



HCQU Staff

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Healthy Connections

Community Health Connections

MEDICATION ADMINISTRATION COURSE...YOUR QUESTIONS ANSWERED!

By Mary A Nau, Director

If you work at at CLA; ATF; ICF/MR or ICF/ORC; Personal Care Home; Child Residential and Day Treatment Facility; or Title 6 Aging, Chapter 11, Adult Day Service, you may have a few Medication Administration questions.

At a recent meeting with ODP Medical Director, Jill Morrow, M.D., we learned about a Q & A resource available to answer your Medication Administration questions. It's a little tough to locate these resources on the DPW website, so apart from the first question below, we've copied just a few of the many Q & A's



Jill Morrow, M.D.
ODP Medical Director

available. For the full listing of questions and answers, visit our website at www.hcqu.org and type your request in "Ask the HCQU". We will gladly email or send you the complete Q & A information sheets.

Q: What if I am a provider who hasn't yet transitioned to the new med administration program and the deadline has passed?

A: The deadline for providers to transition to the new med admin program has been extended to December 31, 2008.

Q: What do I do if the PCP gives sample medications to an individual, and the medications are not labeled?

A: Samples from the PCP may be used unless prohibited by

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HIV/AIDS

By Carol Oslosky, RN; HSC

HIV stands for Human Immunodeficiency Virus. This is the virus that causes AIDS. HIV is different from most viruses because it attacks the immune system. The immune system gives our bodies the ability to fight infections.

AIDS stands for Acquired Immunodeficiency Syndrome. AIDS is the late stage of HIV infection. It can take years for a person infected with HIV to reach this stage. Having AIDS means that

the virus has weakened the immune system to the point at which the body has a difficult time fighting infection.

As with all health related information, the diagnosis of HIV or AIDS is confidential. Confidentiality is always to be taken very seriously. The government has given HIV/AIDS an even higher degree of confidentiality than other communicable diseases. Because of the social rejection that was often experienced with

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MEDICATION ADMINISTRATION COURSE...YOUR QUESTIONS ANSWERED!

regulations. The samples must have the following written instructions:

- Name of individual
- Name and strength of medication
- Time
- Dose
- Route

This same information should be transferred to the Medication Administration Record (MAR). These instructions should be written in lay terms so staff can compare the instructions with the MAR. Samples should be stored in the individual's medication container.

Q: Can a person who is a Certified Medication Trainer in one setting such as a Personal Care Home (PCH) train staff for another setting; e.g. another PCH?

A: Yes. Agencies or entities can share a certified Medication Administration Trainer. The trainer should incorporate the agency specific medication policies, procedures, and forms specific to the student's agency into the training. The trainer is responsible for the continued monitoring of the students trained.

Q: Are you permitted to keep a Master Signature Log in a central location and make copies of it to be placed with each MAR or medication binder?

A: Yes. This is permissible; however, always check to make sure the log is up to date.

Q: How can a Practicum Observer (PO) be used?

A: The PO can be used to assist the trainer in a number of activities. They can conduct medication observations and complete MAR reviews for the initial, the initial annual practicum, and the annual practicum. The PO is trained and monitored by the trainer.

HIV/AIDS

HIV or AIDS, this increased degree of confidentiality gives more protection from discrimination.

The "need to know" comes into play here. As a caregiver, standard precautions (formerly called Universal Precautions) must always be followed. Therefore, it is felt that it is not necessary that someone providing care to someone with HIV/AIDS know this diagnosis. A physician would "need to know" to make the correct decision on medical care.

Regardless of the diagnosis or lack of diagnoses, always follow standard precautions, know your agencies policies, and for more information on HIV/AIDS go to www.aids.gov or to MedlinePlus.

"As with all health related information, the diagnosis of HIV or AIDS is confidential."

IT WAS THE BEST DAY OF MY LIFE

By Carol Oslosky, RN; HSC



Michael

I met with Michael Lemley from Lifesteps. He was absolutely delightful, and it was quite evident that he was thrilled to have the opportunity to tell the story below. He repeatedly said, "It was the best day of my life."

Michael is a great fan of the Philadelphia Phillies and he loves their announcer, Harry Kalas. One of his support staff, Morris, is also a great baseball fan. Michael and Morris enjoy talking with each other about sports. Morris was impressed with Michael

and his ability to imitate Harry Kalas' voice. Knowing that, Morris got online and found Mr. Kalas' website. He emailed him and told him about Michael and asked if they could arrange for him to meet with Michael when the Phillies play the Pirates. This was arranged and Michael not only got to meet Mr. Kalas, but he also met Lanny Frattare and Bill Blass. Morris told me he was so very impressed with the interaction. He said the meeting was not as though it was some special charity work for Mr. Kalas, it was just one baseball fan to another.



