

Central PA

Health Care Quality Unit

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Sign up for the Monthly Healthy Outcomes Newsletter by contacting [HCQU@geisinger.edu](mailto:HCQU@geisinger.edu)

# HEALTHY OUTCOMES

## DSP Recognition Week

September 11-17, 2022

THANK YOU



### Thanks for making a difference!!

The life of a DSP can be a challenging one. It takes a special person to show up every day. For all you give, for all you do, for working hard and being there day in and day out.... your work does not go unrecognized.

**Thank you** for your continued selflessness and generosity.

Take the time to thank all DSPs for their sincere efforts and dedication towards making a remarkable difference in the day to day lives of countless individuals with disabilities.



**SEPSIS** is a medical emergency, and its symptoms must be treated rapidly to reduce the risk of death. You can save a life.

Learn more at [www.SepsisAwarenessMonth.org](http://www.SepsisAwarenessMonth.org)

## **DID YOU KNOW:**

**SEPSIS** takes a life every 2 minutes. Older adults, especially those who are over 65 years old, are particularly susceptible to SEPSIS.

**SEPSIS** doesn't only affect adults-it can have devastating consequences for children too.

# **THIS SEPTEMBER, TAKE THE TIME TO KNOW THE SIGNS**

More than 80% of sepsis patients are **50 years of age or older.**



**TEMPERATURE**  
that's abnormal

Signs of an  
**INFECTION**

**MENTAL**  
**DECLINE**

Feeling  
**EXTREMEY ILL**

**For every hour treatment is delayed, the risk of death increases by as much as 8%. If you suspect sepsis, seek urgent medical care.**

Contact the [HCQU](http://HCQU) for a free training.

**SEPSIS** » SAY SEPSIS  
SAVE LIVES  
**SEPTEMBER**  
SepsisAwarenessMonth.org

## FALL PREVENTION AWARENESS MONTH

While older adults and young children are at highest risk groups for sustaining traumatic brain injury (TBI) due to falls, everyone is at risk. The good news is that many falls can be prevented.

Falls aren't just a normal part of getting older, or any age—they're preventable and there are simple steps you can take to stay independent longer.

### **Speak Up.**

- Talk openly with your doctor about fall risks and prevention.
- Tell your doctor right away if you have fallen, or if you're afraid you might fall, or if you feel unsteady.
- Work together and review all your medications and discuss any side effects like feeling dizzy or sleepy.
- See if taking vitamin D supplements for improved bone, muscle, and nerve health is right for you.

### **Keep Moving.**

- Activities that strengthen your legs and help your balance can help you prevent falls.
- Walking is free and the best exercise, wear comfortable sturdy shoes.

### **Check Your Eyes.**

- Have your vision checked once a year and update your glasses as needed.

### **Make Your Home Safe.**

- Most falls happen at home.
- Keep your floors clutter free.
- Remove small rugs or tape down or secure them.
- Add grab bars in the bathroom.
- Have handrails and lights installed on all staircases.
- Make sure your home has lots of light.

REF:  
CDC.GOV/STEADI  
NCOA.ORG/HEALTHY-AGING/FALLS-PREVENTION/



## Seasonal Flu Vaccine-What's New for 2022-2023

A few things are different for the 2022-2023 influenza (flu) season:

The [composition of flu vaccines](#) has been updated.

For the 2022-2023 flu season, there are three flu vaccines that are preferentially recommended for people 65 years and older. These are [Fluzone High-Dose Quadrivalent vaccine](#), [Flublok Quadrivalent recombinant flu vaccine](#) and [Fluad Quadrivalent adjuvanted flu vaccine](#).

### When is the best time to get my influenza vaccine?

It's best to be vaccinated before flu begins spreading in your community. September and October are generally good times to be vaccinated against flu. Ideally, everyone should be vaccinated by the end of October. However, even if you are not able to get vaccinated until November or later, vaccination is still recommended because flu most commonly peaks in February and significant activity can continue into May.

**Additional considerations** concerning the timing of vaccination for certain groups include:

- Adults, especially those 65 years and older, should generally not get vaccinated early (in July or August) because protection may decrease over time, but early vaccination can be considered for any person who is unable to return later to be vaccinated.
- [Some children](#) need two doses of flu vaccine. For those children it is recommended to get the first dose as soon as a vaccine is available, because the second dose needs to be given at least four weeks after the first. Vaccination during July and August also can be considered for children who need only one dose. Early vaccination can also be considered for people who are in the third trimester of pregnancy, because this can help protect their infants during the first months of life (when they are too young to be vaccinated).

