

Good Posture Helps Prevent Falls!

Falls, Posture and Balance

Studies have shown that 50 percent of falls occur during some form of movement. Tripping over obstacles and loss of balance are two of the most common causes of falls in older people. Individuals who are diagnosed with osteoporosis have a greater tendency to fall and must work on improving both posture and balance to reduce the chance of fall-related fractures and increase the confidence we all need to lead full and active lives.

Osteoporosis-related Hyperkyphosis

A Mayo Clinic study by Dr. Mehrsheed Sinaki and colleagues of 25 older women investigated the influence of osteoporosis-related hyperkyphosis — commonly known as Dowager's Hump — on balance and the risk of falling. Investigators from the Mayo Clinic's Department of Physical Medicine and Rehabilitation and divisions of Audiology, Orthopedic Research, and Biostatistics studied 12 women with osteoporosis and a 13-woman control group without osteoporosis to determine how osteoporosis and kyphosis might be implicated in falls. The researchers measured the women's height, weight, and bone density and took lateral x-rays of their spines. They analyzed their gait and the strength of the muscles in their lower extremities. They performed computerized dynamic "posturography" to help them determine how the women were using sight, hearing, and muscle coordination to help them maintain their balance.

Gait

The results of gait analysis and dynamic posturography were particularly interesting. In gait analysis, the women moved along a walkway at a comfortable speed. An important part of the test measured their ability to navigate obstacles the height of a threshold or a standard step. Tripping was defined as contact of the "swing" foot with the obstacle. In dynamic posturography, the investigators used a computerized platform that measured the sway of a subject's body relative to her height and weight.

The study revealed that, across the board, women with osteoporosis had a greater tendency to fall than the control group and that the strength of the muscles in their lower extremities was significantly lower. Hyperkyphosis may "play a considerable role" in gait, balance, and the risk of falls, perhaps making a greater contribution to lack of stability than muscle weakness. But, adults naturally lose 1% of their leg strength per year over age 50. So, working on spinal extension and leg muscle strength are two of the best activities to prevent falls and age-related changes in posture. In addition, the women with osteoporosis believed they were more likely to fall, which affected their confidence.

From American Bone Health, 5/21

January 2023 EMR Class WELCOME!



Instructor Betty Richner, Barclay Wallace, Dave Regan, Darby Pfeiffer, Dave Phelps, JoAnn Wilkinson, Instructor BJ Capron.
Front Row: Instructor Cathy Zurek, Heather Goodhart, April Brake, Al Calise

Published by the SCC Emergency Squad. Editor-in-Chief -, **Mike Bardell**, Editor - **Eileen Peco**. Articles are accepted up to the 25th of the month for the following month's issue. Items may be address to The Siren and posted The Siren mailbox, just below the Team 8 mailbox. US Postal mail should be address to: Sun City Center Emergency Squad, The Siren, 720 Ray Watson Dr., Sun City Center, FL 33573. When sending by email, send to Eileen P@scc-ems.us, subject line: The Siren.

Team Captains

Team 1	Paul Donohoe
Team 2	Betty Richner
Team 3	Walt Bowers
Team 4	Tim Zion
Team 5	Rich Bothroyd
Team 6	Eileen Peco
Team 7	Jim Hunton
Team 8	Tom Potter

February 2023

The Siren

Newsletter of the Sun City Center
Emergency Squad

From the Chief's Desk

We're off to a great start this year! Our recruiting team has done an outstanding job and I want to recognize Dar Brown – who has made multiple calls to newcomers. This has resulted in better attendance than we've had for some time. We have six new volunteers signed up for the February EMR class. I also want to thank Diane Neyenhouse for her organization and hosting an excellent meeting! Remember to mention to your neighbors that our meeting time has changed to the 4th Monday of the month and invite them to come!

While most of us have first hand and personal experience with getting older, our ambulance and van crews have an opportunity to take a Geriatric Emergency Medicine Course through HCC. I encourage all of our ambulance and van crews, who are willing to teach it to others on the Squad, to sign up. We're all going to need to understand these issues, whether it's for our patients or ourselves!

We also have gurney, power-lift and stair-chair training set up for February 28th here at the main building. There are 2 opportunities to attend – 11AM and 2 PM. I encourage all of our ambulance crew members to attend!

We have 8 new EMR's from last month's class – please welcome them to your team!

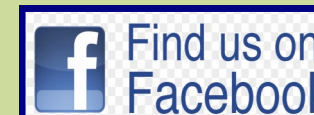
Thank you for everything you do – I'm humbled by your dedication.



