

## Inside This Issue

- Tardive Dyskinesia (TD)
- What does TD look like?
- Sunscreen Expiration
- Pool Safety Checklist
- Telemedicine for People with IDD
- Random Acts of Kindness
- HCQU Virtual Trainings and Updates
- HCQU Online Courses
- National Dysphagia Awareness Month
- Caprese Pasta Salad Recipe

**Sign up for the monthly  
Healthy Outcomes  
Newsletter:**

**HCQU@geisinger.edu**

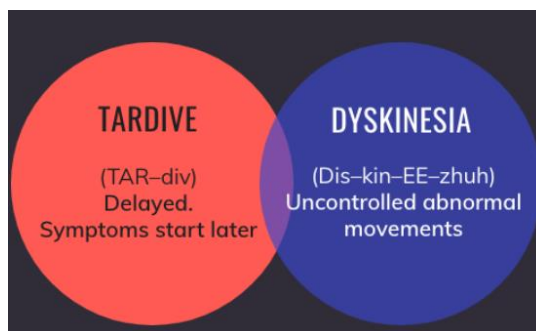
**Remember to add new staff!**



# Healthy Outcomes

## TARDIVE DYSKINESIA (TD) IS A REAL, CHRONIC CONDITION

It means having body movements you cannot control.



**TD is not a side effect. It is a condition where people experience mild, moderate, or severe uncontrollable movements in various parts of their bodies.**

## WHAT CAUSES TD?

Taking certain mental health medicines (antipsychotics) for a few months is thought to cause too much dopamine activity in the brain. Dopamine is a chemical in the brain that plays a role in how we move. Too much dopamine activity in the brain could lead to uncontrollable body movements (TD). And those movements may keep controlling your body.

**Antipsychotics are prescribed to treat conditions like:**

- Depression
- Bipolar disorder
- Schizoaffective disorder
- Anxiety disorder

**Other prescription medicines used to treat upset stomach, nausea, and vomiting may also cause TD.**

Do not stop taking your medicines without talking to your healthcare provider. Diagnosis and treatment by a healthcare provider may help manage TD. Learn more at [TALK ABOUT TD](#).

# WHAT DOES TD LOOK LIKE?

To see TD videos and learn more about uncontrollable body movements, visit [TalkAboutTD.com/WatchMovements](https://TalkAboutTD.com/WatchMovements)

Mild, moderate, or severe TD movements can occur in one or more spots in the body. They are often seen in the face, torso, limbs, and fingers or toes.



## EYES

Excessive blinking & squinting



## JAW

Repeated biting; clenching; side-to-side movements



## LIPS

Puckering; pouting; smacking



## TONGUE

Sticking out; darting; pushing inside of cheek



## UPPER LIMBS

Swaying; jerking movements



## TORSO

Shifting; rocking motion; leaning back



## HANDS

Twisting; finger dancing



## LOWER LIMBS

Separated or stretching toes; gripping feet; ankle twisting

TD movements may contribute to making daily activities\* like buttoning a shirt, walking, or drinking liquids more difficult or frustrating. Feeling unable to maintain daily tasks due to these uncontrollable body movements might affect more than your physical being—they may also start to affect your mental well-being. Learn more at [TALK ABOUT TD](https://TalkAboutTD.com).

DON'T FEEL THE BURN!

# YOUR RISK

of developing potentially deadly melanoma

# DOUBLES

with a history of 5 or more sunburns.



## Is sunscreen from last year still good? When does sunscreen expire?

Sunscreens are required by the Food and Drug Administration to remain at their original strengths for at least three years. This means that you can use leftover sunscreen from one year to the next.

*Some sunscreens include an expiration date — a date indicating when they are no longer effective. Discard sunscreen that is past its expiration date. [Read more.](#)*

## Pool Safety Checklist Tips for families

**Watch kids when they are in or around water,** without being distracted. Keep young children within arm's reach of an adult. Make sure older children swim with a partner every time.

