

The Infection Connection

LAWRENCE-DOUGLAS COUNTY
Health Department
 www.ldchealth.org

Workshops benefit patients with chronic disease

Do you have patients with one or more chronic disease? If so, we encourage you to refer them to a seven-week “Tools for Better Health” workshop.

The Lawrence-Douglas County Health Department is coordinating the workshops which are free of cost and will be offered at various locations in Douglas County. The workshops are for:

- adults with chronic health conditions such as arthritis, diabetes, heart disease, and lung disease;
- their families;
- and caretakers of those with chronic health conditions.

The program may be particularly beneficial for people who have more than one health condition or whose health problems have begun to interfere with their valued life activities.

How does it work?

“Tools for Better Health” participants will attend a 2½-hour interactive workshop once a week for seven weeks to learn problem-solving, decision-making, and other techniques such as:

- Communicating effectively with health professionals, family and friends.
- Exercise.



The Lawrence-Douglas County Health Department is offering seven-week workshops to help residents with chronic disease. The first workshop starts Sept. 22.

- Physical and psychological effects of chronic disease (including fatigue, pain, and frustration).

“Tools for Better Health” is a chronic disease self-management program developed by researchers from Stanford University. Workshops will be facilitated by two trained leaders, at least one

See ‘Tools for Better Health’ on page 2



Ask patients about travel history

The Kansas Department of Health and Environment’s Bureau of Epidemiology and Public Health Informatics has developed a new public health campaign titled #ThinkTravelHistory designed to foster open communications between clinicians and patients about travel.

An active dialogue between patients and clinicians to accurately assess travel experiences and exposures can be vital to the understanding of many conditions. Diseases occurring at any given time in geographic locations around the world vary greatly and are continuously changing, so keeping up to date with disease trends and knowing where to look for information can be vital.

The CDC’s Traveler’s Health Website at cdc.gov/travel is a great resource for the latest information.

Prefer to receive this newsletter by email?
 Email Karrey Britt at kbritt@ldchealth.org

A publication of the LDCHD Communicable Disease program

Douglas County Disease Report

Disease category	Disease name	May 15	June 15	July 15	Total
Enteric	Campylobacteriosis	3	1	1	5
	Cryptosporidiosis	0	1	0	1
	Salmonellosis	2	0	1	3
	Shigella	0	0	1	1
	STEC	0	1	2	3
General	Hep B, chronic	1	3	0	4
	Hepatitis C	4	2	4	10
	Legionellosis	1	0	1	2
	Strep pneumo., invasive	1	0	0	1
	Hemophilus influenza, invasive	0	2	0	2
Vector	RMSF	0	2	2	4
	Tularemia	0	1	1	2
Vaccine-preventable	Bacterial Meningitis	0	0	0	0
	Pertussis	1	0	0	1
	Varicella	0	0	0	0
STDs (tested at HD only)	Chlamydia	10	9	11	30
	Gonorrhea	3	5	4	12
	Syphilis	2	1	1	4

This report includes the number of cases investigated by the Lawrence-Douglas County Health Department. Case classifications include: Confirmed, probable and suspect.

'Tools for Better Health' helps residents with chronic disease

Continued from page 1

leader is living with a chronic disease. Workshop leaders will not be giving medical advice. Public Health Nurse Shirley Grubbs said, "Tools for Better Health is designed to enhance regular and disease-specific treatments and education programs." Multiple studies have demonstrated programs like this result in positive personal growth, reductions in health care expenditures and an increase in the use of appropriate health care resources. There is strong evidence from published clinical trials that participation provides benefits including: better communication with health care providers, decreased pain, and decreased anxiety and depression.

Upcoming workshops

The Health Department is working in collaboration with United Way of Douglas County, Heartland Community Health Center and Health Care Access. As of Aug. 24, workshops are scheduled for:

- Tuesdays, Sept. 22-Nov. 3, 3 p.m. to 5:30 p.m., Lawrence Public Library, 707 Vermont, Room C.

- Thursdays, Oct. 8-Nov. 19, 6 p.m. to 8:30 p.m., Holcom Recreation Center, 2700 W. 27th St., South Bly Room.

For a fax referral form, contact Shirley Grubbs at sgrubbs@ldchealth.org or 785-843-0721 or visit www.ldchealth.org/TFBH and click on health care providers on the right-hand side of the page.

Patients need immunization records for Health Department visit

All Lawrence-Douglas County Health Department clients, particularly those with young children, will be asked for their immunization records. If clients do not have them available, the Health Department will be requesting they call their health care provider and have them faxed while they are in clinic. If the provider is not able to do that, clients may be directed to return at a later date when they have the information available. This is to avoid duplication of vaccines or incorrect spacing of vaccines.

Recommendation updates from the Advisory Committee on Immunization Practices:

- The recommendation is to have a full

year spacing between between PCV13 and PPSV23 to align with the Medicare reimbursement time frame.

- No longer recommends booster doses of yellow fever vaccine every 10 years. However, people who travel frequently to yellow fever endemic countries or who will be staying for prolonged periods of time should consider revaccination after 10 years. Clients who are 60 or older continue to need a doctor order for yellow fever vaccine due to the increased risk of yellow fever vaccine-associated neurologic disease (YEL-AND) or yellow fever vaccine-associated viscerotropic disease (YEL-AVD).



The Lawrence-Douglas County Health Department is asking clients to bring immunization records to avoid duplication of vaccines or incorrect spacing of vaccines.

Health Department reminds health care providers to check for Tuberculosis

If a patient comes in complaining of coughing for more than three weeks, don't forget to screen for Tuberculosis.

Obtaining three sputum specimens on three different days is considered best practice. It is very important that patients understand the best way to obtain sputum

specimens if they are sent home with sputum specimen containers:

1. Collect the sputum specimen first thing in the morning, before eating or drinking.
2. Take three deep breaths. On the third breath, cough deeply to move the sputum into the mouth. Then expel the sputum

into the sterile sputum cup.

3. Place the cap tightly on the plastic sputum cup and place in into the biohazard bag provided.

4. Place specimen in the refrigerator until it is returned to the lab or the Health Department.