

Healthy Outcomes

April is Parkinson's Awareness Month

Central PA
Health Care Quality Unit
Monthly Newsletter
April 2024

[WEBSITE](#)

Parkinson's disease (PD) occurs when brain cells that make dopamine, a chemical that coordinates movement, stop working or die
[Parkinson's 101](#)



Neurogenic Orthostatic Hypotension in Parkinson's Disease

By American Parkinson's Disease

If you are experiencing symptoms of low blood pressure upon standing, you may have *neurogenic orthostatic hypotension* (NOH). Learn about what NOH is, how it is diagnosed, and how it is treated. There are treatments that can help lessen the symptoms and improve the quality of life for those experiencing NOH.

What is NOH?

Neurogenic orthostatic hypotension is a neurologic condition that prevents your body from properly regulating your blood pressure when you change position, particularly when you go from lying or sitting to standing up. "Neurogenic" means related to the nervous system, "orthostatic" means standing upright, and "hypotension" means low blood pressure. *Continued page 2*

WHAT'S NEW

Neurogenic Orthostatic Hypotension in Parkinson's Disease

Spotlight on Parkinson's Disease

HCQU Trainings

Human Trafficking- Working with Victims with IDD

Social Media and Online Safety

Geisinger Medical Chaperone

Unstuffed Eggroll Recipe

Travelers and Measles

NOH AFFECTS ABOUT 1 IN 5 PEOPLE WITH PARKINSON'S DISEASE.

What are the symptoms of NOH?

NOH can cause:

- Dizziness
- Light-headedness
- A feeling like you are going to black out or faint

Other symptoms may include headache, difficulty concentrating, impaired vision, neck and shoulder pain, shortness of breath, chest pain, weakness, fatigue, and nausea.

Symptoms typically begin within a few seconds to a few minutes of standing upright. Not everyone with NOH has symptoms, and symptoms may vary from person to person and from day to day.

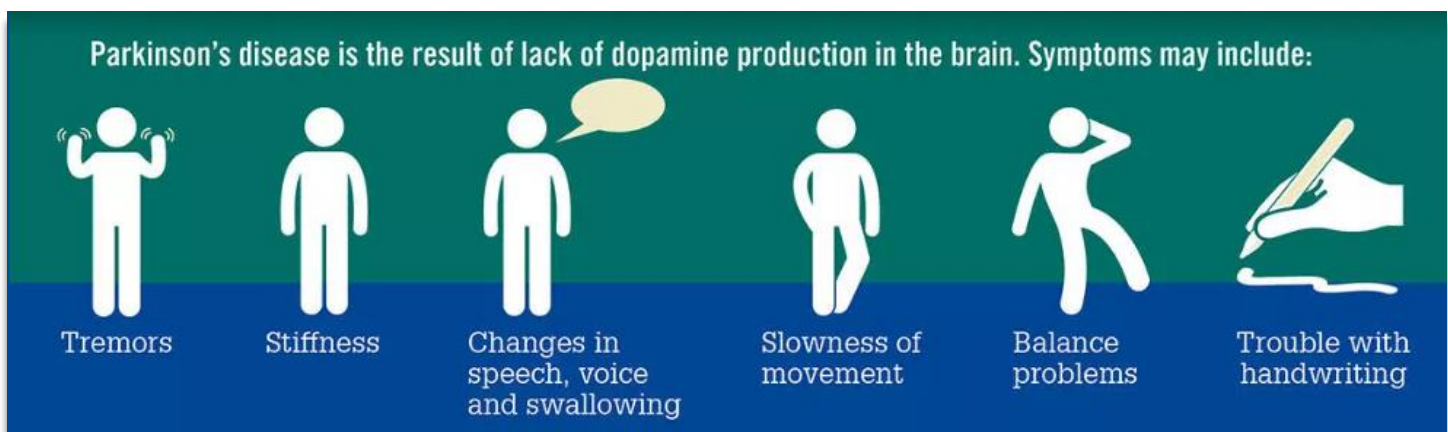
In addition, not everyone with these kinds of symptoms has NOH. An accurate diagnosis is important for determining the right treatment.

What causes NOH?

Blood pressure is simply the pressure exerted by the blood within the blood vessels, like the water pressure in the pipes of your house. When you stand, gravity tends to pull blood toward your lower extremities, depriving your brain of the blood it needs to function, which can cause light-headedness and other symptoms. NOH affects about 1 in 5 people with Parkinson's disease.

