



FLORIDA STATE ASSOCIATION of  
OCCUPATIONAL HEALTH NURSES

### *Florida Mission Statement*

*The mission of Florida State Association of Occupational Health Nurses, Inc. is to advance the profession of occupational and environmental nursing in the state of Florida. To fulfill this mission, we:*

- *support the mission of the American Association of Occupational Health Nurses.*
- *promote professional excellence and opportunities through education and research.*
- *support standards of professional practice and a code of ethics.*
- *influence legislative, regulatory and policy issues.*
- *promote internal and external communications*

## **What's New Regarding the H1N1 Flu?**

Authored by: Arlene Guzik, DNP, ARNP-BC, COHN-S

The health community continues to learn more and more every day about the evolution of the H1N1 flu. It is now known that the H1N1 virus contains identities of seasonal, avian, and swine flus, causing quite a virulent strain. Because of this, rapid swab testing is not always accurate in diagnosing H1N1 flu due to a high frequency of false positive and false negative results.

Routine rapid swab testing is not recommended. Healthcare providers are advised to diagnose, test, and treat based on the severity of symptoms. Testing in individuals without symptoms is not advised. For highly suspicious cases, confirmation testing is indicated. This is done through assay testing in the laboratory setting.

The H1N1 flu causes very severe symptoms of the flu with very high fever, cough, sore throat, malaise, and headache. Symptoms appear most severe and the attack rate is higher in infants, children, young adults, and pregnant women. It is suspected that past exposure to strains of various flus seem to be providing some immunity for older adults.

The Federal Government has implemented a Public Health Initiative to deploy H1N1 vaccine for the groups most at risk. This means that priority for vaccination will be targeted at children ages 6 months to 24 years, and pregnant women. In addition, the vaccine will be offered to healthcare workers and individuals with chronic health conditions ages 25-64.

Once exposed to a confirmed case of H1N1 flu, it may take anywhere between 1 and 7 days to develop symptoms. If symptoms develop, contact a healthcare provider immediately. Stay home from work until your healthcare provider evaluates you and until you are free of fever and symptoms. Recovery may take several days.

As always, the best prevention is to maintain a healthy lifestyle. Keep a clean environment. At work: clean your work surfaces, keyboards, and telephones frequently. Cover your mouth and nose when coughing and sneezing. Dispose of tissues in the trash immediately after use. And, wash your hands frequently. Continued page 4

# President Report

## Barb Maxwell



Greetings –

I hope this newsletter finds everyone safe and sound while winding down the summer. Since the last newsletter there have been many changes within our professional organization at the national level (AAOHN). We are, like many others, being faced with some strong economic down turns, while trying to maintain operational excellence within our respective organizations. Like I had said before, FSAOHN, Inc. is going strong! Even though we are all being asked to do more with less; I have full confidence in our

Board of Directors that this challenge will not compromise our on-going efforts to produce positive results for our membership. The success of this accomplishment is no secret; it is because of each Board of Director’s commitment to serve and continue to put in many voluntary hours because of their passion for what we do.

Another reason for the success of all the Chapters in Florida is because of our loyal membership and the commitment each of you have to our organization. I feel that I am extremely blessed to be leading such a great organization, while working beside such talented and committed individuals. I continue to wake up every day and be excited to carry the passion that many of us have for our organization. I am truly humbled when I think about everything you all have given - not only to our organization, but to the local Chapters and charities that are supported throughout the year.

Many members have called expressing concerns of the movement of AAOHN and their future viability as our professional organization. It was announced that Ann Cox, Executive Director, has retired. The National Office located in Atlanta closed and the management of AAOHN was out-sourced to an agency that specializes in recovering organizations. It will be a seamless movement and will not affect the membership.

I am very pleased to announce, we – the Board of Directors – have extended an invitation to our National President, Ms. Kay Campbell, to present at FOHC and to be available to answer any questions the membership may have. She has gladly accepted and will be speaking at our opening evening session, Thursday, September 17<sup>th</sup>.

We are very excited with FOHC around the corner. I will leave all the details to the Committee Chairs to elaborate in this article. Stay tuned for many exciting details! At our Annual Business Meeting we will be voting on a change in our by-laws to reflect the same verbiage as nationals so we may follow the same format. Based on the economic down-turn the BOD looked at restructuring the board and combining roles to be more efficient and focus on cost savings. The different positions we have looked at (and what the membership will vote on) are the following:

- Combining both Vice Presidents roles into a “President Elect” role
- Combine both Secretarial Positions (Corresponding and Recording) into one

Again, “Thank you” all for the volunteer hours many of you have put in to see your local chapter succeed and for all of your continued commitment and support for our organization. Remember, life isn’t all about work; it’s not only about what we get, but what we give back. Thank you for all that you do. I look forward to seeing all of you at FOHC.

