

Healthy Outcomes



March is Sleep Apnea Awareness Month

Central PA
Health Care Quality Unit
Monthly Newsletter
March 2024

[WEBSITE](#)



Obstructive sleep apnea (OSA) is a frequent condition in people with Down Syndrome, with an estimated rate between 55 and 97%.

[National Library of Medicine](#)

Do Adults with IDD have Sleep Problems?

Vanderbilt Kennedy Center

Sleep problems are more common in adults with IDD than typical adults.

- Adults with autism spectrum disorder often have problems falling asleep and with waking during the night.
- Adults with Down syndrome often have medical problems that affect their sleep, such as obstructive sleep apnea.
- Adults with cerebral palsy often have disordered breathing that can affect their sleep and may have different sleep patterns than other adults.
- Adults with developmental disabilities may also demonstrate sleepwalking.

TAKE A LOOK INSIDE

- Do Adults with IDD Have Sleep Problems?
- Sleep Apnea Statistics and Facts You Should Know
- Sleep Apnea HCQU Training
- It's Time for a Sleep Study.
- Helping an Adult with IDD Prepare for a Sleep Study
- Sleep Diary AASM Form
- HCQU Training Calendar and Online Courses
- Out of Darkness Walks
- April PADDNN Meeting
- Healthy Shamrock Shake
- Measles is Serious

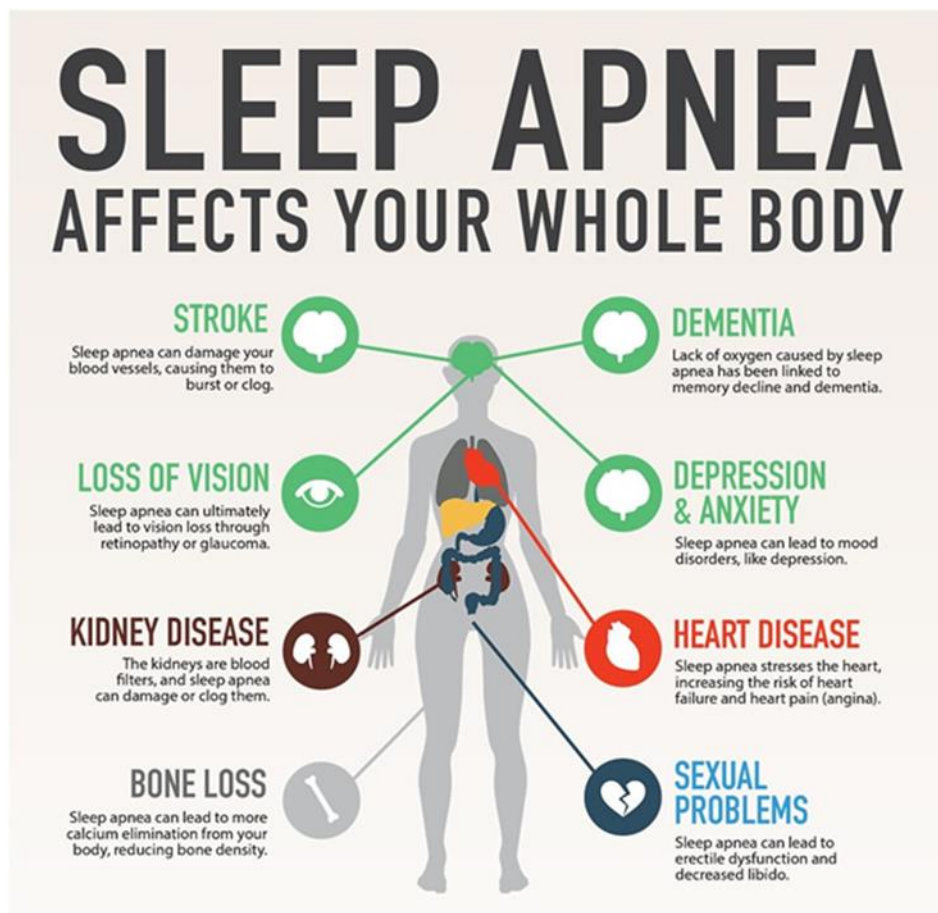
Sleep Apnea Statistics and Facts You Should Know

Sleep apnea is a common disorder in which your breathing stops briefly during sleep.

It is linked to other health conditions including high blood pressure, atrial fibrillation, sudden cardiac death, and heart failure.

Sleep apnea affects millions of U.S. adults. It's found more often in men, older adults, people with higher weight, and people with certain chronic conditions. Common symptoms include snoring, frequent waking during the night, and daytime sleepiness.

Sleep apnea and your overall health have a two-way relationship. Sleep apnea can impact other aspects of your health, and your health can influence your developing or worsening OSA.



