



# Welcome to the Sentara Quality Care Network (or SQCN, pronounced "sequin")

You are receiving this because your doctor or provider is in the SQCN network. They have chosen to come together to offer you seamless healthcare.

This month we are covering these important topics:

- Opioid Addiction and Awareness
- Pain Management, including Low Back Pain
- Healthy Aging and Fall Prevention
- Childhood Obesity and Weight Inclusion
- Diabetes and Appetite

You have access to customizable, no-cost services. Find them <u>here</u>. You can contact us at <u>SQCN@sentara.com</u> to get started. We look forward to serving you!

## **Opioid Risk Addiction and Awareness**

Did you know?

- About 41 people die from prescription opioid overdose daily in the U.S. This includes hydrocodone, morphine, and oxycodone.
- It's easy for anyone to become addicted. Your brain and nervous system change with the drug.

• Combining opioids with other substances can increase a chance of death. This includes alcohol, cough medication, and sleeping pills.

Whether prescribed or not, there are risks like addiction, misuse, and even death. Be sure to discuss the risks versus benefits with your primary care team. You can find more in this <u>Centers for Disease Control and Prevention (CDC) fact</u> <u>sheet</u>.

# Ask Your Pharmacist: Why Words Matter with Opioid Addiction

As a nation, we are becoming more aware of the risks of opioid use. Opioids affect each person who takes them in a unique way. Because of this, anyone can become addicted. Choose words wisely when talking about opioid addiction. This goes for other drugs as well.

Some words to lose and words to use:

Instead of	Use	Because
Addict	Person with substance use disorder	<ul> <li>Person-first language is more empowering</li> <li>It shows a person "has" a problem and is not "the problem"</li> <li>The terms are more positive and take away individual blame and judgement</li> </ul>
User or abuser	Person with substance use disorder (or person with opioid addiction)	
Junkie	Person in active use	
Alcoholic	Person with alcohol use disorder	

Source: <u>https://nida.nih.gov/nidamed-medical-health-professionals/health-professions-education/words-matter-terms-to-use-avoid-when-talking-about-addiction</u>

## How to Treat Low Back Pain

Lower back pain is common. It can be caused by an accident or lifting something heavy. Or, it can be due to age-related changes to your spine. If your physical activity is inconsistent and sporadic you may experience it.

You should call your primary care team if symptoms worsen or you have additional symptoms, including:

- Progressive and persistent numbness
- Muscle weakness
- Known or suspected infection, including any fevers

- Significant trouble walking
- Pain that is constant or increasing over time

There are many at-home methods to help with less severe pain. See <u>this tip sheet</u> for more information. Also, <u>Where to Get</u> <u>Care Now</u> helps when choosing between your primary care team, urgent care, or emergency department.

If you are interested in the SQCN care management team to help with no-cost low back pain services or other pain management, email <u>SQCN@sentara.com</u>.



# **Aging Gracefully: Fall Prevention**

More than 1 out of 4 people fall each year. Less than half tell their doctor.

A fall can change your mobility, independence, and confidence. Falls can also decrease quality of life and contribute to social isolation from family and friends. Here are a few questions to ask yourself:

- Have you fallen, or almost fallen in the past year?
- Do you sometimes feel dizzy or lightheaded, especially when standing up from a couch or chair?
- Do you feel less steady on your feet?

If you answered "yes" to any of the above, discuss a fall prevention plan with your primary care team. See <u>this double-sided tip sheet</u> for more information on how to prevent falls at home.

If you are interested in SQCN care management services to help with no-cost fall prevention planning, contact us at <u>SQCN@sentara.com</u>.

#### **Facts About Falls**



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ource: https://www.cdc.gov/falls/index.html. Accessed 25 August 2023.

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## S.A.F.E. Program: Sentara Awareness for Falls Education

This program helps reduce the risk and fear of falls. It improves flexibility, strength, balance, and walking endurance over a one-year period. There are follow-ups to check your progress.

Do you have any of the following?

- Generalized weakness
- Walking instability
- Decreased balance

If so, you may qualify. A S.A.F.E. program evaluation can be set up through the Sentara Outpatient Therapy Scheduling Office at 855-852-9066.

Find out more information about fall-prevention therapy here.

## Program Update: Follow-up Call After Hospital Discharge

If you were recently discharged from the emergency department or hospital, you can expect a follow-up call from the SQCN team. You will be called during the week (Monday-Friday). You will be asked questions about your health and progress, such as:

- Are you feeling the same, better, or worse since your visit?
- If you were given a prescription, were you able to fill it? Do you have any questions?

- Do you have a follow-up appointment scheduled?
- Do you have any questions regarding your discharge instructions?

Your primary care team, and their on-call partners, are available 24/7 to assist you with your healthcare needs.

# Are You Concerned About Your Child's Weight?

September is Childhood Obesity Awareness Month. There is a stigma associated with children who have a high body weight. Parents or guardians may blame themselves. They may even delay seeking healthcare for fear of judgement. The child may experience bullying, or worse, from kids at school.

If you are concerned about your child's weight, try the following:

- Work on healthy eating and physical activity goals you think your child can manage. Model these behaviors at home.
- Celebrate success in other ways than treats.
- Be aware of eating triggers. Notice if your child eats when bored, stressed, or angry.
- Consider seeing a dietitian or mental health provider for a personalized plan. Ask your primary care team for a referral.

When talking about whole-body health, focus on more than looks. Stay away from words like "fat" and "thin" when describing people. And most importantly, let your child know you are there for support.

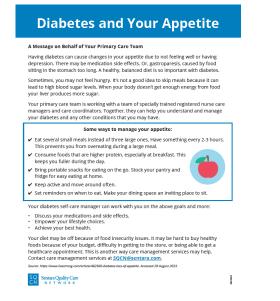
Check out this <u>no-cost program offered by Eastern Virginia Medical School</u> (EVMS).

Source: <u>National Library of Medicine: Addressing Weight Stigma and Opening</u> <u>Doors for a Patient-Centered Approach to Childhood Obesity</u>

# **Care Corner: Diabetes and Your Appetite**

Having diabetes can cause changes in your appetite due to not feeling well or having depression. There may be medication side effects. Or, gastroparesis, caused by food sitting in the stomach too long. A healthy, balanced diet is so important with diabetes. If you are interested in learning more about diabetes and the effects on your appetite, <u>download this tip sheet</u>.

You may be eligible for no-cost diabetes self-management care services. Contact us at <u>SQCN@sentara.com</u> to find out more about the program.



#### **Questions? Contact the SQCN Team:**

757-455-7330 | <u>SQCN@sentara.com</u>

## Find a <u>SQCN Provider</u>

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