



American Health Care Professionals Newsletter



Virginia Department of Health H1N1(Swine Influenza) Updates



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Special points of interest:

- **Swine Flu update**
- **Quality Improvement issues**
- **Billing , Payroll & OASIS**
- **Spiritual Counseling**
- **Nsg. And Rehab**
- **Upcoming meetings and events**

What is novel H1N1 (swine flu)?

Novel H1N1 (previously referred to as “swine flu”) is a new influenza virus causing illness in people. First detected in people in the United States in April 2009, this virus spreads from person-to-person worldwide, in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the [World Health Organization](#) signaled that a pandemic of novel H1N1 flu was underway.

What are the symptoms?

Symptoms are similar to the regular flu: fever, cough, sore throat, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Severe illnesses and death have occurred as a result of illness associated with this virus.

What can I do to protect myself from getting sick?

A vaccine may be ready in the fall (October/ November). A separate vaccine is needed to protect against [seasonal influenza](#). To prevent the spread of germs:

- Cover your nose and mouth with a tissue when coughing or sneezing
- Wash hands often with soap and water, especially after coughing or sneezing
- Avoid touching your eyes, nose or mouth as that can spread the virus
- Try to avoid close contact with sick people
- If you are sick with flu-like illness, [the federal Centers for Disease Control and Prevention recommends that you stay home for at least \(continue on page 2\)](#)



Quality Improvement Issues

Mary Kay and Kei

Hi Everyone,

We hope you had a grand summer and are all ready and geared up for the next season.

Thank you for your diligence in the special care of your/ our clients. All of what you

do for each one of them is so important and necessary. You too are so special and important. This is to recognize each one of you.

THANK YOU

MaryK and Kei

PS Be sure to turn in the 2 - day Medicare document (pink) form for each client.



Billing, Payroll, OASIS & Select Data Issues: Beatriz Arroyave & Jocelyne Spellman



Wishing Everyone a Happy Labor Day Weekend!!!

****Office will be closed Sept 7, 2009 (Monday) in recognition of Labor Day. ****You may call after hours number at 703-319-3801 and push # 1 for English and

#1 again for on call person. Please be advised Holiday rate will only apply if you received prior authorization from the business or clinical office due to MD orders, wound care, IV, etc

**For any questions please feel free to contact Beatriz at 703-319-3801.

“ His!”

By Oswald Chambers

*Thine they were,
and Thou gavest them
Me. John 17:6.*

The missionary is one in whom the Holy Ghost has wrought this realization—“Ye are not your own.” To say ‘I am not my own,’ is to have reached a great point in spiritual nobility. The true nature of the life in the actual whirl is the deliberate giving up

of myself to another in sovereign preference, and that other is Jesus Christ. The Holy Spirit expounds the nature of Jesus to me in order to make me one with my Lord, not that I might go off as a showroom exhibit. Our Lord never sent any of the disciples out on

the ground of what He had done for them. It was not until after the Resurrection, when the disciples had perceived by the power of the Holy Spirit Whom He was, that Jesus said ‘Go.’

“If any man come to Me and hate not. . . , he
(cont. on page 3)

VA Dept. of Health H1N1(Swine Influenza) Cont...



24 hours after your fever is gone. (Your fever should end without the use of a fever-reducing medicine.) Avoid contact with others while ill.

- Follow public health advice regarding school closures and avoiding crowds
- You may want to now purchase a supply

of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items so that you are prepared in case you get sick and
(Cont. on page 3)

“His!”

cannot be My disciple,” not—he cannot be good and upright, but—he cannot be one over whom Jesus writes the word ‘Mine.’ Any one of the relationships our Lord mentions may be a competitive relationship. I may prefer to belong to my mother, or to my wife, or to myself; then says Jesus, you cannot be My disciple. This does not mean I will not be saved,

but it does mean that I cannot be ‘His.’

Our Lord makes a disciple His own possession, He becomes responsible for him. “Ye shall be witnesses unto Me.” The spirit that comes in is not that of *doing* anything for Jesus, but of being a perfect delight to Him. The secret of the missionary is—I am His, and He is carrying out His enterprises through me.

Continue from page 2.....

Be entirely His.



