

BOWMAN'S CAPSULE

WFU School of Medicine Physician Assistant Program

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Issue 3

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WHAT HAVE I MISSED? THE HIGHLIGHTS

A lot has happened since June 2008; and while you were searching AccessMedicine for that perfect picture of Pityriasis Rosea, you may have missed a few highlights.

China hosted the Olympics showcasing her beauty, rich history and innovation. USA stars Michael Phelps, Misty May-Treanor and Kerri Walsh, Dara Torres, Shawn Johnson, Nastia Liukin and others got us to believe in our athletes again as they brought home gold. Now we look to London—can they possibly outdo the 2008 Opening Ceremonies?

poorly constructed schools, and levees along the Mississippi River failed after heavy rains, flooding the Midwest and leaving thousands of homes and businesses underwater.

In current news, US troops are still in Iraq but have their eye on Afghanistan, terrorist attacks on civilians in Mumbai, India have killed over 143 people, and after protesters occupied Thai airports for days, the Prime Minister has been forced to leave his post.

Closer to home, the historic election of Barack Obama has captured the world, (for a recap just watch the SNL skits) but the Dow Jones roller coaster has left everyone a bit nauseated.

The Philadelphia Phillies won the World Series 4 to 1 and in Winston-Salem the Dixie Classic Fair was a huge success with over 310,000 visitors enjoying livestock competitions and funnel cakes.

How can we serve our communities if we are not aware of what is happening in them? The current state of

our country as well as the world has a direct impact on how our patients can afford their health insurance, medicines, or time off work to even come to the office. How can we find the common ground with them if they have not read *Hurst's The Heart* and we have not read the paper? Though we are in the midst of a landmark year in our lives, remember to come up for air every few days even if it is just to catch the highlights!

Editor,
Mary Ellen Kistler



HEALTH CARE WE CAN BELIEVE IN?



With a new president on the way, Americans expect big changes in health-care policy over the next four years. The New England Journal of Medicine provided the chart to the right, which highlights the Obama administration's goals for the future of American health care. The president elect is choosing to focus his sights on policies that aim to increase the importance of primary care providers in the nation's health care system. He hopes this will push towards better preventive medicine and more effective treatments of chronic illnesses, as well as expanded coverage in rural clinics, community health centers and public hospitals.

These policies will likely expand the already growing need for Physician Assistants in the U.S. health care system and also help to get the nation on the path to a healthier America.

Chart reprinted from "The Partisan Divide - The McCain and Obama Plans for U.S. Health Care Reform" by Jonathan Oberlander, Ph.D. *NEJM* 359;8 August 21, 2008

Contributed by Evan Kistler

Key Elements of Barack Obama's Plan for Health Care Reform.

- "Play or pay" employer mandate requiring businesses either to offer workers insurance or to pay a tax (very small businesses would be exempt)
- Creation of a new national health plan (similar to Medicare) for the uninsured and small businesses
- Establishment of new national health insurance exchange that would offer choice of private insurance options for the uninsured and small businesses
- Mandate that all children must have coverage
- Subsidies for lower-income Americans to help them afford coverage
- Expanded coverage financed through the payroll tax, letting tax cuts for families making over \$250,000 expire, and savings from electronic medical records, disease management, and other system reforms
- Regulation of all private insurance plans to end risk rating based on health status
- Establishment of federal reinsurance program to insure businesses against the costs of workers' expensive medical episodes
- Other proposed measures to control costs and improve quality:
 - Reduction in the administrative costs of private insurance
 - Accelerated adoption of electronic medical records
 - Promotion of disease management
 - Emphasis on prevention and public health
 - Payment of providers on the basis of performance and outcomes
 - Reduction in excessive payments to private plans contracting with Medicare
 - Allowing Medicare to negotiate with drug companies
 - Establishment of a comparative-effectiveness research institute



Where will we fit in a reformed health care system?

