



Newsletter

June 2017
Issue 17, Vol. 1



Five Things You May Not Know
About Tourette Syndrome

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AND MORE...

Five Things You May Not Know About Tourette Syndrome



There are many misbeliefs about Tourette syndrome (or Tourette for short) that make life harder for people with the condition. Knowing the facts can help you understand what it is like to have Tourette.

Tourette syndrome is a condition that affects the brain and nerves, causing people to make repeated movements and sounds, also known as motor and vocal tics that they cannot control. The symptoms usually begin in childhood, can vary from mild to severe, and change over time. Tourette can cause problems for children's physical, mental, and emotional well-being. Education can help reduce negative beliefs about Tourette, improve access to health care, ensure a timely diagnosis, and ultimately help children with Tourette lead healthy and productive lives.

[Read about the symptoms and diagnosis of Tourette.](https://www.cdc.gov/ncbddd/tourette/diagnosis.html) [https://www.cdc.gov/ncbddd/tourette/diagnosis.html]

As part of CDC's work to educate people about the condition and to celebrate Tourette Syndrome Awareness month, here are five things you may not know about Tourette.

#1 People with Tourette don't always blurt out obscenities.

Probably the most common misbelief about

Tourette, often seen on TV and in movies, is that people with the condition blurt out obscenities or curse words. The reality is that most people with Tourette do not excessively or uncontrollably use inappropriate language. Known as coprolalia, this only affects 1 in 10 people with Tourette. Coprolalia is a complex tic that is difficult to control or suppress, and people who have this tic often feel embarrassed by it.

#2 Just having a tic doesn't mean that you have Tourette.

Tics—making sounds (vocal tics) or movements (motor tics) that are difficult to control or suppress—are a part of having Tourette, but there is more to the story. Having a tic is complicated. A person can have tics ranging from simple, temporary tics lasting a few weeks or months, to having many complex tics that are long-lasting. Tics can also range from mild and hardly noticeable to severe and disabling. To have Tourette means that a person has at least two different motor tics and at least one vocal tic, and has had tics for over a year.

#3 People with Tourette cannot control their tics (movement or sound) even though they may want to.

Having a tic is hard to control. The motor and vocal tics of Tourette are involuntary, meaning that people do not do the tic on purpose. While the exact cause of tics is still not known, many people compare the feeling of having a tic to having an itch or having to sneeze. You may try to stop the feeling, but eventually you will probably scratch or sneeze and you will feel a little better until the urge comes back. When people try to hold back their tics, it can cause stress and the tic may become worse.

#4 People with Tourette often lead rich and fulfilling lives.

It is true that some people with Tourette have difficulties throughout their lives. It is also true that many people with Tourette are very successful. They are often high achievers and find that their tics can become less severe or go away when they are concentrating on a task at hand. Many people also have fewer tics as they

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grow up. There are people with Tourette who are successful in all walks of life and they work in many areas, including the arts, medicine, sports, and other professions.

#5 CDC works with researchers and the Tourette community to improve the lives of people with the condition and their families.

CDC is working with researchers to expand our knowledge of Tourette, how it affects people's lives, and how we can advance public health efforts to improve the lives and health of people living with Tourette. CDC also works with the [Tourette Association of America](https://www.tourette.org/) [https://www.tourette.org/] to provide health information and education programs about Tourette, so that people with the condition can get the best available treatment and support. This work includes

Increasing awareness and understanding of Tourette:

CDC is partnering with the Tourette Association of America to provide health education and training to healthcare providers, educators, and families about Tourette.

Developing and disseminating information and materials on the best evidence about care

for and living with Tourette:

CDC funded the Tourette Association of America to create tool kits for healthcare providers and individuals and families to improve their knowledge and skills: [Managing Tourette & Tic Disorders: A Guide to Treatment for Care Providers](https://www.tourette.org/resource/provider-tool-kit/) [https://www.tourette.org/resource/provider-tool-kit/], and [Living with Tourette & Tic Disorders: A Guide for Patients and Families](https://www.tourette.org/resource/patient-tool-kit/) [https://www.tourette.org/resource/patient-tool-kit/].

Improving access to quality care for people with Tourette:

CDC supports the Tourette Association of America in publicizing the [Comprehensive Behavioral Intervention for Tics \(CBIT\)](https://www.cdc.gov/ncbddd/tourette/treatments.html#CBIT) [https://www.cdc.gov/ncbddd/tourette/treatments.html#CBIT], which is a behavioral treatment that helps many people manage their tic symptoms.

More Information

[CDC: Tourette Syndrome](https://www.cdc.gov/ncbddd/tourette/index.html) [https://www.cdc.gov/ncbddd/tourette/index.html]

[CDC: Children's Mental Health](https://www.cdc.gov/childrensmentalhealth/index.html) [https://www.cdc.gov/childrensmentalhealth/index.html]

[Tourette Association of America](https://www.tourette.org/) [https://www.tourette.org/]

Nursing Talk

WHICH NURSE IS THE MOST IMPORTANT?

Dear Cassandra,

What is the current status of nurses in the United States? For example, how many professionally active nurses are there in the United States? How old is the average nurse in the U.S.? What percentage of the nurses are men?

I am thinking about getting advanced training in another field. What other nursing career specialties are available?

Which nurse is the most important?

Just Curious RN in Calumet City

Dear Just Curious,

Each year in May we celebrate Nurses Week. It is a time to recognize the contributions nurses make to the field of medicine and to our lives.

