

Milestone HCQU Northwest

“Let’s Connect”

July
August
September
2017



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Trainings for

April — June

Cameron – 0
Clearfield – 11
Elk – 3
Erie – 10
Forest – 0
Jefferson – 4
McKean – 12
Potter – 0
Warren – 13
Venango – 1
Home Study - 553

Speaker of the Month Series

Lindy Mishler, of the Bureau of Autism Services (BAS), will be our July 19th Speaker of the Month. Lindy will be talking about the services offered by the BAS, and will be happy to answer your questions.

August 16: Guy Légaré, Executive Director at Person Driven Clinical Solutions LLC. For many years Guy worked as the Associate Clinical Director for the OMR Statewide Training and technical Assistance Initiative in Pennsylvania. In that role he collaborated with a variety of providers and counties to build local capacity and offered / co-facilitated a variety of trainings across Pennsylvania, including Positive Approaches and EveryDay Lives, Dual Diagnosis, and how to work more effectively with a psychiatrist. Guy will be giving an overview of Person Driven Supports.

September 20: Shawn McGill will be speaking. In 1998, Shawn began providing direct support to people with intellectual and developmental disabilities who communicated via challenging behaviors. She began her own consulting group in 2012, specializing in intellectual and developmental disabilities, autism spectrum disorders, problematic sexual behaviors, and trauma informed care, among other things. Shawn’s topic will be **Navigating Sexuality**. This training aids parents and professionals who are supporting people with disabilities to address sexuality in a healthy, safe, and useful way rather than dismiss or ignore it.

October 18: Dementia Live at the Rouse Estate. Dementia Live™ is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it’s like to live with cognitive impairment and sensory change.

Stay tuned, there will be more information to come!



The Dangers of Molds

Do you have allergies or other respiratory problems? Part of the reason may lie in or around your home, and you may not even be aware of it: mold.

A mold is a fungus that can live indoors or outdoors and thrives in warm, damp weather (especially during the hot, humid days of summer). Molds can survive, however, in just about any climate. There are literally thousands of species of molds, which reproduce and spread by making spores.

The airborne spores can travel throughout the home, especially in the heating and cooling systems. Sensitivity to molds typically presents as eye irritation, skin irritation, stuffy nose, cough, or wheezing. Reactions can be severe, such as shortness of breath or asthmatic-type attacks, and molds can cause lung infections in persons with pre-existing respiratory problems such as COPD.



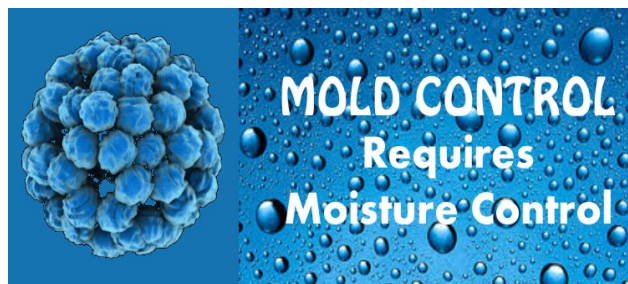
Any dark, moist outdoor areas such as leaf or compost piles, or humid indoor areas, including basements and showers, can be prime breeding grounds for molds. Sometimes even work places can harbor molds, as would be the case for farmers working with hay. Molds can grow in schools as well, particularly in places like gym locker rooms. Farms, flower shops, summer cottages, greenhouses, saunas, construction areas, and antique shops are all places with ideal mold-growing environments.



Molds smell musty and may look like patches of fuzz or slime on walls, floors, or counters. They often spread, and can hide under carpets or wallpaper (follow the smell to locate them). Mold can warp whatever material it inhabits, including tiles, boards, panels, etc. If possible, remove any materials with mold on them. Bleach will kill mold and is quite effective in cleaning moldy surfaces. One cup of bleach in one gallon of water is the recommendation from the CDC.

Never mix bleach with ammonia; the resulting fumes can be fatal!

It is essential to correct the moisture problems that promoted the mold growth in the first place. If there is water seeping into the basement, locate the source and correct it. You might need to have a new gutter system installed to channel away the rainwater from the house. A dehumidifier will help keep the area dry and reduce the likelihood of developing mold in the future. For more information, please visit the CDC website, www.cdc.gov/mold/faqs.htm. Have a safe, happy, and healthy summer!



Tim Juliano

Keeping Your Back Healthy

Our human spine is among the most cleverly designed structures to be found anywhere. It is estimated that 70–90% of all people in the United States will suffer at least one back injury in their lifetime. Up to 25% of these back injuries become chronic. Much of this is exacerbated by failure to keep the surrounding muscles strong. There are steps that can be taken to prevent back pain and injuries.

