

## Health Care Alert

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



Each summer PCHC tries to alert our readers to issues related to safety when the weather is HOT! There is extensive information available in the annual heat safety policy issued by the Department of Behavioral Health and Intellectual disability Services (DBHIDS). This resource can be accessed on the PCHC website at <https://www.pchc.org/dbhids-heat-safety-policy>. Part of this resource includes a Heat Safety Training Curriculum and Heat Disorder Symptoms.

Over the years we have discussed many aspects of summer safety in our Health Care Alerts such as Preparing for the Outdoors (2012), Special Summer Care While Taking Psychotropic Medications (2013), Skin Protection/Sunscreen (2014), and Summer Safety/First Aid (2015). These articles are still available on our website and can be accessed by going to <https://www.pchc.org/advocacy/pchc-newletters>.

This year our topic focuses on *special ultraviolet (UV) clothing* that protects you from the sun. All fabrics disrupt UV radiation to some degree but special UV clothing can do the best job, is tested, and carries a rating so that you know what level of protection you are receiving. Sun Precautions, a company who has created Solumbra, a line of sun protection clothing and a patented fabric, reports that *“Five minutes is all it takes. Within just five minutes on a sunny summer day your skin may absorb enough radiation from the sun to develop minor sunburn. In even less time, skin cells may suffer injury that you can neither see nor feel. Multiply it over years and the damage from daily sun exposure may become major, including skin cancer and sun-induced skin aging. For a medically sun sensitive person, the long-term results can be even more threatening.”*<sup>1</sup>

Let’s talk about this specialized clothing. Did you know that Ultraviolet Protection Factor (UPF) is a rating system used for clothing and hats? It indicates how effectively fabrics shield skin from ultraviolet (UV) rays. The higher the UPF number, the greater degree of UV protection a hat or piece of clothing offers. Clothing that does the best job carries an Ultraviolet Protection Factor (UPF) rating from 15 (good) to 50+ (excellent). UPF is similar to SPF (Sun Protection Factor), the rating system used for sunscreen products. UPF gauges a fabric’s effectiveness against both ultraviolet A (UVA) and ultraviolet B (UVB) light. Here is an example:

Clothing	Ultraviolet Protection Factor (UPF)	Comments
Regular white t-shirt	7 <sup>2</sup>	Poor protection
UV clothing	Usually 30-50	Very good – Excellent protection
Jeans	1700 <sup>2</sup>	Excellent protection

UV clothes will protect people from the sun as long as they are wearing them, unlike sunscreen that wears off and needs to be reapplied. Studies have shown that repeated home laundering does not reduce the UPF rating of a woven or knitted fabric of cotton, polyester or nylon and UPF ratings may actually be enhanced the more you wash it. Check each label for information.

In the US, the ASTM International (formerly called the American Society for Testing and Materials) criteria for UPF assessment are used; UPF labels in the US often state that an item meets ASTM International standards. Clothing with an UPF of 30 or higher can also earn The Skin Cancer Foundation’s Seal of Recommendation.

Below is the ASTM Standard for Sun Protective Clothing and Swimwear:

UPF Rating	Protection Category	Percent of Ultraviolet Radiation Blocked
UPF 15-24	Good	93.3-95.9
UPF 25-39	Very Good	96.0-97.4
UPF 40-50+	Excellent	97.5-98+

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## Summer Safety Cont'd...

People need to consider several key factors when seeking to purchase sun-safe clothes. *The more skin you cover, the better.* A long-sleeved shirt covers more skin than a T-shirt, especially if it has a high neckline or collar that shields the back of the neck; long pants cover more skin than shorts. A wide-brimmed hat protects more of the face than a baseball cap, and close-fitting wraparound sunglasses protect more of the area around the eyes than small lenses do.

If not purchasing specialized UV clothing (they can be expensive), there are some factors to consider for clothing that you own and wear. The right everyday clothing can be highly sun-protective. It is important to pay attention to:

**Construction:** Dense, tight construction (either weaves or knits) minimizes the spaces between yarns, which in turn minimizes the amount of UV light that can pass through.

**Color/Dyes:** It is the specific type of dye (and the concentration in which it is used) that impacts a fabric's UV transmission, not its color. Some dyes deflect more UV radiation than others, and some absorb none at all—including black dyes. Many white fabrics have optical whitening agents which strongly absorb rays thus limiting exposure.

**Stretch:** More stretch lowers the UPF rating because spaces between yarns are widened and its effectiveness against UV light may be reduced

**Moisture:** UPF is lower when fabrics are wet

**Condition:** the more worn and frayed clothing is, the more rays it lets through.

In summary, what you wear is important to keep safe in the sun. **Remember that all exposed skin areas should still be treated with sunscreen even if wearing sun protective clothing.** You do not have to spend lots of money buying high UPF clothing if you spend a bit of time evaluating your clothing against the items listed above – construction, dyes, stretch, condition, etc. Be a “smart” dresser this summer and protect your body from the sun. Wearing jeans may be hot but you can't beat their protection!

<sup>1</sup><http://www.sunprecautions.com/about/protection>

<sup>2</sup><http://www.skincancer.org/prevention/sun-protection/clothing/get-in-on-the-trend>

<http://www.skincancer.org/publications/the-melanoma-letter/summer-2012-vol-30-no-2/clothing>

<http://www.coolibar.com/custserv/custserv.jsp?pageName=upf-ratings>

## Men's Health: Importance of Screening



Health screenings are important for everyone, but especially for men because they tend to not go to the doctors as often as women. Screenings help to find health problems before they start, which can lead to better treatment and overall improved quality of life. To be prepared for your next check-up at the doctors, it is important to have as much information as you can from family history, medications, vaccination history, and any current health related issues.

