



Your Healthy Workplace

Winter 2024

OCCUPATIONAL HEALTH NEEDS?

We deliver at your worksite!

Physicians Quality Care OCCMed believes in making it easy and economical for you to help keep employees healthy and meet regulatory requirements.

MOBILE CLINIC

We are the only occupational medicine provider with a mobile clinic that you can schedule at your worksite. Drug tests, flu shots, physicals, fit for duty testing and more — in a staffed and state-of-the art clinic that drives up to your doorstep.

AUDIO BUS

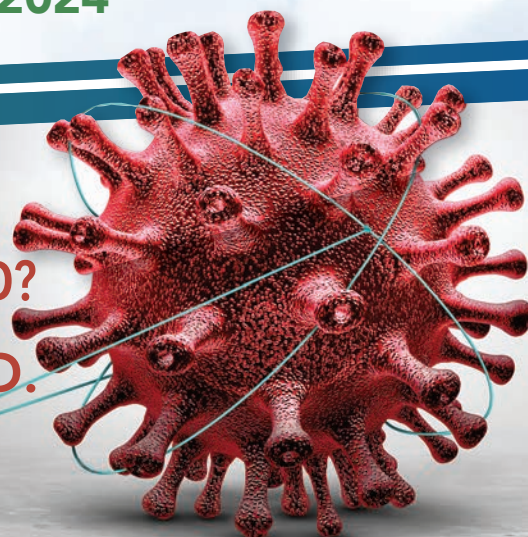
We can do all of your hearing tests on your schedule.

AND MORE

On-site clinics, health fairs, safety programs, and more.

Contact Jennifer Carmack
at 731-784-8400 or
jennifer@occmedjackson.com.

**Do you know someone still coughing months after COVID?
It might be Long COVID.**



That person may want to participate in a clinical trial

Roughly 10% of people who are infected with COVID-19 can't shake the effects of the disease months and even years later.

"Some have mild symptoms, such as the lack of ability to smell or taste, and some have symptoms so severe that the person becomes disabled," said Dr. Melanie Hoppers, PQC Chief Medical Officer.

Dr. Hoppers, who has established a clinic dedicated to treating Long COVID patients, is offering a clinical research study for those who have the disease.

Long COVID symptoms also include cough, shortness of breath, chest pain, palpitations, extreme fatigue, exercise intolerance, gastrointestinal upset, insomnia, and brain fog.

"Being awarded a clinical trial for Long COVID in West Tennessee is exciting," said Dr. Hoppers. "There are no FDA-approved treatments for Long COVID, also known as post, acute sequelae of COVID."

"When I began seeing patients with Long COVID over 18 months ago, I expected to have a few patients; but I have been overwhelmed with the number of peo-

ple who have been affected in our area. We have tools to help them, but we are limited, and I would love to see new therapies developed for these patients."

Dr. Hoppers is conducting the clinical research — which will evaluate the effectiveness of a new investigational treatment approach for Long COVID — in conjunction with Helios Clinical Research.

People may qualify to participate if they:

- ▶ Are 22 years of age or older.
- ▶ Previously tested positive for COVID.
- ▶ Have continued symptoms, despite a current negative test.

Qualified participants receive study-related care at no cost. Compensation up to \$825 may be provided for study-related time and travel.

Please note that all information collected during the study will be kept strictly confidential and used solely for the purposes of this research.

For more information or to apply for participation in the study, visit the Long COVID section of physiciansqualitycare.com or call 731-426-5380.

Physicians Quality Care OCCMed

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Office Hours: 9 a.m. – 5 p.m. Monday to Friday

Clinic Hours: 7 a.m. – 7 p.m. weekdays

On-site Services: Available 24/7 by arrangement
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It pays to become a Tennessee Drug-Free Workplace

Companies who want a drug-free workplace will find that an investment in education, prevention and assistance programs pays dividends for both the employer and the employee.

Physicians Quality Care OCCMed is committed to helping employers become a certified Tennessee Drug-Free Workplace. We will help with training, certification and testing.



Contact OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@occmmedjackson.com.

Certification benefits

- ▶ A 5% premium credit on your workers' compensation insurance policy.
- ▶ A shift in the burden of proof in workers' compensation claims involving a positive alcohol or drug test.

The requirements:

- ▶ Provide training for all employees and supervisors at least once.
- ▶ Maintain records indicating who was trained and when.

- ▶ Administer drug and alcohol tests for pre-employment, after an accident that resulted in injury, when there is reasonable suspicion, fitness-for-duty, and follow-up testing of employees that enter a drug/alcohol EAP program.

The costs if you don't participate:

- ▶ Substance abuse drains more than \$100 billion from American businesses every year.
- ▶ 38% to 50% of all Workers' Compensation claims are related to substance abuse in the workplace
- ▶ Substance abusers are 2.5 times more likely to be absent eight or more days a year.



Physicians Quality Care
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Address Service Requested

Physicians Quality Care OCCMed provides occupational medicine services to West Tennessee's industrial base • occmmedjackson.com

When it's really, really cold

Employees who work in cold environments, both indoors and outdoors, may be at risk of cold stress, leading to a potentially dangerous situation.

The National Institute for Occupational Safety and Health recommends that employers implement a cold-related illness and injury prevention program that includes preventive measures, such as training employees about the hazards of working in cold environments, and providing appropriate cold-weather gear.

People who have previously experienced frostbite, sedentary workers and those with poor circulation may be especially suscepti-

ble to cold stress.

Working in cold and damp conditions can also lead to declining work performance (i.e., a decline in cognitive function and dexterity) or result in illness or injury.

Early symptoms of hypothermia include shivering, fatigue, loss of coordination, confusion, and/or disorientation. Late symptoms include no shivering, blue skin, dilated pupils, slowed pulse and breathing, and/or loss of consciousness.

If hypothermia is suspected, call 911. Then move the individual to a warm area and replace wet clothing with a dry blanket or towel.

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