

In Touch With PCM



PrimeCare Medical
Winter 2009



Despite decreasing concerns, Swine Flu remains a pandemic

H1N1 flu is a new contagious influenza virus that was first detected in the United States in April 2009. The virus is spreading from person-to-person, in the same way that regular seasonal influenza viruses spread.

For the past two weeks the CDC has reported a decline in influenza activity, and the “Swine Flu” no longer leads the evening news broadcast. This may lead you to believe that the H1N1 pandemic is drawing to a close, but it is important to remember that flu activity is still higher than the peak activity has been in many years. No one can predict exactly what is going to happen over the weeks or months ahead and it must be stressed how early it is in the flu season. A typical flu season runs from December to May; it bears repeating that despite the circulation of the H1N1 virus over the past few months, official flu season is still a few weeks away from even starting.

The symptoms of H1N1 flu are similar to seasonal flu (fever, coughing and/or sore throat, runny or stuffy nose, headaches and/or body aches, chills, fatigue) but may include additional symptoms such as vomiting and diarrhea. Emergency warning signs in adults include difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, flu-like symptoms improve but then return with fever and worse cough.

H1N1 flu is spread in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by infected persons. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose. People infected with the seasonal or H1N1 flu shed virus may be able to infect others from up to 72 hours before getting sick to 5 to 7 days after. This can be longer in some people, especially children or people with weakened immune systems.

Although vaccination is the best way to protect yourself from being infected, following some everyday prevention is the best way to guard against infection. These include washing your hands often with soap and water, especially after you cough or sneeze (alcohol-based hand cleaners are also effective), covering your nose and mouth with a tissue when you cough or sneeze (throw the tissue in the trash after you use it), avoiding close contact with sick people, avoid touching your eyes, nose or mouth. If you have flu like symptoms, stay home until at least 24 hours after you no longer have a fever (100°F or 37.8°C) or signs of a fever (without the use of a fever-reducing medicine, such as Tylenol®)

About 70 percent of people who have been hospitalized with H1N1 flu have had one or more medical conditions that placed them in the “high risk” category for serious seasonal flu-related complications. These include pregnancy, diabetes, heart disease, asthma and kidney disease. Seniors (adults 65 years and older) are prioritized for antiviral treatment to limit risk of complication if they get flu. While your age means you have a lower risk of getting the flu, certain risk conditions (COPD, diabetes, etc.) mean if you get sick, you may have higher risk of complications from any influenza.

Welcome Aboard!

Please join us in welcoming our newest members of the PrimeCare Medical Management Team!

Tom Malay, RN - HSA
Cambria County Prison

Carol Greener, RN - Director of Nursing
Chester County Prison

Amy Gordon, RN - HSA Rockingham
County Department of Corrections

Mary Kearney, RN - HSA
Franklin County Prison

Lisa Noel, LPN - HSA
Blair County Prison

Chris Jensen, RN - HSA
York County Prison

Jen Miosi, RN - Director of Nursing
York County Prison

Melissa Finkey, RN - HSA Lancaster
County Youth Intervention Center

Karin McCracken, RN - HSA
Indiana County Jail

Stephanie Bowersox, RN - HSA
Snyder County Prison

Amber Hewett, RN - HSA
Eastern Regional Jail

Andrea Clark, RN - HSA
Southwestern Regional Jail

Tina Tillman, LPN - HSA
Potomac Highlands Regional Jail

Kathy Weekley, LPN - HSA
Tygart Valley Regional Jail



Recent Deliveries

PrimeCare Medcal, Inc. would like to welcome all of the newest additions to our employee's families!