UPCOMING MEETINGS AND EVENTS

Please mark these dates on your calendar :

****OFFICE WILL BE CLOSED in recognition of Labor Day. If you need to speak to an office person please call 703-319-3801 and push # 1 and #1 again for the on call person.** Please inform your clients.**

Innovative Team: Headed by Kekelwa Nyaywa

Meeting September 10, 2009

12-1pm * Lunch will be provided

Swine Flu Updates/Prevention/Wellness: Claire Burke RN

Meeting September 16, 2009

10:30-11am

Staff Meeting: Every Wednesday at 11a-12noon.

Morning Prayer: Every Morning (all AHCP staff invited).



VA Dept. of Health H1N1(Swine Influenza) Cont...

need to stay home.

Who is most at risk for novel H1N1 flu?

The CDC's Advisory Committee on Immunization Practices has recommended that certain groups receive the novel H1N1

vaccine first when it becomes available. These priority populations include pregnant women, people who live with or care for children younger than 6 months of age, health care and emergency medical services personnel,

persons between the ages of 6 months and 24 years old, and people ages of 25 through 64 years of age with underlying medical conditions such as diabetes, asthma, other lung diseases, heart disease, or a (cont. on page 5)



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The Vision and Mission of American Health Care Professionals (AHCP):

AMERICAN HEALTH CARE PROFESSIONALS WAS ESTABLISHED WITH ONE GOAL IN MIND: TO PROVIDE COMPASSIONATE, HIGH- QUALITY, SAFE AND AFFORDABLE HOME HEALTH CARE TO THOSE IN NEED.

American Health Care Professionals (AHCP), a division of the American Health Home Care Group, Inc., was established in 1995 in the State of Virginia. AHCP is one of the leading providers of comprehensive home health care services in the Northern Virginia area. AHCP participates in Medicare / Medicaid, commercial insurance, private pay, and personal care waiver.

AHCP is a single source for skilled nursing, physical therapy, occupational therapy, speech therapy and social work, disease management education, assistance with daily living activities, as well as other services. **A CHRISTIAN COMPANY OPERATING UNDER CHRISTIAN PRINCIPLES.**

For further information, please contact Clishia Taylor RN, MBA - Administrator ext. 204

EMPLOYEE OF THE MONTH (September 2009)

American Health Care Professionals would like to recognized **Victor Mesina RN** for being voted as Employee of the Month for September 2009. **Victor** is a **Registered Nurse** and has been outstanding in the care he provides to our clients.



compromised immune system.

How many people have died from novel H1N1 in Virginia?

As of Aug. 31, there have been three deaths reported in Virginia that are known to be associated with the virus. All three patients had underlying health condition that put them at greater risk of complications from flu. As the flu season unfolds, we expect more deaths. We may see more flu-related deaths compared to previous years. Annually, more than 36,000 people die from flu-related causes. This number may increase as we are currently experiencing a pandemic with a novel strain of virus.

If I get the novel H1N1 virus, can I get it again?

Influenza viruses frequently change their characteristics as they pass from person to person. That is the reason why we must have a new seasonal flu vaccine every year as vaccine makers must adjust the vaccine to match the viruses circulating. Whether the novel H1N1 virus will undergo significant changes is unknown. If it does, there would be some chance of becoming infected with the newer, changed virus.

What is the incubation period after exposure?

About 1-4 days. After a week has passed, it's not likely you will get sick.

If my immigration status is in question, can I get medical help?

The Virginia Department of Health will not ask about citizenship or immigration status. You do not need your Social Security number to receive service.

When and where will vaccination clinics be?

The novel H1N1 vaccine is expected to be available in the fall in a combination of settings such as vaccination clinics organized by local health departments, health care provider offices, schools, and other private settings, such as pharmacies and workplaces.

Can I get the seasonal vaccine and the novel H1N1 vaccine at the same time?

It is anticipated that both vaccines may be administered on the same day. However, the seasonal vaccine will be ready earlier than the novel H1N1 vaccine. Individuals are encouraged to get their seasonal flu vaccine as soon as it is available.

Are there medicines to treat the new H1N1 virus?

Most people recover from novel H1N1 flu without needing special treatment. However, some people should talk to their doctor about whether they may need antiviral medications. Antivirals don't cure you of flu but they can lessen the duration and severity of symptoms. The CDC recommends the use of antivirals for treatment as well as prevention of infection in some specific situations. Influenza antiviral drugs work best when started soon after symptoms appear, usually within two days. You need a prescription to obtain these medications. People who have lung diseases such as asthma or emphysema, diabetes, heart disease, have impaired immune systems (for instance, are on chemotherapy, long-term steroid treatment, or have HIV/AIDS), have neuromotor disease (such as cerebral palsy), other chronic medical conditions or are pregnant should discuss their possible need for antiviral medications promptly if they become ill with influenza-like symptoms.