### Special points of interest:

- H1Ni
- FOHC
- HTN

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## FOHC 2009

**49<sup>th</sup> Annual**  
**Florida Occupational Health Conference**  
**FOHC 2009**



Essentials of Transition Past, Present and Future

Save the dates, September 17-19, 2009 at the Ritz Carlton  
 in Naples, Florida!

## FOHC Hospitality

From the hospitality community, we are looking forward to seeing everyone for a great conference.

We can still use things for the goodie bags and Door Prizes, we always like to get a little something extra. It is a nice surprise.

Anything that you all have that you would like to donate for the goodie bags or door prizes, you can send them to me at CF Industries , 10608 Paul Buchman Hwy Plant City Fl. 33592 or email me and we will work something out to pick things up! My email address is [dschaubert@cfifl.com](mailto:dschaubert@cfifl.com).

I look forward to seeing you all at conference! Donna Schaubert Hospitality Chair

**FOHC**  
**Coming Soon.**  
**Don't MISS**  
**out!**  
**BE**  
**THERE!!!!**

If you attend FOHC, Please seek out a board member and introduce yourself. We enjoy meeting all the members and want your feed back on the conference.

**FSAOHN**  
**BOD**

## H1N1 Continued

The Public Health Vaccine Initiative targets three groups in a three-phase approach. The Federal Government is expected to release 40 million doses of H1N1 vaccine in mid-September. The vaccine is being distributed **only** to Public Health Departments. Each public health department will have a plan on how the vaccine will be administered in phases to the risk groups.

Priority Group 1 includes:

- Pregnant women
- Infants and children ages 6months-24years
- Healthcare workers

Adults ages 25-64 with chronic medical conditions

Priority Group 2 includes:

- EMS/Fire/Law Enforcement/Public Safety Officers
- Government Officials
- Critical infrastructure workers; such as utilities workers (power, water, waste, etc.)
- Media workers

Priority Group 3

- General public

The vaccine will be administered **FREE OF COST**. The vaccine comes in multidose vials. It requires a two-dose series: Initial vaccine, repeated in 2-3 weeks. A record of all individuals receiving vaccination must be logged in the Department of Health Registry Database.

Public Health Departments have established a priority distribution for the vaccine as follows:

The vaccine will be distributed to schools for administration to children and young adults. The vaccine will also be distributed to Obstetrician and Pediatrician offices. Hospitals and emergency departments will receive a supply. And each local Health Department will have a plan for distribution and vaccination of health-care workers and public infrastructure workers.

### **Frequently asked questions:**

**Q:** What about H1N1 vaccination for international travelers?

**A:** This is not a priority group. H1N1 prevalence has appeared much higher in the US. Travel abroad does not appear to increase risk. Keep in mind, however, that international travelers are always at increased risk for health conditions and usual travel precautions should be followed.

## H1N1 Continued

Q: Can the H1N1 vaccine be administered concurrently with seasonal flu vaccine?

A: Yes

Q: Should we delay the plan to administer the seasonal flu vaccine so we can give both at same time?

A: NO. Proceed with your usual plan to vaccinate for the seasonal flu.

Q: When can I get a supply of H1N1 vaccine?

A: The vaccine most likely will not be distributed to general offices and will not be available through the common avenues as for season flu vaccine. Therefore, individuals who fall into the priority risk groups should consult with their healthcare providers or with their local public health department on how they can get vaccinated.

Q: Can we give the H1N1 to our company workers?

A: Only if they meet the priority group criteria. If you have workers who meet the above priority group criteria, contact your local health department for guidance.

Q: How can I help with this Public Health Initiative?

A: Contact your local health department. Ask for the Community Outreach Coordinator. They most likely will be seeking volunteers to assist with the initiative.

In summary: This is not you usual case of the flu. Symptoms are much more severe. Epidemiologists, public health officials, and statisticians are working diligently to understand the attack and risk rates. It remains a mystery as to why pregnant women are at risk. Kids and young adults are most susceptible. As healthcare professionals, we will experience one of the most structured approaches to vaccination of at-risk populations through this Public Health Initiative.

References:

[www.cdc.com](http://www.cdc.com)

Contact you local Public Health Department

Visit [www.lakesideoccmed.com](http://www.lakesideoccmed.com) for educational material for your workers

## Central Florida Marianne Mika



Central Florida OHN has continued to host CE events on the odd months. The latest CE was perfect timing. Topic: MRSA, Swine Flu & the Role of the Epidemiologist & the Public Health Dep't. The speaker was **Donna Walsh RN, BSN, MPA** of the Orange County Health Department. Dinner was sponsored by Corvel.