According to a 2016 report from the Kaiser Foundation, there were 3,184,283 Registered Nurses (RNs) and 827,628 Licensed Practical Nurses (LPNs) in the United States. Therefore, the total number of professionally active nurses in the U.S. in 2016 was 4,011,911. In Illinois alone, there were 148,828 Registered Nurses (RNs) and 24,173 Licensed Practical Nurses (LPNs) making the total number of professionally active nurses in Illinois 173,001.

The U.S. Department of Labor, Bureau of Labor Statistics, reported that the average age of a nurse was 50 in the year 2015. Because the population in the U.S. continues to increase and the nursing population continues to age, a nursing shortfall of 500,000 is projected by 2025.

This projected shortfall will result in an ever-increasing demand for nurses, especially skilled nurses with advanced education and training. There are many nursing career specialties. The Web site <http://www.allnursingschools.com> lists the following:

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Vaccinate Your Preteen This Summer



Because most preteens get their shots in the month of August before school begins, it can be difficult to get in to see your child's doctor or nurse. Make an appointment to get your child vaccinated earlier this summer and beat the back-to-school rush!

There are four vaccines recommended for preteens to help protect your children, as well as their friends and family members, from serious illness. While your kids should get a flu vaccine every year, the three other preteen vaccines should be given when kids are either 11 or 12 years old.

What vaccines are recommended for my preteen?

Boys and girls should get the following vaccines at age 11 or 12 years:

- **HPV vaccine**
Human papillomavirus (HPV) vaccine helps protect against HPV infections that cause cancer. All boys and girls should finish the HPV vaccine series before they turn 13 years old.
- **Quadrivalent meningococcal conjugate vaccine**
Quadrivalent meningococcal conjugate vaccine protects against some of the bacteria that can cause infections of the lining of the brain and spinal cord (meningitis) and bloodstream infections (bacteremia or septicemia). These illnesses can be very serious, even fatal.

- **Tdap vaccine**
Tdap vaccine provides a booster to continue protection from childhood against three serious diseases: tetanus, diphtheria, and pertussis (also called whooping cough).

- **Flu vaccine**
Preteens and teens should get a flu vaccine every year, by the end of October if possible. It is very important for preteens and teens with chronic health conditions like asthma or diabetes to get the flu shot, but the flu can be serious for even healthy kids.

Be sure to check with the doctor to make sure that your preteen is up-to-date on all the vaccines they need. They may need to “catch up” on vaccines they might have missed when they were younger.

Some preteens and teens may faint after getting a shot or any other medical procedure. Sitting or lying down while getting shot and staying that way for about 15 minutes after the shots can help prevent fainting. Most side effects from vaccines are very minor—such as redness or soreness in the arm—especially compared with the serious diseases that these vaccines prevent.

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Nursing Talk

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acute care nursing, adult nursing, cardiovascular nursing, family nurse practitioner, forensic nursing, geriatric nursing, home health nursing, infectious disease nursing, legal nurse consulting, neonatal nursing, oncology nursing, parent child nursing, parish nursing, pediatric nursing, psychiatric nursing, public health nursing, rehabilitation nursing, rural nursing, and school nursing. This Website also provides career snapshots of each of these areas.

Nursing continues to be dominated by females. According to the Web site <http://www.truthaboutnursing.org>, only 6% of nurses employed in nursing in the U.S. are male. Male nurses work in a variety of fields including critical care, emergency services, rehabilitation nursing, geriatric nursing, and home health nursing.

Which nurse is the most important? Who can answer that? Is it the home health nurse who holds a crying child? Is it the geriatric nurse who brings an extra blanket to an old man shivering in the air-conditioned hospital? Is it the neonatal nurse who cares for the premature infant? Each nurse brings skills, knowledge, support, and encouragement. Each one makes a difference in someone's life.

Cassandra

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

AHHC Newsletter

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Need help paying for vaccines?

Most health insurance plans cover the cost of vaccines. If you don't have insurance, or if it does not cover vaccines, the Vaccines for Children (VFC) program may be able to help. The Vaccines for Children (VFC) program provides vaccines for children ages 18 years and younger, who are not insured, Medicaid-eligible, or American Indian or Alaska Native.

2. Learn more about [HPV](https://www.cdc.gov/vaccines/parents/diseases/teen/hpv-indepth-color.pdf) and [HPV Vaccine](https://www.cdc.gov/vaccines/parents/diseases/teen/hpv-indepth-color.pdf) [https://www.cdc.gov/vaccines/parents/diseases/teen/hpv-indepth-color.pdf]
3. Find out more about the [Vaccines for Children \(VFC\) program](https://www.cdc.gov/vaccines/programs/vfc/index.html) [https://www.cdc.gov/vaccines/programs/vfc/index.html]

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

More Information

1. Get more information about [vaccines for preteens and teens](https://www.cdc.gov/vaccines/who/teens/vaccines/index.html) [https://www.cdc.gov/vaccines/who/teens/vaccines/index.html]

MEDICATION ORDER GUIDELINES:

When taking an order for medications please ensure the following are annotated:

1. Medication name (generic or trade)
2. Medication Dosage
3. Route of administration
4. Frequency and duration of administration
5. Any special instructions for withholding or adjusting dosage based on effectiveness or laboratory results, if any.
6. Physician information, Name, address, telephone and fax numbers, along with specialty.
7. Your name and signature as the receiving nurse of the verbal, written, or telephone order along with the date and time of when the order was received.

When a component is missing from the medication order, the medication order is incomplete and you should not administer the medication until clarification is obtained.

By Janelle Fulfs, RN, Vice-President

WANTED 473 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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