

# Highlights

*Updates for Lucas County Health Center Employees*



## LCHC Listed As "Spam Call"

LCHC has been made aware that our phone numbers are being flagged as “scam likely” or “potential spam” when making outgoing calls. This issue has arisen because LCHC’s phone number has been previously used to make “phishing” or “scam/spam” calls. Because of how often this happens, LCHC’s phone numbers have now been flagged as “potential spam” or “scam likely” on your cell phone, thus blocking LCHC’s ability to communicate with patients.

You can help ensure our patients receive phone calls by reminding them to add LCHC's phone number to the contact list in their cell phone.

Questions? Contact Jena Wiley at x3219.

## HIPAA Reminder

If you have any questions or concerns regarding HIPAA, contact the following people:

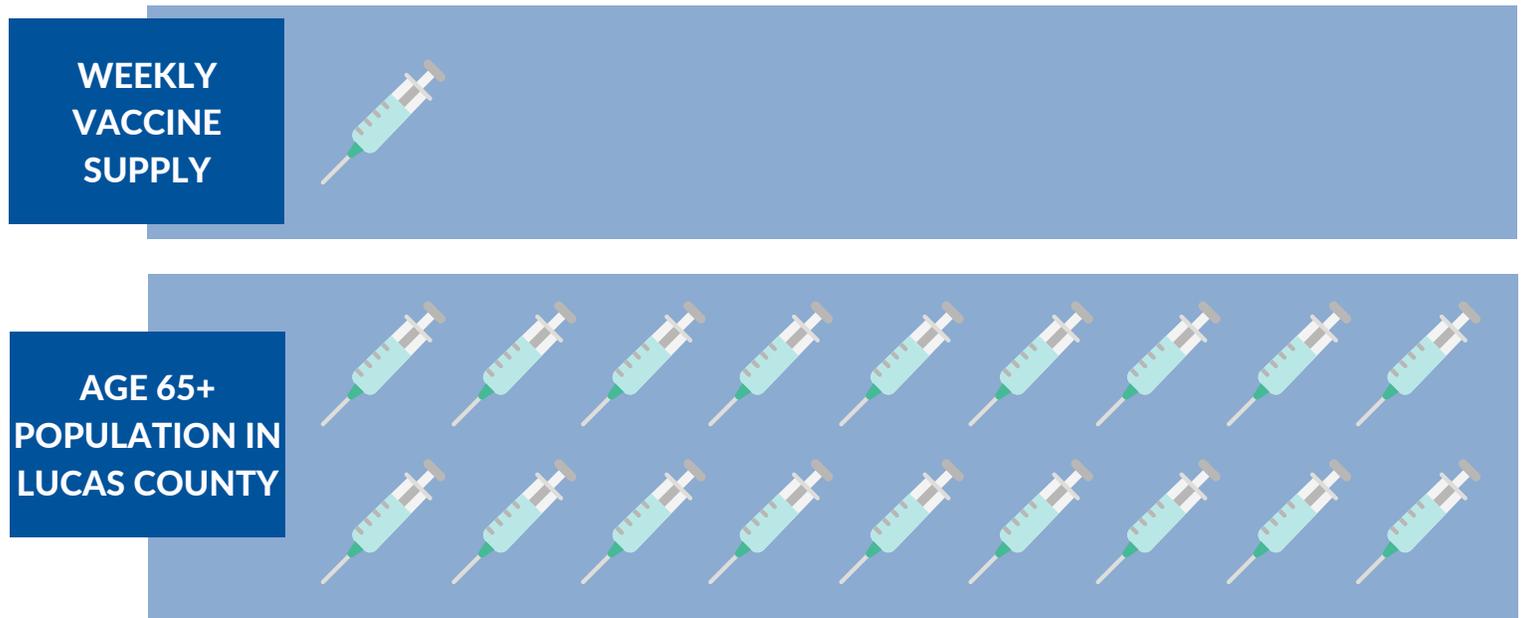
- HIPAA Privacy Officer - Terri McCurdy
- HIPAA Security Officer - Lori Johnson
- Anonymous Compliance Hotline - (641) 774-3290

## Phone Messages

Reminder: When you call a patient and leave a message for them on their answering machine/voicemail, remember to leave a message (and a HIPAA compliant one!)

