



Medication Changes at Hospital Discharge

A research study from the Duke University Medical Center has found that 96 percent of patients had their medication regimens changed while in the hospital. But less than half of those patients were explicitly told about dose changes or new medications when they were discharged. Sometimes people resume their old medication regimen when they get home, never realizing they should be taking new drugs or different dosages.

Prevention: when you leave the hospital, ask about how your drug regimen is changing. And be sure to take your discharge papers including your new drug list to your next appointment with your primary care physician.

Source: aarp.org



FIRST AID & EMERGENCIES

Almost everyone will need to use a first aid kit at some time.

Take the time to prepare a kit to have available for home and travel. First aid kits may be basic or comprehensive. What you need depends on your medical training and your distance from professional medical help. Ready-made first aid kits are commercially available from chain stores or outdoor retailers. But you can make a simple and inexpensive first aid kit yourself.

Home first aid kits are usually used for treating these types of minor traumatic injuries: Burns, Cuts, Abrasions (scrapes), Stings, Splinters, Sprains, Strains, Mild pain, Gastrointestinal problems, Skin problems, and Allergies.

Make sure you know how to properly use all of the items in your kit, especially the medications. Train others in your family to use the kit. You may be the one who needs first aid! Pack and use barrier items such as latex gloves to protect you from bodily fluids of others. Check the kit twice a year and replace expired drugs. Find out the phone number of your regional poison control center at the American Association of Poison Control Centers Web site and keep the number with your kit.

Source: webmd.com

From Our Cookbook:

Beef Stroganoff

- 1 3/4 -2 lbs of stew meat (I cut the big pieces)
 - 2 tablespoons of flour (put into ziploc bag along with stew meat and coat)
- Place into crock pot along with:
- 1/2 teaspoon garlic powder
 - 1/2 teaspoon black pepper
 - 1/4 teaspoon paprika
 - 1 can cream of mushroom soup (I use low fat and low sodium)
 - 1/2 cup of water
 - 1 package dried onion and mushroom soup mix (can use only onion if preferred)
- Stir all together. Cook 8 to 10 hours on low.
- About 30 minutes before you are planning to eat begin preparing egg noodles. While you are waiting for them to finish, add the following to the crock pot and stir:
- 1 small can mushroom slices (optional, I use fresh mushrooms and a lot of them)
 - 1/4 cup low fat or fat free sour cream
- When noodles are done, serve the stroganoff over the noodles.
- Source: Wendi Bottoms

A NOTE FROM FULL CIRCLE NURSING

Medication Reminder:

Notice side effects. Check for expiration date. Don't share medications. Keep them in a safe place. Keep an up-to-date medication list and put it where you can quickly find it.

A NOTE FROM FULL CIRCLE MARKETING

Case Management Services are now available to our clients. These include assistance with completion of important paperwork, advocating during doctors visits, and many more. How can we assist you?