



# Newsletter

June 2018  
Issue 25, Vol. 1



**Skills Fair 2018**  
**Oysters and Vibriosis**  
**Nursing Talk**  
**LifeSaver Challenge**



## Testing Time

**Where:** 1660 N. Farnsworth Ave., Suite 3  
Aurora, IL 60505

**Dates:** 9/17/18 - 9/21/18

# 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](http://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, 2018**. 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](mailto:HR@ahhc-1.com).

## CPR Class Schedule

Date:	Time:
September 19	1000-1300

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



# Oysters and Vibriosis

## Nursing Talk

### IN TOO DEEP

Dear Cassandra,

I'm a private duty nurse who works regularly for an adult male patient. He was injured in an accident at work and is confined to a wheelchair. Since I work at his house full time, forty hours a week, I have gotten to know him quite well. He asks questions about my personal life. He has told me how much he enjoys having me as his nurse, and he has bought small gifts for me.

I know that nurses are expected to maintain professional boundaries with their clients. What should I do now?

#### *In a quandary in Chicago*

Dear In a quandary,

It is critical for nurses to be able to separate their professional lives from their personal lives. All nurses need to establish and maintain professional boundaries. By developing a personal relationship with this client, you are jeopardizing your nursing career. You aren't the first nurse who has been in this situation, and you won't be the last.

In a May 2, 1997 *Chicago Tribune* article called "When Nurses Fall For Their Patients," Ann Landers printed several letters from readers. One describes a prison nurse who married a man serving a life sentence. Another nurse did not marry her prison "sweetheart," but she unlocked a door and helped him escape.

According to Merriam-Webster, "in too deep" means to be "in a difficult situation that one cannot get out of." Fortunately, you still have options.

Speak with your supervisor about this situation. She needs to know that the client is not respecting professional boundaries. She will remind you that incidents should be thoroughly documented. Likewise, she may advise you not to disclose personal information to the client.

The National Council of State Boards of Nursing published an article called "A Nurse's Guide to Professional Boundaries" on its website. It lists red flag behaviors which can alert nurses to potential boundary issues. Below is that section of the article:



*Raw oysters can ruin your summer. That's because you can get very sick from eating raw oysters. Learn about vibriosis, a disease linked to raw oysters – and how to protect your health when it comes to oysters and certain other shellfish.*

Most illnesses from raw oysters occur in summer. Whenever and wherever you like to enjoy oysters, eating raw oysters and certain other undercooked shellfish, such as clams and mussels, can put you at risk for infections.

Oysters eat by constantly drawing in water and materials in the water, including harmful bacteria and viruses. These bacteria and viruses can become concentrated in an oyster's body and infect people who eat the oysters raw or undercooked. One of the infections people get from eating raw oysters is caused by some types of *Vibrio*, bacteria that occur naturally in coastal waters where oysters grow. This infection is called vibriosis. People also can get vibriosis after exposing a wound to brackish or salt water containing the bacteria. Brackish water is a mixture of fresh and sea water.

About 80,000 people get vibriosis – and 100 people die from it – in the United States every year. Most of these illnesses happen from May through October when water temperatures are warmer. However, you can get sick from eating raw or undercooked oysters during any month of the year, and raw oysters from typically colder waters also can cause vibriosis.

**An oyster that contains harmful bacteria doesn't look, smell, or even taste different from any other oyster. The only way to kill**

**harmful bacteria in oysters is to cook them properly.**

#### **Tips for Cooking Oysters & Other Shellfish**

**Before cooking, throw out any shellfish with open shells.**

**For oysters in the shell, either:**

- Boil until the shells open and continue boiling 3–5 more minutes, or
- Steam until the shells open and continue steaming for 4–9 more minutes.

**Only eat shellfish that open during cooking. Throw out shellfish that do not open fully after cooking.**

**For shucked oysters, either:**

- Boil for at least 3 minutes or until edges curl,
- Fry for at least 3 minutes at 375°F,
- Broil 3 inches from heat for 3 minutes, or
- Bake at 450° F for 10 minutes.

