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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

BLADDER HEALTH AWARENESS MONTH

15 TIPS TO KEEP YOUR BLADDER HEALTHY

People rarely talk about bladder health, but everyone is affected by it. Located in the lower abdomen, the bladder is a hollow organ, much like a balloon, which stores urine. Urine contains waste and extra fluid left over after the body takes what it needs from what we eat and drink. Each day, adults pass about a quart and a half of



urine through the bladder and out of the body.

As people get older, the bladder changes. The elastic bladder tissue may toughen and become less stretchy. A less flexible bladder cannot hold as much urine as before and might make you go to the bathroom more often. The bladder wall and pelvic floor muscles may weaken, making it harder to empty the bladder fully and causing urine to leak.

While you cannot control everything that affects your bladder, here are fifteen steps you can take to keep it as healthy as possible:

Take enough time to fully empty the bladder when urinating. Rushing when you urinate may not allow you to fully empty the bladder. If urine stays in the bladder too long, it can make a bladder infection more likely.

(Continued on page 2...)

Wipe from front to back after using the toilet. Women should wipe from front to back to keep gut bacteria from getting into the urethra. This step is most important after a bowel movement.

Urinate after sex. Sexual activity can move bacteria from the bowel or vaginal cavity to the urethral opening. Both women and men should urinate shortly after sex to lower the risk of infection.

Do pelvic floor muscle exercises. Pelvic floor exercises, also known as Kegel exercises, help hold urine in the bladder. Daily exercises can strengthen these muscles, which can help keep urine from leaking when you sneeze, cough, lift, laugh, or have a sudden urge to urinate. These exercises also may help avoid infections by strengthening the muscles that help empty the bladder.

Wear cotton underwear and loose-fitting clothes. Wearing loose, cotton clothing will help keep the area around the urethra dry. Tight-fitting pants and nylon underwear can trap moisture and help bacteria grow. [Full article](#) with remaining steps to keep your bladder healthy. nia.nih.gov



WE KNOW, IT'S PERSONAL AND PRIVATE.



Talk to your health care provider if you have urinary incontinence or any signs of a bladder problem, such as:

Needing to urinate more frequently or suddenly.

Cloudy urine

Blood in the urine

Pain while urinating

Urinating eight or more times in one day

Passing only small amounts of urine after strong urges to urinate

Trouble starting or having a weak stream while urinating.

BEHAVIORS AND UTIs IN I/DD POPULATION:

- Individuals with an intellectual disability tend to be at a higher risk for UTIs when compared to other cohorts.
- These individuals often have difficulties with expressing their wants and needs effectively, which includes difficulty when expressing that they are experiencing physical distress.
- Due to the painful nature of a UTI, and difficulties with communication, an individual may engage in challenging behaviors such as aggression, property destruction, or self-injurious behavior.
- These behaviors may serve to communicate their discomfort or as a means of pain attenuation.
- When an individual engages in new challenging behaviors, or elevated levels of challenging behaviors, it is important that potential medical causal conditions such as UTIs are examined. (NJ Department of Human Services-UTI)



Check out our **NEW** online [URINARY TRACT INFECTIONS -UTIs](#) course.

Nov 5, 2023 - DAYLIGHT SAVING TIME ENDS

Daylight saving time ends Nov. 5, 2023. This means it is time to change your clocks. It is also a great time to change the batteries in your smoke detectors and carbon monoxide alarms.

It is recommended that you change the batteries in these safety devices every six months at the same time every year. Having working smoke detectors and carbon monoxide alarms is one of the easiest, least expensive ways to keep your family members safe. Test your smoke alarms monthly by pressing the test button. If your smoke alarm is 10 years old, it is time to get a new alarm because the sensor becomes less sensitive over time.



The [Center for Disease Control](#) says that the most carbon monoxide poisoning occurs during the Fall and Winter. Home furnaces and heaters at home are usually responsible for most of the deaths that occur from CO poisoning.

