

Harrison County



Health Dept.

Harrison County Health Department
Harrison County Hospice

2018

ANNUAL
REPORT

Harrison County Hospice



*"Providing quality care, close to home for 25 years!"
Serving Harrison, Gentry, Mercer & Daviess Counties*

25 years ago, Harrison County Hospice was established to meet the needs of our community members. Some believe hospice is a scary word, but we believe it is a needed resource to help families as they navigate through the transition to the end of life. For the past 25 years, Harrison County Hospice has been your ONLY local hospice provider! We want to take this time to not only celebrate this amazing milestone but to share our story.

Our hospice staff have a deep understanding of end of life care. Many ask, "How can you do this line of work?". Yes, it's hard, but it's the intimate moments we share with our patients and families, it's the laughter and tears, and it's knowing what a blessing it is to play an active role in providing quality of life care as patients peacefully transition to end of life.

Our logo is simple - 2 hands upholding a heart. To us, it is a great representation of what our hospice is all about. "Whatever the hand may find to do, may the heart go forth in union." This epitomizes the very nature of the work of charity, giving and volunteering which is what hospice is all about. Through the relationships of the patients and families, staff are continuously reminded of how precious the gift of life truly is. Working in hospice reminds us daily to not live a life of regrets. It teaches us to live intentionally, everyday, with purpose and joy.

These past 25 years, it has been a privilege to be a part of this community and we want to thank you for allowing us a glimpse in to your life and welcoming us in to your home. We are honored to be your hometown hospice provider and look forward to doing so for many years to a season of joy and live each day to the fullest.



Trent, Courtney C., Rhonda, Sharon, Courtney H., Gayle, Rose, Jodi

Public Health Nurse

The HPV Vaccine is a major cancer prevention breakthrough. Many barriers to the vaccine on the national level are specific to the vaccine in general. These include: lack of recommendation by the provider, lack of knowledge about the vaccine and HPV related diseases, lack of conviction that the vaccine is essential and concerns about vaccine safety and cost.

Each year in the United States 33,700 men and women are diagnosed with cancer caused by the HPV infection. The virus is extremely contagious and is the most common STD in the world. 80% of people will get an HPV infection in their lifetime. While most HPV infections go away on their own, the one's that don't can cause certain types of cancer in men and women. HPV can cause cancers of the cervix, vagina, and vulva in women; cancers of the penis in men, and cancers of the anus and back of the throat (including the base of the tongue and tonsils) in men and women. If recent trends continue, the number of HPV positive oropharyngeal cancers is expected to surpass the annual number of cervical cancers by the year 2020.

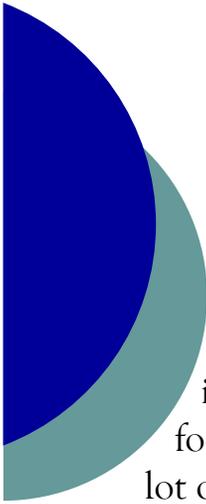
Since HPV vaccination was introduced over 10 years ago, HPV infections have dropped significantly. HPV vaccine can prevent over 90% of these cancers from ever developing. HPV cancers and genital warts have dropped 71% among teen girls. Is it safe? HPV vaccination provides safe, effective and long-lasting protection. With over 100 million doses distributed in the US, data continues to show HPV vaccine is safe and effective. Most common side effects are mild.

HPV vaccine is recommended for girls and boys starting at age 11-12, starting as young as 9 years with a 2 shot series. 15-26 in 3 shot series. The FDA has approved the vaccine for adults aged 26-45 years.

For any HPV vaccine questions or immunization questions please give us a call at 660.425.6324.



~ Fred Lindsey, RN



School Nurse Report

It takes the collaboration of many people to look after children in schools. Teachers and staff at school, health care workers, doctors, coaches, bus drivers, community members, family, law enforcement-all are involved when it comes to serving our kids. It really does take a village to raise a child! My focus as the School Nurse for the county is to Promote, Prevent, and Protect. A lot of you probably have heard this motto before as it is the goal of public health. I think this applies to what happens in the school as well.

Let me break down each word to tell you why. Prevent means to keep something from happening. Taking health interventions now will increase control over health. If you can intervene the process of a disease by a few simple steps why wouldn't we? Prevention is better than a cure. If washing hands slows the spread of disease and brushing your teeth prevents oral health problems, those simple steps are easier than treating influenza that may be spread by not washing hands, or the cavity formed by not brushing teeth. Educating kids on the proper health measure to take will help prevent certain problems from arising.

