



April 2011



### April is National Donate Life Month

If you would like more information on Living Wills, Advance Directives or Organ Donation, the Social Workers at Twin County Home Health and Twin County Hospice stand ready to serve you.

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### April is Child Abuse Prevention Month



Child abuse is not usually just one physical attack or just one instance of failure to meet a child's most basic needs. Usually child abuse is a pattern of behavior which takes place over a period of time. The longer child abuse continues, the more serious it becomes, and the more difficult to stop.

## Living Wills and Advance Directives

Living wills and other advance directives describe your preferences regarding treatment if you're faced with a serious accident or illness. These legal documents speak for you when you're not able to speak for yourself — for instance, if you're in a coma. Living wills and other advance directives aren't just for older adults. Unexpected end-of-life situations can happen at any age, so it's important for all adults to have advance directives. Advance directives are written instructions regarding your medical care preferences. Your family and doctors will consult your advance directives if you're unable to make your own health care decisions. Having written instructions can help reduce confusion or disagreement. Anyone age 18 or older may prepare advance directives. Advance directives include:

- \* **Living will.** This written, legal document spells out the types of medical treatments and life-sustaining measures you do and don't want, such as mechanical breathing (respiration and ventilation), tube feeding or resuscitation. In some states, living wills may be called health care declarations or health care directives.
- \* **Medical power of attorney (POA).** The medical POA is a legal document that designates an individual — referred to as your health care agent or proxy — to make medical decisions for you in the event that you're unable to do so. A medical POA is sometimes called a durable power of attorney for health care. However, it is different from a power of attorney authorizing someone to make financial transactions for you.
- \* **Do Not Resuscitate (DNR) order.** This is a request to not have cardiopulmonary resuscitation (CPR) if your heart stops or if you stop breathing. Advance directives do not have to include a DNR order, and you don't have to have an advance directive to have a DNR order. Your doctor can put a DNR order in your medical chart.

Injury, illness and death aren't easy subjects to talk about, but by planning ahead you can ensure that you receive the type of medical care you want, to take the burden off your family of trying to guess at what you'd want done. Start by having a conversation with your loved ones. Let them know you're creating advance directives and explain your feelings about medical care and what you'd want done in specific instances.

Source: Mayo Clinic

If you suspect a child is being abused or neglected, contact your local department of social services or call the Virginia Department of Social Services Child Abuse and Neglect Hotline at 800-552-7096.

Source: Virginia Coalition for Child Abuse Prevention

**National Health Care Decisions Day**  
Friday, April 15th 12noon-4pm  
Front lobby of Twin County Regional Hospital  
Free information about advance care planning and advance directive forms.  
For more information, call 276-236-1654.

## Did you know?



- There are currently over **110,00 people** waiting for an organ donation
- The largest group waiting is from **18-49 years** of age
- An average of **18 people die each** day while on the waiting list for an organ donation
- Organs and tissues from a single non-living donor can be used to benefit more than 50 people
- Living donors can donate a kidney and parts of their liver, lung, pancreas, or intestine
- Living donors can be evaluated to help a friend, family member or even donate anonymously to patients on the wait list

Source: [www.organdonorawareness.org](http://www.organdonorawareness.org)

The Faith Community Nursing program was started in October of 2008 as an outreach of Twin County Regional Healthcare in Galax. The Faith Community Nurse program is just one way TCRH fulfills its mission to promote, preserve and restore the health of our community.

For more information on Twin County Regional Healthcare or its services, please visit [www.tcrh.org](http://www.tcrh.org)

### Save-A-Date !

17th Annual

TCRH Foundation Golf Classic

Wednesday, May 18, 2010

Blue Ridge Country Club

Galax, Virginia 24333

(276) 236-1654 or [www.tcrh.org](http://www.tcrh.org)

### Springtime Allergies

April not only brings showers and May flowers, it also starts the beginning of allergy season. As the trees start to bloom and the pollen is airborne, allergy sufferers begin their annual ritual of sniffing and sneezing. Each year, 35 million Americans fall prey to seasonal allergic rhinitis, more commonly known as "hay fever".

**Symptoms of spring allergies are:** runny nose, watery eyes, sneezing, coughing, itchy eyes and throat, dark circles under the eyes

#### What's the treatment for Spring Allergies?

Doctors use both prescription and over the counter drugs to treat allergies. Over the counter drugs are effective for many and include the following:

**Antihistamines** – reduce sneezing, sniffing and itching

**Decongestants** – clear mucus out of the nasal passageways to relieve congestion and swelling

**Nasal Spray Decongestants** – relieve congestion and may clear clogged nasal passages faster than oral decongestants

**Eye Drops** -relieve itchy, watery eyes

Even though you can buy these allergy drugs without a prescription, it's a good idea to talk to your doctor first to make sure you choose the right medication.

Source: WebMD

#### Local Treatment Available for Springtime Allergies!

Please visit Twin County ENT (Ear, Nose & Throat) for treatment of your allergy and sinus conditions. Please call (276) 236-5181 for an appointment with Dr. Cameron Gillespie or with Dr. James King.

