

HEALTHY OUTCOMES



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Feeling Dizzy?

Feeling dizziness when standing up? Here's what's causing it.

By Geisinger Wellness

Some people feel dizziness more often than others, but it can happen to anyone – and it may be worth checking with your doctor.

If you've ever had that feeling of dizziness when standing up too fast, you may wonder what's going on.

Depending on the cause, it may not be a long-term problem. But if you feel faint or actually lose consciousness, talk to your doctor as soon as possible.

"The feeling that you're about to faint is called 'presyncope,'" says Lia F. Crispell, certified registered nurse practitioner at ConvenientCare in Wilkes-Barre. "It happens when the brain doesn't get enough blood, oxygen or glucose to function properly, even momentarily."

(Continued on page 4)

Welcome, Nissa!

By Cheryl Callahan



I'd like to introduce **Nissa Freeze** who started at the HCQU as the CMSU Behavioral Health Wellness Nurse on August 9, 2021. Nissa will cover CMSU counties providing wellness nurse services.

Nissa has worked in same day surgery, inpatient medical/surgical and home health settings providing care, support, and education on chronic disease management to patients and families.

She is enthusiastic and excited about her new role providing

(Continued on page 2)

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.

The information offered in this newsletter is to increase your awareness of health-related situations. It is not intended to be a substitute for professional medical advice. If you believe you or someone you support has a condition, please seek the advice of a physician.

September is Sepsis Awareness Month

SEPSIS: What it is, what you can do

What is Sepsis?

Sepsis is the body's overwhelming and life-threatening response to infection, which can lead to tissue damage, organ failure, and death.

What are the Symptoms of Sepsis?

- T** – TEMPERATURE that's abnormal
- I** – Signs of an INFECTION
- M** – MENTAL DECLINE
- E** – Feeling EXTREMELY ILL, shortness of breath

Why does TIME matter?

When it comes to sepsis, TIME Matters. For every hour treatment is delayed, the risk of death increases by as much as 8%. As many as 80% of sepsis deaths could be prevented with rapid diagnosis and treatment.

Sepsis is a public health crisis:

- More than 1.7 million people in the US are diagnosed with sepsis every year.
- In the US, sepsis takes a life every two minutes.
- 270,000 people die from sepsis every year in the US. This is more than opioid overdoses, breast cancer, and prostate cancer *combined*.

In the United States, Sepsis takes a life every two minutes.

- Sepsis is the leading cause of death in US hospitals.
- More than 75,000 children develop severe sepsis each year in the US and 6,800 of those children die, more than from pediatric cancers.
- Sepsis is the number one cause of hospital readmissions, costing more than \$3.5 billion each year.
- Sepsis is the number one cost of hospitalization in the US. Costs for acute sepsis hospitalization and skilled nursing are estimated to be \$62 billion annually.
- Sepsis is the most common complication observed in severe cases of COVID-19. Recent research reports that hospitalized COVID-19 patients are 22% more likely to develop sepsis than hospitalized influenza patients, and four times as likely to develop severe septic shock.

In every state across the nation, there are sepsis survivors facing long-term health challenges, and families and friends who have lost a loved one to sepsis. This September, will you help get Sepsis Awareness Month proclaimed in your state?

Learn more and see the states that have already committed to raising awareness through a proclamation at www.SepsisVoices.org or visit www.SepsisAwarenessMonth.org. ■

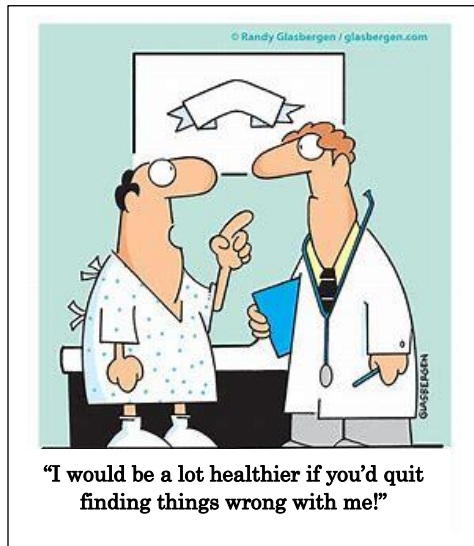
Welcome, Nissa...

(Continued from page 1)

Wellness Nurse services to clients receiving Behavioral Health Services in the CMSU Counties.

Join me in welcoming Nissa. You can reach Nissa at nfreeze@geisinger.edu or at 570-275-4962.

