

WORKING WELL

MAY 2022

Occupational Health Newsletter



adams

CORPORATE MEDICAL SERVICES

Your Hearing is Important

Now offering program for annual test

Adams Memorial Hospital offers a program for annual hearing tests required by OSHA which is performed by Certified Occupational Hearing Conservationists. These annual hearing tests are \$10.00 per test and retests for \$15.00 per test. We utilize an OSHA-compliant audiometer which does not require a sound booth and takes up less space. The audiometer uses a sound room monitor that verifies the test room sound levels meet OSHA requirements and pauses testing until an optimal range is met to continue with the testing process. We have an audiologist contracted through the hospital to review any threshold shifts and will eliminate the need to send tests out to a third party.

We have a mobile audiometer that can be taken on-site to your facility. If you have any questions, feel free to contact Paul Knell at 260-724-2145 X11146.



HEARING TEST

call 260-724-2145 x11031

FLU SEASON COMING.



**PROTECT YOURSELF.
PROTECT OTHERS.
GET A FLU SHOT.**

Flu Season Not Far Away

A convenience to keep your work force up and running

If your company is interested in providing on-site flu shots to your employees, Corporate Medical Services would love to hear from you!

Corporate Medical Services (CMS) administers the flu vaccine on-site at your facility in a secure and comfortable environment. CMS has begun scheduling flu shot clinics for the 22-23 season.

Providing the vaccine and taking everyday precautions can help protect your employees. If you would like to know more, or to schedule an on-site flu clinic at your facility, please call Paul Knell at 260-724-2145 X11146.

Dr. Kinne

INTERVENTIONAL SPINE/ PAIN MANAGEMENT & SPORTS MEDICINE SPECIALIST

Dr. Robert Kinne is a physical medicine and rehabilitation specialist. Joining AMH in January 2020, he sees patients for general physical medicine and rehabilitation, regenerative medicine, neuromuscular medicine, pain medicine, and sports medicine (non-surgical).



Dr. Kinne graduated from Indiana University School of Medicine and completed his residency at the University of Toledo College of Medicine. He then completed an Interventional Spine/Pain Medicine Fellowship, followed by a Sports Medicine Fellowship. Dr. Kinne has more than 7 years of diverse experience in physical medicine, rehabilitation, and regenerative medicine. His passion is regenerative medicine. He stated, regenerative medicine is less invasive, causes less pain, and causes less scar tissue. He has traveled all over the United States to learn the most innovative techniques regarding minimally invasive procedures and regenerative medicine.

REGENERATIVE MEDICINE

Imagine life without chronic joint pain without surgery

Regenerative therapies are a spectrum of cutting edge therapeutic techniques used to help naturally treat the cause of a painful condition rather than masking the symptoms. Regenerative therapies stimulate and accelerate your own body's natural ability to heal itself. Two of the most effective regenerative therapies include "biologic cell therapy" and "platelet rich plasma injections".

Platelet Rich Plasma

Platelet Rich Plasma (PRP) therapy utilizes platelets taken from the patient's own blood to rebuild damaged tendons or cartilage. Platelets normally circulate within the bloodstream and are responsible for blood clotting and initiating a healing response in an acute injury. Many acute injuries do not heal adequately and can lead to chronic pain and loss of function of the injured area. PRP therapy allows us to harvest the patient's own platelets and re-inject those platelets into the site of the injury to initiate healing and improvement of function. This is typically done under image guidance such as ultrasound and/or fluoroscopy.

Biologic Cell Therapy

The concept behind stem cell injections is similar to that of Platelet Rich Plasma injections. Stem cells are taken from elsewhere in a patient's body, such as bone marrow or fat tissue. Then they are immediately injected into the patient's joint. In theory, the injected stem cells act upon stem cells already in the joint and encourage them to "wake up" and repair damaged tissue. Biologic cell therapy can repair tissues that are too damaged to heal on their own. These cells can stimulate the formation of cartilage, tendon ligaments, bone, and fibrous connective tissues.

The Result

As a result, the damaged tissue may begin to heal. PRP has been shown to be successful in not only relieving pain but also in jump-starting the healing process.

Treatments

Injuries and conditions commonly treated by regenerative therapy procedures include:

- Back & Neck Pain
- Golfer's Elbow
- Tennis Elbow
- Joint Injuries
- Ligament, Cartilage & Tendon Injuries
- Osteoarthritis of the Knee, Hip & Shoulder

The Procedure

Injections are done either in Dr. Kinne's office or in our Outpatient Clinic at Adams Memorial Hospital and take about an hour. Patients return home the same day and are often able to work the following day.

**Find Out If You Are A Candidate Call
Dr. Kinne's team at 260-724-2145 x11203**

(select option 2 for nursing)

Meet the Corporate Medical Services Team!

Working with area businesses to keep them healthy and informed



Corporate Medical Services Team I to r: Jody Black, Allison Townsend, Dr. Nick Lazoff, and Paul Knell.

