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*Brian Barrick's*

*June 2011*

# “THE CIRCLE OF SAFETY”

**ADULT CARE AWARENESS ADVISOR**

*News and Tips to Make Your Life Easier, Safer and Happier!*

*For Friends and Clients of PCALIC, LLC*

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Become a fan of PCALIC by logging on to Facebook. Be entered for a chance to win a monthly Facebook fan **Prize Pack!**

Visit Brian's online blog at: <http://brianbarrick.wordpress.com>. Use this as a valuable resource for information on claims, risk management, and news in the Adult Care industry.

### Follow us on Twitter!

Name: BrianBarrick

### Did you know?

June is also known as:

1. National Safety Month
2. Adopt a Shelter Cat Month
3. Turkey Lover's Month
4. National Steakhouse Month

This June, eat some turkey, adopt a cat, and eat at a steak house!

### Important Dates:



- June 19<sup>th</sup> – Father's Day
- June 21<sup>st</sup> – World Handshake Day
- July 4<sup>th</sup> – Independence Day
- July 20<sup>th</sup> – Ice Cream Soda Day

## Incident Reporting: Reporting Guidelines

The organization should have established guidelines to give staff some direction as to which types of events are reportable and the procedures for doing so. A written policy should also identify those events which would be considered critical events and might require a more extensive follow-up.

The following list of reportable events, while not all inclusive, should be considered:

- Falls (both patient and visitor)
- Burns
- Medication errors
- Adverse or allergic drug reactions
- Patient refusing treatment
- Unplanned absence of caregiver
- Patient elopement
- Failure of patient and/or caregiver to perform procedure as taught
- Mishaps due to faulty equipment
- Mishaps due to misuse of equipment (user error)
- Patient or family complains of alleged theft
- Failure of patient/family to use on-call emergency plan
- Failure of staff to report accident-causing hazard in home
- Unplanned return to inpatient setting
- Breakage or damage to personal property of patient or family
- Abuse/neglect of patient or allegations of sexual misconduct
- Failure to respond in a timely fashion to patient or family request for assistance, information, or treatment
- Patient/family complaints
- Thefts of organization equipment, such as laptops
- Security incidents
- Motor vehicle accidents

*Reference: "Incident Reporting: An Important Risk Management Tool" by Betty Norman, BSN, MBA, CPHRM*



## Stress Management

Everyone experiences the anxiety known as stress and knows the “wear and tear” it can have, emotionally and physically. It is important to remember that stress isn’t so much caused by different events or factors; rather, how we react to them. Stress can result from a multitude of internal and external factors like relationships, work, family, and our own behavior.

Stress can be positive and negative. For some people, stress can cause a new awareness and compel you into action and provide you with a new angle or light on a situation. However, when stress is negative, it can cause a multitude of dejected feelings and can lead to a number of health problems. Stress can cause you to experience psychological and physical symptoms such as:

- Memory problems
- Difficulty with decisions
- Inability to concentrate
- Headaches
- Loss of objectivity
- Upset stomach
- Rashes
- Difficulty sleeping
- Fatigue
- Anger, frustration, uneasiness

**(Solution to puzzle on page 3)**

2	9	4	1	5	3	6	8	7
3	8	6	2	9	7	5	1	4
1	7	5	4	6	8	9	2	3
6	2	9	5	7	4	8	3	1
7	5	1	3	8	2	4	9	6
8	4	3	6	1	9	2	7	5
4	6	8	7	2	1	3	5	9
9	3	7	8	4	5	1	6	2
5	1	2	9	3	6	7	4	8

Provided by Daily-Sudoku.com

## Bed Bugs: On the Rise?

Lately, there has been a lot of coverage about Bed Bugs (*Cimex lectularius*) in the news for being in places other than the bedroom. These pests are finding their ways into schools, hotels, hospitals, clothing stores and many more! They can be found in clocks, TVs, lamps, ceiling moldings, mattresses, bed frames, carpets and, in one instance, a cell phone.

