



Newsletter

August 2017
Issue 17, Vol. 1



**Hand, Foot &
Mouth Disease**

Nursing Talk

In-Services

A Polio-Free U.S. Thanks to Vaccine Efforts

Thanks to effective vaccine, the United States has been polio-free since 1979. But poliovirus is still a threat in some countries. Be part of the success story and get your child vaccinated on schedule.



Polio, or poliomyelitis, is a crippling and potentially deadly infectious disease. It is caused by the poliovirus. The virus spreads from person to person and can invade an infected person's brain and spinal cord, causing paralysis (can't move parts of the body).

Thanks to the polio vaccine, dedicated health care professionals, and parents who vaccinate their children on schedule, polio has been eliminated in this country for more than 30 years.

It is crucial to maintain the success rate of U.S. vaccination efforts since the disease still exists in some parts of the world. People most at risk are those who never had polio vaccine, those who never received all the recommended vaccine doses, and those traveling to areas that could put them at risk for getting polio.

The Childhood Polio Vaccination Schedule

For best protection, children should get four doses of polio vaccine. This vaccine is given as a shot in the arm or leg and is extremely safe. Ideally, your child should receive a dose at ages:

- 2 months,
- 4 months, and
- 6 through 18 months,
- then a booster dose at age 4 through 6 years.

Inactivated polio vaccine (IPV) may sometimes be given in the same shot with other vaccines (in other words, in a combination vaccine), so discuss this option with your child's doctor.

Getting the recommended doses of the polio vaccine is an extremely important part of keeping the United States polio-free.

For information about adults who may not have received sufficient vaccine protection, see the adult polio vaccination schedule.

Paying for the Vaccine

Most health insurance plans cover the cost of vaccines. However, you may want to check with your insurance provider before going to the doctor. If you don't have health insurance, or if your insurance doesn't cover vaccines for your child, the Vaccines for Children Program may be able to help. This program helps families of eligible children who might not otherwise have access to vaccines. To find out if your child is eligible, visit the VFC website or ask your child's doctor. You can also contact your state VFC coordinator.

Traveling to Another Country?

Polio has been eliminated from most of the

Even if you were previously vaccinated, you may need a onetime booster shot before you travel anywhere that could put you at risk for getting polio.

world, but the disease still exists in a few countries in Asia and Africa. Even if you were previously vaccinated, you may need a one-time booster shot before you travel anywhere that could put you at risk for getting polio. A booster is an additional dose of vaccine to ensure

the original vaccine series remains effective.

Visit CDC's Travelers' Health website for timely travel health information.

Make sure you get your travel vaccination(s) well before your departure date to ensure complete protection. See your health care professional for more information.

Polio Once Caused Widespread Panic

In the late 1940s to the early 1950s, polio outbreaks in the United States increased in frequency and size; polio crippled an average of more than 35,000 people in the United States each year. It was one of the most feared diseases of the twentieth century; parents were frightened to let their children go outside, especially in the summer when the virus seemed to peak. Travel and commerce between affected cities were sometimes restricted. Public health officials imposed quarantines (used to separate and restrict the movement of well people who may have been exposed to a contagious disease to see if they become ill) on homes and towns where polio cases were diagnosed.

Source: <https://www.cdc.gov/features/poliofacts/index.html>

Antibiotic Resistance, Food, and Food-Producing Animals



More than 400,000 Americans get sick every year from infections caused by antibiotic-resistant foodborne bacteria, according to CDC estimates. People who are infected with antibiotic-resistant bacteria may experience more severe illness, including hospitalization and death, because these infections can be harder to treat. Learn what CDC is doing and how you can protect yourself and your loved ones from these types of infections.

Antibiotic Resistance and Food Production

Antibiotic resistance is the ability of bacteria to resist the effects of an antibiotic. This means that bacteria are not killed by the antibiotic and can continue to grow. About one in five resistant infections are caused by germs, such as *Salmonella* and *Campylobacter*, from food and animals.

Improving antibiotic use can help slow antibiotic resistance.

Antibiotics are medicines that kill bacteria. They are extremely important in treating serious bacterial infections in people. However, bacteria can become resistant to antibiotics when these drugs are given unnecessarily to people or animals who don't require them. Improving antibiotic prescribing and use is critical to ensure that bacteria don't become resistant to antibiotics. Prescribers should only

treat people and animals with antibiotics when they need them for medically sound reasons.

All humans and animals have bacteria in their gut. When they are given antibiotics, many of these bacteria are killed, but the resistant ones may survive and multiply. This is why the responsible use of antibiotics is so important in both humans and animals.

When animals are slaughtered and processed for food, the bacteria from the animal can contaminate meat or other products. Bacteria also can spread from animal feces (poop) to the environment, which can then contaminate soil and water used to grow fruits and vegetables. Food and the environment can get contaminated with bacteria in these ways, including with bacteria that are resistant to antibiotics.

People can get resistant infections by handling or eating raw or undercooked meat or

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Nursing Talk

TIPS FOR WRITING NURSING NOTES

Dear Cassandra,

Last month I moved from southern Illinois to Chicago. I've been hired as a pediatric private duty nurse. I am anxious to start, but I am nervous about writing the nursing notes. I understand that the notes are the official record of the nursing care that has been provided to the client. I urine to do a good job. What advice can you give me?

