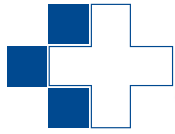


# House CALLS



A Publication of Houston Healthcare

October-November-December 2020



## The Flu A Guide for Parents

**I**nfluenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. The Centers for Disease Control and Prevention (CDC) estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

### What parents should know

#### How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

#### How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

#### What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

### Protect your child

#### How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.

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## Houston Medical Center Receives Get With The Guidelines- Stroke Silver Plus Quality Achievement Award

**A**merican Heart Association Award recognizes **Houston Medical Center's** commitment to quality stroke care.

**Houston Medical Center** has received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Silver Plus Quality Achievement Award. The award recognizes the hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

**Houston Medical Center** earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period. These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. Before discharge, patients should also receive education on managing their health, get a follow-up visit scheduled, as well as other care transition interventions

"This recognition means a great deal to our organization and staff. We've worked very hard to implement the necessary plans and protocols to be able to provide our stroke patients with quality care," says **Francis Peed**, RN, Director of Critical and Cardiovascular Care for **Houston Healthcare**. "The tools and resources provided through the American Heart Association's Get With The Guidelines-Stroke initiative help us track and measure our success in meeting evidenced-based clinical guidelines developed to improve patient outcomes."

**Houston Medical Center** additionally received the Association's Target: Stroke<sup>SM</sup>

Honor Roll Elite award. To qualify for this recognition, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke.

**Houston Medical Center** additionally received the Association's Target: Type 2 Honor Roll award. To qualify for this recognition, hospitals must meet quality measures developed with more than 90%

of compliance for 12 consecutive months for the "Overall Diabetes Cardiovascular Initiative Composite Score."

**Houston Medical Center** has also met specific scientific guidelines as a Primary Stroke Center, featuring a comprehensive system for rapid diagnosis and treatment of stroke patients admitted to the Emergency Department.

"We are pleased to recognize **Houston Medical Center** for their commitment to stroke care," said Lee H. Schwamm,

M.D., national chairperson of the Quality Oversight Committee and Executive Vice Chair of Neurology, Director of Acute Stroke Services, Massachusetts General Hospital, Boston, Massachusetts. "Research has shown that hospitals adhering to clinical measures through the Get With The Guidelines quality improvement initiative can often see fewer readmissions and lower mortality rates."

According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds and nearly 795,000 people suffer a new or recurrent stroke each year.



# EduCare CALENDAR *October - November - December 2020*

Research shows that people who receive education and support and who practice healthy habits have decreased medical costs and improved health. EduCare offers a variety of classes tailored to meet specific health needs. Our classes are free or low cost as a service to you. If you have any questions regarding our classes or overall services provided by Houston Healthcare, call us at (478) 923-9771. You may also sign up for our classes online at [www.hhc.org/calendar](http://www.hhc.org/calendar).

## GENERAL HEALTH AND WELLNESS

### Help for the Heart: Heart Failure Education

An education program designed to improve the quality of life for persons with Heart Failure. Taught by a multidisciplinary team of healthcare professionals, educational topics include Understanding Heart Failure, Nutrition, and Medications. Join us for this free, informative and beneficial program to become a more active part of improving your heart health. A caregiver or support person are also encouraged to attend. Weight scales and pill dispensers will be given to those who need them.

📍 **Wednesday, October 21, November 18**  
1 - 4 pm

Houston Health Pavilion EduCare Center  
233 North Houston Road, Warner Robins  
Call 923-9771 to pre-register.

### Advance Directives

Do your loved ones know what your wishes are at the end of life? Having a family conversation is the most loving thing you can do to make your wishes known. Call our Life Choices Team for free assistance in preparing an Advance Directive, (478) 218-1626 at Perry Hospital and (478) 975-5346 at Houston Medical Center.

### Georgia Tobacco Quit Line

Call the Georgia Tobacco Quit Line Today for a free and effective service that provides assistance to help quit smoking and using tobacco. Tobacco increases the risk of developing several chronic conditions and health problems. Tobacco cessation assistance is provided by highly trained coaches. The services are available at no-cost to Georgia adults, pregnant women and teens (ages 13 and older). To learn more about the Georgia Tobacco Quit Line, please call the toll-free number or visit the website: <https://dph.georgia.gov/ready-quit>. 1-877-270-7867 (English)  
1-855-DEJELO-YA (Spanish)  
For Hearing Impaired: TTY services:  
1-877-777-6534

## DIABETES PREVENTION / MANAGEMENT

### Diabetes Day

The last century has brought about an evolution of change in diabetes management. This 1920's themed program is designed for all people affected by diabetes and their families or caregivers. Topics include: The New Deal in Managing Diabetes and Preventing Kidney Disease, The Prohibition of Carbs Ends Here, Don't Gamble with a Natural Disaster, and 1920-2020: The Evolution of Diabetes Medications. Prizes for the best "Roaring 20's" outfit awarded. Cost is \$5.00 which includes lunch and other materials.

