

SPRING 2014

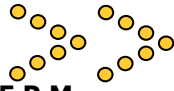
QUARTERLY MEETINGS

Friday, February 14: 11:00 A.M.— 1:15 P.M

Friday, May 9: 11:00 A.M.— 2:00 P.M.

Friday, August 8: 11:00 A.M.—2:00 P.M.

Friday, November 6: Annual Conference



MICHIGAN HEALTH CARE SAFETY ASSOCIATION

Advocating for Safety in Health Care

NEWSLETTER

Conference Call number for May 9th meeting:

1-201-479-4595

If prompted enter Mtg. number 24427935#

Go to link provided by Sandy Allen for webinar link and call in number.

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2013-2014 MHCSA Board

President: Ken Smith

Planning/Education Committee: Ken Smith, Pierre Gonyon (Saint Joseph Mercy Hospital), Gary Schmekel (Marlette Regional Hospital)

Vice President: Janice Homola (Coverys)

Membership/Marketing: Ken Smith, Pierre Gonyon (Saint Joseph Mercy Hospital), Gary Schmekel (Marlette Regional Hospital)

Treasurer: Sandy Allen (Coverys)

Past President: John Bolde (Munson Medical Center)

Secretary: Terry Fisk (CHE Trinity Health)



LETTER FROM THE PRESIDENT

Hello MHCSA members!!!

We have fantastic news: Spring is FINALLY here, our Tigers are off to a great start, MHCSA is going to have an AWESOME year and Life is just plain Good!!! I wanted to take just a moment of your time to remind us of the following: The Healthcare world that we

live in is so filled with the complexities of rules and regulations, laws, standards, codes and even guidelines, Best Practices, AND POLICIES AND PROCEDURES, AND..... That we sometimes can overlook the most obvious: Our Healthcare Industry really is the “ENVIRONMENT OF CARE”. In other words, let’s just do the right thing for the right reason, for EVERYONE (Just Culture)!! To best achieve a Just and Safe Culture, we as Healthcare safety professionals must lead a critical and very

deliberate role, by continually: raising safety awareness, promoting a Culture of Hazard Prevention and living and working in a Sustainable Environment of Care!!! Now, go take the rest of the day off and.....have fun!!!

Kenneth D. Smith

MHCSA list serve email address: mhcsa-list@mhcsa.org

MHCSA website: <http://mhcsa.org>

MHCSA MISSION: To promote and maintain “safety” as a primary function in the delivery of quality health care services.



SLEEP DEPRIVATION BY: KARI "SAFETY MOM" EVELY

Spring has arrived, and you know what that means: a greater potential for sleep deprivation!! I know, that's probably not what you were thinking as you most likely associate the season of re-birth with beautiful weather and the desire to crank up the ol' BBQ. However, the spring months also have a tendency to keep us on the run as we attempt to deal with increased workloads, kids' soccer practice, and pets that are no longer content to stay in winter hibernation. In fact, being busy forces us to pick and choose between our regular activities, and sometimes the ones we sacrifice are the essentials, so let's take a moment to go over some fun facts concerning SLEEP DEPRIVATION:

- Required sleep duration is inherited: 7-9 hrs. normally
- Sleep debt can lead to serious health problems
 - ⇒ Obesity
 - ⇒ Diabetes
 - ⇒ Hypertension
 - ⇒ Depression
 - ⇒ Cardiovascular Disease

In terms of cognitive impairment, being awake for 18 hrs. straight is similar to having a Blood Alcohol Content (BAC) of 0.05%, (keep in mind that the acceptable DOT limit is 0.04%). 24 hrs. without sleep will put you in the 0.10% range (most states consider you impaired at 0.08%). Cognitive impairment includes decreased

- Reaction time
- Alertness
- Attention
- Judgment
- Memory

People who are sleep deprived will begin to show deficits in many tasks that require logical reasoning or complex thought

There is no substitute for a full night's sleep: no, that caffeinated beverage will not help you for any length of time!

So remember, as you're making your priority list of things you must do even when you're incredibly busy, go ahead and get your beauty sleep; heaven knows you could use it!