*Continues on page 4*

# Oysters and Vibriosis

Continued from page 3

## What are the symptoms of vibriosis?

Most *Vibrio* infections from oysters, such as *Vibrio parahaemolyticus* infection, result in only diarrhea and vomiting. However, people with a *Vibrio vulnificus* infection can get very sick. As many as 1 in 3 people with a *V. vulnificus* infection die. This is because the infection can result in bloodstream infections, severe blistering skin lesions, and limb amputations. If you develop symptoms of vibriosis, tell your medical provider if you recently ate or handled raw shellfish or came into contact with brackish or salt water.

## Who is more likely to get vibriosis?

Anyone can get sick from vibriosis, but you may be more likely to get an infection or severe complications if you:

- Have liver disease, alcoholism, cancer, diabetes, HIV, or thalassemia.
- Receive immune-suppressing therapy for the treatment of disease, such as for cancer.
- Have an iron overload disease, such as hemochromatosis.
- Take medicine to lower stomach acid levels, such as Nexium and Pepcid.
- Have had recent stomach surgery.

## How do people get vibriosis?

Most people become infected by eating raw or undercooked shellfish, particularly oysters. Other people become infected by:

- getting brackish or salt water in a wound, such as when they're swimming, wading, or fishing
- cutting themselves on an item, such as a rock or pier, that has come into contact with brackish or salt water
- getting raw seafood juices or drippings in a wound

## How can I stay safe?

Follow these tips to reduce your chances of getting an infection when eating or handling shellfish and other seafood:

- Don't eat raw or undercooked oysters or other shellfish. Fully cook them before eating, and only order fully cooked oysters at restaurants. Hot sauce and lemon juice don't kill *Vibrio* bacteria and neither does alcohol.
- Some oysters are treated for safety after they are harvested. This treatment can reduce levels of vibrios in the oyster but it does not remove all harmful germs. People who are more likely to get vibriosis should not eat any raw oysters.
- Separate cooked seafood from raw seafood and its juices to avoid cross contamination.
- Wash your hands with soap and water after handling raw seafood.
- Cover any wounds if they could come into contact with raw seafood or raw seafood juices or with brackish or salt water.
- Wash open wounds and cuts thoroughly with soap and water if they have been exposed to seawater or raw seafood or its juices.

## More Information

- Take a look at CDC's questions and answers about *Vibrio* and vibriosis
- Listen to our podcast on the dangers of eating raw oysters
- Be food safe – learn how you can protect yourself from food poisoning
- Read more guidance on FoodSafety.gov for preventing *Vibrio* infections

<https://www.cdc.gov/features/vibrio-raw-oysters/index.html>

# Nursing Talk

Continued from page 3

## “RED FLAG BEHAVIORS

Some behavioral indicators can alert nurses to potential boundary issues for which there may be reasonable explanations; however, nurses who display one or more of the following behaviors should examine their patient relationships for possible boundary crossings or violations.

Signs of inappropriate behavior can be subtle at first, but early warning signs that should raise a “red flag” can include:

- Engaging in behaviors that could reasonably be interpreted as flirting
- Keeping secrets with a patient or for a patient
- Believing that you are the only one who truly understands or can help the patient
- Spending more time than is necessary with a particular patient
- Speaking poorly about colleagues or your employment setting with the patient and/or family
- Showing favoritism
- Meeting a patient in settings besides those used to provide direct patient care or when you are not at work.

Patients can also demonstrate signs of over-involvement by asking questions about a particular nurse or seeking personal information. If this occurs, the nurse should request assistance from a trusted colleague or a supervisor.”

With the help of your supervisor, you can resolve this issue. Please speak with your supervisor immediately.

*Cassandra*

We invite you to submit questions for this column. E-mail [edward.lara@ahhc-1.com](mailto:edward.lara@ahhc-1.com).

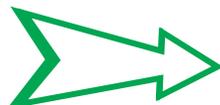


# Enter the Challenge

## 13 WEEK LIFE SAVER CHALLENGE

See program description and entry forms @  
[www.ahhc-1.com/lifesaver.php](http://www.ahhc-1.com/lifesaver.php)



 **1ST**   
**PRIZE**  
**\$380**

 **2nd**   
**PRIZE**  
**\$150**

 **3rd**   
**PRIZE**  
**\$50**

# WANTED 463 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.

JOIN the hundreds of nurses, office staff,  
family members, and the general public.  
Become a faithful reader of the American  
Home Health blog at [www.ahhc-1.com](http://www.ahhc-1.com).

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

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