

HEALTHY OUTCOMES

Is Telemedicine the Modern-Day House Call?

By Geisinger Wellness | April 2020

Virtual doctor visits help keep your health on track during the COVID-19 pandemic

Since mid-March, much of the U.S. has progressively shuttered down and had to find new ways to obtain the same services as before — often remotely.

One of the main concerns that have arisen with many doctors' appointments being canceled or rescheduled due to COVID-19 restrictions, is how do we keep our health on track — especially during a time when staying as healthy as possible is critical?

Enter telemedicine — a way to visit your healthcare provider remotely from the comfort of your home.

Telemedicine: A new way to visit the doctor

Telemedicine (also called telehealth) lets you meet with your doctor from the comfort and safety of home. From prevention and well visits to mental health to managing chronic conditions like diabetes, asthma or heart disease, use your visit to discuss symptoms with your provider and get the care you need.

Here's how it works.

Telemedicine uses video chat technology, similar to FaceTime or Skype, to connect you to your doctor in real-time.

Using a secure network, a board-certified doctor will advise, treat and diagnose you exactly the same way they would in a traditional office appointment — only in a live video visit.

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The HCQU works with intellectual disabilities and behavioral health programs in Central PA to provide health care management services for adults with Intellectual/Developmental Disabilities or Autism. Our goal is that all people living in PA, regardless of ability, receive the finest community services available — assuring that they are as healthy as possible and can fully participate in community life. The HCQU works to enhance access to community physical and mental health care through **FREE** education, public health outreach, advocacy and empowerment as well as to improve health care outcomes. Serving the following counties: Blair, Centre, Columbia/Montour/Snyder/Union, Huntingdon/Mifflin/Juniata, Lycoming/Clinton, Northumberland and Schuylkill.

Shopping and Eating During COVID-19

by Emily Newhard, RDN, LDN | Geisinger Wellness | April 2020

Here's how to adapt

Everyone has to eat. But with coronavirus precautions in place, there's a good chance your usual mealtime or preparation habits have been disrupted.

Grocery stores continue to operate but may be sparse, and you may not be shopping as frequently as usual. If you're home during the day instead of going to work, you may have found that your eating patterns have shifted as well.

Here are some tips to help get you through this time.

Stock up on the essentials

The federal government advises "additional stores of food and water" during a pandemic. This does not mean stocking up on as much of everything as possible or panic buying, but rather planning for the next week or two. Think ahead about your meals for the next 5 to 7 days and try to hit the grocery store as infrequently as possible. If you do leave your home, make sure to wear a cloth or fabric face covering.



The Geisinger Central PA HCQU wishes to recognize the amazing work of the County Administrative Entities, Supports Coordination Units, Provider Agency Staff, Direct Support Professionals and other Support Staff during the COVID-19 crisis. The dedication and commitment to supporting individuals through unprecedented times has been tremendous. Staff have gone above and beyond, working tirelessly to ensure the health, safety and overall wellbeing of the individuals they support. On behalf of the entire Geisinger Central PA HCQU staff, we want to commend you all for your hard work, creativity, dedication and positivity during this time.

Please click on links below for a message to Direct Support Professionals from Secretary Miller:

Youtube link:

<https://youtu.be/YNvwZcalk8E>

DHS facebook:

<https://www.facebook.com/PAHumanServices/videos/49492715561651/>

- Purchase food staples that can be used for multiple meals:
 - Bread, cheese, milk, eggs, beans, whole wheat pasta, tomato sauce, nuts and nut butters are versatile and keep well
- Choose hardy fruits and vegetables that will last a long time in your fridge:
 - Apples, pears, bananas, citrus, grapes and pomegranates
 - Carrots, onions, root vegetables (such as beets, carrots or parsnips), potatoes, brussels sprouts, cabbage, cauliflower, peppers and winter squash
- Frozen produce works wonderfully in recipes calling for fresh fruit and is just as nutritious. Canned fruits and vegetables are also great, but be careful to avoid added sodium and sugars, if possible.
- Repurpose items. When your bananas start to go bad, peel and freeze them for smoothies or make them into banana bread. Have a pasta dinner with whole wheat noodles, then use the leftovers to make pasta salad to serve with lunches.
- Meal plan. Build a calendar of meals based on what you have at home. Plan out meals a few days in advance to save time, stay organized and use what you've got on hand.
- Try a website or app such as Supercook to plug in ingredients you already have at home and generate a recipe.
- Grocery pickup and delivery services, such as Instacart (website and app), are a fantastic option if you're homebound or don't feel safe entering a grocery store. Pickup is often free, and delivery may only be a few dollars.
- Skip buying bottled water unless the water from your faucet is unsafe. Many homes already have water filtration systems in place to purify water. It's much more economical and environmentally friendly to just drink tap water or fill a reusable bottle or pitcher.

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Telemedicine...

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Less traveling, less waiting

With a telemedicine video visit, you'll pre-select your appointment time, so you'll know exactly when you'll connect with your provider.

Booking a telemedicine visit means less time spent in a waiting room and more time back in your day. It also means no travel or having to find a spot in a crowded parking lot.

Why wait to see your doctor in person when you can see them sooner through telemedicine — and while practicing physical distancing? You can even stay in your pajamas.

