

SPRING 2009
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Lafayette County Health Department/Home Care

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Public Health

Debbie Siegenthaler, RN MSN - Director/Health Officer

Public Health Week April 6th-12th, 2009

Annually the public health community recognizes the work of public health and strives made to improve the health of the public. This year's PH week theme is "Building the Foundation for a Healthy America". Despite our best efforts, Americans are not as healthy as they should be. Although we spend more on health care than any other country, the health system is failing and our nation is falling behind in many important measures of what it means to be healthy. We have reached a point where we must examine our health system and the foundation upon which it stands. We have the potential to greatly improve our population's health in the future. By recommitting ourselves to support our nation's public health system, we can build on the successes of the past and establish the solid foundation needed for a healthy nation.

One specific area of concern is Oral Health Care Needs. We are however excited about the wonderful opportunity we have locally ... The Darlington Dental Clinic.

This clinic, located inside the new Darlington Regional Clinic on Main Street plans to open on May 4, 2009. The Dental Clinic will be serving clients who have Badger care, Medical Assistance or are uninsured. Oral health care needs of children will be one of the main focuses of the clinic upon opening day. In anticipation of the clinic opening, we at the Lafayette County Health Department wanted to take this opportunity to promote and encourage good oral health care habits in children. The need for oral health care is the most prevalent unmet healthcare need among children and adolescents. Those children and adolescents without health insurance are four times more likely to have unmet oral healthcare needs than those with private health insurance. Hispanic children are almost twice as likely as non-Hispanic white children to have had no contact with an oral health professional in the past 2 years. Dental caries remains the most prevalent chronic disease of childhood. Among children ages 2 through 5, the amount of dental caries in the primary teeth has increased. The children's primary caregiver plays the most important role in ensuring that their children's oral health needs are met.

Fluoride plays an important role in oral health. Water is the most accessible and cost-effective way of getting fluoride. Community water fluoridation decreases tooth decay. If your water source does not contain fluoride, there are fluoride-containing products such as drops and tablets available.

Appropriate nutrition choices are needed for healthy gums and teeth. The Wisconsin Department of Health Services recommends doing the following

- Choose a variety of foods from each of the food groups. Set regular meals and snack times.
- Offer snacks such as: popcorn, cheese, fruit and dry cereal (low sugar).
- When your child is thirsty, offer water.
- Brush after eating, especially after eating sticky foods.
- Help your child control a "sweet tooth". Avoid offering high sugar foods such as candy.

ANNOUNCEMENTS:

New Staff:

Help us welcome ☺

DANIELLE STEGER,
new Home Care Nurse
KATIE CURRY, new
Administrative Deputy

- **HEALTH AND WELLNESS FAIR**
Sat. April 4th
8am-noon
Darlington High School
- **We also want to recognize the special staff we have in honor of Administrative Professional's Day in April, Nurses' Day in May and CNA week in June.**
THANKS TO ALL OF YOU & ALL YOU DO ☺

Regular dental visits are key in preventing dental problems. Dental visits should begin at an early age. The American Dental Association (ADA) recommends that a dentist examine a child within six months of the eruption of the first tooth and no later than the first birthday because as soon as the first teeth appear, children are susceptible to decay. Besides checking for oral health problems, the dentist can demonstrate how to clean the child's teeth properly. The ADA gives the following recommendations for good oral hygiene:

- Brush your teeth twice a day with fluoride toothpaste. Replace your toothbrush every three to four months.
- Floss between your teeth daily. With children, flossing should begin when teeth begin to touch each other. Flossing reaches between teeth where your toothbrush cannot.
- Eat a well balanced diet.
- Use a pea-sized amount of fluoride toothpaste for children ages 2-6. Assist your child with brushing. Children typically cannot brush effectively on their own until age 6 or 7.
- Use fluoride mouth rinse. However, it is not recommended for children under 6.
- Visit your dentist regularly for professional cleanings and oral exams.

As unmet oral health care needs continue to be prevalent, it is important for parents and caregivers to practice good oral health habits with their children and begin visiting the dentist at an early age. Children with healthy teeth chew food easily, learn to speak clearly, and smile with confidence. Start your child now on a lifetime of good dental habits. Much of the information above and more can be accessed at The American Dental Association's website: www.ada.org.

