



# PADONA E-NEWS

Pennsylvania Association Directors  
of Nursing Administration / Long  
Term Care (PADONA/LTC)

PADONA E-NEWS

## Chairman of the Board

I hope that all of you are enjoying the summer and are managing to stay cool. Even though the summer offers pleasant activities of trips to the shore or mountains, kayaking, picnics and just not having to worry about shoveling snow and the staffing issues that winter can inflict, it is also a time for each of us to be aware of the signs and symptoms of heat stroke. This applies to us personally and to our vulnerable residents. I want to thank Linda Chamberlain for providing us with the timely article on *Heat Stress in the Elderly*.

This summer we are busy working with our web designer to give a whole new look and functionality to PADONA's website, padona.com. In the meantime, please continue to visit PADONA's current website where you will find news announcements, program registrations and job postings. If you have a position opening we will also post it on our website free of charge for 90 days.

Please notify us if you have recently been promoted, accepted a new position, furthered your education, received an award, or any other pertinent information you would like to share with other members. Our plans are to have a "Members in the News" section in future e-news and on the redesigned website.

It is truly unimaginable that at the April 2013 conference we will be celebrating PADONA's 25th Annual Convention: **A Legacy of Service, A Future of Opportunity**. All speakers for the convention have been selected and confirmed including Diane Heasley, Paula Sanders, Cat Selman, Dr. Kay Potetz, Diane Tokach, Sophie Campbell, Betty Robison, Saul Greenberger, Susan Williamson and Melissa Robbins.

After reviewing the evaluations for this past convention, the board has implemented a variant of your suggestions and ideas, including starting the convention Wednesday morning and concluding it at noon on Friday. Additionally, there will be two optional evening programs on Tuesday and one on Wednesday evening. Thursday evening is reserved for socializing, fun and relaxing. You may consider coming to Hershey on Monday or early Tuesday to enjoy the spa or the outlet shopping. I will be sharing more regarding the convention in future issues of the e-news.

Enjoy the rest of the summer and if I can be of assistance please do not hesitate to contact me.

Susan

## Heat Stress in the Elderly

**Elderly people (that is, people aged 65 years and older) are more prone to heat stress than younger people for several reasons:**

- Elderly people do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

### Heat Stroke

**Heat stroke is the most serious heat-related illness.** It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

**Signs and Symptoms of Heat Stroke**  
**Warning signs vary but may include the following:**

- An extremely high body temperature (above 103°F)

*(Continued on page 2)*

## Join PADONA's Board

PADONA will be holding an election for the following positions in early 2013:

- Area I President
- Area I Vice President
- Area II Vice President
- Area III Vice President

- Area I Board of Directors Representative
- Area II Board of Directors Representative
- Area III Board of Directors Representative

If you are interested in becoming a more active part of PADONA, please request a Call for Nominations form from Candace Jones at padonaadm@aol.com.

Completed Call for Nominations forms must be faxed to 856-780-5149 or e-mailed to padonaadm@aol.com by Friday, December 7, 2012.

## How to Reach us:

Susan Piscator, Chair  
660 Lonely Cottage Drive  
Upper Black Eddy, PA 18972  
610-847-5396 / padona@epix.net

Linda Long: Area I President  
llong@rphome.org

Robin Phillips: Area II President  
rphillips@hcr-manorcare.com

June Bummer: Area III President  
jptrjn@yahoo.com

Linda Chamberlain, Editor  
padonaltc@yahoo.com

Candace Jones, Assistant Editor  
Executive Assistant  
padonaadm@aol.com

Susan Keogh, Web Master  
jim49sue@epix.net

Dedicated to Service  
Committed to Caring

**We're on the Web!**  
[www.padona.com](http://www.padona.com)

PADONA is going green and will be electronically communicating with you the majority of the time. If you have moved, changed positions, or have a new e-mail address please send your new information to us at padonaadm@aol.com to avoid missing our communications.

It is important that we have your current e-mail address at all times.

Thank you!

Candace Jones  
Executive Assistant



## Heat Stress in the Elderly, Continued

(Continued from page 1)

- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

### Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

### Signs and Symptoms of Heat Exhaustion

Warning signs vary but may include the following:

- Heavy sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

### What You Can Do to Protect Yourself

You can follow these prevention tips to protect yourself from heat-related stress:

- Drink cool, nonalcoholic beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.)
- Rest.
- Take a cool shower, bath, or sponge bath.
- If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off.)
- Wear lightweight clothing.
- If possible, remain indoors in the heat of the day.
- Do not engage in strenuous activities.

### What You Can Do to Help Protect Elderly Relatives and Neighbors

If you have elderly relatives or neighbors, you can help them protect themselves from heat-related stress:

- Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.
- Encourage them to increase their fluid intake by drinking cool, nonalcoholic beverages regardless of their activity level.

