

# “Let’s Connect”

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## Trainings

### July – September

Cameron – 0
Clearfield – 19
Elk – 6
Erie – 2
Forest – 0
Jefferson – 7
McKean – 6
Potter – 2
Warren – 27
Venango – 2
Home Study - 122

## Flu Prevention Tips

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands frequently can help stop the spread of germs and prevent respiratory illnesses like the flu.

- Avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



<https://www.cdc.gov/flu/consumer/prevention.htm>

# Do You Sit Too Much? Try NEAT!

Although there is no official diagnosis, you may (or may not) have heard of "Sitting Disease." One hundred (or even fifty) years ago, life was much different. Jobs were often physical. Fewer people owned cars and more of us walked everywhere. There was very little fast food. Life today is much easier because of convenience, but that has come at a price. We live longer, but we have more chronic disease such as Obesity, High Blood Pressure, Diabetes, Heart Disease, and Cancer. Research is showing that our sedentary lifestyles are in large part responsible.

Now more than ever, exercise is becoming more important (and necessary), yet there are obstacles to developing a routine. Sometimes weather gets in the way of walking or running. Gyms can be expensive or far from home. Exercise equipment can be pricey as well. Life gets busy, and we don't have the time. Do not despair. We can still do a lot for ourselves even if we don't exercise regularly.

Have you ever heard of Non-Exercise Activity Thermogenesis (NEAT)? It consists of movements in our lives that are not sports-related or exercise, but, according to research, can still help us increase our metabolism and approach our ideal bodyweight, thus avoiding the aforementioned problems. For example, a 145-pound person burns 102 calories an hour while sitting at work, but would burn 174 calories an hour if he/she stood. Not a lot, you say? Consider that if this were the only change that person made, it would result in a 5-pound weight loss over one year!

Here are some things we can do to increase our daily NEAT: Walk around outside (or inside) your house when you're on the phone. Use the stairs instead of the elevator or escalator. Get a rebounder mini-trampoline and bounce on it while you watch television (this can burn *lots* of calories). Walk to drop off the mail at the post office or mailbox. Get in a 5- or 10-minute walk at lunch or during break time at work. Get a standing computer desk for work. Tap your feet while you listen to music. Hand-wash your dishes instead of using the dishwasher.

Obviously there are more ways to get in daily activity, but you get the idea. Strenuous exercise is not the only way to get fit. Small changes done on a daily basis can go a long way toward losing weight and improving our health. For more information, do an online search of "NEAT for weight loss." Good luck!

Tim Juliano

## How To Increase Your Daily NEAT



# Behavioral Phenotypes

by Amy Tobolski

Most of us are familiar with the concept that there are specific physical and medical characteristics associated with certain genetic syndromes. We are likely familiar with the physical characteristics of Down Syndrome (DS) -- upward slanting eyes, flattened nose and face, and short stature, to name a few. We may also be familiar with the myriad medical conditions that can occur with DS, such as congenital heart disease, gastro-intestinal issues, and hypothyroidism. Yet many of us are less familiar with the concept of Behavioral Phenotypes.

Simply put, Behavioral Phenotypes are patterns of syndrome-specific strengths and weaknesses (related to social, linguistic, cognitive, and motor skills) that characterize the disorder. This also includes a proclivity for Psychiatric Illnesses. For example, social behavior is a strength for people with DS. They may also be prone to Obsessive-Compulsive behaviors (ex. obsessional slowness), wandering/elopement, and stubbornness. They are also more prone to Psychiatric Illnesses such as Depression, Anxiety Disorders, and OCD.

We know that many behaviors that we find difficult or puzzling often relate to underlying medical conditions. Sleep disturbances result in irritability, gait/balance issues can lead to activity refusals, and speech/communication difficulties often lead to frustration-related responses and social isolation. Many of the physical & medical conditions associated with genetic syndromes can lead to behavioral concerns. However, people can also display Behavioral Phenotypes independent of their physiology.

Let's look at a few of the syndrome-specific strengths and weaknesses for a couple of syndromes:

- Angelman Syndrome (AS) – speech delays (linguistic), attention deficits (cognitive), smiling/laughing out of context and a very high need for social attention (social), and stereotypical/repetitive behaviors and hyperactivity (motor).
- Fragile X Syndrome (FXS) – perseverative communication, echolalia and self-talking (linguistic); attention deficits and impulsivity (cognitive), active gaze avoidance and social anxiety (social); and stereotypical/repetitive behaviors and hyperactivity (motor).

As you can see from the examples above, the Behavioral Phenotypes for various syndromes can be very similar in some respects and very different in others. Commonalities seen in many (but by no means all) genetic syndromes include speech/communication deficits, attention deficits, stereotypical/repetitive behaviors, and hyperactivity. Conversely, many genetic syndromes have rare or unique Behavioral Phenotypes, such as screaming episodes often observed in people with Tuberous Sclerosis Complex (TSC) or food-seeking behaviors observed in people with Prader-Willi Syndrome (PWS).