### **What are Bed Bugs?**

Bed Bugs are small, wingless insects with oval bodies that are a reddish brown color about the size of an apple seed and are usually nocturnal. They feed solely upon the blood of warm-blooded animals and can even live up to 18 months without eating.

### **Where to Look for Bed Bugs**

When Bed Bugs feed, they tend to leave blood spots and fecal stains on sheets after eating. Make sure to check these areas for Bed Bugs and their remnants:

- Sleeping Areas – make sure to pull back the bedding and check the mattress seams thoroughly
- Furniture – especially behind the headboard and the sides facing the wall.
- Baseboards and Recessed Screws
- Upholstered Chairs and Sofas—look in all seams and crevices

### **How to Control an Infestation**

Make sure to call a Pest Management Company who uses an Integrated Pest Management (IPM) approach since Bed Bugs can result in a long-term problem that requires a long-term solution. Treatments generally consist of:

- Heat
- Product Application
- Mattress Encasements
- Monitoring Systems

Also, make sure to be careful when removing items from the infested areas to non-infested areas. Make sure to completely seal the items in plastic and place infested laundry items in dissolvable laundry bags.

For more information on risk management topics, please log on to [www.pcalic.com](http://www.pcalic.com); enter your username and password on the right-hand side of the screen to login. Click on the risk management link. If you need a username and password or forget your username and password, please contact Kathi Fuhrman at [kathi@pcalic.com](mailto:kathi@pcalic.com).

# WELCOME!

We would like to welcome our recent new insured's:

- Care Angels Personal Care Home
- Ivon Venero
- Nuestra Casa Care Home
- We Care, Inc.
- Mercy Care Management, Inc.
- Squaw Peak Lincoln, LLC
- Taylor Made Assisted Living
- Autumn Park Assisted Living
- Charm Bussell
- Fairmont Manor Care Center
- Kopper Krest Manor on Harris

## IN THE SPOTLIGHT:



The team at PCALIC appreciates all you do for your communities. We want to acknowledge exceptional organizations for their hard work. This month's spotlight is on:

- Vickys AFH
- Bethell AFH
- William & Stacey AFH
- Shirley Wilson
- Martinez AFH
- Genesis Homecare
- Binder AFH

Congratulations on NO DEFICIENCIES for your recent inspection. That is truly commendable!



Log on to [www.PCALIC.com](http://www.PCALIC.com) to access all the benefits of being a Member Insured:

- Falls Procedures
- Wandering/Elopement Procedures
- Risk Assessment Form
- Medication Administration Video
- Mediation & Arbitration Program

# Thank You! Thank You!

We would like to thank the following for referring their fellow friends and family to PCALIC for a quote:

- Gina Blake
- Perla Dameron
- Ms. Garrett

**Remember:** Each individual that refers someone to us for a quote receives a \$5 Gift Card! This is a perfect way to enjoy your shopping on us.

## Challenge your mind with Sudoku!

According to a study by Harvard Health, challenging your brain with mental exercise helps to maintain brain cells and stimulate communication between cells. Keep your mind young with Sudoku!

		4				6	8	
			2	9	7			4
1	7	5					2	
					4			1
			3		2			
8			6					
	6					3	5	9
9			8	4	5			
	1	2				7		

Provided by Daily-Sudoku.com

The object is to insert the numbers in the boxes to satisfy only one condition: each row, column and 3x3 box must contain the digits 1 through 9 exactly once. What could be simpler?



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“We love the management and training materials! It’s a major factor in our renewal decision. Newsletter is excellent! I will carry info on your company to a state assisted living association with whom we work.”

JoiAnne L. Garrett  
Assisted Living at Silver Gardens,  
LLC

It’s a Fact! The hottest day ever in the US was recorded in Death Valley on July 10, 1913 when the thermometer climbed to 134 degrees.



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Out page 3 and see how many individuals received free gift cards just for talking about us!