

Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Visual Scanning

By Ciera Whitmore, OTR/L

Visual scanning is your ability to find relevant information in your surroundings quickly and efficiently. Some examples include finding an item in a drawer, avoiding obstacles while walking, and identifying the right medication container. Many diseases, including stroke, low vision, and dementia can cause decreases in visual scanning, putting you at a higher risk for falling or increased difficulty finding needed items, including medication.

Decreasing clutter in your drawers, cabinets, and walkways can help with visual scanning as there are fewer items to scan while searching for the desired item. Using bright colors to mark certain medication can decrease time and effort to find certain medications that you use on a daily basis or want to find quickly when you need them. Bright colored duct tape can also be used to mark the edges of stairs or other changes in floor height to alert you and decrease your likelihood of falling or tripping over these items.

February is Cardiac Month!

Stillwater Medical Center Cardiovascular Services by Jackie Aguilar, BS, RN

Did you know heart disease is the number one killer in the nation? With this statistic, why not be proactive with your heart health? At Stillwater Medical Center, we have a highly trained team who will work closely with your primary provider to treat any heart condition you may have. We follow both American College of Cardiology (ACC) and American Heart Association (AHA) guidelines for standardized treatments. Whether you have high blood pressure, or need a stent in your leg or heart, we can take care of you! You can trust our team of professionals to provide the best care possible with the comfort you deserve while staying close to home. Our teams of professionals include:

- ♥ Dr. Shyam Poludasu, MD (*Interventional Cardiology*) and Erin Hutchison, PA-C
- ♥ Dr. Melchor Lim, MD (*Invasive Cardiology*) and Caitlin Kronenwetter, PA-C
- ♥ Dr. J. Bryan Harris, DO (*Invasive Cardiology*) and Mirabel Forteh, APRN- CNP
- ♥ Dr. Jawad "TJ" Trad, DO (*Invasive Cardiology*)
- ♥ Dr. Arthur D. Hagan, MD (*Consulting Cardiologist*)

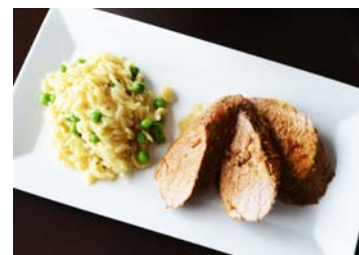
Be proactive with your heart and talk to your provider about your risk factors. It would be our pleasure to care for you..... because your heart matters to us!

Cimarron Medical Services Weekly Sales

February 6th — 10% off Remedy Lotion
 February 13th — 10% off Wrist, Knee & Ankle Splints
 February 20th — 10% off Contour Flip Pillow
 February 27th — 10% off Lift Chairs (Cash & Carry)

The Best Crock Pot Pork Tenderloin

Author: Whisking Mama



Ingredients:

2 pounds pork tenderloin (I use two small tenderloins)
 ¼ cup soy sauce
 1.5 tablespoons yellow mustard
 2 tablespoons olive oil
 3 tablespoons maple syrup
 1 teaspoon onion powder
 1.5 teaspoons garlic powder
 1 Shallot, chopped

Instructions:

1. Turn crock pot on to low
2. In large measuring cup add all the ingredients for the marinade and whisk
3. Place tenderloin in crock pot and pour over the marinade
4. Cook on low for about 4 hours for two small tenderloins or about 5 hours for one large piece
5. Slice and serve pouring the juices over the meat
6. Recommended but not necessary: turn the pork twice to ensure even cooking at 2 hours and 4 hours, pouring the juices all over

Source: whiskingmama.com
 Provided by:
 Angela Gamble, MS, RD, LD



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Monitoring Your Blood Pressure at Home By Devon Whitaker

High blood pressure (HBP) is a very common condition which poses many health risks to those affected. HBP can increase your risk of heart attack or failure, stroke, kidney disease, vision loss, and other conditions. Although there is no cure for HBP, it can be managed with the aid of your doctor. You can help to take charge of your heart health by monitoring your own blood pressure at home. Keeping a record of your readings over time is advised by the American Heart Association (AHA).

There are several types of home blood pressure monitors available, including manual and automatic models. The AHA recommends an upper-arm model, as it will provide the most accurate readings. Make sure to choose a model which has been validated. If the monitor will be used for a senior, child, or pregnant woman, the monitor should be validated for these specific conditions. Your physician or a Cimarron representative can help you to select the right monitor for you.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 - 139	or	80 - 89
High Blood Pressure (Hypertension) Stage 1	140 - 159	or	90 - 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency Care Needed)	Higher than 180	or	Higher than 110

See chart above to interpret your blood pressure readings.

Source: heart.org

Tip of the Month By Amy Lindsey



The Omron Blood Pressure Monitor presents blood pressure and pulse readings on a large digital display in seconds. Whether you choose a manual or automatic model, or an upper arm or wrist style, Omron blood pressure monitors feature clinically proven accuracy and compact design. This Omron 3 monitor stores up to 14 readings and comes with a wide range cuff, fitting standard and large adult arms. Please come in to Cimarron Medical to see which style will work best for you.



Caring for Yourself By Maria Avers, RN

In order to care for others, you should care for yourself. A healthy lifestyle is essential to your overall health. Try to:

Eat a healthy diet. The Mediterranean diet — which emphasizes fresh fruits and vegetables and lean protein — enhances the ability to retain knowledge as well as stamina and well-being.

Get enough sleep. Lack of sleep increases stress and worsens the impact of many diseases. Avoid using personal electronic devices, such as tablets, just before bedtime. The blue light emitted by these devices decreases your level of melatonin, the hormone associated with sleep.

Be Active. Activity can help with management of weight and increase endorphin release. Activity appropriate for your health status benefits your heart health. Talk with physician regarding the level of activity that is appropriate for you.

Make time for fun and relaxation. Set aside time each day for an activity that you enjoy, such as practicing yoga or reading. Better yet, discover activities you can do with your partner, family or friends — such as hiking, dancing or taking cooking classes.

Volunteer. It's important not to over-schedule yourself, but research indicates that volunteering can contribute to a greater sense of well-being. Selective volunteering might lower your levels of burnout and stress and boost your emotional and social well-being.

Bolster your support system. Enlist trusted friends and loved ones to pitch in with child care or household responsibilities.

Adapted from the January 2017 ICU Staff Newsletter

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