Submitted by Annie Timmerman RN, BSN, PHN

In Other News...



Lafayette County Health Department, as one of our contracted services through Lafayette County Human Services, provides nursing services for the Community Support Program. The Community Support Program, or CSP, provides treatment, rehabilitation, and support services for individuals who suffer a long term, severe and persistent mental illness and live in the community. There are currently approximately 40 individuals involved in the program in Lafayette County. The objectives of CSP treatment interventions are to help these persons function with a better quality of life and to prevent, or at least reduce, placements in more costly and restrictive settings. The recovery model helps many clients to focus on their personal strengths versus the limitations imposed by their illness. Clients, over time, may learn to manage their illness independently, and in some cases, no longer need CSP.

Mary Jo Finkenbinder, RN and Farah Mellenberger, RN, BSN work with this program and the staff and clients of LCHS. They provide 16 hours weekly of nursing services, including: oral med management of approximately 20 clients weekly, injectable med management of 3 clients, health promotion quarterly, which includes Blood Pressure and pulse monitoring, Weight checks, Cholesterol and Glucose screenings for clients at risk for diabetes related to psychotropic medication use. The nurses attend staff meetings on a weekly basis to discuss each client's needs with the supervising psychiatrist and case managers. The nurses also assist with general office duties to facilitate the time limitations of the contracted psychiatrist. The nurse is available for individual health counseling at a client's request, and for group health related in-services, as needed.

The clients participate in a weekly walking group at the Green County YMCA, with a core group of about 12 individuals participating weekly. CSP offers other recreational activities for the clients, but the nurses do not generally participate. The health department is pleased to work collaboratively with Human Services in providing nursing care for this program. The program emphasizes our mission statement of "promoting optimal physical and emotional health for county residents. We strive to serve all people in the county in the best possible manner in order to protect and enhance health."

Submitted by: Mary Jo Finkenbinder, RN

Home Care & Hospice News

Kristie Lueck RN, BSN



People often have questions about Medicare coverage of Home Health services, so here is a review of the requirements, taken from the Medicare Benefit Policy Manual and the Medicare Learning Network Payment System Fact Sheet Series. This information deals only with traditional Medicare; coverage in Medicare Advantage Plans may vary.

Medicare covers Home Health services when the following criteria are met:

1. The person receiving services is an eligible Medicare beneficiary who is not enrolled in a Medicare Advantage plan.
2. The Home Health Agency furnishing services has in effect a valid agreement to participate in the Medicare Program
3. The beneficiary qualifies for coverage of Home Health services. (Described more fully below.)
4. The services are a covered Medicare benefit.
5. Medicare is the appropriate payer. (For example, if an insurance policy is the primary payer, then Medicare will not pay first.)
6. The services are not otherwise excluded from payment.

Medicare-covered Home Health services include the following when reasonable and necessary for the care of the patient:

- | | |
|---------------------------------------|---------------------------------|
| 1. Skilled nursing services* | 5. Supplies |
| 2. Physical therapy services | 6. Home health aide services*** |
| 3. Occupational therapy services** | 7. Medical social services**** |
| 4. Speech-language pathology services | |

*Skilled nursing must be provided on an intermittent basis and not be needed solely for drawing blood.

**For the first 60-day period of Home Health care, occupational therapy may not be the only service provided. After that, ongoing occupational therapy alone is allowed and covered.

***In order for home health aide services to be covered, one of the skilled services listed in #s 1-4 must be needed.

****Medical social services are provided in Lafayette County by Lafayette County Human Services.

To qualify for the Medicare Home Health benefit, a beneficiary must:

1. Be confined to the home ("homebound" - see below)
2. Be under the care of a physician
3. Be receiving services under a plan of care established and periodically reviewed by a physician
4. Be in need of one or more of the services listed above.

The general principle for homebound status is that it must require a considerable and taxing effort to leave the home. Medicare considers a person homebound if he/she has a condition that restricts the ability to leave home unless aided by supportive devices, another person, or special transportation; or if leaving home is not safe medically. Medicare allows absences from the home that are infrequent or for periods of relatively short duration. These may include attendance at doctor's appointments, religious services, hair appointments, or special events such as family weddings.

