Healthy Outcomes

Influenza Vaccination Week December 5-9

Centers for Disease Control and Prevention 800-232-4636

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SIGNU P FOR THE MONTHLY HEALTHY OUTCOMES NEWSLETTER:
HCQU@GEISINGER.EDU

DON’T FORGET TO ADD NEW STAFF.

Can Flu Illness be Treated?

Yes. There are prescription medications called “antiviral drugs” that can be used to treat flu illness.

What are Antiviral Drugs?

Influenza antiviral drugs are prescription medicines (pills, liquid, or an inhaled powder) that fight against flu in your body. Antiviral drugs are not sold over the counter. You can only get them if you have a prescription from a health care provider. Antiviral drugs are different from antibiotics, which fight against bacterial infections.

What Should I Do If You Think You Have the Flu?

If you get sick with flu, antiviral drugs are a treatment option. Check with your health care provider promptly if you are at high risk of serious flu complications (see the next page for full list of high-risk factors) and you get flu symptoms. Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Your doctor may prescribe antiviral drugs to treat your flu illness.

Should I Still Get a Flu Vaccine?

Yes. Antiviral drugs are not a substitute for getting a flu vaccine.

Read more
Aspiration pneumonia is a type of pneumonia that can be caused by the accidental infiltration of bacteria from the mouth into the lungs. The aspiration alone DOES NOT cause pneumonia. It is the bacteria in the mouth that enters the lungs with or without food which causes pneumonia.

Aspiration pneumonia is more common in elderly people who have difficulty swallowing and cleaning their mouth properly. Bacteria in the mouth multiplies rapidly and can trickle into the lungs during sleep. The bacteria are then in position to cause pneumonia.

Lifestyle changes, such as improving oral hygiene can help to prevent aspiration pneumonia. Care of the mouth with regular oral hygiene measures such as brushing one’s teeth and tongue with toothpaste is very effective in minimizing the bacterial colonization in the mouth. Note: It is also recommended to brush the teeth prior to eating to remove bacteria that may be aspirated along with food by someone whose swallowing muscles have been weakened by stroke, dementia, etc.

Helpful Tips for Caregivers

Taking care of someone with a developmental disability requires patience and skill. As a caregiver, you know this as well as anyone does. You also know how challenging it is to help that person with oral health care. It takes planning, time, and the ability to manage physical, mental, and behavioral problems. Oral care isn't always easy, but you can make it work for you and the person you help.

**Brush every day.** Depending on whether the person you care for is able to brush his or her teeth, you may need to take on the job of brushing their teeth yourself or modify the toothbrush to accommodate physical limitations to allow the person to continue brushing his or her own teeth.

**Floss regularly.** Some people with developmental disabilities may find flossing a real challenge. You may need to do the flossing yourself or obtain aids such as floss holders or floss picks.

**Visit a dentist regularly.** Professional cleanings are an important part of maintaining good oral health. It may take time for the person you care for to become comfortable at the dental office. A "get-acquainted" visit with no treatment provided might help to familiarize them with the office and the exam routine before a real visit.

Special Olympics Video **How to prepare for a dental visit and take care of your dental health**
Laura J. Aungst, RN
HCQU CMSU Regional Nurse

THE DAISY AWARD FOR EXTRAORDINARY NURSES
(THE DAISY AWARD)

CONGRATULATIONS ON YOUR NOMINATION
LAURA J. AUNGST, RN

DAISY Award recognitions honor the super-human work nurses do for patients and families every day wherever they practice, in whatever role they serve, and throughout their careers – from Nursing Student through Lifetime Achievement in Nursing.

Laura has been working in the field of IDD and Autism for 37 years. She is an incredible asset to our HCQU team.

“It is just an honor and privilege to be a nurse and to especially serve our population that is typically not highlighted as other specialties. So, this is a nice honor to really recognize IDD nursing!” - Laura

ABOUT ME PAGE

The Health Risk Screening Tool (HRST) is used to detect health risks and destabilization EARLY. The HRST assigns scores to 22 health and behaviorally related rating items. The total points result in a Health Care Level with an associated degree of health risk. It is important to understand that the HRST measures health risk not disability.

The information on the About Me page is important. Please complete the address fields including the Residence County.

It is important to note any changes on the About Me page need to be saved by clicking the blue “Update Person” button at the bottom of the page. Only people with the Rater role can edit these fields.

Health Risk Screening Tool (HRST): FAQ and Overview

24/7 support lines:
PA technical support: PAsupport@ReplacingRisk.com
PA clinical support: PAclinassist@ReplacingRisk.com
**DATING & INTIMACY FOR PEOPLE WITH DISABILITIES**

Disability consultants, Shawn McGill & Sharon Potter are joined with Robin VanEerden for this podcast episode. Together we explore and talk about critical information that is important for people with disabilities to learn and understand as they prepare to wade through the waters of dating and intimacy.