The Corporate Medical Services Department at Adams Memorial Hospital specializes in occupational medicine addressing health-related factors in the workplace, providing assessment, treatment and prevention services for occupational and environmental health issues.

Corporate Medical Services has recently announced several leadership changes within the department, the entire team is focused on company needs and service. Jody Black has taken over as the Charge Nurse, while Paul Knell will serve as Corporate Liaison, and Allison Townsend, Supervisor, will handle daily operations. Dr. Nicholas Lazoff will continue as our Medical Director. We encourage you to reach out to them with any questions or concerns.

Corporate Medical Services at Adams Memorial Hospital has been serving the work-related health care needs of the business community in Adams County since 1996. Located at Adams Memorial Hospital adjacent to the Emergency Department, we have a strong commitment to providing quality, comprehensive occupational medical care to employees, while meeting the employer's need to control cost and provide a healthy, safe work environment. Its affiliation with Adams Memorial Hospital provides its clients with easy access to the medical care resources of a critical access hospital.

We offer a comprehensive scope of services, including corporate wellness, pre-employment examinations, drug and alcohol testing, hearing screens, pulmonary function tests, immunizations and screenings, as well as treatment of work-related injuries or illnesses.

**Please call Paul Knell at 260-724-2145 X11146
for more information about Corporate Services.**





MDsave Can Cut Your Health Care Costs

Adams Memorial Hospital has partnered with MDsave to help individual employees afford their out-of-pocket costs of health care. See how you can save an average of 50% off the national average! With MDsave, you can save on radiology procedures and OB-GYN procedures with one upfront payment.

Other services you can save on include cardiac imaging, family medicine, general surgery, colonoscopies, internal medicine, nuclear medicine, pediatrics, physical medicine and rehab, regenerative medicine, primary care, sleep medicine, therapy (PT, OT, speech), weight loss and nutritional counseling.

How does MDsave work?

Much like buying a plane ticket online, you can check prices and prepay for your procedure. Pay either all at once or over time with promotional financing options. Once you complete your order, you'll receive a voucher as proof of purchase. By prepaying through MDsave, Adams Memorial Hospital is able to offer lower pricing on the same high-quality care because the billing process is much more efficient.

Search for your procedure at
mddsave.com/adams

We can cut your
health care costs
up to 50%!



Adams is Working For You!

All Specialties included in MDsave at
Adams Memorial Hospital

- General Surgery
- Imaging and Radiology
- Lab Work
- Nuclear Medicine
- Obstetrics and Gynecology (OBGYN)
- Orthopedic Surgery
- Pain Management
- Pulmonology
- Sleep Medicine
- Therapy (Physical, Occupational, Speech)

Adams Memorial Hospital offers over 200 procedures through the MDsave program. visit the [MDsave.com/adams](https://mddsave.com/adams) today to see how you can save on your healthcare costs.



Rapid Urine Drug Screens Offered at Corporate Medical Services

Companies first began drug testing their employees in the 1980's. Since then, drug use among worker's subject to testing has steadily declined. Employers are aware of the negative impacts of workplace substance abuse which has contributed to higher absenteeism, increased risk of job-related injuries and lower productivity and performance.

Drug testing can help to improve employee morale and productivity while decreasing absenteeism, accidents, downtime, turnover and theft. Because every business and workforce is unique, employers should make a careful determination about the drug testing program that is most beneficial for their workplace.

Corporate Medical Services offers several different urine drug screen programs including DOT regulated and non-regulated drug screens, which are sent to a traditional laboratory with results in 3 to 5 days after collection. A new option, now available at Corporate Medical Services is Rapid Urine Drug Testing. This option provides companies with an alternative from the traditional laboratory-based urine drug testing. Rapid testing provides results in minutes after collection and eliminates complicated logistics and reporting delays often associated with laboratory-based urine drug testing. If a non-negative or pending screen is resulted, the specimen is then sent to the laboratory for confirmatory testing, but if the screen is negative, results are immediate.



Benefits to Rapid Drug Testing:

- Convenience and results within minutes after collection
- Accurate and reliable results
- Companies can start new employees sooner
- Companies can reduce or prevent lost time because they are not waiting on results and can get employees back to work
- For additional information regarding the Rapid Urine Drug Testing, please contact Paul Knell at 260-724-2145 X11146.

Ergonomic Assessment Team Eager to Improve Productivity in the Workplace



Adams Memorial’s Ergonomics Team is made up of four Certified Ergonomic Assessment Specialists with backgrounds in Physical or Occupational Therapy. Their aim is to perform on-site ergonomic assessments to provide your business with valuable knowledge and insight on how to improve ergonomics for your workplace.

Sound ergonomic practices can improve the safety and productivity of your employees, and a professional ergonomic assessment is the best starting point. Our team can come to your facility to assess the ergonomic risks presented by work areas in the office, manufacturing, healthcare, retail, or other business settings. An ergonomic assessment will identify ergonomic risk factors and offer potential solutions to reduce or eliminate those risks to workers.

