



HEALTH CARE ALERT



A QUARTERLY PUBLICATION PROVIDING HEALTH CARE TIPS FOR PEOPLE WITH INTELLECTUAL AND/OR DEVELOPMENTAL DISABILITIES AND THEIR SUPPORT TEAMS

Risk Management Corner

Tips on Safe, Fall Eating- Wherever you go!!

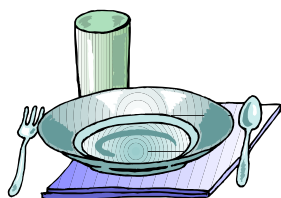
Fall is a great time to review the support needed for individuals with a diagnosis of dysphagia. Typically fall is a time to appreciate the change of season, begin to think about the upcoming holidays and anticipate all the tasty treats ahead! Ensuring that people with a diagnosis of dysphagia continue to eat safely while enjoying autumn activities requires some thought and planning. Review the tips below to ensure that you and those you serve have happy and safe eating experiences this fall!

* Always have the person's most current and accurate diagnosis to work from when preparing food or beverage modifications. The evaluation from the Speech Language Pathologist will contain recommendations. The annual physical examination form should also contain the current diet order and modifications recommended by the Speech Language Pathologist or primary care practitioner.

* Make sure you know and understand the dietary modifications that need to be made to each individual's food. Should solid food be pureed, mechanically altered or soft solid? Figure out ahead of time if there will be food available at the places the person will be going. If food will be available, can it be modified to the needed texture or will the person need to bring his/her own already prepared food with them? Be especially alert at buffets or places where food is on display. Some people may take items that have not

been modified and this is an extreme choking risk.

* The same applies to liquids; know and understand if the liquids for any particular person should be thin (regular), nectar like, honey like or spoon thick? Pre-prepared liquids in the various consistencies are



available as box drinks. Keeping a small stock on hand in the event of an unexpected outing can prevent a disaster!

* Make sure that all modifications are clearly understood by everyone and not open to individual interpretation. Does cut in quarters mean that the food item is cut into 4 pieces or does it mean that it is cut into the size of a quarter? Those responsible must know what the health care professional is recommending.

* Make sure that staff accompanying each person understands dysphagia and what foods and beverages are or are not safe for the individual to eat or drink. Staff must always understand what food and beverage modifications are needed. While it is always nice to be able to share food with friends and relatives, sharing food that has not been modified as recommended will put people at increased risk of choking, aspiration, or death.

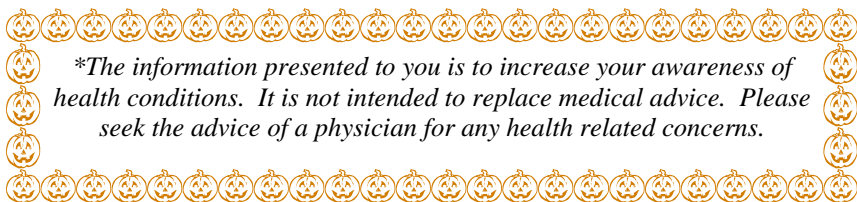
* If a person attends a day-program or workshop make sure that the food and

beverage modifications are consistent at all places the person eats and drinks. When packing the lunch for the day-program, work shop, or outing, prepare it as it should be served. Don't send a whole sandwich if the person is on a pureed diet. You may want to think about situations that could occur. For example, if the car broke down and you needed to wait for assistance, would the person be able to eat the lunch as it was packed?

* Whenever possible identify a staff person to contact at each venue in the event you need to pass on a message or have a question or concern.

* Remember that any modifications to a solid food or beverage must be communicated to everyone involved in the person's life (residential staff, family members, day program/work shop staff, social contacts, etc.). Be especially alert when changes in routine or situations occur, for example, being hospitalized, respite care, going on vacation, changing jobs, changing residence, attending social activities – anywhere the person goes where eating or the possibility of eating will occur.

* For more information on dysphagia visit the American Speech- Language Hearing Association at www.asha.org



**The information presented to you is to increase your awareness of health conditions. It is not intended to replace medical advice. Please seek the advice of a physician for any health related concerns.*

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*To find out about other companies that provide home health care services, please contact your insurance company directly or contact PCHC for support.
*PCHC does not support or advocate for any one company. We share all of our resources to keep you fully informed.

La Salle University's Center for Psychological Services and Step Up Program

At La Salle University's Center for Psychological Services we provide outpatient therapy and psychological assessment for adults, adolescents and children. In addition, we partner with the City of Philadelphia to provide the Step Up Program, a specialized service for adults with intellectual disabilities and sexually problematic behavior.

We are located on La Salle University's campus at the corner of Chew Ave. and Wister St. We are convenient to public bus routes as well as the Broad Street Subway. In addition, free parking is conveniently located next to the center.

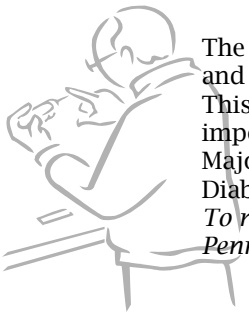
Our mission is to provide psychological services informed by the most up-to-date scientific evidence. We also believe in taking a collaborative approach, as appropriate, working closely with individuals, and their family and team members. In addition to providing general outpatient services, we offer specialized programs for anger, anxiety, depression, postpartum depression, and coping with illness.

