



4thThursday eNews

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www.centralfloridacmsa.org

Message from the Board

By Lisa W. Bloder RN, CCM, President.



INSIDE THIS ISSUE

- 1 President's Message
- 1 Keep The Date
- 2 Chapter Notes
- 3 Government News
- 3 National CMSA News
- 4 Bulletin Board
- 5 Contact information

As hard as it is to believe we have made it to March. This month has many great attributes like springing ahead into daylight savings time on the 8th. O.K. so I know none of us like giving up that hour of sleep but look at what we get, more opportunity to do things outdoors after work, incredible weather, the first day of spring and kite flying. What more could we ask for? All kidding aside do you know what all CMSA offers you? Along with networking tools, Collaborative Practice Summit, National Transition of Care Coalition, Case Management Adherence Guidelines, and educational resources, CMSA also puts together a quarterly newsletter entitled "CMSA @ work for you". In order to receive the newsletter you must go onto CMSA.org and subscribe. What a valuable resource this is. Within the newsletter you will find the latest in industry news and information. In a time when daily - *Continued on page 2*

KEEP THE DATE 2009

Topic: FDA Approval Process Review

Speaker: Megan L. Jones, Pharm. D., M. P. A.

Sponsor: Centocor OrthoBiotech

**"The March wind
roars
Like a lion in the sky,
And makes us shiver
As he passes by.**

**When winds are soft,
And the days are
warm and clear,
Just like a gentle
lamb,
Then spring is here."**

Author Unknown

BECOME A MEMBER

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Chapter Notes

Chapter Notes

By Terri Grein, RN, Secretary

Chapter Announcements:

- If you did not attend the February meeting, then you missed Dr. Jess Salinas, MD's talk on Workers Comp and Pain Management, and overview of pain management.
- We will be collecting business cards from members during the Feb, March and April meetings to draw for a free National CMSA conference trip.
- If you are not receiving e-mail notification of the upcoming meetings, please contact Susan Gregory (Susan.Gregory@Hartfordlife.com)



MEETINGS
MEETINGS

4TH THURSDAY OF EVERY MONTH.
Educational offering with
CEU & CCM

Location: Bahia Shrine Auditorium.
2300 Pembroke Dr.
Maitland. 32701

RSVP- Member-free
Non-member-\$15
Non-RSVP- Member-\$5
Non-member-\$20
First time guest—FREE

RSVP to: -Darlene Armstrong
@ 866-838-1580 or
Via website @
www.centralfloridacmsa.org

Cont'd from page 1- President's Message -----

changes are made to the way businesses and yes even healthcare conducts itself, one of the most important things you can do is to arm yourself with knowledge. As it is said "Knowledge is Power" and CMSA can be very helpful in keeping you POWERFUL!

Locally our great programs chair is doing an excellent job in obtaining interesting and pertinent programs for you. Please remember you have a voice with us and I encourage each and every one of you to send us a message on what you would like to see in the coming year. Take the opportunity to fill out the evaluation forms at the end of every meeting and provide any suggestions for programs or events. Remember we are a TEAM and together everyone accomplishes more! I look forward to seeing you at the next meeting.

Lisa W. Bloder, RN, CCM

Government News

Temperature Hike Can Trigger Migraines

by Patti Neighmond

March 12, 2009 · If you suffer migraines when the weather changes, the temperature outside could be to blame. In a new study of thousands of people who showed up in a Boston emergency room with severe headaches, a spike in heat was found to be a strong migraine trigger.

"This adds weight and evidence to the idea that environmental triggers are important — not just clinical folklore," says Dr. Kenneth Mukamal, a researcher at the Harvard School of Public Health and internist at Beth Israel Deaconess Hospital in Boston. Mukamal says he and his team designed their study, published in the current issue of the journal *Neurology*, to put that folklore to the test and also "to determine whether air pollutants trigger headaches, much as they have been found to trigger stroke."