Chief Mike Bardell

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- Statistics and Sick List
- Kings Point Krafters
- HIPAA
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- Good Posture



SUN CITY CENTER EMERGENCY SQUAD



UPDATES & REPORTS

Birthdays for February 2023

FEB.	
Ed Cohen	1
Maryanne Jenkins	1
David Phelps	4
Deb Schulenberg	6
Barbara Capron	6
Diane Hathaway	6
Barbara Schneider	7
Emily Lahti	9
Carol Hillberry	10
Marty Heiss	11
Connie Abbott	12
Randy Heath	12
Robert Jensen	13
Valerie Cook	14
Diane Neyenhouse	14
Helenanne Frobose	17
John Colburn	18
Elizabeth Schneider	21
Judy Myette	21
Sue Baker	21
Ron Claeys	21
Bertil Johnson	22
Irv Sanders	22
Sandra Andel	23
Barry McKee	24
Anne McNamara	28
Chris McCann	28
Tom Murphy	29
Dempsey Scott	29

February Anniversaries

5 year Anniversary Team	
Jeanne Krull	2
1 Year Anniversaries Team	
Terri Reed	1
Patty McClure	2
Dave McClure	2
Jamie Grant	7

January Statistics

Ambulance Runs	371
Falls	134
Falls as % of all calls	36%
Van Runs	104
Blood Pressures	85
Upcoming Events	
Jack's Shack Fundraiser	Feb. 5
Chamber Expo	Feb 23
Squad Recruiting	Feb.27
March	
SCC Fun Fest	Mar 11
KP Spring Fling	
Squad Recruiting	Mar 27
Squad Annual Mtg.	Mar 29

Happy Birthday!

Kings Point Krafters Donate

The Kings Point Krafters Club has been a repeat donor to the Squad for years and we truly appreciate their ongoing support. Their donations are a critical help to keep the Squad helping the community. A Donation in the amount of \$1,200 was presented to the Squad at their January 25, 2023 meeting.

We were very pleased to meet with this wonderful club to present information about the Squad. Ted Adamczyk took blood pressures and Dar Brown assisted with the presentation.

Among the 18 participants, pictured here: Catherine Yevoli, Ann Farr, Susan Edgerton, Cass Murphy, Betty Neuwirth.



What's Happening?

HIPAA

by Linda Eargle, Compliance Officer

Did you ever wonder who reads the visit reports? Our report becomes part of the patient's medical record at the emergency department(ED). IF the patient isn't transported, the report is saved electronically on our very secure software and data is used for our reports and is provided to authorized parties on request.



We have approximately 50 lawyers who request copies of patient reports each year.

The HIPAA coordinator is responsible for verifying the request meets HIPAA requirements and sending the medical record. Your reports are part of the medical record and may become part of a legal proceeding at any time.

The legal requests are sent by mail or fax to the records department. Often faxed requests contain patient protected information on the front page. If you see a fax from a legal firm or a medical records company, please put the pages in my mailbox, preferably in one of our mail manilla envelopes.

Thank you again for consistently providing our HIPAA policy to our patients and securing signatures indicating that the patient has received the policy.

February is HEART Month Do you know these Cardiology terms?

Aneurysm – A sac-like protrusion from a blood vessel or the heart, resulting from a weakening of the vessel wall or heart muscle.

Anti-arrhythmic – Medicines used to treat patients who have irregular heart rhythms.

Anticoagulant – Any medicine that keeps blood from clotting; a blood thinner

Aorta – The largest artery in the body and the main vessel to supply blood from the heart.

Aortic valve – The valve that regulates blood flow from the heart into the aorta.

Arrhythmia (or dysrhythmia) – An abnormal heartbeat.

Artery – A vessel that carries oxygen-rich blood to the body

Atherosclerosis – A disease process that leads to the buildup of a waxy substance, called plaque, inside blood vessels.

Atrium (right and left) – The two upper or holding chambers of the heart (together referred to as atria)

Blood pressure – The force or pressure exerted by the heart in pumping blood; the pressure of blood in the arteries.

Congestive heart failure – A condition in which the heart cannot pump all the blood returning to it, leading to a backup of blood in the vessels and an accumulation of fluid in the body's tissues, including the lungs.

Edema – Swelling caused by fluid accumulation in body tissues.

Fibrillation – Rapid, uncoordinated contractions of individual heart muscle fibers. The heart chamber involved can't contract all at once and pumps blood ineffectively, if at all.

Hypertension – High blood pressure.

Hypotension – Abnormally low blood pressure.

Lipid – A fatty substance that is insoluble (cannot be dissolved) in the blood.

Stent – A device made of expandable, metal mesh that is placed at the site of a narrowing artery. The stent is then expanded and left in place to keep the artery open.

Stenosis – The narrowing or constriction of an opening, such as a blood vessel or heart valve.

Vein – Any one of a series of blood vessels of the vascular system that carries blood from various parts of the body back to the heart, returning oxygen-poor blood to the heart.

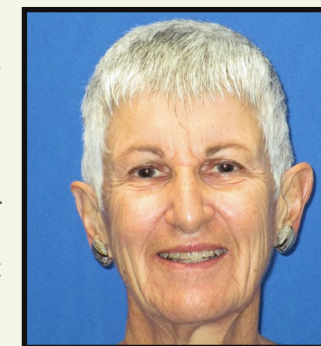
Ventricle (right and left) – One of the two lower chambers of the heart.

Post Holiday Stress

By Linda Mascetti

POST-HOLIDAY STRESS

Maybe we got through the holiday season only to realize that we are still feeling a lot of stress. If so, your Crisis Intervention Stress Debriefing Committee (CISD) is here for you. We can help. Just contact any one of the four of us for a CONFIDENTIAL consultation. Our phone numbers and names are on orange paper on the back bulletin board in the Ready Room.



HELP!

Your Crisis Intervention Stress Debriefing Committee (CISD) wants to hear from you! Tell us what you would like us to do to be of more help to you. Just write your suggestion on a slip of paper anonymously and put it in the large yellow envelope on the back bulletin board in the Ready Room. We welcome any and all ideas.