- Include physical activity in your daily routine. Maintaining a healthy weight minimizes stress on your back. For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity (a person doing moderate-intensity aerobic activity can talk, but not sing, during the activity) or 75 minutes a week of vigorous aerobic activity (a person doing vigorous-intensity activity cannot say more than a few words without pausing for a breath). Strength training exercises are also recommended at least twice a week. All major muscle groups should be worked. These are the legs, hips, back, abdomen, chest, shoulders, and arms. Exercises for each muscle group should be repeated 8 to 12 times per set. As the exercises become easier, increase the weight or do another set.
- Pay attention to your posture. If you stand for long periods at work, occasionally rest one foot on a stool or small box. To promote good posture when sitting, choose a chair that allows you to rest both feet flat on the floor while keeping your knees level with your hips. If necessary, prop your feet with a foot stool or other support. If the chair doesn't support your lower back's curve, place a rolled towel or small pillow behind your lower back.
- Minimize hazards. Falls can seriously injure your back. Remove anything from your work space that might cause you to trip. Consider wearing low-heeled shoes with nonslip soles.
- Lift properly. When lifting and carrying a heavy object, lift with your legs and tighten your core muscles. Hold the object close to your body and lift it between your legs. Maintain the natural curve of your back. If an object is too heavy to lift safely, find someone to help you.
- Modify repetitive tasks. Think about how you can modify repetitive tasks at work to reduce physical demands on your body. Use lifting devices or adjustable equipment to help you lift loads. If you're on the phone most of the day, try a headset. If you work at a computer, make sure that your monitor and chair are positioned properly. Avoid unnecessary bending, twisting and reaching. Limit the time you spend carrying heavy objects such as purses and bags. Consider using a rolling suitcase.
- Listen to your body. If you must sit or stand for a prolonged period, change your position often.
- Lessen stress. Stress can make you tense and prone to injury. Use positive coping mechanisms, such as deep-breathing exercises, taking a walk around the block or talking about your frustrations with a trusted friend. Learn to handle stress in a healthy way.



PSYCHOTROPIC PHARMACOGENOMIC TESTING

Pharmacology + **Genomics** = **Pharmacogenomics**
(the science of drugs) (the study of genes & their function)

Who benefits from pharmacogenomics testing?

- People who have had multiple medications leading to little or no positive response
- People who have histories of adverse reactions to medications
- People who frequently experience side effects from medications
- People who are taking multiple medications to treat the same thing (polypharmacy)
- People who may have difficulty recognizing and expressing when they experience adverse effects of medication

How is testing done?

The person's doctor (typically the psychiatrist when it is neuropsychiatric) orders this relatively inexpensive test, which consists of a simple cheek swab that is then sent to a lab for analysis.

What information does Neuropsychiatric Pharmacogenomic Testing provide?

The test analyzes genetically-determined enzymes that are responsible for how the person's body metabolizes (breaks down) medications. This can guide the prescriber in choosing medication most likely to result in a desired response while limiting adverse reactions.

Example: Psychotropic pharmacogenomic testing done by GeneSight (a pioneer in developing the testing) would currently include information on the following classes of medications: **antidepressants, anxiolytics and hypnotics, mood stabilizers, and antipsychotics.**

Specific medications within each class would then be listed under one of three categories:

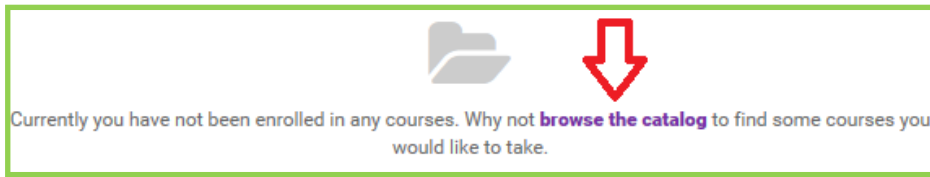
- **Use as directed** = a good choice for that person
- **Use with caution** = moderate gene-drug interaction
- **Use with increased caution & with more frequent monitoring** = significant gene-drug interaction

There are additional sections in the report regarding specific genetic information that may benefit the prescribing clinician as he/she weighs the potential risks vs. benefits of medications.

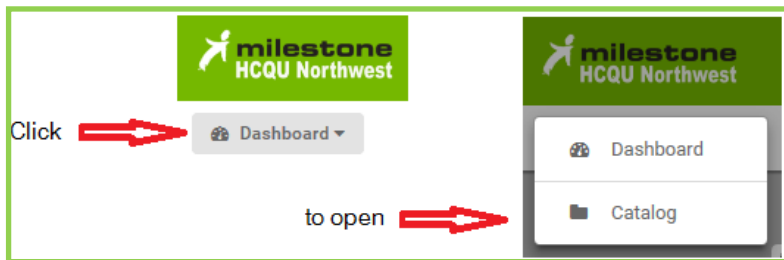
Learn more at: genesight.com, pathway.com/pharmacogenomics/, or rxight.com

Milestone HCQUNW Announces New Online Training Portal

We are happy to announce that our new Online Training Portal is up and running. As of July 1, we have seven home study trainings ready to go on the site, which can be accessed at <http://northwesthcqu.learnupon.com>. The first time you visit our portal, you will need to create an account by clicking the "Sign up now>>" link. Once you have completed your registration and verified your email account, you will be directed to your Dashboard, where you can access our catalog by clicking here:



Or here:



When you find a course you're interested in, you can click the Enroll button to take the training, or click on the training title for more information about it. Once enrolled, just click Start to begin the course. You can download and print the material to read at your leisure, or read it online. Then you take a short quiz to test your knowledge. If you pass the quiz with at least an 80% score, you will be directed to our evaluation. Once you submit the evaluation, you will be able to download your certificate to file or print.

