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Brian Barrick's

February 2011

“THE CIRCLE OF SAFETY”

ADULT CARE AWARENESS ADVISOR

News and Tips to Make Your Life Easier, Safer and Happier!

For Friends and Clients of PCALIC, LLC

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Visit Brian's online blog at: <http://brianbarrick.wordpress.com>.

Use this as a valuable resource for information on claims, risk management, and news in the Adult Care industry.

Follow us on Twitter!

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Did you Know?

February is also known as:

1. Adopt a Rescued Rabbit Month
2. American Heart Month
3. Grapefruit Month
4. Return Shopping Carts to the Supermarket Month

This February, make sure you eat a grapefruit, adopt a rescued rabbit, take good care of your heart, and return your shopping carts!

Important Dates:



- February 6th- Superbowl Sunday
- February 14th- Valentines Day
- March 14th- National Potato Chip Day
- March 17th- St. Patrick's Day

Winter Safety: Shoveling and Outside Safety

When going outside in the winter, make sure to dress warmly and take caution when walking. Make sure to wear layers of loose-fitting, lightweight, warm clothing with a waterproof outer layer to help retain body heat. Also make sure to wear a head covering (preferably wool) and warm gloves, socks and sturdy shoes with a good tread. If your clothing becomes wet, make sure to change promptly to avoid the loss of body heat. Also make sure to avoid over-exertion when it comes to shoveling heavy snow, pushing a car, or walking in deep snow. Cold weather puts an extra strain on the heart and people with heart conditions and the elderly should be especially cautious of this.

Also remember to walk slowly and carefully over snow and ice-covered sidewalks. In some areas, it might be a good idea to walk along the edges of shoveled areas to maintain good traction while walking. It is also helpful to walk in a shuffling gait, flat-footed with a slight bend and keep your arms at the side to help keep your balance. And by wearing a heavy-cushioned coat, you can soften the impact if you were to fall. Make sure to avoid falling on any bony prominences such as knees, hips, and wrists to prevent broken bones.

Another winter hazard is wind chill. As the wind speed increases, body heat is carried away more rapidly. And if overheating and sweating occurs, it can lead to chilling and hypothermia at a faster rate. Extreme cold also creates potential for hypothermia and frostbite. Some symptoms of hypothermia are:

- Uncontrollable shivering
- Slow/slurred speech
- Memory lapse
- Drowsiness

Some basic frostbite symptoms can include loss of feeling and pale appearance of fingers, toes, nose, and ear lobes. It is important to remember to keep moving your arms and legs to help keep blood circulating to all your extremities to avoid frostbite and hypothermia.



How to Skip those new Bank Charges

Ouch! As if making ends meet wasn't tough enough, many banks are starting to charge for some of the services they used to boast about as being free. Their explanation is that new rules introduced in the past few months are cutting into their revenues. Many of the new rules are actually aimed at preventing or reducing penalties for things like minor overdrafts, which used to rake in a big profit for the banks. But let's not forget that banks do have to make money to pay employees and shareholders, and savvy customers can still enjoy mostly free banking – if they do their homework. For instance, if you are prepared to do your banking transactions online and stop getting paper statements you can probably avoid the charges of up to \$10 a month some banks now impose for checking accounts. Some banks will also waive charges if you use their own debit cards, post your checks at ATMs instead of via a teller, and use their direct deposit services.

Banks do have a legal responsibility to notify you of any changes in their terms of service, so if you receive a letter in the coming weeks, don't just toss it in the trash - read it carefully. To be fair, many of them also offer guidance on how to avoid certain fees.

More than ever though, it makes sense to shop around and compare charges at different banks. Most of the hikes currently being introduced come from the big banking names and you may find that smaller, local banks either don't impose those charges or charge less.

(Solution to puzzle on page 3)

4	6	5	9	3	2	1	8	7
2	8	3	7	1	5	4	9	6
7	9	1	4	6	8	3	5	2
5	3	7	6	8	1	2	4	9
8	2	9	5	4	3	6	7	1
6	1	4	2	7	9	8	3	5
1	7	2	8	5	4	9	6	3
3	5	8	1	9	6	7	2	4
9	4	6	3	2	7	5	1	8

Daily Sudoku: Mon 31-Jan-2011 easysudoku.com

Incident Reporting: How to do it Right

Who, What, How, and Where are all questions that should be answered when reporting and following up on an incident.

