

Central PA Health Care Quality Unit

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Sign up for the monthly Healthy Outcomes

Newsletter:

HCQU@geisinger.edu

Don't forget to add your
new staff!

Healthy Outcomes

Thyroid Awareness Month

"Up to 60 percent of those with thyroid disease are unaware of their condition."

pacificneuroscienceinstitute.org



Do UTI symptoms change as you age?

Geisinger Wellness Published Oct. 18, 2022

A minor inconvenience in youth is something to watch when you're older. Urinary tract infections (UTIs) are uncomfortable, but usually easy to treat with a course of antibiotics. As you age, though, this simple condition can turn more serious – so knowing what to watch for is key.

Common symptoms of UTIs UTIs are bacterial (sometimes fungal) infections in the urethra, bladder, ureter, or kidneys. The urethra and bladder are part of the lower urinary tract, which is where infections happen most – and they happen most often in women.

"Women have shorter urethras than men, which means bacteria has less distance to travel to the bladder," says George Avetian, DO, primary care 2 provider at Geisinger 65 Forward in Wilkes-Barre and Hazleton. "This makes women more susceptible to infection." Continued page 2...

Do UTI Symptoms... continued from page 1

Common symptoms of a UTI include:

- Burning when urinating
- More frequent urination
- Lower abdominal pain (in women)
- Cloudy urine
- Sudden urge to urinate
- Urine that looks pink or brown (due to blood)
- Strong-smelling urine

When these telltale symptoms pop up, a trip to your provider for a urinalysis and an exam, followed by a prescription for antibiotics, can lead to a simple resolution.

But if you're an older adult, your symptoms may not be as easy to identify.

UTI symptoms in older adults

It can be more difficult to pinpoint a UTI in elderly adults, as symptoms of UTIs can be mistaken for those of other conditions.

Some UTI symptoms in elderly adults include:

- Confusion
- Irritability
- Hallucinations
- Sudden and unexplained changes in behavior
- Fatigue or lethargy
- Decreased appetite
- Dizziness
- Frequent falls

“These symptoms can be easily mistaken for other conditions like dehydration, diabetes, Alzheimer’s or dementia,” says Dr. Avetian.

Continued page 3...

Preventing UTIs in the elderly

Here are steps you can take to protect yourself or your loved ones from UTIs.

- Stay hydrated.
- Use the bathroom when needed (don't hold urine). Encourage a bathroom break every two to three hours.
- Practice good hygiene of the genital area and change adult incontinence briefs frequently.
- Be aware of unusual behavioral changes.
- Get routine health exams, especially if you have an existing condition like diabetes or enlarged prostate.

If you notice a sudden change in your loved one's behavior and suspect a UTI, call your health care provider right away.

An elderly person with a UTI may have abrupt and puzzling behavioral changes. In someone with dementia symptoms may suddenly get worse. [Health Beat](#)

There are a few reasons why older adults are more susceptible to UTIs. Some include:



- Lower immunity causes the infection to spread to the kidneys, which can eventually lead to sepsis if left untreated.
- A urinary catheter makes it harder to feel normal symptoms like burning with urination.
- Weaker pelvic floor muscles cause incontinence or have trouble expressing urine from the bladder completely.
- Bowel incontinence can cause bacteria from the colon to spread to the urinary tract.

“Caregivers need to be especially vigilant for these symptoms in older adults in long-term care facilities,” says Dr. Avetian.

Older women are also more susceptible than men because of their anatomy and because they produce less estrogen after menopause. This can create an imbalance of good and bad bacteria in the vagina.

Visit [Diagnosis and treatment of UTIs](#) for more information. [Contact the HCQU](#) for training on UTIs.

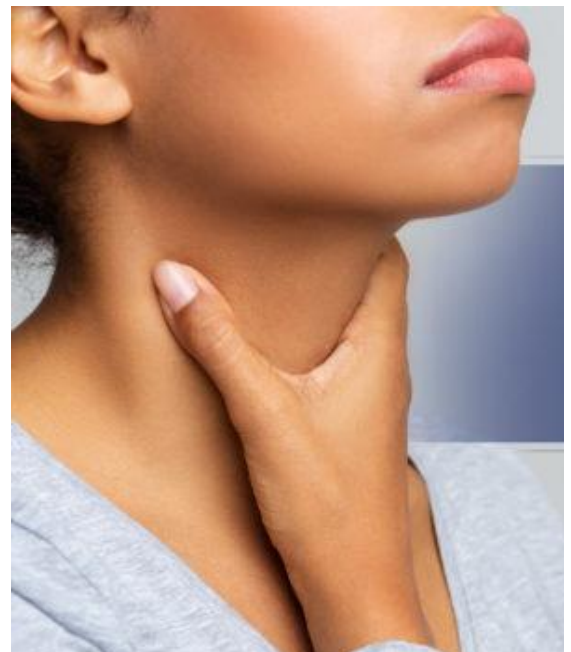
Thyroid Awareness Month



Cardiovascular diseases, osteoporosis and infertility are serious conditions that can occur if thyroid disease goes undiagnosed. pacificneuroscienceinstitute.org

The thyroid is a small, butterfly-shaped gland at base of the neck that produces thyroid hormones; these influence how all other cells, tissues, and organs function

Have you been feeling tired, gaining weight, or feeling depressed? Feeling cold a lot of the time, having difficulty swallowing? Or have issues with dry skin? It may be a sign to get your thyroid checked. Talk to your healthcare provider if you have questions or concerns regarding your thyroid. Increase your knowledge with a free [HCQU](#) training.