- Angie Rylee, LPN - Chester County Prison daughter - Gabriella 4/27/09
 Jesse Kirsch, PA - Berks County Prison son - Jackson 5/5/09
 Megan Hughes, PA - Lehigh County Prison son - Ethan 5/25/09
 Jen Mroz, PA - Northampton County Prison son - Jack 7/10/09
 Brooke Johnson, LPN - Lancaster County Prison daughter - Nyeoni 6/25/09
 Paul Navarro, RN - Corporate Office son - Jude 7/20/09
 Derek Hughes, MBA - Corporate Office son - Brady 9/24/09
 Tara Stonesifer - Corporate Office daughter - Ava 10/1/09
 Ashley Carey - Franklin County Prison son - Terry 8/13/09
 Molly Longacre, PA - Lehigh County Prison daughter - Paige 8/23/09
 Janine Rasp, LPN - Cumberland County Prison daughter - Braelyn 10/13/09
 Dustyn Isner, LPN - North Central Regional Jail daughter - Ariaah 10/12/09
 Dana Sciamanna, MA - Berks County Prison daughter - Giana
 Glen Nolt, LPN - Lancaster County Prison son - Curshane 11/25/09
 Ashley Garcia, MA - Lancaster County Prison daughter - Aniyah 2/26/09
 William McCarty, LPN - Robert L. Schell Juvenile Center son - Brady 3/16/09
 Erica Hollenbaugh, LPN - Lancaster County Prison daughter - Kaylee 3/23/09
 Rebecca Burchett, MA - Central Regional Jail expecting 12/30/09!



Anniversaries

The following employees will celebrate milestone anniversaries with PrimeCare Medical in the last three quarters of 2009

Three Years

Charlene M. Blankenship, Susan Krasley, Laurene D. Luna, Anita G. Grimmett, Jeannette Banks, Cecelia A. Janiszewski, Kelly Ann Halford, Elaina C. Galle, Lisa A. Noel, Diane L. Houser, Patricia A. Sass, Bethany M. Bryant, Robin L. Janiszewski, Danielle S. Sharpenberg, David L. Matthews, Lisa R. Smith, James Davis III, Rodney D. Lake, Sheila K. Shaffer, Tracie L. Long, Jaime Kelly, Rachanda D. Greene, Beth D. Beard, Deborah L. Pogwist, Robin Veazey, Donna Washington, Janet Lea Miller, Robert W. Shambaugh, Heather E. Smith, Rebecca L. Hutzler, Ruth A. Heck, Denise J. Jemiola, Annette L. Smithbower, Alice J. McCartney, Tori L. Campbell, Mandy J. Lamboy, Doreen T. Sheppard, Deborah K. Petrucci, Danielle Lipscomb, Shannon R. Esterly, Bonnie Andrus, Mae Baldwin, Michael W. Baldwin, Lori A. Belcher, Catriona Bolding, David Conway, Patti A. Cuti, Crystal A. Danouski, John Z. Falenski, Terry L. Flinchbaugh, Brian Gross, Beverly S. Hamrick, Danica S. Hare, Nieisha Hawkins, Jeannette M. Helm, Barbara J. Hobaugh, Debra J. Ison, Diane L. Krepps, Aimee J. Leiphart, Hope C. Lowe, Tracy L. Lutz, Laura J. McIntire, Karen M. Miller, Michelle L. Murphy, Christopher Paluch, Rhonda L. Pedmo, Ashley E. Rollman, Mary G. Salcedo, Mary L. Sechrist, Misty L. Shafer, Bridget Smith, Vicki S. Spangler, Susan Van-Wyk, Kimberly S. Windon, William Young, Jill E. Clark, Stephanie Remesky, Jennifer C. Davis-Jones, Marilyn Willow, Megan Hughes, Joann M. Webster, Deborah L. Boyer, Cheryle A. Stuart, Melanie D. Duncan, Timberlie J. Adams, Molly Longacre, Sherri A. Hawk, Margaret A. Geyer, Jean M. Hayes, Jeffrey B. Leer, Katina Adams, Darla Stutler, Stephen Berry, Sara B. Parker, Tammy L. Wright, Lori Liddick, Kathy J. Carte, Rebecca Arnold

