

# SAFETY FIRST THIS SUMMER!

By Karen Hollanitsch, Utilization Review Coordinator

Our summer season is here, and in Minnesota it's not a long season, so we want to take as much advantage of those warm, hopefully-sunny days as we can! We pack up the fishing gear, or camping gear, or put on our hiking boots, golf shoes, water skis, or maybe we climb up on our "wheeler" and head out! Or we might be going to the local campground with a picnic basket, or just out walking, looking for mushrooms or berries.

In the process we may run into a little trouble – and from a review of summer emergency room visits, that trouble can be anything from an *Ant bite* to a *Zumba-dancing back strain!*

Some common injuries that trigger a trip to the ER:

- # 1: Injuries caused by cutting or piercing instruments or objects: Fish hooks! Lacerations from rocks, glass, and other sharp objects, punctures requiring a tetanus booster. Injuries from chain saws, lawn mowers, knives, and machetes.
- # 2: Slips, trips, falls – in/around boats/docks/water, walking on uneven ground with increased outdoor activities.
- # 3: Bug bites, insect stings, tick bites – sometimes these cause allergic reactions – sometimes they get itchy, red and swollen, and can become infected.

Other reasons: sunburn; swelling of extremities with increase in heat/salt intake; burns from campfires, camp stoves; sports injuries; swimmer's ear; poison ivy/poison oak; "hay fever."

Tips that may help prevent an ER visit:

- Carry a basic first aid kit in your car, boat, camper, on the "wheeler" or in the picnic basket.
- Pace yourself and think "safety" when doing tasks that involve sharp objects.
- Schedule a tetanus booster if you're due.
- Wear appropriate footwear for the activity you're performing.
- Remember sun screen, bug repellent, and reapply with physical activity.
- Check for sharp objects in the water where you'll be swimming.
- Know what the greenery around you is – "if the leaves are three – leave it be!"
- **Remember to take your medications with you on vacation and take them as prescribed!**

We certainly hope you all have a wonderful summer – and we urge each and every one of our friends and neighbors out there to be safe!

*However, if you do need our help in the ER, our competent team is here to serve 24/7/365!*



ISSUE

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# The Healthy Times



## Cook Hospital Emergency Room

The Cook Hospital Emergency Room is staffed 24 hours a day, 7 days a week. Our team of doctors and nurses is qualified to handle any medical emergency, including stabilization and transport to a higher-care facility if necessary. Nursing staff hold many certifications, including Basic Life Support, Advanced Cardiac Life Support, Pediatric Advanced Life Support, and Trauma Nursing Core Course. Under Critical Access guidelines, the doctor is required to see every patient within 30 minutes of being notified that the patient has arrived in the ER. We receive many compliments on our emergency room care:

"I received exceptional care during my visit to the Emergency Room."

"Everyone was friendly – fast service – I have great respect for everyone at the Cook Emergency Room. Keep up the great service."

"I was pleased with all aspects of our visit to the ER. Your ER team did an outstanding job. Cook Hospital ER was highly recommended & we were not disappointed."

"The nurses that worked were great/excellent! Very nice & friendly compared to the other ER's we've visited."



## Food Safety for the Summer Months

By Shona McCue, CDM-CFPP Director of Nutrition Services

Summer is a wonderful time of year for family gatherings, picnics, and camping. In all of these events, food plays an important role, bringing back memories of summers gone by. Yet, if not properly stored or prepared, these same foods can become deadly or at least cause abdominal cramps and diarrhea.

Salads, mainly those that use a creamy type base, are often the culprit of food poisoning. When hot ingredients (pasta/potatoes/eggs) are added to cold items such as mayonnaise, bacteria can grow due to the increased temperature (cold into hot). This bacteria, known as *Clostridium Perfringens*, usually results in diarrhea and gas pains which begin between six and twenty-four hours after eating and will last up to twenty-four hours. To avoid this, it is recommended that the warm food items be cooled prior to being mixed with those ingredients which are already cold. These foods, once prepared, should be stored cold at a temperature no greater than 40 degrees. If using canned meat (tuna/chicken) it is recommended that you place the product into the refrigerator to allow it to cool to the same temperature as all the other foods you will be mixing with it.

Under-cooked meats are another area for concern. If not properly cooked, these meats that smell so wonderful while cooking on the grill can pass along the much-heard-of *Escherichia coli*, commonly known as *E. coli*. Symptoms may include severe abdominal cramps, bloody diarrhea, vomiting, and nausea. In rare cases, symptoms may also include low-grade fever. These symptoms generally begin three to nine days following consumption and may last two to nine days. Remember to cook ground meats to an internal temperature of at least 160 degrees, with the exception of ground poultry which needs to cook to 165 degrees. Whole cuts of beef, veal, and lamb need to reach an internal temperature of at least 145 degrees, non-ground pork to 160 degrees, and poultry to 170 degrees.

