



MARCH HPL NEWSLETTER

Internship Shout Outs:



Paola Brena

I'm an **EKG technician** at CentraCare- St. Cloud Hospital
What I do...

- >Phlebotomy: drawing blood for testing (lipids, BMP, BNP, creatinine, complete blood count, prothrombin time and INR and Amiodarone)
 - >International Normalized Ratio (INR) is the specific blood test used to measure the time it takes for blood to form a blood clot. This is called a prothrombin time test, or protime (PT). The PT is reported as the International Normalized Ratio (INR).
- And, I do ECG's on patients of all ages in the coumadin heart and vascular center.

Hola readers! Fun fact,I spend more time at the hospital than most people do binging on Netflix.

Cardiac Rehab Intern - Clinical Exercise Physiologist

Complete rotations through Inpatient Cardiac Rehab, Phase 2 Outpatient Cardiac Rehab, and Stress Testing Lab. Rotations include hands on experiences guided by an assigned preceptor.

- Ability to conduct physical assessments including measurement of vital signs (Blood pressures, heart rates, oxygen saturation, etc.)
 - EKG/Rhythm recognition and interpretation.
 - Understanding of basic exercise prescription principles..
- Real life practice of exercise prescription in a cardiac population along with other co-morbidities and orthopedic concerns.
- Experience with patient interviewing/assessment with strong emphasis on SMART goal setting.
- Improved understanding of cardiac conditions, testing, procedures, and recovery.
 - Gained knowledge of safe patient moving and fall reduction.



Paige Setrum



Dylan Larson

Bonjour, I'm Dylan!
What I do...

Cardiac Rehab Intern - Clinical Exercise Physiologist
Complete rotations within cardiac rehab which include orientations to the program, inpatient, outpatient and stress lab.
Work with patient education, patient assessment/testing and goal setting, exercise prescription/training, and EKG monitoring.





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As we age, the risk of falls and fall-related injuries increases significantly. Falls are a major source of injury-related hospitalizations and deaths among older adults. However, many falls can be prevented through appropriate interventions and lifestyle modifications. Below we have provided a detailed summary highlighting the importance of fall prevention and overall health for senior adults.



Overall Health Considerations:

- 1. Nutrition:** A balanced diet rich in essential nutrients, including calcium and vitamin D, can promote bone health and reduce the risk of osteoporosis, a significant risk factor for fractures in the event of a fall.
- 2. Hydration:** Adequate fluid intake is crucial for overall health and can help prevent dizziness, a common contributing factor to falls.
- 3. Social Engagement:** Maintaining social connections and activities can positively impact mental health and cognitive function, both of which play a role in fall prevention and overall well-being.
- 4. Regular Check-ups:** Regular visits with healthcare professionals can help identify and manage underlying conditions that may increase the risk of falls or contribute to other health issues.

By implementing fall prevention strategies and maintaining overall health, senior adults can significantly reduce their risk of falls and related injuries, promoting independence and quality of life as they age. It is essential to work closely with healthcare providers, family members, and caregivers to develop a comprehensive approach to fall prevention and overall well-being.

Social engagement ideas:

1. Start a book club
2. St. Cloud Rox baseball game
3. Bingo Night
4. Learn a new recipe
5. Join a community health group (YMCA)
6. Join a local faith group



Fall Prevention Strategies:




- 1. Exercise and Physical Activity:** Regular exercise can improve balance, strength, and flexibility, which are essential for fall prevention. Ex. yoga, chair yoga, and strength training exercises.
- 2. Home Safety Modifications:** Simple adjustments such as installing grab bars, improving lighting, removing tripping hazards (like loose rugs), and using non-slip mats or adhesives in the bathroom.
- 3. Medication Review:** Certain medications can cause dizziness, drowsiness, or other side effects that increase the risk of falls. Regular medication reviews with a healthcare provider can help identify and manage potential problems.
- 4. Vision and Hearing Checks:** Impaired vision and hearing can contribute to falls. Regular eye and ear examinations, and appropriate treatment or corrective devices, can help mitigate these risks.
- 5. Use of Assistive Devices:** Proper use of canes, walkers, or other assistive devices can improve stability and reduce the likelihood of falls, especially for those with mobility issues.

Featured Links:

[Simple Tips to Prevent Falls - Mayo Clinic](#) 

 [Falls and Fractures in Older Adults: Causes and Prevention \(NIA\)](#)

[Fall Prevention for Older Adults \(NCOA\)](#) 

[Home Safety for Older Adults: A comprehensive review 2023 \(NCOA\)](#)

 [Older Adult Fall Prevention \(CDC\)](#)