



**ALLEN
HOSPITAL**
IOWA HEALTH SYSTEM

Occupational Health



TAKING CARE OF
your
BUSINESS

October 2010

Allen Occ Health RETURNS to Consolidated BILLING!

Over the past couple of months we have communicated to you that we were no longer consolidating x-ray and lab charges with occupational workers compensation charges. However, we have listened to our companies and realized that this does not always serve our client companies. Thus, we researched various ways we could stay HIPAA compliant, receive timely and accurate payments, and accommodate our client companies. We believe we have found some solutions that will allow our companies to, once again, reap the benefits of getting a consolidated bill. If we find instances where consolidation of bills is not effective we will work individually with each company and/or insurance company to resolve the issue.

This change was effective October 1st, therefore you can expect to see consolidated bills in November. Please feel free to contact Laura Mumaw at 319-235-3964 if you have specific questions regarding your statements.

New DOT Guidelines Enforced at AOH

Obstructive sleep apnea (OSA) is a significant risk factor for safety and health. OSA has been demonstrated in medical studies to be a significant cause of motor vehicle accidents (MVA) accounting for a two to sevenfold increased risk of causing an MVA. OSA has also been shown to increase the risk of heart failure, stroke, hypertension, and mood disorders. Studies suggest that commercial motor vehicle (CMV) operators to have a higher prevalence of OSA than the general population.

Given the prevalence of OSA in commercial drivers, the inherent safety risks, and that the guidance on OSA management is outdated, the American College of Chest Physicians, the American college of Occupational and Environmental Medicine, and the National Sleep Foundation convened a task force to address this important safety and health risk for CMV operators. Based on their review of existing scientific literature related to the diagnosis and treatment of OSA and the recommendations from the National Transportation Safety Board, FMCSA and others, the Task Force made recommendations regarding the screening of CMV operators. These recommendations were published in the Journal of Occupational and Environmental Medicine (JOEM) in September 2006. At that time, the recommendations were up to the discretion of the medical examiner (ME). Recently, the FMCSA, DOT and other regulatory agencies have indicated that the previously issued guidelines be followed for all CMV medical examinations and any deviation from the guidelines be supported by a legitimate medical explanation for why the guidelines were not followed.

Given the potential cost of instituting the guidelines, Allen Occupational Health Clinic providers (AOHC) at the time chose to evaluate drivers on a case by case basis. With the more recent expectations of the FMCSA, DOT and other federal agencies, the providers at AOHC believe it is imperative to begin using the Task Force guidelines. The reasons for doing so are not only to protect the health of the driver, but first and foremost to protect the public. Client companies will likely also benefit from reduced liability exposure.

(Cont'd on reverse)

UPCOMING CLASSES

FREE OSHA Training

Hosted by Allen Occupational Health

Thursday, October 21st, 2010
Thursday, October 28th, 2010
Thursday, November 11, 2010

Time: 8:30am - 12:00pm
Cost: FREE
Location: McBride Auditorium,
Gerard Hall, Allen College
Register: At www.allenocchealth.com
(SEE reverse for more information)

2010 Training for Drug Free Workplaces

2 Hour Initial Training Thursday, Nov 4, 2010

Time: 8am - 10am
Cost: \$34/person
Location: Medical Staff Classroom,
Gerard Hall, Allen College

1 Hour Annual Update Friday, Nov 5, 2010

Time: 8am - 9am
Cost: \$22/person
Location: Medical Staff Classroom,
Gerard Hall, Allen College

For more information contact:

Tara Wait at waiatr@ihs.org
or call 319-235-5043

To Register:

Visit www.allenocchealth.com
and click on the link of the lower right
hand corner of the screen.

First Aid & CPR Class Friday, December 3, 2010

Time: 8am - 1pm First Aid and CPR
8am - 10am CPR Only
Cost: First Aid and CPR
\$60/person
CPR Only \$28/person
Location: Gerard Classroom,
Gerard Hall, Allen College
Register online at:
www.allenocchealth.com
or call 319-235-3523.

(cont'd from front)

We will begin using the objective criteria outlined in the 2006 guidelines published in JOEM on October 1, 2010. Objective criteria include but are not limited to: body mass index (BMI) ≥ 35 ; neck circumference >17 inches in males or >16 inches in females; Epworth Sleepiness Scale (ESS) score of >10 ; history of previous sleep disorder with claimed compliance but no data available for review; as well as other criteria. Depending on the criteria, drivers may receive an unrestricted card, a temporary card, or no card. Drivers will also be asked to complete the ESS in addition to the regular paperwork prior to the physical examination. Drivers with no card or a temporary card will be expected to follow through with the recommendations of the medical examiner prior to certification or card extension.

Health Effects of Occupational Exposure to Asphalt

Nearly 70 billion pounds of asphalt are used in the United States each year for paving, roofing, mastics, and batteries. More than a half-million workers are exposed to asphalt fumes causing health effects such as headache, skin rash, throat and eye irritation, loss of appetite, fatigue, cough, and skin cancer. Interest is also rising in the possible link between bladder cancer and asphalt fumes; however, other materials found in asphalt compounds may play a bigger role in carcinogenesis than the asphalt itself. Changes in DNA in the lungs, skin, and lymphocytes were found in all test subjects after painting the skin with asphalt-fume condensates.

Asbestos has been added to roofing materials and has been legally used since the 1990s. Roofers are exposed to the asbestos fibers during demolition and repairing of older roofs, leading to an increased risk of lung cancer. This risk may be attributable to exposure to the asbestos and not directly to the asphalt fumes.

Currently there are no specific OSHA standards for asphalt fumes. However, NIOSH guidelines emphasize the use of personal protective equipment (PPE) in manufacturing operations for paving and roofing materials.

A worker should undergo a physical exam and "fitness to use a respirator" evaluation before starting a job using asphalts. Workers should be counseled to keep their skin covered, maintain appropriate hygienic measures, and properly use a respirator.

For more information about asphalt fumes, visit the OSHA website at www.osha.gov/SLTC/asphaltfumes/index.html.

Citations:

Griffin, C.K. (2010). *Scraping the bottom of the barrel: health effects of occupational exposure to asphalt*. *Occupational Health Tracker*, 13(3), 12-13.

Meeting OSHA requirements can be tricky. Is your company Compliant? OSHA Training 2010 sponsored by Allen Occupational Health and the US Department of Labor

Allen Occupational Health will host FREE OSHA Training Programs on October 21st, October 28th, and November 11th from 8:30 - 12pm at McBride Auditorium at Allen College in Waterloo. Please note that due to subject matter and format of classes attendees will NOT receive a 10-hour-card but will receive a Certificate of Completion for attending each training session. The class is FREE and open to the public. Please visit our website (www.allenocchealth.com) to register for these classes.

8:00 - 8:30AM Registration

8:30 - 12PM OSHA Training

Gerard Hall, Medical Staff Classroom, Allen College

October 21:

Recordables, Mean of Egress, Slips, Trips, and Falls

October 28:

HazCom, Health Hazards in the Workplace and How to Control Them,
Materials Handling and Storage, Personal Protective Equipment

November 11:

Machinery and Machine Guarding, Welding cutting and Brazing
Electrical Safety Related Work Practices, Lockout/Tagout

TO REGISTER VISIT: www.allenocchealth.com