

health works

Workable solutions from
Blount Memorial Business Health

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Our Vision

A community where all individuals reach their highest potential for health.

Our Mission

To continuously improve the health and well-being of our entire community and to work in partnership with others who share the core values of Blount Memorial Hospital.

Our Core Values

Hospitality
Excellence
Advocacy
Leadership
Stewardship



Blount Memorial
Business Health

www.blountmemorial.org

Create a Flu-free Workplace

STEP ONE: FLU SHOTS

The best prevention against flu is the flu vaccine. The 2010-2011 vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the 2009 H1N1 virus that caused so much illness last season. Keep your workforce flu-free and on-the-job by encouraging all of your employees and management to get flu shots.

Business Health client companies with on-site occupational health nurses can offer workplace flu shots to their employees, and shots are available at the Occupational Health Center at Springbrook in Alcoa and at the Occupational Health Center at Tellico West in Vonore. In addition, the vaccine is available now at the physician-staffed Walk-In Clinic at Springbrook, conveniently located in the Blount Memorial Occupational Health Center at Springbrook, 220 Associates Blvd., Alcoa. In Monroe County, flu vaccines also are available through Family Medicine at Tellico West.

STEP TWO: HEALTHY HYGIENE

Infection-prevention education programs, printed and online reminders, and incentives can help encourage employees to practice healthy hygiene. Key points to reinforce with your workforce include covering the mouth with a tissue when coughing or sneezing; washing hands often with soap and water (or an alcohol-based hand rub if water is not available); avoiding touching the eyes, nose and mouth; staying home until at least 24 hours after fever is gone if experiencing flu-like symptoms; avoiding close contact with sick people and limiting contact with others when not feeling well.

STEP THREE: ANTIVIRAL DRUGS

Antiviral prescription medicines are available and can make illness milder, shorten
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PROGRAM SPOTLIGHT

On-site Clinics

Business Health offers employers the option of having a full- or part-time registered nurse or nurse practitioner on-site. By having a nurse on duty at the workplace, companies make it clear to employees that their health and security is a top priority.

On-site nurses typically have a bachelor's or master's degree in nursing, and experience in community health, ambulatory care, critical care, emergency nursing, disease management, environmental health and/or emergency preparedness and disaster planning.

Business Health on-site occupational health nurses provide specific health-related services requested by each client company. These can include:

- on-site nursing care, including on-the-job injury evaluations
- return-to-work follow-up care
- assistance completing workers' compensation and medical claims
- regular health assessments performed by observing employees at work
- health and safety education programs
- drug and alcohol testing
- compliance with OSHA regulations

Health Works Tip

Cleaning Counts

To help your company and workforce remain flu-free, follow these infection-prevention recommendations for employers from the CDC:

- Place importance on worker safety and health protection in the workplace
- Ensure the availability of adequate facilities and supplies that encourage workers to practice good hygiene
- Ensure that routine housekeeping in the workplace is followed
- Ensure that contaminated equipment and surfaces are cleaned with detergent-based cleaners or Environmental Protection Agency (EPA)-registered disinfectants

RESOURCE ROUND-UP

Helpful Web Sites

- American Association of Occupational Health Nurses – www.aaohn.org
- U.S. Department of Health and Human Services Healthy People – www.healthypeople.gov
- Centers for Disease Control and Prevention – Healthier Worksite Initiative – www.cdc.gov
- National Institute for Occupational Safety and Health – www.cdc.gov/siosh/homepage.html
- Occupational Safety and Health Administration – www.osha.gov

Contact Us

Blount Memorial Business Health
865-977-5795

Blount Memorial Occupational Health
Center at Springbrook
865-984-0100

Blount Memorial Occupational Health
Center at Tellico West
423-884-6958

www.blountmemorial.org

Create a Flu-free Workplace, *continued*

the time people are sick and prevent serious flu complications. To be effective, these medications must be taken within the first couple of days of flu symptoms.

Encourage your employees to seek medical treatment immediately if they experience flu-like symptoms. These symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea.

CLIENT SPOTLIGHT

Knoxville Utilities Board

KUB (Knoxville Utilities Board) is a Business Health client company offering employees an on-site clinic at the utility's Hoskins Center campus on Middlebrook Pike in Knoxville. Business Health occupational health nurse Polly Kromhout-Scott staffs the clinic 40 hours each week. In addition, Business Health nurse Anne Raines travels to KUB's other locations to facilitate various health and wellness programs.

KUB employees can visit the on-site clinic for physical assessments, pre-employment screenings, medical surveillance (including respiratory fit testing, pulmonary function testing and audiograms) and immunizations (including influenza, hepatitis and tetanus). In addition, the clinic offers drug and alcohol training in partnership with the Knoxville Police Department, random drug testing, workplace injury evaluations and treatments, as well as case management of any work-related injuries.

"We also see patients for minor personal health issues such as poison ivy, earaches, sore throats and headaches," Kromhout-Scott says. "If any KUB employee has an illness or injury, they come to our clinic for same-day treatment. For our flu shot and wellness programs, we go out to the other KUB locations to make it convenient for everyone to participate. There's a schedule posted so that employees know the days and times Business Health will be at their location."

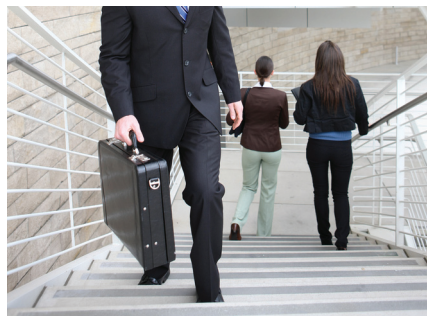
To learn how easy and affordable it is to offer an on-site clinic at your company, call Business Health at 865-977-5795.

MEET OUR KUB ON-SITE CLINIC COORDINATOR

For Polly Kromhout-Scott, staffing the KUB on-site Business Health clinic "is like being part of a big family." Kromhout-Scott has managed the clinic since January 2010 and says the working relationship between Business Health and KUB has produced numerous benefits for employees and management.

She explains, "The employees appreciate having someone with medical knowledge at their workplace. They don't have to leave work to ask someone a question. If they need something or have a health problem, we are right here. We are supporting them and dedicated to them. They always are telling me that they are so happy about having us here. It is so rewarding to get that kind of feedback."

Kromhout-Scott also receives positive input from members of the KUB management team, many of who stop in specifically to thank the nurses for being on-site. "Having us here gives them peace of mind and allows



them to focus on their areas of expertise," Kromhout-Scott adds. "They know that everything is taken care of when it comes to employee health and wellness."

One of the best measures of how the Business Health on-site presence has helped boost overall health at KUB is the employee weight lost. Between June and September 2010, KUB employees shed more than 700 pounds by participating in the on-site 12-week weight loss program.

Kromhout-Scott also has introduced KUB employees to a walking program and a stairwell program, which encourages people to use the stairs. Other wellness and disease-prevention services available to KUB employees through Business Health include American Lung Association Freedom From Smoking classes, on-site mammograms and "Know Your Numbers" health screenings featuring blood pressure readings and cholesterol and lipid profiles.