The definition of promote is to support or actively encourage. What we do has a huge impact on children. If we set good examples and show them the way to do things, we will influence the children. Choosing to eat healthier, exercising, hand washing, treating people with respect, making smart choices- we need to be modeling these health behaviors we expect from children and they will follow suit.

The meaning of protect is to keep safe from harm or injury. We protect our children in lots of different ways every day. Using carseats, helping them cross the street, providing them with proper attire for the changing Missouri weather, reminding them to tie their shoes so they do not trip, these are all ways we protect our children. Our children's safety should be a priority as well.

We all have an impact on our youth. School is a huge part of a child's life. The things they are taught now will have a huge influence on our whole community now and in the future.

~ Alisha Noble, BSN RN

Nurse Numbers and Health Education Facts

- *Over 1,000 miles were driven for school services in 2018! That is enough miles to get you to Tallahassee, Florida!
- *Compared by weight, human bones are stronger than steel.
- *Car crashes are the leading cause of death among children in the U.S.
- *Smoking one cigarette takes 11 minutes off of your life.
- *Over 1,100 students had our services provided to them in 2018.
- *Cell phones have more bacteria and germs than public restroom toilet seats.
- *The average human brain weighs 3 pounds.
- *The average person blinks over 23,000 times in 24 hours.
- *The heart can pump 2,000 gallons of blood per day.

*A lack of exercise is now causing as many deaths as smoking across the world.

*Farting helps reduce high blood pressure and is good for your health.

*Sitting for more than 3 hours a day can cut 2 years off a person's life expectancy.

*Over 30% of cancer could be prevented by avoiding tobacco and alcohol, having a healthy diet and physical activity.

*1 can of soda a day increases your chances of getting type 2 diabetes by 22%.

*There are more skin cancer cases due to indoor tanning than lung cancer cases due to smoking.

*McDonald's Caesar Salad is more fattening than their cheeseburger.

*A father's diet before conception plays a crucial role in a child's health.

*On average, people who complain live longer. Releasing the tension increases immunity and boosts their health.

Health Educator

What is a Health Educator and what does one do? Health educators are responsible for helping people learn how to improve their well-being and prevent future illness. Health educators teach people about behaviors that promote wellness. They develop and implement strategies to improve the health of individuals and communities. This is my first year as Harrison County's Health Educator and it has been a

busy one! The first big project I worked on in my new role as Health Educator was the Community Garden. Local businesses were extremely supportive and generous and ALL the seeds and plants were donated. It was a successful garden year and we were able to donate 988.8 pounds of fresh produce back to the community.



This summer I partnered with the South Harrison's Kindergartens and taught the students about health eating and gardening. At the end of the 4 week session, the kindergarten students were able to make a trip out to our community garden and pick our first harvest of the season.



The next big project I worked on was the first ever Safety/Back to School Fair. The health department donated over 300 backpacks and local businesses donated over \$1,000 to help fill all those backpacks with school supplies. What an amazing community!! Next year I hope to make the Safety Fair even bigger!

I also did presentations in our community schools on STDs, Sexual Assault, and Hand Washing during the months of April and May. I was able to reach over 200 students!

HCHD was chosen by the state to participate in Building Communities Through Better Health contract. This contract will allow us to engage our community in reducing chronic conditions through physical activity, smoking cessation and access to healthier foods. I am the contract coordinate and have been doing assessments and building a coalition with the help of my co-workers.

~ Shila Callaway, BSN RN

Prescription Drug Monitoring Program

In April of 2018, the County Commissioners in partnership with the Harrison County Health Department, enacted an ordinance to participate in the St. Louis County Prescription Drug Monitoring Program. Currently, 72 jurisdictions in the state have enacted legislation with St. Louis County Health Department. The program's goals are to:

- 1) Improve controlled substance prescribing by providing critical information regarding a patient's controlled substance prescription history,
- 2) Inform clinical practice by identifying patients at high-risk who would benefit from early interventions, and
- 3) Reduce the number of people who misuse, abuse or overdose while making sure patients have access to safe, effective treatment.