Who? – The employee/staff or volunteer person who discovers, witnesses, or to whom the event is reported should be responsible for documenting the incident. It is important that incident reporting be non-punitive process.

What? – Be objective. Report only FACTS. Do not report conclusions, opinions, accusations or admissions of wrong-doing. Never place blame or point your finger. The following details are some important items that should be included in the report:

- **Time, date, and location of the incident**
- **What happened and what effect it had on the individual(s) involved.**
Example: "Patient found on floor, right hip injured."
- **Medically relevant facts as well as environmental details relevant to the event.**
Example: "Side rails up, bed in low position"
"Patient alert and oriented to time and place"
- **Statement of the patient or witnesses regarding degree of injury and what happened.**
Example: "I saw him stumble when he slid off the foot of the bed"
"My right hip hurts"
- **Injuries as observed by medical personnel.**
Example: "Right foot is rotated"
"Reddened area noted on right hip"
- **Information that indicates final outcome.**
Example: Results of lab work, x-rays, etc.

How? – The Incident report form allows information to be recorded and preserved for quality and risk management purposes. The form should be sent through pre-determined channels to the appropriate administrative personnel. Never make copies of an incident report form. Remember the report is a confidential document. **It should not be made part of the patient record.**

- **Documentation** – The fact that an incident report has been completed should not be documented in the patient record; however, those events which have a direct medical effect on a patient should be recorded in their record. The chart should be complete and accurate, reflecting the patient's response to the event for at least the next 24- 48 hours.

Where? – The appropriate channels for communication should be specified by an organization's policies. Most often those persons who need to be informed of an incident include:

- **The Patient's Attending Physician** – needs to know what happened to determine the effect of the event on the patient and to take appropriate action. The time and date of physician notification should be documented.
- **The Immediate Patient Care Supervisor** – needs to know what has happened in order to take action to prevent a recurrence.
- **The Risk Manager or Quality Improvement Coordinator**—of an organization will use the information from incident reports to institute corrective action and to develop staff education as a long-range benefit. The information should also be tabulated to determine statistical trending and identify high frequency and high severity exposure areas.
- **Family/Guardian of Patient** —needs to be notified of the incident and the follow-up plan of action.
- **Other Specified Personnel** —the Medical Director, Pharmacist, or Safety Officer

WELCOME!

We would like to welcome our recent new insured's:

- Ida's Adult Care, Washington
- The Homestead, Alaska
- Oak Tree Ranch, California
- Thomsen Adult Care, Washington
- Poppy's Place, Colorado
- Bethany Home Suites, Arizona
- Bluebonnet Assisted Living, Texas

IN THE SPOTLIGHT:



The team at PCALIC appreciates all you do for your communities. We want to acknowledge exceptional organizations for their hard work. This month's spotlight is on:

Nelson's Golden Years

Congratulations on NO DEFICIENCIES for your recent inspection. That is truly commendable! Be on the lookout for a special Congratulations from the PCALIC team.

Check back in April for the next In the Spotlight Winner!



Log on to www.PCALIC.com to access all the benefits of being a Member Insured:

- Falls Procedures
- Wandering/Elopement Procedures
- Risk Assessment Form
- Medication Administration Video
- Mediation & Arbitration Program

Thank You! Thank You!

We would like to thank the following for referring their fellow friends and family to PCALIC for a quote:

Eva Farley
Veronica Surbulescu

Remember: Each individual that refers someone to us for a quote receives a \$5 Gift Card! This is a perfect way to enjoy your shopping on us.

Challenge your mind with Sudoku!

According to a study by Harvard Health, challenging your brain with mental exercise helps to maintain brain cells and stimulate communication between cells. Keep your mind young with Sudoku!

	6	5	9				8	7
								6
7	9			6	8	3		
		7			1			
	2	9	5		3	6	7	
			2			8		
		2	8	5			6	3
3								
9	4				7	5	1	

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easy

The object is to insert the numbers in the boxes to satisfy only one condition: each row, column and 3x3 box must contain the digits 1 through 9 exactly once. What could be simpler?



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“ I was treated well from the beginning! I contacted other companies who acted like my small business didn’t matter. PCALIC treated me well.”

-Jennifer Womack

Bluebonnett Assisted Living

IT'S A FACT: There’s no scientific evidence that cheese before bed causes nightmares. In fact it contains tryptophan, a chemical that relieves stress and induces sleep.



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Out page 3 and see how many individuals received free gift cards just for talking about us!