In honor of our colleague and chapter member Jean Ritz who passed away earlier this year the board of Directors is pleased to announce a Memorial Scholarship Award. This is a annual memorial scholarship and this year is in memory of Jean Ritz. This scholarship is good for one registration and one night at the host hotel. This year the winner of the scholarship is Maureen Kittle. A scrapbook was made in her memory and will be sent to her family after our members have had a chance to record their fond memories.

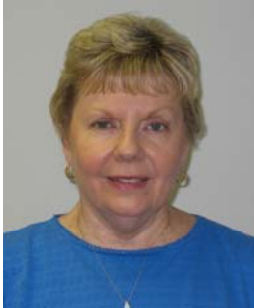
## Fort Lauderdale Janice Mullens



Ft Lauderdale chapter is proud to recognize the academic achievements of our Secretary Osvaldo "Ozzie" Perez-Maiy. Ozzie recently graduated with his Masters of Science in Organizational Leadership from the H. Wayne Huizenga School of Business and Entrepreneurship Nova Southeastern University, Davie, Florida. Congratulations on your hard work and achievement!

I am glad to report that our chapter has been successful in obtaining the commitment of Richard Sands, RPH, CPh, Drug agent from the Florida Department of Health, Division of Medical Quality Assurance to speak about the Health Care Clinic Establishment permit. It has been difficult to get a clear definition of which business structure should operate with this permit and Mr. Sands should be able to make this crystal clear. I wish to thank Laura Long for sharing the name of her contact person at FDOH– this exemplifies the benefits of our organization camaraderie.

Heart of Florida  
Mary Jo Woodward



We had a Board Meeting on 6/30/09, with a review of our Bylaws, a few minor changes were made and we will vote on these at our September Meeting.

Our last meeting was a Badcock Furniture & More Corporate office in Mulberry, Fl. The meeting was held on July 14, 2009. We had an excellent turn out for the meeting! Our speaker was Tony Pribila, PT,CMPT,CMP, CEAS of Therapeutic Rehab Specialist, he spoke about Malingering & Symptom Magnification...Interpreting Waddell's Testing for Non-organic low back pain behavior.

Our next monthly meeting will be on Tuesday, September 8, 2009 at 5:30PM at the Lakeland Yacht Club, the law offices of Harbsmeier,DeZayas, LLP will be providing a Worker's Compensation Update. If you are interested in joining our Heart of Florida Chapter of Occupational Health Nurses, this would be an excellent meeting to attend.

Our community projects for this year are:

Peace River Thrift Shop Donations

Senior Orphans at Christmas Time

SPCA – members have been asked to donate dried cat or dog food to assist Seniors who with the present economy may be having difficulty handling the expenses of their favorite friend.

Anyone who wants more information about our Heart of Florida Chapter may contact me at [mwoodward@cfifl.com](mailto:mwoodward@cfifl.com)

North East  
Rachel Cox



NorthEast is on Vacation for the summer, see you in the fall!



## NorthWest Debra Dicken



The Northwest Florida Chapter continues the east and west activities. In the east, the Panama City area, there have been two meetings and there is a west, the Pensacola area, meeting scheduled for September 10, 2009. Plans are to try to keep this up in an effort to offer all members the opportunity to network and obtain continuing education.

The western groups' meeting on September 10<sup>th</sup> will be a breakfast meeting at Allstates Employment Services, Lisa Jernigan, Director of Risk Management and speaker at this year's FOHN will host the meeting and provide a presentation.

In the Panama City area, there have been two meetings recently. The first was hosted by the occupational health nurses, Darlus Kinard and Nakeisha White, at the Trane facility. Debbie Dicken presented a program on stress management. The second meeting was held at the Gulf Power Company District office. Debra Jennings of Gulf Coast Hospital gave a presentation of the resources available through Gulf Coast Hospital in the Panama City area. The next meeting is being planned for October.

Due to resignations by most of the NWFAOHN board members, new officers and directors have volunteered and been named to the board. These officers will serve until elections can be held in December.

## Palm Beach Kellie Collins



Palm Beach has been taking a little "hacienda" for the summer. Plans to regroup in October. We have some great sponsors and plan for a wonderful Holiday party. Hoping to see many of you at FOHC in September

## West Coast

Laura Long resigned as President of Florida West Coast due to other responsibilities. FWC wishes her all the best and thanks her for her dedication and commitment to FSAOHN.

