

Working On Wellness

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Pertussis Outbreak

By Debbie Howes-Fleming, BA

Health Education Director

To date a total of 22 cases of pertussis, commonly known as whooping cough, have been reported in Franklin County. This should serve as a reminder about the importance of up to date vaccinations in the prevention of infectious diseases. In the United States, prior to the development of the pertussis vaccine in the mid 1940's, whooping cough was a major cause of sickness and death in infants and children with over 200,000 cases reported annually.

Whooping cough is a bacterial, upper respiratory infection that is spread much like the common cold through coughing and sneezing. The symptoms in the first phase of this disease are also much like cold symptoms, such as a runny nose, low fever and a cough.

This phase is followed by a second phase where a more serious cough develops. The cough is characterized by a series of paroxysm coughs that are followed by long, inhaling gasps for air that sound like a whoop. The cough can last anywhere from 4 to 6 weeks, and sometimes up to 10 weeks. The cough can also re-

occur with any subsequent upper respiratory infection.

A convalescent period follows the second stage and it may last for months.

Unfortunately, pertussis can be deadly, especially for infants and young children. These two groups account for only 19 % of all pertussis cases in the US, but for 92 % of the deaths. Secondary bacterial infections such as pneumonia are the leading cause of death. Infants can also suffer neurological complications including seizures.

Health professionals recommend that all infants receive a schedule of vaccinations against vaccine preventable diseases. This series should include diphtheria (D), tetanus (T) and pertussis (P) or DTaP. Infants should receive a total of 5 doses of DTaP, one dose at a time, at 2, 4, 6, and 15 to 18 months of age and one dose at 4 to 6 years of age. Additionally a Td (Tetanus-diphtheria) vaccine is also recommended for adolescents and adults as a booster shot every 10 years. It is also recommended after certain exposure to tetanus toxins.

In recent years, scientists and researchers have seen an increase in the number of cases of

whooping cough in adolescents and young adults. While these outbreaks are serious because of bacterial infections and possi-

ble broken ribs, this re-occurrence may also adversely affect the entire community. Adolescents and adults with pertussis may infect infants who are too young to have received complete immunizations. It also impacts the health of children who have not received a complete series of vaccinations.

Due to this increase in occurrence, the current immunization recommendations include a single dose of Tdap, tetanus (T), diphtheria (d) and pertussis (p), for children 11 to 12 years old. It should also replace one Td (Tetanus-diphtheria) booster in older teens and adults age 19 to 64.

As with influenza (flu) shots, vaccines not only protect the individual; they also protect the community, especially the youngest and most vulnerable populations.



Pertussis/Flu Shot Clinic

Editors:

- Paula Alexander, RN, MSN
- Debbie Howes-Fleming, BA
- Judy A. Mattingly, MA

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Mobilizing for Action through Planning & Partnerships

By Judy A. Mattingly, MA
Health Educator III

Franklin County's Public Health System gathered on September 9, 2008 and completed the National Public Health Performance Standards Program (NPHSP). We also convened on December 10, 2008 to review the results of this assessment and to move forward with quality improvement efforts using the Mobilizing for Action through Planning and Partnerships (MAPP) guidelines.

MAPP is a community-wide strategic planning tool for improving public health. There are six phases in the MAPP journey: 1- Organizing for success and partnership development, 2- Visioning, 3- Four MAPP assessments (NPHSP, Community Themes & Strengths Assessment, Forces of Change Assessment and Community Health Status Assessment), 4- Identify strategic issues, 5- Formulate goals and strategies and 6- Action, which includes planning, implementation and evaluation.

MAPP and ultimately a healthier community would not be possible without the collaboration of our entire Local Public Health System, which includes all public, private and voluntary entities that contribute to public health in Franklin County. We would therefore like to thank the following partners for their dedication to the improvement of Franklin County's Public Health System through NPHSP and MAPP:

- Bluegrass Prevention
- Coalition for a Smoke Free Franklin County
- Community Members
- Community Trust Bank
- Comp Care
- Farmer's Bank
- Fiscal Court
- Frankfort Area Chamber of Commerce
- Frankfort Fire and EMS
- Frankfort Police Department
- Frankfort Regional Medical Center
- Frankfort Sewer
- Franklin County Board of Health
- Franklin County Deten-



tion Center

- Franklin County Diabetes Coalition, Inc.
- Franklin County Fire Department
- Franklin County Home Health Agency
- Franklin County Public Schools
- Franklin County Red Cross
- Franklin County Women's Shelter
- Greenheck
- Health Works
- Hospice of the Bluegrass
- Internal Medicine Associates
- Kentucky State University
- KY Fusion Center
- Paul Sawyer Public Library
- State Journal

We will be meeting again on January 29, 2008 from 1-3 pm to develop our vision for MAPP and begin planning for the other MAPP assessments.

