



THE  
OUTER BANKS HOSPITAL

# Health Coach

Allow The Outer Banks Hospital to be your personal health coach.

## Dementia Friendly

**Dementia Friendly.** It's a fairly new concept that you will be hearing more about here on the Outer Banks.

Why? Because people with dementia and their caregivers have special needs. A common question is, "How is dementia different from aging and forgetfulness?" Aging happens to everyone; dementia does not. Aging is a natural and expected aspect of human life; dementia is a disease. Forgetfulness may make retaining new information frustrating at times, but new information can be retained. In contrast, a person with dementia will eventually be unable to retain new information. Dementia is an 'umbrella' term used to describe changes in brain function that interfere with a person's ability to do everyday tasks. There are many different types of dementia, one of which is Alzheimer's.

It is important that we care for our friends and neighbors with dementia. That's why the Healthy Carolinians of the Outer Banks (HCOB) Dementia Task Force is leading a local effort to encourage local businesses and organizations to become *Dementia Friendly*. *Dementia Friendly* means creating an environment that accommodates the special needs of people with dementia and their caregivers. As part of this initiative, The Outer Banks Hospital was the first local organization to create a *Dementia-*

*Friendly* environment. Our hospital's participation is key because, based on Medicare data, people with dementia will have three times the number of hospitalizations, four times more hospital days and three times as many emergency room visits as those without dementia. Persons with dementia may cope fairly well at home; however, a change in environment, such as going to the hospital, will often aggravate the cognitive impairment.

**A Dementia-Friendly Hospital provides an environment where patients with dementia are valued and respected, and where the changes in the person will be noticed, understood and accepted.**

Based on the special needs of people with dementia in the healthcare setting, The Outer Banks Hospital is working to become a "Dementia-Friendly Hospital." This is a special designation that we are pioneering and sharing with other health systems across the country.

What does a 'Dementia-Friendly Hospital' mean? A Dementia-Friendly Hospital is one whose providers care



The purple seahorse has been selected as our local symbol for dementia. Seahorse is a noun translated from the Latin word hippocampus, which is a portion of the brain that plays a major role in memory. Within the hospital, the seahorse is placed on a patient's door to indicate the patient has memory or cognitive challenges. This puts staff on notice to use their dementia-friendly skills as they provide care.

about the community they serve; listen to the feelings of families dealing with dementia; recognize the signs; understand the special care needs of patients with dementia; and take appropriate action. A Dementia-Friendly Hospital provides an environment where patients with dementia are valued and respected, and where the changes in the person will be noticed, understood and accepted. A Dementia-Friendly Hospital takes the point of view of a person with dementia, then does everything it can to create an environment where patients can participate as independently and safely as possible.

"We are happy to go first and lead the way for other local organizations and businesses. We hope others will join us," emphasized Marcia Bryant, the hospital's chief nursing officer.

For more information about becoming a Dementia-Friendly Business, call HCOB Dementia Task Force Chair Dianne Denny at 252-449-4455. ■

## Serving Up Friendly Meals

The caring leaders and staff of The Outer Banks Hospital Food Service Department are serving up dementia-friendly meals.

"As a food service professional, I know that every detail matters — from food selection to presentation — food matters," shared Ken McLean, Manager of Food Services at The Outer Banks Hospital. "Offering healthy meals in the hospital setting is crucial, as proper nutrition is a major factor in preserving health."

As part of the dementia-friendly initiative, Ken teamed up with Inpatient Nursing Director Lisa McGaha. Together, they learned that people with dementia have a hard time seeing food on a white plate. Patients are not able to see the food on their plate, so they don't eat it. Over time, this could result in malnutrition. They also discovered that it is better

to offer fewer types of food because too much variety can be overwhelming for patients with dementia. Further, it's all about the approach. When food service workers deliver trays, a calm and quiet approach is always best.

All OBH food service workers are now trained on how to deliver food in a calm and quiet manner to a patient with dementia. These patients are also offered healthy meals with just a few choices on plates and bowls in bright colors so that they can see their meals.

What's the moral of this story? Hospital food will never win a People's Choice Award, but at The Outer Banks Hospital you can rest assured that meals are planned and delivered with love for all patients, including those with dementia.



**Ken McLean, OBH  
Manager of Food  
Services**

## Your Dementia-Friendly Hospital

- Recognizes the signs and symptoms of dementia upon a patient's admission.
- Provides training for staff on how to care for a person with dementia.
- Asks family members and caregivers to provide detailed information about the patient's preferences.
- Makes special clinical and non-clinical accommodations for patients with dementia.
- Emphasizes the non-pharmacological management of the expression of the disease.
- Provides specially trained companions to help patients with dementia feel comfortable and safe.
- Involves family and caregivers in the discharge planning process.
- Provides dementia education to patients and caregivers.



May/June 2017

# Calendar of Events



## Health Education

### Patient Education Classes

Wednesdays in May and June | 8:30am, 10:15am and 2:00pm

Join us for weekly Wednesday classes that will cover a broad range of topics! These free and informative 30-minute classes are designed to help both cardiac and pulmonary rehabilitation patients, as well as community members, learn ways to live a healthy lifestyle. For class locations and to register, call 449-5930.

- **May 3:** Blood Pressure and Exercise
- **May 10:** Intimacy with Cardiac and Pulmonary Disease
- **May 17:** Menu Planning
- **May 24:** Communicating with Your Healthcare Team
- **May 31:** Inhaler Techniques
- **June 7:** Exercise and Diabetes
- **June 14:** Psychological Aspects of a Heart Illness
- **June 21:** Stress Management

### ■ Cancer Lunch and Learn: "Melanoma — Early Detection and Therapeutic Progress"

Featuring David W. Ollila, MD, and Andrea Saccone Snyder

Friday, May 19 | Noon-1:00pm

OBH Cancer Resource Center

Learn from nontraditional healthcare providers about early detection methods and the therapeutic progress in metastatic melanoma. Lunch will be served. Seating is limited. Please call 449-7300 to register.

