

Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services

Stillwater Medical Center Home Health Services

Meet the Staff:

Necia Kimber, RN, CIC

Necia is a Registered Nurse specializing and certified in Infection Control and has worked at SMC for 14 years.

Necia and her husband, Stewart, have four children: Breena, Colton, Jerrod and Bowen, three granddaughters: Lizzie, Kennadee and Bella, and lots of horses, goats, chickens, dogs and cats who are all part of the family. In her spare time, Necia enjoys quilting, looming and reading. She is also a member of the 4H and the Elm Grove HCE. She and her children also spend a lot of time volunteering in the community.

Necia enjoys being part of all the activities that go on at SMC and she is passionate about keeping the community and the hospital safe from infectious disease.



Infection Control

How to Effectively Wash Your Hands By Bonnie Campis, RN

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others.

How should you wash your hands?

- **Wet** your hands with clean water and apply soap
- **Lather** your hands by rubbing them together with the soap for at least 20 seconds
- **Rinse** your hands well
- **Dry** your hands using a clean towel or air

What should you do if you don't have soap and clean, running water?

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations, but sanitizers do **not** eliminate all types of germs.

How do you use hand sanitizers?

- Apply the product to the palm of one hand.
- Rub your hands together until hands are dry.
- Hand sanitizers are not as effective when hands are visibly dirty or greasy.



Cimarron Medical Services Weekly Sales

Jan 4th	15% off Fingertip Pulse Oximeter
Jan 11th	10% off Rebound TENS Unit
Jan 18th	10% off Compression Hosiery
Jan 25th	10% off CPAP Pillows

Chicken & Sweet Potato Stew

- 6 bone-in chicken thighs, skin removed, trimmed of fat
- 2 lbs. sweet potatoes, peeled and cut into spears
- 1/2 lbs. white button mushrooms, thinly sliced
- 6 large shallots, peeled and halved
- 4 cloves garlic, peeled
- 1 cup dry white wine
- 2 tsp. chopped fresh rosemary, or 1/2 tsp. dried rosemary, crushed
- 1 tsp. salt
- 1/2 tsp. freshly ground pepper
- 1 1/2 Tbsp. white-wine vinegar

Place chicken, sweet potatoes, mushrooms, shallots, garlic, wine, rosemary, salt and pepper in a 6-quart slow cooker or crockpot; stir to combine. Put the lid on and cook on low until the potatoes are tender, about 5 hours. Before serving, remove bones from the chicken, if desired, and stir in vinegar.



This recipe is diabetes appropriate, low calorie, low cholesterol, low in saturated fat, heart healthy, high in potassium and gluten free.

www.eatingwell.com



Cimarron Medical Services
Stillwater Medical Center Home Health Services

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Medical Services**

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www.cimarronmedical.com

Quality Services
Provided by:
**Stillwater
Medical Center**



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Eight Ways to Prevent the Spread of a Respiratory Infection

This time of year it is especially important to keep things in perspective. If you are not well, be respectful and stay away from groups of people. Take the time to rest and recover from illness. Restrict your activity to promote healing and to avoid spreading your illness. Staying away from populations of people such as work, school, and church to allow for recovery will prevent others from being exposed and developing illness. Keeping a healthy immune system and reducing contact with those who are ill will help keep individuals healthy. Use these practices and be well!

1. Use effective hand hygiene practices (see article on front page).
2. If coughing or sneezing, cover your mouth and nose with a disposable tissue (reduces the transmission of "germs").
3. Dispose of any used tissue immediately after initial use and perform hand hygiene (reduces possible exposure of others).
4. If no available tissue, sneeze/cough into your elbow (reduces the spread of infection as elbows don't touch many other things).
5. Drink plenty of fluids as avoiding dehydration supports your immune system.
6. Avoid crowded areas to minimize your contact in tight spaces with those who may be ill or developing illness.
7. Avoid high levels of stress, maintain effective sleep patterns, and exercise regularly which all helps to support your immune system.
8. Obtain the appropriate vaccinations such as influenza and pneumonia to reduce the potential of developing a severe respiratory infection or virus.

Citrus II CPAP Mask Wipes are exclusively formulated for practical and convenient every day cleaning of CPAP equipment such as masks, machines, tubing, and more. There is no need to rinse. Simply use the wipes to remove dirt, oils, dust, or other particulate matter, and let it dry for a few seconds. These wipes will deodorize, refresh, and clean your mask without leaving a lingering after-smell. The wipes are alcohol and solvent free and should not damage your equipment. The CPAP Mask Wipes are available at Cimarron Medical and are 10% off thru the month of January.



Respiratory Equipment Management for Oxygen, Nebulizers, and CPAP Machines

Sick and tired of being sick and tired? One of the easiest ways that we can assist you in minimizing your risk of infection is by changing your disposable supplies regularly. Whether you have oxygen equipment, CPAP machine, or a nebulizer there are disposable supplies that need to be changed routinely. Here are some of the most common things that need to be changed:

Oxygen Equipment: The nasal cannula should be changed out every other week, when you are changing out your cannula be sure to also clean your exterior filter in your oxygen concentrator. Tubing, water humidifier, and water trap should be changed out every three months even if they are not visibly dirty.

CPAP Equipment: The mask, frame and water chamber should be cleaned out daily in order to remove any unwanted bacteria and decrease your risk of getting sick. Filters should be checked weekly and cleaned to the specifications of the manufacturer. Replacement supplies are available through insurance so be sure to talk to your provider to see if you are eligible for any replacement supplies. Most insurances will replace supplies every 6 months.

Nebulizer kits should be cleaned out with liquid detergent and warm water after every use because there is medicine running through the supplies. At the end of the day it is recommended to submerge the kit (excluding the tubing) in one cup of vinegar and three cups of warm water, allow to soak for 30 minutes, then discard the solution and rinse out the supplies in warm water. Allow the equipment to air dry on a paper towel. Replace the kits each month. Most insurances will cover new kits every month to help prevent infections.

If you ever have any questions about when to change tubing, or how often insurance will pay for new supplies feel free to contact Cimarron Medical and we are more than willing to assist you in any way possible.

If you would like to be added or removed from our mailing list, added to our monthly e-mailing, or have comments about the newsletter, please contact Amy at 405-377-9735 or by email at alindsey@stillwater-medical.org