Investing in ergonomics is a valuable business decision that can lead to increased productivity, improved quality, and improved comfort for your employees. If you are interested in professional ergonomic assessments for your company, please contact Paul Knell at 260-724-2145 ext. 11146 or paul.knell@adamshealthnetwork.org



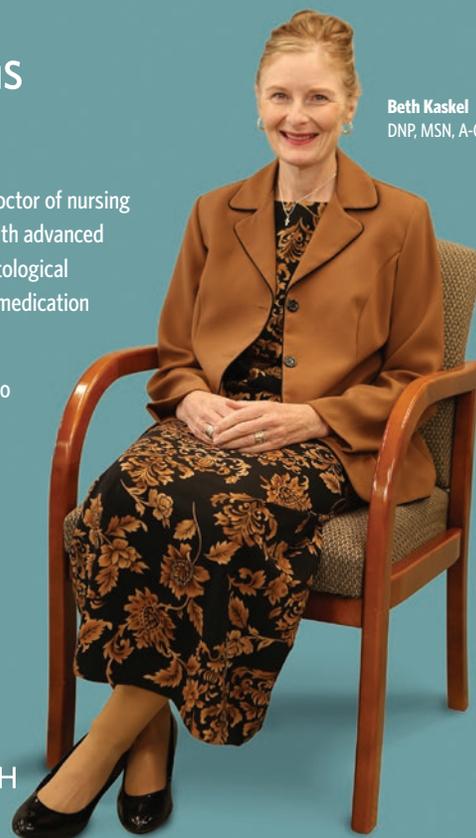
When Your Mental Health is Just as Important as Your Physical Health

Beth Kaskel is a board-certified adult geriatric nurse practitioner and DNP (doctor of nursing practice). Beth has over 25 years of experience in psychiatric and mental health advanced practice nursing. She completed a post-doctoral research fellowship in gerontological nursing, studying caregiver stress/strain. For behavioral health, she provides medication management for ages 12 and over.

Beth is passionate about patient-centered care. She strives to be responsive to her patients’ needs, concerns and values as they work together to improve health and healing and promote recovery.

Adams Memorial Hospital’s Behavioral Health is the area’s leading expert in keeping your mind as healthy as your body. After all, nothing is more important than your health!

To schedule an appointment, call 260-728-3906



Beth Kaskel
DNP, MSN, A-GNP-C, RN



MENTAL HEALTH AWARENESS MONTH

Thinking About Mental Health



What is a Mental Health Condition?

- A set of symptoms that have been identified by the mental health community.
- Criteria is described in the Diagnostic & Statistical Manual of Mental Disorders (DSM-V).
- People with mental health conditions deal with changes in emotions, thinking, and/or behavior that affects their day-to-day functioning.

What Are Some Risk Factors?

- **Social determinants of health:** The conditions people live in that impact their health and quality of life, such as financial stability, education or healthcare access, neighborhood, or social and community life.
- **Trauma:** Any experience that was highly stressful, shocking, or dangerous to you can be traumatic.
- **Genetics:** Passed down from family & affect the way your brain develops, making you more or less likely to develop a mental health condition.
- **Biology and brain chemistry:** Some brains are wired differently, have too high or too low levels of certain neurotransmitters, or are changed due to trauma or injury.
- **Habits and lifestyle:** How you treat your mind and body matters. Not getting enough sleep, nutrition, or exercise can affect your mental health.
- **Substance use:** Using drugs and alcohol can trigger a mental health condition by affecting mood, sleep, relationships, and physical health.

Adams Medical Group Behavioral Health

1300 Mercer Ave. - Decatur, IN 46733

260-728-3906

Information adapted from Mental Health America Handouts:
<https://mhanational.org/mental-health-month-2022-toolkit-download>



Adams MyChart

Your story at your fingertips

-  **Schedule a telehealth visit**
Schedule an appointment with a provider from the convenience of your home. Speak directly to a provider from your computer or smart phone. Telehealth visits can be scheduled for both new and established patients.
-  **Manage your appointments**
Schedule your next appointment, or view details of your past and upcoming appointments.
-  **Request prescription refills**
Send a refill request for any of your refillable medications.
-  **Access your test results**
No more waiting for a phone call or letter - view your results and your doctor's comments within days.
-  **Pay your bill through Adams MyChart**
Adams MyChart allows for convenient bill pay through your phone or computer.

To sign-up for **MyChart** ask your AMH provider or Patient Registration at Adams Memorial Hospital.

adams.mychartcc.com

Adams Memorial Hospital • 1100 Mercer Avenue • Decatur, Indiana

If you are looking for a provider, signing up for MyChart is a convenient option to help select a family medicine provider. MyChart's intended use is to coordinate medical care with your personal provider, and not for work-related injuries.