The Health Care Quality Unit provides two wellness nurses under contract with county behavioral health programs of CMSU (Columbia, Montour, Snyder, Union) and Northumberland. These nurses work as members of a home health team whose goal is to improve the physical health of individuals with serious mental illness. They offer prevention and intervention to those who have developed or are at risk for developing chronic physical health issues. ■



WEIS MARKETS COOK-ALONG WEBINARS **weis** Dietitian

FOOD & NUTRITION EXPERT

Virtual Cook-Along Classes with Weis Dietitian, *Erin Dunleavy*

Join Erin as we explore choosing healthy foods to decrease your risk for diabetes or benefit your health if you have diabetes.

MEAL PLANNING WORKSHOP & PULLED CHICKEN TACOS

SEPTEMBER 21, 2021 @ 10 am

Are you in a recipe rut? Join Weis Dietitian Erin Dunleavy as she cooks Pulled Chicken Tacos and provides useful meal planning tips, including budget-friendly shopping strategies, recipe ideas and more.



Click **Zoom link** below to join the meeting:

<https://zoom.us/j/94109225452?pwd=R3ZSSV2YmJXcExUWFEFUGQ3SIRGdz09>

If you wish to cook along, please have chicken cooked ahead of time (4-6 hours on low in crockpot, or use recipe-ready rotisserie chicken)

Recipe on Page 5.

CLOSED CAPTION IS NOT AVAILABLE

CONTACT LESLEY AT lgmurphy@geisinger.edu

FOR A CERTIFICATE OF ATTENDANCE.

HOSTED BY THE CENTRAL PA HCQU



REGISTRATION
NOT
REQUIRED

JOIN ON YOUR
COMPUTER
OR MOBILE APP

ATTEND AS A
GROUP OR
INDIVIDUALLY

IF POSSIBLE, HAVE
ALL INGREDIENTS
PREPARED AND
MEASURED IN
ADVANCE TO SAVE
TIME*



National DSP Week is September 12-18, 2021

By Sandy Corrigan, RN CDDN

During the month of September, we are proud to celebrate the numerous individuals we call Direct Support Professionals, also known as DSPs, who work directly with people with a wide range of disabilities. The DSP role is much more than being a caregiver. DSPs help the people they work with become integrated, interested, and engaged members of the community. They are heroes to each individual and family they support!

"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."

~ Christopher Reeve

Feeling Dizzy?...

(Continued from page 1)



The common causes of lightheadedness

People who experience presyncope usually dismiss it and move on with their day. “This isn’t a good idea since some of the causes can be serious. It’s always best to get a diagnosis from a doctor,” says Crispell. Especially because dizziness can be a symptom of an underlying medical condition.

Potential causes of presyncope include:

- **Orthostatic hypotension**

Also called postural hypotension, this is the head rush you sometimes feel when you stand up. It can happen to anyone – and it tends to happen more often if you’re taking certain medications and as you age.

- **Heart arrhythmia**

This condition (also known as an abnormal heart rate) is when your heart beats too fast, too slow, or in a way that causes a sudden decrease in the blood supply to your brain. Any of these can make you feel faint.

- **Medications**

Medicines prescribed for pain,

heart conditions and high blood pressure can affect your circulatory system and – you guessed it – feeling dizzy. If it happens a lot, talk to your doctor about adjusting your dosage.

- **Dehydration**

Not drinking enough fluids can cause nausea, weakness, dizziness, low blood pressure and fainting. The good news: rehydrating will alleviate your symptoms quickly.

- **Anemia**

Anemia is a lack of healthy red blood cells or hemoglobin in your blood, which carry oxygen to your organs – including your brain. The hallmark of anemia is tiredness, but it can also cause you to feel faint and dizzy.

- **Autonomic neuropathy**

This nerve disease disrupts electrical signals between your brain and your heart, blood vessels and sweat glands. Feelings of faintness come from its effect on your heart rate and blood pressure.

- **Stress and panic attacks**

Ever had an anxiety attack? You probably breathed more rapidly and

deeply, both of which can lead to lightheadedness and dizziness.

What to do if you feel faint

When you get that lightheaded feeling, lie down, or sit down and place your head between your knees.

“The most important thing to do if you feel faint is to get to a safe place,” says Crispell. “By doing so, if you do lose consciousness, you’ll avoid injury from falling or bumping your head.”

After the fainting spell passes, contact your health care provider as soon as possible for a checkup. A trained medical professional can pinpoint the exact cause of your presyncope. ■

HCQU Online Course Update

ONLINE TRAINING



We are here for your education credit needs! Our courses are great for DSPs and they are easy and informative. The online courses are being updated continually.

Available Now!

