

LifeTimes

The Art of Living Well



Summer 2020

The Poetry of Motion in Everyday Ergonomics

Source: Mayo Clinic; https://www.medicalnewstoday.com/articles/176443#examples_of_RSIs

Every day we have opportunities to prevent common bone, muscle, or joint injuries associated with repetitive stress (strain) injuries (RSI). Webster’s Dictionary defines RSI as any of various painful musculoskeletal disorders (such as carpal tunnel syndrome or tendinitis) caused by cumulative damage to muscles, tendons, ligaments, nerves, or joints from highly repetitive movements.

At work or at play simple adjustments in posture and movement and use of available ergonomic tools can make a big difference.

For example, hobbies such as gaming or binge watching your favorite shows on your handheld device keep our bodies in awkward positions for long periods of time. This can lead to eye, neck, shoulder and back strain. Take breaks and change positions often. If sitting, maintain a good neutral posture. Consider using an ergonomic keyboard, mouse, or chair.

The summer months in Florida mean more time spent to keep our yards well maintained. From routine maintenance to cleaning up after a severe thunderstorm, or worse, cleaning up after a hurricane, spending prolonged periods in our yards on a hot summer day bending, twisting and pulling can leave our whole body feeling strained, and, if not careful can cause injuries. Remember to take frequent breaks from the heat; stay hydrated by drinking plenty of

water; wear a wide brim hat and sunscreen to protect your skin; avoid twisting; get help lifting heavy loads; and use good gardening tools such as a gardening bench to prevent back strain.

Repetitive motion and poor posture put you at increased risk for injury. More activities that can put you at risk include:

- Overuse of a particular muscle or group of muscles
- Poor posture or a non-ergonomically designed workspace
- Holding the same posture for prolonged periods
- Direct pressure to particular areas
- Carrying heavy loads

General symptoms of repetitive or overuse injuries include:

- Tenderness or pain in the affected muscle or joint
- A throbbing or pulsating sensation in the affected area
- Tingling, especially the hand or arm
- Loss of sensation
- Loss of strength

As your bone, muscle and joint health care partners, we believe in blending the art of healing with the science of advanced medicine to keep your body in motion.

[Learn more at parrishhealthcare.com/orthopedics.](http://parrishhealthcare.com/orthopedics)

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Take the survey at parrishhealthcare.com/surveylifetimes.

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Life Moves

We believe every life is poetry in motion, motivated by strength and determination.

As your bone, muscle and joint health care partners, we believe in blending the art of healing with the science of advanced medicine to keep your body in motion.

We believe in bringing together the best and brightest orthopedic and sports medicine experts; including the expertise of Mayo Clinic.

This dedicated team focuses on you as an individual because every life is a work of art to us.



Visit parrishhealthcare.com/orthoaware for a FREE Orthopedic Health Risk Assessment.



parrishhealthcare.com/orthopedics

Where the Art of Healing comes to Life



Conquering COVID Celebration with Joy

Joy Medeiros, 62, who has recovered from coronavirus (COVID-19) after being hospitalized for 41 days—35 of them on a ventilator—and who at one point received a tracheostomy to enable her to breathe, was given a celebratory send-off to her California home by her Parrish Medical Center care team and other hospital care partners.



Pictured (left to right): Clinical Coordinator Imee Perez, Dr. Ochoa, RN Jodi May, patient Joy Medeiros, RN Matthew Marti, RN Axelrave Dominguez, RN Lauren Henderson, ARNP Jennifer Watts, RN Ellen Wright, RN Debra Hall and Parrish Healthcare President/CEO George Mikitarian.



Many care partners (nurses, respiratory therapists, x-ray and lab technicians, housekeeping, physical therapy, as well as case management, pharmacy, electrocardiogram and electroencephalogram technicians and others) worked together relentlessly to get Joy better. Her recovery was a team effort. "It wasn't a wonderful time," Joy said. "But it was a wonderful outcome, for which I'll be forever grateful to my 1,300 new friends, the staff of PMC."

Read the full story at parrishhealthcare.com/JoyConqueringCOVID19.



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COVID-19 TESTING *By appointment only, no out of pocket cost.*

COVID-19 Drive-Thru Test Collection Site Location: Parrish Health & Fitness Center

To pre-register: Text "covid test" to 321-204-1966, or visit parrishhealthcare.com/COVID19registration.

Life Wise

Did you know that your skin is not only the human body's largest organ but it contains more than 11 miles of blood vessels?

The average adult's skin weighs 20 pounds! Most of that weight is water, which makes up 50 to 70 percent of your skin's total weight. Our skin plays an important role in our overall health and wellbeing. Make good skin care a priority.

We know washing our hands often is more important than ever. A daily shower to cleanse your skin head to toe is also important. Drink plenty of water and stay well hydrated. Moderate the amount of daily sun exposure. If you have to be outside, wear a hat, layered clothes and a broad spectrum sunscreen with at least SPF 15. Stay safe!



Source: CDC: <https://www.cdc.gov/family/minutes/tips/protectskin/index.htm>; <https://www.allure.com/story/surprising-skin-facts>



Where the Art of Healing Comes to Life

COVID-19 "Heroes"

Parrish Healthcare Care Partners Recognized as COVID-19 "Heroes" Along With The Community They Serve

The unprecedented COVID-19 pandemic is shining an even brighter spotlight on the already visible role of hospitals and the health care providers who work within them.

