

HEALTHY OUTCOMES

Welcome, Joyce!



By Cheryl Callahan

I'd like to introduce Joyce Leitzel, RN who started at the Geisinger Central PA Health Care Quality Unit (HCQU) as the Huntingdon, Mifflin and Juniata HCQU Nurse on June 1, 2020. Joyce is a graduate of the Geisinger School of Nursing. She brings a wealth of nursing experience to her new role as the HMJ HCQU RN. Her past nursing experience includes: surgical floor nursing, long term care and rehabilitation, Community Home Health and skilled nursing care to the pediatric population with complex medical needs. Joyce is enthusiastic and excited about her new role providing HCQU Nurse services to caregivers of and individuals with Intellectual/Developmental Disabilities and Autism in the HMJ region. Please join me in welcoming Joyce.

You can reach Joyce at jleitzel2@geisinger.edu. ■

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The HCQU works with intellectual disabilities and behavioral health programs in Central PA to provide health care management services for adults with Intellectual/Developmental Disabilities or Autism. Our goal is that all people living in PA, regardless of ability, receive the finest community services available – assuring that they are as healthy as possible and can fully participate in community life. The HCQU works to enhance access to community physical and mental health care through **FREE** education, public health outreach, advocacy and empowerment as well as to improve health care outcomes. Serving the following counties: Blair, Centre, Columbia/Montour/Snyder/Union, Huntingdon/Mifflin/Juniata, Lycoming/Clinton, Northumberland and Schuylkill.



Protective Equipment and Persons with I/DD

By Sherry Neal, RN-BC, CDDN
Clinical Quality Coordinator for HRS, Inc.
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Although people might be getting weary of hearing about the COVID-19 pandemic, it is still a very real issue and we need to remain highly vigilant. That includes wearing protective equipment when appropriate. When should masks be worn and how do you safely put them on and off? The World Health Organization (WHO) offers simplistic and helpful demonstrations and explanations regarding masks.

It is difficult for many people to wear these articles. If a person wears glasses and the mask is not put on appropriately, it steams them up. Or, the mask slips down on the face and it must be retied or adjusted. It could just feel very odd so that people are constantly trying to adjust it for comfort. Maybe the person is claustrophobic and has a feeling of suffocation if they can't breathe in fresh air. What if the person with I/DD is fabric-sensitive, smell or touch sensitive? What if they are simply noncompliant? These are challenges that support persons are dealing with every day.

Here are a few things you can try:

1) Try putting masks on stuffed animals. Let the person put the mask on the toy and then apply their own mask or allow staff to apply it. The support person may have to put it on the stuffed animal. Leave it on the animal for a while so that they can see it isn't bothered by wearing a mask. It may take several times of putting the mask on the stuffed animal before the person will allow a support person to put a mask on their face or put the mask on their own face.

2) If fabric masks are being used, have several pieces of fabric options and allow the person to choose what they want. Try to have different textures, colors and prints available. Select elastic that is not too tight so that it won't hurt their ears. If elastic is not available, use large hair ties. The fluffy hair ties that are elastic may be used, too. Try masks with no elastic but instead have simple ties that go around the head. Again, allow them to select the elastic or ties.

3) Let them have a mask to carry around, hold and feel. Let the person try it on and take it off. It doesn't matter if they destroy it, give them another type to play with and see if there is more success with it. Slowly try to desensitize. Let them wear a mask for ten seconds, then take it off. You may even have to start with a shorter time and add a second or two each time you put the mask on them. You can even make an activity out of it. "Mask time" is when everyone can demonstrate putting on and taking off a mask appropriately. You may try a reward system after they wear the mask for a while such as picking a special treat, a trip to the park, FaceTiming with family (make sure they have the mask on and give the person a lot of praise) or simply spending 1:1 time with their favorite staff.

4) Let them personalize their mask. Again, allow them to select the fabric. If using disposable masks give them a Sharpie® and let them draw on the mask and make it theirs. Provide different stencils that the support persons can help them with, such as cars, butterflies or action figures. Find pictures in magazines and hot glue to the mask. (Be very careful if you are using a hot glue gun near the person! Not only the glue gun, but the hot glue itself can burn the person.) Allow them to make two masks so they can choose which one to wear. This can also be done on a fabric mask, but if drawing, they are stuck with only one or two drawings.

5) The support person can also go to a party supply store, or again use a stencil, and get some crazy big glasses. Hot glue the mask to the glasses making sure the glasses won't interfere with the fit. This can be done with cloth or disposable masks. If the

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It's Cook-Out Time!

The following article is taken from the CDC website.

Hosting gatherings or cook-outs

Remind guests to stay home if they are sick

- Remind invited guests to stay home if they have been exposed to COVID-19 in the last 14 days or are showing COVID-19 symptoms. Anyone who has had close contact with a person who has COVID-19 should also stay home and monitor their health. Invited guests who live with those at higher risk should also consider the potential risk to their loved ones.
- Consider keeping a list of guests who attended for potential future contact tracing needs.