For those in the intellectual disability community, we provide three services: psychological assessment, individual psychotherapy and group psychotherapy. While we specialize in helping those with sexual behavior difficulties, we also offer talk therapy services for individuals with a moderate or mild MR diagnosis whose therapy needs are identified in their Individualized Support Plan (ISP).

Our therapists are advanced doctoral students in La Salle University's Doctoral Program in Clinical Psychology, who are closely supervised by La Salle's clinical faculty. All clinical faculty are licensed clinical psychologists.

If you are interested in finding out more information or want to make an appointment please call 215-951-1006 for the general clinic or 215-991-3640 for the Step Up Program. You can also visit www.lasalle.edu/psychclinic for directions and additional information.

Do you support someone with Diabetes?



The Diabetes Education Center at Pennsylvania Hospital has recently published a new manual for individuals and caregivers titled: *"Meeting the Challenge of Diabetes and Developmental and Intellectual Disabilities"*. This manual explains a variety of topics related to Diabetes in simple terms and examples highlighting the importance of good care-taking, follow-up and tips for living well.

Major funding for the 2nd Edition of this manual has been provided by The First Hospital Foundation and The Diabetes Education & Research Center. Penn Medicine supports this program through Pennsylvania Hospital. To request a copy of this publication or request services, please call:
Pennsylvania Hospital, Diabetes Education Center at: (215) 829 - 5725.

To request training on Diabetes from a PCHC nurse, please call the Education Dept. at (215) 546 - 0300, (ext. 3367).

Oral Healthcare Education for Patients and Caretakers

It is now well established through numerous clinical studies that oral health and physical systemic health are interconnected.

Patients with special needs face a number of obstacles in obtaining and maintaining adequate oral health. The most important aspect of oral health is appropriate daily oral hygiene.

While no single daily oral hygiene plan will address the needs of every individual patient, some general concepts are listed here:

- *Brushing of teeth and gums twice daily
- *Using a toothpaste containing fluoride
- *Using a soft-bristled toothbrush
- *Using an electric toothbrush if hand dexterity of the user is compromised

- *Flossing of teeth once daily
- *Using flossing aides if unable to use traditional dental floss
- *Using a mouth rinse such as Listerine or chlorhexidine gluconate (Rx)
- *Applying mouth rinse to teeth and gums with a toothbrush or oral swab if uncooperative
- *Drinking fluoridated water (bottled water generally lacks fluoride)
- *Limiting consumption of refined sugars

Below is a list of links of resources on the web where information on oral health and oral hygiene aides and products can be researched:

www.sedaonline.org
(Product Guide for Hygiene Aides)
www.specialolympics.org
(Special Smiles/Healthy Athletes Section—Oral Hygiene)

www.ada.org
(Information for Patients with Special Needs)

All patients should arrange for an initial or annual dental examination. The family or care providers should strategize with the dental providers in creating the appropriate individualized oral hygiene plan for the patient.

Our staff offers no cost opportunities for oral health education and training on oral hygiene for patients, family members, facility healthcare professionals and patient caretakers. Please contact us for more information and/or consultation:

215-707-0575

Andrew J. Mramor, DDS
Clinical Director
Special Smiles, LTD



Influenza (Flu) and the H1N1 Virus

**The information presented to you is to increase your awareness of health conditions. It is not intended to replace medical advice. Please seek the advice of a physician for any health related concerns.*

Flu Symptoms

Fever
Headache
Runny or stuffy nose
Dry cough
Extreme tiredness
Muscle aches
Sore throat
Vomiting
Sometimes diarrhea



The Centers for Disease Control and Prevention (CDC) indicates that each year there are more than 200,000 people hospitalized and 36,000 people die from seasonal flu complications. This year those statistics may be increased due to the H1N1 virus. How can you protect yourself?

One way is immunization. Contact your primary care physician to discuss receiving the seasonal flu immunization. The seasonal flu vaccine will protect you against three seasonal viruses. It will not protect you against the H1N1 Virus. The H1N1 immunization is currently being developed and is going to be offered to people at greatest risk for the virus. You will need to listen to the news and discuss this immunization with your physician.

The second way is prevention. Cover your nose and mouth when coughing, wash your hands often with soap and water, avoid touching your eyes, nose or mouth, avoid close contact with sick people and when sick **STAY HOME!** Please remember if you wear gloves they need to be removed from person to person and hand washing needs to take place after each removal.

The third way may be to take antiviral medications. If you do get the seasonal or H1N1 virus contact your physician as soon as possible. Antiviral medications may be ordered by your physician depending on each individual case. These medications are not sold over the counter.

What should you do if you have the flu? Check with your physician if you should take an antiviral medication. Check with your physician about any special care due to any chronic health condition. Keep away from others as much as possible. Do not go to work or school while ill. Stay home for at least 24 hours after fever is gone, except to seek medical care (fever is to be gone without the aid of fever-reducing drugs). Get plenty of rest, drink clear liquids to keep hydrated, cover coughs and sneezes, clean hands with soap and water, wear a facemask if available and tolerable when sharing common spaces with household members to prevent spreading the virus to others. Seek medical attention if your condition worsens.

