

APEX Staffing Service, Inc.

APEX Gazette

Joint Commission Health Care Staffing Services Certification

Special points of interest:

- Joint Commission
- Insurance renewals
- H1N1 Flu—Myths and Facts
- Licensure
- Sudoku puzzle
- Book Review
- Funny stories

On February 2, 2009 APEX Staffing underwent a Joint Commission survey for certification for Health Care Staffing. We passed with flying colors!!!! Our thanks to everyone for providing us with the needed paperwork to update your individual files. The surveyor was impressed with everyone. A few of you were kind enough to take a few minutes out of your day and speak with the surveyor. The feedback we got was all very positive.

Our Certification is valid for two years. We can expect a surprise visit from the Joint Commission around our 1 year mark. We will continue to make sure that files

are maintained and kept updated.

Letters have been sent out to all our customers as well as potential customers. With the climate out there right now, we couldn't have picked a better time to become certified.

Our success is a direct result of having staff that demonstrates their professionalism day in and day out. Having recently had the opportunity of working with several of you over the past few months, we are very proud to be a part of this organization working with such remarkable people.

Thank you ☺



Annual Insurance Renewals

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Our annual medical and dental insurance renewals are upon us once again. All full time employees working at least 30 hours a pay period are eligible for insurance benefits. Anyone interested in insurance are encouraged to contact the APEX office for more information.

PacifiCare / United Healthcare are increasing their rates this year by 13% which represents anywhere from a \$23-\$85 rate in-

crease per month. This increase has prompted us to look at other carriers for more competitive rates without sacrificing benefits. Aetna offers a pretty competitive alternative. Aetna's rates are less than the current 2008 premium with PacifiCare/United Healthcare. The Aetna HMO that we are looking at offers a \$10 co-pay and \$2000 deductible. We have checked to make sure that everyone's current medical networks are contracted

with Aetna. For those individuals on the PPO, the rate is also lower although the In Network deductible is higher and prescription drugs are \$10 more per RX.

Anyone who would like a more comprehensive breakdown or who have specific questions are encouraged to contact our Insurance Representative:

John Tieu @ 949-486-4800

E-mail: jtieu@apexbroker.com

H1N1 Flu: Myths and Facts

1. Should healthy people wear a mask in public?

Not unless they are ill and coughing, in which case they should not be going out unless they absolutely must. Flu viruses are spread through droplets expelled from the nose and mouth of a sick person, not through airborne particles. The droplets only travel about 3 feet at most. A mask will not protect people from droplets they may touch and transmit to their eyes or face.

2. If this is such a serious illness, why not close the borders or forbid travel?

Health officials say it is far too late to prevent H1N1 flu from entering the country—it's already here. Closing the borders would not only have little impact on the spread of the virus, but also could prevent important medications and supplies from coming into and leaving the country. At this time, health officials advise against all unnecessary travel to Mexico, where the illness has hit hardest, and have a list of precautions for people who must travel there. People who feel ill should stay home and not travel at all.

3. Should Tamiflu prescriptions be given to people who are not sick yet?

Health officials recommend treatment with Tamiflu and another antiviral, Relenza, only for those who have flu-like symptoms (fever, sore throat, cough)

and have either been in close contact with someone who has a confirmed or suspected case of H1N1 flu or who have the symptoms and have traveled to, or reside in, an area with known outbreaks of the illness. Taking Tamiflu if they are not sick, or if they are sick with an illness that is not H1N1 flu, will not help them get better, and it could create eventual resistance to the medication. Certain people, including household contacts of confirmed or suspected cases of swine flu who are at high risk for influenza complications (those older than 65, people with weakened immune systems), and unprotected healthcare workers who have been exposed to suspected or confirmed cases of swine flu, should take antivirals as a precaution against getting sick with the illness.

4. If a patient becomes sick, should he or she be tested for H1N1 flu?

The patient should stay home, rest, and take fever-relieving medication. He or she should not go to work or school. If he or she lives in an area with an H1N1 flu outbreak, or if the symptoms are more severe than a usual cold or flu, or if he or she is at risk for complications from influenza, medical intervention may be necessary. Children and infants need emergency medical attention if they are not drinking enough fluids not waking up or interacting, have a fever with a rash, and are so irritable they do not want to be held.

5. Can people get H1N1 flu from food, such as vegetables that sick workers may have picked?

Most influenza viruses live for a few hours on surfaces such as doorknobs and tables, so it is unlikely that fruits or vegetables still will carry any virus from a picker or handler by the time they are shipped to market.

