

'Virtual Nurses' Make It Possible For Non-Nursing Staff To Administer Insulin

PIERRE — Recent changes to legislative rules now allow trained personnel who are not RNs to administer insulin shots to K-12 students, enabling schools and other entities without nursing staff to better serve diabetic patients. Special training and videoconferencing services now enable Unlicensed Diabetes Aide (UDA) to communicate with a delegating Registered Nurse (RN) to administer insulin to children with diabetes when a licensed nurse is not available.

This program follows a three-year study entitled Virtual Nursing: Care for Children with Diabetes in the School Setting from the National Council of State Boards of Nursing and the South Dakota Department of Health. The study targeted three issues:

- 1) access to care for individuals living with diabetes in settings where a nurse is not always present,
 - 2) legal barriers to delegation and supervision of insulin administration, and
 - 3) the cost of sustaining the current model of care.
- Training materials are currently available for potential UDAs through the S.D. Board of Nursing (BON), and the South Dakota Diabetes Coalition (SDDC) has support funds available to provide training stipends to persons seeking to become UDAs. UDAs must complete a 10-hour training course, complete a competency evaluation, and register as a UDA with the S.D. BON. The SDCC is currently working to locate schools in

South Dakota who are interested in the program. The SDCC is also expanding the program to assisted living facilities while it continues to secure funding for the program.

THE STUDY

A total of 31 children in 22 schools participated in the study. Registered Nurse Certified Diabetes Educators served as "virtual nurses" at two hub sites at Avera McKennan Hospital and Sanford USD Medical Center. The virtual nurses managed the diabetes care and delegated tasks to an Unlicensed Diabetes AID (UAP). The UAPs participated in a 10-hour training program and competency assessment before working with students with diabetes. The UAPs followed a Diabetes Medical Management Plan written by the child's parents and primary health provider. The program was reviewed weekly by the virtual nurse. Throughout the study, 5,568 doses of insulin were administered safely.

The South Dakota Diabetes Coalition and the South Dakota Board of Nursing are pleased to expand the program and work to assist more students with diabetes in South Dakota.

More information about the Virtual Nurse Model: School Project is available on the South Dakota Diabetes Coalition website, www.SDDiabetesCoalition.org or by contacting the South Dakota Diabetes Coalition at info@SDDiabetesCoalition.org or (605-271-0611).

BY MICHAEL ROIZEN, M.D.,
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In the movie "Rush Hour 3," Jackie Chan and Chris Tucker race, and stumble, across Paris trying to protect a French woman from the menace of a criminal organization called The Triad. But the danger they fear from The Triad is nothing compared to the dangers of what the Journal of the American College of Orthopedic Surgeons identifies as the Female Athlete Triad. Symptoms include low energy availability or too few calories, menstrual cycle abnormalities (40 percent of female athletes have irregular periods), and low bone mineral density, setting up young female athletes for bone loss, stress injuries and fractures.

If you have one symptom, the likelihood that you'll sustain a bone injury rises 15 to 21 percent; two symptoms boost it to 21 to 30 percent; and with all three it's a whopping 29 to 50 percent. Girls and women participating in athletics that demand intense weight control, such as gymnastics and ice skating, are particularly vulnerable.

But it's possible to be a world-class athlete without risking low energy or brittle bones. Serena Williams trained her way to her sixth Wimbledon championship while maintaining a killer bod! Here's what to do:

- Eat sufficient calories so your body fat never falls below 12 percent.
- Get fuel from bone-building foods rich in calcium, magnesium and vitamin D: green, leafy veggies, D-enriched whole-grain cereal, low-fat dairy, almonds, salmon and tuna.
- Have your vitamin D level checked, and ask about taking a vitamin D-3 supplement to help your body absorb calcium. Take half a multivitamin in the morning and at night.
- Now go play hard - try 40 jumps a day to build hip bone strength.

IS HIGH BLOOD PRESSURE BLOWING YOUR MIND?

From Japan (Sakurajima) to Italy (Stromboli), 41 volcanoes are currently relieving their high magma pressure, spewing ash that makes the countryside unrecognizable. In much the same way, if you have chronic high blood pressure, it fogs your brain, making it hard for you to see clearly what's going on!

Two new studies reveal that if your blood pressure is over 140/90, you're at a substantially increased risk for cognition problems - even if you're taking antihypertensive medications. Around 6 percent of the general population reports difficulty thinking clearly, but it's 8 percent for folks with HBP. In addition, 25 percent of people with HBP report physical and nonphysical functional problems, such as difficulty with mobility and memory, as opposed to 15 percent of folks without HBP.

- Three ways to take pressure off
1. Check your BP annually; if elevated, discuss anti-hypertension meds with your doctor. An elevated BP is very treatable. We have over 10 different classes of drugs. If you're given a prescription, fill it and take the meds as directed. Two-thirds of people don't!
 2. Lose weight if you're overweight.
- In a Cochrane Review, researchers identified several year-long studies in which people losing around 9 pounds lowered their systolic pressure (the top number) by 4.5 and diastolic (the bot-

Avera Sacred Heart Hospital Earns ACR Ultrasound Accreditation

Avera Sacred Heart Hospital has been awarded a new three-year term of accreditation in ultrasound as the result of an extensive review by the American College of Radiology (ACR). Ultrasound imaging, also known as sonography, uses high-frequency sound waves to produce images of internal body parts to help providers diagnose illness, injury, or other medical problems.

