

Central PA Health Care Quality Unit

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Sign up for the monthly Healthy Outcomes Newsletter:
HCQU@geisinger.edu

Do not forget to add your new staff!

Healthy Outcomes



Direct Support Professional Recognition Week (September 10-16, 2023)

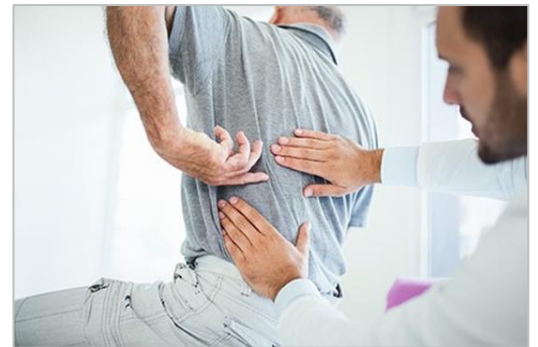
We at the HCQU would like to recognize and applaud DSPs for their dedication, accomplishments, and contributions to the IDD community. Everyday you make a difference in the lives of the individuals you support. **Thank you!**



How to ease sciatica at home

Getting relief does not have to be a pain in the back.

You've had backaches before, but this feels different. It's a shooting pain from your lower back to your legs. No matter what position you are in, the ache will not seem to go away. Should you be worried?



Knowing the cause of the pain can help you decide what to do. One answer might be sciatica, a nerve condition that causes pain in your hips, buttocks, and legs. The good news? You can find relief relatively easily, and there are many simple ways to treat it yourself. *(Continued on page 2...)*

What causes sciatica?

Sciatica shows up for a few different reasons. "A herniated disk or bone spur on the spine can cause sciatica," says Amiel Wren Bether, MD, a Geisinger neurosurgeon. "Another explanation is spinal stenosis, which happens along the spine when pressure is put on the spinal cord and nerves."

In general, sciatica causes muscle pain, weakness, numbness, and tingling. You may feel pain on one side of the body and numbness on the other. Sciatica usually only affects one leg at a time, but it can show up in both legs gradually and suddenly.

Treatment for sciatica

Fortunately, sciatica usually improves over time on its own. Over-the-counter pain medications can help with the pain, too. You can also talk to your doctor about physical therapy or acupuncture.

Learn how to ease pain and discomfort from the full [Geisinger Wellness article](#).



Yoga poses for back pain There are eight simple yoga poses, recommended by certified yoga instructor and yoga therapist Michelle Smith, which might help you find relief. [Learn more.](#)

September is Sepsis Awareness Month! Sepsis, the body's overwhelming and toxic response to infection, kills over 350,000 adults in the U.S. every year. Through public education, we can raise awareness of the signs and symptoms of sepsis so people in our communities know when to seek emergency care. Together, we can help save lives and limbs from sepsis. Learn more at SepsisAwarenessMonth.org.


What are the symptoms of sepsis?

Sepsis Alliance designed an easy-to-remember tool for the signs and symptoms of sepsis. A person with sepsis could have one, all, or a combination of the below symptoms.

When it comes to sepsis, remember **IT'S ABOUT TIME™**. Watch for:

T	I	M	E ™
TEMPERATURE higher or lower than normal	INFECTION may have signs and symptoms of an infection	MENTAL DECLINE confused, sleepy, difficult to rouse	EXTREMELY ILL severe pain, discomfort, shortness of breath

If you experience a combination of these symptoms: seek urgent medical care, call 911, or go to the hospital with an advocate. Ask: "Could it be sepsis?"

©2020 Sepsis Alliance sepsis.org  SEPSIS ALLIANCE

Contact a HCQU [regional nurse](#) to discuss virtual training opportunities specific to your needs in your county. Take a free [online Sepsis](#) training.

HCQU TRAININGS AND UPDATES



The HCQU Nurse Eileen Musgrave, RN has begun covering Centre County in addition to Lycoming/Clinton Counties.

Referrals can be initiated by contacting your Supports Coordinator, Provider Agency, or by emailing epmusgrave1@geisinger.edu.

LEARNING OPPORTUNITIES FOR SEPTEMBER

- **Alzheimer Disease and Dementia**, Mon, 09/11/23, 10:00 AM ET
- **Sleep Apnea**, Thu, 09/14/23, 1:00 PM ET
- **The Fatal 5**, Tue, 09/19/23, 10:00 AM ET
- **Alzheimer Disease and Dementia**, Wed, 09/20/23, 1:00 PM ET
- **Stroke Awareness-BE FAST**, Tues, 09/29/23, 10:00 AM ET
presented by Amy Swarhout, BSN, RN, CEN Stroke Coordinator Trauma Manager/PI/Injury Prevention -Geisinger Jersey Shore Hospital.

