

# Central PA Health Care Quality Unit

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Don't forget to add your new staff!

# Healthy Outcomes

## National Epilepsy Month



<https://www.autism.org/autism-and-seizures/>

### Autism and Seizures

Seizure disorders and epilepsy are frequently reported medical comorbidities in individuals with autism. While a correlation between the two exists, how they influence each other has yet to be determined. Researchers are still exploring whether autism leads to seizures, seizures contribute to autism, or the two conditions coexist.

### Researchers Are Exploring the Link

Epilepsy and autism may share similar genetic risk factors. Researchers have identified certain gene mutations that occur in both autism and epilepsy. Studies have found that siblings of children with autism are more likely to have epilepsy.

Currently, seizures in an individual with autism are treated in the same way as seizures in individuals without autism.

### Related Disorders that Also Involve Seizures

Other [disorders related to autism](#) often involve seizures. For the full article, [Autism and Seizure](#). [www.autism.org](http://www.autism.org)

## KNOW WHERE TO GO FOR EVERYDAY AILMENTS

By Kimberly Adler-Morelli Published Sep. 20, 2022, Geisinger Wellness

Some medical conditions, like cancer or heart disease, need immediate and thorough treatment. But what about those irritating everyday health problems? Colds. Rashes. Earaches. Conditions like this can usually be treated at home.

However, if they worsen or don't go away, it might be best to get professional treatment. So where do you go to get relief from some common pesky health issues? You have options.

### THE NAGGING COUGH

Most of us reach for the cough drops when we have a cough that lasts more than a day or two. That can do the trick much of the time. But what if the cough gets worse or doesn't go away?

If your cough hangs on after a week or so, it might be something a little more serious. When over-the-counter treatments aren't working and you can't sleep because you're hacking, your best bet is to make an appointment with your doctor (also called a primary care provider, or PCP).

Cough going from annoying to serious very quickly? If you can't get an appointment to see your PCP soon, try an urgent care clinic. They don't require an appointment and can treat that irritating cough and what's causing it.

### OH, MY ACHING BACK!

You tried to move a heavy dresser or raked too many piles of leaves. Now your back is not happy with you. So should you treat it at home or see a doctor?

Most back pain gets better after home treatment. Use over-the-counter medications (ibuprofen or naproxen sodium) and heat and keep moving as much as you can tolerate.

But if you still have pain after a few weeks and it's not improving, see your PCP. You may have a bigger problem than just a strain. Your doctor can try other treatments and get you on the mend.

Sometimes back pain is serious and needs immediate attention. Get care right away if the pain is severe and caused by a fall or injury. Try an urgent care clinic or even an emergency room if the pain is unbearable.

The best way to deal with back pain, of course, is to prevent it in the first place. Check out [this article](#) on the right way to bend over. *(Continued on page 3)*



## FEELING THE BURN

At the gym, feeling the burn is great. In the bathroom? Not so much. A burning sensation when you pee — and having to go constantly — probably means a urinary tract infection, or UTI. Can this be treated at home? Yes and no. A doctor can prescribe antibiotics to knock out those burn-inducing bacteria. But you can make yourself a little more comfortable while you're scheduling an appointment.

### SOME THINGS YOU CAN DO TO EASE A UTI:

- Drink plenty of water
- Avoid acidic drinks, like coffee, alcohol and citrus-based beverages
- Use a hot water bottle or heating pad on your abdomen to relieve the pain
- Over-the-counter medications can also help with the burning and urgency.

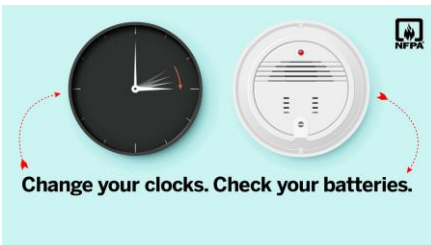
You may think you have your UTI under control with home treatment, but it's best to see your doctor. Left untreated, the infection could come back and possibly damage your kidneys or lead to sepsis, a serious infection that can be life-threatening.

There's no need to go to the ER for a urinary tract infection. Make that appointment with your doctor, or visit an urgent care clinic, and you'll be feeling better soon. A virtual visit to your PCP or urgent care works, too. The provider can prescribe medications just like at an in-person visit — and you don't even have to get off the couch.



## TRUST YOUR BODY

Your PCP can treat most common conditions, but if your body tells you to get care quickly, urgent and [convenient care clinics](#) are the way to go. Save the ER for true emergencies, like chest pains, trouble breathing and serious injury. [Know where to go for everyday ailments | Geisinger](#)



Change your clocks. Check your batteries.