Key Takeaways

- Approximately 39 million U.S. adults have obstructive sleep apnea (OSA).
- 936 million adults around the world are estimated to have mild to severe OSA.
- Snoring is a common symptom of sleep apnea in up to 94% of patients.
- Untreated sleep apnea can lead to heart, kidney, and metabolic health complications.
- It's estimated that 33 million U.S. adults use a CPAP machine, including President Joe Biden.
- Sleep apnea treatment can improve quality of life and help regulate blood pressure. [National Council on Aging](#)

Learn more about sleep apnea. Central PA HCQU [virtual training](#) information.

MARCH 21, 2024



HCQU
Trainings

MARCH
21

Sleep Apnea
10:00 AM ET - Virtual
HCQU Trainings

FREE!

It's time for a sleep study.

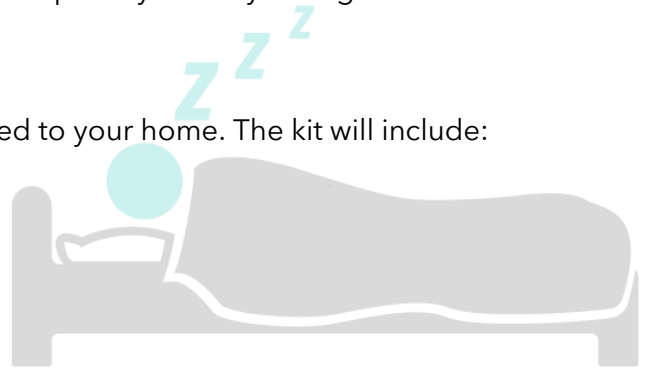
By Paula Franken (*Geisinger Wellness*)

If sleep issues are affecting your life, your doctor may order a sleep study-which you might be able to do at home in the comfort of your own bed.

The at-home sleep study

You can pick up a testing kit at the sleep lab or have it delivered to your home. The kit will include:

- A breathing monitor
- A fingertip oxygen sensor
- Nasal tubing
- Instructions and contact information for the sleep lab



If more information is needed, your doctor may have you check in for a night at the sleep lab.

The in-lab sleep study

Sleep tests in the lab are available 24 hours a day. You will arrive one to two hours before your regular sleep time and stay through your normal sleep cycle.

Preparing for the sleep lab is easy – just stick to your regular routine. No napping, though. And avoid drinking alcohol or anything caffeinated.

Right before leaving for the sleep lab, take a shower or bath. Lotion and hair products can interfere with sensors, so don't bother with them. Once you are clean and ready to go, grab your overnight bag. Be sure to bring pajamas, toiletries, and clean clothes to go home in.

Sleep labs at Geisinger are private rooms that feel like hotel rooms – some are even designed just for kids. Once you are checked in, a technician attaches small sensors to your body to measure:

- Heart rate
- Oxygen saturation levels
- Sleep position
- Eye and limb movement
- Breathing patterns
- Snoring and other sounds

After the sensors are in place, you will be free to read or watch television until you fall asleep. If you need anything, you will be able to communicate with the sleep medicine staff at any time.

What can a sleep study diagnose?

Your doctor may order a sleep study if they suspect you have any of the following sleep disorders:

- Sleep apnea
- Restless leg syndrome
- Narcolepsy
- Nocturnal seizures
- Sleep-wake cycle disorder
- Excessive daytime sleepiness
- Insomnia

[Helping an Adult with Intellectual/Developmental Disability Prepare for a Sleep Study](#)


[Sleep Diary AASM Form](#)

Back home and sleeping soundly. After your sleep study, you and your doctor will go over the results and work on a plan to put an end to sleepless nights. Just like you have always dreamed.

LEARNING NEVER ENDS!

The HCQU can help your agency and the individuals you support. We offer a variety of [training topics](#) and [online courses](#) concerning the physical and behavioral health care of people with IDD. [Request a training.](#)


MARCH 5, 2024

**HCQU
Trainings**

MARCH
5

The Fatal 5
1:00 PM ET - Virtual
[HCQU Trainings](#)


MARCH 20, 2024

**HCQU
Trainings**

MARCH
20

Heart Health
1:00 PM ET - Virtual
[HCQU Trainings](#)


MARCH 21, 2024

**HCQU
Trainings**

MARCH
21

Sleep Apnea
10:00 AM ET - Virtual
[HCQU Trainings](#)


APRIL 11, 2024

**HCQU
Trainings**

APRIL
11

The Fatal 5
10:00 AM ET - Virtual
[HCQU Trainings](#)

APRIL 24, 2024

**HCQU
Trainings**

APRIL
24

Weis Markets Virtual Cook Along: Simple Snacks
1:00 PM ET - Virtual
[HCQU Trainings](#)

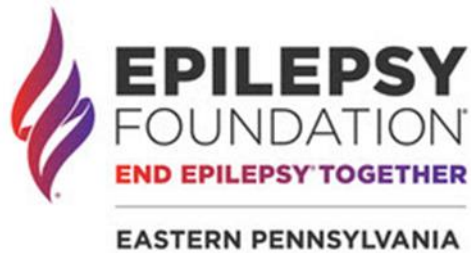
FREE!