Everyone should know how to recognize the symptoms of a stroke.
Learn the acronym BE FAST to remember the signs of stroke and what to do if someone near you is experiencing them.

HERE'S WHAT DSPs ARE SAYING ABOUT HCQU TRAININGS:

"A great trainer, clear instructions and very informative."

"Thank you so much for helping us."

Visit our [HCQU Website](#) to view and join our 2023 monthly scheduled trainings. Take a FREE [online training](#).

Sensory-Safe Dental Clinic



The Arc is partnering with Golden Onsite Dental to provide individuals with disabilities a sensory-safe location to receive dental health check-ups. All insurances are welcome!

The Public Health Team will Provide:

- Exam
- Cleaning
- Fluoride Varnish
- Treatment options if needed, including with a local dental provider
- Parent education and hands-on learning for families

FOR AN APPOINTMENT- Please Text: Arc to 724-858-9295 and someone will be with you to schedule an appointment time. (Arc of Indiana County, Indiana PA) [More Information](#)

My Tech for All Technology Training

Sign up now for a **FREE** series of live internet-based training sessions on using technology. Learn how to use Zoom, Facebook, email, web browsers, Alexa, Google Search, SmartPhones and Tablets.

Being included in the **Internet** is more important than ever for people with disabilities. Don't be left behind. The Training starts **Tuesday, October 10th (1-2:30pm ET)**. Each week will cover a different topic.

Come to the training to:

- ✓ Meet new people in small discussion groups
- ✓ Learn new things to do for fun, work, and school
- ✓ Stay in touch with friends and family
- ✓ Share information about things that are important to you
- ✓ Learn How to Stay Safe Online

**Especially
for People with
Disabilities**

Each weeks topics:

- ✓ 10/10 Using Zoom and Videoconferencing
- ✓ 10/17 Staying Safe on the Internet
- ✓ 10/24 Email, Facebook, and Texting
- ✓ 10/31 Having Fun and Recreation on the Internet
- ✓ 11/7 How to Look for a Job or Volunteering online
- ✓ 11/14 Building Friendships and Relationships



Register at:

http://bit.ly/my_tech_for_all_training

This project is supported by a grant from the Pennsylvania Developmental Disabilities Council.

Coaching sessions are provided.

See the full schedule at:

🌐 www.facebook.com/patechnologyforall
🌐 wwwpage: www.mytechforall.com

For more information
email: mytechforall99@gmail.com

Contact Us

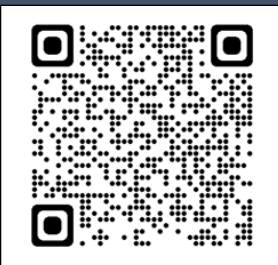
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Our HCQU includes registered nurses experienced in serving individuals with an intellectual Disability (ID) and/or Autism. Visit our website for their contact information and the counties they support.
www.geisinger.org/hcqu



Easy Pennsylvania Dutch Apple Cobbler



Ingredients

1/3 cup sugar
1/3 cup packed brown sugar.
3 tablespoons all-purpose flour
1/2 teaspoon ground cinnamon
Dash ground cloves
4 large tart apples, peeled and sliced
2 tablespoons cold butter

Topping:

1 cup all-purpose flour
2 tablespoons sugar
1-1/2 teaspoons baking powder
1/2 teaspoon salt
1/3 cup shortening
3 tablespoons 2% milk
1 large egg
Optional: Vanilla ice cream or whipped cream



Directions

1) Preheat oven to 350°. In a large bowl, combine sugars, flour, cinnamon, and cloves. Add apples and toss to coat. Transfer to a greased 8-in. square baking dish. Dot with butter.

2) In another bowl, combine flour, sugar, baking powder and salt. Cut in shortening until mixture resembles coarse crumbs. In a small bowl, whisk milk and egg; stir into flour mixture just until moistened. Drop by tablespoonfuls over apple mixture. Bake until topping is golden brown, and filling is bubbly, 35-40 minutes. Serve warm, with ice cream or heavy cream and cinnamon, if desired.

[Taste of Home Recipe](#)