

MANAGEMENT SAFETY NEWSLETTER

SELF INSURED WORKER'S COMPENSATION FUND MEMBERS

APRIL 2016

Annual Business *Meeting*

2016

To Be Held
Friday, April 22 at the



The MAAS Self Insured Workers' Compensation Fund annual meeting and distribution of dividend checks will be held on Friday, April 22, 2016, beginning at 11:00 a.m.

The meeting will be held at the Grand Traverse Resort, located in Traverse City, Michigan, as a part of EMS Expo.

Kathy Dunning, president of Advantage Consulting, will present a timely and interesting program on post offer employment testing and the advantages of an effective work hardening program to return injured employees to full time duty.

Your Human Resources and operations employees will find this presentation very beneficial in their endeavors.

Following the presentation, lunch will be served and the results of the trustees' election will be announced. Following that, dividend checks will be distributed to members in attendance.

THERE IS NO COST FOR THE LUNCHEON, BUT WE WOULD LIKE TO HAVE AN ACCURATE COUNT FOR THE HOTEL FOR LUNCH. PLEASE CONTACT THE FUND OFFICE AT 517-346-5212 OR EMAIL AT landrick@miambulance.org WITH RESERVATIONS.

Task Force Recommends Against COPD Screening of Asymptomatic Adults

Chronic Obstructive Pulmonary Disease affects an estimated 24 million Americans, according to the COPD Foundation. CDC reported COPD was the third-leading cause of death in the United States in 2011.

The U.S. Preventive Services Task Force has updated its 2008 recommendation on screening for COPD in asymptomatic adults. After reviewing the evidence on whether screening for COPD in adults who do not recognize or report respiratory symptoms improves their health outcomes, the task force did not find evidence that the screening improves health-related quality of life, morbidity, or mortality; and that detection of COPD before the development of symptoms does not alter the course of the disease or improve patient outcomes. The panel concluded with moderate certainty that screening for COPD in asymptomatic persons has no net benefit, according to recommendations published April 5 in *JAMA*.

Chronic Obstructive Pulmonary Disease is a term for progressive lung diseases such as emphysema, chronic bronchitis, and in some cases asthma. It affects an estimated 24 million Americans, according to the COPD Foundation. CDC reported COPD was the third-leading cause of death in the U.S. in 2011.

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Making a difference in 2016

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Unplug for mental wellness

Take a break from media

The media and the Internet constantly carry news about mass shootings, terrorist attacks, natural disasters, and other troubling events. So, what are the possible health implications of being constantly exposed to negative news?

A recent Texas A&M study looks at this issue, according to a press release (vitalrecord.tamhsc.edu/the-toll-of-bad-news-on-your-health). The constant airing, tweeting, posting, and chatting about anxiety-provoking events can be overwhelming, dredging up a range of emotions that lead to exhaustion or general malaise.

"Research has shown that there is a physical connection between what we think and the parts of the body that our brains control,"

says Willa Decker, clinical assistant professor and nurse specialist in psychiatric mental health with the Texas A&M Health Science Center College of Nursing.

"Self-awareness is key, the point at which negative news affects our emotional and physical well-being is different for each individual." For example, heart rate may increase, and a person may become irritable and overly emotional, or just feel drained. "Then it may be time for an individual to step away and regroup," says Decker.

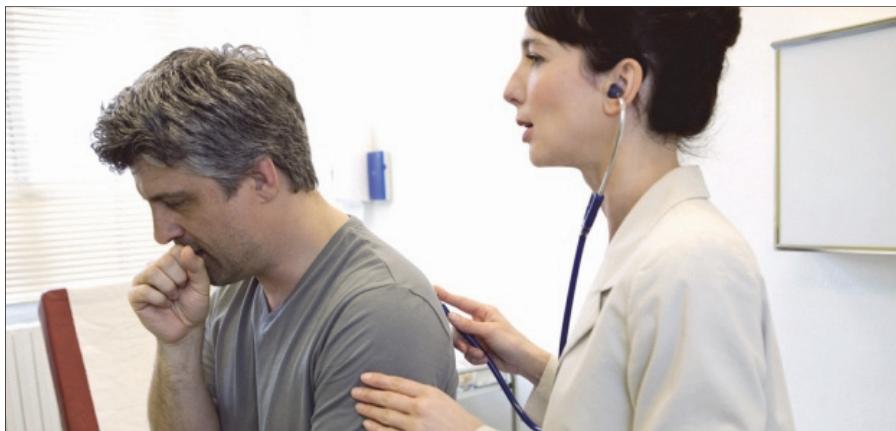
Decker says "it might be helpful to schedule a reasonable amount of time each day to catch up on the news, and then focus the remainder of your day on living." Another way to cope is by "focusing on overall well-being by making sure to get enough rest, eating well, and exercising. This can go a long way toward mitigating our exposure to so much disheartening news," she explains.

COPD Screening

Article Continued

The task force reviewed the diagnostic accuracy of screening tools (including prescreening questionnaires and spirometry); whether screening for COPD improves the delivery and use of targeted preventive services such as smoking cessation or immunizations; and the possible harms of screening for and treatment of mild to moderate COPD -- but not the cost of providing services -- before recommending against screening for COPD in asymptomatic adults.

About 14 percent of U.S. adults ages 40-79 have COPD, which is defined as airflow limitation that is not fully reversible.



Exposure to cigarette smoke or toxic fumes increases the risk for COPD. Epidemiological studies have found that 15-50 percent of smokers develop COPD, while occupational exposures to toxins, dusts, and industrial chemicals causes an estimated 15 percent of all COPD cases.

The task force also recommends that clinicians ask all adults, including pregnant women, about tobacco use and provide tobacco cessation interventions for those who use tobacco products.