

The consult



Collaborating with
providers for the
best quality care

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Managing Fall Risks

According to the National Council on Aging, one in four adults over the age of 65 falls each year.

Falls can cause broken bones, hospitalizations and in some cases, even death. Not only can falls cause physical injuries, but victims of falls often lose their sense of confidence and may become less independent out of fear of falling again. Falls among older adults are a serious problem, but the most important thing is that they can be prevented.

Personal doctors play an important role in fall prevention by identifying older adults who are likely to fall and providing effective clinical interventions to reduce their fall risks. Working together, Network Health and primary care providers can educate patients on falls prevention and help manage their fall risks.

Fall risks can be reduced through discussion and management in the clinical setting. Fall prevention must be balanced with other priorities for the patient at office visits. Falls require an interdisciplinary approach, including all that are involved in a patient's health and wellness. We know our members value the advice of their personal doctor, and we appreciate your willingness to discuss and manage fall risks with them.

Stepping On Falls Workshop

This workshop is great for any patients who are at risk or who have had a problem with balance and falling. Stepping On can empower patients to carry out healthy behaviors to reduce their risk of falling and increase their quality of life.

In this workshop, patients will learn the following.

- Simple and fun ways to improve balance and strength
- The role vision plays in maintaining balance
- How medications can contribute to falls
- Ways to stay safe when out and about
- What to look for in footwear
- How to check their home for safety

Stepping On Workshop Schedule – Fox Valley

Mondays: September 9 - October 21

Location: Little Chute Civic Center, 625 Grand Ave, Little Chute, WI 54140

Time: 1 p.m. to 3 p.m.

Tuesdays: October 1 - November 12

Location: Neuroscience Group, 1305 W. American Dr., Neenah, 54956

Time: 9 a.m. to 11 a.m.

Wednesdays: October 2 - November 13

Location: Hortonville Municipal Building, 531 N. Nash St., Hortonville, 54944

Time: 1 p.m. to 3 p.m.

Thursdays: October 3 - November 14

Location: Brookdale Senior Living, 5800 Pennsylvania Ave, Appleton, 54914

Time: 1 p.m. to 3 p.m.

To register, call Kathy Schweitzer at the Aging and Disability Resource Center at [920-716-6832](tel:920-716-6832).

For more information, visit the [Wisconsin Institute for Healthy Aging website](#).

Ascension Wisconsin Increases Pediatric Access

Ascension Medical Group provides access to high-quality doctors in our Wisconsin community. Oakwood Pediatrics in Oshkosh is focused on increasing access to pediatric care in Oshkosh and the Fox Cities. In the last two years, they've hired two pediatricians who establish strong relationships with patients to provide the best care results.

In 2018, Dr. Jelena Shadick joined this group as a board-certified pediatrician with a special interest in preventive care, patient education and newborn care. During medical school and residency, Shadick lived all over the United States, and ultimately settled in Wisconsin to be close to her family. "It was time to come back to Wisconsin and be with family. Home is wherever family is," Shadick said.



Her passion to educate goes beyond helping kids and patients understand their diagnoses, which she finds to be the most rewarding part of being a physician. The Oakwood Pediatrics Group has implemented the Reach Out & Read Program with the Children's Health Alliance of Wisconsin. At each well-child visit, Shadick and the other pediatricians in her practice coach parents to read with their children and provide language-rich play. "We give children books at every well-child appointment and engage parents in reading activities," said Shadick.

As a pediatrician, Shadick talks about immunizations every day. "As a pediatrician and mother, I would not recommend anything for your child that I would not give to mine. Just like all medicine, [immunizations] have side effects and I address these at every single visit," said Shadick.

Shadick also explains that antibiotics are only given for bacterial infections, not viruses. She knows that antibiotic resistance is becoming a larger problem each year. She said, "If a child is prescribed an antibiotic, it's important to complete the entire course in order to prevent future resistance."

Shadick always talks to parents about anticipatory guidance. She says it's important for

parents to know what to expect as their children grow and develop and reminds them not to compare their children to other siblings or other children. “Every child is unique, and kids do things in their own time” said Shadick.

Preventive Services Reminder

As patients come in for a wellness preventive visit, Network Health follows U.S. Preventive Services Task Force (USPSTF) Guidelines on which services are considered 100 percent preventive and which are not. This is particularly important when it comes to lab work. If lab or other services are necessary during the preventive visit, these services do not fall under the USPSTF guidelines. In this case, please inform the patient they may be responsible for copayments, coinsurance or deductible amounts, depending on their plan, and that they can call us if they have benefit questions.

In addition to an annual wellness visit, Network Health covers other preventive services at no cost for most of our members when they visit doctors within our provider network. See the following preventive lists for more detail.

- [Medicare Preventive Health Checklist](#)
- [Commercial Preventive Services Guide](#)

Impact of Primary Care on Suicide Prevention

Traditionally, primary care is the setting when patients often feel more comfortable receiving most of their medical and behavioral health care. Personal doctors frequently treat people who may be suicidal, but are not seeking mental health care.

Studies show that patients dying by suicide visit their personal doctor twice as often as mental health clinicians*. Frequent contacts and long-standing relationships between doctors and their patients make primary care an ideal setting for suicide prevention.

Why Address Suicide Prevention?

- Primary care providers write more prescriptions for antidepressants than mental health clinicians and see patients more often in the month before their death by suicide than any other health care provider.
- For a patient at risk for suicide, a visit with their personal doctor may be the only chance to access needed care.

How Personal Doctors Can Take Action

- The best way to prevent suicide is to use a comprehensive approach that includes these key components:
 - Establish protocols for screening, assessment, intervention and referral
 - Train all staff in suicide care practices and protocols, including safety planning and lethal means counseling
 - Ensure continuity of care by transmitting patient health information to emergency care and behavioral health care providers to create seamless care transitions and follow up with at-risk patients by phone between visits
 - Provide information on the [National Suicide Prevention Lifeline](#) crisis line and services

**Mayo Clinic Proceedings*

[https://www.mayoclinicproceedings.org/article/S0025-6196\(11\)65181-1/fulltext](https://www.mayoclinicproceedings.org/article/S0025-6196(11)65181-1/fulltext)

Practical Suicide-Risk Management for the Busy Primary Care Physician

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