

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Home Care Connection

Connecting Hospital to Home

Meet the Staff: Bonnie Campis

Bonnie is a registered nurse who grew up in Stillwater, Oklahoma. She graduated in 1990 from Cape Fear Community College in Wilmington, North Carolina with an associate degree in nursing. She also attended Oklahoma State University and graduated in 1988 with a bachelor's degree in Information Processing. She has been employed at SMC since 1994 and is currently working as a part-time field nurse for SMCHH.

She has two children, Gabriel who is 12 and will be in 8th grade at the Junior High this year and Maggie who is 10 and is soon to be 5th grader at Westwood Elementary. Her hobbies include walking, gardening and traveling. Her favorite part of her job is patient care.



Swine Flu Update

By Maria Avers

While swine flu, H1N1 influenza, is still present and causing illness, much of the public anxiety has decreased. However, since it is possible to continue the spread of H1N1 virus and other respiratory illnesses, it is important to remember the following precautions.

1. Stay at home away from others if you have a fever, chills, cough or nasal drainage.
2. When coughing, use the inside of the elbow to cough into to prevent the spread of air droplets and keep hands clean.
3. Wash hands or use hand gel after coughing or sneezing.

Throw away Kleenex immediately after one use and perform hand hygiene.

Remember, as the vaccines become available, to obtain a vaccination, a series of 2 injections, to prevent H1N1 (swine) flu. In addition there is the seasonal influenza injection that has been standard over the past years.

More information can be found on these websites:

www.cdc.gov

www.ok.gov/health

Viterion Use

By Sheryl Long

Home Telehealth is an important tool to allow patients to check vital health signs themselves using specially designed equipment and a simple telephone link that keeps them in touch with medical experts.

The user friendly equipment enables home monitoring of blood pressure, blood sugar and oxygen levels, weight, and other vital readings. The results are then sent down the telephone line and can be accessed by medical staff to check for potential problems.

The system reassures users and allows them to stay in the comfort of their own home, but it also means that medical experts can quickly intervene if necessary. Regular monitoring helps spot trends in vital signs that prevent serious problems later. This service is completely free of charge to SMC Home Health patients. You can ask your doctor or SMC Home Health nurse if you would qualify for this service.

Zucchini, Olive, and Cheese Quesadillas

Ingredients

1 teaspoon olive oil
Cooking spray
1/3 cup finely chopped onion
1/2 teaspoon bottled minced garlic
1 1/4 cups shredded zucchini
1/4 teaspoon dried oregano
1/8 teaspoon salt
1/8 teaspoon black pepper
4 (8-inch) fat-free flour tortillas
1/2 cup (2 ounces) pre-shredded part-skim mozzarella cheese, divided
1/2 cup diced tomato, divided
1/4 cup chopped pitted kalamata olives, divided
1/4 cup (1 ounce) crumbled feta cheese, divided

Preparation

Heat the olive oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add onion and garlic; sauté for 1 minute. Add zucchini; sauté for 2 minutes or until lightly browned. Remove from heat; stir in oregano, salt, and pepper.

Wipe pan clean with paper towels, and coat with cooking spray. Heat pan over medium heat. Add 1 tortilla to pan, and sprinkle with 1/4 cup mozzarella. Top with half of the zucchini mixture, 1/4 cup tomato, 2 tablespoons olives, 2 tablespoons feta, and 1 tortilla. Cook for 3 minutes or until lightly browned on bottom. Carefully turn quesadilla; cook for 2 minutes or until lightly browned. Place quesadilla on a cutting board; cut in half using a serrated knife. Repeat procedure with the remaining tortillas, mozzarella, zucchini mixture, tomato, olives, and feta. Serve warm.

Common Immunization Questions

By Jeanne Campbell

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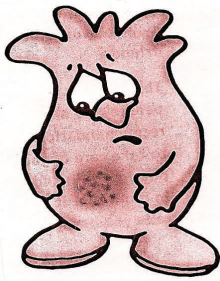
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Mr. Germ

Is it okay for my baby to have so many shots at once?

Studies show that kid's bodies – even infants – can handle many shots at once. Combination vaccines protect your child against more than one disease with a single shot. This reduces the number of shots and office visits your child would need.

Don't infants have natural immunity?

Babies get some temporary immunity (protection) from mom during the last few weeks of pregnancy – but only for the diseases that mom is immune to. These antibodies do not last long, leaving the infant vulnerable to disease.

Haven't we gotten rid of most of these diseases in this country?

Thanks to vaccines, most diseases prevented by vaccines are no longer common in this country. Even the few cases we have in the U.S. could very quickly become tens or hundreds of thousands of cases if we stopped vaccinating. It's not uncommon to have measles outbreaks, whooping cough outbreaks, chicken pox outbreaks, and other diseases when vaccination rates drop. Kids that are not fully vaccinated can become seriously ill and spread it through a community.

I heard that some vaccines can cause autism. Is this true?

No. Scientific studies and reviews have found no relationship between vaccines and autism.

Can't I just wait until my child goes to school to catch up on immunizations?

Many of the diseases vaccines protect against can be very dangerous to infants. Newborns, babies, and toddlers can all be exposed to diseases from parents and other adults, brothers, and sisters, on a plane, at child care, or even at the grocery store. International travel is easier than ever – your baby can be exposed to diseases from other countries without you knowing.

Don't wait to protect your baby and risk these diseases when he or she needs protection now. It's easier to stay up to date than to catch up.

Why does my child need chickenpox shot? Isn't it a mild disease?

Chickenpox can actually be a serious disease for kids if the blisters become infected. Before vaccine was available, about 50 kids died every year from chickenpox, and about 1 in 500 kids who got chickenpox were hospitalized.

My child is sick right now, Is it okay for her to still get shots?

Yes, usually. Talk with the doctor, but children can usually get vaccinated even if they have a mild illness like a cold, earache, mild fever, or diarrhea. If the doctor says it's okay, your child can still get vaccinated.

(Information provided by CDC)

Tip of the Month: Hand Sanitizers vs. Hand Washing

By Maria Avers

Hand hygiene is the most effective way to prevent the spread of infection. The most common way is to wash hands with soap and water with brisk friction. There also is hand gel that can be used when soap and/or water is not available; however, hand gel use does not prevent the spread of some organisms like clostridium difficile that can cause diarrhea. Also, bar soap or refilled liquid soap containers can be a harbor of bacteria so it is suggested to use new containers of liquid soap or wash the dispenser before refilling.

Tips To Prevent Illness in Back-to-School kids

By Jamie Barrett

1. Thoroughly washing hands with soap or using a hand sanitizer is a simple and effective way to prevent the spread of diseases.
2. Keeping children home when they are sick will reduce the chance of exposing others to illnesses.
3. Surfaces in the home should be disinfected regularly.
4. Teach children to cover their nose and mouths when they sneeze or cough.
5. Keep immunizations up to date and consider getting children flu vaccines
6. Ensure that children have good nutrition and hydration, these are effective ways to keep a body healthy
7. Providing a loving, stress-free home helps keep children's immune system strong to fight disease.
8. Routine doctor appointments for children should be a priority.

If you would like to be removed from or added to our mailing list, please contact Kathy at 405-624-6578 or by email at kwilkinson@stillwater-medical.org