**ALLERGY
AWARENESS**

www.geisinger.org/hcqu

Rescheduled from
April 27th

Central PA HCQU Training
September 28, 2021 ♦ 1–2:30 pm

HUMAN TRAFFICKING

WORKING WITH INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES



You are invited to a Zoom meeting. To register for this meeting, please fill out the Registration Form here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=DQSIKWdsW0yxEjajBLZtrQAAAAAAAAAAAANAAdEWRF5UMFpBT1RGMUMxR0RVNkhUTzIJSIRKUjAxSi4u>

Registration is limited to 100 people.

PRESENTER -- Sadie Jordan, BA

Medical Advocacy Coordinator, The Women's Center Medical Advocacy Program

CONTACT INFORMATION: Hotline: 1.800.544.8293 (24/7) ♦ dvma@geisinger.edu

FREE CE CONTACT HOURS FOR LICENSED NURSES.

Geisinger Health System is an approved provider of continuing nursing education by the PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Every year, millions of men, women, and children are trafficked worldwide, including right here in the United States.

Traffickers use force, fraud, or coercion against victims to manipulate them into engaging in commercial sex acts, or labor/services in exchange for something of monetary value (money, safety, transportation). Traffickers will identify and leverage their victim's vulnerabilities in order to create dependency.

IT CAN HAPPEN IN ANY COMMUNITY.

This training is brought to you by the Central PA Health Care Quality Unit.

<https://www.geisinger.org/hcqu>

Pulled Chicken Tacos

By Emily Bumgarner, M.Ed., RDN, LDN Weis In-Store Dietitian

BASE

1½ lb. Weis Quality all-natural skinless boneless chicken breasts
8 soft tortillas

TERIYAKI-PINEAPPLE (Pictured with fresh mango, fresh pineapple, jalapeno)

20 oz. can Weis Quality crushed pineapple, drained
¾ cup reduced sodium teriyaki sauce
1 ¼ cup water

FIESTA (Pictured with red bell pepper, green onion, red onion, Queso Fresco)

15.5 oz. jar Weis Quality salsa
15 oz. can Weis Quality no salt added black beans, drained, rinsed
1/3 cup water

BBQ-CORN (Pictured with radish, purple cabbage, fresh cilantro, lime zest)

1 cup BBQ sauce
1 ½ cup thawed frozen Weis Quality sweet corn
1 cup water



DIRECTIONS

Place chicken in 3- to 4-quart slow cooker; pour **Fiesta Chicken**, **Teriyaki-Pineapple** or **BBQ-Corn** ingredients over chicken, making sure chicken is covered. Cover and cook **Fiesta Chicken** or **BBQ-Corn** on high 3 to 4 hours (low 6 to 8 hours), or **Teriyaki-Pineapple** 2½ to 3 hours (low 5 to 6 hours) or until chicken is very tender.

Transfer chicken to large bowl; shred with 2 forks. Return chicken to slow cooker; stir to coat with the sauce. Serve chicken mixture in taco shells with your favorite toppers.

UNSCRAMBLE THE WORDS

Test your knowledge and see how many words taken from the newsletter you can unscramble:

IDENITATI _____

TENNISHOOPY _____

ZENZIDISS _____

OFTENCINI _____

THRENGST _____

KNICHEC _____

COPYPREENS _____

AGGENED _____

SPIESS _____

COSTA _____

PACCLIMOTION _____

TUPPORS _____

ANSWERS TO WORD SCRAMBLE:

Engaged, Sepsis, Tacos, Complication, Support, Dietitian, Hypotension, Dizziness, Infection, Strength, Chicken, Presyncope,



HCQU's New Website Design!

If you haven't been to our website lately, you must go and check us out! We have revamped the whole site and given it a crisp, clean, new look. It's easier to maneuver around in and you will find it more informative!

Check us out at

<https://www.geisinger.org/hcqu>

Cooking Corner

Pumpkin Pie Dip

Submitted by Emily Bumgarner, M.Ed., RDN, LDN
Weis In-Store Dietitian

- 8 oz package Weis Quality Neufchatel Cheese, softened
- ½ cup Weis Quality confectioner's sugar
- 1 tsp Weis Quality pure vanilla extract
- 1 tsp Weis Quality ground cinnamon
- ¾ cup Weis Quality pumpkin puree
- ¼ tsp ground nutmeg



Combine cheese and confectioner's sugar in a medium bowl and beat with a mixer at medium speed until blended. Add pumpkin, vanilla, cinnamon, and nutmeg and beat until smooth and creamy. Cover and chill at least 30 minutes. Serve.

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