

Home Care Connection

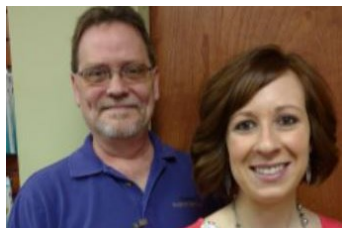
Connecting Hospital to Home

Cimarron Medical Services**Stillwater Medical Center Home Health Services**

April is Sleep Awareness Month!

Cimarron Medical Services is holding a **Sleep Apnea Workshop** on **Thursday, April 12th** from **10am-6pm** after a special presentation and Q&A session with Dr. Emde from **9am-10am!** We look forward to seeing you there!

Respiratory Therapists at Cimarron Medical



Cimarron Medical offers our patients the convenience of having two respiratory therapists on staff. Scott Millstead, Certified Respiratory Therapist, has been a RT since 1989 and has been at Cimarron Medical since November 2011. Jenna Long, Registered Respiratory Therapist, has been a RT since 2012 and has been with Cimarron Medical since September 2015.

If you have any respiratory questions regarding oxygen, sleep apnea, CPAP or BiPAP therapy, nebulizer treatments, etc., please call to inquire or make an appointment.

You may also stop by our sleep apnea workshop on April 12th for a quick visit with Scott or Jenna.

Epworth Sleepiness Scale (ESS)

By Jenna Long, RRT

Have you ever wondered if you may have a sleep disorder? The Epworth Sleepiness Scale (ESS) is an easy tool that can be used to help determine if you need to talk to your doctor about evaluating your risk for a sleep disorder. An ESS asks the patient to answer their likeliness of falling asleep in certain situations on a scale of 0-3, with 0 being they would never fall asleep and 3 being a high chance of falling asleep. Once they have ranked each situation they will add up their total score and the higher the score, the greater the chance of having a sleep disorder like sleep apnea. You should let your doctor know your ESS score and they will decide if you need further evaluation and testing. An ESS does not properly diagnose you with a sleep disorder, so you will need to have an overnight polysomnograph (sleep study) to accurately confirm your diagnosis. Early recognition and treatment of a sleep disorder is important, because it can be associated with other health conditions such as high blood pressure, heart disease, stroke, diabetes, and depression. Take a few moments and fill out the ESS below to see if you are at risk of having a sleep disorder. If you score >10, then you need to talk with your doctor about further assessment.

Chance of falling asleep:

0= Never, 1= Slight, 2= Moderate, 3= High

Situation:

Sitting and reading ____

Watching TV ____

Sitting inactive in a public place ____

Riding in a car ____

Lying down to rest in the afternoon ____

Sitting and talking to someone ____

Sitting quietly after eating ____

Sitting in traffic while in a car ____

TOTAL SCORE= ____*Copyright Dr. M.W. Johns, 1990.***Cimarron Medical Services Monthly Sales**

10% off Bed Wedges

10% off Sleep Apnea Cleaning Wipes & Spray

10% off Sleep Apnea Pillows

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Greek Salad Pizza

From The American Diabetes Association**Ingredients:**

Cooking Spray

2 whole wheat pitas (not pocket type)

1 Tbsp. olive oil

4 tsp. balsamic vinegar

½ c. thinly sliced red onion

1 Tbsp. pitted chopped Kalamata olives

1 c. chopped fresh spinach

½ c. chopped artichoke hearts, drained and rinsed

1 c. cooked diced chicken breast

⅓ c. reduced-fat feta cheese

1 tsp. dried oregano

Instructions:

Preheat the oven to 375 degrees F. Coat a baking sheet with cooking spray. Set aside. Drizzle each pita with a little olive oil, using up the full Tbsp. Drizzle each pita with 2 tsp balsamic vinegar. Layer each pita with 1/4 cup red onion, 1/2 Tbsp. olives, 1/2 cup spinach, 1/4 cup artichokes, 1/2 cup chicken and half of the feta cheese. Sprinkle the top of each pita with dried oregano. Place on the prepared baking sheet. Bake for 15 minutes. Cut into fourths and serve.

Source: diabetes.org**Provided by:****Emily Emerson, MS, RDN, LD**

Cimarron Medical Services

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Quality Services Provided by: Stillwater Medical Center



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Position Yourself for a Great Night

Sometimes we all need a little help getting a good night's rest. Fortunately, there are many positioning options available at Cimarron Medical to help achieve maximum comfort. Here are a couple of ideas that might assist you in obtaining a great night sleep:



Leggett & Platt Falcon 2.0 Adjustable Bed Twin X-Long This is a wonderful alternative to a doctor ordered hospital bed as it's more decorator friendly and looks less clinical. The Falcon 2.0 features: ♦ Backlit wireless remote with full headrest and footrest control and "flat" button with full head rest and footrest control and flat button ♦ Under-bed lighting ♦ Compressed frame and deck to easily fit within standard bed frames ♦ Quiet motor ♦ Microhook retention system that ensures mattress stays put during adjustment ♦ Made in the USA ♦ 800lb lift capacity ♦ Health benefit from adjustable bed includes relief from GERD, poor circulation, insomnia, sleep apnea, swollen legs, arthritis, snoring, fibromyalgia, leg cramps, asthma, back/shoulder and neck pain, restless leg syndrome, and COPD

The Ortho Fiber 2.0 Bed Pillow is designed for both back and side sleepers. The orthopedic support of this pillow features a contoured "SWEET ZONE", which allows your head to rest comfortably while maintaining the natural curvature of your head, neck and spine. By keeping your alignment throughout the night, the natural position helps to relieve muscle stress and discomfort, headaches, joint strain, neck pain and even arthritis.



The 10-in-1 Flip Pillow transforms into a variety of positions to help you sleep, read, relax or watch TV in total comfort. Its unique, two-piece design makes it our most versatile pillow ever! Use it as a wedge to elevate your torso at night. Or, use it as a backrest to sit up in bed. You can even use it under your knees to reduce back pressure.

Article by Lisa Bell

Did you know?... Cimarron Medical Services carries the ResMed AirMini travel CPAP, which is the smallest portable CPAP on the market. The machine price starts out around \$999 and *it is not covered by insurance*. There are only certain styles of masks that are compatible with the machine and it features waterless humidification. Please call us or stop by to find out more information.



Infection Control & Respiratory Equipment

Our respiratory therapists highly recommend cleaning and changing out disposable supplies regularly to lessen the chances of becoming ill. The equipment in question includes oxygen concentrators, nebulizers, and CPAP machines. 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 bleach, alcohol, or other harsh chemicals on your supplies.

Oxygen Equipment: Nasal cannulas should be changed out every 2 weeks and the filter on the back of the machine washed with soapy warm water and allowed to air dry. Change out tubing, water humidifier bottles, and water traps every 3 months.

CPAP: Daily, the cushion/pillows should be cleaned and the water chamber needs to be emptied. Weekly, the entire mask, water chamber, and tubing need to be cleaned, and the filter should be checked.

Nebulizers: The whole kit (excluding the tubing) should be rinsed out after each use and it is recommended to clean with soap/vinegar at the end of the day.

Article by Toni Choplin

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