Anxious and Nervous in Palatine

Dear Anxious and Nervous,

Writing complete and accurate nursing notes is a very important part of a nurse's job. These notes are the official record of the care that has been provided to the client. Representatives from the State of Illinois will read selected files as part of a routine audit. In the event of the death or serious injury of a client, the nursing notes will be critical

Writing the notes is a challenging task. The notes must be accurate and legible. They must be written every two hours during the shift. They must clearly and concisely record the events.

It is easy for a person to make silly mistakes when writing. English is a complicated language with words that sound the same. For example, you wrote that you urine to do a good job. Obviously, you meant that you yearn to do a good job.

<https://nurseslabs.com> gives several humorous examples of charting errors:

- "The patient had waffles for breakfast and anorexia for lunch."
- "Patient eats death threats for breakfast."
- "Patient was alert and unresponsive."

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- “The patient was in his usual state of good health until his airplane ran out of gas and crashed.”
- “Patient lives at home with his mother, father, and pet turtle, who is presently enrolled in day care three times a week.”
- “Patient has occasional, constant, infrequent headaches.”

Proofread your papers. Be sure to check for spelling errors. Did you write axe instead of ask? Did you write heroine instead of heroin? Did you write patience instead of patients? Did you write that the client has chicken pops instead of chicken pox?

Is your handwriting legible? If not, print your clinical notes. Be sure you sign each page. Use a blue or black ink pen.

What should you do if the clinical notes get ripped or torn? What should you do if you spill coffee or a soft drink on your clinical notes? It will be difficult, but you must recreate the clinical notes. You cannot submit papers taped together. You cannot submit pages with coffee or soft drink stains.

Remember that your clinical notes will be read by your supervisor. Your clinical notes may be read by an auditor. Your clinical notes may even be read by a lawyer. Your notes must be clear, complete, accurate, and concise.

Cassandra

We invite you to submit questions for this column. E-mail edward.lara@ahhc-1.com.

Antibiotic Resistance, Food, and Food-Producing Animals

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produce contaminated with resistant bacteria. They can also get sick from contact with animal poop, either through contact with animals and animal environments, or through contaminated drinking or swimming water.

What CDC is doing

CDC is working to prevent infections caused by antibiotic-resistant bacteria by:

- **Tracking resistant infections** and studying how resistance emerges and spreads.
- **Detecting and investigating antibiotic-resistant outbreaks quickly** to solve, stop, and prevent them.
- **Determining the sources** of antibiotic-resistant infections that are commonly spread through food and animals.
- **Strengthening the ability of state and local health departments** to detect, respond to, and report antibiotic-resistant infections.
- **Educating consumers and food workers** on prevention methods, including safe food handling, safe contact with animals, and proper handwashing.

- **Promoting the responsible use of antibiotics in humans and animals.**

Protect yourself and your family

There are steps you can take to help protect yourself and your family from antibiotic-resistant foodborne illnesses.

- **Take antibiotics only when needed.**
- **Follow simple Food Safety Tips:**
 - » **COOK.** Use a food thermometer to ensure that foods are cooked to a safe internal temperature: 145°F for whole beef, pork, lamb, and veal (allowing the meat to rest for 3 minutes before carving or consuming), 160°F for ground meats, and 165°F for all poultry, including ground chicken and ground.
 - » **CLEAN.** Wash your hands after touching raw meat, poultry, and seafood. Also wash your work surfaces, cutting boards, utensils, and grill before and after cooking.
 - » **CHILL.** Keep your refrigerator below 40°F and refrigerate foods within 2 hours of cooking (1 hour during the summer heat).
 - » **SEPARATE.** Germs from raw meat, poultry, seafood, and eggs can spread to produce and ready-to-eat foods unless you keep them separate. Use different cutting boards to prepare raw meats and any food that will be eaten without cooking.
- **Wash your hands** after contact with poop, animals, or animal environments.
- Report suspected outbreaks of illness from food to your local health department.
- **Review CDC’s Traveler’s Health recommendations** when preparing to travel to a foreign country.

For more information on antibiotic resistance and food safety, visit the CDC’s Food Safety page.

Source: <https://www.cdc.gov/features/antibiotic-resistance-food/index.html>

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Dates: 9/11/17 - 9/15/17

IN-SERVICES

As you might know already, not everybody is required to attend the Skills Fair this year. **However, everybody is required to complete the In-Services.** Login as you normally would, and you will find a link that says **AHHC Competency**. You can also go to: www.ahhc-1.com/ahhc_competency.php, or go to the bottom of any page on our site and find a button labeled **IN-SERVICES**. You will be required to complete the following:

1. Annual Education Test
2. Hand Hygiene Test
3. Mandatory Influenza Vaccination Form

All requirements **MUST** be completed by **August 30th, 2017**. Not complying with this will result in suspension until all requirements are completed.

Please direct your questions or concerns to the HR department. You can call us at 630.236.3501 or e-mail us at HR@ahhc-1.com.

CPR Class Schedule

Date:	Time:
September 13	1000-1300

CPR spots are scheduled on a first come first served basis. Don't delay. **Reserve your spot today.**



WANTED 471 PEOPLE

TO READ THE BLOG EACH WEEK

MUST BE CURIOUS, INTELLIGENT,
THOUGHTFUL INDIVIDUALS WHO ARE OPEN TO
NEW IDEAS. LEARN NEW NURSING PROCE-
DURES, COLLECT RECIPES, READ
MONEY-SAVING TIPS, WATCH VIDEOS, ENJOY
RERUNS OF LETTERS TO CASSANDRA,
AND MORE.

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family members, and the general public.
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Home Health blog at www.ahhc-1.com.

FOR MORE INFORMATION,
CALL 1-630-236-3501.

