

News from the School District Clinic

By Ashley Seiler, APNP

Aspirus Occupational Health/Primary Care

January 2017

School Year Clinic Hours

- Monday: 3pm-5:30pm
- Tuesday: 11am-1pm
- Wednesday: 3pm-5:30pm
- Thursday: 11am-2pm
- Friday: 2:30pm-4:30pm

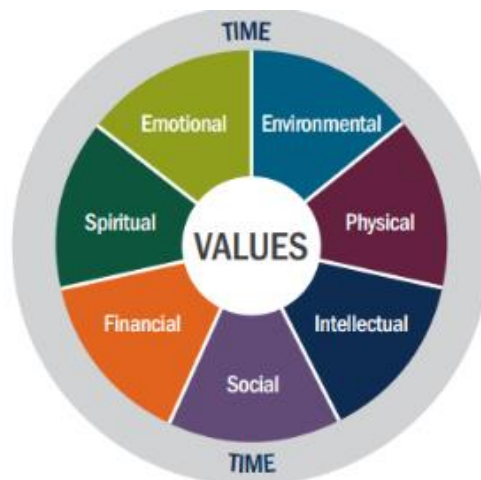
Wishing you a Happy and Healthy 2017

Happy New Year and welcome back from an extended Winter Break! I hope that you are feeling rested and rejuvenated. I'm sure some of you, like me, have entered 2017 with some New Year's resolutions in mind. Finding the motivation to turn New Year's resolutions into lasting change can be challenging, especially since these good

intentions can take a back burner when life gets busy. Research has found that realigning our reasons for motivation can help us stick with our goals long term. Many people set a goal of losing weight in order to fit into a specific pair of jeans, for a special occasion coming up (weddings, vacations, etc...), or because their health care provider told them it would improve their health. And while these seem like perfectly legitimate goals, research has shown that finding other motivators for our goals besides weight and health helps us stick to them long term. Examples of these other types of motivators include:

- "running makes me more *patient*,"
- "weight lifting helps me *clear my head*," or
- "yoga is *my time for me*"

This made me think of my health coaching sessions and the wellness wheel handout that I like to refer to. There are so many areas of our life outside of physical health that tie into our own personal wellbeing. I would encourage you to take a moment to review the goals that you have set for yourself coming into this new year and aim to find motivators more related to your spiritual, emotional, and intellectual wellbeing in order to improve your chances of long term success.



'Tis the Season for Colds, Flu and Whooping Cough!

As we move into January and return to school after an extended winter break, we hope to see a decrease in the amount of respiratory and gastrointestinal illnesses. However, that may be wishful thinking. The timing of the pertussis outbreak just prior to the holidays was unfortunate. Some of us may have shared more than gifts this holiday season. It left many providers and patients in a difficult spot for decision making, especially in considering the need for keeping individuals in home quarantine.

From the WI Department of Health and Human Services:

"The Myth of the "Stomach" Flu

Many people use the term "stomach flu" to describe illnesses with nausea, vomiting or diarrhea. These symptoms can be caused by many different viruses, bacteria or even parasites. The "flu" is a term that generally refers to influenza. While vomiting, diarrhea and being nauseous or sick to your stomach can sometimes be related to the flu, particularly in children, these problems are rarely the main symptoms of influenza. The flu is a respiratory disease and not a stomach or intestinal disease.

Is it a Cold, Flu or Pertussis?

Colds, flu and pertussis are highly contagious and, in the initial stages, might seem alike. Check the following link for a comparison of the symptoms for each illness:

<https://www.dhs.wisconsin.gov/influenza/coldflupertussis.htm>

I do not want to inundate you with the same information you've already been receiving in the press releases from the Health Department, but wanted to reiterate a few things:

- Please stay home if you are sick. I feel like some of us adults need permission to use a sick day now and then! Your work can wait, your coworkers will thank you for not sharing your germs, and you will likely recover more quickly if you allow your body time to rest. In general, you should not return to work until you are fever free for 24 hours (without the use of fever reducing medication) or until 24 hours after last episode of throwing up or diarrhea for GI related illnesses.
- Cover your cough. Either wear a mask or cough into your inner elbow.
- Wash hands and clean surfaces frequently. Please encourage your students to do the same.
- Did you know that hand sanitizers do not kill some of the germs that cause diarrhea? Use good old soap and water to wash hands prior to eating and after using the bathroom to prevent the spread of GI related illnesses.
- If you have any health related concerns, including general questions, please call us. We can help determine whether or not you need to come in for an appointment.
- As a reminder, you are able to get your Flu Vaccine and the Tetanus with Pertussis Booster (Tdap) Vaccine at the on-site clinic. Vaccination is one of the most important things we can do to protect ourselves and decrease community outbreaks.

Thank you all for your help in protecting the health of the school district and the community!

Onsite Clinic Remodel Project

I am excited to share with you all that the SDR Maintenance Team was busy over winter break doing a minor remodeling project at the onsite clinic. A big thank you to the crew for all of their hard work! They built an opening in one of the walls in the waiting room in order to create a more welcoming reception area. This will help to improve privacy of our staff workstations as well as patient flow in and out of the clinic. We are excited about the change and I'm looking forward to hearing your feedback as well! I will try to post pictures of the finished project in next month's newsletter.



Upcoming events:

- Biometric Screening
Monday February 20th, 0600-1100
Available to school insured employees and spouses. Stay tuned for more information to come!

In review from previous issues:



Scheduling an Appointment

The best way to schedule is online through [MyAspirus](#).

If you've lost your access code, let it expire, or did not receive it, you may contact our **MyAspirus Patient Support Line at (888) 692-7740** to request a new, secure password. After we verify your information, a new code will be sent via U.S. Postal Mail. Privacy issues prevent us from e-mailing a new access code to you.

If unable to obtain an appointment that way, you may stop by the clinic or call the **Aspirus SDR Clinic Line at 715-365-9770**. **If it is outside of the regular clinic hours, you will be forwarded to the Aspirus Rhinelander Occupational Health Department to speak with Sherry, RN or Christie, CMA.**



MyAspirus Frequently Asked Question:

Can I view a family member's health record or schedule an appointment for my child through MyAspirus?

Yes you can! This is called Proxy access and allows a parent (or guardian) to log into their personal MyAspirus account, and then connect to information regarding their family member. Complete a [Proxy Consent Form](#) and return it to one of our medical facilities to request access to this convenient service.



Location

665 Coolidge Ave. Door #7
Rhineland, WI 54501
(Northwest side of the building)

Aspirus SDR Clinic Line

715-365-9770