It's almost time to "fall back" the clocks as Daylight saving time comes to an end on **Sunday, November 6, 2022.**

### Daylight Saving Time: 4 Tips to Help Your Body Adjust

How to prevent time-change sleepiness

Moving the clock forward one hour in the spring and back one hour in the fall doesn't just affect your schedule — it can throw off your body's internal clock, too.

That hour of sleep that's lost or gained can leave you feeling groggy and irritable. It can also be dangerous. Studies have found that both [heart attacks](#) and [fatal car accidents](#) increase after the spring shift to Daylight Saving Time. [Cleveland Clinic tips for dealing with the time change.](#)

# TRAINING



## Gestational Influences and Autism 2023

Free webinar at 1 p.m. Eastern time (US), Wednesday, April 19, 2023

Learn updates about emerging research on gestational influences on the etiology of autism.

[REGISTER HERE](#)

[Autism Research Institute](#)

## THE SKINNY ON SKIN

NOVEMBER 15th, 2022  
1:00 pm -2:15 pm



Education for caretakers on good skin health and pressure injury prevention.

*Presented by Maggey Moser, BSN, RN, CWOCN and Ellen Becker Tyree, BSN, RN, CWON; Ostomy Wound Care GMC*

*Hosted by the Central PA HCQU*

[INFORMATION ON HOW TO JOIN](#)

## HCQU MONTHLY COOK-ALONG WEBINARS WITH WEIS MARKETS DIETICIANS

November 15th at 10:00 AM: [FOOD SAFETY](#)

Join Weis Dietician Melissa to learn about food safety and how to properly store your leftovers. A recipe demonstration will follow.

December 14<sup>th</sup> at 1 PM: [HOLIDAY COOKIES](#) (Note Date Change)

Join Weis Dietician Emily for holiday cookies and a recipe demonstration. This recipe is a little different than the typical cookie, but full of flavor and plenty of opportunities to add extra nutrients. [DETAILED FLYER AND REGISTRATION INFORMATION HERE.](#)

[THE CENTRAL PA HCQU](#) is here for your training needs. Free [ONLINE COURSES.](#)

# THE FATAL 5



FREE HCQU VIRTUAL TRAININGS

EASY TO ACCESS

HEALTH LITERATE

Two HCQU instructor led virtual trainings offered in **NOVEMBER** on the common health conditions that are associated with preventable deaths in people with Intellectual & Developmental Disabilities (IDD).

Medical emergencies are inevitable, but some can potentially be avoided through building awareness and offering preventative education. Research shows there are five health conditions in individuals with IDD that often go unrecognized and are linked to serious illness and preventable deaths in community-based settings.

They are referred to as **The Fatal Five**:

**ASPIRATION \* BOWEL OBSTRUCTION \* DEHYDRATION \* SEIZURES \* INFECTION/SEPSIS**

As more individuals with IDD transition into community settings, support staff play a vital role in the lives of the people they care for. Knowing how to prevent, recognize and seek treatment for select medical situations will not only improve the quality of their care, but will also save lives. Training and developing your staff to assist with recognizing and managing these fatal conditions is imperative.

**The Fatal Five training** is 2 hours in length and allows for Q&A. Registration is not required. A certificate of completion is provided. **SEE DECEMBER SCHEDULE**

\*\*\*This training may be counted towards the annual training hour requirements specified at 55 Pa.Code § 6100.143 (related to Annual Training).\*\*\*

**November 9, 2022, 10:00 am -12:00 pm**

**Microsoft Teams meeting**

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 276 698 517 370

Passcode: Trfajt

[Download Teams](#) | [Join on the web](#)

Join with a video conferencing device

Video Conference ID: 117 383 229 2

[Alternate VTC instructions](#)

**November 29, 2022, 9:00 am -11:00 am**

**Microsoft Teams meeting**

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 282 745 121 117

Passcode: MNJvqi

[Download Teams](#) | [Join on the web](#)

Join with a video conferencing device

Video Conference ID: 112 425 142 8

[Alternate VTC instructions](#)



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Our HCQU includes registered nurses experienced in serving individuals with an Intellectual Disability (ID) and/or Autism.

Visit our website for their contact information and the counties they support.

[HCQU WEBSITE](#)



## Peanut Butter Banana Smoothie



### Ingredients:

- 2 small ripe bananas
- 1 cup skim milk
- 1½ tablespoons creamy peanut butter
- ½ tablespoon unsweetened cocoa powder
- ½ cup low-fat vanilla yogurt
- 1½ cups ice

### Directions:

Peel bananas, chop into small pieces and place in freezer until hard. Put all ingredients in a blender and blend on high until smooth. Pour into two glasses and enjoy!

Source: [myplate.gov](http://myplate.gov)



Wishing you a  
harvest of  
blessings, good  
health and  
good times.