When you make a call to an outside number, caller ID will show our main phone number (641-774-3000) not your department's extension. If you don't leave your name and department, the front desk will not know how to direct the patient when they return the call.

This chart shows Lucas County's vaccine supply vs. demand, but doesn't include anyone in the tiered groups of Phase 1B.



Data from statsamerica.org

## Service Focus: Cardiac/Pulmonary Rehab

Cardiac & Pulmonary Rehabilitation's multi-disciplinary team is specially trained to treat people suffering from cardiac disease, chronic obstructive pulmonary disease (COPD), dealing with other respiratory diseases that impair daily living, or recovering from surgery.

LCHC Cardiac & Pulmonary Rehabilitation provides an individualized plan of care specific to each individual's needs including:

- Medical Evaluation
- Monitored Exercise
- Home Exercise Program Development
- Lifestyle/Risk Factor Assessment and Modification Options
- Medication Teaching
- Diet Instruction
- Educational Counseling and Behavioral Interventions



Anyone in need of services offered by LCHC's Cardiac or Pulmonary Rehabilitation should consult with their provider to request a referral for treatment.

For more information, visit [www.lchcia.com](http://www.lchcia.com)



## Volunteer Scholarship

Volunteer Services department is now accepting applications for the 2021 scholarship. Volunteer Services program will award two scholarships in May. One will be given to a graduating high school senior from Chariton High School. The second scholarship will be awarded to an applicant continuing their education. Both scholarships are for individuals going into the health care profession and are \$500 each.

Applications can be completed online at [www.lchcia.com/volunteers](http://www.lchcia.com/volunteers). You can also pick up an application at LCHC's Front Desk, the Volunteer Services office, or at Chariton High School.

## THINGS TO KNOW:

Employees furthering their education are eligible to apply for the Volunteer Services scholarship!

Additionally, we encourage you to apply for the IHERF scholarship, offered through the Iowa Hospital Association!

Need more information? Check out the January edition of Highlights!

## New Team Members



**Nadia Howell**

CNA/Ward Clerk  
Med/Surg



**Joe Boehm**

Maintenance Tech  
Maintenance



**Alia Brady**

Surgery Tech  
Surgery

**(no photos available)**

**Viktoriia Malimon**

Environmental Tech  
Housekeeping

**Jewelea Matlock**

Entrance Screener  
Infection Control

**Lilia Reus**

Coder/Secretary  
Health Information

**Sara Kramme**

Entrance Screener  
Infection Control

**Brandy Roush**

EMT  
Ambulance

**Tatyana Bondurak**

Registration Clerk  
Business Office

**Bri Shinski**

EMT  
Ambulance

## SAFETY: PREVENTING FROSTBITE & HYPOTHERMIA

Frostbite is the most common injury resulting from exposure to severe cold. Superficial frostbite is characterized by white, waxy, or grayish-yellow patches on the affected areas. The skin feels cold and numb. The skin surface feels stiff but underlying tissue feels soft and pliable when depressed. Treat superficial frostbite by taking the victim inside immediately. Remove any constrictive clothing items that could impair circulation. If you notice signs of frostbite, immediately seek medical attention. Place dry, sterile gauze between toes and fingers to absorb moisture and to keep them from sticking together. Slightly elevate the affected part to reduce pain and swelling. If you are more than one hour from a medical facility and you have warm water, place the frostbitten part in the water (102 to 106 degrees Fahrenheit). If you do not have a thermometer, test the water first to see if it is warm, not hot. Rewarming usually takes 20 to 40 minutes or until tissues soften. Deep frostbite usually affects the feet or hands and is characterized by waxy, pale, solid skin. Blisters may appear. Treat deep frostbite by moving the victim indoors and immediately seek medical attention.