DANGER! PROTECT YOURSELF & YOUR FAMILY FROM CARBON MONOXIDE POISONING

WHAT SHOULD YOU DO IF YOUR CO ALARM GOES OFF?

1. Immediately evacuate the building to fresh air and safety.
2. Call 9-1-1 once safely outside to report the incident and if there is anyone experiencing carbon monoxide poisoning symptoms like headaches, dizziness and vomiting.
3. Do not return into the building until first responders have cleared it. Even if your alarm stops alerting, and you have switched off all the appliances and opened the windows and doors, the source may still be producing the poisonous gas. [FIRST ALERT](#)

RECOGNIZE THE SIGNS OF CARBON MONOXIDE POISONING INCLUDING:

- Shortness of breath
- Fatigue
- Headaches
- Drowsiness
- Nausea
- Vomiting
- Confusion
- Dizziness or light-headedness



KEEP IT ON YOUR RADAR



SUPPORT COORDINATOR TRAINING

What does the HRST have to do with me as a Supports Coordinator?
How can I use the HRST in my day-to-day work as a Supports Coordinator?

This webinar is designed to introduce supports coordinators to the health risk screening tool (HRST). It is a great way to get familiar with the HRST so that you can start using the information.

Friday, December 15, 2023 | 10:00 am - 02:30 pm [**REGISTER HERE**](#)

Best Practices for Updating the HRST

"The HRST should always be kept up to date with the current status of the person. At a minimum, the HRST should be reviewed and updated at least annually. However, the person may encounter health related changes throughout the year that would warrant updates be made to their HRST." - *IntellectAbility*

Here are some [best practices](#) for both episodic and annual updates.

- [IntellectAbility](#)

Post-visit HRST Updating Guidelines

[Guidelines](#) for updating the HRST after a hospital, emergency department, or other acute stay.

"When updating Rating Items, it is important the person is screened at their most dependent status within the past 12 months. The most dependent status is the status when they required the most medical, behavioral, or other types of support."

- [IntellectAbility](#)

FOR FURTHER INFORMATION

Assistance can also be obtained by contacting HRST support at pasupport@replacingrisk.com and paclinassist@replacingrisk.com.

[Health Risk Screening Too \(HRST\): FAQ and Overview](#)

HCQU TRAININGS AND UPDATES



Amy Weidner, HCQU RN, has begun covering **Schuylkill County** in addition to **Northumberland County**. Referrals can be initiated by contacting your Supports Coordinator, Provider Agency, or by emailing ajweidner1@geisinger.edu.

HCQU VIRTUAL TRAININGS



Falls: Assessment and Prevention Training, Thu, 11/02/23, 1:00 PM ET

GERD, Wed, 11/08/23, 1:00 PM ET

Seizures, Mon, 11/13/23, 10:00 AM ET

Seizures, Wed, 11/15/23, 1:00 PM ET

Cold Weather Safety, Tue, 12/05/23, 10:00 AM ET

Weis Markets Virtual Cook Along, Immune Health, Wed, 12/6/23, 1:00 PM ET

The Fatal 5, Thu, 12/07/23, 1:00 PM ET


Sepsis, Mon, 12/11/23, 10:00 AM ET

Sepsis, Wed, 12/20/23, 1:00 PM ET

Check out our [training calendar](#) to see more details or scan this QR code.



Falls: Assessment and Prevention Training



Virtual

Thu, 11/02/23, 1:00 PM ET

Thu, 11/02/23, 2:00 PM ET

Join the Health Care Quality Unit (HCQU) for a virtual instructor lead (Registered Nurse) training Falls: Assessment and Prevention Training.

Registration is not required. Attend as a group or individually. This training may be counted towards your annual training hour requirements. Participants must complete entire session for certificate of

Want to add this to your calendar? Register here!

First name

Last name

Email

Registration is not required for this event. However, if you would like to add it to your calendar, fill out this form and you will receive a confirmation email with the details.

Register



We heard you!!!

Don't miss a training!

NEW FEATURE ADDED

"Add to Calendar" function added to our virtual online trainings.

