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AED Units Installed in CHR/HS Buildings

The Cabinet for Health and Family Services has obtained 45 ZOLL automatic external defibrillators (AED) for use within the Cabinet. AEDs are a tool to be used in conjunction with cardiopulmonary resuscitation (CPR) to start the heart when there is no heartbeat or pulse.

AEDs are only to be used by persons trained in their operation. Medical personnel such as doctors, nurses, paramedics, EMTs and CHFS first responders are qualified or trained in the use of AED devices.

The following building and locations are slated to receive AEDs. These locations were selected because of services provided and/or housing a large number of CHFS staff. AEDs will be located in the CHR Complex; L&N Building; Department for Community Based Services offices in Ashland, Bowling Green, Elizabethtown, Whitesburg, Owensboro, Paintsville, Somerset and Lexington; Frankfort Place Office of Information Technology; Child Support Office; Disability Determination Services Frankfort and Louisville; and in 26 Department for Mental Health/Mental Retardation locations. These units will be distributed as staff is trained.

The CHR/HS buildings have 38 floor monitors/first responders trained in CPR/first aid, BBP and AED operation by the American Heart Association. By the end of the year, 100 floor monitors in the CHR/HS building will be trained. All will be certified to use AED devices. The following CHR/HS floor monitors and their locations are listed below.

CHR Building

First Floor

Darryl Greenburg
Sarah McCoun
Sheryl Meador

Noble Wilson
Patricia Hardin

Third Floor

Don Estes
Melissa Newton
Andrea Sieloff
Millie O'Dell
Rebecca Hoover

Fourth Floor

Sandy Amanor
Anya Weber
Tim Driskell
David Hecker
Jare Schneider
Tom Doyle
Todd Trapp
Carrie Hall
Nora Pitzer
Carolyn Maddox

Fifth Floor

Patty Rice
Melissa Deaton

Sixth Floor

Cathy Miller
Dave Durbin
Tom Freeman
Joe Buckman
Wilma Shell
Lisa Thompson
Carla Mitchell

Health Services Building

First Floor

Tammy Warford
Kristy Smither
Shannon Seidel

Second Floor

Carlene Egbert
Gerald Perugini
John Hensley
Kay Loftus
Tracey Sparks
George Robertson

Storage cabinets were received and AED units installed on the CHR fourth and fifth floors on

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June 28. The fourth floor unit is located next to the elevators. The fifth floor AED is immediately inside the Secretary's Office Suite. AED units will soon be placed in wall cabinets on all floors in the CHR/HS buildings. These units are a valuable tool to be used by trained personnel and are an asset to this facility.

If you are located in the CHR Complex, please become familiar with the locations of these units and the staff trained to use these devices.

Public Health Takes Step Forward to Form Emergency Response Teams

Resource typing will allow identification and dispatch of qualified emergency personnel to support disaster response.

By Barbara Fox

Public health workers and individuals interested in emergency response work in support of public health gathered at the Capital Plaza in Frankfort on June 26, to discuss the formation of health and medical emergency response teams to provide support for disasters and public health emergencies.

In the aftermath of Hurricanes Katrina and Rita, CHFS pulled together and responded in many ways to both the needs of people escaping the storm and those left in the affected Gulf Coast counties. This assistance included coordinating state agencies in Kentucky that could provide on-site medical care to the affected areas; sending qualified staff to help rebuild the damaged infrastructure; sending medicine and medical supplies; and providing residential and medical services to those who came to Kentucky for refuge.

In the event of another disaster such as this, state resources and response teams need to be in place and ready to respond in a timely manner both here in Kentucky and in another region of the

country. The Public Health Preparedness Branch in the Department for Public Health (DPH) has formed Kentucky's Emergency Support Function (ESF) #8 Support Team to specifically coordinate the state's health and medical response during large scale disasters and emergencies. The ESF team is a federal response mechanism that brings together multiple agencies that perform similar functions into a single, cohesive unit to allow for better management of emergency response activities.

In addition to the formation of ESF teams, Homeland Security Presidential Directive-5 (HSPD-5) requires states to develop a national resource-typing and credentialing system to allow for the immediate identification and dispatch of appropriately qualified emergency response personnel to major incidents that require significant mutual aid assistance.

"The four teams that we will begin building first include: receiving, staging and storing medicines and medical equipment; epidemiology (surveillance and investigation); environmental health; and specialty needs medical response," said Peggy Ware, manager of the Public Health Preparedness Branch at DPH. "By categorizing these response teams by specific types according to function, skill level and equipment required, we feel confident that our overall response mechanism to emergencies will be enhanced."

Future meetings are planned to further define requirements and equipment that will be needed to support the teams.

For more information on the ESF#8 team, visit www.chfs.ky.gov/dph/epi/preparedness/emergencysupportteam.htm or contact the Preparedness Branch at (502) 564-7243.

University Offers New Social Work Degree

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University of Louisville's Kent School of Social Work will offer a new bachelor's degree in social work beginning in the fall.

The new undergraduate program was developed to meet a rising local workforce need for social workers in many settings, particularly child protection and elder care.

The Kent School plans to accept 25 students this year at the junior class level.

The undergraduate curriculum includes practicum placements in social work settings to supplement classroom work and help students develop practice skills and understand the profession.

UofL will also participate in the Public Child Welfare Certification Program, which is a partnership with the Cabinet and other university undergraduate social work programs in the state. This program is designed to prepare students for careers in public child welfare.