**Teach children how to swim.** Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water.

### **Learn to swim and learn these five water survival skills:**

1. Step or jump into water over their head and return to the surface.
2. Float or tread water for one minute.
3. Turn around in a full circle and find an exit.
4. Swim 25 yards to exit the water.
5. Exit the water. If in a pool, be able to exit without using the ladder.

**Install fences around home pools.** A pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self-latching gates.

**Empty kids' pools after each use.** Store them upside down so they do not collect water.

**Know what to do in an emergency.** Learning CPR and basic water rescue skills may help you save a person's life. [www.safekids.org](http://www.safekids.org)



# Telemedicine for People with I/DD



**StationMD** is a physician service that is dedicated to individuals with intellectual and/or developmental disabilities (I/DD) and other vulnerable populations. Our mission is to provide the highest quality of medical care for individuals with I/DD, fostering independence and improving quality of life for our patients and those providing their care.

All our doctors are specially trained to address this population's complex health needs, and we can treat patients through our simple telemedicine platform.

## Provider Agencies

We work with all types of provider agencies to improve care and support agency staff and operations. Our solution is utilized in group homes, supportive apartments, intermediate care facilities (ICFs), individual residential alternatives (IRAs), day programs, and even camps. [High-Quality Health Care - Anytime, anywhere](#)

## Kindness Ideas

Imagine a world where you can succeed by being nice.  
Where we all pay it forward.  
Where people look out for each other.  
It all starts with an act.





# June Is National Dysphagia Awareness Month

## Dysphagia Word Search



DEMENTIA  
 WHEEZING  
 ESOPHAGUS  
 GAGGING  
 SWALLOW  
 LIQUIDISED  
 DEHYDRATION  
 DROOLING  
 CHOKING  
 SLIGHTLY THICK  
 ASPIRATION  
 IDDSI  
 PNEUMONIA  
 GERD  
 FATIGUE  
 PAIN  
 COUGHING  
 PUREED

**Myth:** People without teeth do not need to clean their mouths.

**Truth:** EVERYONE needs a clean mouth. Without teeth, you can still brush the gums, tongue, and palate. Saliva can carry the germs from the mouth into the lungs and cause pneumonia, and we sometimes aspirate a little saliva while we sleep, making oral care before bed even more important.

**Myth:** Swabbing the mouth with an oral care sponge is just as good as a toothbrush.

**Truth:** Toothbrushes and toothpaste are the most effective means of cleaning the mouth. That is why we all use them at home on ourselves. Good oral care is important for preventing pneumonia, so advocate for your facility to provide toothbrushes and implement oral care guidelines.

**Myth:** People with feeding tubes cannot aspirate because they are not eating.

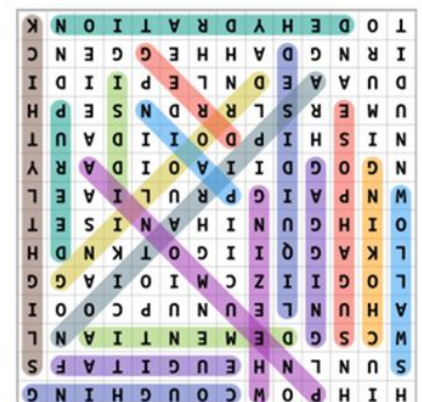
**Truth:** Saliva can be aspirated, as can regurgitated tube feeding liquid and other stomach contents. Feeding tubes are not a fail-safe way to prevent aspiration pneumonia. In fact, tube feed formula sometimes causes acid reflux, and acid in the lungs is particularly dangerous.

[Review more myths.](#)

**Myth:** If you do not cough, you are not aspirating.

**Truth:** It is called silent aspiration for a reason. There is no sound. The only way to tell if someone is taking food or liquid into their lungs is to see it on an instrumental swallowing assessment.