PUMPKIN CRÈME BRÛLÉE RECIPE

Ingredients

1 3/4 cups heavy whipping cream
 3 large whole eggs
 1/2 cup sugar, plus extra for caramelizing
 1 cup pumpkin puree
 1/4 tsp ground cinnamon

What you will need:

-Ovenproof ramekins or custard cups
 -A handheld torch.

Instructions

Pre-heat the oven to 300° F

If using homemade pumpkin puree, blend it a little more before using to make it an extra fine puree.

In a medium bowl, whisk together 3 whole eggs and 1/2 cup sugar until well blended.

Heat 1 3/4 cup heavy whipping cream in a saucepan, almost to a simmer; stirring frequently to prevent scorching.

Slowly add hot cream while whisking (Adding it to quickly can result in scrambled eggs = not good!)

Strain the cream/egg/sugar mixture through a strainer into a large measuring cup or bowl with a pouring lip.

Whisk in 1 cup pumpkin puree and 1/4 tsp cinnamon.

Divide the mixture into 8 (4 oz) cups and place in a large casserole baking dish or into 2 dishes if they don't fit.

Fill the baking dish with boiling water about halfway up the sides of the ramekins. Bake at 300° F for 35-40 minutes.

The creme brûlée centers should barely wiggle when you move the pan.

Cool to room temperature then cover and refrigerate until ready to serve. Note: do not caramelize until ready to serve.

Making the Crisp topping:

Once the brûlées are at least to room temperature, you can caramelize the top. Don't refrigerate after caramelizing, or the sugar will melt. You want to keep the crisp sugar topping. Put 1 to 2 teaspoons of sugar on each custard, swirl to spread evenly. Heat the top with your torch moving in a circular pattern until the whole surface is caramelized to a rich amber color. [Full Recipe](#)



Servings: 8 Prep Time: 10 minutes Cook Time: 40 minutes Total Time: 50 minutes



“When it comes to life, the critical thing is whether you take things for granted or take them with gratitude.”

-Gilbert K. Chesterton

May this holiday bring new blessings and a renewed appreciation for the ones you already have. Happy Thanksgiving from the Central PA HCQU.

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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



NEED FREE TRAINING AND EDUCATION?

THE HCQU CAN HELP YOUR AGENCY AND THE INDIVIDUALS YOU SUPPORT.

Online training options are available. Check out our [CENTRAL PA HEALTH CARE QUALITY UNIT'S ONLINE LEARNING SYSTEM](#). Below is a listing of the available courses.

[Aging and Developmental Disabilities](#)

[Allergy Awareness](#)

[Alzheimer's](#)

[Bowel Management](#)

[Coronavirus \(COVID-19\)](#)

[Dehydration](#)

[Dental Health](#)

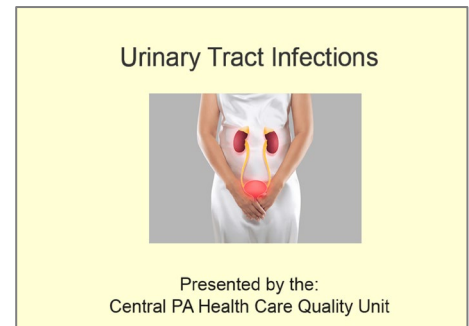
[GERD](#)

[Menopause](#)

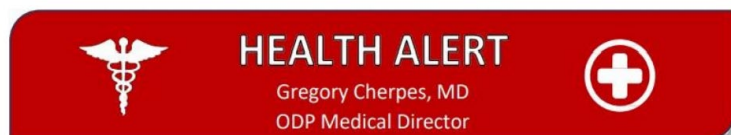
[Skin Health and Pressure Injuries](#)

[Sepsis](#)

[Urinary Tract Infections-UTIs](#) - **NEW**



Contact kacampbell@geisinger.edu for more information.



Vaccines for Respiratory Viruses
Flu, RSV and COVID-19 Vaccines

[Vaccines for Respiratory Viruses \(ODP Health Alert – October 2023\)](#)