



# National Patient Safety Awareness Week 2016

March 13-19, 2016

As many as 440,000 people die each year due to medical error in the United States, making it the third leading cause of death in our country, behind only cancer and heart disease

As recently reported in the Journal of Patient Safety, up to 440,000 people die each year due to medical error in the United States.\* That's over 1,000 deaths every day. More people die from preventable adverse events in health care than from car accidents, diabetes, stroke, kidney disease, or Alzheimer's disease. These numbers indicate that medical error is the third leading cause of death in our country, behind only cancer and heart disease.\*\*

Deaths due to such errors are equivalent to four jumbo jets crashing each day of the year. Were these aircraft- or automobile-related incidents, the response in the public, private, governmental, and media sectors would be dramatic. And these staggering numbers exclude an estimated 8,000,000 people per year who are seriously harmed from nonlethal preventable medical mistakes. The heavy toll on patients and families is significant indeed, with physical, emotional, and financial impact. None of us is untouched by this issue. Yet, because these adverse events happen one at a time across thousands of hospitals, ambulatory facilities, and other health care settings, perception and awareness of patient safety issues remain shockingly low.

Founded in 1997, the National Patient Safety Foundation was, and remains today, focused singularly on the issues and implications of harm in health care. As a pioneer of the patient safety movement, committed to seeking solutions, NPSF is driven by its vision of "creating a world where patients and those who care for them are free from harm."



Ne'kea

Business Manager

<http://c.ymcdn.com/sites/www.npsf.org/resource/resmgr/PDF/NPSF-Mission-CallforSupport.pdf>

## Transportation Training

---

If you transport members:

Members who are unable to independently exit a vehicle or who have pronounced behavior problems (e.g., elopement risk, self injurious or aggressive behaviors) should not be left unattended by staff for more than a few moments. Employees providing transportation to consumers are responsible for the general supervision of clients during the transport process. In general, employees providing transportation should be familiar with the consumers and their general needs. All drivers and passengers (staff and clients) must wear a seat belt at all times.



Tara Howell

Transportation

## Random Health Facts

---

1. The average American eats at McDonalds more than 1,800 times in his/her life.
2. There are more bacteria in your mouth than there are people in the world.
3. Right-handed people live, on average, nine years longer than left-handed people.
4. During your lifetime, you'll eat about 60,000 pounds of food — that's the weight of about 6 elephants.
5. The word 'gymnasium' comes from the Greek word gymnasium, which means 'to exercise naked.'
6. You are about 1 centimeter taller in the morning than in the evening.
7. According to U.S. FDA standards, 1 cup of orange juice is allowed to contain 10 fruit fly eggs, but only 2 maggots.



Random  
Facts

Ne'kea ; Business Manager

**THE FATAL FIVE** The Fatal Five refers to the top five disorders linked to preventable deaths of individuals in congregate care settings or in community based residential settings. While the issues can differ in order of frequency depending on the population being represented, the five conditions most likely to result in death or health deterioration for persons with Intellectual and Developmental disabilities are:

- Bowel Obstruction
  - GERD
  - Aspiration
  - Dehydration
  - Seizures

Bowel Obstruction is the most common cause of preventable death in community settings. The most important root cause of bowel obstruction is the use of multiple drugs with constipating side effects. Add to this the fact that most of us have dietary habits that contribute to the problem, chief among them, diets that are low in fiber and adequate fluids. Ironically, medications intended to improve elimination often place the individual at higher risk for impaired bowel function. Adequate active movement or exercise is also important to the gut. Controlling these factors, along with training caretakers to recognize the signs and symptoms of bowel problems at the earliest moment can greatly reduce occurrences of death from bowel obstruction.

Gastro esophageal reflux disease (GERD) is the backing up of stomach contents, including acid, into the esophagus. GERD is undiagnosed in the majority of persons, including those without disabilities, until major harm has been done to the bottom of the esophagus. Medications that cause constipation also contribute to GERD. Individuals who are overweight, particularly when they carry excess weight around the abdomen or wear clothing that is too tight have a higher risk of GERD. Ill-advised dietary choices, immobility and improper positioning also contribute greatly to the incidence of GERD. As this disorder continues without treatment discreet or frank aspiration, life-threatening GI bleeding and esophageal cancer become increasingly common. Aspiration is the most common cause of death in institutional settings, including nursing homes and large group care settings for persons with IDD. Aspiration often begins subtly and damages increasing portions of the lungs. deaths can occur from drug toxicity or from uncontrolled seizures. SUDEP, or sudden unexplained death in epilepsy, occurs on a fairly regular basis and for reasons that medical science has yet to explain. Life expectancy for persons with active