### Word Search Answer Key



How do you treat a choking adult? [Choking First Aid](#)

# HCQU VIRTUAL TRAININGS AND UPDATES

- **Safe Lifting and Transferring**, Mon, 06/12/23, 10:00 AM ET  
**PADDNN Members Meeting June 14, 2023 9:00 AM – 12:45 PM** - [Register](#)
- **Dehydration: Causes, Symptoms and Treatments**, Tue, 06/20/23, 10:00 AM ET
- **Safe Lifting and Transferring**, Wed, 06/21/23, 1:00 PM ET
- **Summer Heat Safety**, Thu, 07/06/23, 10:00 AM ET
- **Bloodborne Pathogens**, Mon, 07/10/23, 10:00 AM ET
- **Oral Health Education for Caregivers of Adult Individuals with IDD**, Thu, 07/13/23, 10:00 AM ET **Do not miss this one!**
- **Bloodborne Pathogens**, Wed, 07/19/23, 1:00 PM ET
- **Urinary Tract Infection**, Mon, 08/14/23, 10:00 AM ET
- **Dehydration: Causes, Symptoms and Treatments**, Tue, 08/22/23, 1:00 PM ET
- **Urinary Tract Infection**, Wed, 08/23/23, 1:00 PM ET
- **Alzheimer Disease and Dementia**, Mon, 09/11/23, 10:00 AM ET
- **Sleep Apnea**, Thu, 09/14/23, 1:00 PM ET
- **Alzheimer Disease and Dementia**, Wed, 09/20/23, 1:00 PM ET
- **Cold and Flu Basics**, Mon, 10/09/23, 10:00 AM ET
- **Cold and Flu Basics**, Wed, 10/25/23, 1:00 PM ET
- **Seizures**, Mon, 11/13/23, 10:00 AM ET
- **Seizures**, Wed, 11/15/23, 1:00 PM ET
- **Sepsis**, Mon, 12/11/23, 10:00 AM ET
- **Sepsis**, Wed, 12/20/23, 1:00 PM ET
- **And more....**



**JOIN INSTRUCTOR LED  
[TRAININGS HERE.](#)**

**Registration not required.**



**Don't have time to attend a virtual session?** Start our [online courses](#) anytime and work at a pace that suits your individual style.

## Available HCQU health-related courses:

Aging and Developmental Disabilities  
Allergy Awareness  
Alzheimer's  
Bowel Management  
Dehydration  
Dental Health  
GERD  
Menopause  
Skin Health and Pressure Injuries  
Sepsis-**new**  
And more.



## Contact Us

### Central PA HCQU

29 Montour Street  
Danville PA 17822  
M.C.28-75

Cheryl Callahan, RN  
Director  
[clcallahan@geisinger.edu](mailto:clcallahan@geisinger.edu)

Patricia Brofee, RN  
Training Coordinator  
[plbrofee@geisinger.edu](mailto:plbrofee@geisinger.edu)

Kristy Campbell  
Data Support Analyst  
[kacampbell@geisinger.edu](mailto:kacampbell@geisinger.edu)

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.



## Caprese Pasta Salad

*Cherry tomatoes, mozzarella, and basil are classic flavors!*



Tip: If making this pasta salad a day ahead, let it come to room temperature, and toss with an additional two tablespoons of olive oil just before serving.

### Ingredients

- 1 lb. casarecce, penne, or any short pasta
- 2/3 c. plus 1 tbsp. olive oil, divided
- 1/3 c. white balsamic vinegar
- 2 garlic cloves, grated
- 1 tsp. kosher salt
- 1/4 tsp. ground black pepper
- 4 c. cherry tomatoes, halved
- 16 oz. small mozzarella balls or pearls
- 1 c. chopped fresh basil, plus more for garnish
- Red pepper flakes, for garnish (optional)

### Directions

1. Cook pasta according to package directions. Drain, and rinse with cold water. Return pasta to pot and toss with one tablespoon olive oil. Set aside.
2. Meanwhile, whisk together the remaining 2/3 cup oil, vinegar, grated garlic, salt, and pepper in a large bowl until combined. Add tomatoes and mozzarella to dressing and toss to coat. Let marinate while the pasta cools, about 15 minutes.
3. Add cooled pasta to tomato mixture and toss to coat. Stir in the basil. Garnish with more basil and red pepper flakes if you like. [Pioneer Woman Recipe](#)

*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.*