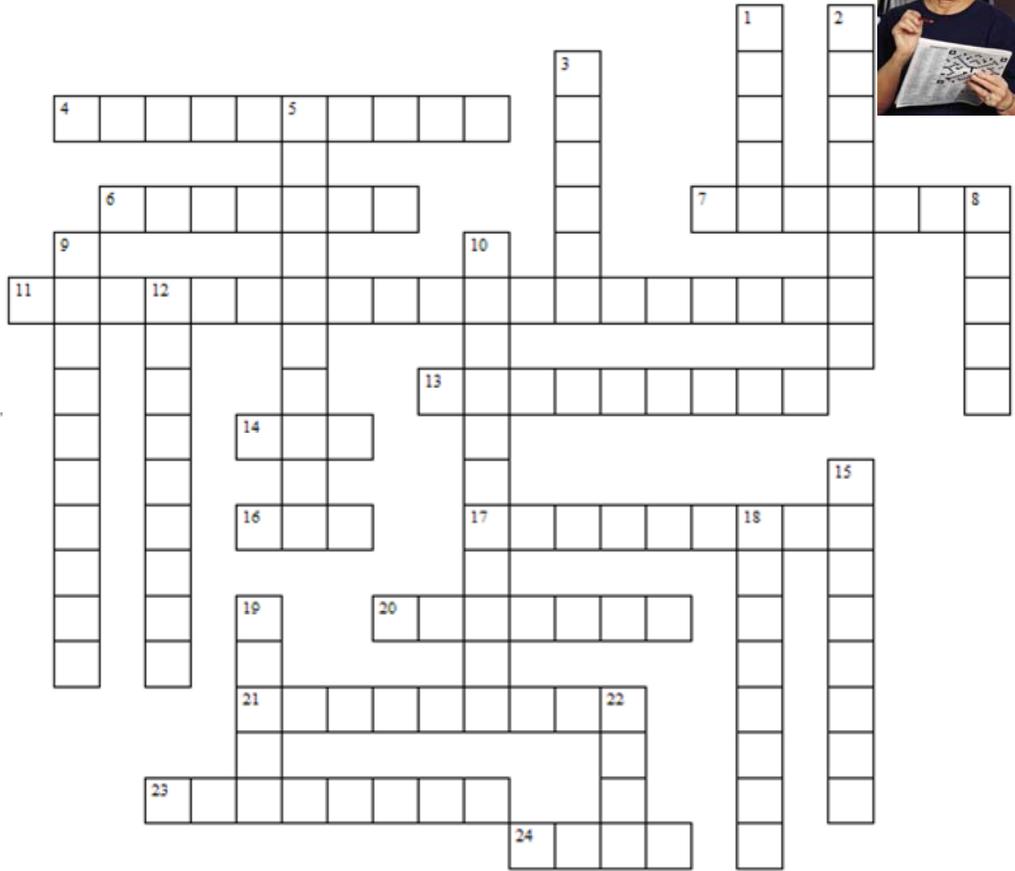
CROSSWORD PUZZLE: HEART AND LUNGS

ACROSS

- 4 Left ___ coronary a.
- 6 Cathy's fav word.
- 7 Demon ___.
- 11 PH 7 CO2 60 HCO3 27.
- 13 ___ syndrome.
- 14 ___ bundle.
- 16 5ICSMCL.
- 17 SABA.
- 20 Loss of consciousness.
- 21 ___ fever.
- 23 Jim's fav drink.
- 24 Sudden extreme hypoxemia

DOWN

- 1 Atrial depolarization.
- 2 Unsitghtly veins.
- 3 ___ fibrosis.
- 5 Muscular heart layer.
- 8 Anterolateral MI.
- 9 Lopressor.
- 10 High CO2.
- 12 Cor ___.
- 15 Sign of lung cancer.
- 18 TB Tx.
- 19 # lobes in rt lung.
- 22 Obstructive lung disease.



Created on <http://www.puzzle-maker.com>. See pg 6 for answers

WINTER IN WINSTON

These holiday traditions in and around Winston are just some of the many ways to celebrate the season! Sam Rogers, PA-S1



A Winston-Salem tradition for over 30 years, The North Carolina School of the Arts presents *The Nutcracker*.

This is a must see for the whole family. Performances are December 6-14th at the Stevens Center, Winston Salem.