Judy Reeves from Amerisure has assumed the Florida West Coast Presidency role. We welcome her to the group, offer our support and wish her great success.

## Space Coast Karen Lentz



Florida Space Coast Association of Occupation Health Nurses (FSCAOHN) continues to look for ways to get all members involved, maintain membership and continue to grow our chapter.

We continue to hold meetings monthly in Brevard County at Comprehensive Health Services, Inc. in Cape Canaveral on the 2nd Tuesday of the month at 5:30 pm. Teleconference for the general meetings are held the odd months of the year at Harris Family Medical Center in Melbourne where they call into the meeting held in the Cape Canaveral location. We continue to look for a member in the North part of the

county to volunteer to hold meetings for members North of Cape Canaveral. If you are ever in our area and would like to join us, please feel free to stop in at any of our locations.

We took a month off in June for a short summer vacation. In July we held our BOD meeting where we reviewed all of the National information from Symposium, shared the information from the state BOD meeting and also discussed local chapter agenda concerns.

Our August meeting was a general business meeting. We reviewed the minutes from the BOD meeting, discussed and encouraged all to go to Florida Occupational Health Conference (FOHC) and started to prepare for our upcoming election of new officers.

We have changed our schedule for the remainder of the year so that we could include all the general meetings along with the CEU's including FOHC. All chapter members are encouraged to go to FOHC in Sept. to obtain CEU's and also to do some networking. It's a great opportunity to get away and also get to know the nurses who work throughout our state. It's amazing to see where Occupational Health is going and getting ideas to improve our work environments. We will hold our general business meetings in October and November. Our final CEU for 2010 will be held during our December meeting where we will also be doing installation of our officers.

We continue to have a representative participate on the National Government Affairs conference calls monthly.

Our website continues to flourish with new information including our Chapter Goals for 2009. We hope you can take a minute and check us out at <http://www.fsaohn.org/chapters/spacecoast.html>

**As we prepare for the 4<sup>th</sup> quarter of 2009, I would like to leave you all with a few quotes.**

Nothing is particularly hard if you divide it into small jobs.

-Henry Ford

To achieve great things you have first to believe it. -

Arsene Wenger

## HIGH BLOOD PRESSURE

By: Jim Troxler, MPH, MSN, ARNP

### WHY SHOULD YOU CARE?

### HOW TO GET YOUR BEST POSSIBLE READING FOR YOUR PHYSICAL EXAMINATION

Hypertension (high blood pressure) is known as the silent killer because most people with high blood pressure cannot feel any symptoms even when the pressures are dangerously high.

One adult in three in the US has high blood pressure. High blood pressure is dangerous because it damages blood vessels, which leads to heart and kidney disease, aneurysms, blindness, heart failure, amputations, and strokes. All of these health problems can affect your ability to work, and may lead to loss of employment and even death.

According to the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure, the following categories describe blood pressures:

<u>Blood Pressure type</u>	<u>Systolic (top number)</u>		<u>Diastolic (bottom number)</u>
Normal	Less than 120	and	Less than 80
Prehypertension	120-139	or	80-90
Stage 1	140-159	or	90-99
Stage 2	160 or higher	or	100 or higher

All blood pressures above 120/80 raise your risk for the health issues and death as listed above.

### HOW YOU CAN CONTROL YOUR LIFESTYLE TO LOWER RISK FOR HIGH BLOOD PRESSURE.

Certain lifestyle habits increase your risk for high blood pressure:

- Being overweight
- Too much salt in the diet
- Drinking too much alcohol
- Smoking
- Not getting enough potassium in the diet
- Not getting enough physical activity
- Not getting enough sleep
- Not having regular checks of blood pressure
- Not taking blood pressure medicine as prescribed
- Eating and drinking foods and drinks high in stimulants

**Have your blood pressure checked regularly. Even if you don't have high blood pressure, by checking your blood pressure regularly, you can identify signs of increasing blood pressure and initiate early intervention and control. This may save your life.**



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## High Blood Pressure cont'd

### BLOOD PRESSURE CONTROL AND YOUR DOT PHYSICAL

One of the major reasons for failure to obtain a DOT card after the physical examination is high blood pressure. There are several things the driver can do to insure their blood is as low as it can be for their physical.

For the long term:

Exercise at a moderate intensity at least 30 minutes a day

Maintain a healthy weight

Quit smoking.

