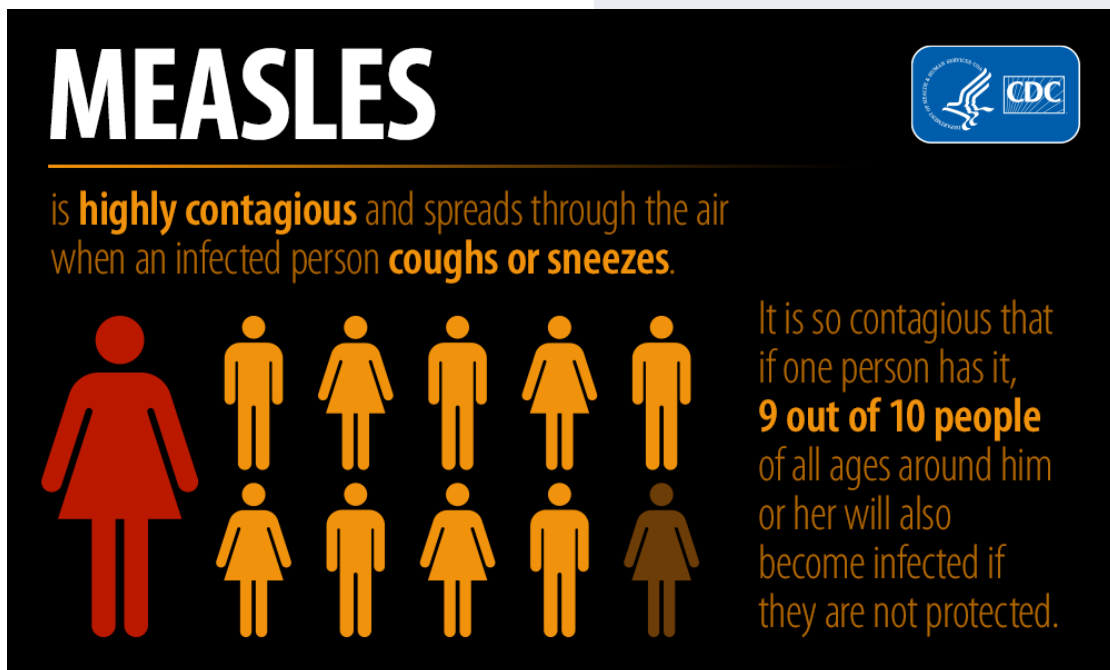


Healthy Outcomes

Be the reason someone smiles today.

Central PA
Health Care Quality Unit
Quarterly Newsletter
Spring 2025




MEASLES

is **highly contagious** and spreads through the air when an infected person **coughs or sneezes**.

It is so contagious that if one person has it, **9 out of 10 people** of all ages around him or her will also become infected if they are not protected.

The infographic features a large red silhouette of a woman on the left, representing the source of infection. To her right are ten smaller orange silhouettes of people of various ages and genders, representing the 9 out of 10 people who become infected.



Measles is a mandatory, immediately notifiable disease.

Measles (rubeola)

Measles is very contagious and can be serious.

What it is

Some people think of measles as just a little rash and fever that clear up in a few days. But measles can cause serious health complications, especially in children younger than 5 years old. Common complications are ear infections and diarrhea. Serious complications include pneumonia and encephalitis.

Measles is highly contagious. If one person has it, up to 9 out of 10 people nearby will become infected if they are not protected.

The best protection against measles is measles, mumps, and rubella (MMR) vaccine. MMR vaccine provides long-lasting protection against all strains of measles.

Measles symptoms appear 7-14 days after contact with the virus.

Continued page 2.

