

**Cimarron Medical Services  
Stillwater Medical Center Home Health Services**

# Home Care Connection

*Connecting Hospital to Home*

## April is Occupational Therapy Month

### What is Occupational Therapy?

By Maria Avers

Occupational therapists provide treatment to improve one's abilities to perform daily tasks. They evaluate the environment in which you live and make recommendations regarding ways to adapt so that your needs are being met. They also suggest equipment or devices that will help you to be independent. Occupational therapists can assist patients when there is loss of function from an event such as a stroke or an accident. They help instruct patients in energy conserving techniques and time saving tips if they have fatigue issues or shortness of breath. With a diabetic patient the occupational therapist addresses sensory issues like numbness or loss of vision. Occupational therapists help patients with cognitive skills such as memory or processing issues.

In home health, occupational therapists serve as a member of the healthcare team that deliver care at home to keep the patient as functional and independent as possible. The team members may include an occupational therapist which is a licensed and registered clinician (OTR) and/or an occupational therapist assistant who is certified (COTA). The OTR evaluates the patient and sets up a plan for treatment. The COTA may assist the OTR in delivering care to the patient prior to end of treatment. For more information, go to the American Occupational Therapy Association website at [www.aota.org](http://www.aota.org).

### Meet the Staff: Dominique Oldham

Dominique has been an Occupational Therapy Assistant for 10 years. She has worked in Home Health for 6 of those years.

She lives in Edmond with her husband of 11 years and their two boys named Jaden who is 9 and Kamren who is 3.

In her free time Dominique likes to spend time with her family camping, riding bikes, or whatever her 9 year old and 3 year old decide that she needs to participate in.



### Dilled Pasta Salad with Spring Vegetables

**For the dressing:**

- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 2 tablespoons rice or white wine vinegar
- 2 teaspoons dill weed
- Cracked black pepper, to taste

**For the pasta salad:**

- 3 cups uncooked shell pasta, medium-sized
- 8 asparagus spears, cut into 1/2-inch pieces
- 1 cup halved cherry tomatoes
- 1 cup sliced green peppers
- 1/2 cup chopped green (spring) onions



To make the dressing, in a small bowl add the olive oil, lemon juice, vinegar, dill weed and black pepper. Whisk to mix evenly. Set aside. Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until tender, 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly and rinse under cold water. In a small saucepan, cover the asparagus with water. Bring to a boil and cook only until tender-crisp, about 3 to 5 minutes. Drain and rinse under cold water. In a large bowl, add the pasta, asparagus, tomatoes, green peppers, onions and dressing. Cover and refrigerate. Serve chilled.

***"Mention the newsletter and get 10% off any 1 item at Cimarron Medical Services. (Only applies to private pay items)"***

**Cimarron Medical Services Weekly sale items**

**March 28th** - 10% off blood pressure monitors

**April 11th** - 10% off Medela nursing supplies

**April 4th** - 10% off toilet seat risers

**April 18th** - 10% off reachers

**April 25th** - 10% off compression hose

## Cimarron Medical Services

723 Eastgate

Phone: 405-377-9735

Toll free: 1-800-368-1346

[www.cimarronmedical.com](http://www.cimarronmedical.com)



824 South Walnut

Phone: 405-624-6578

[www.stillwater-medical.org/hh](http://www.stillwater-medical.org/hh)



## Activities of Daily Living

By: Jamie Barrett



An Activity of Daily Living (ADL) assessment is an important aspect of the admission process for Stillwater Medical Center Home Health patients. The skilled nurse evaluates the patient's ability to bathe, dress, eat, toilet and ambulate among other necessary tasks. If a patient is unable to perform safely and independently, then the family, friends, home health aide or private caregivers are needed to assist.

Many times patients will need rehabilitation with physical therapy and/or occupational therapy to become independent. Therapist's are also able to instruct caregivers on assisting patient with ADL's. Making changes in the home will also provide an environment for ADL care for patients with disabilities. Some examples of this would be remodeling a bathroom, a ramp for getting in and out of their home, kitchen items within lower reach, or making doorways wider. Equipment aids from Cimarron Medical Services will also aid independence. The therapy provided by occupational or physical therapy, adjustments in environment, and equipment will aide patients in maintaining independence allowing the patient to remain safely in their own home.

## Tip of the Month

By Amy Lindsey

The Exercise Peddler by Drive provides a safe and gentle low impact workout for the legs or arms. Place the peddler on the floor to exercise your legs, or place on a table top to give your arms a workout. The five function display indicates exercise time, revolution count, revolutions per minute (rpm's) and calories burned.



## Aids to Daily Living

By: Amy Lindsey



There are many different reasons you may need Occupational Therapy. Cimarron Medical Services provides many different "aids to daily living" to help with your Occupational Therapy needs. Occupational Therapy is defined by the American Occupational Therapy Association executive board (1976) as: "The therapeutic use of work, self-care, and play activities to increase development and prevent disability. It may include adaptation of task or environment to achieve maximum independence and to enhance the quality of life."

We provide many items that adapt your environment and enable you to be as independent and self-sufficient as possible. Here are a few examples:

- A transfer bench can be a big help in the bathtub. The bather sits on the bench outside the tub and then shifts their body across the bench into the tub. The bather still must lift their legs over the edge of the tub, but they can do this one leg at a time from the seated position.
- You may want to include Thera-Band resistant bands or exercise balls into your next work out. Thera-Band resistance exercise systems are used as tools for rehabilitating, restoring muscle and joint functions, and for improving conditioning, balance and building strength.
- In the bedroom, a bed assist or bed cane provides assistance for getting in and out of a home style bed. This allows a person to be more independently mobile.
- While dining, you might want to include Sure Hand utensils. They have a soft, non-slip grip with an extra-wide lip on the handle to stabilize grip and stop the hand from slipping forward.

All of these items and more are available at Cimarron Medical Services. Call us if you have questions, or come by and see us!

*If you would like to be removed from or added to our mailing list or have comments about the newsletter, please contact Sara at 405-624-6578 or by email at [shixon@stillwater-medical.org](mailto:shixon@stillwater-medical.org)*