Find help paying bills, locating food banks, housing assistance and other resources.

If you need assistance with heating, weatherization, and home modifications, contact NeighborlyPa.com.

Geisinger's Neighborly is a resource for people to find free or reduced-cost services in their communities. Anyone can access the site for help with food, housing, clothing, and legal resources free of charge.

It is available on the internet, on a cell phone and on any kind of electronic device. You do not need to log in. You can look for information privately that you and your family might need.

[Find community resources near me.](#)



Snow Shoveling Tips

Wear the right clothes.

- Breathable layers: Stick to cotton and silk over heavy wools.
- Waterproof boots with good traction
- Thick, warm socks
- Head covering to prevent loss of body heat
- Mittens or gloves to protect your hands
- Sunscreen and lip balm to protect exposed skin

Stretch.

It warms up your body and may prevent muscle strains.

Use proper form.

- Push—don't lift—snow.

If you must lift:

- Squat down with your legs apart, heels grounded and keep your back straight
- Never throw snow to the side or behind you

Get outside as soon as you can.

Fresh, powdery snow is easier to clear than wet, compact snow. Shovel after every few inches of accumulation.

Work slowly and take breaks.

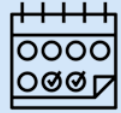


Shoveling snow is exercise: It raises your heart rate and blood pressure. Pause every now and then to prevent exhaustion. Take time to drink plenty of water to stay hydrated.

If you have a medical condition or don't exercise regularly, consult with your doctor before shoveling snow or using a snowblower. *Deb Erdman RN CRN TCRN; Injury Prevention Coordinator*

DebE

HCQU Training Calendar



January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3	4	5	6	7
8	9 The Fatal 5 3:30 PM - 5:30 PM	10	11 Seizures Training 10:00 AM - 11:00 AM Weis Markets Virtual Cook Along 1 PM - 2:00 PM	12	13	14
15	16 Martin Luther King Jr Day	17	18	19	20	21
22	23	24	25	26 The Fatal 5 HCQU 10:00 PM - 12:00 PM	27	28
29	30	31				



on the highlighted links to view the training flyer which includes the link to join each virtual session. Registration not required.



FEBRUARY HCQU VIRTUAL TRAININGS	MARCH HCQU VIRTUAL TRAININGS
Two Fatal 5 Virtual Trainings 2/2 & 2/23/2023	Two Fatal 5 Virtual Trainings 3/9 & 2/28/2023
Weis Markets Virtual Cook Along 2/15/2023	Weis Markets Virtual Cook Along TBA
Bowel Management and Constipation Virtual Training 2/2/2023	Monthly Physical Health Training TBA

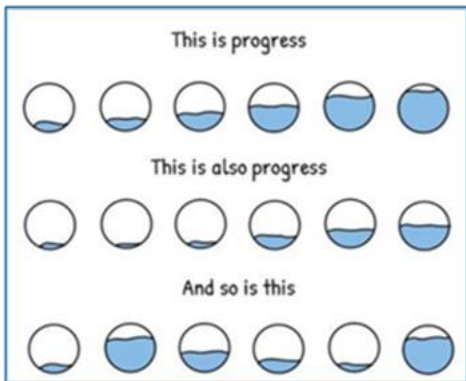
Visit our [HCQU Website](#) for training links, updates and resources.



WINTER WORD SCRAMBLE

Unscramble each group of letters to form a winter word.

1. tobos _____	7. soeglv _____
2. efnanll _____	8. kiings _____
3. lcfee _____	9. owsliobmne _____
4. neniugp _____	10. oofnrtpits _____
5. atbeerhin _____	11. zyppilsre _____
6. sffto _____	Answers: 1. boots, 2. flannel, 3. fleece, 4. penguin, 5. hibernate, 6. frost, 7. gloves, 8. skiing, 9. snowmobile, 10. footprints, 11. slippery



It's a NEW YEAR and there's lots of talk about change. Many resolutions are focused on physical and emotional health and others on wellbeing. Losing weight, managing stress better and [quitting smoking](#)...these are all healthy changes. Whatever the goal...stay mindful and be kind to yourself and others striving for change. Change is hard.

"If you focus on results, you will never change. If you focus on change, you will get results." ~Jack Dixon

Change allows us to experience new and exciting things!

Please allow us to showcase our revised [2023 Central PA HCQU Training Index](#).

We hope you see the benefit of our condensed Training Index. This index outlines the valuable work the HCQU has to offer and how working with us makes a difference in the lives of the individuals you support.



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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.

www.geisinger.org/hcqu



Sweet Potato & Black Bean Chili

This vegetarian sweet potato chili is a breeze to make.



Directions

Step 1 Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle, and salt and cook, stirring

constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

Step 2 Add beans, tomatoes, and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro. [Recipe](#)

Ingredients

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ½ teaspoon ground chipotle chile
- ¼ teaspoon salt
- 2 ½ cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro

The information offered in this newsletter is to increase your awareness of health-related situations. It is not intended to be a substitute for professional medical advice. If you believe you or someone you support has a condition, please seek the advice of a physician.