WHAT'S INSIDE

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- Diabetes Related
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- Move your Way
- Brain Break Word Search
- Staff Turnover and HRST
- Neighborly

Common measles signs and symptoms include:

- High fever (may spike to more than 104° F)
- Cough
- Runny nose (coryza)
- Red, watery eyes (conjunctivitis)
- Tiny white spots with bluish-white centers on a red background found inside the mouth on the inner lining of the cheek –Koplik's spots
- Rash

How it spreads

Measles is very contagious. It spreads through the air when an infected person coughs or sneezes. You can get measles just by being in a room where a person with measles has been. This can happen even up to 2 hours after that person has left.

When you are contagious

If you have measles, up to 90% of the people close to you, who are not immune, will also become infected.

An infected person can spread measles to others even before knowing they have the disease. You can spread measles to others from 4 days before through 4 days after the rash appears. [Cdc.gov](https://www.cdc.gov)

What should I do if I am unsure whether I am immune to measles?

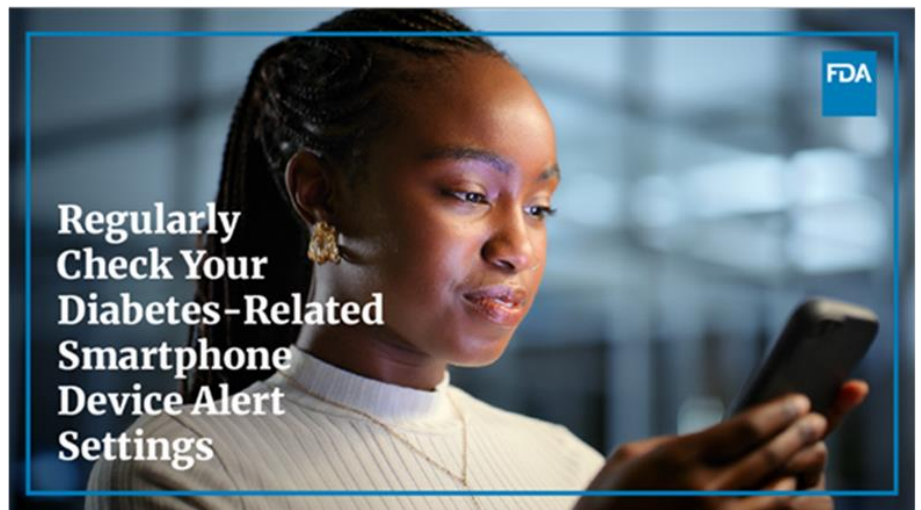
If you're unsure whether you're immune to measles, you should first try to find [your vaccination records](#) or documentation of measles immunity. [Keep reading](#)

2025 ODP Health Alert
[Possible Measles Exposure](#)

Diabetes-Related Smartphone Device Alert Settings

The U.S. Food and Drug Administration (FDA) is [alerting patients who use diabetes devices](#) and their caregivers of reports where users of continuous glucose monitors (CGMs), insulin pumps, automated insulin dosing systems, and other diabetes devices did not receive or did not hear alerts from their smartphones.

A missed alert for a diabetes-related safety issue may lead to serious harm, including severe hypoglycemia (low blood sugar), severe hyperglycemia (high blood sugar), diabetic ketoacidosis (when the body does not have enough insulin to use blood sugar for energy), and death.



Read the [FDA Recommendations for Patients and Caregivers](#)

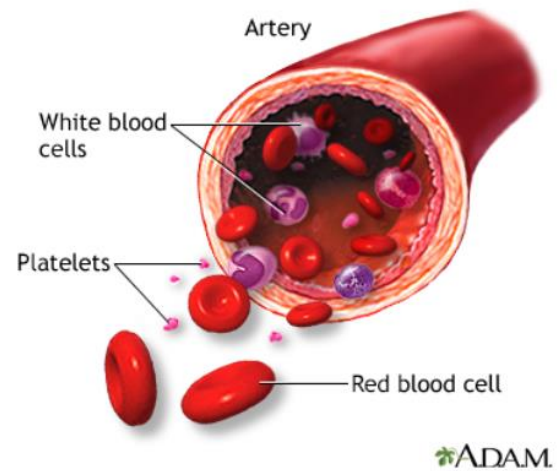
Understanding the Importance of CBC Test

A common type of lab test is the **complete blood count (CBC)**. It is used to look at overall health and find a wide range of conditions, including anemia, infection and blood disorders or blood cancers.