Although there are quite a few screenings one can encounter in their lifetime, the type of screenings chosen by the physician are mainly based on age and other factors that place someone at risk. Some of the different screenings that men should have are listed below:

- Prostate Exam
- Testicular Exam
- Colonoscopy
- Skin Cancer Screening
- High Blood Pressure Screening
- Cholesterol Test
- Eye Exams

For more information on health screenings for men, please be sure to speak with your doctor and access the resources listed below. To keep track of your family and medical history, refer to [www.pchc.org](http://www.pchc.org) to access the Health Information Recording System that allows you to maintain a record of your health, medication and more.

Resources:

<https://www.cdc.gov/family/checkuplist/index.htm>

<https://www.cdc.gov/family/checkup/>

<http://www.webmd.com/men/ss/slideshow-screening-tests-men>



## PCHC Hosts NADSP and NTG

Philadelphia Coordinated Health Care (PCHC) recently had the unique opportunity to host a variety of local and nationally known speakers through the generous support of Philadelphia's County *Department of Behavioral Health and Intellectual Disability Services* (DBHIDS). Two of the events that occurred in this past Spring are highlighted below.

On May 18<sup>th</sup>, we hosted "***A Day with the National Alliance for Direct Support Professionals***" (NADSP). Joseph Macbeth and John Raffaele co-presented an all-day training session for 50 Direct Support Professionals (DSPs) in Philadelphia. Provider agencies were encouraged to send DSPs, middle management staff and front line supervisors to this highly interactive and engaging training event. The theme of the training event was how to help create a culture of competency by examining and discussing ethics to produce quality outcomes for individuals with ID. Joe and John discussed and exemplified the following topics:

- The Emerging Roles and Expectations of the Direct Support Workforce
- The NADSP Code of Ethics Encounter
- Informed Decision Making



PCHC also hosted another round of the NTG Training for the SE Region in May. ***The National Task Group on Intellectual Disabilities and Dementia Practices*** (NTG) presented a 2-day Basic Workshop and a 3<sup>rd</sup> day Train-the-Trainer Workshop for 40 people and 30 people respectively. The participants represented a diverse group of provider agencies across the SE Region. The two-day highly interactive and evidence-informed workshop covered the basic concepts of care for an adult with ID and dementia. A wide range of topics were covered that directly related to the unique challenges facing adults with ID who are at risk of or who have developed dementia. The additional 3<sup>rd</sup> day enabled staff who have prior training experience to become designated

as NTG Affiliated Trainers. Affiliated trainers have access to greatly expanded topic modules, a trainer manual, NTG continuing education webinars and are mentored by NTG Master Trainers. These affiliated NTG Trainers will be able to offer this training and other NTG products for providers and families in our region. It will grant support teams access to greater accessibility to dementia-related resources, information, and support. Now that two NTG training sessions have been completed in the SE Region, look for a mentorship meeting soon for all affiliated trainers.

Note: most of PCHC's Nurses are now considered affiliated trainers for the NTG Dementia Capable Care Curriculum.

For more information about either of these events, please contact Melissa DiSipio, PCHC Assistant Director at [mdisipio@pmhcc.org](mailto:mdisipio@pmhcc.org) or (215) 546-0300 (ext. 3636)

# PCHC Education Department



Southeastern PA Health Care Quality Unit  
**Philadelphia Coordinated Health**  
*Empowering the ID Community*

The Dual Diagnosis Direct Support Curriculum, is a joint initiative of the Office of Mental Health and Substance Abuse and the Office of Developmental Programs. The purpose of the training curriculum is to provide education to direct support staff so they can best support and address the complex needs of people who have an intellectual disabilities as well as mental health challenges.

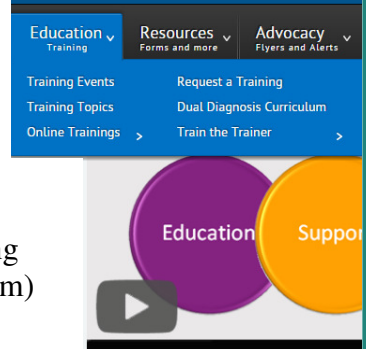
During this past year (July 2015 to June 2016), PCHC has facilitated sessions covering the entire Pennsylvania Dual Diagnosis Direct Support Curriculum (DDX: Curriculum) across the Southeast Region. There are 20 topics in total in the curriculum.

PCHC will be providing the entire curriculum again this year starting in September 2016.

If you would like more information about training that PCHC offers please visit the Education tab on our website [www.pchc.org](http://www.pchc.org) or feel free to contact Bonnie DiRidolfo @ 215-546-0300 ext.3681.

## Trivia Question:

Can you name the #1 requested topic from our List of Trainings? *(answer below)*



## Announcements

### Regional Nurse Network Meetings

An opportunity for developmental disabilities nursing education and discussion.

*\*\*If you are not on our e-mail list, or have changed e-mails, please contact Patty Graves at [pgraves@pmhcc.org](mailto:pgraves@pmhcc.org).*

### Special Needs Unit (SNU) Meetings

All SNU meetings take place @ *SE Area Staff Development Training Center* (123 Boro Line Road, King of Prussia, PA 19406) from 10am – 12noon. Please contact Briana Downs at [bdowns@pmhcc.org](mailto:bdowns@pmhcc.org) for more information or to be added to the SNU Meeting list.

### Regional Nurse Network Meetings

July 15, 2016  
October 7, 2016



### Special Needs Unit Meetings

July 20, 2016  
October 19, 2016

Answer: Bed Bugs



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



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