NCSA Box Office: 336-721-1945



Christmas at Biltmore and *Candlelight Christmas Evenings* are two great ways to enjoy America's largest home decorated with dozens of Christmas trees, hundreds of wreaths, bows, and poinsettias; miles of evergreen garland; and a magnificent 35-foot Fraser fir. Visit November 7, 2008–January 4, 2009. Call 800-411-3812 for ticket information.

Gifts for the family? What could be better than a Winston Salem original: *Mrs. Hanes Moravian Cookie Crisps*! Each cookie is hand rolled and hand cut. They make about 100,000 pounds of cookies a year. There are approximately 100 cookies per pound! Yep, you guessed right! That's around 10 million Moravian cookies, each cut out one by one using a cookie cutter! You can even come by and watch the ladies making the cookies!



Mrs. Hanes' Moravian Cookie Crisps
4643 Friedberg Church Road,
Clemmons, NC 27012
Mon.-Fri.: 7am-5pm, Sat. 9am-2pm
Phone: (336) 764-1402

Tanglewood, Festival of Lights
Tanglewood Park (Clemmons)
NOW - Jan 1, 2008 (6-11pm)



Monday-Thursday

Family – cars, vans & trucks \$9.00

Friday-Sunday & Holidays

Family – cars, vans & trucks \$13.00

For more info: (336) 778-6300
www.tanglewoodpark.org

INFLUENZA VACCINES; SHOULD I OR SHOULD I NOT?



It is that time of year again, from late fall through early spring, when cough, chills, fever, sweats, and headache are rampant from the influenza viruses. These viruses affect all age groups, but are most common in children ages 1-3.

Serious illness leading to death is most common in those 65 years and older and those younger than 2 years. The average annual death rate from influenza was 36,000 from 1990-1999 and there were an average of 226,000 influenza associated hospitalizations annually from 1979-2001.

Influenza vaccines can be administered to anyone older than 6 months without contraindications. Trivalent inactivated influenza vaccine (TIV) is safe even for high risk individuals. The live attenuated influenza vaccine (LAIV) is safe for healthy individuals ages 2-49 who are not pregnant.



Wishing you got vaccinated last month? It's not too late; Employee Health is just around the corner, or for more convenience just look up your local pharmacy (or even your local grocery store).

Contributed by Mathew Williams, PA-S1

Got the vaccine because:

- Most effective way to prevent the flu
- Protects against the three most prevalent strands of the flu
- Lessens the infection from other strands of the flu
- Reduces the risk of health care workers contracting and spreading the flu to their high risk patients

I should have gotten the vaccine, but I didn't because:

- I have never had the flu before and I may get the symptoms from the shot
- Strands of flu change each year and the shot doesn't protect against all strands
- I am young, healthy, and can fight off the flu quickly, especially with antivirals

SMALL CHANGES, BIG RESULTS

At the start of a new year, many of us make a resolution to eat healthier. Instead of waiting until the holiday food hangover sets in, why not start your resolution now?

The definition of a healthy diet is one that does not contain excessive quantities of fat, sugar and salt while providing enough vitamins and minerals for the body to function at peak efficiency. So what is excessive? Fact: there are 3500 calories in one pound. It may seem like it would take a lot to quantify "excessive"; however, a little bit every day adds up. One way to avoid excessive calories are to limit foods with low nutritional content to more than 150-200 of your total caloric intake for one day. Examples of this include:

- 1 glass of wine with a small piece of cheese
- 1 medium cookie (note: medium does not include the size of your head)
- ½ cup low fat ice cream
- 1 nonfat medium latte

Possible daily food changes*

What you eat or drink now...	Change to...	<u>Calories saved</u>	Pounds saved!
12 oz sweet tea	12 oz unsweet tea	180 cal	18 lbs/yr
1 TB ranch dressing	2 tb light italian dressing	110 cal	11.4 lbs/yr
8 oz whole milk	8 oz skim milk	60 cal	6.2 lbs/yr
6 oz regular yogurt	6 oz light yogurt	90 ca	9 lbs/yr
12 oz regular beer	12 oz light beer	40 cal	4 lbs/yr

So the holidays pass by and you find that you had problems with the whole "excessive" concept. Not a problem! As they say, "life is about balance". Below are some small changes you can make throughout the entire year.