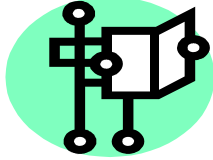
Persons having questions about Medicare coverage r/t Home Health services may call Kristie Lueck at (608) 776-4895.

Hospice

Unfortunately, our hospice program closed in December, 2008. Medicare made some new regulations with which our small hospice program could not comply. The regulations are really geared for larger programs that operate with more staff and resources. However, we are very proud of the services we provided to Lafayette County families for fifteen years. On December 1, we held a celebration of the hospice at which we traced the history of our hospice, displayed the passage and memorial quilts, and acknowledged the efforts of team members, including volunteers. The celebration was well-attended by hospice team and community members, and was a fitting closure for our program. The quilts are now displayed at the Health Department.

For people who need hospice services now or in the future, several larger programs provide hospice care in Lafayette County. Southwest Hospice (of Platteville) and Upland Hills Hospice (of Dodgeville) will provide care anywhere in the county. Monroe Clinic Hospice covers the eastern part of Lafayette County, and Hospice of Dubuque serves the western part of the county. Anyone wishing contact information for these hospices may contact the Health Department at (608) 776-4895.

Some of the hospice team members plan to continue to offer grief support groups in the county for the convenience of residents. We will be donating our time to provide this service. A series of six sessions is planned for Mondays, March 30 - May 4, 2008. Time will be 5:30 - 7:00 p.m., with a light supper served. The sessions will be held at the Health Department conference room at 729 Clay Street in Darlington. Pre-registration is not necessary, but those wishing to join the group after the first session should contact Kristie Lueck at (608) 776-4895.



2009

COMMUNITY HEALTH DAY SCHEDULE

THE NURSES WILL BE AVAILABLE TO DO BLOOD PRESSURE, BLOOD SUGAR (DIABETES SCREEN), IMMUNIZATIONS, FOOT CARE (BY APPOINTMENT ONLY) AND MINOR HEALTH COUNSELING.

CHARGES ARE AS FOLLOWS:

\$15.00 immunization registration fee/donation

\$20.00 foot care

\$ 8.00 blood sugar

\$ 5.00 blood pressure (suggested donation)

Clinic Sites & Times:

ARGYLE EMS BUILDING	10:00 to 12 noon
BELMONT COMMUNITY BLDG.	10:30 to 12 noon
BENTON SENIOR APT.	9:00 to 10:00 am

BLANCHARDVILLE SR. APT.	1:00 to 2:00 pm
DARLINGTON HEALTH DEPT.	9:00 to 12 noon
SHULLSBURG SENIOR APT.	9:00 to 11:00 am

Clinic Dates:

Tuesday April 7	Shullsburg	Tuesday, Oct 6	Shullsburg
Tuesday April 14	Argyle/Blanchardville	Tuesday, Oct 13	Argyle/Blanchardville
Tuesday April 21	Benton/Belmont	Tuesday, Oct 20	Benton/Belmont
Tuesday April 28	Darlington	Tuesday, Oct 27	Darlington

Tuesday, June 2	Shullsburg
Tuesday, June 9	Argyle/Blanchardville
Tuesday, June 16	Benton/Belmont
Tuesday, June 23	Darlington

NOV HEALTH DAYS ARE FLU CLINICS ONLY

Tuesday, Nov 3	Shullsburg
Tuesday, Nov 10	Argyle/Blanchardville
Tuesday, Nov 17	Benton/Belmont
Tuesday, Nov 24	South Wayne/Gratiot (site and time TBA)

* A complete schedule of flu shot clinics will be published at a later date

Tuesday, August 4	Shullsburg
Tuesday, August 11	Argyle/Blanchardville
Tuesday, August 18	Benton/Belmont
Tuesday, August 25	Darlington

Tuesday, Dec 1	Shullsburg
Tuesday, Dec 8	Argyle/Blanchardville
Tuesday, Dec 15	Benton/Belmont
Tuesday, Dec 22	Darlington