

June 2010

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# The Mortar & Pestle

Long Term Care Newsletter



## Nursing Assistants Week is in June



The 33rd Annual National Nursing Assistants Week is celebrated this year from June 10-17. Now as never before, attention is being directed to the care of our elder citizens and greater attention is being directed to the workers who provide hands-on-care and caring.

Health Care work is the most dangerous occupation in the country and nursing assistants and other direct care providers are 7 times more likely to be injured on the job than other health care workers.

The 33rd annual National Nursing Assistants' Week provides a timely opportunity to foster and showcase the wonderful things that can happen for residents and workers when we all join together in celebrating this special week. Remember ... "Nursing Assistants Handle with Care."

### Dr. Feelegoode's Corner - Sunburn Suffering

It's that time of year again. Time for vacations in the great outdoors. So, here's some of our recommendations for treating the most common vacation problem. Of course I'm referring to **sunburn**. If we'd all remember to use an effective sunscreen, the sunburn problem would be greatly diminished. Use a sunscreen with an SPF of 30 or higher that provides broad-spectrum coverage against both UVA and UVB light.. An ounce of prevention is worth a pound of cure.

But, if you forget, try these treatments for resulting burns. Aloe vera or vinegar on the affected skin will stop pain and inflammation. Rub mustard oil on the skin and allow it to dry, This will take out the heat from the skin. The starch in grated potatoes applied to the burnt skin will soothe the burn. Take a bath with some baking powder added to the bath water. This will also help to soothe burnt skin. Use a high number sunscreen, and avoid these problems altogether. Next month we'll talk about how to treat **bug bites**.



*You know you're a nurse if:*

*You check the caller ID on your day off to see if anyone from your job is trying to call and ask you to work.*



Quick drug info on the Web

[WWW.SMSLTC.COM](http://WWW.SMSLTC.COM)

Choose the link to **Drug Information**



**A friend married Miss Right. - Unfortunately he didn't know her first name was "Always".**

*This month's words of wisdom ...*

**ALWAYS DO RIGHT. THIS WILL GRATIFY SOME PEOPLE AND ASTONISH THE REST.**

*... Mark Twain*

Banging your head against a wall uses 150 calories an hour.



### GO GREEN!

Send your name and organization in an e-mail titled "Newsletter" to [BarryP@SMSLTC.com](mailto:BarryP@SMSLTC.com) The Mortar & Pestle will come by e-mail, starting next month.

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### **Prescription Descriptions**

#### **Labeling Change for Proton Pump Inhibitors (PPIs)**

The FDA has issued a notification to healthcare professionals and consumers of label revisions to both prescription PPIs and OTC products. New safety information describes a possible increased risk of fractures of the hip, wrist, and spine with the use of these medications. Involved products are Nexium, Dexilant, Prilosec, Zegerid, Prevacid, Protonix, Aciphex, Vimovo, Prilosec OTC, Zegerid OTC, and Prevacid 24HR.

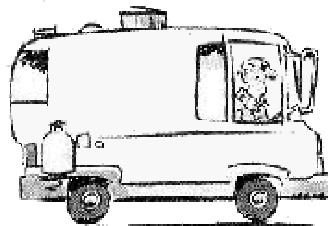
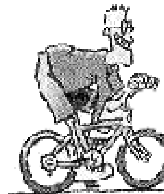
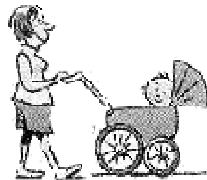
The new information is based on review of several studies that found those at greatest risk for these fractures received high doses of PPIs or used them for one year or more. The majority of the studies evaluated individuals 50 or older. This group primarily showed the increased risk of fracture. Although the greatest risk was with those taking prescription PPIs, as a precaution, the "Drug Facts" label on the OTC PPIs (indicated for 14 days of continuous use) is also being revised to include information about this risk. FDA recommends a lower dose or shorter duration of therapy be considered.

You can read the complete MedWatch safety summary at :

<http://www.fda.gov/Safety/MedWatch/SafetyInformation/SafetyAlertsforHumanMedicalProducts/ucm213321.htm>

### **Laughter - the best Prescription**

***The  
Wheels  
of Life***



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