

Health & Safety

HEALTH & SAFETY NEWSLETTER

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Spotlighting on Preventative Health...

My Family Health Portrait

A tool from the Surgeon General

On-line Method for Creating Family Health History

Collecting your family health history and sharing it with family members and your doctor could save your life or the life of a loved one by providing critical time to implement preventive screenings, pre-emptive drug therapies as well as diet, exercise and other lifestyle changes.

Five to ten percent of all cancers involve inherited genetic mutations and a variety of risk factors which can be identified through early assessment and intervention. Learn your family members' risk for cataracts, diabetic retinopathy, glaucoma and age-related macular degeneration, as these eye diseases often "run" in families.



Organizing the health histories of family members into a single electronic document, which you can share with your doctor, has been made even easier by an online tool called "My Family Health Portrait," created by the Office of the Surgeon General.

The tool is located at <https://familyhistory.hhs.gov/FHH/html/index.html> and has the following features:



Enter...Download...Share

- ⇒ Choose from 4 languages: English, Spanish, Portuguese, or Italian.
- ⇒ Only 5-20 minutes is required to enter family information to create the "pedigree" family tree which is then down-loaded by the user.
- ⇒ Share your tree with family members or your doctor. The tool is fully "EHR and PHR-ready," so can be used as part of your electronic health record (EHR) or the personal health record (PHR) used by consumers.
- ⇒ Relatives can customize your tree; The tool is able to re-index so that family members can start with your tree and place themselves at the center of the tree.
- ⇒ Helpdesk support is available through the National Cancer Institute's Center for Biomedical Informatics and Information Technology (CBIIT) at: CBIIT Application Support. Email: ncicb@pop.nci.nih.gov Local Phone: (301)451-384 toll-free at (888)478-4423. Helpdesk: <http://ncicb.nci.nih.gov/support>

Note: Since the information gathered is personal health information, you should take precautions when sending the health history to relatives; either encrypt it before emailing or transfer the information onto a CD or memory stick, deliver it in person or send using regular mail.

QUOTE OF THE MONTH:

"Precaution is better than cure."

-Edward Coke

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SCHOOL OF DENTISTRY



Mark Your Calendars for H&S Events

- ⇒ **BLS/CPR for Healthcare Providers, April AM**, afternoon or PM classes. More info at <https://www.cprseattle.com/bls-cpr-for-healthcare-providers-professional-rescuers>
- ⇒ **4/25 SafeCampus Violence Prevention and Response Training:** Tuesday, April 25, 2:30-4:00 PM, South Campus Center. Register at SafeCampus website.
- ⇒ Center. Register through Environmental Health & Safety. The 8-hr. course is \$50, payable online.
- ⇒ **5/9-5-12 TB Screening:** *New location at South Campus Center!* Watch the weekly Bulletin for info.
- ⇒ **5/12 Evacuation Warden/Building Evacuation Training:** Friday, May 12th, 1:00-3:00 PM in room A-420, Health Sciences Center. Free class teaches duties in the event of fire for other building emergency for new wardens or those wishing a refresher. Registration at: <https://www.ehs.washington.edu/psotrain/corsdesc.shtm#ewtc>



FDA Bans Powdered Exam Gloves

A ban which went into effect January 18, 2017 by the Federal Drug Administration (FDA) prohibits the marketing, sale, and distribution of powdered surgeon's gloves, examination gloves and the absorbable dusting powder itself. The powder, used as a lubricant to aid donning, poses numerous risks to people, animals and health care and veterinary workers, including: severe airway inflammation, wound inflammation, post-surgical adhesions, granulomas and respiratory allergic reactions.

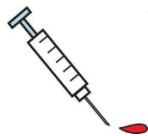
While powder is also used in the making of powder-free gloves, trace amounts of powder in the final product cannot exceed 2 mg. per glove. To make donning easier without the powder lubricant, the gloves must go through an extra process of chlorination.

The ban was a long time in coming! An FDA cautionary statement was first issued in 1971, followed by a Medical Glove Powder Report in 1997. Citizen petitions to the FDA in 1999 and 2008 helped bring awareness to the dangers. The use of surgical gloves decreased greatly between 2013 and 2016, falling from 18.6 to only 8.3 percent of use. The UW SOD began purchasing powder-free Nitrile gloves for the predoc clinics a number of years ago when it was determined that the savings from the less expensive nitrile gloves was significant.



What is Nitrile?

Nitrile is an allergy-safe compound that has been called "the perfect compromise between latex and vinyl." Nitrile feels very much like latex but has the benefits of being much stronger and more comfortable to wear. In addition, nitrile is less expensive!



12 Reminders for Safe Handling of Sharps

The American Nurses Association designed a helpful list of tips to minimize needle sticks. Below are some of the practical steps available on the SAFENEEDLE.org website at:

<http://safeneedle.org/us-needlesticks/preventing-needlestick-injuries-a-checklist/>

Prior to procedure using sharps: **1.** Ensure all equipment is available and within arm's reach. **2.** Ensure lighting is adequate. **3.** Instruct patient to avoid sudden movement. **4.** Do not expose sharps /needles until moment of use and keep pointed away from user.

During Procedure: **5.** Maintain visual contact with sharps during use. **6.** Remain aware of positioning of other staff to avoid accidental contact. **7.** Do not pass sharps by hand; place and retrieve from predetermined centralized location/tray. **8.** Alert other staff when placing or retrieving sharps.

Post –procedure: **9.** Activate safety features of sharps and check (visual, auditory) to ensure features are activated and locked in place. **10.** Ensure all sharps are accounted for and visible **11.** Check trays, linens, waste materials prior to handling for sharps accidentally misplaced or left behind. **12.** Keep fingers away from tip of device when disposing, and avoid placing hands close to the opening of the container.



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