Five Years

Beverly L. Deal, Liana R. Altemus, Keith J. Pell, Janet L. Ickes, Monique S. Rash, Roberta L. Mottola, Deborah R. Sawyer, Quawyna Brightwell, Susan A. Abele, Josephine Bahnick, Marion L. Brong, Judith E. Cihylik, Cynthia A. Kromer, Jennifer L. Nichol, Kathleen S. Pecuch, Aubrey M. Reeves, Stephanie D. Velez, Kelly A. Ehrich, Erik VonKiel D.O., Joanna Wah, John A. Bakerofskie, Kimberly S. Prince, Tiffany M. Morykan, Rebecca R. Stoner, Kathleen A. Geisel, Elena Cintron, Regina K. Bryant, Tiffany T. Cinko, Bethany D. Cox, Kelly J. Nunley, Carolyn Glass, Elizabeth R. Baker, Tina L. Tillman, Brandi J. Rhone, Ember D. Blank

Ten Years

Janice L. Fischer, Kathleen R. Sikorsky, Paul W. Navarro, Carol A. Benamati, Enos D. Martin, Arthur J. Auxer III, Emilia T. Caputo, Loretta R. Stoner, Lauren L. Rigby, Kristen Stoneking, Sarah L. Wesner, Chris J. Ciccarelli

Fifteen Years

Virginia A. Dennis, Betty A. Scott, L. Diana Jones

401K Investment Broker Change

Please be advised we have changed our investment broker from Teel Management to Hanover Capital Management. The contact information for our new broker is as follows:

Investment Broker: Doug Becker, Hanover Capital Management
 Phone #: 717-637-1333 or 1-800-636-3563 Email Address: DBecker@hancapmgt.com



If you have general 401K plan questions, enrollment questions, loan questions, please contact Annette Smithbower at the Corporate Office, at 717-545-5787. Email address asmithbower@primecaremedical.com.

If you have any questions on the investment options for our 401K or the performance of our investment options, or if Annette is not available for general questions, call Doug Becker.



Central Penn Business Journal's

TOP50 FASTEST
 GROWING COMPANIES 2009

PrimeCare Medical, Inc.

ranks 44th in *Top 50 Fastest Growing Companies Awards*

Harrisburg, PA (September 17, 2009) – This morning, the *Central Penn Business Journal* announced and honored the top fifty businesses that have made significant contributions to the growth, strength and success of the Central PA region during the 13th annual *Top 50 Fastest Growing Companies* awards breakfast held at Hilton Harrisburg. **PrimeCare Medical, Inc.** is proud to announce its rank of number 44 on this year's list. This is PrimeCare's 5th consecutive year on the list!

During the *Top 50 Fastest Growing Companies* awards program, the ranking of the fifty winning companies was announced. Emcee for the event was David A. Schankweiler, chief executive officer and publisher of the *Central Penn Business Journal*. The breakfast and awards ceremony featured guest speaker Dan Schwab, co-president of D&H Distributing Co., a \$2 billion locally-based distribution company.

In order to be eligible for nomination, companies were required to show revenue of at least \$500,000 in each of the fiscal years ending 2006, 2007 & 2008 and show revenue growth in 2008, as compared to 2006 (the same three-year period). Eligible companies had to be for-profit entities headquartered in Adams, Cumberland, Dauphin, Lancaster, Lebanon, Perry or York county.

Presenting sponsor, SF & Company, calculated the nominations and then ranked the companies according to revenue growth over the three-year period. Both dollar and percentage increases were taken into consideration. This ranking formula led to the recognition of the 2009 Top 50 Fastest Growing Companies, consisting of both large and small companies.

In addition to the awards breakfast on September 17, the Top 50 Fastest Growing Companies will be profiled in a special supplement to the September 25 issue of the *Central Penn Business Journal*, with a complete list of honorees published in ranked order, along with information on each company's financial growth.