Blood is made up of water, proteins, nutrients, and living cells. A CBC tells your care team about the cells in your blood. A complete blood count test measures the following:

- Red blood cells, which carry oxygen
- White blood cells, which fight infection
- Hemoglobin, the oxygen-carrying protein in red blood cells
- Hematocrit, the amount of red blood cells in the blood
- Platelets, which help blood to clot

Read more on normal results and what abnormal results mean: [CBC blood test](#)



How do over-the-counter pain relievers work?

By Geisinger Wellness Jan. 6, 2025



Discover the subtle differences between OTC pain relief medicines and find the perfect one for your aches. For managing everyday aches and pains, over-the counter (OTC) pain medications are an easy go-to solution. With so many options available, a clinical pharmacist offers some advice on how to make the most of ibuprofen (Advil® or Motrin®), acetaminophen (Tylenol®), naproxen (Aleve®) and aspirin. Acetaminophen vs ibuprofen vs aspirin vs naproxen

Pharmacy shelves are full of OTC pain medications. So, what are the differences?

“Many patients are confused by the vast array of pain medications available in today’s pharmacy,” says Joseph E. Zola, PharmD, an ambulatory clinical pharmacist at Geisinger. “While there are several ways to market these medications, it really comes down to a few different types. Once you know what to look for, you will see it is easier to understand than it first seems.” [Full article and a quick guide to help you decode your options.](#)

UPCOMING HCQU TRAININGS

[Seizures and Epilepsy](#) 4/1/2025 @ 10:00 AM

[Weis Market Virtual cook along: Benefits of Canned & Frozen Foods](#) 4/16/2025 @ 1 PM

[The Silent Epidemic: Human Trafficking](#) (Kellee Neyer, BSN, RN, CCRN and Shannon M.

Saratowski, BSN, RN Professional Development RN) 4/22/2025 @ 1:00 PM

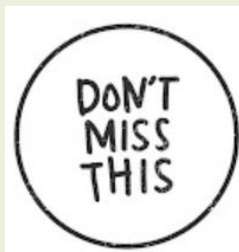
[The Fatal 5](#) 5/6/2025 @ 10:00 AM

[Head to Toe Skin Checks- Do you see what I see?](#) 5/15/2025 @ 10:00 AM

[Sepsis](#) 5/21/2025 @ 1:00 PM

[Virus/Bacterial Infection Education](#) (Deb Erdman, RN) 5/29/2025 @ 11:00 AM

View complete [training calendar](#) & take a FREE [online course](#)



HELP US HELP YOU!

In addition to providing trainings, the HCQU offers Technical Assistance (TA) such as conducting record, medication, dysphagia and fall risk reviews. Requestors should promptly email supportive documentation to the HCQU nurse following the TA request. Lack of supportive documentation causes a delay in conducting reviews. [2025 Central PA HCQU Referral Request Form](#)

Record review supportive documentation

- Up-to-date medication list
- Lifetime medical history
- Any details pertinent to the record review/what prompted the request

Medication review supportive documentation

- Up to date medication list
- Lifetime medical history
- Any details on what prompted the request/what is going on with the individual

Dysphagia review supportive documentation

- Up-to-date medication list
- Lifetime medical history
- Dysphagia mealtime checklist available on HCQU website
- Individual's diet
- Any details pertinent to the dysphagia review/what prompted the request

Fall risk review supportive documentation

- Up-to-date medication list
- Lifetime medical history
- Environmental checklist
- Any details pertinent to the fall(s)/what prompted the request



Move Your Way® Into Spring!