Pharmacies located in the participating jurisdictions are required to report schedule II-IV controlled substance dispensations to the PDMP and in turn, healthcare providers have access to this database to search patients who are prescribed these controlled substances and be

able to identify potential patients misusing their narcotics. When suspicious prescribing detected, these programs can notify certain entities or agencies of possible abuse. These programs can curb inappropriate prescribing behavior and prevent patients from obtaining controlled substances from multiple



potential patients prescribed. When suspicious behavior is detected, these programs can notify certain entities or agencies of possible abuse. These programs can curb inappropriate prescribing behavior and prevent patients from obtaining controlled substances from multiple

providers. 2013-2017 data pulled from Bureau of Vital Records, Missouri Department of Health and Senior Services rated Harrison County 29th out of 115 in Opioid related deaths - the epidemic is just as much a part of our small, rural community as it is in larger cities so we must working together across sectors to prevent Opioid misuse.

Environmental Specialist

The CDC estimates that one in six Americans are sickened each year by foodborne illnesses. Here are a few tips and facts that can help you from experiencing that when cooking for yourself or others. Always clean your hands with soap and warm water before handling food, after handling food, and before eating the food. Clean surfaces before and after preparing food on them. Separate raw meats and seafood from ready to eat foods. Lastly be sure to always use a food thermometer to make sure foods are cooked to a safe internal temperature.

Internal Temperatures

- Poultry 165°F
- Seafood 145°F
- Roasts/Steaks/Chops 145°F
- Ground beef/sausages 155°F
- Hold all hot food at 135°F or above.
- Hold all cold food at 41°F or below.

MYTH: I do not need to use a food thermometer. I can tell when my food is cooked by looking at it or checking the temperature with my finger.

FACT: The only sure way to know food is safely cooked is to check the temperature with a food thermometer and confirm it has reached a safe internal temperature. Color, texture and steaming are not indicators that a food is safe to eat. The outside of food might be steaming hot, but there may be cold spots inside. Remember to clean your food thermometer with soap and water after each use.



Environmental Specialist, **MYTHS BUSTED**

MYTH: Plastic or glass cutting boards don't hold harmful bacteria on their surfaces like wooden cutting boards do.

FACT: Any type of cutting board can hold harmful bacteria on its surface. Regardless of the type of cutting board you use, it should be washed and sanitized after each use. Solid plastic, tempered glass, sealed granite, and hardwood cutting boards are dishwasher safe. However, wood laminates don't hold up well in the dishwasher. Once cutting boards of any type become excessively worn or develop hard-to-clean grooves, they should be discarded.

MYTH: Leftovers are safe to eat until they smell bad.

DEPARTMENT OF HEALTH

FOOD HANDLERS

after using the toilet and before handling food or food equipment

WASH YOUR HANDS!



*soap, hot water
individual towel*

FACT: Most people would not choose to eat spoiled, smelly food. However, if they did, it doesn't mean they would get sick. This is mainly because there are several different types of bacteria, some which cause food borne illness and others which won't. The types of bacteria that cause food related illness, may not affect the taste, smell, or appearance of the food. For this reason, it is important to maintain your food hotter than 135°F, colder than 41°F. Leftovers should be used within 7 days but when in doubt, throw it out!

MYTH: I should use lots of bleach to sanitize.

FACT: There is no advantage to using more bleach. Too much bleach can leave a residue on food contact surfaces. To create a sanitizing solution, use 1 tablespoon of unscented liquid bleach per gallon of water. Leftover sanitizing solution can be

stored for up to one week before it starts to lose its effectiveness.

MYTH: I don't need to rinse a melon for safety because the part I eat is on the inside.

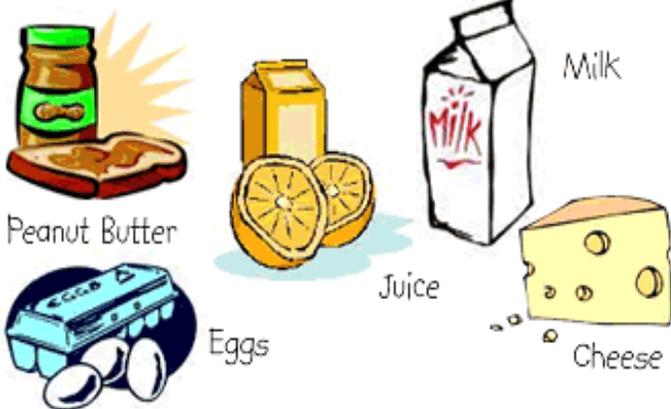
FACT: Sure you're not eating the rind of the melon, but there are many ways for pathogens on the outside of the melon to contaminate the edible portion. A knife or peeler passing through the rind can carry pathogens from the outside into the flesh of the melon. Play it safe and rinse your melon under running tap water while rubbing by hand or scrubbing with a clean brush. Dry the melon with a clean cloth or paper towel before you cut it.