"MAPP is a community-wide strategic planning tool for improving public health."

Home Health Services

By Karen Weller, RN
Home Health Nurse Administrator

Franklin County Home Health believes in compassionate, caring home care as an important resource in the health care continuum. Both preventive and restorative care can be cost effective and demonstrative of quality. In order to

fulfill this mission we provide skilled care such as nursing, physical, occupation and speech therapy.

Our skilled nursing care includes assessments of the heart and lungs, wound care, intravenous therapy and patient education. The therapists will develop a home exercise program to help patients regain



Leslie Slone, RN with Logan Hendershot

independence after a fracture, joint replacement surgery, a stroke or prolonged

See **Home Health**, Page 5

January Calendar of Events

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Closed	2 Closed	3	4
5	6 10-11 Body Recall Working On Well-ness (WOW) @ Hearn	7 10-11 Body Recall WOW @ Peaks Mill	8 10-11 Body Recall WOW @ Elkhorn 3-4 Safety Team @ Business Office Conference Room 6-7 Diabetes Coalition Meeting	9 1-4 Car Seat Checks	10 8-3:00 American Red Cross Child & Infant CPR & First Aid	11
12 WOW @ Bridgeport 6:30-7:30 Tobacco Cessation Program @ Pawl Sawyer Library	13 10-11 Body Recall WOW @ Second Street School 6:00-7:00 Smoke Free Coalition Meeting	14 10-11 Body Recall WOW @ Capital Day	15 10-11 Body Recall 12 Home Health Advisory Committee @ Business Office Conference Room WOW @ Westridge 6-7 Riverfront Meeting @ Capital Plaza 7-8:30 Bosom Buddies @ Business Office Conference Room	16	17	18
19 Closed	20 WOW @ Collins Lane	21 10-11 Body Recall WOW @ Good Shepherd 6-8 Board of Health Meeting @ Business Office Conference Room	22 10-11 Body Recall 11:30-1:30 Clinic & Community Advisory Committee 5-7 Pertussis Forum & Free Flu Shots for Community Members	23	24 8-12:30 Health Fair @ Forks of Elkhorn Baptist Church 5:25 Relay for Life Kick-Off @ Bellepoint Baptist Church	25
26 WOW @ Frankfort Christian 5-6 Cooper-Clayton Smoking Cessation Class	27 10-11 Body Recall	28 10-11 Body Recall 6-8 Pertussis Forum for Physicians	29 10-11 Body Recall 1-3 MAPP Meeting	30	31 10:30 Bosom Buddies	

Times, dates and locations are subject to change. Please call to verify.

Unless otherwise noted all events will be held at the Public Health Center.

February Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 5-6 Cooper-Clayton Smoking Cessation Class	3 10-11 Body Recall WOW @ Hearn 2-4 Longest Day of Play Meeting	4 10-11 Body Recall WOW @ Peaks Mill	5 10-11 Body Recall Graduation WOW @ Elkhorn 6-7 Diabetes Class 7-8 Diabetes Coalition Meeting	6 Wear Red for Women	7
9 WOW @ Bridgeport 5-6 Cooper-Clayton Smoking Cessation Class	10 WOW @ Second Street School Ladies Health Day @ Clinic	11 WOW @ Capital Day 11:30-12:30 Falls Preven- tion Presentation @ Sr. Center	12 8-12 Diabetes Legislative Day @ Capital Rotunda WOW @ Westridge	13 1-4 Car Seat Checks	14
16 5-6 Cooper-Clayton Smoking Cessation Class	17 WOW @ Collins Lane	18 8-4 Staff Meeting & An- nual Training	19 7-8:30 Bosom Buddies @ Business Office Confer- ence Room	20	21 8-3:00 American Red Cross Child & Infant CPR & First Aid
23 WOW @ Frankfort Christian 5-6 Cooper-Clayton Smoking Cessation Class	24	25 WOW @ Good Shep- herd	26 6-8 Healthy Start Clockhour Class	27	28

March Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 5-6 Cooper-Clayton Smoking Cessation Class	3 WOW @ Hearn	4 WOW @ Peaks Mill	5 WOW @ Elkhorn 6-7 Diabetes Class 7-8 Diabetes Coalition Meeting	6	7
9 WOW @ Bridgeport 5-6 Cooper-Clayton Smoking Cessation Class	10 WOW @ Second Street School Kentucky Public Health Association (KPHA) Conference @ Crown Plaza Hotel	11 WOW @ Capital Day KPHA @ Crown Plaza Hotel	12 WOW @ Westridge KPHA @ Crown Plaza Hotel	13 KPHA @ Crown Plaza Hotel	<p>Unless otherwise noted all events will be held at the Public Health Center.</p>
16 WOW @ Frankfort Christian 5-6 Cooper-Clayton Smoking Cessation Class	17 WOW @ Collins Lane	18 WOW @ Good Shep- herd	19 7-8:30 Bosom Buddies @ Business Office Confer- ence Room	20	
23 5-6 Cooper-Clayton Smoking Cessation Class	24	25	26 6-8 Healthy Start Clockhour Class	27	<p>Times, dates and locations are subject to change. Please call to verify .</p>
30 5-6 Cooper-Clayton Smoking Cessation Class	31				

Home Health

hospitalization. Home health aides are available for personal care and a social worker helps with long range planning as well as other social issues, such as financial crises, emotional counseling and placement options. Waiver services that include homemaking and respite services are available to patients who qualify for the Home and Community Based Waiver program.

You may qualify for these services if you are under a physician's care, you are home-



Rachel Rome with Bette Wallace

bound and have difficulty leaving your home due to physical or mental limitations, you are a resident of Franklin County and you need skilled nursing, therapy services or personal care. To begin home care, talk

with your physician. If your physician believes home health care can help, request a referral to Franklin County Home Health Agency at 502-564-7383. Upon referral, a health care professional will make a home visit to determine your health care needs.



Stephanie Willard, RN with Polly Dickinson



Pat Todd with Nancy McCarty

Employee of the Month

Employees are nominated by their fellow co-workers and are honored for their work ethic, dedication and quality of work. They are acknowledged for their ability to adapt and be innovative and their initiative to take on new or special projects. We also wish to recognize them for their achievements and contributions to the health department and the community.



Mary Cook
Sr. Support Service Assoc. II
July



Savanah Sherrow
Sr. Support Service Assoc. I
August



Debbie Thurman
Account Clerk II
September



Nicole Hale
Support Services Supervisor I
October



Cindy Crowds, RN
Local Health Nurse I
November



Becki Casey
Administrative Assistant
December



Public Health

Prevent. Promote. Protect.

Franklin County Health Department

100 Glens Creek Road
Frankfort, KY 40601
Business Office Phone: 502-564-4269
Clinic Phone: 502-564-7647

Franklin County Home Health Agency
231 East Main Street
Frankfort, KY 40601
Phone: 502-564-7383

Public Health Center
851 East-West Connector
Frankfort, KY 40601
Phone: 502-564-5559

WWW.FCHD.ORG



Notes from Paula

**By Paula Alexander, RN,
BA, BSN, MSN**
Public Health Director II

Kentucky *may* soon have a substantial increased tax on tobacco products. This move would save lives and boost our faltering economy.

Our state currently has the dubious distinction of having the highest rate of tobacco abuse in the U.S. and we likewise lead the nation in lung cancer deaths. According to newly released data from the Kentucky Cancer Registry, there were 286 invasive cases of lung/bronchus cancer in Franklin County from 2001-

2005, and 220 deaths during this same time frame from lung/bronchus cancer.

The toll from tobacco extends to our youth, our most precious resource. Kentucky's youth smoking rate is 34%, compared to the national rate of 23%. Some 6,800 new youth smokers annually take up the habit in Kentucky. Some 15% of middle school youth are smokers. Nearly 11% of Kentucky's youth use spit tobacco products. An increased tobacco tax could curb these alarming statistics. Research has indicated that every 10% price increase in cigarettes reduces the number of young-

adult smokers by 3.5%, and the number of children smoking is cut by 6-7%.

Tobacco is costly, leading to an estimated \$487 million in Medicaid expenditures annually. Tobacco abuse costs our state \$1.2 billion in annual healthcare expenditures. Estimates place a nearly \$600 annual cost on each Kentucky household for treatment of tobacco-related disease. These monies could otherwise go toward education and the arts, roads, tourism



Paula Alexander

and other major state program needs for present and future generations.

A proposed \$1 a pack tax in Kentucky remains far less than the na-

tional average of \$1.19, but it should lead to some major public health advancements and help alleviate our state's financial woes.