February Focus: Heart Health

Jan Mishler, RN, COHN-S with Rockwell Collins Health Services, has been helping the company fulfill its commitment to placing more Automated External Defibrillators (AED) in their facilities and training employees on their use. She is familiar with the elements of a comprehensive AED program, which are much more than the purchase of equipment:
- selection of trainees (including issues of physical capability)
- strategic location of equipment
- training program(s)
- follow-up – equipment checks, drills
- crisis communications system
- employee recognition

For more information on AED programs, contact the occupational health clinic in your area or a county office of the American Heart Association (AHA).

AHA (national) – www.americanheart.org

The Iowa Department of Public Health has a grant program that helps rural agencies purchase AED’s – www.idph.state.ia.us/do/notice_of_funds.asp

Tdap Vaccination Recommended for Adults

A single-booster vaccine for tetanus, diphtheria, and pertussis (Tdap) is available for adults and adolescents. Pertussis, an acute, infectious cough illness, remains widespread in the US despite years of routine childhood vaccinations. To reduce transmission, the CDC advises adults aged 19-64, especially health care personnel and those caring for infants, to receive the Tdap. The agency also recommends that intervals shorter than 10 years may be used for booster protection against pertussis.

CDC - www.cdc.gov/mmwr/preview/mmwrhtml/rr5517a1.htm

Report Gives US/State Health Data

“America’s Health Rankings: A Call to Action for People and Their Communities” has tracked the health of US citizens for the past 17 years, based on measures such as infant mortality, smoking, and violent crime. Annual reports since 1990 have documented improvement, but the 2006 edition shows a lack of progress in improving health status that first appeared in 2000. Separate data can be accessed by state.

United Health Foundation (Iowa data) - www.unitedhealthfoundation.org/ahr2006/states/ia/county/2006iow.html

Quick!

What do you call emergency care that’s provided before medical treatment is available? “First aid” is an important part of workplace safety. OSHA requires employers who are not close to a clinic or hospital to have someone trained in first aid and has summarized the basic elements of a worksite first aid program in a best practices guide (which is not a standard).