Hypothermia occurs when the body's temperature drops below 95 degrees Fahrenheit. Symptoms of this condition include change in mental status, uncontrollable shivering, cool abdomen and a low core body temperature. Severe hypothermia may produce rigid muscles, dark and puffy skin, irregular heart and respiratory rates, and unconsciousness. Treat hypothermia by protecting the victim from further heat loss and calling for immediate medical attention. Get the victim out of the cold. Add insulation such as blankets, pillows, towels or newspapers beneath and around the victim. Be sure to cover the victim's head. Replace wet clothing with dry clothing. Handle the victim gently because rough handling can cause cardiac arrest. Keep the victim in a horizontal (flat) position. Give artificial respiration or CPR (if you are trained) as necessary.

"We make a living by what we get, but we make a life by what we give."

WINSTON CHURCHILL

### A-Team Update

Winterfest 2022 Goal: \$6,500  
Funds Raised: \$4,080  
Left To Raise: \$2,420



# COVID Vaccine Update



## WHEN WILL I GET A COVID-19 VACCINATION? Vaccine Distribution to Priority Populations

### PHASE 1B - IN ORDER OF PRIORITY

Persons aged 65 and older are eligible for the vaccine during any tier.



#### TIER 1

- First responders (e.g., firefighters, police officers, and child welfare social workers)
- PK-12 school staff, early childhood education, and childcare workers



#### TIER 2

- Food, agriculture, distribution and manufacturing workers who work in or live in congregate settings that do not allow for social distancing
- Individuals with disabilities living in home settings and their direct care staff



#### TIER 3

- Staff of and individuals living in congregate settings (does not include college dormitories)
- Government officials, to ensure continuity of government including staff, engaged in state business at the Iowa Capitol during the legislative session



#### TIER 4

- Inspectors responsible for hospital, long-term care, and child safety



#### TIER 5

- Correctional facility staff and individuals incarcerated

### PHASE 1B BEGINS FEBRUARY 2021

*Timeframes are estimated as of January 2021 and are subject to change.*

Published 1/21/2021

## Opioid Use In Lucas County

Lucas County has the 17th highest substance and/or opioid related occurrence rate among all other Iowa counties per hospital inpatient and outpatient claims data during the first half of 2020. Alcohol-related substance misuse has the highest prevalence rate followed by cannabis, methamphetamine and opioids. As part of the Rural Communities Opioid Response Program (RCORP), the Iowa Healthcare Collaborative will lead the Iowa Opioid Use Disorder (OUD) Consortium to strengthen and expand prevention, treatment and recovery services. This will enhance the ability of residents in Lucas County to access treatment and move toward recovery.

Lucas County Health Center is actively engaged in the Iowa OUD Consortium partnering with local and statewide leaders committed to working together to reduce the morbidity and mortality of substance and opioid use disorder in our community. Stay tuned each month as we highlight program efforts and share opportunities for staff education and engagement. Check out the [program website](#) for more details.

Questions? Contact Cari Seddon, Project Director at [seddonc@ihconline.org](mailto:seddonc@ihconline.org) or our hospital leads [Twillia Kruzic](#) or [Lindsey Rosenboom](#).

# FEBRUARY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11  Jeans Day	12 New Employee Training 8:30 AM Educ. Room	13
14	15	16	17 heart+soul Wacky Wednesday BLS 8 AM-12 PM First Aid 3:30-6 PM CPR 6-10 PM	18 ACLS (Full Course) 9 AM - 3 PM Educ. Room	19 ACLS (Full Course) 9 AM - 3 PM Educ. Room	20
21	22	23 Board Meeting 6:30 PM, BR	24	25	26	27
28						