To prevent that, your autonomic nervous system releases a chemical called norepinephrine that constricts the blood vessels, increasing pressure and delivering more blood to the brain. The autonomic nervous system is the portion of your nervous system that controls blood pressure, among other functions. In NOH, norepinephrine is not released properly, and so blood pressure in your brain falls. [Read more](#)

Spotlight on Parkinson's Disease: Staying Healthy, Keeping Fit



The symptoms of PD can have an impact on your quality of life. Motor symptoms—tremor, stiffness, slow movements, and difficulty walking—can interfere with your full range of activities of daily living. Nonmotor symptoms, including disturbances in mood, cognition (thinking ability), and sleep, can also take their toll as the disease progresses.

Regular exercise is one of the best ways to reduce the burden of both motor and nonmotor symptoms in PD. Exercise can help maintain mobility and balance. The APDA's "[Be Active & Beyond](#)" booklet contains information and instructions on stretching and strengthening exercises specific for people with PD. [Read more](#)



HCQU Training Opportunities





Monday, April 25, 1:00 PM-2:30 PM

Human Trafficking- Working with Victims with Intellectual & Developmental Disabilities presented by Zoe Swisher, Healthcare Outreach Coordinator, The Women's Center Medical Advocacy Program. [Registration](#) is required and limited to 100 people. Instructions to access the Zoom link will be emailed the morning of the training.

APRIL 11, 2024

	HCQU Trainings	APRIL 11	The Fatal 5 10:00 AM ET - Virtual HCQU Trainings	JOIN HERE 
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APRIL 16, 2024

	HCQU Trainings	APRIL 16	Parkinson's Disease and Care 10:00 AM ET - Virtual HCQU Trainings	JOIN HERE 
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APRIL 24, 2024

	HCQU Trainings	APRIL 24	Weis Markets Virtual Cook Along: Simple Snacks 1:00 PM ET - Virtual HCQU Trainings	JOIN HERE 
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Social Media and Online Safety



"Knowledge is power. Shared knowledge is power multiplied."
- Robert Noyce

TIPS FOR TEACHING SOCIAL MEDIA AND ONLINE SAFETY Tip #3: Practice scenarios of someone texting, emailing, or posting on social media asking your child for their personal information or something else inappropriate. See how they react and guide them on what they should do if this happens. [Tip Sheet](#)

Would you like a medical chaperone present during your exam?

Let your provider or our staff know.
We're happy to arrange one for you.

Geisinger

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A **medical chaperone** is a trained and impartial healthcare professional (licensed or unlicensed) who observes a provider's examination of a patient. Their primary responsibility is to protect patients from abuse, but they can also reassure or comfort patients during exams that might cause embarrassment or distress.

A medical chaperone involves more than just being in the room as a "witness" but rather encompasses compassionate and caring interactions and ability to serve as an educator to the patient, and assistance both before and after any exam. Learn more about [Geisinger medical chaperones](#).

Unstuffed Eggroll

By [Diabetes Food Hub](#)

Ingredients:

- 1 lb. lean ground pork
- 1/2 tsp black pepper (divided use)
- 1 tsp garlic powder
- 1 tbsp olive oil
- 1 clove garlic (minced)
- 1 (16-oz) bag packaged coleslaw mix
- 2 tbsp lower sodium soy sauce
- 1 tsp ground ginger
- 3 green onions (sliced)

Directions:

1. Season pork with 1/4 teaspoon pepper and the garlic powder. Sauté pork in a large skillet over medium-high heat until completely cooked. Drain fat if needed. Remove pork from pan and set aside.
2. Heat olive oil in pan and add garlic; sauté 30 seconds. Add coleslaw, soy sauce, ginger, and 1/4 teaspoon pepper. Cook 6 minutes, stirring frequently. Add pork back to pan and top with green onions; heat 1-2 minutes.
3. Serve over brown rice or cauliflower rice if desired.



Planning a trip outside the U.S.?

Which travelers are at risk for Measles?

You are at risk of measles infection if you have not been fully vaccinated or have not had measles in the past and you travel internationally to areas where measles is spreading.

[Find out if you need measles vaccine](#)

Read the PA Department of Health [Measles Fact Sheet](#).



Central PA HCQU Geisinger
Montour Street Office Building
29 Montour Street
Danville, PA 17822
Office Phone: (570) 271-5935

Director
[Cheryl Callahan, RN](#)

Counties

Blair, Centre, Clinton,
Columbia, Huntingdon,
Juniata, Lycoming, Mifflin,
Montour, Northumberland,
Schuylkill, Snyder, Union