Top 50 Fastest Growing Companies is a program of the *Central Penn Business Journal* and is presented by SF&Company. Anteil, Inc.; Citizens Bank; Highmark Blue Shield; Penn Venture Partners; POSG Commercial Interiors; Sign Medix and Wevodau Insurance & Benefits Strategies, Inc. are sponsors of the event.

Picture removed for security purposes

Television gets good reception at Franklin County Mixer

PrimeCare Medical, Inc. donated a 42' Plasma TV for the Franklin County Mixer. "Everyone was hoping to win the TV" said Christina Daywalt, Administrative Assistant at the Commissioner's Office.

Commissioner Robert Ziobrowski, Commissioner Robert Thomas, Susan Witter and Commissioner David Keller.



Did you know that you can receive discounts from certain companies selected to partner with Capital Blue Cross? By showing your Capital Blue Cross ID card to participating partners such as *Curves*, *eDiets*, *Gold's Gym*, and *nutrisystem*, you can receive discounts on enrollment and memberships. Visit www.capbluecross.com for more information about these partnerships and others available to members and their participating family members.

Spotlight on Policy



Number: C,J,P,Y-B-02

Policy Name: **Patient Safety**

Effective Date: 01/01/09

PURPOSE: To promote patient safety by developing and maintaining a system to prevent adverse and near-miss clinical events.

DEFINITIONS

Adverse Clinical Event: an injury or death caused by medical management rather than by an inmate/patient underlying disease or condition.

Error Reporting System: policy and procedure outline how health staff voluntarily identify and report all clinical errors, to include errors or omissions or commission. This system is non-punitive in scope.

Near-Miss Clinical Event: error in a clinical activity without an adverse patient outcome.

Patient Safety Systems: policies and procedures developed to prevent adverse or near-miss clinical events.

POLICY: It is the policy of PCM to consistently maintain the highest quality of health care delivery possible and to promote patient safety. The Patient Safety Program shall at minimum, but not limited to, the:

1. Development and implementation of patient safety systems to prevent adverse and near-miss clinical events.
2. Development and implementation of an error reporting system.
3. All adverse patient occurrences shall be documented on the Adverse Patient Occurrence form which is included as part of the Continuous Quality Improvement (CQI) program.
4. Patient Safety shall be discussed at each Quarterly Administration Meeting.
5. An error reporting log / notebook shall be instituted at each PCM contracted facility. The Health Services Administrator, in conjunction with the Medical Director, and shall review any significant findings and/or lessons learned at the Continuous Quality Improvement (CQI) Meetings in conjunction with the monthly staff meeting and institute any corrective action needed.



CorEMR - Organized, comprehensive medical records are just a click away

CorEMR is a comprehensive Electronic Medical records system designed specifically for corrections. As many of you already know, it includes user-friendly screens to build and maintain medical record files, record notes and procedures, order and administer medications, retrieve patient histories and create inmate medical and dental appointments (ie sickcall, doctor line, labs, x-ray, ect.).

In 2007 PrimeCare Medical began implementing the CorEMR system to assist in overall patient care and to improve efficiencies.

PrimeCare Medical, Inc. has been able to efficiently handle multiple locations and multiple in house doctors since installing CorEMR at Adams, Franklin, Dauphin, Schuylkill, Lancaster, Lehigh, Chester, York, Berks, and Northampton County Prisons in Pennsylvania. PrimeCare Medical, Inc. also has two facilities in West Virginia running CorEMR; Eastern and Potomac Highlands Regional Jails.

PrimeCare Medical, Inc.'s goal is to employ this new technology throughout the Corporation and strive to improve patient care and lessen redundancies to staff.

Sites up for NCCHC Accreditation in 2009



Monroe County Correctional Facility, Eastern Regional Jail, York County Prison, Schuylkill County Prison, Pike County Correctional Facility, Industrial Home for Youth, Northern Regional Jail, Ohio County Correctional Complex, Southwestern Regional Jail, Western Regional Jail, Robert L. Shell Juvenile Center