

INTEGRITY LEGAL NURSE CONSULTING PDX NEWSLETTER
Helping you understand medical issues,
giving you more time to practice law

WISHING YOU ABUNDANCE AND DELIGHT DURING THIS HOLIDAY SEASON.

NOVEMBER/ DECEMBER 2015

- *POST TRAUMATIC STRESS DISORDER or PTSD
- *BACON GATE or THE LINK BETWEEN PROCESSED MEATS AND CANCER
- *JCAHO or JOINT COMMISSION
- *METHLICILLEN RESISTENT STAPHYLOCOCCUS AUREUS or MRSA
- *IMMUNIZATIONS - WHAT I NEED TO KNOW



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SERVICES INCLUDE:

- * Providing medical record evaluation and analysis,
- *Screening cases for merit,
- *Developing chronology of events and timelines,
- * Providing cost projections
- *Coaching your client and attending DMEs,
- *Locating and vetting expert witnesses,
- *Serving as TE

POST TRAUMATIC STRESS DISORDER or PTSD

What exactly is PTSD and why is it important to my practice?

- Develops after terrifying ordeal as MVA, fires, train wrecks, plane crashes and assaults.
- Not to be confused with acute stress disorder (symptoms last between 3 days and 4 weeks); PTSD symptoms last between 4 weeks and 3 months or longer.
- Symptoms grouped into three categories:
 1. Re-experiencing symptoms as in flashbacks, bad dreams and frightening thoughts.
 2. Avoidance symptoms as in numbness, guilt and shame, depression or worry, losing interest in activities, lack of pleasure and amnesia of the events.
 3. Hyperarousal symptoms as in easily startled, tense or at edge, difficulty sleeping and/or angry outbursts.
- Often accompanied by depression, substance abuse or anxiety disorder.
- Recovery can be lengthy. Treatment can include EMDR or Eye Movement Desensitization Retraining (disrupting neural pathways) or Cognitive Behavioral Therapy (psychotherapy with practical solutions) as well as some antidepressants.
- The cost projection likely needs to include medications, therapy, possible family therapy as well event related costs (surgery, physical therapy and procedures).

We have experience in sorting out injuries and possible damages for your personal injury cases.

**BACON GATE or THE LINK BETWEEN PROCESSED
FOODS AND CANCER**

What are the potential issues associated with processed meats?

- Eating processed meats (bacon, cold cuts, sausages and hot dogs) can increase the risk of colorectal cancer, stomach and pancreatic cancer and thus considered carcinogenic.
- Deaths from cancer seem to be attributable to diets high in processed meat, with additional risk in diets high in red meat.
- Those who eat the lowest amount of processed meat are more likely to have a lifetime lower risk; those that eat the most have an increased cancer risk.
- Increased cancer risk with smoking and diets rich in animal products; recommendations then for limiting red meat, eating plant based foods, limiting energy dense foods (as in high sugar content) and smoking cessation.

Ingest processed meats and red meat in moderation to help eliminate your risks of cancer.

TESTIMONIALS

"When we use Wendy, we get a thorough and complete report. She finds issues that I had never considered and her thorough analysis is worth every penny."

[Kelly L. Andersen, Esq.](#)

"Very nice report, the report will be useful to cut and paste into my settlement demand."

[Jan Kitchel, Esq.](#)

"Thank you so much for your timely response to this case. We appreciate what you do."

[Katie Ireland, Esq.](#)

"Wendy provides prompt, professional, courteous service with a ready smile that sets clients at ease. She lasers in on the medical issues that matter most to highlight them for legal review as we consider how to best represent our medical cases to the triers of fact."

[Jenna Harden, Esq.](#)

"Thank you for the hard work and detailed report."

[Judy Snyder, Esq.](#)

"This is awesome! You are well worth the money! Thanks Wendy."

[Andrew Mathers, Esq.](#)

"Because of several large cases going on at the same time, I had to find someone to do the medical review that my legal assistant normally does. I contacted Wendy and hired her for the job. The review was in the format and style I requested. It was every bit as thorough, perhaps even more, than my legal assistant. It was exactly what I needed. I would not hesitate to use Wendy again, in fact I am."

[Jim Dwyer, Esq.](#)

"You are truly a delightful person, and a consummate professional."

[Sara M. Winfield, Esq.](#)

"Thank you for your speedy work and comprehensive spreadsheet."

[Jim Nelson, Esq.](#)

"You did an excellent job."

[Michael H. Bloom, Esq.](#)

"Votroubek was very prompt and timely in providing her evaluation, focusing on the key issues in the case."

[W. Wallace Ogdahl, Esq.](#)

"Thanks so much, will definitely use you for another criminal case."

[Zack Stern, Esq.](#)

JCAHO or JOINT COMMISSION

Joint Commission is a credentialing organization in the health care industry. Why is it important?

- Monitors the state legislative and regulatory activities.
- Evaluates health care organizations.
- Provides education and guidance to help improve performance.
- Provides accreditation in many states, known to be condition of licensure and Medicaid/ Medicare reimbursement.
- Supports evidenced based practice and recommended guidelines from organizations (AHA, AMA and ANA).
- Advocates usage of patient safety measures as in National Patient Safety Goals - or benchmark standards for safe care.
- New safety goals yearly- used to improve patient safety and provide best practice for patients. Past goals have included preventing falls and reduce the risk of health associated infections.

We are adept in determining best practice of care - which can include established standards by parent organizations and National Patient Safety Goals.

METHICILLEN RESISTENT STAPHYLOCOCCUS AUREUS or MRSA

What is MRSA and why is important to me - as attorney and consumer?

- MRSA is a bacteria resistant to many antibiotics - or causing an infection that is likely difficult to treat.
- Can cause life threatening blood stream infections, pneumonia and surgical site infections.
- Most infections are skin infections with infected area/abscess and fever, requiring medical care. Patients encouraged to not drain the abscess, as it can worsen or spread to others.
- Unfortunately many individuals are considered carriers - with increased risk of spreading infection to others.
- Those at risk of infections include sharing supplies and skin to skin contact (razors) as well as patients in hospital and ICU.
- Prevention can include screening all ICU patients, isolating and treating with chlorhexidine baths and nasal ointment; these methods can reduce the severity of serious blood stream infections.

We have experience in understanding MRSA and other blood stream infections; determining if providers followed best practice.

IMMUNIZATIONS - WHAT I NEED TO KNOW

Which immunizations are important? Are you aware of the National Vaccine Injury Compensation program for those rare injuries?

- Flu vaccine - can prevent spread of influenza, many individuals think that they get the flu from the injection, which is not true. It can prevent someone from getting influenza which is a respiratory infection with high fever.
- Shingles vaccine - recommended for adults 60 and over; shingles is a painful skin rash that develops on one side of the face or body.
- Td or Tdap vaccine - for every adult, if they have not received it as adolescent to protect against pertussis. In addition, a tetanus booster (Td) booster every 10 years. Tdap also encouraged in women who are pregnant, preferably at 27 -36 weeks.
- Human Papilloma Virus vaccine (HPV) - most common sexually transmitted disease. The vaccine must be given in three doses.
- Immunization injury can occur - although very, very rare and include shoulder and related nerve damage and typically related to administration technique. Any injuries reported to the National Vaccine Injury Compensation Program.

Immunizations are recommended for a variety of conditions, including the ever common flu shot. Although rare in occurrence, injuries can occur, and possibly related to administration techniques.



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