Our community has reached out to share a positive messages, leave a testimonial to our healing work or donate supplies like masks, disinfectants and more.

For those who have endured COVID-19's worst, and recovered, the spotlight illuminates great gratitude, such as that expressed by Jason Whitworth, who battled COVID-19 in Parrish Healthcare's Parrish Medical Center's (PMC) Intensive Care Unit. Jason posted on social media his reflections of fighting COVID-19, and of the PMC nurses who fought for him, and with him:

"I've had a fever, chest pains, and cough for over 12 days. I self-isolated the minute I had a fever at home. After my fever started getting worse and not dropping, my wife contacted the hospital and we were told to head in. I've been in the ICU since Sunday and my COVID-19 test came back positive yesterday. I had no pre-existing respiratory issues, but have pneumonia in both lungs...the doctors are diligent in giving me the latest care options and I'm grateful. I've never had to stay in the hospital so this is new for me. I never knew how instrumental nurses are. People talk about heroes; well I can tell you firsthand the sacrifice these nurses are giving as they provide care to an infectious person. I am grateful for their incredible service, without their compassion who knows what my condition would be. Please include them in your prayers as they have a long road ahead of them."



Thank you to the amazing community members and businesses that have generously donated to Parrish Healthcare.



Throughout the current public health pandemic, individuals, businesses, civic and religious groups, and whole communities have shared their gratitude and support for the world's health care heroes, on the front lines—and often out in front—of the fight.

For example, in the early stages of the pandemic, Parrish Healthcare was the area's first health care system to make available to the public an online COVID-19 risk assessment. Parrish subsequently heard from the community that it gave people a sense of control and the benefit of knowledge about this new virus that was occurring in their lives, whether or not they had COVID-19.

Karen D. Jordan, Vice President and Chief Operations Officer of RLJ Enterprises, Inc. and North Brevard community member wrote:

"We had our staff take the Parrish COVID-19 assessment today, and we think just having this 'tool' available made each person feel a bit better. We, also, asked them to email the link to their home address so they could pass the information along to others to take the assessment. Thank you so very much for the opportunity to do this from a trusted platform!

It reminds us of all the wonderful, exemplary and dedicated doctors, nurses and employees we have at Parrish; right here, in our small community, we're blessed with such wonderful people."

Daily Stretches

Increase Flexibility & Decrease Injury



By Kellie Way
Parrish Medical Group
Director, Athletic Training

NECK

- Angle chin to each armpit. Hold for up to 30 seconds.
- Look left, right, up and down. Hold each position for up to 30 seconds.

UPPER BACK AND SHOULDERS

- Roll shoulders back while squeezing shoulder blades together and down 20-30 times.
- Interlock fingers in front of you with outstretched arms and round shoulders holding for 10-15 seconds.
- Stand in a doorway with arms up on each side and step forward slightly to stretch. Hold for up to 30 seconds.

LOWER BACK AND LEGS

- Lay on your back, hug one knee into your chest one at a time holding for up to 30 seconds.
- Lay on your back, use a rope to loop around your foot and while keeping your leg straight, pull the rope towards your chest and hold for up to 30 seconds.
- Lay on your back, bring your knee across your chest to the opposite shoulder and hold for up to 30 seconds.
- While standing, keep one leg back and straight and the other is forward and bent. Lean into a wall to stretch the leg that is back and hold for up to 30 seconds.

News & Notes

Parrish Medical Center Offers Video Visitation for Hospitalized Patients

Parrish Medical Center (PMC) is using video visitation to enable hospitalized patients to be with their families, electronically.

"Not everyone has a personally-owned mobile device to be able to stay in touch with loved ones," Patient Experience Professional Carlos Diaz said. "For those who don't, PMC is providing it at the hospital for video visitation use."



Video visits are part of the Parrish mission of providing *Healing Experiences for Everyone All the Time*®, said Natalie Sellers, Vice President of Communications, Community, and Corporate Services.

Parrish Healthcare Announces Universal Masking Procedure—Protecting Against the Spread of Infectious Diseases

Parrish Healthcare announces its universal masking procedure at all of its facilities. To prevent the transmission of infectious diseases, like COVID-19, everyone is provided a face mask.

What should patients expect? Upon entry, everyone is screened to include a temperature check, provided a face mask, and required to sanitize their hands prior to entering the facility. Hand sanitation stations are conveniently located at the entrances, dining areas, patient rooms, exam rooms, procedure rooms, diagnostic areas, as well as elevators, lobbies and common areas.

Parrish Healthcare's universal masking procedures require hospital-grade face masks to be worn in patient care areas. Cloth face masks are allowable in nonclinical common areas.

All patients must wear masks when receiving care, awaiting outpatient testing or during transport throughout Parrish Healthcare facilities.

Parrish Medical Center Laboratory Receives Accreditation from the College of American Pathologist



The Accreditation Committee of the College of American Pathologists (CAP) awarded accreditation to our laboratory here at Parrish Medical Center (PMC) based on results of a recent on-site inspection conducted by CAP inspectors.

The U.S. federal government recognizes the CAP Laboratory Accreditation Program, begun in the early 1960s, as being equal-to or more-stringent-than the government's own inspection program.

During the CAP accreditation process, designed to ensure the highest standard of care for all laboratory patients, inspectors examine the laboratory's records and quality control of procedures for the preceding two years.

Congratulations to the pathology and laboratory medicine team for this significant accomplishment that further demonstrates our commitment to high-quality patient care at PMC.