📍 **Thursday, November 12**

Registration: 9 - 9:30 am

Program and lunch: 9:30 am - 2:15 pm

Cary W. Martin Conference Center

Houston Health Pavilion - W3 Entrance

233 North Houston Road, Warner Robins

Call 923-9771 to purchase tickets and to pre-register.

### Diabetes Exercise Program

An exercise program designed specifically for adults with diabetes who would like to learn more about the correct times and methods for exercising in relation to nutrition and medication.

📍 **Monday, Wednesday and Thursday**

Between the hours of 8 am and 6 pm

Health Connections - located inside Houston Medical Center

1601 Watson Boulevard, Warner Robins

Call 322-5143 for more information and program fees.

### Diabetes Management: "Steps to Success" Course

Houston Healthcare's Diabetes Management Program is an award winning program that has earned National Recognition by the American Diabetes Association. The course is designed to improve blood sugar control and decrease complications from diabetes. It includes a one-on-one session with a Registered Nurse, nutrition class and two comprehensive skill classes. For more information, call 923-9771. A physician referral is required.

### Diabetes Nutrition and Meal Planning Class

For individuals with pre-diabetes or diabetes who need education regarding their dietary choices to better manage their diabetes. A physician referral is required. Call 923-9771 to register.

### Diabetes Prevention Program: You Can Make A Change for Life

Have you ever been told by a health care provider that you are at risk of developing diabetes, have pre-diabetes, high blood sugar, borderline diabetes, or gestational diabetes? Did you know there are steps you can take to prevent diabetes? The National Diabetes Prevention Program, led by The Centers for Disease Control and Prevention, can help you make changes for life. This free program helps you learn how to change your lifestyle to prevent Type 2 diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach. For more information, please call 923-9771.

### Gestational Diabetes Education Program

Gestational Diabetes can be a very serious condition of pregnancy if not controlled. The goal of the program is to work collaboratively with the patient's physician and staff to ensure a good outcome for both mother and baby. The program includes a detailed initial assessment with a Registered Nurse and nutritional instruction with a Registered Dietitian, either on a one-on-one basis or as part of a small group and monthly follow-up phone calls through early post-partum. For more information, call 923-9771. Physician referral required.

### Diabetes Support Group

For adults with diabetes and their support system. Meetings are led by a Diabetes Educator with Houston Healthcare. Caregivers and support persons are encouraged to attend.

Warner Robins:

📍 **Wednesday, October 7, November 4, December 2**

1 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Perry:

📍 **Tuesday, October 27, November 24, December 22**

12 noon

Perry Hospital Cafeteria

1120 Morningside Drive, Perry

## MATERNAL/CHILD

### Breastfeeding Made Simple - Part 1

Breastfeeding is the best and ideal way of feeding your baby. Your breast milk is perfectly matched to meet your baby's needs for proper growth and development. This class provides expectant moms with all the information needed to be successful in breastfeeding your newborn. Learn about the proper latch, various feeding positions, infant feeding cues, guidelines for frequency and duration of feedings, and much more!

📍 **Thursday, October 1, November 5, December 3**

6:30 - 8:30 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call 923-9771 to pre-register.

### Breastfeeding Made Simple - Part 2

This class focuses on breast milk production, pumping, safe milk storage and handling. It serves as a follow up to the initial Breastfeeding Made Simple class.

📍 **Thursday, October 8, November 12, December 10**

6:30 - 8:30 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call 923-9771 to pre-register.

### Prepared Childbirth Series

These classes are designed for the expectant family to make informed decisions about their birth experience. Topics include stages of labor and birth, potential medical interventions, comfort measures, and maternal care after delivery. This series meets one night a week for four weeks. Pregnant and one support person are encouraged to attend together. Class is free. For more information or to register, call 923-9771.

📍 **Tuesday 4-week Series: October 20**

6:30 - 8:30 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call 923-9771 to pre-register.

### Baby Care Boot Camp

A new baby means new training! This class covers a variety of topics from infant health and safety to caring for fussy babies. Participants will learn newborn baby care essentials including bathing, diapering, feeding, healthy sleeping, cord care, and much more. The class provides education as well as an opportunity to ask questions or discuss concerns. If you are pregnant, you and a support person are encouraged to attend. Class size is limited. Pre-registration required.

