

VITAL NEWS

HEMOCARE NURSING & THERAPY **WESTARM**



Tammy Catlos, LPN has joined our agency as the Homecare Coordinator. In this position she is the person responsible for accepting all new patient referrals and coordinating the start of care with appropriate staff. Any time that you contact us by telephone, she is the voice that you will probably hear greeting you. Her clinical background as a nurse and previous clerical work experiences in a physician office and several hospitals will provide an ideal employee to answer all of your referral needs. She is anxious to provide excellent service and ready for your call.



Achoooo! "I hope it's not the FLU!"

It's influenza season again. Don't leave it to chance.

The CDC has recommendations on who should be first in line to be vaccinated. If your patients fall into one or more of the categories below, let them know they are at high risk.

- Children aged 6 months through 4 years (59 months)
- People aged 50 years and older
- People with chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, neurologic, hematologic, or metabolic disorders (including diabetes mellitus)
- People who are immunosuppressed (including immunosuppression caused by medications or by human immunodeficiency virus)
- Women who are or will be pregnant during the influenza season
- People who are aged 6 months through 18 years and receiving long-term aspirin therapy and who therefore might be at risk for experiencing Reye syndrome after influenza virus infection
- People who are residents of nursing homes and other chronic-care facilities
- American Indians / Alaska Natives
- People who are morbidly obese (body mass index is 40 or greater)
- Health care personnel
- Household contacts and caregivers of children younger than 5 years and adults aged 50 years and older, with particular emphasis on vaccinating contacts of children aged younger than 6 months

The above list is taken directly from CDC.gov

There are now many options to help avoid getting the flu. For people who are severely allergic to eggs, a recombinant flu vaccine is available. There is an intradermal injection which uses a smaller needle and is injected into the skin instead of the muscle as it is with the traditional injectable vaccine. Needle free injection (AFLURIA® by bioCSL Inc.) has been approved this year for individuals 18 through 64 years of age. Nasal spray vaccination has been widely used (and is the recommended vaccine by the CDC for children aged 2-8 years). Patients should discuss with their physician which is appropriate for them.

Don't forget to recognize your employees during these fall months:

October – National Physical Therapy Month
November – National Home Care Month

Many thanks to these healthcare workers for all that they do!

WESTARM Homecare Nursing & Therapy
2757 Leechburg Road, Lower Burrell, PA 15068
Phone: 724-337-0420 Fax: 724-337-0630
www.westarmhomecare.com

Medicare Certified Home Health Agency since 2010