



Your Healthy Workplace

A Monthly Newsletter • November 2018



How do I get a flu shot?

Physicians Quality Care will schedule flu shots at our clinic or your workplace for no extra charge. Individuals can also stop by our Milan or Jackson locations for a flu shot. No appointment is necessary. Contact us at 731-984-8400 or jennifer@physiciansqualitycare.com.

Questions and answers about flu season now that it has arrived

What is the best thing I can do to protect myself from flu this season?

The single most important step you can take is to get an annual flu vaccination. You can also take everyday preventive actions like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work to prevent spreading flu to others.

When should I get vaccinated?

You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body. The U.S. Centers for Disease Control recommends getting a flu vaccine by the end of October. Getting vaccinated later, however, can still be beneficial.

How long does a flu vaccine protect me from getting flu?

Multiple studies conducted over different seasons and across flu vaccine types and influenza virus subtypes have shown that the body's immunity to influenza viruses (acquired either through natural infection or vaccination) declines over time. The decline in antibodies is influenced by several factors, including the antigen used in the vaccine, the age of the person being vaccinated and the person's general health.

It's important to get a flu vaccine every season, even if you got vaccinated the season before.

What viruses will the 2018-2019 flu vaccines protect against?

The many different flu viruses are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated as needed to match circulating flu viruses. Flu vaccines protect against the three or four viruses that



research suggests will be most common. This season's flu vaccines have been updated to better match circulating viruses.

What sort of flu season is expected this year?

It is not possible to predict what this flu season will be like. While flu spreads every year, the timing, severity and length of the season vary from one season to another.

Will new flu viruses circulate this season?

Flu viruses are constantly changing so it's not unusual for new flu viruses to appear each year.

Will the United States have a flu epidemic?

The United States experiences annual epidemics of seasonal flu, most commonly during the fall and winter months. Most of the time flu activity peaks between December and February, and it can last as late as May.

How many people get sick with flu every year?

The exact number of flu illnesses each season is not known because flu is not a reportable disease and not everyone who gets sick with flu seeks medical care or gets tested.

Source: U.S. Centers for Disease Control

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Computer app tells you when to break

A computer app prompting desk workers to take breaks from sitting led to significant and lasting reductions in blood pressure, reports a trial in the September issue of the Journal of Occupational and Environmental Medicine.

“An e-health solution designed to increase non-exercise physical activity by interrupting sitting time in the workplace is feasible and produced long-term reductions in blood pressure,” a researcher reported.

The study evaluated a software application called Exertime, which encourages office workers to take breaks from sitting for non-exercise

physical activity. At scheduled intervals, the app presented workers with scheduled “movement break” screens. The break screens could be postponed, but once they appeared, workers had to click through each screen before they could resume working on their computer.

The study evaluated changes in blood pressure in 228 desk-based employees who used the app for one year. The results showed “clinically meaningful” reductions in blood pressure, beginning within three months and continuing through nine to 12 months.

Larger reductions were seen in workers who had high blood pressure as the study began.

We speak OSHA!

To help you comply with OSHA, we offer ...

- ▶ On-site CAOHC-certified audiometry in our mobile unit
- ▶ DOT, non-DOT & hair follicle drug screening
- ▶ Breath- & blood-alcohol testing
- ▶ Health fairs
- ▶ DOT, wellness & pre-employment physicals
- ▶ Strength & agility testing
- ▶ NIOSH-approved pulmonary function testing
- ▶ Respirator-fit testing & respirator medical evaluations
- ▶ Heavy-metal testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays & EKGs



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PQC OCCMed provides required physician oversight of AEDs

AEDs – Automated External Defibrillators – are more common in today's workplace as companies strive to offer a safer work environment.

They are not required in the workplace, but if your company has them, Tennessee requires that you have physician oversight on their use.

Physicians Quality Care OCCMed provides physician oversight, along with first aid, CPR and AED training at your workplace so that more employees know how to help a coworker or customer who is having a heart attack or needing first aid.



Sudden cardiac arrest is a leading cause of death in the United States, the American Heart Association said. And about 10,000 sudden cardiac arrests occur while victims are at work, according to OSHA data. Using a defibrillator on an individual in cardiac arrest increases his or her survival rate by 60 percent, OSHA estimates.

Tennessee law on AEDs has several components ...

- Whenever an AED is used, the company must report the use to the supervising physician.
- Expected defibrillator users must receive American

Heart Association CPR and AED or an equivalent course in defibrillator use and cardiopulmonary resuscitation.

- Local emergency personnel must have the location of the defibrillator on file.
- The defibrillator must be maintained and tested according to the manufacturer's operational guidelines.
- Anyone who uses an AED to give emergency care or treatment on a person in cardiac arrest must activate the emergency medical services system as soon as possible.

Questions? Contact Jennifer Carmack at jennifer@physiciansqualitycare.com or 731-984-8400.

Sources: AEDbrands.com, Society of Human Resource Management