



P3 Health Partners

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PROUD SPONSOR:

NEVADA HEALTH CARE FORUM

P3 HEALTH GROUP // AUGUST 2017



P3 HEALTH PARTNERS IS PROUD TO BE THE TITLE SPONSOR FOR THE NEVADA HEALTH CARE FORUM!

Each year, the Nevada Health Care Forum brings together most of Nevada's health care leaders to cover a broad range of health care topics including the national impact of health care reform and evolution in the industry.

We hope to see you there. For more information, and to register, please visit: <http://nevadahealthcareforum.com/index.html>

NCHS Data Brief Published online June 28, 2017.

Full Text: <https://www.cdc.gov/nchs/products/databriefs/db281.htm>

SENIOR CITIZENS DAY

29 years ago, the U.S. Congress and President Ronald Reagan encouraged the public recognition of our senior citizens, their wisdom, their leadership and their contributions by declaring August 21, 1988 to be the first National Senior Citizens Day.

THE IMPORTANCE OF STAYING CONNECTED WITH SENIOR LOVED ONES

According to the Administration on Aging, 28% of adults over 65 live alone; for women over age 75, the percentage jumps to 45%. While maintaining independence can provide a big boost to self-esteem and empowerment, it also comes with risks for our older loved ones. When seniors live alone, without much family or social contact, it can take longer to detect the warning signs of physical or cognitive impairment. This can put their health and safety at risk, and increase the likelihood of depression and other mental health issues.

Indeed, loneliness and social isolation are significant predictors not only of physical health problems but also depression and even mortality in the elderly. Conversely, even a quick friendly conversation with a stranger can increase our happiness for the day, says a recent study by the University of British Columbia.

Imagine the value of spending true quality time with our loved ones! It's not only good for seniors, it's good for families — another study, this one at Boston College, found that grandparents and grandchildren with strong relationships experienced fewer symptoms of depression in both generations. Needless to say, grandchildren also benefit from having another source of advice, connection, and family history.

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YOUR VACCINE RECOMMENDATION IS A CRITICAL FACTOR IN PROTECTING PATIENT HEALTH

Patients trust you to give them the best counsel on how to protect their health. You know that immunization is an important preventive measure – but it's unlikely that getting vaccinated is on the radar for your adult patients. Your strong recommendation is critical in ensuring that they get the vaccines they need to help them stay healthy.

Adults are not getting the vaccines they need.

The latest data from the Centers for Disease Control and Prevention (CDC) shows that vaccination rates for adults are extremely low (National Health Interview Survey, 2014). For example, rates for Tdap and zoster vaccination are 28 percent or less for adults who are recommended to get them. Even high-risk groups are not getting the vaccines they need – only 20 percent of adults 64 years or younger who are at increased risk for complications from pneumococcal disease are vaccinated. This means that each year tens of thousands of adults needlessly suffer, are hospitalized, and even die as a result of diseases that could be prevented by vaccines.

Your patients are likely to get the vaccines you recommend to them.

Clinicians are a valued and trusted source of health information for adults. Your patients rely on you to let them know which vaccines are necessary and right for them.

Since many adults are not up to date on their vaccines, all health care professionals should use every patient encounter as an opportunity to assess whether any vaccines are needed.

If the patient is due for a vaccine, make a strong recommendation that you advise getting the vaccine because it can help protect them against a disease that could be serious. For some patients, this may be sufficient information to accept the vaccine. Others may want to learn more about the vaccine and why it is right for them. For these patients, sharing the following can help them make an informed decision.

Share the tailored reasons why the recommended vaccine is right for the patient, given his or her age, health status, lifestyle, job, or other risk factors.

Highlight positive experiences with vaccines (personal or in your practice) to reinforce the benefits and strengthen confidence in vaccination.

Address patient questions and any concerns about the vaccine, including side effects safety, and vaccine effectiveness in plain and understandable language.

Remind patients that vaccines protect them and their loved ones from many common and serious diseases.

Explain the potential costs of getting vaccine-preventable diseases, including serious health effects, time lost (missing work or family obligations), and financial costs.

Some patients may need additional time to consider information about vaccines or want more details than can be provided during a single office visit. There are a number of things you can do to help these patients stay on track with recommended vaccinations.

- Provide educational materials or trusted websites for them to review.
- Send reminders about needed vaccines.
- Document the conversation and continue the discussion at the next visit.

To download free patient education materials or find resources on addressing patient questions and concerns about adult vaccines, visit: www.cdc.gov/vaccines/hcp/adults.

August is National Immunization Awareness Month (NIAM) – a reminder of the importance of immunization in keeping our communities healthy. Your strong recommendation can make a difference.

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