**Warning:** If their doctor generally limits the amount of fluid they drink or they are on water pills, they will need to ask their doctor how much they should drink while the weather is hot.

- Take them to air-conditioned locations if they have transportation problems.

### What You Can Do for Someone With Heat Stress

If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Do the following:

- Get the person to a shady area.
- Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101°–102°F
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the person alcohol to drink.
- Get medical assistance as soon as possible.

Reprinted from <http://www.bt.cdc.gov/disasters/extremeheat/elderlyheat.asp>

### DON Advanced Course

PADONA's DON Advanced program will be offered on 11/6 & 7/12 at HACC - Wildwood Conference Center Harrisburg due to its central location. Completion of both the DON Prep and Advanced programs is required for eligibility to take the "CNDLTC" certification examination, which will be available online in December 2012. Our faculty are experienced, nationally known leaders in LTC: Sophie Campbell MSN RN CCRN RAC-CT (Parente Beard LLC Senior Living Services Group) and Candace McMullen RN NHA MHA LNC (Affinity Health Services).

Please refer to the PADONA website and future emails for further details.

### PADONA EDUCATIONAL CALENDAR

**October 16, 2012 - Webinar 1:30-2:30 PM  
Care Planning Challenging Behaviors**

**November 6 & 7, 2012  
DON Advanced Course - HACC**

**November 13, 2012 - Webinar 1:30-2:30 PM  
Reducing the Use of Antipsychotic Medications  
for Nursing Home Residents**

**April 3-5, 2013  
PADONA's 25th Annual Convention**



## Pennsylvania Department of Health Information

### Hot Weather Safety Tips

Extreme heat happens when temperatures are much hotter and/or there is more humidity than normal. The following tips and links will help you and your loved ones stay safe during dangerous heat waves.

- Stay indoors in air conditioning as much as possible.
- Drink plenty of water during the day – don't wait until you are thirsty!
- Outdoor workers should drink between two and four cups of water every hour while working.
- Avoid drinks with caffeine, alcohol or large amounts of sugar.
- Limit your outdoor activity to mornings and evenings and rest often in the shade.
- Wear light-colored and loose-fitting clothing, a hat, sunglasses and an SPF15 or higher sunscreen.
- Check on those who may be more at-risk from high temperatures like:
  - o Infants and young children
  - o People aged 65 or older
  - o People with chronic medical conditions
- Never leave your children or pets in a vehicle.
- Know the following symptoms of heat stroke, a life-threatening, heat-related illness:
  - o An extremely high body temperature (above 103°F)
  - o Red, hot and dry skin (no sweating)
  - o Rapid, strong pulse
  - o Throbbing headache
  - o Dizziness
  - o Nausea
  - o Confusion
  - o Unconsciousness
- If you think someone has heat stroke:
  - o Call for emergency medical attention
  - o Get the victim to a shady area
  - o Cool the person rapidly (put them in a tub of cool water, place them in a cool shower, spray them with a garden hose, sponge them with cool water, etc.)
  - o Do not give the victim any fluids (like water) to drink
- Know the symptoms of heat exhaustion:
  - o Heavy sweating
  - o Paleness (skin is a lighter color than normal)
  - o Muscle cramps
  - o Tiredness
  - o Weakness
  - o Dizziness
  - o Headache
  - o Nausea or vomiting
  - o Fainting
- Help the victim cool off and seek medical attention if:
  - o Symptoms are severe
  - o Symptoms last more than one hour
  - o The victim has heart problems or high blood pressure

During extremely hot weather, "cooling stations" may be opened across Pennsylvania for individuals without air conditioning. To find out if there are cooling stations opening in your area, please contact the appropriate agency below.

### Pennsylvania's 52 Area Agencies on Aging (AAA)

Allegheny County Health Department  
412-578-8026

Allentown Bureau of Health  
610-437-7760

Bethlehem Health Bureau  
610-865-7087

Bucks County Department of Health  
215-345-3318

Chester County Health Department  
610-344-6225

Erie County Department of Health  
814-451-6700

Montgomery County Health Department  
610-278-5117

Philadelphia Department of Public Health  
215-686-5000

Wilkes-Barre City Health Department  
570-208-4268

York City Bureau of Health  
717-849-2252/2299

To learn more about staying safe during extremely hot weather, visit: <http://emergency.cdc.gov/disasters/extremeheat/>

## Well Done!

Congratulations to the following four facilities for receiving the first "Awards for Excellence in Health Care Compliance" from Secretary of Health Dr. Eli Avila on July 9 and 10, 2012. These awards were presented to facilities who have had no citations over the last three calendar years based on the results of their annual health surveys:

Foulkeways at Gwynedd, Gwynedd

Pennsylvania Hospital Skilled Care Center, Philadelphia

The Meadows at Shannondell, Audubon

The Schuylkill Center, Pottsville