Cola	Diet Cola
152 calories per 12 oz	0 calories per 12 oz

By switching from diesel to unleaded, you save 152 calories per soda. If you drink 1 soda per day this equates to **15.8 pounds in one year**

Pepperoni Pizza	Cheese Pizza
306 calories/slice	235 calories/slice

By switching from pepperoni pizza to cheese pizza, you will save 71 calories per slice. But who eats one slice? In reality this is 142 calories. If you eat pizza once a week this equates to:

2 pounds in one year

Taco Salad (fast food)	2 chicken soft shell tacos
850 calories	400 calories

Remember that 450 calories once a week equates to **6.7 pounds in one year!**

Contributed By
Emily S Entzi, PA-S1, RD, LDN



*all calculations are approximations

TECHNOLOGY TIP OF THE WEEK (SPECIAL EDITION)

This Week's Tip...How to Rule Your Email in Outlook!

At one time or another you have all probably received the dreaded message from the Systems Administrator notifying you that your inbox was full. If you're like me then you've probably come to realize that your email inbox is a lot like the mind of a first year PA student; of limited capacity and constantly flooded with overwhelming amounts of information. Luckily, you have much more control over your email than you might think.

Normally, once your inbox becomes full you can no longer send or receive emails until you free up some space. By now this is probably old news to most of you and you have already come up with some way to deal with this problem. For some, this might mean that you manually go through your old or unwanted messages and delete them. This of course can be quite tedious especially if you've managed to accumulate a lot of messages in your inbox. For others, you may have decided that...well "some emails are just too darn important to delete" and have created personal folders to drag and drop them into. But this too can take away some of your valuable time. So what would a true techy do to solve this hassle? Well they would program the computers to do the work for them of course. But this would probably mean spending hours upon hours creating



several lines of command code in some obscure computer language such as C++, COBOL, or Perl (not to be confused with PERRL) just to save the extra time it would take to drag and drop the emails. Luckily for us, Outlook takes the work right out of it by providing a five step wizard to creating rules for any incoming or outgoing emails. These rules can be very specific or really general depending on your need and give you complete control over your email. Let's walk through the steps, shall we: In this example we'll be creating a rule to move every past and future "Technology Tip of the Week" email into a special folder just for them.

Step 1 – Select the **Tools** menu from the toolbar and choose **Rules and Alerts**.

Step 2 – Make sure the **Email rules** tab is selected and **click the New Rule button**.

Step 3 – Although Outlook already provides a template for the rule we want to create, we will start fresh and click on "**check messages when they arrive**" from under the Start from a blank rule category. This will give you a better idea of the option available.

Step 4 – After clicking next you will see a list of options from which you can select any number and combination of rules. We want to select email "**with specific words in the subject**".

Step 5 – We must tell the wizard which words to look for by clicking the **blue link "specific words"**. Once selected we can type in "**Technology Tip of the Week**" and **Add this**. Now that our rule knows what to look for we can **click next**.

Step 6 – In this step we decide what will happen to the email in our rule. In our case we want to move it to a new folder. But as before you can see that there are many options for what can happen to the email in your rule, take a moment to look through these.

Step 7 – Once you've selected to **move it to a specified folder** you will have to identify which folder you want the mail to go to. For our purposes we will **create a new folder** in the personal folders mailbox and call it Tech Tips. Once we've created this we can click next.

Step 8 – The next step in the wizard allows us to select any exceptions if we should choose to have any. To keep things simple we will move on to the next step without selecting any exceptions.

Step 9 – In this final step of the wizard you will notice three options, one of which allows you to apply this rule to messages already in the "inbox". If you select this option all previous emails will be moved along with any new messages that come into your inboxes.

Well that's it! Pretty simple when you think about all that you get in return. I hope this tip helps you keep your emails organized and your inboxes with room to spare.

If you're more of a visual learner here is a Quick Technology Tip by Debbie Mayo-Smith on the topic:
http://h20271.www2.hp.com/SMB-AP/downloads/hpsb_rules.wmv

Until next time, this has been another tip from your friend and mine,
Peter

And as always remember that "A computer lets you make more mis-takes faster than any invention in human history—with the possible exceptions of handguns and tequila." So be careful out there!