WIC Office

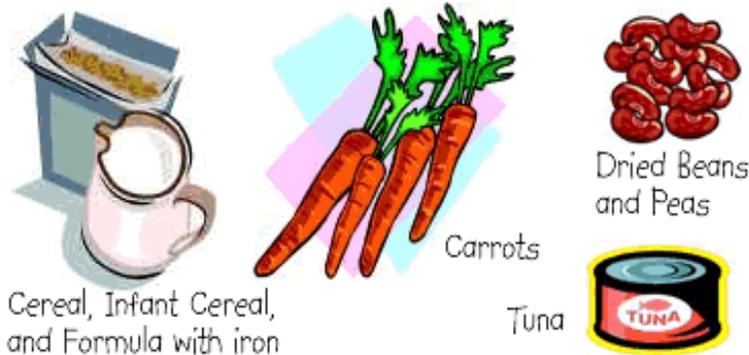
The Harrison County Health Department's WIC program is a federally funded contract that provides special supplemental nutrition for Women, Infants and Children.

The WIC department consists of five staff who serviced 2,345 clients during the year and as a result \$231,867 was issued in vouchers for the purpose of purchasing healthy foods from local stores. That's over \$230,00 put back into the local economy from WIC checks distributed! The WIC program serves prenatal women, women that are postpartum and not breastfeeding for 6 months, women that are fully breastfeeding for one year, and infants and children up to 5 years of age. The vouchers which participants receive are specific to their health

needs, and are used to purchase healthy foods approved by the federal WIC guidelines. Clients also receive nutrition education through our new Registered Dietitian, Deanna Bowers who joined us in November. Food items provided include fresh fruits and vegetables, milk, cheese, yogurt, bread, pasta, peanut butter, tortilla shells, tuna, beans, baby food and formula. To qualify for this program, income guidelines are followed based on the 185 percentile of the federal poverty level along with the size of the family.



Foods you can buy with a WIC check ...



by from illness. This protection is unique and changes every day to meet your baby's growing needs. WIC Clients receive breastfeeding support from our Breastfeeding Peer Counselor, Whitney Rinehart who joined us in August. Whitney uses her past personal experience as a breastfeeding mother of her 4 children to provide support and education to her mothers, helping mothers achieve their own breastfeeding goals, addressing the barriers to breastfeeding and promoting the health benefits of breastfeeding.

Harrison County Health Department is a proud breastfeeding friendly facility. If you have any questions about WIC or to see if you qualify please call us at 660.4256.6324 to setup an appointment.

Missouri
WIC
Eat Healthy. Stay Well.

2018 Yearly Totals

Public Health Totals

Public Health Visits	135	Head Lice Screenings	777	Lead Tests	124
Office Visits	2790	Flu Shots	720	TB Tests	43
Immunizations Given	945	WIC Caseload as of 12/31/2018	195	Animal Bites	7
Blood Pressure Clinics	446	Well Child Caseload as of 12/31/18	28	CPR Classes	9
Hearing Screenings	209	Birth Certificates	361	CPR Attendees	51
Vision Screenings	409	Death Certificates	1018	School Presentations	11
Dental Screenings	664	Meningitis Shots	157	School Presentation Attendees	246
Scoliosis Screenings	0	Pneumonia Shots	157	Other Presentations	5
STD Cases	13	Communicable Disease Cases	36	Other Presentation Attendees	92
MCH Presentations	7	MCH Presentation Attendees	975	Health Fairs	1
Health Fair Attendees	125	Car Seats Given	13	Car Seat Inspections	0
Safe Kribs	5	Nursing Home Health Fair	2		
		Emergency Preparedness Full Scale Exercise	2		
Food Inspections	58	Food Follow Ups	12	Food Consultations	0
Licensed Childcare Inspections	9	Licensed Childcare Follow Ups	0	Licensed Childcare Consultations	14
Lodging Inspections	5	Lodging Follow-ups	7	Lodging Consultations	15
Valid Complaint's	5	Onsite Wastewater Consultations	24	Environmental Consultations	
Recalls	84				

Hospice Totals

Hospice Skilled Visits	847	Hospice Social Worker Visits	112	Hospice Aide	666
Hospice PT Visits	0	Hospice Chaplain	96	Hospice Homemaker	0
Hospice OT Visits	0	Hospice Speech Therapy Visits	0		



Quality Care, Close To Home



Prevent. Promote. Protect.