## Birthdays

February 1 - Karen Sherrick  
 February 3 - Allison Krutsinger  
 February 3 - Dr. Sundquist  
 February 4 - Mary Coddington  
 February 4 - Abee Savage  
 February 8 - Domanic Bear  
 February 12 - David McCurdy  
 February 15 - Denise Smith  
 February 17 - Tracey Goddard  
 February 18 - Tori Reynolds  
 February 24 - Amanda Condra  
 February 25 - Terri McCurdy

## Anniversaries

**24 Years:**  
 Kami Welch - February 27

**19 Years:**  
 Holly Hysell - February 15

**12 Years:**  
 Peggy Davison - February 3

**10 Years:**  
 Jade Burgett - February 3  
 Cindy McCracken - February 11

**8 Years:**  
 Alicia Lynch - February 4

**7 Years:**  
 Kurt Reineck - February 18

**5 Years:**  
 Samantha Carter - February 1  
 Cody Keyes - February 5  
 Karen Sherrick - February 8

**4 Years:**  
 Amanda Snider - February 27

**3 Years:**  
 Sara Anderson - February 15  
 Cameron Koffman - February 21

**2 Years:**  
 Aaron Keeney - February 11  
 Sharon Squibb - February 20

**1 Year:**  
 Matt Wiggins - February 10  
 Lacey Short - February 10  
 Barb Wilson - February 25

# WINTERFEST AWARDS

**5  
YEARS**



**Steve Adams**

*Maintenance*



**Cassy Albee**

*Physical Therapy*



**Sarah Carter**

*Emergency Services*



**Tabetha Dollison**

*Health Information*



**Tereasa Emerson**

*Emergency Services*



**Branigan Head**

*Med/Surg*



**Sheila Hoch**

*Laboratory*



**Kristine Kennedy**

*Volunteer Services*



**Twilla Kruzic**

*Quality*



**Michelle Oelmann**

*Business Office*



**Amy Poncelow**

*Medical Clinic*



**Lindsey Rosenboom**

*Ambulance/ED*



**Amber Schacherer**

*Medical Clinic*



**Sara VanHulzen**

*Medical Clinic*



**Kayla Wallace**

*Medical Clinic*

# 10 YEARS



**Brittany Bernard**

*Laboratory*

**Shannon Holmes**

*Med Staff Services*

**Laura Miller**

*Health Information*

# 20 YEARS



**Dr. Gorski**

*Emergency Services*

**Shannon Page**

*Infection Control*

**Denise Smith**

*Laboratory*



**Maxine Taylor**

*Physician Services*

**Carol Todd**

*Med/Surg*

# 25 YEARS



**Bev Bear**

*Accounting*

**Mary Jo Fisher**

*Business Office*

**Terri McCurdy**

*Laboratory*

# PHI

STANDS FOR:  
PROTECTED HEALTH INFORMATION

## DEFINITION:

Under the Health Insurance Portability and Accountability Act, known simply as HIPAA, PHI is any information (identifiers) about health care, health status, or payment for health care that can be linked to a specific individual.

## THE 18 IDENTIFIERS

1. Names
2. All geographical subdivisions smaller than a state, including street address, city, county, precinct, and zip code
3. All elements of dates (except year) for dates directly related to an individual (birthdate, admission date, etc.)
4. Phone numbers
5. Fax numbers
6. Email addresses
7. Social Security numbers
8. Medical record numbers
9. Health plan beneficiary numbers
10. Account numbers
11. Certificate/license numbers
12. Vehicle identifiers and serial numbers, including license plate numbers
13. Device identifiers and serial numbers
14. Web Universal Resource Locators (URLs)
15. Internet Protocol (IP) address numbers
16. Biometric identifiers, such as fingerprints and voiceprints
17. Full face photographic images and any comparable images
18. Any other unique identifying number

## WHO NEEDS TO PROTECT THIS INFORMATION?

Everyone!

If you work in an environment that handles sensitive data such as PHI, it is your responsibility to ensure its privacy and security.



## HOW CAN YOU PROTECT THE INFORMATION?

- + Think before you click.
- + Verify the source.
- + Always follow policy.
- + Use common sense!