



PHYSICIANS QUALITY CARE

Your Healthy Workplace

August 2021



A mobile clinic!

What's big, white, wrapped in the Physicians Quality Care OCCMed logo and equipped like a primary care clinic?

It's our new mobile clinic.

We're in the process of equipping the mobile clinic with the latest supplies and equipment our doctors and nurses will need to

examine and treat your employees at your work site.

"Our clinic on wheels will be great for those employers who do not have the room or resources for an onsite clinic," said OCCMed Director Jennifer Carmack. For more information, contact her at 731-984-8400 or jennifer@physiciansqualitycare.com.

Put us on your PT panel for continuity of care

Eliminate potential gaps in the treatment of your workers-comp employees by putting Physicians Quality Care Physical Therapy on

your panel of physical therapy providers.

About 20-25% of workers-comp patients will need physical therapy. Having our physical therapy department on your provider panel will result in better continuity of care, faster recovery and a quicker return to work, said Dr. Peter Gardner, PQC Medical Director.

"PQC Physical Therapy is better because our physical therapists aggressively pursue hands-on treatment," he said. "That's better for the patient. We're also able to offer all treatment methods with our equipment."

For more information, contact OCCMed Director Jennifer Carmack at 731-784-8400 or jennifer@physiciansqualitycare.com.

It's time to schedule those employee flu shots.

As fall approaches, so does flu season. That's why we're gearing up now for another flu season and scheduling employee flu shots.

The CDC recommends that people get their flu vaccine in September or October – after the new

vaccine arrives and before flu season typically starts.

Everyone 6 months and older should get a flu vaccine every season with rare exceptions. Physicians Quality Care OCCMed will provide

employee flu shots at your work site on your schedule.

Contact Jennifer Carmack at jennifer@physiciansqualitycare.com or 731-784-8400 to schedule the vaccine.

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Carpal tunnel syndrome decreasing, but not in all industries

Work-related carpal tunnel syndrome injuries have decreased over time, according to a study recently published in

the Journal of Occupational and Environmental Medicine. However, compared with clerical industries, the labor industry showed a significantly higher incidence of work-related carpal tunnel syndrome.

The researchers used national employment, demographic and injury data from the U.S. Bureau of Labor Statistics for 2003 to 2018 to evaluate whether clerical or labor-type work is more associated with the risk for devel-

oping work-related carpal tunnel.

The researchers found that the work-related syndrome decreased over time. However, the labor industry showed an increase, and the manufacturing industry had the highest incidence of work-related carpal tunnel syndrome within the labor industry.

“This study is an important reminder that carpal tunnel is a primary contributor to hand and upper extremity pain in both the clerical and manufacturing work places, and that ergonomic conditions for workers in both industries should be equally considered,” the researchers said. *Source: HealthDay News*



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Physically-demanding jobs harder on health

People with physically demanding jobs take more sick leave. They also have higher unemployment rates and shorter work lives, a new study finds.

“This study showed that high physical work demands are a marked risk factor for a shortened expected working life and increased years of sickness, absence and unemployment,” the researchers wrote.

More men than women had physically demanding jobs, such as carpentry, masonry, painting, plumbing, cleaning and manufacturing.

Men with such jobs were an average of nearly three years younger than men in physically undemanding jobs, while women in physically demanding jobs were about 10 months older than those in physically undemanding jobs.

For both men and women, physically demanding jobs were strongly associated with shorter work life (years worked until retirement) and more sick leave and unemployment, compared with other jobs.

Source: Journal of Occupational & Environmental Medicine



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
- ▶ Strength & agility testing
- ▶ NIOSH-approved pulmonary function testing
- ▶ DOT, wellness & pre-employment physicals
- ▶ Respirator-fit testing & respirator medical evaluations
- ▶ Heavy-metal testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays and EKGs