

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Home Care Connection

Connecting Hospital to Home

Meet the Staff:

Jane Grooms

Jane Grooms is an LPN and has been with SMC Home Health Services, for 15 years. She has been a home health nurse for 20 years. Jane loves to meet new patients and help them through the healing process. She feels her job keeps her humble and grounded.

Jane and her husband Terry live in Stillwater. They have a blended family of six children, five are married and they have eight lovely grandchildren. Family, children, grandchildren and parents are very important to her.

When time allows she enjoys her flower gardening, stained glass, and antiques. She and Terry are members of the University Heights Baptist Church.



May is Better Sleep Month



Sleep Apnea By Julie Muret, RRT



Obstructive Sleep Apnea is the most common sleep disorder that occurs when a person stops breathing while they are asleep because their airway becomes partially or completely blocked. This can occur several hundred times throughout the night. Factors that can cause sleep apnea are obesity, unique anatomy of the nose or problems associated with the nose and throat, thick neck (>17 inches), increasing age, and past family history of sleep apnea. Alcohol consumption and sleeping tablets can also induce sleep apnea.

Sleep apnea affects about 1 in 5 people and there are many more people that are still undiagnosed. Common symptoms are sleepiness or fatigue during the day, poor concentration, forgetfulness, morning headaches, snoring, stop breathing during sleep, and depression. Sleep apnea is also linked to high blood pressure, cardiovascular disease, heart arrhythmias, obesity, diabetes, stroke, and extremely high risk for traffic accidents.

The most common and effective treatment for sleep apnea is positive airway pressure therapy. Surgical and dental procedures are a possibility for mild sleep apnea sufferers, however, these procedures are higher risk and have a much lower success rate. If you suffer from any of these symptoms or problems, talk to your doctor about sleep apnea.

"Mention the newsletter and get 10% off any 1 item at Cimarron Medical Services. (Only applies to private pay items)"

Crunchy Onion Barbecue Chicken

- 1/2 cup barbecue sauce
- 1-1/3 cups french-fried onions, crushed
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon pepper
- 1/2 cup barbecue sauce
- 4 boneless skinless chicken breast halves (6 ounces each)

Place barbecue sauce in a shallow bowl. In another shallow bowl, combine the onions, cheese and pepper. Dip both sides of chicken in barbecue sauce, then one side in onion mixture. Place chicken, crumb side up, on a baking sheet coated with cooking spray. Bake at 400° for 22-27 minutes or until a meat thermometer reads 170°. **Yield:** 4 servings.

Cimarron Medical Services Weekly sale items

The week of :

May 2nd - 10% off stethoscopes

May 9th - 10% off lift chairs

May 16th - 10% off toilet safety frames

May 23rd - 10% off bed assist rails or handles

May 30th - 10% off walkers and canes

**Cimarron
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**New Research on Sleep
By: Bonnie Campis, RN**



If you need an incentive to get more sleep consider a new study that indicates those of us who do not get more than five hours of sleep a night increase the risk of metabolic disorders. Having too little or even too much sleep causes the body to deposit dangerous fat around vital organs. This increases the rates of obesity, insulin resistance and Type 2 diabetes as well as hypertension and coronary artery disease.

There is evidence that suggests getting too little sleep may play a key role in an expanding waistline. There tends to be more daytime snacking in people who are sleep deprived because sleep helps to regulate two hormones that affect appetite—ghrelin, which tells the brain you need to eat more and leptin which tells the brain that you are full. People who don't sleep enough have higher levels of ghrelin. The research indicates that people should aim for six to eight hours of sleep each night.

Tip of the Month

By Amy Lindsey

For a **Good Night's Sleep** make sure you

- 1 Give yourself permission to go to bed
- 2 Unwind early in the evening
- 3 Develop a sleep ritual
- 4 Keep regular hours

- 5 Create a restful place to sleep
- 6 Sleep on a comfortable and supportive mattress and bed
- 7 Exercise regularly
- 8 Cut down on stimulant like caffeine
- 9 Reduce alcohol intake.



**Sleep Surfaces
By: Marvin Smotone**



For this newsletter we will be covering the different types of sleep support surfaces available at Cimarron Medical Services, but first let us review the definition of a sleep support surface. A sleep support surface is a specialized device for pressure redistribution designed for management of tissue loads, micro-climate, and/or therapeutic functions.

The following are the two most common sleep support surfaces:

-Mattress – A support surface designed to be placed directly on the existing bed frame. Here at Cimarron we use a single layer, high density, group one therapeutic mattress specially fabricated to provide three zones of pressure reduction across the surface of the mattress to help prevent bedsores. We also provide a Low Air Loss (LAL) mattress. Its function is to circulate airflow to keep the patient dry preventing moisture build up and skin breakdown which also helps to prevent bedsores.

-Overlay – An additional support surface designed to be placed directly on top of an existing surface. Overlays can consist of non-powered overlays, which is any support surface not requiring or using external sources of energy for operation or powered overlays which do require external sources of energy to operate. An example of a non-powered overlay would be the egg crate style foam which provides superior weight distribution for comfort and pressure relief. The most common overlay we provide at Cimarron is the Alternating Pressure Pad & Pump (APP). The APP system is designed to help prevent stage 1 bedsores. APP or bubble pads use approx. 130 bubble cells that alternately inflate and deflate. Some pumps can also be adjusted to increase or decrease the firmness of the mattress for patient comfort.

The sleep surfaces we have mentioned above are all available at Cimarron Medical Services, in addition we have access to a variety of other sleep support surfaces including Bariatric beds and Bariatric sleep support surfaces. Call us or come by if you have questions.

If you would like to be removed from or added to our mailing list or have comments about the newsletter, please contact Sara at 405-624-6578 or by email at shixon@stillwater-medical.org