

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

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“We Know Health Matters”

Laura Randall and Jerrie Kumalah discuss Collective Impact on Health on this month’s “We Know Health Matters”, CHD’s show on Citicable, Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Stay Connected



#HealthyHolidays
#WinterSafety
#KeepCincyHealthy

www.cincinnati-oh.gov/health

Healthy resolutions

Did you make resolutions for the new year? There are many ways to take care of your health and wellness in 2016. CDC recommends the following for a healthy you and healthy family this year:



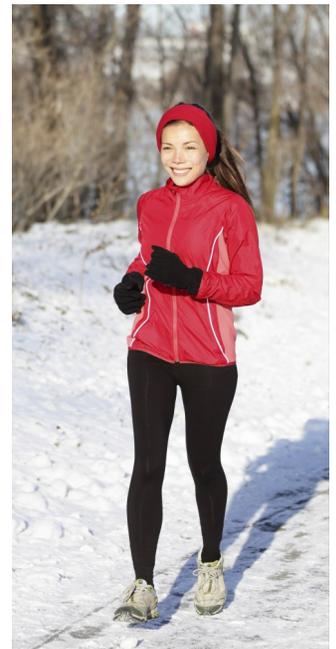
- Make healthy food choices
- Be active
- Be smoke-free
- Get enough sleep
- Gather & share family health history
- Wear a seatbelt
- Learn the risk of foodborne illness

For more information visit www.cdc.gov/features/healthynewyear/.

Cold Weather Health & Safety Tips

For a safe and healthy winter, remember to:

- Eat well balanced meals with plenty of carbs and avoid alcohol.
- Limit skin exposure to the extreme cold and avoid extended periods of exposure.
- Wear proper clothing such as a hat, scarf, sleeves that are snug at the wrist, mittens and several layers of dry clothing.
- If you suspect a problem with frostbite or hypothermia, you should seek medical care. If body temperature is below 95 degrees it is an emergency.
- Never use a gas range, portable gas camp stove, charcoal or barbecue grill for heating indoors. Without proper ventilation they can cause a buildup of carbon monoxide inside your home, cabin or camper. Additional heating tips can be found at <http://www.nfpa.org>
- Keep pets indoors as much as possible and wipe salt off paws.



For more information on how to stay safe and health this winter, visit www.cdc.gov.

NEED HEALTH INSURANCE?

Free help is available. Call us at 513 564 CARE (2273)



Congrats, CHD Retirees!

Nancy Davis
Jonathan Elam
Lawrence Holditch
Kelli Kohake
Richard Thornburg
Lianne Howard
Tracie Luke
Jennifer McBride
Sudha Mehta
Carla Mele
Rose Wulliger

A Look Behind the Counter



CHD pharmacists are optimizing drug therapies to improve your health

Medication Therapy Management (MTM) is a service provided by pharmacists to optimize drug therapy and improve health outcomes for patients. MTM tools include:

Comprehensive Medication Review (CMR) : Identifies and assesses a patients' medication-related problems by thorough review of all the medications the patient takes at home.

Medication Action Plan (MAP): Provides detailed goals of the interventions identified by pharmacists in CMRs in a take-home, patient-friendly format.

Targeted Intervention Programs (TIPs): Assesses adherence, overuse and underuse, need for drug therapy, and suboptimal therapy of patients and streamlines it for pharmacists to make interventions.

Pharmacy Services

Immunizations

In the state of Ohio, pharmacists may provide:

- Any immunization recommended by the CDC to patients 13 years of age or older without a prescription.
- Any immunization recommended by the CDC to patients 7 to 13 years of age with a prescription.
- Influenza vaccine to patients 7 years of age and older without a prescription.

Diabetes Education

- Educate patients on targeted goals of therapy, including importance of understanding blood sugar values and corresponding symptoms.
- Use teach-back method to ensure patients are comfortable with injections and testing blood sugar.
- Counsel patients on lifestyle modifications, including altering diet and exercise routines.

Health Screenings

- Perform readings on blood pressure, blood glucose, cholesterol and A1c.

Smoking Cessation

- Counsel on non-pharmacological and pharmacological alternatives to quitting smoking.

New Medication Counseling

- Address any questions or concerns of patients starting new medications.
- Educate the patient on indication, mechanism of action, adverse drug effects, onset of action and administration of new medications.