Join today: www.cmsa.org

It's The Heat Increase That Matters

The researchers analyzed the cases of more than 7,000 patients seen in the Beth Israel emergency room between May 2000 and December 2007 with a primary diagnosis of headache. Only 2,250 were diagnosed with migraines; the rest had "tension or unspecified headache." Mukamal and colleagues then checked meteorological records for various weather and pollution variables at the time of each patient's ER visit, and compared that to the same sort of environmental data a few days before and one week after the visit.

According to the findings, on the days of the hospital visits the air temperature tended to be warmer. In fact, for every 9 degrees Fahrenheit increase in temperature, Mukamal found a 7.5 percent increase in the risk of a headache severe enough to provoke a trip to emergency room. There was also a weaker association between non-migraine headache and low barometric pressure a day or two before the hospital visit, Mukamal says. In this study, humidity and air pollution seemed not to be headache triggers.

It's not that the hotter it was, the more likely patients were to have a headache, Mukamal stresses. Rather, it is the temperature increase that matters. The risk was greater on days that were "warmer" relative to similar days during the month.

"The study provides solid evidence that those common beliefs [about weather changes and headaches] are true," says Dr. Richard Lipton, director of the National Headache Foundation, and a neurologist at the Albert Einstein College of Medicine in New York.

Source and for the full article go to www.NPR.org

BULLETIN BOARD**CMSA Announces New Tool – the CMSA Senior Housing Locator by SNAPforSeniors®**

Online navigational tool will help simplify searches for appropriate senior housing

It is estimated that a million Americans move into senior housing each year¹, and the demand is growing as baby boomers enter retirement. Between now and 2015, the US Census Bureau projects the over-65 population to increase by almost 28 percent, while the total US population increases by just 9 percent². Many family members with loved ones in need of senior housing use case management services to assess needs, arrange placement, and monitor a family member's care.

CMSA members can search Senior Housing Locator listings for a client according to type of housing, clinical needs, financial needs and personal preference – even whether pets are allowed. Listings may include photo galleries and virtual tours as well.

"The Senior Housing Locator is a valuable decision support tool that will help case managers navigate the senior housing market for clients with a wide range of needs," said CMSA President Peter Moran, RN, C, BSN, MS, CCM. "Because the tool is a central source of information, appropriate housing can be found quickly and transitions to care can be managed more effectively, benefiting both the client and their caregivers."

CMSA's Senior Housing Locator is an online, member-only resource which offers case managers a comprehensive nationwide search engine of the 65,000+ US licensed senior housing facilities – all at the click of a mouse. The resource is akin to the real estate industry's Multiple Listing Service. Users select from search categories such as geographic location, facility name or license type and then receive a list of qualified options.

"The search for senior housing is no longer a 'neighborhood search' of local, well-known facilities," said Eve M. Stern, RN, MS, president of SNAPforSeniors. "Seniors often need housing in a far away location, close to extended family."

There are an estimated 5.1 to 7 million long-distance caregivers in the United States.^{3,4} Senior Housing Locator allows case managers to narrow the search, and then coordinate with patients and family members to make decisions about appropriate facility placement.

"The Senior Housing Locator enables case managers to use a single source to search and screen assisted living facilities, continuing care retirement communities, residential care homes and nursing homes while matching a client's clinical, social and financial needs to the right facility," said Stern. "It allows them to spend less time gathering information and more time focusing on their clients."

For more information go to CMSA.org

KEEP THE DATES
2009

Jan 15, 2009

Feb 26, 2009

Mar 26, 2009

April 23, 2009

May 28, 2009

June 25, 2009

July 23, 2009

Aug 27, 2009

Sept 24, 2009

Oct 22, 2009

Nov 12, 2009-Annual Vendor Show

Dec 10 2009- Holiday Party

CF-CMSA BOARD

CMSA's 19th Annual Conference & Expo
June 16-19, 2009

Phoenix Convention Center
Phoenix, AZ

www.cmsa.org/conference

2009 CF CMSA Board

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Happy Spring!



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