[For Frequently Asked Influenza \(Flu\) Questions: 2022-2023 Season](#)

Contact the [HCQU](#) to discuss a free Influenza training.

# September is Suicide Prevention Awareness Month

YOU ARE NOT ALONE. HELP IS AVAILABLE EVERY DAY.

**TOGETHER**  
for Mental Health



**#Together4MH**

If you're in crisis,  
call the 988 Suicide and  
Crisis Lifeline at

**988**

or use the Crisis Text Line  
Text "NAMI" to 741741

**[nami.org/suicidepreventionmonth](https://nami.org/suicidepreventionmonth)**

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

**Know the Warning Signs and Risk Factors of Suicide**



WEIS MARKETS  
 VIRTUAL COOK-ALONGS 

**OCTOBER 26TH @ 1 PM: SIMPLE ON-THE-GO SNACKS**



Join Weis Dietitian Emily to learn about some simple snacks perfect to take on the go followed by a recipe demonstration to show you how to put together Slow Cooker On-the-Go Snacks.

**RECIPE:** [Slow Cooker Chex Mix | Recipes | Weis Markets](#)

[CLICK HERE TO JOIN](#)

Password: 5720924570

**OCTOBER 5, 2022**

Eden Resorts & Suites  
Lancaster, PA 17601

There will be a "Welcome Reception" at Eden Resort & Suites' State Room from 6:00pm – 8:00pm on Tuesday October 4, 2022. This is PADDNN's pandemic-delayed **20th Anniversary Celebration!** Hot and cold hors d'oeuvres will be provided with a cash bar.

[Click for full conference brochure](#)

**ANNUAL PADDNN EDUCATION CONFERENCE**

PADDNN is happy to announce that this is a **hybrid** conference, with both in-person and virtual attendance options.

**Presenters include:**

**MJ Schmidt**, MA, CBIST, Training and Outreach Coordinator, Brain Injury Association of Pennsylvania

**Terry Broda**, RN, MScN, NP-PHC, CDDN, Consultant at Valor & Solutions and SQETGC, Professor at McGill University

## Contact Us

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Our HCQU includes registered nurses experienced in serving individuals with an Intellectual - Disability (ID) and/or Autism. Visit our website for their contact information and the counties they support.



## CONSIDERATIONS FOR REDUCING MONKEYPOX TRANSMISSION IN CONGREGATE LIVING SETTINGS

[Monkeypox](#) is a disease that can cause flu-like symptoms and a rash. Human-to-human transmission of monkeypox virus occurs by direct contact with lesions or infected body fluids, or from exposure to respiratory secretions during prolonged face-to-face contact. A person is considered to be infectious until there is full healing of the rash with formation of a fresh layer of skin.

If a staff member, volunteer, or resident of a congregate living setting has a monkeypox virus infection, transmission could occur within the setting. [Click for further CDC information.](#)

**PLAYING WORD SEARCH GAMES ENTERTAINS PEOPLE AND ALSO ENHANCES MENTAL HEALTH. RESEARCH SHOWS THAT REGULARLY PLAYING WORD SEARCHES CAN DELAY DEMENTIA BECAUSE IT HELPS BOOST MEMORY.**

E	E	X	T	R	E	M	E	L	Y	I	L	L	U
T	E	M	P	E	R	A	T	U	R	E	A	I	R
C	L	U	T	T	E	R	L	E	S	I	O	N	S
R	H	R	A	P	I	D	L	Y	G	S	T	O	T
R	S	R	O	A	W	A	R	E	N	E	S	S	S
E	M	E	R	G	E	N	C	Y	R	R	U	T	L
C	T	W	N	S	E	P	T	E	M	B	E	R	I
O	T	D	D	N	I	Y	Z	Z	I	D	O	I	A
G	Y	W	S	K	A	E	P	S	D	I	R	P	R
N	M	E	D	I	C	A	T	I	O	N	S	R	D
I	N	K	M	R	I	N	F	E	C	T	I	O	N
Z	L	A	N	C	S	E	P	S	I	S	R	U	A
E	T	N	E	G	R	U	D	E	A	T	H	D	H
D	X	O	P	Y	E	K	N	O	M	O	L	M	A

SEPTEMBER  
DSP  
RAPIDLY  
MONKEYPOX  
MEDICATIONS  
EXTREMELY ILL  
AWARENESS  
HANDRAILS  
EMERGENCY  
DEATH  
SEPSIS  
TEMPERATURE  
URGENT  
DIZZY  
CLUTTER  
INFECTION  
RECOGNIZED  
LESIONS  
PROUD  
PEAKS