### ■ American Lung Association Better Breathers Club

3rd Monday of Each Month | May 15 & June 19 | Noon-1:00pm

OBH Cancer Resource Center

Taking care of your emotional health is a key part of managing COPD or other lung disease. The Better Breathers Club can offer you a place to share your thoughts with others who know what you are going through. Family members and caregivers are also welcome to join. Please call 449-7300 to register. Lite bites will be served.

### ■ Proactive Approach to Healthy Living

Wednesday, June 28 | 6:00pm

Nags Head Church, 105 W. Soundside Road, Nags Head

Dr. Lindsey White will moderate a panel discussion that will touch on integrative health, managing your medications, healthy eating, and effective respiratory practices. Panelists include Dr. Christina Bowen, Vance Collins, OBH Director of Pharmacy, Karla Coughenour, MA, RD, LDN, Clinical Dietitian, and Deborah Hunton, RRT, OBH Respiratory Care. Lite bites will be served, and seating is limited. Please call 449-5930 to register.

### ■ Cancer Lunch and Learn: "Understanding and Living with Chemo Brain"

Featuring Karla Thompson, PhD

Friday, June 30 | Noon-1:00pm

OBH Cancer Resource Center

Chemotherapy can affect attention, memory, and thinking. Learn about tips and strategies for dealing with this condition and discover resources to help you or your loved one cope with "Chemo Brain." Lunch will be served. Seating is limited. Please call 449-7300 to register.

## Health Screenings and Services

### ■ All Aboard The Health Coach!

#### Free Wellness Screenings by Appointment

The events listed below are open to the public. If you would like to make an appointment for a health screen at one of the events listed below, please call 449-7300.

The Health Coach also visits local businesses and organizations to serve their employees and patrons directly. These events are not listed and are not open to the public. If you would like The Health Coach to visit your business or organization, call 449-4529.

Tuesday, May 16 | 9:00am-Noon

The Marketplace Parking Lot, Southern Shores

Wellness Screens will be provided.

## Community Events

### ■ OBH Wellness Camp

Mondays at 7:00am, Wednesdays at 6:00am & Fridays at 7:00am

May 1-June 23 | Ocean Bay Blvd. Beach Access at MP 8

Designed for men and women of all skill levels, OBH Wellness Camp is a FREE 8-week wellness camp featuring yoga, light exercise, stretching, meditation and more.

### ■ Prepared Childbirth and Breast Feeding Support

Mondays in May and June | 7:00pm-9:00pm

May 1, 8, 15, 22 | June 5, 12, 19, 26

OBH Port Room

Classes are offered each month, beginning the 1st Monday of each month. First 3 classes are childbirth education, and the 4th week is breast feeding support. Classes are free of charge for any patient. To register, please call 449-5690.

### ■ Gentle Chair Yoga

Wednesdays in May | 1:15pm-2:15pm

May 3, 10, 17, 24

OBH Cancer Resource Center

Chronic illness and cancer survivors are invited to participate in our gentle chair yoga program. For more information and to register, call 449-4529.

### ■ Relay for Life

Saturday, May 6 | Noon-11:00pm

First Flight High School Track, Kill Devil Hills

Join us to remember loved ones lost, honor survivors of all cancers, and raise money to help the American Cancer Society make a global impact on cancer.

### ■ Look Good, Feel Better

Monday, May 8 | 2:00pm-4:00pm

OBH Cancer Resource Center

Does cancer treatment have you feeling sluggish and looking a little bit less like yourself? Local licensed cosmetologists, estheticians, and nail technicians have volunteered to show you how to use makeup and skin care products to bring back your natural beauty and lift your spirits. Look Good, Feel Better is a collaboration among OBH Cancer Care Services, The American Cancer Society, the Personal Care Products Council Foundation, and the Professional Beauty Association. All instruction and beauty products are provided free of charge to women in active cancer treatment. Reserve your opportunity to Look Good and Feel better today by calling 449-8265.

### ■ Medicine Drop Drive-Thru

Thursday, May 11 | 7:30am-Noon

The Outer Banks Hospital, Nags Head

Friday, May 19 | 10:00am-3:00pm

Community Care Clinic, 425 Health Center Drive, Nags Head

Unused/unwanted prescription or over-the-counter medications will be collected by the Dare County Sheriff's Department.

### ■ Advance Care Planning

Thursday, May 18 | 5:30pm-6:30pm | Dare Center, Manteo

Thursday, June 22 | 6:00pm-7:00pm | Baum Center, Kill Devil Hills

Free education sessions and clinics to complete your advance directives.

### ■ NC MedAssist Over-the-Counter Medicine Give Away!

Friday, May 19 | 10:00am-3:00pm

Community Care Clinic, 425 Health Center Drive, Nags Head

Free admission. Adults 18 and over can choose up to 10 items at no cost. Items include: cold, cough and flu medicine, Band-Aids, pain and allergy relief, vitamins and children's medicine, and much more while supplies last! OBH will also host a medicine drop.

### ■ American Red Cross Blood Drive

Wednesday, May 24 | 11:00am-2:00pm

OBH Lobby

Donating one pint of blood can help save up to 3 lives! Register online to donate at [www.redcross.org](http://www.redcross.org) and use the keyword search OBXHospital.