How can I get antivirals and how long do I take them?

VDH does not recommend that healthy people seek prescriptions for antivirals. Misuse may lessen effectiveness in fighting the virus. If concerned about flu-like symptoms, contact your doctor who will determine whether antiviral medications are appropriate for you.

What if my pharmacy doesn't have antivirals?

Based on our discussions with pharmacies and distributors, commercial supplies in Virginia are adequate. Antivirals are routinely available at pharmacies because these drugs are used to treat seasonal flu in people at higher risk for complications of seasonal flu.

I am a health care provider. How do I get testing kits?

Diagnostic testing for novel H1N1 is now available from private laboratories. Please contact the laboratory you typically use and they should be able to help you locate a source for diagnostic testing. Public health surveillance testing through the state public health laboratory (the Division of Consolidated Laboratory Services) is primarily done through our network of Sentinel Physicians and Sentinel Hospitals and is not available for diagnostic purposes.

Are the use of facemasks and respirators recommended?

Facemasks may be considered in some situations. The most common reason would be when a person with influenza-like illness finds it necessary to go out in public (for example, they live alone and need to pick up medication). In that instance, it would be recommended that they wear a surgical mask to decrease the risk to the public. In the occupational health care setting, respiratory protection is recommended.

What can schools do to prevent the spread of flu? (cont on page 6)

- Assure availability of hand washing supplies and provide opportunities for students to wash their hands before eating or drinking and after using the bathroom
- Encourage students and staff to cough and sneeze into a tissue. Or use an elbow.
- Remind teachers, staff, and students to wash their hands as often as needed
- Send sick students, teachers, and staff home and advise them to stay until at least 24 hours after they no longer have a fever or signs of a fever (without the use of fever-reducing medicine)
- Clean surfaces and items frequently touched such as desks, door knobs, keyboards, or pens
- Move sick students, teachers, and staff to a separate room at school until they can be sent home. Limit the number of staff who take care of the sick person and provide a surgical mask for the sick person to wear if he or she can tolerate it.
- Have personal protective equipment such as masks available and ensure that school nurses and others caring for the sick wear the equipment
- Encourage early medical evaluation for sick students and staff at higher risk of complications from flu. People at high risk who get sick will benefit from early treatment with antiviral medicines.
- Stay in regular contact with local public health officials

How is the Virginia Department of Health helping to slow the spread of the new H1N1 virus among children and young adults?

We are working with the Virginia Department of Education to provide guidance to colleges, universities, and other institutions of higher education and K-12 schools to protect students, faculty and staff. We promote the current CDC recommendations and communicate with campus health centers and local health districts. For more information, go to http://www.doe.virginia.gov/support/health_medical/influenza/. We also work with the Department of Education to provide guidance to parents. The messages are still the same. If sick, stay home and call your doctor. Wash hands often.

Why isn't Virginia disclosing the specific cities where the confirmed cases live?

Our goal in public health is to stop transmission of disease in a mobile society. The flu is transmitted person-to-person. Disclosing locations may create a false sense of security. Also, HIPAA laws prevent disclosure of that information.

Is seasonal flu more deadly than the new H1N1 virus?

We are still learning about the new H1N1 virus. The CDC has said it appears to be similar to seasonal flu. Virginia is prepared in case the situation becomes more severe.

Will the seasonal flu vaccine also protect against the novel H1N1 flu?

The seasonal flu vaccine does not protect against the novel H1N1 flu.

When would you advise having an emergency kit in case of quarantine?

All families and individuals should have an emergency kit stocked and ready for possible emergencies such as severe weather or a health emergency. Quarantines (restricting the activities of healthy people who have been exposed to a contagious disease during the time period when they may be incubating the disease) are very unlikely with novel H1N1. You can find suggestions for what to include in your plan and emergency kit at www.ReadyVirginia.gov.

How long can influenza virus remain viable on objects (such as books and doorknobs)?

Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for 2 to 8 hours after being deposited on the surface.

There were reports of test kits for home use. Are they effective?

Be wary of promotions for products that claim to diagnose, prevent, mitigate, treat or cure novel H1N1 flu. Some companies may seek to take advantage of a new disease with unproven or even fraudulent products such as test kits, food or dietary supplements, drugs, devices or vaccines. Reports of suspected fraud should be reported to the Virginia Fusion Center at (877) 4VA-TIPS.