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REGULATORY AND INFORMATION UPDATES

New OSHA Web Resource

In a press release from the Occupational Safety and Health Administration (OSHA) dated January 15, 2014, OSHA announced the availability of a new web resource aimed at providing extensive materials to assist hospitals in the prevention of workplace safety hazards. These include assessing workplace safety needs, reducing workplace injuries and addressing patient handling programs. Statistics continue to show that hospitals top the list for injuries and illnesses resulting in days away from work. The Bureau of Labor and Statistics shows that nearly half of the injuries in health care are overexertion. Dr. David Michaels, Assistant Secretary of Labor for Occupational Safety and Health, informed in the press release that the materials will provide real life experiences of organizations that have implemented successful programs to reduce occupational incidents which will impact patient safety. The materials include fact books, self-assessments and best practices. The website and guidance information are available at: <http://www.osha.gov/hospitals>.

How Does Your Organization Compare?

According to EHS Today, the national Bureau of Labor Statistics (BLS) statistics and a 2013 Gallup report show that there were 621,100 healthcare worker injuries. The top injury causes were sprains, strains, and tears. Musculoskeletal disorders accounted for 42% of the injuries and illnesses reported in healthcare, and there were 15 reported injuries per 10,000 full-time equivalents (FTEs) that were related to violence.

<http://ehstoday.com/safety/sorry-state-safety-health-care-infographic>

Healthcare Workers Handling Hazardous Chemicals Often Lack Training: NIOSH

Health care workers who routinely come in contact with hazardous chemicals frequently have not been trained to protect themselves adequately, according to a newly published NIOSH study. Published in the American Journal of Industrial Medicine, the study found that such workers "lack training and awareness of employer procedures to adequately protect themselves from exposure."

<http://ohsonline.com/articles/2014/02/21/niosh-releases-study-on-hazardous-chemicals-workers.aspx>

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MICHIGAN HEALTH CARE SAFETY ASSOCIATION



QUARTERLY NEWSLETTER SPRING 2014

ADDITIONAL NEWS AND MEMBERSHIP REMINDER

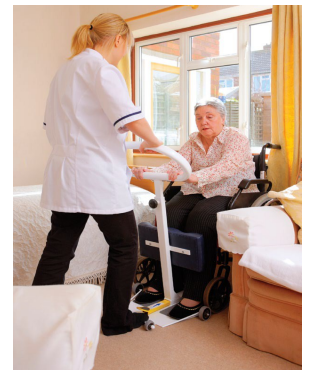
Preventing Musculoskeletal Disorders in Nursing Homes (OSHA Publication 3708)

Preventing Musculoskeletal Disorders in Nursing Homes, a new brochure that addresses the prevention of musculoskeletal disorders among nursing home and residential care workers. This brochure explains how implementing a safe patient handling program can reduce or prevent the number and severity of these musculoskeletal hazards. A successful safe patient handling program includes a commitment to the program by all levels of management, a program committee that involves frontline workers, hazard assessment, selecting technology and equipment to control hazards and training workers on the elements of a safety patient handling program.

MHCSA 2014 Membership Dues

Please remember to send in your 2014 MHCSA Membership Dues ASAP if you have not done so. The dues are \$25.00 . Please make checks payable to: Michigan Health Care Safety Association. Please mail your check and completed invoice to Sandy Allen, 535 E. Polk Road, Ithaca, MI 4887. If you should have any questions please contact Sandy Allen, 989-875-8646 or saallen@coverys.com.

<https://www.osha.gov/SLTC/nursinghome/>



FEBRUARY MTG LOGISTICS AND TOPIC & LOCATION FOR FUTURE MEMBERSHIP MEETINGS

Friday, May 9th Meeting

Time: 11:00 a.m.—1:30 p.m.
Business Mtg. call in number:
1-201-479-4595 Conf. Call Code: 24427935#

The May 9th meeting will include a Web Ex session. The link has been provided in an Email. The presentation has been posted to our website. There is a different call in number for this part of the meeting 1-415-655-0001

Topic: “Construction/Renovation Projects Infection Control & Life Safety”
This presentation will highlight the Interim Life Safety Measures (ILSM is the most frequently cited healthcare related violation) including

requirements for assessment, certification, and coding specifics and employee information and training. This program will also provide information on written materials and training resources that are available to assist employers.

Presenter: Ernest Allen, ARM, CPHRM, CHFM

Location for May 9th and August 8th Meetings:

Coverys
3100 West Road, Building 1, Suite200
East Lansing, MI 48823
Phone:800-313-5888

Mackinac Island Room
(2nd Floor, through the doors on the right)

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