

4/20/10 View

HOSPITAL HAPPENINGS

April is National Occupational Therapy Month

By Lisa Dalton, Rehab Therapy Director

“Occupational Therapy (OT) helps people live life to its fullest.”

Occupational Therapists (OTS) focus on doing whatever “occupation” or “activities” are meaningful to a person. Occupation refers to the activities that “occupy” a person’s day, often referred to as Activities of Daily Living (ADL).

After an illness or injury, an OT utilizes a variety of techniques and treatment methods to help a person return to their prior level of functioning to the best of their ability. These include manual therapy, therapeutic exercise and therapeutic activities. The goal of OT is to maximize a person’s independence after their illness or injury so they are able to live life to their

fullest.

OT’s work with a variety of conditions including: Orthopedic: Pre and post shoulder surgery, and elbow and hand conditions/injuries; Neurological: Stroke, traumatic brain injury, and degenerative conditions (multiple sclerosis).

As an Occupational Therapist at FCPHD, I work with patients on an outpatient basis, as well as with patients in our inpatient skilled therapy program to prepare them for returning home. If you would like more information, please call 775-8400.

Prior Hospital Happenings available at <http://www.fcphd.org/news.html>

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4/3/16 view

HOSPITAL HAPPENINGS

Laughter - No Prescription Needed

By Adam Volluz, Diagnostic Imaging Manager

Stress can be harmful to your health. Studies show that whether it is short-term stress like a traffic jam, or a life changing event like job loss, psychological stress can negatively affect your health. Up to 70% of doctors visits and 80% of serious illness can be worsened by or even linked to stress.

According to the Mayo Clinic, laughter has the ability to:

- Stimulate your organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response and increases your heart rate and blood pressure. The result? A good, relaxed feeling.
- Soothe tension. Laughter can also stimulate circulation and aid muscle

- relaxation, both of which help reduce some of the physical symptoms of stress.
- Improve your immune system. Positive thoughts and laughter actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers.
- Increase personal satisfaction. Laughter can make it easier to cope with difficult situations.
- Improve your mood. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and make you feel happier.

April is National Humor Month. So this spring, laugh yourself into better health.

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4/6/14 Views

HOSPITAL HAPPENINGS

Health Information Professionals week is April 3-9

By Heather Dirks, HIM Assistant

Who is a Health Information Professional? A Health Information Professional can work in multiple settings and professions by providing a wide variety of services.

They play key roles in the effective management of data (health information) necessary for quality healthcare. This can encompass the receptionist, lab or radiology technician, coding specialist, scanning technician, charge capture analyst, IT department, billing department and medical records.

Each person plays a critical role in

ensuring your healthcare data is being handled securely, accurately and in a timely fashion. Please view our web page www.fcphd.org where you can find information regarding many of the services and departments who are Health Information Professionals, as well as links to forms. We would like to thank all of the Health Information Professionals in Ferry County for their service and professionalism to our community.

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