

# Home Care Connection

## Connecting Hospital to Home

Cimarron Medical Services

Stillwater Medical Center Home Health Services

Stillwater Medical Center Infection Control Nurse, Necia Kimber, RN, CIC received the Oklahoma Hospital Association (OHA) Spirit of Improving Patient Safety Award during the 2016 OHA Annual Convention.

She was selected by SMC to receive the award for exemplifying the Spirit of Improving Patient Safety through her insightful knowledge, innovative thinking and determination to achieve major improvement in ensuring a culture of safety for our patients. In her role, Necia carefully evaluates current operating practices to discern where major improvement in reducing hospital-acquired conditions could be realized. She monitors, documents and presents to management the results achieved and sustained in patient outcomes and/or reduced patient harm by implementing proposed changes in operational practices.

We are very fortunate to have someone of her knowledge and caliber on our team.



### Proper Hand Washing

#### When should you wash your hands?

- › Before, during, and after preparing food
- › Before eating food
- › Before and after caring for someone who is sick
- › Before and after treating a cut or wound
- › After using the toilet
- › After changing diapers or cleaning up a child who has used the toilet
- › After blowing your nose, coughing, or sneezing
- › After touching an animal, animal feed, or animal waste
- › After touching garbage

#### What is the right way to wash your hands?

Follow the five steps below to wash your hands the right way every time.

- ✎ Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- ✎ Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- ✎ Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- ✎ Rinse your hands well under clean, running water.
- ✎ Dry your hands using a clean towel or air dry them.

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Source:

<http://www.cdc.gov/handwashing/when-how-handwashing.html>

#### Cimarron Medical Services Weekly Sales

Jan 3rd – 15% off Rebound TENS Machine  
 Jan 9th – 10% off Medela Nursing Supplies  
 Jan 16th – 10% off Compression Hosiery  
 Jan 23rd – 10% off Contour CPAP Pillows  
 Jan 30th – 15% off Roscoe Fingertip Pulse Oximeters

### Cabbage Soup



Prep: 20 min

Cook: 25 min

#### Ingredients

5 carrots, chopped  
 3 onions, chopped  
 2 (16 oz) cans whole peeled tomatoes, with liquid  
 1 large head cabbage, chopped  
 1 (1 oz) envelope dry onion soup mix  
 1 (15 oz) can cut green beans, drained  
 2 quarts tomato juice  
 2 green bell peppers, diced  
 10 stalks celery, chopped  
 1 (14 oz) can beef broth

#### Directions

1) Place carrots, onions, tomatoes, cabbage, green beans, peppers, and celery in a large pot. Add onion soup mix, tomato juice, beef broth, and enough water to cover vegetables.  
 2) Simmer until vegetables are tender. May be stored in the refrigerator for several days.

<http://allrecipes.com/>



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## Cimarron Medical Services

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Quality Services  
Provided by:

Stillwater  
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### Is it too late to get vaccinated for the flu?

By: Maria Avers, RN, MSNE, FCN

Influenza (the flu) is a serious disease that can be deadly. Eighty to ninety percent of the deaths from flu are 65 or older. The season for the flu is from October to March and can be as late as May. During most seasons the influenza activity peaks in January or later. Since it takes about two weeks after vaccination for antibodies that protect against influenza virus infection to develop in the body, it is best that people get vaccinated so they are protected before influenza begins spreading in their community. As long as flu viruses are circulating, vaccination should continue to be offered throughout the flu season, even in January or later. So, it is not too late to get vaccinated for the flu if you haven't already. Source: <http://www.cdc.gov/flu/protect/keyfacts.htm>

Global Health and Pharma Magazine selected SMC Home Health Services as a winner within their Outstanding Quality of Care Awards for 2016. The GHP research team identified and examined a wide range of establishments who have gone above and beyond what is expected, demonstrating their dedication to excellence alongside a true passion for empathetic care.

Congratulations to our Home Health team for this well-deserved recognition!



### Respiratory Equipment Management for Oxygen, CPAP Machines, and Nebulizers

By Jenna Long, RRT

One of the easiest ways that you can minimize your risk of infection is by cleaning and changing your disposable supplies regularly. Oxygen equipment, CPAP machines, and nebulizers can harbor bacteria, so it is very important to do routine maintenance to help prevent you from getting sick. All supplies should be cleaned with warm soapy water or a solution of 1 part vinegar to 3 parts water, and then allowed to air dry. Never use harsh chemicals like bleach to clean your supplies. Here are some common things to do on a regular basis:

**Oxygen Equipment:** Nasal cannulas should be changed out every two weeks, and at this time you need to wash your exterior filter in your oxygen concentrator. Oxygen tubing, water humidifier, and water trap should be changed out every three months even if they are not visibly dirty. You can wipe off the nasal prongs daily or as needed with warm soapy water on a cloth.

**CPAP Equipment:** Daily, the cushion/pillows should be cleaned and the water in the water chamber needs to be changed out. Weekly, the entire mask, water chamber, and tubing need to be washed. The filter should be checked weekly and replaced once it looks dirty. We recommend that you replace your supplies at least twice a year and most insurances will help pay for supplies every 3-6 months depending on your provider and subject to your deductible.

**Nebulizers:** The whole kit (excluding the tubing) should be rinsed out after every use and it is recommended to thoroughly clean with soap/vinegar and water at the end of the day it. We recommend that you replace the kits each month and most insurances will help pay towards a new kit each month.

Please feel free to contact Cimarron Medical Services if you ever have any questions about management of your supplies at 405-377-9735.

*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](mailto:alindsey@stillwater-medical.org)*