

## **Occupational Medicine Newsletter**

**13th Issue, November 2009**  
**[www.tcohr.com](http://www.tcohr.com)**

### **Holiday Schedule**

Nov 26 <sup>th</sup>	Closed
Nov 27 <sup>th</sup>	Closed
Dec 24 <sup>th</sup>	8 – 12
Dec 25 <sup>th</sup>	Closed
Dec 31 <sup>st</sup>	8 – 12
Jan 1 <sup>st</sup>	Closed

### **[www.tcohr.com](http://www.tcohr.com) is New and Improved!**

- Read our ‘[Top Ten](#)’ list of reasons patients tell us why they like us. You can even send us your own (fun or serious) Top Ten list.
- Join our new [Discussion Forum](#) page, intended to help you seek answers to your organization’s occupational medicine challenges, or to share your solutions.
- Find us easier with improved [map links](#) to both clinics and link to the [bus route maps](#) to the Mendota Heights clinic. (We are on bus lines 415, 436 and 446 with the stop only one street north of our clinic at Pilot Knob Road and Mendota Heights Road).
- Download [forms](#), [sample reports](#), past copies of the [eNewsletter](#) and the [TCOHR brochure](#).
- Check out our new [Helpful Links](#) page for resources.

### **Respirator Fit Testing Is Available @ M.H. Clinic**

Beginning first at our Mendota Heights clinic, [qualitative respirator fit testing](#) is now available in addition to the Questionnaire Review, Spirometry (Pulmonary Function Testing), Respirator Physicals and Chest X-rays (as needed). Download the Respirator Questionnaire from our website and fax, scan/email or bring it in.

When your employees come in for Fit Testing, please have them bring in the respirator they will be using. All respirators except SCBA can be accommodated.

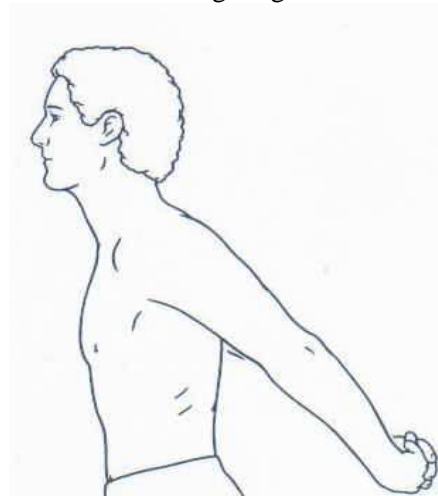
#### South Metro Clinic

2520 Pilot Knob Road, Suite 250  
Mendota Heights, MN 55120  
(651) 224-8264 FAX (651) 224-8265

[www.tcohr.com](http://www.tcohr.com)

### **Stretch of the Day: Shoulder Stretch**

Most of us spend our day working with our arms in front of us. Tasks usually keep our hands in front of our eyes. This brings the head forward and shoulders rounded so our shoulders get tight.



Remember the “Rule of Opposites.” Reach both arms back, grasping your hands behind your back. Gently stretch your hands back while your shoulder blades pinch together, stretching the front of your shoulders and biceps.

### **Reasonable Suspicion DER Training**

Dr. Rob Howard, Medical Review Officer with Advanced Drug Testing will be conducting two training sessions on Wednesday, December 9<sup>th</sup>. Session times are either 9:15 – 11:15 am or 1:15 – 3:30 pm. Training will be held at the IBEW Local Union Hall 110, 1330 Conway Street, St. Paul, MN 55106. Register with Jen at (877) 537-7588. \$55.

### **Poster with Map Tear-Off Sheets**

Would you like a laminated poster with tear-off maps and phone numbers for both of our clinics? Please call (651)224-8264 or email [info@tcohr.com](mailto:info@tcohr.com)

#### North Metro Clinic

10190 Baltimore St. N.E., Suite 100  
Blaine, MN 55449  
(763) 780-8264 FAX (763) 780-8274



*Back to work! Back to play! Back to life!*

### **Workplace Exposure to Bloodborne Pathogens**

Workers can be at risk for occupational exposure to bloodborne pathogens because of their role as an emergency responder or sometimes, because of the nature of their job.

Body fluids that are of little concern include nasal secretions, sputum, sweat, tears, urine, feces, vomitus or saliva.

If someone has higher risk body fluids, (usually blood) penetrating their body via needle sticks or splashed into their eyes, nose, mouth or broken skin, immediate care includes:

- ✓ Remove contaminated clothing.
- ✓ Wash contaminated areas with soap and water or irrigate with water for eye, nose or mouth exposures.
- ✓ The exposure incident should be reported to a supervisor as soon as possible.

If the 'source patient' will be sent to a hospital or clinic for treatment, be sure to send the contaminated person to the same place where if necessary, confidential test results may be more readily available to help determine the need for vaccines or post-exposure treatments.

### **The TCOHR Team**

We would like to take this opportunity near the end of another successful year, to thank the people who provide the great service you have come to expect of TCOHR. These are the folks who bring their best to caring for you and your employees each and every day. Please join us in thanking:

**Our medical assistants and nurses:** Toni, Liz, Donna and Penny

**Our providers:** Dr. Kemper, Dr. Huset and Dr. Young, Bob, Julie, Mike and Tom

**Our admin staff:** Jan, Katie and Jim

**Our strategic partners at:** Med Compass, Reliable Drug Testing, and Concentra

**Thank-You!**

**Check out MNOSHA's  
'Best of the worst' photos**  
View the gallery at  
[www.dli.mn.gov/OSHA/BestofWorst.asp](http://www.dli.mn.gov/OSHA/BestofWorst.asp)

### **After Hour Care Follow-Up & Case Management**

Do you have a work-injured employee who opts to be seen at an after-hours clinic, hospital ER or by their family physician?

TCOHR provides follow-up care, therapy and case management.

With the employee's completion of the downloadable form 'Authorization for Disclosure of Health Information', patient records and their care or case management can be transferred over to the care of our Providers.

**Has your insurance carrier  
or TPA changed?**  
Please send any changes to  
[info@tcohr.com](mailto:info@tcohr.com)

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