Other ways to make sure your foods remain safe include safety when purchasing and transporting. Never buy products that are visually damaged, avoid bulging/dented cans. Inspect produce, observing for signs of fecal matter. When transporting, avoid leaving groceries in a warm vehicle; bring a cooler to store refrigerator and freezer items in. Keep meats separate from other foods. Never bag ready-to-eat items with raw meats.

When serving foods remember this rule: Keep hot foods hot and cold foods cold. Place cold items on ice whenever possible. Stir items often to keep the surface of foods at the right temperature. Don't eat the ice that has come in contact with raw foods/meats. Ice that has been used in a cooler to keep beverages cold may have come in contact with many dirty hands throughout the day. Throw it out.

When the party is over remember this: "When in doubt, throw it out." Any foods that may not have been held at the proper temperature should be disposed of.

Following these simple tips and guidelines should help keep your foods safe and delicious.

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## Save the Date

Every Saturday in July and August- Summer Sale-\$3/bag at the Cook Area Thrift Shop. Check out [www.lakevermillion.com/thriftshop](http://www.lakevermillion.com/thriftshop) for more information.

August 20, 2011- "Cruisin' an' Schmoozin" – The 18<sup>th</sup> Annual W.C. Heiam Medical Foundation benefit at the Cook Hospital. Check out [www.heiamfoundation.org](http://www.heiamfoundation.org) for more information.

September 17, 2011- The 6<sup>th</sup> Biennial Cook Hospital Health Fair. Check out [www.cookhospital.org](http://www.cookhospital.org) for more information.

September 17, 2011- The 3<sup>rd</sup> Annual Cook Hospital "Shake-a-Leg" 5K Walk/Run. Check out [www.cookhospital.org](http://www.cookhospital.org) for more information.

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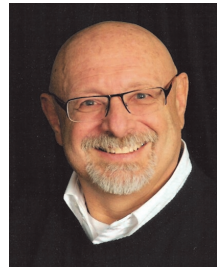
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## Lyme Disease

Lyme disease is the most common tick-borne disease in the United States. It is transmitted through the bite of an infected deer tick, also known as the black legged tick. Lyme disease can affect the joints, nervous system, and heart. Not all ticks spread disease, only those infected with the bacteria, and ticks must be attached for 24 to 48 hours to transmit disease. You may not recall having been bitten- ticks can transmit disease when they are so small they are hard to see. Signs and symptoms often appear within 3-10 days of a bite and can include a red, bulls-eye rash at the site of the bite, fever, chills, joint pain, fatigue, and headache. Not all people infected with Lyme disease will have the rash or all symptoms. If you have several of the above symptoms after being bitten or after spending time in the woods or brushy areas, you should see your doctor right away. Lyme disease can be very treatable if caught early. If left untreated, it can progress to more serious complications such as arthritis, weakness or numbness in arms and legs, dizziness, facial paralysis, and irregular heart beat.

Two other similar but less common diseases spread by deer ticks in Minnesota are human anaplasmosis (formerly called ehrlichiosis) and babesiosis. Symptoms of these diseases can be more severe than those of Lyme disease and include high fever, chills, and severe headache. As with Lyme disease, if you suspect you may be infected

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## Letter from the Administrator

By Al Vogt, CEO

**“One can access the finest healthcare the world has to offer just by coming through our doors...”**

Squirrels, birds, nuts, and seeds. It seems spring and summer brings out a variety of creatures that under normal circumstances are relatively obscure. I know many comments can be made about my analogy but bear (excuse the pun) with me. The hospital is not too unlike the mentioned inhabitants of our backyards. Small hospitals often are foraging for the best yet most adaptable fit for our environment. Sometimes it takes scratching and searching but we manage even under the most adverse conditions to find the sufficient resources for our day-to-day life. Circumstances under today's very challenging conditions for health care delivery have required we commit much of our energy exploring what the Cook Hospital will look like tomorrow, a year from now, five years from now, and even further. It's akin to foraging for the mission we have. There are major changes on

the horizon for many health-care organizations under the microscope of reform and we are not an exception.

Searching for the right nuts and seeds may get tough. The hospital is strong. Much of the key to this is the forward thinking of our board. How do we continue to provide an updated facility and services? Can we maintain the current technology expected by so many of our customers, clients, and visitors? How do we let you all know what our capabilities are when you need us? All are questions being asked by our staff, board, and constituents. This newsletter is a new way for us to hopefully bring to light some of the too- often unheralded efforts, expertise, and resources of the Cook Hospital. Our real key to strength has been the longevity and dedication of our medical staff. When you see our doctors, know that they are there when you feel the worst

in the wee hours of the night. They are often pressed for results that aren't easy to produce. Thank them, as they have put themselves out there for you! I can't say enough about their dedication and commitment. Back to the squirrels and birds. Another season is on us. The challenges and opportunities continue to present themselves. We may do some foraging but I heard another truism, “When you stop giving and offering something to the rest of the world, it's time to turn the lights out.” - *George Burns*. We aren't ready to turn the lights out. In fact I would suggest, don't stand in our way. One can access the finest healthcare the world has to offer just by coming through our doors whether it's local or transferred to our great tertiary partners. Are we the squirrels or the birds? I haven't a clue but don't call us nuts because the seed of a great place is alive and well in Cook.