Free Available Online Courses

Aging and Developmental Disabilities
Allergy Awareness
Alzheimer's
Bowel Management
Coronavirus (COVID-19)
Dehydration

Dental Health
GERD
Menopause
Skin Health and Pressure Injuries
Sepsis
Urinary Tract Infection

For technical issues or questions, contact Kristy Campbell at 570-214-4753 or kacampbell@geisinger.edu.



Seizure Awareness and First Aid for Care Providers

Date & Time Mar 27, 2024 01:00 PM in Eastern Time (US and Canada)

Description Organization: Epilepsy Foundation Eastern PA
Presenter: Ellen Baca



Description: Designed for care providers working with individuals with intellectual and developmental disabilities, this training program emphasizes the identification, comprehension, and appropriate response to seizures. Participants will acquire the essential knowledge and skills required to deliver secure and effective first aid both during and after a seizure episode.

Location: Virtual – Zoom

Wednesday March 27, 2024 1:00 PM-2:00 PM

Register in advance for this webinar:

https://us02web.zoom.us/webinar/register/WN__mhY4h1JRyqwJ-Xki7ajkg

After registering, you will receive a confirmation email containing information about joining the webinar.

Registration questions, please email Ellen Baca at lv@efepa.org.

All other questions, please email the HCQU at HCQU@geisinger.edu.

This training may be counted towards your annual training hour requirements. Participants must complete entire session for certificate of attendance.

Information and education provided by the Central PA HCQU is intended as general information or a review of information previously provided by a Health Care Provider. This training is not intended to replace medical advice- it is an overview. Participants are advised to consult medical professionals for questions and concerns specific to the topic.

Walk With Us To Prevent Suicide



4/13/2024

**JUNIATA COLLEGE CAMPUS
OUT OF THE DARKNESS WALK
REGISTER AT [AFSP.ORG/JUNIATA](https://afsp.org/juniata)**

**Register, donate
and sign up now!**



**Sponsored by Juniata
College**

The [Community Walks](#), held in hundreds of cities across the country, are the core of the [Out of the Darkness](#) movement, which began in 2004. These events give people the courage to open up about their own connections to the cause, and a platform to create a culture that is smarter about mental health. Friends, family members, neighbors and coworkers walk side-by-side, supporting each other and in memory of those we have lost. **Register and be part of the movement to walk #OutOftheDarkness.** [American Foundation for Suicide Prevention](#)

Help is available. Speak with someone today. For crisis counseling, please call or text 988 or [chat](#) with Lifeline.

PADDNN April 2024 Members Virtual Meeting **Wednesday, April 10, 2024, at 10:00 am ET**



Overview of COPD and Asthma Including Individuals with I-DD
(1.5 CE hours) Presented by: Paul F. Simonelli MD, PhD.

The presentation will discuss an overview of COPD and Asthma including individuals with I-DD. The content presented by Dr. Simonelli will include risk factors, signs and symptoms, bacteriology and treatment, prevention, and support for individuals experiencing COPD and Asthma. [PADDNN agenda.](#)

To register to attend this meeting, please email Lisa Gaynard at: lg@theadvocacyalliance.org (by Friday April 5, 2024).

Healthy Shamrock Shake

By runningtothekitchen.com

This Shamrock shake copycat recipe is a healthy, all real ingredient version of McDonald's shamrock shake you can feel much better about drinking!

Ingredients for 2 servings:

- 2 cup ice
- 1 frozen medium banana
- 1 cup plain Greek yogurt, vanilla flavor will work too.
- 4 cups baby spinach
- 8 fresh mint leaves
- 1 teaspoon vanilla extract
- 1.5 cup milk, any kind or non-dairy alternative

Optional additions

- 0.25 tsp. xanthan gum helps thicken the shake.
- additional sweetener of choice, maple syrup, honey, sugar, stevia, monk fruit
- whipped cream for topping
- cacao nibs/chocolate chips for topping

Instructions:

1. Add all ingredients to a high-powered blender in the order listed, including xanthan gum if using.
2. Process until smooth.
3. Pour into glass and top with whipped cream and/or cacao nibs/chocolate chips if desired.



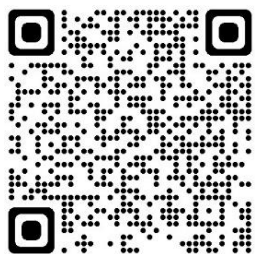
Measles is Serious



Last month, the Centers for Disease Control and Prevention (CDC) sent out a communication urging healthcare providers to be on high alert as **measles** cases continue to be reported across the country. Since the start of the new year, several cases of measles have been recorded in at least nine U.S. states, including Pennsylvania.

Measles is a virus that replicates in the nose and throat of an infected child or adult. It is highly contagious and can cause outbreaks in communities. Measles is transmitted by direct contact with the infectious droplets or from airborne spread when infected individuals cough, sneeze, talk or breathe.

[Sign and Symptoms of Measles](#)



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Counties

Blair, Centre, Clinton,
Columbia, Huntingdon,
Juniata, Lycoming, Mifflin,
Montour, Northumberland,
Schuylkill, Snyder, Union