(continued on the next page)

Aspiration is the most common cause of death in institutional settings, including nursing homes and large group care settings for persons with IDD. Aspiration often begins subtly and damages increasing portions of the lungs. Aspiration pneumonia is a common discharge diagnosis following hospitalization. As the person's respiratory status becomes compromised feeding tubes, which carry their own increased risks, are often utilized. Other factors which may lead to aspiration are poor body positioning, particularly in individuals who cannot control their own movements well, and behavioral issues related to eating. Individuals who do not swallow well are particularly likely to refuse fluids or indicate fear when they get them, often resulting in dehydration. Dehydration is also likely when staff or family try to restrict fluids to prevent incontinence, not realizing that lack of fluids can contribute to constipation and increased seizure frequency, not to mention drug toxicity and other health problems. Seizure deaths can occur from drug toxicity or from uncontrolled seizures. SUDEP, or sudden unexplained death in epilepsy, occurs on a fairly regular basis and for reasons that medical science has yet to explain. Life expectancy for persons with active seizure disorders has shown to be up to 10 years less than those without epilepsy.

<http://hrstonline.com/the-fatal-five.pdf>

Kimberly Wilder  
Program Coordinator



Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.

The upcoming season's flu vaccine will protect against the influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and one or two influenza B viruses, depending on the flu vaccine.

### Flu Symptoms

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

(continued)

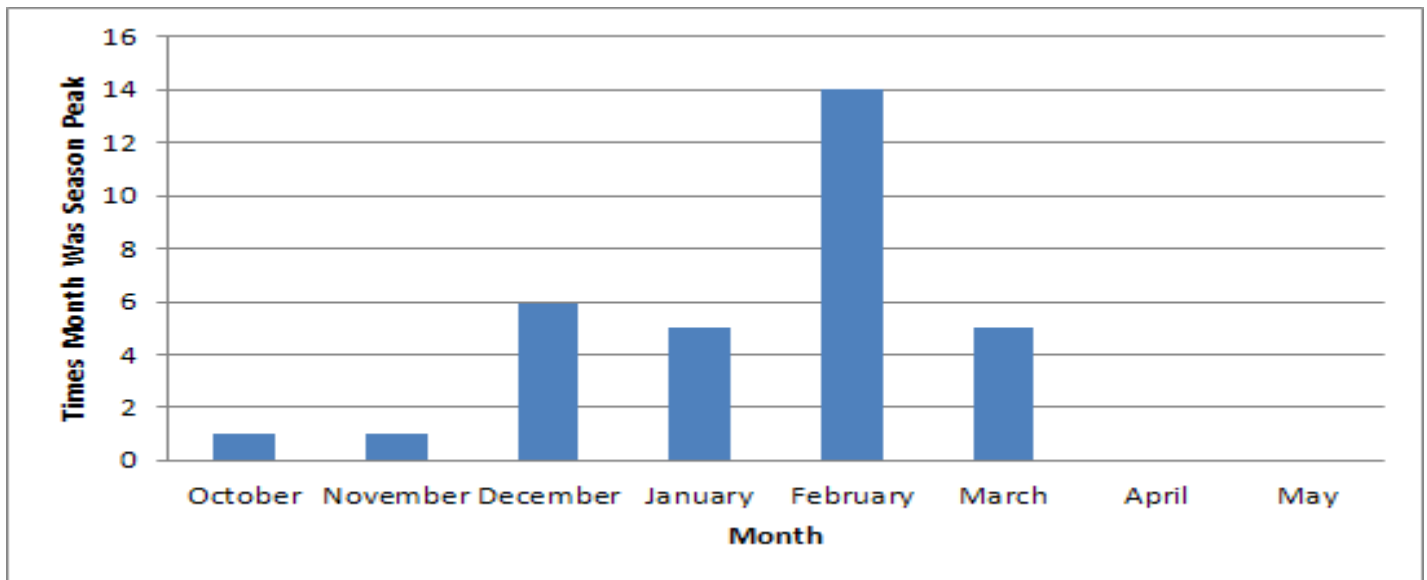
### Flu Complications

Most people who get influenza will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death.

Pneumonia, bronchitis, sinus and ear infections are examples of complications from flu. The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may experience worsening of this condition that is triggered by the flu.

### People at High Risk from Flu

Anyone can get the flu (even healthy people), and serious problems related to the flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.



**Peak Month of Flu Activity**

Deborah Walton RN ,CEO ,MSN , MSHA



## Upcoming Events

- Nurses and C.N.A Day 2016; May 4, 2016



---

In Loving Memory: Thomas Frank Powell



September 18, 1943 - March 8, 2016