Encourage social distancing

- Host your gathering outdoors, when possible. If this is not feasible, make sure the room or space is well-ventilated (for example, open a window).
- Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and don't need to be 6 feet apart – just 6 feet away from other families.
- If planning activities for adults and/or kids, consider those where social distancing can be maintained, like sidewalk chalk art or frisbee.
- When guests arrive, minimize gestures that promote close contact. For example, don't shake hands, do elbow bumps, or give hugs. Instead wave and verbally greet them.

Wear cloth face coverings

- Wear cloth face coverings when less than 6 feet apart from people or indoors.
- Consider providing face coverings for guests or asking them to bring their own.

Clean hands often

- Consider providing hand sanitizer in addition to clearly marked hand washing areas.
- Wash your hands for at least 20 seconds when entering and exiting social gatherings. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Make sure there is adequate soap or hand sanitizer



containing at least 60% alcohol available in the restrooms and encourage guests not

to form a line at the door. Consider also providing cleaning supplies that allow guests to wipe down surfaces before they leave.

- Remind guests to wash their hands before serving or eating food.
- Use single-use hand towels or paper towels for drying hands so guests do not share a towel.

Limit the number of people handling or serving food

- Encourage guests to bring their own food and drinks.
- Limit people going in and out of the areas where food is being prepared or handled, such as in the kitchen or around the grill, if possible.
- If serving any food, consider identifying one person to serve all food so that multiple people are not handling the serving utensils.
- Use single-use options or identify one person to serve sharable items, like salad dressings, food containers, and condiments, so that multiple people are not handling the items.

Limit contact with touched surfaces or shared items

- Use touchless garbage cans or pails.
- Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves.
- Clean and disinfect commonly touched surfaces and any shared items between use when feasible.
- If you choose to use any shared items that are reusable (e.g., seating covers, tablecloths, linen napkins), wash, clean, and sanitize them after the event. ■

PPC MEETING

The August meeting is scheduled for August 25, 2020 from 10 am to 12 noon. Meeting details will be forthcoming.

Protective Equipment...

(Continued from page 2)

glasses interfere too much with the fit, make some using a stencil and heavy construction paper. The person can select how they want their glasses to look and again they personalize with drawings or pictures. Be mindful that the glasses do not obscure the person's vision.

6) The staff can have a "Western" time. Everyone puts on a cowboy hat and has a bandana. Watch old Westerns where many of the characters wear a bandana mask. Allow the person to try a simple bandana mask. This is much better than wearing nothing. (I would suggest you avoid The Lone Ranger TV series, because the main character only wears a mask that covers the eyes and obviously that would not be effective against COVID-19.) Other old western shows include Bonanza, Roy Rogers, Gunsmoke, Hop Along Cassidy, The Rifleman, Wagon Train, and Maverick.

The shows can often be found on ME TV or H and I TV channels. If you find some that are appropriate, DVR them and you will always have something to watch.

I hope this gives you some suggestions that might not have been tried. Even if all the people in support have no problem with masks, most of these suggestions can still be used to personalize their masks. All any of us can do is hope this nasty virus leaves us soon! ■

Informative website
for resources during
this COVID
pandemic:

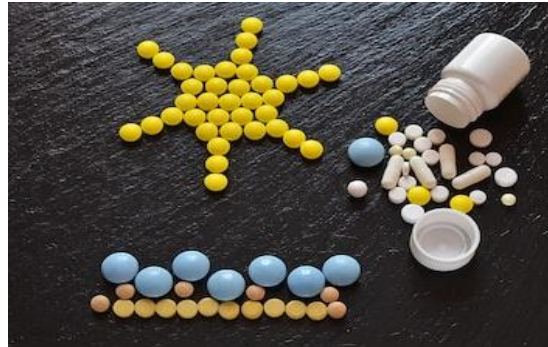
www.NeighborlyPA.com



The Sun and Your Medicine

By FDA.gov

Fun in the sun can be had all year long – hiking, swimming,



winter skiing, or just enjoying the warmth of the sun. However, when taking certain medicines, life in the sun can sometimes be less than fun.

Some medicines contain ingredients that

may cause photosensitivity -- a chemically induced change in the skin. Photosensitivity makes a person sensitive to sunlight and can cause sunburn-like symptoms, a rash or other unwanted side effects. It can be triggered by products applied to the skin or medicines taken by mouth or injected.

There are two types of photosensitivity – photoallergy and phototoxicity. Photoallergy is an allergic reaction of the skin and may not occur until several days after sun exposure. Phototoxicity, which is more common, is an irritation of the skin and can occur within a few hours of sun exposure. Both types of photosensitivity occur after exposure to ultraviolet light – either natural sunlight or artificial light, such as a tanning booth.

