education and screenings are another important aspect for wound-care certified specialists.

"People with diabetes often lose sensation in their feet

gradually and skin breakdown can occur easily and without notice, so prevention is the best medicine," says Crawford. "So they need to keep blood sugars in check and make sure to check their shoes daily for paper, pebbles and debris."

"We're pleased Heather and Randy showed an interest in becoming wound-care certified specialists," says WMH Outpatient Rehabilitation Director Jackie Butler. "Most products we use are common in wound-care facilities. However, the key is having people who are specially trained and knowledgeable about what to do." ●



Wound-care certified nurses Randy Crawford, R.N., W.C.C., and Heather Hires Holton, R.N., W.C.C., demonstrate a wrapping technique and offer foot-care advice to Dot Coleman, a WMH Auxiliary volunteer who has diabetes.