When considering Behavioral Phenotypes, there are a few things that are helpful to keep in mind:

- Not everyone with a syndrome will be diagnosed. In fact, you may be supporting several people right now who have an undiagnosed syndrome. There are thousands of genetic syndromes currently identified (and likely some that haven't been identified yet).
- Different people with the same genetic syndrome may express different traits more or less strongly than others.
- Environment and life experiences can influence symptom presentation, as does increasing age.

Behavioral Phenotypes result from the person's genetic make-up. In some instances the person can use learned coping skills to manage symptoms. For example, some people with Prader-Willi Syndrome can learn ways to curb food-seeking behavior; however, they will still experience the excessive hunger that is part of the PWS phenotype. Ultimately, a person with a genetic syndrome cannot change their genetic make-up, so we must learn about their syndrome, understand what they may be experiencing, and change how we support them by shifting our focus to accommodating rather than trying to change Behavioral Phenotypes.

# T.R.A.M.P Out Medication Errors Workshop

T: Time

R: Route

A: Amount

M: Medication

P: Person



Looking to decrease your risk for medication errors?  
Want hands-on prevention methods?

Do you know the five rights of medication administration?  
This medication administration workshop is for you!

Reviewing the essentials with true stories, engaging activities,  
and scenario discussions, this workshop is one that you won't  
want to miss.

Participants will leave with a clearer understanding of the importance of medication administration and safety. Join us as we raise awareness of the potential effects of medication errors.

T: Time

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The goal of this workshop is to provide participants a clearer understanding of the importance of medication administration and safety. It will cover essentials including the three principles, the five parts of the medication cycle, and the five rights. This workshop will raise awareness of potential effects that medication errors can have through various scenarios, activities, and discussion.

## Objectives

- Provide overview of medication safety
- Identify the five rights of medication administration (Using T.R.A.M.P.)
- Identify the importance of communication and documentation
- Identify factors that contribute to medication errors

Are you interested in scheduling this training? If so contact Lynn Carnahan; Training Coordinator, at Milestone HCQU Northwest by email at [lcarnahan@MilestonePA.org](mailto:lcarnahan@MilestonePA.org) or by phone 814-728-9400.



We are approaching that time of year again when people tend to feel down or develop seasonal affective disorder (SAD) due to the weather or the inability to be as active. Some may not know this but one-way to combat the blues, be it SAD or not, is laughter. Have you ever heard, "Laughter is the best medicine?" Laughter is the body's natural way of fighting stress, pain, and conflict. A good laugh can help bring your mind back to a healthy balance. It can strengthen your immune system, boost your mood, diminish pain, and protect you from the damaging effects of stress. Laughter can also enhance your relationships and support both your physical and emotional health. According to helpguide.org, some of the healthy benefits of laughter are:

**Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

**Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

**Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

**Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

**Laughter burns calories.** OK, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn about 40 calories—which could be enough to lose three or four pounds over the course of a year.

**Laughter lightens anger's heavy load.** Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding on to bitterness or resentment.

**Laughter may even help you to live longer.** A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.



So take some time in your busy schedule to laugh. It does the body good!

## ***Letter from the Director***

The Fatal 4 are four preventable health conditions that are associated with common health conditions and death. Doctor Cherpes and Rhonda Gengler presented this training at meetings held in Cranberry and Butler, PA, back in July and August, and we are now offering a one hour introductory training, a more in-depth two hour training, or we have two hour trainings covering each individual topic for those who want more detailed information.

Aspiration is when food, fluid, saliva, or medication enters the lungs. This can lead to refusal to eat, weight loss, poor nutrition, wheezing, difficulty breathing, hypoxia, and/or pneumonia which can cause death. Choking is when food or other items become lodged in the back of the throat, and if not cleared can quickly lead to irreversible brain damage and death.

Constipation is when there is infrequent, hard, or hard to pass stool, usually less than three times per week. Complications range from pain/discomfort to complete blockage, bowel perforations, and death.

Dehydration is when we don't have enough water in our body, and complications can be serious and include constipation, heat injury, kidney injury/failure, seizure from abnormal electrolyte levels, loss of consciousness, and loss of blood volume or shock.

Seizures are abnormal, unregulated electrical activity in the brain resulting in involuntary alterations in behavior or physical symptoms. Symptoms of a seizure depend on which area of the brain is affected, and may include staring, fluttering eyes, lip smacking, muscle spasms, numbness or tingling, and hearing or smelling things not there.

Again, we have two hour trainings covering each topic which give much more information than the brief descriptions provided here, and there are over 100 other trainings that we provide upon request. Take care, enjoy the fall, and call us if for trainings or technical assistance.

Darryl

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