The Office of Developmental Programs (ODP) is currently seeking individuals that would like to record and share their physical activity participation and providers that would like to have their physical activity programs featured with ODP's stakeholders across the Commonwealth. Your activities can be an inspiration to others to get healthier! If interested, or if you would like more information, email hjoseph@pa.gov with Move Your Way in the subject line.

Ready to get more active this week?

Use this planner to set goals, choose activities you want to do, and get tips to help you stay motivated. When you are done, print your plan to track activity throughout the week.

Make your activity plan

Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



New Name, Same Great Service Care

Geisinger's Autism and Developmental Medicine Institute is now the [Department of Developmental Medicine](#).

The new name reflects the range of clinical care available for developmental disorders provided by a multidisciplinary team of physicians, psychologists, genetic counselors, and therapists. The department also houses several specialty clinics focused on specific genetic conditions including Dup15q, Fragile X syndrome and Smith-Magenis syndrome, as well as a research arm designed to advance the understanding and treatment of developmental disorders. ***The [referral process](#) for physicians will remain the same.***



TAKE A 5 MINUTE BRAIN BREAK!

Incorporate these fun movements in your week.

- baseball
- bean bag toss
- bear crawl
- basketball
- biking
- chair yoga
- chores
- dancing
- gardening
- golf
- hiking
- hopscotch
- horse riding
- frisbee
- jogging
- jumping jacks
- jumping rope
- kickball
- march
- mowing lawn
- raking
- scavenger hunt
- soccer
- skating
- skipping

Move your own way

W D A N C I N G J U M P I N G R O P E O
D W M L H T H O R S E R I D I N G O S Z
A A U B I E J E G K S Y V X A W P S W S
X I O P K N T Q A I C B L E R Q H B I K
J O G G I N G O R P A Z G F G S K E M A
U C Z P N I T B D P V Q T R J B R C M T
L N F K G S R A E I E B R I K E W H I I
B V O V M O A S N N N E E S I A A A N N
N I L A Y C M K I G G A A B C N L I G G
V R K D A C P E N Y E R D E K B K R J M
D T G I C E O T G Y R C M E B A I Y M O
Y M A O N R L B P O H R I J A G N O A W
B A G I H G I A S G U A L K L T G G R I
G A R E C W N L U A N W L V L O Q A C N
O M S D Y H E L V Z T L Q X M S M C H G
L Z D E W J I J X L V Y V Y O S S K O L
F B T X B O J U M P I N G J A C K S R A
Z I B R X A R P O C G Z Y R R C E C E W
R A K I N G L K H O P S C O T C H J S N
O A W L L Y L L V B Q L Y C B K H S W O

swimming
tai chi
tennis

trampoline
treadmill
walking

yardwork
yoga



Experiencing Staff Turnover?

Remember to contact the HRST Gatekeepers:

- to add a new employee into the HRST database
- to remove an employee from the HRST database
- to notify changes to an employee's email address

Helpful resources:

- [HRST User Account Template](#)- email completed Central PA User Account Template to hrstgatekeepers@geisinger.edu

For HRST Technical Support (assistance with technical issues, user accounts, system troubleshooting): pasupport@replacingrisk.com

For HRST Clinical Support (assistance with ratings, medication and diagnosis entries, clinical questions): paclinassist@replacingrisk.com

[More HRST Resources](#)



Neighborly is Geisinger's online network that connects you and your neighbors to free and reduced cost programs and services to address a variety of social needs through usage of an easy-to-use, web-based, community resource and social care platform available at www.NeighborlyPA.com.

Sign up for a [Neighborly training session](#) to learn all about the tools that Neighborly has to offer you and your organization, from searching with ease to creating folders that you can share with your team!

Questions or Thoughts?

Neighborly@NeighborlyPA.com

Let the Central PA HCQU help you!

Our HCQU includes registered nurses experienced in serving individuals with an Intellectual Disability (ID) and/or Autism and their support staff and families. Visit our [website](#) for their contact information, the counties they support and our upcoming trainings.