## Speak Up for Safety by Lisa Hesse, Director of Environmental Safety

Cook Hospital and Nursing Home strives to be a safe place for everyone. We encourage patients and residents to become active partners in their health care, to talk openly with their health care providers, and to speak up if they have any concerns or questions. Here are a few ways we can work together to keep you safe during your stay.

We will wash our hands before we care for you and we may wear gloves. Don't be afraid to

ask us to wash our hands of you don't see us do it- your health is too important.

We will check your ID bracelet before drawing blood, taking x-rays or giving you medication. Even if we know who you are, this is an important step for ensuring your safety.

Make sure you understand the medications you are taking: what they are, what they are for, and when to take them. If you have questions, let us know.

If we determine you are at risk of falling we will ask you to **Call—Don't Fall** so we can help you in moving safely. We may even use mechanical lifting equipment. We want to make sure that both you and our staff avoid injury.

If you have any questions about the many ways that Cook Hospital works to make your stay here as safe as possible, please give us a call.



## Your Medication and the Sun

By Audrey Blackwood, Director of Pharmacy

With summer here, we seem to be more aware of what's happening with our skin. What we don't always think about is that almost anything that we put on our skin or take by mouth has the potential of causing a reaction when we are exposed to the sun. This is known as photosensitivity. There are two types of reactions that can occur, phototoxic and photoallergic.

Phototoxic reactions can occur when a chemical or medication is activated by the sun and causes damage to the skin. This reaction resembles a sunburn and will usually clear up after the medication is stopped and cleared out of the body. This is a common reaction with topical medications, but it can also occur with non-medicated creams and ointments such as certain sunscreens.

Photoallergic reactions occur when our body's immune system is activated. This activation is caused by the sun changing the structure of the drug in our body and our immune system producing antibodies to attack. This type of reaction usually resembles eczema in appearance and can become a chronic problem reoccurring years after the initial incident.

If you feel that you are having a photosensitivity reaction, the best thing for you to do is go to or call your doctor. There is symptom treatment that will provide some relief, but nothing will reverse the reaction immediately.

There is a long list of medications that can react to the sun. Although not everyone will have the same reaction, some people are more susceptible. What you should do if you get a new prescription is ask your pharmacist if it can cause a photosensitivity reaction; if it can, you should stay covered up, wear light-weight long-sleeved clothing, and apply sunscreen while outside.

## A Delicious Summertime Recipe

### Fruit Salsa with Cinnamon Chips

#### FRUIT SALSA:

- 1 cup finely chopped fresh strawberries
- 1 medium navel orange, peeled and finely chopped
- 3 medium kiwifruit, peeled and finely chopped
- 1 can (8oz) unsweetened crushed pineapple, drained
- 1 tablespoon lemon juice
- 1-1/2 teaspoons sugar

In a small bowl, combine the first six ingredients. Cover and refrigerate until serving.

#### CINNAMON CHIPS:

- 10 flour tortillas (8 inches)
- 1/4 cup butter, melted
- 1/3 cup sugar
- 1 teaspoon ground cinnamon

Brush tortillas with butter; cut each into eight wedges. Combine sugar and cinnamon; sprinkle over tortillas. Place on ungreased baking sheets. Bake at 350 for 5-10 minutes or just until crisp. Serve with fruit salsa. Yield: 2-1/2 cups salsa (80 chips).



## Lyme Disease

Continued...

you should see a doctor right away. Early treatment can reduce the time you are sick and prevent serious complications. There are some things you can do to reduce your risk of catching Lyme and other tick borne diseases. Avoid brushy areas during peak tick season, usually mid-May through mid-July. Wear light colored clothing so ticks are visible. Wear long sleeves and pants, and tuck your pants into your socks. Use tick repellants such as permethrin and DEET according to the label directions. Check for ticks often, especially at the hair line, behind the ears and where clothing is constricted- the waistline, armpits, and behind the knees.

If you do find a tick attached to you, remove it as soon as possible using tweezers. Grasp the tick close to your skin and behind its head. Pull it out slowly without squeezing it, then put antiseptic on the bite. Do not use folk remedies such as burnt matches or nail polish remover. See the Minnesota Department of Health website at [www.health.state.mn.us](http://www.health.state.mn.us) for more information.