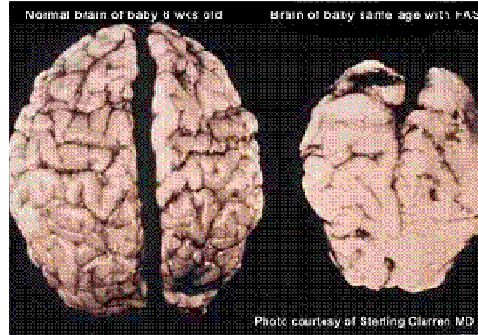
Harry Kalas,
Phillies Announcer

FETAL ALCOHOL SPECTRUM DISORDERS (FASD)

by Dr. Gregory Cherpes, Medical Director

Alcohol use during pregnancy affects both physical and cognitive development in the fetus which will exert lifelong effects on the individual. Alcohol is the leading known preventable cause of birth defects and intellectual disability in the United States.

FASD is the current term that is used to describe the wide range of problems that may be present in an individual if they were exposed to alcohol while in the womb. When these individuals have the documented presence of specific facial features, growth deficit, and central nervous system abnormalities, this cluster of symptoms is referred to as Fetal Alcohol Syndrome (FAS). The National



Organization on Fetal Alcohol Syndrome estimates that 40,000 infants each year are born with FASD. It is stated that nearly 80% of adults with FASD do not live independently. The

Centers for Disease Control and Prevention (CDC) states that there is no amount of alcohol that is safe to drink during pregnancy and no time during pregnancy that it is safe to drink. FASD is 100% preventable if pregnant woman do not drink alcohol.

For comprehensive information regarding FAS and FASD, please see the excellent website www.nofas.org, which was the source of information for this article.

TEST YOURSELF!

By Kelly Fisher, RN; HSC; Danna Haffey, BHC; and Cheryl Parker, BHC

We often hear certain “catch phrases” used within our field, but sometimes it’s difficult to remember the principles attached to many acronyms and phrases we use. Members of our Behavioral Health team put together the following (fun) quiz so you can test your knowledge of positive practices.

1. Behavior is...

- A. A vegetable
- B. An action
- C. Communication
- D. As behavior does

2. One of the principles of Positive Approaches is...

- A. Hanging loose
- B. Hanging touch
- C. Hanging out
- D. Hanging in there

3. Everyone has...

- A. Bad breath
- B. Pink lipstick
- C. Needs
- D. Toe fungus

4. A biographical timeline is...

- A. A great show on the history channel
- B. A ride at Kennywood
- C. An experiential process designed to help us walk in another’s shoes
- D. A theme park

5. When someone is struggling we first want to consider...

- A. A possible Medical issue
- B. Going shopping
- C. Going to a spa

D. Calling a psychic

6. HCQU stands for...

- A. Happy Consultants Questioning the Universe
- B. Hairy Creatures Quietly Unified
- C. Health Conscientious Quality University
- D. Health Care Quality Unit

7. People communicate unmet needs through

- A. ESP
- B. Behavior
- C. Reading the stars
- D. The Oprah Winfrey Show

8. An influencing factor on behavior is...

- A. The phases of the moon
- B. Music
- C. Environment
- D. Ocean tides

9. Psychotropic Medications...

- A. Can be beneficial in treating a clinical disorder
- B. Are tasty with toothpaste
- C. Are all natural
- D. Are good for a groovy time

Answer Key:

1. C; 2. D; 3. C; 4. C; 5. A; 6. D; 7. B; 8. C; 9. A

If you answered all nine questions correctly, you are a positive practices guru. If you answered 6 to 9 correctly, you are well on your way to positive practices superstardom. If you answered 5 or fewer correctly, you may want a review of positive approaches training. Call your local HCQU to make arrangements.

A VISIT FROM DAVE HINGSBURGER

By Cheryl Parker, BHC



Community Health Connections was recently honored to host a two day conference with international speaker, Mr. Dave Hingsburger. On June 12th and 13th,

Butler County Community College's Succop Theatre accommodated several hundred people from as far away as New Jersey and West Virginia. Dave said of the vast audience that they were a memorable part of his visit to Butler; they were an "extraordinary audience, willing to go along on the ride and think about it." Dave also added that he was grateful for the "thoughtful questions."

The audience participated in training on the first day titled "Sexuality and People with Developmental Disabilities". Day two was spent discussing "Sexual Victimization of People with Developmental Disabilities."

Participants were able to consider sexuality and safety in a new way thanks to Dave's story telling and passion. The audience was so moved by the two days that they ended with a standing ovation and a spirit of "change" in the air.



Dave graciously agreed to talk about his 32 years of experience within this field and shared that since he first began working in this field in 1976 he has certainly evolved, saying that he sees his role differently than in those beginning days. Where once he saw himself as a "behavior controller and a safety enforcer," he is now "less afraid of risk, able to take a leadership role rather than provide leadership." Dave credits his own evolution to what he calls "moments of reckoning," those times when he would "do things because of protocol" and with later reflection changed his focus. He further added that he is still learning and growing and would worry if he were to journey through several months without experiencing those "moments."

While Dave is now well known as a sexuality educator, he shared that this was not how he originally began his work in this field. He began to focus on sexuality after the agency he worked for began to receive referrals for problematic sexual behavior. When it became evident that there was nowhere else

for these referrals to go, Dave said, "We had to either not treat these people or learn how." Dave chose to learn how.