📍 **Tuesday, November 17**

6:30 - 8:30 pm

Houston Health Pavilion EduCare Center

233 North Houston Road, Warner Robins

Call 923-9771 to pre-register.

Join the  
Conversation at ...



# Ways We *Benefit* Our Community

- **Athletic Trainers Program** 2,019 student athletes  
Spring Sports Physicals, Saturday Sports Injury Clinics, community events and sports medicine education
- **SeniorCare Program** 11,708 senior contacts  
Ongoing exercise and health education
- **Perinatal Coalition** 2,022 female contacts  
Case management and interpretation services for non-English speaking women with high risk pregnancies, gestational diabetes and case management
- **Childbirth & Baby Education** 1,532 family member contacts  
Education classes on early pregnancy, breastfeeding, older sibling roles, childbirth education, grandparenting, and baby care
- **Diabetes Education** 4,126 contacts  
Self-management education and support
- **Community Health Improvement** 11,114 contacts  
Glucose and blood pressure screenings, influenza immunizations, community and industrial health fairs, vulnerable population outreach, and health education

## Community Organizations and Partners

### Including, but not limited to:

- Alzheimer’s Association
- Kids and Pros
- American Cancer Society
- Middle Georgia State University
- American Red Cross
- Museum of Aviation
- Central Georgia Technical College
- Rainbow House Children’s Resource Center
- Community Health Works
- United Way of Central Georgia
- Habitat for Humanity
- Houston County Volunteer Medical Clinic



## Our Family of *Services*

Houston Medical Center • Perry Hospital • Houston Heart Institute • The Surgery Center • Pavilion Diagnostic Center • Pavilion Family Medicine Center • Pavilion Rehab Center • Houston Lake Rehab • Houston Lake Med-Stop • Lake Joy Med-Stop • Pavilion Med-Stop • EduCare • Health Connections Cardiac & Pulmonary Rehab • Physician Referral & Health Information

Houston Healthcare also operates physician practices in the following specialties: Behavioral Health, Endocrinology, ENT, Family Medicine, Gastroenterology, Urology and Vascular.



## How We *Benefited* Our Community in 2019

Charity Care at Cost	\$12,428,687
Bad Debt at Cost	\$ 5,691,543
Unreimbursed Medicaid Cost	\$ 6,836,987
Medicare Shortfall	(\$ 4,641,453)
<b>Total Financial Cost/Shortfall</b>	<b>\$20,315,764</b>
<b>Community Health Improvement Services</b>	<b>\$ 2,367,265</b>
Health Education, Community Based Clinical Services, Health Care Support Services	
<b>Health Professions Education</b>	<b>\$ 80,586</b>
Clinical Students, Other Health Professional Education, Funding for Professional Education	
<b>Subsidized Health Services</b>	<b>\$4,604,552</b>
Behavioral Health	
<b>Financial and In-Kind Contributions</b>	<b>\$ 574,937</b>
Cash and In-Kind Donations, Grants, Cost of Fundraising for Community Programs	
<b>Community Building Activities</b>	<b>\$ 216,857</b>
Economic Development, Community Support, Coalition Building, Community Health Improvement Advocacy, Workforce Development	
<b>Community Benefit Operations</b>	<b>\$ 139,711</b>
Community Needs/Health Assets Assessment and Other Resources	
<b>Total Other Community Benefit</b>	<b>\$ 7,983,908</b>
<b>Grand Total 2019</b>	<b>\$28,299,672</b>



## HOUSTON HEALTHCARE

1601 Watson Boulevard  
Warner Robins, Georgia 31093

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- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

### **Is the flu vaccine safe?**

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. The CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

### **What are the benefits of getting a flu vaccine?**

- A flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- Flu vaccines can keep your child from being hospitalized from flu. One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.
- Flu vaccine can prevent your child from dying from flu. A study using data from recent flu seasons found that the flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.
- Flu vaccination also may make your illness milder if you do get sick.
- Getting yourself and your child vaccinated also can protect others

who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

### **What are some other ways I can protect my child against flu?**

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

For more information about protecting your children from the flu, visit [www.cdc.gov/flu/protect/children.htm](http://www.cdc.gov/flu/protect/children.htm). For additional information regarding the flu, visit [www.cdc.gov/flu](http://www.cdc.gov/flu).

Source: <https://www.cdc.gov/flu/pdf/freeresources/family/flu-guide-for-parents-2018.pdf>