There are certain types of medicines that can cause sensitivity to the sun. Some of these include antibiotics, antifungals, antihistamines, cholesterol lowering drugs, diuretics, non-steroidal anti-inflammatory drugs, oral contraceptives and estrogens, phenothiazines, psoralens, retinoids, sulfonamides, sulfonylureas for type 2 diabetes, and alpha-hydroxy acids in cosmetics. Not all people who take or use the medicines mentioned will have a reaction. Also, if you experience a reaction on one occasion, it does not mean that you are guaranteed to have a reaction if you use the product again.

If you have concerns about developing a reaction, try to reduce your risk. When outside, seek shade, especially between 10 a.m. and 2 p.m. – some organizations recommend as late as 4:00 p.m. Keep in mind that the sun's rays may be stronger when reflected off water, sand and snow; wear long-sleeved shirts, pants, sunglasses, and broad-brimmed hats to limit sun exposure; use a broad sunscreen regularly and as directed. Broad-spectrum sunscreens provide protection against ultraviolet A (UVA) and ultraviolet B (UVB) radiation. An SPF 15 is the minimum number needed to provide measurable protection; however, a sunscreen with an SPF value of 30 or higher is recommended. Rarely, some sunscreen ingredients can cause photosensitivity themselves.

If you have questions about your medications and the possibility of a photosensitivity, contact your health-care professional or pharmacists. Taking a few precautions can help limit your risk of photosensitivity and keep the sun shining on your fun. ✨

UNSCRAMBLE THE WORDS

(The words are taken from this month's articles and ads)

- Invitetissy _____
- Cemelow _____
- Hudlehoos _____
- Vitaling _____
- Cessunner _____
- Zannabo _____
- Raizinet _____
- Actioner _____
- Smaks _____
- Scoures _____
- Cautioned _____
- Sniggerhat _____
- Sabanna _____
- Rotodous _____
- Sandmol _____

ANSWERS TO WORD SCRAMBLE:

Sensitivity, welcome, household, vigilant, sunscreen, bonanza, sanitizer, reaction, masks, courses, education, gatherings, bananas, outdoors, almonds

NEW ONLINE COURSE AVAILABLE

Coronavirus (COVID 19)

The Health Care Quality Unit (HCQU) offers educational online courses for anyone who is interested in learning more information on different health care issues. Each completed course allows you to receive 0.5 hour of credit towards your annual human services training requirement.

Visit

<http://www.geisinger.org/hcqu> and click on "Take an Online Course" located on the navigation bar on the left. Then click on the link "listing of the available online courses."



AID in PA

AID in PA is a resource collection for Pennsylvanians in the autism and intellectual disability communities. A joint effort between ASERT (Autism Services, Education Resources, and Training) and the statewide HCQUs (Health Care Quality Units), this site is designed to connect individuals with disabilities, families, professionals, and community members with resources that can best serve them in emergency situations. Current resources focus on the ongoing COVID-19 crisis; however, this site can be adapted to other challenges facing the community.

<https://aidinpa.org/>

Do you have a favorite recipe?

You can submit it by sending to

lgmurphy@geisinger.edu

CENTRAL PA HEALTH CARE QUALITY UNIT (HCQU)

Director – Cheryl Callahan RN, CDDN, 570-271-5935

Secretary – Lesley Murphy, 570-271-7240

Training Coordinator – Patricia Brofee RN, 570-271-5159

Data Support Analyst – Kristy Campbell, 570-214-4753

Blair Co. – Sandra Corrigan RN, CDDN, 814-574-7783

Centre Co. – Cheryl Callahan RN, CDDN, 570-271-5935

CMSU (Columbia, Montour, Snyder and Union Co.) – Laura Aungst RN, CDDN, 570-214-1150 ext. 1001124028

HMJ (Huntington, Mifflin and Juniata Co.) – Joyce Leitzel, RN, 570-214-1150 ext. 1001124030

Lycoming/Clinton Co. – Eileen Musgrave RN, 570-214-1150 ext. 1001124027

Northumberland Co. – Amy Weidner RN, 570-214-1150 ext. 1001124025

Schuylkill Co. – Brandi McIntyre RN, 570-214-1150 ext. 1001124029

Cooking Corner

Cherry Almond Nice Cream

Submitted by Amy Weidner

A no-churn, easy, and delicious use of overripe bananas that will have you ditching regular ice cream for good!

- 4 Bananas, sliced and frozen
- 2 cups Cherries, pitted and frozen
- 1/2 cup Toasted Almonds, chopped

1. Add bananas and cherries to a food processor or blender, and process on high until creamy.
2. Spread into a freezer-safe dish, and top with chopped almonds.
3. Freeze until ready to serve. Move to refrigerator about 30 minutes before serving for a creamy soft serve consistency!