Listen here

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**WEIS MARKETS VIRTUAL COOK-ALONG DECEMBER 14TH AT 1 PM**

Join Weis Dietician Emily for holiday cookies and a recipe demonstration. This recipe is a little different than the typical cookie, but full of flavor and plenty of opportunities to add extra nutrients.

Recipe: Chocolate Chip, Oatmeal & Dried Cherry Cookies

Zoom Link: [Join here](#)  Pass code: 9632649161

Registration not required. Join on a computer or mobile app. Attend as a group or individually. CC not available. [Check our HCQU website for 2023 Cook Alongs.](#)

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**THE FATAL FIVE**

HCQU instructor led virtual training *(offered monthly)* on the common health conditions that are associated with preventable deaths in people with Intellectual & Developmental Disabilities (IDD).

Medical emergencies are inevitable, but some can potentially be avoided through building awareness and offering preventative education. Research shows there are five health conditions in individuals with IDD that often go unrecognized and are linked to serious illness and preventable deaths in community-based settings. They are referred to as **The Fatal Five**: **ASPIRATION * CONSTIPATION * DEHYDRATION * SEIZURES * INFECTION/SEPSIS**

**The Fatal Five** training is 2 hours in length. Registration is not required. A certificate of attendance is provided. [MONTHLY TRAINING SCHEDULE](#)

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December 8, 2022, 1:00 pm -3:00 pm

Microsoft Teams meeting- Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 261 812 427 440  Passcode: J3ZDhR

[Download Teams]  |  [Join on the web](#)

Training handouts: [HCQU Fatal 5 PowerPoint Handout](#)  [HCQU Fatal 5 Handouts](#)
Itching for the Holidays

The cold clear days of winter bring more than just a rosy glow to the cheeks. As the temperatures drop, the dry environment and lack of moisture allows for cracked hands, chapped lips and scaly legs. Skin changes with age. It becomes thinner, loses fat, and no longer looks as plump and smooth as it once did. Veins and bones can be seen more easily. Scratches, cuts, or bumps can take longer to heal. Years of sun tanning or being out in the sunlight for a long time may lead to wrinkles, dryness, age spots, and even cancer. But there are things you can do to protect your skin and to make it feel and look better.

Dry skin also can be caused by health problems, such as diabetes or kidney disease. Using too much soap, antiperspirant, or perfume and taking hot baths can make dry skin worse. Some medicines can make skin itchy. Because older people have thinner skin, scratching can cause bleeding that may lead to infection.

Here are some ways to help dry, itchy skin:

**Hydrate, hydrate, hydrate:** Drink more water

**Moisturize, moisturize, moisturize:** every day, lotions, creams, or ointments that are oil-based, (water-based and petroleum-based lotions can dry skin out even more).

Take fewer baths or showers and use milder soap. Warm water is less drying than hot water. Don't add bath oil to water, it can make the tub too slippery.

Try using a humidifier, an appliance that adds moisture to a room.

Talk to your doctor if your skin is very dry and itchy.

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SENSORY SANTA

Enjoy your time with Santa in a calm, quiet, sensory friendly environment that is child led. Seeing Santa is one of the joys of childhood and should be afforded to all children.

Registration and Location info: handinhandpa.org
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.

Healthier Holiday Brown Rice Pudding

Pudding made with simple ingredients including rice, milk, sugar, cinnamon, and raisins is a healthier spin on traditional rice pudding.

Ingredients

- 2 cups water
- 1 cup uncooked brown rice
- 1/4 teaspoon salt
- 1 cup milk
- 6 ounces evaporated milk, or substitute half and half or cream
- 1/3 cup granulated sugar
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1/2 - 1 cups raisins

Instructions (Tastes Better from Scratch Recipe)

- Bring the water and brown rice to a boil in a saucepan.
- Add salt, reduce heat to low, cover, and simmer for 35 minutes. Remove from heat (keep covered) and allow to rest for 10 minutes before fluffing with a fork.
- Stir in the milk, evaporated milk, sugar, and cinnamon. Simmer uncovered, stirring often, for 40-50 minutes, or until the dish is pudding consistency.
- Remove from heat and stir in vanilla extract and raisins.

5 SERVINGS  PREP 5 MINS  COOK 2 HRS 10 MINS  TOTAL 2 HRS 15MINS

Wishing you and all those close to you...

a joyous holiday season,
a new year of happiness,
and hope for a world at peace.

The Central Pa HCQU