If you experience any problems when trying to access our training portal, please contact Lynn at

LCarnahan@MilestonePA.org and please check back often as we continue to add new content to the portal.

Thank you to the 305 people who submitted 1102 home study tests this year.



"A DAY IN THE PARK"

What a wonderful day in the park!

We would like to take this opportunity to thank all the sponsors, volunteers and guests for making "A Day in the Park" so special!

We couldn't do it without everyone's collaborative efforts.

We look forward to another year of planning and organizing with your help and suggestions.

Milestone HCQU Northwest Team

On-The-Spot Stress-Busters

Are you stressed? Let's find out. Take the following quiz...

1. Do you feel tired all the time or have trouble sleeping?
2. Do you have a hard time relaxing or feel unable to relax?
3. Do you forget things all the time?
4. Are you frequently angry and tired at the end of the day?
5. Do you always feel under pressure?
6. Do you argue all the time, even about minor things?
7. Can you never find time for yourself?
8. Do you no longer want to socialize with others?
9. Do you lack patience and feel others are always wrong?
10. Do people often tell you that you seem tense or upset?



If you answered 'yes' to two or more of these questions and/or feel this way regularly, chances are that you are stressed! Once you have recognized that you're stressed, what can you do?

For immediate stress relief - **STOP and BREATHE.**

One of the most immediate and easiest ways to deal with stress is responding to your body's physical symptoms. Sometimes this can be as simple as stopping what you're doing and taking a few deep, relaxing breaths.

Changing how we think or re-framing, may also be a successful coping strategy. There are many ways to interpret the same situation. Re-framing won't change the reality of the situation but it helps you view things differently and hopefully less stressfully. Changing how we think helps us focus on your strengths, learn from the stress you are under, look for opportunities, seek out the positive and make a change.

We may need to consider changing our behavior. We may need to be more assertive, become organized, vent, use humor and diversion/distraction.

4 Things In 5 Minutes! Four quick tips for relaxing on the spot.

Breathe deeply - take several slow, deep breaths to slow down your heart rate and reduce your anxiety.

Relax your muscles - stretch your neck, stand or sit up straight, get some of the tension out of your body.

Make a change - step back from what you're doing and/or what's stressing you; a few seconds can bring a lot of perspective.

Laugh - nothing relieves the tension in your body, or your mind, like a little humor.

There you have it! Some quick, fairly easy ways to battle stress in the moment. Remember that none of these suggestions is a long-term fix; please consult your doctor if you are under chronic stress.

Letter from the Director

We just finished our 14th annual "Day in the park" on June 16th and it was another great day to be at the park in Ludlow, PA. Approximately 260 people were there and we had singing and dancing with the ELCAM Band, an ambulance to tour along with a police car and firetruck and horses to ride. Under the tents we had local provider agency's, gardening, picture taking, nutrition education, face and finger nail painting. After lunch there were bingo, carnival games, snow cones, and lots of smiling faces.

When not at the park, we have been busy scheduling trainings and technical assistance throughout the summer and fall, so please call ahead of time to get things scheduled.

Finally, our "Speaker of the Month" in June was Jim Donovan, who presented "Drumming and Disabilities" at the Warren State Hospital on June 21st and all had a wonderfully loud time. We are scheduled through next May, but feel free to call or email if you think of a topic that we might be able to host next year.

Have a wonderful summer.

Darryl

HCQU Contacts

Gary Bell
CEO
Milestone Centers, Inc.

Darryl Bergstrom
HCQU Director
dbergstrom@MilestonePA.org

Amy Tobolski
Clinical Supervisor
atobolski@MilestonePA.org

Lynn Carnahan
Training Coordinator
lcarnahan@MilestonePA.org

Lisa Brocious
Office Manager
lbrocious@MilestonePA.org

Susan Swanson, RN
HCQU Nurse
sswanson@MilestonePA.org

Tim Juliano, RN
HCQU Nurse
tjuliano@MilestonePA.org

Connie Copley
Behavioral Health Specialist
ccopley@MilestonePA.org



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milestone
HCQU Northwest

Roseland Building
247 Hospital Drive
Warren, PA 16365
Phone (814) 728-9400

MilestonePA.org

