

September 2021



## **Bone Mineral Density Scan Available to Medicare Members**

Helping your patients receive the right care at the right time is what drives a great practice, especially after a traumatic fall that results in a bone fracture. Did you know that Medicare recommends men and women who experience a fracture should have a bone mineral density test (BMD) within six months of the fall?

For some patients the fear of COVID-19 or the difficulty making it to the clinic for testing stops them from receiving this important follow-up care. Network Health has a solution. We partnered with PRN Home Health and Therapy, a local agency, to meet with members in their home and receive a complimentary bone mineral density (BMD) scan completed by a Registered Nurse.

The results are provided to the member and sent to their primary care provider to discuss a care plan to maintain bone health. The referral process is simple, just email the member details to Network Health at [qi@networkhealth.com](mailto:qi@networkhealth.com) and someone from the Quality Health Integration team will make arrangements to extend this free benefit to the member.

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# ADHD Monitoring Guidelines

Family physicians are frequently asked to evaluate and treat children who display attention or hyperactivity problems, for whom a combination of behavioral interventions and medications may be deemed appropriate. Individuals may respond better to one medication over another, and maximum benefit may require dosage titration, making follow up visits imperative.

Because stimulants might produce positive but suboptimal effects at a low dose in some children, the American Academy of Pediatrics (AAP) recommends titration to maximum doses that control symptoms without adverse effects rather than titration strictly on a milligram-per-kilogram basis. To increase compliance with follow up visits, providers should advise parents and children of the need for monitoring at regular intervals to effectively titrate medication doses.

During the initial titration phase, symptoms and side effects are ideally assessed weekly. An in-person visit for follow up assessment is *recommended* by the fourth week of medication titration to allow clinicians an opportunity to review response to varying doses, monitor adverse effects, and track weight, height, heart rate, and blood pressure.

With the recent pandemic, follow up assessments using the same timeline can be done either through in-person visits, phone, electronic portals, or other methods that are convenient for the family.

For maximum efficiency with virtual, telehealth or phone visits follow ups, it is suggested the following should be available to the patient at home:

- a scale to report weight
  - a means of measuring height
  - a thermometer; and
  - a blood pressure monitor (most blood pressure monitors are relatively inexpensive and give heart rate as well)
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# Seven Ways to Reduce Falls

As we age, the risk of falling in our homes becomes greater and more dangerous. One in four adults over the age of 64 experiences a fall sometime throughout the year. Here's how to avoid falls during Fall Prevention Awareness Month.

- **Lighting**
    - Keep it bright. Use the maximum allowed light bulb for each light in your home
    - Make sure there is lighting on stairways, rooms, hallways, and entrances
    - Use a nightlight in the hallways and bathroom
  - **Floors/pathways/clutter**
    - Keep floor free from cords, household items and clutter
    - Make sure all pathways in the home are free from household items and wide enough to walk through easily
    - Remove all throw rugs or make sure they are non-skid
  - **Keep things where you can reach them**
    - Place commonly used items at chest level so you can easily grab them.
    - Ask for help to move items from high shelves
    - Move items off the floor so you do not have to bend over
    - Use a grabber to reach things that are too high or low
  - **Pets**
    - Be aware of where your pet and their toys are when walking in your home
    - Train your pet not to jump on you when standing
    - Keep water and food bowls out of your walkway—wipe up spills
  - **Your Health**
    - Schedule a yearly Wellness visit with your doctor
    - Have a vision and hearing test every year
    - Wear low heeled shoes that do not flop or slide
    - Stay active
  - **Bathroom**
    - Install handrails by the shower and toilet
    - Put a non-slip bathmat in the tub/shower
    - Use a shower chair and handheld shower head
  - **Technology**
    - Install lights that turn on when you enter a room
    - Wearable fall detectors
    - Install devices that are voice commanded
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