Safe and secure

With a telemedicine visit, everything is safe and private — and the telemedicine physician can access your medical records for review and interpretation before and during your visit. All you need is a smartphone (iPhone or Android), tablet or computer with a webcam and speaker, along with a high-speed internet connection.

1:1 time with your own provider

In challenging times like we're facing now, feeling connected to your healthcare provider can provide a sense of comfort. You want to feel seen, heard and that you're talking with someone who understands your physical and mental health history.

Whether you make an appointment with a provider you already have a trusted relationship with or are a new patient, a telemedicine appointment is your time to discuss your concerns or long-term health goals — just as you would in a normal office visit.

Telemedicine: what to know

Having a virtual doctor visit is easy, and it's changing the way you see your doctor. But there are a few things to know.

- **Telemedicine isn't for emergencies** – Use telemedicine for routine visits or for non-urgent illnesses or injuries. For urgent injuries or conditions, such as a heart attack, a telemedicine visit isn't appropriate, and you should go to the emergency room.

- **You can see a specialist** – Telemedicine visits are available for a variety of specialties, including cardiology, endocrinology and orthopedics.
- **Your visit happens in real-time** – Visits take place over video chat or over the phone, and you talk to your doctor in real-time, without a delay.
- **Your insurance will likely cover the visit** – Most insurance carriers cover telemedicine. If you aren't sure about your coverage, call the phone number on the back of your insurance card.
- **It's HIPAA-compliant** – Your telemedicine visit is private and confidential, just as it is during an in-office visit.
- **Your doctor can access your information (and store it for later)** – Your provider can store any information relevant to your care, including test results for reference and access later.
- **You can manage your care online** – If you're a Geisinger patient, message your care team and access medical records (and your child's too) online through the myGeisinger patient portal. You can also download the MyChart app for easier access. ■



Spring Day of Learning Canceled

In response to growing concerns about the spread of COVID-19, the Spring Day of Learning scheduled for Thursday May 14th, 2020 has been canceled. Our anticipated Fall Day of Learning date is **October 8th, 2020** with details to follow.

Please check our HCQU website at www.geisinger.org/hcqu for further information and updates. ■



The Dreaming Series: ***A Taste of Person-Centered Planning***

with Rosa McAllister, MEd, RM, LMT

*Dream / drēm/ 1. A series of thoughts, images, and sensations occurring in a person's mind during sleep.
2. a cherished aspiration, ambition, or ideal.*

Join us for a 4-part series to learn more about how to harness your own dreams, and ambitions to create new realities for your own vision for the future (and, in turn, help those you support make their OWN dreams a reality!).

May 20th ~ “Re-looking at Yourself!”

June 3rd ~ “Daring to Dream!”

June 17th ~ “Making It Real!”

July 1st ~ “Dream On... With Yourself & Others!”

Each session will occur from 2:30 – 4:00 p.m.

Where?

Online via ZOOM

You will receive a link upon successful registration.

To register, please contact Jessica Stover at jessicas@networksfortraining.org

Or call: 570-495-3537

Funding provided by Northumberland County Behavioral Health Intellectual Disability Services

UNSCRAMBLE THE WORDS

(The words are taken from this month's articles and ads)

undehboom _____
 delecteminie _____
 invios _____
 hootiness _____
 dinecamp _____
 bastimoin _____
 sticindang _____
 lationtraid _____
 funtfused _____
 slantessie _____
 cravonsiour _____
 grimeand _____
 trialuv _____
 trapperiona _____
 wamceb _____

ANSWERS TO WORD SCRAMBLE:

Homebound, telemedicine, vision, smoothies, pandemic, ambitions, distancing, traditional, unstuffed, essentials, coronavirus, creaming, virtual, preparation, webcam

A NEW ONLINE COURSE
AVAILABLE

Coronavirus (Covid 19)

The Health Care Quality Unit (HCQU) offers educational online courses for anyone who is interested in learning more information on different health care issues. Each completed course allows you to receive 0.5 hour of credit towards your annual human services training requirement.

Visit

<http://www.geisinger.org/hcqu> and click on "Take an Online Course" located on the navigation bar on the left. Then click on the link "listing of the available online courses."



AID in PA

AID in PA is a resource collection for Pennsylvanians in the autism and intellectual disability communities. A joint effort between ASERT (Autism Services, Education Resources, and Training) and the statewide HCQUs (Health Care Quality Units), this site is designed to connect individuals with disabilities, families, professionals, and community members with resources that can best serve them in emergency situations. Current resources focus on the ongoing COVID-19 crisis; however, this site can be adapted to for other challenges facing the community.

<https://aidinpa.org/>

Do you have a
favorite recipe?

You can submit it
by sending to

lgmurphy@geisinger.edu

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Cooking Corner

Unstuffed Peppers

1 lb. ground beef
 ¼ lb. sliced bacon
 1 onion, minced
 2 tsp. salt
 ¼ tsp. black pepper
 2-4 green peppers, cut in 1-inch
 chunks
 28 oz. can tomatoes, broken up
 1 tbsp. paprika
 1 ½ cups uncooked rice
 2 cups water



Brown the ground beef and bacon with onion. Add remaining ingredients. Cover and simmer for about 30 minutes or until rice is tender. Add more water as needed.