6. Can people get H1N1 flu from eating pork or pork products?

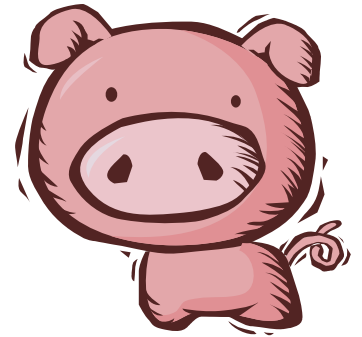
No. Swine flu viruses are not transmitted by food. Eating properly handled and cooked pork and pork products is safe. Cooking pork to an internal temp of 160° kills the H1N1 flu virus as it does other bacteria and viruses.

7. Will existing flu shots protect people from H1N1 flu?

Health officials say the current flu shot protects against seasonal influenza, but is unlikely to protect against the new flu. International and national health departments have started the process of developing a vaccine against H1N1 flu, but say it probably won't be ready for several months, probably longer. In areas where seasonal influenza is still appearing, the regular flu shot may help protect against that virus.

8. Is this a pandemic? What does that mean?

As of May 1, health officials declared a "pre-pandemic" state for H1N1 flu. This means there



are strong signals a pandemic is imminent and it's time to finalize organization, communication, and implementation of plans for caring for people infected by the virus. A pandemic, as defined by WHO, is characterized by community level outbreaks of human-to-human transmission of a virus in at least three countries, with at least one of them in a different world region from the others. A pandemic has nothing to do with how strong an illness is, or how many deaths it causes.

For more information please contact the CDC

[Http://www.cdc.gov/h1n1/swineflu_you.htm](http://www.cdc.gov/h1n1/swineflu_you.htm)

This article appeared in the June 2009 issue of Nurse.com—The Magazine and was written by Cathryn Domrose

Licensure

Surprisingly enough there are still those individuals out there that are showing up to assignments without RN/RT licenses and BLS/ACLS cards. Hospitals WILL send you home. Even if licensure can be verified on-line, you are REQUIRED to have your licensure on your person. This is a Joint Commission standard and part of every hospital contract that we have. Nursing offices do exercise their right to

send registry personnel home who don't show valid credentials when signing in.

Many hospitals will not accept copies of licensure from registry personnel and must actually VISUALIZE the license or credential for themselves. Again this is a Joint Commission standard. All hospitals should be verifying all personnel this way.

Our office sends out reminders 1 month prior to license/

credential expiration dates as a courtesy. It is each individual's responsibility to provide the office with copies of all renewed licensure when you receive it.

You all work very hard and we would hate to see you miss out on a shift somewhere because you aren't carrying the proper credentials.



Sudoku

Sudoku is a number puzzle who's modern day creation is credited to an architect by the name of Howard Garns. The puzzle is solved when you have filled in the numbers 1-9 on each horizontal and vertical line as well as each 3x3 box *without* repeating numbers in any given line. Do not guess. You can logically figure out where to

place the numbers.

For more puzzles please visit: www.sudoku-puzzles.net

Hints, strategies and free downloads are also available.

Have Fun!!

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

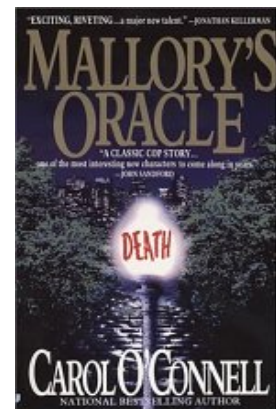
Book Review by Cindy Pacheco

I have always enjoyed a good book, but it wasn't until I was working nights in the CCU that I became a book fanatic. Of course there were those shifts when you started off running at 1900 and never let up until you got back in your car at 0745. But there were many a night when I could sneak in a chapter or two. A good book helped me

get through some of those nights when I was so tired I felt nauseated. I would like to share my thoughts on some of the great books and authors that I have come across over the years. I would love to hear from you as well, since I'm always looking for new material to read.

An author that I recently stumbled upon is Carol O'Connell.

Ms O'Connell has written a series of books about Kathleen Mallory a New York City police detective who witnesses the murder of her mother when she is 9 years old. The first book in the series is *Mallory's Oracle*. Give it a read and let me know what you think!



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On the Lighter side.....

Here are a few real stories that we found amusing.....

A doctor from Seattle, WA tells:
"At the beginning of my shift I placed a stethoscope on an elderly and slightly deaf female patient's anterior chest wall. Big breaths," I instructed. Yes, they used to be," remorsefully replied the patient."

Police in Los Angeles had good luck with a robbery suspect, who just couldn't control himself during a lineup. Detectives asked each man in the lineup to repeat the words, "Give me all your money or I'll shoot."

One of them, when it was his turn, shouted, "That's not what I said!"

According to the Washington Times (7/2/97) when a Virginia High School student exposed mice to hard rock music 10 hours a day for three weeks, their ability to navigate a maze they already knew decreased significantly.

A control group, exposed to classical music, actually improved their maze time.

The experiment was cut short because the hard rock mice ate each other.



Until next time.....

Nick and Cindy