If you are *pregnant, have cancer, a blood disorder, chronic lung disease, diabetes, kidney disease, liver disease, neurological disorders, or a weakened immune system* you may be susceptible to a more severe illness from an influenza infection including illness with the new H1N1 virus. If you have one of the health conditions listed, the CDC recommends that during a flu outbreak you should: seek medical attention if you have a fever or

symptoms of the flu, limit contact with crowds and avoid crowded places, and consider wearing a facemask or respirator to decrease your chances of getting infected in crowded settings. Stay at least six feet away from a person who sneezes or coughs. If you take medication for any other health conditions, continue taking this unless the health care provider states otherwise. Keep a "grab and go" packet (list of diagnoses, medications, treatments, special precautions, contact people, etc.) up to date for emergencies. Be aware of changes in breathing and call 911 if needed. Remember: *if you have one of these health conditions and you develop flu-like symptoms contact your health care provider.*

CDC's Advisory Committee on Immunization Practices (ACIP), has indicated the groups recommended to receive the new H1N1 influenza vaccine include:

- Pregnant women
- Household contacts and caregivers for children younger than 6 months of age
- Healthcare and emergency medical services personnel
- All people from 6 months through 24 years of age
- Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.

www.flu.gov

<http://www.cdc.gov/h1n1flu/vaccination/acip.htm>



The Bureau of Autism Services began accepting requests for applications to Adult Community Autism Programs (ACAP) in the spring of 2009.

The ACAP program is a way for adults living with Autism Spectrum Disorder (ASD) to get desired services that are built around their strengths and needs. Autism Spectrum Disorder includes the diagnoses of Autistic Disorder, Asperger's Disorder, Childhood Disintegrative Disorder, Rett's Disorder, and Pervasive Developmental Disorder. The plan is intended to allow individuals living with ASD to thrive in the community while being as independent as possible.

The program is the 1st of its kind in the nation.

The services will be provided through Keystone Autism Services, an agency of Keystone Human Services and its network of providers.

Services are presently being offered for those who live in or plan to move to Chester, Dauphin, Cumberland, or Lancaster counties.

For applications call The Bureau of Autism Services at 1-866-539-7689

Autism Updates

AGING AND YOUR EYES

Age can bring changes that affect your eyesight. Some changes are more serious than others. For many problems, there are things that can be done to protect your vision.

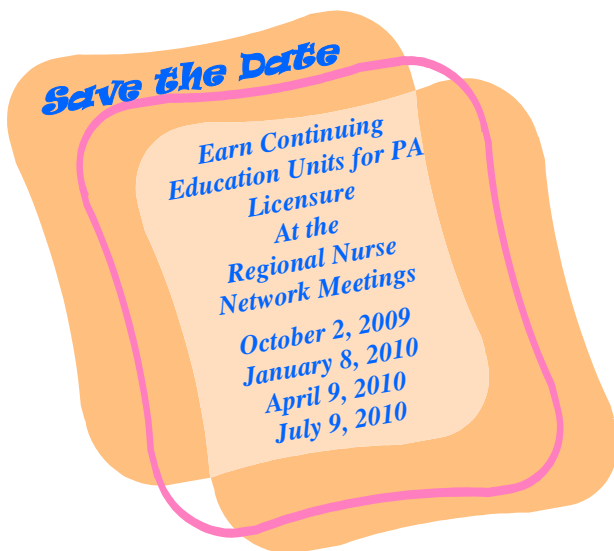
Steps to Protect Your Eyesight


- Regular eye checks by your eye care professional—either an ophthalmologist or optometrist. People over age 65 should have yearly eye exams.
 - During this exam, he or she should put drops in your eyes that will widen (dilate) your pupils in order to look at your inner eye--the only way to see some common eye diseases that have no early signs or symptoms. *Other tests may include a tonometry test to measure the inner pressure of the eye.*
 - If you wear glasses, your prescription should be checked too.




- See your doctor regularly to check for diseases like diabetes and high blood pressure. These diseases can cause eye problems if not treated.
- See an eye care professional right away if you:
 - Suddenly cannot see or everything looks dim
 - See flashes of light
 - Have eye pain
 - Experience double vision
 - Have redness or swelling of your eye or eyelid
- Wear sunglasses that block ultraviolet (UV) radiation and a hat with a wide brim when you are outside to protect your eyes from too much sunlight.

Source: U.S. National Institutes of Health, National Institute on Aging
Access the PCHC Vision Examination Form:
www.pchc.org



Bed It appears as though many are  experiencing problems with bed bugs in our area. To help educate people about this growing concern, PCHC has developed an educational presentation.

 Presentations are currently scheduled for:

 Tuesday, October 6th in Philadelphia
Tuesday, October 20th in Warminster
Friday, November 13th in King of Prussia

Please check the PCHC website for time, location, and future presentations. You can also register online.

Bugs 



Philadelphia Coordinated Health Care

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