Have no more than one alcohol drink for women or two alcoholic drinks for men in 24 hours

Follow a diet that is moderate in salt, sugars, and fats

Manage stress through whatever means works for you; personal, social, or professional means

For the short term:

Get a good night sleep the night before the physical

Take blood pressure medicine at least 2 hours before the exam

Avoid stimulants that are found in coffee, tea, colas, Mountain Dew, and energy/power drinks

Avoid "natural" health herbs or drinks that contain stimulants

Empty your bladder 30 minutes before your blood pressure is taken

Sit quietly 5 minutes before your blood pressure is taken

The Federal Motor Carrier Safety Regulations (49 CFR 391.41) publishes guidelines that specify criteria regarding certain medical conditions and qualifications for driving. A DOT medical examiner's certificate is typically valid for up to 24 months. However, the medical examiner may also issue a medical examiner's certificate for *less* than 24 months when it is desirable to monitor a condition, such as high blood pressure.

If your blood pressure greater than 140/90, you may not qualify for a full term DOT card. The DOT medical examiner may issue a provisional card that will allow for a period of time for you to see your healthcare provider for evaluation and/or treatment to better control your blood pressure.

References:

- <http://www.fmcsa.dot.gov/rules-regulations/topics/medical/aboutdotexam.htm>
- <http://www.fmcsa.dot.gov/documents/safetyprograms/medical-Report.pdf>

**In MEMORY of:**

*In loving Memory*

*Nancy Halpin*

*Florida West Coast, Past President FSAOHN 1968-69*

*July 2009*

*Jean Ritz*

*Central Florida Chapter*

*May 2009*

**NOTICE****New Recommendation****NIOSH Approved Spirometry Certification**

**New Program Change:** Effective January 1, 2009, NIOSH has changed the time limits on all certificates to 5 years from the course date. Previously awarded certificates are **no longer valid indefinitely**. Individuals who choose to have a valid NIOSH certificate must either take a NIOSH-Approved Spirometry Refresher Course before the certificate is invalidated or retake the initial Course.

The OSHA Cotton Dust Standard does not mandate spirometry refresher courses, although occupational and respiratory professional organizations recommend periodic refresher courses to update technicians on changes in pulmonary function testing standards and to reinforce awareness of problems that are encountered during spirometry testing. Acting on these recommendations, NIOSH will begin offering dedicated one-day NIOSH-Approved Spirometry Refresher Courses. Refresher training **is not** mandated by NIOSH.

NIOSH-Approved Spirometry Refresher Courses will be offered only to individuals who have successfully completed the full NIOSH-Approved Spirometry Training Course. Prior to enrollment in a NIOSH-Approved Spirometry Refresher Course, students must demonstrate eligibility by providing a copy of a valid NIOSH-Approved Spirometry Training certificate. If a certificate is lost or misplaced, the student must obtain a duplicate copy from their course sponsor, since NIOSH **does not** maintain a roster of student names or copies of their course certificates.

Eligibility for the NIOSH-Approved Spirometry Refresher Course is as follows:

- Individuals with NIOSH-Approved Spirometry Course certificates dated prior to January 1, 2000, are not eligible to take a NIOSH-Approved Spirometry Refresher Course. To maintain valid certificates, these students will need to successfully repeat the initial NIOSH-Approved Spirometry Course.
- Individuals whose NIOSH-Approved Spirometry Course certificates are dated January 1, 2000, through December 31, 2005, must successfully complete a NIOSH-Approved Spirometry Refresher Course (or repeat the initial Course) by December 31, 2010, to maintain a valid NIOSH-Approved Spirometry Course certificate.

Individuals whose NIOSH-Approved Spirometry Course certificates are dated January 1, 2006, or later must successfully complete a NIOSH-Approved Spirometry Refresher Course (or repeat the initial Course) within 5 years of the date of their course to maintain a valid NIOSH-Approved Spirometry Course certificate.

For more information about Spirometry Refresher Courses, contact:

Hana Osman, PhD

Director, Continuing Education & HST Sunshine ERC

College of Public Health

University of South Florida

**Tel: 813 974-0989**

## Job Openings

### Supervisor Nursing-61671

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#### Job Description

Oversees the Health Services department in Miami and it's professional staff. This includes providing emergency first aid care to injured/ill workers, case management of work related injuries, coordination of first aid training, maintenance of the OSHA 300 log, and partnering with other BCI nurses to promote wellness programs.

#### Qualifications and Experience

- Valid RN license (Florida), BSN or COHN certification preferred.
- 2-3 years of relevant nursing experience

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If you believe your education and experience are in line with the position description and qualifications referred to above, and are motivated, energetic, and looking for a new and exciting opportunity, please submit your resume online at the URL below or at [www.beckmancoulter.com](http://www.beckmancoulter.com).

## Board of Directors

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Treasurer: Carson Faris 352-362-3920 [carsonfaris@embarqmail.com](mailto:carsonfaris@embarqmail.com)

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