

ISDH Long Term Care  
Newsletter Issue # 11-15  
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## How Obesity Threatens America's Future

*Trust for America's Health* released its eighth annual *F as in Fat* report on July 7. This report tracks the latest trends in obesity as well as federal policies and programs that focus on the obesity epidemic. For the first time, 38 states have obesity rates higher than 25 percent and 12 states have obesity rates above 30 percent. Indiana was rated the 15th most obese state in the nation. The report highlights federal policies such as the Let's Move Campaign, the Healthy Hunger Free Kids Act, and the Affordable Care Act which can help leverage change by providing everyone with resources and opportunities to make healthier choices in their lives. [Access the report.](#)

## Survey Report System Update

The ISDH would like to highlight a couple of problems related to the electronic survey report system and discuss potential solutions.

First, some facilities have reported not receiving the initial notification email that a survey document was added to the survey report system. The facility received a confirmation email when they submitted the plan of correction and also received the email sent with their initial password and username. In reviewing the problem, the ISDH uses the same email for all documents so it appears that some email servers may be looking at the initial notification email as "spam" and therefore either deleting the email or placing into junk mail. For facilities having problems receiving the notification email, we recommend that facilities have their Information Technology Department review settings to allow emails from [surveyreportsystem@isdh.in.gov](mailto:surveyreportsystem@isdh.in.gov).

Second, the ISDH has found that some facilities are not regularly checking their emails so are not responding to additional requests concerning the plan of correction. After submitting their facility's plan of correction through the Survey Report System, Administrators need to watch for emails from the ISDH. The email should be received from 5 to 10 days indicating that there is activity related to the specific event ID. There will be a letter indicating the plan of correction has been approved or an addendum is needed.

Third, in several instances the ISDH has not received the signed signature page. When administrators submit the plan of correction, the signature page should be sent in at the same time. The signature page may be sent through the Survey Report System along with the plan of correction. The signature page may be sent as either an attachment in the system or separately by fax (317-233-7322).

Fourth, each email is specific to an Event ID. If a provider has multiple surveys conducted at the same time, a plan of correction must be submitted for each event id.

The system is working well. The ISDH appreciates facility efforts to learn and implement this reporting system.

## QIS Update

### Entrance Requirements

At the time of entrance to a facility, the Quality Indicator Survey (QIS) process includes a prompt completion of an alphabetical list of the current facility residents with units and room numbers and the new admission information form of residents who still reside in the facility. It is necessary for the survey team to have both of these forms for the survey to progress past the initial tour and entrance conference. The entrance conference with the administrator should begin only after arrangements have been made for prompt completion of the forms.

It may be helpful for facilities to maintain an alphabetical list of residents that can be quickly updated and provided to surveyors.

The New Admission Information Form, provided upon entrance to the facility, includes residents admitted since the date listed on the form. It should only include residents that are still residing in the facility. The date on the form provided to the facility is 30 days prior to the date the survey shell was extracted from Aspen Central Office (approximately 30 days prior to the survey date).

### Training Begins for Two New QIS Teams

The ISDH began QIS training in January 2011. Two teams began training in January with another two teams in May. All have successfully completed training. One of the initial teams is now serving as the QIS trainers to train additional surveyors. The other three survey teams are now conducting surveys using the QIS process.

On July 25, the ISDH begins training two more survey teams in the QIS process. Classroom training begins on that date with mock surveys the following week. Surveys on the record begin a couple of weeks later. The ISDH expects these two teams to complete training by early September. The teams beginning training in the QIS process on July 25 are:

#### LTC Survey Area 2

Rick Blain  
Sue Brooker  
Sheryl Roth  
Angela Strass  
Diana Nilson

#### LTC Survey Area 5

Carole McDaniel  
Martha Sauls  
Terri Walters  
Anne Marie Crays

## Recall Information

Tylenol Extra Strength Caplets, 225 count bottles: Recall - Uncharacteristic Odor

June 29, 2011

ISSUE: McNeil Consumer Healthcare is recalling one product lot of Tylenol Extra Strength Caplets, 225 count bottles, distributed in the U.S. The recall stems from a small number of odor reports, including musty, moldy odor. The uncharacteristic musty, moldy odor has been linked to the presence of trace amounts of a chemical known as 2,4,6-tribromoanisole (TBA). While not considered to be toxic, TBA can generate an offensive odor and has been associated with temporary and non-serious gastrointestinal symptoms.

BACKGROUND: The Tylenol lot ABA619 - which includes 60,912 bottles - was manufactured in February, 2009. The product lot number for the recalled product can be found on the side of the bottle label.

RECOMMENDATION: Consumers who purchased product from the lot included in this recall should stop using the product and contact McNeil Consumer Healthcare, either at [www.tylenol.com](http://www.tylenol.com) or by calling 1-888-222-6036 (Monday-Friday 8 a.m. to 8 p.m. Eastern Time) for instructions about receiving a refund or product coupon. Consumers who have medical concerns or questions should contact their healthcare provider.



State and national weather forecasts are predicting an extended and extreme heat wave in Indiana. State health officials are offering hot weather tips to cope with the rising temperatures.

"This is the time of the year for hot temperatures and it's very important that people take these heat advisories seriously," said State Health Commissioner Gregory N. Larkin, M.D. "These self-help measures are not a substitute for medical care but could help you recognize and respond promptly to warning signs of trouble. The best defense against heat-related illness is prevention. Staying cool and making simple changes in your fluid intake, activities and clothing during hot weather can help you remain safe and healthy."

To avoid heat related health problems, the Indiana State Department of Health recommends the following:

- Drink plenty of cool water.
- Avoid prolonged exposure outdoors during high temperatures.
- If you do not have air conditioning, go to a public location that is air-conditioned just for a few hours. This can help your body maintain appropriate temperatures.
- Use fans as a source of relief when there is low humidity.
- Cool down with cool baths or showers.
- Wear loose-fitting, light colored clothing.
- Slow down from your normal pace.
- Avoid alcohol.
- Draw shades, blinds and curtains in rooms exposed to direct sunlight.
- Never leave children and pets in parked cars, even with windows cracked open.

When temperatures reach 90 degrees (Fahrenheit) or greater, health officials caution that overexposure to the heat can be a concern. Young children and the elderly are at greater risk for such heat-related illnesses as heat stroke, heat exhaustion or heat cramps.

Heat cramps are muscular pains in the abdomen, legs, and arms that occur from strenuous activity and increased sweating. Heat exhaustion can develop after several days of high temperatures and low fluid

intake. Heat stroke, also known as sunstroke or hyperthermia, is a life-threatening situation in which the body is unable to regulate its temperature and cannot cool itself down.

For more information about protecting yourself during extreme temperatures, check out the Centers for Disease Control and Prevention's "Extreme Heat: A Prevention Guide to Promote Your Personal Health and Safety" at [http://www.bt.cdc.gov/disasters/extremeheat/heat\\_guide.asp](http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp).

Stay safe and have a good week ahead.

Terry Whitson  
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Indiana State Department of Health