

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

Home Care Connection

Connecting Hospital to Home

Meet the Staff:

Pam Murphy

Pamela Murphy is the medical social services worker for SMC Home Health part time. She has held this position for 9 ½ years. She earned her BS in 1983 in psychology with a minor in sociology; and an MS in 1985 in community counseling all from OSU.

Pam finds her job challenging and fulfilling. No two patients are alike; they each bring with them a unique history and distinct strengths and weaknesses that she gets to help them explore. She also loves working in the medical field with such a dedicated staff of nurses and aides.

She also teaches psychology at the NOC-OSU Gateway program. She is married to John and they have 3 children. Jessy is a sophomore at OSU where she is on the Cowgirl track team. Nicole is a senior at SHS where she is co-captain of the cheer squad and involved in track; and Jackson, a freshman, who runs cross country and plays soccer.



August is Pain Awareness Month

**Home Care Product Pain Management
By: Scott Doty**



Here are a few tips to help prevent pain while using oxygen therapy and/ or a wheelchair.

Oxygen Equipment: There are three ways in dealing with pain management for usage of oxygen.

- A petroleum free skin emollient called Roezet can be used to help with dry skin. Samples are given out to patients during set-up, but Cimarron Medical also has one ounce tubes available for purchase.
- Foam ear guards can be placed on the cannula, adding padding between the ears and the rubber cannula.
- To help with dryness of the oxygen delivery humidification can be added. This is done by adding a humidifier bottle with distilled water to the oxygen concentrator.

Wheelchairs: Wheelchair pain can cause much discomfort if certain steps are not taken before and during the set-up process.

- When choosing a wheelchair you always want to make sure that you have the proper seat width and depth for the patient. This is usually done by measuring their hips and their upper leg length. The proper fitted wheelchair will prevent the patient from sliding out of the wheelchair.
- Wheelchair legrests need to be properly adjusted so that the pressure is minimized on the back of the patient's thigh. This will help prevent loss of circulation in the legs and pressure being unevenly distributed on the bottom and the legs.
- A seat cushion or a back cushion can be added to make the wheelchair seat more comfortable. If a patient qualifies for a wheelchair through their insurance they usually will qualify for the seat or back cushion as well.

For questions about pain caused from your home medical equipment please feel free and call Cimarron Medical Services at 405-377-9735.

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

Grilled Chicken Pesto Wraps With Sun Dried Tomato



- 4 Skinless chicken breasts
- ¼ cup Reduced-fat pesto
- 4 slices Provolone cheese
- 4 Sun dried tomatoes, packed in oil, drained and minced
- 4 Whole-wheat tortillas
- Cooking spray

Preheat pan over medium high heat and spray with cooking spray.

Place chicken breasts between heavy duty plastic wrap and pound each breast until each one is about 1/2-inch thick. Season with salt and pepper to taste and add chicken to the hot pan. Cook until light brown on the outside and white all the way through about 6 minutes per side. Remove from heat to cool slightly.

Chop chicken into bite-sized pieces and in a small bowl, combine with the pesto sauce. Add 1/4 of the chicken mixture to each of the wraps and top with one slice of cheese and 1/4 of the sun dried tomatoes. Close up the wrap so that the cheese melts slightly from the heat of the chicken.

Cimarron Medical Services Weekly sale items

The week of:

Aug 2nd - 10% off reachers

Aug 9th - 10% off wrist, knee, ankle splints

Aug 16th - 10% off walkers and canes

Aug 23rd - 10% off bed assist rail or handles

Aug 30th - 10% off stethoscopes

Joint Pain Relief Without Medication

By: Terry Bryson, PT

Plenty of options exist to ease aches and pains, and many of them don't come in pill form. This article discusses only a few of the many available and is not meant to be comprehensive. Talk with your doctor before trying any pain relief approaches.

- **Rest**-- If you're experiencing pain or inflammation in your joint, rest it for 12 to 24 hours. Find activities that don't require you to use your joint repetitively and try taking a 10 minute break every hour.
- **Exercise**-- With your doctor's approval, get regular exercise. Stick to gentle exercises, such as walking, biking or swimming. Exercise can increase your endurance and strengthen the muscles around your joint, making your joint more stable. Avoid exercising tender, injured or swollen joints. If you feel new joint pain, stop. New pain that lasts more than two hours after you exercise probably means you have overdone it.
- **Lose weight**-- Being overweight increases the stress on your weight-bearing joints, such as your knees and hips. Even a small amount of weight loss can relieve some pressure and reduce your pain. Aim to lose 1 to 2 pounds a week, at most. Talk to your doctor about healthy ways to lose weight.
- **Use heat and cold to manage pain**-- Both heat and cold can relieve pain in your joints. Heat also relieves stiffness and cold can relieve muscle spasms. Soothe your painful joint with heat using a heating pad, hot water bottle or warm bath. Heat should be warm, not hot. Apply heat for 20 minutes several times a day. Cool the pain in your joint with cold treatments, such as with ice packs. You can use cold treatments several times a day, but don't use cold treatments if you have poor circulation or numbness.
- **Use assistive devices**-- Assistive devices can make it easier to go about your day without stressing your painful joint. A cane may take weight off your knee or hip as you walk. Gripping and grabbing tools may make it easier to work in the kitchen if you have osteoarthritis in your fingers. An occupational or physical therapist may have ideas about what sort of assistive devices may be helpful to you.

**Cimarron
Medical Services**

723 Eastgate

Stillwater, OK 74074

Phone: 405-377-9735

Toll free: 1-800-368-1346

www.cimarronmedical.com



824 South Walnut

Stillwater, OK 74074

Phone: 405-624-6578

www.stillwater-medical.org/hh

Tip of the Month

By Amy Lindsey

Biofreeze products help you manage pain and allow you to take part in the activities you enjoy most. Using Biofreeze before activities can relieve soreness and increase your range of motion, letting you move more easily. Also, using Biofreeze after those same activities can significantly reduce your post-workout or post therapy stiffness and pain.



Pain Medication Safety

By: Jamie Barrett, RN



Pain is a common problem among home health patients. Patients take these medicines for acute pain, post surgical or for chronic pain such as rheumatoid arthritis. Pain medications come in many forms that include pills, patches, IV/IM, or at times pain control pumps.

Home Health nurses and therapists evaluate patients pain medications ordered, compliance with medications, and side effects. Side effects of pain medications differ with each individual. Safety while using pain medications in the home is a strong concern and is monitored closely.

Common side effects effecting safety can be drowsiness, dizziness, over sedation, unsteady gait, or confusion. Potential safety problems related to pain medication use can be falls, injury, overdose, confusion about routine medications, addiction, burns, and driving accidents.

Here are a few steps and instruction on safe pain medication therapy-

- Follow your doctor's prescribed orders
- Keep a log of times medications are taken
- Change positions slowly - Equipment use (walker, cane, wheel chair)
- Don't take with other sedative type medications
- Have a caregiver assist with pain medications administration and routine medication administration
- Avoid potential dangerous activity (cooking, driving, walking outside alone)

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