"The ultrasound team at Avera Sacred Heart Hospital is committed to providing the highest level of care to our patients," said Robin Berke, the director of Radiology for Avera Sacred Heart Hospital. "Accreditation from the American College of Radiology provides objective proof of the quality work done here, and I am proud of my staff for all they did to achieve this recognition."

The ACR gold seal of accreditation represents the highest level of image



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quality and patient safety. It is awarded only to facilities meeting ACR Practice Guidelines and Technical Standards, following a peer-review evaluation by board-certified physicians and medical physicists who are experts in the field. Image quality, personnel qualifications, adequacy of facility equipment, quality control procedures, and quality assurance programs are assessed. The

findings are reported to the ACR Committee on Accreditation, which subsequently

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child's health and development, U.S. industry phased it out. (It's been banned in Europe since 2004.)

But now researchers at New York University have bad news for us: The allegedly safer replacements DINP (diisononyl phthalate) and DIDP (diisodecyl phthalate) also are phthalates, and they duplicate DEHP's adverse health effects on both children and adults. (This reminds us of those new BPA-free products that are now made with BPA's close cousin BPS, also a hormone disrupter.)

How can you keep your child's (and your) good health from being fumbled away by these phthalates? The researchers say you can significantly reduce body levels of these disruptive chemicals if you use wax paper, glass containers and aluminum wrap in place of plastics for food and drink. Skip canned foods; opt for fresh - not in plastic. If you do use plastic, wash food containers by hand; dishwasher soaps can make plastics more likely to leach their chemicals into your food. And never use plastics marked with 3, 6 or 7 in the recycle triangle for food or personal grooming products.

HOW TO STAY HEALTHY AND LIVELY

In "The Age of Adeline," Blake Lively's character becomes 29 years old forever. A review of the film in Variety called the tale of perpetual youthfulness little more than a "sensitively directed slab of romantic hokum." Fortunately, scientific minds have looked at the difference between chronological age and the age your body really is - we've been telling you about that since our RealAge test debuted online in 1998 - and today there's more solid evidence that you can change your calendar age for good or for bad. Genes account for about 20 percent of aging; the rest depends on your health behaviors and your environment.

Recently, a team of researchers decided to look at 1,000 folks ages 26, 32 and 38 to assess their pace of aging. Scientists measured immune and metabolic functions; the health of tiny blood vessels in the back of the eye (a window to the brain); cardiorespiratory fitness; and the length of their telomeres - protective caps at the end of chromosomes that reflect a person's RealAge. They found that though some folks were younger and many were spotted on, some 38-year-old study participants had the body and brain of a 60-year-old! The researchers concluded that disabilities associated with older age (memory and mobility problems, heart disease, etc.) start developing in your 20s and 30s!

So, starting in your 20s, get your cholesterol and blood pressure checked regularly; eat five to nine servings of produce daily along with 100 percent whole grains and lean proteins; and stay active (10,000 steps or equivalent daily, where one minute of aerobics equals 100 steps). You can discover your RealAge at www.sharecare.com.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com.

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Sanford Vermillion July 2015 PRIDE Employee Of The Month



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Nicole Doerr, July Employee of the Month and Gayle Matzke, Director of Nursing, Sanford Care Center Vermillion.

VERMILLION - Nicole Doerr, CNA/Med aide, Care Center, was selected as the July Sanford Vermillion PRIDE Employee of the Month. She has been employed with Sanford since 2012.

Nominations for Nicole included the following:

Nicole is a wonderful CNA. She's always pleasant and hard working. She always has a smile and a kind word to share. The work is always done on Nicole's shift and she is always willing to help out. Nicole's been employed here for a while

and never slacks off - she is efficient with a great attitude!

"Nicole is bubbly and a very flexible team player. She is always willing to work and help out wherever needed with a smile," comments Gayle Matzke, Director of Nursing, Sanford Vermillion Medical Center.

Nicole is a native of Yankton, SD and currently resides in Vermillion. Nicole attends the University of South Dakota majoring in nursing. In Nicole's spare time she likes to camp, hunt, hike and go boating.

Servant Hearts Clinic Special Hours

Servant Hearts Clinic a free, Christ centered medical clinic that will be open August 3 from 5:30 - 8:00 p.m. at the Regional Technical Education Center (R-TEC) located at 1200 W. 21st Street, Yankton. This is a completely free medical clinic for urgent care conditions. Servant Hearts Clinic provides care for physical, mental health, emotional and spiritual issues. Servant Hearts Clinic may serve as an entry point to other services within the community.

We do ask that patients please not enter the building until 5:30 to allow staff time to completely set up and prepare for clinic. We would also ask that if you are planning on being seen at the clinic to

be there by 7:00 p.m. to allow adequate time to be seen by our providers.

Services NOT provided by SHC at this time include dental, diagnosis or treatment of sexually transmitted diseases, HIV testing, prenatal care, treatment for Emergency Medical Conditions, radiology, immunizations and chiropractic care. We do not prescribe any narcotics.

Future clinics are planned for the first and third Monday of every month. The date of the next clinic is August 17th, 2015.

For further information about this clinic please call 605-760-2986 or e-mail servantheartsclinic@gmail.com.

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