During Dave's career he said, "We have learned that institutions don't provide the best care." Individual organizations across the globe vary in their approach and understanding, but nonetheless Dave says he is "an optimist" and when others "look down at the task, I look at the road." He also believes that the one thing we can all do to make the world a better place for people with disabilities is to become "activists" to "stop abuse by each of us watching and controlling ourselves, and being aware of who we are in relationship to the people we support." He also added that "we need to use our righteous anger more often!"

Answering how he stays motivated, Dave said "Look how far we've come in such a short time!" He explained that each time he sees someone with a developmental disability in the community living an everyday life, he remembers that just a short while ago that same person would have been living in an institution. Further, Dave added "People need to conceptualize this as a civil liberties movement; it has been the fastest growing movement to date and people need to notice a little more."

As far as we've come and as diligently as Dave Hingsburger has worked to make a difference, there is still a journey ahead of us. Dave travels across the globe and when asked what self advocates across the continents express as their biggest concern, his answer was short and to the point, "Loneliness."

For more information or to read what Dave wrote about his experience in Butler, visit his blog, "Chewing the Fat" at <http://davehingsburger.blogspot.com>.

For training materials or books visit Diversity City Press at <http://www.diverse-city.com> or visit CHC's lending library at www.hcqu.org.



HCQU HAPPENINGS



Beth Barol

Date: August 1, 2008

Time: 10am - 4pm

Location: Succop Theatre
Butler County Community
College
107 College Drive
Butler, PA 16001

Registration: Begins at 8:30am

Topic: Setting the Stage for Our Work: Stories about the relevance of biography and biology and how we seek to support people with challenging behaviors

Jenn Seale

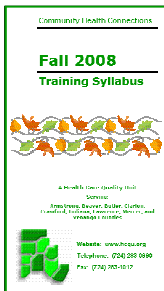
Date: September 26, 2008

Time: 9am - 12pm

Location: Succop Theatre
Butler County Community College
107 College Drive
Butler, PA 16001

Registration: Begins at 8:00am

Topic: Communication and Supports



Be watching in the mail for your copy of our Fall 2008 Training Syllabus.

To register for any of our syllabus classes or any of the above trainings, please visit our website at www.hcqu.org or call **(724) 283-0990**.

Stars of our Field: A Celebration of Direct Support Professionals

Presented by: Patch Adams, MD

Date: October 17, 2008

Time: 8:15am - 4pm

Location: Succop Theatre
Butler County Community
College
107 College Drive
Butler, PA 16001

Registration: Begins at 7:00am

Topic: The Joy of Caring



Dr. Gregory Cherpes

Date: November 20, 2008

Time: 1pm - 3pm

Location: The CDC
112Woody Drive
Butler, PA 16001

Topic: Prader-Willi Syndrome

Erin Guay

Date: December 3, 2008

Time: 9am - 12pm

Location: The CDC
112Woody Drive
Butler, PA 16001

Topic: Understanding Medical Assistance in Our Region: How to Help Consumers Access Services and Navigate the System, Emphasis: Dental



OUR FUTURE, OUR LIVES...ENDLESS POSSIBILITIES

By Mary Nau, Director

As the faces of anticipation emerged from vehicles of every size and color, the Our Future, Our Lives campers filed in line to register for a day filled with fun, food, music, and creativity. Anticipation turned into multiple expressions of delight as each person experienced the wide variety of programs from adorable therapy dogs, to hayrides, to wholesome physical and artistic expression of all kinds. The fun lasted all day; the memories will last a lifetime.



Our Future, Our Lives participant

Community Health Connections

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A Health Care Quality Unit



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A NOTE FROM THE DIRECTOR

By Mary Nau, Director

Dear Valued Readers,

Are you a First Responder? You don't have to be a Firefighter, EMT, or Policeman to be the first to respond in an emergency. I learned all about that by working alongside Barb Telthorster, Executive Director of Arc Indiana. The Arc of Indiana has an active workgroup devoted to training First Responders and educating the community about how best to assist people with disabilities during an emergency. This workgroup has prepared the first *Disability Awareness Workshop* of its kind in our Commonwealth.

The *Disability Awareness Workshop* is scheduled for October 22nd at the Rustic Lodge in Indiana, PA. Surrounding seven disability-area presentations will be lots of food, music, gifts, and resource tables that will "knock your socks off!" The seven disability presentations will cover Autism; MR/DD; Mental Illness and Traumatic Brain Injury; Physical Disabilities and Cerebral Palsy; Epilepsy; Deaf/Hearing Impairments; and Blind/Visual Impairments. Each presentation will focus on information useful to any First Responder, whether you are an EMT, or lay-person.

For more information, why don't you give Barb or me a call?



Carol Oslosky, Mary Nau & a Butler Firefighter

We would love to share the details of this unique event with you. To reach me, call (724) 283-0990 and ask for Mary. To reach Barb, please call The Arc Indiana office at (724) 349-8230. As always, everyone here at Community Health Connections is happy to serve you!

Kindest regards,

Mary A. Nau, Director