Kent School also offers master and doctoral degrees in social work. Successful graduates of the bachelor's program may be eligible for advanced standing in the master's program.

Applicants can visit the Web site, www.louisville.edu/kent/bsw

For more information, call program directors Noell Rowan at (502) 852-1964, or Dana Sullivan at (502) 852-2920.

Living Well: Nutrition Tips for Those on the Move

The summer season tends to get people moving a little more with seasonal household chores or recreational activities. These extra activities require a slight change to your daily nutritional needs. Your basal metabolic rate is an equation used to calculate how many calories your body

needs at rest to sustain it and how many additional calories will be needed based on your activity level. The more physical activity the body does, the more calories it needs to sustain the normal body functions as well as the additional activity. Review the equation for both males and females.

Women: $661 + (4.38 \times \text{Weight in pounds}) + (4.33 \times \text{Height in inches}) - (4.7 \times \text{Age}) = \text{BMR}$

Men: $67 + (6.24 \times \text{Weight in pounds}) + (12.7 \times \text{Height in inches}) - (6.9 \times \text{Age}) = \text{BMR}$

To estimate the number of calories your body needs per day, multiply your BMR by the appropriate number below:

- 0.9 if you are inactive and have crash dieted frequently during the past two years
- 1.2 if you are inactive
- 1.3 if you are moderately active (exercise 3 days per week or equivalent)
- 1.7 if you are very active
- 1.9 if you are extremely active

The BMR is calculated with two separate equations for males and females because males tend to carry more lean body mass than women. However, BMR is a measure of how fast our "motor" is running. The slower your "motor" or metabolism is, the more weight you can retain. If you burn your daily calorie intake, you are more likely to maintain your current weight, and if you burn more than your daily caloric intake, you will lose weight. There are also additional factors that can affect metabolism, so consulting with your doctor and/or a nutritionist may also provide you with individualized information that can help you achieve your health goals.

Active people need to make sure that they have the appropriate amount of calories to sustain their activities. But they also need to select the proper foods to maintain energy levels and

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nourish tired muscles. Here are some simple suggestions:

Before exercise:

1/2 bagel and 2 tablespoons of peanut butter
Tuna sandwich on multigrain bread with lettuce and tomato
Banana and low-fat yogurt
Drink fluids

Allow at least 1-2 hours after eating before exercising.

During exercise (longer than one hour):

Banana
Dried fruit
Fig Newtons
Jelly beans
Pretzels
Water
Sports drink or gel

After exercise:

Fluids: replace what's lost from sweat either with fluids only or foods that contain high fluid levels like fruits, salad or soups.

Carbohydrates: The American College of Sports Medicine recommends refueling the muscles with 30 to 60 grams of carbohydrates within 30 minutes following exercise (especially if the session is an hour or longer). Specialists say that if you wait longer than 30 minutes it will take longer (about 24 to 36 hours) to refuel the muscles.

Protein: is satisfying and recommended by sports nutritionists to be included in each meal.

In addition to the before, during and after exercise suggestions, here are some examples of quick snack tips to keep you energized and healthy.

Low energy levels – Eat foods that blend complex carbohydrates, which provide readily available fuel for your body and lean proteins,

increasing the brain's dopamine level and boosting awareness. Some healthy examples are:

- A small handful of dried fruits and nuts
- Whole grain crackers with a slice of cheese
- A hard-boiled egg
- Yogurt topped with a tablespoon of granola

Snacks to help you survive until your next meal:

A good snack is one that will carry you over until your next meal and not leave you feeling full, causing you to alter your meal times. Snacks with staying power are those that mix fiber and protein. Some healthy examples are:

- Cereal (containing fiber and low amounts of sugar) and milk (low fat or skim)
- Carrot sticks and hummus
- Black bean dip
- Slice of multigrain bread spread with a tablespoon of reduced-fat peanut butter

All healthy eating takes a little more time in both the planning and preparation stages, but some of these tips will help guide you to making better choices when it comes to physical activity and nutrition.

Employee Recognition Tip

By Martha McClain, Employee Recognition Committee

Have you seen evidence that you are appreciated?

Have you looked:

- At the "Thank You" pages that were posted in the Office for Human Resource Management (OHRM) where the employees could tell other OHRM employees what they appreciated about that individual's work and attitude?

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- On the sixth floor where Department for Medicaid Services served doughnuts and juice to their employees, along with a big banner saying thank you?
- At the fun and festivities constantly going on in Office of the Inspector General, Division of Audits — from potluck lunches to a Derby Day Hat Contest and a Halloween Costume Contest?
- At the employee appreciation forms in the cafeteria, sponsored by the Employee Recognition Committee?

What can you:

- Say to a co-worker to encourage him or her?
- Change about your own workplace attitude?
- Do to let a co-worker know that you have noticed something good about his or her performance at work or attitude in the office?

Open your eyes and acknowledge the good around you. For more tips on how to show your co-workers you appreciate them, visit the Employee Recognition Committee’s Intranet site at <http://chfsnet.ky.gov/afa/ohrm/dpod/06emprecog.htm>.

Employee Enrichment

By Anya Armes Weber

From author Steven Covey’s “The Seven Habits of Highly Effective People,” one habit is to “begin with the end in mind.” Covey suggests that people can shape their future by envisioning goals and expecting positive results. Then we can create those results through our actions. Covey says that

to be effective, we must first make a mental plan to succeed and then execute the physical plan to arrive at success.